



Basketball

Australia's National Player Development Curriculum

**HOW SHOULD AUSTRALIANS PLAY BASKETBALL?
WHAT SKILLS, TECHNIQUES AND GAME STYLE BEST SUIT OUR NATION AND OUR HUNDREDS OF THOUSANDS OF PLAYERS?
HOW WILL IT HELP US BE MORE SUCCESSFUL ON THE WORLD STAGE?
HOWEVER MOST IMPORTANTLY HOW WILL IT PROVIDE A POSITIVE EXPERIENCE AND ENGAGE EVERYONE INVOLVED FROM THE PROFESSIONAL TIER TO THE GRASSROOTS OF OUR SPORT.**

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Introduction

This updated version of the National Curriculum launched in 2011 is presented in a way that will provide direction across all aspects of the national pathway in schools, clubs, associations, elite development pathways, in fact anywhere basketball is played.

This following curriculum should influence our next generation of coaches and players, it has been specifically updated following the appointment of full time national senior coaches and the evolution of Basketball Australia's Centre of Excellence in Canberra in 2013. The Curriculum is designed to create a better understanding of what high quality coaching is about and therefore considerably raise the standard of our game at all levels.

In junior basketball in Australia the emphasis is generally focussed on results and 'winning', this adversely affects the development of skills, creativity and tactical development – particularly when the important skills of the game; dribble, pass, shoot, defend, rebound are not effectively developed through the formative years. Characteristics we must develop to stay competitive with the rest of the world.

If 'winning' is made too important in junior basketball, coaches are inclined to select physically, emotionally and mentally more developed children. These so-called early developers are typically children born in the first half of the year. This phenomenon is commonly known as the Relative Age Effect and the consequences are usually the oversight of large numbers of kids who may potentially be more talented than the early developers.

Therefore Basketball Australia's National Pathways and National Curriculum is based on a stages of development model rather than age indicative streams. This allows for children to be better placed at the level of development that they can best achieve outcomes that reflect their individuality. In this way talent can be developed through a positive, progressive and constructive environment increasing the pool of potential elite athletes (development of confidence and competence) and provide foundation and participation pathways that deliver positive experiences.

The key challenge moving forward will be ensuring a collaborative and integrated approach from coaches, teachers, parents, State sporting organisations, schools, and physical education providers. Basketball Australia's national Curriculum will provide leadership and direction this process.

This requires underlying transformation and acceptance that only a consistent and structured long term developmental approach will deliver the required improvements in the growth of player and coach development for basketball in Australia.

The Basketball Australia National Curriculum not only provides direction, but explains the philosophy behind how we should play and illustrates practical stages that bring the thinking to life in training and matches.

Proficiency based National Curriculum

The National Curriculum provides for a soundly based, consistent, coordinated National Talent Development and Identification Framework for Basketball in Australia that aims to achieve a major improvement in the quality and performance of Australia’s top players, coaches and teams.

The following is the updated guide for player and coach development in Australia, the result of a multifaceted consultative and collaborative approach. This consultation has included National team coaches, State NITP Head Coaches and world class coaches and coaching experts who have experience in elite sport, curriculum development and understanding of player development.

Basketball Australia		NATIONAL PLAYER AND COACH DEVELOPMENT FRAMEWORK				Australian Sports Commission
Player Development Programs	<ul style="list-style-type: none"> Aussie Hoops Mini Basket Community programs 	<ul style="list-style-type: none"> Associations Clubs Schools 	<ul style="list-style-type: none"> NPP SPP National Championships 	<ul style="list-style-type: none"> Centres of Excellence National Leagues 	<ul style="list-style-type: none"> Boomers Opals Rollers Glider 	
EXCEL				Olympic Games World Championships NBA/WNBA/NBL/WNBL		
PERFORM			FIBA U19 World Championships FIBA U17 World Championships Australian Development Camps Oceania Championships			
DEVELOP		National U18-U16 Junior Championships National Schools Championships National U14 Club Championships				
LEARN	State/Regional competitions Association competitions Schools competitions					
EXPLORE	Club, School, Community programs					
Athlete Stage of Development (age indicative)	EXPLORE (8-9)	LEARN 10-13	DEVELOP 14-16	PERFORM 17-19	EXCEL 20+	
Coach Development	Community Coach	Club Coach	Association Coach	Performance Coach	Master Coach	

National Curriculum

The National Pathway and Player and Coach Development Framework is one of the key initiatives identified by the ASC High Performance Review (2006) and proposed in the Basketball Australia’s National Performance Strategy, released in January 2011. Since that time, a substantial amount of work has been undertaken in order to create a National Framework and Curriculum that will provide national guidance and an integrated, coherent and consistent approach to the development of players and coaches throughout the country.

This document, and its associated pathways, programs and resources which will continue to be developed over the coming years, is an Australian model which seeks to maximise the strengths of our existing basketball culture.

The National Curriculum reflects the unique challenges of our country and draws on research on international basketball, in particular the respective approaches to player and coach development. Underpinning the implementation of the National Curriculum will be the adoption of a consistent structural approach within each State and Territory which will include the appointment of a Performance Director responsible for establishing the Framework and Curriculum in regional programs.

This Curriculum is of critical importance if we are to achieve our objectives and realise a major improvement in the quality and performance of Australia’s best players, coaches and teams, as well as fostering lifelong support of the game amongst its participants.

The challenge now is to bring this plan to life which will rely on the cooperation and contribution at every level of the game.

Purpose

The Curriculum provides for a soundly based, consistent, coordinated National Talent Development and Identification Program for basketball in Australia that aims to achieve a major improvement in the quality and performance of Australia’s top players, coaches and teams. It also provides the basis for the development of all children so as to deliver a positive experience of basketball for every child who participates in our sport.

Curriculum Objectives

- Enable players and coaches of all abilities to improve – and derive a positive basketball experience.
- Generate players and coaches who can perform at the highest international level and produce the world class players.
- Talent Development and Identification outcomes.
- Coach development system that produces quality coaches.
- Provide the structure and technical content of a talented player development program.
- Linking positional “proficiencies” to each stage of development and identifying the development and competition pathways and structure.
- A consistent and structured long term developmental approach for basketball
- A blueprint for coaches to aid the development of all players.

Outcomes

To produce the best players primarily for:

- Senior national teams (Boomers, Opals, Rollers, Gliders)
- World University Games
- National Basketball League
- Women’s National Basketball League
- National Junior Teams
- Underpinning Leagues
- Schools
- Participation programs
- Community basketball
- Aussie Hoops

The National Curriculum will be a fluid document, particularly given that there are on-going rule changes which force innovative thinking. It must consistently capture and pioneer world’s best practice to develop the support, tools and resources required by participants to deliver a long term sports development system and a culture of long term sport development.

Key elements of Australia’s Basketball development system

An aligned and integrated system is a framework to provide consistency across the national development program and ensure it all maintains currency and relevance over time. An integrated

basketball system is one that follows an accepted philosophy and an established curriculum which provides resources to train the coaches.

A system based on an established curriculum is advanced because: -

- a) It has an established philosophy which conveys a shared vision, direction and desired outcomes.
- b) A curriculum advocates a system of principles, concepts and techniques that develops over a period of time.
- c) The focus of a curriculum should lead to mastery of fundamental skills, concepts and techniques.
- d) A curriculum ensures all the essential building blocks of basketball are incorporated and develops an understanding of the principles of play.
- e) A curriculum builds a support network and environment of collaboration amongst the coaches involved in the national program.

Using the existing curriculums of the NPP and AIS as a starting point, we will create a National Player Development Framework to direct the development progression for both male and female athletes, from entry level through to senior national teams.

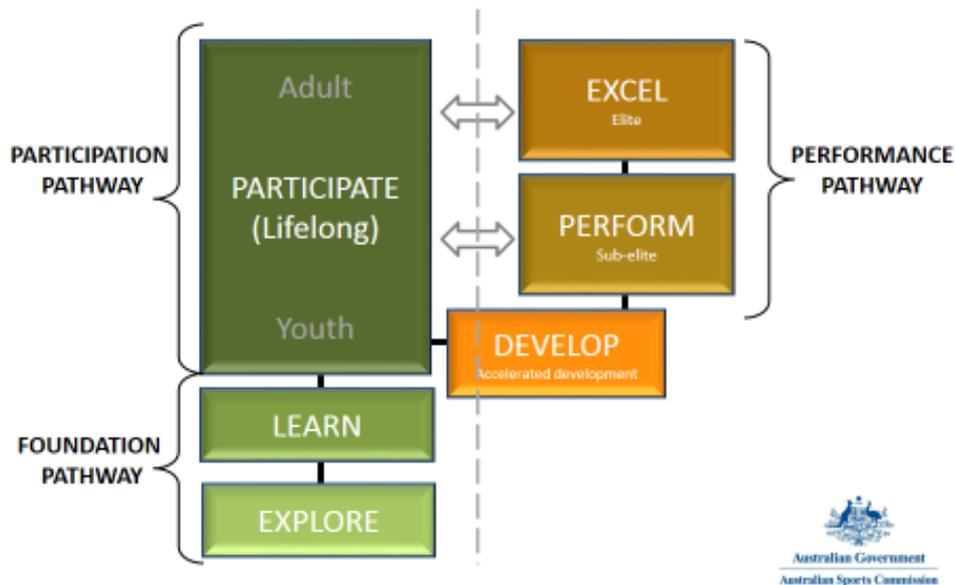
Guiding Principles

- Identify desired outcomes.
- Develop and implement best practice model using the strengths of the Australian basketball system and culture.
- Stages of development pathways and goals.
- Game-related approach guided discovery as the key focus of coaching and player development.
- Monitor evaluate continuously improve.
- Enable, support and develop all performance pathway participants.

The Pathway Model identifies three primary stages:

- **Foundation Pathway:** Developing all children's fundamental movement and basketball skills, and confidence. Confidence and competence in sport and physical activity stimulates ongoing active lifestyles and develops a love of the game.
- **Participation Pathway:** Retaining participants in basketball through teenage years into lifelong participation. The secondary school years and those immediately following see a significant drop-off in participation. Continued skills development and enjoyable basketball experiences will lead to far greater retention rates.
- **Performance Pathway:** Inclusive, well-targeted talent identification processes will give all athletes with the potential for elite success access to a high performance program. This program needs to provide a holistic development pathway through appropriate coaching, competition structures and support networks. The ultimate goal is greater international sporting success.

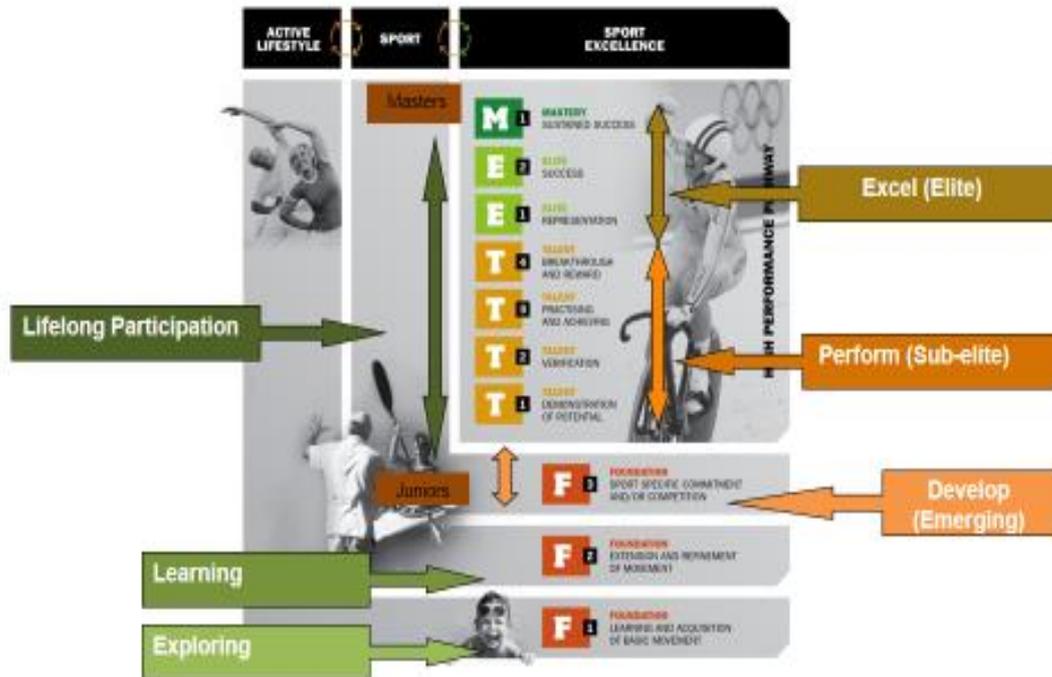
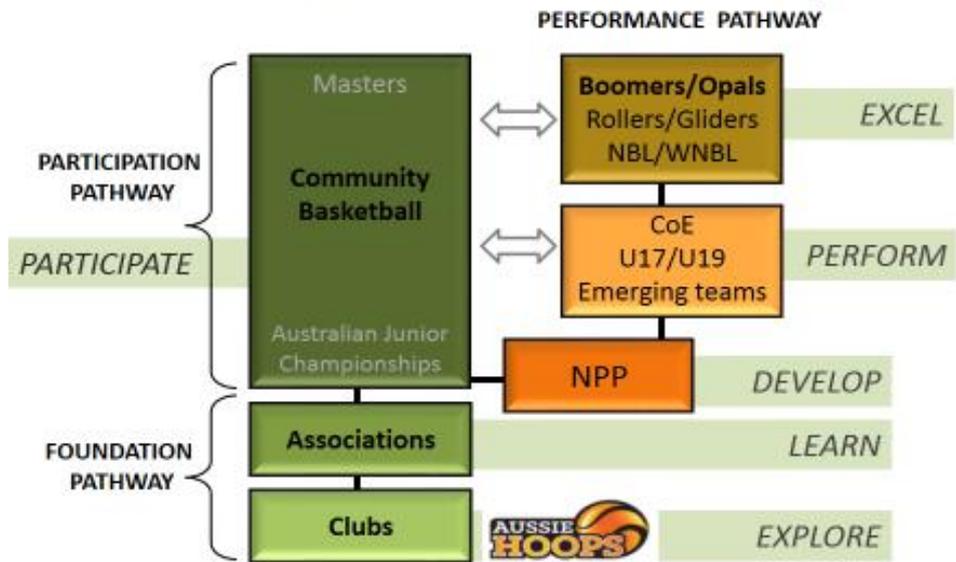
BA - Stages of Development Model



Stages of Development

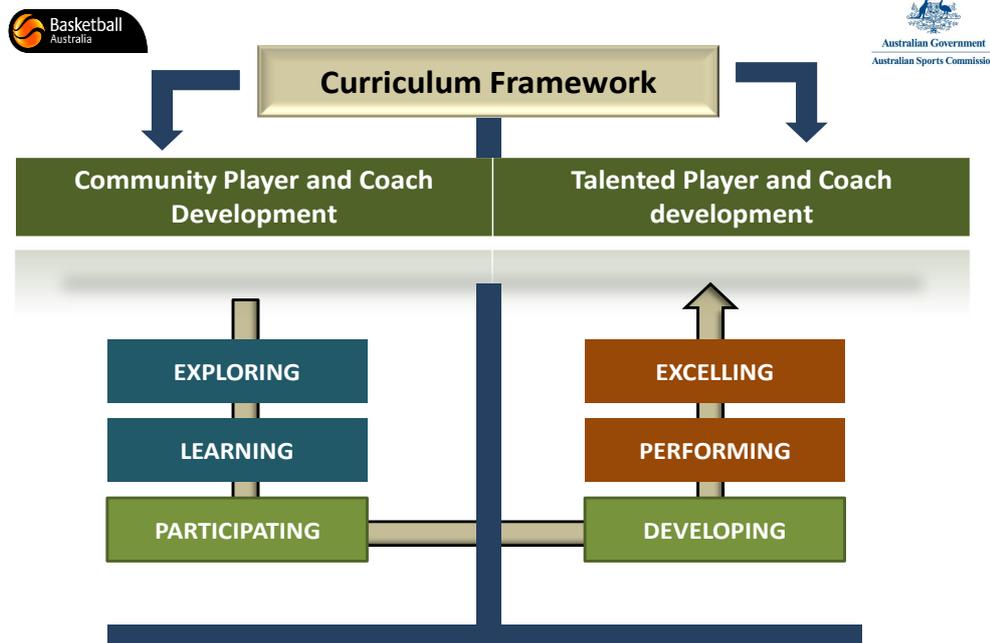
EXCEL	<ul style="list-style-type: none"> • Optimisation of performance • Translation of concepts, techniques and skills into world class performance • Specialised support and very high quality training
PERFORM	<ul style="list-style-type: none"> • Commitment to optimise potential in sports activities • High commitment to deliberate practice and specialised training • High quality competitive trial and error experiences • Improved basketball performance pathways to world class levels
PARTICIPATE	<ul style="list-style-type: none"> • Development of greater activities and skill development experiences • Improved movement skills assist cognitive, psychological well being and self image for the holistic development of all people • Transition to the talented athlete pathway
LEARN	<ul style="list-style-type: none"> • Develop transferable fundamental movement skills through 'deliberate play' • Multi-sport/physical recreational experiences – informal play
EXPLORE	<ul style="list-style-type: none"> • Wide range of movement experiences; sensory and cognitive stimulation • Develop Fundamental movement patterns and coordination • Facilitate the development of knowledge, skills and self-confidence in children and young people

Australian Basketball Pathways



Mapping BA Pathway to FTEM

The Curriculum Framework



EXPLORING		
Characteristics	Basketball development	Athletic development
<p>Have increased understanding of words, but learn best by doing/exploring</p> <p>Are easily motivated – like trying something new</p> <p>Are naturally curious and imaginative. Ask lots of ‘why’ questions.</p> <p>Handle well only one mental operation at a time.</p>	<p>The opportunity to experience a variety of sporting situations and a wide variety of activities within a session.</p> <p>Rotation of roles – no specialisation in positions</p> <p>Skill learning immersed in play</p> <p>Modification of rules, court sizes and equipment.</p> <p>Sampling the game</p>	<p>Exploring fundamental movement patterns</p> <p>Exploring movement skills and co-ordination</p> <p>Activities that are progressive in intensity without the necessity of a warm-up</p> <p>A safe environment</p>

LEARNING

Characteristics	Basketball development	Athletic development
<p>Begin to think logically and symbolically; new ideas are best understood when related to previous experiences</p> <p>Are learning to absorb new ideas, but tend to judge in terms of right or wrong or black or white.</p>	<p>Learning to shoot</p> <p>Learning to dribble</p> <p>Learning to pass</p> <p>Learning to catch</p> <p>Learning to play with others</p> <p>Learning to love the game</p>	<p>Have steady increases in motor skills, strength, balance and coordination – fine motor skills are developing</p> <p>Hand-eye coordination is relatively mature</p>

PARTICIPATING

Description	Basketball development	Athletic development
<p>May lack understanding of their abilities and talents</p> <p>Begin to value setting goals based on feelings of personal needs and priorities</p> <p>Have longer concentration span – are ready for more in-depth learning</p>	<p>Opportunity for basketball skill development</p> <p>Receptive to games for understanding the game</p> <p>Peer groups are very important.</p> <p>Are learning to cooperate and understand teamwork</p>	<p>Growth spurts occur and are likely to cause clumsiness</p> <p>Are capable of handling appropriate physical training workload</p> <p>Have maturity differences within and between genders</p>

DEVELOPING

Description	Basketball development	Athletic development
<p>Post-adolescence, pre-maturity</p> <p>Complex motor skills become more refined</p>	<p>Development of greater basketball activities</p> <p>Translation of skills into performance</p> <p>Developing greater experience and understanding</p> <p>A high level of activity with rotations of roles and equal involvement</p>	<p>Are capable of handling appropriate physical training workload</p> <p>Are capable of developing energy systems</p> <p>Competition intensity gradually increases to adult levels</p> <p>Commence specialised strength training</p>

EXCELLING

Characteristics	Basketball development	Athletic development
<p>Receptive to a culture of excellence.</p> <p>Input into vision, goals and planning.</p> <p>Experienced at receiving technical and tactical coaching</p>	<p>Translation of skills into world class performance</p> <p>Specific, individualised, periodised training programs</p>	<p>Optimisation of performance</p> <p>Specialised support and very high quality training</p> <p>Performance based, individualised, specialist support services</p>

FOUNDATION PATHWAY

Aussie Hoops

The Aussie Hoops Program is Basketball Australia's national junior participation program for primary school children aged 5 – 10 years. The Australian Sports Commission (ASC) has assisted Basketball Australia in the development of this program which is participant centred and **FUN** for both girls and boys of all abilities. It provides opportunities to learn and play with their friends while developing important social skills in a convenient, safe and friendly environment. The program is designed to:

- Be FUN and safe
- Build confidence and emphasize involvement
- Develop a healthy lifestyle and positive outlook on physical activity
- Develop a relationship between elite and grassroots basketball
- Be enjoyable for participants, coaches, parents and teachers
- Be easy to implement, and adapt, to any locality

The program is delivered throughout Australia by local Aussie Hoops Centres who have trained presenters providing FUN filled activity sessions at your local school, community centre or local stadium. Whether you are committed to becoming a champion or just enjoy the sport of basketball, Aussie Hoops will offer appropriate activities to meet all children's desires.

Aussie Hoops Structure

Aussie Hoops provides multiple opportunities for children to learn, and enjoy, basketball. The duration of the stages and length of each session is flexible to the needs of the participants, the community, the availability of coaches and courts and the time of the year. Aussie Hoops falls into three tiers or stages.

Those three stages are:

Aussie Hoops - Working With Children

It is important that you remember a number of various things when you are working with children in the Aussie Hoops Program. Children:

- Learn at different rates and have differing needs to achieve.
- Have different interests and values.
- Can conceptualise movement.
- Can **create** their own games and movement patterns.
- **Need time** to play with skills, both newly acquired and internalised.
- **Grow, learn** and **acquire** skills at different rates.
- Are capable of utilising resource material in co- operative planning of activities.
- Learn more rapidly when the sequence is **logical** and **clear** and when there is flow from one area of instruction to the next.
- Respond **positively** to encouragement and a healthy relationship with their coach.
- Enjoy **variety**.
- Love being with their **friends**.



The Aussie Hoops Tip Off Level is the first introductory point for children in the program. Children learn drills to develop their basic basketball skills. All the content would be FUN with minimal competition taking place.



The Aussie Hoops Rookie Level is the intermediate point for children in the program. The children would be building upon what was learnt in the Tip Off Level of the program where they would be learning intermediate basketball skills. The importance of this level is that there is an increase in the amount of time dedicated to a modified game.



The Aussie Hoops Pro Level is the intermediate to advanced level for children. These children would be at a level where they can focus more on modified games and are at an age where once they have completed this level they could move into junior competition levels. The importance of this level is that there is an increase in the amount of time of intermediate to advanced drills while being dedicated to modified games.

Coaching Philosophy & Modified Rules

The Aussie Hoops Program is designed for boys & girls from 5 to 10 years old. **It is FUN, fast and active** program that emphasises maximum participation, basic motor and basketball skill development. It is experience based and builds its foundations on the essentials for lifelong involvement in physical activity and sport. Basketball is based on:

- Body Movement and Footwork
- Passing
- Ball Handling and
- Shooting

The Aussie Hoops activities are designed to be used as pre-competition for 5 to 10 year old boys and girls. The activities incorporate high participation with skill development and modified games to provide a safe learning environment and **FUN** experience for all involved. There are some key areas that will allow for FUN experiences by all involved are:

- **Discrete Coaching**

Coach instructions and demonstrations are kept to a minimum. Allow play to continue and support players to develop their skills on the side in an unobtrusive way during the course of the activity. This maximises player participation and allows players to receive one-on-one coach support (where required).

- **Role Models**

Use player role models during the activities to demonstrate and emphasise good technique or strategies. Be aware of cultural considerations when adopting this strategy.

- **Maximum Participation & Engagement**

Children need to be active and moving around, so make sure you minimise the amount of time children are standing around waiting for their turn. Have smaller teams, set up more stations – just keep them involved!

- **Implicit Learning**

Remember you don't always have to come up with a new game to teach a skill. Often you can just change an element in a game and the entire outcome changes (e.g. insert examples etc.)

- **Modified Games**

When working with entry level participants, you should always focus the majority of their sessions on a variety of games or game-based activities. Should skill development be required at this level it is suggested that it take place during a game? By doing this participants will be active for a greater period of time and will gain more enjoyment from their basketball experience.

It is important to note that there are a variety of rule changes depending on the skills and age range of the children participating. Some of the key modified rules of Aussie Hoops are:

- Use a size 5 Spalding basketball
- Use an 8 foot or 2.4m high basket (*if possible*)
- All baskets are worth 2 points, except free throws which are worth 1 point.
- It is a violation to steal the ball from someone's hands (*the 'no grab' rule*).
- Players may shuffle their feet on the spot when they have the ball (*be lenient on the 'travel' rule*).
- Players may use two hands when dribbling to gain control (*be lenient on the 'double dribble' rule*).
- Compulsory playing time (e.g. everyone must play at least one half), or have a set time for substitutions.

What is a "Game Sense" Approach?

Children want to play games! When was the last time you heard a child ask you if they could do more skill drills in one of your sessions?

The "game sense" approach is essentially a learner-centred approach. It allows players to develop their own skills and understanding, whilst actively involved in a modified version of the game. In playing a modified version of the game, learners realise the strategic purpose, and objective, of the game as well as the particular tactics, skills and rules that are necessary to play the game successfully.

The game itself becomes the central focus of the session rather than being played at the end of a session. Skill development then occurs in the context of the game. In more traditional, technique focused sessions, skills are taught in isolation and the learners are then 'rewarded' by being able to play a game at the end of the session.

The coach or teacher's role in a Game Sense approach is to facilitate the learning, not so much direct it. Through the use of specific questioning techniques and game modifications, a learning environment that is both FUN and purposeful can be created.

The "Game Sense" Approach & Aussie Hoops

The Aussie Hoops program will help children develop the knowledge, and skills, for lifelong involvement in sport and physical activity. A game sense approach is one of the key ways that will occur, by creating an environment that is **FUN, fast and active**.

The key for Aussie Hoops coaches is to continually monitor the engagement, and progress, of their participants. In using a game sense approach, it is important not to

overlook the need for specific basketball motor skill development, which is often a concern of coaches who feel that there can be a lack of emphasis on skill development at the expense of game play. With beginners, always look to play the most basic form of the game listed for a session, with only one or two key rules or conditions.

When you have more experienced or advanced groups and participants, look for ways to adapt, or modify, the suggested games (using one or more of the previously mentioned ways), so as to engage and challenge players at an appropriate level.

As much as possible, keep team/group numbers as low so that all players have maximum opportunity to be active, rather than standing and waiting for their turn. Endeavour to create a 'game' or 'challenge' environment that with every part of the session, as this is what will help deliver the experience that participants expect and enjoy.

Basketball - Essentials

The following diagram shows the breakdown of the Essentials under three key areas:

- 1. Fundamentals:** That forms the basis of movement 'literacy' and prepares children for lifelong involvement in physical activity & sport.
- 2. Basketball Skills:** That develops sport 'literacy' related to the game of basketball.
- 3. Game Sense:** That develops game 'literacy' or understanding of the purpose and objectives of the games we play.



The coach or teacher's role in a Game Sense approach is to facilitate the learning, not so much direct it. Through the use of specific questioning techniques and game modifications, a learning environment that is both FUN and purposeful can be created.

PARTICIPATION PATHWAY

A game of basketball is a constant repetition of these four elements, each with its characteristic principle of play and team techniques. At the individual player level the team concepts and techniques lead to individual skills and proficiencies that are position specific and to a certain extent dictate on the style of play.



FOUNDATION PROFICIENCIES OF THE NATIONAL CURRICULUM

1. You have to be able to develop the ability to make shots – both open and contested.
2. Your shot needs to be adaptable.
3. You have to understand the Australian Style of Play and operate successfully within it.
4. You have to understand running the floor and spacing in the open court – both ways is critical. To do this you also need a fitness base.
5. You have to be able to rebound.... both ends. Blocking out is an essential requirement.
6. You have to be able to learn defend your player when they have the ball. To do this you have to be able to play in the appropriate stance.
7. You have to be able to learn to beat your man off the dribble and then make a good decision.
8. You have to develop the ability to be a high percentage foul shooter.

AUSTRALIAN STYLE OF PLAY

Australia play an assertive offensive and defensive style of basketball

Offence

- Look to sprint on every defensive rebound or interception to gain numerical advantage
- Look to shift quickly from defense to offence
- Execute offensive systems meticulously, with emphasis on timing, ball movement, screening, cutting and team play
- Employ split, kick and extra pass principles in broken play or shot clock circumstances
- The objective is to be a great shooting nation

Defense

- Utilise disruptive full court pressure MvM defense - as the basis for defensive play
- Employ the concept of ball pressure and containment of dribble penetration
- Block out on every defensive possession – defence starts when the shot goes up
- Play defense without fouling, except when circumstances require it

General

- Australian Style of Play is based on strong team values and behaviours
- Australian Style of Play is based on assertive defensive play
- Australian Style of Offensive Play is team oriented and we strive to be great shooters

OFFENSIVE PRINCIPLES of PLAY

At all times we want our players to apply the basic principles of offense and to recognise these principles supersede any offensive pattern.

PRINCIPLES OF OFFENSIVE PLAY - When you have the ball

Triple threat - Adopt the correct stance

- (a) Threaten the shot (shot fake)
- (b) Threaten the dribble (jab step)
- (c) Threaten the pass (pass fake)

Can you make the defensive man play you?

Penetrate - With dribble or pass

- a) If you have a driving opportunity – DRIVE
- b) If you have a passing opportunity - PASS
- c) If defender is in driving lane...
 - Can you create driving lane?
 - Put the ball in the passing lane
- d) If you have a shooting opportunity – SHOOT

Can you attract a second defender to the ball?

Create a passing lane

- (a) Make strong cuts and leads (pin/seal)
- (b) Fake a pass to make a pass
- (c) Pass away from the defence

Reverse the ball (Change sides)

- a) Minimum of four passes
- b) Go inside at least once (dribble/pass penetration)
- c) Change sides at least once
- d) Penetrate or find the open player on second touch
- e) Make the defence reset – force the close out
- f) Split, Kick and Extra pass

PRINCIPLES OF OFFENSIVE PLAY – When you do not have the ball

Recognise, create and maintain good spacing

- (a) On the perimeter, balance outside the 3pt line
- (b) Keep 3-5 metre pass length between players

Can you recognise and create good spacing?

Cutting opportunities - when your defender...

- (a) Turns their head
- (b) Plays to close
- (c) Does not jump to the ball
- (d) Is not in the stance
- (e) Your cut won't disrupt spacing

Be a potential receiver

- (a) Lead to space
- (b) Provide a target
- (c) Back cut if denied
- (d) Get to receiver spots if team mate penetrates

Can you play without the ball?

Win possession game

- (a) Block out and rebound
- (b) Rebound offensively
- (c) Take the charge
- (d) Dive on loose balls

OFFENSIVE CONCEPTS

Apply the fast break principle - (i.e. Driving lane / Passing lane)

- (a) Penetrate for the jump shot when there is a second line of defense
- (b) Pass opposite the defenders hands

Apply the 2nd Movement Principle

Drive, shoot or pass immediately the ball is relayed out of situation where two defenders are occupied by one offensive player. **Find the open man.**

Apply the Principles of Play as a General Guide

- (a) Minimum of four passes.
- (b) Get the ball inside at least once with either dribble-pass penetration.
- (c) Change sides at least once.

SCREENING PRINCIPLES

An effective screen is:

- (a) Dependent on the action of both the cutter and the screener
- (b) Where the cutter and the screener can be recipients of the ball
- (c) Proper screening angles

When you are the cutter

- (a) Wait for screen –set up your cut with footwork
- (b) Make contact with screen
- (c) Make “Obvious” reads – go opposite defender

When you are the screener

- (a) Communicate screen
- (b) Think- “This screen will get me open”
- (c) Roll opposite cutter (reverse pivot)
- (d) Screen with back square to where the cutter is going to receive ball

COMMON DEFENSIVE PRINCIPLES

PHILOSOPHY

1. Effective individual containment.
2. Constant basket protection.
3. Extend the perimeter of defensive coverage to be as disruptive as possible.
 - When the ball penetrates perimeter coverage, all other defenders converge to a position to defend the basket.
 - Once the perimeter coverage is penetrated all pressure is eliminated, therefore basket protection becomes the primary consideration.
 - MvM offers the best pressure, Zone principles offer the best basket protection, thus we will combine the two concepts.
 - Winning the possession game is the priority

PRINCIPLES OF DEFENSIVE PLAY

1. Containment and Pressure (Stances)
2. One third –two thirds principle
3. Channel to the outside
4. Jump to the ball
5. Contest dribble and pass penetration
6. Low post defence – Full front (toes out) Side front (toes in)
7. Prevent ball reversal (denial)
8. Help side positioning
9. Rotation
10. Basket protection
11. Blocking out - Rebounding
12. Conversion to offence

Guiding principles

- Every player must be responsible for the ball.
- Every player must support a defenders initiative.
- There must be clear and concise communication.
- Opponents must not be allowed to move wherever they want on the court.
- Defense will generate our offence.
- Blocking out is imperative for all five on the court.
- The 24 second clock must become a useful weapon.

The success of your defense will be directly related to your ability to maintain appropriate stances throughout the possession...and to go from one stance and one position on the floor to our new stance and new position on the flight of the ball, with explosive quickness.

Individual Proficiencies	Stage of Development	Individual Techniques
Footwork	Explore	Develop fundamental movement patterns, co-ordination and experiences
	Learn	a) Stances b) Footwork for running, stopping, jumping and pivoting c) Footwork for leads/cuts-change of direction/pace
	Develop	d) Footwork for lay-ups, shooting, passing, rebounding e) Footwork for receiving at tempo
Dribbling	Explore	Introduction to Dribbling
	Learn	a) Control, speed, hesitation (stop and go) b) Speed dribble right and left c) Cross-over dribble right and left (double) d) Reverse/spin dribble e) Pulling the ball back -Punch and retreat
	Develop	f) Punch and retreat crossovers g) Between legs/crossover, behind back/crossover (speed and change of pace) h) Onside dribble (speed and change of pace) i) Onside/onside-crossover j) Threat dribble – Freeze dribble
Passing	Explore	Introduction to Passing
	Learn	a) Chest pass b) Bounce pass c) Baseball pass d) Peripheral vision passing
	Develop	e) Pass off the dribble (both hands) f) Pass fakes g) Push passes (left and right) h) Post feeds i) Passing associated with fast break principles j) Passing as a result of penetration
Catching	Explore	a) Passing and Catching
	Learn	b) Off V-cut
	Develop	c) Off Back-cut d) Rebounding
Creating a lead [From perimeter]	Explore	Learning to Move-Footwork
	Learn	a) Cut to block b) Pin/slash arm c) Lead foot/drive leg

<p>Creating a lead [From the post]</p>	<p>Develop</p> <p>Learn</p> <p>Develop</p>	<p>d) V cut or thrust step e) Change direction/pace f) Stride stop (outside foot) g) Square up (threaten shot/threaten dribble)</p> <p>a) Find defender b) Slash arm/pin</p> <p>c) Establish lead foot d) Pivot (seal) e) Low stance/sit on defender f) Target hand</p>
<p>Shooting - Lay ups</p>	<p>Explore</p> <p>Learn</p> <p>Develop</p>	<p>Lay-up footwork</p> <p>a) Underhand lay up b) Overhand lay up c) Crossover step and lay-up left- right d) Power lay ups (two feet)</p> <p>e) Running hook (v big defender) f) Finger roll (middle - no board)</p>
<p>Shooting – Jump shots</p>	<p>Explore</p> <p>Learn</p> <p>Develop</p>	<p>Set - Load – Shoot</p> <p>a) Shot footwork (preparation/stance) b) Concept shooting (technique) c) Foul shooting d) Up-fake</p> <p>e) Off pass (catch and shoot) f) Off dribble (pull up/open court) g) Off dribble (1-2 bounce) h) 3pt shooting i) Introduce Baby Hook j) Onside Jump shot k) Cross-over jump shot</p>
<p>Blocking out and Rebounding</p>	<p>Learn</p> <p>Develop</p>	<p>a) Technique/positioning/loose balls</p> <p>b) Foul shot c) v shooter / v off ball</p>
<p>Defence</p>	<p>Explore</p> <p>Learn</p>	<p>Fundamental Movement Patterns</p> <p>Stances On ball footwork / movement Swing step / pull- push technique Effective hand pressure</p>

	<p>Develop</p>	<ul style="list-style-type: none"> a) Correct spacing - Pressure v Containment b) Slide-run-slide c) Denial stance/footwork d) Hedging e) Containment footwork f) Channelling g) Dead ball – Jam pressure h) Dead ball – denial
	<p>Perform</p>	<ul style="list-style-type: none"> i) Effective communication j) Defending v driver/shooter k) Taking the charge l) Contest shot and block out m) Blocking out / defensive rebounding - off ball n) Close out to contain (2 dribbles) o) Getting a lead foot advantage p) Sprint to screen with ball vision q) Lock and trail turn out cutter r) Rotation s) Switching t) Triangles and help positioning u) Defending cutters v) Full fronts (toes out) w) Side front and denial (toes in) x) Dead ball situations

Team Proficiencies	Stage of development	Team Techniques
Fast break	Learn	a) Filling lanes b) Sprinting ahead of ball
	Develop	c) Fast-break dribbling d) Catching on the move e) Looking up the floor f) Passing off the dribble g) Long pass up the floor h) Driving lane-passing lane principles i) Lay-up shot j) Introduction to numbered fast-break
Team offensive techniques	Learn	a) Two player fast-break b) Three player fast-break
	Develop	c) Creating space d) Balancing the floor e) Driving lane-passing lane e) Receiver spots f) Dribble penetration g) Pass penetration
	Perform	h) Turnout i) Pass and cut j) Cut and replace k) Shuffle cut l) UCLA cut m) Flex cut n) Handoff o) Off ball screens <ul style="list-style-type: none"> ▪ down screen ▪ back screen ▪ cross screen p) Ball screens
Fast break defence	Learn	a) Safety b) Defence on the handler (channel)
	Develop	c) Getting back behind the line of the ball d) Plugging the middle e) Introduction to Transition Fast-break f) Defence
Pressure defence	Learn	a) Turning the handler b) Channelling
	Develop	c) Trapping and rotation out of trap d) Defending screens (through/over/under/switch) e) Getting to line of ball f) Denial g) Run and trap

		<ul style="list-style-type: none"> h) Run & switch i) Pressure on in-bounder j) Rotation h) Points of pickup i) Communication keys k) Breakdowns 2v2-3v3-4v4-5v5
Team defensive techniques	<p>Learn</p> <p>Develop</p> <p>Perform</p>	<ul style="list-style-type: none"> a) Hedging / Trapping b) Run and switch c) Shooting the gap / Rotations d) Preventing ball reversal e) Closing down passing angles f) Defending perimeter screens ▪ Defending post screens ▪ Defending multiple screens ▪ Cues for changing defensive pressure ▪ Adjustments for Zone coverage ▪ Defensive rebounding - Conversion to offence
Defensive organisation	<p>Learn</p> <p>Develop</p>	<ul style="list-style-type: none"> a) Full court man v man b) Sideline press – man v man c) ½ court man v man d) Zone concepts
Advanced concepts/techniques	<p>Learn</p> <p>Develop</p> <p>Perform</p>	<ul style="list-style-type: none"> a) 5 player fast breaking (numbered fast break system) b) Making the play in short time situations c) Basic set plays versus man to man d) Zone sets e) Other set plays f) Ball screens g) Handoffs (and dribble handoffs) h) Zone press into man to man i) Man to man press with run and trap/run and jump j) Zone Motion

In every practice session we must ask the following;

- 1) Is *basketball* being played?
- 2) Is *basketball* being learned?
- 3) Is *basketball* being experienced and enjoyed?
- 4) Do the players understand the *basketball* purpose of the activity?
- 5) Do the players recognise the *game-related* objective?
- 6) Are the players *challenged* to improve both individually and as a team?

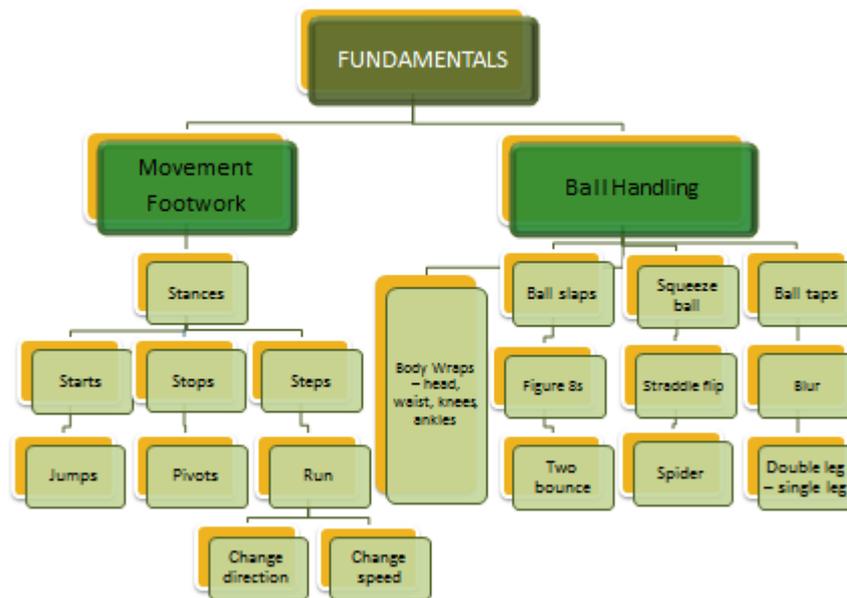
COMPETITIVE ADVANTAGES – OFFENSE

- Fast break points
- Offensive rebounding points
- Foul shooting points
- Good shot selection

COMPETITIVE ADVANTAGES – DEFENSE

- No fast break points
- Contest every shot
- BLOCK OUT - No second shots
- Do not foul unless it is to your advantage

TEACHING EMPHASIS FOR ALL FUNDAMENTAL SKILLS



- Emphasise 'stance' with all offensive/defensive aspects
- Quickness with quality (accuracy)
- Concept of 1 v 1 in each session ensure correct technique is used all the time simulate 'game like' situations (visualisation)
- **Ball-handling** - Key Elements: hand quickness, balance, co-ordination, agility
- **Dribbling** - Key Elements: technique, ambidexterity, vision, quickness, agility
- **Passing** - Key Elements: technique, accuracy, vision, faking, ambidexterity, receiving, quickness, non preferred hand
- **Lay Ups** - Key Elements: technique, footwork, mechanics, efficiency, finish, tempo, strength
- **Shooting** - Key Elements: preparation, stance, mechanics, accuracy, finish, technique, tempo, mental approach
- **Defensive Containment** - Key Elements: stance, movement, balance, quickness
- **Individual Offensive Moves** - Key Elements: technique, footwork, stance, quickness, finish, tempo, efficiency, preparation, execution

FOOTWORK

Almost all-individual skills in basketball start with proper footwork. Good footwork will cut down on travels, facilitate driving to the basket, provide rebounding opportunities, improve shooting technique and result in fewer turnovers through poor passing and catching. Footwork provides the bridge between learning the game and being a good player.

This system of footwork is intended to place the offensive player in proper balance, with an established pivot foot, and in the appropriate stance, "ready to play". Offensively this is the "triple threat" position, alternatively the staggered or "boxer's stance" defensively.

An understanding of the application of physical principles such as *balance*, *centre of gravity* and *braking force* will assist the coach in gaining individual efficiency. Centre of gravity is the imaginary point at which the body is in balance. This point is where the three planes, the vertical, transverse and the frontal intersect if an airborne body rotates it revolves around its centre of gravity. The centre of gravity is located at about 57% of a male's standing height. In the female it is about 54% of her total height.

Balance is maintained by the position of the head in relation to the centre of gravity, as the head is the heaviest part of the body, movement of the head frontwards sideways or backwards will alter the centre of gravity resulting in loss of balance.

Braking force relates to the deceleration of the body, it is applied to arrest motion. A basketball player's foot is placed so that the muscular force created in pushing on the floor slows the forward velocity of the body. The body is lowered and moved backward from a wide, staggered **stance**. In essence, the player pushes against the floor and the floor pushes back against the body. It works better when the body is low, because the force is closer to the centre of gravity.

STANCE->STARTS-> STEPS -> STOPS->PIVOTS >AND >JUMPS

STANCE

Stance is also referred to as the 'basketball' position or 'ready' position. It is the position from which all execution of the fundamental motor skills and body movements involved in basketball begins. The key is balance, if players have established and can maintain good stance they are able to receive the ball on offence or make good transition to defence. Mention has already been made of the correct head position to be properly balanced.

STARTS

Quickness is an important physical attribute in the game of basketball. Players can improve their quickness by establishing and maintaining their stance and diligently working on their starts and stops. To move quickly requires swift shifting their weight in the desired direction of movement. With the head always being the key to balance it always leads the weight shift.

STEPS

Quick steps are the basic motion changes that allow players to use their speed and quickness. They consist of changes of speed (pace) and changes of direction. They can be used to change from running to sliding, to go from slow to quick and to fake or hedge a movement. Techniques are described under footwork for cutting/leading.

STOPS

A player's ability to come to a quick stop, maintaining balance and stance is as important as getting a quick start. Being able to receive the ball on the run or at speed, stop, pivot, take a shot or make a cut makes a player an effective offensive threat. (See description under footwork for stopping)

PIVOTS

Turning or pivoting is the motion that rotates the body around the ball of one foot for the purpose of moving away from an opponent, squaring up to the basket, manoeuvring to a more favourable position to shoot or pass.

A player may pivot with or without the ball and execute with either the right or left foot. Pivoting provides the basis for all motion changes; it is also used offensively to change from one to another and for rebounding.

JUMPS

Jumping is a particularly important skill in the sport of basketball. Jumping is also a skill that can be improved and is not just the realm of the natural athlete. The basic principles in improving jumping skill is that players need to be in the stance ready to jump, be able to land in a stance ready to jump again, timing is important and increase leg strength with resistance training. In basketball jumping off both feet and off one foot are techniques used both offensively and defensively in many game situations.

Footwork for cutting/leading – Change of direction and change of pace steps are important tools of body control for basketball players. Cutting means moving without the ball to receive a pass, set a screen or rebound. Either from a standing or moving position the cut is accomplished by planting the outside foot (the foot opposite the direction of the cut) and then pushing hard off the ball of the foot. This is commonly called a V cut. Changing pace refers to the ability to accelerate and stop at quick and random intervals.

Footwork for stopping – There are two methods for stopping. The 1 count, **jump stop** and the 2 count "stride stop". The quicker of the two, and is sometimes called the **quick stop** is the jump stop method of landing on two feet simultaneously, in a parallel or slightly staggered stance, from a running or sliding motion.

This is quicker because it conserves time and space and can be used both with and without the ball. It is effective in allowing balance and control leads into a wide variety of movement possibilities: - before and after shooting, passing, dribbling and receiving a pass, complimenting pivots and quick turns.

The **stride stop** is a 2 count stop executed by landing on the rear foot (1 count) with the front foot landing immediately afterward (2 count). The rear foot must hit the floor in front of the hips to apply deceleration. This method can be used effectively for changing direction, jump shot footwork

Footwork for receiving – Catching, which includes both receiving a pass and intercepting an opponent’s pass, involves handling the ball. Both passer and receiver are responsible for a successful catch. Moving towards the ball when receiving passes is essential – it prevents interceptions. When receiving the ball with space to catch with both hands, meet the ball with the palms facing out, thumbs pointing towards each other, positioned in front of the eyes. Execute a jump stop catching the ball in the air and pivoting towards the basket, “squaring up”

Footwork for “squaring up” –The triple threat position has already been mentioned above. This position is achieved by pivoting towards the basket in a stance that has the feet about shoulder width apart with the pivot foot back and the lead foot up in a heel-toe relationship or footwork for shooting, driving or passing. Players should learn to **threaten the shot**, (shot fake), **threaten the drive** (jab step) and **threaten the pass** (pass fake).

Footwork for passing – With the left foot as the pivot foot the passer steps in the direction of the receiver with the right foot. If the receiver is on the right or straight ahead the passer steps directly towards the receiver with her right foot when receiving the ball, if the receiver is on the left the right foot crosses over the pivot (left) foot when releasing the ball. Striding towards the receiver allows the passer to get weight and momentum behind the ball and in the direction of the pass.

Footwork for shooting-The triple threat position provides a solid base for shooting because the player is already in proper balance to shoot so the shot can be taken more quickly. To receive the ball from the right the player catches, pivots on his left foot towards the basket, squaring up, knees flexed and without moving the feet, shoot the ball. In receiving the ball from the left the player steps across and in front with the right foot, squares to the triple threat position and without moving either foot brings the ball up and shoots.

CATCH AND SHOOT FOOTWORK

(Inside/baseline foot is pivot foot, L & R sides)

Catch and shoot – six metre jump shot

Catch, shot fake – six metre jump shot

Catch, drive fake - six metre jump shot

Catch, combination fakes – six metre jump shot

Catch and face, drive to the basket layup under hand, over hand, hook, reverse

Catch, one bounce jump shot, cross over

Catch, one bounce jump shot, onside

Catch, two bounce jump shot, cross over

Catch, one bounce jump shot, onside

Footwork for driving –The drive to the right starts from the triple threat position. The player pushes hard off the pivot foot and takes a long stride past the defender. The long, fast first step is essential in being able to get past the defender. Players must strive to beat the defender “close”. A common error is to attempt to drive too wide allowing the defender to recover their spacing and cover the drive. Beat the defender with quickness and by taking away their “space” or recovery time. Driving to the left off a left foot as the pivot foot also starts from the triple threat position. The long first step is again made with the right foot, this time stepping over and in front of the left foot; this is called a crossover step.

CATCH AND DRIVE FOOTWORK v DENIAL

(Outside (high)/side line foot is pivot foot, reverse pivot, L & R sides)

- Catch, 'rip through' drive to the basket, layup, one dribble)
- Catch, 'rip through' drive to the basket, reverse layup, two dribbles
- Catch, 'rip through', one dribble jump shot
- Catch, 'rip through' up fake, cross over, jump shot
- Catch, 'rip through' up fake, cross over, baby hook
- Catch, 'rip through' two dribble jump shot, onside
- Catch, 'rip through' two dribble jump shot, cross over

CATCH AND DRIVE FOOTWORK v CLOSE OUT

(Inside/ low foot is pivot foot, reverse pivot, L & R sides)

- Catch, 'rip through' drive to the basket, layup, one dribble)
- Catch, 'rip through' drive to the basket, reverse layup, two dribbles
- Catch, 'rip through', one dribble jump shot
- Catch, 'rip through' up fake, cross over, jump shot
- Catch, 'rip through' up fake, cross over, baby hook
- Catch, 'rip through' two dribble jump shot, onside
- Catch, 'rip through' two dribble jump shot, cross over

Footwork for rebounding-There are two kinds of rebounds-*defensive and offensive*. Defensive rebounds occur when the opponents miss a shot, offensive rebounds when your own team misses. Important to remember is a) More shots are missed than made in a basketball game and b) the team that controls possession *usually* wins.

The key to defensive rebounding is **blocking out**; this action involves the player putting their body between their opponent and the basket, preventing the opportunity for the opposition to regain possession.

Once the shot is taken the defensive player must first call out **SHOT** to alert team mates to block out. The block out begins with the defender stepping into their player and pivoting (forward/reverse), turning their back into their opponent with a low wide base to improve balance and obstruct their opponent's path to the basket. Elbows should be away from the body with hands up ready to rebound. Feet should be spread, wider than shoulder width, knees well-flexed in preparation to jump. Defender must hold the block out position until they determine the flight of the ball off the boards, extend fully on the leap so that the timing is for the defender to grasp the ball at the peak of the jump. Ball should be gripped firmly with both hands, returning to the floor with feet spread, knees flexed and ball kept at shoulder height or above. Defensive rebounder should now be prepared to pivot to protect and outlet the ball securely.

DEVELOPING DEFENSIVE FOOTWORK

Stance – To play effective defense players must develop the ability to sustain an appropriate stance at all times. Maintaining correct stance at all times is the hall mark of the great defender. Strength must be developed in the legs, buttocks and core to allow players to allow players to take a powerful stance to play pressure defence.

From the stationary position the player must assume a position with feet spread in a low, wide, staggered stance (boxer's stance), feet should be shoulder width or wider, in a heel-toe relationship, with weight slightly forward on the balls of the feet. Knees flexed, back straight

and head up, players must picture they are “sitting in an imaginary chair”, and they must learn to be able to maintain this position.

Low stance – Players must understand the importance of getting in a stance and staying in a stance. Simple concept, but this area remains one of the biggest skill deficiencies in young players.

Maintaining the head in the “middle of the stance” is also vitally important, as players often struggle on the change of direction because their head is tilting to one side.

Ready stance (on ball stance v triple threat)

Wide stance - The defender must present the widest WALL possible to the offensive player

Heel toe - Do not open the angle of the feet to allow a penetrating drive. Be coiled and ready to get off the mark with an explosive push-off which enables the defender to contain the drive.

Nose in chest - Nose is on a level plane with the offensive player’s chest.

Hand pressure - Hands are up, lead hand traces the ball/shot mirroring the position of the ball. The trail hand, hand corresponding with the low foot is at waist height defending the pass or ready for crossover dribble. Remember the feet guard the man-the hands guard the ball, *the effectiveness of on ball defence is largely predicated on tracing the ball.*

Split the lead foot - Put your crotch between the handler’s jab foot and the basket and maintain that position. If the handler jabs at the basket hop back six to eight inches maintaining position. By maintaining this position the handler must go towards the corner and not to the basket.

Weight distribution - Weight should on insteps to facilitate explosive push-off and lateral movement in either direction.

Spacing - The distance from the offensive player is dictated by the relative quickness of the two players. However we should work towards the defender being an arm’s length distance from the ball.

Footwork – Effective defensive pressure requires the ability to respond quickly to offensive movement. Players must also develop the footwork to defend drive fakes and shot fakes.

“Big to bigger” movement

How

- The ability of defensive players to move the correct foot first when containing the dribble is perhaps the most important element in terms of individual defence.
 - With the ability of perimeter players to make explosive moves off the dribble, the on-ball defender must give themselves every chance of keeping the ball in front by using the “big to bigger” technique.
 - If moving to your left, move your left foot first. If moving right, move your right foot first.
 - This will take you from your “big” stance to a “bigger” stance. Then move your other foot to return to your “big” stance.

Defender must be disruptive and “bother” the handler. Containment for two driving steps is essential and defenders must have the ability to shape or influence the handler into the required area of the court.

Defending the drive

a) First step quickness - On the first dribble by the handler the defender must push laterally off the drive leg, ‘push the floor away from you’ in the direction of the driver with the lead leg. Cover as much distance as possible with this step while maintaining heel-toe. The defender must not contact the driver on this step, avoid the tendency to put a hand or forearm on the handler.

b) Onside drive (drive at defender’s slide foot)

The defender pushes off his lead foot in direction of the drive maintaining correct spacing.

c) Swing step (drive at the defender’s lead foot)

The defender drives off his low foot and swings his high foot in the direction of the drive. At the same time he throws his lead arm and shoulder in the same direction.

To maintain good spacing the length of step taken by the lead foot is replicated with the drive foot.

HAND PRESSURE

- One hand remains up to pressure the pass while the closest hand to the ball is used to mirror the movement of the ball
- The defence should remain an arms distance away from the offense. If the defence gets too close, it makes it easier for the offense to drive past.
- If the offence is getting past, run after them

a) Lead hand is in the passing lane with a bent elbow, extension of this arm and shoulder helps pull the body in the direction required. When dribble picked up the lead hand is on the shot.

b) Trail hand is positioned just slightly inside the knee of the handler to prevent the crossover dribble and to threaten the ball or knock it away from the handler’s body.

Body position

The head must be on the ball, nose in chest, the trail shoulder of the defender aligns with the lead shoulder of the handler.

Ball in triple threat - Keep trace hand in line with the ball.

Ball above the head (passer) - Keep trace hand in middle of ball.

Ball below the waist (driver) - Hop back 6-8 inches and prepare to explode laterally in either direction. Keep trace hand on middle of ball.

Change of direction

Whenever the handler puts the ball behind his body the defender must hop directly backwards in a retreat step. This is done to maintain spacing so as not to be beaten by a spin move or behind the back dribble. It also provides space should the handler fake the change of direction and comes back to the onside. From the retreat step the defender swing steps to his new position on the handler.

Closing out

A close out is a predicament which requires a defender to advance towards an offensive player with a triple threat. On a “long close-out” where a defender has been in an open stance

near the split line and the ball is skipped to his man on the wing, the defender cheat steps with the foot closest to his man and sprints half the distance into a slide step. This process requires short choppy steps spacing to arms-length then hop back six inches into a ready stance. The close out defender must carry a hand to contest any perimeter shot, contain any quick driving manoeuvre and impede any penetrating pass attempt. On a “short closeout” the defender should arrive at his man with the ball in three steps, a cheat step plus two into a ready stance.

Further on Spacing – Spacing is vital in allowing players to contain their man and apply pressure without fouling or being beaten off the dribble. It is important that the defender is close enough to be disruptive but able to maintain spacing to defend dribble penetration and not to foul and threaten the contested shot. Ball position will dictate the required spacing need when defending the live dribble.

Maintaining spacing – The player defending the ball must be in a position close enough to put pressure on the basketball, without getting too close and risking fouls as the player drives.

Players often equate pressure on the basketball with taking up a position less than an arm length’s away and with quality offensive players, this will lead to fouls as the dribbler puts it the floor.

Conversely, it is important the defensive players do not sag off, trying to take away the drive. This will provide easy shooting opportunities, but will also allow for penetration as the offensive player has plenty of leverage to move their non-pivot foot and swing the ball through.

Swing step - Changing direction is achieved by using the **swing step**. Players should “pull” themselves in the desired direction with their elbow, while simultaneously stepping with the lead foot and “pushing” off the trail foot. Players should practice this movement from the stationary position before combining with the defensive slide.

Avoiding “opening the gate” – Drop step v swing step

Too often the young defender’s first foot movement when guarding dribble penetration is a “drop step”, allowing for the offensive player to attack in virtually a straight line to the basket. By drop stepping, the defender is “opening the gate” for the offensive player and this results on the defending getting on the hip of the driving player and risking fouls.

Containing the Basketball - On the Perimeter

One of the most difficult elements at the defensive end of the floor is containing the ball and handling dribble penetration.

Staying down through 3 “slides” – In the half court, it is rare a defender will have to defend the dribble for more than 3 dribbles in the one direction. The ability for the defender to stay down for three “slides” and not stand before the final movement will decrease fouls and assists with containment.

These points are all simple, but remain the foundation on which players and teams need to master to effectively contain the ball on the perimeter

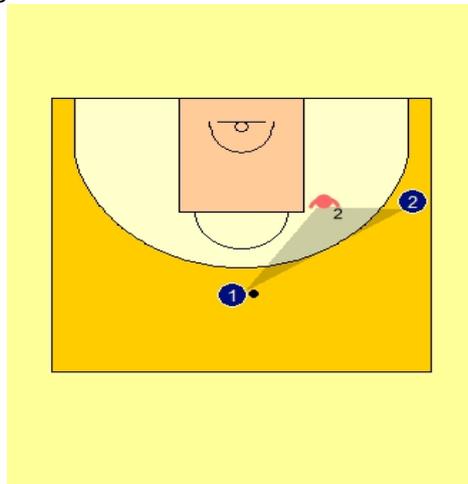
Points of Emphasis

- The position of your head is very important in defensive stance (as it affects your balance). Your head should not be too far forward (“keep your nose behind your toes”) and it should not be too far back. Also keep your head in between your feet rather than leaning toward one foot or the other.

Flat triangle position

It is critical in man to man defence to always be able to see both the player you are guarding and the player with the ball. The Flat Triangle position allows a defender to do this very effectively.

- Starting position is to have your back to the basket that you are guarding. Then adjust your position so that you can see the player you are guarding and the player with the ball.
- In the diagram, “X” is the defensive player, “O1” is the player with the ball and “O2” is the player they are guarding:



- The “flat triangle” is a set of imaginary lines, formed by joining the player with the ball, the defender and the player they are guarding.
- The “line” between the player with the ball and the player they are guarding is also called the “passing lane”. The defender wants to be as close to that (to be able to intercept a pass) while able to see the 2 players.

Hedge and recover

- This is where a defender takes one or two steps toward the dribbler (to make them think they are coming to guard them) and then recover back to their player. This is usually done by a defender who is one pass away from the ball (as they are not in an actual help position).

Points of Emphasis

- Point the Pistols - Having the defender “point their pistols” is a way of making sure they see the player they are guarding and the player with the ball, by having them point at both.

REBOUNDING

Footwork for rebounding-There are two kinds of rebounds-*defensive and offensive.*

Defensive rebounds occur when the opponents miss a shot, offensive rebounds when your own team misses. Important to remember is;

- More shots are missed than made in a basketball game and
- The team that controls possession *usually* wins.

The key to defensive rebounding is **blocking out**; this action involves the player putting their body between their opponent and the basket, preventing the opportunity for the opposition to regain possession.

Once the shot is taken the defensive player must first call out '**SHOT**' to alert team mates to block out. The block out begins with the defender stepping into their player and pivoting (forward/reverse), turning their back into their opponent with a low wide base to improve balance and obstruct their opponent's path to the basket. Elbows should be away from the body with hands up ready to rebound. Feet should be spread, wider than shoulder width, knees well-flexed in preparation to jump. Defender must hold the block out position until they determine the flight of the ball off the boards, extend fully on the leap so that the timing is for the defender to grasp the ball at the peak of the jump. Ball should be gripped firmly with both hands, returning to the floor with feet spread, knees flexed and ball kept at shoulder height or above. Defensive rebounder should now be prepared to pivot to protect and outlet the ball securely.

Blocking Out

Body position - The steps for an effective box out are:

- a) "Shot" - All five players must box out, so everybody must know when to box out. By calling "shot" when our opponents shoot the ball, we are telling our team mates that it is time to box out!
- b) See your Player - To effectively box out you must see your player. On hearing "shot" turn to see your player. The biggest mistake players make is that they simply watch the ball on its way to the basket, or they watch the basket.
- c) Step to your Player - The next step is to step toward your player. If you were in a "two pass away" or help line position, you only need to move to the side of the key. If your player moves in to contest the rebound, you want to box them out at the key. As O3 shoots, X1 moves to the side of the key, always seeing O1.
- d) Spin and Seal -
- e) As the offensive player moves toward the rebound, the defender reverse pivots ("spins") to get in their way. The defender should end up with their bottom in the thighs of their opponent ("seal") and their arms up ready to rebound. Contact is critical – we can no longer see our opponent, so we must be able to feel them!

Points of Emphasis

- Forward or reverse pivoting to block out - reverse pivoting is favoured as it takes the player's momentum into the player they are boxing out. A forward pivot takes your momentum away from the player.
- Jumping - Keep arms up and jump to catch ball in front of your head.
- Outlet pass - Keep the ball at your chin with elbows out. Make a strong pivot (keeping knees low). Do not bring the ball down, or put it behind your head.

Purpose

- Rebounding contributes to the success of both offense and defense.
- Offensively, rebounding gives your team another chance to score
- Defensively, rebounding keeps the opposition from shooting high percentage shots after rebounds.
- Defensive rebounds should be outlet ted away from the basket not facing in towards the basket.

PERFORMANCE PATHWAY

National Talent Development Framework – High Performance

The challenge for Basketball is to sustain the excellence of its programs in an increasingly competitive environment, both nationally and internationally, and subsequently to enhance the success of its teams at Olympic Games and World Championships.

Key Outcome - *Ensure the supply a talented players and coaches for our national teams.*

- Achieving sustained international success by Boomers, Opals, Gliders and Rollers.
- Develop the support, tools and resources required by participants to deliver a long term athlete development plan.
- To develop world class coaches trained to meet the needs in their contextual interaction with the athletes.
- To develop a culture of long term basketball development.
- To provide holistic development programs in Australia to enable athletes and coaches, through to the professional level, to pursue their goals.
- Sustaining excellence through continuous improvement.

Performance Strategy

1. Develop and implement performance pipeline from talent identification to the senior national teams.
2. Establish the highest attainable goals.
3. Estimate the number of athletes of sufficient calibre required to fill the pipeline.
4. Specify the performance staff, infrastructure and operational costs.
5. Maximise the number of opportunities from the budget available.
6. Specify the essential national framework, central systems and services.

High Performance Coach Program

High Performance coaching programs should provide access to:

- Professional development opportunities through a scholarship program.
- Access to sport science and medicine support networks.
- Individualised performance development programs and appraisals.
- Mentoring coach support through Basketball Australia's iconic and experienced coaches.
- Seminars, workshops and conferences.
- Assessment of coaches against a world class basketball coach profile.
- Screening for 'high potential coaches' and accelerating their development.
- Opportunity to enter an Accelerated Coach development program.
- More-robust identification of coaches' performance and development needs.

Daily Training Environment delivery required for Performance athletes;

- Individual Performance Plans
- Physiology/Movement Screening Protocols
- Physical Development Program (Strength & Conditioning)
- Fitness testing – Meet minimum national standards
- National Shooting Program / Progressive Shooting Testing
- Individual basketball development – Qualified coaching
- Sports Science/Sports Medicine support
- Small groups / Team camps
- Case managed workload monitoring

POSITIONAL PROFICIENCIES - Required for players to reach PERFORM stage

CLASSIFICATIONS	MINIMUM EXPECTATION	ELEMENTS THAT SHOULD BE ADDED FOR ELITE PLAYER DEVELOPMENT.
Point Guards	<ol style="list-style-type: none"> 1. Shoot the ball with proficiency and be able to consistently make the three point shot 2. Create shots for others off dribble and pass penetration 3. Make open and contested layups to a high percentage 4. Defend the fast break and organise defensive transition 5. Be able to apply full court defensive pressure 6. Be great communicator - Vocal enough to communicate with players on offence and defence. 7. Be an assertive ball handler - Carry the ball without turning it over. 8. Develop sound knowledge and understanding of the game 9. Pass the ball effectively using all passing both sides of body types. 10. Be an 80% Foul shooter 	<ol style="list-style-type: none"> 11. Effective execution of ball screens 12. Carrying the ball to create for other players 13. Ability to create open shots for teammates. Bring others into the game. 14. Ability to bring ball up during pressing situations 15. Elite defender being able to contain/channel offensive players 16. Understanding of offensive and defensive strategy. Be able to assess the opposition and make changes. 17. Strong communication and leadership skills.
2. Shooting Guards	<ol style="list-style-type: none"> 1. Shoot the ball with proficiency and be a consistently high percentage three point shooter 2. Create and make shots for themselves off the dribble 3. Create and make shots for themselves from cutting and utilising screens 4. Carry the ball in pressure situations 5. Be able to rebound and block out 6. Contain players attacking them on the dribble 7. Make open and contested layups to a high percentage. 8. Be able to run the floor at great tempo 9. Comfortable in carrying the ball in the open court and with contain pressure. 10. Be an 80% Foul shooter 	<ol style="list-style-type: none"> 11. Develop world class driving game 12. Play as a point guard/ creating role in half court offense. 13. Elite defender being able to contain/channel offensive players. 14. Effective execution of ball screens 15. Defend screens – be able to chase over screens
3. Small Forwards	<ol style="list-style-type: none"> 1. Shoot the ball with proficiency and be a consistently high percentage three point shooter 2. Be able to create and make shots facing the basket and with their back to the basket 3. Be able to rebound and block out 4. Be able to defend the perimeter and in the post 	<ol style="list-style-type: none"> 9. Be an elite offensive rebounder. 10. Elite defender 11. Ability to penetrate and make good decisions under pressure. 12. Effective execution of ball screens 13. Maintain vision of the floor and deliver the ball under pressure.

	<ol style="list-style-type: none"> 5. Set effective on and off ball screens 6. Be able to run the floor at great speed 7. Be able to defend on and off screens 8. Be a 75-80% Foul shooter 	
4. Power Forwards	<ol style="list-style-type: none"> 1. Shoot the ball with proficiency and be a consistently high percentage catch and shooter 10-18' 2. Be able to create and make shots facing the basket and with their back to the basket 3. Be able to 'post the ring' 4. Be able to rebound and block out 5. Be able to defend the perimeter and in the post 6. Set effective on and off ball screens 7. Be able to run the floor at great speed 8. Be able to defend on and off screens 9. Be a 75-80% Foul shooter 	<ol style="list-style-type: none"> 10. Rebounding machine 11. Consistently shoot a high percentage on open three point shots. 12. Elite defender 13. Maintain vision of the floor and deliver the ball under pressure. 14. Ability to carry the ball under pressure without turning it over.
5. Centres	<ol style="list-style-type: none"> 1. Shoot the ball with proficiency and be a consistently high percentage shooter 10-15' 2. Be able to create and make shots facing the basket and with their back to the basket 3. Be able to 'post the ring' 4. Be able to rebound and block out 5. Set effective on and off ball screens 6. Be able to defend the interior 7. Be able to defend on and off screens 8. Be a 75-80% Foul shooter 	<ol style="list-style-type: none"> 9. Be a physical presence defensively. 10. Contest shots at the rim without fouling. 11. Elite rebounder 12. Elite at running the floor

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The Curriculum identifies Australian basketball values and guidelines:

Australian basketball players embody the following values that identify and formalize the components of success and incorporate the following skill areas;

The curriculum can be applied through these four skill areas:

- Mental
- Emotional
- Physical
- Social

These values not only provide a blue print for success, they are basis for evaluation.

Australian players are in great physical shape

Athletes in great physical shape - We want to be extremely well conditioned, players must be strong enough to compete, to have a physical presence, and must 'run the floor', both ways. We will be confident in the knowledge that we have done the hard work and will be in better shape than any team we face.

Australian players compete with relentless persistence

Players that will play with relentless persistence - Australian players never quit, players who will who display great tenacity and apply themselves relentlessly. This will be the Australian tradition. Success comes to those who focus on the moment, those who 'play one play at a time', rather than those who focus on abstract notions of what might happen.

Australian players can handle adversity

Players that can handle adversity - In tough situations or when things are not going our way we want players who can stay focused. Adversity is overcome with poise, positive self talk, focus and courage. We want players who treat a pressure situation as a challenge not a threat. There is an appropriate saying; 'Adversity introduces you to yourself'. Adversity is a great opportunity.

Australian players are assertive

Assertive players - Successful players take responsibility for their own careers. They are their most important coach, manager, medico, psychologist and physiologist. They take charge and are proactive. We want to exhibit a high degree of spirit and assertiveness, players who refuse to be intimidated and have real resolve defensively. Players who are so timid that they cannot communicate effectively make decisions are not skilful. To have good emotional skills, to be assertive a player must have positive self talk. To have a high focus you must have persistence.

Australian players are flexible

Flexible players - We want to be highly skilled in basketball fundamentals; this will provide the opportunity to develop flexibility and a clearly defined understanding of the game. We want inside/outside types, 'smalls' who can post their counterpart and 'biggs' that can shoot and pass on the perimeter. Australian players will be capable of defending the perimeter and the post and we want players who can pressure effectively. Versatility will be an asset of our teams, this will give us the capacity to cope with any conditions. Without a doubt the major requirement is that players must be able to run the floor.

Australian players are great defenders

Great defensive players - This is of particular importance. We want people who are conditioned both physically and mentally towards playing truly great defense. We want players who are eager to develop the required techniques and can habitually play in the appropriate stance. Great defenders 'bother' people, great defenders utilize their imagination so that they can anticipate rotation or help

and are adept at both half court and full court situations. We want to establish a standard of defensive play that is world leading, in this way our defense will be a source of pride.

Australian players are “WE” players

‘WE’ players - Attitudes can be developed just like physical skills and Australian teams must be comprised of ‘we’ players rather than ‘I’ players. A ‘we’ team is characterized by affection, absence of blame, mutual respect and self-sacrifice. Australian players will demand of themselves to compete with the idea of “team” above the individual. Teamwork and self-sacrifice are essential when developing a winning attitude and a successful program. This will also help us overcome any adversity that is placed in the way of team achievement.

Basketball Terminology

Advantage play: Offensive situations (individual or team) that benefit the attacking team.

Agility: Ability to change direction quickly in a basketball game or drill.

Assist: A penetrating pass thrown to a player who immediately scores.

Baby-Hook: A hook shot taken from close to the basket and shot over the player's own body.

Backcourt: The half of the court a team is defending, the opposite of the frontcourt. Also used to describe parts of a team: backcourt = all guards (front court= all forwards and centres).

Back cut or Backdoor Cut: An offensive play in which a player on the perimeter steps away from the basket, drawing the defender with them, and suddenly cuts to the basket behind the defender for a pass.

Back Screen: Screen in the back of the defender

Ball fake: A sudden movement by the player with the ball intended to cause the defender to move in one direction, allowing the passer to pass in another direction. Also called "pass fake."

Ball handling: Feel for the ball stationary and on the move.

Ball reversal: Passing the ball from one side of the court to the other. (Changing sides)

Ball Screen: Screen on a defender, who is defending the ball carrier

Ball side: The half of the court (if the court is split lengthwise) that the ball is on. Also called the ‘strong side’, the opposite of the help side.

Ball side defence: Defence in the half court on the side where the ball. This is determined by the split line dissecting the court vertically.

Banana Cut: A wide, curving cut, as opposed to a cut that is a straight line.

Bank shot: A shot that hits the backboard before going through the net.

Baseball pass: A one-handed pass thrown over arm from the shoulder like a baseball.

Baseline: The line that marks the playing boundary at each end of the court. Also called the ‘endline’.

Baseline drive: A drive (see below) made close to the attacking end line of the court.

Baseline out-of-bounds play: The play used to return the ball to the court from outside the baseline along the opponent's basket.

Basketball IQ: A term acknowledging excellent knowledge or ‘feel’ for the game.

Basket Cut or Blast Cut: A hard cut toward the basket.

Block: (1) A violation in which a defender steps in front of a dribbler but is still moving when they collide. Also called a "blocking foul."

(2) To tip or deflect a shooter's shot, altering its flight so the shot misses.

(3) The small painted square on the floor next to the basket just outside the lane.

Block out: To make contact with an opposing player to establish rebounding position between the player and the ball. Also called ‘box out’.

Bounce pass: A pass that is made via the floor before reaching the receiver.

Box-and-one: A combination defence in which four defenders play zone in a box formation, and the fifth defender guards one player man to-man.

Box out: See block out.

Box set: A formation in which four players align themselves as the four corners of a box. Often used for baseline out-of-bounds plays.

Bump the cutter: To step in the way of a cutter who is trying to cut to the ball for a pass.

Buttonhook: to move in one direction, turn sharply and double back. Normally a Post Up move.

Catch: The act of receiving the ball from a pass

Catch and Face: Where a player on receipt of a pass turns fully to the basket so that their face and shoulders point squarely at the basket or 'facing the basket in a triple threat position'

Centre: (1) The position in which a player, usually the tallest player on the team, stays near the basket.
(2) The player who plays that position.

Centre circle: The painted circle at mid court used for the opening jump ball.

Charge: (1) A violation when a player with the ball runs into a defender who is standing still. Also called a "charging foul."
(2) To commit that violation.

Chest pass: An air pass thrown from the passer's chest to a team mate's chest. It can be a one-handed or two-handed pass.

Chin the ball: To hold the ball with both hands under the chin, elbows out, to protect the ball.

Clear-Out Play: A set play designed to clear an area of the court of all offensive players without the ball so the player with the ball can play 1-on-1.

Closing out: When a defender sprints to guard a player who has just received a pass.

Containment: the act of slowing and stopping the ball from moving through a dribble or pass to an intended area on the court.

Containing the dribbler: Slowing and/ or stopping the dribbler from getting past the defender

Continuity offence: A sequence of player and ball movement that repeats until a good shot is created.

Control dribble: A dribble manoeuvre in which the player keeps their body between the defender's body and the ball.

Crossover dribble: A dribble manoeuvre in which a player dribbles the ball so they can change the ball from one hand to the other.

Cross screen: A movement in which a player cuts across the lane to screen for a team mate.

Curl Cut: A cut that takes the player around a screen toward the basket.

Curl pass: A low, one-handed pass made by stepping around the defender's leg and extending the throwing arm. Also called a "hook pass."

Cut: A sudden running movement to get open for a pass.

Dead: Defensive call when defending an offensive player who has used their dribble.

Deep catch: Catch of the basketball in the keyway close to the basket or end line.

Deep corner: Position on court close to end line to take deep catch.

Defensive rebound: A rebound made off a missed shot at the basket a team is defending.

Defensive slide: The quick "step-slide" movement a defender makes when closely guarding the handler.

Defensive stance: The stance used to play defence-knees bent, feet wide, arms out, etc.

Defensive stop: Gaining possession of the ball before the offensive team scores.

Defensive transition: When the team on offence suddenly gives up possession of the ball and has to convert from offence to defence.

Deflections: getting a hand or finger tips to a pass to change the flight of the ball.

Delay offence: An offence used to take more time with each possession.

Denial defence: A defence in which a defender tries to prevent their man from receiving a pass.

Denial stance (position): The stance used to play denial defence-body low, knees bent, hand and foot in the passing lane.

Deny the ball: To use a denial stance to keep the offensive player from receiving a pass.

Diamond-and-one: A combination defence in which four defenders play zone in a diamond formation and the fifth defender guards a specific offensive player man-to-man.

Diamond Press: A full-court press with a 1-2-1-1 formation.

Dig hand: generally the inside hand (closest to the split line) of an on ball defender defending a dribbler.

Distort (the Zone): Offence team tactic to change the shape of zone.

Dog: Early pick up of the ball in the back court.

Dominant and non dominant: Mainly used to explain which hand a player uses in a drill i.e. Right Hand is a right handed persons dominant hand.

Double down: To drop from the perimeter, leaving your man or zone, to double-team a low post player.

Double low stack: When two offensive players set up at one of the blocks to run a play.

Double Screen: Screen set by two players next to each other. Sometimes called a Parallel Screen

Double-teaming: A defence in which two defenders guard the same offensive player at the same time.

Down Screen: Screen from the above the wing towards the end line.

Dribble: (1) to advance the ball by bouncing it on the floor.
(2) The bounce of the ball caused by a player pushing the ball downward.

Dribble entries: The art of dribbling the ball to start an offence instead of passing. Used when a pass is not possible to a player in a continuity play

Dribble penetration: When a dribbler is able to drive into the lane; she "penetrates" the defence.

Drive: To attack the basket by dribbling hard at it.

Driving lane /passing lane: the concept to help decision making by a player on offence who is faced with a defender ahead of him/her. If no player in front drive all the way to basket, if player comes in front then pass the ball. Timing is important.

Drops – a method of defending on ball screens

Drop step: A low post move when an offensive player with their back to the basket swings one leg around the defender and uses it as a pivot foot to gain inside position.

Elbow: The corner made by the intersection of the free throw line and the lane line. Each lane area has two elbows.

Elbow lift; lifting the elbow as part of the shooting technique.

End line: See baseline.

Entry: Beginning of a play.

Euro move: An individual offensive move similar to a strong side step but has the ball thrown to the ground earlier to avoid travelling violations

Face up: See Square up.

Fade cut: See cuts.

Fake: a movement made with the aim of deceiving an opponent.

Fake: movement made with the aim of deceiving an opponent. Can be 'Head Fake' in shooting, 'Pass Fake' (Fake a pass to make a pass) or any deceptive move.

Fake screen: the intention to trick the defence into thinking a screen will be set.

Fast break: A play in which a team gains possession of the ball, then advances the ball toward the other basket as fast as possible, hoping to gain numerical advantage for an easy score.

Feed: to pass the ball to a team mate, normally used in 'Feed the Post'.

Feeder: Player who makes pass.

Field goal: A 2-or 3-point basket.

Fast break lanes: A fast break in which players from the offensive team run up the court in the right lane, the middle lane, and the left lane.

Fill behind: Player fills behind when the ball has been driven baseline.

Flare Cut: A cut that takes the player away from the ball. For example after using a baseline screen or on the defenders help.

Flare Screen: See Type of Screens

Flash Cut: A cut that takes the player from the low post to the high post, or in the middle of the paint from behind the defence (mostly used to describe a cut against a zone).

Flat show – a method of defending on ball screens

Flat Triangle: the positioning of a defender who is marking a player without the ball. The three positions being the ball, the offensive player and the defender. Also referred to as ball -you – man relationship when defending a player without the ball.

Flex Cut: A cut from the weak side corner to the ball side low post, using a screen at the weak side low post.

Flex Offense – a popular continuity offense that utilises the flex cut and down screens

Floater: A high arching shot over defenders also called a "tear drop."

Forward: A position usually played by a tall, athletic player. A "small forward" or a "3" plays on the wing, and a power forward or a "4" plays in the high or low post area, although this type of player is more multidimensional in today's game.

Forward (front) pivot: the footwork that a player uses when the pivot foot anchors a forward movement where the player's chest turns to face the basket or the ball.

Foul: A violation of the rules.

Foul line: See free throw line.

Foul shot: See free throw.

Foul trouble: (1) Player foul trouble occurs when a player accumulates three or four fouls and is in danger of fouling out.

(2) Team foul trouble occurs when a team accumulates seven or more team fouls in a half and is "in the bonus."

Free throw: An uncontested shot taken from the free throw line as a result of a foul. Also called a "foul shot." A successful (made) free throw is worth 1 point.

Free throw line: The line a player stands behind to shoot a free throw. Also called the "foul line."

Free throw line extended: An imaginary line extending from one end of the free throw line to the sidelines.

Freeze dribble: A dribble which momentarily pauses the defender.

Front: To guard a player by standing directly in front of him/ her and therefore between him/ her and the ball.

Front cut (Face Cut): Cutting in front of the defenders face towards the ball or basket.

Frontcourt: A team's offensive half of the court. The opposite of the backcourt. Also used to describe parts of a team: front court= all forwards and centres (backcourt = all guards).

Fronting the Post - guarding through denial the post player in close, from receiving the ball in the post area. Types of Fronting are 'Side Front' (basket side or high side) 'Full Front' and 'Toes In/Toes out'.

Full-court press: A man-to-man or zone defence in which the players guard the other team in the frontcourt.

Give-and-go: An offensive play in which the player with the ball passes (gives) to a team mate and cuts (goes) to the basket to receive a return pass.

Goal tending: A violation in which a defender touches a shot as it nears the basket in a downward flight.

Guard: (1) A position on the perimeter. The point guard or "1" brings the ball up the court and begins the offence. The shooting guard or "2" is usually the teams best outside shooter.
(2) To defend an offensive player closely.

Guide hand: The shooter's non-shooting hand. See also shooting hand.

Half-court line: The line at the centre of the court parallel to the sidelines that divides the court in half. Also called the "midcourt line."

Hand-check: To make hand contact with a dribbler while guarding them.

Hand in the lane: an off ball defensive denial position where the defenders hand is in the likely passing lane to the player.

Handler: Player dribbling the ball.

Hand off: A pass to a player cutting towards the ball where the cutter takes the ball out of the passers hands.

Hand pressure (on defence): the ability to generate pressure with the use of the hands (delaying the offence or working towards a steal) on the offence.

Hands up: keeping players hands up in the air to be ready to rebound, defend or catch.

Hard Show – a method of defending on ball screens

Head in the lane: when denying a pass to a player the defender stands in the passing lane with their head directly in the passing lane.

Head on the net: Bigs run to the basket/rim on break. Also know as rim run.

Hedge: (1) In a pick-and-roll, when the screener's defender steps into the path of the dribbler so the dribbler has to hesitate, giving their defender time to get around the screen.
(2) Can also be a movement off the ball on defense where a defender will pretend to move towards the ball carrier then quickly retreat.

Help and recover: A defensive move in which a defender leaves her assigned player to guard a team mate's assigned player and then goes back to guard their own player.

Help side: The half of the court (if the court is divided lengthwise) that the ball is not on. Also called the "weak side." The opposite of the ball side.

Help side defence: the side of the team defence on the opposite side to where the ball is. Players in this position are help defenders to the person marking the ball

Help-side stance: The stance used to guard a help-side offensive player. See also pistol stance.

Hesitation dribble: A dribble manoeuvre in which the dribbler hesitates, pretending to pick up their dribble, but suddenly continues to the basket. Also called a "stop-and-go dribble."

High hands: Position of hands on close outs.

High post: The area around the free throw line.

Hook shot: A one-handed shot taken with a sweeping, windmill motion.

Inbound: To pass the ball to a team mate on the court from out-of-bounds.

Inbounder: The player who inbounds the ball.

Inside-out dribble: An advanced dribbling move, an onside or fake crossover dribble.

Isolation play: An offensive play designed to have a specific player attack the basket 1-on-1.

Jab-and-cross: A play in which the offensive player makes a jab step in one direction and then follows it by driving by the defender in that direction.

Jab step: A short (6 to 8 inches) out-and-back step by an offensive player to see how the defender reacts.

Jam the cutter: When a defender steps in the way of a cutter to prevent them from cutting to the ball.

Jump ball: A procedure used to begin a game. The referee tosses up the ball in the centre circle between two opposing players, who jump up and try to tip it to a team mate. Also called the "opening tip."

Jump hook: A variation of the traditional hook shot in which the shooter takes the shot with both feet in the air.

Jump shot: A shot in which the shooter faces the basket and releases the ball after jumping into the air.

Jump stop: The action of coming to a complete stop, legs apart and knees bent, when dribbling or running; can be a one-foot or two-foot jump stop.

Jump to the ball: When a defender, after her man passes the ball, changing to a denial position so their man can't cut between her and the ball.

Junk defence: See combination defence.

Kick ahead pass: Passing the ball to a player ahead on the break out of the back court.

Kick-back pass: Passing the ball back to perimeter after penetration off the ball screen.

Lane: The rectangular painted area between the baseline, the lane lines, and the free throw line. Also called the "in the paint."

Lane line extended: An imaginary line from the junction baseline and lane line to the same junction on the other half of the court.

Lay-up: A shot taken next to the basket in which the shooter extends their arm, lifts their same-side knee, and aims the ball at the upper corner of the painted square on the backboard.

Lead Pass: A pass thrown ahead of the intended receiver so that they can catch the ball on the move and maintain their speed.

Leading for the Ball: The movement of a receiver, when getting away from a defender to receive the ball, in an appropriate attacking position on the court.

Line of sight (shooting): The line for the shooters vision from the players shooting stance to the ring

Load position – the spot above their eye line where a player moves the ball prior to releasing it for a shot.

Lob pass: A pass that is passed in an arc in the air over a defender

Long close outs: Closing out to an offence player from a relatively longer way away. (The player normally has time to set for the perimeter shot)

Loose-ball foul: A foul committed when neither team has possession of the ball.

Low post: The area on one side of the basket around the block.

Man ahead: A principle of advancing the ball to a team mate in an advanced position on court.

Man offence: See man-to-man offence.

Man-to-man defence: A team defence in which each defender guards a specific player or man. **Man-to-man offence:** A team offence used against man-to-man defence.

Midcourt line: See half-court line.

Middle on ball (screen): a screen on the ball set in the middle of the court above the free throw line

Mirror the ball: To follow the movement of the ball with your hands when closely guarding a player who is pivoting.

Motion Offence: A method of attacking play with no predetermined order of movement of players or the ball. The attack is based upon constant ball movement and player movement. Players look to use basic individual and team plays to take advantage of defensive errors. Some direction may be given to player movements by the Coach, for example every time a pass is made the passer looks to cut to the basket or set a screen away from the ball as determined by the action of his defender.

Moving pick: A violation that happens when a screener leans or moves while setting a screen.

Non-shooting foul: A foul committed against a player who is not in the act of shooting.

OFF-BALL screen: See Screens

Offensive rebound: A rebound at the basket a team is attacking.

Offensive transition: When the team on defence suddenly gives up possession of the ball and has to convert from defence to offence.

On-ball defence: Defence that occurs when a defender guards the player with the ball.

On-ball screen: See Screens.

One-and-one: Free throws awarded to a team once its opponent has committed seven personal fouls. If the shooter's first free throw is successful, they shoot a second free throw.

One-Guard Offence: A team offence used against zones with two-guard fronts (2-3 and 2-1-2 zones).

Open stance: The stance used to play help-side defence-feet apart, body balanced, knees bent, and arms out.

Options: Alternative attacking manoeuvres that can occur in a game situation.

Out- of Bounds: the area outside the legal playing court, i.e. on or outside the boundary lines of the court. N.B. SOB = Sideline Out of Bounds; BOB = Baseline Out of Bounds are important in offensive and defensive team play.

Outlet: (1) To pass the ball after a defensive rebound to start the fast break.

(2) The player who stays in the backcourt to receive an outlet pass.

Outlet pass: An overhead pass thrown by a defender that starts the fast break.

Over Dribble: Where a player continues to dribble without a purpose.

Overhead pass: A two-handed pass thrown from above the player's head.

Overload: Outnumbering the defence. Mainly used as a Zone Offence term.

Overtime: A 5-minute extra period played when the game is tied at the end of regulation play.

Pass fake: See ball fake.

Passing Game – a Motion Offence with the emphasis on passing the ball with little or no use of the dribble.

Passing Lane: An imaginary line from the player with the ball to a team mate. If a defender is in the way, the passing lane is closed.

Passing Technique: Power and accuracy in passing comes from the players' stance, hand positioning and the stepping/pivoting to pass culminating with a wrist rotation and snap.

Penetrate: Attacking the basket with a pass or a dribble.

Personal foul: A penalty assessed on a player who commits an illegal action.

Pick: See screen.

Pick-and-roll: A two-person play in which on offensive player sets a screen (pick) on the ball handler's defender and cuts (rolls) to the basket after the ball handler drives by the screen. Also called a "screen and roll."

Pistol stance: When a help-side defender is guarding their man, they point one hand at their man and one hand at the ball (as if they're holding a pistol).

Pivot: The action when the player with the ball spins on one foot and steps with their other foot to protect the ball from a defender.

Pivot foot: The foot that the offensive player spins on while pivoting.

Play/s: a term used to describe a series of movements of players and/or the ball on court, mainly used for attacking manoeuvres.

Play Maker: A player who is adept at setting up situations that enable team-mates to have scoring opportunities. See also Guard.

Player-control foul: A non-shooting offensive foul.

Player screen: See OFF-Ball screen.

Player-to-player defence: See man-to-man defence.

Plugger: Defensive help behind the ball in full court defensive transition and extended defence.

Point guard: (1) A position played by a team's primary ball handler, the player who brings the ball up the court and begins the offence.

(2) The player who plays that position.

Pop out cut: See cuts.

Post: (1) A player who plays in and around the lane area. A centre or forward (a "4" or a "5").

(2) An area of the court, as in the low post or the high post.

Post Dribble: A dribble by the player playing the post position.

Post Entry: A pass to team mate in the post area.

Post moves: Back-to-the-basket scoring moves made by players near the basket.

Post-up (cut): (1) An offensive move in which an offensive player (usually a forward or a centre) positions themselves close to the basket with their back toward the basket and the defender behind them so the offensive player can receive a pass.

(2) To make that move.

Post trace: Post player goes from one block and looks to seal at the opposite block.

Post Triangle: The relationship and spacing by three players to pass and receive the ball in the post position. i.e. Post and two passers

Power: A combination of speed and strength and ability to exert quickly.

Power dribble: A strong dribble (normally only one) by the post player in the keyway.

Power forward: (1) A position played by the larger of the forwards on the floor, usually a good scorer and rebounder.

(2) The player who plays that position.

Power lay-up: A two-footed lay-up.

Press(ing): A defensive attempt to force the opposing team into making some kind of error and thus lose possession of the ball. It is accomplished usually by aggressive defence, double teaming (see above) or harassing the ball handler with attempts to tie-up the ball. The press can be applied full court, half court or any other fractional part of the playing area and can be based on either man-to-man or zone principles.

Press break(er): A team offence used against a press defence. Also called "pressure offence."

Press offence: See press break.

Pressure man-to-man defence: Aggressive defence where defenders stay between their man and the ball.

Primary break: A fast break that involves only a few players from each team.

Pump fake: See shot fake.

Push pass: A one-handed air pass.

Ready position: the general position given to beginners and juniors to get ready to play basketball offence or defence. A general teaching position and stance technique for beginners to introduce them to the triple threat position.

Ready stance: The balanced position from which a player is ready to run, jump, slide, or pivot. Their knees are bent, feet are beyond shoulder width facing ahead, hands are up and out, back is straight, and head is up.

Rebound: (1) A missed shot that comes off the backboard or rim.
(2) To fight for and gain control of a missed shot that comes off the backboard or rim.

Rebound Triangle - a term used to describe the positioning of a group of three defenders who form a triangle around the basket after a shot has been attempted. The aim is to cover the probable positions of the ball should a rebound occur and prevent an opponent from gaining a good position from which to collect the rebound.

Recovery: Process of return to normal status after physical exercise.

Receiver spots: Positions on the court offensive players get to after penetration.

Rejection: A blocked shot.

Replace self: Where a player cuts towards the basket and returns to where they started from. Also known as 'Pop back'.

Re-screen: a screen that is set once at one angle and then is set again on the same player from a second different angle.

Retreat step: A step in which the defender's back foot steps toward the basket, and the lead foot slides in place.

Retreat dribble: a control dribble away from the defender

Reverse: (1) A change of direction in the flow of attacking movement, for example a change from passing down the right hand side of the court to a quick movement of the ball to the left side.
(2) A change of direction in which the attacking players endeavour to free themselves from a close marking defender. The change of direction is executed after a move towards the defender and a pivot so that the attacking player turns their back on their opponent and then moves off in the new direction. Also called a Roll or Spin move.
(3) When the ball is directed back to where it came = Ball Reversal.

Reverse pivot: the movement of a player with a pivot or anchor foot when the player turns their back away from the basket or the ball.

Rim run: Bigs run to basket/rim on break.

Rip and Go: A move made at speed where on receipt of a pass the ball is moved across the body straight into a speed dribble.

Rotating – the movement of defensive players who leave their man and rotate to another player who may be more of a threat.

Run-slide-run: A defensive footwork technique.

Runner: A shot that the player shoots while on the run.

Running clock: When the clock in a game isn't stopped every time the referee blows the whistle to ensure that the game ends on time and the next game can begin when scheduled.

Run and Jump Defense – a popular form of pressure man to man defense that relies on surprising the ball carrier and off ball rotations.

Safety: The offensive player at the top of the circle. Responsible for covering back after possession changes.

Sag: A tactic in which a defender leaves their man or zone and drops into the lane to help protect the basket.

Sagging man-to-man defence: A conservative defence in which the defenders stay between their man and the basket by moving away from their player and more to cover the basket.

Screen: A manoeuvre in which an offensive player runs over and stands in a stationary position next to a team mate's defender to free up the team mate to dribble or to receive a pass. Also called a pick.

Set position – The stance a player begins their shooting movement from.

Shooting the gap – The movement of a defensive players who anticipates a ball movement from off the ball and rotates to the gap where they think the ball is to be passed.

Types of Screens

Ball Screen: Screen on a defender, who is defending the ball carrier, also known as On ball screen.

Back Screen: Screen in the back of the defender.

Cross Screen: Screen from one low post to the opposite low post.

Dive Cut or Slip screen: The action of the screener in moving directly to the basket before they set a screen. As in fake on ball screen and cut to the basket.

Double Screen: Screen set by two players next to each other.

Down Screen: Screen from the wing to the low post.

Flare Screen: Screen for a player moving away from the ball

Off-Ball Screen: A screen set on a defender guarding an offensive player who doesn't have the ball.

Staggered Screen: Two screens set simultaneously for the same cutter in staggered formation.

Screen away: To pass in one direction and set a screen for a team mate in the opposite direction.

UCLA Screen: Screen set at high post (elbow) for cutter from top of key.

Up Screen: Screen from the low post to the top of the key.

Screener: A player who sets a screen.

Seam: Space in a zone defence refers to the area of the court where the zones of responsibility of two individual defenders meet. Also called 'Gap'. Used mainly on offence against a zone in "attack or penetrate the seams".

Sealing the defender: After setting a screen, the screener reverse pivots to "seal" the defender putting the defender on their back.

Secondary break: A fast break that involves most of the players from each team.

Set play: A sequence of player and ball movement that has an end.

Shallow Cut: A cut from the wing to the top of the key or top to the ball side corner.

Shell drills: Defensive drills designed to work on all aspects of defence. Usually in a 4 on 4 format

Shooter's roll: When a shot doesn't go through the basket cleanly, but bounces around softly before dropping through.

Shooting foul: - when a defender fouls the attacker with the ball in the act of shooting.

Shooting guard: (1) A position played by a perimeter player who is usually an effective outside shooter.
(2) The person playing this position.

Shooting hand: The hand used to shoot the ball. See also guide hand.

Short closeouts: Closeout to a player from a shorter distance to minimise the offensive player's driving threat.

Shot clock: The clock used to limit the time allowed for a team to attempt a shot.

Shot clock violation: A violation that occurs when the team with the ball doesn't get a shot off during the allotted time. It results in a change of possession.

Shot fake: A movement in which the player with the ball acts as if they are about to shoot. It is designed to get the defender out of defensive stance, allowing the player with the ball to dribble past them. Also called a "pump fake."

Shuffle Offense – a popular continuity offense used by many Australian teams over the years.

Sideline: The line at each side of the court that marks the boundary of the playing surface.

Sideline play: A play used by the offensive team to put the ball back into play from the sideline.

Sixth man: The first substitute who comes off the bench to replace a starter.

Skip pass: An overhead pass from one side of the court to the other over the defence.

Slash arm: An action whereby a player raises one arm and hand and then quickly moves the arm over and onto the other side of a player to gain a better position to defend or receive the ball.

Slide: The defensive movement where a player from a defensive stance moves laterally to a new position to defend the dribbler

Slide run slide: The sequence on defence which requires a defender to slide on defence then run to recover position before getting into a stance and then slide again.

Slip the screen: the movement by the offensive team player who goes to screen but then decides to slip of the screen and go in another direction.

Speed dribble: A dribble manoeuvre in which the player pushes the ball ahead of her and bounces it at chest height.

Special plays: a play for a specific situation and/or a specific player.

Spin dribble: A dribble manoeuvre in which the player does a reverse pivot while bringing the ball around them so it ends up in their other hand.

Split line: the imaginary line that divides the court vertically from baseline to baseline.

Splitting the Post - occurs when two attacking players cross in front of a post player, cutting on opposite sides of the post player to basket, in an attempt to lose their defenders on the post player.

Splitting the screen: When the screener, seeing their defender hedging, gets out of their screening stance and cuts to the basket for a pass.

Splitting the trap: When a trapped player steps in between the defenders to pass the ball.

Square up: To pivot so the shoulders and feet face the basket. Also called "face up."

Squeeze – a method of defending on ball screens

Stack - a situation where two or more attacking players stand close together very near to the restricted area (see above) usually in a low (see above) position.

Staggered feet: the stance of a player where one foot is in front of the other foot.

Staggered screen: When two players not next to each other set simultaneous screens for the same cutter.

Stance: The balanced position from which a player is ready to run, jump, slide, or pivot. Their knees are bent, hands are up and out, back is straight, and head is up.

Stance Slide run: same as slide/run/slide

Steal: To intercept a pass and gain possession of the ball.

Stop-and-go dribble: See hesitation dribble.

Stop and pop: An offensive move in which a player comes to a stop, picks up the dribble, and shoots the ball.

Strength: The ability to exert force.

Stride stops: Stopping in a 1 – 2 or left foot then right foot (right foot then left foot)

Strong side: See ball side. The opposite of "weak side."

Substitute: A player who comes in the game to replace another player. Also called a "sub."

Swing step: A defensive step in which the defender does a reverse pivot with one foot and stays in their on-ball stance.

Swing Wings: The exchange of a team's wing players from one side to other.

Switch: A movement in which two defenders change the offensive player each is playing.

Swim stroke (arm movement): Action of a player's arm movement to remove their defender's hand in the lane to 'seal' their defender. Raising the hand elbow and then replacing it beyond the other side of a defender.

Tear Drop: see Floater.

Technical foul: A violation, such as a player or coach using profanity, which results in the other team getting free throws and possession of the ball. Also called a "T," as in "T him up."

Timing a lead: the combination of movement by a receiver to move to receive the pass at the right time (against a defender).

Tip-off: The opening jump ball at the centre circle that begins a game.

Trace the ball: as in hand pressure the use of the hands to follow the movement of the basketball when held by the offensive player

Trailer: An offensive player, usually a centre or a power forward, who trails the first wave of players on the fast break.

Transition: A movement that occurs when a team changes from offence to defence (defensive transition) or from defence to offence (offensive transition).

Transition defence: the phase for team defence when the ball is moving from one end of the court to the other as a result of a shot or turnover.

Transition offence: the phase for the offence when the team is required to convert from defending to attacking as a result of a missed shot or turnover.

Trap: A defensive move in which two defenders guard the player with the ball by forming a V with their bodies.

Travelling: A violation that occurs when the player with the ball takes too many steps without dribbling. This is a common occurrence with young players.

Triangle Offense: A popular continuity offense used by Australian teams and more famously by the successful Chicago Bulls.

Triangle-and-two: A combination defence in which three defenders play zone in a triangle formation and two defenders guard specific players man-to-man.

Triple threat position: The bent knees stance that allows the player three options: shoot, dribble, or pass.

Turnaround jump shot: A shot by a player in the low post in which they catch the ball with their back to the basket, makes a forward pivot so they face the basket, and shoots a jump shot.

Turnouts: the lead by an offensive player when they run away from the basket in leading for the ball.

Turnover: A loss of possession of the ball caused by a steal, an offensive foul, a held ball, or a poor pass.

Two-Guard Offence: A team offence mostly used against zones with one-guard fronts (1-2-2 and 1-3-1).

UCLA cut: A cutting manoeuvre running defender into high post offensive player.

Unsportsmanlike Foul: A foul that occurs when a player makes illegal contact with an opposing player without intending to get the ball.

Up-and-under move: An advanced post move that starts out like a turnaround jump shot, but instead of shooting, the post player "pump fakes," causing the defender to rise out of their defensive stance. The post player steps by the defender and finishes with a lay-up.

Up screen: Screen from the below the foul line extended towards the top of the key.

V-cut: See cuts.

Weak side: See help side.

Weak side back cut: A back cut (see cuts) performed on the side away from the ball (strong side).

Wing: (1) The area on the court where the 3-point arc meets the free throw line extended.

Wrist snap: the final action of the hand when shooting the ball.

Zone defence: A team defence in which players are assigned to guard specific areas of the court, rather than players.