

A Study on the Injuries of Basketball Players

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Abstract: *Basketball is a so-called transition game, as players are frequently switching between defensive and offensive play Motion-analysis has shown that depending on playing-time and playing position basketball players cover a distance of up to 6.5 km per game. The match level of play includes running forwards, backward and sideward, planting, cutting, feints, jumps, landings, turns usually in combination with moderate or intense body contact due to repeated one on- one situation. Players need a proper athletic condition with regard to strength, agility, acceleration, deceleration, jumping and throwing power. The author has Made an attempt to know the severity and the causes of the injures from the players who were regular in competition hence the study was undertaken.*

Keywords: Basketball Players

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