WORLD ASSOCIATION OF
BASKETBALL
COACHES

COACHES MANUAL

BASKETBALL

WORLD ASSOCIATION OF BASKETBALL COACHES

BASKETBALL

PATRICK BAUMANN

SECRETARY GENERAL OF FIBA

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 HUNT

PRESIDENT, WORLD ASSOCIATION OF BASKETBALL COACHES (WABC)

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.

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.

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

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:

- Level 1 – for coaches of junior athletes at Club level;

- Level 2 – for coaches of junior athletes at Regional level;

- 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 unifies 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 care". [3]

AS A FINAL THOUGHT:

"The 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 specific." [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.

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 Springfield YMCA in Massachussets.

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.

The game grew quickly and whilst the number of players has reduced to 5 per team, the "basket" 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:

- 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!
- 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.
- 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!
- 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 very two years.

FIBA has introduced a professional 3x3 world tour, as well as conducting 3x3 World Championships for juniors and seniors.

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.

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 "report" 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.

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
- 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.

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;
- "Cross 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.

"CROSS COURT" VIOLATION

The team is divided into two sections by the "half way" line. The front court is the end where a teams 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:

- The ball is passed to (and caught by!) a player that has one or two feet in the front court;

- 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.

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.

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".

2.5 FOULS

Broadly, there are three types of fouls:

- Illegal contact
- Unsportsmanlike contact – when a player makes contact with an opponent and the official believes that they were not acting in a sportsmanlike fashion
- Technical Foul – when a player acts in an unsportsmanlike fashion, but without making contact with another player (e.g. disputing a referees decision).
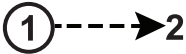
In any game of basketball there is a lot of contact between players. Some key concepts to determine if the contact is legal are:

- 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 extending 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
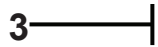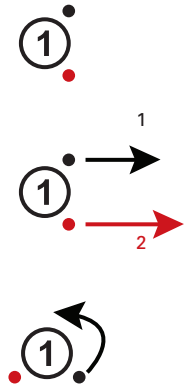
3   GLOSSARY OF TERMS

3.1   UNDERSTANDING DIAGRAMS IN THIS BOOK

The following symbols are used in the diagrams in this book:

Symbol	Term	Description
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.
x1 / **x1**	**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.
①--▶2	**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.
①〜〜▶2	**PLAYER DRIBBLING**	The path of a player dribbling is shown by a zig-zag line.
2⟶	**PLAYER MOVING**	The path of a player moving on the court is shown by an arrow.
① / ①•	**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.

3 ———————┤	**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 "blocking out" an offensive player in a rebounding contest. Finally, it is used to show defensive players that are double teaming or "Trapping" a player with the ball.
	PLAYER'S FEET	The position of a player's feet are shown with two dots.
		Movement of feet is shown with arrows and numbering.
		A pivot is shown as only one foot moving.

3.2 GLOSSARY OF COMMON BASKETBALL TERMS

WHERE ON THE COURT IS IT?
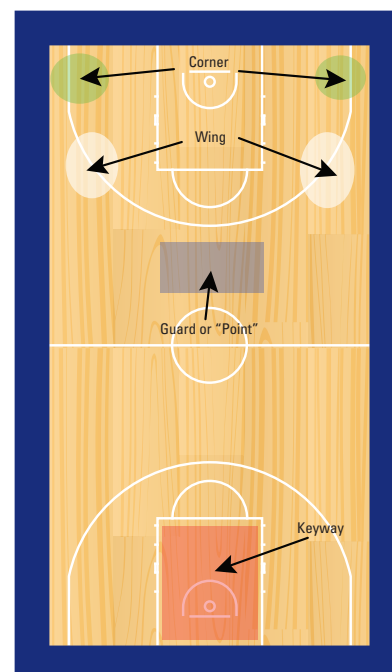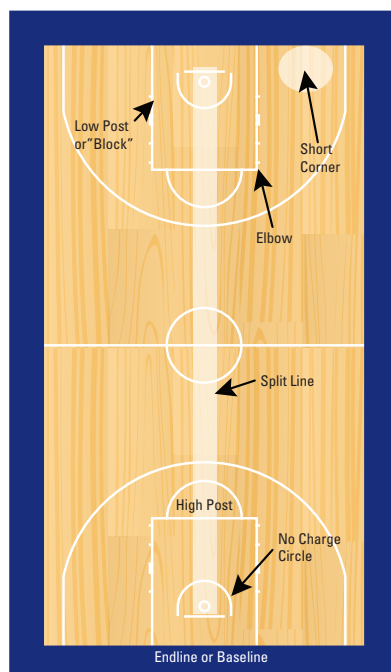
AREAS ON THE COURT THAT COACHES COMMONLY REFER TO:

Elbow
either end of the free throw line;

Low Post or "Block"
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 "line" is
imaginary going from one basket
to the other.

WHAT DO WORDS MEAN?

"1 Pass Away", "2 Passes Away" etc.

The number of "passes away" an offensive player is from the ball, is used to define the position of their defender.
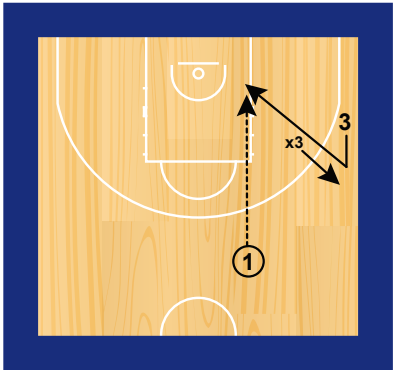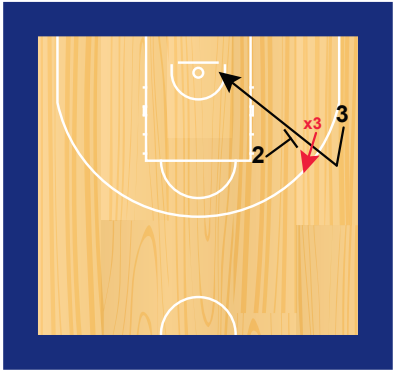
It describes how close the offensive player is to the ball. Generally, the closer an opponent is to the ball, the closer the defender needs to be to them.
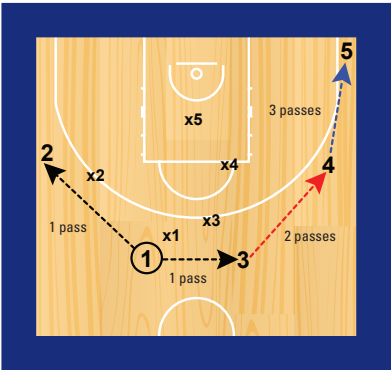
- Player 1 has the ball.
- Players 2 and 3 are "one pass away"
- Player 4 is "two passes away"
- Player 5 is "three passes away"
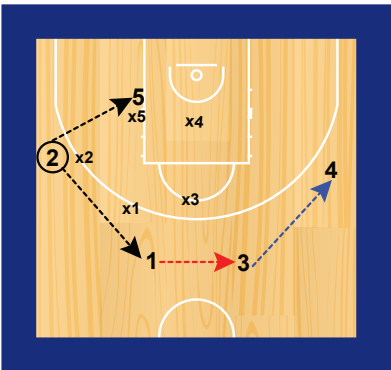
- Player 2 has the ball
- Players 1 and 5 are "one pass away"
- Player 3 is "two passes away"
- Player 4 is "three passes away"

ACTIVE HANDS

When defending the person with the ball, the defender should keep one hand in front of the ball and the other hand "active" 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). "Active Hands" are in combination with moving the defender's feet: when the offensive player moves their feet, the defender must first move their feet.

"BACK DOOR" CUT

A "Back Door" 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)
- Push off the foot that is furtherest from the basket and cut to the basket. Do NOT take only one or two steps

A "back cut" 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 "back cut" towards the basket.
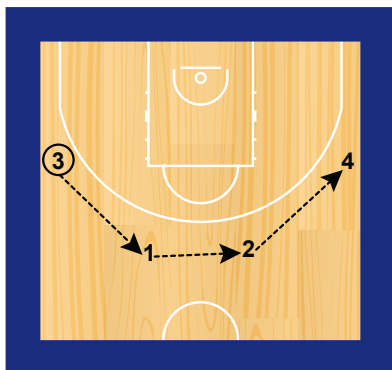
BALL REVERSAL

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 "swinging" the ball.
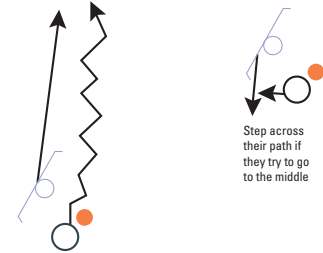
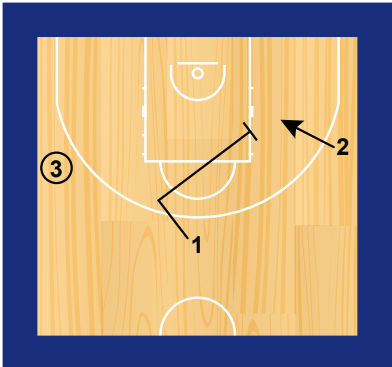Young players may need to make several passes to move from one side of the court to the other.
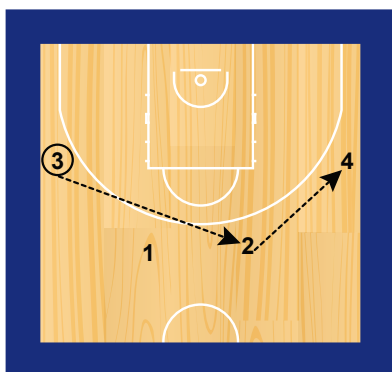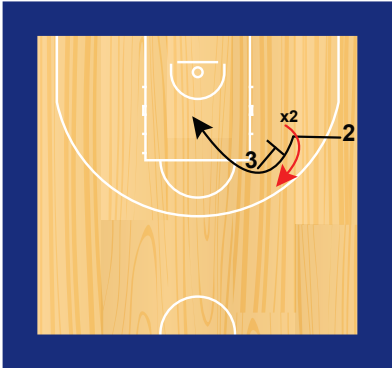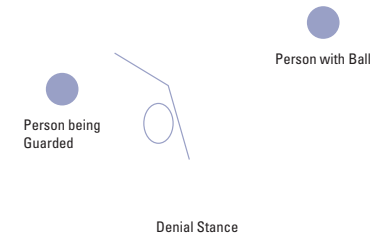
Older players will be able to throw passes over a longer distance, so may "reverse the ball" in less passes.
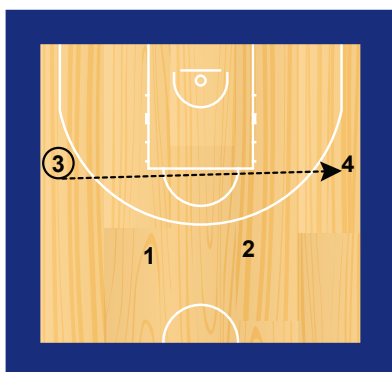
A pass from one wing to the other is a type of ball reversal and is called a "Skip Pass". It takes a lot of strength (particularly in the tricep muscle) to throw this pass and most young players cannot throw it effectively.

"BIG TO BIGGER" (OR "DEFENSIVE SLIDE")

"Big to Bigger" is used to describe defensive footwork.When moving laterally to guard someone with the ball, defenders shouldbe taught to use "big to bigger" footwork, sometimes called "defensive slide". The premise is simple – when moving to your right, step with the right foot first. The second step brings you back to a balanced stance.

This footwork is important to "take a charge" 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.

"BOX OUT" OR "BLOCK OUT"

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

BUMP THE CUTTER

"Bumping" 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 "channel" 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 "close-out" is a difficult 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 difficult to then move laterally.

CLOSE-OUT – LONG AND SHORT

If the offensive player catching the ball is a "shooter", the defender may close-out "long" even running past them to ensure they get their hand to pressure the shot. If the offensive is a "driver", the defender may close-out "short"- stopping 2-3 metres before them in order to be able to guard any drive.

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 "back cut") the cutter steps toward them and then cuts off the top of the screen.

If the defender "locks" 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.

Person with Ball

Person being Guarded

Denial Stance

DENIAL STANCE

"Denial stance" is used to stop a player that is "one pass away" 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:

- high post player setting a screen for a low post player;
- guard setting a screen for a wing perimeter player.

Typically the screener's back will be facing the ball.
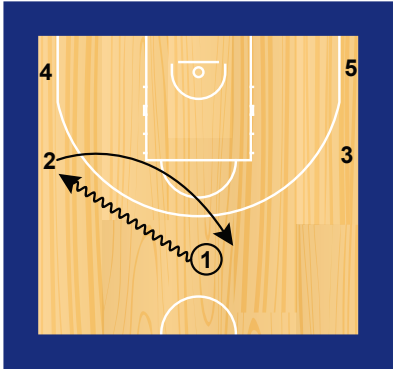
DRIBBLE ENTRY

Rather than passing the ball, a "dribble entry" is where the ball is dribbled to the wing. The player that is dribbled at moves. They can simply replace the dribbler – a shallow cut.

Rather than making a shallow cut, the player may cut to the basket or drop to the corner.
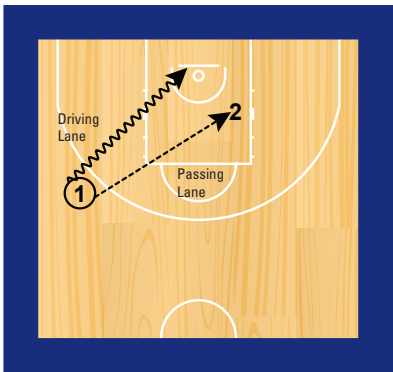
DRIVING LANE (SEE ALSO PASSING LANE)

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.
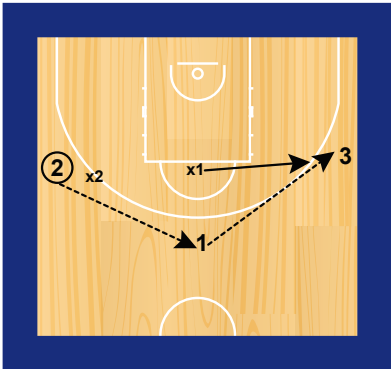
FREEZE DRIBBLE

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.
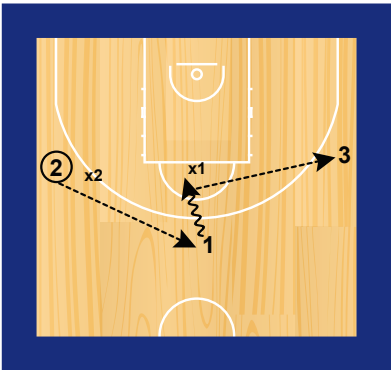
The use of a "freeze dribble" commits x1 to defending Player 1, leaving Player 3 open.
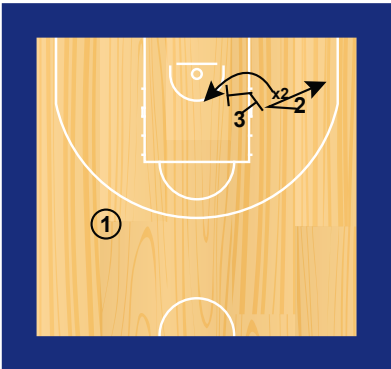
FLARE CUT

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 "re-screen"

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 – being able to see both the player with the ball. opponent.
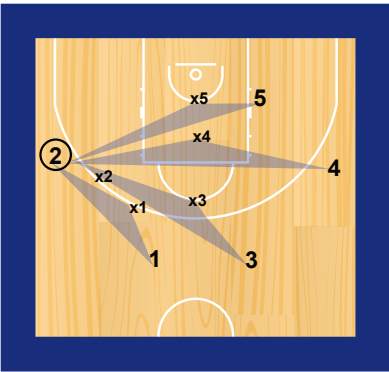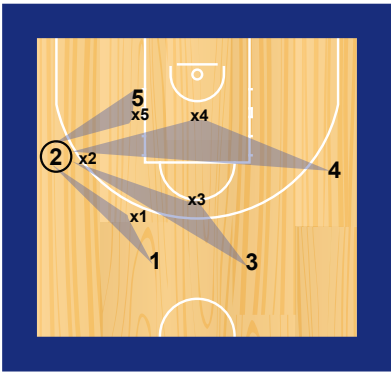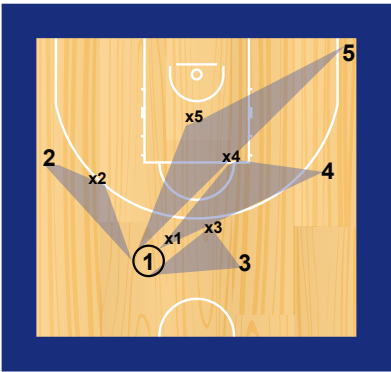
FLOATING DEFENDER

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.
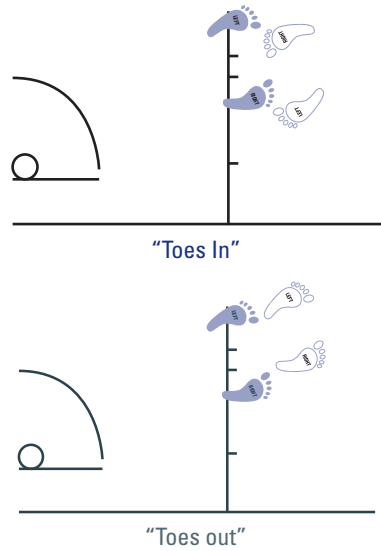
FRONT THE POST

"Fronting" the post player, means that the defender stands between the post player and the perimeter player. There are two methods – "toes in" and "toes out".

"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.

"Toes In"

"Toes out"
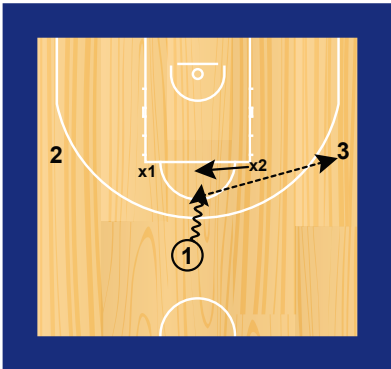
GAP DRIBBLE

A "Gap Dribble" 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 "hand off" 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 post player, or a player dribbling, coming to a stop and another team moving past them. This "dribble hand-off" is often done whilst both players are moving. The player with the ball holds it with one hand on top of the ball and one underneath ("north-south grip"). The player taking the ball grabs it from the side ("east-west grip").

HEAD ON THE BALL

To make a player change direction, the defender must get in front of them and get your "head on the ball" (see also Turning the Dribbler).
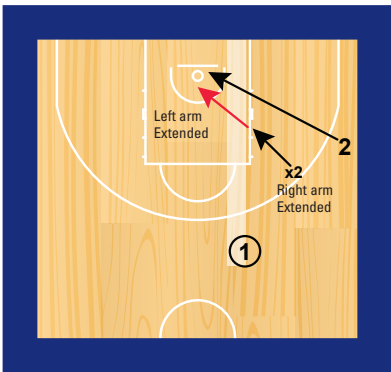
"HEAD SNAP" ("CHIN TO SHOULDER")

In denial stance, the arm closest to the person with the ball is extended in the passing lane and by placing "chin to shoulder" 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 "head snap" or "head and hands" snap.

The point where the defender needs to "head snap" is when they get to the line of the ball.
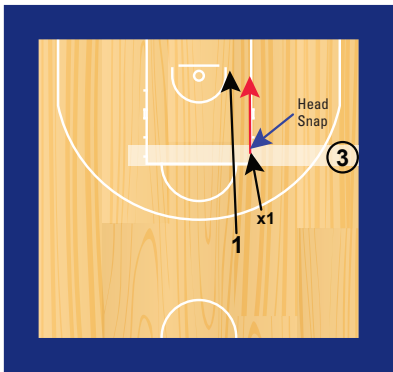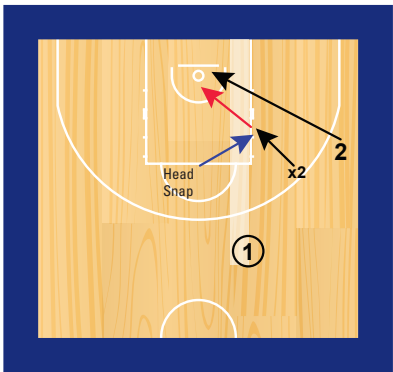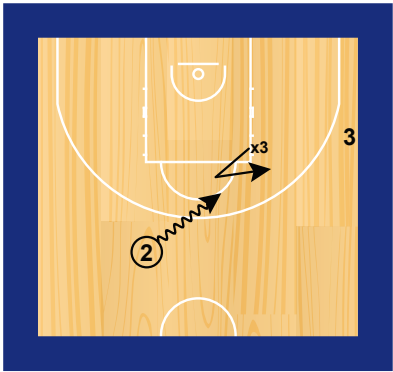
HEDGE (OR HELP) & RECOVER

"Hedging" 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 "recovers" back to guard their player.
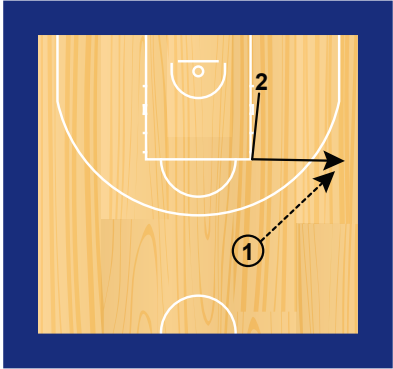
This movement is called "hedge and recover" and is used in full court and half-court defence.

INSIDE FOOT

The "inside" foot is the foot closest to the middle of the court.

"KICK" THE BALL

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

"L CUT"

An "L Cut" is a sharp change in direction, forming an "L shape"

- Walk up the key and make a quick change of direction to cut to the perimeter
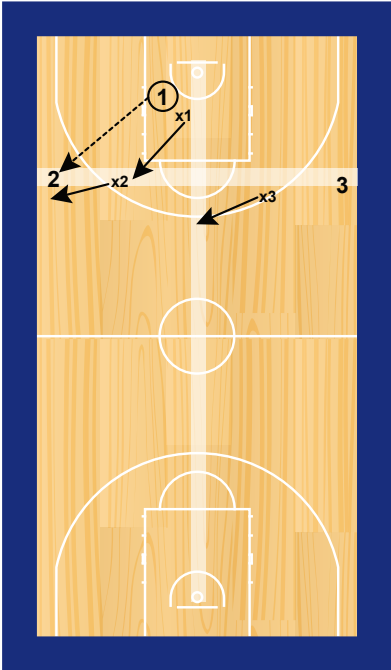
"LINE OF BALL"

The "line of the ball" is an imaginary line across the court level with the person that has the ball. This concept applies mostly in defence where players move "below" the "line of the ball" 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 "line of ball" and is now in a position to guard Player 2 if they dribble toward the middle.

The shaded vertical line is the "split line".

"MAN TO MAN" 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.
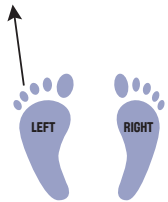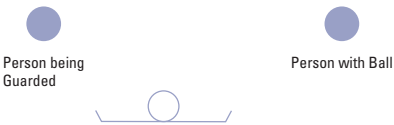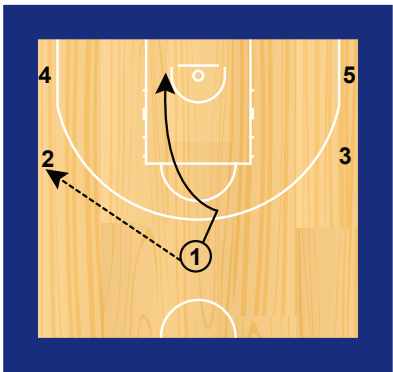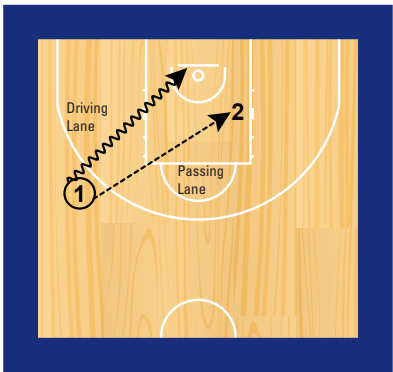
MOTION OFFENCE

"Motion Offence" is an offensive structure that is recommended be taught to beginning athletes. Rather than having strict pre-determined movements, in "motion offence" players are taught principles of court spacing and movement.
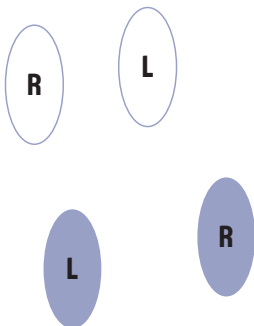
ON BALL STANCE

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.

ONSIDE MOVE

An "onside" 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 "side on" to both the player they are guarding, and the player with the ball.

PASS AND CUT (OR "GIVE AND GO")

Perhaps the simplest play in basketball is "pass and cut" or "give and go". The player passing the ball, then cuts to the basket looking to receivea 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 "passing" lane this is a cue for the dribbler to attack the basket. For a perimeter offensive player, if the defender is "in the lane", it is a cue to cut to the basket ("back door").

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.
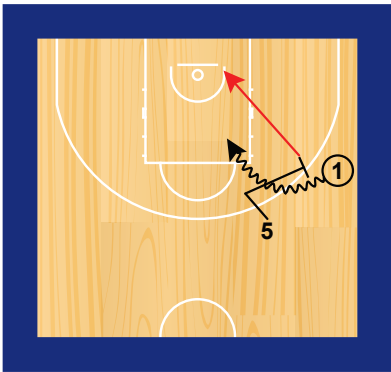
PICK AND ROLL

A "pick and roll" 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 "roll"). They are also called an "on ball screen".

PIVOT

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

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 first foot to land is their pivot foot.

POST PLAYER

A "post player" is generally situated in the keyway or alongside it. All players need to be able to "post up", 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).
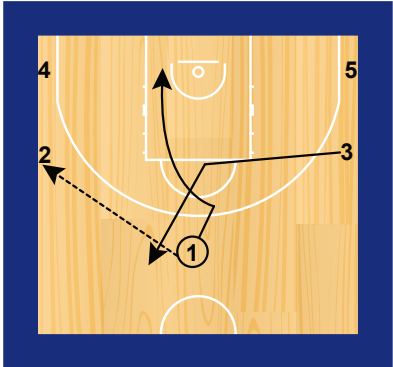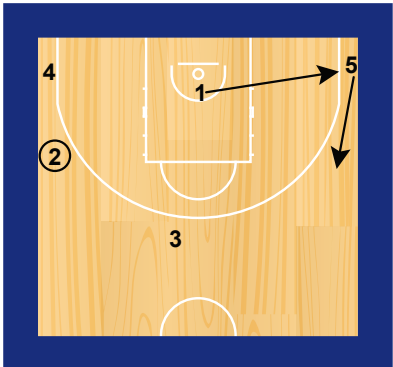
"POST SIDE" OR "STRONG SIDE" (SEE ALSO "WEAK SIDE")

The "Post Side" of the court is the side that an offensive player is occupying a post position near, or in the key.

"RECEIVERS"

"Receiver Principles" 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 "safety" position at the top of the key.

With the increased use of the 3 point shot, teams often now have "receivers" on the perimeter opposite the ball and one person that moves behind the ball (and is an easy pass if there is pressure).
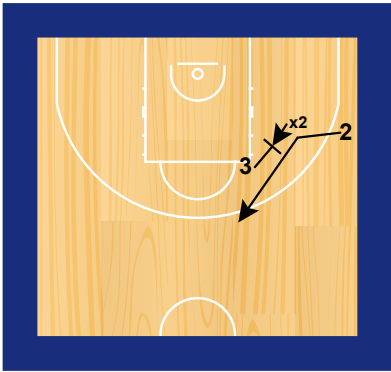
REPLACE CUT (OR "REPLACE")

A "Replace Cut" (often just called "Replace") 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.

"PASS, CUT AND REPLACE"

After cutting to the basket, the player nearest to the "gap" cuts toward the ball and then "fills" the space on the perimeter. The other players then balance to fill the positions on the perimeter.

RE-SCREEN

Sometimes when a team sets an off-ball screens, the defence will "cheat" 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 (or "re-screen") in order to be in a position to get their teammate open.

SCREEN

A "Screen" 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 "BALL REVERSAL")

A "skip pass" is a pass from one side of the court to the other side of the court. Accordingly, it is a way to "reverse" the ball, however, it is slower than making two passes (as a skip pass must be thrown high to avoid interception).

SPACING

"Spacing" 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.
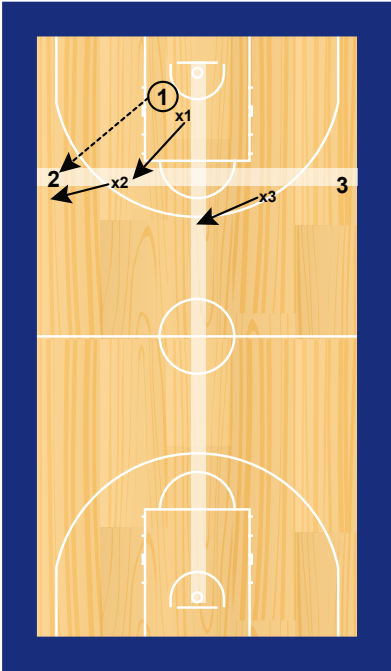
SPLIT LINE (OR HELP LINE)

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.

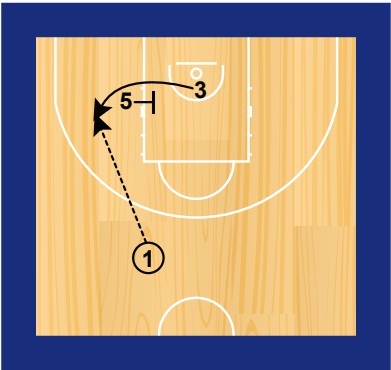The horizontal line shown is the "line of the ball".

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.
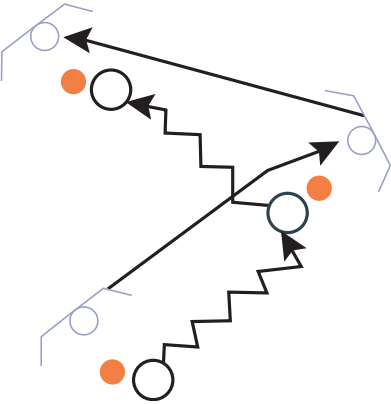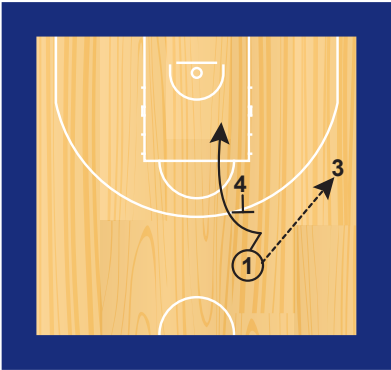

"STRAIGHT CUT"

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.

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 "head on the ball" 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:

• Wing perimeter player setting a screen for a guard;

• High Post player setting a screen for a perimeter player.

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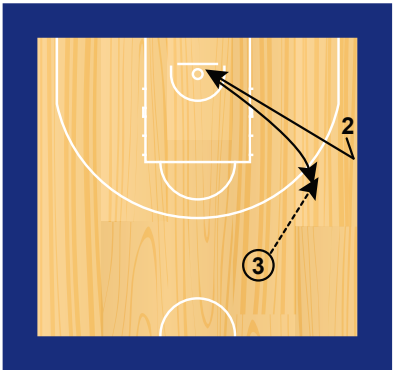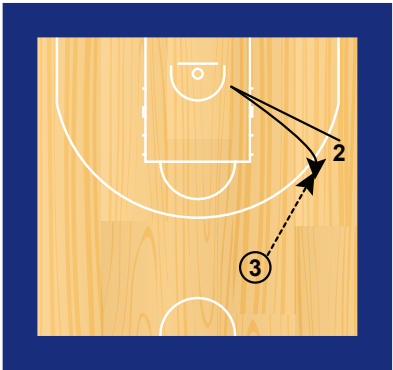
"V CUT"

A "V Cut" is where an offensive player moves in one direction and then moves (usually back toward the ball) in a different direction – forming a "V".

- After cutting toward the basket, change angle to get into the path of defender
- Establishing "Foot advantage" 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 "OPEN SIDE" (SEE ALSO "POST SIDE")

The "Weak Side" is the side of the court opposite to where a post player is in or near the keyway. There is not always a "weak side". 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 specifically assigned player.

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 élite 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.

A coach who is training young players has the responsibility of contributing to the players' overall development both in sports and general terms – 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 reflect 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.

WORLD ASSOCIATION OF
BASKETBALL COACHES

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 "on 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.

THE COMPETENCIES THAT COACHES REQUIRE CAN BE SET OUT AS FOLLOWS: [6]

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 ("GAME COACHING")	• 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