



**FIBA**

We Are Basketball

# ASSIST13

FIBA ASSIST MAGAZINE FOR BASKETBALL ENTHUSIASTS EVERYWHERE MARCH / APRIL 2005

**DAVID TITMUSS**  
WHEELCHAIR BASKETBALL:  
TRANSITION FROM DEFENSE  
TO OFFENSE

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PHILOSOPHY AND EDUCATION  
OF REFEREES

**TONI BOVÉ**  
THE ACHILLES TENDINITIS

**NIHAT IZIC**

## DEVELOPING YOUNG TURKISH PLAYERS









# BASKETBALL: A ROLE MODEL IN EVERY SOCIETY?

I was raised in a democratic country and have been active in many sports. I organized my first basketball team when I was 14 years old. Because values are very important to me, it is obvious that our sport of basketball is among the best, perhaps even the BEST sport there is.

What do I mean by that? Can you actually compare sports? Of course, it is very hard but if you use some criteria and values that are highly respected by all people in the democratic world, I think it would be agreed that basketball is the best sport. The following issues point out that basketball is on the right path:

- ▼ Fair play. Basketball is a non-violent sport-violence can or should never win.
- ▼ Gender equality. Men and women are generally given the same opportunities to practice their sport and have equal influence in decision-making bodies. For example, FIBA Europe promotes boys and girls basketball equally and many federations are now doing the same.
- ▼ Integration. Basketball is popular in every zone around the world and can help to spread knowledge and information about integration and diversity. Basketball people understand each other no matter if you are tall or short, black or yellow, rich or poor, Catholic or Muslim.
- ▼ Anti-doping and anti-tobacco. We must continue to work hard to prevent the use of forbidden and dangerous substances.

We have strong core values in basketball that we can be really proud about. In my country, where there is tough competition among the various sports for talented athletes, there is no problem recruiting young players to basketball. The only obstacle is making sure we always have enough qualified coaches and leaders to take care of the newcomers to the sport. For me, it's obvious that we should help each other all over the world through our federation of basketball countries, FIBA.

If we want to move forward and create a stable platform for our sport, we need to emphasize and promote basketball education and development programs. I think that

FIBA has started out well by assigning two people to work with this on a daily basis. These FIBA representatives are engaged all around the world to lend their expertise, and they are also editing new material for coaches and administrative leaders.

"Basketball for Young People", a FIBA book, is an excellent publication and we have just translated it into Swedish. So popular is the book that it is now viewed as the new "bible" in our various coaching programs.

As you probably understand, our sport is not just about the game of basketball. With that in mind, we must have the courage to talk about and act against bad leadership for our young people. When it comes to youth sports, we need protection in order to survive. Our basketball code of ethics is important and it includes powerful anti-doping measures.

The FIBA Legal Commission is currently preparing regulations for licensing all national team coaches through the national federations. This is a very good idea. The next step is to do the same with our national youth team coaches. I have seen too many coaches in championship games using their young players solely as tools for advancing their own steps to success. The need for coaching clinics and educational programs is very big. We must invest in the future because the future is closer than you think.

I get immense pleasure from watching the Olympic Games basketball finals and the championship games of various leagues around the world. Still, what drives me to work so hard on a daily basis is that our sport is playing an important role and can be an even bigger part of society, acting as a model for young people all over the world. We should use our sport to develop people physically, psychologically, socially, and culturally.

It's a big task but I'm quite sure that people in the world of basketball have all the tools necessary to achieve these important goals.

**LENA WALLIN-KANTZY**  
**Member of the FIBA Central Board**

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**THE MISSION**

Our objective is to help basketball grow globally and improve in every aspect. Our goal is to produce a technical publication of the highest level, but one that is easily understood and appreciated by everyone. An ample section of the magazine is devoted to the coaches - more precisely, youth level coaches - because coaches comprise the largest part of our readership. Basketball can improve only if every aspect of this sport improves and moves forward. For this reason the magazine is also devoted to topics of interest for team executives, referees, doctors, conditioning coaches, trainers, and mini-basketball instructors, as well as national Federations, FIBA Zones, Leagues and teams.

**The magazine is published 6 times per year.**

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**AN INVITATION TO OUR READERS**

No matter what the level of competition you are concerned about, we invite you (coaches; FIBA Zones, Federations, Leagues, and team executives, referees, doctors, trainers, conditioning coaches, minibasket instructors, journalists) to send articles to us for publication. The article must be no longer than 5/6,000 characters, spaces included. If diagrams of plays, drills or sketches are used, please limit them to 12 or less.

All manuscripts must be written in English, transmitted by e-mail or faxed to the Editorial Office listed above.

The manuscript will become property of the Publisher and the author will automatically be granted the rights of publication, without asking any fee now or in the future.

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**2005 - 2006 FIBA CALENDAR****APRIL 2005**

01 - 03.04

FIBA Americas Clinic for International

Referee Candidates in Colombia

21 - 22.05

General Assembly of FIBA Europe in

Portorose, Slovenia

02 - 04.04

NCAA Men's Final Four in St. Louis, USA

26 - 30.05

FIBA Europe Clinic for International

Referees in Turkey

03 - 05.04

NCAA Women's Final Four, Indianapolis, USA

27 - 29.05

2nd FIBA Women's World League Group B

12 - 15.04

FIBA Asia Clinic for International Referees

in Kuala Lumpur, Malaysia

29.05 - 05.06

Asian Champions Cup for Men in Manila,

Philippines

14 - 17.04

FIBA Americas Clinic for International

Referee Candidates in Mexico

31.05 - 05.06

South American U18 Championship for

Women in Asuncion, Paraguay

15 - 18.04

FIBA Asia Clinic for International Referees

in Seoul, Korea

22 - 24.04

FIBA EuroLeague Women Final Four

27 - 28.04

FIBA Europe League Final Four

**JUNE 2005**

02 - 04.06

FIBA Asia Clinic for International

Referees in Dubai, United Arab

Emirates

06 - 08.05

EuroLeague Final Four in Moscow, Russia

04 - 07.06

FIBA Asia Clinic for International Referees

in Kuwait

09 - 12.05

FIBA Asia Clinic for International Referees

in Almaty, Kazakhstan

09 - 13.06

European Clinic for International Referees

in Latvia

13 - 16.05

FIBA Europe Clinic for Commissioners in

Hamburg, Germany

13 - 16.06

FIBA Asia Clinic for International Referees in

Damascus, Syria

18 - 19.05

Central Board of FIBA in Geneva, Switzerland

19 - 25.05

FIBA Africa Clinic for International Referees in

Luanda, Angola

19 - 26.06

**Asian Championship for Women in**

**Qinhuangdao, China \***

20 - 22.05

2nd FIBA Women's World League Group A

in Seoul, Korea

24 - 27.06

FIBA Asia Clinic for International Referees in

China



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27.06- 02.07 South American Championship for Women in Cali, Colombia

### JULY 2005

13 - 24.07 U18 European Championship for Men  
14 - 17.07 FIBA Americas Clinic for International Referee Candidates in  
Virgin Islands

15 - 24.07 **FIBA Women's U19 World Championship 2005 in Hammamet  
and Tunis, Tunisia**

22 - 28.07 South American U18 Championship for Men in Barquisimeto,  
Venezuela

22 - 31.07 U16 European Championship for Women  
26 - 31.07 Centrobasket U19 Championships for Men and Women in  
Santo Domingo, Dominican Republic

29.07 - 09.08 U16 European Championship for Men

### AUGUST 2005

15 - 24.08 **FIBA Africa Championship for Men in Alger,  
and Boufarik, Algeria\***

05 - 14.08 **FIBA U21 World Championship for Men in Cordoba and Mar  
del Plata, Argentina**

17 - 21.08 **FIBA Oceania Championship for Men in Waitakere,  
Auckland and Dunedin, New Zealand \***

24.08 - 04.09 **FIBA America Championship for Men in Santo Domingo,  
Dominican Republic \***

24 - 28.08 **FIBA Oceania Championship for Women in Palmerston  
North, Napier, and Counties Manakau, New Zealand**

### SEPTEMBER 2005

08 - 16.09 **FIBA Asia Championship for Men in Doha, Qatar \***

02 - 11.09 **FIBA Europe Championship for Women in Bursa, Izmir, and  
Ankara, Turkey \***

14 - 18.09 **FIBA America Championship for Women \***

15 - 25.09 **FIBA Europe Championship for Men in Podgorica, Vrsac,  
Novi Sad, and Belgrade, Serbia & Montenegro \***

### OCTOBER 2005

tba African Cup for Women's Champions Final Round

11 - 16.10 2nd FIBA Women's World League Final Round in Russia

11 - 16.10 South American U17 Championship for Men in Piriapolis,  
Uruguay

### NOVEMBER 2005

06 - 07.11 FIBA Africa Central Board in Abuja, Nigeria

08 - 19.11 **FIBA Africa Championship for Women in Abuja, Nigeria \***

### 2006

19.08 - 03.09 **FIBA World Championship for Men in Japan**

12.09 - 23.09 **FIBA World Championship for Women in Brazil**

\* These championships qualify for the FIBA World Championships 2006  
in Japan and Brazil



FIBA

We Are Basketball



by Billy Donovan

# DRILLS FOR IMPROVEMENT

**Billy Donovan was formerly an assistant coach to Rick Pitino at the University of Kentucky. When he moved to Marshall University in 1994 at the age of 28, he became the youngest head coach in the history of the NCAA. For the past eight seasons he has been head coach at the University of Florida, making it to the NCAA Final in 2000.**

Basketball is a great team game that can be worked on individually. The only person who will know if you are working hard is you. Just remember, you will get out of the game exactly what you put into it. Give it your best!

## THE JUMPSHOT

In the game of basketball, great shooters are hard to find. If you want to be a great shooter, all you need to do is decide to get it done. First, you must perfect your fundamentals.

All this requires is good coaching and hours of practice. Second, you must practice at game speed.

This means you approach your shooting workout with the same intensity you approach a game. It is much better to take 100 shots at game speed than to take 500 lazy shots that a good defender would never let you shoot anyway. Finally, you must understand that working on your shooting is just like putting money in the bank. If you don't put anything into it, you can't expect to get anything out when you really need it later on.

## COACHING POINTS

1. The ball should sit on the finger pads of your shooting hand and not on the palm.
2. Your wrist should be flexed all the way back so that you can see wrinkles where the back of your hand meets your arm.
3. Your non-shooting or guide hand should be on the side of the ball for better ball control.
4. Your elbow is bent and should be directly under the ball.

If your elbow is out away from your side it will hurt your accuracy.

5. When waiting for the pass, you should be in a "ready position", knees bent, feet pointing at the basket, hands ready with fingers pointing up, prepared to receive the ball. Good defensive players recover quickly, so you must be ready to shoot the ball.
6. Eyes should be locked on your target. Some people shoot for the back of the rim and some for just over the front of the rim. Whether you concentrate on the front or back, keep your eyes on that point and do not watch the ball.
7. As you jump, reach up, and release the ball with a flick of the wrist and a good follow through. The follow through will give you good reverse rotation and make your shot soft on the rim.

**NOTE:** A good player must shoot the ball well off both the pass and off the dribble. When shooting off the dribble, make the last dribble hard and high to help you move directly into your shot. When receiving a pass, run the ball into your hands and catch the ball with knees bent.

## INDIVIDUAL SHOOTING

### FORM SHOOTING

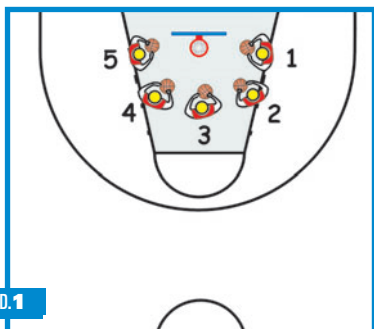
1. Begin close to the basket.
2. Shoot one-handed shots. Use proper form.
3. Bend knees, extend up on toes, release and follow through.
4. Make 5 from each spot. Take one step back and repeat (diagr. 1).

### SEVEN SPOT SHOOT AND FOLLOW (4 METERS)

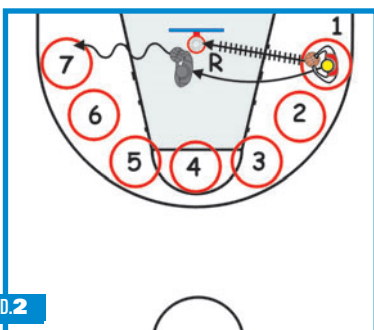
1. Shoot jumpshot from spot 1.
2. Follow your shot, dribble hard to spot 7, shoot the ball.
3. Follow, dribble hard to spot 1, shoot the ball.
4. Make 10 shots.
5. Repeat for spots 6 and 2, 5 and 3, and 4 (diagr. 2).



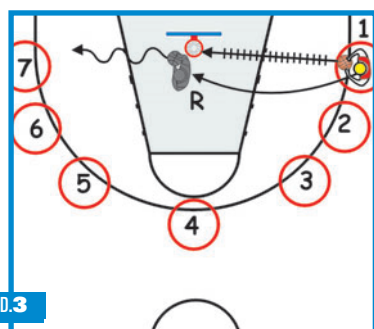




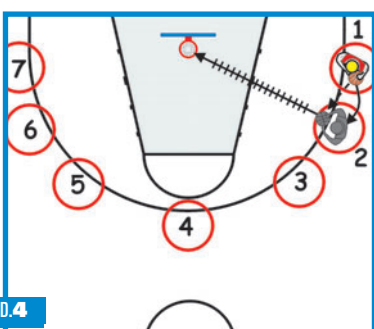
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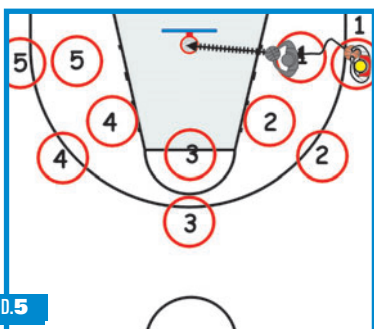
D.2



D.3



D.4



D.5

### SEVEN SPOT SHOOT AND FOLLOW (FROM 3-POINT LINE)

1. Repeat as with Drill 2.
2. Step into your shot, elevate and release (diagr. 3).

### SQUARE-UP SHOOTING

1. Begin at spot 1, flip the ball to spot 2.
2. Follow, get behind the ball, catch, elevate and shoot.
3. Make 10 shots, then move to spots 3/4 and repeat.
4. Finish by shooting spots 5/6 (diagr. 4).

### FIVE SPOT SHOT FAKE (4 METERS OR FROM 3-POINT LINE)

1. Start at any spot.
2. With knees bent and head up, shot fake, take one or two hard dribbles right, square up and shoot the jumper.
3. Return to spot, shot fake, take one or two hard dribbles left, square up and shoot the jumper.
4. Make five from each spot (diagr. 5).

### JUMPERS OFF THE DRIBBLE

1. Beginning at half-court, dribble toward the basket at game speed, lower your body, pull up and shoot the jumpshot.
2. Shots should be taken from 15 feet or behind the 3-point line. Work both sides and the middle of the court.
3. Use all five dribble moves: speed, inside out, hard stutter, change of pace and inside out/crossover.
4. Shoot five shots for each move (diagr. 6).

**NOTE:** This is a challenging drill and a great conditioner. It may also be done full court.

### BEAT YOUR FAVORITE PRO

1. Start by shooting one foul shot. If you make it you get one point. If you miss the pro gets three.
2. All remaining shots will be game speed jumpshots. Work on different moves and shots. Each time you make a jumper you get one point. Each time you miss, the pro gets two points. Game is played to 11 points.
3. This is a great drill and a super way to end a workout. Go hard! Get better! (diagr. 7).

## PARTNER SHOOTING

### TWO MAN, SHOOT AND FOLLOW (4 METERS OR FROM 3-POINT LINE)

1. Drill begins with a good, crisp, pass. Follow the pass.
2. Shooter catches ball with knees bent, hands ready, fingers pointed up.
3. Catch and shoot the ball in one smooth motion.

4. Follow your shot, retrieve ball and pass to partner who shoots.
5. Continue alternating until one person makes five shots.
6. Rotate to next spot. Repeat for all seven spots (diagr. 8).

### TWO MAN, SHOOT AND FOLLOW WITH CONTEST

1. Drill is done as one above.
2. Step into your shot as you catch the ball.
3. Elevate and release the ball.
4. Shoot until one person has made five shots.
5. Rotate to next spot. Repeat for all seven spots (diagr. 9).

### TWO MAN, SHOOT AND FOLLOW, SHOT FAKE

1. Drill is done as those above.
2. Catch ball with knees bent and fingers pointed up.
3. Defender follows pass and contents shot. Do not block.
4. Shooter gives good shot fake, drives by body to body.
5. Take one or two dribbles, pull up and shoot jumper.
6. Make five and rotate (diagr. 10).

### TWO MAN, SQUARE-UP (4 METERS OR FROM 3-POINT LINE)

1. Shooter gets behind the pass, hands ready, fingers up.
2. Passer delivers ball to outside shoulder.
3. Shooter moves back and forth between spots.
4. Shoot corner to wing (both sides) and elbow to elbow.
5. Make seven shots, shoot two foul shots and rotate (diagr. 11).

### SHOTS ON THE MOVE (4 METERS OR FROM 3-POINT LINE)

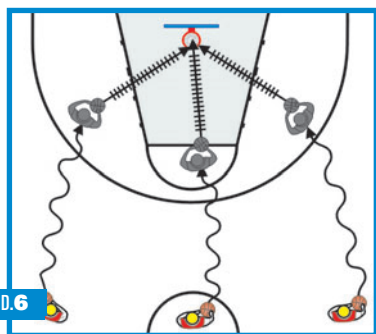
1. Shooter moves along perimeter at game speed.
2. Passer delivers ball to outside shoulder.
3. Player should square, catch and shoot.
4. Make seven shots, shoot two foul shots and rotate (diagr. 12).

**NOTE:** This drill has three variations.

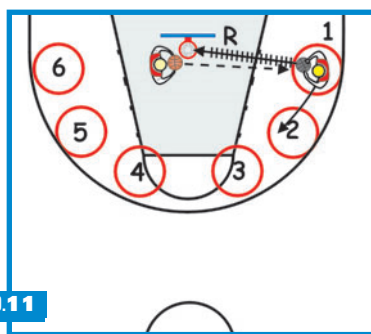
- a. Catch and shoot.
- b. Catch, shot fake, one or two dribbles same directions, jumper.
- c. Catch, shot fake, pull through opposite directions one or two dribbles, jumper (diagr. 13).

### DRIBBLE SERIES, JUMPSHOTS (4 METERS OR FROM 3-POINT LINE)

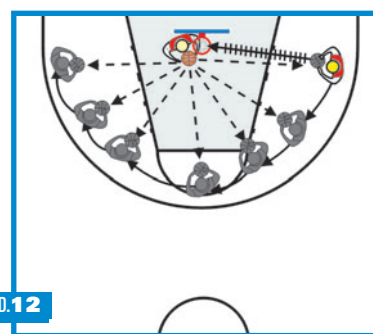
1. Shooter starts at half court and dribbles at game speed, drops weight down and shoots pull-up jumpshot.
2. The non-shooter rebounds the ball and passes ball to shooter on the other side.
3. Shooter should begin dribbling with



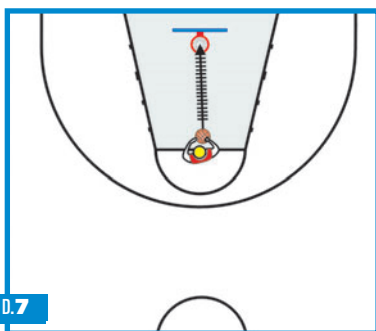
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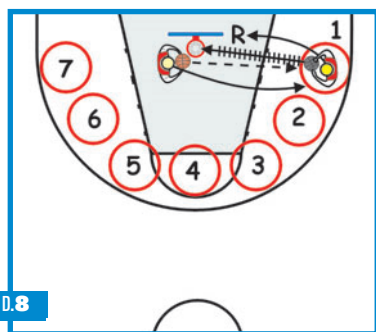
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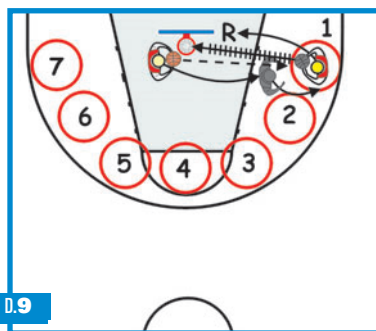
D.12



D.7



D.8



D.9



D.10

right hand on right side and left hand on the left side (diagr. 14).

**NOTE:** Use speed dribble, change of pace, inside-out, hard stutter and inside-out crossover.

### THREE MAN, TWO BALL SHOOTING

#### DRILL SET-UP

1. One player shoots, one player passes, one player rebounds.
2. Shooter shoots seven shots, then becomes the rebounder.
3. Passer becomes the shooter. Rebounder becomes the passer (diagr. 14).

#### DRILL VARIATIONS

1. Seven Spot Shooting (4 meters.)
2. Seven Spot Shooting (from 3-point line)
3. 5 Spot Shot Fake
4. Square-up Shooting
5. Shoot and Follow

### PARTNER SHOOTING: USING SCREENS

To use a screen properly, you must "read the defense". You must keep eye contact with the ball handler and see how the defender is playing you. A player that moves well without the ball and can use screens effectively is very valuable on offense. When watching a game involving good players, concentrate on how well your favorite players move without the ball. The most difficult player to defend is one who moves well on offense.

#### BACK SCREEN, FLARE

1. Player simulates coming off a back screen and flares to the corner
2. Overhead pass is thrown to the inside shoulder.
3. Shooter catches with knees bent and steps into his shot.
4. Shooter follows his shot, passes to partner and return to original spot.
5. Make seven shots then rotate (diagr. 15).

**NOTE:** Do not backpedal when flaring. Rotate your hips and run, seeing the ball.

#### BACK SCREEN, POP-BACK

1. Shooter starts on the block and steps out to simulate a back screen.
2. As cutter comes off the screen, screener steps to the ball with hands ready and fingers pointing up.
3. Catch the ball with knees bent and immediately elevate and take the shot.
4. Make seven shots then rotate (diagr. 16).

#### SCREEN AWAY, FLASH

1. Shooter simulates using a screen away by taking man away and then coming hard to the ball.
2. Hand should be ready to receive the ball with fingers pointing up.
3. Catch the ball with knees bent and immediately elevate into shot.
4. Make seven shots then rotate (diagr. 17).

#### SCREEN AND STEP BACK

1. Offensive player screens on the ball.
2. Ball handler comes off the screen aggressively.
3. Instead of rolling to the basket, the screener steps back with hands ready to receive the pass.
4. Catch the ball with knees bent and step into the shot.
5. Make seven shots and rotate (diagr. 18).

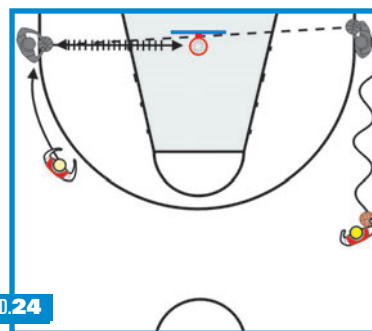
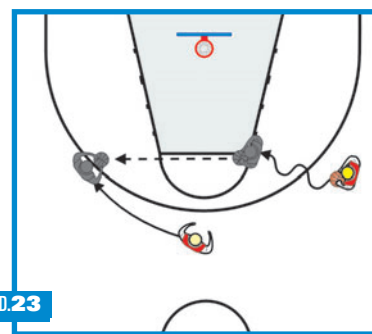
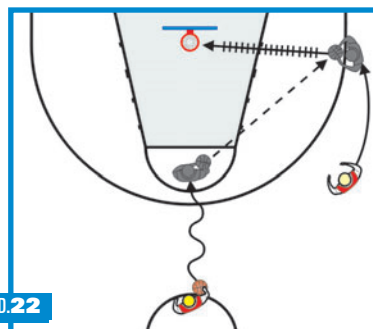
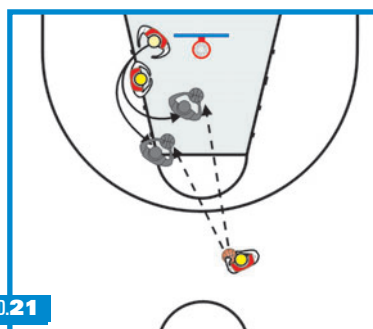
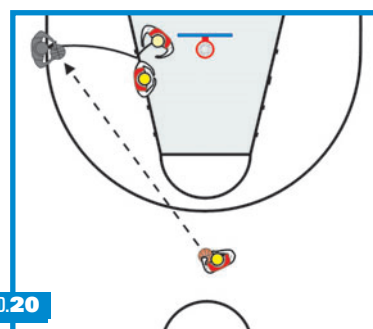
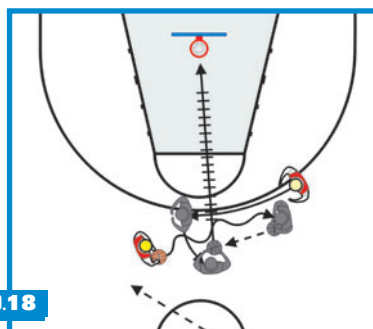
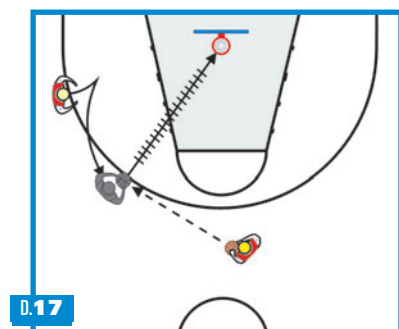
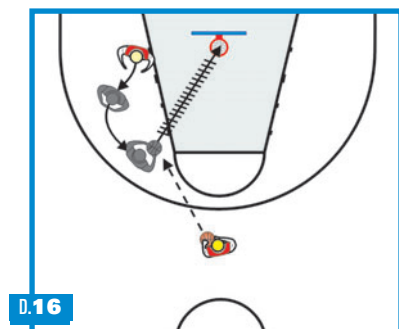
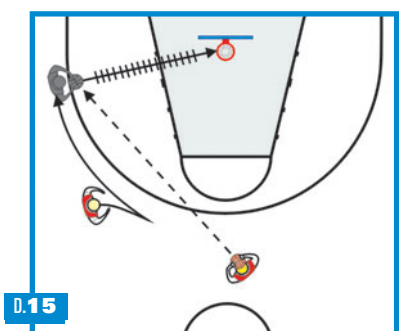
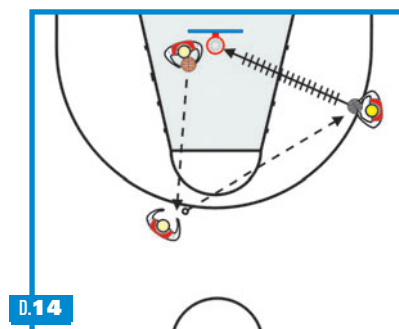
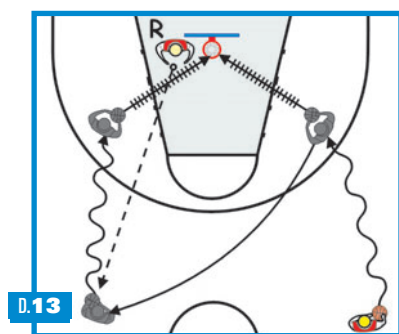
#### LOW POST SCREEN: WING CUT

1. Offensive player takes man under the rim, cuts shoulder to shoulder off screen to the wing.
2. Hands ready, fingers pointed up.
3. On the catch, square to the basket in triple threat position.
4. Work the jumpshot series in sets of five: catch and shoot, shot fake dribble left and shot fake dribble right jumpshot. Rotate every five shots (diagr. 19).

#### LOW POST SCREEN: FADE CUT

1. Offensive player takes man into lane and defensive player is cheating to the middle of the floor.
2. Fade to the corner so defender will get caught on screen.
3. Have hands ready and receive ball in triple threat position.





4. Work the jumpshot series as above. Rotate every five shots (diagr. 20).

#### LOW POST SCREEN: CURL CUT

1. The defensive man is following you closely off the screen.
2. Cut shoulder to shoulder and curl to foul line area.
3. Catch the ball and square to the basket in triple threat position.
4. Work the jumpshot series as above. Rotate every 5 shots (diagr. 21).

### PARTNER SHOOTING: PENETRATE AND KICK

#### PENETRATE AND KICK: FROM THE TOP

1. Player has the ball and drives it into the gap to draw help defender and passes to the player on the wing.
2. Receiver of pass must adjust position on the floor and have hands ready to receive the ball.
3. Shooter should catch the ball with knees bent and step into the shot.
4. The passer rebounds the shot and passes to the shooter.
5. Now the person who shot first is penetrating and passing the ball to his partner.
6. Players alternate position for 10 shots (diagr. 22).

#### PENETRATE AND KICK: FROM THE WING

Some concept as drill above (diagr. 23).

#### PENETRATE AND KICK: FROM THE CORNER

Some concept as drill above (diagr. 24).



by Yehuda Shikma

# THE ISRAEL YOUTH NATIONAL TEAMS

**Yehuda Shikma is the Secretary General of the Israeli Basketball Federation, as well as a member of the FIBA Council for Basketball for Persons with a Disability.**

The Israel Basketball Association is in charge of the selection and development of youth national teams, as well as the organization of all youth competitions.

The first stage in establishing a new national team (Cadets U16) is been done within the framework of the regional structure. The sports clubs receive a notification from the Israel Basketball Association about the establishment of the regional teams, along with the date for the tryouts/practice sessions, in order to create teams according to age groupings.

New regional teams are being created in all parts of the country. The number of teams is created according to the quality of available players, and there is no certain limit for this. Usually there are four regional teams.

Each region has about 20 players, two coaches, and one fitness coach. The practice sessions of regional teams are held once every two weeks, two hours per practice. At practices, we emphasize improvement of personal technique and athletic abilities.

Regional teams also play against each other. After several months of work, the regional teams are reduced into two teams, which practice until the beginning of the project (preparation for the European Championship), with only one team working as a national team.

The Professional Committee of the Israel Basketball Association is in charge of confirming the plans of the national youth teams. The Committee is comprised of representative members of the Israel Basketball Association, as well as professional people from the Israel basketball world.

The head coach of all youth teams is in charge of preparing the professional plan and taking care of all the details and the





## PYRAMID OF ACTIVITIES

### TEAMS (MEN)

U-20 (players born in 1985)  
Preparation for European Championship 2005

### ACTIVITY

8 months preparation for the Championship; practice once a week.  
6 weeks before the championship; more practices according to a special plan.

Junior U-18 (players born in 1987)  
Preparation for European Championship 2005

6 months preparation for the Championship; practice every weekend (3 times a month).  
6 weeks before the championship, more practices according to a special plan.

Cadets U-16 (players born in 1989)  
Preparation for European Championship 2005

6 months preparation for the Championship; practices every weekend (3 times a month).  
6 weeks before the championship, more practices according to a special plane

Regional Teams (pre-)  
Born in 1991: Cadets for European Championship 2007  
Born in 1990: Cadets for European Championship 2006  
Born in 1988: Junior for European Championship 2006

3-4 regions, two practices a month  
3-4 regions, two practices a month  
one region, two practices a month

Special practices according to roles:

- Big men age 18-20
- Shooters team age 16-20
- Point guard team age 16-20

Practices once a week



organization.

In addition to the head coach, there is also a head strength and conditioning coach, who is in charge of the physical preparation of each player on the youth team.

Over the years, the Israel Basketball Federation has been working this way; we are very satisfied with the outcome of the work. Since 1989, Israel participated in the final round in eight out of nine

FIBA Under 16 European Championships, seven out of nine FIBA Under 18 European Championships, and in all seven final rounds of FIBA Under 20 European Championships. Israel also participated in two FIBA Young Men's World Championships (finishing ninth in 1993 and seventh in 2001). All this is part of an overall national team program that ends with our Men's national team. Since 1993, Israel has participated in all six final rounds of the European Championships.

In each team and special framework session we emphasize the following:

- A. Developing physical ability (running and strength room)
- B. Nutrition
- C. Medical examination
- D. Counseling and psychological preparation.

This year, there are two U 20 teams (players born in 1984 for the World Championship and players born in 1985 for the European Championship).



by Nihat Izic

# DEVELOPING YOUNG TURKISH PLAYERS

**Nihat Izic was head coach of the Bosnia & Herzegovina Cadets, as well as coach of their Junior, and Men's National teams. He also coached Antalya, Bursa, and Fenerbahce in the Turkish Division I. He is currently the assistant coach of the Men's National team.**

In 1994, the Turkish Commission for Youth Basketball decided to create a new program for the development of young basketball players. The first aim was nurturing and growth of top players, who would be able to play for Senior National Team in the future and achieve the best results in European basketball.

We needed to create a new generation of young players, who would be chosen on standards based on height, quickness, and jumping ability. With many games and practices, we had to prepare them in technical and tactical areas and give them international experience before they started to play for Senior National Team.

We have chosen players born in 1978 and 1979 and created a four-year program, in which they played four FIBA European Championships and one FIBA World Championship, competing in about 200 international games. As a result of that program, we have developed six young players, who played for the Senior National team, with two going to play in the NBA. As a team, we came in third place in the FIBA European Championship in Sicily, Italy (our team was three years younger than other teams, on average) and won fifth place in FIBA World Championship in Australia.

After the 2001 FIBA European Championship in Istanbul, where the Turkish Men's National team achieved the second place silver medal, the best result in the history of Turkish basketball, the Turkish Federation Commission for Youth Basketball convened a new meeting with the target of creating a new program for the development of young







players. Again, we had to develop new young players, who would be able to win championships in the future. We had to find and develop players, who would be taller, quicker, jump higher, and have a winning mentality. We have been analyzing the Yugoslavian Men's team that beat us in the final of the FIBA European Championship in 2001 in Istanbul. Here are their heights:

▼ Guard:	Bodiroga	204 cm
▼ Guard :	Jaric	202 cm
▼ Forward:	Gurovic	206 cm
▼ Center:	Drobnjak	210 cm
▼ Center :	Tarlac	212 cm

Our goal, which was to beat such a team, was to find players, who would have the same height at the same position, the same quickness, jumping ability, overall basketball fundamentals, and experience. We had to find young talented players, who would, at the end of their development, play for the Turkish Men's National team, and be able to face the best European national teams. The second goal was to prepare them to play multiple positions on the court at a young age, which is what we did with Hidayet Turkoglu, who now plays in the NBA. Again, we wanted players, who were even better than Turkoglu at that age. We had to find a good scorer, who



could play different roles (better than Ibrahim Kutluay, a good shooter), and be a good defender, and rebounder. He had to be super-quick, as well.

As you can see, our goal was to find better players than we ever had in the previous generation. We created a four-year program, with more practices than ever before, and we scheduled as many international games as possible.

We started in August 2001, and from the 200 young players, who tried out for the team, we chose 16 players for the National Cadet team. We had these players complete a variety of physiologic and psychological tests, and compared their characteristics with the results of Hidayet Turkoglu, Kerem Tunceri and Mehmet Okur, and other players from the generation that started in 1979.

I am happy to report that the new generation of players in Turkey achieved better results in all categories. We continue to test the players annually. We also had the opportunity to compare some of these tests with the best Yugoslav cadets' team from 1968-70. The results are on the right.



### HEIGHT AND WINGSPAN OF THE YUGOSLAV NATIONAL CADETS 1968 GENERATION (MEASUREMENTS ARE IN CENTIMETERS)

Name	Height	Wingspan	Difference
N. Videka	197	199	2
T. Kukoc	207,5	211	3,5
R. Dobras	198	194	- 4
N. Razic	202	210	8
V. Divac	212	220	8
S. Koprivica	204	207	3
A. Lukic	196	203	7
L. Pavlicevic	194	192	- 2
D. Nikolic	204	206	2
N. Ilic	198	192	- 6
Z. Kalpic	203	202	- 1
S. Stefanovic	197	199	2
R. Milutinovic	197,5	196,5	- 1
A. Trunic	186	183	- 3
I. Skenderovic	206	207	1
<b>TOTAL</b>	<b>Average: 200,1</b>	<b>Average: 201,4</b>	<b>19,5</b>

### HEIGHT AND WINGSPAN OF THE YUGOSLAV NATIONAL CADET TEAM - GENERATION 1970

Name	Height	Wingspan	Difference
Z. Badzim	199	196	- 3
M. Kraljevic	212	203	- 9
M. Pavlovic	201	195	- 6
O. Popovic	190	202	12
O. Ignjatovic	206	207	1
R. Cvetkovic	207	213	6
A. Komazec (1971)	200	201	1
N. Grmusa	193	192	- 1
D. Pejcinovic	206	218	12
A. Perica	205	213	8
Z. Tabak	209	212	3
<b>TOTAL</b>	<b>Average: 202,5</b>	<b>Average: 204,7</b>	<b>24</b>

### TURKISH NATIONAL SELECTION - CADETS - GENERATION 1987-88 HEIGHT AND WINGSPAN STATISTICS

Name	Height	Wingspan	Difference
Mehmet Yagmur	185	184	- 1
Cenk Akyol	197	204	7
Yasin Gorluk	204	204	0
Barus Hersek	204	207	3
Mehmet Sahin	204	205	1
Murat Goktas	200	201	1
Erhan Yetim	204	206	2
Mutlu Demir	207	206	- 1
Oguz Savas	208	209	1
Emre Bayev	209	222	13
Cem Coskun	209	212	3
Ersan Ilyasova	206	217	9
Cemal Nalga	204	207	3
Bora Pacun	206	210	4
<b>TOTAL</b>	<b>Average: 203,3</b>	<b>Average: 206,7</b>	<b>45</b>





by David Titmuss

# WHEELCHAIR BASKETBALL: TRANSITION FROM DEFENSE TO OFFENSE

**David Titmuss has head coached at the international level in both the running game and with Great Britain men's wheelchair basketball squad. He won the silver medal at the International Wheelchair Basketball Federation 2002 World Championships and the bronze medal at the Athens 2004 Paralympics.**

Wheelchair basketball at the international level has developed dramatically from where it was 10 years ago, this is clearly evident from a study of videotape

shot in the early Nineties compared to contemporary images. It's like looking at film of the running game in the Fifties and comparing it with today.

In the modern wheelchair game players are more athletic and skilful and demonstrate amazing manoeuvrability in their specially engineered chairs and this has encouraged coaches to come up with innovative individual and team play techniques. Nowhere is this more evident than in the way the leading international

teams execute transition from defense to offense and vice versa.

## THE MOMENT OF TRANSITION - DEFENSE TO OFFENSE

I think generally coaches are more insecure about their half-court offense than just about any other aspect of team preparation and as a result this is given a disproportionate emphasis - even by experienced coaches - over the course of a season. I think this is a mistake because how a team handles transition probably has more bearing on the outcome of a game than how either half-court offense or half-court defense is played!

Great defense-to-offense transition starts with all five players anticipating the moment that their team will get possession, and then reacting in a split second when they know it has happened. This cannot be achieved in the running game unless players in defense constantly reposition themselves in relation to the ball so that they can see both it and their assignment and can then anticipate recovery. Seeing the ball in this way is essential, too, when defensive breakdowns occur and support is needed to prevent an easy score - an idea beautifully encapsulated in Coach Bobby Knight's definition of defense as "one man guards the ball, and four people help him."

In the running game maintaining vision on ball and man is relatively easy to do (unless for tactical reasons an opponent is being totally face-guarded), but most defensive schemes in wheelchair basketball are designed to block an







opponent's chair from getting into the restricted area. This means that a defensive player must focus more on stopping an opponent cutting into the key than on locating the ball and, in fact, 'ball-watching' that then results in an offensive player slipping passed the defender into a scoring position, is a serious defensive breakdown from which it is difficult to recover not least because of restrictions in lateral movement.

A few wheelchair players around the world have developed the technique of seeing man and ball, perhaps using quick glances, peripheral vision or the sensation of contact with an opposing player's chair to feel movement, and these players, whether by design or not, do still seem able to prevent an opponent from flashing into the key.

A high priority in the wheelchair game is placed on vocal communication to help compensate for lack of visual cues. A player recovering the ball will call "ball"; a player guarding a shooter will, as in the running game, call "shot" to alert his



team-mates to block-out and rebound, and a player marking the man in possession will call "pass" each time his assignment releases the ball so that his team-mates know the ball is in the air.

On recovery of the ball, wheelchair players are more likely to describe zig-zag patterns in their movements down court while running game players will

want to sprint in almost straight lines. Wheelchair players in transition to offense will look to make crossing movements that allow them to receive the ball at a 45 degree angle to the passer; to create paths for the dribbling ball-handler by picking his defender out; and to create multiple picking situations that the defense has to constantly defend, usually by switching.



At first glance the idea of making crossing movements might seem to the running game coach an extremely inefficient and slow way of getting from one end of the court to the other - like executing a three-man weave as a fastbreak!

But in wheelchair, the pick can be such a devastating weapon that it is possible to create offense as the players move down court with the result that the defense becomes outnumbered in the quarter-court and, with good ball-movement, a high percentage shot can be obtained. The defense will often also be vulnerable to mis-matches.

In the wheelchair game there is extreme emphasis placed on looking for mismatches that are difficult to guard because there is no ability to jump or 'get into' the body of the offensive player and, also, the offensive player might be physically more able.

There is probably more variety in the running game with what can be done against a recovering defense in the scoring area (although wheelchair coaches might disagree!) and this will depend on the coach's approach. He may like

players to flare out to the three-point line and 'spot-up' waiting for the penetration and 'kick' type of play; he might stress getting early and aggressive post position or the idea of encouraging trailing players to read the defense and make cuts to the basket based on what they see. And a plethora of sophisticated 'primary' and 'secondary' break patterns have been developed with the idea of getting a good shot against a recovering defense.

There is an opportunity, unique to the wheelchair game, to create offensive advantage that entails the use of the chair to block the progress of an opponent in the backcourt who is trying to recover to the defensive end. This would be pretty difficult to do legally in the running game!

A player can even be stopped dead and prevented from getting down court - generally called a 'pick-back' - especially if there is a mismatch in manoeuvrability between the player doing the 'blocking' and the player being 'held'. There are counters to this tactic aimed at releasing the player being picked-back but an explanation of these is not within the scope of this article.

The pick-back can be opportunistic and random against any player; alternatively a specific opponent can be targeted. And the Coach might designate one or two of his players for the job of picking-back or encourage any of his players to do it.

The main purpose of the pick-back is to get a momentary numerical, size or quickness advantage at the offensive end so that the ball can be moved to the open man for an unchallenged shot. And there are different ways of picking-back. A defender might just make a glancing pick in order to stop his opponent's chair for a second to delay him; he might shadow the offensive player, forcing him to move more laterally across the court than he wants to, before 'releasing' once the ball is in the attack area of the court or he can pick-back, release and pick-back again forcing the offensive player to stop and start. Two players might be used to delay a particularly dangerous opponent and while this might not create a numerical advantage it could keep him from getting to a position where he can be effective defensively. Now wouldn't that be great in the running game!





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by Henrik Dettmann

# A MUTATION OF THE TRIANGLE OFFENSE

Henrik Dettmann coached the Finnish national teams at every level, from Cadets to Men's. From 1997 to 2003, he also coached the German Men's National team, winning a bronze medal at the 2002 FIBA World Championships. His teams also won three club titles in the First Division League in Finland, where he was elected Coach of the Year two times. He was the head coach of MBC Weissenfels in Germany and his team won the FIBA Europe Cup. He was also elected Coach of the Year in Germany. He is now coach of Braunschweig (Germany), as well as head coach of the Finnish Men's National team.

Zen Master Shunryu Suzuki once wrote, "To give your sheep a large, spacious meadow is the way to control them." I mention this quote mainly because, in the figurative sense, it serves as the role model for a modern team game. The meadow represents wide tactical boundaries, within which the players themselves determine their path to success. There are few limitations and much space for creativity, where intuition and a readiness to take risks are rewarded.

Modern basketball is a "players' game". Ideally, in a "players' game" the coach becomes redundant. Looking at it another way, the aim of a good teacher should be to teach his students to eventually manage without him. It is his duty to help his students to find their own potential and exploit it to the fullest.

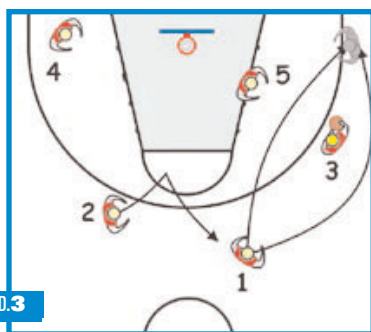
What is understood by the concept triangle offense, but not practiced very often, is very similar to this idea of the "players' game".

The triangle offense is like an amoeba. There are as many different types of triangle offenses as there are coaches using this offense.

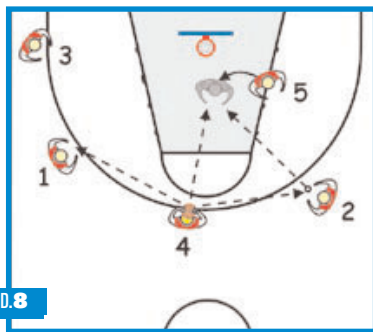
"No ball, no game-simple. In the triangle offense the ball always dictates the direction of movement!"

The triangle offense derives from basketball basics such as 3-on-3, 2-on-2, and 1-on-1. It is predicated on constant ball and player movement, and on anticipating and reacting to game situations. One play sequence follows the next. Triangle offense has the invaluable advantage that in the offense no player is doomed to stand around and look on. That does not mean that the players should be constantly shooting. All the players are involved; they move, pass the

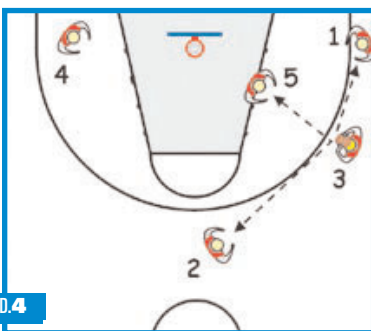




D.3



D.8



D.4



D.9



D.5



D.10



D.6



D.7

ball and, above all, learn to assess their skills. If all the players are involved in the offense, they all become motivated on the defense, too. Moreover, as we all know, "defense wins championships."

The triangle offense does not just help the big stars, but also the role players, since it gives them a sense of rhythm and self-confidence. This offense promotes the training of all-round players, as each player moves to almost every position, thus learning to act and react accordingly. Yet, depending on the players' skills, this concept also allows the game to reach varying levels. It enables the players to recognize their limits and know what to work on.

At an advanced level, the triangle offense works without any great gestures and words. Each player movement and ball movement determines the next player and ball movement. These are actions which, on the one hand are automatic and naturally have to be practiced, but at the same time do not follow a set pattern. Still, they provide the players with escape options, any time, any place, according to their individual skills. This calls for each player to know his strengths and accept his role. There is room for improvisation without the game ending in chaos or a wild 5-on-5.

The triangle offense can be played at various levels of difficulty and, like a set of building blocks, it offers unlimited possibilities. You can run this offense against a man-to-man defense as well as you can against a zone.

The greater the number of offensive options, the less predictable the offense will be, whereby the requirements also become apparent when this system displays its full strengths: the longer the coach and players can hone the system, the more efficient it will be.

## RULES

### Rule 1: Penetrate the defense

This you can't emphasize enough. One should not misunderstand and think that the only penetration to use is the dribble penetration. The best way to penetrate the defense is a pass to a player cutting to the basket.

### Rule 2: Court positions

Players must find the proper court positions to be able to determine the triangle side (three-man game), and the tandem side (two-man game).

### Rule 3: Spacing

The distance between each player on the court must be approximately 4 meters.

### Rule 4: Timing

Number the passing options (penetration pass is always number 1, swing pass number 2, etc.) to help the players understand the timing of the offense.

### Rule 5: Pass the ball to the open man

All players should always be available for a pass and you should always pass the ball to the open man (following rule no. 1). This is the ultimate goal of team play. A pass to the open man will result in a "natural way of playing", as well as create confidence and harmony between the players. There are no predetermined decisions, since everything is reading the play and then reacting. This makes the offense very hard to scout. Think pass-look to score!

The more passes you make, the higher your shooting percentage will be. In the bronze medal game against New Zealand at the World Championships in Indianapolis, we had 32 assists and a 65 percent shooting average from the field.

### Rule 6: Move with a purpose

A player without the ball should always be ready/open to receive a pass. If you are not open, then move with a purpose to get open. We all are of equal danger for our opponent when we are on the basketball court. The difference will be seen as soon as we move or we receive the ball. The old good saying is "cut to the basket and something good will happen."

## PLAYERS' ROLES

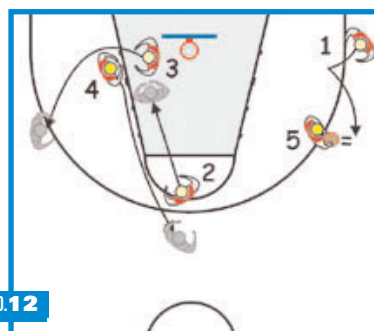
### N. 5 (center - back to the basket)

The center should be able to get open in the post. He should be a good passer and he should be able to hold the ball in the post. As

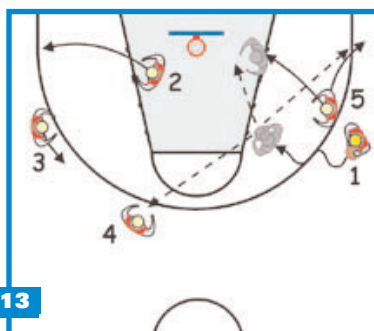




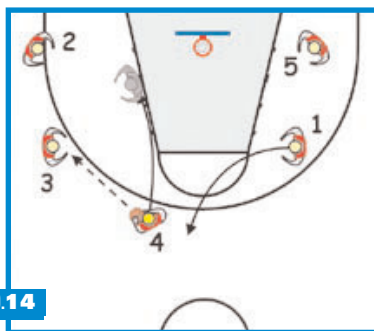
D.11



D.12



D.13



D.14



D.15

soon as he catches the ball (in the post), he becomes a passer (except if he has his man sealed off and he can have a lay-up or a dunk). When the center is feeding the cutters, the pass should always be a bounce pass (bounce the ball hard on the floor so the cutter can pick it up easily without losing his court vision).

If the defense is able to cut off all passes and there are no openings, the center must be able to work his man and go for a lay-up.

#### **N. 4 (power forward - face the basket/back to the basket)**

He is (perhaps) the most important player on this offense. He should have a complete game (full package: passing, putting the ball on the floor, three-point range shooting, cutting, driving to the basket). He should also be good in reading the openings and flashing to the ball.

#### **N. 2, 3 (wings - face the basket)**

Must understand how to feed the post, as well as playing without the ball (by cutting, the wings are creating opportunities for their teammates). The wing must be able to use the dribble penetration against pressure defense.

#### **N. 1 (point - key player - as always!)**

Pick & roll/hand-off, must be able to beat his man off the dribble. The triangle offense is a "read and react" offense. The better your point guard learns to understand the different options and the strength of the different individuals, the more you will get out of this offense.

**Note:** The offense itself does not need a traditional point guard, since all outside positions (1, 2 and 3) are interchangeable. In this case, you must just count that the team will need more time to create a natural understanding of each other's game.

#### **TEACHING EXPERIENCES**

I have been running the triangle offense with different teams, on different levels, for more than 10 years, and have found that every situation requires a different approach.

One thing is obvious in modern basketball: it has become a full-court game. Transition offense and transition defense will decide the outcome of the game. We like to build almost all our drills where we convert from offense to defense or vice versa.

To build up the triangle offense we start at one end of the court with a simple three-player triangle action (the inside option with the wings cutting), then we run our transition offense over to the other basket and go straight into our sideline triangle where we repeat the cuts. Then, we continue piece by piece, until we have all basic movement covered.

Do one thing well, than ten things "so-so." The most important question a coach should ask before he starts to plan a practice is: "If there is only one thing we can learn today, what should we work on?" Of course, this philosophy also applies to teaching the triangle offense. Your players should first learn to develop (and reco-

gnize) the triangle side and the tandem side.

Then teach the different options using the sideline triangle.

Rule 1 says: "Penetrate the defense," so you start to teach all options on how to get the ball to your big man from the sideline triangle and then how to execute the "inside option."

Second, teach all options on how to swing the ball and how to execute the "swing option."

Then, at last, teach the different ways to execute the "corner option."

I had a very interesting experience when I was teaching the basic triangle offense to a team made up of top boys and girls. Both were more or less at the same basketball level and about the same age. The girls were able to understand and execute the different options right away. They "played the game" and were able to use the options the defense gave them. They tried to solve the problems collectively "using their heads." The boys were different. As soon as they got in trouble, they jumped out of the offense using their one-on-one skills. The boys tried to solve the problems individually using their physiological ability.

I found that I could show the whole basic concept to the girls at once, while teaching the boys it was really necessary to emphasize only one thing at a time.

This is a typical example of what coaching is all about. You should have a clear philosophy of what and how you want to run things. At the same time, you must be able to adjust your concepts according to your personnel.

#### **POINTS OF EMPHASIS**

- ▼ The philosophy contains all elements of play.
- ▼ Creativity, risks, no predetermined decisions, handmade, intuition, players game, the ball is the game.
- ▼ Know yourself.
- ▼ Play to your strengths.
- ▼ Ultimate team concept.
- ▼ Sharing the ball = sharing the game (enjoy together).
- ▼ Emphasizes all basketball basics.
- ▼ Shooting, passing, dribbling, timing, spacing, getting open, cutting, screening.
- ▼ Know and accept your role.
- ▼ Everyone has an opportunity to participate.
- ▼ No spectators.
- ▼ Built on the basic elements of the game:
- ▼ 1-on-1.
- ▼ 2-on-2.
- ▼ 3-on-3.
- ▼ Develops versatile players who have to learn to use all basic basketball tools.
- ▼ Versatility = hard to scout.
- ▼ In the end, no one has a problem when you win a game.
- ▼ Good role model for the modern game.

#### **EXPLANATION OF THE DIAGRAMS**

**Basic Alignment.** 1, the point guard, 3, the

wing, and 5 the post, form the triangle, while 2 is on the other wing position, and 4, the power forward, in the short corner (diagr. 1).

**Strong Entry.** 3 feeds 5, 1 must clear out, and then screens for 4, while 2 goes in the middle of the court (diagr. 2).

**Strong Entry (another option).** 3, 1 and 5 form the triangle, while 2 and 5 play on the other side of the court. 1 passes to 3 and cuts inside or outside to 3, and goes in the corner (diagr. 3).

**Passing Options for 3. He can pass:**

- Inside to 5;
- To the wing to 2, or
- To the corner to 1 (diagr. 4).

**Ball to 5. He can pass:**

- To 1;
- To 3, while he cuts going to screen, or
- To 2 (diagr. 5).

**Passing Options for 5. He can pass:**

- To 2;
- To 4, who comes off the screen of 3;
- To 3, who rolls to the basket, after the screen for 4, or
- To 1 (diagr. 6).

**Passing Options for 2. He can pass:**

- Inside to 5;
- Inside to 4, or
- To 3 in the wing (diagr. 7).

**Passing Options for 4. He can pass:**

- Inside to 5 (play high-low);
- To the wing to 1, or
- To 2, who passes to 5 (diagr. 8).

**Triangle on the Other Side.** If nothing happens, 1, 3, and 4 form a triangle on the other side.

**Passing options for 1. He can pass:**

- Inside to 4;
- To 2, who comes to the middle of the half court, or
- To the corner to 3 (diagr. 9).

**Passing Options for 2. He can pass:**

- To 5 (play high-low);
- To 4, who has cut to the free-throw area, or
- To 1, who comes off the screen of 3 (diagr. 10).

**Passing Options for 1. He can pass:**

- Inside to 4;
- To 3, who cuts off the screen of 5, or
- To 5, who rolls to the ball after the screen for 3 (diagr. 11).

**Ball to 5. He can pass:**

- To 2, who cuts around him;
- To 3, who has received a screen from 4, and, after the screen, goes out, or
- To 4, who received a screen from 2-screen the screener (diagr. 12).

**Drive of 1. He can penetrate and pass:**

- To 5, who has cut to the basket or faded away in the corner;
- To 4, while 2 goes to the corner, and 3

posts up (diagr. 13).

**Ball to 3:** 2, 3, and 4 form the triangle, 1 is on the other wing and 5 in the low post on the weakside.

**Passing Options for 3. He can pass:**

- Inside to 4;
- To 1 in the wing, or
- To 2 in the corner (diagr. 14).

**Weakside Entry.** 1 passes to 2 and cuts to the corner. 2 passes to 4, who comes out to the wing. 2 goes to the opposite side on the low post position after the pass (diagr. 15).

**Options.** We can use the same options on the strong entry: 5 forms the triangle with 1 and 4, and 3 goes in the middle of the court.

**Passing Options for 4. He can pass:**

- Inside to 5;
- To the wing to 3 (or use a slice cut, see diagrams 17 and 18).
- To the corner to 1 (diagr. 16).

**Slice Cut.** This is an option, when 3 has the ball. 4 receives a screen from 5, and 3, after passing to 2, comes from the corner to the wing, and screens for 1. 4 goes around the screen and then to the low post on the ball side, while 3 cuts in the corner on the ball side (diagr. 17).

**Form a triangle.** 2, 3, and 4 forms a triangle, 1 in the wing, and 5 in the low post on the weak side. 4 can pass to 3, who comes in the middle of the court, or to 1 in the corner (diagr. 18).

**Flash Entry.** 1 passes to 4 and 2 cuts near him, while 5 screens for 3. 4 can pass to 2 on the cut (diagr. 19).

**Other Options. 4 can also pass:**

- To 3, who goes around the screen of 5, or
- To 1 with an hand-off pass, while 2 goes in the corner, opposite to the ball (diagr. 20).

**Form a triangle.** 1, 3, and 4 form a triangle. 2 is on the wing and 5 on the low post on the weakside. 1 receives the ball and drives to the wing, while 5 screens for 2 (diagr. 21).

**Passing Options for 1. He can pass:**

- Inside to 4;
- To the wing to 2, or
- To the corner to 3 (diagr. 22).

**Push Screen Option.** If 3 is overplayed, 1 dribbles toward 3, and this is a signal for 3 to go in the corner, while 2 replaces 1 (diagr. 23).

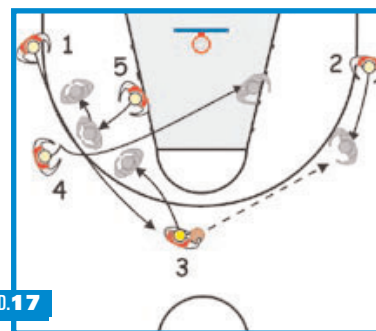
**Cross Screen Option.** For creating space we can use a cross screen when the inside player, 4, in this case, is overplayed. 4 screens for 5, and 1 passes to 5 (diagr. 24).

**Flash Entry Option.** This is used for creating space for a lob pass or a high-low play, when the inside player, 4, in this case, is overplayed. 1 can make a lob pass to 4, or pass to 5, who has flashed to the high post, and 5 passes to 4 (diagr. 25).

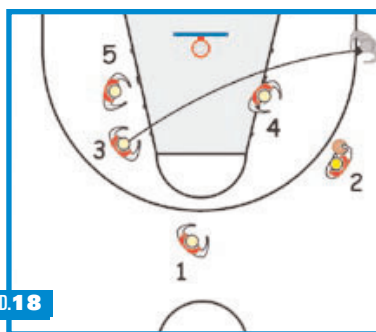
**Back Screen Option.** This is used to get open when the inside and wing players are overplayed. 5 screens 2, and then rolls to the basket. 1 can pass to 2 or 5 (diagr. 26).



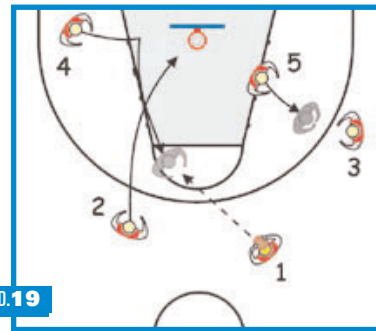
D.16



D.17



D.18



D.19

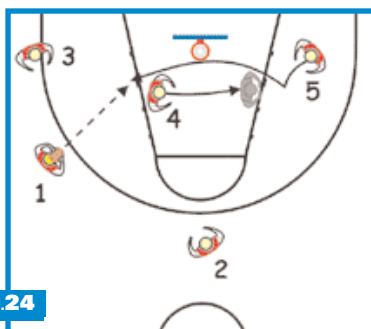


D.20





D.21



D.24



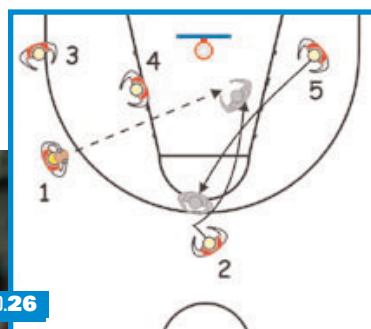
D.22



D.25



D.23



D.26





# HOW TO ATTACK THE ZONE DEFENSE



by Bozidar Maljkovic

**Bozidar Maljkovic is currently the head coach of Real Madrid. He previously coached Jugoplastika Split (winning 2 European Cups, 3 Yugoslavian Championships, and 3 Cups), Barcelona (1 King's Cup), Limoges (1 European Cup, 2 French Championships and 2 Cups), Panathinaikos, (European Cup, Intercontinental Cup, and Greek Cup), and Malaga (Korac Cup). He was selected European Coach of the Year and was twice selected as the French Coach of the Year.**

The zone offense can be applied to attack all types of zone defenses. The best way to beat a zone defense is with the fastbreak. You can score two, perhaps even three easy points, but what you also do, which has an even greater effect, is demoralize the opponent.

The second basic way to attack the zone defense is put the offensive players in the gaps of the zone. This means putting a player in between two defensive players, assuming a contrary alignment to the alignment of the zone.

The third element entails the use of screens: single, staggered, and double. There is a difference between a screen on a man-to-man defense and a screen against the zone defense. If we play against man-to-man, we set a screen and jam the defender, who is guarding a teammate for whom the screen is being set. In the screen against a zone defense, however, we simply block the move of the nearest man to the screener, or we block the one nearest to the area where an offensive player positions himself. We do this because zone defenders cover a certain area of the court, and are not concer-





ned with defending a particular player.

Passing the ball within the free-throw area is another very important element used to attack the zone because from this position it is possible to pass easily in all directions, and to all positions of the court (diagr.1). In this area, we should try to exchange players quickly.

To move the defense, it is also very important to quickly change the side of the ball from left to right and vice-versa (as well, as we said, passing the ball inside will also keep the defense moving).

The next essential element in the attack against the zone is depending on the coach's philosophy-overloading the strong side of the offense with three or four players at a time.

Dribble penetration into the three-second lane in between two defenders will split the defense, and is another key attack element. In this case, the offensive player, who drives in the lane, must make a quick, two-count stop for better balance and then take a quick shot before the big man moves over to defend. The other option is to pass the ball to an open teammate. Drive penetration-and-shoot and drive-penetration-and-pass creates many problems for the zone defense.

Another very crucial element, that most US college coaches demand to their players, is that the ball be passed inside a minimum of two times before a shot is taken. By moving the ball inside, the defense instinctively collapses towards the ball and, therefore, loses its outside aggressiveness. When the offensive player receives the ball in the right low-post position (diagr. 2), he must first see all his four teammates (for the possible swing pass), but he also has time and space for playing one-on-one.

Let's now review a very important aspect concerning offensive player positioning. If they face the defenders and start to move or cut in certain directions, it is easier for the defenders to see them and move to guard them. However, if the offensive players stay inside the lane behind the defenders, the defenders cannot see what's happening, and they must turn their heads. The offensive player has the advantage. It is now easier to pop out. With less distance to cover, shooting position is better and a shot can quickly be taken. Many successful teams put three or four players near the basket and then have them pop out to receive a pass from the point guard, who penetrates and dishes off the ball. If the defender does not see where the ball is, the offensive player can easily make a flash cut in

an open area and punish the defender for his mistake.

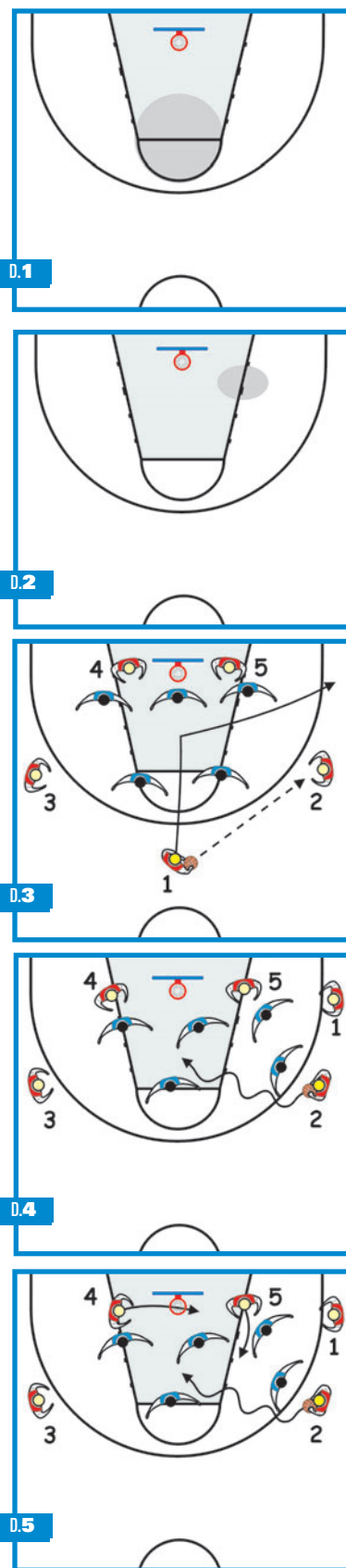
I would like to underline an important technical and tactical point against the zone defense, and that concerns faking passes. In Europe, we should use more fakes in our game and use all kinds of them. In this aspect, American basketball is far ahead of us. They also are more aware of the fake pass when they are on defense. You can see that when an American player is in the balanced, low defensive stance, his head is moving constantly, always active. By contrast, you see European players with their upper body erect, stiff and firm, and their heads are not moving as much as their American counterparts.

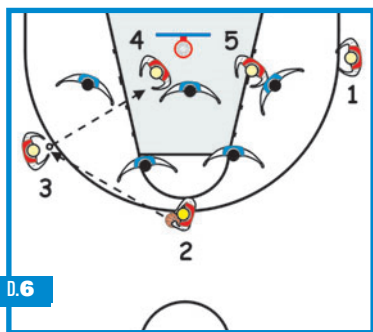
The last element on zone offense is not a technical aspect, but, rather, a psychological one. You must emphasize the psychological aspect of the game, convincing your players that a basket made against the zone is the reward, a product of the fine effort of the whole team as a unit. The shooter must be sure that his shot will go in, while the other four players think that he will miss the shot and move very aggressively to get the offensive rebound.

The early start for the offensive rebound begins when the ball, still in the hands of a shooter, reaches the level of his chin. During the lifting action, and immediately before the shot is actually released, the offensive players should be moving if for a possible rebound. Statistical data and video evidence, together with other "live" observations, clearly show that 90 percent of teams and players go for a rebound when the ball is actually released from the shooter's hand and is going towards the basket. However, it is too late at this point to go for the rebound. I think you would actually be better off running back to play defense because you will never get to the ball.

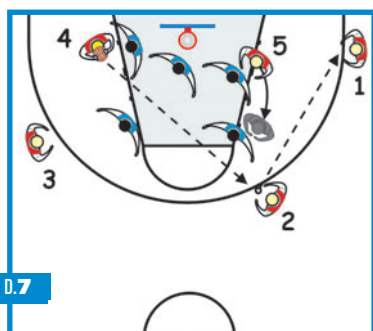
#### FIRST ZONE OFFENSE

I will now review three types of zone offenses based on the evaluation of our own team's skills and those of the opposing team. From this analysis, we can see whether we have the advantage with our big and small players. The offense that I am going to introduce is that one I started to use many years ago with Jugoplastika Split. I have continued to work on it ever since, refining it to meet the needs of my teams. If you want to execute it successfully, you must have very quick players on the perimeter, where the defense is really active and aggressive. The players really like this offense, because it gives them more freedom to decide when to play one-on-one and use their dribble penetration. In many technical books, it is said that the ball should be mo-

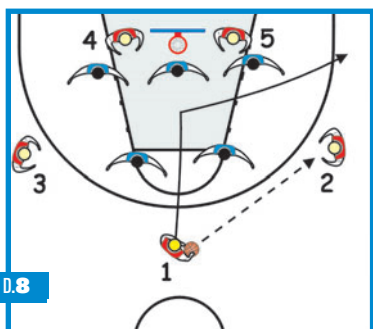




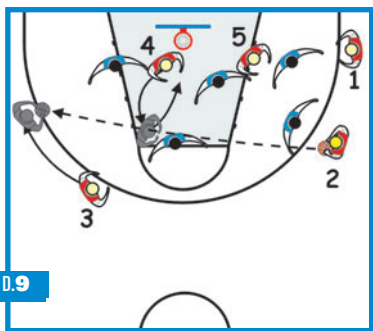
D.6



D.7



D.8



D.9

ved using the pass when playing a zone defense. This offense is exactly just the opposite: We simply leave the perimeter area empty and we don't put any high post players in. This forces the defense to start playing man-to-man. We don't use a player to jam the offense in the free-throw area, but we pass the ball to one side of the court (the right side, in this example), and quickly make a flash cut into the three-second lane (diagr. 3). The point guard asks for the ball while he is in the lane and then he pops out on the same side.

2, the player, who received the entry pass, waits to see whether the first line defender of the zone comes out towards him, and if

there is a chance to pass the ball to the cutter. If he cannot pass the ball to 1, 2 dribbles hard toward the defender, breaks into the three-second lane (diagr. 4), opens the passing lines and, based on the reaction of the defenders, dishes the ball to an open teammate. When 2 penetrates in the lane, we have a rule for the centers: if 2 penetrates diagonally, 4, the center opposite to the drive, cuts inside, while 5, the center on the same side of the drive, fades out (diagr. 5).

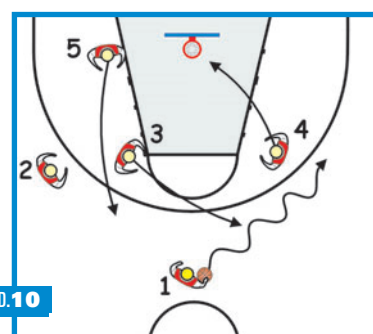
If the offense is run from the other side, everything is reversed. 4, who cuts in the lane, could be covered, but 5, who has faded away, can be open. If nothing happens, 2 can also start the offense on the left side of the court, with a pass from 1 to 3, and then from 3 to 4 (diagr. 6). At the same time, we set a back screen on the weakside with 5, who screens X2. 4 swings the ball to 2, and 2 to 1. If X3, the defender on the back line of the zone, comes high to help, 1 passes to 3, who can shoot. When this happens, all the offensive players go hard for the offensive rebound (diagr. 7). This means we run the action on the opposite side from where we started the offense.

We can also make a "decoy" play: 1 passes the ball to 2, and cuts in the corner on the ball side. However, this is not where we want to shoot (diagr. 8). We want, in fact, to have 4 make a back screen on the weakside for 3, our best shooter, who is closely guarded by X1. On the pass from 1 to 2, 3 spots up, going in the opposite direction of the ball. He receives a back screen from 4, and 2 passes the ball to 3. When 2 passes the ball to 3, X4 comes out to guard 3. In this moment, we have created a miss-match, with a small player against the big tall player outside, away from the basket: 3 can also pass the ball to 4 (diagr. 9). To execute this play properly, you need to have good inside and outside players. If the perimeter defenders X1, X2, and X3 are faster than my offensive players, I do not run this offense.

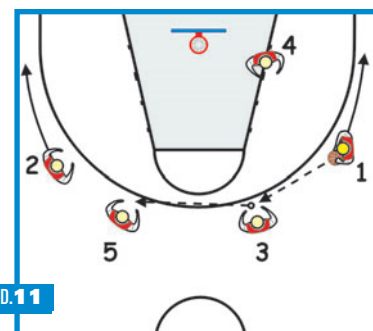
Another extremely important point of emphasis on the zone offense-but for any offense, for that matter-is to always receive the ball with the hands and body in a position where you are ready to shoot: the hands are not brought down; you are looking at the basket, prepared to launch a shot.

#### SECOND ZONE OFFENSE

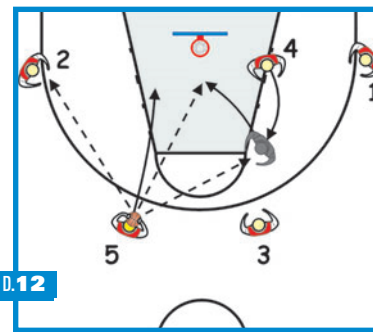
This zone offense is based on having good big players in different positions: a big small forward, a skilled power forward, and an excellent center. We generally use this play when we think we are stronger under the



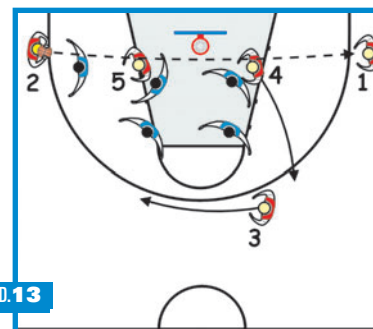
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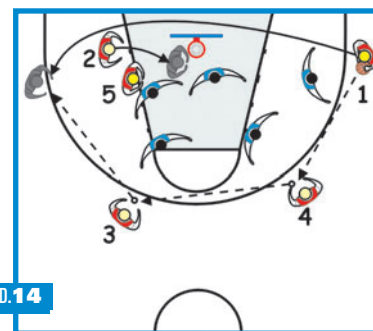
D.11



D.12



D.13



D.14



basket than the opposing team. Here's how we run this zone offense (diagr. 10): 1 dribbles to the lateral wing, where we don't have a big player on the low post, and this is a signal for 4 to run quickly in the low post position, attack the defender of the last line of the zone, turn and seal him off. At the same time, 3, who was near the corner of the free-throw area, jumps out to the three-point line to receive and shoot, while 5 flashes to the high-post area, outside of the lane. The ball goes from 1 to 3, and from 3 to 5. At the same time, the two small perimeter players, 2 and 1, run down to the baseline (diagr. 11).

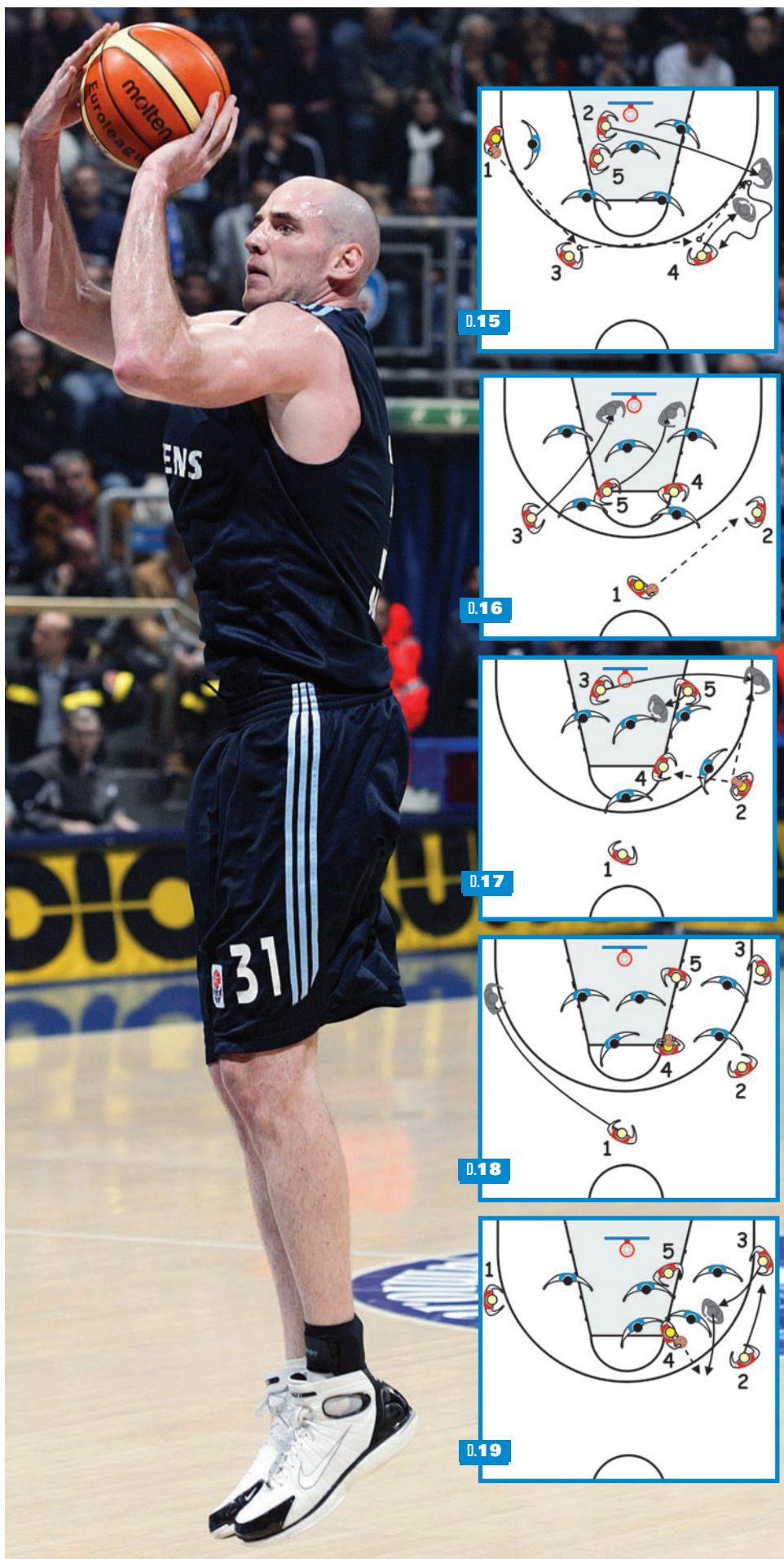
In this way we can play three-on-three: 5 can pass to 2 or 1 in the corner, or pass directly to 4, who ducks in the lane, or makes an high cut, and then a cut to the basket. 5 can also pass to 2 in the corner, and then cut to the basket and receive the ball from 2, a "give-and-go" (diagr. 12). The guards, 1 and 2, can punish the defenders if they cheat on defense: if the small defensive players come high to help, 1 or 2 can have an open shot.

On every reversal pass from one side to the other side of the half court, from 1 to 2 or vice-versa (diagr. 13), we automatically make a double screen on the other side. As soon as the ball is in the hands of an offensive player in the corner after a reversal pass, the low post on the side of the ball comes out of the lane, and goes to the perimeter. In the meantime, the guard on the ball side spots up on the weak side of the court. 1 passes the ball to 4 and cuts on the baseline. 4 passes to 3, and 3 to 1 (diagr. 14). This is how we utilize double screens and staggered screens against the zone defense.

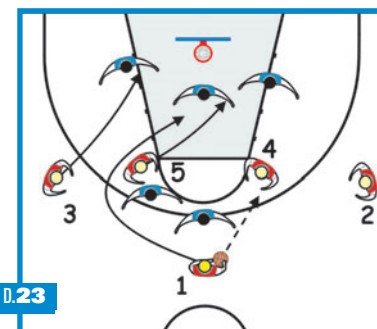
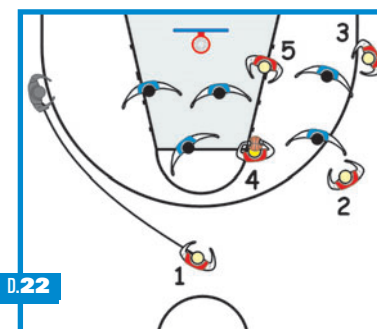
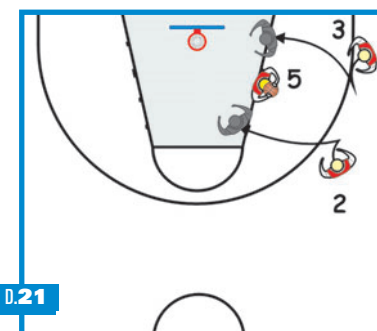
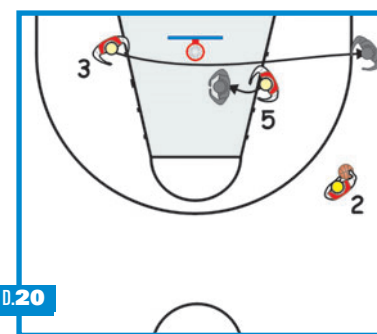
If this offensive action doesn't work, the ball should be reversed as quickly as possible from one side to the other of the half court. 1 passes to 3, 3 to 4 and from 4 to 2, who has cut to the opposite corner. We then play pick-and-roll, a two-on-two (diagr. 15). Here, we simply force the defense to switch from zone to a man-to-man defense.

### THIRD ZONE OFFENSE

The third zone offense is based on playing both an inside and outside game. Our primary objective is to overload one side of the zone defense, intentionally leaving our best player on the weak side, opposite to the overload. The offensive set is a one-four spread high (diagr. 16): we have two sides where we can start the play, the right and the left side. 1 passes to the right, in this case to 2, 5 goes down in the low post area and aggressively seals his defender. At the same time, 3 drops down to the baseline, cutting







on the baseline. 5, with his hands up and his elbows locked, asks for the ball. If he does not receive the ball, he puts his arms down low, the pre-agreed signal that he does not want the ball anymore. 5 sets the screen for 3, who goes out of the lane, and receives the ball from 2 (diagr. 17).

After the screen, 5 rolls quickly to the corner and receives the ball-but only if he is alone. Otherwise, 1 can pass also to 4 and, in this case, 1 goes straight down in the deep corner (diagr. 18). In the right deep corner, a back screen is set on X2, a very hard play to defend. 3 makes a back-screen for 2, 2 exchanges the position high-low with 3, and cuts down outside to

the deep corner (diagr. 19). If there is confusion between the two defenders X2 and X3, regarding who should switch, fight through the screen, or help on the screen, 3 will immediately make a pass to 4. Instead, if 3 is free, he can shoot, or pass to 1 in the right, deep corner for a possible uncontested shot. 3 keeps the same position on the side, and 4 drops down towards the baseline; 5 flashes up to the high-post position, and we have the side overload with four players, while the fifth player is on the opposite side of the floor.

We now have a second option (diagr. 20, 21 and 22). 5, after setting the screen for 3, goes to the mid-post position, receives the

ball from 2, and, while 5 has the ball: we want 2 to cut to the middle, and then 3 cuts in the low-post position. The defense collapses, covering the two cutters with two defenders.

The defense must change this set, if not, the center receives the ball and simply dunks or makes a lay-up.

Nothing changes if the entry pass goes directly to 4 (diagr. 23): 1 gives the ball to 4, 5 drops down to the right side, low-post position, and 3 attacks the baseline. 1 can cut in the lane as the third cutter. In this case, we will overload with 3 and 1, with only one player outside. This is 2, the shooting guard.





by Jeff Lebo

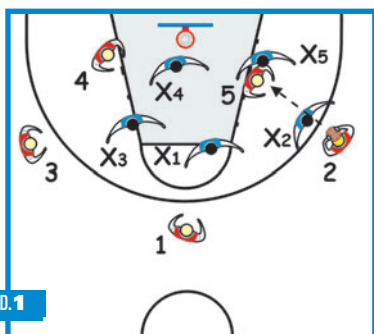
# "FIRE": DOUBLING THE POST

Jeff Lebo is the head coach of Auburn University. He was assistant coach at East Tennessee, Vanderbilt, and South Carolina, and head coach at Tennessee-Chattanooga, and Tennessee Tech.

"Fire" is a type of defense maneuver that enables the defensive team to double team the post when the post player is in a position to score. The double-team player can come from any area of the court or be any defender, depending on your rules to double up. Teams double the post to either hide a weakness (not very big in the post or the other team is better inside), or for profit (a great place to double up and steal the ball). This must be part of the defensive scheme to be effective, as there are other elements involved at the time of the double team.

## WHY DOUBLE?

1. Other team bigger or better.
2. Philosophy is don't get beat inside.
3. Turn the tables and make it your advantage if they go inside - their big man is a double and you have interceptions.



D.1



D.2



4. Something different for a team to prepare for.
5. Take away big man.
6. Take away rhythm of big man and team.
7. Protect your big players from foul trouble.
8. Make team and big man think - turn "fire" on/off.

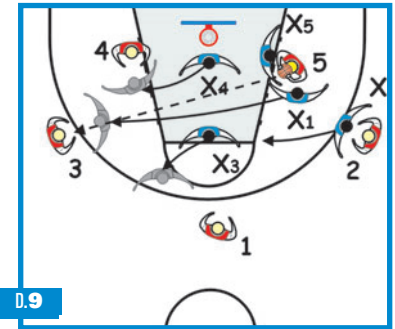
5. Indecision - about doubling as a 3-man who we need to double.

## II. Double From Top of the Lane

We double team in the low post with the top defender (X1 in this case) on any pass into the low post (diagr. 1).

### Advantages:

1. Everyone is defensively alert.
2. More steals - offensive post will try to throw it out to top 95% of the time.
3. Never get into jam about leaving the post feeder from wing/corner.
4. Doesn't matter who catches it in the post - whether it is a 3 man, we are still double from top.
5. Strange line-ups do not matter as the top man will always double-position doesn't matter.
6. Better jumps to the ball.
7. Better helpside.
8. More aggressive.
9. Something different to prepare for.
10. Our niche.
11. Offensive post players.
12. Can cause more distress to the offense.



D.9



D.10

## I. Big Man on Big Man

### Advantages:

1. Always have size in the double.
2. Easier to teach and put in.
3. Makes big players active and alert.
4. Something different to prepare for.
5. Post players don't dominate scoring the ball.

### Disadvantages:

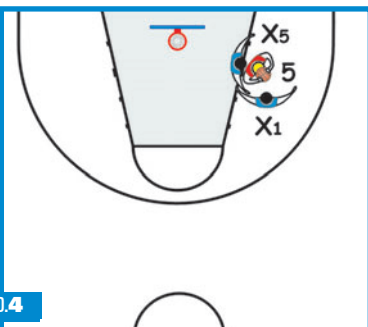
1. 4-man throws it into post from wing/corner.
2. Strange line-up, we can have different 4 men.
3. Angles to double may be missed.
4. Can be slower at times.



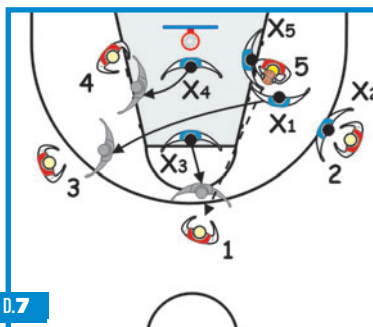
D.3



D.6



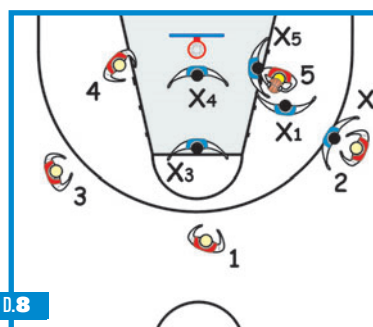
D.4



D.7



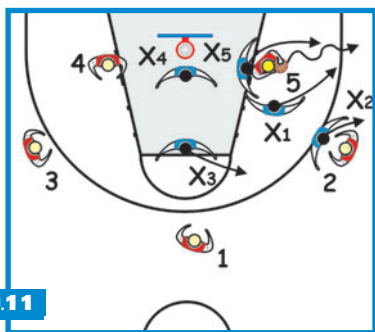
D.5



D.8







#### Disadvantages:

1. Everyone will be a doubler - everyone must know it.
2. Size - sometimes great size, sometimes small player will be the double.
3. TOTAL commitment in practice.
4. Post development offensively.
5. Longer to teach.
6. More complex to teach.
7. Can get you into mismatches.

#### WHEN TO DOUBLE?

1. Player catches ball in scoring position (this needs to be determined by catch and players get feel on where to double.) Rule is: If you go start doubling, go hard and decisively.
2. a. When the offensive player catches the ball.
- b. When the offensive player starts to dribble.

#### TECHNIQUE IN DOUBLING FROM THE TOP

1. Ball never entered to post from top of floor. Post must be up the line, on the line when the ball is in middle of floor (diagr. 2).
2. Ball can be entered from wing.
3. If post player is on block - front and make sure he pushes you, so you can slide behind him and play topside. Why? If you let post player get position on block, he will score before you can get the double to him.
4. Post push out and play 3/4 topside as we want the ball entered to the post as low as we can force it (diagr. 3).
5. As ball is in the air, we will slide behind post, with our feet parallel to lane line and with bottom foot below him-if you don't give him a little space early as he

catches it, you will get spin on baseline, which is something, we can never accept.

6. The job of the player trapping down low is not to get beat baseline.
7. As the ball is in the air, we are coming from the top of the floor to make an "L" trap on the post: this is why jumping to the ball is so vital (diagr. 4). You must be sure that you get a good "L" shaped, aggressive trap in the low post.

#### KEYS

1. "L" Trap.
2. High hands.
3. Do not foul.
4. Do not get split.
5. Take away vision.

The trap is performed by the closest man to the ball at the top of the floor. He needs to always have a man below him and 100% of the time he will, or else no double team will take place. He will be at the top of the floor 95% of the time, unless there is an overload.

8. Defender guarding the post feeder will deny the ball back out to post feeder (diagr. 5).
9. On the lane, we should now have an "interceptor" and a "goalie". We cover the basket in a "I" formation from the weakside (diagr. 6)

▼ The "interceptor" has a job of reading the doubled post player and stealing his pass out to the perimeter.

▼ The "goalie" is on the lane protecting the basket from cutters (which it absorbs) and lay-ups.

10. The rotation out of the dribble is (diagr. 7): "Interceptor" takes the first perimeter pass out.

- 1) High trapper goes weakside looking for open man.
- 2) Low trapper adjusts himself so ball doesn't come in from top.
- 3) Now we are back in our man-to-man defense.
- 4) These can be a two-man rotation or a three-man rotation to scramble back in our man-to-man defense.

#### KEYS

1. L-trap - Feet of low trapper parallel to lane line-Feet of high trapper parallel to baseline (diagr. 8).
2. Ball cannot be entered from the top. Why?
  - a) Trap difficult to take place
  - b) Impossible to take away his vision.
  - c) Post will score before we get there.
  - d) Our players aren't there because ball was at the top-No strong side or weak side of the floor has been determined.
3. Keep ball from coming back out of original trap to wing feeder.

4. "Interceptor" must know ball is coming out to top from the trap 95% of the time. STEAL IT!

5. "Goalie" must be in front of basket on the lane-VITAL!

6. Top trapper must sprint weakside to find open man-he will be there, unless post has thrown it weakside out of a trap. If that happens, top trapper will go back and guard original man.

7. Foul with your lower body in trap and have high hands-trappers do not foul to reach as they aren't the ones going to get the steals.

#### WHEN TO LEAVE THE TRAP

1. Ball passed out. On a pass out of the double team and to the other side of the court, we sprint off the weakside with the defender, who went down to double team, X1 in this case (diagr. 9). But we can also end up with different defenders when moving off the double team (diagr. 10).

2. Ball dribble out to corner:

- a) Leave as soon as he dribbles out because you have accomplished your goal.

- b) Stay with the double, because now you are doubling a post player dribbling the ball to the corner, which is a great place to trap (diagr.11).

#### HOW TO LEAVE THE TRAP

1. Top trapper must turn towards the basket and sprint weakside to find the open man, whether it is a two-man rotation or a three-man rotation. The reason for turning inside is it is a quicker movement to the weakside.

#### UNIQUE SITUATIONS

1. Wing Cutter-Go.
2. Front Cutter-Absorb and hand off.
3. Screens-Switch.
4. Little Man in Post-Optional
5. Overload -Middle Man (Wing)

#### TECHNIQUE IN DOUBLING-BIG ON BIG

The technique is going to be the exact same as coming from the top, except the only trappers are X4 and X5. If X5 is guarding the offensive post player, X4 will become the high or top trapper and vice versa. We still must have a "goalie" and "interceptor" and a deny man on the ballside wing. We still must get a "L" trap to take away vision to the weakside (diagr. 12).

#### UNIQUE SITUATIONS

1. 4 or 5 throws it in
  - a. Wing
  - b. Corner
2. X4 or X5 is guarding weakside block and gets too low.

# COMBINATION DEFENSE: THE TRIANGLE AND TWO



by Julio Lamas

**Julio Lamas coached the Argentinian Division I teams of Boca Juniors (one National championship), Obras Sanitarias, and now Ben Hur. In Spain, he was head coach of Alicante and Real Madrid. He also guided the Argentinian National Men's team from 1997 to 1999.**

The triangle and two is a combination defense, because two defenders, X1 and X2, play man-to-man, while the other three play a triangle zone, with X3 at the top and X4 and X5 at the base of the imaginary triangle (diagr. 1).

## **RULES FOR THE TWO MAN-TO-MAN DEFENDERS**

- a. They play face-to face.
- b. They never help the first time (diagr. 2).
- c. They help the second time, which means only when the helper leaves his own offensive player and goes straight to stop the offensive player, who beat his teammate (diagr. 3).

If there is a screen for the player, who is guarded man-to-man, the screened defender channels his offensive player toward the middle of the lane so he can have the help of the center, who can "bump" (diagr. 4).

In fact, if we let the offensive player go to the baseline, this can create a problem for the defense, because the screener can easily roll to the center of the lane toward the basket and receive the ball when X4 goes to help (diagr. 5). If one of the offensive players, guarded





man-to-man, receives a vertical pick and goes high, his defender, X2 in this case, must always slide over the pick, and not follow him.

He must stay behind to avoid a curl around the picker (diagr. 6).

On a direct screen on the ball on the wing, we always push the offensive player with the ball toward the baseline (diagr. 7).

However, if the screen occurs between the two offensive players, who are covered man-to-man, we switch (diagr. 8).

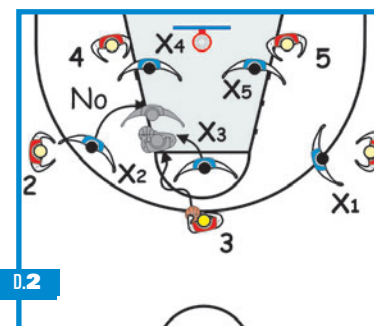
#### RULES FOR THE DEFENDERS ON THE ZONE

- a. They do not let the offensive player
- b. They must anticipate any pass inside the zone.
- c. They must stop any inside game. They must also stay more than three-quarters of the distance between the ball and the player in the low post if the ball is above the extension of the free-throw line.
- d. If a player near the baseline goes high

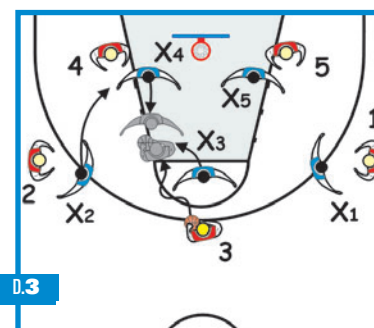
penetrate in the middle of the lane.



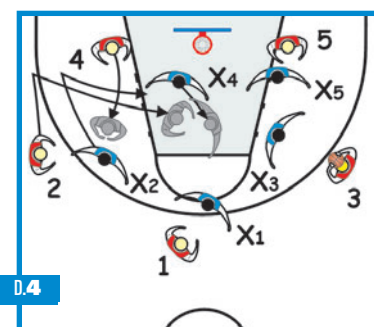
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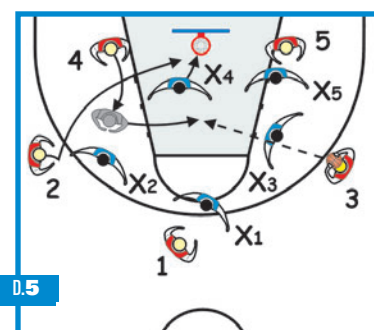
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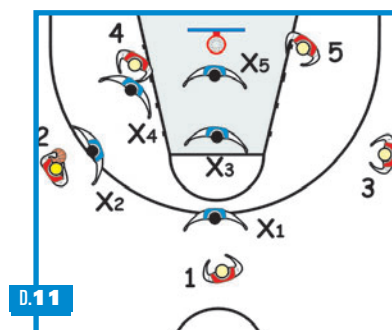
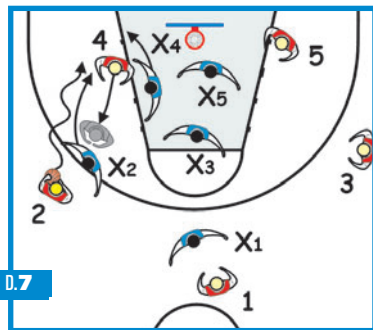
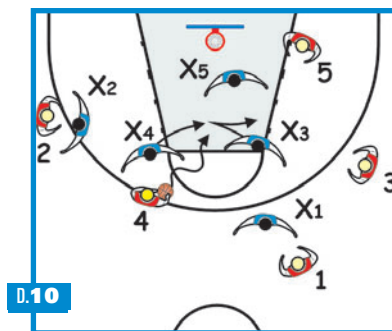
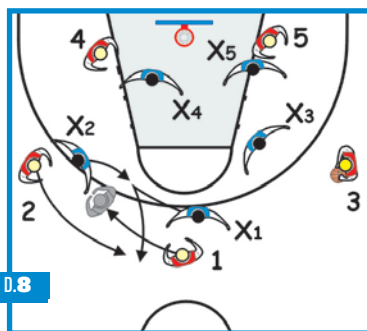
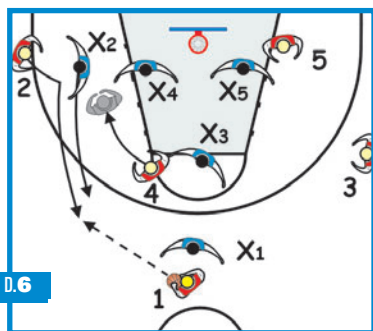


D.4



D.5





and outside the perimeter, the defender on his side, X4 in this case, comes high, until the free-throw line (diagr. 9).

When 1 passes to 4, X4 will cover 4, but he will not follow him, if 4 is not a good shooter. In this case, he will stay between the ball and the basket. However, if 4 is a good shooter, X4 will play man-to-man. He will force him to the center, where he can have the help of X3, if 4 drives to the basket (diagr. 10).

e. If the ball is on the wing, the defenders on the weakside stay in the middle of the lane (diagr. 11).

f. If the ball goes in the deep corner, X5 runs to cover the player with the ball, X4 guards the low post on the ball side, and X3 slides toward the baseline (diagr. 12).

g. If the ball is passed to the low post, X4 is responsible for guarding 5 and playing him one-on-one, without giving him the baseline. X3 and X5 slide in the middle of the lane and fake to help and recover (diagr. 13). X5 helps only if 4 goes to the basket. In this case, X2 leaves his offensive player and rotates to help (diagr. 14).

h. The defensive triangle (the three players on zone) lowers itself and becomes smaller, whenever the ball is nearest to the baseline.







by Mirko Novosel

# PSYCHOLOGY AND MOTIVATION

**Mirko Novosel is one of the winningest coaches in European basketball history. With Cibona Zagreb, he won three national Yugoslavian titles, seven Yugoslavian Cups, two European Cup of Cups, and one Cup of Champions (now Euroleague). He was also voted European Coach of the Year. In Italy, he coached Naples, the Italian division I team. With the Yugoslavian Men's National team, he won Gold, Silver, and Bronze medals at the Olympics Games, one silver medal at the FIBA World Championship, two gold medals at the FIBA European Championships, and one bronze medal, while coaching the Croatian National Men's team.**

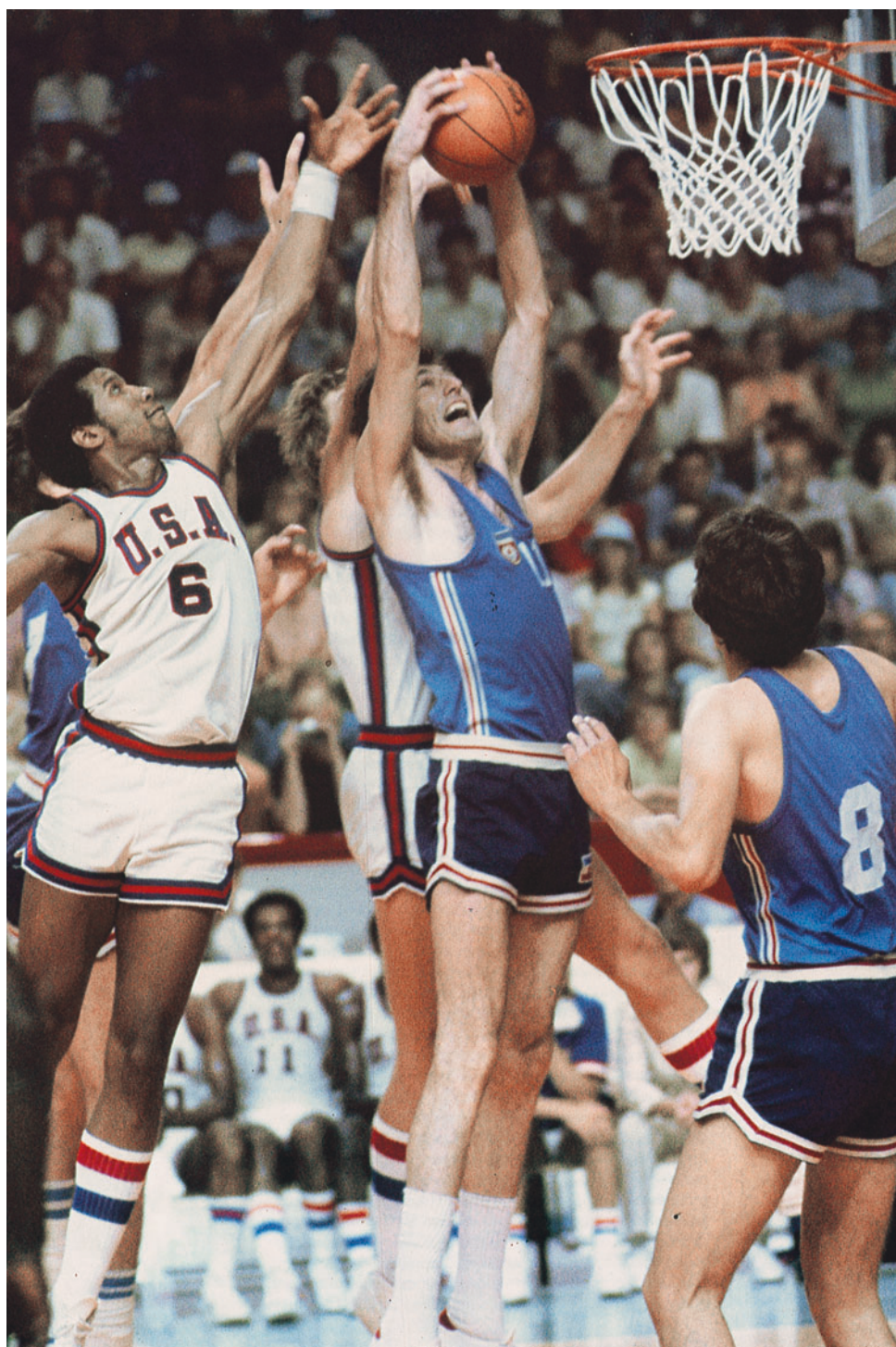
A player's high level of psychological conditioning is the most important component for achieving the best results, assuming, of course, that the player is well-prepared physically and highly educated in basketball tactics.

The main difference between team and individual sports is the fact that an individual athlete (runner, swimmer, cyclist, or tennis player) must achieve his maximum at a certain moment if he wants to win a medal.

On the other hand, a basketball player can get a gold medal, even though he completely failed in the championship game.

Of course, his teammates, who won the game, have pulled him through with their efforts and he wins the medal that way.

With this understanding, it should be very clear to you that the basketball coach is the deciding factor in helping to build and maintain a high level



of psychological preparedness. I have been sitting on the bench of many clubs and National teams, and even though my teams won many competitions, I can assure you the decisive moment in the creation of success came from the psychological groundwork that I helped develop with the players.

#### RELATION WITH THE PLAYERS

If a coach is to be successful, he will understand that his role is to completely understand a player's psyche. A team of 12 players means solving 12 problems, so you all can achieve one goal-creating a homogeneous team. Only a homogeneous team can triumph.

In track, cycling, and swimming, we have excellent athletes and you therefore immediately have an excellent team based on individual efforts. In basketball, you can have excellent basketball players, but may not have a team (an example is the US team at the Olympic Games in Athens). The coach must resolve two basic tasks:

- ▼ Coach - player relationship.
- ▼ Interrelation between players on a team where there is a star player.

In the coach-player relationship, complete trust must be developed through mutual contacts.

The coach must know what a player is thinking and what problems are bothering him. He must be the first person to help him solve his problems.

The player appreciates that help and compensates on the basketball court. In the interrelation between the players themselves, when a great star is present (and I have had many great stars, including three that are now in the Hall of Fame), you have to establish a common goal for them as a team, which means triumph and success.

The common goal has to be held above all individual interests. Achieving that goal is the coach's hardest task.

The coach must have a mentally healthy team, in which each player will achieve his individual goals while

taking part in the successful achievement of team goals.

#### RELATION TOWARDS THE OPPONENT

One characteristic of my players has been what I call maximal rationality. The players have assessed the value of their opponents before every game and they approached the intensity of play that they would bring to that game depending on that estimation. That is the main difference between Croatian and players and those from the USA.

American players are educated differently and give their maximum effort in every game. The approach of my players has its benefits and particular disadvantages-the players sometimes don't correctly estimate their opponent. That's why the coach has an enormous job here.

I never had problems in games against the United States and Russia, because the players were extremely motivated without my intervention.

On the other hand, I had great problems with the so-called lesser teams. During those games, I had to wage war with the players with the sole purpose of waking them up when they got behind and showing them how they could win the game.

I believe that you will be a good coach if you are always ready wage war with your players in order to get them to give their maximum effort.

You need to do the same against the opponents so you can defeat them, against the referees, to make sure they don't damage you or your team. You also have to be tough on yourself so you can get through the depression that follows some lost games.

A coach, who achieves all of these things, is sure to have excellent results.

#### BUILDING A PLAYER'S FOUNDATION

When it comes to preparation before the season or with practices during the season, the players must approach them in a completely enthusiastic way. Only such an approach is a guarantee of success.

To achieve such enthusiasm and complete motivation, the coach's techni-

cal basketball skills are very important.

During the period of building a player's foundation, when all players work very hard, it is important to select those exercises and drills that will help players achieve complete physical preparation, but without psychic exhaustion. The training sessions should have plenty of variety.

For example, sprints can be achieved through different drills and competitions, not only through the monotonous repetition of running up and down the court, which can be very hard for the players.

My players often complained to me about being tired, but even the greatest physical fatigue can be resolved within 24 hours.

Psychic fatigue, however, is much more dangerous and the coach must be aware of this, refreshing his players through continuous training changes, and utilizing a variety of shooting and defensive games, where the full effect of the set goals is achieved in a lively and fun way.

During the season, after multiple victories (every victory increases a player's concentration by a certain percentage), it is important to think of that moment and take care that players are always prepared for maximum effort. Many times, when we had Cup games, which consisted of two games against the same team, away and home, a victory was often achieved at the opponent's court.

Playing them at our court, which should have been much easier, often left us with an unpleasant surprise. This is a classic example of psychic preparation in the first game, and lack of psychic preparation in the second.

An experienced coach must understand the special dynamic at work and consider this psychic factor together with the physical and tactical preparation for all games.

If he works that way, he will maintain the continuity of good results and achieve maximum output from his team.





by Layos Meszaros

# THE HUNGARIAN ASSOCIATION OF BASKETBALL COACHES

**Layos Meszaros is President of the Hungarian Association of Basketball Coaches and Technical Vice President of the Federation. He was head coach of the Junior and Men's Hungarian National team. He also coached the Division I team, Honved Budapest, and was elected Coach of the Year five times in Hungary.**

The Hungarian Association of Basketball Coaches, an independent incorporated company was organised in 1999.

In its Statutes, three main activities were determined among its duties:

1. Supporting the activities of basketball sport and that of the Basketball Association:
  - ▼ Elaboration of the sport's technical strategy
  - ▼ Devising the development program for youth
2. Contribution to the training of coaches and its technical management:
  - ▼ Organisation of coach clinics
  - ▼ Promoting the technical publications
  - ▼ Supporting the training of coaches
3. Safeguarding of coaches' interests

In 1999, a co-operation agreement was concluded by the Hungarian Association of Basketball Coaches and the Hungarian Basketball Federation that included the rights and responsibilities of the parties.

The main activity of our organisation is the implementation of the tasks mentioned in item 2.

According to Hungarian law, coaches can obtain three types of diplomas in basketball coaching acknowledged by the state. These are as follows:

1. High level.
2. Medium level.
3. Basic level.

Since 1999, the activities of basketball coaches are regulated by a licence system.

Coaches have to get their valid coaching licence before each season.

There are three main conditions for getting a basketball licence:

1. Diploma in basketball coaching, acknowledged by the state.
2. Participation in the coaches clinic prior to the season.
3. Practice in coaching.

To earn a license, the necessary period of practice varies according to the different levels (National Division, I/A, I/B, National Division II, and Youth). For example, in the group ND I/A, a diploma in high-level basketball coaching requires two years of practice, whereas in the case of a basic level diploma, one needs 15 years of practice.

One of the mandatory conditions in obtaining a licence is the participation in coaching clinics. We have a very sophisticated system of coaching clinics in Hungary. We organise these clinics annually in early summer with the participation of Hungarian and international lecturers for the coaches of the National Division, and separate clinics for those working with youth. In the clinics for coaches working in the National Division, upwards of 210 registered coaches participate yearly. For coaches working with youth, we introduced training according to different age groups. Coaches participate in the clinic organised for the age group in which they wish to work the next year. We organise three youth coaching clinics

each summer, with 250-300 registered coaches participating. These clinics are supported by the state through the sport development program: "SPORT XXI."

We maintain a good working relationship with the European Association of Basketball Coaches (EABC), and we review our programs regularly with Antonio Comas, President of the EABC. We have to thank Jean Pierre De Vincenzi, a member of EABC, whose lecture was such great success when he came to talk to our members in Budapest.

It is not easy to ensure the operating expenses and the sources necessary for the implementation of technical tasks. The operation expenses of the Hungarian Association of Basketball Coaches come from membership fees, the support given by the Hungarian Basketball Federation, and commercial sponsors.

For the implementation of the technical tasks, we rely on the support given partly by the State ("SPORT XXI") and partly by the commercial sponsors, while we have found it difficult to come up with the necessary funds to cover the costs of our technical publications.

## TO SUM UP

Our organisation has achieved great success in the training of coaches with the ongoing coaching clinics and in the safeguarding of coaches' interests. In spite of the difficulties, we have published several technical articles and technical publications. We will prepare four videocassettes or four DVDs with the complete basketball training method for the various age groups by the end of this year.

In view of the development of our sport, we would like to cooperate with the European Association of Basketball Coaches and with the technical organizations of FIBA.



by Raffaele Imbrogno

# PHIL JACKSON: A COACHING LEGEND

Raffaele Imbrogno, former Director of the Italian Basketball Federation Study Center, is an Instructor with the Italian National Coaches Committee of the Federation. Imbrogno is the author of several technical basketball publications.

**Lesson N. 1. It is not important how difficult is the challenge. Believe in yourself and in your teammates.**

**Lesson N. 2. Don't criticize and gossip about people who work with you. This creates turmoil and wounds that are very difficult to treat and heal.**

**Lesson N. 3. Don't leave the road. Don't surrender. Always get up. It doesn't matter how you fall and how often you fall. What is important, however, is how many times you are willing to get up and try again.**

**Lesson N. 4. For a team to win, it doesn't depend on how a great player or many great players. Everybody on the team must sacrifice and give a piece of himself to become champions."**

*Phil Jackson, "More Than a Game."*

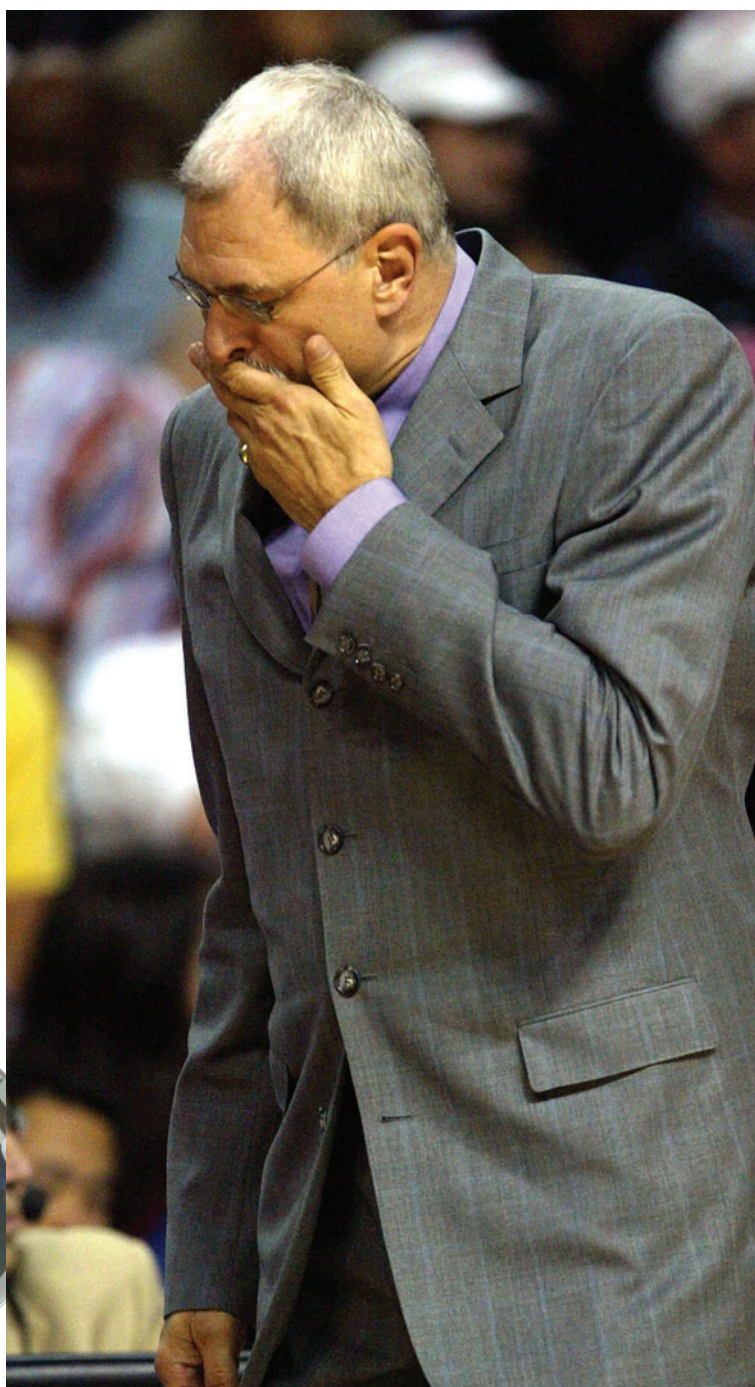
In the American basketball world there is an ongoing debate about Phil Jackson. Is this the winner of nine NBA championship the best coach of all the times? Perhaps this data will provide the ultimate answer: Phil Jackson has won 80 per cent of all games he has coached, including both the regular season and playoffs.

Many articles have been written about this great coach, but Jackson has written a lot himself over the years, describing the basketball championships as well as his philosophical meditations on the game.

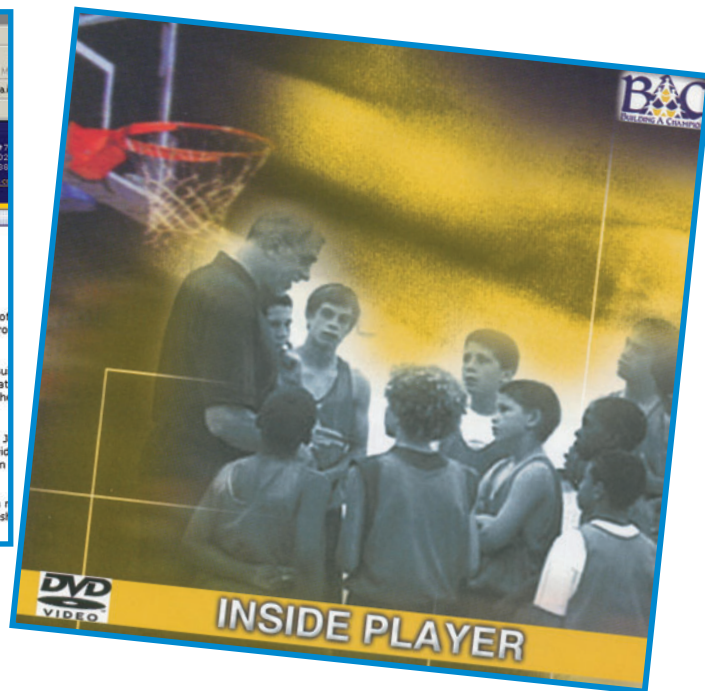
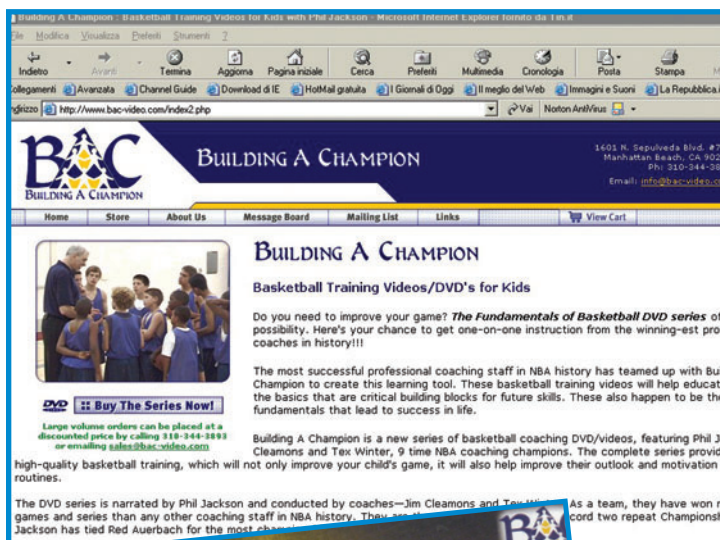
In the early 1990s he co-wrote the book *"Cockroach Basketball League"* (Seven Stories Press) with Charley Rosen, his friend, the writer and former CBA basketball coach. This was followed in 1996 by *"Sacred Hoops"* (Hyperion), written with Hugh Delehanty. *"More Than a Game"* (Simon & Schuster), followed in 2002, again with



*In this section, we introduce the latest books, videos, CDs, and other tools that are primarily aimed at coaches, but certainly useful for all of our readers. Please send your suggestions and comments about our basketball-related media for review in this section.*







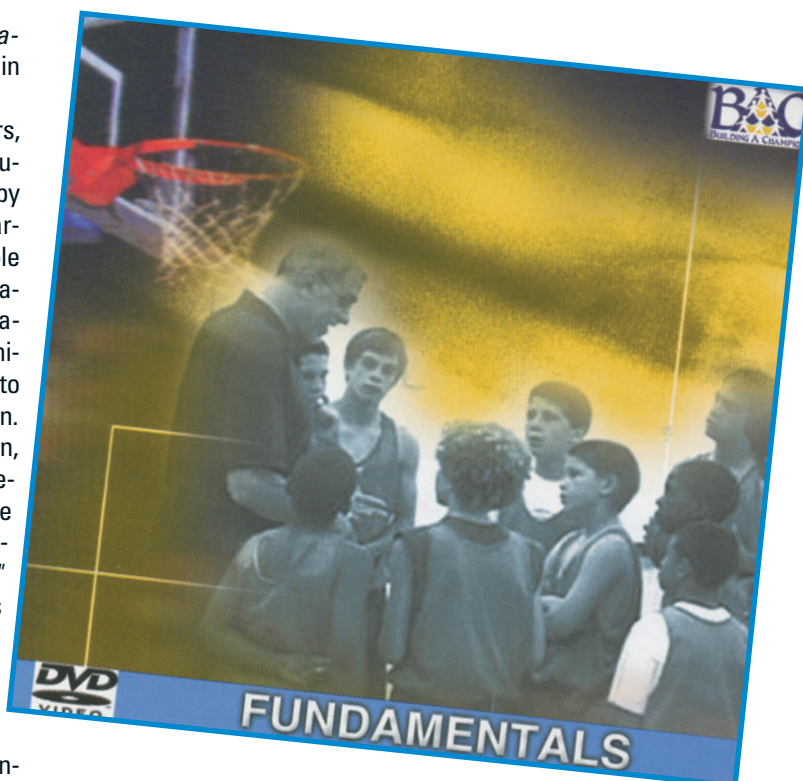
tals and concepts of the game with extreme simplicity, following the advice given to him a long time ago by Red Holzman, who had coached him when he played for the New York Knicks. Holzman wrote in the preface of the Jackson's book "More Than a Game": "Basketball is not a rocket science. You need to put the ball in a basket on one half court, and guard the basket on the other half court; and you must play as a team."

Information on how to order Jackson's DVDs, which are important tools for coaches at every level, can be obtained at the Building a Champion website ([www.bac-video.com/index2.php](http://www.bac-video.com/index2.php)) or you can write to: Building a Champion, 1601 N. Sepulveda Blvd. #776, Manhattan Beach, CA 90266.

Charley Rosen, and *"The Last Season"* (Penguin), written with Michael Arkush, was published in October 2004.

Jackson has been an extremely prolific writer. Over the years, he has written the preface to books by his best friends, including Bill Bradley (*The Value of the Game*), Tex Winter (*Trial by Basketball*), Jim Thompson (*Shooting in the Dark*), and Charley Rosen (*The Pivotal Season*). Until now there was a visible gap: he had never published a technical "product" about basketball that covered the fundamentals, described his teachings, or his practice and game tactics. To study his technical and tactical work and philosophy it was possible only to watch the his teams in action, either in person or on television. This gap has been overcome, thanks to Building a Champion, a California company that has recently produced three interesting DVDs, with Jackson as the main actor. The three DVDs in "The Fundamentals of Basketball DVD Series" include *"Principles of Passing," "Guard Play,"* and *"Inside Players."* Jackson, the former coach of the Chicago Bulls and the Los Angeles Lakers, with the help of his longtime assistants, Tex Winter, and Jim Cleamons, introduces his training methods and philosophy about the basics of the game.

Jackson has been known to quote from authors and poets when he coaches his players, but he teaches the fundamen-







**FIBA**

We Are Basketball



by Costas Rigas

# PHILOSOPHY AND EDUCATION OF REFEREES

**Costas Rigas is the Director of Officiating for ULEB, the Union of the European Basketball Leagues, which runs Euroleague.**

The creation of Euroleague in 2000 and the ULEB Cup in 2002 has brought together the top players, coaches, and referees in Europe under the leadership of ULEB, the European Union of Basketball Leagues.

The three elements of the game that appear in public on the court cannot work in isolation. Players, coaches, and referees must work together to produce a good performance for those people who have to pay to participate, namely, the spectators.

From its conception, the Euroleague Referees Department has worked very closely and objectively with the coaches from all participating clubs in order to establish a professional working relationship with the best minds in European basketball. To continually raise the image and level of performance, it is essential that everyone involved have the same goals for the sport, the strong desire to go in the same direction, and a willingness to openly and honestly discuss all everything and anything that will make the game function at the highest level.

There is a schedule of meetings each season, beginning with a pre-season meeting in August/September, and a mid-season meeting in January, to analyse and evaluate previous performances. The agenda for each meeting consists of a re-

view by the Director of Referees, followed by open discussion with the coaches, and then a series of videotape presentations covering specific areas of emphasis.

The videos and the subsequent discussion between the Referees Department and coaches enables a number of Points of Emphasis to be created and taken to the Referees Meetings for dissemination. The discussion group in the Referees meetings allow the referees to participate in their own learning process and encourages individuals to make constructive contributions and decisions on various topics. Our staff attendance at the NBA staff clinic confirmed that we are working along similar lines in referee education.

There is an open and honest acceptance by all parties that everyone makes mistakes; players, coaches, and officials are all human beings and even the best of the best make mistakes. This acceptance enables all parties to have a greater understanding of each other's roles and a higher degree of tolerance when honest mistakes occur. The old, pervading situation of mistrust and fear between players, coaches, and referees has virtually been removed by the knowledge that it is now an established statistic that any team has a chance to win on any court.

There is a very close relationship in professional and personal terms between coaches and the Referees Department, culminating in the reality that 25 percent of the total evalu-





ation of the referees is made by the club coaches. Many coaches have used this opportunity to provide excellent and objective information on referee performances as well as sending videotapes of all games, along with specific situations for ongoing development projects. Communication is continuous. This information is passed on to the referees to encourage them to continually review their performances and behaviour. We also utilize 12 very experienced and respected observers, who watch many games and give immediate feedback to the referees. Their reports are another important tool in our referee evaluation.

Great emphasis has been placed on developing "mental" skills so that the referees can be better prepared for dealing with emotional situations as well as for the "unexpected." Everyone needs to understand the emotional reactions that occur during games. The Director of Referees and Technical Advisor review most games, either live or by video, preparing video examples for the improvement of the referees, both individually and in the clinics. The video presentations prepared by the Referees Department for viewing by coaches and referees always contain specific areas of emphasis such as "off the ball fouls," "post play," and "unsportsmanlike fouls."

In Frankfurt, during the January 2002 mid-season Clinic, the first-ever meeting between coaches, referees, and observers took place in a large conference room that provided an impromptu "mini" coaching clinic with both coaches and referees showing each other examples of plays and concerns. It was agreed that all concerned must continue such developments and co-operation in the search for better performances.

Therefore, the agenda for the meeting between coaches and referees in January 2003, which took place in London, included a practical session in a local sports hall. The theme of the session was "Interpreting Contact": what is, what is not a foul, and why? It is said that a picture saves a thousand words and that was very true as the session unfolded into a scintillating demonstration by some of the top coaches in Europe. Practical demonstrations of basic plays such as "pick and roll," "open,"

and "blind" screens, and "motion offense," as well as recognizing illegal actions created by hand-checking, charges, and blocks and verticality plays, all contributed to a very enlightening two hours. The verbal and practical exchanges between coaches and referees on the court were a remarkable sight.

In addition to this, there have been previous discussions with the coaches and members of the newly created Euroleague Technical Commission on the playing rules of the game, highlighting common concerns about certain rules that were undermining and restricting the development of the game. The 24-second rule dominated the debate and everyone agreed that it was a rule that should be changed for the 2003-2004 season, after being approved by the General Assembly of ULEB. Similarly, the new rules implemented for the 2004-2005 season, including time-outs in last two minutes and semi-circle, were approved after discussions with the top coaches in Europe, including such icons of the modern game such as Berkowitz, Brunamonti, Dalipagic, Luyk, and Giannakis.

The new Euroleague Technical Commission members participated fully in the whole program for Coaches and Referees, giving them valuable insight into the current work of the Referees Department and also how they can make a valuable contribution to the future. During the 2003 pre-season clinic in Crete (Greece), Clifford Luyk from Spain conducted an excellent clinic on "Basketball Terminology," highlighting systems of play and tactical situations. Panagiotis Giannakis, from Greece, gave a superb eye-opening clinic on how "Coaches teach defense", during the 2004 pre-season clinic, which illustrated many of the "tricks" used by players during the game.

As well as philosophical changes for referees in ULEB competitions, there have also been significant changes to the administrative procedures that clubs and officials have to observe. There is no hospitality offered by clubs, no gifts, and no notification of nominations. These changes to previous procedures have put both clubs and officials on a more professional footing and created more independence for both parties. Confidentiality and neutrality are keywords.

The introduction of the three-referee officiating system has more than justified itself by creating greater coverage and a decrease in fouls, as well as providing opportunities for young referees to gain experience in the company of two more experienced colleagues. Communication between participants has increased considerably, enhancing respect and cooperation. In May 2004, the Euroleague released a training DVD of its three-referee system as an educational tool to be used on a worldwide basis in conjunction with other officiating systems.

The referees have to undertake rigorous testing procedures in the pre-season clinics; they have a medical examination to check eyesight, weight, cardiac condition, and blood pressure. As well as the traditional International Referees Shuttle Run test, they also undergo a new BTR Speed test. A rules theory test is supported by a rules video test. The regulations for referees are strict in that any official not meeting the required standards is withdrawn from the list of referees available for nominations. In the mid-season clinic, the referees have to undergo another International Referees Shuttle Run test in order to check on their continued fitness and physical profile.

We fully understand that there are many challenges ahead. We plan to introduce new technologies to assist in the communication of video clips to referees immediately after the games by the introduction of laptop computers and the incorporation of observers using "Blackberries" to send instant examples via electronic mail. With the ever-emerging use of technology, but with the continued co-operation and understanding by all participants and a joint willingness to progress further, there is no turning back, only a determination to grow and continually improve.

We are convinced that the new agreement of the mutual co-operation between ULEB and FIBA will provide us with the opportunity to study in depth the exciting debate about the technical rules and also improve the technical level of all referees by trying to develop a more spectacular game, which in short, is what all basketball fans desire.



by Ronnie Nunn

# REFEREE MOUNTAIN CLIMBING

**Ronnie Nunn, a veteran of 19 NBA seasons, he is the NBA's Director of Officials. He handles the day-to-day management of the referee staff, including the daily instruction of the officials on the interpretation and application of NBA playing rules. He reports directly to Stu Jackson, Senior Vice President, Basketball Operations.**

I am not a mountain climber, except for some experiences in hiking as a Boy Scout during the early developmental years of my youth. Hiking with all that gear was tough and demanding and it took a long while to reach the top. It cer-

tainly doesn't compare with serious climbing that documentary television shows reveal, but it includes skill and caution to reach the peak. Even for those attempting facsimile mountain climbing in some of the more progressive fitness centers, it proves to be a task as well. They've included this exercise and feat as an additional way to focus and concentrate in reaching a goal.

Refereeing basketball has many of the same principles as those needed to climb mountains. First and foremost, the accomplishment doesn't come quickly.

It requires strength in mind and body, good footing, guidance, safety precautions, and other quality traits. Mostly, it is a step by step process. All of us wish for immediate gratifications in our pursuits in life but, in reality, greater accomplishments come after hard, disciplined and step by step work.

At various levels we all think we're better than we are and think we should be selected ahead of the other official chosen for an assignment. Officiating is also a STEP by STEP process.

Not one official I've ever seen has impacted any division, any conference,





and any international or pro level category with skills that reflected unprecedented value or expertise.

Players do most of the impacting in basketball.

Coaches, when they have talented players, can create an environment that leads to winning results.

Credit should be given to those who mesh talented people into winning teams. Certainly, other coaches can create winning attitudes though the results may not be reflected in the win column.

Nonetheless, the best referees demonstrate their value after being taught, mentored and supervised in their climb. Basic criteria for accomplished officials are skills culminated in play calling, game management techniques, experiences in various venues and diplomatic, yet firm, decision making to name a few. One of the most important criteria is ACCEPTANCE. Each of us forgets this immeasurable piece. It's often found in the minds and eyes of onlookers: Coaches, Supervisors, Athletic Directors, General Managers, Owners, Media and Fans. Even when your skills and abilities register high on the proficiency scale, it's not until a certain period of time passes that the official gets his/her proper respect.

Networking has its value on the refereeing climbing system. However, choosing the right training programs will develop your skills and will ultimately increase your opportunities for success. Sometimes the "Old Boy Network" looks like the political way to go but, in the long run your skills and continued experience are your closest allies. Remember that there are others competing against you with "Old Boy Network" ties as well. Secured and polished skills are two of the safest ways to proceed.

Here are some recommendations for successful "Referee Mountain Climbing":

- ▼ SACRIFICE your time and money when looking for the best training program. Find the "Harvard" of Officiating camps and attempt to sign up.
- ▼ LOOK for the training program that provides growth in you as a person and as an official.

▼ NETWORK in your local area by finding and asking for opportunities to referee and hone your skills in small venues - i.e. high school summer leagues, year round recreation leagues, etc.

▼ COPY and /or MIMIC quality and successful officials with respect to their signals and court demeanor and call selectivity.

▼ NEVER attempt to move upward too quickly. You may find yourself overwhelmed with a lack of expertise. Returning to that opportunity can either be distant or never.

▼ BE CAUTIOUS about presenting yourself in competitions before getting the proper instruction and proper experience. First impressions are lasting.

▼ WORK towards unifying your performance with your partners rather than being a "know it all".

▼ REMEMBER to review your game and critique your abilities. You can never be someone else so, build on your strengths and minimize / eliminate your weaknesses.

▼ UNDERSTAND that refereeing at the higher levels is a process defined by slow and deliberate productivity.

▼ REFRAIN from anxiety knowing there's always a veteran official ahead of you and he/she has the believability and credibility that will later be yours.

The goal is to be a believable and respected official. Remember to enjoy the climb. There's a great view from the top.

#### CREW DYNAMICS / PARTNERING

The above title and concept is essentially at the core of successful officiating today. Neither the individual official nor his / her crew can succeed in their respective work without giving strict attention to Crew Dynamics and Partnering.

Crew dynamics include terms like mechanics, primary and secondary coverage, rotations, call selectivity, calling

the obvious, open and closed angles, consistency of calls and game management in naming a few.

Partnering describes the way we interact with our fellow officials. It includes our attitudes, character, demeanor and the manner in which we work together for the common good of the game and ourselves.

There is a strong need for the assimilation of these two components in every officiated game. We are more involved than ever with this thinking since the "Three Person System" of refereeing basketball games has become more broadened. We must refine it and sophisticate it to meet the needs of excellence required of officials today.

The most important and necessary piece in officiating is to get the play called correctly. There's nothing new in this thinking at all. However, the method in which to accomplish this goal needs fine-tuning of the individual and the crew. A more notable and obvious example in getting the call right for officials and the viewing public is often seen when a controversial call is made that requires a conference of the officials. We've all seen these on particular plays like, out of bounds, a score or no score concern, a rule interpretation, etc. The process of coming together must always continue. The results of those conferences reinforce to all that the officials continue to demonstrate, that getting the right call is at the foundation of the integrity of the game.

However, it's clear that officials cannot conference on each and every call. The concern now is, how can we make the right call individually and as a crew, as the game moves as its rapid pace and yet, employ working methodologies and dynamics to reach the lofty goals of making correct calls?

As mentioned above, there are several ways to optimize Crew Dynamics and Partnering that will result in raising the percentage of correct calls and correct no-calls in a game. Let's review the following 10 steps:

1. Understand what's required of you from all three positions on the floor - Trail, Lead and Slot [Center].

2. Understand, interpret and apply the guidelines to the type fouls / violations you'll encounter at each position.
3. Be clear on your primary coverage at each position for yourself and your crew.
4. Recognize secondary coverage and apply yourself to help on those plays that clearly require a whistle.
5. Recognize the Purpose of Rotation. Give meaning to your movement and know that you should rotate in the lead to the ball side [strong side] as often as possible.
6. Remove from your mindset a "sense of urgency" in attempting to judge plays in your primary or secondary that are unclear and inconclusive. **DEPEND ON AND TRUST YOUR PARTNERS FOR HELP!**
7. Reinforce for yourself and the crew that, all plays are either fouls/violations, or they are not. Inconclusive [borderline] plays are not fouls or violations. **THEY ARE INCONCLUSIVE AND THEREFORE CANNOT BE JUDGED AS INFRACTIONS.**
8. **DON'T GUESS!....** Refer to item 6 above.
9. Don't be offended by a whistle in your primary blown by your partner from his/her secondary. He or she should not whistle the play unless it can be clearly validated as a foul or violation.
10. Understand that some calls creep through that are missed by all on the floor at one time or another. It is the nature of the business. However, we must attempt to keep those instances to a bare minimum and "make them the exception rather than the rule".

In summarizing, it's more and more evident to all those who watch our game, play in it, coach it, scrutinize it, and follow it, that there's a continued need and a demand for excellence in our work as officials. We must use the current tools available to us in making us better by securing mentors, using video tape, honing our skills work in productive summer and winter leagues and attending camps that teach, instruct and develop the current edge approaches



that result in bettering our abilities and chances to officiate basketball games at all levels.

Crew Dynamics and Partnering are major keys in the development of those officials who wish to reach higher goals and meet greater successes wherever their officiati-

ing schedule may take them.

Be encouraged to know that education of the issues and individual talent will promote you from within yourself, while the results of your hard work, schooling and skills will promote you to those who will undoubtedly take notice.



# RIGHT OR WRONG?

1. Team A is in control of the ball with 5 seconds remaining on the 24-second clock when a fight situation occurs. After order has been restored and penalties have been determined, the officials find that all penalties cancel each other. Shall play resume with a team A throw-in and only 5 seconds remaining in the 24-second period?
2. A shot for a goal is in the air when a double foul is committed by A2 and B2. The shot is successful. Shall play resume with an alternating possession throw-in?
3. A3 receives the ball while in the air and comes to a stop in one continuous motion by landing on one foot, jumping off that foot and finally landing on both feet simultaneously. A3 then pivots. Has A3 committed a traveling violation?
4. A4, within the 2-point area, attempts a pass to A5. The ball is above the rim when B5 reaches through the basket from below and touches the ball. Shall A4 be awarded two points?
5. A8 substitutes for A3. After the substitution but in the same stopped clock period, A5 commits a fifth foul and must leave the game. The only player on the team A bench entitled to play is A3. May A3 re-enter the game at this time?
6. After a violation for illegally returning the ball to the backcourt, shall the resulting throw-in always take place in the throwing-in team's front court?
7. A5 commits a violation on a last or only free throw. May team A be granted a time-out at this time?
8. After A4 has ended a dribble, a held ball is called between A4 and B4. Team A is entitled



to the next alternating possession. Shall play resume with a team A throw-in and no reset of the 24-second clock?

9. On the jump ball that begins the game, the legally tapped ball is touched but not controlled by A5, after which the ball goes out-of-bounds. Shall the jump ball be repeated?
10. A3 has been dribbling the ball in team A's backcourt for 6 seconds when B3 deliberately deflects the ball with the foot. On the resulting team A throw-in, shall team A be given a new 8-second period to advance the ball to the team A frontcourt?

## ANSWERS

1. Yes (Article 39.3.2)
2. No (Article 35.2.2)
3. Yes (Article 25.2.1)
4. No (Article 13.2.2)
5. Yes (Article 19.2.4)
6. Yes (Article 22.2)
7. Yes (Article 18.4.1, 3rd bullet)
8. Yes (Article 12.3, 50.4)
9. No (Article 22.2)
10. Yes (The ball has not become dead as a consequence of one of the situations listed in Article 28.2.2 or 50.4)



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FIBA

We Are Basketball



by Sergei Kushchenko

**Sergei Kushchenko, formerly the Chief Executive Officer of the Ural Great Perm team in Russia, now holds the same position with the CSKA Moscow team.**

Modern basketball and sport, in general, play a significant role in the service and entertainment market. This market has already been established with all its specific characteristics. Nowadays, we cannot show interest just in sports fans only, but in all other spectators. Basketball has become increasingly popular in the past few years and we have made a step forward in regards to investments and sports. What, then, is the task of a sports manager? I believe the principal tasks include keeping the heritage and value of the sport, while putting it in a suitable package that can be sold to spectators and advertisers.

#### THE CLUB'S BUDGET AND RELATIONSHIP WITH SPONSORS

During nine years working in Ural Great Perm team we managed to cover 30 to 35 percent of the budget by funds made by the club, only for the past three years. The club made a profit from selling our brand, tickets, and souvenirs, but also from advertisement fees and sponsorships. Since its formation, CSKA has had a status of a club that functions well, thanks to donations. After two years of complete marketing-oriented work, the club has managed to now earn approximately 40 percent of its annual budget. The remaining part is covered by investors and sponsors of the club. In Moscow, basketball has powerful competition in attracting major sponsors because football, hockey, tennis, concerts, and other popular cultural events already have a major piece of the advertising money. Last winter, management carried out special

# THE ROLE OF THE CLUB MANAGER





marketing research in order to establish facts and learn, who actually attends our games, how much money people are ready to pay for a ticket, and what was necessary to improve the program. People, who took part in the poll, were not only those fans who paid for tickets for the games, but also people, who go to the theater and cinema. The results of this research (a 100-page report was subsequently produced) were analyzed in detail and we then had a clear picture of the CSKA basketball audience.

Our next task was to attract and win over new spectators, the ones, who like basketball, but also go to other sporting events and interesting spectacles as well.

#### FIBA - ULEB RELATIONS

A contract has been recently signed between FIBA and ULEB. The potential of this contract in terms of marketing is huge. We have been given a unique opportunity to create a consistent structure that will connect all of European basketball. Such a situation provides us with a possibility to conduct negotiations with potential sponsors and investors from very different positions. We were previously forced to explain with the potential sponsor and investors: "We have the

best sports league-Euroleague. However, there is another Euroleague, organized by FIBA, but that one is weaker."

Is it possible to conduct negotiations with top brands such as McDonalds or Coca-Cola under those circumstances? It isn't, of course. The changes that we are about to make, primarily in marketing, are aimed at creating a game that is even more attractive for spectators, more dynamic, and more interesting for fans and sponsors. There is no sense in going backwards.

ULEB implies a high level of competition. I would like to repeat that all amendments to the rules are justified in order to make the basketball game more attractive. More precisely, it is quite possible that FIBA will gradually apply ULEB rules to other tournaments, as well. ULEB should persuade FIBA management that such steps are justified. In case the entire European basketball policy is focused on our mutual work and cooperation, rather than a FIBA Europe/ULEB confrontation, we shall have vastly improved competitions in two or three years. I also predict that we shall have a proper sale of TV broadcast rights, with 18 cameras at each game, held in sold-out arenas.

This is possible to achieve, because it has already been achieved with soccer.

However, soccer has one major disadvantage: it can rain during a match. The beauty of basketball is that all games are held indoors, and our fans can enjoy a meal, a drink, and a great show.

Moreover, our contract will lead to the formation of a unique closed market in Europe. We can certainly create a product and make an enormous amount of money by selling that product. Let's say that even now, in an objectively complex situation, CSKA gets approximately one million dollars for participation in Euroleague, including a bonus for moving on to the Final Four. It is clear, however, that this amount is not relevant considering our expenses. However, with Euroleague, which will sell its product for 100 million euros, the income of each individual club will shortly rise and 30 to 40 percent of the teams' budgets will be covered. These sums will realistically approach the amounts received by soccer super clubs from selling their product. NBA clubs made \$2 billion in five years, only from the sale of TV rights! Of course, this cannot happen with us right now. Nevertheless, it is important to have aspirations and goals. It is necessary to create a competition. Our opponents make us stronger, in business, as well as





in sports.

#### RELATIONS WITH THE NBA

It is vitally important to create and put in operation a real basketball machine in Europe that generates profit. This has to be a smooth-running mechanism with every single detail elaborated well. In order to communicate with Americans on the same level, we have to have talented and marketable players. Many European players are in NBA today and the clubs receive a decent compensation for their players. However, imagine the future: we have first-class competitions that sell well. The clubs get good money for these games. In such a situation, we will not trade players for \$200,000 but for \$3 million. In addition, if you don't want to trade player for that amount, he will be playing for his club and attracting paying spectators and sponsors willing to invest. Moreover, the national team will be better. Maybe Americans think that they are better than European players are, but they now have to prove this. At the national team level in Indianapolis and again at the recent Olympic Games in Athens, we saw the high level of play by European players. It's now time to see similar progress on the club level. Only then will the NBA consider the question: Why not create an alternative league in Europe?

At that point, they would buy what we have already created. We have to be ready for this. Yes, you can buy, but for a good price. Modern basketball, and sport in general, plays a significant role in the service and entertainment market. This market has been already established, with all its specific characteristics. As the performance of basketball players has been elevated, basketball has become increasingly popular over the past few years. Here's a prime example: Although hockey is more developed as a sport in Russia than basketball, TV ratings for the games of the basketball team from Perm are higher than the ratings of the Russian hockey play-offs.

#### WORKING WITH SPECTATORS

There are some basic principles that need to be understood when working with spectators. First, it is extremely important to provide maximum comfort. This means comfortable seats, a wide selection of souvenirs, fast-food selections, entertainment in the hall, prize contests for visitors with valuable offerings, and, of course, a support group. During the previous season, CSKA developed and implemented several new ideas for specta-



tors' entertainment.

For example, there was bingo for children. One of the sponsors allotted 30,000 rubles, about 1,080 dollars or 825 euros (about per game for special prizes).

There are still things to think about, but I don't want to reveal everything because I want to leave some surprises for the upcoming Euroleague Final Four. When we played with Benetton Treviso last year, we managed to attract a large number of people. Surprisingly, as many as 20 percent of these spectators had never attended a basketball match before. Some had only been to one game prior to this one.

Our principle aim is to present basketball

as a form of relaxation and entertainment-and this must be appealing. Each spectator, who comes to watch a game, should relax, not only enjoying the basketball game on the court, but the other things we have to offer as well. Since we also view the game as a form of family entertainment, we came up with an idea of the creating a children's playground in the gym.

Our goal is to sell all of our tickets (sell-outs) for all of our games. How can we achieve this? While working with Perm years ago, I entered the arena and saw 7,500 spectators, who were eagerly expecting an entertaining spectacle and a



victory for their favorite team. It was then I realized that this basketball-marketing job must be done professionally by putting everything on the wheels of business and creating a simple structure.

Today, this business structure functions well for the CSKA club. We have everything that a company should have, including legal and economic experts. Our legal experts make contracts, manage the relationship of players with insurance companies, and perform all of the bookkeeping duties. CSKA can also offer various services to the public, including auditing, legal evaluation, and website construction.

At Perm, as well as at CSKA Moscow, we tried to offer our best to spectators. We started with a laser show just before the team took to the floor. We had eating areas where people could enjoy a meal. There was a playground for children. You will have a meal and then, there will be the playground for children, filled with toys. Leave your phone number and go cheer your favorites. You can earn 15,000 rubles (about 540 dollars or 410 euros), and maybe 30,000 (1,080 dollars or 825 euros) at bingo. You can meet our coach and our players. You can have a photo taken with them and get autographs. Everything you want. As a result, tickets for the Euroleague TOP 16 have all been sold.

Do you know what made me proud in Perm? I beat hockey and soccer in separate events. And I have maybe an impossible dream, of overplaying the top competitor - football!

Just have a look. Beckham, the superstar of Real Madrid, scored a goal with his head and all the newspapers write about it for the whole month. "Beckham scored with his head!" Can you imagine what would have happened if he had scored with his back? Today, it is relatively simple to become a football manager. You can just take a ball and go. That's because football is on the top. And even if a team loses a match and the score is 0-3, the newspapers will run stories all week.

Moreover, in the same newspaper I can find only one inconspicuous article about basketball. I am not pleased with that.

The semifinals and finals for the best basketball clubs in Europe will be held here, in Moscow in May. We want the arena to be full and we are already planning to build a new arena that could hold 15,000 people. The Euroleague, together with the club, has started with special packages for companies, who want to enter the "European Arena." We shall play in the Olympic arena and agree which places and po-

sitions of advertising panels will belong to the clubs and which will belong to Euroleague.

Then we shall become a part of the Euroleague Pool. Twenty-five countries, including the United States, will watch the Euroleague Final Four in Moscow. The TV pool is very demanding. There is also a paradox: as far as the budget of the European clubs is concerned, approximately 50 to 70 percent of soccer and basketball clubs depend on the sale of TV rights. It is certainly good for management. For example, one TV company in England did not grant the license for broadcast rights for second football division, and the clubs were ruined. Just in one day. That is the other side of the coin.

For now, we are not facing such a danger. Our clubs need advertising. It is necessary to raise basketball as a brand to a higher level.

People often ask me about the effects of the pre-game show on the game itself. Let's imagine there is no spectacle at all. You bought a ticket for 30 rubles (1,08 dollars or 0,825 euros), came to a match, and watched an average basketball match - maybe even a high-quality basketball

match. You went home afterwards and that's it. Only people who like basketball come to see the game. There are, let's say, one thousand people of that kind. However, what we need is not a true basketball-only spectator. We need people, who will delightedly say: "Tomorrow I am coming to the game with my girlfriend or boyfriend or children". They can watch this, too. I want these people to have a basketball fever.

A basketball game needs much more than the game itself to attract spectators.

What we have here with basketball is a high-quality, intellectual game. In Moscow, for now, the game is not very popular. This means that we have to focus on it. The year when we presented our show for the first time, the Euroleague introduced some new rules. One rule was that each team had to have a pre-game show. And so, they perform the shows to the best of their abilities. Once, instead of good-looking girls in the pre-game, we engaged some big girls as cheerleaders, the "Fat Girls." The coach of the Italian team we played against was laughing to death during the whole first quarter.







by Wolfram Klug

# STANDARDIZED IT SUPPORT FOR ALL FIBA EVENTS

**Wolfram Klug is FIBA's Information Technology (IT) Manager. He has been with FIBA since 1999 and is responsible for information technology and related projects at FIBA. He has an extensive background in sport science, mathematics, and information technology.**

Organizing committees for big basketball events face the complex task of creating an Information Technology system for their event, without which they would not be able to efficiently run the competition.

Accreditation, scheduling, results, statistics, ticketing, and security are all core elements of event management and must be supported by a well-tested and flexible IT environment.

When starting out, most of the Local Organizing Committees (LOCs) used to develop their own IT solutions because they could not rely on the experience of previous organizers and events.

FIBA has started to evaluate the possibility of using a unified Information Technology system for all its events.

The advantages of such a novel approach are numerous: a complete, cost-efficient and smooth technology transfer from one to the next event, a standardized data output for all FIBA events, improved management and promotion of the event, enhanced marketing, and quality of related data services.

## THE TASKS

While organising upcoming events,

FIBA is coordinating the implementation of the Event Technology System, together with the LOC.

This system does allow managing the event on the several fields, which shall be explained later.

Since just about every basketball event has similar needs and only the size of the respective championship might be different (number of venues, teams, games, and spectators), the Event Technology System keeps each LOC from having to reinvent the wheel.

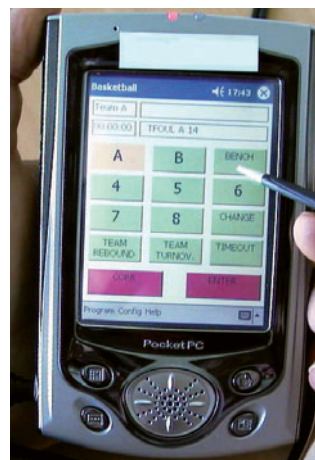
Establishing standards, using the same setup, and, if possible, installing identical equipment for all championships are cost-effective and time-saving measures.

IT nowadays offers a large variety to support almost all groups that are involved in an event.

Starting with event management (accreditation, transport, and ticketing), followed by running the tournament locally (results and scouting), to promoting it to the outside world (Internet, TV), just about every task can be supported.

## CUSTOMISING VERSUS REINVENTING

Customising an existing turnkey solution to the size and necessities of an event shall be the main focus, instead of repeating the development and configuration of new soft and



hardware for every championship.

Furthermore, maintenance costs and costs for further development lie in the hands of an external company, which provides software, hardware, and support.

The company naturally has the goal of providing a state-of-the-art product in order to keep their market strength.

The more experience such a third party has gathered, the more that the LOC and FIBA benefit from them.

A provider, who is involved with other sports and events, brings up new technologies and ideas that have been developed for other occasions, and FIBA can then apply them to basketball.

This knowledge transfer cannot be underestimated.

Examples of applications that are interesting for future include:

- ▼ Virtual advertisement (as used in soccer).
- ▼ GPS-controlled (global positioning system) transport management (transport business).
- ▼ Ad hoc 3D-visualization (i.e. soccer).

## MARKETING OPPORTUNITIES

Having an identical system used for several different events furthermore opens marketing opportunities.



Once a standard for interfaces such as SMS services and 2G/3G devices have been implemented, they can be packaged into a sponsorship agreement more easily.

Long-term agreements are feasible, as FIBA will use a stable, reliable, and identical system in the future. Information Technology serves as a medium through which FIBA's potential marketing obligations to its sponsors-such as onscreen identification-can be fulfilled.

## CORE COMPONENTS OF AN IT SYSTEM FOR BASKETBALL

### THE ACCREDITATION SYSTEM

The Event Accreditation System relates to the required technology that manages and produces the various accreditations. This ranges from online registration of journalists over validation at several locations (usually FIBA's and the LOC's offices), to printing the accreditation at the venue office.

### THE EVENT INFORMATION SYSTEM

The Event Information System shall ensure that competition-related information, results, statistics, rankings and other important items are gathered and distributed to the various media (TV, commentators, journalists, Internet), in a timely, efficient, and reliable way. The Event Information System includes the following elements:

- ▼ Scoring-the score will be displayed on the local scoreboard, television, Internet (Live!), included tools such as the FIBA Buzzer.

Testing the interface between the data system and the scoreboard is especially important where only older technology is available in the arena.

Nowadays, however, scoreboards usually have universal standards, so that all systems are then compatible. This avoids preparation time and costs.

- ▼ Scouting (statistics) - Game data will be handed over to the team delegates directly after each game, and are transferred automatically to a FIBA Central Database (FNA). These are available at the FIBA.com archive and displayed on the Internet (live!) and displayed on the CIS (Commentators Information System) monitors. Again, this would further open various marketing possibilities of the official data.

Operating the input devices shall be user friendly so that experienced local scouts can be taught its functionalities during one test game.

Usually, this information is entered with the use of notebooks or handheld devices.

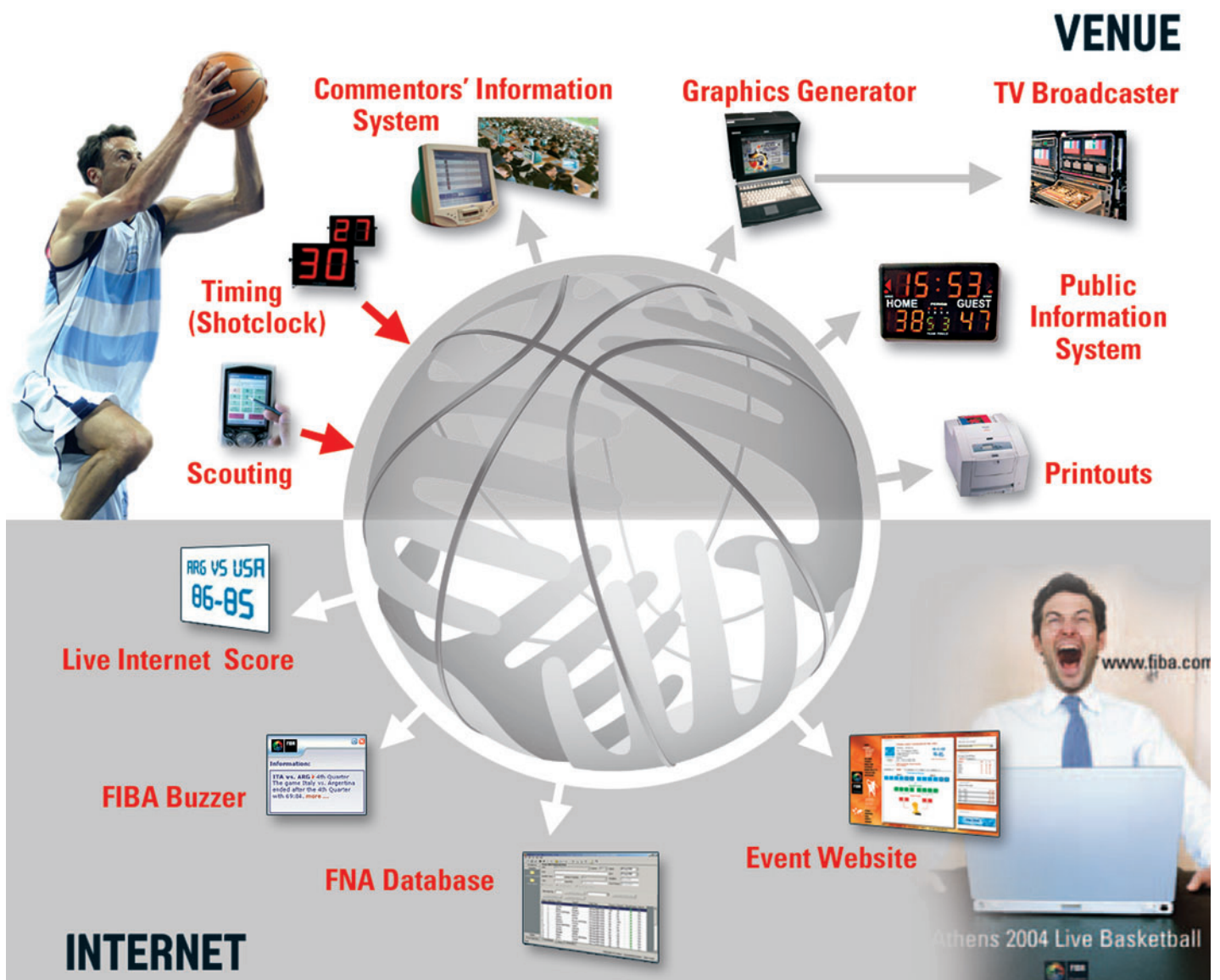
Wireless connection is a big advantage because it allows users to be in any convenient po-

sition in the arena.

- ▼ The Commentators Information System (CIS) will be fed and provide all important statistics of the teams and players to accredited journalists. This can be done on touch screens, any personal computer with the CIS software installed, or simply Internet based.
- ▼ TV Graphics - the Broadcaster will receive the same live information, and can add it to his signal.
- ▼ Video Screen - The same data can be displayed on a video screen.
- ▼ Printing - Different standard reports can be printed and uploaded as a PDF on the event website. These reports shall be customizable, allowing sponsor logos to be inserted.







▼ Interfaces to other systems, such as mobile phones and 2G/3G devices is feasible.

All Statistical Data output conforms to the ORIS standards, which have been defined in collaboration between FIBA and the IOC, the International Olympic Committee (see the above graphic).

#### THE CHALLENGE

Basketball is one of the fastest team sports, with a large amount of data to be collected in only short time period. This requires a system that helps making decisions easy (example: after having entered a missed shot, the software shall automatically ask for the rebounders uniform number, instead of having the scout select the action "rebound").

In case a scout has inserted an error, it must be easy to correct by the scout himself or an operator.

#### SECURITY

Large sports events may attract hackers and encourage them to break into the system itself or the event website.

Therefore, security must not be underestimated and appropriate efforts and means have to be applied. System breakdowns are not only caused by "hackers."

All hardware, software, and connectivity has to be backed up. Sufficient testing has to be undertaken; there is nothing better than having a system tested during a large number of live events.

#### SETTING STANDARDS: GOOD EXAMPLES

##### WEBCAST OF FIBA EUROPE ON GAME LEVEL

One good example on how the size of such an Event Technology System has

been customized and adapted to an event is the software that has been recently developed by FIBA Europe. This product has been distributed to clubs for the current season. Used during games, it provides basic printouts and live scoring of the game on fibaeurope.com.

#### SUPPORT PACKAGE FOR BIG EVENTS

For the Diamond Ball 2004 and the European Championship 2005, FIBA and the IOC (EP2005) did chose German-based company WIGE Data, which was strongly involved with the Athens 2004 Olympic Basketball Tournament as a subcontractor for SWATCH.

During these events, a complete event support package as described above has been implemented and will be applied in order to guarantee perfect management and promotion to the basketball fans worldwide.



by Iztok Rems

# STRUCTURE OF THE SLOVENIAN BASKETBALL FEDERATION

**Iztok Rems is the Secretary General of the Slovenian Basketball Federation.**

Early basketball in Slovenia can be traced to 1939, with the game taking root and gaining popularity by 1945, the year that basketball games were first contested in the country.

The period between 1945 and 1950 is of particular importance for Slovenian basketball for it was then that basketball was embraced by the young people, became popular for spectators, and quickly became the leading sport in the country. At that time, basketball was played mainly in the city centers, and because it mainly attracted students, it was played at many schools throughout the country.

The first Slovenian Championship for both men and women was held August 17, 1946 in Ljubljana. The next month, men and women participated in the State Championship in Belgrade. The first international game was held in Ljubljana, a year later, on September 22, 1947, with SK Zeleznicar from Bratislava as the first opponent. In May 1948, the first official qualifying tournament in Skopje was held. The sport games for Slovenia were organized in February 1949 and the first international tournament was held in Ljubljana.

Basketball took on a more official look with the establishment of the Basketball Federation of Slovenia (BFS) on January 15, 1950. The Referees Association was established that same year, with the Coaches

Association established in 1955.

## THE STAFF OF THE FEDERATION

BFS is nonprofit organization located in Ljubljana. With the exception of the president of the federation, the Secretary General and all other personnel are full-time employees.

## PRESIDENT

Dusan Sesok, who is also a member of the Central Board of the Slovenian Olympic Committee, has been president since 1996.

## SECRETARY GENERAL

Iztok Rems, an international referee, has led the BFS since 1995, working closely with the Federation President. He is responsible for the employees, all office activities, international relations, sponsorship, planning, and other improvements.

## DEPUTY SECRETARY GENERAL

Polona Sok is responsible for finance and accounting, bank relations, international relations, and eligibility.

## DIRECTOR OF NATIONAL TEAMS

Since 2004, that department has been headed by Tone Krump. His primary duties concern the national teams (preparation, arranging friendly games, tournaments, and qualifications). He is the chief of Professional Council, which:

- ▼ Follows the achievements at basketball home and abroad;
- ▼ Publicizes basketball and ensures its professional development;
- ▼ Cooperates with other professional and expert organizations, nomi-





nates the head coaches for all national teams, and selects the leaders of men's and women's coaching staffs;

- ▼ Coordinates and supervises the work of all the National teams;
- ▼ Coordinates the development and progress of professional coaches;
- ▼ Acts as intermediary with the Olympic Committee.

Finally, he is responsible for arranging the annual BFS Camp in Postojna.

#### COORDINATOR

Alenka Skreblin is the Coordinator for the Women's Basketball and is responsible for the national team and the players and coaches selected to the national teams.

Working with the Director of national teams, she informs the the clubs about the national team selections, makes accommodations for the needs of all national teams, and contacts other Federations about tournaments and official games. She also helps with the formation and direction of the men's program, and communicates with the Olympic Committee, when necessary.

#### PRESIDENT OF THE COMPETITION DEPARTMENT

Brane Ivanus is responsible for all basketball competitions. He nominates referees and Commissioners for the Division 1A, 1B, 2 Men's Competitions, and Men's Cup (named Spar). He does the same for the Division 1

Women's Competitions.

#### HEAD OF MEN'S & YOUTH COMPETITIONS

Boris Majer takes care of all competitions for young men (U14, U16, U18, U20), and for the Division 3 Men's Competitions. He is also responsible for the registration of players (men and women) for the federation's largest basketball competition, the Pioneer's Festival.

#### SECRETARY

Andrej Kobilica manages all documents. He helps with the registration of players and coordinates the work between the BFS and and the Coaches Association, where he also serves as a secretary.

#### EVENTS, PROJECTS, INFORMATION TECHNOLOGY, WEBSITE

Natasa Potocnik is in charge here. She also helps with accounting and does other tasks given to her by the Secretary General.

#### NATIONAL TEAMS

The Men's National team have participated in all European Championships since our country became independent, winning the 2000 and 2004 titles for U20, and second place in 1998. We also won a silver medal at the 2002 FIBA U18 European Championship in Germany.

#### CLUBS

Basketball Club Union Olimpija regularly participates in European competitions at the highest level, winning the European Cup in 1994. Pivovarna Lasko and Krka Novo Mesto are two other clubs that often play in the top European competitions.

#### PROJECTS AND EVENTS IN 2005 AND 2006

The Basketball Federation of Slovenia will host the General Assembly of FIBA Europe in Portoroz as well as the basketball camp organized by BFS.

2006 will mark the 40th anniversary of the Pioneer's Festival, a competition for boys and girls in primary schools (450 schools) that attracts more than 10,300 pupils annually.

Other interesting basketball projects include:

- ▼ SKL (School Basketball League) for high schools, with additional programs for cheerleaders and dance groups, with instruction also provided for TV programming and journalism.
- ▼ Street Basketball
- ▼ Senior (Maxi) Basketball

The above mentioned (Street and Senior Basketball) are quite popular in Slovenia



and are organized by the Federation. In 2001 Slovenia hosted and supported the World Maxi Basketball Championship. For more than 30 years, the Basketball Federation of Slovenia has organized an international basketball Camp that attracts more than 300 players (boys and girls) and more than 50 coaches and 40 referees.

#### SOME OF OUR BEST PLAYERS ABROAD

Bostjan Nachbar	(New Orleans Hornets)
Radoslav Nesterovic	(San Antonio Spurs)
Aleksander Vujacic	(Los Angeles Lakers)
Beno Udrih	(San Antonio Spurs)
Primož Brezec	(Charlotte Bobcats)
Marko Tusek	(Lottomatica Rome)
Jaka Lakovic	(Panathinaikos, Athens)
Marko Milic	(Scavolini Pesaro)

#### CONCLUSION

People involved in basketball in Europe and the rest of the basketball world admit that the Slovenian basketball system is one of the best in selecting and supporting young talented players, who go on to play for the leading clubs within the country, the national team, top European teams, and the NBA. In fact, 53 Slovenian players currently play for the best clubs in Europe, with five playing in the NBA. Eight Slovenian coaches now train teams abroad.

Although Slovenian basketball has achieved quite a lot, we are all aware that, as in the past, years of hard work and effort are still needed.






**FIBA**

We Are Basketball

by FIBA

Photos: AFP

# BASKETBALL TO GIVE HOPE

FIBA has been deeply moved by the terrible tsunami that devastated 8 countries in South Asia (Indonesia, Sri Lanka, India, Thailand, Malaysia, Maldives, Burma and Bangladesh) and also hit East Africa (Kenya, Seychelles, Somalia, Tanzania and Madagascar).

Such disasters remind us of the vulnerability of life. So far nearly 300,000 people have been reported dead or missing and millions of others from these regions have lost their home. One third of the victims were children.

Sport can contribute to the socioeconomic development and can promote a healthy lifestyle and personal growth in populations of all ages - particularly those of young people.







The IOC and National Olympic Committees (NOCs) have concluded cooperation agreements with a number of United Nations' programmes and funds to bring the benefits of sport to all victims of the tsunami.

FIBA strongly believes that basketball can bring a positive influence to those victims and regions. Therefore, the FIBA Study Research and Study Centre has decided to set up a tsunami relief project with FIBA Partners to support those affected by the tsunami.

The following Sponsors and Partners have already confirmed their intention to provide basketball equipment or material:

- ▼ Champion (basketball uniforms and shoes)
- ▼ Conti (basketballs)
- ▼ Molten (basketballs)
- ▼ Gramet Sport (portable equipment units)
- ▼ Prestige (hardwood flooring manufacturer)
- ▼ Sport Court (outdoor basketball court)
- ▼ Sport System (monotubular basketball system, basketball backboards, monotubular basketball structure, mini-handball goalposts)

Following the 10th Annual Partners and

Decisional Board Meeting of the FIBA Research and Study Centre, held in Bologna on February 24-25, 2005, two actions are going to be developed by FIBA. For the short term period, the main priority is to implement streetbasket in the tsunami relief and refugees camps to help the victims "rebuild" themselves through sport and its value of integration. For this first part of the tsunami relief project, basketball equipment/material such as outdoor backstop units, basketballs, whistles and shoes are needed.

Also, on the initiative of their Secretary General, Dato' Yeoh Choo Hock, FIBA Asia has set aside special funds for the regions hit by the tsunami. This money will be distributed personally to the most affected countries in Asia by FIBA Asia Secretary General, who has planned to visit them in the near future.

Mid-term wise, outdoor courts will be built up where basketball facilities have been destroyed with the help of the long and solid experience of FIBA Partners. The idea is to construct an ideal "FIBA outdoor court" at a reasonable cost to develop basketball in the regions affected. For this second part of the tsunami relief project, basketball equipment/material like backstop units, synthetic floorings, basketballs, lighting, manual or electronic scoreboards, whistles and shoes

are required.

In both cases, basketball can provide positive activities to the communities and allow them to smile again.

Here are the steps FIBA will follow:

- ▼ Evaluate the basketball facilities' situation of each country hit by the tsunami (inventory of the devastated courts and sports halls)
- ▼ Identify the tsunami relief and refugees camps
- ▼ Implement this project in the most affected countries with the collaboration of FIBA Asia and the National Federations
- ▼ Collect and take care of the delivery of the Partners' Material/Equipment to the selected regions
- ▼ Be responsible for all logistics
- ▼ FIBA has also been invited to attend a special meeting organised by the French Sport Newspaper "L'Equipe" in April in Geneva at the UN Headquarters under the patronage of the Special Adviser on Sport for Development and Peace Adolf Ogi, together with the IOC and other major IFs to discuss possible alternative measures of assistance in the affected "tsunami area".



by Charles Edwards

# PREVENTION IS BETTER THAN CURE

Charles Edwards is a Swiss dentist. He graduated at the University of Geneva, Switzerland, and is a member of the Swiss Odontology and Stomatology association.

As a past Swiss youth and junior athletic champion of the 400 meters got him interested in sport injury prevention.

The numerous cases of dental traumas seen in more than 25 years of private practice have lead him to look for the best individual protection in contact sports.

## ALARMING STATISTICS

The National Youth Foundation reports than more than 5 millions teeth are lost every year by sports activities in the United States.

## SPORTS AT HIGH RISK OF OROFACIAL INJURIES

Dento-facial traumas represent 10% of the lesions, it is the third most affected zone after the lesions of superior and inferior limbs.

This percentage however varies in different contact sports.

## BASKETBALL CLASSIFIED HIGH RISK

In Dr. Raymond Flander's 1995 study on the high incidence of oral injuries, he reports than in basketball where mouthguards are not routinely worn, 34% of the injuries were orofacial, involving the teeth and the oral cavity.

Various degrees of injury, from simple contusions and lacerations to avulsions and fractured jaws are being reported.

## AGGRAVATING FACTORS

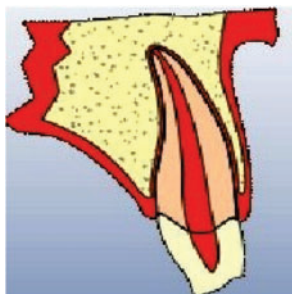
- ▼ Dental status (position of the teeth)
- ▼ Environment (surface of the field slide- collisions: proximity of the bench-backboard support)
- ▼ Accessories (ball, hardnesss, speed of the ball)
- ▼ Physical contact (blows struck with the head or elbows.

These factors are an unavoidable part of the game.

## MAXILLO-FACIAL INJURIES: CURE

### MOST COMMON INJURIES

Laceration (cut in the lips and gums).



### TOOTH FRACTURE

**Without lesions of the pulp**

Treatment: dental reconstruction- crown (age 18+).

**With lesions of the pulp**

Treatment: dental reconstruction - root canal - crown (age 18+).

### ROOT FRACTURE

Treatment: Extraction-dental implant.

## LOOSENED OR LOST TEETH

Treatment: Favorable conditions-tooth reimplantation 15 to 30 minutes after the injury. Reimplantation not possible: (time, other factor): dental implant.

How to handle such injuries?

The tooth can be reimplanted and retained for life if certain conditions are respected.

## TO THE ATTENTION OF THE COACH

We believe that every basketball coach should have a first aid kit with a solution of Hank's Balanced Salt Solution (HBSS), or any similar solution recommended by his sport dentist.

If you don't have this solution the tooth can be placed in cold milk, saline solution, or saliva.

The dental rehabilitation of such injuries prove to be costly, 400 \$ to 2000 \$. The athlete often has insufficient insurance cover.

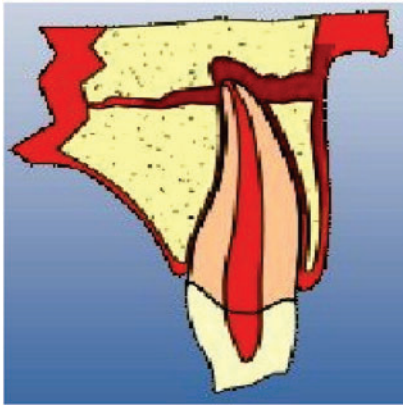
However more important than the monetary factor is the fact that the rehabilitation cannot guarantee reconstructing the dental health or the initial solidity.

## SEVERE INJURIES

More severe is the maxillary or the mandibular fracture.

The rehabilitation of this type of injury involves the dentist and oral surgeon. The victims of such injuries face an important lifetime cost and the possible development of other dental problems such as periodontal disease.





## PREVENTION

The best way to prevent common or severe injuries is to wear a mouthguard.

### What is a mouthguard?

A mouthguard is a protection, which fits over the teeth and gum.

### The importance of information & the role of the parents and the coach

Parents are often badly informed of the level of contact, and the risk of dental injuries.

Coaches often lack information on the best way to prevent them.

Why is it that in many countries, the use of mouthguards in professional basketball is rare and even non-existent in the amateur world?

The reason seems to be the negative perception the coaches have towards a product usually found in sporting goods stores.

These mouthguards are usually uncomfortable, do not fit, are bulky, and interfere with breathing and speaking. The majority of athletes therefore end up wearing an illfitted mouthguard.

Information on other existing mouthguards should be made available to the coach and other interested parties through the sport dentist thus preventing injuries in an effective manner.

Schools, parents, dentists, insurance companies and coaches should be involved. It is the best way to reduce private or state dental cost and therefore should reduce the insurance premium.

## THREE TYPES OF DIFFERENT MOUTHGUARDS

### ▼ Standard (ready made mouthguards).

They come in limited sizes (usually small, medium, and large) and are

the least expensive and least protective.

**Inconvenience:** bulky- lack any retention-bad taste-interfere with speaking and breathing.

Noting the inconvenience we already have a good reason why professionals and children refuse to wear mouthguards.

### ▼ Boil and Bite mouthguards

Most commonly used mouthguard on the market. Over 90% of the mouthguards worn are of the variety bought at sporting good stores.

**Inconvenience:** bulky- lack any retention-bad taste- interfere with speaking and breathing.

Noting the inconvenience we already have a good reason why professionals and children refuse to wear mouthguards.

J. Park at the First International Symposium on Biomaterials in August of 1993 reported that boil & bite mouthguards provide a false sense of protection due to the dramatic decrease in thickness occlusally during the molding and fabrication process.

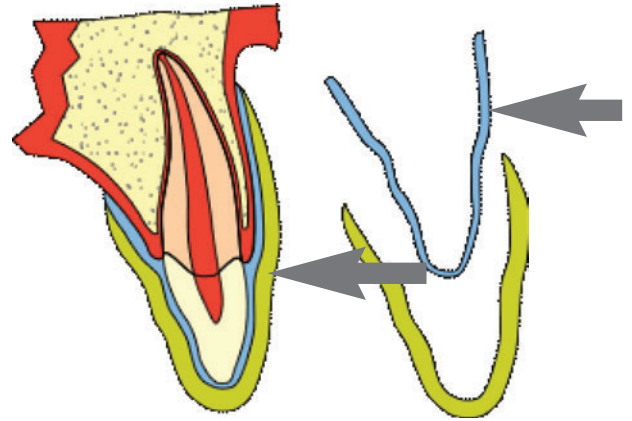
90% of today's mouthguards worn are standard or boil-and-bite variety, and it is the perception by the public and coaches that these are the only available mouthguards.

### ▼ Custom made mouthguards

### What is a custom made mouthguard?

Custom fabricated mouthguards are essential in the prevention of basketball maxillo-facial injuries.

- Your dentist supplies custom-made mouthguards.
- The dentist takes an impression of the upper and lower jaw.
- The mouthguard is fitted on your dental imprints.
- The mouthguard is designed for the particular sport, and level of competition being played
- The mouthguard can be designed



for the elite professional, amateur or the youth (with the possibility of providing space for any erupting teeth orthodontic treatment.)

**Advantages:** adaptation, retention, comfort, and stability of material.

After a short period of adaptation, no interference with speaking or breathing.

For basketball we recommend a custom made multiple layered mouthguard.

A minimum of 2 laminated layers (2/4mm) is necessary.

**Attractive:** A pressure laminated mouthguard can be fabricated in different colours or transparent.

### How to obtain a pressure laminated mouthguard?

Through a dentist or a laboratory using the pressure laminated technique.

"Mouthguards" is a general word covering as you have

seen a large variety of products. We highly recommend custom pressure laminated mouthguards for your protection.

Choose a product, easily recognizable, custom fabricated by a trained person according to very strict guidelines.

We wish you a great new season in perfect dental health.





by Drew Cleary

# ATHLETE NUTRITION

## PART II

**Drew Cleary enters his 8th season in the NBA and is currently the Strength and Conditioning Coach with the Washington Wizards. He has worked with the Portland Trailblazers, the Orlando Magic and, individually, with Scottie Pippen and Monica Seles.**

### PROTEIN

The protein here should be from a good source and match the workout. Specific days have been designated as to which form of protein you eat. Let's take a quick look at the recommendations.

Let us first analyze the lifting days. This is contingent on how you are training obviously, but I will break it down in simplistic terms.

#### 1. LEGS

The biggest muscles in the body are the legs. For this reason when we work our legs the most tissue will be torn down. The more tissue torn the more proteins required to rebuild. Thus the densities are very important. I would recommend the red meats here. Eat plenty of high-density proteins when working your legs. Eat proteins out of group 1.

#### 2. BACK AND CHEST

These are the second largest muscles (actually the back is bigger than the chest, believe it or not). Here we want something out of the second group of proteins. These proteins include chicken, turkey and pork. Eat proteins out of group 2, when training your back and chest.

#### 3. NON LIFT DAY

On the non-lift day there is no tearing of tissue the muscle tissue. You may still be conditioning or playing and will still need proteins for the repair of that work. On this day the fishes and shellfish are utilized or any of the plant proteins listed below. There has been limited tissue tearing as compared to the lift day so we do not need the density or the extra calories from

red meat or chicken and pork. On any day the green vegetables are still consumed. Eat proteins out of group 3 on non-lift days.

The following is a table that also appears in the "What are proteins" section. This table illustrates protein densities. These densities are important as it allows us to match the consumption of proteins to the intensity of your day's work.

with that for the recuperation qualities they afford us.

Here are few forms of red meat that are good sources.

Obviously, always try to get the leanest versions of these cuts of meat. We want to keep the fat intake down as much as possible. Lamb chops, although fatty, are a great source of the red protein.

Top sirloin is perhaps the big daddy of red protein. Lean and protein potent.

#### DENSITY LEVEL

#### PROTEIN SOURCE

5	Group 1
4	Group 2
3	Group 3
2	Group 4
1	Group 5

\*Group 4 & 5 do not really count. These are snacks more than meals

#### LEVEL

#### WORK LOAD ON MY BODY FOR THE DAY

4	Hard training day on my body
3	Medium training day on my body
2	Low training day on my body
1	Day Off no training on my body

The harder you work the higher you go on the protein meter.

Now that you understand how to correlate the days work to what you will be eating, you have to understand the different types of protein in each of the groupings.

The following is a break down of the protein groups.

#### RED MEAT GROUP 1

These are the powerhouse proteins so to speak. We would like you to eat red meat, when you have done the hardest work on your body. This would be the legs in the basketball players' world. The red meat is the highest density meat there is as you can see in the chart above. It will enable maximum tissue repair. Inclusive in this group would be beef and lamb.

Although both of these animals are high in saturated fat we are prepared to deal

#### CHICKEN, PORK, TURKEY GROUP 2

These are good sources of protein. They are for the most part low in fat. The density of protein for recuperation is not as high as red meat, but they contain less fat. If these proteins were all you could eat, you would be fine. As stated before, always select the leanest cuts and prepare it in a way that is healthy. This means throw your deep fryer away. Some good sources of group two proteins are as follows. Boneless skinless chicken low in fat high in protein A nice lean piece of pork. I would still trim some of the fat off.

#### FISH AND SHELLFISH GROUP 3

This is the least dense protein there is and I think our body does the worst job



of assimilating (taking in) the source. The reason for that is unknown, but I think the water creatures as opposed to land dwellers have something to do with it. These proteins are great sources of omega fatty acids, which are healthy anti oxidants.

I would advise eating fish on the days you do not lift weights or on days off. Fish is light and enables you body to stay sharp. You do not want the heavy proteins all the time. Fish and shellfish play an important balance in the diet because sometimes less is more. You will notice from the protein density table that fish are no different to chicken in that the lighter the flesh the less protein. The darker fleshed tuna and salmon are higher than say the swordfish, which is a white fish. Fish is a good selection if weight control is an issue. Once again always select the leanest cuts and prepare it sensibly.

Some examples of good sources are as follows. Tuna is lean and packed with some high power proteins. Salmon although a little fatty is packed full of omega fatty acids, Very filling. Shrimp believe it or not are the densest proteins in this group along with lobster. Swordfish a great choice to lower the intake of calories.

#### **EGGS AND CHEESE GROUP 4**

Eggs and cheese are good snack sources of protein. They are not high density proteins, but a good supplement none the less. The protein powders you buy are made of whey (left over scum off cheese) and sometimes eggs. As you can see the in the protein density table this group of proteins are nowhere near meat in their density characteristics. I do not think the body does well assimilating (take it in) the protein. That is why protein shakes in my mind are crap and at best a snack. I would not use the protein shakes as a "meal replacement" like the big supplement companies condone. I do however like eggs and cheese as long as they are in a low fat form. As discussed in the "what are proteins?" Eggs are little high in cholesterol (yolk), but a very good source of protein

#### **PLANT PROTEINS GROUP 5**

Plant proteins are also great sources, but, sometimes, are high in carbohydrate, as well as protein. Humans survived on plant proteins for thousands of years. It was not until animal proteins came

into our diet that humanity literally exploded.

These plant forms are the protein "runts" though and are only useful as supplements. Although they are the weakest form of protein, they play an important role in our diet. The following is a quick breakdown of the plant proteins.

1. The beans are high in fiber, very useful for hunger reduction.
2. The soy allows us to reduce using animal products.
3. Tofu, well I just can't touch that stuff I'm sorry. If you can more power to you.

Now that you understand what the proteins are here is how you should eat them.

### **RATE YOUR DAY**

#### **HEAVY WORKLOAD**

Heavy workload would be completing an off season legwork out and then playing in the afternoon. Or an in season leg workout and practice.

This may also be the back of a back to back. You know which day this is it's the one that makes you sore, very sore.

#### **HARD TRAINING LOAD**

This would be a practice with a lift afterwards. Not the worst day, but tough none the less. You would not want too many of these in a row. In a game sense it would be a pre or post game lift plus a hard fought game in which you played a lot of minutes.

#### **MEDIUM TRAINING LOAD**

Medium would be a regular practice day with no lift, or a game day without a lift. Or a game you played less than 24 minutes in.

#### **LOW TRAINING LOAD**

A low training load would be a shoot around type practice. An in-season lift without a practice or a game. This would be a day where we workout, but don't really push ourselves.

#### **DAY OFF**

When I refer to a day off, I mean a day off. No lifting and no practice. We need more of these to stop the degrading of the body.

As the season goes on these are rare. Embrace them for what they are and take it as it is intended, a day off. Let the

body rest and regenerate.

#### **C. VEGETABLES**

This meal always requires vegetables and/or a salad. You may have either green or yellow vegetable at lunch. A salad is also a solid choice but be careful what kind of dressing you use. All of the calories are located in the dressing. You must be careful with salad dressing.

#### **EVENING MEAL (DINNER)**

##### **(90% Proteins - 10% Carbohydrates)**

This is a very important meal because these are the energy units you are going to give to your body to repair the tissue you have torn down during the day. If you put bad energy into the body you will not regenerate effectively and thus you will be at a higher risk of injury. Dinner is constructed of two elements, protein and green vegetables only.

#### **1. PROTEIN**

The selection of protein is the same as explained above in the lunch section. Use your common sense though if you have a really tough practice and a lift you can't eat steak two meals in a row. Try eating the group 2's (chicken, pork, turkey) at lunch and the group 1's at dinner (red meat). Or on lighter day's group 3's (fish) at lunch and 2's (chicken, pork, turkey) at dinner.

#### **2. GREEN VEGETABLES**

Green vegetable is the only other thing needed. Your body needs a very tiny amount of carbohydrate to assimilate (take in) the protein. This is where the green vegetables come in. Yellow vegetables are a little too high in carbohydrate to be eaten with this meal. Yellow vegetables include corn and squash. The greenery is also high in fiber, which will help curb your appetite. You might want to have a salad here, which would be all right if the dressing is low in sugar and fat.

I would rather you have salad with a higher fat content dressing than a dressing high in sugar.

Be careful, a lot of times to take the fat out of salad dressing the manufacturer add sugar to the dressing otherwise it tastes terrible. Make sure the dressing is low in sugar. Balsamic vinaigrette or oil and vinegar would be better than ranch dressing for example.

Use common sense on the amount of dressing you put on the salad. Some examples of green vegetables are as follows.

**WHAT ABOUT SNACKS?**

You will get hungry between meals. The morning snack could be any thing from some nuts to a protein bar. Make sure the protein bar is low in fat. Fruit should only be eaten as a snack in the morning, try not to eat fruit after lunch. You will probably get a little hungry in the evening also. You may have cheese (preferably low fat), eggs (hard-boiled without yolk), and beef jerky. NO FRUIT or anything with sugar.

**DESSERTS**

We all like something sweet. I am a chocolate freak so giving this up is not easy for me. With that said if it is important to you to eat correctly this is a sacrifice you will make (I still eat chocolate but not all the time it is definitely a treat). You may have chocolate occasionally just be sensible.

Try to stay away from desserts with sugar. The preferred desserts are sugar free. They are definitely an acquired taste however. Eating too much artificial sweetener can be dangerous to your health. It is better to simply skip this meal or find a sugar-free dessert you like by trial and error. Try to give up desserts 6 days a week and treat yourself on the other day.

What should I drink with my meals?

This is a very important question. I recommend gods water at every meal. Water is the most nutritious stuff that we can't live without.

I like to drink still and carbonated waters. You would be amazed how many calories some people could remove from their diet if they stopped drinking soda and drank water instead. Gatorade (or similar drinks) is fine during practice or games because there definitely is a correlation between sugar and performance over time. But be sensible with it. I advise players to drink as much water as they drink Gatorade (or similar drinks) during practice and games (50% water 50% Gatorade) and you will stay hydrated. Coffee and tea are fine as long as there is no sugar. If you want some sugar in your coffee in the morning it is all right, not in the evening. A small glass of juice is also all right in the morning. I emphasize small. Juice is very dense; it contains a lot of calories in a small packet.

*For questions/comments, please write an e-mail to: [drew@hoopstrength.com](mailto:drew@hoopstrength.com). For more information, visit [www.hoopstrength.com](http://www.hoopstrength.com), a free site for the development of strength and conditioning specific to the basketball player.*

**PROTEINES DENSITIES****GROUP 1**

Top Sirloin (Beef)	120 grams	25.8	162
Top Loin (Beef)	120 grams	24.3	168

**GROUP 2**

Light Meat (Chicken)	120 grams	19.8	96
Dark Meat (Chicken)	120 grams	18.0	150
Top Loin (Pork)	120 grams	18.6	138
Light Meat (Turkey)	120 grams	18.6	135
Dark Meat (Turkey)	120 grams	17.1	105

**GROUP 3**

Lobster	120 grams	17.5	95
Shrimp	120 grams	17.2	90
Tuna	120 grams	15.6	75
Trout	120 grams	14.2	88

**GROUP 4**

Egg	120 grams	10.5	126
Egg Substitute	120 grams	9.0	45
Cheese (American)	120 grams	18.0	120
Cottage Cheese	120 grams	10.5	60

**GROUP 5**

PROTEIN SOURCE	WEIGHT	PROTEIN GRAMS	CALORIES
Tofu	120 grams	6.9	66
Soybean*	120 grams	30.9	354
Lima Beans*	120 grams	17.4	284

\* Significant source of carbohydrate as well as protein.





by Tony Bové

# THE ACHILLES TENDINITIS

**Toni Bové is the athletic trainer for F. C. Barcelona, the Spanish basketball team who won the Euroleague in 2003.**

## A PREMISE

When I started my physiotherapy job in sports, it was a natural thing for me to do since I was an active basketball player at the time. My predecessors came from the world of massage therapy and did not have any academic qualification for treating athletes. I believe that I was the first with these skills in my country.

My first interaction with the NBA was in 1995 when I met Mike Saunders, the trainer of the New York Knicks, and Hubie Brown, who was the coach. What I remember so vividly was the advice they gave me: Before working with an athlete you must know how he is as an individual. Don't forget that everybody is different and each has a different sensibility. In addition, they said, a trainer is paid to take care of athletes, not for playing, not for doing anything else.

It is not necessary that the physiotherapist be an athlete himself, but it certainly helps.

He must be a team person and like to work for a team. He has to know his role on the team, not be exploited by the team, and understand that his job is to be a keen observer of the athletes under his care.

## WORK TO BE DONE

- a. Forecast
- b. Provide continuing care following a medical diagnosis
- c. Design an effective maintenance program
- d. Provide invisible training

## FORECAST

We will be working with players in one of the following two situations:

- a. Players who sustain repeated injuries. We need to prevent this from occurring and protect with tape whenever possible.

- b. Players who need protection from initial injury.

## CURATIVE

We sketch out a work protocol with two aims: recovery and protection.

## MAINTAINANCE

Massage and stretching before and after workouts help avoid injury.

## INVISIBLE TRAINING

It is critical that each player feel completely at ease in everyday life, whether it be with nutrition, relaxation, exercise routine, or one's sex life. A player needs to find ways to be happy with his life.

## TEAM WORK

It can be divided and subdivided into the following groups:

### Training sessions

- ▼ Before: apply therapeutic treatments and preventive strategies (massage, stretching, taping)
- ▼ During practice or games: pay attention to what is going on; examine each injury; recommend and offer the precise treatment
- ▼ After: stretching, massage for recovery.

## ACHILLE'S TENDON TENDINITIS

Before reading any further, perform the following self-test: With your thumb and forefinger, gently squeeze the length of your Achilles tendons, from the base of your heels to several inches below the base of your calf muscles. This quick self-examination will point out if you have any early signs of Achilles tendinitis. If the tendon is tender to the touch, it's a signal that an athlete should take immediate preventive measures.

Achilles tendinitis, an inflammation of the Achilles tendon, the thick and sturdy rope-like band that connects the calf

muscles to the heel bone, is a nagging and painful ailment that many basketball players ignore in hopes that it will magically vanish. It's this avoidance, however, that only prolongs the problem.

The game of basketball requires that the calf muscles contract suddenly and with great force. It's the Achilles tendon—at six inches, the largest and strongest in the body—that allows the athlete to push off with his foot to run down the court after a loose ball and to jump to get the ball careening high off the backboard. Unfortunately, those athletes who play the game often are frequently slowed or stopped by pain originating at the back of the ankle.

Achilles tendinitis is generally an overuse problem, one of the more common in sports. Treating the painful ailment by stretching and strengthening the calf muscles at the first signs of trouble will speed recovery, help prevent recurrence, and may also offer a measure of protection against the most serious of all Achilles tendon problems, the rupture. This injury, in which the tendon snaps with a popping sound like a rubberband that has been stretched too far, generally requires surgery followed up with months of extensive rehabilitation.

## SYMPTOMS OF ACHILLES TENDINITIS

Tendinitis symptoms develop slowly and include discomfort, swelling, stiffness, and pain—a mild burning sensation that makes the tendon tender to the touch—felt upon waking and usually localized in an area one to three inches above the heel bone. The pain is deceptive. It generally lessens as an athlete walks and play basketball, but intensifies shortly after the workout ends. However, if the athlete continues to practice or play and doesn't reduce either the duration or intensity of his game, the problem will become chronic and difficult to relieve.

## WHY IT OCCURS

Several factors trigger Achilles tendinitis. Quick starts and stops on the court,

and side-to-side movements leave you vulnerable to Achilles tendinitis. Wearing worn out basketball shoes or shoes that allow the ankle to pronate (turn inward) are often primary causes. Other major precipitating factors are training errors, such as a return to extensive workouts after a long layoff; a quick increase in training duration; or having calf muscles tighten or become inflexible from lack of stretching. In addition, playing on a hard basketball court with little shock absorbency can easily lead to an Achilles injury.

#### TREATMENT STRATEGIES

Unless the pain is severe and the athlete has trouble walking, it is appropriate to self-treat Achilles tendinitis with the following measures. Should the pain level increase or the problem continue for longer than two to four weeks, an appointment should be made with an orthopedic specialist.

At the first sign of heel tendon pain, massage the sore spot with ice for 20 minutes; repeat before and after a basketball workout for a total of four times daily as long as pain persists. For

extra pain relief, take antiinflammatory pain medication such as aspirin or ibuprofen according to label directions for as long as symptoms last. Refrain from the offending activity as much as possible and begin "relative rest" by choosing a non-weight-bearing activity or sport that doesn't stress the heel tendons: Lap swimming or water aerobics, bicycling, or cross-country skiing are excellent. Continue these cross-training activities until the injury has healed. Calf stretching and strengthening exercises should be performed before exercising (but only after you're warmed up) and again after exercising. To prevent recurrence of pain, continue the stretching program even after the pain has subsided (see box below). In some instances, the therapist will tape the tendon and heel areas for practice sessions or competition. The tape limits ankle motion and protects the Achilles tendon from further injury.

#### THE CALF DROP

After an injury, the Achilles does need some rest. What seems to help the healing process once the pain lessens

is an exercise called the calf drop, an aggressive strength-building exercise that lengthens and strengthens the tendon. Here's how to perform it:

- ▼ Warm up and stretch for five minutes. Apply ice to any painful tendon areas for five minutes.
- ▼ Stand on the balls of the feet on the edge of a step. If necessary, hold onto the wall for support.
- ▼ Flex the knees and drop so the heels are lower than the toes. Rise as high as possible on the balls of the feet, hold for a few seconds, and then quickly drop to stretch the tendon again. Perform three sets of 10 repetitions. Depending on pain, repeat the exercise daily.
- ▼ The key element is the "drop" phase—the rapid descent that elongates the tendon. Increase the velocity of the drop until the athlete can perform the exercise as rapidly as possible without any pain. When this becomes easy, place a barbell on the athlete's shoulders loaded with approximately 10 percent of his bodyweight and perform the exercise.







**FIBA**

We Are Basketball



by Jouko Vuolle

**Jouko Vuolle is a member of the FIBA Europe and FIBA World Youth Committee.**

The typically cold morning of February 28 helped explain a lot why basketball is not the biggest sport in Finland. The thermometer registered 20 degrees below zero, immediately freezing any body part not covered in warm clothing. There was snow everywhere you looked. In many parts of the world, basketball is a year-round game, outdoors and indoors. However, in Finland, playing outdoors is not possible six months of the year.

This is not to say that there is little interest in the game. Finland is a wealthy country and many parents are ready to invest a reasonable amount of money in their children's hobbies and sports activities. In addition, every school in Finland has a place to play basketball, as mandated by law. The reason for this is that the ex-president of the Finnish Basketball Association was also a member of Finnish Parliament. He initiated a proposal in the late 1950s stating that: "Because basketball is a very good sport for boys and girls and no special or expensive equipment is necessary" basketball backboards and rims should be installed in all schools throughout the country. Nobody was against the idea and that is how Finland came to embrace basketball.

Basketball has a long tradition in Finland. The game was first introduced in the country in 1927. YMCA workers who first learned the game in Copenhagen came

back to Finland and started playing and teaching the game to others. The Finnish Basketball Association was founded in 1939, and in the same year, Finland participated in the European championship tournament for the first time. Do not ask about results. Finland lost by about 91-1.

Nonetheless, it was a start.

Mini-basketball also has a long tradition in Finland. Since the mid-1960s, the game of mini-basketball has been played in Finland using 260 cm goals with # 5 basketballs. At the earlier years, also Finnish championships for mini-basketball were played, but, since 30 years, there is not anymore any championship. Young boys and girls are content to play in regional level tournaments and participate in a wide variety of tournaments and rallies.

Since 1979, there has been a very close association with the Biddy Basketball organization in the United States. Teams and coaches from Finland have taken part in tournaments in America and we have been pleased to host American guests.

To understand the situation of Finnish basketball even better, you first need to understand that there are barely five million people living in Finland, a country that is 1,200 km long from south to north. Most people live in the southern part of the country.

Finland is also a country that embraces many different sports. Ice hockey is absolutely number one in terms of popularity, but winter sports, track and field, and football also have their supporters and participants. There is also a great interest in esoteric sports. For example, Finland has been the European Champion in American Football several times.

Mini-basketball in Finland is organized and supported by independent clubs. There are 260 basketball clubs in Finland and nearly half of them have some kind of mini-basketball program. The game is also a



part of the physical education curriculum, but only very basic elements of the game are taught in physical education lessons.

The big problem in Finland, and several European countries, is that while there are many children, who start to play basketball, for some reason they quit playing as teenagers. Why? One reason could be that the early basketball training was not fun nor was it really designed for children.

The models used to teach Finnish children are taken from the adult world and only the most talented and mature children enjoy this.

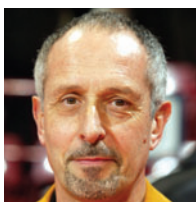
The other point is that when the training is organized by the clubs, it is almost impossible to start playing before the age of 11 and 12. During the cold winter months, there are not many places where children can just go and play or shoot baskets. The tradition of playing basketball in the local park is not a national reality as it is for ice hockey or football.

That said, basketball is played and it will continue to be played in Finland. Basketball is very popular among the growing group of immigrants in Finland. Sport, basketball in particular, is one of the best ways to be naturalized to a new country.

The Finnish Basketball Association has created good teaching materials and every autumn new basketball schools organized by the local clubs start their work. Coaching education is critical for basketball development and anyone in Finland, who wants to learn the basics of coaching mini-basketball will be helped. However, most of the clubs presently lack qualified coaches.

There should always be dreams and I have a few. My first dream is that every boy or girl in Finland would have the possibility to shoot the ball, hit the rim, and score a basket.

My second dream is that there will be an open mini-basketball hour in the afternoon twice a week in every school. That certainly doesn't sound unreasonable.



# PLAY WITH US

## TRIP TO THE UNITED STATES

Your magazine has been a great help to me over the past year. The quality of your coaching articles is unsurpassed. I am a young coach and work with young players. This summer, I would like to go to the United States for one month. While I am there, I want to go to basketball clinics and camps in addition to taking in the usual tourist attractions. What are the leading basketball camps and clinics?

**Lars Andersen, Ahrus (Denmark)**

*You did not say which month you planned your trip. My suggestion would be to contact the Nike Championship Basketball Clinics. These have been organized under the very capable leadership of coach Ed Janka, who runs the clinics from many years in different locations each year. Last summer, for example, 4,000 coaches attended the clinic in Las Vegas. Check the website for the latest information [www.cbbcconline.com](http://www.cbbcconline.com). You can also call ++1-503-6719041.*

*When it comes to basketball camps, the best are the Five-Star camps. Practically, all the top NBA players (including Michael Jordan) attended these camps. For the latest information about camp dates and locations, go to their website [www.five-starbasketball.com](http://www.five-starbasketball.com). You may also call 914-964-6540.*

## BASKETBALL IS MY LIFE

I am a history professor. While I am not a basketball player or a coach, I like everything related to the game. I would like to know if there are any basketball museums and centers where I can have information about the history of the game and the people who have played it.

**Josè Luis Garcia, Sao Paolo (Brasil)**

*As far as I know, there are two places for you to visit or contact. The Pedro Ferrandiz Foundation (Ferrandiz was the legendary former coach of the Spanish Real Madrid team of the 1960s) is a unique institution that has a large library filled with books and periodicals dealing specifically with basketball around the world, countless memorabilia and art exhibitions. The address of the Foundation is:*

*Fundacion Pedro Ferrandiz  
The International Center of Basketball Research and Documentation  
Edificio Borislav Stankovic  
Avenida Guindalera, 22 - 28018 Alcobendas, Madrid, Spain  
[www.fpferrandiz.org](http://www.fpferrandiz.org)  
Tel. ++34-91-6621913*

*A second choice is the Naismith Memorial Hall of Fame, which is located in Springfield, Massachusetts, a three hour drive from New York City. The Hall of Fame is the most comprehensive basketball museum in the world, with a huge collection of videos, films, books, and memorabilia of the top coaches, players, and basketball contributors. Each year the museum elects new inductees for the Hall of*

*Fame from the top American and international basketball personalities. The address of the Hall of Fame is:*

*Naismith Memorial Hall of Fame  
1000 W. Columbus Avenue - Springfield, MA 01105, USA  
Tel. ++1-413-781.6500  
[www.hoophall.com](http://www.hoophall.com)*

## SPORTS MARKETING

I am college student and a basketball fan. I am interested to know which American universities offer sports marketing courses. I would like to eventually pursue a sports marketing career. Do you have some suggestions?

**Jean-Pierre Cassell, Lyon (France)**

*There are many American universities that offer sports marketing and management programs. The following three programs are currently rated the best. The first program is offered at the University of Central Florida in Orlando. William Sutton, a frequent contributor to FIBA Assist, is on the faculty of the program. Richard Irwin, the President of the U.S. Sport Marketing Association, is a professor at the University of Memphis, and is involved with their sports marketing program. John Clark, a professor at Robert Morris College, is associated with their fine marketing program. Here are the addresses:*

*University of Central Florida  
P.O. Box 163555  
4000 Central Florida Blvd. - Orlando, FL 32816-3555, USA  
Tel. ++1-407823.2000*

*University of Memphis  
Memphis, TN 38152-3730, USA  
Tel. ++901-678-2000*

*Robert Morris College  
401 S. State  
Chicago, IL 60605, USA  
Tel. 312-935.6800*

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