

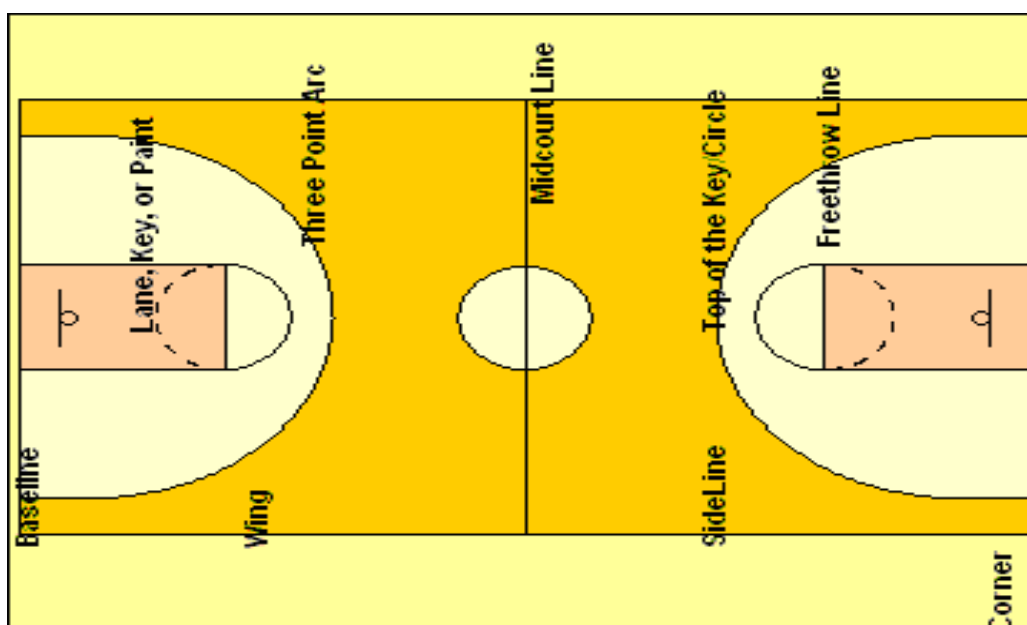


Basketball Notes



The Rules

Basketball is a team sport. Two teams of **five** players each try to score by shooting a ball through a hoop elevated **10 feet** above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The court is divided into two main sections by the mid-court line (**10 second line**). If the offensive team puts the ball into play behind the mid-court line, it has ten seconds to get the ball over the mid-court line. If it doesn't, then the defense gets the ball. Once the offensive team gets the ball over the mid-court line, it can no longer have possession of the ball in the area in back of the line. If it does, the defense is awarded the ball.

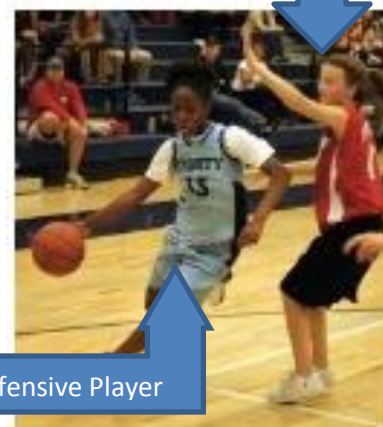


The ball is moved down the court toward the basket by passing or dribbling. The team with the ball is called the **offense**.

The team without the ball is called the **defense**.

They try to steal the ball, contest shots, steal and deflect passes, and garner rebounds.

Defensive Player



Offensive Player

When a team makes a basket, they score **two** points and the ball goes to the other team. If a basket, or field goal, is made outside of the **three-point arc**, then that basket is worth **three** points. A **free throw** is worth **one** point. Free throws are awarded to a team according to some formats involving the number of fouls committed in a half and/or the type of foul committed. Fouling a **shooter** always results in **two** or **three** free throws being awarded the shooter, depending upon where he was when he shot. If he was beyond the three-point line, then he gets three shots. Other types of fouls do not result in free throws being awarded until a certain number (7) have accumulated during a half. Once that number is reached, then the player who was fouled is awarded a '1-and-1' opportunity. If he makes his first free throw, he gets to attempt a second. If he misses the first shot, the ball is live on the rebound. When each team reaches 10 team fouls in a half, the person fouled is awarded 2 free throws. This format starts over in the second half of the game.



Each game is divided into sections. All levels have two halves. In NorWossa, **each half is 20 minutes long**. The halves are divided into **10** minute quarters. There is a gap of several minutes (5-10) between halves. Gaps between quarters are relatively short (2 minutes). If the score is tied at the end of regulation, then overtime periods of various lengths are played until a winner emerges.

Each team is assigned a basket or goal to defend. This means that the other basket is their scoring basket. At halftime, the teams switch goals. The game begins with one player from either team at center court. A referee will toss the ball up between the two. The player that gets his hands on the ball will tip it to a teammate. This is called a tip-off. In addition to stealing the ball from an opposing player, there are other ways for a team to get the ball.

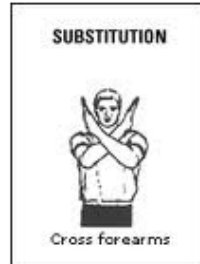


Substitutions:

a. A substitute shall report to the scorer and position himself in the 8' Substitution Box located in front of the scorer's table. He shall give his name, number and whom he is to replace. The scorer shall sound the horn as soon as the ball is dead to indicate a substitution. The horn does not have to be sounded if the substitution occurs between periods or during timeouts. No substitute may enter the game after a successful field goal by either team, unless the ball is dead due to a personal foul, technical foul, timeout or violation. He may enter the game after the first of multiple free throws, whether made or missed.



b. The substitute shall remain in the Substitution Box until he is beckoned onto the court by an official. If the ball is about to become live, the beckoning signal shall be withheld. Any player who enters the court prior to being beckoned by an official shall be assessed a technical foul.



c. A substitute must be ready to enter the game when beckoned. No delays for removal of warm-up clothing will be permitted.

d. The substitute shall not replace a free throw shooter or a player involved in a jump ball unless dictated to do so by an injury whereby he is selected by the opposing coach. At no time may he be allowed to attempt a free throw awarded as a result of a technical foul.

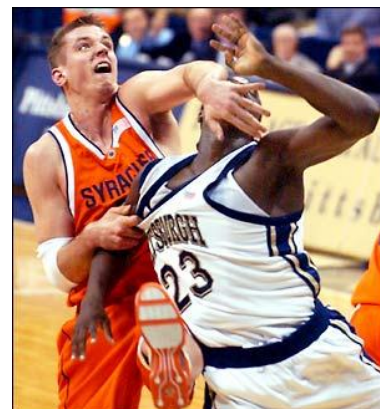
e. The number of substitutions allowed per team per game is unlimited.

Fouls and Violations

FOULS

Personal fouls: Personal fouls include any type of illegal physical contact. Each player is allowed 5 personal fouls. On the fifth, the player is asked to leave the game.

- 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 and is fouled, then she gets **two** free throws if her shot doesn't go in, but only one free throw if her 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 one half of 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. (1 on 1) (this team is in the **Bonus Situation**)
- 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.

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Pushing or charging

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

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Blocking



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. Usually results in the ejection of the offending player.

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Player-control foul

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.

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Intentional foul

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.

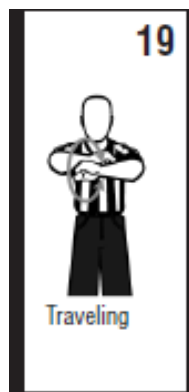
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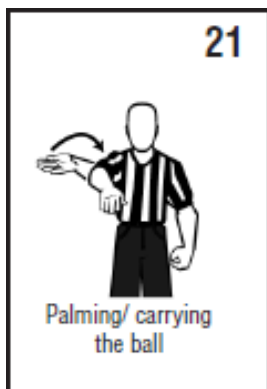
Technical foul

VIOLATIONS

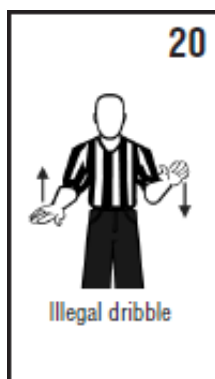
Walking/Traveling. Taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling. :
Moving the feet while in possession of the ball without dribbling.



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. (alternating possession arrow)

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.



GOALTENDING

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. (over and back)

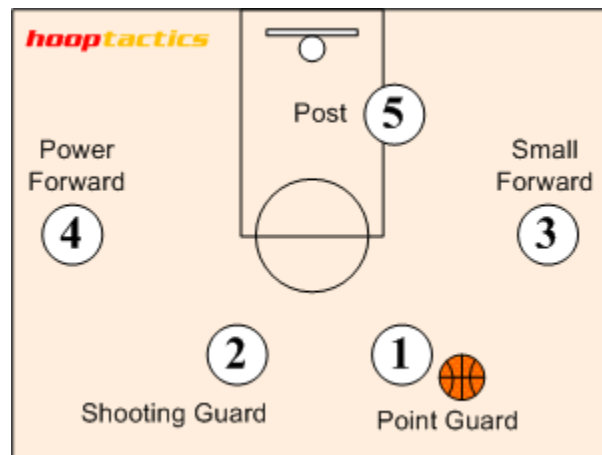


Time restrictions. A player passing the ball inbounds has five seconds to pass the ball. If he does not, then the ball is awarded to the other team. Other time restrictions include the rule that a player cannot have the ball for more than five seconds when being closely guarded.



5-second violation

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.

Alternating-Possession Rule - In high school basketball, most jump balls have been eliminated in favor of a rule that the teams take turns gaining possession for a throw-in after a held ball and similar stoppages of play when possession is in question. The possession arrow indicates which team gets the ball on the next such occasion.

The referee uses the alternating possession rule to speed up play and to create “fairness” between teams.

Example: During the tip off – Fort Frances Muskies gain possession. The referee will tell the scorers’ table to indicate on the score clock that the Kenora Broncos get the next questionable possession. At the beginning of the second quarter the referee will award the throw in to the team indicated on the clock. The referee will continue in this fashion for the entire game. Questionable possessions include:

“jump ball” – two players fighting over the ball,



JUMP BALL

A ball becomes lodged between the rim and the backboard.

BASKETBALL SKILLS

Dribbling/Ballhandling

Most coaches use dribbling and ballhandling interchangeably. Though they are linked, the 2 skills are definitely separate.

Dribbling and controlling the ball is a skill that can be practiced alone and is separate from the other ball skills on the court. Ballhandling, however, involves knowledge of the game and integrates dribbling, passing and decision-making.

Practicing and improving your dribbling is a simple task. There are innumerable dribbling drills that are in use today that are challenging and effective. The set of drills that have come to be known as "Maravich Drills," (after the late ball-handling wizard Pete Maravich) are widely known. They include drills such as passing the ball around your body, dribble figure 8s, spider dribbling, drop and catch.

Practicing and improving your ballhandling requires imagination, as you have to put yourself in game situations.

9 Tips To Improve Your Dribbling & Ball Handling

Here are 9 tips from pro coach Don Kelbick.

1. Dribble the ball hard. The more time the ball spends in your hand, the more control you have of the ball. The harder you dribble, the quicker it gets back in your hand.

2. Head up at all times. Look at the rim or a spot on the wall during all practice.

3. Use your finger tips to control the ball, not your palm.

4. Use your imagination. Picture when and how you would use each of the dribbles.

6. Basketball is a game of length. Work on lengthening the dribble. Work to get your opportunities with 1 dribble. You don't beat defenses with your dribble. You beat people with your feet; you SEPARATE from your defense with the dribble.

7. Basketball is also a game of angles. Try to move in straight lines. Whenever you make an "East-West" move (something that takes you toward the sideline), recapture a "North-South" path (direct line to the basket) as quickly as possible.

8. Don't do things in 2 dribbles that you can do in 1.

9. Practice outside your comfort zone. Experiment; go faster than you are used to, use your imagination. When working on new skills, don't be concerned with losing the ball. Just pick it up and do it again. If you practice only things that are comfortable, then you will never improve

http://www.youtube.com/watch?feature=player_detailpage&v=ZNM8e4qReno

Basketball Shooting Technique & Mechanics

1. Remember BEEF (Balance, Eye, Elbow, Follow Through) when shooting the basketball. Another nice method to remember is putting your hand "In the cookie jar." This will help you with your follow through which increases accuracy. Get into the habit of always using these proper shooting techniques - whether in practices or a game. If proper techniques are not used, bad habits are formed that are often difficult to correct. If players don't have a shooting technique - they need to develop one!

2. Be relaxed and concentrate on the basket. Focus on the back of the rim as you make a jump shot or shoot from the free throw line. When shooting lay-ups and bank shots, focus on the part of the backboard where you will bank the ball.

3. Know when you have a good shot - and then take it. Find the right balance between shooting too often and not shooting enough. As you develop confidence in your shot, you will also develop the ability to know when you have a good shot to take.

4. Be in proper balance when shooting the basketball. Proper balance (front to back and side to side) is critical on all shots.

5. Follow through on every shot you take. Hold your follow through as this is one thing that will show you why you made or missed the shot.

6. Jump naturally. please!! Avoid forcing your jump - it should be nice and easy. You should jump straight up in the air smoothly and release the shot at the top of your jump letting the force easily slide off your fingers at the same time

7. Make sure you have an arc on every shot you take. The height of the arc will vary from player to player. Some players shoot with a high arc, while others have more of a flat shot. As long as you are using proper shooting techniques and the shots are going in, then the arc is fine.

http://www.youtube.com/watch?v=9Yf1RMtXE5Y&feature=player_detailpage

TYPES OF PASSES

There are essentially two types of passes:

- Air Pass - The pass travels between players without hitting the floor.
- Bounce Passes - The pass is thrown to the floor so that it bounces to the intended receiver

Each type of pass comes with its own variations.

Basic Variations:

- Chest Pass
- Bounce Pass
- Overhead Pass
- Wrap Around Pass

Advanced Variations:

- Baseball Pass
- Dribble Pass
- Behind-the-Back Pass
- Pick and Roll Pass

TEACHING POINTS

When teaching passing, points of emphasis should be:

- A good pass is a pass a teammate can catch
- When passing, step toward your receiver.
- When catching, step toward the pass
- Like shooting, the ball should have a backspin to it. This is accomplished by following through on every pass.

Basic Passes

CHEST PASS

The chest pass is named so because the pass originates from the chest. It is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When the pass is thrown, the fingers are rotated behind the ball and the thumbs are turned down. The resulting follow through has the back of the hands facing one another with the thumbs straight down. The ball should have a nice backspin.

When throwing a chest pass, the players should strive to throw it to the receiver's chest level. Passes that go low to high or high to low are difficult to catch.



BOUNCE PASS

The bounce pass is thrown with the same motion however it is aimed at the floor. It should be thrown far enough out that the ball bounces waist high to the receiver. Some say try to throw it 3/4 of the way to the receiver, and that may be a good reference point to start, but each player has to experiment how far to throw it so it bounces to the receiver properly. Putting a proper and consistent backspin on the pass will make the distance easier to judge.



OVERHEAD PASS

The overhead pass is often used as an outlet pass. Bring the ball directly above your forehead with both hands on the side of the ball and follow through. Aim for the teammate's chin. Some coaches advise not bring the ball behind your head, because it can get stolen and it takes a split-second longer to throw the pass.



WRAP AROUND PASS

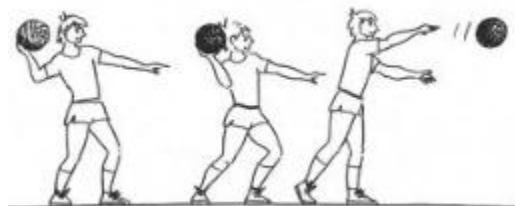
Step around the defense with your non-pivot foot. Pass the ball with one hand (outside hand). It can be used as an air or a bounce pass. You will often see the wrap-around, air pass on the perimeter and the wrap-around, bounce pass to make an entry into the post.



Advanced Passes

BASEBALL PASS

A baseball pass is a one-handed pass that uses the same motion as a baseball throw. This is often used to make long passes. Be careful with young kids. You don't want them throw their arms out.



DRIBBLE PASS

The dribble pass is used to quickly pass the ball with one hand off of the dribble. This can be an air or bounce pass. You'll see Steve Nash do this all of the time.



T

This is Steve Nash

BEHIND-THE-BACK PASS

A behind-the-back pass is when you wrap the ball around your back to throw the ball. It is used to avoid the defender when making a pass across the front of you would be risky. It can also be used to throw the ball to a player trailing on the fast break.



PICK AND ROLL PASS

This is a pass that is used when the defenders double-team or switch on the pick and roll. If dribbling to the right, your left side is facing the target and you bring the ball up from your right side to throw the ball overhead to the screener who has either rolled to the basket or popped to the perimeter. The pass is used to shield the ball from the defender, and many times is thrown in "hook shot" fashion. Advanced players can do this while slightly fading away from the defender.

LAY-UPS

The lay-up is the easiest shot and the first shot you should learn. It's not as easy as it looks at first, as a lot of kids have difficulty getting the correct footwork, and shooting off the correct foot. Then you must also learn to use either hand, and eventually do the reverse lay-up.

Footwork

When dribbling toward the basket, move slightly to one side of the hoop to create the proper angle. If you're on the right side, dribble right-handed, and plant your left (inside) foot and jump off that foot, and finally shoot with your right hand. As you raise your right hand, your right knee should also elevate. Pretend there is a string attached to your right hand and your right knee. Reverse this form if shooting from the left side.

As you approach the hoop, take a half step with your outside foot, then take a full stride with your inside foot pushing off the court. When jumping your outside knee should be bent. Go directly toward the basket, with your head up and eyes focused on the backboard. Go up strong and straight to the hoop. Don't shy away if there is a defender, just go strong to the hoop. You may get fouled and get a three point chance.

Aim

Always use the backboard ("use the glass") when shooting lay-ups from either side. Aim for the top corner of the box on the backboard. Focus in on this area; don't watch the ball. Keep your head up.

The Push Release

Younger players who are not yet strong enough for the underhand release should use the push release. Release the ball with the back of your hands facing you. Extend your shooting arm, as you push the ball to the hoop off your fingertips. You should go up with two hands, then release the ball with your outside hand. A very young player may need to shoot the ball with two hands.

Underhand Release

As you get stronger, you should develop the underhand shot. This release results in a softer shot, and more control when you are moving at high speed. Release the ball with your palm up and arm extended. Let the ball roll off your palm and then your fingertips, and lay the ball softly off the backboard. Use two hands going up, but then release the ball with your outside hand at the top of your jump. Be strong and concentrate... "finish"!

http://www.youtube.com/watch?feature=player_detailpage&v=rV-4Jk2oOYE