

The Spread of Street Basketball in Russia

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Abstract: The article presents a brief history of the spread of street basketball in Russia. It is shown that the popularity of street basketball is growing every year and unites more and more people in Russia, especially in large cities of the country, such as Moscow, Rostov-on-Don, Novosibirsk, Tyumen, etc. The *purpose* of this study is to briefly study the history of the origin of streetball in Russia, and to show the spread of street basketball in the country. *Methods:* In my study, I used questionnaires and interviews that took place in an anonymous form among schoolchildren from different cities of Russia. In a total sample of 186 schoolchildren (Moscow: n=73, 17 girls, 53 boys; age 14.8+0.4 years; Rostov-on-Don: n=62, 21 girls, 41 boys; age 14.1+0.3 years and Gorno-Altai: n=51, 12 girls, 39 boys; age 14.3+0.2 years) I conducted a survey of schoolchildren, which touched upon the topics of direct participation of schoolchildren in streetball, the interest of schoolchildren in the development of streetball at school, the impact of the game on health, well-being and the level of aggressiveness. *Result.* The survey showed that schoolchildren in large cities of Russia are more interested in the spread and development of basketball than their peers in regional cities and towns. However, despite this, streetball is becoming more and more popular in the country every year. *Conclusion:* Thus, streetball has turned from a simple street game into a giant sports industry in Russia. Sports organizations have been established in Russia (the Street Basketball Association and the Russian Basketball Federation), which actively organize annual championships in the country. Moreover, street basketball is now being actively introduced into the system of physical culture of school education in Russia. However, streetball has a different development on the territory of Russia. In large cities, it has received great development. In small towns and villages, streetball is less developed. At the same time, the popularity of street basketball in Russia is growing and is explained by its accessibility to all segments of the population, entertainment and simple rules of the game.

Keywords: Streetball, Urban Sports, Physical Activity, Schoolchildren, Russia

1. Introduction

Basketball is a sport played by millions of people around the world. This sport has gained the greatest popularity in the United States and Canada, where the National Basketball Association (NBA) has been established and successfully operates—men's professional basketball League of the USA and Canada [1-3].

It is important to note that in addition to professional basketball, street basketball is gaining great popularity in the USA and in the world. Street sports are sports conducted in urban environments. Of course, street sports are inherently considered an expression of a spontaneous, improvisational and creative process that has adapted well to the urban environment [4-5].

Street sports are a hybrid form of sports and physical activity of a person. At the present stage of society's development, the adaptation of traditional sports to urban conditions and to the urban landscape is noted [6].



Figure 1. Streetball in the USA.

Streetball (street basketball) is one of the varieties of basketball that originated in the United States in the last century (in the mid-50s of the 20th century) [7]. The game takes place on outdoor courts or can take place on paved areas of inner-city buildings (Figure 1).

Streetball is especially popular in New York, although it is very popular throughout the United States, and especially in the southern regions of the country (Figure 2).



Figure 2. Street Players on the Venice Beach basketball Court in Los Angeles, USA.

The game has become popular because of the simplicity of the game rules: it has simplified rules and is least formalized. Thus, such a format of a sports competition is most favorable for players to publicly demonstrate their individual skills and physical capabilities [8-10].

Streetball sports programs are organized in many cities of the USA and their own street basketball tournaments are held in different cities. Usually such tournaments take place on weekends [10].

Street basketball came to Russia along with hip-hop during the Soviet Union. Streetball officially appeared in Russia in 1993, in the Gorky Park in the capital. In 1995, tournaments were held in St. Petersburg, Samara and Krasnodar [11].

The game gradually spread among Russian youth, and in the courtyards of large cities on basketball courts began to play 3 on 3, where they used only half of the field and scored everything in one ring [12].

The first big streetball sports festival in Russia happened in 1996 and became a grand festival sponsored by Adidas ("Adidas Streetball Challenge") [12]. Since streetball is a street type of game, the game itself is often played to music, and usually it is the sounds of rap. Organizers often invite stars to participate in such sports festivals [11].

In many large cities of Russia, various open streetball tournaments are held, everyone can take part in them. The organization of these tournaments is handled by the Association of Street Basketball (AUB) with the support of the Russian Basketball Federation (RFB). Streetball sports tours mainly take place in big cities and basketball activists take responsibility for the organization. The Association assigns the status of regional stages of the Cup and the Russian Street Basketball Championship to such

competitions [12].

In 2002, the company "Reebok" sponsored a street basketball tournament with the participation of teams from Moscow, St. Petersburg, Perm, Krasnodar and Rostov-on-Don.

In 2006, the Street Basketball Association started its activity in Russia. With the participation of the Association, street basketball centers are being created, which today operate in 20 cities of the country, a lot of projects are being implemented, more than 200 tournaments are held every year.

Since 2007, the annual international Street basketball Cup "Moscow Open" has been held in Russia [12].

In 2014, the Russian men's national team became the bronze medalist of the European 3x3 Basketball Champion [12].

In Russia, streetball competitions are usually held in such major Russian cities as Moscow, St. Petersburg, Novosibirsk, Kazan, Yekaterinburg, etc. (Figure 3).

The analysis of the popularity of streetball shows the following positive aspects of the sports game [13]:

Everyone can play streetball, regardless of gender, age, views and beliefs (Figure 4). Streetball can be held in parks, stadiums, courtyards where teams can compete. Studies show that there are positive consequences from the hobby of street basketball (for example, aggressiveness decreases, and the well-being and health of the body improve) [14-16]. Outdoor activities strengthen health, and self-expression occurs through sports, for which good physical shape is necessary, respectively, the craze for alcohol, nicotine and drugs decreases [10, 13, 14].



Figure 3. Streetball in Tyumen.





Figure 4. Street Basketball: gambling among the young and the elderly.

Streetball does not require large investments. The game can be played on an adapted playing field, if there is only one basketball ring, does not require special equipment of the players, which makes it one of the most accessible sports games (Figure 5). In addition, streetball, in the conditions of the introduction of the third hour of physical culture at school, with a large workload of gyms, can become an outlet for gaming activities in the classroom [17-18].



Figure 5. Street Basketball: the Game is Possible on Any Grounds.

The transience of the game, held on half of the basketball court, allows you to perform program game lessons in the "Basketball" section, when the gym is loaded with two classes of different ages [19].

The benefits and necessity of widespread introduction of basketball among the younger generation are well shown in

the article by sports coach M. V. Bazilevich. He argued that within the framework of sports-oriented physical education, which is based on taking into account the interests of students, it is possible not only to improve the physical fitness and health of students, but also to form a sports culture of the individual [20].

Based on the many advantages of street basketball in Russia, streetball is being actively introduced into the physical culture system of school education (Figure 6).

So in Russia, 300 basketball schools are registered under the auspices of the RFB, of which about 170 actually work. Under the leadership of the Russian Basketball Federation, it is planned to create a unified database of basketball players — from professionals to amateurs, including schoolchildren, which will make work with athletes more targeted than it has been so far. These events demonstrate how the topic of the spread of basketball and streetball in Russia is now relevant and important [21, 22].

2. Method

To identify the prospects for the development and dissemination of this discipline in school education, I conducted a survey of school students in Moscow ($n=73$, 17 girls, 53 boys; age 14.8 ± 0.4 years), Rostov-on-Don ($n=62$, 21 girls, 41 boys; age 14.1 ± 0.3 years) and Gorno-Altaysk ($n=51$, 12 girls, 39 boys; age 14.3 ± 0.2 years).



Figure 6. Street Basketball: Active Introduction into the School Physical education System.

3. Result

The data of the survey is presented in the table.

Table 1. Average group indicators of High School students in assessing the introduction of streetball into the physical culture system of school education in Russia (% , n=186).

Questions	High School students		
	Moscow	Gorno-Altaysk	Rostov-on-Don
Do you play basketball	93, 3	39, 7	87, 6
Are you interested in streetball development at your school	89, 6	21, 3	90, 1
Has your health improved from playing streetball	67, 9	22, 1	74, 7
Does playing streetball improve your well-being	72, 5	45, 3	81, 1
Do you notice a decrease in your aggressiveness from playing streetball	61, 2	31, 5	71, 7

4. Discussion

The following questions were asked: "Do you play basketball?". 93.3% of schoolchildren from Moscow and 87.6% from Rostov-on-Don answered this question positively, and only 39.7% from Gorno-Altaysk. To the question "Are you interested in the development of streetball in your school?" Moscow schoolchildren in 89.6% and schoolchildren from Rostov-on-Don in 90.1% answered in the affirmative. Schoolchildren from Gorno-Altaysk responded positively only 21.3%. When assessing the positive impact of streetball on health, 67.9% of Moscow schoolchildren, 74.7% of schoolchildren from Rostov-on-Don and 22.1% of schoolchildren from Gorno-Altaysk responded positively. The same trend was revealed in schoolchildren when assessing the impact of streetball on well-being and a decrease in aggressiveness.

The results of our survey show different attitudes to street basketball among students living in different regions of the Russian Federation. The youth of large cities are more interested in the spread and development of basketball than their peers in regional cities and towns. Perhaps the decision of the respondents was influenced by the level of social inclusion and activity of schoolchildren, as well as the participation of sports and public organizations in the social life of regional territories.

5. Conclusion

Thus, the popularity of street basketball is growing every year and unites more and more people in Russia, especially in large cities of the country due to its accessibility, entertainment and simplicity of the game. Streetball has turned from a simple street game into a giant sports industry. In particular, the Street Basketball Association and the Russian Basketball Federation have been established in Russia, which actively organize annual championships in the country. Moreover, street basketball is being actively introduced into the physical culture system of school education. Attitudes to street basketball among Russian students are ambiguous. This was shown by our survey of school students in Moscow and various regions of the country. It was revealed that schoolchildren of large Russian cities (Moscow and Rostov-on-Don) are more interested in the spread and development of streetball in the educational sphere of schools. Such interest among schoolchildren in

Moscow amounted to 89.6%, and among schoolchildren from Rostov-on-Don - 90.1%. These schoolchildren spoke positively about their health (67.9% and 74.7%, respectively), well-being (72.5% and 81.1%, respectively) and a decrease in the level of aggressiveness (61.2% and 71.7%, respectively).

On the other hand, a low passion for streetball was observed among schoolchildren from regional cities and towns. For example, schoolchildren from Gorno-Altaysk only in 22.1% positively spoke in favor of including streetball in the physical education program of their school. The low impact of this sample of schoolchildren was expressed in terms of health (22.1%), well-being (45.3%) and a decrease in the level of aggressiveness (31.5%). But in general, streetball is becoming more and more popular in Russia every year.

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