

47. BASKETBALL TERMS

Baseline	The endline.
Blocking Out (Boxing Out)	When a player positions him- or herself under the backboard in such a way that it prevents the opposition from achieving good rebounding position.
Charging	Personal contact against a defensive player by a player in possession of the ball.
Cut	Quick offensive maneuver by a player in order to get in position to receive a pass.
Double Foul	Two opposing players commit fouls against each other at the same time.
Dribble	Continuously bouncing the ball onto the floor without touching the ball with both hands at the same time, allowing the ball to stop its continuous movement, or losing control.
Drive	Aggressive move towards the basket by an offensive player in possession of the ball.
Fake (Feint)	Use of a deceptive move to pull the opposing player out of position.
Fastbreak	Moving quickly into offensive position before the defensive team has an opportunity to set up.
Free Throw	A penalty shot awarded to a player when the opposition has committed a foul. Shot is taken from within the free-throw circle and behind the free-throw line.
Jump Ball	Method of putting the ball into play that involves tossing the ball up into the air between two opposing players in the center circle.
Outlet Pass	Direct pass from a rebound that starts a fast break.
Pick	An offensive player gets in a position that causes a defensive player to be blocked from covering the offensive player's teammate.
Posting Up	Cutting to the 3-second lane and hesitating in anticipation of the pass.
Rebound	Term used for the action of the ball as it bounces off the backboard or rim.
Restraining Circles	Three 6-foot radius circles located in the center of the court and at both of the free-throw lines.
Screen	Offensive player gets in a position between a defender and a teammate in order to give the teammate an uncontested shot at the basket.
Throw In	Putting the ball into play from out-of-bounds.
Traveling	Player in possession of the ball moves illegally in any direction.

Personal fouls are violations involving contact with an opponent.

- A player is disqualified and removed from play after 5 personal fouls (6 in the NBA).
- Some personal fouls include:
 - Holding, pushing, tripping, or charging
 - Contact with a shooting player
 - Rough play
- A player fouled while shooting is awarded 2 free throws if the shot misses.
- If the fouled offensive player is not shooting, the team gets possession out-of-bounds nearest where the foul occurred.
- The defensive team gets possession of the ball when the offensive team commits the foul.
- An intentional foul results in 2 free throws.
- A flagrant foul (violent contact that may cause injury) is awarded 2 free throws and the offender is ejected from the game.

A technical foul is a noncontact foul by a player or a violation by a nonplayer or an intentional or flagrant foul during a dead ball.

- Technical fouls include:
 - Delay of game
 - Having too many players on the court
 - Grabbing the basket
 - Excessive timeouts
 - Goaltending free-throws
 - Disrespectful behavior to officials
 - Using profanity or obscene gestures
 - Leaving the bench
 - Coach leaving the box to follow the play
 - Coach entering the court without permission
- Technical fouls are awarded 2 free throws, plus possession of the ball at the division line.



- The clock is stopped when an official indicates a dead ball.
- The clock continues to run after successful field goals.
- The ball is put into play at the beginning of the game by a jump ball in the center circle by two opposing players.
- After each goal, the ball is put into play by the team that did not score the goal from behind the endline at the end of the court where the basket was scored.
- Quarters and the half start with the team entitled to possession given the ball at the center division line.
- A player is out-of-bounds when touching the floor on or outside of the boundary lines.
- The ball is out-of-bounds when it touches a person or thing that is on or outside the boundary or the supports or back of the backboard.
- A team is awarded a throw-in at the place where the opposing team caused the ball to go out-of-bounds.
- An offensive player may not remain in the free-throw lane (the area between the endline, free-throw line, and free-throw lane lines) for more than 3 seconds during play.
- If two opponents are both holding the ball, or if an offensive ball handler traps a defensive player for more than 5 seconds, the ball is awarded out-of-bounds to the team who did not last have the ball out-of-bounds.
- Violations include:
 - Sending the ball out-of-bounds
 - Double dribbling
 - Running with the ball
 - Kicking the ball
 - Striking the ball with the fist
 - Interfering with the basket (goaltending)
 - Stepping on the line during the throw-in
 - Taking more than 5 seconds for a throw-in
 - Staying in the free-throw lane for more than 3 seconds
 - Keeping the ball in backcourt for more than 10 seconds

43. BASKETBALL POSITIONS

- Five team players usually include a *center*, two *guards*, and two *forwards*.
- The *center* (post, pivot) is usually the tallest player. He or she often takes the jump balls and is responsible for rebounding and close-range shooting.
- *Guards* are usually the best ball handlers. They advance up the court by dribbling and passing. The *point guard* sets up a team's offensive pattern like a quarterback.
- *Forwards* are responsible for shooting and rebounding missed shots.
- Extra players on the bench can substitute for the players on the court.



44. BASIC RULES OF BASKETBALL

Although there are rule variations between men and women's basketball and between the various levels of play, there are basic rules that govern play at any level.

- Only five players play on each team at one time.
- Any number of substitutions may be made during any dead ball.
- Substitutions must wait by the scorer's table until called into the game by an official.



- Any player may request a timeout.
- A goal is scored when the ball passes through the basket from above.
- Two points are scored for a goal from the court other than from the three-point area.
- Each successful free throw awarded for fouls scores one point.
- If a player puts the ball into the basket of the opponent, a goal is scored for the opponent.
- A total of five 1-minute timeouts may be taken and may be requested any time by the team in possession of the ball or by either team during a dead ball.
- If the score is tied at the end of regulation, play continues for as many extra periods are needed to break the tie.



Quote...Unquote

"Focus on the midsection, because the only time the waist moves is when the whole body moves. The offensive player can fake all he wants, but he's not going anywhere until he moves his body and that includes his waist."—*Don Chaney, former NBA defensive standout and now an assistant coach in the league.*



Clyde's Tip

Watch the way players play defense away from the ball. Most guys, when they play a man, are right up on him. You should be off the guy, in the passing lane, so that you can pick off a pass directed toward your man. But never get off him so far that you can't get back on him before he can get a shot off.

"See the Ball!"

Our coach on the Knicks, Red Holzman, was constantly imploring us to "See the ball!" It became one of the catch phrases associated with our team, but it was often misunderstood. What he was really telling us was that in guarding a player without the ball, it was vital to see not only the man we were trying to guard, but also where the ball was on the court.

Any time you play defense away from the ball, you must see the ball and see your man simultaneously. Usually guys see their man because that's the natural thing to do on defense. You're assigned to guard a man, so you watch him closely.

Red was emphasizing the importance of seeing the ball as well, and of understanding the relationship between where your man is and where the ball is. If you know that, you can position yourself effectively; if you don't, you're vulnerable.

If you're guarding a man away from the ball, you're really not playing the man, but rather a lane. You should overplay the passing lane between your man and the guy with the ball. That way, you'll be in position to step in and pick off an errant pass.

Man-to-Man Versus Zone: Which Is Better?

The two basic types of defense in basketball are man-to-man and zone. Each has advantages and disadvantages.

Man-to-Man Defenses

In man-to-man defenses, each player is assigned to guard a specific player on the opposing team. In zone

defenses, each player is assigned to an area of the floor and guards any offensive player who comes into that area.

In man-to-man coverage, a defender knows what player he's responsible for and should be on that player wherever he goes on the court. If that player is particularly explosive, then guarding him one-on-one could be a problem. Man-to-man coverage also leaves a player more vulnerable to screens and picks because his first priority is following his man, and he might not see a screen or pick in time. A teammate must then help out by switching, or changing defensive assignments, and picking up his teammate's man if that teammate runs into a screen.

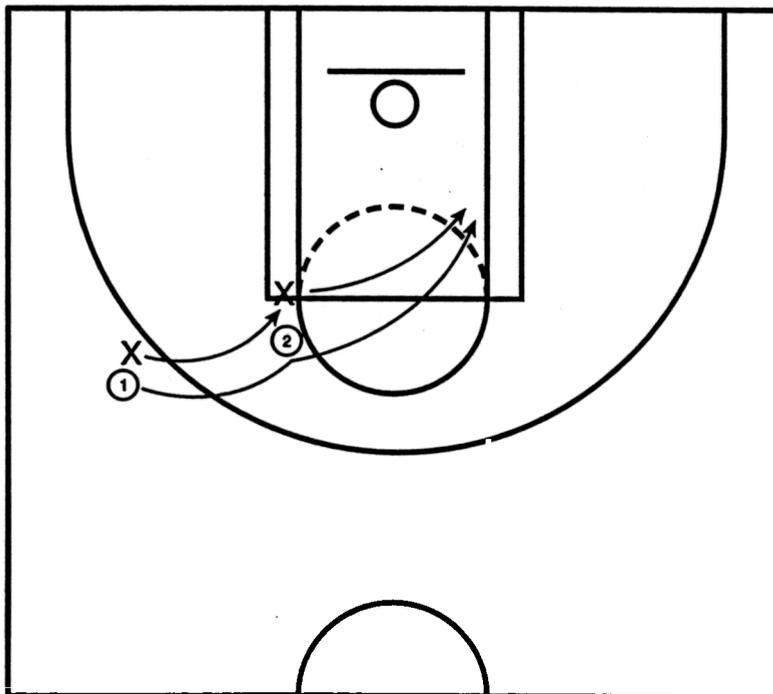
The diagram at the bottom of this page illustrates how two defensive players, playing man-to-man defense, might execute a switch.

See how much easier it is for the second defender to pick up the man with the ball and block his path to the basket.



Clyde's Chalk Talk

Switching is a defensive tactic where two players trade defensive assignments, switching the men they are guarding. It most often occurs after an offensive player runs his defender into a screen set by another player on the offensive team. Rather than try to run around or through the screen, the initial defender might find it simpler to switch defensive assignments with the defender guarding the man who set the screen and is in better position to pick up the man with the ball.



When the player with the ball (1) tries to lose his man in a screen set by a teammate (2) and then drive toward the basket, it's often easier for the two defenders (X) to switch assignments. The man originally guarding the player with the ball stays with the man who set the screen, while his teammate picks up the man with the ball.

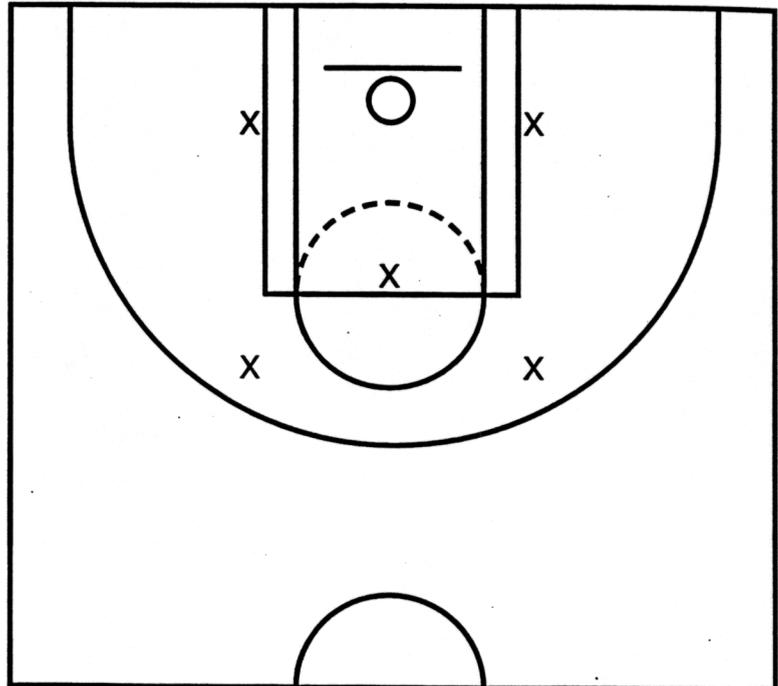
Zone Defenses

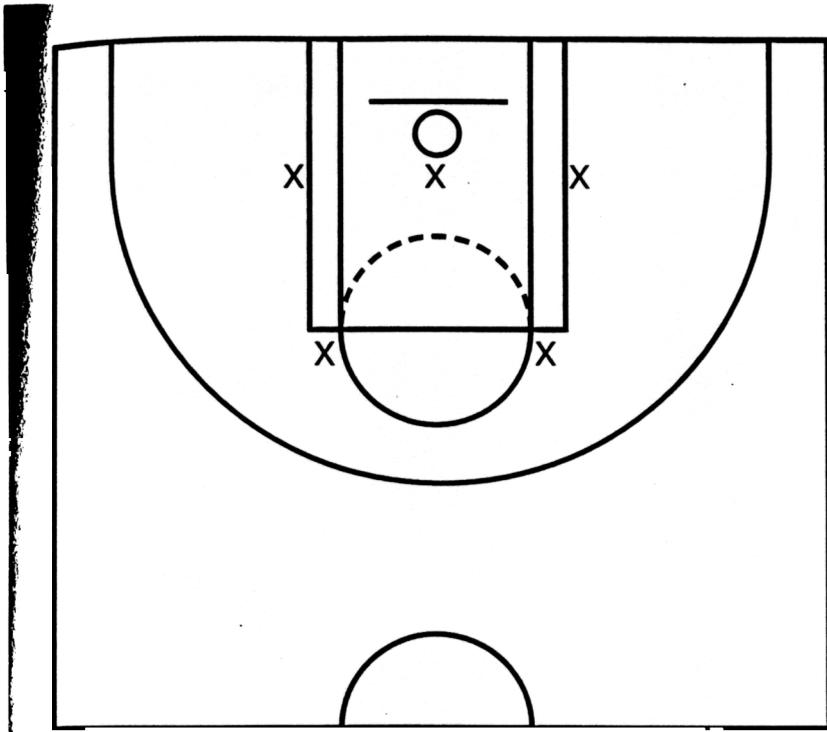
Playing a zone defense might be easier for some players because they only have to guard a designated area of the floor and don't have to chase a man all over the court. But a defender must be able to guard anyone who comes into his area of the zone, whether it's a big guy or small, fast or slow. Also, if an offensive team tries to overload the zone by putting two men in an area guarded by one defender, that defender must be able to contain them both until help arrives, as it should quickly.

One advantage to a zone is that each area of the floor always is covered, so the defense should not be vulnerable to lobs or crosscourt passes. Another is that it becomes relatively easy for players in adjoining areas of the zone to converge and double-team the man with the ball when he goes into the seam between their two areas. This extra defensive pressure can force the man with the ball into a turnover.

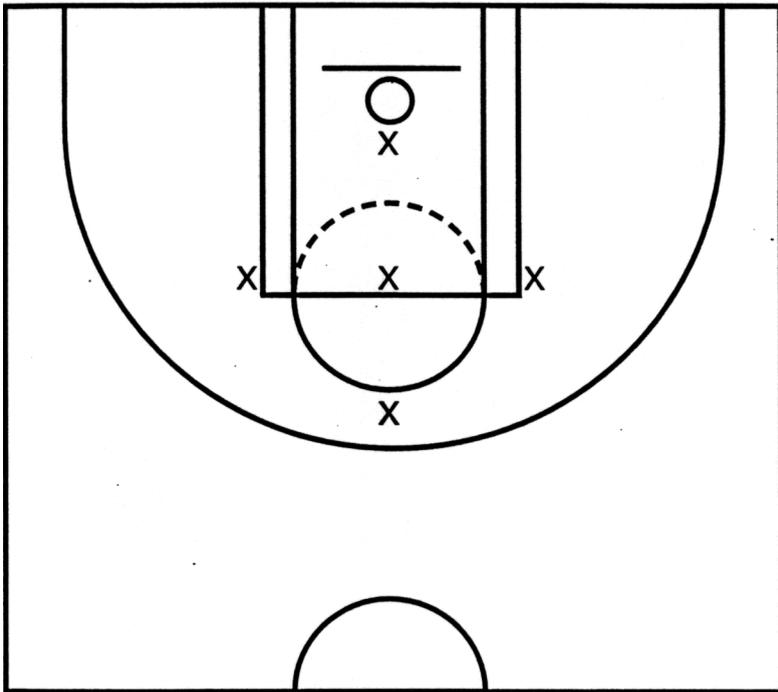
The following three diagrams illustrate the most basic zone defenses:

The 2-1-2 zone puts two men outside, one in the middle near the foul line, and two along the baseline, on either side of the basket.





The 2-3 zone puts two men outside and three along the baseline, one on each side of the basket and one in the lane.



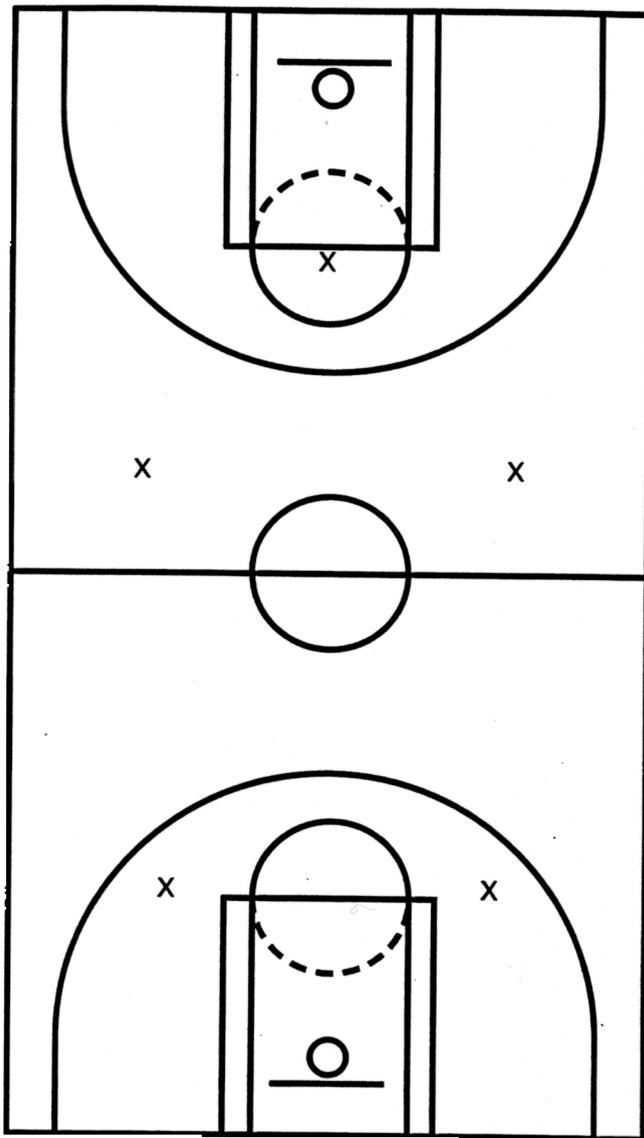
The 1-3-1 zone puts one man outside, three across the foul line extended, and one under the basket.

In each case, the defenders in the zone hope to be able to double-team the offensive player with the ball and force him into a mistake. In the 1-3-1, for example, the player on the outside will try to force the offensive player with the ball to one side or the other and follow him there, where he can be joined by a defensive teammate playing the wing in a double-team while the other three defenders cover the rest of the court.

Zones are useful when a team has a size advantage and wants to pack the middle, or keep as many players as possible near the basket and the key area. This forces the other team to shoot from outside, which generally are lower percentage shots. This became such a prevalent strategy that rules-makers introduced the three-point basket, awarding three points for a shot made from beyond a certain distance. The idea was to force defenders away from the basket and make them guard players farther away, thus opening up the lane for drives.

A zone is often used when a team wants to apply full-court defensive pressure—guarding a team closely all over the court in an attempt to force turnovers. That's because when you have to cover the 94-foot length of the court, it's much easier for players to guard specific areas rather than chase opponents all over the floor.

The 2-2-1 zone press shown on the next page is an example of where defensive players would be stationed in such a full-court pressure defense. Two players try to steal the inbounds pass or go for a quick double-team; then two more players are stationed near midcourt for additional double-teaming possibilities. One player hangs back to guard against the long pass.

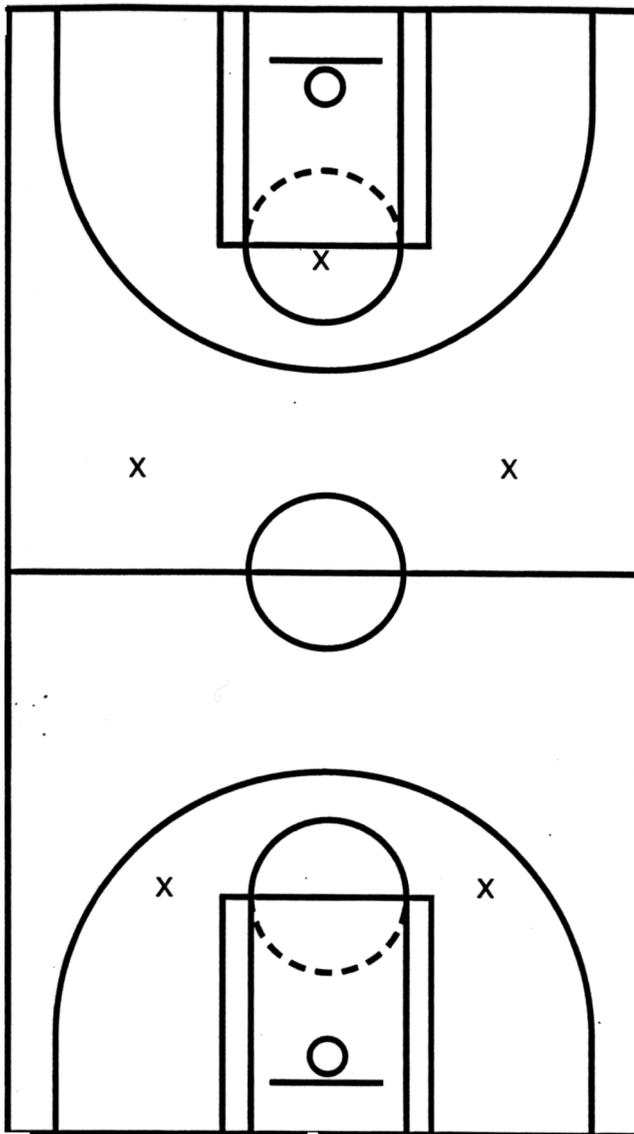


In the 2-2-1 zone press, defenders try to create double-teams and force turnovers all over the court.

So Which Defense Is Better?

Both man-to-man and zone defenses can be effective, depending on the skills of the defensive players.

Slower players are better off in a zone, where they are only responsible for a limited area of the floor and don't have to chase an opponent all over the court. The same is often true for bigger players, who can be stationed near the basket where their height



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can have greatest impact. A zone also is useful if a high-scoring player gets into foul trouble because he won't have to guard a man too closely, and there will always be a teammate nearby to help him out.



Clyde's Rules

The key is to learn to play man-to-man defense first. A player must carry his own weight. He can't always be looking for help. Even if his team uses a zone, when an offensive player enters his area, he's going to have to guard him as if it was man-to-man, so he'd better know how.