



BASKETBALL BASICS

Introductory Guide to Basketball



What It Takes to be an Athlete

Being a true athlete is by no means an easy job. Training is exacting and the responsibility is heavy.

Are you coachable?

Do you have a burning desire to learn? Can you take constructive criticism or are you a "Know it all"? Will you always do your level best to improve? Do you want to improve?

Are you competitive?

Are you possessed with the spirit of competition which fires an intense desire to achieve? Do you want to win, never taking "no" for an answer when there is a job to be done, a rebound to be grabbed, a shot to be stopped, or a basket to be made? Does it bother you to give less than your best effort?

Are you willing to practice?

Not just reporting and putting in the necessary time, but working every day with the same speed and determination you use during a game? Great athletes give their best effort at all times. Too often the lessons that could be learned from the performance of a truly great athlete are overlooked. Too much attention to final records ignores the means by which these records were achieved. Too little is written or told of the years of practice, of the tremendous will to succeed, or of the diligent concentration of fundamentals that lead to excellence.

Are you willing to make sacrifices?

Are you willing to train or are you wasting your time in athletics? Superior conditioning does not just happen nor is acquired quickly. It is a result of a well planned and executed program of exercise, rest and diet. Training is exacting and the responsibility is heavy. The best way to remain in great shape is never to get out of it. "A second rate person can never make a first-class ball player." It is going to be up to you to see that your maximum physical condition is achieved and maintained. Anything less is a violation of trust.

Can you play through adversity?

Do you have the ability to bounce back? Never let bad plays or calls ruin your game? No matter how many times you get knock down, the only time that matters is the time you do not get back up. Learning to play through adversity and not worrying about things you cannot control, is one of the most important benefits that you can learn from this great game.

Do you have self control?

As an athlete you must realize that you are in the public spotlight at all times. Your conduct, what you say and do, makes news. This imposes a great need for self control. It is a cinch to find someone to lead you down the wrong path in life. It takes determination to resist the temptations that exist. Just as one works for years to become a top athlete, one should work to develop an image of a person, a pattern of conduct, and standards by which one is known and respected. Do not risk destroying a whole career because of an off the court mistake.

Do you prepare to meet the best?

Do you take your own initiative and responsibility when it comes to improving your basketball skills? To be successful, you do not need to depend on coaches, parents or personal trainers. In fact, individual improvement is an entirely individual effort. You must be self-motivated and rely entirely upon your self. Basketball is like a savings account at a bank. What you put into it, is exactly what you will get out of it. You must prepare for the best and work individually on the things you need to improve, not just your strengths. Individual improvement is not all fun and games. Much of off season skill development is repetitive, monotonous and tedious, and bad habits can be practiced as well as good.

*"Basketball records are a matter of great personal pride,
however, you record as a person is the most important record of all"*

Basketball was conceived in 1891 by Dr. James Naismith, a physical education instructor at the YMCA College in Springfield, Massachusetts, as a way to condition outdoor athletes during the winter months. His original 13 rules have undergone a century of transformation that has resulted into today's high pace game.

Basketball Basics is intended to inspire and motivate you to improve your understanding, knowledge, and enjoyment of the game. Beginners and experts, alike, will find information that is both informative and interesting as it guides you through some of the basics of basketball including court lines and areas, player positions, basic types of offenses and defenses along with fouls and violations rules.

Table of Contents

Court Lines Markings 3

Terminology is a big part of the game. To eliminate confusion, coaches, players and spectators alike must all communicate using the same basic basketball terminology. Explore the court lines found on a typical basketball court..

Court Areas 5

Areas on the court also have names. It is very important to use the proper terminology when describing these areas.

Rule Knowledge: Fouls & Violations..... 8

Fouling plays a critical part in the outcome of a basketball game, especially when it comes playoff time. Fouls were added to the basketball rule book to penalize. However, intelligent players and teams can use fouls to their advantage. Learn the types of fouls and their penalties. Explore the various free throw situations and understand the various types of violations and their penalties.

Player Positions & Roles..... 10

In the original basketball rules there was no limit to the number of players on the court. In fact, there were games consisting of 50 players on a side. However, in today's modern game five players are allowed on the court at one time. These five players typically consist of two guards, two forwards and a post or center. Each of these positions requires specific responsibilities and skills. Learn more about the roles and responsibilities of each position.

Types of Offenses..... 12

Various types of offenses are designed to use teamwork to free up or isolate players for good shots against the multitudes of defenses. Explore the various types of offenses and their functions. Learn and recognize the twelve basic offensive alignments. Examine twenty things to consider about offense.

Types of Defenses 13

Points prevented are just as important as points scored. Every contested shot, every bad pass, and every turnover forced along with every disrupted offensive pattern is vital to the outcome of the game. Explore the basic types of defenses and their functions. Learn about the three different types of person-to-person defense. Understand the various types of zone defenses and their usage. Discover combination defenses and their usage.

Interpreting Play Diagrams..... 17

Basketball play diagrams are the universal language of basketball coaches used throughout the world. To some, play diagrams may look like hieroglyphics or may be difficult to comprehend. However, by using a few basic symbols and color, HoopTactics makes it easy for even a novice to understand even the most complex play action.

Court Dimensions & Timing Comparisons..... 20

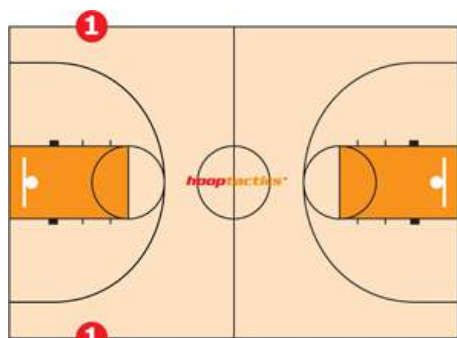
See how the court sizes and timing rules differ depending on the level of play and within the various basketball association.

Despite the size, superior conditioning, and talent of today's basketball players, who succeeds and who fails is determined by fundamental skills and desire.

Court Lines & Markings

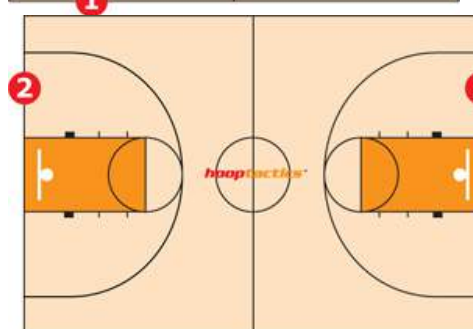


Semantics and terminology play a big part of the game. To eliminate confusion, coaches, players and spectators alike must all communicate using the same basic basketball terminology. Here are the court lines & markings found on a typical basketball court:



Sidelines

The sidelines are the two boundaries lines running the length of the court. Their location is determined by the width of the court, which is normally 50 feet wide. Along with Baseline and End line they establish the size of the playing area.



Baseline/Endline

The Baseline/Endline runs from sideline to sideline behind the backboard at the ends of the court. They are located four feet behind the basket, and normally have a width of 50 feet. Baseline and Endline are interchangeable terms depending upon which team has ball position. Baseline is used for the offensive end of the court. Endline is used for the back court or defensive end of the court.



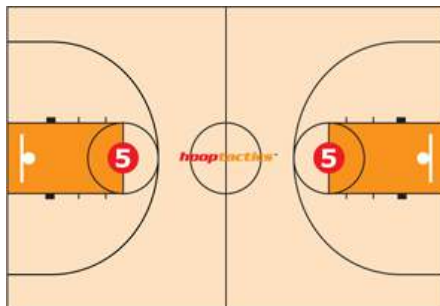
Mid Court Line

The mid court line divides the court in half. Offensively, once the ball crosses the Mid Court Line, it becomes a boundary line reducing the offensive playing area to just half of the court. Also, on most levels, the offensive team only has 8 to 10 seconds to advance the ball across the mid court line.



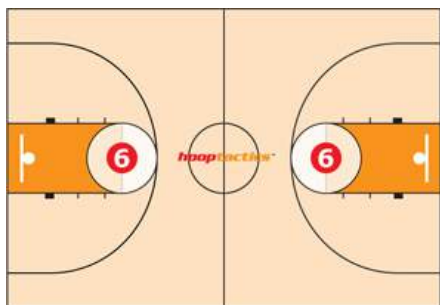
Three Point Line

Field Goals made from outside this Three Point Line or arc count as three points. The distance of the three point line from the basket varies according to the different levels of play.



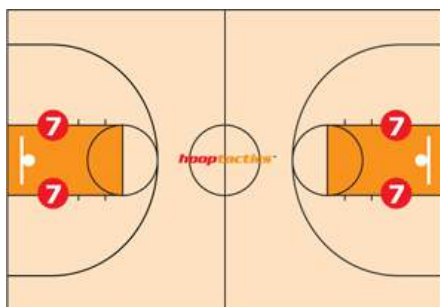
Free Throw Line

This line is used as a boundary line when shooting free throws. It is fifteen feet away from the backboard. On a free throw attempt, the shooter cannot step on or across this line until the ball strikes the rim. The free throw line is also used in defining the three second area.



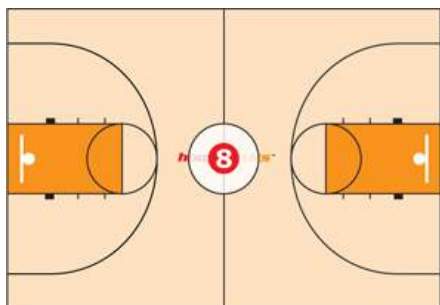
Free Throw Circle

The free throw circles have a diameter of 12 feet. They come into play on free throws and jump balls. During a free throw attempt, the shooter must remain inside the free throw circle. On jump balls, non-jumpers must remain outside the circle until the ball is tapped by one of the jumpers.



Lane Line

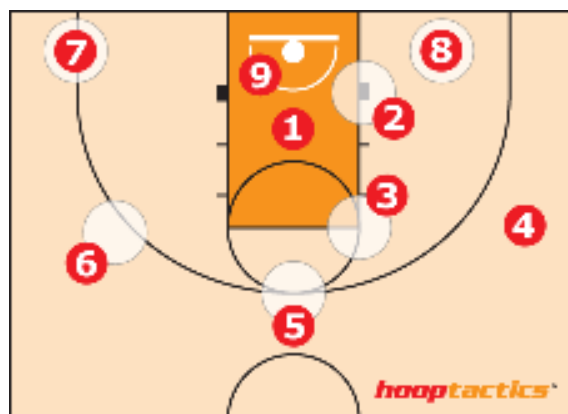
Lane lines are boundaries running from the free throw line to the baseline. The width and shape of the lane lines vary on different levels of the game. The lane lines also contain lane spaces markings used to align and separate the non-shooters. The first lane space, on both sides of the basket, are occupied by the opposing team from the free throw shooter. Non-shooters cannot step into the three second area until the ball leaves the free throw shooter's hand.



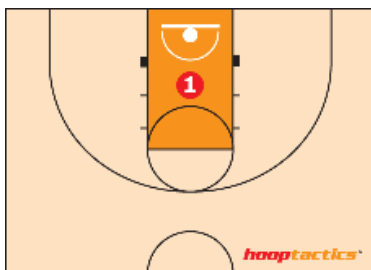
Center Circle

The Center Circle is a 12 foot diameter circle located in the center of the court. It is used to start the game and other jump ball situations. On jump balls, non-jumpers must remain outside the circle until the ball is tapped by one of the jumpers.

Court Areas

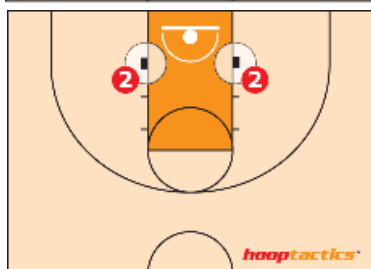


Each area of the court has its own name. It is very important to use the proper terminology when describing these areas. The court areas of a typical basketball court include: Three Second Area, Block, Elbow, Free Throw Line Extended, Top of Circle, Wing, Corner, Short Corner, Restricted Area, Back Court and Front Court.



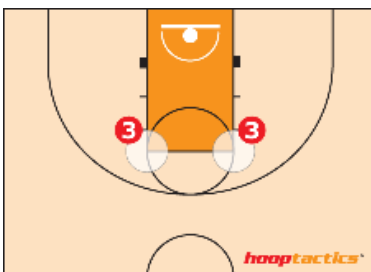
Three Second Area

This is the area below the free throw line and between the lane lines. It is sometimes called the "Paint" since, in most gyms, it is painted. If any offensive player remains in this area for more than three seconds it is a violation and the other team gets the ball. Note: Some professional leagues, like the NBA, also limit the defensive players to three seconds in this area as well.



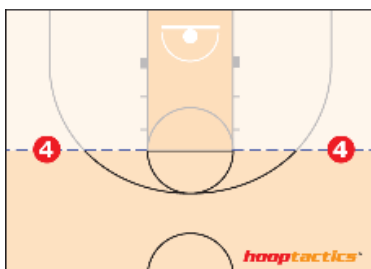
Block

The block is a buffer area painted on the lane lines separating offensive and defensive players during a free throw attempt. Additionally, it is a very strategic area during the game. Any player - offensive or defensive - establishing a position on the block gains a definite advantage.



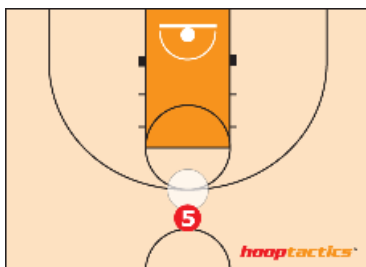
Elbow

The elbow is the area of the court where the free throw line meets the lane line. Like the "Block", the Elbows become important on dribble penetration. Any player - offense or defense - who gets to the elbow first will gain an advantage.



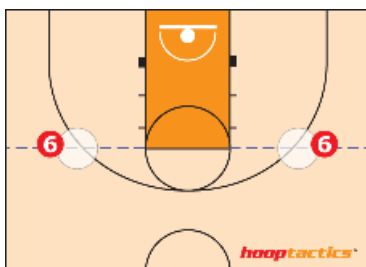
Free Throw Line Extended

This imaginary line represents the extension of the free throw line across the width of the court. Most coaches use it to establish defensive rules. When the ball is above the free throw line extended a certain rule applies. When the ball is below it another rule applies. It is also used as a reference for offensive player alignment.



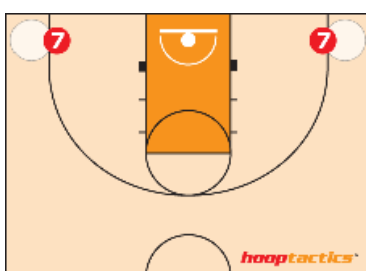
Top Of Circle (Key)

The top of circle is the area straight out from the basket just outside the free throw circle. It is use primarily as a reference for aligning offensive and defensive players. It is also a favorite spot from which many players like to shoot.



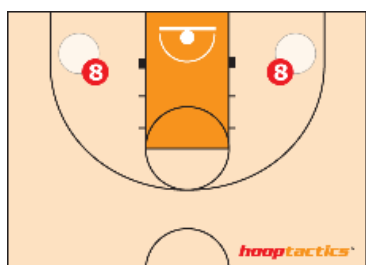
Wing

The wing area is located on the side of the court near the free throw line extended. Wing areas are designated "Ballside" or "Weakside" according to the location of the player with the ball. The wing on the same side as the ball handler is the "Ballside or Strongside" wing. The wing on the side away from the ball handler is the "Weakside" wing.



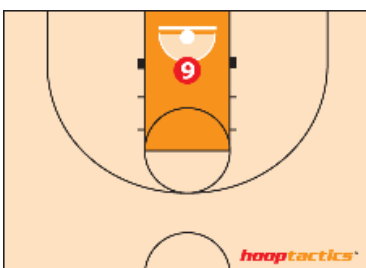
Corner

The "Corner" is primarily used to designate the area where the sideline and baseline meet. This is another favorite area from which players like to shoot. It is usually an open area when zone defense is played. However, it is also an area where the defense can readily trap an offensive player with the ball.



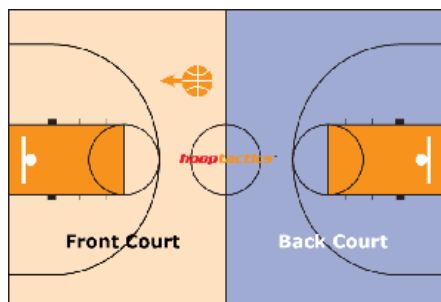
Short Corner

The short corner is an area along the baseline half way between the sideline and the lane line. It is a strategic offensive area especially used against zone defenses.



4' Restricted Area (Pro & College)

In professional and college basketball there is a semi-circular 4' restraining area in front of the basket. No offensive charges can be taken by defenders when they are positioned on or inside this area.



Front Court: The term Front Court is used to denote the offensive end of the court from the midcourt line to the baseline.

Back Court: Back Court is used to denote the area behind the mid court line. It includes the half of the court from the midcourt line back to the Endline. Once the ball is advanced across the midcourt line into the front court, it cannot go back into the Back Court.

Knowledge of the Rules

As a player, you must learn and abide by the game rules along with team rules. There is no joy or satisfaction in a tainted victory. Players must play hard and fair at all times. Fairness is what athletics and basketball are all about. Basketball records are a matter of personal pride. However, your record as a person is the most important record of all.

What to Discover or Recall:

Learn the types of fouls and their penalties.

Explore the various free throw situations.

Understand the various types of violations and their penalties.

Knowing the rules of the game will win or save at least one game during the season.

Types of Fouls



Fouling plays a critical part in the outcome of the game, especially when it comes playoff time. Fouls were added to the basketball rule book to penalize; however, intelligent players and teams can use fouls to their advantage. Various types of fouls include:

Personal Fouls – fouls that involve physical contact such as holding, blocking, pushing, etc.

Offensive Fouls – fouls that are committed by offensive players. Penalty loss of ball possession.

Technical Fouls – fouls for misbehavior or unsportsmanlike conduct such as arguing. Technical fouls can also be a result of a scoreboard or pre-game infractions such as dunking.

Intentional Fouls – pre-meditated fouls, such as deliberate grabbing on an opponent to stop an uncontested lay-up or at the end of a game to stop the clock. On intentional fouls the offended team retains ball position in addition to the two free throws being awarded.

Flagrant Fouls – fouls that involve unnecessary or excessive contact which could result in injuries. Flagrant fouls results in ejection from the game and a possible suspension of future games.

Note: There is no room in the game of basketball for hard fouls (even in the NBA) especially on lay ups when shooters are most vulnerable to injury. Basketball carries more than enough injury risk without a player intentionally or unintentionally injuring another player when fouling.

Free Throw Situations

Free throws are awarded for the various fouls and account for approximately 1/4 of the points scored in a game. The different free throw situations include:

Two (or Three) Free Throws are awarded when a player is fouled in the act of shooting and the shot is unsuccessful

And-One – when fouled in the act of shooting and the shot is successful, the basket counts and one free throw is awarded.

Bonus (One and One) – free throws are awarded on non-shooting fouls once the maximum number of team fouls for a period is exceeded. With the bonus situation, if the first free throw is made a second free throw is awarded. If the first free throw is missed, ball is in play.

Double Bonus – once a team reaches 10 team fouls in a half, two free throws are awarded.

Technical Fouls – two free throws are awarded on technical fouls. The opposing team has option of naming the player to shoot the free throw attempts.

Double fouls - when players on opposite teams commit personal fouls simultaneously. The personal fouls are recorded but no free throws are awarded.

False Double Foul – when multiple fouls occur in tandem, the fouls are administered in the order in which they occur.

Types of Violations



Violations are lesser rule infractions that result in loss of ball possession, canceling a made shot, or awarding a made shot or substitute free throw.

Ball Handling Violations. Penalty – loss of ball possession (turnover)

Out of Bounds – stepping on or outside a boundary line while in possession of the ball or the last person to touch the ball when it goes directly out of bounds.

Traveling/Steps – moving or changing pivot feet or taking more than 1 1/2 steps prior to shooting a shot.

Palming or Carrying the Ball – ball must be dribbled with hand on top of the ball.

Double Dribble – Stopping and then restarting the dribble or dribbling with two hands.

Batting the ball with close fist or kicking the ball.

Over and Back – Crossing the midcourt line and then crossing back into the backcourt.

Inbounds passer moves from designed spot. *Note: after a made basket, the inbounds passer can move anywhere along the baseline.*

Timing Violations – result in loss of ball possession (turnover)

Three Seconds in the lane

Closely guarded for 5 seconds when in possession of the ball.

Not making an inbounds pass within 5 seconds

Failure to advance the ball past the midcourt line in 8/10 seconds. *Note: This backcourt rule does not apply in women's college basketball.*

Not shooting a free throw within 10 seconds.

Shooting Violations– result in loss of ball possession (turnover)

Shot Clock – ball is not out of shooter’s hand when shot clock expires

Causing the ball to enter the basket from below the basket.

Free Throw – shooter steps into the lane before ball hits rim.

Free Throw – shooter misses hitting the rim on shot.

Free Throw – shooter purposely fakes a free throw attempt.

Goal Tending – when a defender touches the ball on the downward flight. The basket or free throw counts.

Basket Interference – when an offensive player touches ball on downward flight or on the rim, the basket is disallowed and the ball is awarded to the opponent out of bounds.

Note: Under International rules ball can be touch by either team once it hits the rim.

Free Throw Lane Violations

Free throw violations occur when a non-shooter steps into lane or leaves the lane before ball leaves the shooter’s hand.

If an opponent violates and the free throw was unsuccessful, the shooter is awarded a substitute free throw. If the free throw was successful, play continues.

If a teammate violates and the free throw was made, the made free throw is disallowed. If the free throw was unsuccessful, the ball is awarded to the opponent out of bounds.

Jump Ball Violations (turnover)

Jump balls are used to start the game and to start an overtime period. A jump ball takes place with a single player from each team and an official in the center circle. The official tosses the ball between the two players and each player then attempts to tip the ball to one of their teammates that is aligned around the center circle.

Neither jumper may:

- touch the ball before it reaches its highest point.
- touch the ball more than twice.
- pick the ball up prior to a non-jumper touching the ball.
- hit the ball with their fist.

Non-jumpers may NOT:

- enter or touch the center circle until the ball is touched by one of the jumpers.

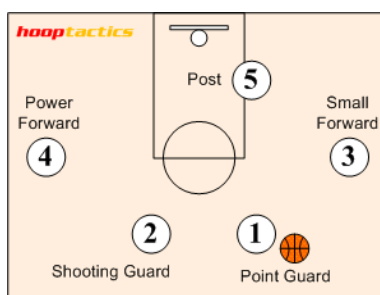
Note: The non-jumpers can align themselves anywhere on the court outside the center circle.

Alternating Possessions Rule:

Although still called jump balls, in 1981 for jump ball situations that occur during the game were replaced by alternating team possession. After the jump ball takes place at the beginning of the game (or the start of an overtime period), the first alternating possession is given to the team which did not gain possession of the jump ball. The alternating possession then alternates back and forth between teams. This was done in order to eliminate the multiple violations and rough play that was occurring on jump balls along with the officials’ inconsistency of tossing the ball up, jump balls.

Note: During a game, jump balls occur in situations such as when the ball goes out of bounds and team possession cannot be determined or when two players simultaneously have possession of the basketball or when the ball becomes lodged between the backboard and the rim on a shot.

Player Positions



In the original basketball rules there was no limit to the number of players on the court. In fact, there were games consisting of 50 players on a side. However, in today's modern game five players are allowed on the court at one time. These five players, typically, consist of two guards, two forwards and a post or center. Each of these positions requires specific responsibilities and skills.

Point Guard

A team's playmaker and leader (coach on the floor). Usually the shortest player on the team. Must possess good passing and dribbling skills. Must make good decisions taking advantage of each teammate's strengths and capabilities. Must have good court vision taking pride in passing and creating open shots for receivers. Rarely turns the ball over. Most shots will come off dribble penetration. Also, must be able to recognize opponents' defensive deployment and defensive mismatches along with being alert to the score, time, team foul situation and timeout remaining. Is responsible for defensive balance on teammate's shots.

Shooting Guard

A team's best outside shooter. Hard to guard. Must have the ability to create open shots within their range and not let ego or outside pressures take them outside their range. Knows how to use teammate's screens to get open shots. Must acknowledge teammate's feeds. Has offensive rebounding responsibilities along with secondary ballhandling responsibilities.

Small Forward

A team's best all purpose player who can play inside and outside. Must be aggressive and strong enough to mix it up inside, but agile enough to play outside. Second best outside shooter and penetrator. Most shots will come from the baseline. Has primary offensive rebounding responsibilities along with being a team's defensive stopper.

Power Forward

A team's second biggest and strongest player. Must be able to post up as well as make 15' medium range shots. Interchangeable with post. Must be able to set good screens on offense and has defensive rebounding responsibilities on defense.

Post/Center

A team's biggest, strongest player. Mainly plays in low post area near basket. Must be able to post up and be an offensive treat inside. Must be able to set solid screens for teammates. Must be able to defend the post area. Has primary defensive rebounding responsibilities. It is a definite advantage to have a dominate post player.

Sixth Person(s)

A team's first sub. The importance of the sixth person(s) role in basketball cannot be over emphasized. It is one thing all excellent teams have in common. Establishing and utilizing the sixth person role, in many ways, is a much more important coach's decision than determining the starters. To be successful, the sixth person(s) must possess better skills and leadership than some of the starters. In addition, the sixth person usually can play multiple positions. Without exception, when they enter the game, their role is to energize and make the team stronger.

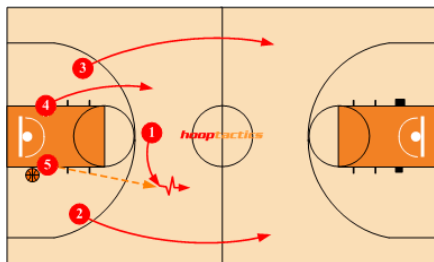
Defensive Stopper

A vital but often overlook position is a defensive "Stopper." Having an outstanding defensive player, one who not only can deny or disrupt a great offensive players from receiving the ball but, in addition, are masters of one-on-one defense is essential to any championship hopes. Successful defensive Stoppers are a result of having solid on and off ball defensive fundamentals along with a strong attitude and relentless determination. They are highly challenged and motivated when it comes to stopping and frustrating the opponent's leading scorer. They thrive on the responsibility and opportunity of denying a good shooter a last second shot opportunity. Since a Defensive Stopper's role is primarily that of a defensive specialist, any offensive output is a bonus. Their main job is to "Stop" not score.

Types of Offenses

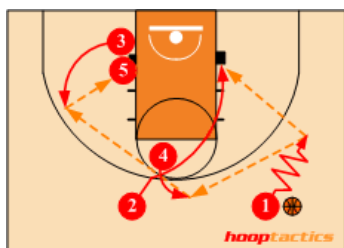
The various types of offenses are designed to use teamwork to free up or isolate players for good shots against a multitude of defenses. Offenses must be simple with the emphasis on execution and fundamentals. Offensive spacing should provide for strong offensive rebounding position as well as allowing for defensive balance. Offenses must be flexible to meet various types of defensive pressure. They must also have counter options that take advantage of any defensive overplays and traps. Offenses can be categorized into Early, Set, Motion, Zone, and Spread.

Early Offenses



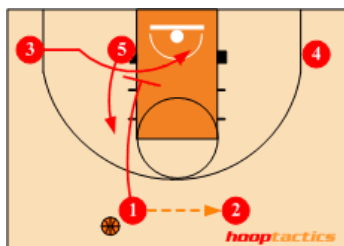
Most early offenses or offensive transition depend on quick, wide lane releases, inbound passes, and pass advances to reach the offensive operating areas before all of the defenders can retreat into the front court area. By advancing the ball into the offensive operating area within 4 to 5 seconds, the defenders are most often spread out, creating an opportunity for a high percentage of field goal attempts. Getting into offense before the defense can establish proper player match-ups also creates severe mismatches. When the early push does not create a good shot or advantage it is important to move right into an offensive flow without allowing the defense to set up.

Set Offenses



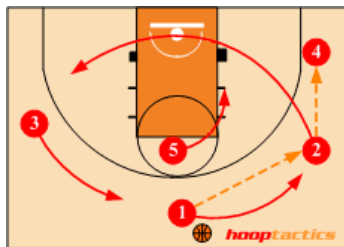
Though most teams would prefer to play the up-tempo, fast-break transition game that personifies today's basketball, the "Set Play" is the staple of the game. Set plays use teamwork and screening actions in an effort to create good shots. The type of set plays used are predicated upon the team's player personnel. On the court, set plays are initiated by a verbal or visual hand signal.

Motion Offenses



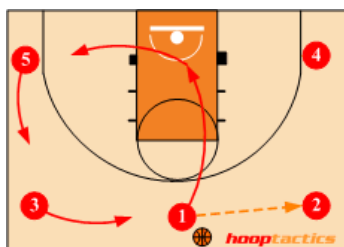
Through constant player movement, teams of average size and abilities can overcome and defeat teams of superior talent and size. However, this requires players to play together as a single unit. More importantly, it requires players to possess an unselfish attitude to create open shot opportunities for their teammates. This constant player movement must have purpose and patience in attacking the defense. Since all offensive movement is based on defensive reads rather than set action, it is difficult for opponents to scout and defend.

Zone Offenses



The need for a solid zone attack is paramount on every level of the game. Attacking zone defenses requires ball movement and total team effort compared to the player movement and individual skills required in attacking man-to-man defenses. Before undertaking any specific zone offense, coaches and players must have a working knowledge of the strengths and weaknesses of the various zone defenses. They also need to know how to exploit poor zone defenders. Good outside shooting, early offense (fast breaks) and offensive rebounding are key elements to a successful zone offense.

Spread Offenses

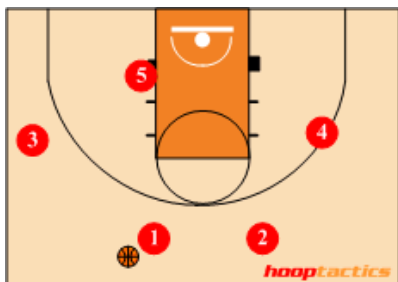


Spread offenses are normally deployed at the end of game to protect a hard earned lead, or when a team is totally mismatched. By spreading the court, it not only takes time off the clock, but also increases the area the defense must defend. However, in spreading the court, teams must make sure to continue to make basket cuts and attack the basket. Holding the ball for the sake of trying to run time off the clock will allow the defense to become more aggressive and disruptive.

Offensive Alignments

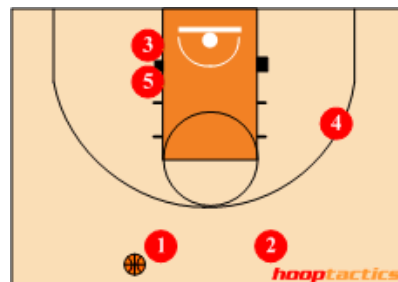
There are 12 commonly used offensive alignments. These different alignments are designed to take advantage of the strengths of a team's specific player personnel. A good offensive strategist not only knows the advantages and disadvantages of each alignment, but more importantly when to employ them. This may vary from game to game or even year to year.

Single Post, Four Out



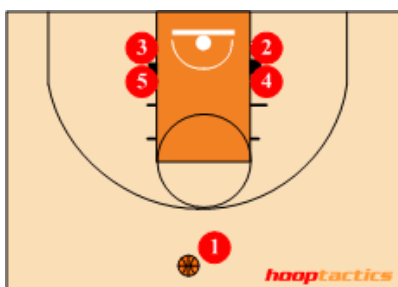
Single Post or Four Out alignment is a favorite to use when a team has an exceptionally, good post up player since it isolates the post One-on-One near the basket.

Single Stack



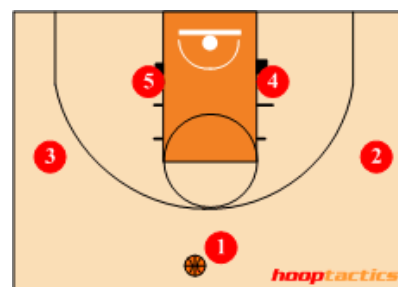
The Single Stack alignment is used against pressure defense. Once the entry pass is successfully made, it isolates the post One-on-One.

Double Stack



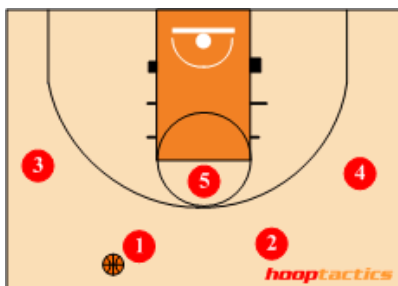
In the Double Stack alignment two posts are used to free up shooters.

Double Post, Three Out



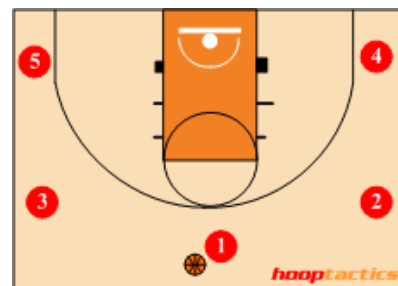
The Double Post or Three Out is used when a team has two good post players ("Twin Towers").

High Post, Two-Three High



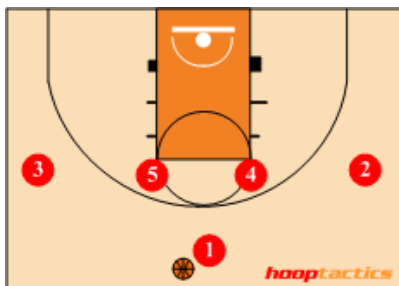
The High Post alignment is used when teams do not have a big post player or when the post player is a good outside shooter. It opens up the baseline for cuts and dribble penetrations.

Open, Spread, Donut



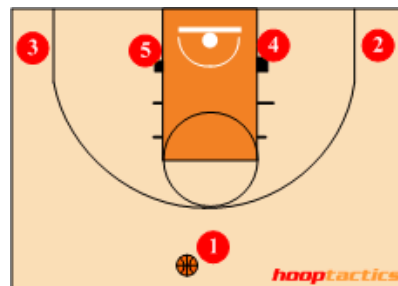
The Open or Spread is sometimes called "Donut." This no post alignment spreads the floor for cuts and dribble penetrations. Commonly used by teams without post players or at the end of the game to protect a lead.

One Four High



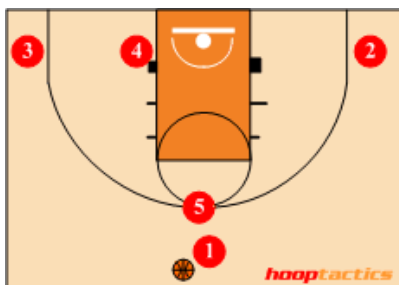
Four High is an excellent alignment to use against pressure defense since the point guard has four direct entry pass options.

One Four Low or Flat



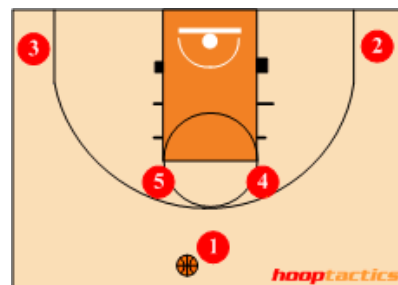
One Four Low or Flat is used to isolate a ballhandler One-on-One. It is commonly used at the end of a period or game.

Mid Screen



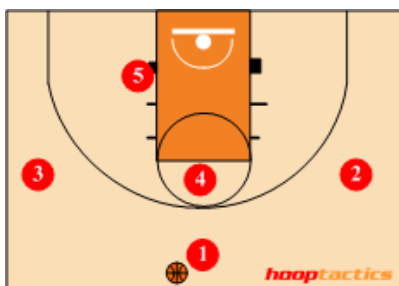
The Mid screen alignment isolates a post player ("Big") with a ballhandler ("Small") in the center of the court for screen and roll action with spot up shooters in the corners.

Horns



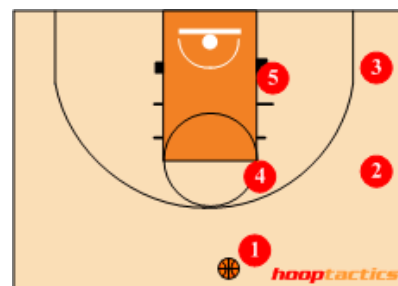
The Horns or "V" alignment is used to create screen and roll action. In this double high post alignment the point guard can initiate the screen and roll action in either direction.

One-Three-One



The One-Three-One is a popular alignment to use against zone defenses. It is also used to isolate the low post in high/low post feed action.

Overload

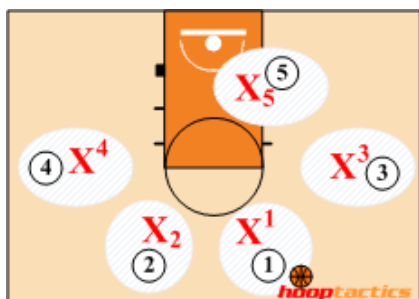


Overload places all five offensive players on one side of the court. This alignment is used primarily against zone defenses.

Types of Defenses

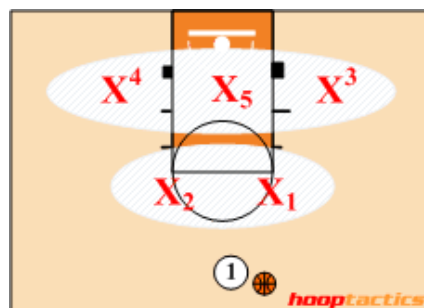
The game of basketball allows a variety of defenses to be deployed in an effort to disrupt and combat offensive plays. Here are examples of the three basic categories of team defenses. In addition, each category is comprised of an assortment of different variations.

Person-To-Person Defenses



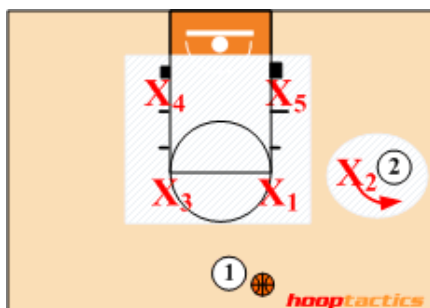
Person-to-Person defenses match up the defenders against specific offensive players. Defenders are usually assigned to be matched up with offensive players by size and ability.

Zone Defenses



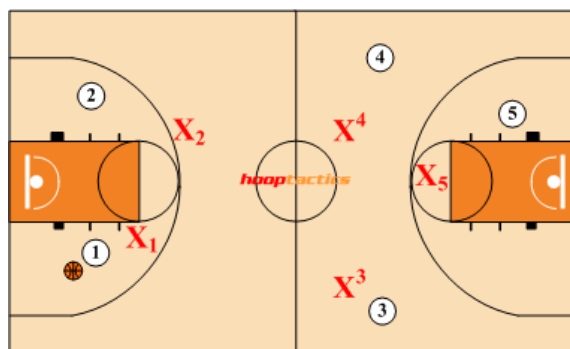
With Zone defenses, defenders are assigned to guard specific areas on the court. Zones are named or designated by their player alignments.

Combination Defenses



A third type of defense that can be deployed is the combination or "Nickel" defense. With combination defenses, some of the players are assigned to play person-to-person while the rest of the defenders play zone. Combination defenses are usually deployed in an effort to stop or neutralize great individual offensive players.

Extended Defenses

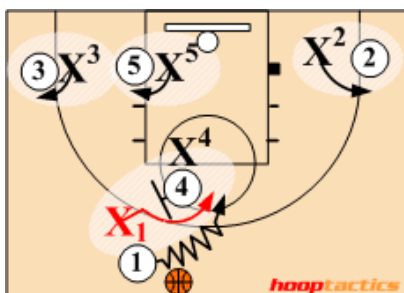


Both person-to-person and zone defenses can also be extended into full, three quarters or half court presses.

Person-to-Person Defenses

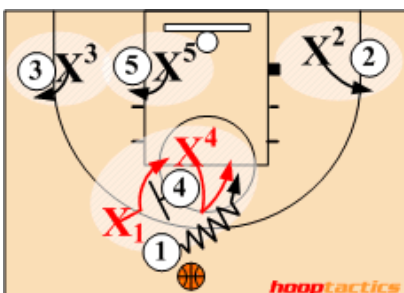
Basically, there are three types of Person-to-Person defenses: Straight, switching and sagging. The specific type used in a game primarily depends on a team's player personnel. There are three types of person-to person defenses:

Straight Person-To-Person



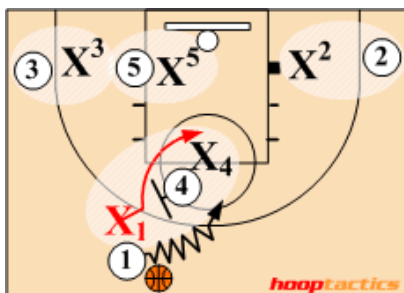
Straight person-to-person is an aggressive defense which causes severe problems to good spot up shooters and poor ball handlers. In this type of defense, defenders will fight over screens. However, it can be susceptible to dribble penetration and on ball screens.

Switching Person-To-Person



The ability to attack passing lanes make switching person-to-person defenses an ideal defense to use against motion type offenses. In this type of defense, defenders will aggressively switch on all contact screens. The disadvantage to switching is that, in some cases, it can cause severe mismatches.

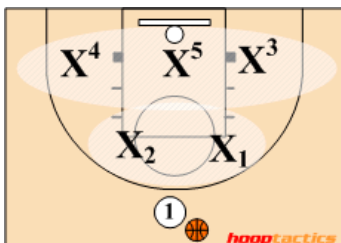
Sagging Person-To-Person



Sagging person-to-person defense can be very successful against poor outside shooting teams and against dribble penetration. In this type of defense, the defenders will go behind or switch most screens. However, it is susceptible to good outside shooting teams.

Zone Defenses

Zone defenses are named for the various player alignments. These defenses vary in strengths and weaknesses.

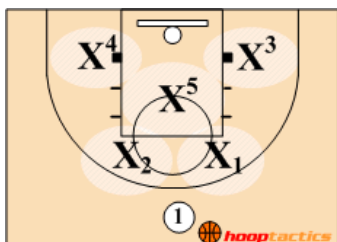


2-3 Zone

The two-three zone player alignment consists of two players positioned just above the free throw line and three players stationed along the baseline.

Strength: Baseline & Rebounding

Weakness: Wings & top of the circle

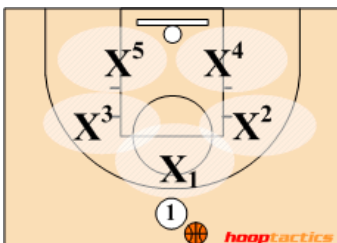


2-1-2 Zone

The Two-One-Two zone has a similar player alignment as the two-three zone, except that the middle baseline player assumes a high position just below the free throw line.

Strength: Middle & Three second area

Weakness: Wings, corners & top of the circle

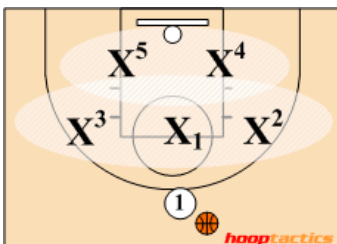


1-2-2 Zone

The One-Two-Two or "Jug" zone player alignment consists of one player at the top of the circle, two players on the wings, and two players on the baseline.

Strength: Outside

Weakness: Middle & corners

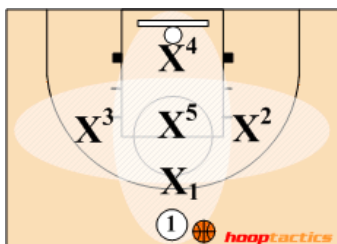


3-2 Zone

The Three-Two Zone is similar to the One-Two-Two zone except that the point defender drops back to the free throw line. This allows the wings to exert more pressure.

Strength: Across free throw line

Weakness: Top of Circle & corners

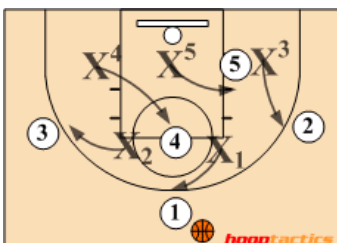


1-3-1 Zone

The One-Three-One Zone consists of a point station at the top of the circle, three players position across the free throw line and one player in front of the basket.

Strength: Across free throw line & Top of Circle

Weakness: Corners



Match-Up Zone

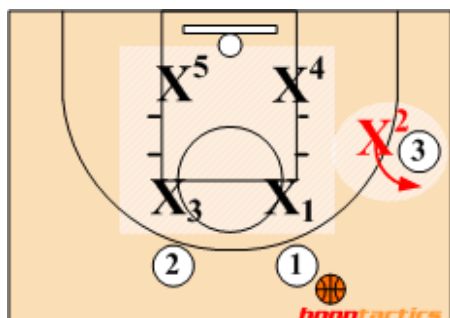
The Match-Up zone can be ran out of either a two-three or one-three-one initial alignment, but assumes whatever form it takes to match the offensive alignment.

Strength: Matching offensive alignments

Weakness: Cutters

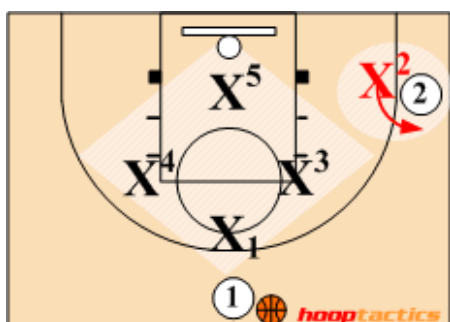
Combination Defenses

Combination defenses are usually deployed in an effort to stop or neutralize great individual offensive players. They can be very effective against any team not prepared to attack them. However, they do have vulnerabilities and, as a result, are not normally deployed as a primary team defense. Here are some examples of combination defenses.



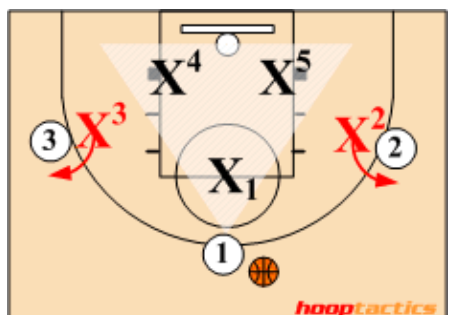
Box & One

Probably the most common combination defense is the "Box & One" defense. Here, four defenders form a box zone and the fifth defender plays a strong pass denial on a designated player.



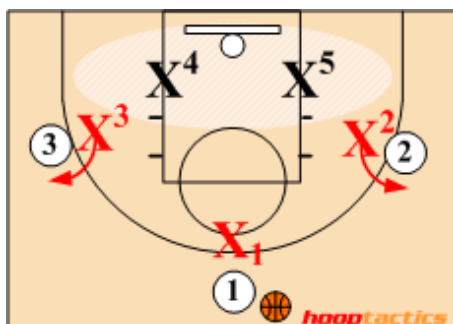
Diamond & One

The Diamond & One defense is a variation of the box and one used when opponents employ a single guard front offensive alignment.



Triangle & Two

In this combination defense, two defenders assume strong pass denial positions against designated offensive players. The other three defenders form a triangle zone.



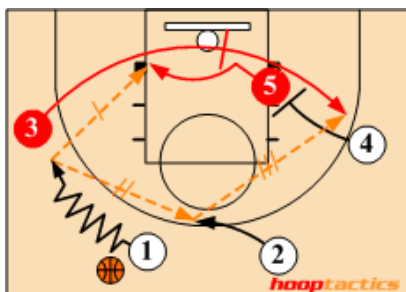
Combo

The combo defense is a combination zone inside and person-to-person outside. The three outside defenders assume strong pass denial positions. And the two inside players zone on the baseline much like a 1-2-2 zone. The combo defense is usually used against a penetrating, spread offense such as the "North Carolina Four Corners" spread offense.

How to Read Play Diagrams

Basketball's Universal Language

Basketball play diagrams are the universal language of basketball coaches throughout the world. In fact, you can find basketball graffiti (play diagrams) on clipboards, whiteboards, napkins, gym floors, pieces of scratch paper, or just about anything coaches can write on.

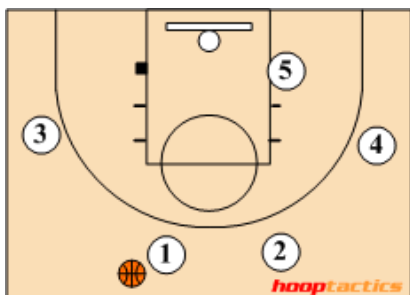


A Typical Basketball Diagram

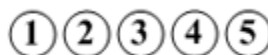
“Base Cross Offense”

To some, play diagrams may look like hieroglyphics or may be difficult to comprehend. However, by using a few basic symbols and color, HoopTactics makes it easy for even a novice to understand even the most complex play action. Once you learn the various symbols used in the diagrams you'll be able to instantly form mental images of the play action as if it were actually taking place on the court.

Key to Diagrams

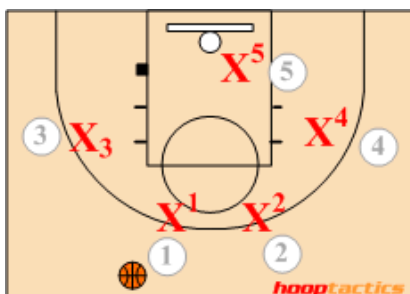


Offensive Players



Offensive players are represented by circles containing numbers corresponding to the basic five player positions.

1 = Point Guard 2 = Shooting or Off Guard
3 = Small Forward 4 = Power Forward
5 = Post or Center

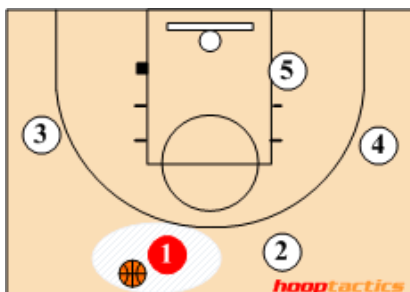


Defensive Players



Defensive players are represented by "X's" with sub or superscript numbers corresponding to the basic five player positions.

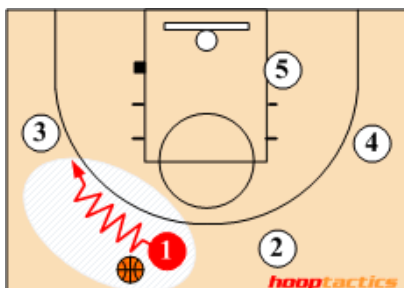
X1 = Point Guard X2 = Shooting or Off Guard
X3 = Small Forward X4 = Power Forward
X5 = Post or Center



Player with Ball



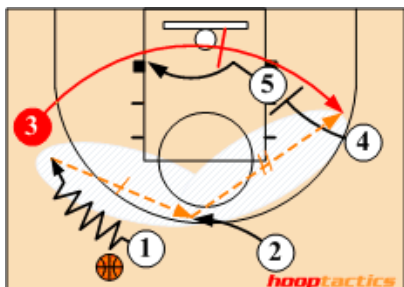
The symbol of a basketball indicates the player who starts out with ball possession.



Player Dribbling



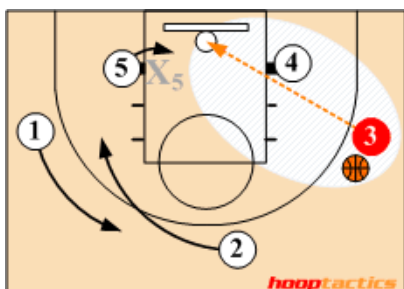
Zig Zag lines represent the path of the player that is dribbling the basketball. The arrow head indicates the direction of movement.



Player Passing



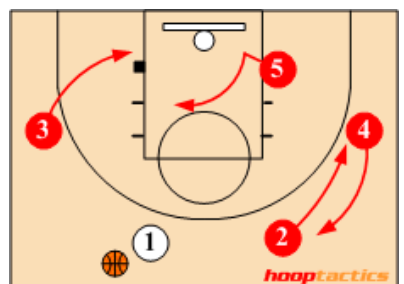
A dashed orange line is used to signify a pass. The arrow head shows its direction, while the number of hash marks indicate the sequential order when multiple passes are involved.



Player Shooting



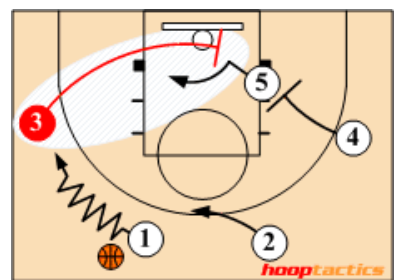
A shot or field goal attempt at the basket is indicated by an orange dotted line with an arrow head.



Player Movement



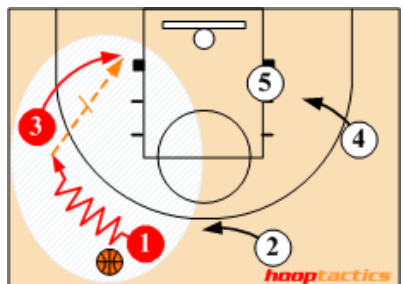
Both offensively and defensively, player movement is indicated by solid lines. The arrow head indicates the direction of movement.



Player Screen



A short perpendicular line at the end of a player's movement line represents a screen or pick.



Play Action Emphasis



The color Red is used to emphasize and point out a specific action within a play diagram.

Court Dimensions & Timing Comparisons

Here's How They Differ

Court sizes and timing rules differ depending on the level of play, and within the various basketball associations. However, they do have two things in common: size of the rim size (18") and the height of the basket (10').

Court Dimensions	Junior High	High School	College Men	College Women	FIBA International	NBA	WNBA
Court Length	74'	85'	94'	94'	28m (91'10")	94'	94'
Court Width	42'	50'	50'	50'	15m (49'2.5")	50'	50'
Lane Width	12'	12'	12'	12'	4.9m (16')	16'	16'
Free Throw Line	15'	15'	15'	15'	4.6 m (15')	15'	15'
Three Point Line	19'9"	19'9"	20'9"	20'9"	6.75m (22' 1 3/4")	23'9"	22' 1 3/4"
Restricted Arc	-	-	3'	3'	1.25m (4')	4'	4'
Rim Height	10'	10'	10'	10'	3.05m (10')	10'	10'
Rim Size	18"	18"	18"	18"	18"	18"	18"
Ball Size	29.5" Boys 28.5" Girls	29.5" Boys 28.5" Girls	29.5"	28.5"	29.5"	29.5"	28.5"
Period Time (Periods)	8 min (4)	8 min (4)	20 min (2)	10 min (4)	10min (4)	12min (4)	10min (4)
Overtime Periods	5 min	5 min	5 min	5 min	5 min	5 min	5 min
Shot Clock	Varies	30 Sec	30 Sec	30 Sec	24 Sec	24 Sec	24 Sec

Note: Originally, the game was played with peach baskets or 18" square boxes hung from the balconies of the running tracks of most indoor facilities. At this time the basket height was established at 10 feet, which still stands today. Obviously, the peach baskets and boxes slowed the game down since the ball had to be retrieved after every goal either by someone on the running track or by ladder. The peach baskets were replaced first by heavy woven wire rims in 1892. Then, a year later, in 1893 cast iron rims were used. Open ended nylon nets were approved for use in 1912. This was a major milestone for basketball since the free falling ball after a made basket dramatically increased tempo and scoring of the game.

Playing Smart

*"It is not what you **learned**, but what you **remember** that makes you wise."*

Giving Your Best Effort

"You never lose a game -- you only run out of time."

Winning is the only thing may be true on the professional level. However, on all other levels of the game of basketball giving your best effort is of the utmost importance. As long as you give your best efforts at all times, you will be the real winner regardless of the score.



Have fun and enjoy this great game!

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A Comprehensive Basketball Resource Center for those who never stop learning,
Whether you are looking for new ideas or just looking to refresh your memory, you will not
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Whether you coach on a Professional level, the youth level or anywhere in between, you will dramatically improve your basketball knowledge, teaching abilities and skills using HoopTactics. The strategies presented are the result of decades of coaching, scouting, clinics, conversations and observations on all levels of basketball throughout the world.

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Players on all levels will greatly improve their game, and gain a competitive advantage by using HoopTactics. Go beyond just the how's, and learn the when's & why's of various basketball skills and techniques. HoopTactics will make you a more solid, aggressive and intelligent player. In the process, you'll increase your self-confidence and playing success every time you take the court.

Want to compete on the highest levels of the game? HoopTactics is for you.

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Personal Trainer or Teaching a basketball class? Supplementing your on court and classroom instructions with a powerful online reference surely makes sense. With the cost and limitations of textbooks now days, this does not only save students money, but most importantly, it greatly enhances the students' learning experience. Reading and writing assignments along with student discussion board posts can be easily integrated with the HoopTactics website.

Let HoopTactics enhance your student's learning experiences.

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Do you have a family member or close friend on a team? Do more than just cheer. HoopTactics provides you with a deep understanding and appreciation of the game. What you learn from HoopTactics enables you to contribute and support your family member's or friend's basketball dreams and endeavors - both 'On' and 'Off' the court.

Help someone succeed and have a rewarding experience: HoopTactics is for you.

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Do you consider yourself a serious basketball fan? Take your enthusiasm to a whole new level. Explore our in-depth, on court battle plans. Follow the game's action with a lot more savvy. Learn to spot and understand offensive and defensive strategies quickly and accurately. Become more than just a spectator.

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HoopTactics' Premium Membership is intended for the serious basketball enthusiast. As a Premium Member you'll be able to master of hundreds of hard to beat strategies and techniques. You'll keep abreast of all the latest strategies as HoopTactics continues to grow and expand. Whether you are looking for new ideas or recalling old ones, HoopTactics is for you. Become a member of the HoopTactics team start gaining a competitive advantage today!

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Semi-Annual Membership: \$29.95 (USD)

Student Semi-Annual: \$19.95 (USD)