

Knowledge quiz and skills development exercises

Basketball

1. I will participate in a basketball training program because I train with my friends, with other athletes, with my coach.

- True
- False

2. Basketball impresses me as a sport because:

- The ball is in the basket
- My country has a tradition
- Cooperation between the players is needed
- Many fans gather

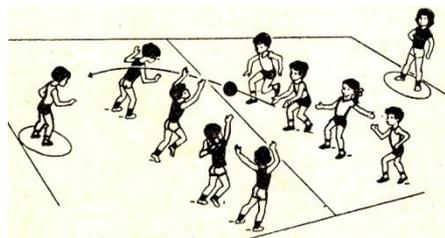
3. To achieve the goal of the basket, basketball needs discipline because each player has a role and requires continuous cooperation between players.

- True
- False



4. Basketball develops teamwork (movement, transfer, attack, shoot, defense, rebound)

- True
- False



5. Basketball training makes the person more active

- True
- False

6. Basketball requires many players for a match

- Three
- Five
- Seven
- Eleven

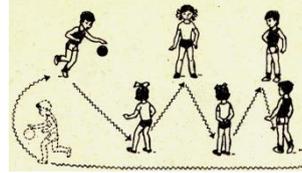
7. It makes a great impression on basketball:

- When the ball enters the basket
- The spectacular pass

- The nailing in the basket
- All together

8. With basketball I develop teamworking sense.

- True
- False



9. With frequent training, I recognize the usefulness of creativity (I become better technical, I work in a team)

- True
- False

10. I am impressed by the fact of physical contact during training and struggle

- I know my body
- I know my teammate
- I know the opponent
- I become a tougher character
- I become more competitive

11. The fans in the training and the match help the team

- Support the player
- Support the team
- Support the coach
- do not support anybody because they have aggressive behavior

12. Individual and team training is primarily achieved by learning the technique of the sport (ball handling, transfer, attack)

- True
- False

13. Joy and enthusiasm for cooperation and competition is achieved

- True
- False