

Basketball

Completion of this chapter should enable the reader to:

- Know the history of the game of basketball
- Explain the basic rules of the game and the slight differences that exist between the men's and women's game
- Demonstrate the fundamental skills of passing, dribbling, and shooting
- Explain the general principles of offensive and defensive strategy
- Instruct a group of students in the basic skills of basketball

HISTORY

Basketball was introduced in 1891 by Dr. James A. Naismith, then physical education director at the YMCA College in Springfield, Massachusetts. The first official game was not played until 1892. Basketball was principally designed as a game to create interest in the gymnasium during the winter months.

A peach basket was first used as the hoop. After each score the ball had to be taken out of the basket before play could be resumed.

The game spread rapidly to the nation's playgrounds, community centers, gymnasiums, schools, and colleges. Today nearly every boy and girl learns to play basketball.

In 1899 women formulated their own rules, and in 1901 the first women's *Basketball Guide* was published.

Although basketball was included as a demonstration sport in the 1904 St. Louis Olympics, it was not finally adopted until 1936. The United States defeated Canada (19 to 8) for the gold medal in 1936, but the game was played outdoors on a clay court in the rain. The United States dominated Olympic basketball by winning the gold medal in 1948 (65 to 21 over France), 1952 (36 to 25 over U.S.S.R.), 1956 (85 to 55 over U.S.S.R.), 1960 (81 to 57 over U.S.S.R.), 1964 (73 to 59 over U.S.S.R.), and 1968 (65 to 50 over Yugoslavia). The United States lost for the first time in Olympic history in the famous final game of the 1972 Munich Olympics when the Soviet team, after protesting, was awarded the chance to replay the final 3 seconds of the game and won 50 to 49. In 1976 the

United States regained the gold medal by defeating Yugoslavia 95 to 72. Yugoslavia defeated Italy 86 to 77 in 1980, the year the United States boycotted the Olympics. In Los Angeles (1984) the U.S. team once again claimed the gold medal by defeating Spain 96 to 65. In the 1988 Seoul Olympics the U.S. men's team had its worst finish ever by claiming the bronze medal.

To compensate for their third-place finish in 1988, the U.S. men's team elected to allow professional players from the National Basketball Association to try out for the Olympic team. This team, known as the "Dream Team," was composed of 11 professional players and one collegiate player. The American team defeated Croatia 117 to 85 to win the gold medal in the Barcelona Olympics in 1992.

Women's basketball was added to the Olympics in 1976, and the gold medal was claimed by the Soviets, with the U.S. team picking up the silver medal. In 1980 the Soviet women defeated Bulgaria 104 to 73. The U.S. women's team won its first gold medal by defeating Korea 85 to 55 in 1984 and its second straight gold medal with a victory over Yugoslavia in 1988. In the 1992 Olympics in Barcelona, Spain, the U.S. women's team defeated Cuba 88 to 74 for the bronze medal.

EQUIPMENT

The playing court is a rectangular surface free from obstructions, having maximum dimensions for college of 94 × 50 feet (28.65 × 15.24 m) and for high school of 84 × 50 feet (25.60 × 15.24 m) (Fig. 6-1). However, many

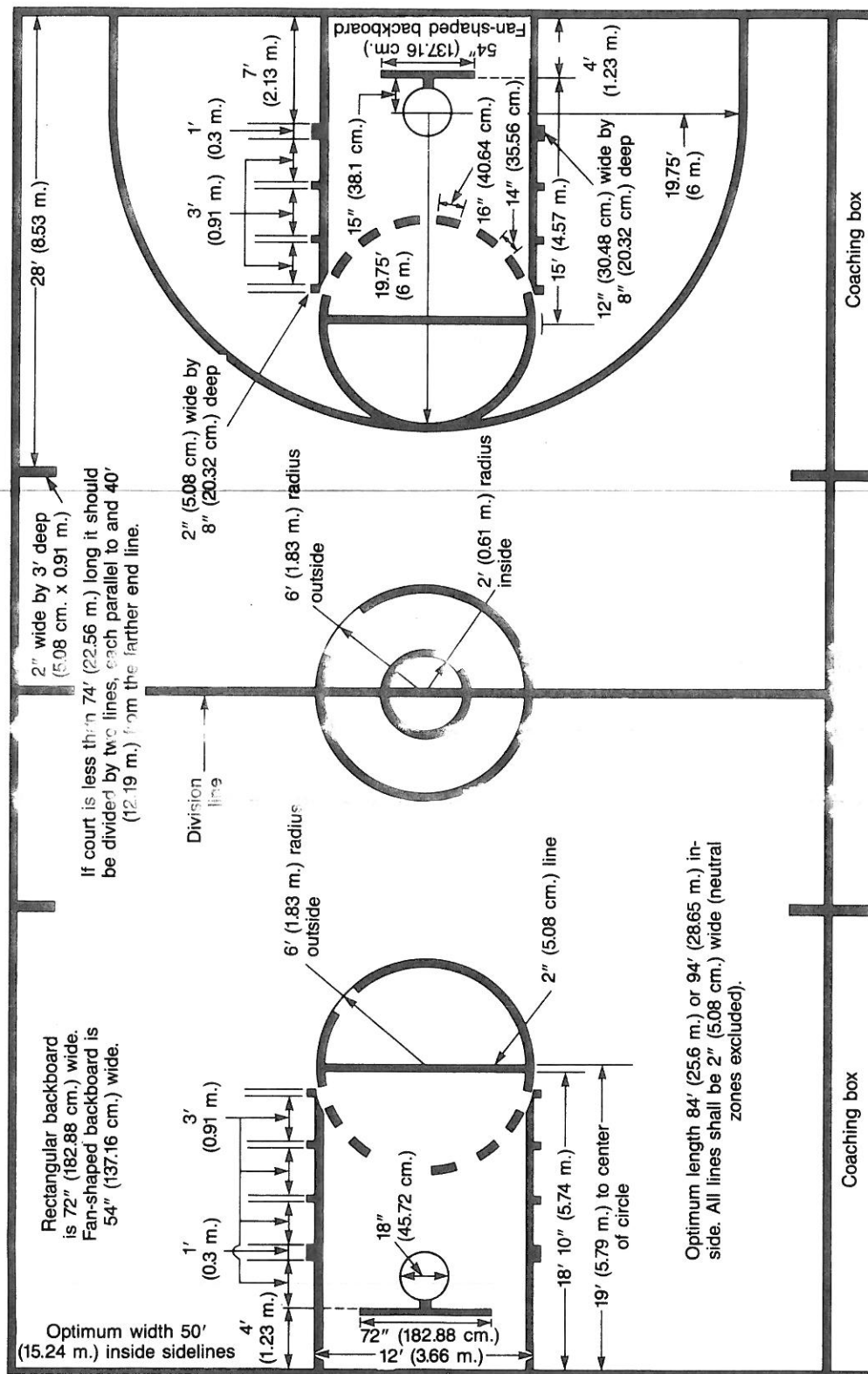


Fig. 6-1. Basketball court for men and women. Left end shows large backboard for college games; right end shows small backboard for high school games. For the broken semicircle in the free throw lane, it is recommended that there be eight marks 16 inches (40.64 cm) long and seven spaces 14 inches (35.56 cm) long. There should be a minimum of 3 feet (0.91 m) and preferably 10 feet (3.05 m) of unobstructed space outside the court. If this is impossible, a narrow broken 1-inch (2.54 cm) line should be marked inside the court parallel with and 3 feet (0.91 m) inside the boundary. Three point line is 19.75 feet (6 m) from the basket for high school and college courts.

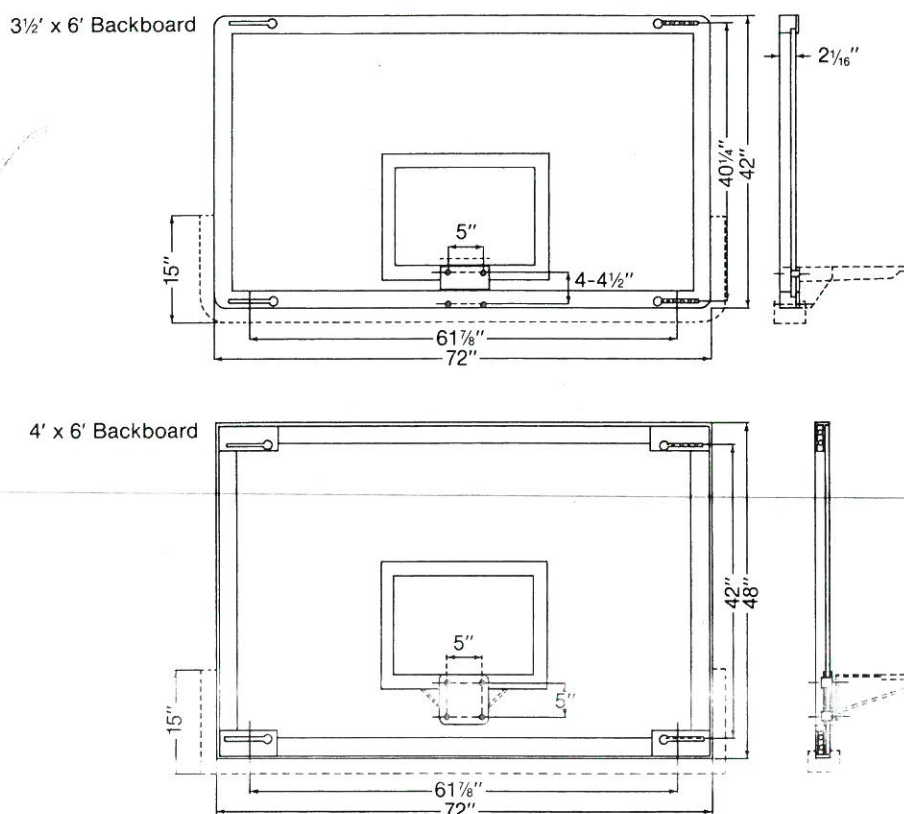


Fig. 6-2. Basketball goals.

courts are smaller. The court dimensions are the same for men's and women's basketball.

The backboard, 6 feet (1.83 m) wide and 4 feet (1.22 m) high (smaller for high school), is located at the center of each end of the court 4 feet (1.22 m) in from the end line and 9 feet (2.74 m) above the floor. It can be made of hardwood, metal, or glass (Fig. 6-2).

The basket is an open hammock net, suspended from the backboard on a metal ring 18 inches (45.7 cm) in diameter, which must be 6 inches (15.2 cm) from the rigid surface to which it is fastened and 10 feet (3.05 m) above the floor.

The ball is spherical, and the one used by men measures 30 inches (76.2 cm) in circumference. The ball used by women is 28.5 to 29.0 inches (72.4 to 73.7 cm) in circumference.

Foot comfort and protection should be a primary concern of both coach and player. Shoes and socks that fit well and that are designed for use by basketball players help avoid unnecessary injuries and discomfort, including blisters, sprained ankles, and bruised heels.

GENERAL RULES

Rules governing the game are revised each year by the joint Basketball Rules Committee, representing the Amateur Athletic Union (AAU), National Association for Girls

and Women in Sport (NAGWS), National Collegiate Athletic Association (NCAA), Young Men's Christian Association (YMCA), National Federation of State High School Athletic Associations, Canadian Amateur Basketball Association, and chartered boards of officials.

The game

The home team provides the game ball, and traditionally the visiting team is given the choice of courts for the first half. If a neutral court is used, a coin toss determines home team and choice of courts. The teams change sides of the court at halftime. Half of the court is the frontcourt of one team and the backcourt of the other team.

The ball is passed, thrown, bounced, handed, or otherwise moved among players of one team, with the intent of scoring a basket and preventing the other team from scoring.

Teams consist of five players: two forwards, two guards, and one center. Generally the forwards play closest to the opponent's basket, the guards play closest to their team's basket, and the center plays between the forwards and the guards.

The game is started with a jump ball between any two opponents (usually the centers) at center court. After each field goal the ball is put into play by the team not scoring, from the out-of-bounds area behind the basket at which the score was made.

After a free throw awarded because of a personal foul, the ball is put into play by the opponent from behind the opponent's basket. If the free throw is the result of a technical foul, the ball is put into play from out of bounds at midcourt by the free thrower's team.

A player is out of bounds if he or she touches the floor on or outside the boundary line. If a player causes the ball to pass over the boundary line, the ball is put into play by an opposing player from that spot. Any player can make the throw-in. The player throwing the ball in must stand out-of-bounds where the referee designates, may take one lateral step to the left or right, jump up or take two or more steps backward, and may use either one or two hands to make the throw-in, which must be completed within 5 seconds.

Rules common to men's and women's basketball

1. Numbers must be worn by players on front and back.
2. A jump ball is taken following a double foul.
3. The hand is considered to be a part of the ball on tie balls, shots, dribbles, interceptions, and the like.
4. The penalty for a violation is loss of possession of the ball.
5. The following are not considered dribbles:
 - a. Successive tries for goals
 - b. Fumbles
 - c. Attempts to gain control of the ball by:
 - (1) Tapping it from the control of another player
 - (2) Tapping it from the reach of another player
 - (3) Blocking a pass and recovering the ball
 - (4) Blocking a shot and recovering the ball
6. During a free throw, players from the defensive team shall occupy both lane spaces adjacent to the end line.
7. On jump balls, opponents are entitled to alternate positions around the restraining circle if they so indicate before the official is ready to toss the ball.
8. On jump balls, the players must hold their established positions around the restraining circle until the ball has been tossed.
9. After the opening jump ball to start the game, any jump ball situation results in the teams' alternating possession of the ball. The team losing the opening jump ball is awarded the first possession, with teams alternating possessions for the rest of the game.
10. The game clock is stopped after successful field goals in the last minute of the game and the last minute of any overtime period, with no substitutions allowed during this stoppage.

Rule differences

It must be pointed out that there are basic differences between high school and college rules and regulations. At the high school level, for example, there is no shot clock used.

Two important differences in the rules for college men's and women's basketball are:

1. Use of a 30-second shot clock in women's basketball and a 35-second clock in men's basketball. After securing possession of the ball, the offensive team must attempt a shot at the basket before the time clock goes to zero or give up possession of the ball.
2. In men's basketball the ball must be advanced into the frontcourt within 10 seconds, but in women's basketball (with the shorter, 30-second clock) there is no such rule.

Violations common to men's and women's basketball

1. Taking more than one step with the ball without passing, shooting, or dribbling
2. Kicking the ball with the foot or lower leg
3. Stepping out of bounds with the ball
4. The center's leaving the circle before the ball is tipped in beginning play
5. Staying in one's own free-throw lane for more than 3 seconds
6. Failure to observe free-throw regulations
7. Failure to inbound the ball within 5 seconds
8. Double dribbling
9. Moving the ball into the backcourt once it has been advanced to the frontcourt (over-and-back)
10. Technical fouls include:
 - a. Taking time out too often
 - b. Failure of substitutes to report to proper officials
 - c. Unsportsman-like conduct
 - d. Use of illegal numbers or uniforms
 - e. Touching the backboard or rim illegally
11. Personal fouls include:
 - a. Charging
 - b. Blocking
 - c. Pushing
 - d. Holding
 - e. Tripping
 - f. Hacking or kneeing

When a violation is committed, the ball is given to the opponents out-of-bounds. When a foul is committed, the opponents may be given a free throw, an opportunity to make two free throws if the first one is made, or the ball out-of-bounds. The decision as to which of these options is awarded depends on the particular foul committed, the level of play (high school or college), and the number of fouls that the offending team has previously committed. A player fouled in the act of shooting gets two free throws. If the basket is made, one free throw is awarded and the basket is counted. Only personal fouls disqualify a player. A player is allowed only four personal fouls; a fifth sidelines the player for the remainder of the game.

Officials

The officials include a referee, an umpire, three timekeepers, and two scorers (one timekeeper and one scorer are assistants). The third timekeeper runs the 30- or 45-second shot clock. At the men's college division 1A level, there are three officials utilized to referee the game. There is a referee and two umpires.

Scoring

Two points are awarded for each basket from the floor, and one point is awarded for each free throw. Three points are awarded for field goals made from outside the three-point line.

Coaching box

A coaching box is outlined outside the side of the court on which the officials' table and players' benches are located. The area is bounded by the endline extended, the sideline, the midcourt marker extended, and the players' bench. The endline and midcourt mark lines are 3 feet (0.9 m) long and 2 inches (5 cm) wide, and their color contrasts with that of the midcourt mark line and endline.

DURATION OF GAME

College men and women play for two halves of 20 minutes each, with a 15-minute rest at halftime. If the score is tied at the end of the game, as many 5-minute periods as needed to break the tie are played.

High school teams play four quarters of 8 minutes each, with a 10-minute halftime rest and 1 minute between quarters. If the score is tied at the end of the fourth quarter, as many 3-minute periods as needed to break the tie are played.

FUNDAMENTAL SKILLS AND TECHNIQUES

Passing

Passing is the key to successful basketball. A team must be able to handle, control, and move the ball downcourt quickly and accurately to create scoring opportunities.

First, learn to catch as well as pass. When the ball is thrown to you, spread your fingers but keep them relaxed. When the ball hits your fingers, let your arms give slightly toward the body. When the ball is under control, finger it into passing position by placing your hands on each side of the ball so that you can get it away quickly or get set for a shot.

Some practical hints

1. Remember that the cause of most fumbling is holding the arms too stiffly while catching.
2. Watch the ball all the way into your hands.
3. Do not fight the ball; that is, do not pass until you have full control of the ball.
4. Stay relaxed, and try not to rush passes.

5. Keep your head up, and use peripheral vision to spot any free teammate.
6. When a teammate calls for the ball, check the position of the defender before making a pass, and make the pass to the side farthest from the defender.
7. Move toward a pass rather than away from it.
8. Passes to moving teammates should lead them so they do not have to slow down or reverse direction.
9. When some mastery in controlling the ball has been gained, learn to pass with deception—for example, looking one way and passing another, or faking high and passing low.
10. Rely on "split vision," actually looking straight ahead but seeing the receiver out of the corner of your eye.
11. Do not pass blindly.

Chest or push pass

Hold the ball with both hands, elbows close to the body, fingers spread with thumbs pointed inward. Step toward the receiver and whip the ball with a strong wrist snap and push of thumbs and fingers, making the arms follow through in the direction of the pass (Fig. 6-3).

Flip pass

A pass that can be used when there is to be a close exchange of the ball is a flip pass. This pass is executed by flipping or almost handing the ball to a teammate when the defense is applying heavy pressure. The person making the pass should try to position the body between the defensive player and the teammate to whom the pass is being made. To allow the other player the best chance to catch the ball, it should be flipped up softly. This passing technique is very effective in getting the ball to a teammate who is driving to the basket off a screen set by another player.

Bounce pass

A bounce pass can be executed with either one or two hands and is often used to get the ball past a defensive player between the passer and the teammate who is to receive the pass. For the two-handed bounce pass, hold the ball in much the same manner as for the chest pass except somewhat lower, about waist high. Then push the ball out and down with enough force and at such an angle that the ball bounces to the teammate. The one-hand bounce pass is often executed directly from the dribble. The bounce pass should only be used for short passes and it should travel between one half and three quarters of the distance in the air.

Two-hand overhead pass

Hold and throw the ball with both hands. Bring the ball well above and slightly behind the head with both hands and release it with a strong wrist snap and extension of the arms. Arms and hands follow through in the direction of the pass (Fig. 6-4).

Off-the-dribble pass

This pass can be used by players who have mastered the dribble. In this pass the player will see the open teammate and, without stopping to pick the ball up, make a pass with the dribbling hand. This pass gets the ball to the open player before the defense can react, and it is very effective in fast-break situations.

Baseball pass

Shift the ball in front of the waist to the throwing hand, turn the opposite side of the body in the direction of the pass, and then whip the ball back, as in an infield throw. Step toward the receiver and throw the ball with a full arm motion and wrist snap. Permit the fingers to follow through without a twist so that the movement does not cause the ball to curve (Fig. 6-5).

One-hand hook pass

With the opposite side turned in the direction of the receiver, bring the ball from the hips, up and back. Cradle the ball on the wrist with the fingers well spread behind it for control, and throw it with a hook motion of the arm and strong wrist action over the head, following through with the hand (Fig. 6-6)

Pivoting

Pivoting is a skill used to elude an opponent when a player has the ball. A forward pivot is executed by keeping one foot in place on the floor and moving the other forward and across the foot in place (Fig. 6-7). A reverse pivot is executed by keeping one foot in place and moving the other backward in a semicircle.

Dribbling

Learn to dribble with the body low for protection and the head up. Dribble with the hand farthest from the defender, and use the body to protect the ball. Spread the fingers and relax the wrist and fingers. Control the ball with the fingers, pushing it down and forward; do not bat it.

Keep the ball low, below the waist. Avoid a high-bounce dribble. The ball can be moved downcourt faster by passing than by dribbling, so never dribble when you can pass.

Up-and-under fake pass and dribble

Stand for the shot in front of the opponent and go through the motion of bringing the ball up for a jump shot. As the guard closes in or leaps to block the shot, duck low and drive past to one side, dribbling with the hand farthest from the opponent.



Fig. 6-5. Baseball pass.

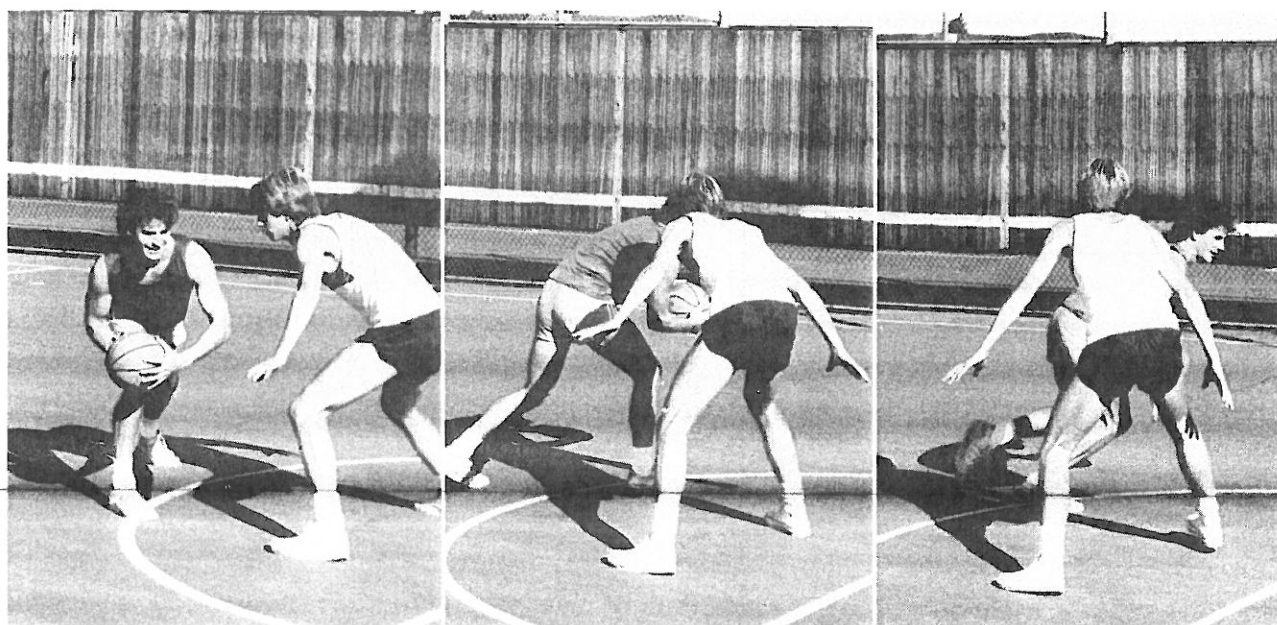


Fig. 6-8. Fake right.

Fake pass and dribble

Hold the ball waist high on receiving it; then fake to the right with the ball and head. As the guard goes in that direction, turn quickly to the left and cross-step with the right foot and dribble the ball on the left side with the left hand, which is farthest from the guard (Fig. 6-8).

Shooting

Basic mechanics of shooting

Shooting is a fundamental, learned skill. To become a good shooter, a player should know the basic mechanics of the shot and become aware of the common shooting faults. The following shooting methods can be practiced by looking into a mirror. Do not be afraid to look at the wrist action and follow through until a natural release can be attained. This is the reason it is wise to shoot off a wall or backboard; striving for accuracy should not be the primary objective until the smooth release has been learned.

Before becoming involved in the mechanics of shooting, the player should have a fundamental knowledge of the basket and the point at which to aim. Good shooters do not follow the flight of the ball with their eyes; they concentrate on the basket during the entire shooting process. Coaches and teachers vary in their opinions on what part of the basket the shooter should look at. Some believe the front rim should be the focal point, while others suggest focusing on the back of the rim. In selecting either method, it might be wise to analyze the ball-basket relationship.

Fig. 6-9 illustrates that two regulation basketballs will fit through the basket at the same time. This suggests that looking at the approximate center of the basket would be

the best because you can compensate for your margin of error in the following manner: If the shot is short, the ball can still be put in by aiming for the center. If the shot is slightly long, the ball can be put in by glancing off the back lip of the rim. If long by a large margin, the player can put the ball in off the backboard (Fig. 6-10).

Front view of shooting positions (Fig. 6-11). A, The ball should be rolled off the fingertips with a backspin effect. The backspin will cause the ball to become dead upon impact with the rim. B, The wrist should be cocked with the ball resting on the fingers and not touching the inside palm of the hand. C, The elbow should be on line to the

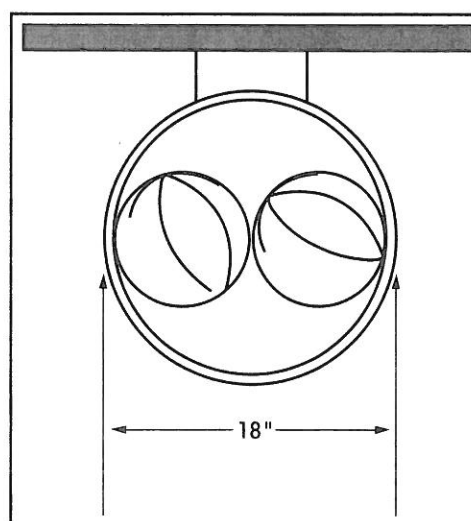


Fig. 6-9. Basket size.

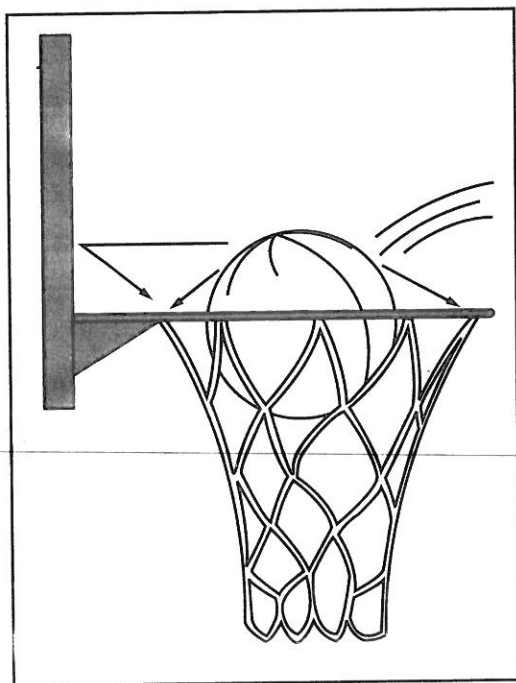


Fig. 6-10. Aiming the shot.

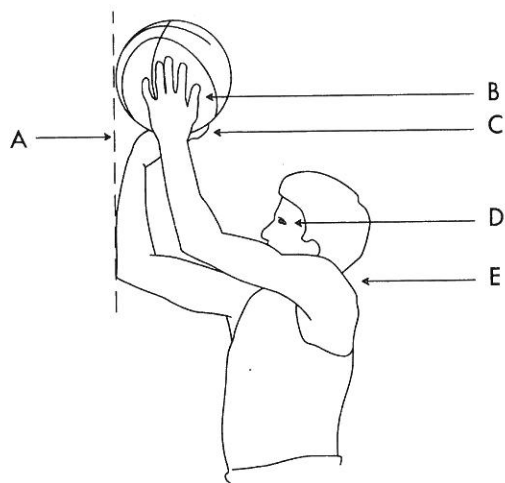


Fig. 6-12. Shot from the side. See text for details.

target area. A slight lateral shift of the elbow, if comfortable, should be permitted for some shooters. *D*, The opposite hand should be placed on the ball in a position that is comfortable. However, this hand should not interfere with the shooting motion. *E*, The eyes should be focused on the basket. Watch for the common fault of following the ball. *F*, The shoulders should be squared off to the basket.

Shot from the side (Fig. 6-12). *A*, The edge of the ball should be approximately on line with the shooting elbow.

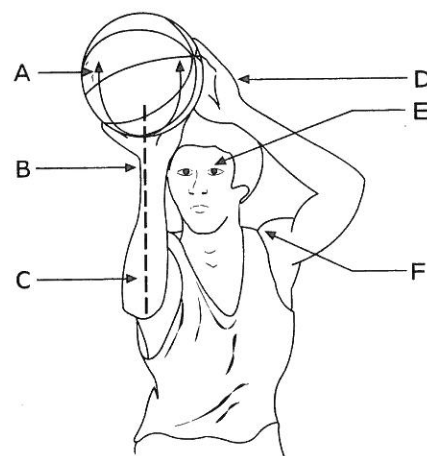


Fig. 6-11. Front view of the shooting positions. See text for details.

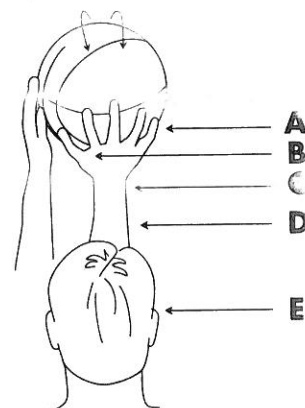


Fig. 6-13. View of shot from behind the shooter. See text for details.

B, The off-hand should be placed on the ball in a position that is comfortable to the shooter, but it should not interfere with the shot motion. *C*, The ball should rest on the fingertips. *D*, The eyes should be focused on the basket during all phases of the shot, especially the release. *E*, The shoulders should be squared away with the basket.

View of shot from behind shooter (Fig. 6-13). *A*, The fingers should be spread, with the ball leaving the shot hand with a reverse spin. The ball should leave the area between the first and second fingers last to ensure the proper backspin. *B*, The spread of the thumb and first finger should be in the form of a V. *C*, The wrist should be cocked. *D*, The shooter's forearm should be in line with the basket. *E*, The ball should be released in a position over the shooting eye and on line with the target. The shot should be a natural motion without actually aiming the ball.

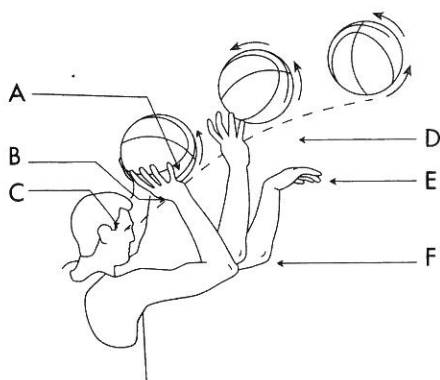


Fig. 6-14. The release action.
See text for details.

Release action (Fig. 6-14). A, The ball should be rolled off the finger. B, The wrist should be coiled. C, The eyes should remain focused on the rim. D, The release should preferably be over the shooting eye so that concentration will not be broken, with the ball passing through the sight of the shooter. E, After the release the follow-through should be emphasized. The shooter should think of reaching inside the rim with the shot hand on the follow-through. F, The elbow should be pointing to the basket.

Jump shot

The jump shot is the most common one in basketball. It is often executed from a dribble, but players should be able to accomplish it in almost any situation. Come to a

stop from the dribble and execute a controlled jump. At the same time, bring the ball overhead, with the shooting hand behind and the elbow of the shooting arm under the ball and the other hand in front. At the peak of the leap, remove the balance hand and release the ball with extension of the right forearm and good wrist extension (Fig. 6-15).

One-hand set shot

Hold the ball chin high with both hands, the fingers spread along the sides and slightly behind the ball, the thumbs directed inward behind the ball, and the feet close together with one slightly ahead of the other. Turn the ball so that the shooting hand is behind and under the ball. Bend the knees, bring the ball up, removing the left hand if shooting with the right, and shoot with a strong wrist action and extension of the arm, letting the feet come off the floor, and follow through. At the high school level many players employ this shooting technique when attempting the longer three-point shot (Fig. 6-16).

Lay-up shot

Stop dribbling when the right foot is on the floor, step with the left foot, bring up the right knee and jump off the left foot, leap high into the air, shifting the ball to the shooting hand, and raise the shooting hand as high as possible above and in front of the head. Release the ball off the fingertips, laying it softly against the backboard (Fig. 6-17). *Note:* Use both hands to bring the ball up for the shot and do not remove the balancing hand too soon.

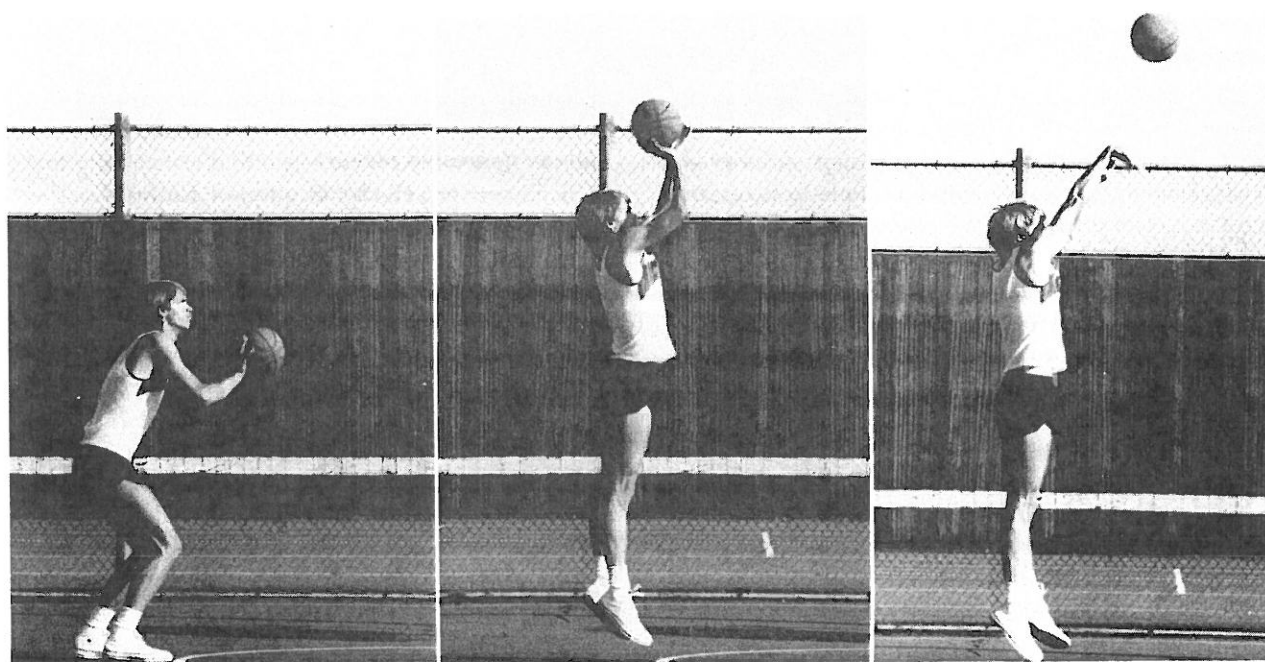


Fig. 6-15. Jump shot.

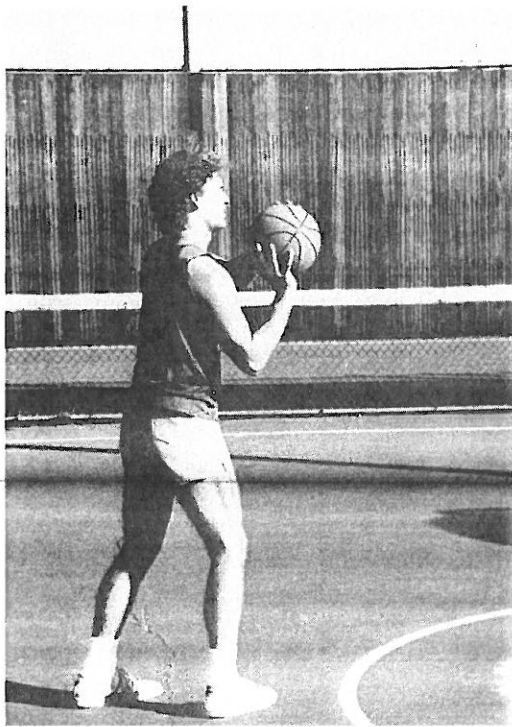


Fig. 6-16. One-handed set shot.

Hook shot

Hold the ball high with both hands, bring the ball to the right side opposite the basket, and remove the balance hand (left). Shoot with a full sweep of the right arm, keeping the arm perfectly straight. In starting the shot, take a short step with the left foot away from the basket and take off on it. The ball is released farthest from the guard, making the shot difficult to block (Fig. 6-18).

Defense

There are two principal types of defense: one-on-one and zone. In one-on-one defense, each player is responsible for one opponent. In zone defense, each player is responsible for a certain area, or zone.

One of the main reasons for using a zone defense is to tightly guard the opponent's free-throw-line area to prevent drives for easy lay-up shots. All players shift on defense as the ball moves, to cut off passing lanes to the basket. It is considered strategically sound to use a zone defense when:

1. You are playing on a small floor.
2. Your team is in foul trouble.
3. You have an exceptional rebounder you want to keep near the opponent's basket.
4. The opponents have a height advantage.
5. The opponents have a weak outside shooting.
6. The opponents have an exceptional player or two that your best defenders cannot handle one-on-one.



Fig. 6-17. Lay-up shot.

Stance

The feet should be in a forward stride position, knees and hips slightly bent, and the back straight. If the left arm is raised and the right arm extended to the side, the left foot should be forward. If the right arm is up, the right foot should be forward. From this position one should be able to quickly move in any direction.

Role of defensive player

A defensive player should attempt to position the body between the opposing player and the player's own basket. If a pressing defense is being used, the defensive player should get into position so that one arm and hand are in the passing lane, between the ball and the player being guarded.

Objectives of defensive players

1. To harass the opponent by playing in close and moving arms in a distracting manner
2. To block the shot by staying with the ball as the opponent attempts to throw it (do not jump too soon)
3. If the opponent holds the ball unprotected, to tie up the ball by grabbing it
4. To knock an unprotected ball out of the opponent's hands

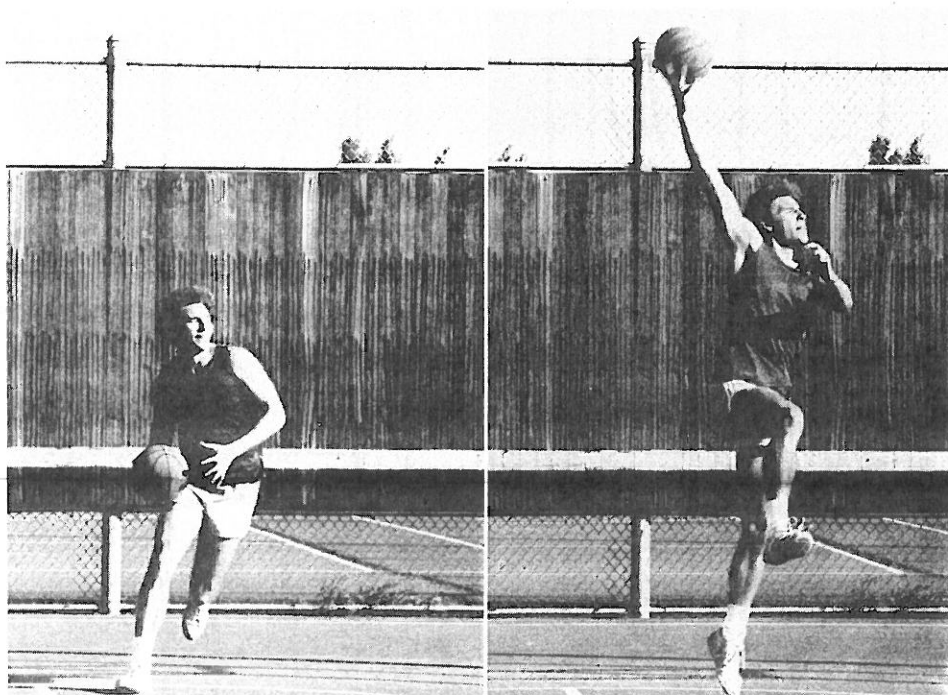


Fig. 6-18. Hook shot.

5. To steal a ball that is being dribbled.
6. To deflect a ball that is being passed by an opponent to a teammate
7. To intercept a passed ball

Player-to-player and zone defenses

For students just learning the game of basketball, it is important to understand the differences between a player-to-player defense and a zone defense. In a player-to-player defense each player is responsible for guarding an opposing player wherever he or she goes on the court. This is a very effective type of defense if the players are in excellent physical condition. Another advantage is that players can be matched up to guard an opposing player of the same approximate height, as well as the same position. For example, a guard versus guard, forward versus forward, and center versus center. When a team does not have a good matchup against the other team in terms of speed, height, rebounding skill, and shooting skills, it might be best to use a zone defense.

In a zone defense each player is responsible for guarding a certain area of the court, rather than an opposing team player. The primary emphasis in a zone is on the ball, not the player. It does not matter where the opposing players move to, each defensive player covers a prescribed area of the court. Four popular zone defenses are the 2-1-2, 2-3, 1-3-1, and the 1-2-2. The defensive zone assignments for each of these configurations are shown in Fig. 6-19.

Offense

Offensive tactics will vary with the defensive play patterns employed by an opposing team throughout a single game of basketball. One type of offensive tactic must be employed to meet a 2-1-2, 2-3, 1-3-1, or a 3-2 zone defense and another type to meet a player-to-player defense.

The most common method of offense against the zone defense is to use quick, sharp passing with the intent of penetrating the zone and forcing an opposing player out of an assigned position. Other tactics commonly used are mismatching (1-3-1 offense against a 2-1-2 defense) and overloading (putting an extra offensive player in a weakly defended area of the zone).

Basic maneuvers against the player-to-player defense are the give-and-go and the pick-and-roll. The intent is to screen a defensive player and then get the ball to the open offensive player. Spontaneous player-to-player offense, called free-lancing, is quite common, but it is more common to use sets of plays.

Basic offensive formations

When determining the best offensive patterns to use, it is important to be aware of the abilities of the personnel on the team. Extensive details about complex offensive formations are beyond the scope of this text, but the top college teams in the United States use what is called a "motion offense." This is an advanced and complicated system wherein players have the opportunity to free-lance

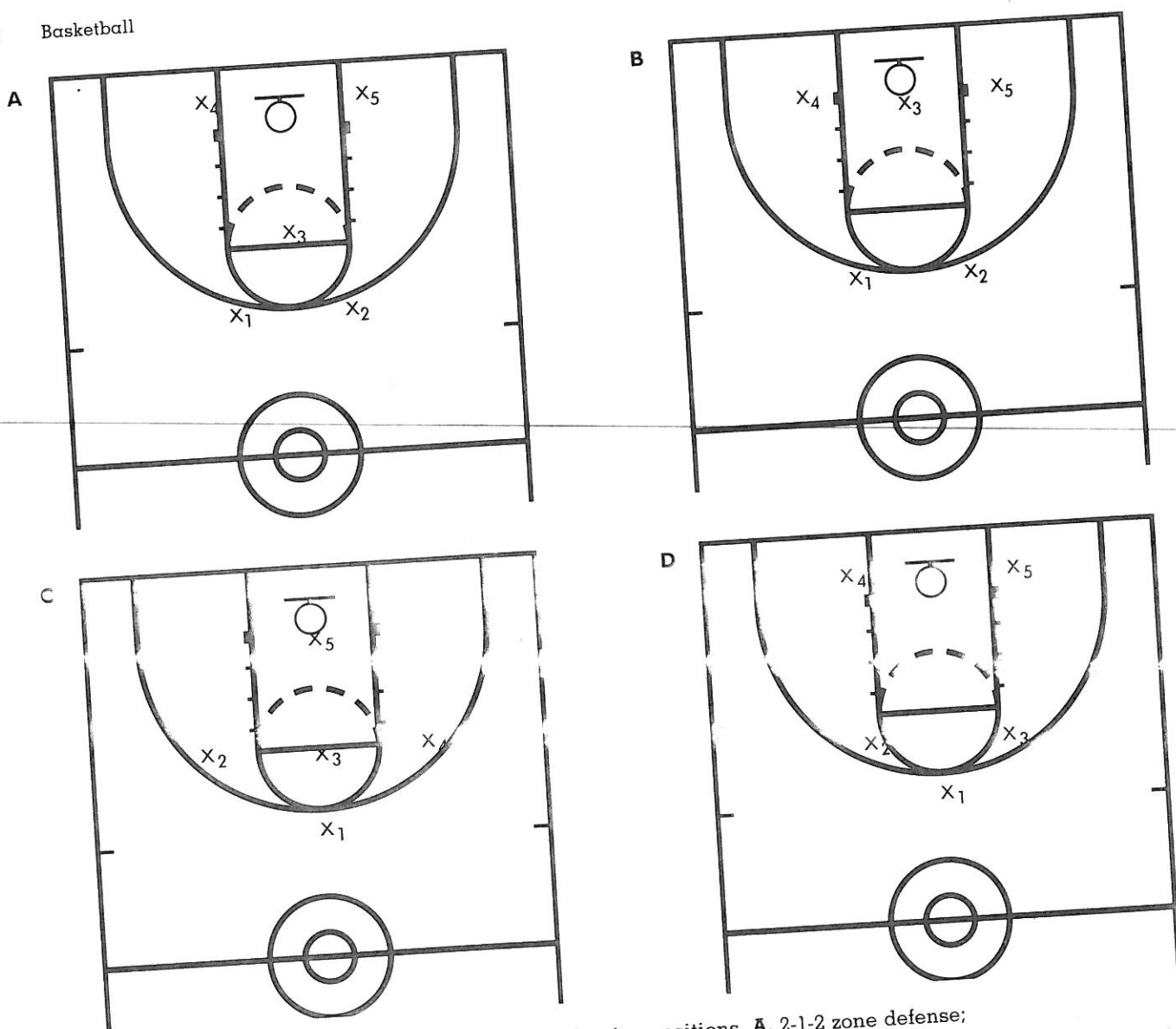


Fig. 6-19. Basic defensive positions. **A.** 2-1-2 zone defense; **B.** 2-3 zone defense; **C.** 1-3-1 zone defense; **D.** 1-2-2 zone defense.

in the offensive area. However, there are some basic concepts that are important. As the players move about, they are constantly looking to screen for one of their teammates to allow an open shot or a drive to the basket. They always look for the easy pass and try to get the ball to a teammate who has a closer shot at the basket. This offensive system is built on a very strong team concept: All players contribute to the offensive attack. The scoring and the assists in this system will be distributed more evenly among the players than in the single- or double-post offenses, where one or two players are called on to do a majority of the scoring.

The alignments for four basic offensive formations are shown in Fig. 6-20.

TIPS TO REMEMBER

1. Dribble only when necessary to set up a shot or pass faster.
2. Move the ball by passing rather than dribbling. It is faster.
3. Practice being able to pass and catch the ball with no wasted motion. This is essential to an effective offense.
4. Improve your shooting percentage by developing consistent shooting form and concentration.
5. Become proficient at lay-ups and other short-range high-percentage shots before working on more difficult shots.
6. Practice most often those shots you expect to get in games as a result of your team's offensive patterns.

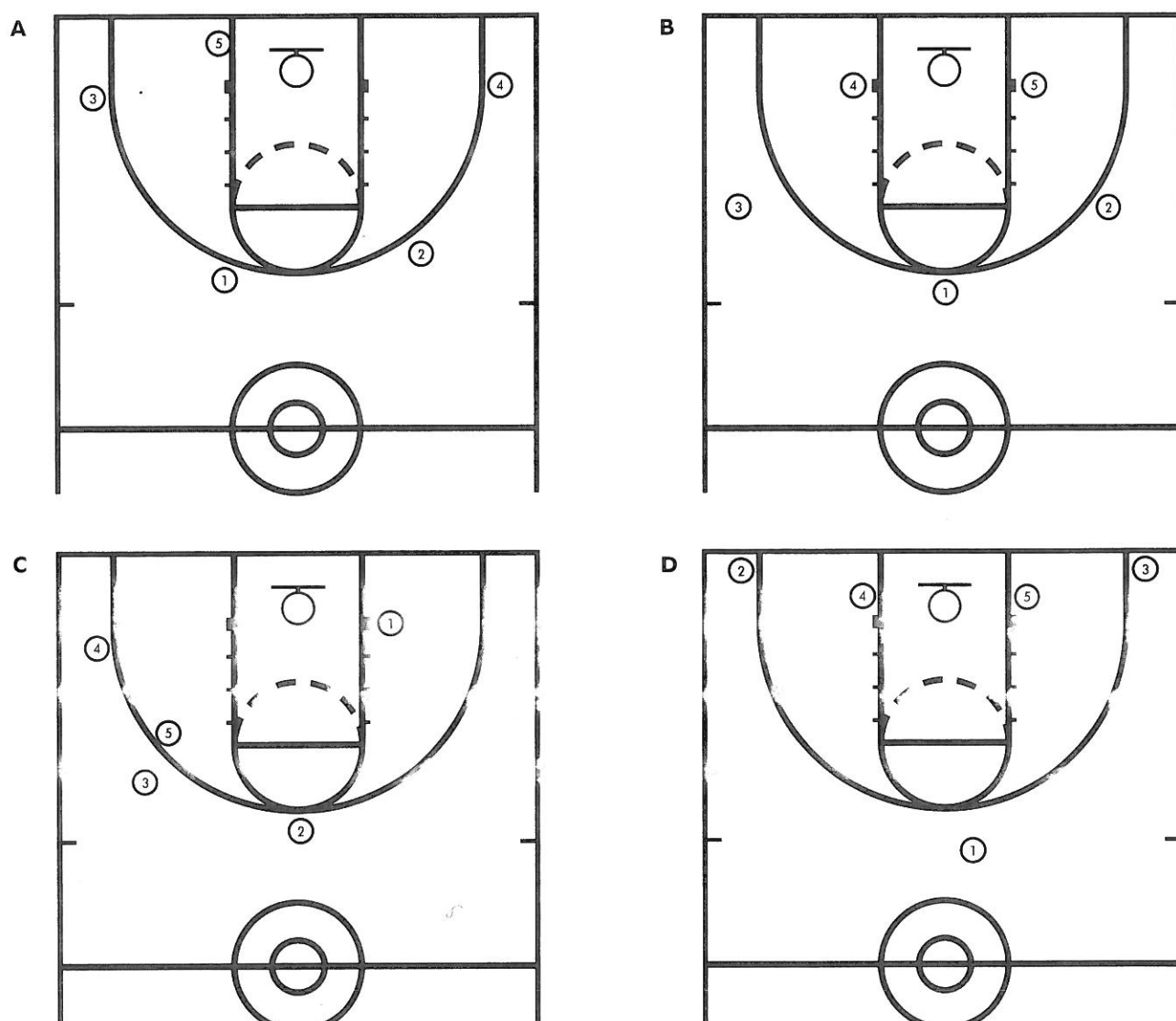


Fig. 6-20. Basic offensive formations. **A.** Single-post offense; **B.** Double-post offense; **C.** Shuffle offense; **D.** Flex offense.

7. Be aware of floor balance. Your team should always have one or more rebounders when a shot is taken and one player back on defense to prevent an easy fast-break basket by the opponents.
8. Make an extra effort to get the inside position on opponents at both ends of the court to improve your rebounding.
9. Learn to position yourself on defense so as not to lose sight of either the ball or the person being guarded.
10. Work on proper physical conditioning. It is as important to be able to get from one end of the court to the other and back again as it is to play good offense and defense.

11. Stay in condition year-round. Injuries result from inactivity followed by hard workouts with little or no adjustment period.
12. Remember that basketball is a team sport. The best individual players do not always make the best team players. Good team players develop an ability to help others play at their peak performance.

TEACHING CONSIDERATIONS

1. For younger learners use smaller and lighter balls to develop basic skills.
2. Develop individual skills of dribbling for control of the object in simple conditions first (in one spot;

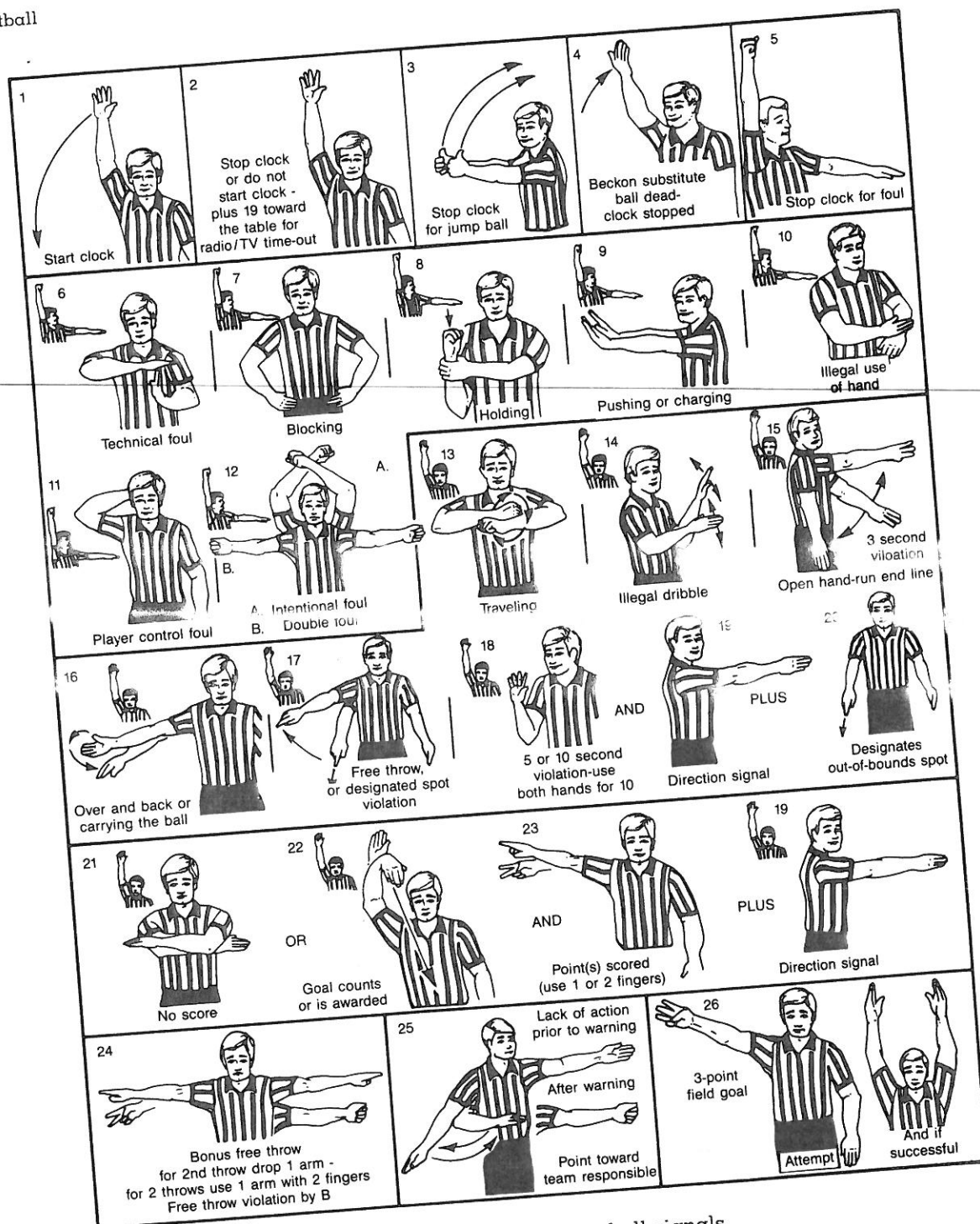


Fig. 6-21. Official basketball signals.

- moving forward, to the left, to the right, and backward; changing speed and level of dribble; stopping and starting; and dribbling to avoid others or objects).
3. Develop passing skills in a stationary position first, varying the level of pass. As soon as some degree of proficiency has been established, practice passing to a moving receiver, varying the distance and adding the pass on the

- move. Emphasize quick passes and the idea of the lead pass (passing the ball ahead of the moving receiver).
4. Combine dribbling and passing skills with an emphasis on a smooth transition from one skill to another (pass to a dribble and dribble to a pass). Add several players and emphasize cutting into a space to receive a pass in cooperative group work.

5. Teach basics of the foul shot, set shot, and lay-up. Combine the set shots and lay-up with combinations of dribble and pass as soon as basic proficiency in simple conditions has been established.
6. Begin offensive and defensive play with one-on-one situations. Teach students defensive positions to get the ball from a dribbler and offensive strategies to maintain possession.
7. Beginners should spend adequate time in two-on-two and three-on-three situations to learn about basketball as a "space" game. Offense must be able to create space and opportunities for passes, and defense must be able to close up space and passing opportunities. Teaching focus should be on the person with the ball, the receiver, as well as the person without the ball on offense. On defense the focus should be on cutting off angles of opportunity for the offense.
8. With large groups of learners decrease the amount of space for game play, particularly when less than five-on-five work is being developed.
9. Manipulate the rules to bring out better play (e.g., no dribbling, three passes) and to encourage continuous play (e.g., be flexible when calling traveling, eliminate foul shots and jump balls).
10. Consider introducing zone defense as a concept of defending space. Three defensive players can constitute a zone defense. Add different patterns of zone defense as the number of defensive players increases.
11. Mix some game play with skill work in each lesson once a unit gets started. Progress with skills over the unit. Do not establish units that do all the basic skill development in the first few lessons and all the play in the last few lessons.
12. See Fig. 6-21, for official signals.

GLOSSARY

alternate-possession rule The rule where any jump ball situations after the opening jump ball result in each team gaining possession of the ball. The team losing the opening jump ball will be awarded the first possession, with teams alternating possession for the rest of the game.

assist A pass or handoff resulting in a basket by a teammate.

backboard The surface of wood, metal, or glass to which the basket is affixed, used to carom shots into the basket.

backcourt The half of the court away from the basket under attack; the guards are often called backcourt players.

basket (a) The iron hoop through which goals are scored; (b) a field goal.

bench The reserve strength of a team, apart from the starting five players.

blocking A foul by a defensive player who blocks the legal path of an offensive player.

center jump The method of putting the ball into play at the beginning of a game by having the referee toss up the ball between the rival centers.

charging A foul by an offensive player who runs into a defensive player who has established legal court position.

dribble To bounce and control the ball continuously with one hand while walking or running. To double dribble is to stop and then resume dribbling, which is a violation.

dunk To leap to or above the basket and stuff the ball through the hoop. Such a movement with great vigor is called a "slam dunk."

fast break A style of offense in which a team attempts to race to the offensive basket before the defense can get set.

field goal A basket scored from the floor.

free throw An unobstructed shot from the foul line, worth one point, awarded as a penalty for a foul by the opposing team.

free-throw lane The area on the floor bounded by the free-throw line, the end line under the basket, and two connecting lines forming a 12-foot (3.6 m) (collegiate) or 18-foot (5.4 m) (professional) lane; also called "foul lane."

free-throw line A line, 15 feet (4.5 m) from the basket, behind which the shooter must stand in attempting a free throw; also called "foul line."

frontcourt The half of the court in which a basket is under attack.

give and go A play in which one player passes to a teammate and drives toward the basket to receive a pass for a lay-up.

handoff Handing the ball to a teammate (instead of passing it).

held ball Simultaneous possession of ball by opposing players, leading to use of the alternate-possession rule.

hook shot A sweeping, one-handed field goal attempt, with the shooter's back at least partially to the basket.

hoop (a) The rim of the basket; (b) a basket or score.

jump ball A means of putting the ball into play by having an official toss it upward between two players. This only occurs at the start of the game.

jump shot A field goal attempt in which the ball is released at the top of a vertical jump; also called a "jumper."

key The key-shaped area on the floor in front of each basket, usually painted in a contrasting color.

lay-up A shot from alongside the basket, using the backboard as a guide.

offensive foul A personal foul committed by a member of the offensive team, usually not involving a free throw as part of the penalty.

palming An illegal means of carrying the ball along while dribbling.

personal foul Any of a variety of body-contact fouls; five, or in professional ball, six personals disqualify the player who commits them.

pick A legal method of providing shooting room for a teammate by taking a position that "picks off," or blocks, a defensive player.

pick-and-roll A maneuver in which a player moves suddenly (rolls) toward the basket for a pass from the teammate for whom a pick has been set.

pivot A position taken by a player with his/her back to the basket, at the head or alongside the free-throw lane, from which he/she can spin and shoot or hand off to teammates moving past him/her toward the basket; also the floor area where pivot play is feasible.

player-to-player defense A style of team defense in which each player is assigned a specific opponent to guard anywhere on the court.