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coaches manual

Basketball

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world association of basketball coaches

Basketball  
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FIBA fully appreciates the enormous importance of basketball in the development of young people and of the fundamental role played by coaches within this context. They are the ones who, by working daily with players, must make the experience of playing basketball a beneficial one for men, women, boys and girls alike. As such, the objective of FIBA™s coaching programme for young players is to teach coaches how to best understand and take charge of their responsibilities while also learning concepts and strategies which allow them to successfully develop this undertaking with the boys and girls who depend so much upon them.

I was privileged to chair the working group that produced the book Basketball for Young Players, one of the most important resources for teaching basketball. Since it was first published in 2000, basketball has continued to grow throughout the world and FIBA now has 215 affiliated national federations,

which means that millions of players are dedicated to the practice of our sport. Many of these players are children and teenagers for whom basketball can be an excellent educational opportunity for their athletic, personal and social development. Among other things, basketball should serve to develop values that help make future adults better citizens, stimulating the peaceful and respectful coexistence of the people and countries of the 21st century. There have been plenty of advancements and changes in many aspects of our sport - and society in general - since the original book was published. In 2011, the World Association of Basketball Coaches (WABC) introduced a series of Global Coaching Clinics which has enabled thousands of coaches to keep up to date with current trends and practices. This book, in conjunction with those clinics, will provide readers with the methodology and pedagogy to make a difference in the lives of young basketball athletes around the world.

PATRICK BAUMANN  
Secretary General of FIBA  
Basketball

Message from Secretary General of FIBA  
03

The aim of the World Association of Basketball Coaches (WABC) is to improve the standard of the game through improving the standard of those teaching the game. This book, along with resources such as the Global Coaches Clinics introduced in 2011,

is designed to be a basis from which each coach can build their own coaching philosophies.

The role of a basketball coach is not simply to improve the skills of each player and their understanding of the various tactics of the game. A coach™s role extends to developing each athlete as a person. Particularly when coaching young athletes, a coach should seek to instil a love of the game

in each player and a desire to play and learn about the game.

It has been an absolute pleasure to be the Editor in Chief and chair the Working Group for this book. I am most grateful for the outstanding contribution of the working group which complements and further enhances the fine work of the original Authors.

The book provides an outstanding resource for coaches at all levels and underpins key WABC events including Global Coaches clinics, our FIBA coaching web-site and social media platforms.

FIBA and the WABC remain committed to developing and supporting coaches and we are pleased this resource will reinforce that commitment and resolve.

Learning is a change in behaviour due to an experience. Coaches are responsible for providing enriching experiences from which players will improve and flourish. This book will provide coaches with information and techniques to not only enhance players skills and understanding but will also help shape players™ characters and teach values that lead to success in life and our wonderful Global game.

Coaching junior basketballers is different from coaching a professional team and different again from coaching adult athletes. Indeed, each athlete is different and the coach must have the skill to assess the developmental needs of each player and to address each of those needs, within the context of the overall team.

Coaches of junior players must be cognisant of the physical, emotional and social development of each of their players and must be able to take a longer term view towards actions that are taken every day.

It is a challenging role, but it is an immensely rewarding one.

I recommend this book to all coaches.

PATRICK HUNT

President, World Association of Basketball Coaches (WABC)  
Basketball

Current Secretary-General of FIBA, Mr Patrick Baumann and Mr Anton Maria Comas (then President of the European Association of Basketball Coaches) chaired the working group that produced the book. The authors of that book were Mr Aleksander Avakumovic, Dr Maria Buceta, Mr Maurizio Mondoni and Mr Laszlo Killik and it is testament to their expertise that the book has remained one of the most important resources in basketball development since its publication. It has been translated into several languages. In 2013 this publication was reviewed by the World Association of Basketball Coaches, chaired by Patrick Hunt and Zoran Radovic, FIBA™s Sport Development Director. The review confirmed the book as still an excellent resource for coaches, however, it identified a need for it to be substantially revised on account of:

- 

Changes in technical and tactical

aspects of the game;

- 

Advancements in various areas, particularly in Sports Science

and Medicine;

- 

Impact of rule changes, including

new keyways, block/charge circle;

- 

Accessibility of various technologies

for coaches.

The WABC commissioned a working group to produce this resource for coaches of young basketballers, drawing upon the previous book as required. Accordingly, this book is a new work, however many of the themes of the previous book also remain current. Patrick Hunt acted as Editor in Chief for this book, and the primary writer of the book was Michael Haynes who was also the editor. The book has contributions

from Neil Gliddon, Peter Lonergan, Michael Haynes, Patrick Hunt, David Munns and Zoran Radovic. Florian Pasquet, (National Federations & Sport Senior Associate with FIBA) managed and designed the book and lead the development of the accompanying

online resource, assisted again by Michael Haynes.

FIBA would also like to thank the other members of the Executive of the World Association of Basketball Coaches, for their invaluable contribution to this book:

£

Mr Brooks Meek,

£

Mr Michael Schwarz

£

Mr Milan Opacic

£

Mr Veselin Matic

1

introduction

1.1

About this Resource

In 2000 FIBA produced an excellent book which was aimed at developing the coaches of young basketball athletes. This book, Basketball for Young Players, formed the basis of FIBA™s programme for teaching the skills and tactics of basketball.

Basketball

1. Introduction

1.1 About this resource

05

Sport can develop self-confidence, self-concept, self-esteem and self-control and provide players with positive experiences such as having fun, feeling competent and receiving the appreciation of others and, of course, to the development of the basketball skills of the young player.

As such, sport plays a very important role in the athletic and human development of young people and

coaches contribute to the development of athletes as people, teams as cohesive units and communities with a shared interest. Coaching can also contribute to social aims by promoting activity

and health.

1

This book sets out the material used in FIBA™s coach education programme:

1

Level 1 for coaches of junior

athletes at Club level;

1

Level 2 for coaches of junior

athletes at Regional level;

1

Level 3 for coaches of junior

athletes at National level.

The book is not confined to just coaching junior athletes and many topics are also explored in the context

of coaching senior athletes.

The book explores the role of the coach and looks closely at the coach-athlete relationship, encouraging the coach to understand that what they do is as, if not more, important than what they say and to understand their own personality and philosophies and to consider how that impacts upon them as a coach.

The book recognises that every athlete is an individual and discusses the different ways people learn and how different personalities impact upon how to best teach that athlete. Central to FIBA™s philosophy is that a coach who unites a group for a common purpose or provides skills for lifelong participation is every bit as successful as the league title winning coach.

2

One of the primary responsibilities

of a coach is the protection of and respect for the integrity and individuality of those with whom coaches work. Coaches have a particular responsibility

to safeguard and protect children and young people in their carefl.

3

As a final thought:

fiThe challenge to maximize effectiveness with various groups of athletes and changing circumstances is part of the allure and richness of coaching. Because of the diversity of the role

and contexts, the delivery of coaching and what is deemed successful will always be situation speci~c.fl

4

1

International Sport Coaching Framework, p6, 2013,  
Human Kinetics

2

International Sport Coaching Framework, p13, 2013,  
Human Kinetics

3

Ibid, p17

4

International Sport Coaching Framework, p14, 2013,  
Human Kinetics.  
Basketball

## 1. Introduction

### 1.1 About this resource

06

### 1.2

#### Quick History of basketball

Basketball was created by Dr James Naismith in 1891 as a sport that could be played indoors by young men at the Spring~eld YMCA in Massachussets.

The game grew quickly and whilst the number of players has reduced to 5 per team, the fibasketfl is at the same height and the ball is still round! Initially, there were 13 rules and many of them continue into the current rules. Some changes that were not in the original rules are:

Ł

The backboard:

the original gymnasium had a balcony, from which spectators could watch the game.

The backboard was introduced to stop these spectators from blocking shots!



Ł

Dribbling:

the original rules stated that a player had to pass the ball from the spot where they caught the ball. Players soon started to move with the ball by dropping the ball, changing position, and then catching it again.

In 1901 players could dribble the ball once (but could not then shoot) and in 1909 unlimited dribbling was allowed.

Ł

Screening:

this was never prohibited under the rules.

The first screens however were caused by pillars that were supporting the roof and were in the playing area!

Ł

Basketball nets:

Dr Naismith used peach baskets as the target, and someone had to climb a ladder and get the ball out after each basket. Thankfully, scores were relatively low

(the first game was won 1-0).

The next evolution was to make a small hole in the bottom of the peach basket, so that a piece of wood could be pushed through to push the ball out. In 1901, a net was used (rather than a basket) so that the ball would go straight through!

One of the most popular games in the world

There are currently 215 countries affiliated with FIBA, which is the international body responsible for the growth and development of basketball. This makes basketball one of the most popular sports in the world.

Basketball is both an Olympic (Men since 1936, Women since 1984) and a Paralympic Sport (Men since 1960, Women since 1968). And the newest

discipline in the sport (3x3) is played

in the Youth Olympic Games and is

under consideration to be played at

the Olympics.

FIBA conducts The Men™s World Cup the Womens World Championships every four years and World Championships for U17 and U19 Men and Women are conducted every two years.

FIBA has introduced a professional

3x3 world tour, as well as conducting

3x3 World Championships for juniors

and seniors.

The first game involved 9 players on each side vying to throw a soccer ball into a peach basket, which was nailed on the wall of the gymnasium, 10 foot (3.048m) from the floor.

Basketball

## 1. Introduction

### 1.2 Quick history of basketball

07

Substitutions can only be made when the game is stopped, and is done by the scoretable notifying the referees of the request to substitute a player. The coach should have players that are to go into the game fireproof to the scoretable and request a substitution. It should not be the coach that asks for a substitution, although often times a coach will make the request. The reason for players asking for the substitution is so that the scoretable can ensure that the player is correctly entered on the scoresheet and eligible to play.

Some local competitions may have variations to the rules in regards to when substitutions can be made and coaches should be familiar with the rules of each specific competition in which they compete.

Basketball is played in four quarters

and there is a short break between each quarter (the break at half time is longer). In addition, coaches may call a time-out, which provides a 1 minute break during which they may address their team.

The coach asks the scoretable to request a time-out and the scoretable notifies the referees.

Competitions will often vary when time-outs may be called and how many time-outs a coach may call. Coaches should make sure they are familiar with the rules of the particular competition in which they are competing.

Basketball

## 2. Basic rules of basketball

### 2.1 Substitutions and time outs

2

basic rules

of basketball

2.1

#### Substitutions and Time Outs

Basketball is played by two teams, each with five players on the court at any one time. Each team may have additional players (substitutes) that can be interchanged an unlimited number of times.

If a player accumulates 5 personal fouls in one game they can take no further part in the game. Similarly, players can be sent off (for example when they receive two technical fouls). If they are sent off, the player must leave the playing area. If they are fouled out, they may remain

on the team bench.

08

2.2

#### Playing the Game

The coach must ensure that their players know the rules of basketball and that they teach skills in a way that adheres to legal execution within the rules. A summary of some key rules is included in this chapter.

The game is played by two teams:

- Teams have 5 players each on the court

- 

T

teams may have another 5-7 players

who are substitutes.

↳

There is an unlimited number of substitutions, however any substitution must be done during a break in play and is administered by the officials. Players cannot simply run on and off.

↳

A foul is called if there is unlawful contact. A player that has 5 fouls cannot take any further part in that game (in some competitions players may have 6 fouls). Teams score points by shooting the ball into their opponent's basket. The ball must enter the basket from above and must pass through the basket to count. There is an arc on the court and a shot from outside this arc (if successful) is worth 3 points. All other shots taken during play are worth 2 points

if successful.

A player may also be awarded 1, 2 or 3 free throws and these are worth one point each if successfully made. Free throws are awarded as a result of a foul being called:

-

for contact on an offensive player that is

in the act of shooting;

-

for contact on any player if the team committing the foul has already accumulated 4 fouls in the quarter. When a team scores, their opponent is awarded the ball to be thrown in from the baseline. The team has 5 seconds to throw the ball into play. The referee does not need to touch the ball.

Players may venture to any part of the court and all players may use the ball in the same way during the game. When moving around the court:

↳

The sidelines and endlines are out of bounds. If a player has the ball and stands

on the line, the ball is out of bounds.

└

When a player jumps, while they are in the air, they are regarded as being on the spot of the floor where they jumped. It is only when they land that they are on another spot on the floor. Some practical examples of this are:

└

If a player is standing in court and jumps to stop a ball from going out of bounds.

If they catch the ball while they are in the air (even if the ball has crossed the line), they can throw the ball back into play. Because they jumped from inside the court, the ball is not out of bounds.

└

Similarly, if a player is standing outside of the court and jumps into the court, catching the ball while they are in the air. The ball is out of bounds (even if the player had crossed the line) because the player jumped from outside the court and is regarded as being outside until they have landed in court.

└

If a player has the ball outside the 3 point line, jumps in the air to shoot the ball (and releases the ball while in the air) and then lands inside the 3 point line, the shot is worth 3 points if successful.

Basketball

## 2. Basic rules of basketball

### 2.2 Playing the game

09

### 2.3

#### Violations

It is worthwhile for players and coaches to do an introductory referee course so that they have both a good understanding

of the rules and they also appreciate how difficult the referee's role is.

The main violations that occur in basketball are:

└

Travelling;

↳

Illegal dribble;

↳

Off-court violation.

Travelling

Basketball is a very dynamic game and players can move with the ball, provided that they are dribbling. This ensures that basketball is a fast moving game.

It is critical that all players understand the significance of their pivot foot and can determine which foot is their pivot foot.

Whenever a player catches a ball, the official will determine which is their pivot foot, according to the following rules:

↳

If the ball is caught while the player has both feet in the air, the first foot that lands on the floor is their pivot foot;

↳

If the ball is caught while the player has both feet in the air and they land with both feet at the same time - the player can choose which foot to use as their pivot.

When they lift one foot, the other foot automatically is their pivot foot.

↳

If the ball is caught while a player has one foot on the floor, that is their pivot foot.

↳

If the ball is caught while a player has both feet on the floor, they can choose which is their pivot foot.

The significance of the pivot foot is:

↳

If the player wants to dribble, the ball must leave their hand BEFORE their pivot foot leaves the floor.

↳

If the player lifts their pivot foot, they must either pass the ball or shoot it BEFORE putting their pivot foot back on the floor.

Breaching either rule is a travelling violation. It should be noted that in many professional leagues, players are given

leniency in regards to travelling. However, coaches should teach their players to move with the ball without travelling.

#### Illegal Dribble

A player with the ball can move if they are dribbling. Dribbling is when the ball is bounced with one hand onto the floor. Putting two hands on the ball ends the dribble. The player can change the hand they are dribbling with, but after the ball hits one hand it must hit the floor next to be a valid dribble. The hand dribbling the ball should be on the top or on the side of the ball. Any dribble stops if the ball comes to rest in the player's hands (e.g. if they had their hand under the ball). If the player keeps dribbling, this is a violation.

#### Basketball

## 2. Basic rules of basketball

### 2.3 Violations

10

#### Backcourt violation

The team is divided into two sections by the half way line. The front court is the end where a team is trying to score. Their back court is the end where they are defending and trying to stop their opponent from scoring.

Once the ball is in a team's front court, it cannot be taken back into the team's back court. The ball is regarded as being in the front court when:

1

The ball is passed to (and caught by)

a player that has one or two feet in the front court;

1

When a player is dribbling across the half way line, it is only in the front court when both of the player's feet and the ball have all touched the front court.

#### Basketball

## 2. Basic rules of basketball

### 2.3 Violations

11

The timing violations are:  
3 seconds

Once a team has the ball in their front court, an offensive player cannot be in the key for more than 3 seconds. When a shot is taken, the 3 second count stops. If a player steps out of the key (with both feet) they can then re-enter the key and have another 3 seconds.  
5 seconds

A player with the ball that has an opponent guarding them closely must pass, shoot or dribble within 5 seconds  
8 seconds

The offensive team cannot take more than 8 seconds to move the ball from their back court into their front court.  
14 seconds

A team that takes an offensive rebound will then only have 14 seconds in which to attempt a shot  
24 seconds

When a team first has possession of the ball, they have 24 seconds in which to attempt a shot.

The 14 and 24 seconds violations are often not used in local or junior competitions. A separate shot clock is used to count this time and requires a dedicated timekeeper who just operates the shot clock.

2.4

## Timing Violations

There are a number of specific timing violations, although often in local competitions they may not be enforced or may be enforced with leniency. Coaches should check with the administrator of the competition as to which specific rules will be applied.

Basketball

## 2. Basic rules of basketball

### 2.4 Timing Violations

12

2.5

Fouls



Broadly, there are three types of fouls:

└

Illegal contact

└

Unsportsmanlike contact Æ when a player makes contact with an opponent and the official believes that they were not acting in a sportsmanlike fashion

└

Technical Foul Æ when a player acts in an unsportsmanlike fashion, but without making contact with another player (e.g. disputing a referee's decision).

In any game of basketball there is a lot of contact between players. Some key concepts to determine if the contact is legal are:

└

A person standing in the path of an opponent. However, if the opponent does not have the ball, the person has to give them sufficient opportunity to avoid

the contact.

└

A player should not extend their arms or legs outside of their cylinder: Effectively this is, effectively the width of their body. If they reach with their arms or legs and contact is made beyond their hips or shoulders, it will likely be their foul.

└

If the player has good defensive position which a defender must have established, with both feet on the court (before

the contact). They must be facing their opponent and have established this position before their opponent makes

Basketball

## 2. Basic rules of basketball

### 2.5 Fouls

13

C

Coach

Coaches often need to be actively involved in practice sessions, for example as

a passer or defender.

Cone

or Marker

This is placed on the court to designate a spot on the floor. It may identify a reduced area on the court for an activity or it may signify where an athlete should be.

Hand Off

A player runs past a teammate that has the ball and is given the ball. They run close

to their teammate and the teammate holds the ball with one hand on top and one hand

on the bottom. This makes it easier for the teammate to grab the ball.

Defensive

Player

The defensive player is numbered to show both who they are defending (Player 1)

and also their position:

1. Point Guard
2. Shooting / Off Guard
3. Small Forward
4. Power Forward
5. Centre

A defensive player may be shown on an angle, to represent a direction they face.

In the example shown, the defender is facing the left hand side of the page.

1

Player

A number usually signifies an offensive player and again, the number may indicate position. In some activities however, the number may simply designate a sequence

for players to be involved in.

Pass

The dotted line shows the path of a pass, here from Player 1 to Player 2.

It is also used to designate a shot, when pointing to the basket.

Player

Dribbling

The path of a player dribbling is shown by a zig-zag line.

Player

Moving

The path of a player moving on the court is shown by an arrow.

Player

with the Ball

A player with the ball is shown either as a circled number or by the use of a small dot

next to the player.

This is also used if, for example, a coach has a ball.

x1

x1

3

## Glossary of terms

### 3.1

## Understanding diagrams

in THIS BOOK

The following symbols are used in the diagrams

in this book:

Basketball

## 3.Glossary of terms

### 3.1 Understanding diagrams in this book

14

Screen /

Block Out /  
double-team

A screen is shown by a vertical line at the end of a horizontal line. The horizontal line shows the path that the player setting the screen moves along on the court.

Also used to show a defender fiblocking outfl an offensive player in a rebounding contest.

Finally, it is used to show defensive players that are double teaming or fiTrappingfl a player with the ball.

The position of a player™s feet are shown with two dots.

Player™s

feet

Movement of feet is shown with arrows and numbering.

A pivot is shown as only one foot moving.

1

2

3

Basketball

## 3.Glossary of terms

### 3.1 Understanding diagrams in this book

15

Basketball

## 3.Glossary of terms

### 3.2 Glossary of common basketball terms

3.2

Glossary of common

Basketball Terms

Where on the Court is it?

Areas on the court that coaches commonly refer to:  
Elbow

either end of the free throw line;  
Low Post or fiBlockfl

where the offensive rebounder lines up  
during a foul shot;  
Wing

at the 3 point line, opposite the

free throw line;  
Point  
is the area at the top of the key.  
High Post

at the foul line;  
Short Corner

between the key and the 3 point line,  
opposite the basket;  
Split Line

the middle of the court. The filinefl is  
imaginary going from one basket

to the other.

16

What do Words Mean?

fi1 Pass Awayfl, fi2 Passes Awayfl etc.

The number of fipasses awayfi an  
offensive player is from the ball, is used

to de~ne the position of their defender.  
It describes how close the offensive  
player is to the ball. Generally, the closer  
an opponent is to the ball, the closer the  
defender needs to be to them.

Ł

Player 1 has the ball.

⌞

Players 2 and 3 are fione pass awayfl

⌞

Player 4 is fitwo passes awayfl

⌞

Player 5 is fithree passes awayfl

⌞

Player 2 has the ball

⌞

Players 1 and 5 are fione pass awayfl

⌞

Player 3 is fitwo passes awayfl

⌞

Player 4 is fithree passes awayfl

1

2

3

4

5

x1

x2

x3

x4

x5

Basketball

### 3.Glossary of terms

#### 3.2 Glossary of common basketball terms

17

##### Active Hands

When defending the person with the ball, the defender should keep one hand in front of the ball and the other hand fiactivefl to make it hard for player to pass the ball. If the player is dribbling, keep the hand opposite the ball low to prevent a crossover and the other hand up to prevent a pass.

However, a common mistake that defenders make is to reach for the ball (taking them off balance). fiActive Handsfl are in combination with moving the defender™s feet: when the offensive player moves their feet, the defender must ~rst move

their feet.

##### fiBack Doorfl Cut

A fiBack Doorfl cut is a quick cut, usually toward the basket. The cut is performed if a player is being denied and cannot receive a pass.

⌞

Step away from basket, showing hand (as a passing target)

1

Push off the foot that is furthest from the basket and cut to the basket.

Do NOT take only one or two steps

A fiback cutfl can also be performed off a screen.

The defender may step in the path of the cutter so that they cannot go over the top of the screen. The cutter steps into their defender (as if cutting over the top of the screen) and then changes direction to fiback cutfl towards the basket.

1

3

x3

2

3

x3

Basketball

### 3.Glossary of terms

#### 3.2 Glossary of common basketball terms

18

##### Ball Reversal

Ball reversal is moving the ball from one side of the court to the other.

It is usually done by passing, however dribbling can be used. It is also referred to as fiwingingfl the ball.

Young players may need to make several passes to move from one side of the court to the other.

Older players will be able to throw passes over a longer distance, so may fireverse the ballfl in less passes.

A pass from one wing to the other is a type of ball reversal and is called a fiSkip Passfl. It takes a lot of strength (particularly in the tricep muscle) to throw this pass and most young players cannot throw it effectively.

3

1

2

4

3

1

2

4

3

1

2

4

Basketball

### 3.Glossary of terms

#### 3.2 Glossary of common basketball terms

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fiBigto Biggerfl (or fiDefensive Slidefl)

fi

Big to Biggerfi is used to describe defensive footwork. When moving laterally to

guard someone with the ball, defenders should be taught to use fibig to biggerfi footwork, sometimes called fidefensive slidefi. The premise is simple OE when moving

to your right, step with the right foot ~rst. The second step brings you back to a balanced stance.

This footwork is important to fitake a chargefi or to contain a dribbler. However, the footwork is slower than running and defenders may only take one or two steps before they need to change to running to be able to stay in front.

fiBox Outfi or fiBlock Outfi

When a shot is taken, each defender must ~rst make contact with their player and stop them from rebounding. This is called fiboxing outfi. Players should box out 1-2metres away from the basket. If they are too close to the basket the rebound will bounce over their head.

Bump the Cutter

fiBumpingfi the cutter is simply getting in the way of a person cutting into the keyway to stay between them and the ball and to make them cut behind the defender

Channelling the Dribbler

To fichannelfi a dribbler, the defender should be in front of the dribbler with the foot closest to the dribbler approximately at the dribbler™s shoulder.

The hand closest to the dribbler should be low (to stop a cross-over dribble) and the other hand should be shoulder height to stop a pass. If the dribbler tries to move to

the middle, the defender must step into their path.

Close-out

When an offensive player catches the ball, their defender must sprint to get within an arm™s length of them by the time they catch the ball. This ficlose-outfi is a dif~cult skill. The defender sprints and then as they get close to their opponent, take small, quick steps. Head position is critical as it affects the defender™s balance if it is too far forward or back.

Defender™s should be encouraged to raise both hands as the end of the close-out as this will help to keep them balanced and ready to move laterally. If they reach forward with one hand, that makes it more dif~cult to then move laterally.

Close-out OE Long and Short

I f the offensive player catching the ball is a fishooterfi, the defender may close-out filongfi even running past them to ensure they get their hand to pressure the shot. If the offensive is a fidriverfi, the defender may close-out fishortfi- stopping 2-3 metres before them in order to be able to guard any drive.

Left

Left

right

right

2

nd

1

st

Step across

their path if

they try to go

to the middle

Basketball

### 3. Glossary of terms

#### 3.2 Glossary of common basketball terms

20

##### Cross Over Step (see also Onside Step)

A cross over move is when a player steps across their body either to change direction or to start moving.

##### Curl Cut

If the defender stays below the screen (to stop a fiback cutfl) the cutter steps toward them and then cuts off the top of the screen.

If the defender filocksfl to the cutter to run behind them, the cutter curls to cut to the basket. As the defender is behind them, if they made a straight cut, the defender may be able to get to a position to interfere with the pass.

##### Denial Stance

fiDenial stancefl is used to stop a player that is fione pass awayfl from the ball from receiving a pass.

In denial stance the defender™s back is to the ball and their chest faces their opponent. The arm closest to the ball is stretched out, thumb pointed to the ground and palm facing the ball.

##### Double-team

When two defenders both guard the player with the ball. The defenders must remain close to each other so that the offensive player cannot step in between them. The players should also keep their hands high, rather than reaching for the ball.

##### Down Screen

A down screen is set by a player moving towards the baseline, for example:

Ł

high post player setting a screen for a low post player;

Ł

guard setting a screen for a wing perimeter player.

Typically the screener™s back will be facing the ball.

3

2

x2

1

2

3

##### Denial Stance

Person being

Guarded

Person with Ball

Basketball

### 3. Glossary of terms

#### 3.2 Glossary of common basketball terms

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##### Dribble Entry

Rather than passing the ball, a fidribble entryfl is where the ball is dribbled to the wing. The player that is dribbled at moves. They can simply replace the dribbler OE



a shallow cut.

Rather than making a shallow cut, the player may cut to the basket or drop to

the corner.

Driving Lane (see also Passing Lane)

The driving lane is simply the path between a dribbler and the basket. On a fast break, if the defender does not commit to the driving lane, the player should drive

to the basket. If the defender does commit, they should pass.

Drop Step

A drop step is a reverse pivot.

Foot Advantage

To get open, an offensive player must try to get their foot past their defender - foot advantage. This applies equally to defenders - move your feet to beat an opponent.

Fast Break

A fast break is where a defensive team get position of the ball and then try to move into offence as quickly as possible, before there are defenders in position.

1

2

3

4

5

1

2

Driving

Lane

Passing

Lane

Basketball

### 3. Glossary of terms

#### 3.2 Glossary of common basketball terms

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Freeze Dribble

A Freeze Dribble is where the offensive player dribbles at a particular defender in an effort to commit that defender to guarding the ball, which will stop them from guarding another teammate.

It is used most effectively against zone defences.

If Player 1 simply catches the ball and quickly passes it to Player 3, the defender (x1) may simply move across to defend 3.

The use of a Freeze Dribble commits x1 to defending Player 1, leaving

Player 3 open.

Flare Cut

If the defender moves under the screen, in order to beat the cutter to the other side of the screen, the cutter should move toward the screen and then move away from the screen, so that the screener is between them and their defender.

The screener may also turn to face the defender and fire-screen

2

1

3

x2  
x1  
2  
1  
3  
x2  
x1  
1  
3  
2  
x2  
Basketball

### 3. Glossary of terms

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##### Flat Triangle

This is a defensive concept and is used to emphasise to defenders that they must be able to see both their immediate opponent and the player that has the ball. In the diagrams below, each defender adopts a position, based upon how close their opponent is to the ball. The blue triangles represent the defender™s vision of being able to see both the player with the ball. opponent.

##### Floating Defender

A floating defender is not denying the ball from being passed to their direct opponent and is in a position to help defend the ball.

##### Front the Post

Fronting the post player, means that the defender stands between the post player and the perimeter player. There are two methods of fronting the post player.

Fronting defence requires both good pressure on the person with the ball and also split line help (a defender near the basket that can intercept any attempted lob pass).

##### Toes In

The defender™s back faces the potential passer. This position makes it easier to adjust position if the ball is passed to another teammate on the perimeter.

##### Toes Out

The post defender faces the perimeter passer and keeps contact with the post player.

1  
2  
3  
4  
5  
x1  
x2  
x3  
x4  
x5  
1  
2  
3  
4  
5  
x1  
x2  
x3

x4  
x5  
1  
2  
3  
4  
5  
x1  
x2  
x3  
x4  
x5  
fiToes Infl  
fiToes outfl  
Left  
right  
Left  
right  
Basketball

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#### 3.2 Glossary of common basketball terms

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##### Gap Dribble

A fiGap Dribblefl is simply dribbling between two defenders in a zone defence. Whichever defender moves to stop the dribble, leaves a player on their side of the court open.

##### Hand Off

A fihand offfl is where an offensive player that has the ball, is stationary and a teammate runs past and grabs the ball from them. It may be a guard cutting past a p o s t player, or a player dribbling, coming to a stop and another team moving past them. This fidribble hand-offfl is often done whilst both players are moving. The player w i t h t h e b a l l h o l d s it with one hand on top of the ball and one underneath (finorth-south gripfl). The player taking the ball grabs it from the side (fieast-west gripfl).

##### Head on the Ball

To make a player change direction, the defender must get in front of them and get your fihead on the ballfl (see also Turning the Dribbler).

##### fiHead Snapfl (fiChin to Shoulderfl)

In denial stance, the arm closest to the person with the ball is extended in the passing lane and by placing fichin to shoulderfl the defender can see the player with the ball and the player they are guarding.

As the defender cuts to the basket (denying their opponent) they get to a point where, in order to keep sight of both ball and their player, they need to turn their head and put the other arm in the passing lane. This technique is called fihead snapfl or fihead and handsfl snap.

The point where the defender needs to fihead snapfl is when they get to the line of the ball.

2  
3  
x1  
x2  
1  
1  
2

x2  
Right arm  
Extended  
Left arm

Extended  
1  
2  
x2  
Head

Snap  
3  
1  
x1  
Head

Snap  
Basketball

### 3. Glossary of terms

#### 3.2 Glossary of common basketball terms

25  
2  
3  
x3  
1  
2  
Hedge (or Help) & Recover  
fiHedgingfl is a defensive fake - starting to move toward a position

(e.g. going to guard the ball) but not going all the way to that position.  
For example x3 takes two steps towards Player 2, wanting them to think that they are coming to guard them. As Player 2 changes direction or stops, x3 firecoversfl back to guard their player.

This movement is called fiHedge and recoverfl and is used in full court and

half-court defence.

Inside Foot

The fiinsidefl foot is the foot closest to the middle of the court.

fiKickfl the Ball

To kick the ball is to make a pass and, in particular, to make a pass quickly after receiving a pass.

fiL Cutfl

An fiL Cutfl is a sharp change in direction, forming an fiL shapefl

Ł

Walk up the key and make a quick change of direction to cut

to the perimeter

Basketball

### 3. Glossary of terms

#### 3.2 Glossary of common basketball terms

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##### fiLine of Ballfl

The filine of the ballfl is an imaginary line across the court level with the person that has the ball. This concept applies mostly in defence where players move fibelowfl the filine of the ballfl even if their player is above the ball. This is done in order to be in a position to help guard a dribbler.

When Player 2 receives the ball, X1 moves to the filine of ballfl and is now in a position to guard Player 2 if they dribble toward the middle.

The shaded vertical line is the fisplit linefl.

##### fiMan to Manfl Defence

Defensive structure where each defender is responsible for guarding one particular opponent. During play, defenders may switch (or change) who they are guarding or may help a teammate defend a particular player. However, each defender remains responsible for guarding a particular player.

##### Motion Offence

fiMotion Offencefl is an offensive structure that is recommended be taught to beginning athletes. Rather than having strict pre-determined movements, in fimotion offencefl players are taught principles of court spacing and movement.

##### On Ball Stance

The defender guarding the person with the ball has their chest facing the offensive player and their nose at the height of their chest. One foot should be slightly in front of the other and they should be close enough to touch the ball.

Team defences will often force the player to dribble with their non-preferred hand.

To force them left, the defender™s nose should be level with their right shoulder and the defender™s right foot must be outside the left foot.

1

x1

2

3

x2

x3

L

L

R

R

Basketball

### 3. Glossary of terms

#### 3.2 Glossary of common basketball terms

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##### Onside Move

An fionsidefl move is when a player steps or dribbles without stepping across their body.

##### Open Stance

In an open stance, the defender generally has their back to the basket or sidelined and is standing fiside onfl to both the player they are guarding, and the player with the ball.

##### Pass and Cut (or fiGive and Gofl)

Perhaps the simplest play in basketball is fipass and cutfl or figive and gofl. The player passing the ball, then cuts to the basket looking to receive a pass back.

##### Passing Lane

An imaginary line between the player with the ball and a teammate that they may pass to. Defenders may want to be as close to the passing lane as possible, provided that they can still see both the player with the ball and their direct opponent. For offensive players on a fast break, if the defender is in the fipassingfl lane this is a cue for the dribbler to attack the basket. For a perimeter offensive player, if the defender is fiin the lanefl, it is a cue to cut to the basket (fiback doorfl).

#### Penetration

Penetration is getting the ball into the keyway, either by dribbling it, or by passing it to a teammate who is in the keyway.

1

2

3

4

5

1

2

Passing

Lane

Driving

Lane

Left

right

Person being

Guarded

Person with Ball

Basketball

### 3.Glossary of terms

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##### Pick and Roll

A fipick and rollfl is where a screen is set for a teammate that has the ball. The basic action is that the screener then moves toward the basket (the firollfl). They are also called an fion ball screenfl.

##### Pivot

A pivot is where one foot remains on the ground and the player steps with the other foot. The fipivot footfl is the stationary foot that remains on the ground. Players may pivot forward or backwards (fireverse pivotfl).

Once a player that has a ball (and is not dribbling) pivots, they cannot change to pivot on their other foot. If a player catches the ball with feet in the air and lands on both feet at the same time, they may then choose to pivot on either foot. If they land one foot after the other, then the ~rst foot to land is their pivot foot.

##### Post Player

A fipost playerfl is generally situated in the keyway or alongside it. All players need to be able to fipost upfl, however generally taller players play in the post most often. With young players, coaches must ensure that tall players also play on the perimeter (and that small players learn basic skills to play in the post).

fiPost Sidefl or fiStrong Sidefl (see also fiWeak Sidefl)

The fiPost Sidefl of the court is the side that an offensive player is occupying

a post position near, or in the key.

fiReceiversfl

fiReceiver Principlesfl are an offensive concept, setting out where offensive players should move to when the ball is dribbled into the keyway (this can also apply equally to when the ball is passed into the keyway). Generally, two offensive players should be in the keyway, with at least one player in a fisafetyfl position at the top of the key. With the increased use of the 3 point shot, teams often now have fireceiversfl on the perimeter opposite the ball and one person that moves behind the ball (and is an easy pass if there is pressure).

5

1

Basketball

### 3.Glossary of terms

#### 3.2 Glossary of common basketball terms

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Replace Cut (or fiReplacefl)

A fiReplace Cutfl (often just called fiReplacefl) is where an offensive player moves to the position that a teammate had occupied. The Replace Cut is made after the teammate has cut or dribbled away from that position.

fiPass, Cut and Replacefl

After cutting to the basket, the player nearest to the figapfl cuts toward the ball

and then fi~llsfl the space on the perimeter. The other players then balance to ~ll

the positions on the perimeter.

Re-Screen

Sometimes when a team sets an off-ball screens, the defence will ficheatfl or move to a position, anticipating where the cutter will go, before the cutter has actually cut off the screen. In this situation, the screener may need to adjust their position (orfire-screenfl)

in order to be in a position to get their teammate open.

Screen

A fiScreenfl is where one offensive player stands in a position on the court in an attempt to block the path of a defender and to accordingly free their teammate.

A screen may be used for a teammate that has the ball or a teammate that does

not have the ball.

Skip Pass (see also fiBall Reversalf)

A fiskip passfl is a pass from one side of the court to the other side of the court.

Accordingly, it is a way to fireversefl the ball, however, it is slower than making

two passes (as a skip pass must be thrown high to avoid interception).

Spacing

fiSpacingfl is simply the distance between players. It may be used in connection with a whole team (e.g. offensive players spreading across the court) or in connection to the distance between two players.

1

2

3

4

5

1

2  
3  
4  
5  
Basketball

### 3. Glossary of terms

#### 3.2 Glossary of common basketball terms

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##### Split Line (or Help Line)

The split line is an imaginary line from basket to basket (the vertical shaded line). It is mostly a defensive concept, indicating the position on the court that a defender should get to when the player they are guarding is on the opposite side of the court to the ball.

The horizontal line shown is the line of the ball.

##### Square Up

Square Up means to face the basket. It is mostly used in connection with a player catching the ball and then turning to face the basket.

##### Straight Cut

The cutter moves towards their defender and then cuts over the top of the screen.

If the defender steps in, the screener makes a straight cut.

##### Transition

Transition is the period when a team moves from offence or defence or vice versa.

1  
x1  
2  
3  
x2  
x3  
3  
2  
x2

Basketball

### 3. Glossary of terms

#### 3.2 Glossary of common basketball terms

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##### Trail Cutter

Trailing is a specific technique when guarding a player that is cutting off a screen. The defender follows closely behind the cutter. On offence, the player that took a defensive rebound or passed the ball in from out of bounds is often the last player to reach the front court to play offence.

This is often called the trailer and many teams will use this person to either take a perimeter shot or pass the ball to another player.

##### Turn Out Cut

A turn out cut is used off a screen that is set at the side of the keyway, with the screener having their back face the sideline, away from the keyway.

##### Turning the Dribbler

Turning the dribbler is simply making them change direction and is a strategy used



particularly whilst they are in their back court.

To turn the dribbler, the defender must get their fihead on the ballfl and be directly facing them. In this position, the dribbler cannot continue in this direction and must change direction.

Up Screen

An up screen is set by a player moving away from the baseline, for example:

Ł

Wing perimeter player setting a screen for a guard;

Ł

High Post player setting a screen for a perimeter player.

Generally, the screener has their back facing the baseline or the baseline/sideline corner.

3

5

1

Basketball

### 3. Glossary of terms

#### 3.2 Glossary of common basketball terms

1

3

4

32

fiV Cutfl

A fiV Cutfl is where an offensive player moves in one direction and then moves (usually back toward the ball) in a different direction Œ forming a fiVfl.

Ł

After cutting toward the basket, change angle to get into the path of defender

Ł

Establishing fiFoot advantagefl is important to create a passing lane as is using

a change of pace.

The V-cut can also be done effectively with two separate cuts.

First, Player 2 cuts to the basket using a back cut. They look to establish position

at the basket to receive the ball there, or at least hesitate before leading back to

the perimeter.

The hesitation is particularly effective if the player can cut from the basket to either side of the court.

Weak Side or fiOpen Sidefl (see also fiPost Sidefl)

The fiWeak Sidefl is the side of the court opposite to where a post player is in or near the keyway. There is not always a fiweak sidefl. For example if all players

are on the perimeter, or if there is a post player on either side of the keyway.

Zone Defence

A defensive structure where players are responsible for guarding particular areas of the court, rather than a speci~cally assigned player.

2

3  
2  
3  
Basketball

### 3. Glossary of terms

#### 3.2 Glossary of common basketball terms

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Basketball

### 4. Introduction to coaching

#### 4.1 The coach™s starting point

4

introduction

to coaching

4.1

#### The Coach™s Starting Point

Central to coaching—is the creation of practice

and competition opportunities that result in desired outcomes for athletes. At the core of a coach™s role is guiding the improvement of athletes in sport-specific contexts, taking account of athletes™ goals, needs

and stages of development—

Coaching effectiveness is gauged by the consistency with which positive outcomes for athletes and teams are achieved, reflected only in part by competitive success. Indeed, a coach who unifies a group for a common purpose or provides skills for lifelong participation is every bit

as successful as the league title-winning coach.

5

What team am I going to coach?

It is very important that a coach takes the time to understand the team they are coaching, using the following questions as a guideline:

¿

Is it a mini-basketball team? A children™s team? Is it a team made up of promising young players? Is it a first-class elite team?

¿

What sort of organization does the team belong to? Is it a school team? A club team? What sort of school or club?

£

How good are the players? How long have they been playing? What is their potential?

£

Why are the players playing? For fun?

To spend time with friends? To learn

and get better at basketball?

The answer to each of these questions will help the coach to understand the context of the team, which will help the coach to avoid errors that can arise if the coach and players (or their parents) have different expectations for the team. Once the coach understands the type of team they are coaching, it is important that they communicate to the team

their expectations. In the context of coaching young children, this must also include communication with the parents.

5

International Sport Coaching Framework version 1.2,  
Human Kinetics, pp13-14

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Basketball

#### 4. Introduction to coaching

##### 4.1 The coach™s starting point

A coach who is training young players has the responsibility of contributing to the players™ overall development both in sports and general terms Œ taking a holistic approach. The coach should not be interested only in short-term achievements. Taking into account all of the above, coaches should decide upon general objectives for the team which re°ect that particular team and those players and their particular motivations. For example: a coach training a mini-basketball school team (ages 9-10)

may consider:

£

That all players should have equal opportunity to participate in games.

£

Some of the players will never have played before; some will have been playing for a year and in general, the skill level of all players will be low.

└

Some players will have good basic movement skills (running, jumping etc.) while others will not and the level of

fitness of players may vary widely.

└

The coach's main priority will be to contribute to the development of these children as people & developing attitudes

of sportsmanship and good spirits.

└

Therefore, general aims that the

coach may adopt could be that:

└

the children enjoy themselves,

└

that they improve their physical development,

└

that they learn certain values (such as team work, respect for others, etc.),

└

that they work on overall improvement of basketball fundamentals (dribbling, passing, etc.).

└

success is measured by the improvement in skills (team and individual) and the execution of those skills in games.

## 4. Introduction to coaching

### 4.2 The coach™s responsibilities

The competencies that Coaches require can be set out as follows:

6

#### 4.2

#### The Coach™s Responsibilities

Coaches carry out a range of tasks and are therefore required to possess a variety of competencies. Many of these competencies are developed from the job rather than in courses. What action any particular coach may take will depend upon the level at which the coach

is coaching the team they are coaching and the club

(or school) at which they are coaching.

Set the vision

and strategy

- ↳ Understand the big picture

- ↳ Align and govern

- ↳ Analyse needs

- ↳ Set the vision

- ↳ Develop strategy

Shape the

environment

- ↳ Create action plan

- ↳ Organise setting and personnel

- ↳ Identify and recruit athletes, staff and resources

- ↳ Safeguard participants

- ↳ Develop progress markers - how success will be measured

Build

relationships

- ↳ Lead and influence

- ↳ Manage relationships

- ↳ Be an educator

- ↳ Be a listener

- ↳

Share information - help people achieve their goals rather than demand

that they help you to achieve yours

Conduct practices and

structure competitions

- ↳ Guide practice

- ↳

Use a combination of activities that allow the players to explore various techniques

and activities that specifically dictate what players are to do

- ↳ Identify and manage suitable competitions

Read and react to

the field (fiGame coachingfl)

↳ Observe

↳ Make decisions and adjust

↳ Record and evaluate

Learn

and reflect

↳ Evaluate session and programme

↳ Self-reflect and self-monitor

↳ Engage in professional development

↳ Innovate

6 Ibid, pp32-33

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Basketball

Notes

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