

## **1. In The Zone**

Basketball is the top indoor sport in the world.

Players must focus every second they are on court. You're 'in the zone', totally at one with the game, or you're nowhere.

Picture a top basketball match. The indoor stadium is packed with noisy fans. On the brightly lit court, two teams play for glory.

There are ten players on court. (Five from each team.) They pass the ball with skill and pace. Everyone is thinking fast and working for their team.

There are seconds to play and the scores are even. The coaches prowl the side of the court like caged animals. Then one leaps into the air.

A power play from the team has ended with a shot on target. The ball spins round the hoop and falls into the basket. It's a last second winner. The crowd go wild.

This is the exciting world of basketball.

## **Welcome to life in the zone**

