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Hoops of Joy

Basketball is quite a versatile sport! It can be played on any clearing as long as there is a goal hoop and preferably a three-point line. Players are divided into two teams, with both teams usually consisting of five, and they attempt to score more points than the opposing team. The methods of scoring would fill up three pages, because barring the occasional goal-tend, any shot that puts the ball through the hoop accounts for points. To navigate around the court, players are required to "dribble" the ball, which is an action of repeatedly throwing the ball towards the ground and catching it once it bounces back up.

背面可繼續作答

When I play basketball, my mind is blissfully free of worry. I enjoy dribbling far from the goal hoop, scanning the defense for a gap I can penetrate through. Once I spot it, I shift gears and plunge towards it, weaving in and out of the other players until there's a clear path to either the basket or an unguarded teammate. The reason I love basketball is that it's absolutely crucial for all players to contribute, making it a complete team effort. Whenever I'm facing stress, I can always take refuge on the court, sprinting until my legs become sore, leaping until my thighs start protesting in agony. Even if I'm completely exhausted, my heart sings in joy whenever I indulge in the sport that is music to my ears. It has undoubtedly found an irreplaceable status in my heart, where it has made such a positive impact on my life!