

Read the following text:

## **The History of Basketball**

### **The popular sport that was invented one rainy day**

James Naismith was a gym teacher in a private college in Springfield, Massachusetts. One cold day in December 1891, Naismith had a real problem: He was planning to take his students out to the field for a practice. He was going to ask them to run and jump outdoors because he thought that exercising in the fresh air was the best thing. But it was raining, so he couldn't follow his plan. The students were expecting a sports activity, and he had to think of an alternative. While he was thinking and considering his options for an indoor activity, he had an idea.

Naismith suddenly remembered that he had watched some students playing an interesting game. The players threw small rocks to knock something off a big rock. He liked the idea of throwing something from a distance in order to hit a specific target. Ball games were very popular among his students, so he created a new ball game that can be played indoors. As he was designing the new game, he considered a few more principles: He wanted the new game to be safe. His students suffered many injuries while playing sports like rugby and hockey, and Naismith wanted to avoid that. So he decided that passing will be the players' only option to move with the ball. Also, Naismith

wanted his students to think out their actions and calculate their steps while playing. And this is how he came up with the idea to hang the goal high above their heads. This way, strength and logic would be needed to win the game.

Naismith quickly wrote down 13 basic rules for the new game and introduced it to the students. The rules included instructions such as “The ball may be thrown in any direction with one or both hands” and “No shouldering, holding, pushing, tripping or striking in any way the person of an opponent team”. These initial rules differed somewhat from the rules we have nowadays. For example, Naismith didn’t decide on the number of players for each team and neither could he foresee how successful his idea would become. For the first game they used a big softball and two peach baskets the college’s janitor found in his storage. The rainy day turned into a huge success for Naismith and for his students.

Naismith’s students continued to play basketball, and the rumor about the new exciting game spread quickly. Soon Naismith began teaching other coaches in different schools how to play the game. It was such a hit that schools started teaching during sports lessons. Within a few years, the game gained popularity and people all over the USA played it. The rules of the games developed over time, and eventually it

became famous worldwide. Today, it is one of the most popular sports played at the international level.

### Reading Comprehension

Answer the following questions about the text:

1. James Naismith was a \_\_\_\_\_.
  - a. basketball player
  - b. student
  - c. gym teacher
  
2. What can be a good title for the first paragraph?
  - a. The Teacher's Problem
  - b. A Rainy Day
  - c. Naismith's Idea
  
3. What was the problem with sports like rugby and hockey?
  - a. The students got injured while playing them.
  - b. The students claimed that they were too boring.
  - c. The students did not have the right equipment for them.
  
4. What was the janitor's contribution to the game?
  - a. He made up some of the game's rules.
  - b. He came up with a name for the game.
  - c. He found the baskets Naismith used.
  
5. Arrange the sentences in the right order according to the text:
  - \* He had to think of an alternative.
  - \* He used a big softball and two peach baskets.
  - \* He wrote down 13 basic rules for the new game.

- \* He began teaching other coaches how to play the game.
- \* James Naismith couldn't take his students out to the field for practice.
- \* He created a new ball game that can be played indoors.

### Answer:

- \* James Naismith couldn't take his students out to the field for practice.
- \* He had to think of an alternative.
- \* He created a new ball game that can be played indoors.
- \* He wrote down 13 basic rules for the new game.
- \* He used a big softball and two peach baskets.
- \* He began teaching other coaches how to play the game.

### Vocabulary

Match the words with their definitions:

1. problem
2. outdoors
3. activity
4. game
5. to avoid
6. to calculate
7. strength
8. instruction
9. to foresee
10. international

- a. A thing that people spend time doing.
- b. To keep away from someone or something.
- c. The condition of being strong.
- d. A difficult condition or question.

- e. Direction or order.
- f. Having to do with two or more countries.
- g. To find out by using arithmetic.
- h. To predict.
- i. Outside.
- j. Something that people do for fun.

### Answers:

1. d

2. i

3. a

4. j

5. b

6. g

7. c

8. e

9. h

10. f

### Grammar

Change the following sentences into NEGATIVE sentences:

1. James Naismith was a gym teacher.
2. He had a real problem.
3. He was going to ask them to run and jump outdoors.
4. The players threw small rocks.

5. Ball games were very popular among his students.
6. The rules included instructions.
7. The janitor found baskets in his storage.
8. Naismith's students continued to play basketball.
9. Naismith began teaching other coaches.
10. It became famous worldwide.

Answers:

1. James Naismith was not a gym teacher.
2. He didn't have a real problem.
3. He was not going to ask them to run and jump outdoors
4. The players didn't throw small rocks.
5. Ball games were not very popular among his students.
6. The rules didn't include instructions.
7. The janitor didn't find baskets in his storage.
8. Naismith's students didn't continue to play basketball.
9. Naismith didn't begin teaching other coaches.

10. It didn't become famous worldwide.