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Introduction

The game of basketball originated at the Springfield College of Physical Education, Massachusetts, USA, in 1891 by Dr. James Naismith. He was given the task of inventing a game that could be played indoors during the long winter months. The first match was played between students of Springfield College in a big hall in 1891 with a football. The targets were peach baskets, which were fitted at a height of 10 ft (3.05 m). Each team consisted of 40 players.

In 1894, Naismith drew up the first rules, which still form the basis of modern basketball rules. The number of players was first reduced to 9 and since 1896 to 5 players per team. From the very beginning, the rules were such that mainly speed passing and dexterity of actions should dominate and the robust physical efforts should be largely eliminated. In the beginning, a ladder was part of the equipment so that the ball could be taken out of the basket after a successful shot. Later on, the peach baskets were replaced by metal rings and nets.

In India, basketball was introduced some 80 years ago by the YMCA at Calcutta. Later, the YMCA established in 1920 at Madras played an important role in developing the game. Now, basketball is one of the most favourite games in our colleges and schools. Every State in India has formed a State Basketball Association. The Basketball Federation of India was set up in 1950. It is perhaps the youngest national sport organisation in the country.

The first National basketball event was held in Delhi in 1934 and thereafter every two years till 1951 after which it became an annual feature. “Services” have won the National title 29 times.

India secured the first position in the quadrangular leagues in Lahore in 1962, and finished fourth in 1967, 1969 and 1975.
Tournaments/Competitions at Different Levels

National Level Competitions
1) National championship for men, women, junior boys and girls
2) Pre-Asian championship for men, women and junior boys under 21
3) Zonal championship
4) All India Inter Zonal Championship
5) Federation Cup
6) National games
7) All India Industrial championships
8) Inter Services Championship
9) All India Railways Championship
10) All India Post & Telegraph Championship
11) All India Inter Varsity Championship
12) All India Police games
13) School Games Federation of India
Important points to be kept in mind while constructing a basketball court

1) Basketball court must be rectangular.
2) Basketball court must be flat.
3) There should be uniformity in the court in terms of friction i.e it should not be slippery.
4) The brand of cement should be the same throughout the construction of the court.

Types of courts

1) Cemented surface
2) Mud surface
3) Wooden surface
4) Terra flex surface

Total area to be constructed
28+4=32 meters in length
15+4=19 meters in width

CONSTRUCTION OF CEMENTED COURT

First dig and scrape the local area (soil) at least 6"-9" and demark the area in which the court is to be marked, after scraping roll the area and put two layers of bricks. Then put a 6" layer of cement, sand and 40mm gitti in the ratio of 1:4:8 respectively and roll.
Divide the total area into small segments of one square meter with vertical fixing of cemented seats of 4" in height. Fill these squares by using 1:2:4 ratio of cement, sand, and black 20mm gitti. The filling of squares should be done diagonally or alternatively in one day, if not possible it can be done in two days and after casting rub the surface till a semi smooth surface comes up.

CONSTRUCTION OF A CLAY COURT

The mud surface is a natural surface and does not require much treatment if the area where the court is to be constructed is free from stones, cracks or holes. So all that is needed is levelling and rolling the surface followed by marking. But if this is not the case then properly cleaning, removing unwanted stones, levelling the surface and rolling it properly is required.

The preparation of a good court would involve scrapping and removing of the top surface 6-9 inches and then spread a mixture of sand, clay and a little amount of cow dung. After this proper watering and rolling must be done to make the surface hard. A raised border can be prepared around the court to ensure that the soil is not washed away.

Marking Procedure

The centre line can be taken as the base. First of all, draw a straight line. Take the centre as a reference point. Mark two points B, B at a distance of 3 meters; after that mark the arcs DF & DE at a distance of 4 meters from the points B and B respectively. Mark another arc CD & CE and C'D' and C'E' at a distance of 5 meters each. Using a Pythagoras theorem mark a PQRS rectangle of 28m x 15m.

Mark 2 points F and F, as centre on both the side lines respectively. Now join these two points with a straight line, this will be the centre line of the basketball court. This line should be extended up to 15 cms on either side of the court.

Marking of 3-point radius

From the centre of the end line, mark a point 'O' at a distance of 1.575m or mark a point at the centre of the ring. This point on the surface can be determined by dropping a ‘pendulum’ from the centre of the ring, now taking point 'O' as centre and 6.25m as radius, mark a semicircle. The remaining 1.575m will be marked as a straight line on both the sides. Now draw another arc by reducing 5cms from the radius of 6.25m, i.e., 6.20m, this will be the width of the 3-point line.

Marking of centre circle

Take the centre of the central line, mark a point 'O' at the middle of the 5cms line at the centre. Now with a radius of 1.80m draw a full circle, again draw a circle inside the outer circle with radius reducing 5cm from 1.80m i.e. 1.75m this 5 cm will be the width of the line.
Marking of free throw line and circle

From the centre of the end line at a distance of 5.80m mark a point 'O' which is at right angle to the end line. Now taking point 'O' as centre and 1.80m as radius, draw a circle, the same as centre circle. Draw a straight line passing through the centre and parallel to the end line, touching the circle at points A and B respectively.

Marking of the restricted area

Mark two points 'A' and 'B', 3 m away from the centre of the end line, on both sides of the end line. Now draw a line from the point 'A' and 'B' touching the outer edge of the circle at point A and B respectively. Draw another line from points C and D which are at the distance of 2.95m (3.00m-5cms = 2.95m) from the centre of the end line. These lines should be parallel to the previous lines i.e., AA and BB, respectively.
Equipment Details

1) The following equipment will be required in the game of basketball
   i) Two backboards shall be made of a suitable transparent material including wood and painted white
   ii) Two basket rings with a ring mounting plate and shall be of a solid steel.
   iii) Two basket nets shall be made of white cord 400mm-450mm in length
   iv) Two basket support structures
2) Padding should cover a minimum thickness of 20mm
3) Basketballs (No.7 for boys with a weight of 567g-650g and No. 6 for girls with a weight of 510g-567g)
4) Game clock
5) Scoreboard
6) Twenty four seconds device
7) Stop watch or suitable (visible) device (not the game clock) for timing / time outs
8) Two separate, distinctly different and loud sound signals
9) Score sheet
10) Player foul markers
11) Team foul markers
12) Alternating possession indicator
13) Playing floor
14) Playing court
15) Adequate lighting
# Fundamental Technique, Teaching Stages, Lead-up Games

## Classification of Technique

<table>
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<tr>
<th>Without ball</th>
<th>With ball</th>
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<tr>
<td><strong>(Offensive)</strong></td>
<td>Stance-Passing &amp; receiving, dribbling, shooting</td>
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<tr>
<td><strong>Stance</strong></td>
<td>Footwork - stationary</td>
</tr>
<tr>
<td><strong>Starts</strong></td>
<td>on turn</td>
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<tr>
<td><strong>Stops</strong></td>
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<tr>
<td><strong>Pivot/turns</strong></td>
<td>- one hand/two hand</td>
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<tr>
<td><strong>Running/cutting</strong></td>
<td>- fakes</td>
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<td><strong>Change of pace</strong></td>
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<td><strong>Jumping &amp; landing</strong></td>
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<td><strong>Fakes (feints)</strong></td>
<td>- Air dribble</td>
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**Shooting**
- One hand
- Two hand with variation
- Stationary
- On run, on jump
- Free through
TEACHING STAGES IN BASKETBALL

The teaching of any games starts with the basics of the sports. The various teaching stages or the basics start from the stance and continue up to the mastery over the sports.

STANCE

Player basic stance with ball or without ball is an important body position on which whole body balance is maintained. Basic stance differ from one player to another as it depends upon the comfortable and most effective body position from where a player can move, stop, jump and change direction easily. The main mechanics of player basic stance is:

- Stand in a comfortable position feet apart with hip and shoulder width.
- One foot little ahead to make fore-after position.
- Ankle, knee, and hip joints are flexed.
- Weight should be equally distributed on both the feet.
- Slightly bend forward to keep the CG (Center of Gravity) ahead of the body to make the movement easy.

SHOOTING

ONE HAND JUMP SHOT

One hand jump shot is most modern shooting style which is used throughout the world in this great game of basketball. This is one of the best shots among all tactics of shooting to raise the average of shooting or percentage of shooting in the present trend of basketball.

ONE HAND SET SHOT

More oftenly used by the player who knows the importance of movement economy. Set shots are of different varieties such as stationary, moving or jumping set shots. Set shots are practiced on stationary position first and then mixed with dribble, stop, pivot, bake and shot.
REBOUNDING
Rebounding is one of the main elements in fundamental skills of basketball. It is nothing but the recovery of reiterative method of ball from the board either in defensive or offensive position. The team with more number of rebounds can easily score more points than the weaker rebounding team. It is not sure that each and every ball enters into the basket at each trial so that offensive team good in rebound can add six points at a time, whereas defensive team reduce it by three points.

DRIBBLING
There are two ways to move the basketball. The preferred and quicker method is the pass; however, if the defense is tight and the passing lanes clogged, the dribble is used to set up the offense. The dribble, along with the pass and the shot, is one of the offensive triple threats every player must have in his arsenal. Use the dribble to:
1. move the ball on offense.
2. blow past your man to the hoop.
3. escape from a tough and sticky defense.
4. shoot.
5. move around a screen and get off your shot behind it.
6. get a better passing angle.
7. freeze the ball in the closing minutes.

A properly inflated basketball will always bounce straight up to 75 percent of the height from which it was dropped. Therefore, you don't have to watch the ball as you dribble. Simply have your fingers there to feel and control the ball.

To dribble, push the ball down by spreading the fingers and flexing the wrist. You don't need to push it down hard. Light pressure is enough. Also, keep your legs flexed and your back straight, ready to make a quick move.

Types of Dribbles
There are about as many types of dribbles as there are players. The important ones will be discussed in this chapter. If you want to be a good player, practice enough on all that you can use them whenever a situation arises.

The Low Dribble
The low dribble is to be used whenever you are closely guarded. This type of dribbling simply entails keeping the ball low to the floor and in your control. Extend your dribbling hand and arm down as much as possible to shorten the distance the ball has to travel. Keep the elbow of your dribbling hand close in at your side. Dribble the ball on the side of your body away from the defender. The palm of your dribbling hand is kept over the ball. Don't watch the ball as you dribble.
The Speed Dribble
Once you're in the open court, you need to go as fast as you can with the ball while still remaining in control of the ball and your body. Since you are not tightly guarded, keeping the ball from the defenders is not a priority here; however, maintaining top speed is a priority.

To run fast and dribble at the same time, push the ball out in front of you at waist height and run after it. Keep your head up so you can see the entire court, your teammates, and whatever defenders are in front of you.

The Change-Of-Pace Dribble
This dribble is one of the most common and is used to make the defender think that you're slowing down or going to pick up your dribble and stop.

Once the man guarding you loosens up his defense, quickly bend over, dribble the ball out hard and long. Explode by him at top speed, protecting the ball with your free hand as you move around him. The dribbling hand slides from the top of the ball to behind it, to nearly a 45-degree angle to the floor.

The Crossover Dribble
The crossover dribble requires dribbling with one hand, then as you get close to your defender, pushing the ball out in front of you, over to the other hand, and exploding past him. This move is a good way to lose your defender, but, since the ball is unprotected as you make the crossover, it can be stolen by the defense if the move isn't done smoothly.

The Between-The-Legs Dribble
This dribble is a quick way to move the ball from one hand to the other when you are closely guarded or when being overplayed and you want to change dribbling direction.

The Behind-The-Back Dribble
As you approach the defender on the right side, change your direction slightly to the left to make the move past the defender on your left. After you have taken your last dribble with your right hand, slide your palm over and then outside on the ball, swinging it behind and across your lower back, pushing the ball to your left side.

The Backup Dribble
This is mainly a dribbling move used to escape a dangerous defensive situation. When dribbling with your right hand, turn your shoulder to the defender, push back on your left foot away from the defender, and simultaneously make a dribble back. Protect the ball with your left shoulder and arm.
PASSING AND RECEIVING

The Two-Handed Chest Pass
The chest pass is the most common pass you will throw in a game when there isn't a defensive player between you and your teammate. To execute this pass, start with the ball held in two hands chest-high and close to your body. Your elbows should be tucked in and fingers spread around the ball with your thumbs up. Don't spread your fingers out too far because this positioning will prevent you from making a quick pass. As you hold the ball, your wrists should be pointed upward.

When you are about to make the pass, step in the direction of your pass. Moving like this gives you body balance and gives your pass more power and speed. Don't overextend your step, because this tends to take away some balance.

The Two-Handed Bounce Pass
Starting with the same position as the two-handed chest pass, take a strong step in the direction of your receiver. Quickly extend your arms and palms outward. Backspin is put on the ball as you go from thumbs up to a thumbs down release position. This backspin makes the ball easier to catch. The ball must hit the floor at least three-quarters of the distance to your receiver. It should come up to him at his thighs and waist level.

The Two-Handed Overhead Pass
The overhead pass is commonly used for moving the ball around the perimeter, as a skip pass, a pass into the post area, and as an outlet pass. When you make this pass, always aim the ball a little over the head of the receiver.

To make an overhead pass, hold the ball over your head and slightly back of the center of your head. Your fingers should be spread firmly around the ball, thumbs a couple of inches apart at the bottom of the ball. This pass gets its power from the flick of your wrists and fingers. As you step toward the receiver, snap the wrists and rotate both your arms and palms outward. Your hands should end with the fingers pointing upward.

The Push Pass
The push pass is a quick pass made with one hand. The pass originates near your ear and relies on your elbow being bent for its power. It can either be a straight or a lob pass. This depends upon the defensive alignment.

The Baseball Pass
This is a long-distance pass, usually thrown more than half-court. Generally, one baseball pass to a player headed down-court ahead of anyone else, is all that's needed for a quick two points.

To make the baseball pass, keep both hands on the ball as long as possible. This gives you better control and will enable you to stop the pass at the last moment, if needed.
The Behind-The-Back Pass
This pass used to be considered a "show-off" pass; however, it now has become a normal offensive weapon. To make the pass, hold the ball with two hands. As you bring the ball back around your hip, your helping hand drops off. Your passing hand is on the side of the ball and must thrust the ball behind the back. The movement ends with the passing hand near the opposite hip, with the fingers pointing in the direction of the pass.

The Hook Pass
When you are closely guarded, hold the ball at shoulder level, elbows flared outward to protect the ball. Start to lift the ball up with two hands, with the wrist of the outside hand flexed. Drop your helping hand to face level. Extend your passing arm over your head with the ball. When you have stretched this arm out completely, flick the ball by snapping your wrist forward.

LEAD-UP GAMES

DRIBBLE TAG:
Arrange the class in a scattered formation with each student equipped with a basketball. Make a boundary that is large at the start (b-ball out of bounds). The object is to dribble with one hand and steal the ball with the other. A penalty (5 dribbles) occurs if they go over the boundary, lose control or it is stolen. Next time make the area smaller (half court), then smaller (foul line).

LINE BALL:
Divide the class into two or four teams depending on the number of students. Start a ball at one end of the line of students. The first person must hand-off the ball and the passing continues until the person on the other end receives the ball. That person goes to a designated basket and shoots the ball into the hoop before the other person can do so. Exchange new shooters each time. For younger students change the size of the ball and place a hula hoop over the basket to shoot into instead of the regular basket. They may choose either appliance according to their ability.

THREE PASS:
Line up each of two teams on the sidelines of the b-ball court. Choose the first four players from each team to face each other at the midcourt line. Throw two basketballs toward their designated baskets. After receiving the rolled ball, they take designated spots on the four corners of the foul line—one each on the end of the foul line and the other two at the foul blocks. The person who gets the ball passes to a teammate and the process continues until there are four passes with the last pass with the shooter. If that person misses then another person shoots from the position until a shoot is made. At this point those four go to the end of the sideline and the next four players play.
Sports Training - General, Specific

The player incorporates some form of low intensity physical activities into their training routine before a game or day to day activities. This preparatory or introduction work out is designed to improve physical efficiency in performance, psychological preparation and also to prepare and to prevent sports related injuries, particularly the muscle skeletal injuries.

**General Training consists of:**

1. Jogging (middle distance running for 2-4 kms)
2. Free hand exercises
3. Running
4. Jumping
5. Backward running
6. Stretching
7. Wind sprints
8. Limbering down

Main important aspects of general training are to develop the motor components like:

i) Endurance
ii) Strength
iii) Flexibility
iv) Agility

To develop endurance in a player

a) Long distance running up to 2-3 kms of slow speed once a week
b) Continuous running with constant speed for 30-35 minutes.
c) Continuous running with medium speed between 10-15 mins for developing speed endurance.
d) Fartlek Method; Running up and down, zig zag etc. with difference in speed (like sprint, slow jog, medium speed, walking etc.).

2) Speed - To develop speed the following training is to be given
   a) Short sprints are to be given 25-30 meters of 8 repetitions
   b) Running with high knee action 2-3 repetitions

3) Strength - This has been divided into two parts according to the body requirements
   I) Upper body strength exercises-
      a) Push ups -3-4 sets
      b) Pull ups 2-3 sets
      c) Crocodile walk
      d) Sit ups - 3-4 sets
   ii) Lower body strength exercises
      a) Staircase running
      b) Sand running

4) Flexibility - Proper stretching exercises should be done before and after the practice.
   Good flexibility improves the performance and also reduces the injuries.
   Agility -
      a) zig-zag running (with speed)
      b) Shuttle running
      c) Change of directions during sprints

When the training plan has been constructed for the children we should first concentrate on the general training because that is the base

SPECIFIC TRAINING FOR BEGINNERS

1) Basic Stance - With ball or without ball is an important body position on which the whole body position of the player is maintained.

2) Ball handling exercises
   a) Hold the ball with both hands
   b) Rotate the ball on finger
   c) Rotate the ball around the neck, waist and neck
   d) Bounce the ball in front, back, left and right side.
   e) Walk and bounce the ball through the legs

3) Passing
   a) passing among the group in standing position
   b) Two men passing first with walking then jogging and lastly with speed
   c) Three men simple passing
d) Three men weave
e) Four men and five men passing

4) **Dribbling:**
   a) Dribbling on the spot
   b) Dribbling while walking
   c) Speed dribble

   While teaching dribbling to the children first teach high dribble, then low dribble.

5) Ball tapping against back board.
Rules & Regulations
- In Brief

1) There are 12 players in a team.
2) The game can start only when there are 5 players ready to play from each team on the court and can continue till 2 players from each team.
3) The duration of the game will be 4 quarters of 10 minutes each. There will be 2 minutes break between the 1st and 2nd quarter and 3rd and 4th quarter and 15 minutes between the 2nd and 3rd quarter.
4) The officials will be a referee, umpire 1, umpire 2, scorer, assistant scorer, timekeeper and a 24 seconds operator.
5) The uniform for the officials shall be a grey T-shirt, black pant, black shoes and black socks.
6) Each team can take a total of 5 time-outs (for rest and to give coaching i.e. Two time-outs in 1st and 2nd quarter (any time) and three time-outs in 3rd and 4th quarter (any time). One time-out for both teams for each extra period. The duration of the time-out is of 1 minute.
7) Each team can make as many substitutions (changing players) as they want.
8) A player who commits 5 fouls has to leave the game.
9) A team shall lose by forfeit and the opponents will be declared the winners
   - when 15 minutes after the scheduled time 5 players are not ready on the court to play.
   - A team refuses to play when instructed to do so by the referee.
10) Three seconds rule - A player cannot remain in his opponent’s restricted
area for more than 3 seconds when his team is in control of the ball. The penalty for which is side line throw to the opponents.

11) Five seconds rule - a closely guarded player must pass, shoot or dribble within 5 secs

12) Eight seconds rule - Whenever a player gains control of a live ball in his backcourt, his team must cause the ball to go into its front court within 8 seconds

13) Whenever a player gains control of a live ball on the court, his team mate must attempt shot for a field goal within 24 seconds.

14) A player who is in control of a live ball may not cause the ball to be illegally returned to his back court.

15) If a defensive player interferes with the ball during a shot for a field goal, the offensive team will get:
   - One point, when attempted a free throw.
   - Two points, when attempted a two-point field goal area.
   - Three points, when attempted a three-point field goal area.

16) A personal foul is a player's foul involving illegal contact with an opponent whether the ball is alive or dead like blocking, charging, illegal guarding from the rear, holding, illegal screening, illegal use of hands, pushing, etc.

   **Penalty** - A personal foul will be charged against the player and if foul committed on a player not in the act of shooting, game will be resumed by a throw in from out of bounds by opponents closest to place of infraction.

17) If committed on a player in the act of shooting and shot from field goal is successful, it shall count and 1 free throw shall be awarded, if from 2 point field goal area, 2 free throws will be awarded, if from 3 point field goal area, 3 free throws will be awarded.

18) A double foul is when two opposing players commit fouls against each other at the same time.

   **Penalty** - A personal foul shall be charged against each offending player; no free throws shall be awarded.

19) An unsportsmanlike foul is a personal foul committed by a player which the official feels is not a legitimate attempt to directly play the ball within the spirit of the game. A player who repeatedly commits unsportsmanlike foul should be disqualified from the game.

   **Penalty** - The foul will be recorded against the player and 2 free throws will be awarded on a player not in the act of shooting, if committed on a player in the act of shooting and goal made it will count and 1 more free throw will be given, if committed on a player in the act of shooting who does not score 2 or 3 free throws will be given according to the place from where the shot for a field goal was attempted.
20) Disqualifying foul is when a player, substitute, coach, assistant coach or team follower repeats the unsportsmanlike behaviour.

**Penalty** - A disqualifying foul will be charged against the offender and he will have to leave the court. Free throws, i.e., 2 free throws if fouled on player not in the act of shooting, if in the act of shooting and basket counted then 1 free throw and if basket not converted then 2 or 3 free throws according to the attempt and side line throw.

21) Technical Foul is non-contact foul of a behavioural nature, by player, by coach, assistant coach, substitute or team follower for disrespectfully communicating with or touching the official, table officials or opponents.

**Penalty** - If technical foul is committed by a player, a technical foul will be charged against him and shall count as one of the team fouls, by any others, then the foul will be charged against the coach and will not count as a team foul. Two free throws shall be awarded to the opponents followed by a throw-in at the centre line extended.
Team composition, selection method and Management

Team Composition
A team shall consist of 12 members, while 05 are known as players who play on the court and rest 07 are known as substitutes.

Selection method - The team must be selected on the following grounds:-

- Selection must be done by a selection committee.
- Eligibility criteria must be decided like - age, must be a regular student of the school, etc.
- Playing time and playing position on which one plays.
- Playing ability.
- Versatility to play other positions.
- Attitude.
- Coachability
- Adaptability to team concept
- Leadership.
- Player’s psychology and mental toughness
- Creativity and presence of mind.
- Player’s graph of performance.
- Player’s performance in the practice sessions
- Type and level of tournament.
- Knowledge of rules and regulations.
Management:

The team that is organized off the field is very likely to be organized on the field. Correct and sensible organization lends a sense of order, makes the participants feel a part of a worthwhile cause and offers a base from which to operate.

Pre-Game:

Many organizational and management areas need to be covered before leaving a game, both by the player and the staff. These will apply to home games as well as to away games. Players are usually responsible for the correct colour of uniform; proper shoes; arriving at the right location; arriving on or before time.

Coaches and managers are usually responsible for these aspects; reminding the players of individual responsibilities; organizing the half time and post-game drinks; taking the medical equipment to the game site; taking goal net, balls to the game; bringing extra equipment such as screw-in shoe studs, stud wrenches, laces, stakes for securing goal nets, pumps.

Travelling poses peculiar problems, especially when staying out of town for an extended time. Arrangements need to be made and confirmed well ahead of time, preferably in writing.

Appearance:

Personal and team appearance are all parts of the discipline of soccer. Looks do not make a player better, however they instil team pride. A well-dressed team looks organized. Players represent their coach, their parents, their club, and when travelling, their city, their state, even their country.

Discipline:

As the players must be disciplined regarding their preparation and game duties, so too must the coach and staff of a team. The coach must set the tone for his team, as well he is the enforcer, seeing that the team conducts itself in a disciplined manner. To this end, his behaviour must be of the highest order possible.

Punishment, another form of discipline, is an area that needs to be handled with great care. It is an area most coaches hate having to deal with, though at times they must, for the good of the team and the players.

Players and staff discipline are severely tested when another team openly tries to intimidate and the officials are either not aware of the situation or cannot control it, or both. The team that retaliates in this volatile situation, whether verbally or physically, often finds itself in trouble with the referee. The team being abused must stay under control and continue to play the game. Don't let the other team know you're flustered, and it will eventually get to them. By keeping quiet and calm in a tight situation, team seeks to trust rate the other team. The discipline and control needed must come initially from the coach. He must know who might "blow" and take steps to remedy the situation, by substituting, for example.
Team Manager:

Every team should have a team manager. He takes pressure off a coach. They do, for example, the following: team telephone calling; organize drink; make players aware of who, when and where they’re playing, tell players what uniforms to wear; put up goal nets; collect league fees; order uniforms and so on.

A team manager enables the coach to concentrate on the game and those areas directly pertaining to him. Further, a good team manager can be a sounding board for the team, assessing its strength. By acting as a buffer, the competent team manager can dispose simple and everyday matters while bringing problems more demanding to the coach’s attention. Sometimes players will raise problems with a team manager which they would not raise with the coach. The team manager therefore needs to be a good listener and also be loyal to the coach.
Tactics

OFFENSIVE
- Cutting
- Drive in
- Shooting
- Rebounding

DEFENSIVE
- defence against the man without ball
- defence against the man with ball
- defence against rebounding

COMBINED TACTICS
- Give and go
- Criss cross
- Screening
- Splitting the post
- Out numbering situations
- defence against give and go
- defence against criss cross
- defence against screening
- defence against Splitting the post
- defence against out numbering

TEAM TACTICS
- Offence against man to man
- Offence against zone defence
- Offence complex type
- Man to man defence
- Zone defence
- Defence against fast break
- Pressure defence

SCREENING
Screen is a legal weapon in the hands of a defensive player to block the movements of an offensive player in order to make his teammates free for taking unhindered shot. It is a curtain (screen) between the defensive and the offensive player (with a ball) applied by an offensive teammate.
GIVE AND GO
It is a combined offensive tactics where two offensive players are involved. In this, a player having possession of the ball gives the pass to a teammate and cut sharp towards the basket, expecting a return pass from the teammate.

SPLITTING THE POST
Splitting the post is the best method which helps in creating out numbering situation. The player who acts as a post shall be tall, active, heavy, aggressive and should have accurate sense of judgement. It involves a temporary screen.
Conduct of Tournaments/Competitions

The kind of tournament to be used will be determined by a number of factors. The time and facilities that are available, the purpose of competition and the entries must be considered when selecting a tournament that will be appropriate.

In arranging a tournament, the organizer has to take into consideration the following factors in determining the type of competition:-

Types of programmes
- Time requirement for each game and the time at the disposal of the organizer to finish the tournament
- Availability of facilities.
- Units of competition (Senior, Junior or sub-junior) (Men, women, boys, Girls)
- Expected number of teams participating in the competition
- Availability of referee and Asst. Referees.
- Availability of Budget and funds.
- Administration: personnel, officials, publicity, awards, opening and closing ceremonies, protests, co-ordination, hospitality, accommodation, etc.

After having given thought to the preliminary things, the types of competitions shall be decided. Generally the following types of competitions are held :-
1. Knock out
2. League
3. Combination
4. Challenge
**Knock Out :-**
This is a type of competition where a team once defeated gets eliminated. Only the winners continue taking part in the competition. It is the quickest way of determining the winner. The teams are matched through drawing of lots. This type of competition will need less money and time. But the drawback is that there is every possibility of two very good teams meeting in the first round and some weaker teams qualifying for the finals. Thus the charm of a good competition may vanish.

Before the fixture is drawn the following points must be thoroughly known:
1. Number of teams participating in the completion.
2. Number of byes to be given in each half.
3. How many teams shall be in each half?
4. How many teams shall be put in each side?

After knowing the above mentioned facts the procedure shall be adopted as under:-

**Number of Teams :**
This means total number of teams in a particular competition.

**Number of Byes :**
Bye is a dummy that does not play the first round. It is a sort of privilege to a team. The arrangement of pairs is very simple. If the number of participating teams is power of two such as 2, 4, 6, 8, 16, 32, 64 etc. and when number of two, i.e., 3, 5, 6, 7, 9, 10, 11, 12, 13, 14, 15, then byes are given.

The number of byes is the next highest power of two minus number of teams participating.

**Example:**
Number of teams entering a tournament is 15. Find the number of byes.

Sol: Number teams -15
Next highest power of two - 16
The difference or number of byes = 16-15 = 1 bye

**League or Round Robin Tournament**
This is a type of tournament where each team plays with every other participating team once (single), twice (Double) irrespective of victory or defeat. It the teams are from the single locality then this is a best type of tournament, as there are largest numbers of matches and there is no element of chance to decide the winner. Here also the teams don’t wait for the winners of other round, thus much time is saved. This type of tournament is of two kinds:
1. Single league.
2. Double league.
In single league only once the team plays against the other participating teams and the total number of matches shall be \( n(n-1)/2 \), where \( N = \) Number of teams.

If \( N=7 \) then the matches shall be \( \frac{7(7-1)}{2} = \frac{7 \times 6}{2} = 21 \) matches.

Another simple way of calculating total number of matches is as follows cancel the highest number and add the rest numbers. i.e. \( 6+5+4+3+2+1 = 21 \) matches.

In double league every team plays twice with other participating teams and total number of matches shall be \( n(n-1) \) where \( n = \) number of teams. If (7) seven teams are there then \( 7(7-1) \) or \( 7 \times 6 = 42 \) matches.

**Combination Tournaments**

This type of tournament is conducted whenever the matches are conducted on group basis or zonal basis. This type of tournament is organized when the number of teams are more. The participating teams are divided into groups. The teams in the same group play among themselves and decide the winner.

Generally the following are the combinations:-

1. Knock out cum knock out.
2. League cum league
3. Knock out cum league
4. League cum knock out.
Scoring Pattern

The official score sheet of FIBA will be used

1) The score-keeper will enter the names of the two teams at the top of the score sheet, the first team will be the local (home) team, the first team shall be team A and the second team will be team B

2) He shall then enter the name of competition

3) The number of the game

4) Date, time and place of the game

5) Names of the referee and umpires

6) He shall enter names of the members of each team as provided by the coach, Team A shall occupy the upper part of the score sheet and team B the lower part.

7) In the first column the license number (last 3 digits) or serial number of the player is entered.

5) In the second column the score keeper shall enter each player’s name and initials in block capital letters, besides that the number of the player that will be entered.

6) At the bottom of each team’s section the name of the coach and assistant coach will be entered.

7) The first 5 players who will begin the game will be indicated.
National Level Trophies

a) Todd Memorial Trophy: Winners (Men) Senior Nationals
b) Pradeep Shankar Trophy: Runners up (Men) Senior Nationals
c) Mr T Mukherjee Trophy: League Losers (Best Losers) Senior Nationals
d) Kalinga Trophy: Best Disciplined Team (Men) Senior Nationals
e) Prince Basalt Memorial Trophy: Winners (Women) Senior Nationals
F) Shri C C Abraham Trophy: Winners Junior Boys Team.
g) Dr Edwards Steitz Trophy: Winners Men Section Boys Team.
Tactics of Defence

**Man-to-man defence**
In this kind of defence, each defence player positions himself between the offensive players to whom he is assigned of the basket. In this defence, the weak side players are in the middle to prevent defensive penetration with the ball to make offensive players take lower percentage outside shots.

**Pressure man to man defence**
This is the half count pressure man to man pressure man to man players position there between their opponents and the ball, but only when the player they are guarding is one pass covering distance away from the ball.

**Fast break offence**
A fast break can be created from a steal, rebound, blocked shot, converted field goal or converted force throw. It is the quickest way of beating full or half count pressure defence as well as against 2-1 defence when defence gains control of the ball, it uses the pass on dribble to start the break though passing and dribbling when marking the ball up the court. The other team males attempt to beat the defenders up the court white staying spread out.

**Rebounding**
Rebounding or possession of a missed shot is both an often we defensive skill. Whenever a shot is attempted players should position themselves in an advantages position so as to gain possession of the ball. They can get between the opposing player and the basket and try to box out the opponent. The players should get in position in front of the offence in order to stop the offensive player from covering near the basket.

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