

Basketball- Jump Start

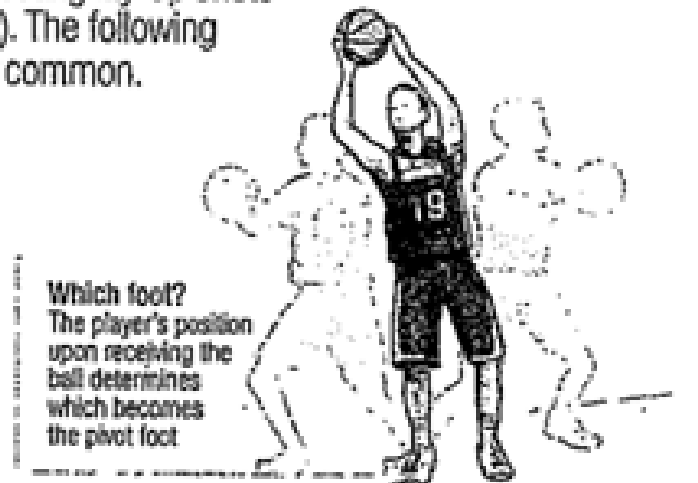


TECHNIQUES

While height and athleticism are prerequisites for a basketball player, so too are ball handling skills. An ability to pass, dribble, shield the ball from opponents, and above all shoot baskets is essential and must be mastered for a player to progress. Teamwork is also important. Basketball players will always work as a unit, whether on defense (doubling up on an opposing player to rob him of possession or force him into a mistake), or in offense (shooting lay-up shots for the center to score rebounds). The following techniques are among the most common.

MOVING

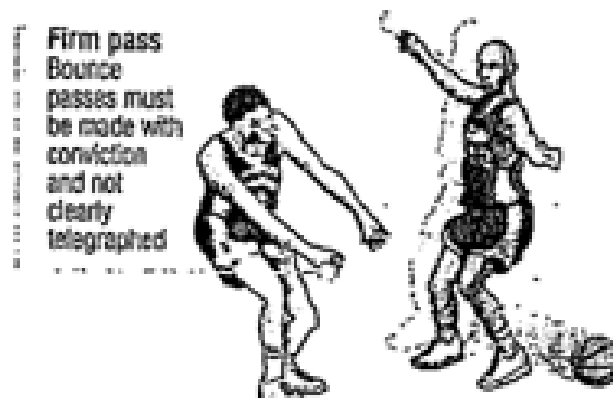
Players have unrestricted movement on the court but are prohibited from running while holding the ball. When not dribbling, players can use the pivot foot—one foot set on the ground—while having full mobility with the rest of the body.



Which foot?
The player's position upon receiving the ball determines which becomes the pivot foot

PASSING

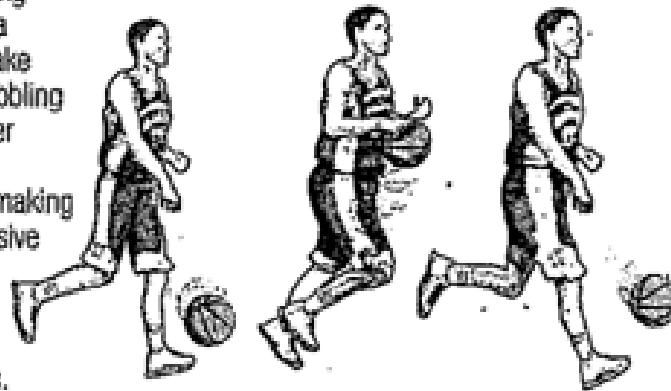
When an opponent is positioned to block a normal chest pass, a player can bounce the ball to a teammate instead. This takes longer to complete than the chest pass, but it is also harder for the opposing team to intercept as it travels close to the court floor.



Firm pass
Bounce passes must be made with conviction and not clearly telegraphed

DRIBBLING

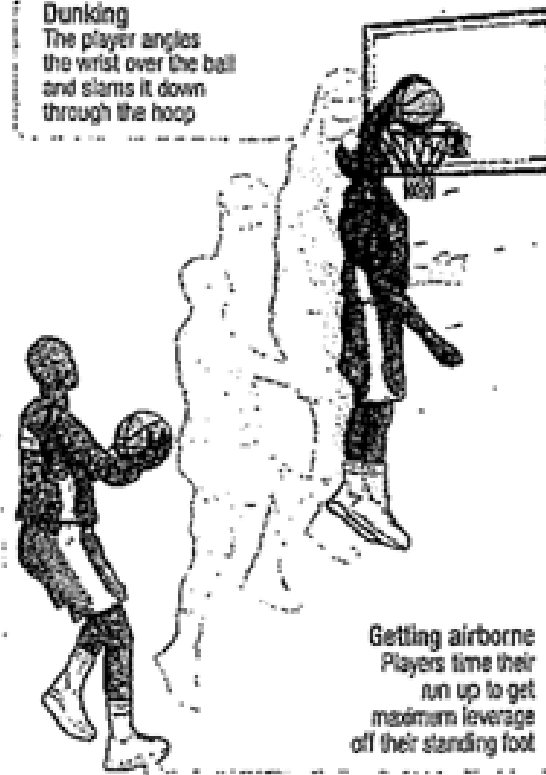
Dribbling is the act of bouncing the ball continuously, and is a requirement for a player to take steps with the ball. When dribbling past an opponent, the dribbler should dribble with the hand farthest from the opponent, making it more difficult for the defensive player to get to the ball. It is therefore important for a player to be able to dribble competently with both hands.



SHOOTING

Shots are commonly made from a standing or jumping position, or as a lay-up shot which requires the player to be in motion toward the basket, and to "lay" the ball in off the backboard. The highest-percentage accuracy shot is the crowd-pleasing slam dunk (right), in which the player jumps very high and throws the ball downward through the hoop.

Dunking
The player angles the wrist over the ball and slams it down through the hoop



Getting airborne
Players time their run up to get maximum leverage off their standing foot

RULES AND REGULATIONS

Basketball was born in 1891 with 13 rules covering all the basics of play. Incredibly, the NBA has only 12 main rules today—but each has many clauses and sub-sections. There are subtle rules differences between the game played by the NBA, International Basketball Federation (FIBA), and National Collegiate Athletic Association (NCAA). Games are made up of four 12-minute quarters in the NBA. Teams can have up to 11 players but only five of these can be on the court at a time.

PERSONAL AND TECHNICAL FOULS

The team of a fouled player either receive the ball to pass inbounds, or receive one or more free throws if they are fouled in the act of shooting depending on whether the shot was successful.

PERSONAL FOUL This is a breach of the rules that concerns illegal personal contact with an opponent including charging, blocking, pushing, holding, and reaching.

TECHNICAL FOUL This is an infraction of the rules usually concern unsportsmanlike non-contact behavior, and is generally considered a more serious infraction than a personal foul. Including profane language by a player or coach, contesting decisions, fighting, time wasting, and illegal substitutions.

VIOLATIONS

Violations are infractions of the rules governing how the ball can be handled. The ball must stay within the court; the last team to touch the ball before it travels out of bounds forfeits possession. The ball-hand may not move both feet without dribbling, known as traveling, nor may he dribble with both hands or catch the ball in between dribbles, a violation called double dribbling. A player's hand cannot be under the ball while dribbling; doing so is known as carrying the ball. A team, once having established ball control in the front half of the court, may not return the ball to the backcourt.

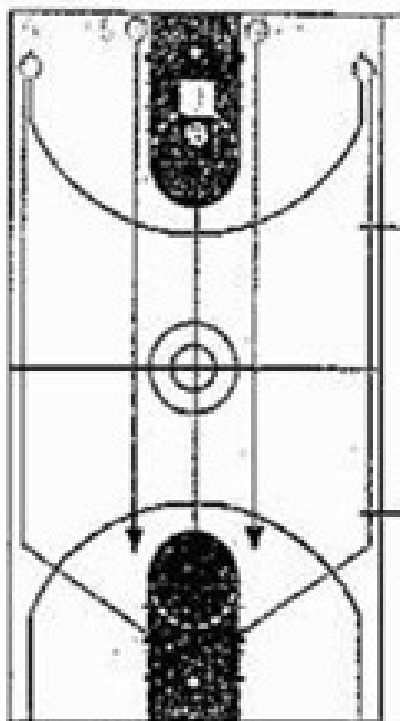
TIME LIMITS

There are various limits imposed on regulation play, all of which are designed to promote more greater offense. The time taken before progressing the ball past center court (eight seconds in international NBA, ten seconds in NCAA and high school); before attempting a shot (24 seconds in the NBA, 35 seconds in NCAA); holding the ball while closely guarded (five seconds); and remaining in the restricted area (the lane, or "key") (three seconds): are all monitored by the referee.

TACTICS

FAST BREAK ZONE PRESS

FAST BREAK



Best ball handler

He or she should fill the middle end of the court.

Shooting guard

Fills the left outside end and runs into court within 12 in (30 cm) of the sideline.

Quick forward

Fulfills same role as shooting guard but on other side of court. Too many players fail to do this and the team does not benefit from the spread floor spacing needed for a successful primary break.

Power forward

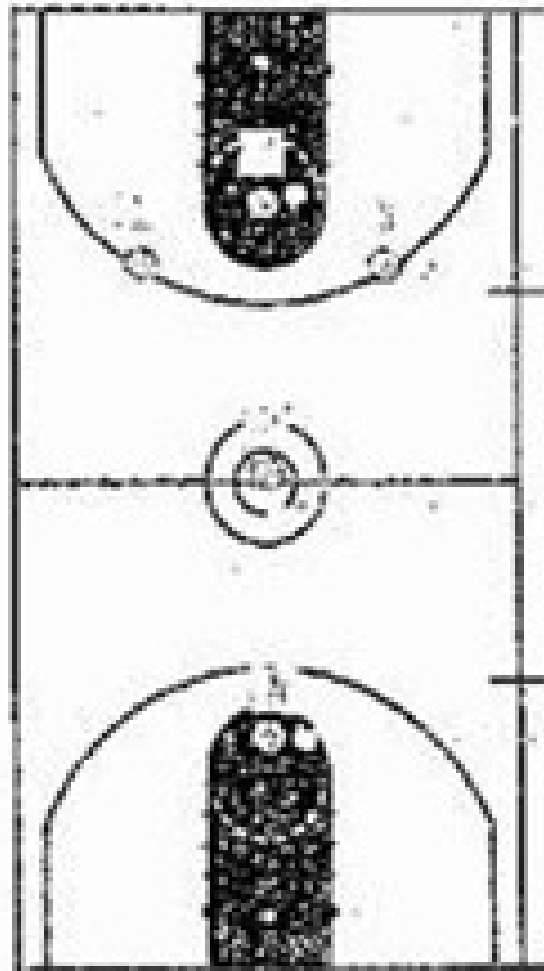
Also the nonballhandler, trailing the play. He or she should continue downcourt to follow any attempted shot by players #1, #2, or #3.

Center/rebounder

Keeps to his own lane and serves as "safety" in case there is a sudden change of possession.

Tactics Continued

ZONE PRESS



Top-court press

The shooting guard positions himself in the front half of the near foul circle and forces opponent to move. He should be a smaller player with good speed and quick hands. He is limited to lateral movements in the backcourt.

Wing man

The wing men, #2 and #3, are taller forward players. The more athletic forward should be placed in the #2 position, as the defensive team should force the attack in his direction.

Middle man

The center/corner should be the quickest player on the team with good court sense and anticipation.

Last line of defense

The back man is usually the center, the biggest man and best rebounder. His primary responsibility is to prevent easy shots by the opposing players.

Statistics

STAT CENTRAL

NBA ALL-TIME LEADING POINTS

POINTS	PLAYER
38,387	KAREEM ABDUL-JABBAR
36,982	KARL MALONE
32,292	MICHAEL JORDAN
31,419	WILT CHAMBERLAIN
27,409	MOSES MALONE
27,313	ELVIN HAYES
26,946	HAKEEM OLAJUWON
26,710	OSCAR ROBERTSON
26,668	DOMINIQUE WILKINS
25,613	JOHN HAVLICEK

NBA ALL-TIME PLAYOFF POINTS

POINTS	PLAYER
5,987	MICHAEL JORDAN
5,762	KAREEM ABDUL-JABBAR
4,761	KARL MALONE
4,546	SHAQUILLE O'NEAL
4,457	JERRY WEST
3,897	LARRY BIRD
3,776	JOHN HAVLICEK
3,755	HAKEEM OLAJUWON
3,701	MAGIC JOHNSON
3,642	SCOTTIE PIPPEN

Statistics Continued

NBA ALL-TIME PLAYOFFS PPG

POINTS	PLAYER
33.4	MICHAEL JORDAN
30.6	ALLEN IVERSON
29.8	TRACY MCGRADY
29.1	JERRY WEST
27.0	ELGIN BAYLOR
27.0	GEORGE GAVIN
26.6	SHAQUILLE O'NEAL
25.9	HAKHEEM OLAJUWON
25.5	BOB PETTIT
25.4	DOMINIQUE WILKINS

NBA ALL-TIME PLAYOFF VICTORIES

WINS	TEAM
16	BOSTON CELTICS
9	LOS ANGELES LAKERS
6	CHICAGO BULLS
5	MINNEAPOLIS LAKERS
3	SAN ANTONIO SPURS
3	DETROIT PISTONS
2	PHILADELPHIA 76ERS
2	HOUSTON ROCKETS
2	NEW YORK KNICKS
2	PHILADELPHIA WARRIORS