



SCIENCE OF BASKETBALL  
**WINGSPAN**  
HEIGHT • TEMPERATURE • HUMIDITY • AIR

DALLAS MAVERICKS  
**SCIENCE OF BASKETBALL**

Presented by **FLOWSERVE**



**Main Concepts**

**WINGSPAN**

A term to describe the length of a person's arms when they are fully extended out to the sides. The player stands straight with both arms fully extended out to the sides, the distance from fingertips to fingertips is the "wingspan."

Wingspan helps a player's ability to reach for the ball. A player with a long wingspan can reach for the ball more easily and can jump vertically.

**VERTICAL JUMP**

The act of raising one's center of mass higher in the vertical plane than the starting point. A vertical jump is a result of the player's legs pushing off the ground. An individual or athlete can elevate off the ground from a standstill.

**Activities**

MEASURE YOUR HEIGHT

MEASURE YOUR WINGSPAN

MEASURE YOUR REACH

CALCULATE THE DIFFERENCE

**Unit Conversions**

- 1 FT = 12 INCHES
- 1 YARD = 3 FEET
- 1 YARD = 36 INCHES
- 1 MILE = 1,760 YARDS

