

World Basketball Day

1. On which day is World Basketball Day celebrated every year?

International Basketball is celebrated every year on 21 December.

2. Who was responsible for the origination of the basketball game?

[James Naismith](#), a physical trainer at the international YMCA training school in Springfield, [Massachusetts](#), invented basketball to keep students active and engaged in winter.

It was played with a soccer ball, and the baskets were peach baskets.

He created teams of nine players.

There were 13 rules for the first game, developed by James Naismith, and it was played on December 21, 1891.

3. When did the world Basketball Day celebration start?

The World Basketball Day celebration started in 2023 when the UN decided to celebrate it every year on 21 December.

The resolution was passed on August 25, 2023.

December 21 was selected because James Naismith initiated the game of basketball, and the first match was played on December 21, 1891.

The first World Basketball Day was organized on December 21, 2023.

Each year, there is a distinct theme for the celebration of the day.

As basketball is one of the sports played by people worldwide, the celebration was initiated by the United Nations to unite people, as this sport has huge cultural, social, and developmental value.

4. How is World Basketball Day celebrated every year?

Basketball organizations, which include the [International Basketball Federation](#) (FIBA), the [National Basketball Association](#) (NBA), and the [Young Men's Christian Association \(YMCA\)](#), organize the World Basketball Day Worldwide.

There are diplomatic events, basketball competitions, and community clinics held to celebrate the day.

5. What are the advantages of playing basketball?

Playing basketball has various advantages, including improving the physical, social, and mental aspects of a person.

It enhances cardiovascular function, physical strength, and coordination and also helps in increasing discipline, teamwork, and strategy in people who take part in it.

The game needs continuous running, jumping, and quick direction changes, which enhances heart and lung function.

There are weight-bearing activities that enhance bone density and strength.

The game needs continuous hand-eye coordination, which enhances motor skills.

In basketball, a player has to make quick decisions, which enhances the brain's capacity to make fast and strategic decisions.

The need to follow the rules in the game enhances discipline among the players.

As the game needs teamwork to achieve a goal, it enhances social capability among the players.

References

<https://www.un.org/en/observances/world-basketball-day>

<https://about.fiba.basketball/en/organization/world-basketball-day>