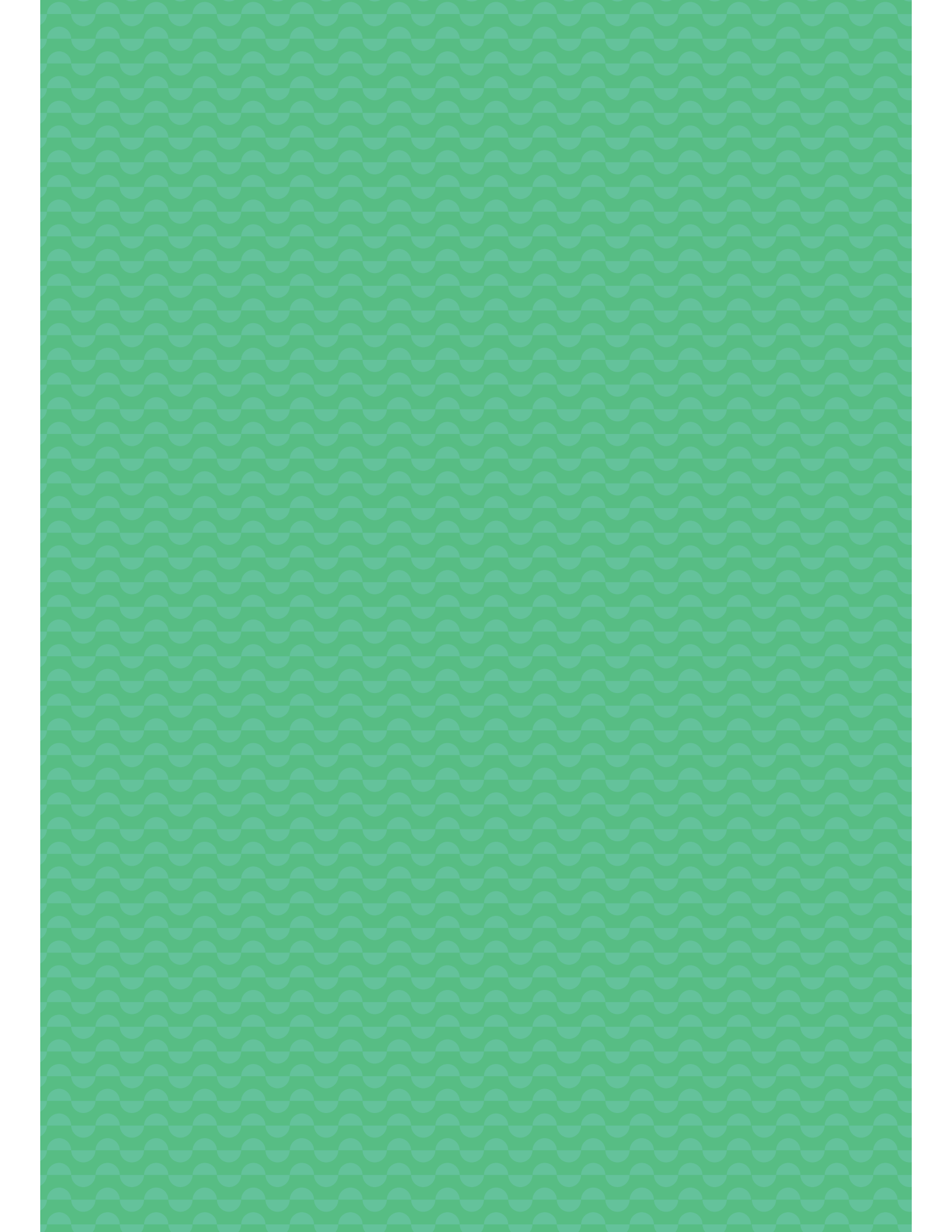




FIBA NATIONAL REFEREE CURRICULUM



LEVEL 3



FIBA NATIONAL

REFEREE CURRICULUM



LEVEL 3

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CHAPTER 1

INTRO

INTRODUCTION

CHAPTER 1

INTRODUCTION

1 INTRODUCTION

This training manual is a guideline that is provided to assist national federations in the training and education of officials. It is understood that some topics will require more focus and attention than others and the time allocated can be adjusted to suit the needs of the current skills and experience of the officials being trained.

This Level 3 training material has been divided into the three core categories of:

1. Refereeing knowledge
2. 3PO officiating knowledge
3. Basketball knowledge

The training material promotes home study, so that you can work through it in your own time and at your own pace. Following this there is a face to face component that will assist your development as a basketball referee.

The key objective of this training is to increase your knowledge and skills as a basketball referee and to support you to better your performance each time you are on the court. Most significantly, it will give you the opportunity to apply that learning and to put it into practice when you referee.

In addition to learning more about refereeing, this module will teach you about the game of basketball, to understand better defensive strategies, screens and specific situations.

At the end of the course, participants will be assessed and will have to meet a minimum standard to pass the Level 3.

CHAPTER 2



REFEREEING KNOWLEDGE

CHAPTER 2

REFEREEING KNOWLEDGE

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2.1 GAME TEMPO

TARGET:

TO KNOW HOW THE TEMPO CAN BE AFFECTED AND WHAT ARE THE CONSEQUENCES

Most teams will have a preference for the tempo at which the game is played. While tempo is related to speed it is not necessarily the same as speed. Tempo can be affected by factors such as:

- Whether a team “walks” the ball up the floor or attempts to quickly get from defence to offence;
 - The type of defence a team plays – full court defence tends to quicken the tempo whilst a half court zone defence tends to slow the tempo. Teams often vary when they will play full court defence, some using it for a limited time or in response to particular situations;
 - Foul trouble will often lead a coach to slow the tempo of a game to reduce the number of possessions without a particular player;
 - How quickly a team takes the ball from the basket (when the opponent scores), steps out of bounds and throws it back into play. When playing an opponent that wishes to inbound quickly teams will attempt to interfere with the ball, by crowding into the player that is trying to take the ball from the net, particularly hoping that the ball may hit them and bounce away;
 - When a team tends to shoot within its 24-shot clock count and also the type of shots taken in their offence. For example, 3-point shots often quicken the tempo because they result in “long rebounds” which can trigger an opponent’s fast break.
- The relative advantage that a team may have against an opponent. A team that is taller may prefer a slower tempo focusing on post play, while a team that is smaller may prefer to “run the ball” looking to generate lay-ups against slower opponents. Similarly, a team may change their approach depending upon matchups between individual players;
 - Players on the floor at a given time – some combinations of players will tend to be better suited to a certain tempo.

A team may have set rules as to when they will change defence or offence and these may be constant or may change from game to game depending upon their opponent. The rules themselves may also change. For example, a team may slow the tempo of their offence if an opponent has scored three (for example) unanswered baskets.

During the game, the coach has three basic opportunities to change tactics and they will often use these to affect the tempo:

- Substitutions / changing “matchups” – for example, a coach may substitute a fast guard into the game to increase the tempo or may take “stars” out of the game shortly before the end of a period to get an extra-long rest (the time left in the quarter and the time between periods). When doing this, they will often look to slow the tempo to reduce the number of possessions;
- Time-outs – coaches often call a time-out to attempt to break an opponent’s “momentum” and there will often be a change of tactic when a time-out is called.
- Breaks between periods of play – these are the longer breaks and particularly present an opportunity to re-jig the rules to be applied for the rest of the game.

2.2 CONTACT AND CRITERIA

TARGET:

TO KNOW WHEN TO CALL WHEN A CONTACT OCCURS

Basketball, as a sport is fast paced with many people moving around the court as various speeds and with this in mind, it is virtually impossible to do so without contacting each other.

Officials shall decide whether illegal contact has had an effect on the play. If contact caused in any way restricts the freedom of movement of an opponent or forcibly moves an opponent, this should be called as a foul. Other contact that does not have an effect on the play is deemed marginal and can be ignored.

OFFICIATING TIPS:

When deciding on a personal contact, the officials shall weigh up the following fundamental principles:

- The spirit and intent of the rules and the need to uphold the integrity of the game.
- Consistency in application of the concept of illegal contact and effect on the play. The officials should not seek to interrupt the flow of the game unnecessarily to penalise marginal contact which does not give the player responsible an advantage nor place his opponent at a disadvantage.
- Consistency in the application of common sense to each game, bearing in mind the abilities of the players and their attitude and conduct during the game.
- Consistency in the maintenance of a balance between game control and game flow, having a 'feeling' for what the players are trying to do and calling what is right for the game.

2.3 SELF-ASSESSMENT WITH VIDEO ANALYSIS

TARGET:

TO KNOW HOW TO IMPROVE BY ANALYSING A GAME WITH THE VIDEO

Self-evaluation after the game can help referees to learn from their experience and improve their performance for the next game(s). By doing a self-evaluation, referees can recognise some patterns of their performance and behaviour that contribute to a bad performance.

The best is to do it within 24 hours after the game, because the memory is still fresh, and you can better recall the situations you want to review.

Even if an evaluator has assessed the game, referees are really encouraged to do their own self- assessment and the video can be very helpful in order to:

- Look at the mechanics from the referee himself but also for the whole crew
- Look at the way they call and do the signals
- Look at how they manage conflicts or protests through non-verbal communication
- Look at the judgment errors, and why they were committed (e.g. mechanics)
- Look at the possible table officials' mistakes and how they were managed
- Review some problematic situations and how they were managed

Each time you self-analyse your game it is important to equally identify the areas of positive actions as well as actions to improve. When examining areas to improve, you can be very specific, whether it relates to rule knowledge, mechanics, IOT or communication just to name a few. However, when actually trying to improve any area whilst on the court, it is best to concentrate on one or two things only, so you do not become overwhelmed by trying to do too many things at once. Consider creating an action plan and working through that plan to strengthen your positives and improve other areas.

2.4 GAME PLAN / SCOUTING

TARGET:

TO LEARN HOW TO USE THE SCOUTING OUTCOME FOR THE PREPARATION OF THE GAME

BELOW ARE THE SCOUTING PLAN THAT CAN BE USED TO SCOUT THE TEAMS AND TALK ABOUT IT BEFORE THE GAME AND AN EXAMPLE OF THE CREW ACTION'S PLAN:

TEAM A	TEAM B
Offensive Principles	Offensive Principles
Defensive Rules	Defensive Rules
Key Players	Key Players
Team Leaders	Team Leaders
Coach & Bench	Coach & Bench

CREW'S ACTION PLAN (WHAT & HOW?)

Example

- Mechanics
 - Respect primary, AOR (area of responsibility)
 - Read the game, timing of rotations
 - Timing for screens – watch holdings for roller
 - Off-ball screens (double stagger for the shooter, baseline cuts)
- Communication
 - Eye contact as much as possible, for all possessions.
 - Verbal communication with the players and coaches
 - Share the information team fouls, problems between players
 - Fake (eye contact, procedure, short and precise)
 - If we need to come together (define why we came together, what happened, the solution, one meeting only and confirmation)
- Game Control
 - Set a good criteria, call obvious things. Avoid cheap calls
 - Time control (Game or shot clock)
 - Clean the game and stop rough plays if needed.
 - Be ready for quick fouls on mismatch
 - Stay calm when the players get hot (NO emotions – NO too many whistles)
 - Control the game till the end, avoid any lack of concentration (every point matters)
- Other
 - Be on time, start on time (tip off and after time outs, be active)
 - Follow the action plan
 - Read for help
 - Be positive and be service provider, fair and enjoy your work

2.5 RELATIONSHIPS - IDENTIFYING CONFLICT AND USE OF STRATEGIES

TARGET:

TO APPRECIATE CONFLICTS WILL OCCUR AND TO UNDERSTAND HOW TO DEAL WITH THEM

There are many types of conflict that can occur during a game of basketball.

These include:

- Physical Abuse
- Verbal Abuse
- Non-verbal abuse
- Accidental / Intentional contact situations
- Differences of opinion
- General behaviour
- The contest – between players and coaches

Conflicts are inevitable and a core part of the referee's job is to identify and resolve conflict. That does not necessarily mean that everyone will be happy all the time, but the key is to resolve it and resolve it early.

PLAYERS AND CONFLICT:

There are a number of reasons as to why there could be conflict with players (which not always involves the referees).

- Personality of the player
- Competitiveness – win at all costs attitude
- Natural reactions
- Gamesmanship – putting opponents off their game
- Internal / external team pressures (trying to stay in the starting 5 or the team)
- Own and others expectations of the player

Similarly for Coaches. Let's look at some of the reasons there may be conflict with a Coach:

- Performance based contracts (win / loss ratio)
- Trying to gain an edge through manipulation of officials
- Inciting the crowd
- Motivating the team
- Looking for someone to blame for the team not performing or losing.

It is important, as officials, that we recognise the signs for conflict and address them early. Officials should not allow conflict to fester and escalate. So, what are some of the signs?

- Behavioural changes by the person
 - Facial expressions
 - Volume / tone of voice
 - Body language
 - Hand gestures
 - Pacing up and down
- A lack of or even excessive communication (complaints)
- Non-verbal signs – overt signs of dissent

Effective conflict resolution starts with the planning, that is even before you get on the court. Communication and conflict resolution should form part of your game plan / pre-game conference. Devise a conflict management plan. Set the standards of behaviour and maintain them. Do not compromise. This is not about dominating the game, it's about creating an environment where inappropriate behaviour will not be tolerated.

HERE ARE SOME TIPS:

- Communication is the key to conflict resolution
- Act early
- Be unemotional
- Do not argue
- Do not trivialise a complaint
- Active listening
- Be calm and respond truthfully to the question (no irrelevant information)
- Be firm but fair
- Always take a breath before answering a question.

2.6 INTERNATIONAL PATHWAYS

TARGET:

TO KNOW HOW TO BECOME A FIBA REFEREE

A lot of referees want to become national top referees and then international referees. Indeed, there a lot of reasons:

- To achieve the ultimate goal to represent their country at international events
- To realise the aim of reaching the top-level of their sport and experience the benefits of being an elite referee
- To have the opportunity to officiate at the highest level and demonstrate all the skills of leadership, decision making, fitness and management

In order to have the best-quality referees throughout the world and allow them to officiate on a regular basis, the concept of Game Officials' Licensing was created in 2017 and has been aimed at:

- Encouraging long-term planning and referee development programs;
- Engaging more National Federations in the planning, management and training of game officials;
- Enhancing the participation and training of female referees;
- Promoting potential and hard-working referees;
- Offering top quality services and operations for games.

The system was implemented for the first period 2017-2019 and has yielded almost 800 international referees.

For the first time ever, basketball referees have been granted different License Categories (Black, Green and White) which entitle them to officiate international games for women, men and juniors on global, continental, regional and sub-regional levels.

According to the FIBA Regulations, FIBA Game Officials Licenses are granted every two years. To be eligible, candidates must:

- Be submitted by their National Federation
- Be between 25 and 35 years old
- Have a good level of English
- Be a first division referee for at least 2 years in their national federation
- Successfully pass the FIBA written test and fitness test and provide evidence of a medical examination

For further information, people can consult the following webpage: <http://www.fiba.basketball/official/become-an-official>

2.7 OBR AND OBRI – NATIONAL EXAMS ON RULES AND INTERPRETATIONS

TARGET:

TO KNOW WHAT THE FIBA WRITTEN TEST CONSISTS IN

According to the FIBA Internal Regulations governing International Referees, in order to be qualified as a FIBA Referee the candidates must successfully pass the written test, as established by the FIBA Technical Commission.

PRINCIPLES:

1. Only terms used in the Official Basketball Rules are used, in order not to lead to confusion for the candidates.
2. The questions are composed of a maximum of three (if possible, short) sentences.

3. The questions are statements ending with a full stop (.), not with a question mark (?). e.g.: "The time-out is granted.", not "Is the time-out granted?"
4. The questions do not include a negative word, as this may confuse the candidates (especially those whose mother tongue is not English). e.g.: "This is not a violation." It is not 100% clear whether the answer to this should be "yes" or "no".
5. The questions are to be answered using the options Yes/No, rather than True/False.
6. All questions are very detailed, so as to avoid any uncertainty regarding the situation described

EXAMPLE OF QUESTION (AND ITS ANSWER):

FIBA normally has the following structure for rule questions:

- a. Question
- b. Answer (YES/NO)
- c. Comments (explanation for the answer)
- d. Rule article(s) / OBRI cases.

Below is an example:

Question

A1 and B1 are holding firmly the ball. In an attempt to gain control of the ball, A1 moves both feet. This is a jump ball situation.

Answer

YES

Comments

If during the held ball one of the players moves his feet while attempting to gain control of the ball, the jump ball shall be called instead of a violation.

Rule

Art 12 / OBRI 12-20

2.8 INSTANT REPLAY SYSTEM (IRS)

TARGET:**TO KNOW WHEN TO USE THE IRS**

If an IRS exists and is allowed for a game (and of course according to the National Regulations), it shall be used as follows:

- If officials have a doubt on a situation after a call, they shall use the official signal

Reference OBR Art 46



D2 - IRS review

Signal: (Rotate hand with horizontal extended index finger)

- The crew-chief together with original calling official will go to the IRS monitor to review the situation.
- The situations when the IRS system is requested are:
 - At the end of the quarter
 - whether a shot for a successful field goal was released before the game clock signal sounded for the end of the quarter or overtime.
 - whether and how much time shall be displayed on the game clock, if:
 - An out-of-bounds violation of the shooter occurred.
 - A shot clock violation of the shooter occurred.
 - An 8-second violation occurred.
 - A foul was committed before the end of the quarter or overtime.
 - When the game clock shows 2:00 minutes or less in the fourth quarter and in each overtime,
 - whether a shot for a successful goal was released before the shot clock signal sounded.
 - whether a shot for a field goal was released before any foul was committed.
 - whether a goaltending or basket interference violation was called correctly.
 - to identify the player who caused the ball to go out-of-bounds.
 - During any time of the game,
 - whether the successful field goal shall count for 2 or 3 points.
 - whether 2 or 3 free-throws shall be awarded, after a foul was called on a shooter for an unsuccessful field goal.
 - whether a personal, unsportsmanlike or disqualifying foul met the criteria for such a foul or shall be upgraded or downgraded or shall be considered as a technical foul.
 - after a malfunction of the game clock or the shot clock occurs, on how much time the clock(s) shall be corrected.
 - to identify the correct free-throw shooter.
 - to identify the involvement of team members, head coaches, assistant coaches and accompanying delegation members during any act of violence.

2.9 ROLES AND VALUES : SPORT INTEGRITY AND BETTING

TARGET:

**TO EXPLAIN HOW TO RESPECT
SPORT INTEGRITY AND HOW TO
AVOID BEHAVING INCORRECTLY**

Some people try to manipulate competitions, are willing to influence the result or the course of a game with a view of gaining a material advantage, for example financial gain through betting.

The targets can be any people related to competitions: players, coaches, agents, club owners, sports administrators and of course referees.

The following rules are to be observed:

- Do not bet on basketball, or any other sport during a multi-sport event (e.g. Olympic Games)
- Do not share inside information. Non-public information about your sport has to stay private
- Always report if you experience or witness an approach to fix or intentionally fix an outcome of a game for material advantage

The sanction can reach 100.000 swiss francs and a suspension from participation to official activities from national to world-wide level.

The Book 1 of the FIBA Internal regulations indicate in the Appendix 1 the definitions, violations and General Provisions about betting and corruption: the document can be consulted at <http://www.fiba.basketball/internal-regulations/book1/general-provisions.pdf>

2.10 PHYSICAL PREPARATION

TARGET:

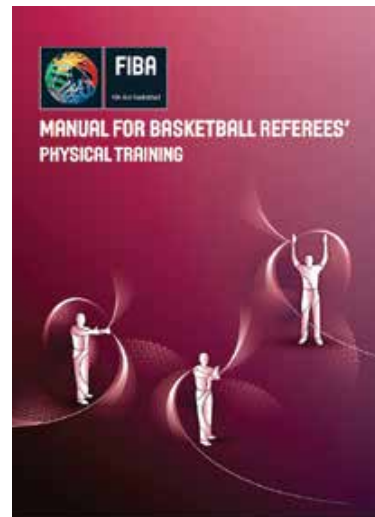
HOW TO TRAIN THROUGHOUT THE YEAR AND PREVENT INJURIES

A regular physical training is essential in order to be performant on the court. A referee who is fit will be able to run fast to be well placed to judge correctly when a fast break occurs, but he will also remain more concentrated during the game, especially at the end.

A referee shall train several times a week but also know how to stretch and live in a healthy way to prevent injuries as much as possible.

That is why FIBA created a document that can help any referee to get and remain fit: It can be downloaded at http://bbf.by/images/files/pdf/Referee/FIBA_Manual-for-Basketball-Referees-Physical-Training-2.pdf

In this manual, referees can learn the relevant terminology, see workout exercises – whether running or general strength, but also keys to avoid injuries, when to train, and all the other parameters they have to handle (sleep, transportation etc)



D3 - Physical manual's cover

2.11 SPORTS PSYCHOLOGY – MENTAL PREPARATION AND MENTAL IMAGE TRAINING

TARGET: TO KNOW HOW TO MENTALLY PREPARE FOR A GAME

Mental preparation is a very broad topic in sports psychology. The purpose of mental preparation is to create a mindset that lets you consistently perform up to your capabilities and talents in competition. Mental preparation includes several components, like:

- Goal-setting and development plan
- Concentration and attention
- Arousal control
- Self-talk
- Visualisation and imagery
- Pre-game preparation
- Post-game evaluation



D4



D5



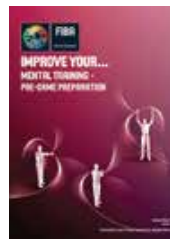
D6



D7



D8



D9



D10

2.12 NUTRITION

TARGET:

TO HAVE BASIC KNOWLEDGE ABOUT NUTRITION AND WHAT TO EAT, WHEN AND HOW

Good nutritional habits and hydration may contribute to maintain the physical and cognitive performance during training sessions and games, thus avoiding neuromuscular fatigue and injury susceptibility. As a consequence of the increased physical demand a better body composition in elite referees is required.

Excessive body weight and fat mass decrease the physical capacities while increasing physical strain and susceptibility to fatigue. Good physical abilities and court appearance will help the referees in their later performance in the games.

A basketball referee should have a balance diet, trying to eat 5 times a day, and they should be aware of what they eat. Their diet should be optimal in both quality and quantity of food, in order to replenish their energy reserves and avoid fatigue or inadequate nutrition.

When the referees are at home it is much easier to have control of their diet. When they travel a proper nutrition becomes more difficult especially when they are in airports or travelling on the road for long distances.

What are the referees' needs in order to have a balance diet?

CARBOHYDRATES

Carbohydrates are the best fuel source to provide power for your working muscles. Eating enough carbohydrate before, during and after training sessions and games, helps to maintain energy levels, delay fatigue and support the recovery process. Carbohydrate foods should make up more than half your total energy intake. Carbohydrate foods include breads, breakfast cereals, rice, pasta, fruit, vegetables. If you have intense training sessions and games, you should make sure you eat enough carbohydrate to meet your increased daily requirements. Also, carbohydrates are important during the recovery from training sessions and games.

PROTEIN

Proteins are the building blocks of your body's muscles and tissues. Referees will usually meet their increased requirements through increased food intake. A good diet of adequate energy content is generally considered sufficient in covering the daily needs. Foods like meats, legumes and dairy products are good sources of protein. Supplementation use of animal (whey, casein, etc.) or plant protein (soy, pea, etc.) or essential amino acid shakes is a widespread practice to support muscle protein synthesis and recovery after strenuous exercise. 20-25 g protein elicit a maximal effect on muscle buildup with protein consumed in excess serving as substrate for energy metabolism.

FAT

Fat is important in the athlete's diet as it provides energy, fat-soluble vitamins and essential fatty acids. However, fat should be eaten in moderation. Generally, fat intake is recommended to range from 20-30 % of total energy intake. Referees should eat good fats such as polyunsaturated and monounsaturated fats which are found in fish, nuts, seeds, canola and olive oils and avocados.

VITAMINS AND MINERALS

Vitamins and Minerals are also important for the physical activity. Some of them help your body to use the energy from carbohydrate, protein and fat. Others help your muscles relax and contract. If you follow a balanced diet, you will generally take in enough essential vitamins and minerals. Vitamins and minerals supplements are not required if diet includes a range of foods and provides enough energy. Iron, calcium and zinc are especially important for sport people.

CHAPTER 3



REFEREEING 3PO

CHAPTER 3

REFEREEING 3PO

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3.1 GLOSSARY

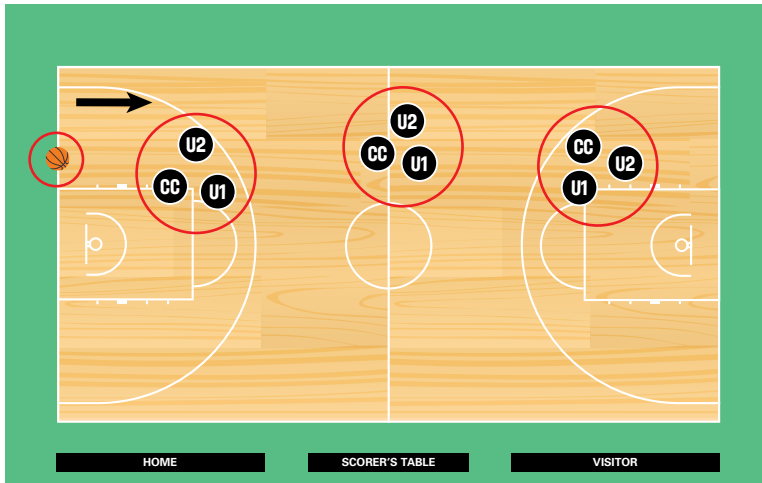
OBVIOUS PLAY	Play that has to be covered correctly in all cases
EXTENDED COVERAGE	At the highest level of officiating, an official has to be able to extend coverage on two different play situations at the same time
GIVING HELP	Referee who offers assistance outside his primary and makes correct call after allowing partner to make the call in his primary

3.2 POSITION DURING TIME-OUTS

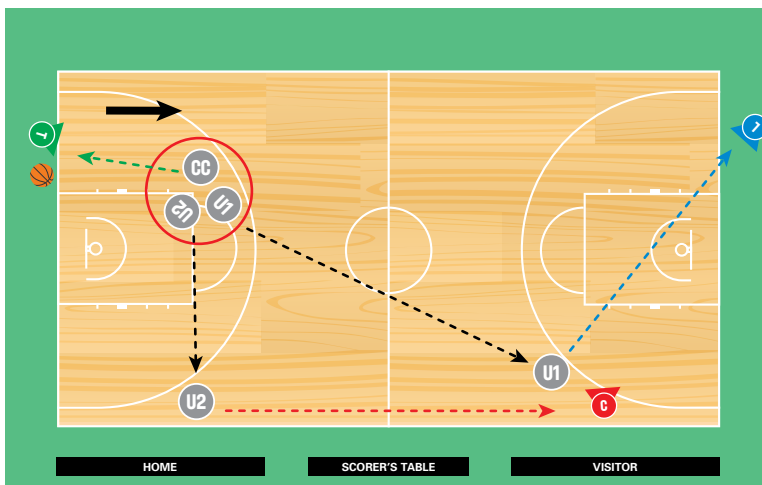
THE OFFICIALS POSITIONING DURING TIME-OUTS

Referees have three standard positions during time-outs (always on the opposite side). They can select any of the three positions they feel are the most appropriate (Note: leave the ball on the court where the game will be resumed).

When a time-out has 20 seconds remaining, two referees will move close to the team bench areas in order to be ready to activate the teams to return back to the court when the 50 seconds warning signal sounds.



D11 - The three standard time-out positions, always in the opposite side. Leave the ball where the game will be resumed.



D12 - When 20 seconds remaining of the time-out, two referees move close to the team bench in order to be ready to activate teams returning to the court at 50 seconds warning signal.

3.3 ROTATION

3.3.1 CLOSE-DOWN (PHASE 1)

This part has been studied in Level 2.

When the ball is in the middle of the court (rectangle 2), Lead should move to the close-down position in order to be ready to rotate when the ball moves to the weak side.

If ball returns back to the strong side, Lead will kick out to the normal set-up position.

Note: Close-down position is not the position to referee the play. If there is a drive to the basket or a shot, Lead in close-down position should move out in order to have proper distance and angle for the play. The close-down position is where the referee assesses the situation and makes the decision to rotate. This is done in a timely fashion followed by action (either rotation or moving back to set up).

3.3.2 ROTATION BY LEAD & TRAIL (PHASE 2)

When the ball moves to the weak side, Lead starts the rotation as soon as possible. At the same time, Trail moves into the new Centre position.

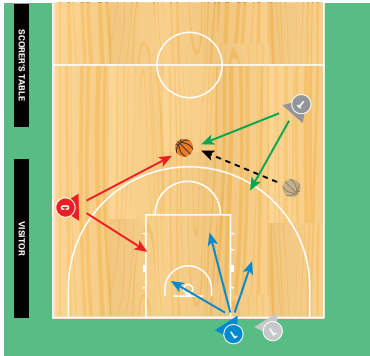
PHASE 2A: ROTATION BY LEAD-PAUSE

When the ball has arrived to the weak side, the Lead should analyze the play if there is a chance for a quick shot or a drive from the weak side. This one second (“one breath”) delay is called Pause. If a player with the ball takes a shot or drives to the basket, there will be no rotation and the Centre needs to cover the play on the weak side.

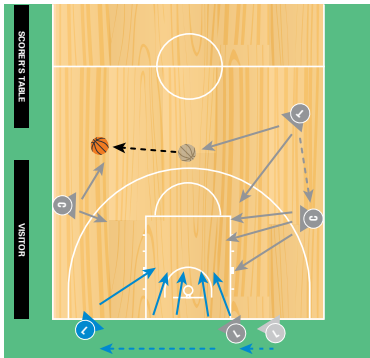
Why – the principles of distance & stationary refereeing an individual play still need to be respected (above all).

PHASE 2B: ROTATION BY LEAD- SCAN THE PAINT.

When Lead rotates he should walk straight and sharply, while actively refereeing all the time. If there are players in the paint, they are Lead’s primary and if not, Lead looks for the next active matchup(s) or players that might arrive to the action area (bus station) on the new strong side.



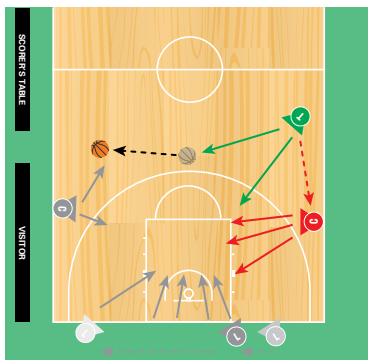
D13 - Ball moves to the middle of the court, Lead closes down. Centre prepares to move his coverage on the ball.



D14 - Ball moves to the weak side, Lead rotates and scan the paint or closest match-up.

PHASE 2C: ROTATION BY TRAIL TO CENTRE POSITION:

As soon as the Trail has ensured that the Centre has picked up the ball on the weak side, the Trail should move his eyes off the ball and pick-up the new weak side (his side) post play. Studies have indicated that this is one of the weakest links during the rotation procedure, because often the Trail is “locked-in” with the ball.

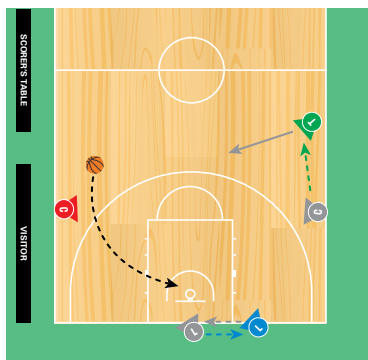


D15 - When Centre has picked up the ball, Trail shall pick up the new weak side post play as soon as possible.

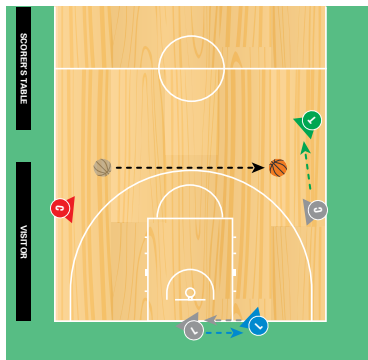
PHASE 2D ROTATION “NOT COMPLETED” BY LEAD:

When Leads uses the proper technique to rotate (early start, walking sharply), he will be able to stop the rotation any time and return back to his initial position. The most common situations are drive/shot from the weak side during the rotation or skip pass to the other side of the court.

When this occurs, the Centre does not move anywhere yet and will stay in his position as Centre. The Trail will return back to his initial position as Trail. As a principle, if Lead has passed the middle point of the backboard or the paint, he will complete the rotation as this is the point of no return.



D16 - Drive / shot from the weakside and Lead is able to abort and return back to referee.



D17 - Skip pass to the otherside, Lead is able to stop and return back to the ball side.

3.3.3 LEAD ARRIVES TO THE BALL SIDE AND CENTRE ROTATES TO NEW TRAIL POSITION (PHASE 3)

After Lead has completed his rotation, Centre is the last person to rotate to the new Trail position.

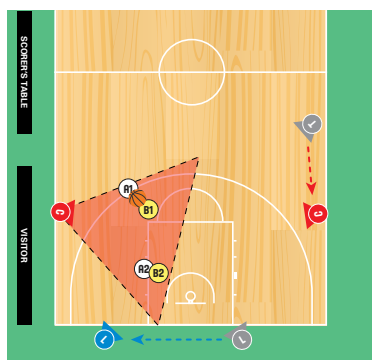
PHASE 3A:

Coverage by Centre & Lead Centre will stay in his position and mentally with the ball and any play around it until Lead has completed his rotation, is ready to referee the play, and the play is no longer active. If the play is progressing during the Lead rotation, Centre will stay with the play until it is completed and no longer active. Our primary target is to continue to referee any play and then to move to the new position (rotate).

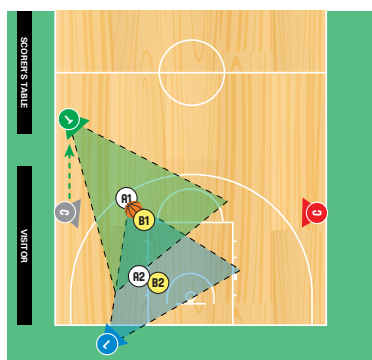
As a result, there will notionally be two referees occupying the Centre positions momentarily.

PHASE 3B: ROTATION BY CENTRE TO THE TRAIL POSITION:

When Centre moves up to the Trail position he should move backwards, facing the basket all the time (45°).



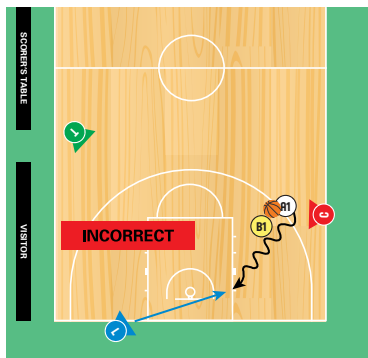
D18 - Centre will stay with the play until Lead has completed his rotation and is ready to referee.



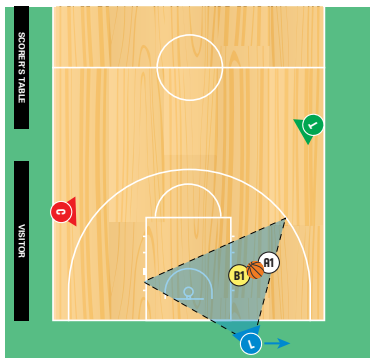
D19 - Old Centre is always the last one to move to the new Trail position (moving backwards) and now the rotation is completed.

3.4 LEAD POSITION

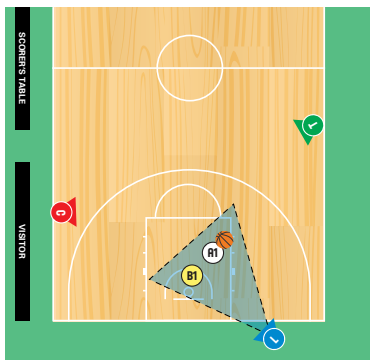
The Lead should normally make all violation/foul calls on the strong side of the court. Studies have proved that when the Lead makes calls on the weak side (other side of the court), especially on a drive (high contact), the decisions are incorrect, and in many cases, fantasy calls occur with guessing (foul called where contact was legal or no contact at all). This type of call is called "Lead cross call" and should not happen. The Lead must trust that the Centre will make the call if there is illegal contact (trusting Lead & active Centre).



D20 - Lead must trust to the Centre who has to be active edge and ready cover his primary. The diagram demonstrates the "cross call" by Lead what is incorrect.



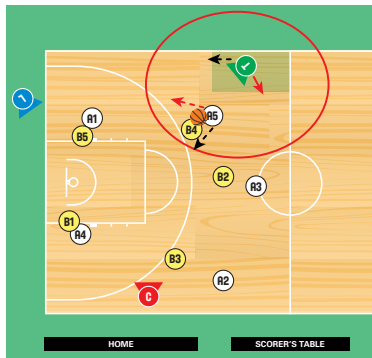
D21 - When ball comes to the strong side low post, Lead prepares for the next play by taking cross steps to have a wider angle covering the next possible play.



D22 - Lead has taken the cross steps and turned slightly his torso towards to the basket. This new angle allows to referee defence in the drive and prepare for the help defence.

3.5 TRAIL POSITION

When the ball moves closer to the Trail's sideline, he should step onto the court to ensure he maintains good vision of any defenders. Whenever Trail has a dribbler in the front of him, he should actively be thinking which direction the dribbler will move next. Whenever a player moves in one direction, the Trail should move to the other direction - this is called "Trail Cross Step". When the play is over, the Trail should return close to the sideline in the standard working position.



D23 - Whenever Trail is straight-lined, he thinks in advance which side the player will move next. When player moves, Trail should react and with a cross step in the opposite direction of the players' movement.

3.6 CENTRE POSITION

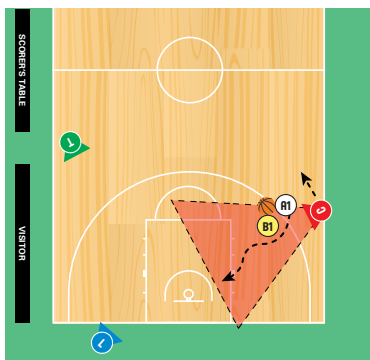
During the transition from Centre to Centre, the referee in question has to follow these techniques:

- Stay with the previous play before the new transition. Namely, wait until the ball has entered the basket in the case of a successful attempt for goal, or until a defensive player has gained control of a rebound;
- Face the court during the entire transition (actively looking for next play to come and refereeing defence);
- Run straight to the frontcourt free-throw line extended (set-up position);
- When a transition play is advancing on the weak side, Centre might need to stop momentarily and referee the play (keep distance from the play – anticipate)

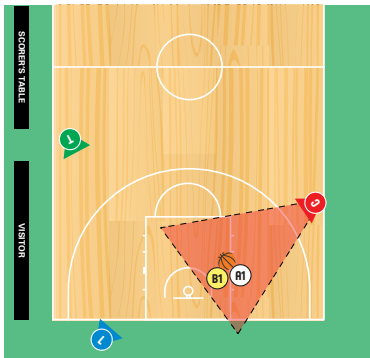
When there is a weak side drive to the basket, the Centre should take (a) step(s) on the court diagonally towards the centre line, or the same principle as with the Trail.

Whenever a player moves in one direction, the Centre should move in the other direction. This is called “Centre cross step”. There will always be a moment when the Centre is straight lined at the start of the drive, but this is only momentary and is minimized with the cross step.

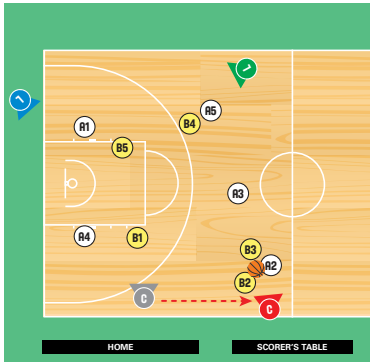
In case of trap on the frontcourt of the weakside and close to the centre line, Centre moves close to the centre line to referee the play (“go wherever you need to go to referee the play”). After the trap situation is over Centre will return to the normal position at the free throw line extended, unless Lead has rotated during the trap (should have rotated before the trap).



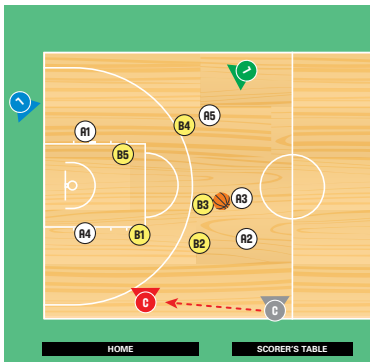
D24 - Ball on the weakside and Centre prepares to referee the drive to the basket (mentally ready to cross step).



D25 - Dribbler moved to the left and Centre took correctly Cross Step to his right and maintain the open angle.



D26 - When there is a trap close to the centre line on the weakside of the court, Centre needs to move close to the centre line in order to cover the play properly, but this is not rotation (unless Lead is rotating).



D27 - After the trap is over, Centre will return to his initial position and working area at the free throw line extended (unless Lead has rotated during the trap – first option).

3.7 REBOUNDING COVERAGE

TARGET:

TO IDENTIFY THE CORRECT TECHNIQUES FOR TOTAL COVERAGE DURING REBOUNDING SITUATIONS TO ENSURE THAT NOT MORE THAN 1-2 ACTIVE MATCH-UPS ARE COVERED BY EACH REFEREE

During the Basketball Knowledge section, the principles for successful rebound techniques by the players (inside position, timing) were covered. Let's move to the practical implementation of these principles and how this relates to refereeing. First of all, it is crucial to understand that when any shot is taken, this is the key moment for the players to move to the most profitable position in order to get the rebound. In many cases, referees are thinking that the key moment is when ball hits the rim, which is completely too late. Keeping in mind the key principles noted above, it is important that the referees are already in position to referee the rebound situation when the shot is taken (active mindset, appropriate positioning for the next play). In doing so, the referee implements the basic IOT elements regarding Distance & Stationary, and active mindset facilitating the chance to process the entire play ((analytical decision making) – not only to see the end and react (emotional decision)).

The second successful technique is to define the principle that each referee has only 1-2 active match-ups to control during a rebound. It is not so difficult if the referee focuses only on a few players instead of trying to cover all of the court and the ten players. The challenge is that all referees pick-up the different match-ups. Naturally, the Pre-Game Conference plays a significant role in the correct plan, methods and execution.

Normally, each referee picks up the closest active match-up, and possibly one more. Normally, you are able to rule out one match-up that will not be active during a rebound situation that needs no active attention.

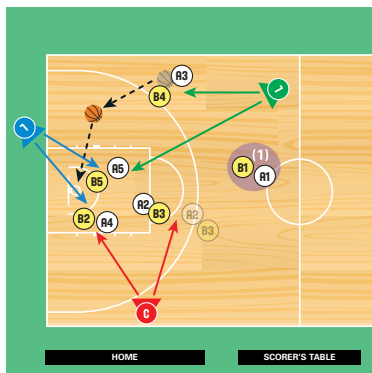
SHOT FROM THE STRONG SIDE:

Lead covers the match-up close to the basket (holding and clamping fouls), Trail & Centre focus on perimeter rebounds (pushing, crashing and "over-the-back") on their respective sides. Centre has primary coverage on goaltending or basket interference as Trail has shot coverage (diagram D28).

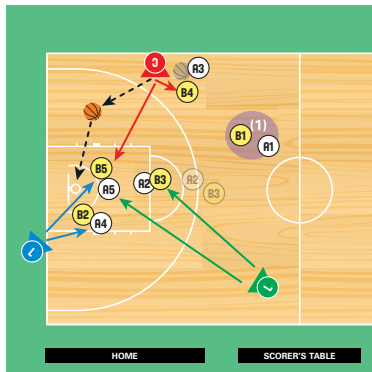
SHOT FROM THE WEAK SIDE:

Lead covers the match up close to basket (holding and clamping fouls), Trail & Centre focus on perimeter rebounds (pushing, crashing and "over-the-back") on their respective sides. Trail has primary coverage on goal tending or basket interference as Centre has shot coverage (diagram D29).

If there are no active match-ups on your side, you need to move to the next active match-up (not engaged with mechanics but the play & active mindset)

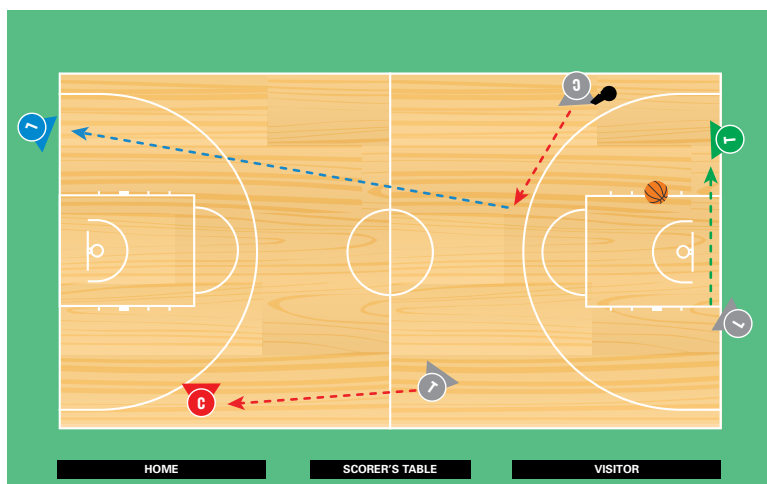


D28 - Shot from the strong side, Lead focus for close to basket, Trail & Centre for perimeter players and Centre has the primary for the possible goal tending and basket interference, (1) not active match-up.

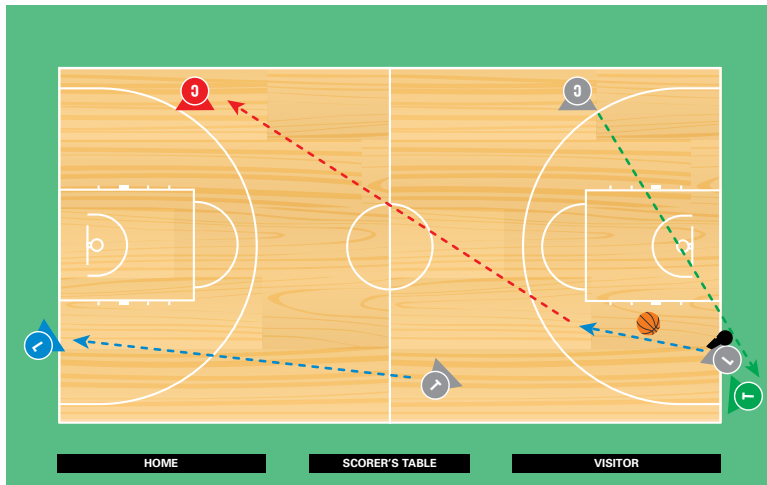


D29 - Shot from the weak side, Lead focus for close to basket, Trail & Centre for perimeter players and Trail has the primary for the possible goal tending and basket interference, (1) not active match-up.

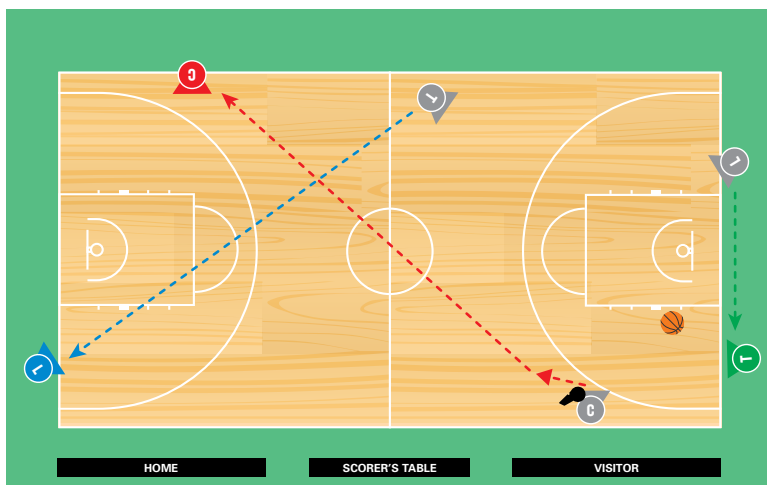
3.8 REPORTING FOULS AND SWITCHING



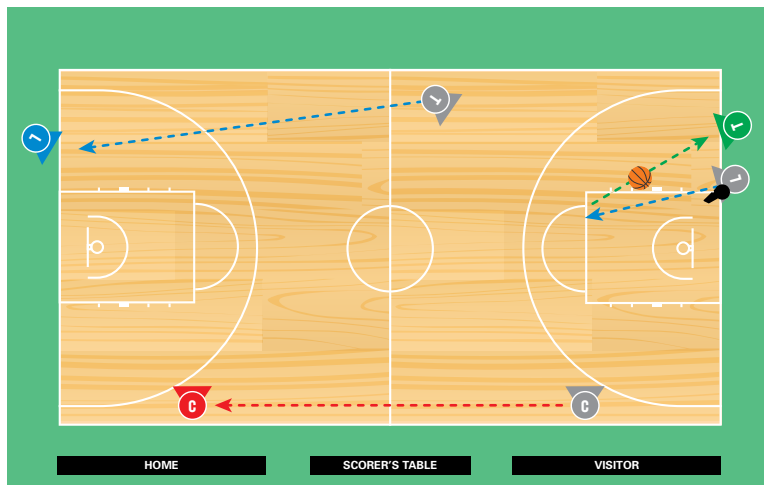
D30 - When a foul is called in the backcourt or there is an offensive foul in the frontcourt, there is no switch unless it is necessary to facilitate the new position of the reporting referee on the opposite side (no long switches).



D31



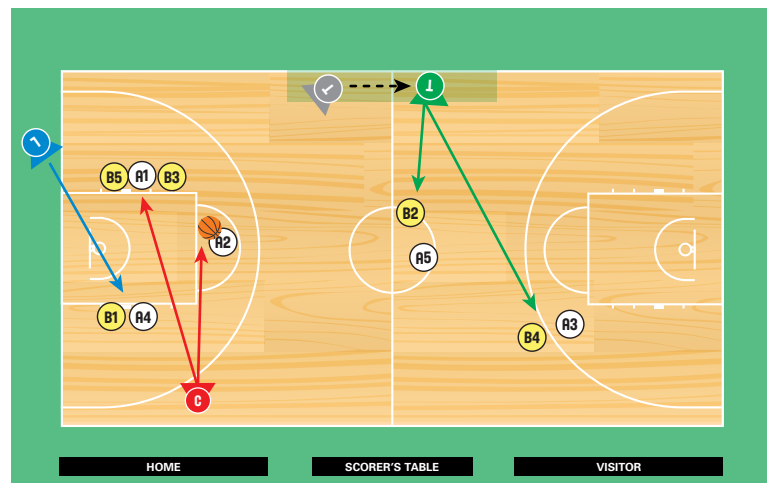
D32



D33 - Four examples of offensive fouls on the front court. All these cases no "long switches" from end line to end line. Naturally calling & reporting referee moves to the opposite of the court and two remaining referees fill up the empty spots.

3.9 FREE-THROW POSITIONING (SPECIAL SITUATION)

When there is a last free-throw with players in the new front court: Trail adjusts towards the new frontcourt (position depends on the number of the players in the frontcourt and time of the game)



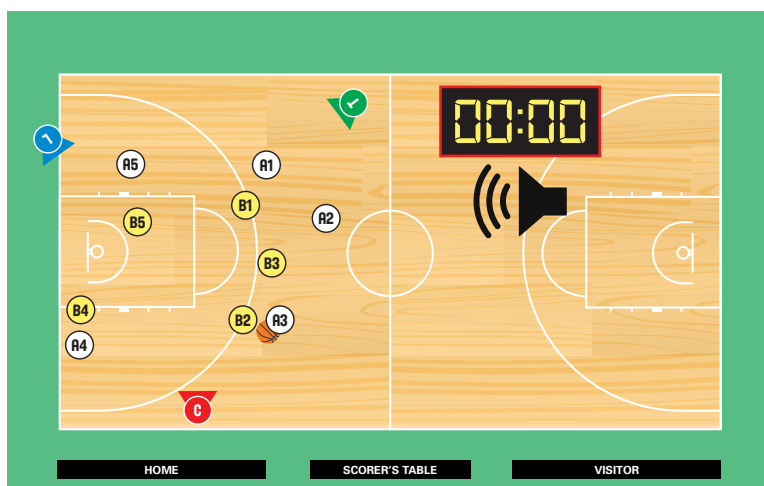
D34

3.10 LAST SHOT

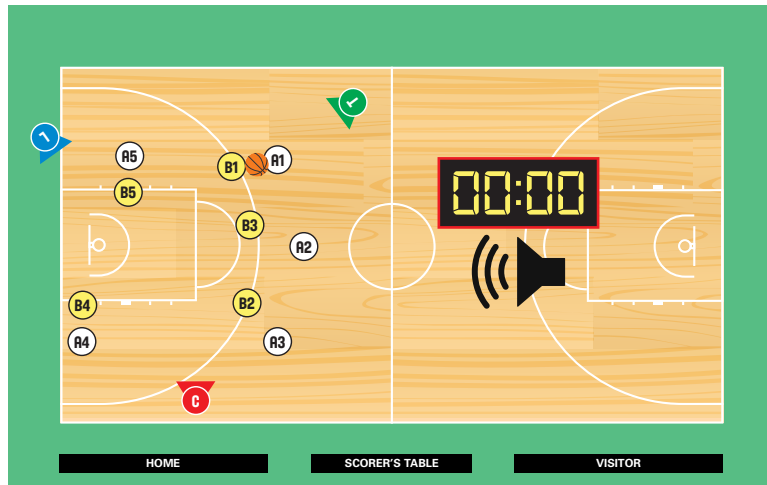
Normally, either the Trail or Centre decide if any shot close to the end of a period or game is a valid basket or if the ball was not released before the LED light/signal.

The normal procedure is that the referee (Trail or Centre) on the opposite side of the scorer's table is responsible for the control of the last shot unless he is engaged with another play, in which case the referee on the table side is responsible for the clock.

If any of the referees not covering the last shot have information regarding the last shot and the clock, they are required to go immediately to the calling referee who is responsible for the last shot and share this information with the crew.



D35 - The ball is on the left side of the basket.



D36 - The ball is on the right side of the basket.

3.11 REFEREEING THE DEFENCE

TARGET:

TO IDENTIFY THE PRIMARY FOCUS WHEN ANALYSING A 1 ON 1 PLAY.

The concept of refereeing the defence is one of the corner stones for accurate basketball refereeing. Essentially, it means that the priority of the referee in an on ball competitive match-up is to focus the attention on the legality of the defensive player whilst keeping the offensive ball handler in your field of vision. The referee is required to get into a position that allows them to clearly see the defensive player.

Note: We are not refereeing the space between the players, we are refereeing the defence itself - but you need to have a position where you can see the space between players in order to referee the defence.

When refereeing on ball, focus your attention on the illegality of the defensive player!

3.12 FAST BREAK

TARGET:

TO IDENTIFY PROPER COVERAGE AND LEAD-CENTRE COOPERATION DURING A FAST BREAK

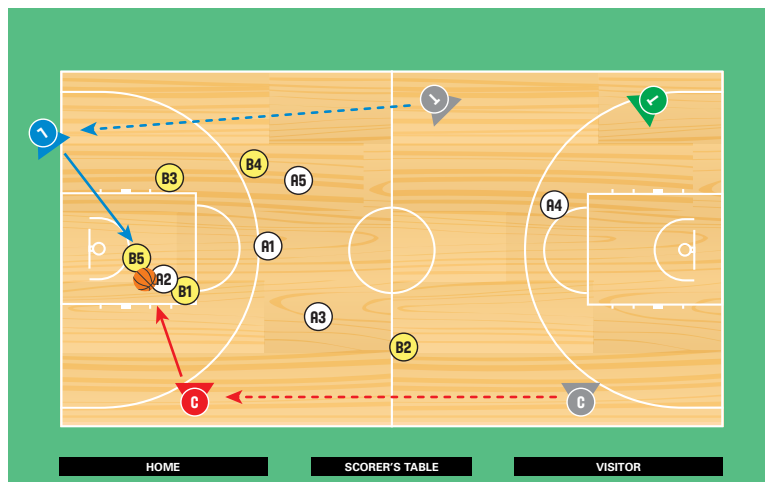
During the fast break, it is important to understand that the Centre has to be active and has 50% of the coverage (weak side).

Any action or contact on the weak side should be covered by Centre, and any action on the strong side by Lead. This is the beauty of 3PO when it works properly.

It is good to practice when running from Trail to Lead in transition to automatically identify where the Centre is on the other side of the court. When this becomes a standard procedure, it will also automatically happen during the fast break when time is more limited.

The Lead and Centre need to run at full speed, analyse when the play will start, and then stop and referee the play by focusing on the defence (referee defence). The weak point in coverage during the fast break is when the new Lead curves under the basket and tries to referee the action on the weak side. This destroys the concept of 3PO as each referee is responsible for his own primary and there is no need for secondary coverage in this instance.

It is important that the Centre quickly arrives in the frontcourt at the free throw line extended because he has the best coverage for the possible goaltending or basket interference



D37 - Centre has to run fast in every fast break. It is important that both Lead & Centre are able to have stationary position to referee when the play starts. It is normally a dual coverage.

3.13 SHOT COVERAGE (GENERAL AND THREE POINT ATTEMPTS)

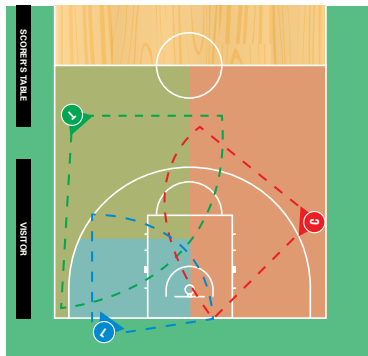
TARGET:

**TO IDENTIFY AND UNDERSTAND
THE COVERAGE OF EACH
REFEREE DURING SHOTS FOR
GOAL**

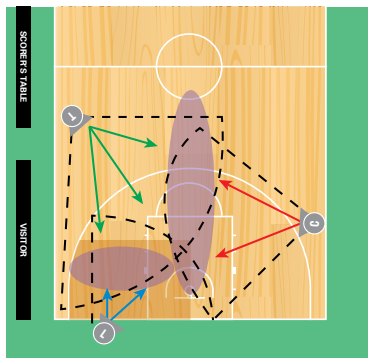
The basic principle is that the Lead has primary coverage on any 2-point shots on the strong side (as demonstrated below, blue area) and the Trail has primary coverage for all 3-point shots, and 2-point shots on the strong side.

The Centre has primary coverage on all shots on the weak side (see diagram 38).

Whenever there is dual coverage (restricted area, rectangle 2), the basic principle is that the respective referee covers his side of the play(see diagram 39).



D38 - Lead has normally the primary coverage in blue area, Trail in green area and Centre in red area.



D39 - In dual coverage areas, it is important that both referees have the discipline to process the entire play and try to focus only for their side of the defensive players.

The same situation takes place as a mirror on the other side of the court.

CHAPTER 4



**BASKETBALL
KNOWLEDGE**

CHAPTER 4

BASKETBALL KNOWLEDGE

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4 BASKETBALL KNOWLEDGE

Basketball Knowledge in the Level 3 curriculum includes 2 modules, which build upon the content of the Level 1 and Level 2 courses.

1. Offensive Tactics and Strategies
2. Defensive Tactics and Strategies

A referees' ability to adjudicate situations of contact will be greatly enhanced by them understanding how team coaches deliberately create situations of contact both offensively (e.g. screening situations) and defensively (e.g. rebounding contest). However, it is not only situations of contact that are include in the curriculum, which also includes the tactics utilised by teams to affect the tempo of the game.

In brief, the Level 3 curriculum includes:

OFFENSIVE TACTICS AND STRATEGIES:

different styles of play lead to different movement and spacing on the court, which impacts the mechanics employed by the officials.

DEFENSIVE TACTICS AND STRATEGIES:

understanding how teams move defensively will help referees to determine whether a defender has established position.

4.1 OFFENSIVE TACTICS AND STRATEGIES

4.1.1 MOTION OFFENCE – 3 OUT, 2 IN

Some teams will play with two inside players – either two low posts, two high posts or one low post and one high post. This may be players that play only in those positions or a team may have those positions occupied but at various times in the offence different players may be in the position.

With this alignment screens are commonly used which creates multiple situations of contact.

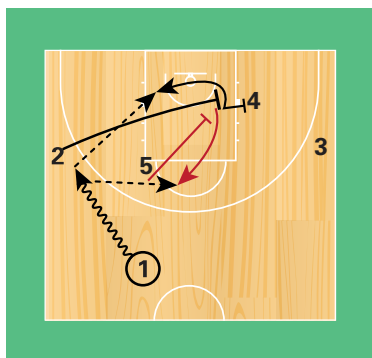
3 OUT, 2 IN WITH SCREENS

A “motion” style offence is where there is no pre-determined movement and instead players make decisions based upon “reading” what is happening on court. There are some common screening situations:

- “Screen the Screener”
- Using multiple screens to free a shooter
- Double Screens
- “Blind” (or back) Screens

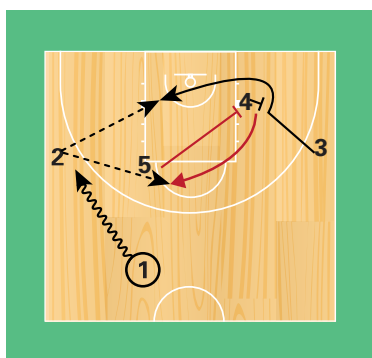
SCREEN THE SCREENER

Simply, a player sets a screen and then immediately receives a screen from another team mate. This creates a lot of contact, usually on the opposite side of the court to where the ball is. In particular, the second screener will often “headhunt” the defender, moving directly into their path, rather than just screening a particular area on the floor.



2 sets a screen for 4 and then 5 sets a screen for 2.

Commonly this situation will be used have a “small” screen for a “big” (or vice versa) which can create difficulty if a defence is “switching”.

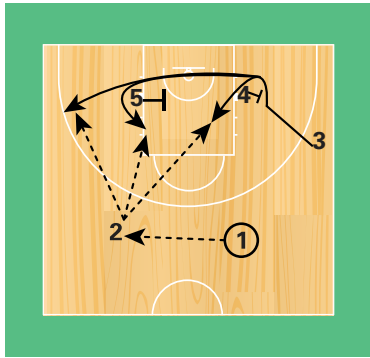


This example is the basis of the “Flex” continuity offence, but can also be used within a “motion” offence.

4 screens for 3 and then 5 screens for 4.

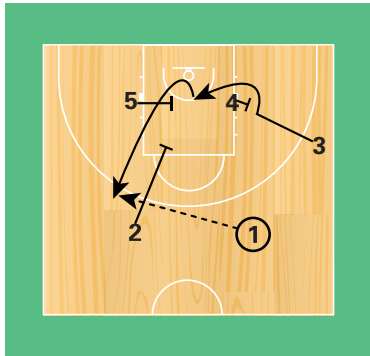
MULTIPLE SCREENS FOR A SHOOTER

Teams will often set two or three screens in various parts of the court in order to get a shooter free to shoot the ball. The cutter will often move a considerable distance meaning the situations may be officiated by different officials.



4 and 5 set screens for 3 who cuts across the court. At each screen, the cutter will “read” their defender and various cuts are shown on the diagram.

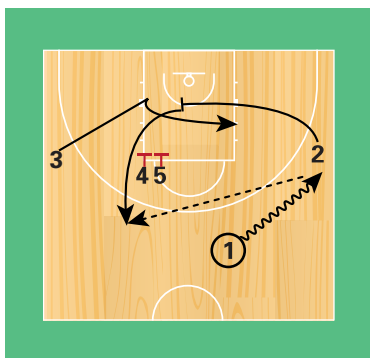
Officials should look for late movement by the screener as they “jump” into the way of the cutter’s defender.



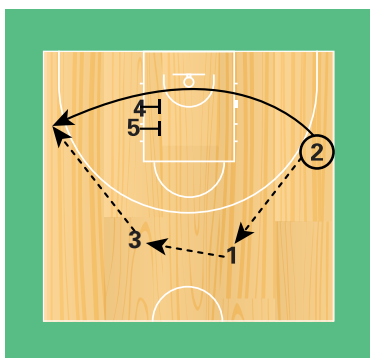
This is a similar situation, adding a third screen by 2.

DOUBLE SCREENS

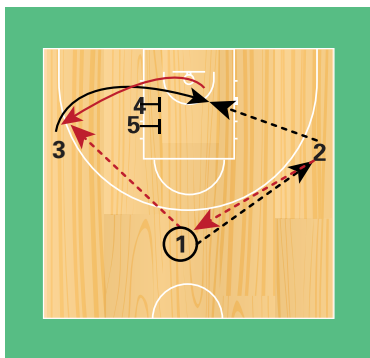
A double screen is where two team mates stand together to set a screen. The screen being “wider” creates a bigger obstacle for the defence to negotiate. After the cutter has used the screen, the two screeners will move, often with one moving to the basket and one moving to the ball.



Here Player 3 cuts to the basket and then cuts to the opposite side of the court using a screen from 2. Player 2 then cuts off a double screen from Players 4 and 5.



Player 2 makes a “turn out” cut off a double screen from 4 and 5.



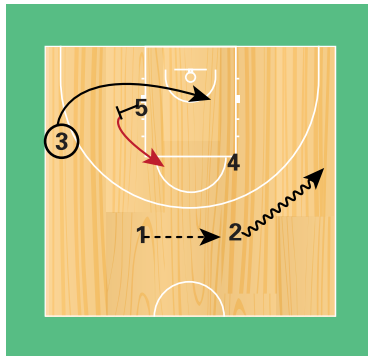
Here Player 2 uses the double screen from the post players twice. First, Player 3 cuts to the basket and the ball is passed to Player 2 to make the pass.

However, if Player 3 does not get open, they can cut to the perimeter, again off the double screen.

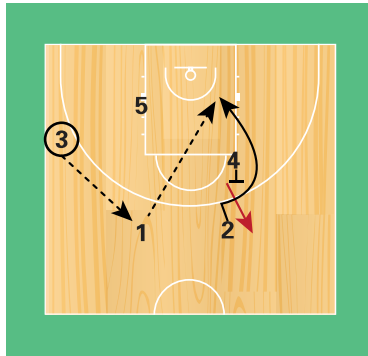
“BLIND” (BACK) SCREENS

A post player will often set a “blind” screen behind a defender. The screener may take a step toward the defender or they may simply stand in position and the cutter’s role is to bring their defender to the screener. The cutter is moving toward the basket and the screen is usually on the opposite side of the court to where the ball is.

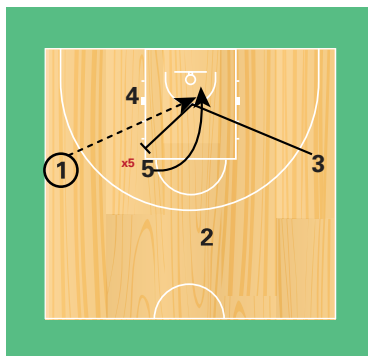
This can effectively be used in either the low post or the high post.



5 screens for 3 to cut to the basket.

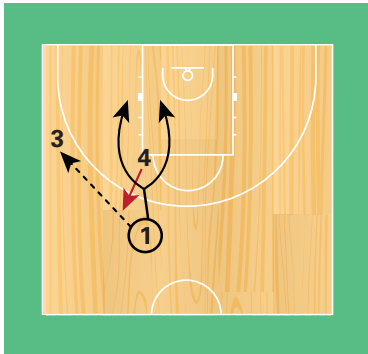


From the same alignment, the back screen can be set on the “weak side”, creating an opportunity for Player 2 to cut to the basket.

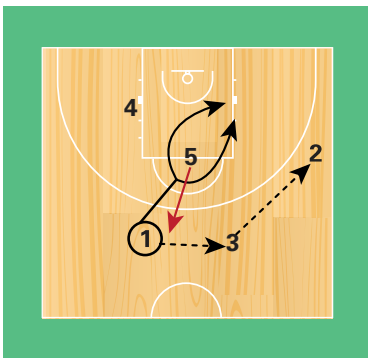


The blind screen can be particularly effective when used against the defender on a player that has just passed the ball or defenders that are denying passes.

3 initially cuts to the basket and then screens for 5 to cut to the basket.



Players may also cut off the high post, after the ball goes below the extended free throw line but before any defenders move to the “split line”. This does not have to be a screen.



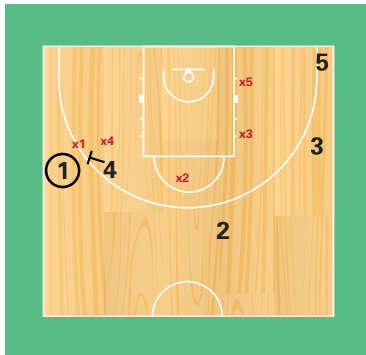
Timing is especially important when the cutter comes from the weak side as the ball needs to have moved to a “passing position”. After a cut off the high post, the high post should pop (as the cutter moves to the basket).

4.1.2 PICK AND ROLL WITH TRIANGLE ON THE HELP SIDE

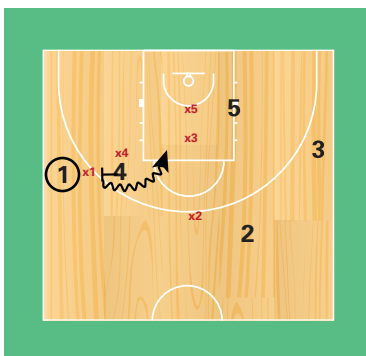
The “Pick and Roll” is one of the most common offensive situations and is used by almost every team to some extent. When the team is set at the wing position the other offensive players will often move to the “weakside”.

On the weakside there are a number of alignments they may adopt:

- Perimeter – players at point, wing and corner
- Triangle – players at point, wing and the low post



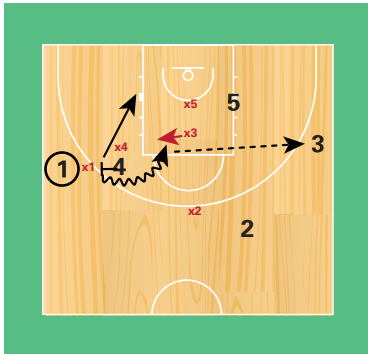
A team with good perimeter shooters may not use a post player and instead place good shooters at the wing and corner. This will often mean the defenders move away from a help position.



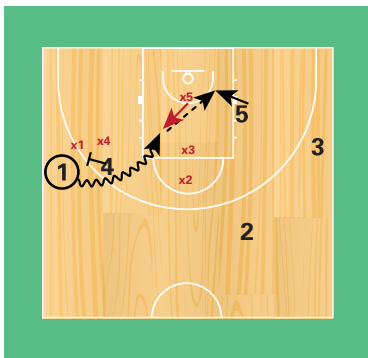
When a “triangle formation is used a the low post player is in good position to receive a pass.

This still gives plenty of space for the “pick and roll”, with the dribbler attempting to get to the elbow, and the screener looking to move to the basket.

The team may also quickly reverse the ball and play on the opposite of the court using the triangle.



When a help defender rotates to stop the penetration, the ball may be passed to the open player on the perimeter.



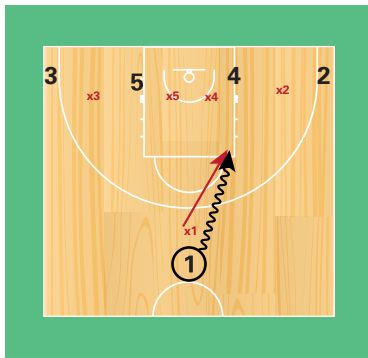
If it is the post player's defender that helps, the post player will often be open for a lay-up.

In mens basketball, this pass will often be a lob pass for an "alley oop". Alternatively, the post player is in good rebounding position if the dribbler shoots.

4.1.3 1V1 ISOLATION

There are many situations where the offensive team will look to “isolate” one of their players. Some situations are:

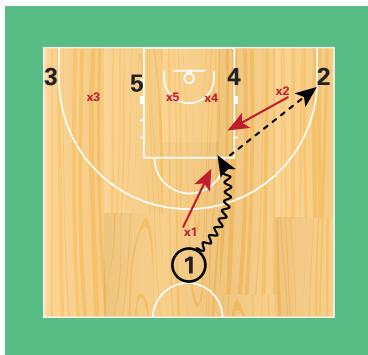
- Late in the shot clock or a last play in the quarter
- Take advantage of a situation where a defender has a “mismatch”
- Get the ball to a “star player”



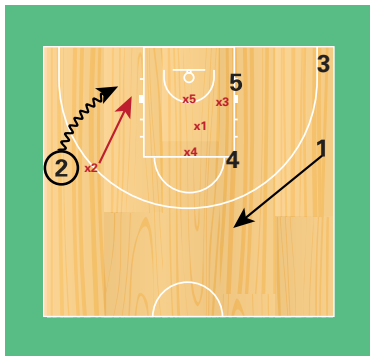
Flat

A common offensive alignment is “flat” where 4 offensive players align on the baseline and the “isolated” player has the ball at the top of the key.

Given the position of defenders, 1 unlikely to get a lay-up, and instead penetrating to the top of the key for a shot is more realistic.

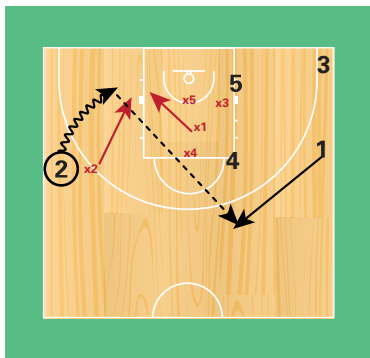


If a defender moves to help on the penetration that may leave their player open – whether that is a player on the perimeter or a post player.

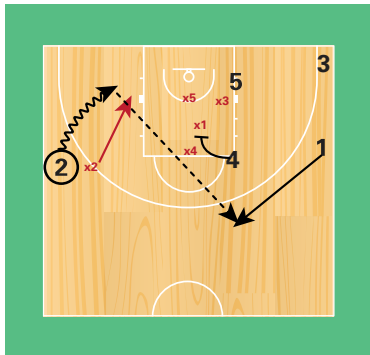


Another isolation alignment is to “clear out” one side of the court. Here, 2 drives and get an open shot.

Players on the weakside, will often move to a position to receive a pass.



If one of the weakside defenders (e.g. x1) rotate to help defend the penetration, a pass may be open to their opponent.



In this alignment a similar passing opportunity can be created by one of the post players setting a screen for the perimeter players.

4.1.4 SHOT SELECTION IMPORTANCE OF THE CORNER 3

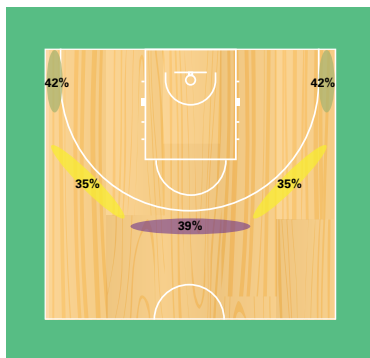
IMPORTANCE OF THE "CORNER 3"

The introduction of the 3 point shot has made a significant change to how basketball is played, placing a much greater emphasis on shooting from distance. The reason for this can be starkly illustrated:

- A team taking 100 2pt shots @ 50% accuracy scores 100 points;
- A team taking 100 3pt shots @ 35% accuracy scores 115 points!

Increasingly, teams are adding specific options to their offensive playbooks to take 3 point shots and this trend seemingly continues even though the 3 point line is now further away from the basket than when first introduced.

This even extends to fast break situations where teams will often look to get a 3 point shot as a player drives to the basket and passes to an open team mate on the perimeter.



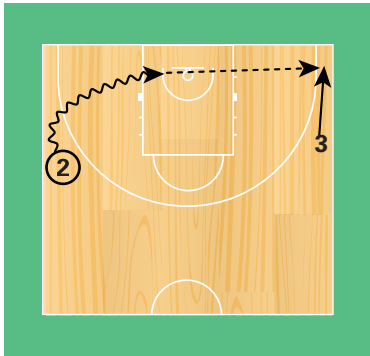
In particular, the "corner 3" has been described by some commentators as the most important shot in basketball and some recent analysis in the NBA supports its increasing importance:

- Successful teams tend to take more "corner 3" shots than do less successful teams;¹
- Teams shoot a higher percentage from the "corner 3" than other 3 pt shots.²

Whilst the "corner 3" is closer to the basket than a 3pt shot from the wing or top of the key, this is only a marginal difference and is unlikely to explain the increased shooting percentage from the corner. More likely an influence is how playing to the corners can distort and stretch a defence.

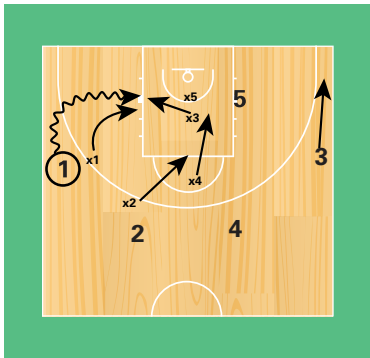
¹ In 2014 the teams that competed for the NBA Championship took 11% (Miami) and nearly 8% (San Antonio) of shots from the "corner 3". The league average was 6.6% of shots taken from the "corner 3".

² NBA teams make 42.5% from the "corner 3", compared to 34.9% from the wing 3 and 38.8% from the top of the key (see <http://www.82games.com/locations.htm>, which is not official NBA statistics)



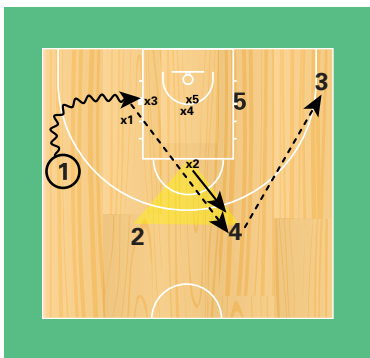
Most teams will have a player move to the corner when there is dribble penetration. On baseline dribble penetration, there will often be a pass directly to the corner.

To avoid help defenders the dribbler will often be behind the backboard when the make this pass and may even jump over the baseline to make the pass.



Most defences will “help” stop dribble penetration with a rotation from a player from the low split line – this is usually the defender of the offensive player that moves to the corner.

This rotation requires further help (x4) to rotate, which can result in a shot from the corner being relatively open.

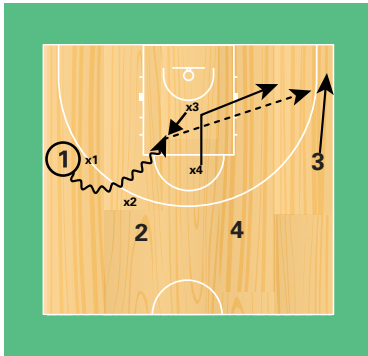


On baseline penetration a pass to the top of the key will often be defended as the team rotation is designed to defend. Here x2 is in position to close-out and defend either 2 or 4 if they receive the pass.

However, a quick pass to the corner forces a longer “close out” from the defence which again can lead to a relatively open shot.

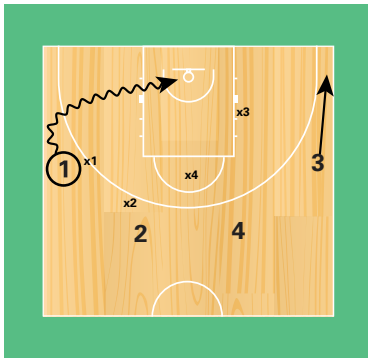
The effectiveness of passing to create an opportunity to shoot from the “corner 3” is confirmed by analysis that indicates 95% of “corner 3” shots are “assisted”, meaning that they are taken after receiving a pass.³

³ See <http://www.82games.com/locations.htm>



Dribble penetration to the middle also requires rotation from x3, who is responsible for defending the player moving to the “corner 3”.

Again, this can create a relatively open shot either as x4 closes out (rotating to help x3), or if x3 rotates (after doing a “hedge and recover” to assist in defending 1’s penetration).

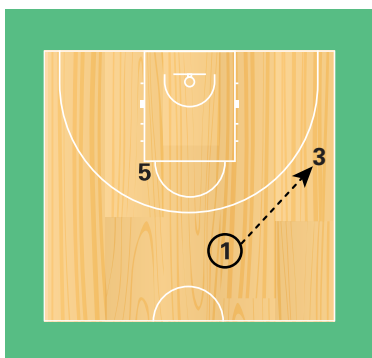


Teams that effectively use the “corner 3” can also create more space for penetration as the defenders adjust and “hedge” toward the shooter rather than being in a position to rotate and help.

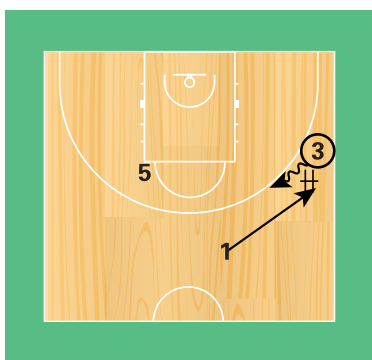
4.1.5 ON-BALL SCREENS – “PISTOL”

ON BALL SCREEN - “PISTOL”

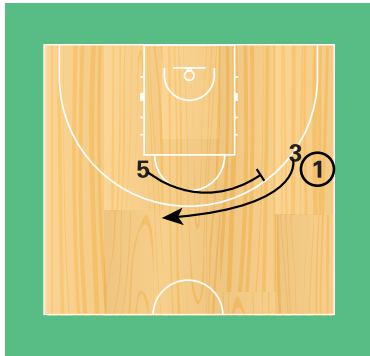
“Pistol” is a relatively simple way for a team to set up for an on-ball screen. It also creates an opportunity to get a shooter open.



1 passes to 3 on the wing. 3 is the “shooter” and 1 is the player which the team wants to have an opportunity to use an on-ball screen.

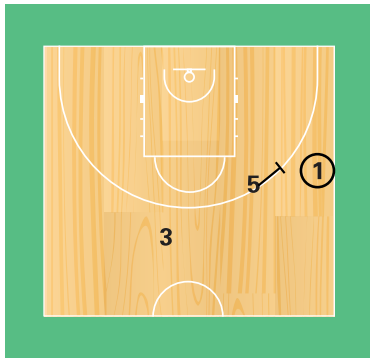


1 then moves to the wing to receive a hand-off from 3, who may take one dribble. Typically the player will hand-off the ball, whilst reverse pivoting to create contact with 1's defender.



5 moves to screen 3, who cuts to the top. 5 may still be moving as 3 makes the cut, which creates considerable contact.

A pass to 3, may create an open shot or an opportunity to penetrate into the key.



5 then moves to set an on-ball screen for 1

Traditionally, this screen would be set by 5 coming to a stop and then 1 dribbling. However, increasingly, both 5 and 1 will be moving.

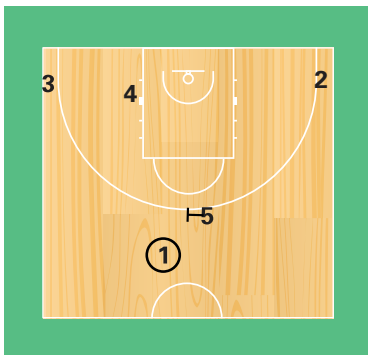
There is also often contact between 5 and the defenders as 5 moves to the basket, after 1 has dribbled.

4.1.6 SCREENING ANGLES AND ALIGNMENTS

The “pick and roll” (or “on ball screen”) is one of the most common plays used by teams. The “pick” is an on-ball screen. The “Roll” is when the screener then moves toward the basket. Alternatively, the screener may “pop” or move to the perimeter, which has become more common as players become more proficient in shooting the 3-point shot.

There are many different angles and alignments that can be utilised by teams when setting an “on-ball” screen. Some common rules for both screener and dribbler are:

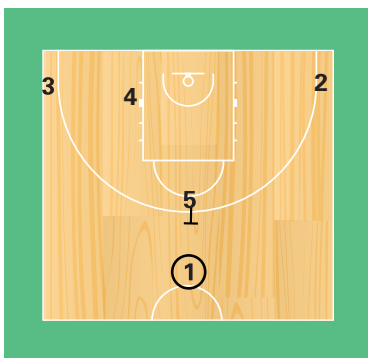
Below are descriptions of various alignments that can be used for an on-ball screen.



An on-ball screen is often set in the middle of the court, which can be set on either side depending upon the dribbler’s preference.

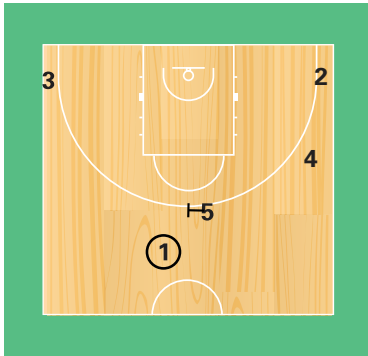
The “Horns” set is also common, where two screens are set, one on either side.

Typically, the screener has their back to a sideline or slightly angled toward the baseline corner.



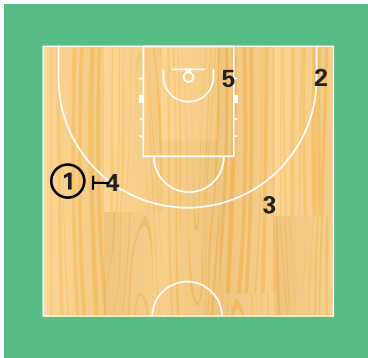
The screen can also be set “Flat” - where the screener has their back to the basket. This is also set some times with the screener facing the basket, and their back to the defender they are screening.

The screener will often face the defender and then reverse pivot into their expected path.

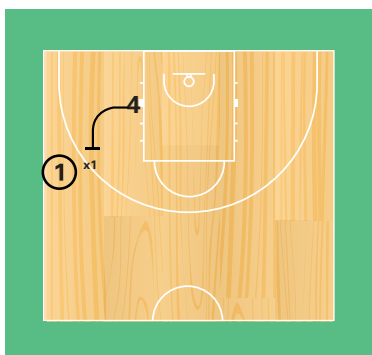


A “Lifted Middle Pick and Roll”, where the other 3 players are on the perimeter. This creates more space for the screener to roll toward the and for the dribbler to “attack the rim”.

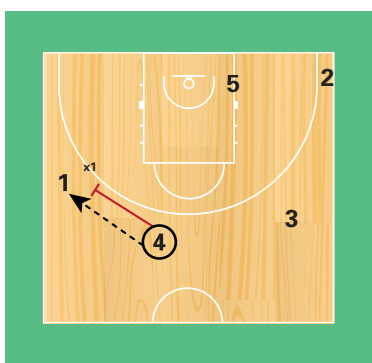
If a defender moves to help defend this, the ball may be passed to the player on the perimeter.



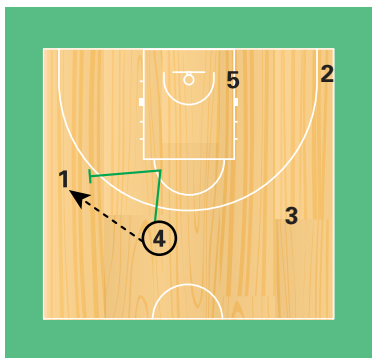
An on-ball screen is often set at the wing position, with the screener’s back facing the middle of the court.



A screen may also be set with back to the baseline, which helps to create the opportunity to drive baseline. This is a relatively new pattern of play.

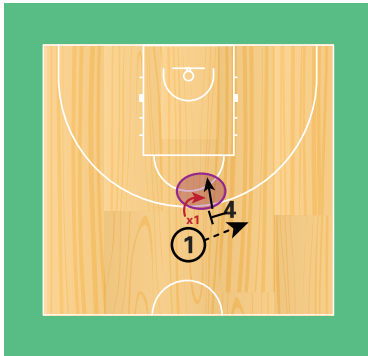


The screening angle must allow the dribbler to play “downhill” (i.e. moving toward the basket). Accordingly, the screener does not move from the point directly to the wing, as this is a poor angle. The dribbler (to use the screen) would be moving away from the basket.

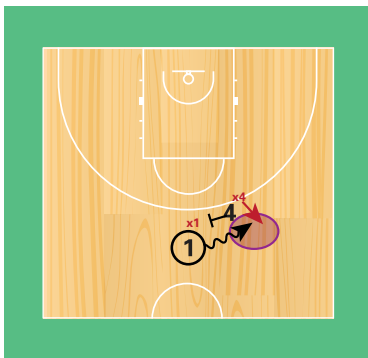


The screener may need to move in an indirect path in order to get a good angle on their screen. Often defenders will “bump” this cut to try and prevent, or delay, the screener getting to where they want to.

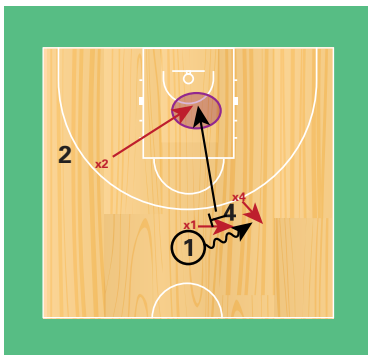
The likely point of contact with an on-ball screen is not necessarily where the screen is set.



As the on-ball defender moves, the screener will often move again into their own path. It is difficult at times to see where the screen starts and ends.



Similarly, the defender of the screener will often move to help defend the player with the ball. The point of contact occurring away from the screen, particularly if there is a mismatch.



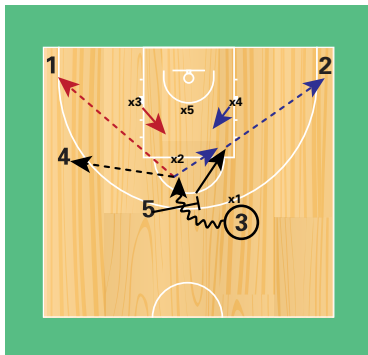
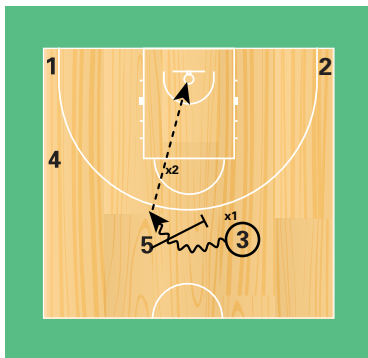
As x4 helps on the dribbler, the screener “rolls” toward the basket and another defender may need to help defend the screener.

This is again a situation of contact, particularly if there is a mismatch between those players.

4.1.7 ON-BALL SCREENS AGAINST ZONE DEFENCE

On-ball screens can be used effectively against a zone defence, particularly with the screen being set in the middle of the court.

With an on ball screen in the middle of the court, spacing can have a player in each of the corners and also on one wing.



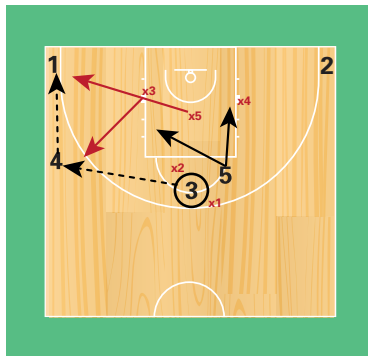
SETTING THE ON BALL SCREEN

In a zone, the defence will often not have a defender on the screener. In this situation, Player 3 must be prepared to shoot as they use Player 5's screen, before another defender moves to them.

Alternatively, Player 3 may penetrate into the key and then:

- If x2 stops the dribble, pass to 4 (black)
- If x3 moves to help, pass to 1 (red)

The screener will also move toward the basket. If they receive the pass and x4 moves to defend them a second pass can be made to 2 in the corner (blue)



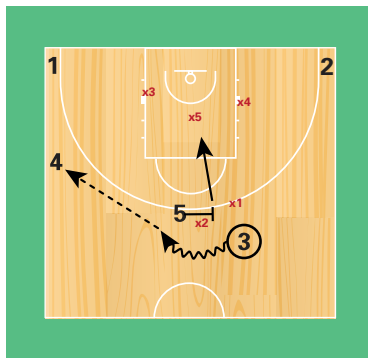
CREATING 2X1 OPPORTUNITY

A pass to 4, creates a situation of 2x1 between the offensive players (1 and 4) and defender x3.

If x3 rotates to the wing, a quick pass to Player 1, forces x5 to rotate to the corner. 1 must be prepared to drive, as this is likely a mismatch.

If 1 does not drive, 5 can cut to the basket and can:

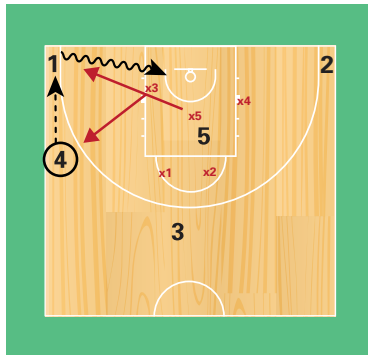
- "Seal" x3 as they rotate back to the key;
- "Seal" x4 before they can rotate across the key.



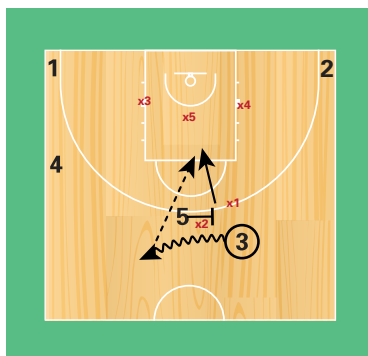
READ THE DEFENCE

Particularly once the screen has been used effectively, the defence may lift the high post defender (x2) to "hedge" or even switch at the screening action.

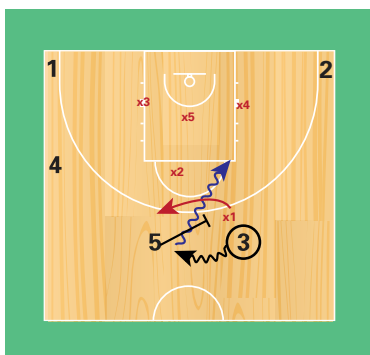
When the defence does this, a quick pass to 4 again creates a 2x1 situation between 4 and 1 and x3



If x3 rotates to 4, x5 must close out to 1. This creates a great opportunity for 1 to penetrate or for 5 to seal x4.

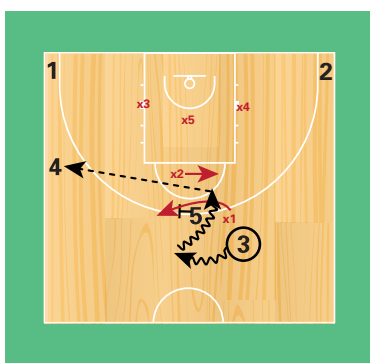


3 can also pass to 5 as they cut to the basket. Often to make this pass, 3 should separate (dribble away) from the defenders.

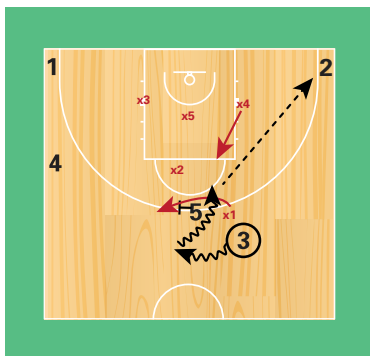


USING A RE-SCREEN

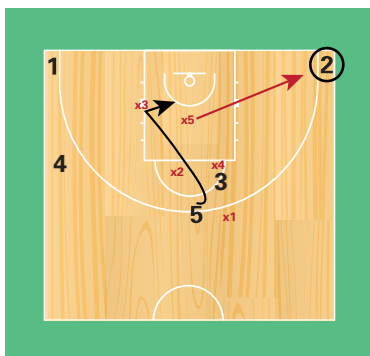
If x1 goes "under" the screen, 5 should turn to "re-screen" the defender, allowing 3 to change direction and penetrate to the elbow.



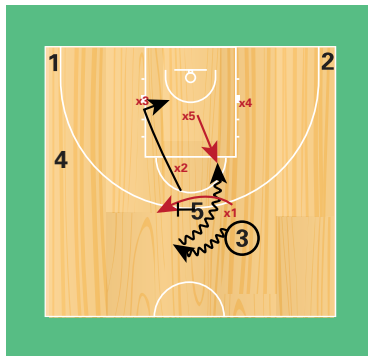
If x2 rotates to guard 3, a pass to 4 again creates the 2x1 situation with 4 and 1 against defender x3.



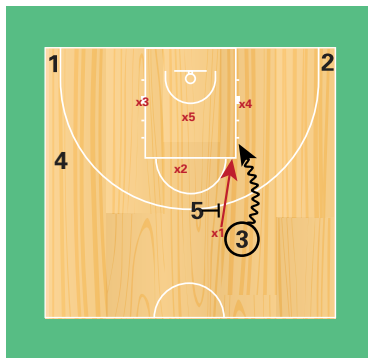
If x4 rotates to stop the penetration, a pass to 2 creates a shot or an opportunity for 2 to drive as x5 rotates to defend the corner.



5 can "seal" x3, rather than simply cutting to the basket.



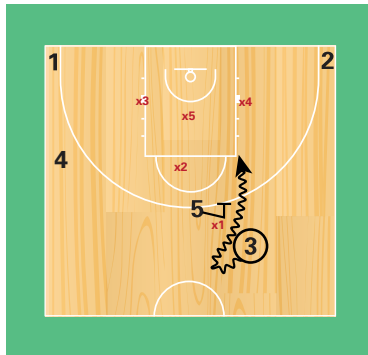
If x5 rotates to stop the penetration, this creates a mismatch with 3 possibly being able to drive past x5. 3 can also pass to 5 as they “seal” x3.



WHEN DEFENCE FORCE SIDELINE

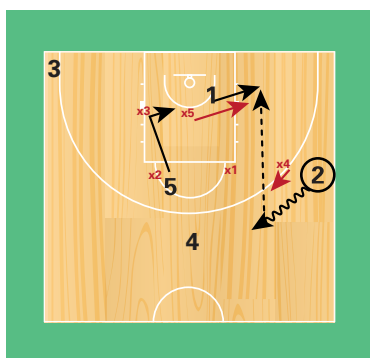
An increasingly common tactic is for the defender to force the dribbler away from the screen. x1 stands next to the screener, facing 3 – making it impossible for 3 to use the screen.

In this situation the screener may face the basket and then 5 cuts into the key as 3 dribbles.



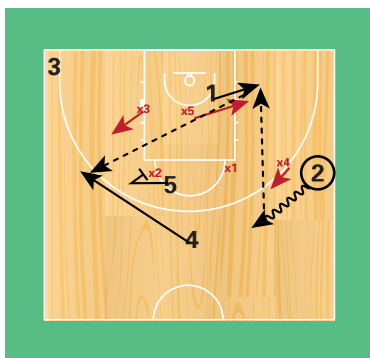
3 may use a retreat dribble toward the middle of the court, so that 5 can re-establish position with their back to the defender and then 3 drives at the basket.

4.1.8 "DRIBBLE DRAG" AGAINST ZONE DEFENCE

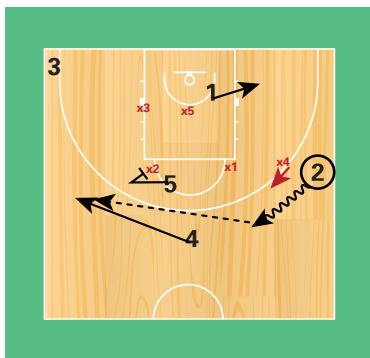


"Dribble drag", is when an offensive player dribbles rather than passes the ball in an attempt to engage a particular defender. Here, x4 will often continue to defend, although may hand over to x1.

On this dribble, 1 moves to the strong side short corner to receive a pass. As x5 rotates to defend 1, 5 can dive to the basket and may receive a pass. 1 can also drive against the bigger defender.



Often x2 will "front" 5 to stop the dive to the basket. This enables 5 to screen x2 allowing a pass to 4, which creates a 2x1 situation with 4 and 3 defended by x3.



The same option can be created with a pass direct from Player 2 to Player 4, with Player 5 again screening x2.

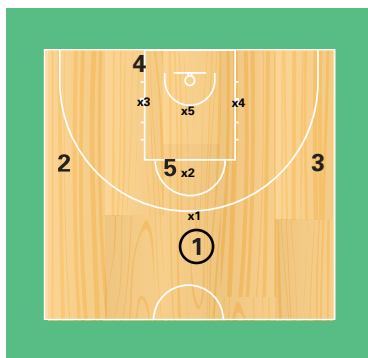
4.1.9 1-3-1 ALIGNMENT

However, a well constructed offence against a zone should create:

- Opportunities for penetration off the dribble;
- Shots inside the key and both high and low post play;

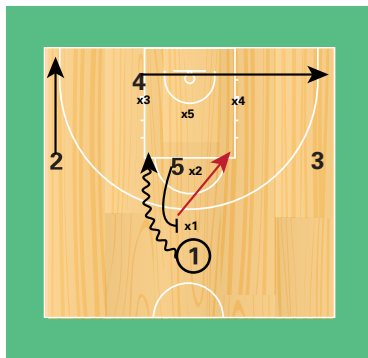
- Opportunities to shoot from the perimeter.

A 1-3-1 offensive alignment is commonly used against a zone.



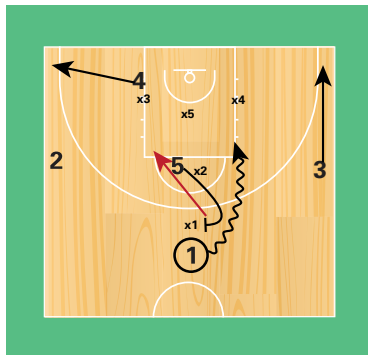
The 1-3-1 alignment is commonly seen. Against a zone it is particularly important for a player to be in a baseline position – behind the zone defenders.

If defenders “ball watch” it will often provide an opportunity for Player 4 to cut.



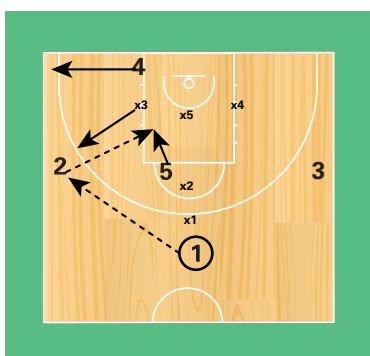
The high post can set a screen for 1. As 1 dribbles, 4 moves to the opposite corner and the strong side wing player also sinks to the corner.

The high post player steps into the key and allows 1 room to penetrate.



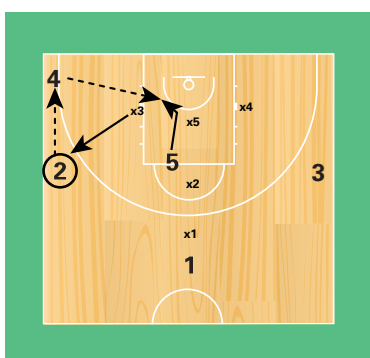
Whichever side that 1 dribbles has a player in the corner and the opposite side (“weak” side) has 2 perimeter players and the high post player.

This creates opportunities for the two perimeter players to have a 2x1 opportunity against one of the “frontline” defenders (e.g. players 2 and 4 against x3).

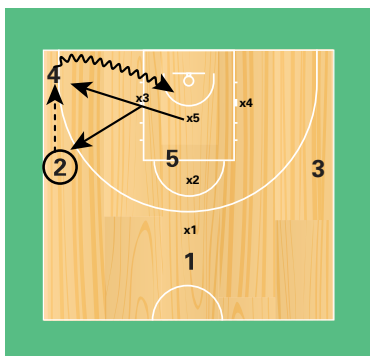


Many zone defences defend a pass to the wing by having a frontline player rotate. By having 4 move to the corner, this can now create a 2x1 situation.

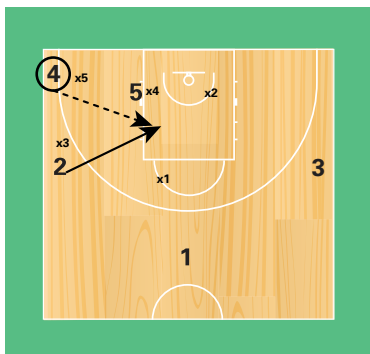
5 can also seal the high post defender or cut into the key to receive a pass. If x3 has moved to the perimeter, 5 can seal x5 rather than just cutting into space.



If the ball is passed to the corner, this provides an opportunity to pass the ball to 5 as they dive to the basket, sealing either x3 (as they rotate back to the key) or x4.

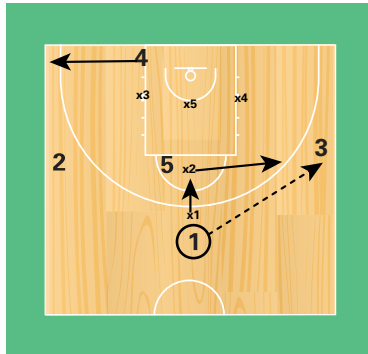


Passing the ball to the corner also provides the opportunity for 4 to penetrate, in which case 5 should delay their cut.



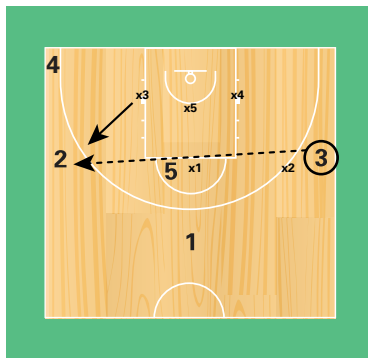
When the ball is in the corner, 2 can also cut to the basket to receive a pass. This is particularly effective if:

- The zone denies the pass back to the wing (x3);
- The post player establishes a low post position.

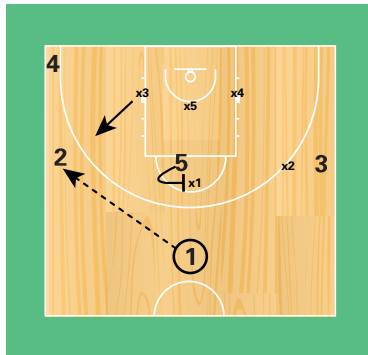


Other zones have the guard (x2) move to defend the pass to the wing. However the same 2x1 situation can still be created by:

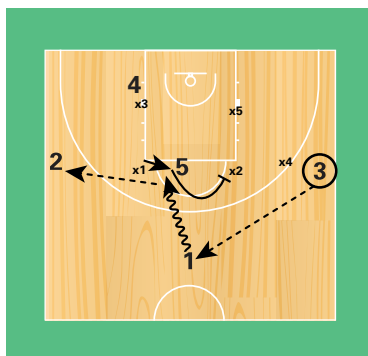
- Passing to the wing
- The baseline player moving to the opposite corner
- passing the ball to the opposite wing



5 can screen the defender at the foul line to force x3 to rotate to the wing.

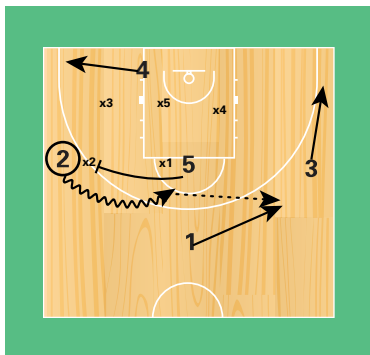


A third and similar way to create the 2x1 opportunity (at any time) is for the high post player to screen the guard on the pass to the wing forcing a frontline player to rotate and defend the wing player.



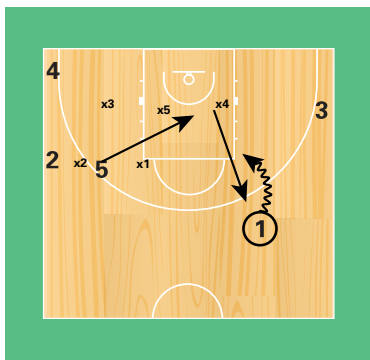
Another effective tactic can be to screen the defender that would normally rotate to defend the ball.

As 3 passes to 1, a screen on x2 forces x1 to be involved – any dribble should look to penetrate past x1. If x1 commits to 1, a pass to 2 creates a 2x1. If x1 slides across to 2, 1 can penetrate into the key.

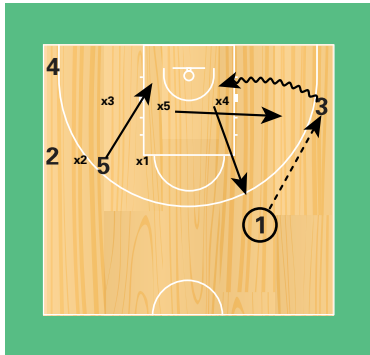


A ball screen on x2, forces x1 to defend penetration from 2.

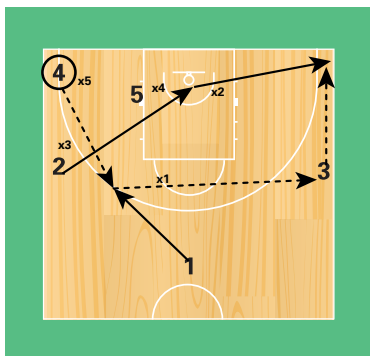
A pass to 1, forces a rotation by x4, and a further pass to 3 would create a “scramble” as x5 rotated to the corner.



Here, x4 has a long close-out which presents an opportunity for 1 to penetrate, as well as 5 cutting (or “rolling”) to the basket after screening for 2.



1 can also pass the ball to 3 in the corner, who may have the opportunity to shoot or drive. 5 still dives to the basket.



Here 2 cuts to the basket, 4 passes to 1, who reverses the ball to 3. 2 follows through to the corner.

Alternatively, 4 could pass to 2 and then “Swing” or cut through to the opposite corner. The cut is often most effective, if they pause in the key and then sprint to the corner.

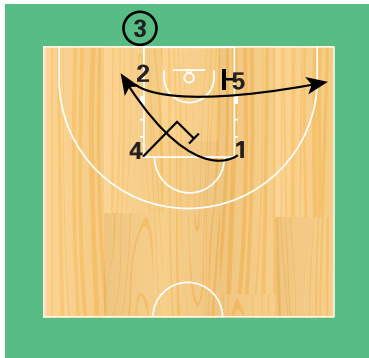
4.1.10 BASELINE OUT OF BOUNDS

This refers to when the offensive team has possession of the ball and is inbounding from the baseline at the opponent's basket. Teams will often have specific plays which they use for this situation and may have several different plays or options.

Here, we discuss some general principles that apply to baseline out of bounds and officials may also wish to "scout" particular teams.

MOVING AWAY FROM THE BALL

Quite simply, there is not enough room on the court for 4 players to all cut toward the ball at the one time. Often a player will need to move away from the ball to create a space that someone else can cut into.

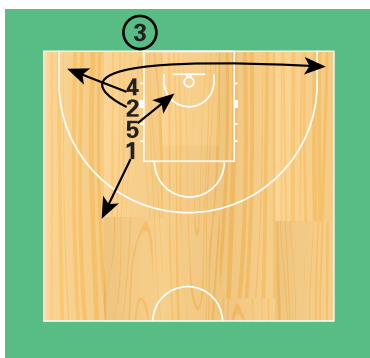


In this example, 2 cuts to the opposite corner which create the space that 1 can cut toward.

It would be difficult to pass the ball directly to 2 in the opposite corner. However, if 2 instead, for example, "sealed" and tried to receive a pass in the low post position, it would severely limit what 1, 4 and 5 could do.

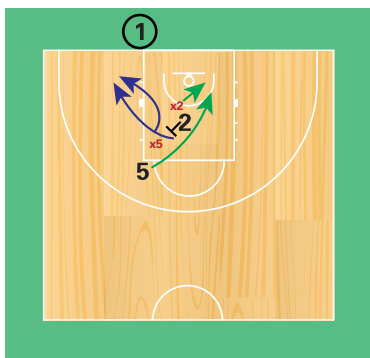
MOVING TO THE BALL

It is equally important that there are players moving to the ball to receive the ball while they are moving.



Even though 2 is moving to the opposite corner, by cutting initially to the basket they are likely to get a defensive reaction.

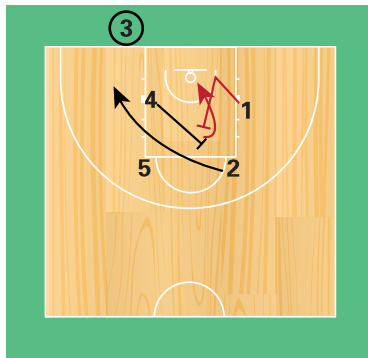
4 then moves away, creating room for 5 to cut to the basket.



“LITTLE-BIG SCREEN

It is common for a defence to automatically switch screens on a baseline play. Having a guard set a screen for a “big” in this situation can create a mismatch in this situation.

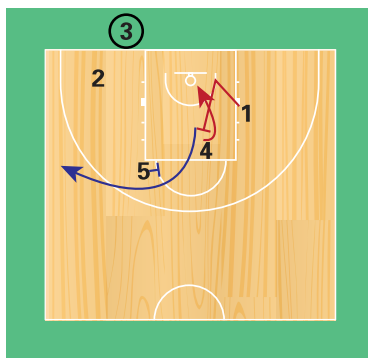
2 screens for 5 and the defence switch. 5 cuts hard to the basket and looks to post against the smaller x2. 2 cuts to the perimeter, looking to isolate the bigger x5.



SCREENING THE SCREENER

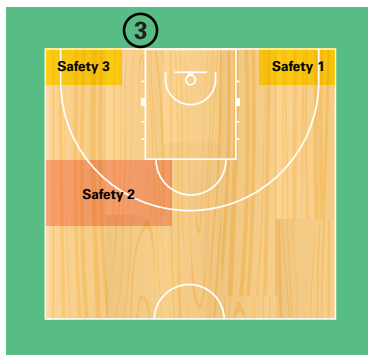
A common technique in many baseline plays is to set a screen for a player that has just screened – hoping to create confusion amongst the defenders. It can also be used to create a mismatch if the defenders switch.

Here, 4 creates space moving up to screen for 2, who cuts toward the ball. At the same time, 1 steps toward the ball and then screens for 4 to cut to the basket.



After screening for 4, 1 cuts off a screen by 5.

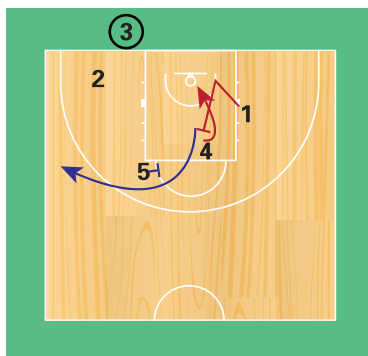
In this simple action there has been 3 screens, which will require excellent communication by the defensive team to defend.



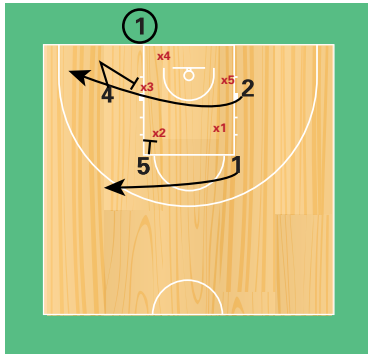
THE "SAFETY CATCH"

There are three "safety" areas, where players may get open. Defenders are usually most focused on guarding the key.

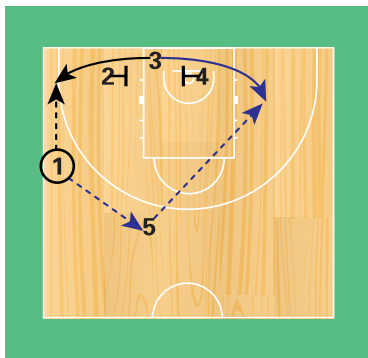
- Safety 1 – the "deep" corner. This can be a very hard pass to make. To attempt the pass 3 may step back from the baseline.
- Safety 2 – is often thrown as a lob pass.
- Safety 3 – is the easiest pass, although many defences will deny a pass to this area. Sometimes having a player that is not a perimeter shooter cutting to this area will not be denied by the defence.



The cut to the perimeter by 1 in the movement shown above is an example of a "safety catch" – presenting an option away from the basket, which is relatively "non threatening".



Against a zone defence, screens are often set on the outside of the zone, which allows for a cut to the perimeter.



INBOUND PLAYER SHOOTING

This is the final “piece of the puzzle” – determining what the inbound player will do.

It can often be effective to have them move to a shooting position, often on the “weak” side. In this example, 2 and 4 set screens, so that 3 could cut to either corner. 5 also pops out to assist with ball reversal.

4.1.11 SIDELINE OUT OF BOUNDS

Again, there is a considerable amount of material about specific plays that can be used and the general principles that applied to Baseline Out of Bounds apply to a sideline play.

A sideline out of bounds from the front court has the additional complication of that the ball cannot be passed to the back court.

SAFETY AREAS

There are two "safety" areas in the context of a sideline play, which will be where most passes are made (see diagram 1) – to the middle of the court or toward the wing on the side of the court the ball is passed from.

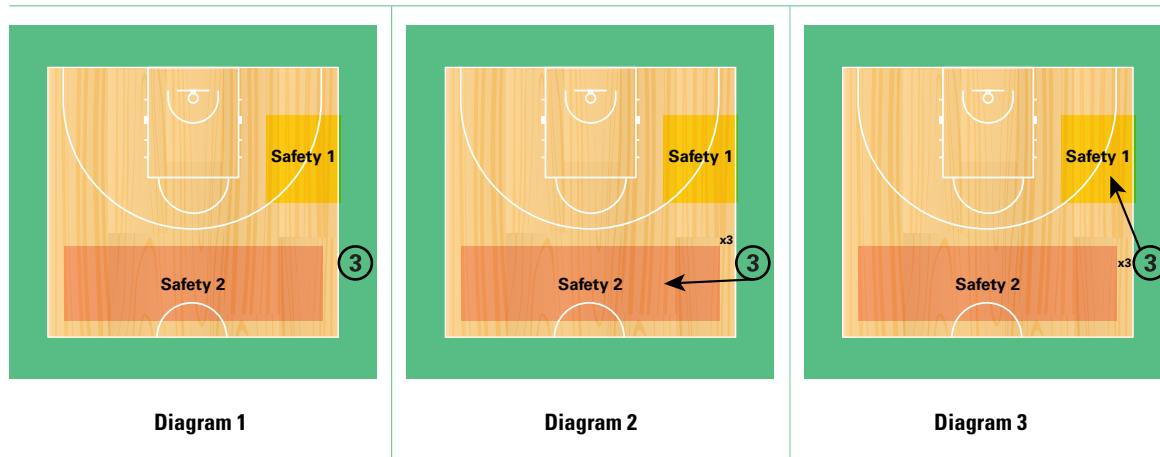


Diagram 1

Diagram 2

Diagram 3

How the inbounds pass is being defended will often indicate where the pass will likely be made. In Diagram 2, the defender (x3) has their back to the baseline which means they are preventing the pass toward the basket or wing, so that a pass to the middle of the court is indicated.

Whereas in Diagram 3, x3 has their back to the opposite sideline, which makes the pass toward the wing indicated.

4.1.12 LATE SHOT CLOCK

A “late shot clock” play is generally regarded as when there is 10 (or less) seconds remaining on the shot clock. With the recent change to the shot clock only being reset to 14 seconds on an offensive rebound (instead of 24 seconds) the number of times in a match when an offensive team may be in a “late shot clock” situation has increased.

OFFENSIVE STRUCTURE

Some coaches put in place a specific structure when the team is in a late shot clock situation, such as:

- On-ball screen;
- “Flat” – ball to the point guard, other four players along the baseline;
- Dribble penetration and either shoot or pass to the perimeter for a shot;
- Get the ball into the key (either dribble penetration or pass to a post), attack the basket and try to
- Ball reversal (to try to create opportunity for either dribble penetration or a shot).

What a particular team chooses to do will depend upon their level of experience and skill. Part of the offensive structure might also be for designated rebounders to move toward the key, as a shot will happen soon.

Other factors such as whether or not the opponent is in the foul bonus can also be relevant. If the opponent is in foul bonus, the offence may get the ball to a post player in an attempt to draw a foul.

With more experienced teams, the most important element is to get the ball into the hands of whichever player will make the best decision of what to do – whether that is shoot themselves, penetrate or make a pass to a team mate.

Teams also need to know who they want to shoot the ball - which player has the best chance of scoring. This will obviously depend upon the skill of each player but may also depend upon what “mismatches” exist.

4.1.13 LAST POSSESSION PLAYS

Typically a “last possession” play is where a team is down by 1, 2 or 3 points and has possession of the ball and there is time for “one possession” – up to 24 seconds. There are two different situations:

- (a) There is a literally only seconds left and a shot needs to be taken very quickly;
- (b) There is more time and teams will often “run down” the shot clock until there is 5-7 seconds to go before shooting. This allows some time for an offensive rebound and second scoring opportunity.

Either situation can occur in general play (e.g. taking a defensive rebound and the new offensive team having the last possession) or with the ball to be inbound from either the baseline or sideline. Coaches will often call a timeout if they can to put in place a structure to use.

However, the last few minutes of a game often present situations that teams do prepare for and officials can also anticipate tactics that may be used in the last possessions of the game.

DEFENDING A LEAD

Having the lead with a few minutes left in the game is what every team aims to do. In many games the offensive team will seem to have a comfortable lead and the game will finish relatively quickly.

However as anyone that has seen the video of Reggie Miller scoring 8 points for the Indiana Pacers in 9 seconds of play against the New York Knicks knows the game is not over until the final siren.

At its simplest “defending a lead” is just continuing to do whatever it was that got the lead! Obviously, the opponent can only get back into the game if they are able to outscore the opponent. This places maximum importance on both teams getting the best shot opportunity that they can each possession.

THE IMPORTANCE OF FREE THROWS

Coaches will usually know who are the better (and who are the worse) free throw shooters on the opposing team and teams may look to keep the ball away from them and then foul another player (in the hope that they will miss the free throws).

This will often involve a lot of off-ball contact.

SLOWING TEMPO

Where a team is trying to “catch up” they will often increase the tempo of the game, for example by playing full court defence or taking shots more quickly than they may usually.

The team with the lead may deliberately attempt to slow the tempo, having players take a “5 second” or “8 second” violation rather than throwing a bad pass that could be intercepted. Walking the ball up the court, instead of quick transition (if the defensive team allow it) also slows the tempo, although the offensive team need to ensure that they allow sufficient time to get a good shot.

DON'T LET THEM STEAL SECONDS

A common tactic used by teams trying to catch up, is to make an inbound pass and let it bounce a number of times before picking it up because the game clock does not start until a player in court touches the ball. Whilst this may not seem to make much difference, a team can easily “save” 2 to 3 seconds on a possession, which is 8 - 12% of a 24 second shot clock!

“CATCHING UP”

No team wants to fall behind, however basketball is a fast moving and fast scoring game so that relatively large leads can be overturned.

Some specific factors that coaches should consider in preparing the team for situations where they have to “catch up” in a game are:

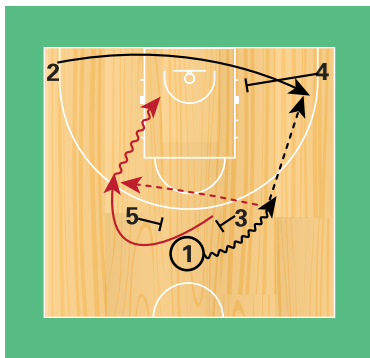
QUICKEN THE TEMPO

The clock is the enemy of a team that is behind. Accordingly, if that team can speed up the game, it gives them more scoring opportunities. The tempo can be increased by:

- Introducing full court defence or a high pressure defence;
- Quick inbounds pass and look to push the ball up the court as quickly as possible;
- Some teams will have a specific play structure that is used to create a quick tempo (e.g. early dribble penetration off a ball screen or after a ball reversal);
- “Going small” – having five players on the floor that run the floor well;
- Running “quick hitters” early in the team’s offence – for example screening action to get specific shots. These may be specific plays that the coach has or may be a particular option within their usual offensive structure.

There are many examples of “quick hitters” and coaches should choose what they want to use based upon what is suitable for the players in their team.

SOME EXAMPLES OF “QUICK HITTERS” ARE:

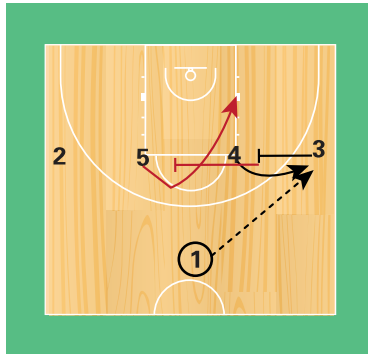


“HORNS” SET

This is run to get a shot for either 2 or 3.

1 dribbles off the screen from 3, who then cuts across the key off a screen by 5. At the same time 4 sets a screen for 2 on a turn out cut.

1 has the option of passing to 2 or 3. 3 can catch and shoot or drive to the basket.



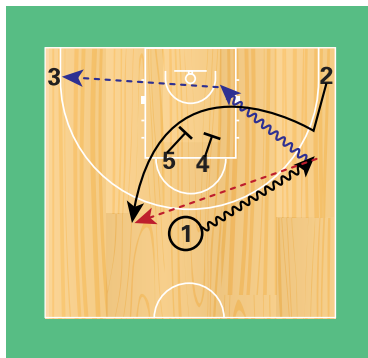
LOW POST ISOLATION

Offence starts in a "4 High" alignment. 3 screens for 4 to cut to the wing and then screens for 5. The screens must be placed relative to where the defender is.

5 cuts to the low post.

1 dribble entries to the wing, as 2 cuts off double screen from 5 and 4. 1 looks to pass to 2 for a shot. This screen could also be set as an "Elevator" screen, where 2 cuts between 5 and 4.

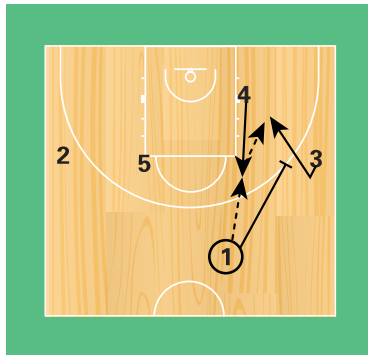
Alternatively, 1 can penetrate to the basket and then pass to 3 in the corner or pass to inside players.



DOUBLE FOR SHOOTER

This can be run on either side of the floor.

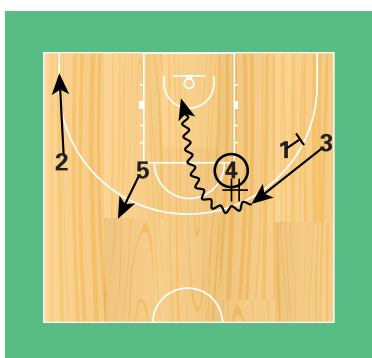
4 cuts high from the low post and receives pass from 1. 1 sets screen for 3 who may fake cutting off the screen and instead cut back door to receive pass from 4.



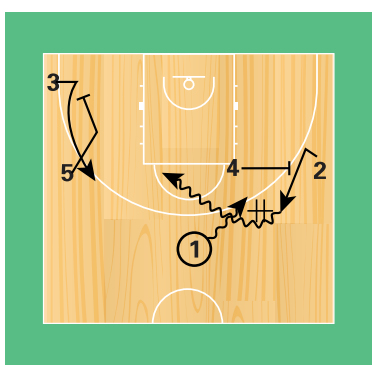
HIGH FLASH

If 3 cuts off 1's screen, they receive a dribble hand-off from 4 and then look to drive to the basket.

If the defenders of either 5 or 2 attempt to help on this penetration, 3 can pass to the open player (e.g. if x2 helps, Player 2 is open).

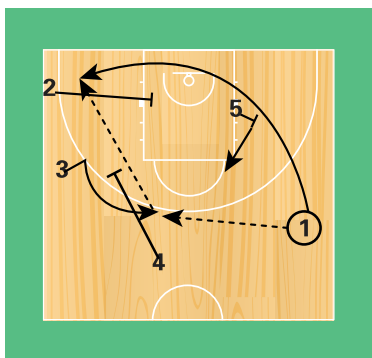


1 dribbles toward the wing and 2 cuts off screen from 4 to receive dribble hand off.



DRIBBLE HANDOFF

In transition, 4 (who is "trailing") sets screen for 3. 1 passes to three and then cuts off staggered double screen. Option is shot in the corner for 1.



TRANSITION

If there is no pass to 1 in the corner, 2 sets screen for 5 to dive to the basket. If 3 still has the ball, they may need to pass to 4 or 1 for better passing angle to 5.

If no pass to 5 on the cut, look to isolate 5 in the low post, with the overload (3 offensive players on one side) taking away any help.

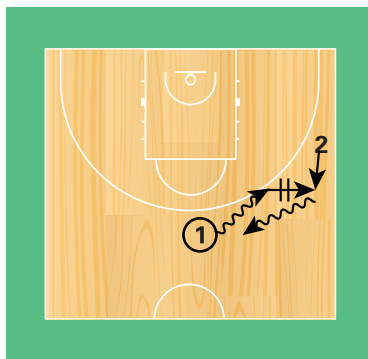
ATTACK THE OPPONENT'S "WEAKEST LINK"

What is an opponent's "weakest link" will be relative to the strengths of each team. It may be a particular "mis-match" between players (e.g. a defender may be slower and unable to defend a player on the perimeter) or it may be a player that is in foul trouble or is prone to fouling.

4.2 DEFENSIVE TACTICS AND STRATEGIES

4.2.1 DEFENDING DRIBBLE HAND-OFFS

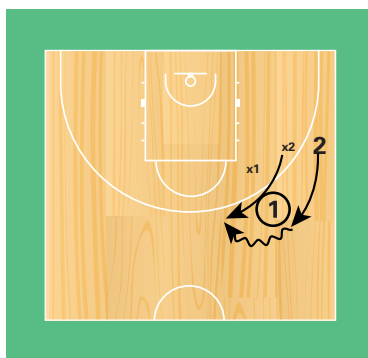
A dribble hand off is similar to an on-ball screen with two offensive players on the move. It is used to change the direction of play and also create an opportunity for a dribbler to penetrate into the keyway.



A dribble hand off is an exchange between a person with the ball and a person running past them. It is a dynamic move, with the dribbler stopping and then immediately handing the ball to a person running past.

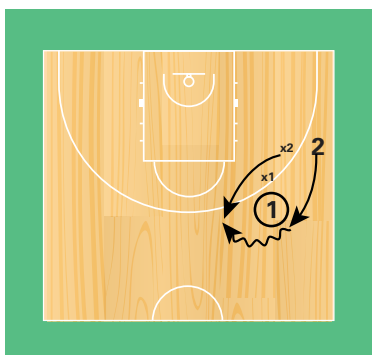
1 dribbles toward 2, who cuts past, grabs the ball and immediately dribbles.

For convenience, in the following diagrams we do not show 1 dribbling, however 1 would normally be on the move, which does make defending more complex.

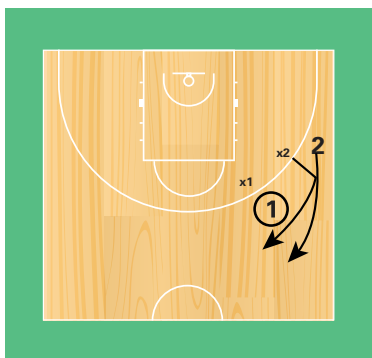


Through

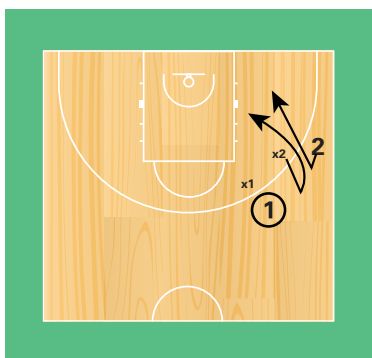
x1 may step back from the dribbler, allowing a path for x2 to move through to defend 2.

**Behind**

x1 may “jam” into the dribbler, so that x2 can move behind them to defend 2.

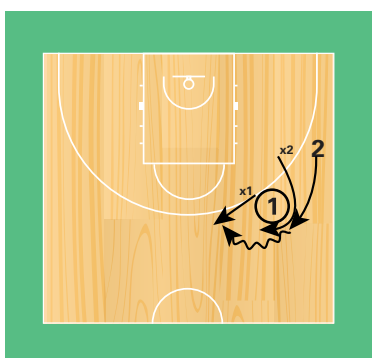
**“Jump”**

x2 may move directly into the path of 2. If 2 continues the cut then x2 keeps between 2 and 1, making the hand off ineffective.



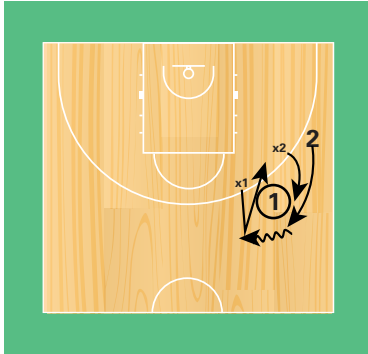
Alternatively, 2 may opt to cut back door toward the basket, and 2 moves to defend that.

2 may try to get close to 1 before performing the back cut (so that x2 gets “stuck” on 1). In this event, x1 could defend the back cut and x2 relocate to defend 1.

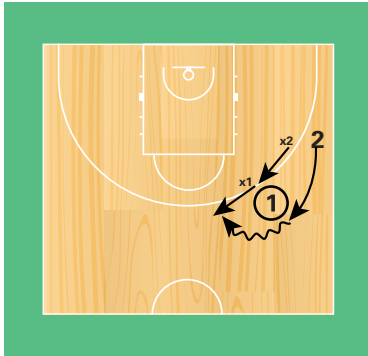
**Double**

The defenders may double team 2 as they start their dribble. x1 moves to get directly into the path of 2 and x2 “trails” and moves with 2.

If x1 moves to early (when 1 still has a live dribble), 1 could simply turn to dribble to the basket.

**Show**

Similar to “double”, x1 can “show” by getting into the path of 2 and then recover to defend 1. This will stop 2 from turning the corner and attacking the key and gives 2 time to recover and defend 2.

**Switch**

Particularly if the hand off is from guard to another guard, the defenders may switch, with x1 moving to defend 2 (who now has the ball) and x2 moving to defend 1.

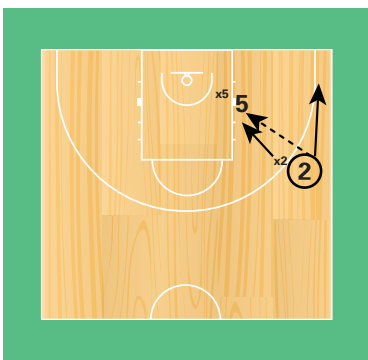
The two defenders should “come together” as they switch, to ensure that there is no gap where the dribbler could penetrate after x2 has stopped defending the ball and before x1 is defending the ball.

4.2.2 DOUBLE TEAM POST PLAYERS

Often where a team has a dominant post player, the defence may attempt to limit how often the player receives the ball. This can be done by “fronting” the post player so that no pass can be made.

Alternatively, coaches may prefer their team to attempt to limit the effectiveness of the post player once they receive the ball.

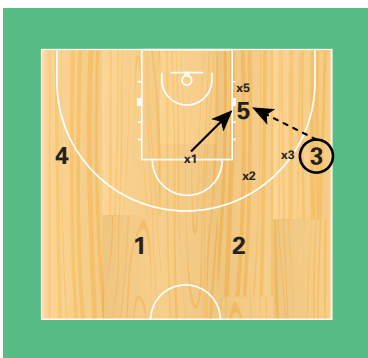
There is often a high level of contact well before the ball is received.



CROWDING THE POST PLAYER

When the ball is passed to a low post player, the wing defender may “hedge” toward the post (one or two steps) to reduce the space the post player has to play. This can be particularly effective against a post player that plays facing the basket.

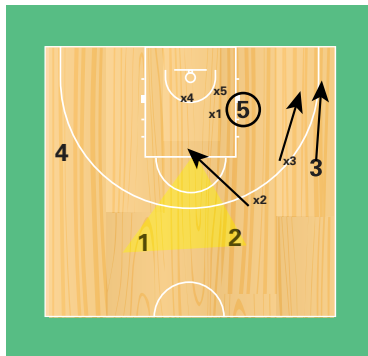
The option of “crowding” the post player effectively leaves a one on one contest between the post player and their defender. An alternate tactic is to double team the post player once they receive the ball to force them to pass or take a poor shot option.



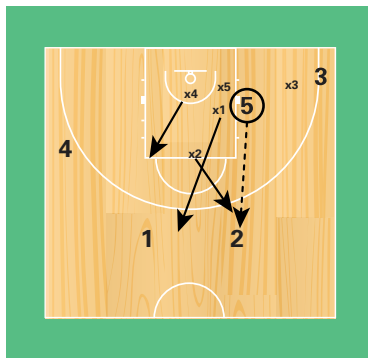
DOUBLE TEAM POST

When double teaming the post, x5 takes a position on one side of the post player or the other. This defines where the double comes from.

When x5 is on the baseline side, x1 double teams the post player, moving from the high “split line” position.

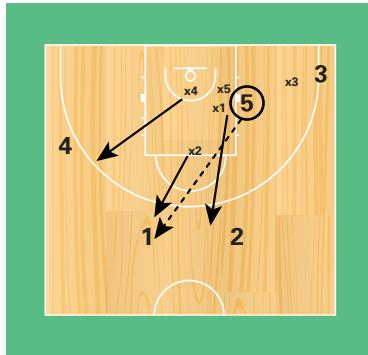


x3 will often deny a pass back to 3 and x2 rotates into a help position at the top of the key.

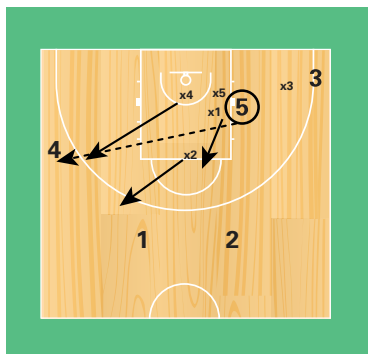


When the post player does pass the ball, the defensive rotation is similar to when there was dribble penetration.

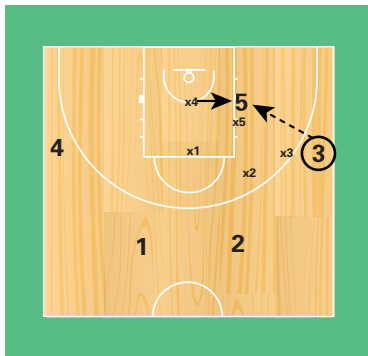
x2 rotates to the first pass and x1 moves to guard the next perimeter player. This means that x4 remains responsible for defending 4 and adjusts position accordingly.



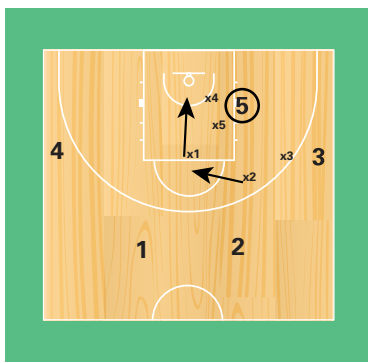
When the ball is passed to 1, x4 adjusts their position to defend 4. If 4 is a "driver" rather than a "shooter", x4 may not move to a denial position, but will remain in a position to defend the penetration.



When the ball is passed to the opposite wing, the team could simply have x4 "close-out" and guard their player.

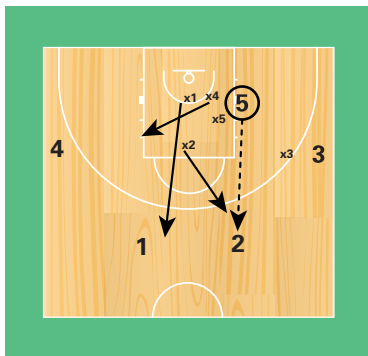


If x5 is defending the low post player on the “high” side, x4 rotates across to double team. The double team needs to arrive as the ball is being caught, ensuring that the post player has no time to make any offensive move to the basket.



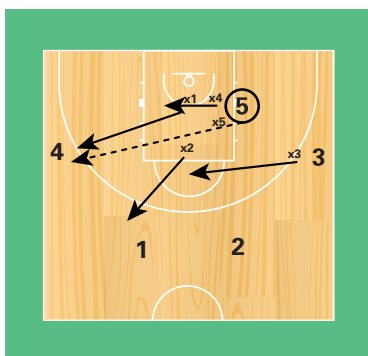
Again, following “help the helper” principles, x1 rotates to the low help position and x2 rotates to the high help position.

x3 continues to deny a pass to the wing, however if 2 was more of an offensive threat, x3 may sag toward the key to deny any pass to 2.



The team can rotate as indicated above, however this would require x5 to move to the perimeter and x1 to remain in the low help.

Alternatively, x1 can rotate to defend the “second pass” (the perimeter player nearest to where the ball was passed) and x4 returns to defend their player.

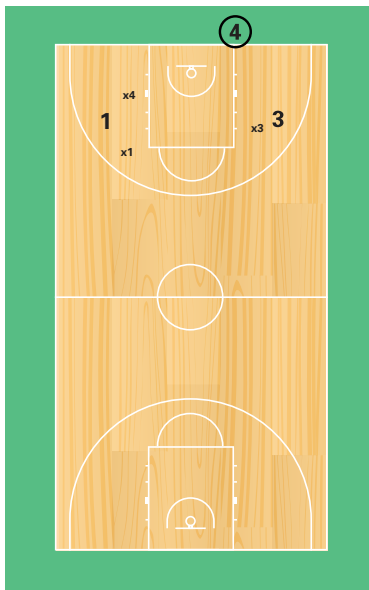


On a pass to the opposite wing (4), x1 could defend 4, x2 rotates to 1 and x3 rotates to the high help position.

If 4 is a known perimeter shooter, x2 may rotate to them. If 4 is a known driver, x1 should rotate as they have a better angle to defend any drive.

4.2.3 GETTING THE BALL OUT OF THE HANDS OF POINT GUARD

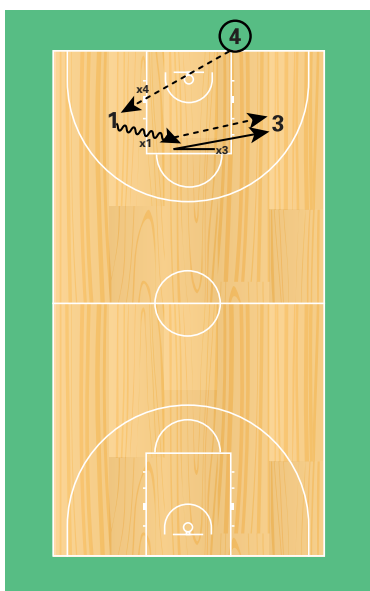
Many teams have a preferred point guard who has the ball “in their hands” for the majority of the team’s offence and they also practice that way as well. It can accordingly be a very effective tactic if the defence is able to force a different player to have the ball.



An inbounds pass is the most common opportunity that a defensive team has to force the ball into the hands of someone other than the preferred player.

Instead of guarding the inbound passer, the defender (x4) can aggressively deny a pass to the preferred player (1). This also enables x4 to step away from the baseline to be in a better position to defend them if they do receive the ball.

In this example, x3 is in position to deny a pass to 3 in the middle of the court but allows a pass toward the sideline. The defensive team will often make one pass appear easy.

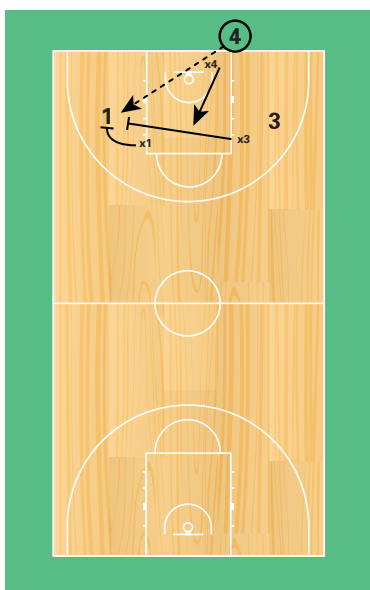


Teams may also have x3 step off from Player 3, so that x3 is in a position to help defend any dribble if 1 does get the ball.

A strong “hedge” may cause 1 to pass the ball, which achieves the defensive objective of having another player with the ball.

Another tactic is to have x3 double team 1 as soon as they receive the pass.

There may also be additional contact by the defenders to deny 1 the ball.



Another tactic is to have x3 double team 1 as soon as they receive the pass.

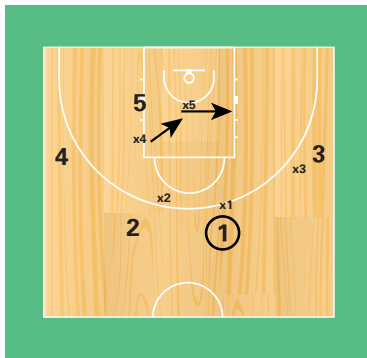
There may also be additional contact by the defenders to deny 1 the ball.

These tactics can also be adopted in the half court context, when the team has an inbounds pass. The harder situation is to keep the ball out of the hands of the preferred player in “transition” or open play. It can be achieved through tactics such as:

- “double teaming” the person that has the ball and then denying the pass back to them;
- playing a “sagging” defence, with help defenders being ready to rotate to stop any dribble penetration;
- have whoever is being defended by the “preferred player” immediately deny them after a shot attempt.

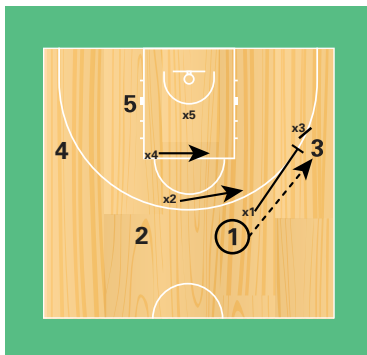
4.2.4 DENYING SPOTS ON THE FLOOR

Just as many teams have a preferred point guard, many teams have a preferred position on the floor from where they initiate offence. Commonly, the wing will be where offence is initiated and it is often on the right hand side of the floor, given most players are right-hand dominant.



AGGRESSIVELY DENY PASSES

x3 denies the pass to the wing, which may cause 3 to cut back door. x5 steps toward the wing to help to stop any pass to a “back door” cut. x4 similarly moves toward the middle of the floor.



Another tactic is to automatically double team the ball when it is passed to a preferred area of the court.

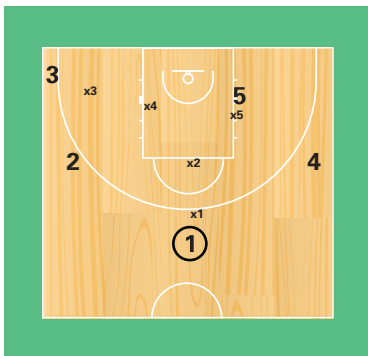
x1 follows the pass to the wing and x3 adjusts position to force any dribble back toward x1. x2 and x4 both rotate across.

4.2.5 BOX AND 1 DEFENCE

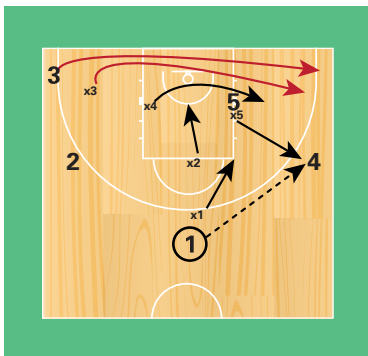
A “Box and 1” defence is often regarded as a “junk” defence, however can be effectively where an offensive team has a particularly strong player. Simply, the “Box and 1” is a combination defence, with one defender denying a particular player at all times. This is done by playing a “tight” man to man style defence, however without any

responsibility for “help” or rotation. The defence is mostly used if a team has a particularly dominant perimeter player.

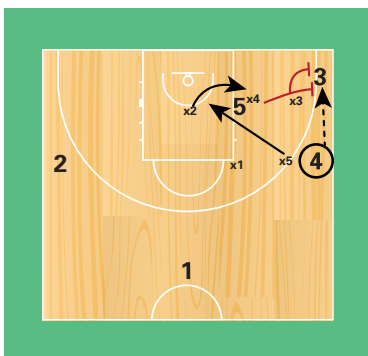
The remaining four defenders play a “zone” defence and the rules of the 1-1-3 Match Up can be used to quickly develop a “Box and 1” defence.



x3 is guarding only 3. x3 stays close to the offensive player, not needing to move into “Help” positions.



x3 defends 3 wherever they go on the court – denying any pass being made.



When the ball is passed to the player that is under pressure (3), the zone defender that would have normally rotated to defend a person in that area, can now make the same rotation and trap or “double team” the offensive player.

4.2.6 BASELINE AND SIDELINE OUT OF BOUNDS

BASELINE OUT OF BOUNDS

Some common options taken by defensive teams to defend a baseline out of bounds situation are:

- Switching every screen;
- Playing zone defence;
- Having a tall player defend the passer, regardless of whether the passer is a guard, forward or centre. The defender will often angle their body to “allow” a pass to the perimeter, but to block any pass toward the basket;
- “Sagging” into the key, essentially allowing a pass to the perimeter but denying any pass into the key;
- Strongly deny the “safety” pass. This can be particularly effective as the presence of the backboard limits the areas of the court where this pass can be made.

SIDELINE OUT OF BOUNDS

As with defending Baseline Out of Bounds, there is no particularly preferred way to defend a sideline out of bounds situation although each coach may have their own preference. A coach may also opt to have more than one way to defend, and then choose a particular tactic depending upon:

- Time left on the game clock or shot clock;
- Margin between the teams (i.e. does the opponent have to shoot a 3 point shot?);
- Position on the sideline where the ball is to be inbounded.

SOME COMMON OPTIONS THAT ARE USED IN DEFENDING SIDELINE OUT OF BOUNDS ARE:

- Switching screens;
- Having a tall player defend the inbounds pass – the inbounder may also stand at an angle to influence the area on the court where the ball is passed;
- Having a player “sag” into the key way to stop any lob pass to a player cutting to the basket (which is often done off a back screen and it is often the defender of the screener that will sag);
- Allowing the inbounds pass, but double teaming a particular receiver;
- Completely deny passes to a player outside the 3 point line, forcing players to cut inside the 3 point line (this may be done if the offence was ahead by 3 points);
- Defending the inbound passer and then strongly deny them receiving a pass as they step into court;
- Deny passes to particular spots on the floor (e.g. based upon where particular players prefer to shoot or to stop particular shots).

4.2.7 LATE SHOT CLOCK

Teams do not necessarily need to have complicated or intricate “plays” for their defence when the offence is in a “late clock” situation. Some tactics commonly employed are:

- Double team any on ball screen;
- Switch off ball screens;
- Deny a particular player getting the ball (e.g. point guard);
- Deny the ball being passed to a particular area of the court (e.g. wing, if the opponent often uses an on-ball screen from the wing);
- Double team the low post.

A common frustration for coaches is where a defender fouls as the shot clock is about to expire and this is particularly frustrating if they foul while trying to steal the ball. Instead, coaches may instruct players that:

- The “shot clock” is like a defender and will “steal” the ball;
- The role of other defenders is to prevent the opponent from shooting not necessarily to get the ball.

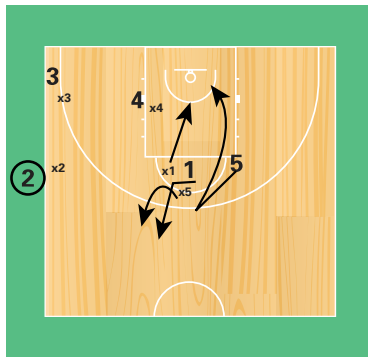
4.2.8 LAST POSSESSION PLAYS

There are a number of considerations that the defensive team need to consider in a “last play” situation, such as:

- How to defend back cuts;
- Whether to play “help” defence or defend the 3 point shot;

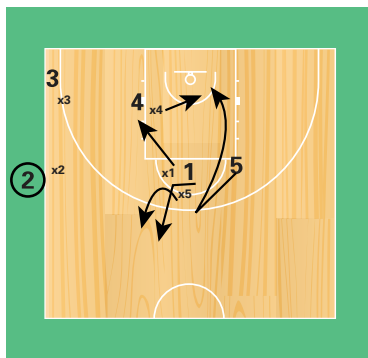
- Whether to guard the passer or deny receivers.

Often in a “last shot” situation, the defence will deny a pass, particularly when in an inbound situation and the offensive team has only 5 seconds to make the pass. However, to counter that, teams may look to make back door cuts.

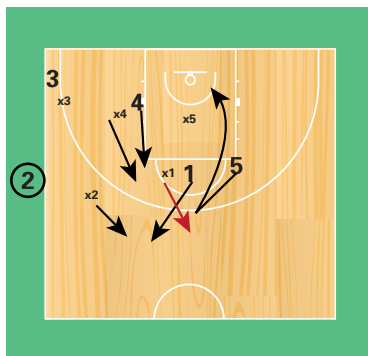


Here the defensive team denies all passes.

5 moves to the perimeter and then cuts off a back-screen from 1 to the basket, which is designed to allow a lob pass to 5. Even if x1 and x5 switch, 5 may have a height advantage and be able to catch the pass.



To combat this disadvantage, x4 can rotate across to intercept the lob pass, and x1 rotates onto 4.

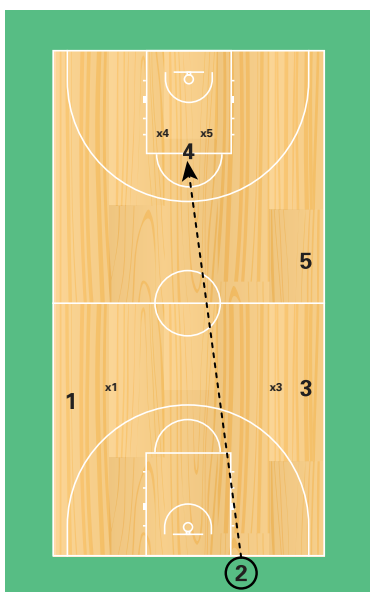


Another option to defend this situation is for:

- x2 not to guard the passer but instead face in court and deny cutters.
- x5 sags into the key to defend any lob pass
- x1 guards the initial cut by 5, with x2 denying any pass to 1
- with x5 in the key to defend a lob pass, x4 can move to a denial position on 4.

Another consideration for the defensive team is whether to defend the passer. Above the passer was not defended which can be effective to either deny a particular player or enable a defender to remain in the safety position.

Two memorable examples exist where teams opted not to defend the passer from the baseline and the offensive team were able to make a full court pass, which was caught and the subsequent shot was made. In the gold medal game of the 1972 Olympics and in the Eastern Regional Final in the 1992 NCAA Championship, the offensive team (Russia and Duke University respectively) had the ball on the baseline, with few seconds left in the game and were 1 point behind.

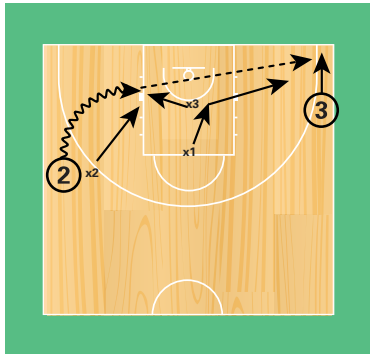


On both occasions the defensive team (USA and University of Kentucky) did not defend the passer, but instead had two players back guarding the basket.

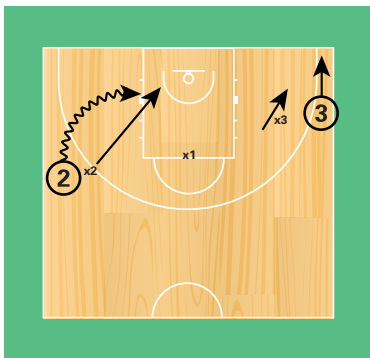
The offensive team made a full court pass, which was caught (by Sergei Belov for Russia and Christian Laettner for Duke), who then made a shot to win the game!

Whilst it is a matter for speculation only, it is perhaps unlikely that the passes could have been thrown as accurately as they were if the defender (particularly a tall defender) was standing in front of the passer.

The defensive team must also be conscious of the game situation. For example, when a defensive team is ahead by 3 points they may opt not to have players in a “help” position to stop dribble penetration and instead stop perimeter shot.



x1 and x3 are on the “split line” and can assist to defend if 2 beats x2. In that situation, x3 moves to stop the dribbler and x1 will rotate down. If the ball is passed to 3, x1 will move to defend.



However, assume that the offensive team is 3 points down with seconds left. x3 may stay on the perimeter to defend 3. It is unlikely that 3 will get an open 3 point shot. 2 may beat x2 on the dribble, however a successful lay-up would only be worth 2 points, resulting in a 1 point loss if this was the last possession.

Obviously, x2 would defend and attempt to contain any dribble penetration (and stop 2 from shooting), however varying from the normal rule may be required in response to the game situation.

4.2.9 CATCHING UP – STRATEGIC USE OF FOULS

When a team leads an opponent can obviously only catch up if they are able to out-score the team. This often means that the team will change defensive tactics (e.g. trapping players, changing from zone to man to man), hoping to get consecutive “stops” and score themselves.

The shot clock was introduced to stop an opponent that has a lead from simply passing the ball without attempting to score. However, when trying to catch up a team needs to be conscious of how much time remains in the game and they may need to quicken the tempo of the game, to increase the number of possessions that they have.

The team may strategically foul the opponent to:

- Reduce the time taken by the opponent’s offence (it can be 1 or 2 seconds rather than 24);
- Have opponents that are poor free throw shooters take shots, rather than the higher percentage shooters.

In adopting this strategy, teams are usually instructed to:

- Avoid either an unsportsmanlike or technical foul,
- Foul quickly as there is little point in defending for 20 seconds and then attempting to foul (at this stage the team should continue to force a bad shot). Often teams will initially attempt to intercept a pass and if unsuccessful then foul;

- Be aware of who is a good free throw shooter and try to deny them the ball and then foul players that are not as good. The offence will usually attempt to have the ball in the hands of their best free throw shooters and the defence may need to foul a good shooter to stop too much time being taken;
- Consider which of their players will foul. It is better for a player that is not one of the team’s scorers to foul. Some coaches will substitute their scorers out of the game to avoid playing defence, and then substitute them back into the game to play offence;
- Execute their own offence efficiently and as quickly as possible. They must still score to catch up.

A team may also use the strategy when they are ahead. For example, if a team is 3 points up on the last possession they may prefer to foul (giving the opponent 2 free throws) rather than allow them to take a 3 point shot to win the game. This tactic can also be used prior to the last possession and will often result in both teams taking a succession of free throws with only a few seconds coming off the clock each time. If the team that is ahead is able to make their free throws they will obviously win, however any missed shots provide an opportunity for the opponent to catch up.

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