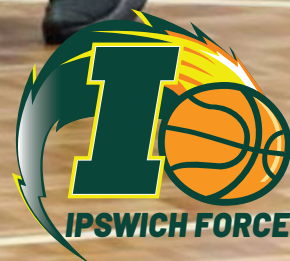




IPSWICH BASKETBALL ASSOCIATION

# CLUB COACH MANUAL



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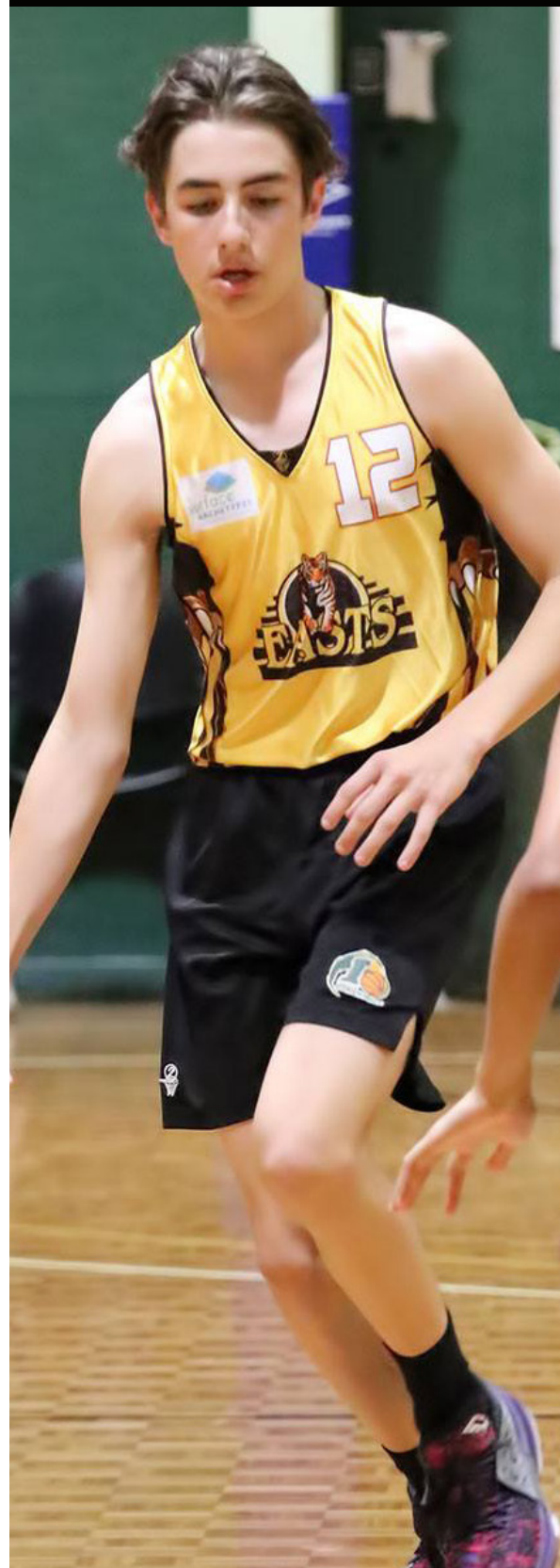
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The IBA club coach manual has been developed as a point of reference to support coaches participating in our club competition. The document provides an introductory level overview of the many responsibilities of a coach.

There is a myriad of responsibilities involved in coaching and as a result, coaches are required to possess a wide variety of skills. We have tried to simplify the elements in this document for ease of the reader. Whilst formal coaching courses and accreditation is one mechanism for coach development, most is developed through experiential on the job participation and learning.

This information package aims to support coaches to achieve the following:

- Induct club level coaches into the role
- Assist coaches in developing knowledge for the sport
- Provide coaches some structure and support
- Outline success as being the improvement of skills and conceptual understanding of players, not winning
- Outline opportunities for coach development and mentoring
- Ultimately, help contribute to a positive coach-player experience

At the conclusion of this document, it is our hope coaches are positioned to provide the following experience to their players:

- Ensure players enjoy their experience with the sport, developing friendships, learning new skills and having fun
- Players have equal opportunity to meaningfully participate in trainings and games
- Players have their learning and development opportunities maximised
- Players are focused on the development of their fundamental skill base – shooting, passing, dribbling, conditioning and defending
- Players reflect good sportsmanship and positive interactions – opposition players, coaches and referees

In coaching, you never stop learning.

*B Walmsley*

Brady Walmsley

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# Coaches Code of Behaviour

Remember that young people participate for pleasure and winning is only part of the fun.

Never ridicule or yell at a young player for making a mistake or not coming first.

Be reasonable in your demands on players' time, energy and enthusiasm.

Operate within the rules and spirit of your sport and teach your players to do the same.

Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.

Avoid overplaying the talented players; the just-average need and deserve equal time.

Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.

Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage your players to do the same.

Show concern and caution toward sick and injured players. Follow the advice of

a physician when determining whether an injured player is ready to recommence training or competition.

Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.

Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.

Respect the rights, dignity and worth of every young person.

Refrain from engaging in negative or destructive discussion or postings on social media about players, coaches, spectators, officials, administrators or other basketball participants, that may be viewed as abusive, harassing or offensive in nature.

# The Coach

Coaches are responsible for leading, planning and delivering programs for individuals and teams. Typical responsibilities include teaching relevant skills, tactics and techniques and the coordination of team commitments (trainings & games).

At a club level, the primary role of the coach is to ensure players have an enjoyable and meaningful experience in the sport. Beyond enjoyment, the coach should be focused on ensuring the players are improving their fundamental skill base, and in so doing, are building confidence in their ability to contribute during trainings and games.

Whilst winning is an easy measure of success, it is far less important than the development of fundamental base of skills and a healthy relationship with the sport. To that end, the coach should set performance goals that transcend the final score.

Below we have outlined some points you may wish to consider in starting your coaching journey.

## WHAT MAKES A GOOD COACH?

There are many ways to coach and there is no one size fits all for ways to be considered 'good'. Having said that, the below qualities consistently appear in people demonstrating high levels of coaching performance:

- Thoughtfulness
- Good communication – both delivering and receiving feedback, talking & listening

- Conviction - clear on priorities and non-negotiables
- Patience
- Self-Awareness
- Knowledge – technical & tactical

## PREPARING TO COACH

- Register your interest to coach. This may include:
  - Research & contacting the relevant club
  - Completing a coach application form
  - Obtaining a Working with Children Check – BlueCard
- Gain an understanding for the age group and competition you will be coaching
- Confirm training times and competition schedule
- Contact parent group introducing yourself and confirming team arrangements (This may include a parent scoring roster if applicable)
- Obtain any coach resources you may require i.e., equipment such as coaches board, whistle, training aids
- Plan your training sessions (You may choose to plan session by session or in periodised blocks)

## COACHING EQUIPMENT AND TRAINING AIDS

What do I need?

Each club will have their own policy and resources, but you could expect to be provided a polo shirt to wear on game day and at trainings.

Coaches attending training sessions should wear comfortable athletic attire, running shoes and should have a drink bottle of their own. Coaches should also be encouraged to bring a whistle to training as a mechanism for controlling the session.

Whilst these may not be necessary, some useful training aid options may be:

- Coaches white board
- Whistle
- Cones
- Bump bags
- Pool noodle
- Speed ladder
- Skipping ropes

## COACHING RESPONSIBILITIES

Below are the five (5) primary responsibilities of the coach:

1. Create a safe environment that encourages active participation and a healthy relationship with the sport
2. Be considerate in your communication style (positive, supportive...)
3. Teach the rules of Basketball

4. Teach the technical and tactical aspects of Basketball to the best of your abilities
5. Prioritise the development of the character of the individual, as well as the Basketball player

Whilst there are many other factors and considerations for a coach, these are the fundamental coaching pillars by which each coach should be guided, at all levels.

## COACHING STYLE

Every coach has an individual coaching style. This coaching style should be reflective of the coach's personality but should also be considered against the needs of the players under their direction. Some coaches may be more introverted, and others may be more extroverted. Some loud, some quiet.

The coach should always be focused on fairness, sportsmanship, teamwork, effort and development. The coaching style should be one which positively reinforces good behaviours in these areas and builds confidence and enjoyment through the game.

IBA expects that our club coaches are patient, encouraging, enthusiastic and supportive.

## COMMUNICATING WITH YOUR PLAYERS

Communication is rightfully understood to be one of the key elements of effective leadership, and in this case, coaching. Communication can be defined as the sharing of information, feelings or ideas, by speaking, writing or usual visual cues.

Over the course of a training session or game, the coach would have an uncountable number of interactions. Due to that, it is imperative that effective communication is highlighted as a priority of any coach.

- Communication is both verbal and non-verbal
- Non-threatening body language – Get on their level
- Eye contact
- Calm and composed tone of voice
- Concise feedback – only providing the information which needs to be provided
- Always balance your constructive criticism with positive reinforcement
- Offer excitement and enthusiasm when players demonstrate improvement

When coaching in the club environment, it's understood that many players will be in the early phase of their Basketball development. As that is the case, the coach needs to be conscious of how they communicate corrective advice as a result of a skill error:

- Understand errors are never intentional
- Recognise that a teaching moment for one can be a teaching moment for all
- Praise effort (especially when a player is attempting a new skill or concept)

- Give simple, clear and concise correction feedback
- Make sure the player understands the feedback
- Encourage the player to try to execute the same skill or concept again

Sound communication practices allows the coach to develop positive relationships and build trust; Key to becoming a successful coach.

## COACHING THE GAMES

For club competition, the focus of the games should be on providing players with an equal opportunity to participate. You can do that by ensuring players receive an equal share of court time, as well as encouraging a style of play that offers opportunities for all players to get involved.

Games should be played in good sportsmanship, with positive interactions with opposition players, coaches, referees and staff. Whilst winning is important and games should be competitive, other performance indicators should be highlighted as important too.

Managing the substitutions fairly can be a challenge for even the most experienced of coaches. One way you can address that is by establishing a general pattern of substitutions that ensures all players are being played equally. This should be treated as a fluid plan, allowing the coach to make in-game determinations, as necessary.

Similarly, it would be an advantage for the coach to have some pre-determined game priorities and tactical concepts. This will give you a base of ideas for which you can refer to during timeouts, half times and situationally as required.

At the end of every game, the coach should review individual and team performance and provide feedback, both positive and constructive.

## DEVELOPING AS A COACH

There are several ways you can invest in your own coaching development, both for free and at cost.

Ipswich Basketball Association and Basketball Queensland intermittently deliver formal coach accreditation courses:

- 'Club Coach Course', formally level 1, is the course aimed at new coaches
- 'Association Coach Course', formerly level 2, is the course aimed at coaches who are working at the representative association level

Basketball Queensland regularly holds coaching clinics that provide coaches with the opportunity to learn from some experienced coaching experts.

Ipswich Basketball Association will be delivering FREE coach development workshops from 2021 onwards. Examples

of some themes of these development sessions are:

- Skills & drills
- Effectively teaching man to man defence
- Unlocking your motion offence
- Establishing your philosophy & priorities
- The IBA way

Access to coaching information is more readily available than ever before. You can simply search the internet for content on a specific theme and get some informative results. You should also research topics that share synergies with coaching, including leadership and management.

One of the most effective ways to enhance your coaching expertise is to establish a personal network of peer coaches or mentors. Its often the informal conversations and sharing of coaching challenges which can provide the greatest insight.

For more ideas on how to develop your coaching, feel free to contact:

IBA's Basketball Operations Manager,  
Brady Walmsley

[development@ipswichforce.com.au](mailto:development@ipswichforce.com.au)

0414 702 149



# Development Planning & Priorities

## INDIVIDUAL SKILL DEVELOPMENT

The development priorities for club coaches should be improving fundamental individual skills and the introduction of team concepts. It is easy for coaches to become focused on the results of competition. However, the primary measure of coaching impact at this level is the development of your players.

Coaches should focus on the improvement of IBA's preferred 5-point individual skill package, which includes:

- Shooting
- Dribbling
- Passing
- Defending
- Conditioning

While there are many other skill elements to the game, we are confident these fundamental skills give young players the best base to build from. IBA believes that all players should be exposed to all skills, not simply based on size or position.

In deciding drills to implement with your teams, consideration should be given to including as many of the 5-points in each drill as possible. Multipurpose drills are the most effective and efficient use of time for players and coaches.

On the following pages there is a matrix that identifies relevant skills and the appropriate age for them to be introduced, developed, acquired and

mastered. This matrix should be used as a reference for your periodic planning.

Directly below, we have included some of our preferred teaching points for each of the 5 skills:

## SHOOTING

- Lower Body
  - Feet shoulders width apart
  - Split stance with a lead foot (shooting side)
  - Sitting down in shooting stance
  - Lift and finish high
- Upper Body
  - 'Hungry Hands' – showing target for passer
  - Be quick to find your shot pocket
  - Primary shooting hand & guide hand
  - Finishing position is 'Elbow at eyebrow'
  - Follow through – 'Fingers to the floor'
  - Backwards rotational spin on ball

## DRIBBLING

- Basketball Stance
- Developing dribbling skills on both sides of the body
- Eyes up / Vision
- Snap the dribble - Get the ball back in your hand as quickly as possible
- Combination moves

## PASSING

- Basketball Stance
- Developing passing skills on both sides of the body
- Priority passes:
  - Chest Pass
  - Bounce Pass
  - Single Handed Push Pass
    - Stationary & off the dribble
- Flat and fast
- Passes to arrive 'On time, On target'

## DEFENDING

- Stance
  - Feet shoulders width apart
  - Back straight, bending from legs
  - Chest to the ball
  - Active hands

- Defensive Containment
  - Keeping the ball in front of you
  - Body between your player and their basket
  - Preventing dribble penetration
  - Sprint when you cannot slide
  - Chest to the ball, open stance, when guarding off-ball
- Communication
  - Clear, loud & concise
  - Single call of 'Ball'

## CONDITIONING

- Fitness is a key component to success in the sport
- Players need to be conditioned to play continuously for extended periods
- Conditioning is best introduced as a component of skills and drills, not necessarily as an isolated activity

## SESSION PLANNING

Coaches should always have a training plan. You will find a training plan template later in the document. This is only one example and you may wish to create something that better meets your specific needs.

Whilst session planning can often be inconvenient, it is an imperative element in delivering purposeful training experiences that maximise player learning.

When planning your individual training sessions, here are some things to consider:

- Date/Time
- Number of Players
- Aim or Objective
- Previous Session Content

- Concepts and Teaching Methods
- Small Sided Games
- Equipment
- Logistics
- Health & Safety

IBA encourages the rule of 1/3s when planning training sessions:

- 1/3 of the teaching time spent on individual skill development
- 1/3 of the teaching time spent on drilling team concepts through small-sided games
- 1/3 of the teaching time spent on open game play

This balance gives players the chance to focus on individual improvement, team improvement and an opportunity for the freedom to explore those skills through game play.

Here is a simplified training plan example using that approach for a 60-minute session:

TIME	FOCUS	DRILL
0 – 10 mins	Warm up & practice introduction	Coach introduce session emphasis Body movement & stretching
10 – 25 mins	1 v 0/1 Skill Development	Form shooting Catch & shooting Contested shooting
25 – 40 mins	Concepts through small-sided games	3 v 0 pass, cut, replace 3 v 3 (Winners keep)
40 – 55 mins	Open game play	Full Court 5 v 5 (5 possessions at a time)
55 – 60 mins	Warm down	Body movement & stretching

**IPSWICH BASKETBALL ASSOCIATION - TRAINING PLAN TEMPLATE**

**DATE:**

**TIME:**

**TEAM:**

**TIME**

**DRILL NAME**

**POINT OF  
EMPHASIS**

**5-POINT SKILLS  
INVOLVED**

**EQUIPMENT**

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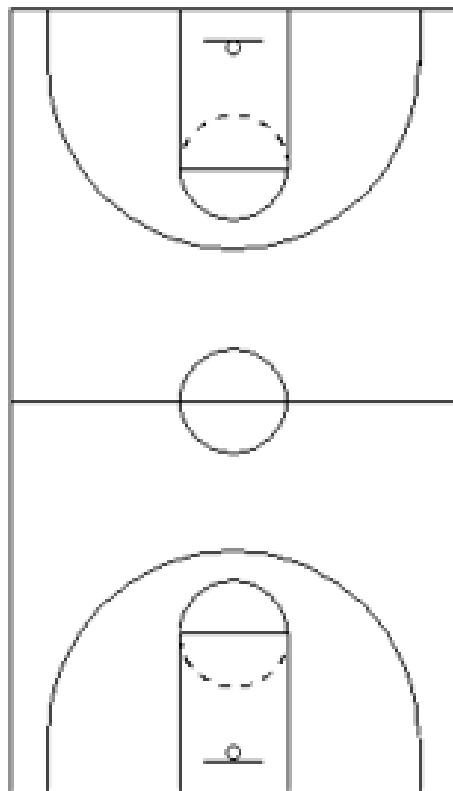
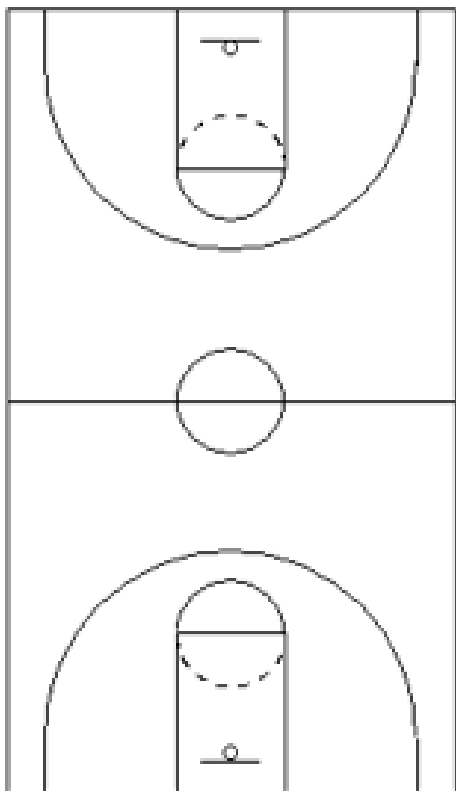
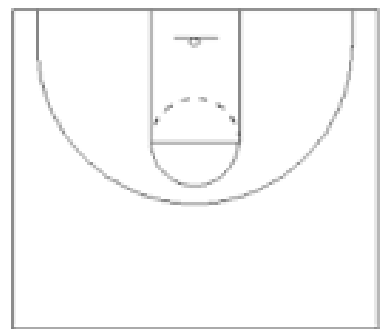
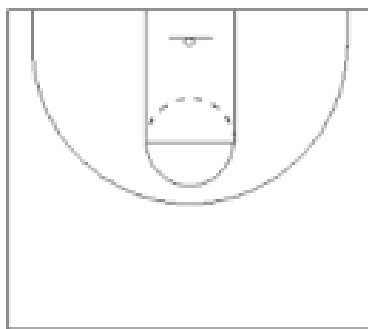
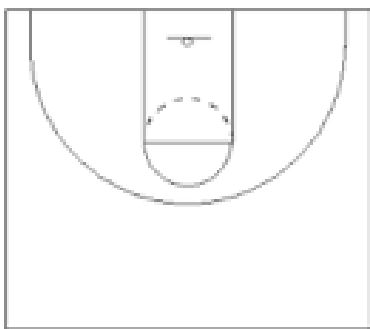
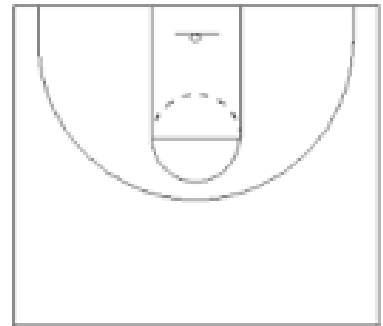
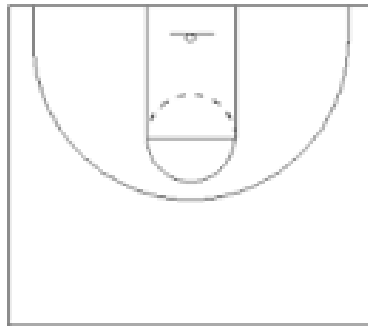
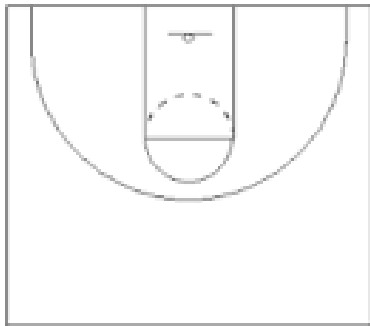
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## PLAYER DEVELOPMENT SKILLS MATRIX

The Skills Matrix notes technical Basketball skills and identifies the appropriate age for introduction, development, acquisition and mastering of those skills.

This matrix is a guide for coaches working in IBA's coaching eco-system. These skills may be fast-tracked through involvement with IBA's development and/or representative program.

Please note: This document is a guide only. It is understood that each individual player will develop at their own pace and coaches should support the varying preferred learning styles of each individual.

### KEY:

I = Introduce

Players are introduced to new concepts and are given instruction on how to perform skill.

D= Develop

Players explore new skills and concepts in the training environment, gaining confidence and capability in the process.

A = Acquire

Players become proficient at skills in the training environment, exploring the translation and execution of those skills in games.

M = Master

Players demonstrate full conceptual understanding and can execute skill with consistent success in a game environment.

**IPSWICH BASKETBALL ASSOCIATION**

	U9	U11	U13	U15	U17	U19
Scoring	I/D	A/M				
Double Dribble	I/D	A/M				
Travel	I/D	A/M				
Back Court Violation	I	D/A	M			
Fouls	I	D/A	M			
3 Seconds Keyway	I	D/A	M			
5 Seconds Guarded		I/D	A	M		
8 Seconds Back Court		I/D	A/M			
Out of Bounds	I/D	A	M			
Free Throws	I	D	A	M		
Timeouts	I	D/A	M			

<b>PASSING &amp; RECEIVING</b>	U9	U11	U13	U15	U17	U19
General Technique	I/D	A	M			
Chest Pass	I/D	A	M			
Bounce Pass	I/D	A	M			
Overhead Pass		I/D	A	M		
One Handed Push		I/D	A	M		
Baseball Pass		I/D	A	M		
Lob Pass		I/D	A	M		
Receiving Position		I/D	A	M		
Pass Fakes		I/D	A	M		

<b>SHOOTING &amp; FINISHING</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>	<b>U19</b>
Form Shooting	I	D	A	M		
Layups - Dominant	I	D/A	M			
Layups - Non-Dominant		I	D/A	M		
Reverse Layups			I	D/A	M	
Floater/Runners			I	D/A	M	
Pull Ups			I	D/A	M	
Catch & Shoot		I	D/A	M		
Free Throws	I	D	A/M			
3-Point Shooting			I	D	A/M	

<b>DRIBBLING</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>	<b>U19</b>
Dominant Hand	I/D	A	M			
Non-Dominant Hand	I/D	A	M			
Speed Dribble	I/D	A	M			
Retreat Dribble		I/D	A	M		
Change of Pace		I/D	A	M		
Crossover Dribble		I/D	A	M		
Behind Back / Between Legs		I/D	A	M		
Combination Moves			I/D	A	M	
Spin Move		I/D	A	M		
Handling in PnR/ DHO			I	D	A/M	

<b>REBOUNDING</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>	<b>U19</b>
General Positioning		I/D	A	M		
Blocking Out		I/D	A	M		
Rebounding Technique						
Rebounding Tactics			I	D/A	M	

**IPSWICH BASKETBALL ASSOCIATION**

<b>INDIVIDUAL OFFENCE</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>	<b>U19</b>
Basketball Stance	I/D	A	M			
Drive Fake		I/D	A	M		
Shot Fake		I/D	A	M		
Throw Down Dribble			I	D/A	M	
Cutting		I/D	A	M		
Posting & Post Moves		I	D/A	M		

<b>INDIVIDUAL DEFENCE</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>	<b>U19</b>
Defensive Stance	I/D	A	M			
Defending the Ball	I	D/A	M			
Slide Footwork						
Hand Activity – Spear /Deflection/ Swpe		I	D/A	M		
Close Out Technique		I	D/A	M		
Defending Cutters		I	D/A	M		
Defending Screens			I	D/A	M	
Hot Spots Concepts			I	D/A	M	



<b>TEAM OFFENCE</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>	<b>U19</b>
Spacing Principles	I	D	A	M		
Tempo Control		I	D	A/M		
Game Management			I	D	A/M	
Transition	I	D	A	M		
On Ball Screening			I	D/A	M	
Off Ball Action			I	D/A	M	
Motion Offence Principles		I	D	A	M	
Zone Offence Principles			I	D	A/M	

<b>TEAM DEFENCE</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>	<b>U19</b>
Half Court Principles		I	D	A	M	
Full Court Principles		I	D	A	M	
Push Points				I/D	A/M	
Rotations			I	D	A/M	
Transition Principles			I	D	A/M	
Defending Ball Screens				I/D	A	M
Defending Off Ball Action				I/D	A	M



# Coaching Opportunities

Ipswich Basketball Association have coaching opportunities available at all levels. If you are interested in pursuing further coaching opportunities, contact us to learn more.

## CLUB COACHING

IBA currently have 7 clubs involved in our local club competition. Our club competition begins at U9 and progresses to seniors, with multiple divisions in each age group. These coaching opportunities are voluntary and interested coaches should contact relevant clubs directly.

## DEVELOPMENT PROGRAMS

IBA runs a variety of development programs, which includes Force Future Stars, Ironside, G-Force and Holiday Camp programs. Coaching opportunities inside our development programs are paid positions and casual coaches are coordinated by IBA's Basketball Development Manager.

## SPORTING SCHOOLS

IBA has a charter to grow the game and expand our reach across the Ipswich region. One of the most effective ways we do this is through our Sporting Schools programs. IBA is engaged by local schools to deliver Basketball programs to primary schools students. These programs occur in school under the supervision of teaching staff. Coaching opportunities inside this program are paid positions and casual coaches are coordinated by IBA's Basketball Development Manager.

## REPRESENTATIVE

The Ipswich Force representative program competes in the SQJBC and state championship competitions. Our representative program is the entry into high performance Basketball, with both players and coaches requiring an advanced level of technical and tactical understanding. Coaching opportunities within our representative programs are by application and vacancies are advertised at the commencement of each cycle. These coaching positions are voluntary.

## BASKETBALL QUEENSLAND HIGH PERFORMANCE PROGRAM

Basketball Queensland have a number of coaching opportunities throughout their high performance programs. Coaches working within these programs have typically gone through the association pathway and have been identified by IBA as having merit to progress further. Basketball Queensland works collaboratively with the associations to identify coaching talent. Any interested coaches should make contact with IBA's Basketball Development Manager for more information.

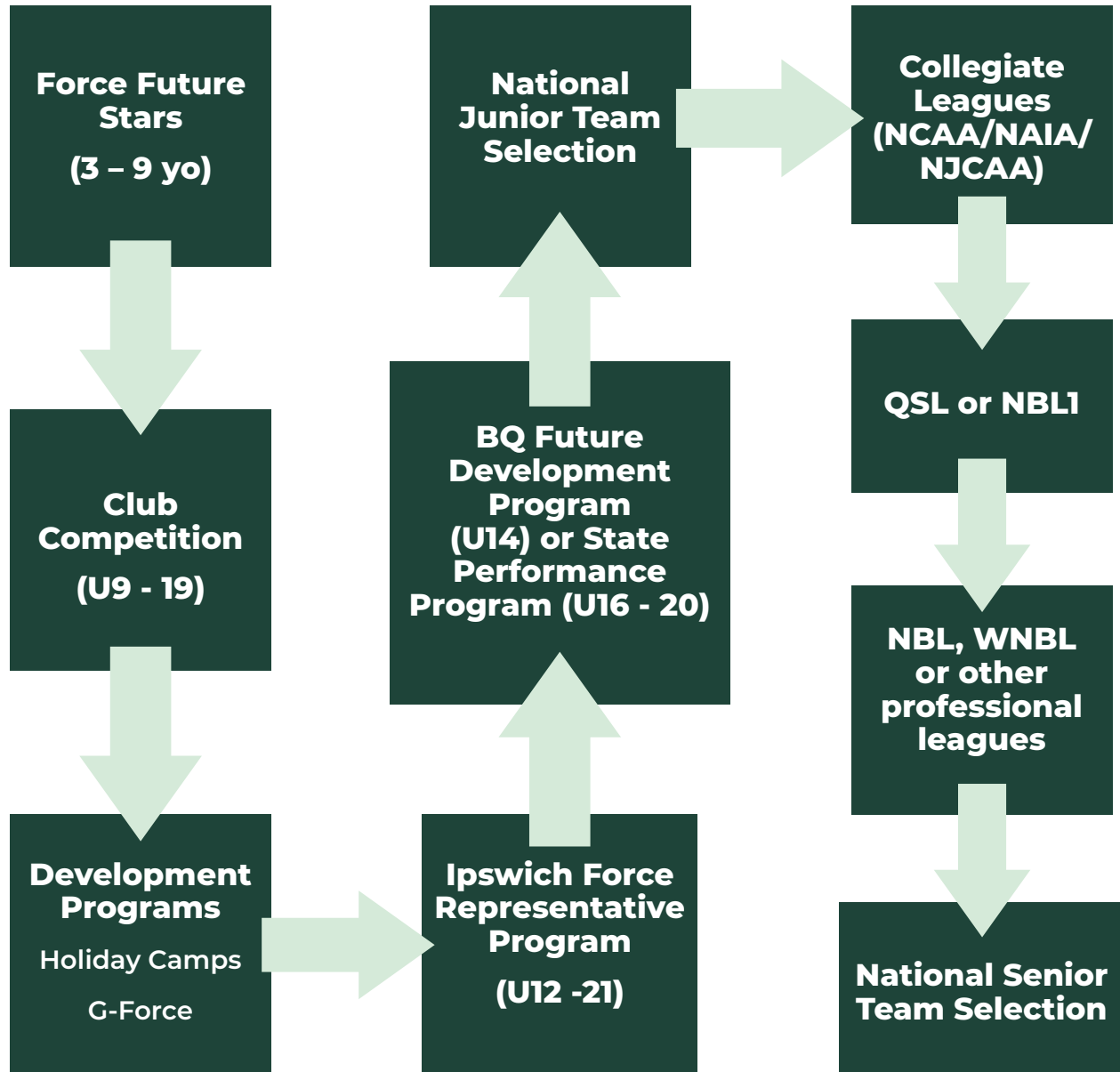
## QSL AND NBL1 MEN & WOMEN

The Ipswich Force QSL and NBL1 programs are the pinnacle of representative Basketball at the association. These senior teams compete in a state league competition, playing a home and away series against teams from all across

Queensland. Coaching positions at this level require a great deal of experience and coaches are appointed on contract for a term negotiated by the IBA board.



# IPSWICH BASKETBALL ASSOCIATION - PLAYER PATHWAY





# Common Rule Summary

- Scoring Rules - Each free-throw is worth one point and each field goal are worth two points. Every shot made from behind the three-point line is worth three points.
- Substitutions - A substitution is when the Coach swaps a player from the bench with a player on the basketball court. A coach is allowed to make an unlimited number of subs over the course of the game. A coach can sub their players on and off the court on any dead-ball situation (after fouls, violations, timeouts, free-throws, etc).
- Timeouts - Both teams can call 1 to 2 timeouts per half. A timeout is an opportunity for the coach to speak with the players and for the players to rest. Timeouts are typically 1-minute in duration.
- Personal Fouls - A foul is a rule infraction that typically concerns illegal physical contact between players. There are several different types of fouls within the game of Basketball.
- If a foul is called while an opponent is in the motion of shooting the basketball, the offensive player will receive free-throws. If a player is not in a shooting motion, the ball is taken out of bounds, either on the sideline or the baseline.
- Out of Bounds - The basketball is ruled out-of-bounds when it touches either: a player, the floor, or an object that is out of bounds. The possession of the basketball goes to the opposing team of the player who was the last to touch the basketball. If the basketball lands on the line, that is still considered out of bounds.
- Traveling Violation - Traveling is in place to prevent players from taking more than one step while holding the basketball. This rule also prevents players from moving or changing their pivot foot once it's been established. In December 2017, the travel rule changed to basically include an extra step. Please refer to the Basketball Victoria website for further clarification.
- Double Dribble Violation - A double dribble can occur in two situations:
  - A player dribbles the basketball, picks up their dribble and then dribbles the basketball again.
  - When a player touches the basketball with both hands while dribbling.
- Held Ball Violation - When two opponents grab the basketball at the same time and it cannot be gained by a single player quickly, a held ball violation will be called. The basketball is given to each team on a rotating basis depending on the position of the possession arrow.

- Back-Court Violation - Once the basketball has been fully established in the offense's front court, they are not allowed to cross back over the half-court line into the backcourt. If they do, the penalty is a turnover. The only exception to this is if a defensive player was to tap the basketball over the half-court line. Then the offense can sprint back and retrieve it.
- 3-Seconds in the Key Violation - The 'three seconds in the key' rule is used to prevent offensive players from standing in the key for long periods of time. Instead, players must continually move around the court keeping the key open for dribble penetration. Once a shot has been attempted, a 3-second violation cannot be called.
- 5-Second Inbounds - Once a player passing in from out of bounds receives the basketball from the referee, they then have 5 seconds to pass the basketball in to one of their teammates.
- 8-Seconds Back Court Violation - After gaining possession of the basketball in the backcourt, the offensive team is required to advance the basketball over the half-way line within 8 seconds. The count is continued if the opposition deflects the basketball but stopped if the opposition takes possession of the basketball.
- Free-Throws - A player is rewarded with a free-throw opportunity after being fouled while shooting the basketball, after the opponent has exceeded their foul limit, or after the opponent commits a technical or unsportsmanlike foul. This results in one, two, or three uncontested shots from the free-throw line, all worth one point each.
- Possession Arrow - The possession arrow is used after every held ball or when the referees are unsure on an out-of-bounds call. The initial direction of the arrow is determined by the jump ball that commences the game. The team who does not secure first possession of the basketball will receive the basketball at the next jump ball. The possession arrow then alternates between the two teams for the remainder of the game.

# COMMON BASKETBALL TERMINOLOGY

## OFFENSIVE

- Air ball: A shot that misses, making no contact with the backboard, rim or net.
- Assist: A pass that immediately results in a score.
- Backdoor: An offensive cut where the player leads behind their defender and towards the basket.
- Ball Handler: The player handling the basketball.
- Crossover dribble: When player handling the basketball dribbles the ball from one hand to the other, crossing the midway point of their body.
- Cut: A directional movement by an offensive player, without the ball and toward the basket.
- Dribble: When the basketball is bounced up and down.
- Drive: A directional movement by an offensive player, dribble with the ball and toward the basket.
- Dunk: A shot in which a jumping player slams the ball down into the opponent's basket from above.
- Fake: A movement of the basketball with the aim of deceiving the defender to create an advantage. Common fakes include pass fake, shot fake, drive fake.
- Fastbreak: The act of transitioning the ball down the court quickly with the intention of gaining a numerical advantage on the defence.
- Field Goal: When the basketball is successful shot and passes through the hoop.
- High post: A player who is stationed near the foul line or elbow area on offence.
- Jump shot: A shot attempt by a player with both feet off the floor, typically from the perimeter and over the top of the defender.
- Lay-up: A shot taken after driving to the basket, typically in close proximity.
- Outlet Pass: The first pass made after a defensive rebound to transition the ball down the court.
- Pass: When the ball is thrown between players on the same team.
- Shooter: A player taking a shot at the basket. 'Shooter' can also be used to affectionately describe someone with sound shooting accuracy.
- Squaring up: Describes the body position of a player when their shoulders are facing the basket.
- Pivot Foot: Describes one of the feet determined by the offensive player, used to pivot body position without travelling. An offensive player must not change pivot foot once established.
- Receiver: The player who receives or could potentially receive a pass.
- Scrimmage: Intrasquad game play in the practice environment.
- Trailer: An offensive player that follows behind the ball-handler to provide a receiving option if necessary.

**DEFENSIVE**

- **Blocked Shot:** Describes when the defender uses their hands to make contact with the ball during a shot by an offensive player. This act typically deters a shot from being successful.
- **Blocking:** The use of a defender's body position to illegally prevent an opponent from progressing in their movement.
- **Boxing out:** Describes when the defensive player seeks to make contact with the offensive player, after a shot, in an attempt to keep them away from the rebounding contest.
- **Defence (defending/guarding):** Defence is the team without the ball and describes the act of trying to prevent the offensive opponent from scoring.
- **Match-ups:** Describes two opposing players, offensive and defence, being paired up during a game.
- **Steal:** Taking the basketball away from an opponent – stealing, intercepting.
- **Strong Side or Weak Side:** Strong side describes the side of the court that the ball is on. The other side is the weak side. The imaginary centre point of the court, or 'split line', is the division between strong and weak.
- **Switch:** Two defensive teammates swapping or 'switching' players during a defensive possession

**GENERAL**

- **Backboard:** The flat surface directly behind the basket. The basket is connected to the backboard.
- **Backboard:** The structural surface directly behind the basket also referred to as the 'glass'.
- **Charging:** An offensive foul, which occurs when an offensive player 'charges' over or through a defender who has good defensive positioning.
- **Basket (hoop):** Describes the rim and net.
- **Half time:** The rest period between the first and the second half.
- **Rebound:** A term used to describe the retrieving of the ball by the defensive team after a missed field goal attempt.

