

History of Basketball

Dr. James Naismith, Inventor of Basketball

KU Basketball Program Founder

Dr. James Naismith is known world-wide as the inventor of basketball. He was born in 1861 in Ramsay township, near Almonte, Ontario, Canada. The concept of basketball was born from Naismith's school days in the area where he played a simple child's game known as duck-on-a-rock outside his one-room schoolhouse. The game involved attempting to knock a "duck" off the top of a large rock by tossing another rock at it. Naismith went on to attend McGill University in Montreal, Quebec, Canada. After serving as McGill's Athletic Director, James Naismith moved on to the YMCA Training School in Springfield, Massachusetts, USA in 1891, where the sport of basketball was born. In Springfield, Naismith was faced with the problem of finding a sport that was suitable for play inside during the Massachusetts winter for the students at the School for Christian Workers. Naismith wanted to create a game of skill for the students instead of one that relied solely on strength. He needed a game that could be played indoors in a relatively small space. The first game was played with

a soccer ball and two peach baskets used as goals. Naismith joined the University of Kansas faculty in 1898, teaching physical education and being a chaplain.

James Naismith devised a set of thirteen rules of basketball:

1. The ball may be thrown in any direction with one or both hands.
2. The ball may be batted in any direction with one or both hands, but never with the fist.
3. A player cannot run with the ball. The player must throw it from the spot on which he catches it, allowance to be made for a man running at good speed.
4. The ball must be held in or between the hands. The arms or body must not be used for holding it.
5. No shouldering, holding, pushing, striking or tripping in any way of an opponent. The first infringement of this rule by any person shall count as a foul; the second shall disqualify him until the next goal is made or, if there was evident intent to injure the person, for the whole of the game. No substitution shall be allowed.

6. A foul is striking at the ball with the fist, violations of Rules 3 and 4 and such as described in Rule 5.
7. If either side make three consecutive fouls it shall count as a goal for the opponents (consecutive means without the opponents in the meantime making a foul).
8. Goal shall be made when the ball is thrown or batted from the ground into the basket and stays there, providing those defending the goal do not touch or disturb the goal. If the ball rests on the edge and the opponents move the basket, it shall count as a goal.
9. When the ball goes out of bounds, it shall be thrown into the field and played by the first person touching it. In case of dispute the umpire shall throw it straight into the field. The thrower-in is allowed five seconds. If he holds it longer, it shall go to the opponent. If any side persists in delaying the game, the umpire shall call a foul on them.
10. The umpire shall be judge of the men and shall note the fouls and notify the referee when three consecutive fouls have been made. He shall have the power to disqualify men according to Rule 5.
11. The referee shall be the judge of the ball and decide when it is in play in bounds, to which side it belongs, and shall keep the time. He shall decide when a goal has been made and keep account of the goals with any other duties that are usually performed by a referee.
12. The time shall be two 15-minute halves with five minutes' rest between.
13. The side making the most goals in that time shall be declared the winners.

A few miles up the Connecticut River was the home of Smith College for girls in Northampton. In 1892, the physical education teacher, Senda Berenson used it in her classes. The purpose of the game was for physical fitness for her ladies.

Senda would change some of Naismith's rules to strive teamwork and cooperation, rather than competition.

She would break the court into 3 zones and 9 players would exist on each team. Each zone would have 3 players in it.

No player could leave her zone. The player could only hold the ball 3 seconds and dribble the ball 3 times before passing. This reduced the ability for single players to become stars and required the effort of all.

No snatching of the ball was allowed as well.

On March 21st 1893, the first collegiate game was played at Smith. The freshman class played the sophomore class. The doors to the gym were locked and no men were allowed in to watch, as it was not considered socially acceptable.

In this first game, each basket was worth 1 point. The class of 1896 would go on to defeat the class of 95 5-4, and the history was born.

Women's Basket ball would spread very quickly across the country.

By 1896 it was established at several colleges and in April of 1896, the first intercollegiate game was played.

This was between Stanford and Berkley. This was a game of 9 versus 9.

The male gender would again be boycotted from the event. Women were assigned to the windows and doors to ensure none of these men would interrupt the game.

In this game, no player was allowed to run more then 5 feet before passing it on. .

Stanford won the first ever inter-collegiate game 2-1 over Berkeley.



Shown above is a photo from the 1897 sophomore class at Smith College (copyright Smith College).

While many of the games were played inside, during the first 20 years, girls also would play on an outside grass court during the summer. In some areas, the women wouldn't even get the opportunity to play inside.

During the initial era of women's basketball, the style of hoop changed quite a bit. Some had closed bottoms on the net, with a string attached to them. When a basket was scored, the string

would be pulled, popping the ball out of the hoop.

The basket itself was sewn shut and when a goal was scored, the umpire would have to pull a string or a chain that would pop the ball out of the bottom of the net.



During this time, the rules varied. The first set came out in 1901 by Spalding was edited by Senda Berenson. There was great concern with women playing basket-ball, as it was general consensus that women were more 'selfish' and not as team orientated in team games as men were.

Basketball Court Dimensions

Lesson 2

94 feet (1128 inches)

Note: Many high school and college courts are 84 feet.

Width of a basketball court

50 feet (600 inches)

Size of a basketball backboard

Width: 6 feet (72 inches)

Height: 3.5 feet (42 inches)

Size of a basketball rim

The diameter of the rim is 18 inches

The top of the rim should be exactly 10 feet (120 inches) off the ground

Distance from the backboard to the back of the rim

6 inches

Note: In other words, the front of the rim is 24 inches from the backboard (18 inches of which is the rim, and the other 6 inches the flat metal piece connecting the rim to backboard)

Distance from the free throw line to the backboard

15 feet (180 inches) from the backboard

Note: Due to the fact that the rim protrudes forward from the backboard, the actual distance from the free throw line to the front of the rim is just 13 feet (not including the elevation factor)

Size of the key

19 feet (228 inches) from the baseline out of bounds line to the free throw line

12 feet (144 inches) in width, across the lane

The basketball 3 point line

It's important to note that the 3 point arc is not the same distance from the center of the rim at all spots. This results from the fact that on the baseline, the 3 point arc begins with a straight line, before starting its curve. Once the curve begins, the distance stays consistent all the way around the arc.

For the college and high school 3 point arc, there is a straight line of 5.25 feet (63 inches) that runs until the arc begins. For the NBA 3 point line, there is a straight line of just over 14 feet (approximately 169 inches) before the 3 point arc begins.

Once the 3 point arc begins, the college and high school 3 point arc is 19.75 feet (19 feet 9 inches, or 237 inches).

The NBA distance is 23.75 feet (23 feet, 9 inches, or 285 inches). However, on the baselines, with a line drawn directly from the center of the rim to the sideline, the NBA distance is 22 feet (264 inches).

The markings around the key

The blocks are exactly 12 inches in width, and 8 inches deep. The other three tabs on each side of the lane are two inches in width, and 8 inches deep. The distance between the baseline and the

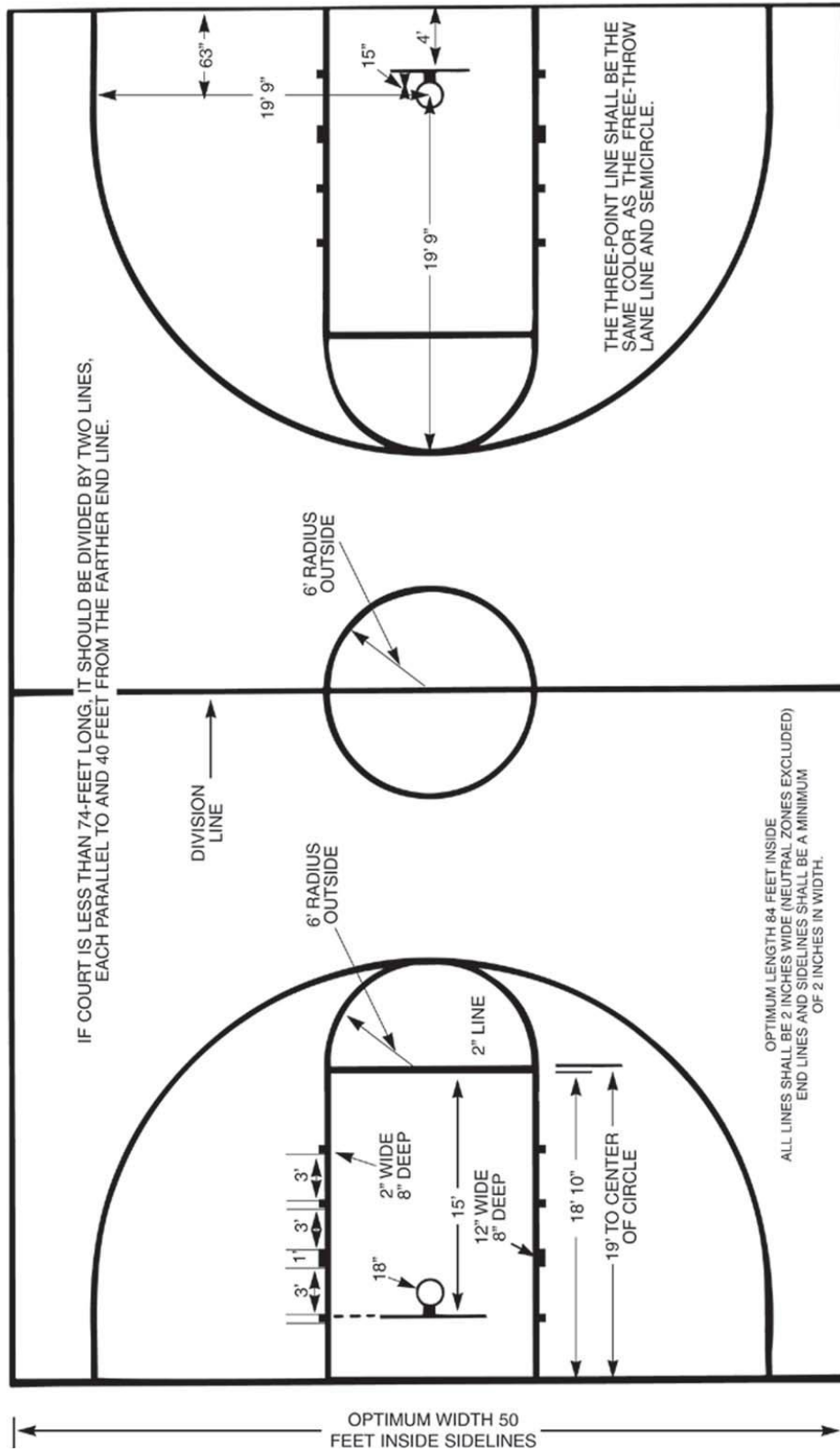
block is exactly 7 feet. The distance from the end of the block to the first line is 3 feet. Each additional line is another 3 feet (36 inches) away from the end of the previous line. However, with each line being 2 inches in width, the distance from the beginning of the first block to the beginning of the following line block is 38 inches.

The circle above the key

The radius of the half circle above the key is 6 feet (72 inches). The diameter is obviously equal to the width of the key (or the length of the free throw line), 12 feet (144 inches).

BASKETBALL COURT DIAGRAM

(See Rule 1-13 for location and size of optional coaching box)



Right End Shows
Fan Backboard
54-Inches Wide

MINIMUM OF 3 FEET
Preferably 10 feet of unobstructed space outside. If impossible to provide 3 feet, a narrow broken 1-inch line should be marked inside the court parallel with and 3 feet inside the boundary.

Left End Shows
Rectangular Backboard
72-Inches Wide

Player Positions

Center. Centers are generally your tallest players. They generally are positioned near the basket.

Offensive -- The center's goal is to get open for a pass and to shoot. They are also responsible for blocking defenders, known as picking or screening, to open other players up for driving to the basket for a goal. Centers are expected to get some offensive rebounds and put-backs.

Defensive -- On defense, the center's main responsibility is to keep opponents from shooting by blocking shots and passes in the key area. They also are expected to get a lot of rebounds because they're taller.

Forward. Your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas.

Offensive -- Forwards are responsible to get free for a pass, take outside shots, drive for goals, and rebound.

Defensive -- Responsibilities include preventing drives to the goal and rebounding.

Guard. These are potentially your shortest players and they should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.

Offensive -- Dribbling, passing, and setting up offensive plays are a guard's main responsibilities. They also need to be able to drive to the basket and to shoot from the perimeter.

Defensive -- On defense, a guard is responsible for stealing passes, contesting shots, preventing drives to the hoop, and for boxing out.

Fouls and Violations

FOULS

Personal fouls: Personal fouls include any type of illegal physical contact.

- Hitting
- Pushing
- Slapping
- Holding

- Illegal pick/screen -- when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.

Personal foul penalties: If a player is shooting while being fouled, then he gets two free throws if his shot doesn't go in, but only one free throw if his shot does go in.

- Three free throws are awarded if the player is fouled while shooting for a three-point goal and they miss their shot. If a player is fouled while shooting a three-point shot and makes it anyway, he is awarded one free throw. Thus, he could score four points on the play.
- Inbounds. If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.
- One & one. If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw. If he makes his first shot, then he is awarded another free throw.
- Ten or more fouls. If the team committing the foul has ten or more fouls, then the fouled player receives two free throws.

Charging. An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.

Blocking. Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

Flagrant foul. Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.

Intentional foul. When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.

Technical foul. Technical foul. A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

VIOLATIONS

Walking/Traveling. Taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling.

Carrying/palming. When a player dribbles the ball with his hand too far to the side of or,

sometimes, even under the ball.

Double Dribble. Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.

Held ball. Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

Goaltending. If a defensive player interferes with a shot while it's on the way down toward the basket, while it's on the way up toward the basket after having touched the backboard, or while it's in the cylinder above the rim, it's goaltending and the shot counts. If committed by an offensive player, it's a violation and the ball is awarded to the opposing team for a throw-in.

Backcourt violation. Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team to pass inbounds.

Time restrictions. A player passing the ball inbounds has five seconds to pass the ball. If he does not, then the ball is awarded to the other team. Other time restrictions include the rule that a player cannot have the ball for more than five seconds when being closely guarded and, in some states and levels, shot-clock restrictions requiring a team to attempt a shot within a given time frame.

Perimeter Basketball Shooting Techniques and Fundamentals

Lesson 3

1) One-Handed Set Shot

Shot Set-Up

Before attempting to shoot, make sure you have your basic set-up done right. Your feet should be shoulder width apart with your weight spread evenly between both. Weight should also be slightly forward on the balls of your feet, knees bent slightly, hips relaxed. If you're right-handed, place your right foot slightly ahead of the left and stick your butt out slightly (if left-handed, place your left foot slightly ahead of the right).

Want to test whether you are properly balanced for basketball shooting? Once you have your lower body positioned as explained above, have someone push your chest. Your feet are too close together if you fall backward. Having one foot in front of the other prevents you from falling. Remember, basketball shooting all starts with the correct balance and your power for the shot will come from the legs, not arms. The shot begins from the floor up.

A lot of people will tell you to have your shoulders exactly square to the basket. We believe the basketball shooting hand side of your body should be turned slightly with your shoulder forward toward the basket and the non-shooting shoulder angled slightly back. Your head will be angled just a bit toward your shooting arm.

Ball Placement

Now, hold the ball close to your chest and just below your chin. Your shooting hand should be positioned a little under the ball and a little more toward the back. Non-shooting hand should be cupped, slightly under the ball and a little more toward the front.

You want your fingers and thumb well spread with the space between the forefinger and middle finger lined up with the middle of your face. The ball should touch your entire hand except for your palm.

Load the Gun

Lock your wrist and cock it back. If the ball is cocked correctly, you'll see wrinkles on the back of your wrist.

Elbow and Head Placement



Your hand, forearm, elbow, knee and foot should be in a straight line. Don't let your elbows stick out at your side. This will change the ball's rotation and might make it curve (there goes your basketball shooting accuracy!). Keep the elbow pointed at the

basket and closer to the basket than your wrist. This prevents you from "pushing" the ball at the hoop.

Keep your head up and directly above the midpoint between your feet. Your weight should still be slightly forward on the balls of your feet, knees bent slightly, hips relaxed. Focus on the front of the rim before, during, and after your shot. Don't look away to watch the ball in flight (a key basketball shooting fundamental).

The Shot

As you begin the shot, your weight should roll up onto the toes of your forward foot. Be sure you're releasing upward and toward the basket and not reaching forward as you release. It's OK to leave your feet a bit as your back foot gives you a quick, upward push. Throw your head up and through and then land just ahead of the position from where you began the shot.

As the ball leaves your hand, the fingers and thumbs on each hand should be well spread with the palms almost facing one another. Snap your wrist to release the ball off your fingers and achieve the correct back spin necessary for a soft shot.

Follow Through

In your follow through, the forefinger should be the last finger to touch the ball. This action will turn your palm out a bit as the ball is released. Visualize putting your hand into the basket as you follow through. This will help you get complete elbow extension and wrist flexion during the follow through.

Get these fundamentals down and when it comes to basketball shooting, you'll have one heck of a set shot

2) Jump Shot

Set-Up, Ball Placement, Elbow and Head Placement

Very much like the Set Shot. Follow the same instructions for set up and ball placement. You'll also release the ball much the same. Be sure your hand, forearm, elbow, knee and foot are in a straight line. Keep your elbows in just like with the set shot.

Also, just like you learned above with the set shot, keep your head up and directly above the midpoint between your feet. Your weight should still be slightly forward on the balls of your feet, knees bent slightly, hips relaxed. Focus on the front of the rim before, during, and after your shot. Don't look away to watch the ball in flight (a key basketball shooting fundamental).

The Shot

The difference is the fact that with the jump shot, your goal is to get height through your jump before letting the ball go. Be sure not to strain beyond your limit in trying to get more height to your jump shot.

You want to jump quickly and push off the leg opposite your shooting hand. For power, protection and balance, bring the knee of the shooting side leg up quickly. Your move should be up and toward the hoop (not out and toward the hoop) and you should land only a bit in front of the spot you launched from.

One of the keys to this shot is your quickness, not trying to out jump the defender. Your defender won't have enough time to react if you're off your feet and shooting in one quick motion.

Release the ball right at or just prior to the peak of your jump and just as your elbow reaches full extension. Snap your wrist to release the ball off your fingers and achieve the correct back spin necessary for a soft shot.

Follow Through

In your follow through, the forefinger should be the last finger to touch the ball. This action will turn your palm out a bit as the ball is released. Visualize putting your hand into the basket as you follow through. This will help you get complete elbow extension and wrist flexion during the follow through.

Keep your head and forefinger pointed at the basket and land with good balance. You'll achieve good balance by keeping your feet spread and you'll be able to make your next move smoothly (in the unlikely scenerio that you miss the shot, you want to get that rebound for you next basketball shooting opportunity, right?).

3) Free Throws

A Little Commentary

It's important to make free throws a big part of your basketball shooting repertoire. For pro and college players, probably 20%-25% of players' scoring production come from free throws. So no matter what level you're at now, isn't it a good idea to practice this basketball shooting skill? Unfortunately, many players don't invest enough time in this area of their game even though many games are decided by a player either making or missing a free throw or two. As good as he is, how many Magic, Laker and Heat fans have at some time wished Shaq made just one more free throw?

The free throw is actually pretty unique when it comes to basketball shooting. It's the one shot that puts you on an island all alone. No one can contest your shot, but the pressure is high, isn't it?

The Fundamentals

Align your feet in the correct basketball shooting position. Align your shooting foot exactly with the middle of the rim and your non-shooting foot a few inches behind and 12-14 inches apart from your shooting foot.

Find a routine for yourself. This will help you develop a consistent shot. Flex your knees a set number of times before settling into your stance, or spin the ball in the air in front of you a few times, or bounce the ball a certain number of times. Or do a combination of all three. Just be sure to do it the same every single time.

If you make your first free throw, hold your stance. If you miss the first, step back and get comfortable again. Don't take too much time with your free throws. Get comfortable and focus on the front of the rim. If you don't feel good, step back, re-align yourself, relax and shoot.

Follow the one-handed set shot fundamentals for success at the charity stripe. The only difference is that you don't leave the floor. Roll your weight up onto your toes for the correct follow through motion and then come back to the exact position you started from.

The Reward

Practice until your free throw routine has become such a habit that you can almost make it with your eyes closed. Then, when you're down by one in a one-and-one situation, no time left on the clock, you just deliver for your team nice and calmly!

4) Three Point Shot

Short Commentary

When it comes to basketball shooting, hitting three-pointers can provide your team a huge lift and at the same time unnerve and deject your opponent. In a word, 3-pointers are exciting. So why not get good at them?

The Shot

As usual, becoming good at this aspect of basketball shooting takes a lot of practice. The fundamentals of actually shooting the ball are the same as those for jump shots (#2 above).

Know where the 3-point line is! Don't step on the line. You've just turned your three-pointer into 2 points. After passing into the post, find the line and get open. Have your hands up and be ready for the pass. Don't take any fall-away 3-point shots. Don't throw the ball at the hoop. Use your legs for power and use the same correct shooting technique you do on two point jump shots.

Your Reward

Learn this aspect of basketball shooting and put a dagger in the other team everytime!

Low Post Basketball Shooting Techniques and Fundamentals

1) Underhand Lay-Up

One of the easiest aspects of basketball shooting but it's amazing how many players miss their lay-ups. If you are right-handed, approach the basket from the right side. You want to launch off the foot opposite your shooting hand (in this case, the left) and bring your right leg, hand and arm up at the same time. The left hand is used to protect and control the ball and help bring it into position to shoot. Keep the ball close to your body on the way up.

In order to help freeze your defender, try a head and slight ball fake to the opposite side just before you make your jump. Your shooting hand should be in front of and under the ball with the fingers pointed up. You should release the ball with a slight flick of your wrist, fingers and elbow at or near the peak of your jump. Don't release it after you begin coming down. Don't put any spin on the ball. Just let it hit softly off the backboard and into the net.

2) Overhand Lay-up

What makes this different from the underhand type, you now have your shooting hand positioned at the back of and under the ball. Your palm facing away from you rather than toward you and your fingers are pointed upward. Once again, release the ball with a slight flick of your wrist, fingers and elbow at or near the peak of your jump.

3) Power Lay-up

This is a good basketball shooting shot to take when you're surrounded under the basket. Position yourself under the hoop and just to one side. Point your toes to the baseline and jump off both feet towards the basket, keeping your shoulders parallel to the baseline. Use both hands to bring the ball up and bank it off the board with the hand that's furthest away from your defender.

4) Reverse Lay-up

This shot is used when you're trapped under the basket and near the end line. You may have also ended up there after grabbing a rebound or loose ball. When driving from the right, use your left hand and when driving from the left, use your right hand. It's hard to block this one because the rim provides you protection. Turn your head backwards and concentrate on the basket. Jump off the foot opposite your shooting hand. Your shooting hand palm is under the ball and facing the basket with your thumb pointing in toward the center line of the court. Release the ball with a quick flick of the wrist and fingers with your thumb turning back toward your ear. This motion

will give the ball a needed spin to get it up off the lower part of the board and into the hoop.

5) Hook Shot

Turn your body a little to the side rather than facing the basket directly. Your shooting side leg should go up with your shooting hand just like when performing a lay-up. You'll jump off the non-shooting side leg, extend your shooting arm high over your head and flip the ball over your head in a sweeping motion. Depending on where you're shooting from, you can use the backboard or just swish it through. Be sure to give the hook a good follow through.

Kareem Abdul-Jabbar made this one very famous.

6) Dunk

This is pretty simple. You need to be able to jump high enough to get your hands up and over the rim while still holding the ball. Once you have the ball over the basket, just slam it through the net. One of the most exciting basketball shooting options.

Basketball Passing Fundamentals and Techniques

Lesson 4

1) Two-Handed Chest Pass

Overview

This is the most effective and efficient pass you can use. It can be used successfully from anywhere on the court. Use this pass whenever possible because it's the fastest way to advance the ball to teammates.

Fundamentals

Place each hand on either side of the ball and spread the fingers evenly. Fully extend your arms as you push the ball out from your chest and snap your wrists outward so that the back of your hands are now facing each other. You'll get a good rotation on the ball when you snap your wrists. This makes the ball easier to handle for the receiver. Be sure the pass is thrown crisply with the ball remaining parallel with the floor. You want the pass to arrive at your receiver above the waist and below the shoulders.

2) Two-Handed Bounce Pass

Overview

This type of pass is good on the fast break, to a teammate in the post, under a defender, to a teammate making a back-door cut, on out-of-bounds plays, etc. A lot of times, players will make a shot or high-pass fake before making the bounce pass. The bounce pass is the slowest pass available.

Fundamentals

Use the same grip and motion with this basketball pass as you did with the chest pass. The ball should hit the floor about two-thirds of the way to the receiver. To be more accurate, step toward that spot. You want to hit your teammate between the knees and waist. A backspin is good to use to give the receiver a longer lead. Push the thumbs through the ball to achieve the backspin. A forward spin can be used to get the ball through a narrow opening and to produce a quicker pass. You'll need to be more accurate when using a forward spin but if you can perfect it, it will add more to your game.

3) Two-Handed Overhead Pass

Overview

This is an effective basketball passing option for every player on the court. Players often use it to start a fast break, forwards will use it to hit post players or guards cutting off the post, guards use it to hit the post, centers and players receiving high passes use it to make a quick return pass or pass off. This type of pass is easy to control and helps you keep the ball away from your defender.

Fundamentals

Position your hands on the sides of the ball with your fingers pointed up. Your thumbs should be on the back of the ball and pointing in toward one another. Bring the ball up above your head (be sure your hands go straight up, not up and back over your head). Release the ball with a quick snap of your wrists and fingers like on a chest pass. It's usually good to make a slight step forward with the foot of your strong arm side.

Basketball Defensive Fundamentals and Concepts

Lesson 5

Defensive Formation #1) Man-to-Man

Each of the five defensive players guards one of the five offensive players. Even if switching is used, each player is responsible for one offensive player at a time.

Defensive Formation #2) Zone

Each defender is responsible for guarding a certain area, or zone, instead of guarding a specific offensive player. The goal is to double-team the player with the ball. When an offensive player with the ball enters a zone between two defenders, those two defenders attack the dribbler while the other 3 defenders guard their areas.

Defensive Formation #3) 2-1-2 Zone

Two defenders are positioned above the foul line, one is in the lane and the other two are low on either side of the basket.

Defensive Formation #4) 2-3 Zone

Two defenders spread out from another above the foul line and the other three players are spread across the bottom half of the lane.

Defensive Formation #5) 1-3-1 Zone

One defender is positioned out front, three are across the foul line extended and the fifth is down under the basket. The player out front tries to force the dribbler right or left. As that player drives, another defender comes up for the double-team.

Defensive Formation #6) 2-2-1 Zone Press

This is usually a full-court defense. As soon as the ball is thrown inbounds after a basket, the defense starts guarding immediately (called full-court press). Again, the idea is to get two defenders double-teaming (trapping) the dribbler while the other three guard the rest of the floor.

Basketball Rebounding Fundamentals

1) Think Miss

Yes, yes, we know - we just said that above, didn't we? But this is such an important detail to being a great rebounder. You can't get position if you wait around to see if the shooter missed. Always assume they will miss. Remember, Larry Bird and Michael Jordan missed about half the shots they attempted!

2) Block Out Your Opponent

There are two effective ways to do this. The first is the frontal step. If the opponent you're guarding tries for a rebound, step in front of them and make contact. Be sure to stay balanced and wide with your knees slightly bent and your legs apart. The benefit of this move is you stay well balanced and you can get to the ball quickly.

The second fundamental of blocking out is the reverse pivot. This is good to use when your back is to the hoop. When someone shoots, you spin, or pivot on one foot. Let's say you're using your right foot as the pivot foot. As the shot goes up, pivot on your right foot and swing your left leg across your body so you now face the basket. This move allows you to cover a lot of space quickly because with just one step you can move to either side of the court. You're now in great rebounding position with your body between your opponent and the ball.

3) Approach

You must be able to get from where you are blocking out your opponent to where the ball comes down. You must be quick at seeing how the ball will come off the rim. If you haven't moved into the correct position within one to two seconds, it's usually too late. One tip is that when a shot is taken from the side of the basket, it comes off the opposite side about 70% of the time.

4) Grab the Rebound

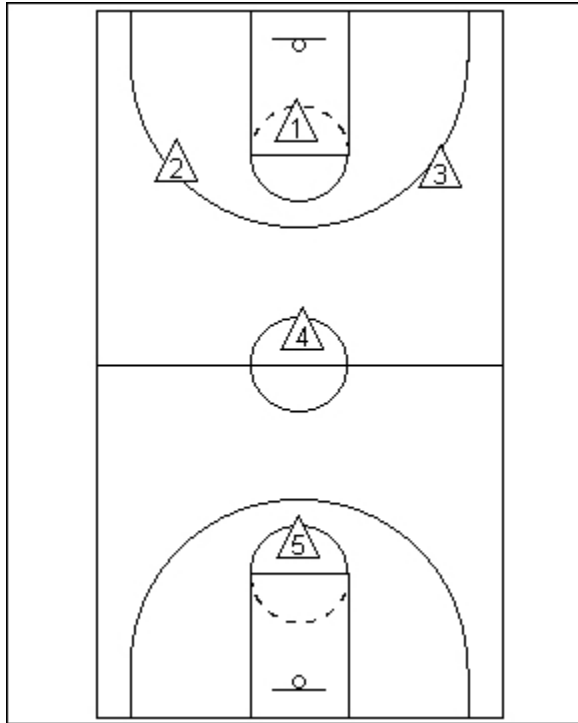
The key here is to have established good position and then go up for the rebound strong. Make sure your feet are positioned so you have balance and jump up, wide and strong. It's actually not all about how high you can jump. Players who can jump the highest but don't establish very good position and go up strong won't be the best at basketball rebounding.

Extend your arms and reach for the ball with both hands. Get a good lock on the ball as soon as your fingertips make contact with it. Keep your shoulders strong as you lock your wrist and elbows. As you come down, keep the ball up, out and away. Stay wide and strong. If you bring the ball too close to your body, it will be much easier for defenders to knock the ball away from you.

Full Court Press Offensive and Defensive Concepts

Lesson 6

1-2-1-1 three-quarter-court or full-court zone press basic alignment.



All players in a zone pressure defense should be identified by position as well as by number. In the beginning, defensive player #1 positions himself in the front half of the near foul circle.

#2 and #3 are on opposite ends of the foul line extended, between the actual edge of the foul line and the sideline.

#4, called the center-fielder, is at the front of the center circle, and #5, the back man, is at the head of the far key.

Defensive player #1, the middle man is usually a guard. He should be a smaller player with good speed and quick hands. He forces the opponents to move to the advantage of the team. The middle man, #1, is limited to double-team or lateral movements in the backcourt, and he must get back to the head of the key quickly whenever necessary. The wing

men, #2 and #3, are taller players, usually forwards. The more athletic forward should be placed in the #2 position, as the defensive team should force the attack in his direction. #2 or #3, depending on the position of the ball, must go back to the defensive basket area frequently to protect underneath from the weak side.

The Centerfielder, #4 should be the quickest player on the team with good court sense and anticipation. Whenever possible, he is the taller guard. #4 is given a great deal of latitude, as he has the greatest range of responsibility and must be overprotective of the middle area. The back man, #5, is usually the center, the biggest man and best rebounder. The last line of defense protecting the basket. His primary responsibility is to prevent easy shots by the opposing players.

Following are play by play procedures for each player as the ball moves from the out-of-bounds position toward the basket.

Player #1

1. Direct the first pass-in, usually to the defensive left. If necessary, over-guard to the right to effect this pass-in-bounds.

2. Prevent a return pass to the in-bounder by cutting off the passing lane to the foul-lane area.
3. Double-team with either wing, closing the backdoor trap.
4. If the wing man forces a dribble-turn, attack the ball aggressively as the opponent turns, denying the dribbler the alley between the wing man and your position. (In simple terms don't let him split you.)
5. If the ball is returned to the in-bounder, use the same trapping technique to the other side, trapping with the other wing. This trap will take longer to spring because of the distance the other wing man must travel back to the initial position. Be very patient.
6. When the ball passes over the front line of defense, sprint to the defensive end, determining the most advantageous position by observing the offensive and defensive deployments and anticipating open passing lanes.
7. If the ball goes to the middle of the high post area at the defensive end, attack it aggressively to force a pass back toward mid-court, a misplay, or a double-team situation.
8. If the ball goes to a frontcourt corner, protect the medium-pivot area on the ball side.

Players #2 and #3

1. If the pass-in is allowed to be made uncontested, it should be in front of #2. Player #3, if no opponent is in front of his initial position, drops back toward the nearest offensive player on his side, or into the middle of the backcourt to prevent a pass over #1 and the other wing.
2. Allow reception in your corner, stand back far enough to prevent a pass-in to the backcourt sideline area behind you. If the in-bounder hesitates on his pass-in, delaying for a few seconds, attack the near corner opponent aggressively to force a 5-second violation or a long hurried pass.
3. If reception is made on your side, approach the alive or dribbling opponent quickly, but under control, using good fundamental man-to-man defensive approach techniques.
4. Never allow the dribbler to get between you and the sideline.
5. Attack aggressively if the dribbler stops, preventing a good up-court pass opportunity along the sideline passing lane. Arms should be up to force a lob or deflection.
6. If the ball is in-bounded opposite your position, drop back into the center of the floor in the opponent's backcourt, between mid-court and the foul circle. Anticipate and play intercepting position on the in-bounder and any other opponent in the backcourt away from the trap area, decoying the ball handler into an apparent safe pass. Intercept cross-court or lob passes.
7. If the ball is passed back to the in-bounder from the side opposite you, double-team with the middleman, being careful not to overextend your defensive position. Getting into position hurriedly may prevent an effective double-team. Be sure to protect your sideline against the dribbler.
8. If the first in-bound receiver on your side passes up your sideline while you are double teaming him, react immediately, following the pass along the sideline for a possible double-team with #4.
9. Continue following the ball to the deep defensive corner if it is passed there. Double-team with #5.

10. Cover the under-basket area as quickly as possible if the ball is in the opposite defensive corner. Cover in the middle of the foul lane if the ball is in the opposite sideline area.
11. Anticipate and try to intercept a centering pass to the high pivot if the ball is just over mid-court at the opposite sideline. (Note: Wing men can usually read the offensive zone pressure pattern after it is used a few times and make invaluable contributions through imagination and hustle.)
12. Sprint back under the basket if the ball breaks the front line of the press quickly on the opposite side.
13. If the ball is passed over the front line on your side, react immediately for possible double-teaming with #4.
14. If you intercept, call "Ball!" and look immediately for a guard, usually #1. Give him the ball and break. Be aware of a ten-second violation possibility. Dribble only if you have a clear path to the basket.

Player #4

1. Know how the opponents position themselves to attack the zone press. Prevent a pass over the front line by playing an intercepting angle on an opponent near the mid-court area. The arm and body positions of the opponent's in-bounder signal his intention. If he turns sideways, he may be preparing to make a long pass. If he is square to you with the ball in both hands, the pass normally will be short.
2. When the ball comes in-bounds, move toward the sideline on the side it comes in on, approximately in line with the ball.
3. Be in an intercepting position on a man in the mid-court area near that sideline, but be alert for cutters coming up the middle and for cross-court lobs or short passes.
4. If there is a good double-team at the front line, anticipate the most likely passing areas and try to intercept or deflect the pass.
5. If a dribbler gets through on a sideline past your near wing, approach cautiously and anticipate a pass. If the pass is made, bother or deflect it. If the dribbler continues, attack to stop him and double-team with the near wing man in the backcourt, as #1 and the other wing man might become uncertain of floating responsibilities.
6. Attack the ball if it is passed to the middle from the mid-court side area on your side. This is dangerous territory.
7. If the ball gets past your position on the far sideline, sprint to the pivot area ball-side and anticipate.
8. If the ball gets past your position on the near sideline, sprint to the pivot area on your side, observing the offensive opportunities as you move.
9. If the ball passes to a defensive corner, sprint to the lower medium-pivot position on that side and front an opponent in this area. Stay on the side of the ball in low position if there is no pivot. Be prepared to box anyone in the pivot area on a shot.

Player #5

1. Never allow a long pass to go over you to an opponent.

2. If there is no offensive player in frontcourt, move up to mid-court opposite ball position. Teammate #4 should be covering on that side to deny a pass over the front line into the mid-court area.
3. Double-team the ball in either front-court with a wing man.
4. Cover a pivot man to discourage a pass to him from the side mid-court area.
5. Protect the basket from quick, offensive penetration, never allowing a lay-up. Use good defensive delaying tactics when out-numbered two-on-one or three-on-one. Fake and feint, allow the outside shot, and rebound.
6. Intercept long passes with caution. If you miss-time the pass or misjudge it, the opponents score.
7. Analyze ball movement, offensive player movement, and double-teaming by teammates to determine your most advantageous position. Go to passes in your area that you can intercept.
8. Play to the side of the foul lane as the ball crosses mid-court on that side, and anticipate a corner double-team if the ball goes there. Use swarming, aggressive tactics, but protect the baseline, as the ball handler may be more agile than you.
9. Play a pass into the pivot aggressively, but be alert for free cutters to the side who can receive a dropdown pass for a lay-up. Use delaying zone tactics in this case, giving up the outside shot if necessary.