HISTORY AND DEVELOPMENT

- Basketball was originated by James Naismith, in 1891 at Springfield College (U.S.A.).
- Basketball was first spread out by the Springfield students as they went home and made the game popular. After that, basketball was promoted by different organizations and it was spread worldwide.
- In 1936, men’s basketball was first listed as an official event of the Olympics, and after forty years in 1976, women’s basketball was also made as the official Olympics events.
- Today, basketball is a very popular sport in both recreational and professional level.
- Important Basketball Tournament: Olympic, FIBA Basketball World Cup, FIBA Continental Champions Cup, NBA

BASIC RULES AND REGULATIONS (For more details, please refer to Official Rule Book)

- Number of players
  Each team shall consist of 12 team members (5 starters and 7 substitute players) who are entitled to play in a game.
- Playing time
  The game shall consist of 4 periods of 10 minutes. 2 time-out may be granted to each team at any time during the first half; 3 times at any time during the second half and 1 during each extra period.
- Scoring
  A player scores when he manages to put the ball into the opponent’s basket from above. If the player successfully shoots from outside of the 3 points line, the basket is worth 3 points, otherwise it is worth 2 points. It is also possible to score one point when shooting from the free throw line, after a foul for instance.
- Violation
- Foul
  A foul is an infraction of the rules concerning illegal personal contact with an opponent and / or unsportsmanlike behaviour. A foul results in charging a personal foul to the offender and awarding of the ball to the opponents for a throw-in at the place nearest to the infraction (except directly behind the backboard) or awarding a number of free throw(s). (For unsportsmanlike foul, 1 to 3 free throw(s) shall be awarded to the player who was fouls, followed by a throw in at the centre line extended.)
(e.g. ‘illegal use of hands’, ‘holding’, ‘blocking’, ‘pushing’, ‘charging with the ball’, ‘excessive swinging’, ‘double foul’, ‘technical foul’, ‘unsportsmanlike foul’ and ‘disqualifying foul’)

- No-charge semi-circle areas
  On any penetration play situation into the no-charge semi-circle area any contact caused by an airborne offensive player with a defensive player inside the no-charge semi-circle shall not be called as an offensive foul, unless the offensive player is illegally using his hands, arms, legs or body, when
  1. the offensive player is in control of the ball whilst airborne, and
  2. he attempts a shot for a field goal or passes off the ball, and
  3. the defensive player has one foot or both feet with the no-charge semi-circle area.

EQUIPMENT AND FACILITIES
- Basketball court: 28m x 15m
- Height of hoop (rim / ring): 3.05m
- Diameter of hoop (ring): 45cm
- Circumference of basketball: 74.9cm-78cm Size 7 (Men); 72.4cm-73.7cm Size 6 (Women)
Basic Rules of 3 on 3 Basketball

• The Court and Playing Time
The Game will be played in a basketball half court with 1 basket. The playing time should be 1 period of 10 minutes.

• Scoring
Every shot inside the arc shall be awarded 1 point.
Every shot behind the arc shall be awarded 2 points.
Every successful free throw shall be awarded 1 point.

• Fouls
A foul results in charging a personal foul to the offender and awarding the ball to the opponent or awarding 1-2 free throws.

• How the ball is played
For each successful field goal, a player from a non-scoring team will resume the game by dribbling or passing the ball from inside the court directly underneath the basketball to a place on the court behind the arc.
For each unsuccessful field goal, if the offensive team rebounds the ball, it may continue to attempt to score without returning the ball behind the arc. If the defensive team rebounds the ball, it must return the ball behind the arc.

ANALYSIS OF BASIC SKILLS
Movement skill
• Stances
  1. Staggered stance -a basic ready position, feet are shoulder-width apart and one foot in front of the other, knees bent, body weight is evenly distributed between feet.
  2. Defensive stance – lower body position, one foot in front of the other, knees bent, hips slight flexed.
  3. Offensive stance – basic ready position with ball holding in front of the body. It is also called ‘Triple threat position (ready to pass, shoot, or drive)’.

• Steps
  Running steps, Sliding steps, and Turning (Pivoting) steps

• Pivoting
  - When a player possesses a ball, he/she is allowed to take as many steps as he/she needs in any direction with one foot while pivoting (turning) on player’s other foot.
- Keep weight on the pivot foot, knees flexed, protect ball with elbows

- Stops
  1. Jump stop (the basic skill for stopping on offense and defense) - from a one-foot hop, skim to a two foot stop,
  2. One-two stop or stride stop (used when running at full speed or at the end of a dribble) – one foot land first and follow by the other foot.

**Passing**
- The Basic Principles of Passing:
  - quickness, timing, and target (between receiver’s waist and shoulder)
  - always fake before pass
  - pass first, dribble last, shoot when you are open

- Types of basic passes:
  1. Chest pass (Air or Bounce) – a easy and accurate passing technique. Balance stance, hands slightly behind ball, step in direction of pass, extend knees and arms, flex wrist and fingers
  2. One-hand push pass (Air or Bounce) – a quick passing technique. Balance stance, one hand slightly behind ball, step in direction of pass, extend knees and arms, flex wrist and fingers
  3. Overhead pass- an effective passing technique for feeding low post player. Balance stance, hands slightly behind ball, ball above the forehead, step in direction of pass, extend knees and arms, flex wrist and fingers
  4. Baseball pass – an effective long pass technique. Balance stance, body to side, weight on back foot, pass hand behind ball, ball at ear, step in direction of pass, extend knees and arms, flex wrist and fingers

**Catching and Receiving**
- The basic principles of Catching and Receiving:
  - Be ready, hands spread and relaxed, eyes on the ball, meet the ball early.
  - Give signal to passer and move to receive a pass.

**Dribbling**
1. Control (low) dribble – it is used when dribbler is closely guarded. Bent knee, head up (vision on court), dribble ball close to body at knee level or lower, force provided by flexing elbow, wrist and finger pads, body and non-dribble hand protect ball.

2. Speed (high) dribble – it is used when dribbler is open. Head up, body slightly lean forward, push ball forward at waist and chest level, force provided by flexing elbow, wrist and finger pads.
Blocking out and Rebounding
- Offensive rebounding adds to your team’s scoring opportunities and defensive rebounding limits your opponent’s scoring opportunities.

Blocking out and Rebounding - block out (balance stance, move and back on opponent’s chest, keep wide base, hands up), jump/go for ball, catch ball with two hands, land in balance, protect ball and ready for pass.

Shooting
- Set shot (one hand) – see target, triple threat position (feet shoulder width, knees flexed, shoulder relaxed), shooting hand behind ball, non-shooting hand on the side of the ball, ball between ear and shoulder, extend leg and elbow, flex wrist and fingers, shooting hand on ball until release.
- Set shot (two hands) – see target, triple threat position, two hands hold the ball in front of the chest, extend leg and elbow, flex wrist and fingers, hands on ball until release.
- Jump shot – the ball is released just before the peak of a jump (the technique of jump shot is similar to set).
- Lay-up shot (overhand and underhand) – pick the ball up at the end of a dribble or after receiving a pass, take the ball in two hands, land first on right (left) foot, then on left (right), take off with left (right), right (left) knee thrust upward, release the ball at full stretch.

POSITIONS
- Each player on a basketball team has a position to play. It is related to role, ability, and skill. The three basic positions in basketball are guard, forward, and center (or post).

BASIC OFFENSIVE STRATEGIES OF THE GAMES
- General
  Offensives tactics in basketball vary according to the defensive tactics employed by the opponent team. Basketball is a fast passing game. Good and frequent use of quick passes plus the use of space in between passers will create an advantage for the team in possession.
• **Man-to-man offence**
  The offence used against a man-to-man defence is a combination of passing, screening, and the movement of players. The basic objective of this offence is to free a member of the team to score.

  Basic Principles to follow:
  1. to free a teammate by using screening
  2. to create opportunities to work on one-on-one against the weakest player of the defensive team
  3. to create opportunities to work on mismatch situation i.e. tall (fast) offensive player vs short (slow) defensive players

• **Against Zone Defence**

  The offence used against a zone defence is a combination of short and quick passing, and the movement of players. The basic objective of this offence is force the defensive players to change their zones and thus weaken their strength.

  Basic Principles to follow:
  1. Whenever possible, fast break a slow team.
  2. make use of the space of the front court forcing the defence to cover more territory
  3. offensive players take positions between the defensive players
  4. offensive player make cut to compress the zone defence area for shortening the distance of shooting player
  5. frequently applies the overload principle to outnumber the defence in a particular area
  6. make use of good 3 point shooter

• **Fast break**

  Fast break is the primary style of offence. The purpose of the fast break is to provide the attack with a player advantage. It usually results in a two-on-one or three-on-two situation. Fast break occur following a steal, rebound, throw in after opponent score. It must be started quickly so that the defense can be outnumbered.

**TEAM DEFENCE**

• The **basic aim of defence** is obtain possession of the ball (by pressuring opponents into error, intercepting a pass or gaining a ball from rebound) and prevent the opponents from scoring.
**Man-to-man defence**

- In man-to-man defence, each defender is assigned to an opponent which he has to mark. The defender is responsible for guarding his assigned opponent first and ball second.
- **Strengths of Man-to-man defence**
  1. it permits players to be matched with regard to skill and ability
  2. it places more pressure on all players continually
  3. it is effective against a stall and is absolutely imperative when a team is behind in score in the last few minutes of a game
- **Weakness of Man-to-man defence**
  1. it is susceptible to screens and double cuts.
  2. players tend to commit more fouls than when playing a zone defence
  3. players are forced to expend more energy than when playing a zone defence
  4. it allows the opponents to exploit the poor defensive man by isolating him

**Zone defence**

- In zone defence, every defensive player is placed in a designated areas in and around the defensive basket in order to give maximum protection against good shots. Unlike the man-to-man defence, a player should be responsible for guarding the ball first and an opponent second. He should face the ball and be responsible for covering the passing lanes and his area in the zone.
- **Strengths of Zone Defence**
  1. The defensive players’ court positions with various ball and player movements are easily learned.
  2. Zone defence may be used with players at any levels of experiences.
  3. Zone defence is strong against weak outside shooting.
  4. Zone defence can be used to keep players out of foul trouble or to protect players in foul trouble
  5. Zone defence is excellent for use against offences that feature screening or cutting patterns.
• Weakness of Zone Defence
  1. Zone defence is generally weak against good outside shooting
  2. It is ineffective against overloading
  3. It is weak in the foul-line area and short jump shooting area if the front line over extends or players do not co-ordinate their movement.

Example of Zone Defence

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<tr>
<th>2-3 Zone Defence</th>
<th>2-1-2 Zone Defence</th>
<th>3-2 Zone Defence</th>
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Other Defence Strategy

• The Pressing Defence
  The main objectives of pressing defence are to horror opponents into ball-handling errors, to force opponents into changing the game strategy, and to delay the offensive team in advancing for an attack. The press can be administered full court, 3/4 court or 1/2 court and can incorporate zone defence or man-to-man defence principles.

  It is effective against a stall and is absolutely imperative when a team is behind in score in the last few minutes of a game

• Defence against a Fast break
  The best way to defence against a fast break is to prevent it from starting. If a fastbreak is started, the defenders have at least two players to force offender to take outside shot.

3 on 3 Basketball Offensive Plays

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<th>Give and Go</th>
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The give and go involves a V-cut by O2 to receive the pass. O1 makes a fake step left and then a quick lane cut for the pass and lay-up.
**Pick and Roll**

O2 sets an "on-ball" screen for O1. The pick and roll works if O2 seals the X1 defender correctly and opens to receiving the ball from O1. If O1 does not pass to O2, O1 drives to basket for shot.

**Screen Away**

O2 makes a V-cut to receive the pass from O1. O1 passes to O2, and "screens away" for O3 on the opposite wing. O3 rubs off the screen and cuts to the hoop looking for pass from O2. (Diagram A). Make sure that O3 waits for the screen to arrive, and that O1 sets the correct angle on the screen. Also, make sure that O1 seals the X3 defender, and then rolls to the hoop after O3 cuts around the screen (Diagram B). O2 can pass to either cutter.

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