# INTRODUCTION

Basketball – is one of the most popular games in the world. One of the reasons for basketball’s popularity is its simplicity with a few basic rules techniques you can easily understand and play the game. Basketball can be played almost everywhere, indoors or outdoors. Even you can play the game by fixing only one ring (basket) on the back wall of your house. It is such an enjoyable game that you can play it alone or with only one partner using single ring. This makes it simple and interesting for most people to play the game.

Perhaps you may know how to shoot or dribble basketball. But basketball will be more enjoyable and attractive as you improve your shooting and dribbling ability. Therefore to play and enjoy the game successfully, give much emphasis to the fundamental basic techniques that are included in this module.

This module include the historical background of basketball, history of basketball, basic rules of the game, equipment and facilities for the game, fundamental techniques of the game and team formation in the game situation.

GENERAL COURSE OBJECTIVES

At the end of this course student will be able to:-

* Understand the historical background and development of basket ball games.
* Know rule and regulation basketball game.
* Understand the develop movement forms associated with basket ball games.
* Develop working in a group to accomplish a set goal in both cooperative and competitive activities.
* Demonstrate the ability to assist others in developing their motor skills related to basketball games.
* Express about importance of basket ball play.
* Develop their physical fitness.
* Develop interest to participate in basketball.

**AIM OF BASKETBALL GAME**

Basketball is played by two (2) teams of five (5) players each. The aim of each team is to score in the opponents' basket and to prevent the other team from scoring.

 The aims of each team include:

* Scoring more baskets than the opponent’s team during the play time.
* Having a team that performs consistently well, defensively.
* Helping each other both on and off the court (To be supportive)
* Having a fun.
* Showing appreciation for the good play of others on the team especially as it is reflected in the helping of others to score or make a good defensive move.

# CHAPTER ONE

**INTRODUCTION TO BASKETBALL**

**1.1 THE HISTORICAL BACKGROUND OF BASKETBALL GAME**

Basketball is one of the most popular games in the world. The origin of the game was USA.

Basketball was invented in December, 1891 by Dr. Janes. Naismith who was a physical education director at the YMCA College in spring field, Massachusetts. Dr. Naismith invented basketball with the invention to provide an indoor winter game for students. At first a soccer ball was used and players were rolling the ball down the floor but later on special ball and the dribble were introduced. The name basketball was mentioned by one of the students of Dr. Naismith and it has stood the rest of time.

The first boys game was played in January, 1892. After this Dr. Naismith taught basketball for a group of girls at a request of some Women teachers in spring field, Massachusetts. And this first girl’s game was played in March, 1892.

The rules indicated that the size of the team could vary depending upon the size of the gymnasium. From 3 to 40 players on each side was thought to be acceptable and the position were similar in many ways to soccer in that players were called goalkeeper and guards were the defensive specialists with the wings and home man responsible for putting the ball into the goal. The centers was the feeders into the home man and wings.

 After each score (basket) the ball had to be taken out of the basket before play could be restarted. The basket had to be 37.5cm to 90cm in meter with 37.5cm depth. The basket was to be hung 3m off the floor at the ends of the gymnasium. In order to get the ball out of the basket, a ladder was used. From about 1895 to 1913 at on wire basket were often used, a stick was available to poke the ball out of the basket. In order to get the ball out of the baskets were often used; a stick was available to poke the ball out of the basket. In 1895, backboards were introduced.

Over the years, as interest in the game grew for boys and girls, the rules of the game were altered. The rules concerned primarily: the number of players on a team, out – of – bounds, penalties, scoring etc. In 1895, the rules were amended to read that 5 players should be on each team in smaller gymnasium and in large gymnasiums (boy’s rules). In 1897, the rule was standardized to five players on a team for boys.

Led by Sonda Baronson, Director of physical education at Smith College, a group of women involved in basketball convinced to modify the rules for the women. Thus, in 1899, in the women formulated their own rules and in 1901 the first Women’s Basketball Guide man published. The basic differences in the women’s rules were that the court was first divided into three areas with players not allowed to leave these areas.

The first international Men’s Basketball Competition was held in November, 1917 in Paris. In that competition more than 600 teams of service men from the United States and European countries taking part. In 1932 International Amateur Basketball Federation was organized, and in 1936, Men’s basketball became an Olympic sport games held in Berlin.

In a single century (in a hundred years of age) Dr. Naismith’s game basketball traveled to the farthest corner of the world, and millions of boys and girls and men and women get a similar enjoyment from playing basketball as did Naismith’s students back in Springfield, Massachusetts, hundred years ago.

**BASKETBALL IN AFRICA**

It is believed that, basketball was introduced in Africa by Missionaries, Possibly Americans. It was an interesting game for African’s that the game was popular in a short period of time.

In 1936 an Egyptian team took part in the Olympic Games in Berlin. In 1949 the first international basketball competition in Africa was held in Egypt (Cairo) and an Egyptian team was a champion until recently, however, basketball was largely played in Ethiopia, Tunizia, Egypt, Morocco and Algeria.

The African Association of Basketball Federation was organized at a meeting in Cairo which took place from June 11-14, 1961. During this historic meeting, representatives were presented from the National Basketball Federation of Ethiopia, Ghana, Guinea, Libya, Mali, Morocco, Zambia, Sieraleon, Sudan, Togo, and Egypt.

Though it is not documented when and where basketball was first played in Africa, it is estimated that it was introduced by missionaries, possibly Americans. It was favorite and enjoyable game for African’s that the game was popular in a short period of time. In schools, basketball was offered by Italian, French and British teachers.

Egypt is one of these African countries who introduced basketball for the first time in Africa. In addition to this, Egypt is the first African country to participate in International Basketball Competition. In 1936 an Egyptian team took part in basketball competition that was held in Berlin Olympiad. In Africa, the first international basketball competition was held in Egypt (Cairo) in the year 1949. And in that completion an Egyptian team was a champion.

There is variation in the development of basketball in Africa in connection with variation in geographical location. Fortunately, due to their geographical proximity to Europe, those North Africans introduced basketball prior to other African countries. Besides, they shared knowledge and experience using various trainings and competitions from European countries like France, Spain and Italy.

And it seems based on these and other reasons that their performance in playing basketball is improved (progressed) better than other African countries. Until recently, however, basketball has been largely played in Egypt, Morocco, Tunizia, Algeria, Ethiopia etc.

The African association of Basketball Federations was established of a meeting in Cairo which took place from June 11-14, 1961. Outing this historic meeting, representatives were presented from the National Basketball Federations of Egypt, Ethiopia, Ghana, Guinea, Libya. Mall, Morocco, Zambia, Sieraleon, Sudan and Togo.

## BASKETBALL IN ETHIOPIA

Basketball was first introduced in Ethiopia in the year 1946-47 (1939 E.C). It was first played in the Teferi Mekonnen (Entoto comprehensive) and Hailesilasse (Kokebe Tsebah) Secondary Schools. It was introduced by physical education teachers who came from Canada.

Beginning from 1950-50 (1943 E.C), basketball became popular in most primary and secondary schools of A.A. To this effect, A.A. inter-school association included Basketball in the inter-school competition which was held every year during that time. Later, on, physical education instructors of A.A. University, college and other colleges, coupled with, members of Juventus club organized the competition programs of basketball in A.A.

These programs were conducted in ancient cinema has which was found in the present day sciences faculty of A.A.U. This greatly contributed for an, increased popularity of the game as well as number of participant teams. As a result, the then Arat Killo Y.M.C.A. (Now Arat Killo sports training center) organized a team and registered as an additional team member.

While the competition programs were expanded, the above mentioned cinema hall was destroyed for, some other purposes. Hence, the completion place was transferred to Etege Hotel Compound (now Awraris Hotel) where the present day National Lottery building exists. The basketball court which was made in theis hotel was made of red ask and it had light even to serve at right.

The A.A. Basketball Federation was established in the year 1950-51 (1943E.C). Beginning from this year, the federation has been organizing the annual basketball competitions in A.A. Following this, then Arat Killo Y.M.C.A. and Olympics club (which was found at Bole road). Prepared a basketball court for each theam. As a result of this, the completion place was transferred from Etege Hotel to these two places. And all the competition programs were conducted in these tow courts inter changeably.

The Ethiopian Basketball Federation was established in the year 1953- 54(1946 E.C). Since having five federations is compulsory for a country to be a member of international Olympic Committee as well as a participant member of the modern Olympic Games. Consequently, Ethiopia became a member of international Olympic Committee and participated in the Modern Olympic games for the first time at Melbourne Olympiad in the year 1956 (1948 E.C.)

Being established as a federation, the Ethiopian Basketball Federation becomes a member of the Federation of International participated in the first time for Ethiopia to participate in International basketball Competition. Being a participant in the first African basketball competition, Ethiopia became one of the founding members of African Basketball confederation.

The Ethiopian Basketball team who participated in the first African basketball competition brought unsatisfactory result. Following this, it is believed that the attitude of Ethiopians towards basketball declines.

In the year 1975-76 (1968 E.C) the Ethiopia Commission was newly reorganized. Along with this, the Ethiopian Basketball Federation was also reorganized in the same year. From that time on wards, the federation has been exerting persistent efforts to make basketball more popular and favorite game for Ethiopians.

**1.2 RULES OF THE GAME**

#  BASIC RULES OF BASKETBALL GAME

**1.THE COURT**

### PLAYING COURT

The playing court is a rectangular surface free from abstractions having maximum dimension of 28mx15m however many courts are smaller, the court dimensions are the for men’s and women’s basket.

### BACKCOURT

A team's backcourt consists of its team's own basket, the inbounds part of the backboard and that part of the playing court limited by the end line behind the team's own basket, the sidelines and the centre line.

### FRONTCOURT

A team's frontcourt consists of the opponents' basket, the inbounds part of the backboard and that part of the playing court limited by the end line behind the Opponents' basket, the sidelines and the inner edge of the centre line nearest to the opponents' basket.

### LINES

All lines shall be drawn in white color, five (5) cm in width and clearly visible.

**Boundary line**

The playing court shall be limited by the boundary line, consisting of the end lines and the sidelines. These lines are not part of the playing court.

Any obstruction including seated team bench personnel shall be at least two (2) m from the playing court.

**Centre line, centre circle and free-throw semi-circles**

The centre line shall be marked parallel to the end lines from the mid-points of the sidelines. It shall extend 0.15 m beyond each sideline. The centre line is part of the backcourt.

The centre circle shall be marked in the centre of the playing court and have a radius of 1.80 m measured to the outer edge of the circumference. If the inside of the centre circle is painted, it must be the same colour as the restricted areas.

The free-throw semi-circles shall be marked on the playing court with a radius of 1.80 m measured to the outer edge of the circumference and with their centers at the mid-points of the free-throw lines (Diagram 2).

**Free-throw lines, restricted areas and free-throw rebound places**

The free-throw line shall be drawn parallel to each end line. It shall have its furthest edge 5.80 m from the inner edge of the end line and shall be 3.60 m long. Its mid-point shall line on the imaginary line joining the mid-points of the two (2) end lines.

The restricted areas shall be the rectangular areas marked on the playing court limited by the end lines, the extended free-throw lines and the lines which originate at the end lines, their outer edges being 2.45 m from the mid-points of the end lines and terminating at the outer edge of the extended free-throw lines. These lines, excluding the end lines, are part of the restricted area. The inside of the restricted areas must be painted.

Free-throw rebound places along the restricted areas, reserved for players during free throws, shall be marked as in Diagram 2.

**Three - point field goal area**

The team's three-point field goal area (Diagram 1 and Diagram 3) shall be the entire floor area of the playing court, except for the area near the opponents' basket, Limited by and including:

* Two (2) parallel lines extending from and perpendicular to the end line, with the outer edge 0.90 m from the inner edge of the sidelines.
* An arc of radius 6.75 m measured from the point on the floor beneath the exact centre of the opponents' basket to the outer edge of the arc.
* The distance of the point on the floor from the inner edge of the mid-point of the end line is 1.575 m. The arc is joined to the parallel lines.

The three-point line is not part of the three-point field goal area.





 **2. EQUIPMENT**

The backboard 1.80m wide and 1.05m/1.20/ high is located at the center of each end of the court 1.20m in ward from the end line and 2.90 /2.75/m above the floor.

The backboard can be made of wood, metal or glass.

The basket is an open net, suspended from the backboard on a metal ring 45cm in diameter, and length of 40cm. it must be 15cm from the rigid surface to which it is fastened. The ball is spherical object.

The circumference of the ball is not less than 75cm, not more than 78cm.

The weight of the ball is not less than 600gm, not more than 650gm.

The following equipment will be required:

* Backstop units, consisting of:
* Backboards
* Baskets comprising (pressure release) rings and nets
* Backboard support structures including padding
* Basketballs
* Game clock
* Scoreboard
* Twenty-four (24) second clock
* Stopwatch or suitable (visible) device (not the game clock) for timing time-outs
* Two (2) separate, distinctly different and loud sound signals
* Scoresheet
* Player foul markers
* Team foul markers
* Alternating possession arrow
* Playing floor
* Playing court
* Adequate lighting

**3. THE GAME**

### BASKETBALL GAME

Basketball is played by two (2) teams of five (5) players each. The aim of each team is to score in the opponents' basket and to prevent the other team from scoring.

The game is controlled by officials, table officials and a commissioner, if present.

### BASKET: OPPONENTS'/OWN

The basket that is attacked by a team is the opponents' basket and the basket which is defended by a team is the team's own basket

### WINNER OF A GAME

The team that has scored the greater number of points at the end of playing time

shall be the winner.

Play begins by the referee tossing up the ball in the center circle between the two center players who jump to hit it to a teammate. The players move the ball down court by dribbling or passing until one is in a position to score the ball through the opponents basket. The defensive team tries to present scoring by the opposition and to secure possession of the ball; they move it down the floor and attempt to score.

**4. VIOLATIONS AND FOULS**

Violation is an infraction of the rule.

### PENALTY

The ball shall be awarded to the opponents for a throw-in at the place nearest to the infraction, except directly behind the backboard, unless otherwise stated in the rules.

The rules establish legal procedures for the offense and the defense.

Any breaking of rules in either a violation or foul.

**Some examples of a violation are:**

1. Taking more than one step with the ball without passing dribbling or shooting.
2. Kicking the ball with foot or lower leg.
3. Stepping out of bounds with the ball.
4. The center leaving the circle before the ball is tipped in beginning play.
5. Double dribbling
6. Failure to inbound the ball within five seconds.
7. Failure to observe free throw regulations.

There are two types of fouls: Technical fouls and personal fouls.

A foul is an infraction of the rules concerning illegal personal contact with an opponent and/or un sportsman behavior.

A technical foul is a player non-contact foul of a behavioral nature including, but not limited.

Personal foul is a player contact foul with an opponent, whether the ball is live or dead.

**Some technical fouls are:-**

1. Delaying the game
2. Taking too many time – outs
3. Leaving the court without permission
4. Showing un sportsman like behavior
5. Touching the backboard or rim illegally
6. Failure to report to the officials when entering the game as a substitute.

**Some personal fouls are:-**

1. Holding
2. Pushing
3. Charging
4. Blocking
5. Illegal use of hands
6. Preventing the progress of a player by extended arm or leg

If you commit a foul, a free throw will be given to the opponents. If you foul a player when he is in the act of shooting for a basket, he will be given one free throws if the scored the first basket (basket and foul) and two free throws if he missed to score his shoot. Two free throws may be given if the referee considers a foul an international one.

In personal fouls the player fouled are the one who must attempt the free throw, if he is physically able, while any player may shoot a technical foul. Only personal fouls discharge a player. A player is allowed four personal fouls; a fifth discharges the player out of game for the remainder of the game.

After a goal or a free throw has been scored, the ball is put in play from behind the end line (bounds) by a member of the opponent team that did not make the score. At the beginning of each half play time, extra play time and after a double foul, the ball is put in play by a jump ball in the center circle. When two opposing players have possession of the ball, it is a held ball, and the ball is put in play by a jump ball at the nearest circle.

**5. OFFICIALS**

Basketball game is officiated by a referee and one or two an umpire. Two scorers and two timers assist them. Players and officials need to study the rules every year because changes are made from time to time.

**6. SCORING**

A goal is credited to the team attacking the opponents’ basket into which the ballhas entered as follows:

1. One point will be given for each free-throw
2. Two points will be given for each basket scored in play when the position of the shooter is inside the arc in the opponent’s court.
3. Three points will be given for each basket scored in play when the position of the shooter is outside the arc in the opponent’s court.

**7. LENGTH OF THE GAME**

The game is played for two halves of 20 minutes each, with a 15 minutes rest between halves. If the score is equal at the end of the regular play time, the game may continues to be played for as many five minutes as needed to differentiate the winning team.

**8. THE TEAM**

A basketball team consists of five players, generally known as a center, two forwards and two-guards. A team cannot begin a game with less than five players, but if has no substitutes to replace disqualified players, it must finish the game with less than five players, under current rules, a player must leave the game after committing five personal fouls and cannot return during that game.

* Team member is eligible to play when he has been authorized to play for a team according to the regulations, including regulations governing age limits, of the organizing body of the competition.
* A team member is entitled to play when his name has been entered on the score sheet before the start of the game and as long as he has neither been disqualified nor committed five (5) fouls.

**During playing time, a team member is:**

* A player when he is on the playing court and is entitled to play.
* A substitute when he is not on the playing court but he is entitled to play.
* An excluded player when he has committed five (5) fouls and is no longer entitled to play.
* During an interval of play, all team members entitled to play are considered as players.

**Each team shall consist of:**

* No more than twelve (12) team members entitled to play, including a captain.
* A coach and, if a team wishes, an assistant coach.
* A maximum of five (5) team followers who may sit on the team bench and have special responsibilities, e.g. manager, doctor, physiotherapist, statistician, interpreter, etc.
* Five (5) players from each team shall be on the playing court during playing time and may be substituted.

**A substitute becomes a player and a player becomes a substitute when:**

* The official beckons the substitute to enter the playing court.
* During a time-out or an interval of play, a substitute requests the substitution to the scorer.

**CHAPTER TWO**

**BASIC TECHNIQUES OF BASKETBALL GAME**

Basic techniques are essential to play basketball because ball control, speed accuracy, and foot work depend on them to improve your skill of basic techniques you have to spend much time in practice. A better way for improving skill is to study the pictures and then practice the skill on the court.

**2.1 THE FOLLOWING ARE BASIC TECHNIQUES WITHOUT BALL**

1. Basic stance /triple threat position /

2. Footwork

3. Body balance

4. Running

5. Changing speed (pace)

6. Changing direction

7. Jumping

8. Sliding and cut

9. Pivoting

10. Stopping

11. Feinting

12. Dodging

 **BASIC STANCE**

Basic stance is a position where the player will be in a balanced and proper place to perform any activity in playing basketball. To keep the basic stance of basketball your feet should be opened at a shoulder width and in a forward stride position in the mean time.

 **BODY BALANCE**

Balance (equilibrium) is essential in order to be ready for effective action in an activity. The degree of stability that one establishes is dependent up on the position of the center of gravity of the body with respect to the base on which the body is supported and the area of this base. The higher the center of gravity, is above the base, the nearer the center of gravity to the edge of the base: the smaller the case, the less stable the individual. Conversely, the lower the center of gravity and the wider the base and the more nearly the center of gravity is centered over the base; the greater the stability. In basketball, one must be reedy to move quickly in any direction; he must be able to stop abruptly and the change direction instantly.

If one is in a state of readiness, he should establish a position midway between the two extremes. Slater – Hammel’ found that a player was able to move more quickly in any direction when he had previously assumed a position in which his feet were spread at least the width of his shoulders, his knees were flexed to an angle of at least 120 degrees, his heels were on the floor, and his weight was equally distributed on both feet.

**FOOTWORK**

Good footwork pays off on the dance floor and the basketball court. Players who stand or move flat-footed tend to spend more time watching the action, which really affects their productivity (and fun) at both ends of the floor. Players who constantly move their feet create additional scoring opportunities through screens, cuts to the basket, defensive stops, and so on.

The prerequisites of correct footwork: quickness, balance, agility and technique. Players need:

• Quickness to deceive and beat an opponent.

• Balance to maintain body control.

• Agility to change speed and body position quickly.

• Technique to make optimal use of quickness, balance and agility.

It is recommended that players execute footwork as follows:

• Maintain a balanced position.

• Move along straight lines whenever possible.

• Change direction sharply.

• Execute combinations of footwork patterns and fakes with and without the ball.

When introducing players to the fundamentals of footwork, start without the ball – it distracts beginning players and should be introduced only once players can correctly perform fundamentals without it.

**RUNNING**

# Running is one of the basic technical movements in basketball game. Running helps for the player to change direction of movement on the court, and maintains essential conditions to perform other technical activities.

Running can be performed by making face and back to the direction of movement. During running player should be able to control balance. Players need to be able to run forward, run backward, change pace while running, and change direction while running.

**Running Forward**

To run forward, the player runs on the balls of the feet, lifts knees high, and takes long strides forward. The upper body is erect and head is upright. The arms swing rhythmically back and forth, not from side to side. Players can increase their speed by pumping their arms forcefully.

**Running Backward**

Players run backward by pumping their arms back and forth and rocking from the ball to the heel of the foot. The backward lean cannot be too pronounced, or players will lose their balance.

**CHANGE OF PACE**

This essential to help an offensive player to become elusive, it enables him to change speed within a few steps. The change of pace may be practiced by lining up for players at a time on the baseline, and having them change pace every time the coach blows a whistle, … emphasis should be put on immediate change in velocity being made in the first three steps

In change-of-pace players change their running speed to gain an advantage over an opponent. To change pace, players change either the length of their stride or the frequency with which their feet hit the ground. When changing pace, players need to act convincingly and realistically, keep their balance, and make dynamic changes.

**CHANGE OF DIRECTION**

Change-of-direction is the basis of many offensive and defensive maneuvers. For example, players often need to change from running forward to running backward or vice versa, when coming back on defense.

It is recommended that players change direction as follows:

• Slow down, plant outside foot in the direction opposite that of the new direction.

• Flex knee of the planted leg, and drop the hips to lower the body’s center of gravity.

• Push forcefully off the outside foot, and simultaneously take a short, powerful step in the new direction.

**JUMPING**

Jumping is fundamental but needs to be directed to vertical height. Players should practice jumping and reaching to tap a ball or object with one or two hands

**SLIDES AND CUTS**

Young basketball often play as if their feet were glued to the court. Yet whether they’re attempting to guard an opponent or get open to catch a pass, it’s essential that they move their feet effectively.

• slide their feet without crossing them,

• push off a foot when running to cut quickly in another direction

**Slides**

Basketball defenders must be able to move swiftly from side to side.

This moment is necessary to prevent offensive players from driving or cutting uncontested to the basket. It is also an effective move for offensive players who are being guarded from behind and are facing a team-mate who has the ball. But youngsters are much more comfortable with forward than with lateral movement and thus tend to cross their feet when attempting to move sideways. Therefore, you will need to take time to each and drill them to slide their feet effectively.

Instruct players to stand in the ready position and then move the leg nearest their intended direction about half a meter to that side. Next they should slide the other foot until the feet once again are shoulder width apart. Remind players to keep their toes pointed forward and to move as quickly as possible on the balls of their feet. They’ll be able to slide more quickly if they keep their knees bent, rears down, and backs erect.

**Cuts**

The ability to change direction quickly and in balance is important on both the offensive and the defensive end of the court. Offensive players will have trouble getting open for passes or shots if they cannot “lose” their opponents with quick cuts. And defenders will find it difficult to keep up with effective offensive players if they are unable to respond in kind to various cuts to get open.

Therefore, teach all of your players how to cut on the court by having them practice planting one foot on the court at the end of a stride, then pushing off that foot to shift their momentum in another direction. For example tell players to push off with the left foot if they wish to cut to the right. Then they should turn the unplanted foot in the direction they want to go and lead with that leg as they burst toward the new direction. Three very effective cuts used by offensive players to get open are the L-cut, V-cut, and backdoor cut

Perhaps no other basic basketball skill is as lacking from the young player’s repertoire as pivoting. Yet on defense and particularly on offence, players must be able to pivot effectively.

A pivot simply involves stopping, then turning one side of the body forward (front pivot) or backward (back pivot), all while keeping the ball of one foot on the court (see Figure next page). The stop and rotation components of pivoting are what distinguish it from cutting.

If you can get your players to pivot properly, you’re ahead of the game; this is a skill that even some high school players have trouble performing. Even if your players do execute pivots well, remind them that they are limited to only one pivot foot each time they have the ball.

**PIVOTING**

A pivot is the legal movement in which a player who is holding a live ball on the playing court steps once or more than once in any direction with the same foot, while the other foot, called the pivot foot, is kept at its point of contract with the floor.

Pivoting is one of the most important basic basketball skills a player must master. Pivoting occurs when a player rotates his/her body position, maintaining balance with one foot in constant contact with the floor.

A player can use pivots to:

• Protect the ball from defensive player.

• Improve view of court while in possession of ball.

• Square up to the basket.

• Improve passing or driving lane.

• Beat a defensive player by pivoting around him/her.

Once a pivot foot is established, it may not be changed. A player must visualize that their pivot foot is stuck to the ground, until they dribble or pass the ball. When a player catches the ball or stops dribbling the ball, the first foot to hit the floor is the pivot foot. Therefore, it is a good idea to have a player come to a jump stop on two feet, so that their pivot foot is not pre-determined. Once this occurs, it is up to the player to choose a pivot foot based on the situation.

When pivoting, emphasize the following:

• Keep the pivot foot in constant contact with floor.

• Stay low.

• Pivot quickly and aggressively.

• Lead with elbows.

• Stay in triple threat stance.

There are two types of pivots:

 **Front Pivot** - In the front pivot, a player turns forward while pivoting on one foot. That player does not lose sight of the basket and remains in a triple threat position throughout the movement.

 **Reverse Pivot** - In the reverse pivot, the player turns their back, away from where they were. Again, the player must remain in a triple threat stance so that they protect the ball.

**STOPPING**

Stopping is the art of reducing movement to zero. To be effective in basketball, it must be accomplished abruptly. Stopping is extremely important and must be mastered in order for a boy to be able to adjust to the Blitz system. It is useful in both the defensive and offensive phases of the game. To become an outstanding basketball player, a player must be able to stop abruptly and yet maintain body balance. The two ways to stop are the jump stop and the one – two stop.

**In the jump stop** the player actually leaves the ground for a fraction of a second with both feet and lands on them simultaneously. If used offensively, either foot may be retained as the pivot foot. The secret to this, of course, is keeping the center of gravity low and over both feet.

**The one – two** **stop** may be performed by placing the down –coming foot hard and them stooping on the next step. In other words, the player stops within two running steps. This stop is used whenever a player is traveling at a great rate of speed. It allows him two steps to get his body under control and stop rather than just jump. The back foot must be the pivot foot if this is an offensive stop with the ball. Again body balance is possible because the center of gravity is over a point midway between both feet. In other words, the weight should not be placed over the front foot.

**FEINTING**

Feinting is deceptive movement intended to throw the opponent off balance or out of position. A quick movement with the ball or with the body makes it by stepping to one side of the guarding opponent and them moving in the opposite direction

**DODGING**

Dodging consists of a series of quick starting, stopping, and feinting movements. Each successive move is usually in a different direction, and a change of pace is often employed. All of these moves are designed to help a player to free himself from the close guarding of an opponent.

**2.2 THE FOLLOWING ARE BASIC TECHNIQUES WITH THE BALL**

1. ball handling

2. passing & Receiving

3. Dribbling

4. Shooting

5. Rebounding

**BALL HANDLING / BALL FAMILIARIZATION**

Ball handling is meant the position of your hands as well as the action of your hands when holding the ball.

Becoming comfortable with how the basketball feels is a critical first step for young players. The more often they have a ball in their hands, the quicker their touch will develop. They must be able to hold and move the ball properly before they can begin to work on fine motor skills like dribbling and shooting.

When teaching ball handling/ ball familiarization drills, emphasize the following:-

* Keep eyes up and off the ball.
* See the ball into the hands.
* Spread the fingers and thumbs evenly around the sides of the ball
* Players should be in a balanced position – feet shoulder width wide.
* Use your fingertips, not your palms – fingertips exert more control.
* Whenever possible hold the ball with both hands.
* Learn to become comfortable with the basketball using both hands.
* Encourage players to try to go faster in these drills – Encourage mistakes
* Extend the hands chest high in front of the body before holding the ball.
* Hold the ball being in a proper basic stance position.

**Common Mistakes in Ball Handling and receiving**:-

* Failure to stay relaxed.
* Holding arms too stiff while catching the ball.
* Attempt to pass before having full control over the ball.
* Failure to watch the ball all the way into the hands.

**PASSING AND RECEIVING**

Passing and receiving the basketball are two fundamental aspects of offensive basketball that must be worked on so children can learn to share the basketball and promote team play. The purpose of successful passing is to move the ball up the court quickly, or to move the ball into an area to improve scoring opportunities for teammates. Every successful pass requires two things: a good passer and a good receiver.

Passing is an offensive skill used to maintain possession and create scoring opportunities. Passes should usually be short and crisp, because long or slow passes are likely to be stolen by an opposing player. However, players should avoid throwing too hard or using passes that are difficult to control. Passers should throw the ball above the waist and within easy reach of the receiver. If possible, passes should be thrown to the receiver’s side that is farthest from her or his defender. If your players become very skilled passers, work with them on faking a pass one way, then passing another. If they become very proficient, ask them to look away from the team-mate to whom they are passing, to confuse the defense.

**Passing** is the act of throwing the ball either one handed or two handed to another player. The fundamental requirements of every pass are that it should be accurate, well timed, quick and the proper type for that situation.

Regardless of this you should remember not only your own passing limitations ball also the reception limitations of your team member. You can use passing.

* To throw the ball over a defender
* To throw to a pivot man going into the basket
* To throw an easy – to handles pass over a defensive man
* To throw to teammate coming into a pivot

In basketball no one player can expect to score by his own effort alone. Most of the play consists of passing the ball between players and gradually working it down the floor and in to scoring position in playing basketball game. Passing is a key to create scoring opportunities. Thus, the skill of passing is important to everyone to play the game successfully.

**PURPOSE OF PASSING**

• Advance ball up court as quickly as possible.

• Achieve better court position.

• Improve shooting position and scoring opportunities.

**PASSING TECHNIQUES**

When teaching passing, emphasize the following:

• Always be in a triple threat position.

• Anticipate the movements of teammates and use peripheral vision to look for open receivers.

• Focus and make eye contact on receiver’s target.

• Hold ball with finger tips and finger pads while keeping elbows in near body.

• Pass ball towards target by flicking the wrists, finishing with thumbs pointed down and ‘pinkies’ up.

• Step in the direction of the pass to give it more power.

• Follow through as ball is released.

**RECEIVING A PASS**

When the balk is thrown to you, make your hands ready to receive it. First spread the fingers but keep them relaxed. When the ball hits the fingers, let the arms give slightly toward the body. When the ball is under control finger it and then the arms should be placed immediately into position for a pass, shot or dribble.

Receiving Techniques

When teaching receiving, emphasize the following:

• Show a target.

• Anticipate passes directed toward them.

• Be in a ready position with hands up in position to receive ball.

• Trace flight of ball, see ball into hands.

• Absorb the ball by catching it with your fingers and bend at the elbows.

• Get into triple threat position when ball is caught.

**TYPES OF PASSES**

There are many types of passes that can be used in playing basketball. But let’s see the fundamental techniques of some of the passes that are mostly used. These are:-

1. Chest pass (two handed pass)
2. Bounce pass (one hand bounce pass and two hand bounce pass)
3. Overhead pass
4. shoulder pass
5. base ball pass / long pass/ fast break pass

**CHEST PASS**

Chest pass is a quick pass because the ball follows a horizontal motion.

The most common pass of all and the first that a beginner should master is chest pass. During chest pass:-

* The ball is held in both hands, the finger spread on the sides of the all with the thumbs behind the ball.
* The ball is held about chest high, with the elbows held at the sides of the body.
* Extending the arms fully, and stepping in the direction of the pass release the ball.
* The arms should be facing downward or slightly outward with the elbow chest high on the follow-through.

The chest pass should be received chest high this pass used as a short and medium-length pass, and is aimed at the teammates.

**BOUNCE PASS**

Bounce pass is a short distance pass. It is used to avoid a deflection or interception when a player is being closely guarded. It is executed in the same manner as the chest pass except the ball is bounced into the hands of the receiver.

The ball should bounce at approximately two thirds of the distance between the passer and receiver, should rebound waist high.

**Two handed bounce pass**

This pass is made from a low position with everything else being the same as the two – handed chest pass. The passer assumes a low position and releases the ball below the waist. The target is the receivers thighs. Attention should be on hitting the target, rather than where to bounce the ball on the floor. It is used most often in the front court against taller players, and at the end of the fast break.

**One handed bounce pass**

One bounce pass is extensively used in close quarters in the offensive end. The pass may be used by any player simply by stepping the direction of the intended receiver and releasing the ball from below the waist. The ball is held with both hands, then controlled by the passing hand, which is behind the ball. The ball is released by a straightening of the arm at the elbow and the wrist snap, rolling the ball of the thumbs. It is aimed at the receiver’s thigh.

**OVERHEAD PASS**

The overhead pass is used most often by tall players in either the offensive or defensive ends. The position of feet and hands is the same as for the other two passes. The primary difference is that the ball is held directly over the head and the impetus is supplied by a snapping motion of the wrists, fingers, and thumbs. The target is just over the receiver’s head, although the ball may be passed at his chin if there is not defensive man around him.

When performing an overhead pass, emphasize the following:

• Start in triple threat position.

• Identify target, call name of receiver.

• Transfer and hold ball over the top of head with two hands.

• Take one step towards receiver.

• Extend arms forward over head level.

• Snap wrists.

• Follow through so palms face outward and thumbs point to floor.

• Return to ready position.

**SHOULDER PASS / One Handed Push Pass /**

Once players have mastered the chest pass and bounce pass, they can move to the one handed push pass. This pass is slightly quicker than the chest pass and a more natural movement to make.

When performing a one handed push pass, emphasize the following:

• From triple threat position, locate target, call name of receiver.

• Ball in front of hip of lead foot.

• Shooting hand is behind ball, non shooting hand on side of ball.

• Step forward on to front foot.

• Push ball towards target with shooting hand.

• Target is receiver’s chest.

• Wrist snaps and follows through.

• Fingers and thumb point at the floor.

• Return to ready position.

**BASE BALL PASS / LONG PASS/ FAST BREAK PASS**

Base ball pass is the most effective for long passes, especially in initiating the fast break.

During this pass:-

* When the pass is thrown with the right handed, the ball is brought back to the right ear; close to the head, with the fingers will spread in back of the ball.
* The weight of the body is shifted to the right rear leg as the ball is brought back.
* The weight shifts forward to the left foot as the right arm is brought forward to release the ball.
* The ball is released about one foot in front of the body.
* When a player used left hand to pass the ball the passer applies the reverse.

**Common errors in passing**

* Using blind passing
* Failure to stay relaxed
* Failure to keep head up and use peripheral vision to spot any free teammate.

**DRIBBLING**

Dribbling is the act of bouncing the ball against the floor with one hand while running, walking or standing. The purpose of dribbling is to enable players to move the ball at varying speeds.

Dribbling is the only manner in which a player may independently move the ball down the court. To accomplish this, use a soft touch with the fingers and wrist with a slight forearm movement to push the ball downward.

 You are allowed to move the ball from place to place in the court by dribbling is basically an arm – wrist-finger action.

**Purpose of Dribbling**

* Advance the ball into offensive end when a pass is not possible.
* Improve an opportunity for passing or shooting.
* Relieve pressure in a congested area.
* Make an offensive move to the basket.
* Penetrate toward the basket
* Create a better passing lane
* Get out of crowd
* Advance the ball on offence
* Manipulate offensive maneuvers
* Drive the defensive man
* Get the ball away from the defensive backboards
* Help control the ball during stalling tactics

**Points to remember when dribbling the ball are:-**

* Use both the right and left hand
* Keep the ball slightly out in front
* Dribble sharply to the right or left (change of direction)
* Use a change of pace
* Always dribble with the hand away from the defensive player
* Go only as fast as you can maintain full control of the ball
* Always keep the head up so that other players can be seen
* The body should be in a flexed position for better ball control
* For protection of the ball always keep the body between the ball and the opponent player
* Pass if you can, dribble only if you must

**Types of Dribbling**

1.Basic stance dribbling

2.Low dribble

3.Medium dribble

 - Cross over

 - Behind back

 - Between leg

4.High dribbling

**BASIC STANCE/STATIONARY DRIBBLE/**

In the static dribble, players dribble the ball under control and in a stationary, protected position.

When performing Static Dribbling, emphasize the following:

• Start with knees flexed and feet shoulder width apart.

• Head up and eyes forward.

• Foot of non-dribbling hand forward.

• Ball dribbled with dribble hand slightly ahead of back foot.

• Push ball to floor using fingertips, not palms.

• Elbow bent, wrist follows through.

• As ball returns to hand, repeat the pushing motion.

• Protect the ball by keeping the non-dribbling shoulder, arm and leg between the ball and defensive players.

**LOW CONTROL DRIBBLING**

Low control dribbling is used when a player is closely guarded. In the low dribble the player moves about crouched over in a very low position with back straight and head up. He should keep his hand spread out, and the release should be a brisk push to make the ball bounce off the floor and back up to the hand. Most of the movement should be from the wrist, fingertips, and thumb. The opposite arm should be held out, bent at the elbow, in a position with the open hand pointing toward the body, ready in case the dribbler wants to quickly switch dribbling hands.

The fingertips should control the ball in order to push it down toward the floor in continuous motion rather than to carry it in the air and violate the dribbling rule. Many tricky moves can originate from the low dribble if execute properly. Complete control of the ball at all times is essential. This is possible if the dribbler stays very low and keeps the ball below his knees at all times.

**HIGH-SPEED DRIBBLE**

High-speed dribble is used when a player is unguarded and moving quickly-leading a fast break, driving to the basket, bringing the ball down the court without opposition.

 During high-speed dribble:-

* The body us erect with only a slight forward crouch
* The ball rebounds between the waist and the chest
* The dribbling arm pushes the ball forward and slightly to the side of the body.
* A full running stride is use, limited only by the dribbler’s ability to control the ball.

**Common errors in dribbling**

* Dribbling by looking at the ball (fine centering rather than soft centering)
* Dribbling in a stiff arm – wrist finger action
* Failure to use peripheral vision
* Failure to push the ball and using “slapped” or “batted” action
* Making a second dribble

**SHOOTING**

Shooting is the backbone of basketball game. Because it is the ability to shot accurately the determines the winning team. While playing the game, your outstanding passing and dribbling skill will be valueless without accurate shooting. Therefore, to win the game every member of a team should become good shooters. Shooting ability depends upon proper technique, coordination, concentration, confidence and relaxation.

1. **Proper technique**:- Each basketball shot contains basic principles which result in good shooting ability. Even though many good shooters have unique and original techniques, these basic principles appear in each type of shot:
* **Target:** Whether the target is the front of the rim, basic of the rim, or the backboard, the player concentrates of the spot before, during, and after the shot.
* **Smooth rhythmic action:** The act of shooting involves a body movement that is smooth and rhythmic. Jerky, hesitant, uneven body actions will not result in accurate shooting.
* **Soft touch:** The ball is shot so that it lands – if it misses the center of the basket hole light, and in bouncing softly it has a good opportunity of dropping through the loop. This “soft touch” is accomplished by shooting with a smooth, rhythmic action followed by a natural follow – though, which produces a slight backspin to the ball. The backspin plus the forward moment of the ball counteract each other and cause the ball to remain in or around the basket area as it bounces on the rim.
* **Follow – though**: This act is a natural continuation of the shot while the eyes are still concentrating on the target. A natural follow – though will guarantee that the ball will go on the course where the original action started. Snapping the wrist down and allowing the ball to leave the fingers while the elbow is bent, change the arch, the distance of the shot, the spin on the ball, and of which contribute to poor shooting.
* **Finger tip control**: The ball is controlled on the fingertips and not in the palms of the hands. The fingers, through their sensitive nerves, enable the student to control the ball as desired and “feel” the control.
* **Flight to the ball**: Logical reasoning would enable one to realize that a medium arch produces the greatest percentage of shots. The high – arched shot, when it strikes the rim, will rebound long and not be a “soft touch” shot. On the other hand, a low arch shot must be in just the right place or it will strike the front or back rim and rebound out.
1. **Coordination:** coordination is the foundation upon which a good shooter builds the proper muscular actions. A well co-ordinate individual will, through a kinesthetic sense, “feel” the actions; and when successful he repeats the act with the same muscular action. This getting in to the grove enables the shooter to learn the actions necessary for a successful shot and maintain the form.
* Proper technique and repeated practice will enable the not – so well coordinate student to become proficient in the act of shooting. Practice, practice and more practice are necessary, but the rewards are great, as making baskets is important.
* One important aspect of co-ordination is the judgment of distance. This hand – eye co-ordination comes with split – second timing and, because the basket is only eighteen inches in diameter, does not allow much margin for error. The eye judges the distance from the eye to the target. The co-ordination of the body then follows the directions transmitted to the brain from the eye into force, which is accomplished primarily though the fingers, wrist, and elbow. Regardless of the distance of the shot the elbow should be straight on the follow- through, as the wrist continues the natural action of the shot.
1. **Concentration:** The instant the student realizes that he is going to shoot, he should concentrate on the target, think of nothing else, and never take his eyes from that spot until well after the shot is realized. In fact, he should concentrate so hard that his eyes open large. This act of concentration removes all external stimuli, and noting will be obvious to the shooter except the shot until the act is completed.
2. **Confidence:** To have confidence is shooting is important. The student who expects to make the shot will shoot confidently and is doing so, he will be more likely to follow the proper technique and make a successful shot. To gain confidence a student should experience successes under game conditions. This calls for shooting in competition and while being harassed by an opponent.
3. **Relaxation:** Relaxation is another factor necessary to good shooting. Lack of terseness in the muscles, which is relaxation, allows the student to naturally accomplish the act of shooting. Relaxation comes with experience and confidence. Again, the student must experience shooting in game or similar conditions, so that relaxing on a shot is second nature, that is become habitual act.

**TYPES OF SHOOTING**

There are many type of shoots, which are mostly applied in modern basketball game are the:-

1. Lay-up shot (under arm and over arm lay-up shooting)

2. Set-shot (two hand set shot and one hand set shot)

3. Jump-shot

4. Hook-shot

 5. Dunk-shot

The type of shot used by any player depends on: the ability of player, position of player on the court and the position of opponent /defensive players.

**LAY-UP SHOT**

The lay - up shot is taken from closer range to the basket. This shot is best executed on diagonal in relation to the basket using the backboard to bank the ball in the lay-up shot is used when you are running to the basket. It is performed from a jump that carries you beneath the backboard. When you are shooting from the side, lay the ball gently against the backboard so that it will drop through the basket. When shooting from the front of the basket, also lay the ball gently against the backboard.

The lay – up shot is the basic shot in basketball. It is the root or foundation from which all shots (except the two – hand under hand shot which is used for free throwing) start. Therefore, the movements and techniques which will be presented for the lay – up shot are fundamental to shooting in general. This approach simplifies teaching, helps the learner to more easily understand the techniques, and thus tends to speed the learning process. Players should learn to shoot with either hand (with the left hand when moving to the basket from the left and the right hand when shooting from the right of the basket).

To perform lay – up shot properly, consider the following:-

* Hold the ball waist high with both hands.
* Take – off with the left foot for left hand lay – up (and right foot for right hand lay – up)
* Jump high in to the air (pushing the ground with bent knee).
* Shift the ball to the shooting hand.
* Raise the shooting hand as high as possible above and in front of the head.
* Players should convert forward movement into upward momentum by leaning back slightly, dropping the hips, and shortening the last two or three strides.
* To set up the take off foot, players usually take stutter steps during the last few dribbles or just before receiving a pass.
* Release (shot) the ball off the finger tips.
* Laying the ball gently (softly) against the backboard.
* Follow through with the shooting arm and wrist.

**Common errors in shooting**

* Failure to push the ground force fully
* Failure in body coordination while shooting
* Failure to execute a follow through action
* Failure to develop a consistent shooting form and concentration
* Allowing the elbow to swing away from the body
* Shooting the ball in too low or too high arc
* Laying the ball forcefully (softly against the backboard)

**SET SHOT**

Set shot is mostly used for long range shooting and free throw. It has two types: two-hand set shot and one-hand set shot.

**Two - hand set shot**

You will use both hands to shot the ball.

To perform two hand set shoot consider the following fundamental techniques.

* Hold the ball about chest high with both hands.
* The fingers spread along the sides and slightly behind the ball.
* Keep your feet about the width of your shoulder.
* The left or right foot may be slightly forward, but it is recommended that the feet be kept in a straight line.
* Bend the knees and arms and release the ball with a strong wrist snap using both hands.
* As your arms and legs straighten your feet come off the ground slightly.
* Follow through with fingers and arms using both hands.
* Keep your eyes focused on the front ring of the basket.

**One - hand set shot**

In one hand set shot, you will use one hand to shot the in the basket. This shot is sometimes known as the free – throw. To perform one – hand set shot, consider the following fundamental techniques.

* Hold the ball as in a two – hand set shot with the hands in front of the face.
* Turn the ball so that the shooting hand is behind and under the ball.
* The elbow of the shooting hand pointing towards the basket forming 900 if possible.
* Bend the knees and bring the ball up, removing the left hand if shooting with the right hand (remove the right hand if shooting with left hand).
* Shot the ball with a strong wrist action and extension of the shooting arm, letting the feet come off the ground.
* Follow through with fingers and arm of the shooting hand.
* Keep your eyes focused on the front ring of the basket.

**JUMP SHOT**

Jump shot is the most common one in basketball.

It is mostly performed from a dribble, but you should be able to perform it almost in any situation. The jump shot can be performed from either running or standing position. This makes it difficult for your opponent shot; you need balance, coordination, and a clear view of the target on the front ring of the basket.

To perform the jump shot consider the following fundamental techniques:-

* Come to a stop from the dribble
* Jump high in to the air and bring the ball overhead
* The shooting hand behind the ball and the elbow under the ball
* Follow through with hands and arms of the shooting hands
* Keep your eyes focused on the front ring of the basket.
* The player jumps up as high as possible before releasing the ball.
* On the release, the bottom hand holds the ball while the top pushes, it toward the basket with fingertips, thumb and wrist action.
* The player should be thinking in terms of shooting a soft shot. (the ball should sail through the air very slowly.)
* There are should be high enough for the ball to go through without hitting the front of the rim. The arc is determined through practice experimentation.

**HOOK SHOT**

Hook shot is used when the player is closed to the basket and is particular valuable when a player who has his back to the basket received the ball. The ball is released at the top of the arc with a snap of the wrists, allowing the ball to roll of the fingertips and thumbs. If the hook is shot by stepping toward the baseline, then the board may be used if the player is within eight feet. Otherwise, the ball should be aimed for the basket. Every player on the team should practice the hook shot. Although it is used mostly by the players around the pivot position, the other players often have occasion to hook while moving across the front of the basket.

During this hook shoot:-

* If the shooter is right-handed the step taken by the leg and the right arm extended and fully away from the body with the lift hand closed to the body.
* Before releasing the ball step and turn forward the basket.
* The ball is released when the arm is fully extended.
* Focus in the backboard while shooting.

**REBOUNDING**

Rebounding is gaining possession of the ball after unsuccessful shooting attempt.

Rebound is the action of taking the ball as it bounces (or renounces) from the backboard or ring of the basket usually after a missed shot. Rebounds are referred to as ‘offensive’ if taken at the opponents’ basket and ‘defensive’ if taken at one’s own basket.

**Techniques of rebounding**

* The keys to effective rebounding are:
	+ Positioning (“blocking out” or “boxing out”)
	+ Aggressiveness, (maintaining physical contact with his/her opponent)
	+ Timing of the jump
* Box out opponents first, before moving to ball.
* In preparing to jump for rebound, maintain a wide base with feet and elbows spread.
* Jump to reach the ball at the highest point of the jump.
* Keep legs spread in air to discourage possible tie-up by opponent.
* Spread fingers, and catch ball with two hand to control.
* For a defensive rebound, get the ball away from the basket quickly (pass the ball away from the basket to a teammate).
* For an offensive rebound try to get an immediate score out of it (pass to a teammate in better shooting position).
1. **Defensive Rebounding**

Rebounders must have the feeling that when the shot goes up it their ball. Rebounders, as has already been said, should be aggressive, mobile and have good jumping ability.

The basic rebounding position has the feet under the shoulders, the knees bent, the elbows away from the body and the hands up. The eyes should be kept on the basket area.

The jump should be high and wide. The ball should be reached for and taken in front of and high above the head in an explosive movement. It should be snatched with both hands and held firmly so that it is not taken away.

Position is very important in rebounding. The rebounder should be between his opponent and the ball. This is called blocking out and is maintained until the ball comes off the board or ring. The rebounder should initially watch his opponent, rather than the ball, and should step in that direction by using a pivot step. There are four major factors are involved in individual defense these are stance, foot work, position and vision.

1. **Offensives Rebounding**

The basic rule for all rebounders, whether offensive or defensive is to treat every shot as a missed shot. Basketball is won and lost through rebounding and a good offensive player in this respect is invaluable. Rebounders are aggressive, mobile and agile, and when actives offensively need that extra sense of anticipation because the odds are loaded to the defense.

**OFFENSIVE, DEFENSIVE AND TEAM PLAY OF BASKETBALL GAME**

Basket ball is a team sport and requires team effort. All the players of a team must help each other up to the end of the game. By its nature, basketball is a series of stops and starts. A team gains possession of the ball, stops its defense, starts its offense, then it loses possession, stops offense, starts defense, and so on. When playing a game, team should make such transitions quickly and efficiently. Since basketball is a non-contact game, possession of the ball and retaining possession to enable the team to free a player provides a scoring opportunity. Thus, the key to team play is possession of the ball. It is quite obvious that if one team retains possession of the ball, then the other team will have no opportunity for scoring. As possession of the ball leads to shooting opportunity, the team with the greater amount of possession will have a chance to win the game. Consequently, loss of possession prior to a shot must be regarded as a major crime! While defending, a team has two choices. Either to use one-to-one or zone defense. On offense, a team’s offensive tactics may include variations such as give-and –go, pick-and-roll, or pressing and others. All of these help a team to win the game.

**There are a few general points for a team play**.

* If the opponents are poor shooters, play with them loosely.
* After catching a ball from rebound, immediately watch for a free teammates.
* Don’t take a short, bounced dribble when you first get the ball. When you do so, you are using unnecessarily your chance to dribble the ball.
* Remember that basketball is a team sport which needs a team tactic of both defensive and offensive play.
* The enjoyment of play and pleasant social relationships are the most important characteristics (features) of the game.

## TEAM DEFENSE

The basic objective of defense is to stop the opposition from scoring easily, to keep the scoring to a minimum and to obtain possession of the ball.

**General and important points to be considered during defensive play are:-**

1. Play your opponent in such a way as to see both the man and the ball (use peripheral vision).
2. The further your opponent gets from the ball, the close you should move toward the basket.
3. Be aggressive on defense
4. Get back quickly on defense
5. When your opponent completes his/her dribble press him/her and other potential pass receives.
6. To block the shot made by your opponent/don’t jump too soon
7. Try to force the opponent with the ball to the sidelines or to ward a support man.
8. When a shot is taken, move first to block out the shooter, and then look for the ball.
9. Don’t slap at the ball as it comes off the backboards, catch it and look down court for a fast break possibility.
10. Always work in coordination with your teammates.
11. To deflect a ball that is being passed by an opponent to a teammate.

**A player’s responsibilities in defense against an individual opponent may**

 **be listed as follows:-**

1. Discourage opponent from shooting from a high percentage scoring area.
2. Anticipate his/her movement to discourage him/her from during past and getting closer to the basket for a shot.
3. Make it difficult for him/her to pass accurately, particularly into the high percentage area.
4. Discourage the attacker from running past to receive a pass and prevent him/her from collecting a rebound.
5. Make it difficult for him/her to receive a pass, especially in the high percentage scoring area.
6. Perform the above without committing a foul.
7. Always stay between the opponent and your own basket.

**TYPES AND TACTICS OF TEAM DEFENSE**

The type of team defense that is employed will be determined by two factors. One is the skill and ability of the players involved and the other is the style of players to be defended.

There are two basic team defenses used in modern basketball. These are:-

1. Man – to man defense
2. Zone defense

**Man – to – man defense**

In man – to – man defense each defense player is assigned a specific player to guard. No matter the offensive players go, it is the responsibility of the defensive players to stay with them. Normally, the defensive players will help each other out, but as soon as possible they will a gain assume responsibility for the players to whom they are assigned. During man – to – man defense players are assigned on the basis of height, position, speed, offensive ability of the opponent, and the player’s own defensive ability.

**Zone defense**

In zone defenses, it is a particular area of the court, or a zone, which is the responsibility of each defensive player. The defensive player does not leave his or her area no matter where the ball goes or what the offensive players do. A zone defense depends for its success on a tea’s ability to work as a unit, and for this to occur communication is essential. There are size main classifications of zone defenses, and they are illustrated as follows, showing the areas of responsibility for each defensive player. When describing a defensive zone set, remember that one reads from top of the circle to the end line. In zone defense the defense shifts in relation to the ball, rather than in relation to the position of the offensive players.

**CHARACTERISTICS OF EACH ZONE DEFENSIVE FORMATION**

**On – two – two (1-2-2)**

The front player should be fast, with quick hands. The next two players should be fairly fast. The two players close to the basket should be tall and good rebounds. This zone is strong in the pivot area, and affords good rebounding opportunity. It is weak on the sides and in the corners against good set shooters.

**One – Three – One (1-3-1)**

The first or front player is the chaser and should be the fastest player on the team. The three players in a line across the foul circle are ready to help of their respective positions if the ball advances to this point. The players in this line should be advances to this point. The players in this line should be eairly good rebounds. The players in the area under the basket should be the west rebounded.

This zone is very effective when defending from the corner and guard positions. It is weak against good outside shooting.

**Two – Three (2-3)**

Two players in front should be fast. The three back players should be good rebounds.

This defense is strong in the area under the basket and in the corners. It is good for rebounding, but poor in the pivot area.

**Two – One – Two (2-1-2)**

Two players in front should be fast. The best rebounded could operate in the center.

This defense is strong under the basket and in the pivot area. It is weak it the side and corners.

**Two – Two – One (2-2-1)**

Two fast players are in front. Two good rebounds should be in the second one.

This defense is strong in the middle area and against the opposing guards. It is poor in defending at the sides and in the corners.

**Three – Two (3-2)**

Three front players should be fast. The two back players should be the team’s best rebounds.

This zone is strong against good outside shooting and excellent for the start of a fast break on a missed shot or intercepted pass. It is a weak defense in the pivot area and corners.

So it is better to select defensive play formation by taking in to account the characteristics of each zone defense and the offensive play formation of the opponents’ team.

**ZONE PRESS (PRESSING DEFENSE)**

The pressing defense refers to the guarding of the opponents all over the floor as soon as they gain possession of the ball rather than waiting to apply the defense until the offense has brought the ball over the centerline. The pressing defense is especially useful if there are only a few minutes to play and the defensive team is behind in points. However, more and more teams are employing the pressing defense throughout the entire game. The main objectives of pressing defenses are to harass opponents into changing their game strategy, and to force the offensive team to use up valuable time in bringing the ball down the court.

During pressing defense two defensive players guard the offensive player with the ball. The two nearest potential pass receivers should be guarded very closely, with the remaining defensive man covering the basket and guarding the two offensive men farthest from the ball.

Most zones press, whether full court, three gaunter courts, or half court, and are a variation of one of the following:

1. Two – two – one
2. One – two – two
3. Two – one – two
4. One – three – one

**DEFENSE AGAINST THE SCREEN**

When an offensive player it setting a screen the defensive player who is assigned for the offensive player with the ball at that moment should take action to avoid getting held upon it. The defender will try to go over the top the screen, which means his/her opponents and the screen. If this is not possible, he/she attempts to stay with his/her opponent by moving behind screen (known as sliding). For it to be successful he/she must have help from his/her teammate who steps back, there by creating space and pulling him/her through. The disadvantage with sliding is that the attacking player with the ball could make a quick stop and shoot using his/her teammate as front screen. Sliding will be employed when the ball handler is not in a during area.

An alternative defense to the slide is for the defenders to switch defensive responsibility.

These three methods of defending against a screen are illustrated in the figure below.

1. Going over the top

1. Sliding

1. Switching

##  TEAM OFFENSE

Offensive play will vary with the defensive play used by the opponent team throughout a single game of basketball. One type of offensive tactic is used against one-to-one defense and another type against zone defense.

The most common method of offense against the zone defense is to use quick sharp passing. Here, the major aim is to penetrate the zone-defense and facing an opponent player out of the assigned position the other offensive tactic commonly used is pressing (over loading)

Basic activities against one-to-one defense are the give-and-go and the pick-and-roll. Here, the emphasis is to screen a defensive player and then give the ball to a free team mate.

**General and important points to be considered during offensive play:-**

Do not waste time by holding the ball, but pass, shoot or dribble. Holding the ball gives the defense time to adjust their positions.

Don’t throw too hard when you are near (close) to the receiver.

Do not dribble without an objective in mind.

Pass if you can and dribble only if you must in the following circumstances:

* To move away from closely guarded situation
* To create a better passing lane
* To bring the ball down court
* To penetrate toward the basket

Use change of pace from time – to – time.

Shoot only if there is a reasonable possibility of success. Move to meet the pass.

Switch from defense to offense immediately after the ball is secured. Move after a passing a ball, either to the basket or to screen away. Screen away from the ball.

Balance the offence that is, maintained 3.5-4.5 meter spacing between players on the perimeter of the offence.

**OFFENSIVE PLAYING POSITIONS**

In basketball the area of the court taken up when a team is on the attack determines the name given to player’s position. There are three basic court-playing positions:

1. Guard
2. Forward and
3. Center

**CHARACTERISTICS OF EACH OFFENSIVE PLAYING POSITION**

**Guard**

A guard may be known as playmaker. A player who plays in a guard position will normally operate in the area of court between the centerline and the free – throw line extended to the sidelines. A guard (playmaker) usually be one of the smaller players in the team and will be responsible for bringing the ball up court to start the team’s attack. A guard will need to be a good driver and a capable shooter from 4.5-7.5 meter range from the basket. A playmaker should be a very good passer of the ball and capable of ‘reading’ the movements of teammates.

A team may employ either one or two guards in its attacking alignment. When two guards are used one of these will often undertake the direction of play and he/she can be referred to as the ‘point guard’ his/her partner may then called the ‘off guard’. When a team uses a one -guard attack this player can also be called the ‘point guard’s

**Forward**

The players in the forward position may also be referred to as the ‘wing’ players. The forward play on attack in the area of the court, either on the right or left hand side between the restricted area and the sidelines, They will be among the taller players in the team, will have a good drive and will be able to shot well from the corners and sides of the court. They must be prepared to set screens to help free a teammate for a drive or shot.

**Center**

A player in the center position may also be referred to as a post player. A term ‘post position’ is often used for a player who takes up a high position near he free throw line. A player in the center position should be the tallest player in the team and plays close to the basket. A center player will be expected to have the following skills: the ability to make a good shoot close to the basket: the possession of good footwork: the ability to hold a close – to basket position once gained and the capacity to rebound strongly.

When a team uses two center players one will play near the free – throw line in a ‘high’ position and the other near the base line in a ‘law’ position.

Most of the time in modern basketball game applied 2-1-2 and 1-3-1 zone offense formation.

In 2-1-2 offensive formation a team plays with two guards, two forwards and one center player. In 1-3-1 offensive formations a team plays with one guard, two forward and two center players.

**BREAKDOWN OF DESIRED CHARACTERISTICS BY POSITION**

**Position Offense and Defense**

Position is Two teams of five players each are on the court at all times and every one play offense defense. Players usually assigned to a unique position. However any lineup is acceptable.

**1. POINT GUARD(450)**

They are shortest comparing with other players and fastest and best dribbler ; ability to shut(the 1 position)handler; good passer; down drives to the basket good outside shooter; and pressure outside shots; good leadership willingness to be the first line abilities; ability to run of defense against breaks; set offense quick hands to create turnovers they are controlling tempo

**2. SHOOTING GUARD(450)**

He is Toller comparing with point guard he is best shooter from longer distance(6m); ability to Good perimeter defender ;( the 2 position)manufacture own shot; ability to deny penetration; good ball handler and quickness to get back on passer; good dribbler and very fast next to the point guard. He must find free space (make himself free ), he is best scorer especially 3point, best lay-up, best jumper shoot,

**3. SMALL FORWARD(900)**

Heis Toller than No 1& 2 playersGood dribbler and shooter from the said; able Most versatile defender ;( the 3 position)to create own shot; athletic; can defend both post comfortable moving players and outside shooters; around the lane to ability to prevent penetration receive passes; ability to penetrate the defense; good inside and outside shooter

**4. POWER FORWARD(900)**

Heisthenextbiggerplayerhe is playing at two pint area and good rebounder Comfort level dribbling in Very good post defender **(**the 4 position) traffic; ability to move good rebounder; willingness around the lane and get to provide help defense on open; good scoring moves open players; ability to take in the post; good passer charges; ability to block after rebounds and when shots double teamed; good hands for catching passes; ability to set screens

**5. CENTER PLAYER**

He is the Tallest, biggest, Strongest and Slowest, his primary job is rebounder and best shot blocker; (the 5 position)from close range; good to take many charges; very close-range scoring good rebounder; works to moves; good hands; alter inside shots; prevents decent passer; good inside scoring and offensive screen setter; willingness rebounds to work to get open; works to get offensive rebounds.

**ATTACKING FAST BREAK**

The fast break is normally the team’s initial attack. The fast break is simply attempting to score a basket as quickly as possible after securing the ball by one of the following means.

1. Intercepting a pass
2. Rebounding an opponent’s missed field goal attempt
3. A floor violation by the opponent.
4. A successful or unsuccessful free throw attempt by an opponent.
5. Following a jump ball.

When one of the above situations occurs, offensive team should fast break for the opponent’s basket attempting to outnumber the defense and gain a lay-up or good percentage shot.

A fast break attack after securing a rebound can be considered in three phases:

1. The outlet pass
2. Filling the lanes
3. A Scoring attempt

**1.THE OUT LET PASS**

The outlet pass can be applied from two situations:-

i. Outlet pass after score, and

ii. Outlet pass from a rebound

**Outlet passes after a score**

After the score the player nearest the ball should quickly take it one step off court and immediately pass the ball in court. The player taking the ball out must operate at speed.

**Outlet passes from a rebound**

As rebound gathers the ball a team-mate should break to a position at the side (about level with the free-throw line) and the rebounder pass the ball is quickly as possible to the teammate at the side (who is around the free-throw line) where the player receives the out let pass from the rebounder. The outlet pass to the side has the advantage of clearing the middle of the court. If the rebounder finds that he/she has no immediate opportunity for a pass, thus clearing space for a pass to a teammate who has moved down court.

**2.FILLING THE LANES**

As the team breaks down court, the team players should try to fill three leans: one player goes down the middle and the other two go down each of the court. This use of width in attack posses’ problems for the defense. The player who receives the out let pass may be able to drive all the way down court for an uncontested shot. Even if this does occur, ammates should not just stand back and watch. The player may miss the not at basket. So all team-mates should attack cooperatively as mentioned above.

**3. A SCORING ATTEMPT (FINAL PHASE OF THE FAST BREAK)**

As the attacking team brings the ball into the scoring area, the ball should be under the control of the player in the middle lane. This player should attempt to go all the way to the basket and only pass off when his/her forward progress is blocked. With the ball in the middle of the court, there is the option of a pass to either side. If the progress of the player in the middle is blocked, he/she should try or pass, or come to a stop at the free-throw lane.

As they reach an area near the head of the free-throw line, his/her team-mates, who have filled the outside lanes, should out towards the basket signaling for a pass.

**TYPES AND TACTICS OF TEAM OFFENSE**

There are two types of offense. They are:-

1. Offense against man-to-man defense, and
2. Offense against zone defense

**Offense against Man-To-Man Defense**

The offense used against the man-to-man defense is a combination of passing and player movement. Against a man-to-man defense. It only takes one defensive player to falter to enable an open shot for the opposing offensive player. Working together to accomplish this, it is possible to do a give-and-go and a variety of screens.

These maneuvers employ only two or three players and confuse the defense, putting them out of good defensive positions.

Five player plays are actually a combination of two-and three-player maneuvers.

**Offense against a Zone Defense**

The offense used against the zone defense is primarily one of moving the ball with short, quick pass to force the defensive players out of their assigned positions in order that a good shot may be taken. The offensive players move the positions that will force the defense to alter their zone and thus weaken its strength.

The main principles of offense against zone defense

1. Quick passing
2. Outside shooting
3. Penetrate the zone with a dribble or a pass, and them quickly pass out to a free teammate.
4. Cut through the zone, splitting two defenders.
5. Over load one side of the zone with more offensive
6. Dribble very sparingly
7. Screen shifting defensive players

**DEFINITION OF TERMS**

**1. Offensive terms**

* **Assist:** A pass (to a teammate) that leads directly to a basket.
* **Ball handler:** The player dribbling or trying to pass the ball.
* **Bank shot:** A shot that bounces off the backboard and goes into the basket.
* **Beat the defender:** When an offensive player, with or without the ball, gets past the player guarding him in order to take a shot or receive a pass.
* **Charging:** When an offensive player runs into a defensive player who has already established set position.
* **Crossover dribble:** A player dribbling the ball from one hand to the other in front of his body.
* **Double bonus:** After a team has committed a set number of fouls in a quarter or half, the opponent receives two free throws for every foul during that quarter or half.
* **Dribbling:** A ball-movement method carried out by repeatedly bouncing the ball on the floor. You bounce the ball by using the fingertips of one hand to push or tap it toward the floor.
* **Drive:** When a player with the ball advances toward the basket by trying to beat his defender.
* **Fake (or feint):** When an offensive player tries to put the player guarding him off-balance with a deceptive move. This creates an advantage for getting an open shot, dribbling past the defender, or delivering a pass to a teammate. Offensive players can execute fakes with the head, body, or by movement of the basketball.
* **Fast break:** When a team gains possession of the ball and immediately tries to advance it down the floor as quickly as possible to outnumber the defense and generate a good scoring opportunity.
* **Field goal:** A basket that’s made during regular play. A field goal is worth two points within (or when standing on) the three-point line and three points beyond it.
* **Free throw:** An unguarded shot taken from behind the free-throw line by a player whose opponent committed a foul on him? A made free throw is worth one point.
* **Jump ball:** Games begin at midcourt, where the referee tosses the ball into the air between two opposing players, who jump up and try to tap the ball to teammates who are lined up outside the center circle.
* **Lay-up:** A shot that occurs when a player drives to the basket (or gets a rebound) and attempts a close-range shot, usually by banking the ball off the backboard.
* **Offensive rebound:** When an offensive player secures the ball after a teammate’s missed shot.
* **One and one:** A free-throw attempt awarded to the offense when the opposing team commits a foul that puts it over the limit. The shooter gets a second free-throw attempt only if he makes the first one.
* **Pivot:** When a ball handler has stopped dribbling, the *pivot* is the foot that must remain touching the floor until he shoots or passes. He can rotate on whichever foot he establishes as his pivot; he can spin completely around, if needed.
* **Posting up:** When an offensive player goes into the lane, with the defensive player behind him, and establishes an advantageous position to receive a pass and score a basket.
* **Release:** The moment the ball leaves a shooter’s hands.
* **Screen:** A play in which an offensive player stands between a teammate and his defender in order to obstruct the opponent and allow his teammate to get open for a shot, a pass, or a drive to the basket; also called a *pick.*
* **Set offense:** A team with a set offense (also known as the *half-court offense*) brings the ball down court slowly and runs specific plays to create scoring opportunities. (Chapters 12 and 15 introduce some offensive plays you can run.)
* **Shooting range:** The distance from which a player has a legitimate chance of making shots.
* **Squaring up:** When a player sets his shoulders to face the basket as he releases the ball for a shot.
* **Turnover:** When the offensive team loses possession of the ball to the opponent prior to taking a shot.

**2. Defensive terms**

* **Blocked shot:** Deflecting an attempted shot by an opponent by swapping the ball with a hand.
* **Boxing out:** When a player positions his body between an offensive player and the basket (with his back toward the player) in an attempt to grab a rebound. This position prevents the other player from getting the ball. Boxing out is also called *blocking out* or *checking out.*
* **Defensive rebound:** A rebound of an offensive player’s missed shot by a defender
* **Deflection:** When a defensive player gets his hand on the ball just enough to knock it off its intended course, whether it’s a pass, shot, or dribble.
* **Double team:** When two defenders guard an offensive player.
* **Fouling out:** Refers to a player using his maximum number of fouls allowed (usually five), at which point he can’t play the remainder of the game.
* **Held ball:** When a defensive player grabs the ball while an offensive player is holding it; both players possess the basketball, but neither has sole possession. Most leagues use an alternating possession rule, in which the refs award the ball to the team that didn’t get it after the last held ball, at the beginning of the game, or at the last break.
* **Help defense:** When a defensive player assists a teammate with guarding an offensive player who poses a scoring threat.
* **Loose ball:** When neither team has possession of the ball nor it’s up for grabs.
* **Over the limit:** Also known as *in the penalty,* this situation occurs when a team commits a specific number of fouls in a quarter or half, determined by the league you’re in. The penalty results in the opposing team receiving free-throw opportunities when subsequent fouls are committed.
* **Steal:** When the defensive team takes the ball from the offense.
* **Trap:** When two defenders converge on a ball handler to catch him by surprise, usually near the sidelines or baselines.

**KEY TO THE DIAGRAM AND FIGURES USED IN BASKETBALL GAME**

* Spot for shooting
* Student with the ball
* 🞪 Student without the ball
* Offensive player
* Defensive player
* Stop
* Pivoting
* Shooting
* Passing
* Movement with the ball

**Additional Resources:**

• www.basketball-drills-and-plays.com

• www.basketball-plays-and-tips.com

• www.bbhighway.com/download/drills/

• www.coachesclipboard.net/index.shtml

• www.degerstrom.com/basketball/drills/

• www.eteamz.active.com/basketball/

• www.guidetocoachingbasketball.com

• www.jes-soft.com/playbook/plays.html

• www.sacredhoop.com/youth.html

• www.y-coach.com/cd/basketball\_drills.html