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The rules of basketball can be applied to the game of life. Do you agree or disagree? Please explain.



“And the coach can’t sit down, he’s pacing up and down. Their supporters are on their feet. Can she do it? Can she score before the final whistle? And she does it! My God! She Has! They’ve won! The champions of the 2008 SVG Female Basketball League are the Fairhall Divas!”

Of course there is no such league. However, let’s just imagine that there were, and I had actually scored the winning goal instead of just dreaming about it. What would have made me a winner in the game? The very same thing that can make me a winner in life. I believe that the rules of basketball can be applied to life.

Basketball is a sport, and to play properly, you have to warm up and train your muscles. To do well in life, you have to prepare yourself through studies and hard work, and you have to be disciplined and control your bad habits. As old people say, you start how you want to end up.

To play basketball you don’t need to be a professional. Just like life. You need a hoop, a court, between one and nine friends, a ball, sneakers and some comfortable clothes. Similarly, all kinds of people perform well in life, and you don’t need a degree to breathe. Basketball can be played alone or with up to ten people. You can live alone or with a family.

In basketball you can only score points if you are in possession of the ball. They call it being on offense. To score you have to move and dribble or bounce the ball. Also you have to make opportunities to score, because your opponents are not going to just give you the points.

In life you have to go with the flow. You have to move in accordance with the rules of the society, and you can’t just stand there and let life live you. Sometimes you have to hustle, and if you want something, you have to go after it, because very few things get handed to you. When you get a chance, you have to make the most of it or lose out.

In the game there are lots of ways to get on offense. You can win the tip off or steal the ball. You can take the rebound, force a turnover or jump ball. If all of these fail, you can just wait for your turn after the other team scores. In life you may start off with everything you need, or you take what comes to you

from somebody else (rebound), or you may make people notice you with your excellent behavior (force a turnover). In addition you can fight for what you need (jump ball) or just wait quietly on your turn.

If you don't have the ball, you are on defense. You have to stop the other team from scoring, and you can do that one-on-one, or by zoning. In life, people protect themselves by dealing with individuals, or by safeguarding their property and neighbourhood.

The aim of basketball is to get to the other side and score goals. To do that, you sit with the coach and the other members of the team, plan strategies and execute the plays that make up the game plan. Sometimes you can get injured. The important thing, though, is to always be a team player. Life is like that. It is a journey. While we travel along we make friends. They are our teammates. To have the best trip we must look out for the other person. We can't be selfish and only care about ourselves.

As you can see, the rules of basketball can be applied to life. In basketball you aim for the goal. In life you aim for your prize. In basketball and life, you stay focused and you work with other people to make it happen, and you deal with whatever happens along the way. If you lose, you should be able to cheer the other side. Win or lose, at the end, you be able to say, "I did my best."