

# ASSIST 29

FIBA ASSIST MAGAZINE FOR BASKETBALL ENTHUSIASTS EVERYWHERE NOVEMBER / DECEMBER 2007



**FIBA**

We Are Basketball



## COACHES COMMENTS

**YOO SOO-JONG**

THE OFFENSE OF THE KOREAN  
WOMEN'S NATIONAL TEAM

**ALAN RICHARDSON**

ISSUES RELATED TO THE  
OFFICIATING RELATIONSHIPS

**ORLANDO MAGIC POST-GAME  
SURVEY**

**CLAIRE DALLISON**

CONDITIONING FOR THE  
GAME OF BASKETBALL

# DAVID BLATT RUSSIA'S OFFENSIVE SYSTEM





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- 06 - 15.12 South East Asian Games in  
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07.12 FIBA Secretary General's  
Meeting in Chicago, USA  
08 - 09.12 FIBA Central Board Meeting  
in Chicago, USA  
13 - 22.12 FIBA Africa Champions Cup  
for Men in Angola

**JANUARY 2008**

- 18 - 19.01 FIBA Technical Commission  
in New York, USA

**FEBRUARY 2008**

- 01.02 Start of South American  
League For Men

**APRIL 2008**

- 05 - 07.04 NCAA Final Four for Men in  
San Antonio, USA  
06 - 08.04 NCAA Final Four for Women  
in Tampa, USA  
15 - 22.04 Military World  
Championships for Men, in  
San Antonio, USA  
19 - 26.04 Olympic Test Event for  
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25 - 27.04 FIBA Central Board in  
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26. 04 Draw for the Olympic  
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- 09 - 15.06 FIBA Olympic Qualifying  
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FIBA

We Are Basketball



by Mike Procopio

# PLAYER DEVELOPMENT

Mike Procopio serves as A.T.T.A.C.K.'s top basketball skill clinician. Some of A.T.T.A.C.K. Athletics clients include Dwyane Wade (Miami Heat), Michael Finley (San Antonio Spurs), Eddy Curry (New York Knicks), Andre Iguodala (Philadelphia Sixers), Juwan Howard (Minnesota Timberwolves), Channing Frye (New York Knicks), Larry Hughes (Cleveland Cavaliers), and Quentin Richardson (New York Knicks). President of A.T.T.A.C.K. Athletics is Tim Grover, trainer to some NBA greats as Michael Jordan, Charles Barkley, and Hakeem Olajuwon.

I have been very fortunate to learn basketball from some of the smartest basketball people. Without them I wouldn't be teaching basketball at the level in which I am doing today. I would like to thank Tim Grover, Dave Hopla, Herb Livsey, Leo Papile, Buddy Oniel, George Raveling, Danny Ainge, Bates Locke, Dave Severns, and Mike Mohler.

## GET YOUR MESSAGE ACROSS TO YOUR PLAYER

In player development the number one asset that you can have is communication with your players. It doesn't matter how much knowledge you possess or how good your content is. If you can't get your point across then you are short changing your players. Make sure you are precise and to the point of what you want them to do on the basketball court. Players want to learn and get better, but you have to understand that their knowledge of the game may not be as good as yours is. You must be detailed and to the point. Nobody cares that you have all of these impressive basketball vocabulary and terminology. All that matters is at the end of the day can you get your point across to the players that you are trying to teach. There are countless coaches that limit their players development because of lack of communication, you don't have to put on a coaches clinic be simple with your thoughts and very short.

## THE WORKOUT

Before you take the court with your players, first make a decision on what position do you want to mold that player into. Once you make the decision, mold your workout around the skill sets in that position. Here is a list of skill sets in each position.







### Point Guard

- ▼ Spot up jump shots from 4,50, 5 and 5,50 m (15, 17, and 19 feet).
- ▼ One dribble jump shots from the top, wings and corners.
- ▼ Two dribble pull ups from the side pick-and-roll and high pick-and-roll.
- ▼ Coming off screens.
- ▼ Transition pull ups from half court.
- ▼ Drives to the basket and floaters.

### Shooting Guard

- ▼ Spot up jumpshot from 4,50, 5 and 5,50 m (15, 17, and 19 feet).
- ▼ One dribble jump shots from the top, wings, and corners.
- ▼ Two dribble pull ups from the wing to corner and wing to elbow.
- ▼ Creating space with jabs while facing the basket and going away from the basket.
- ▼ Step backs.
- ▼ Post ups.
- ▼ Coming off screens.

### Small Forwards

- ▼ Spot up jumpshot from 4,50, 5 and 5,50 m (15, 17, and 19 feet).
- ▼ One dribble jump shots from the top, wings,

and corners.

- ▼ Two dribble pull ups from the wing to corner and wing to elbow.
- ▼ Creating space with jabs, while facing the basket and going away from the basket.
- ▼ Step backs.
- ▼ Post ups.
- ▼ Coming off screens.
- ▼ Side pick-and-roll.
- ▼ High pick-and-roll.

### Post Players

- ▼ Spot ups from 4,50 m - 15 feet (elbows, short corner).
- ▼ Face ups from the block.
- ▼ One dribble hooks with both hands.
- ▼ Spin moves.
- ▼ Up and unders.
- ▼ Two dribble back downs.
- ▼ Face up and go the other way.
- ▼ Step aways from the post.

The goal of your workouts is to improve your players skill level. You want your them to be instructional , but also intense. There should not be a lot of standing around and stationary work. Try to make it as close to game situations as possible. Depending on the level and

age of the player that you are working with. If it is a younger player under 18, then you may want to spend more time breaking down the basic skills. The workouts and drill work in which I am going to share with you is that of more experienced high school, college, and professional players. Make sure your player is getting a lot of shots and repetitions up. Make small points and suggestions to them in between drills. It's important not to have too many stoppages, if anything make your suggestions right away so the players understands what you want. If you need to obviously stop the workout as you feel fit to. Players get their rhythm and confidence up by getting a lot of repetitions up. Players also correct mistakes after finding out what works and what doesn't. Yes, it helps when coaches instruct them on what changes they have to make, but in games when they have to perform no one can help them but themselves. There is only so much we can do as coaches to correct changes in their mistakes. At some point they need to sink and swim on their own. Players need coaches to point things out, but, once a correction is made, they need to learn from those corrections and move on in their

game. There is a lot of literature, videos, and ideas on the art of shooting the basketball. Shooting isn't a perfect science in the fact that a big percentage of players don't have perfect shooting form. Out of those players there are many players that are consistently good shooters even though their shooting form is flawed. In my experience the two most important aspects is their comfort and confidence level. If a player is comfortable and confident in their shot than that is half the battle. Making changes in a player's shot is easier said than done. It is a very time consuming project that you and the player needs to be very careful as well as patient with. Obviously, the younger the player you are working with the better as far as changing their shot. The older they are the more they will fight change.

### SHOOTING

In our players the two things that we look at is their jump and their elbow position. We always make sure that our players get off their feet on every shot. We don't want any player at any position to be set shooters. We always want them to get off their feet on all shots. The second facet we really press in is arc on the ball. We feel as though that elbow position has direct correlation with the shooter's arc. Dave Hopla, in my opinion is the world's best shooting coach. Dave has worked with the likes of Kobe Bryant, Gilbert Arenas, and many other NBA players. The one thing that Dave stresses is always have your elbow on your shooting arm extend as high as your eyebrow on your release. On the follow through you can easily check on this to see the direct correlation between good arc and elbow position. We feel as though shooters that have good arc have a better chance of being a consistent shooter than one that shoots a flat shot with limited arc. Shooting is a very delicate part of a player's game. You have to be very careful to drastically change a player's shot. We like to make small changes here and there that will increase arc and shot preparation. I've seen examples of coaches drastically trying to change a player's shot. The problem is that it can impact their confidence in a negative way that can hinder them for a long time. I think whenever you are trying to improve shooting do it in small doses instead of diving in and making all of these big changes. Remember these two words: confidence, comfort

### THE WORKOUT

The foundation of all workouts regardless of position is the same for us. Obviously the skills that are covered will be different, but are setup for workouts are very similar. We

want to combine warm-up, spot shooting, game situation shots, conditioning, ball handling, and free throws.

The following is an outline of our workouts. We genuinely have our workouts last in the neighborhood of an hour to an hour and fifteen minutes. We feel as though this is enough time to have a thorough workout that combines skill work, conditioning, and plenty of shots.

- ▼ Warm up.
- ▼ Spot shooting from 3-4 m (10-12 feet).
- ▼ Conditioning.
- ▼ Ball handling.
- ▼ Free-throws.
- ▼ Game shots.
- ▼ Conditioning.
- ▼ Ball handling.
- ▼ Free-throws.
- ▼ Game shots.
- ▼ Conditioning.
- ▼ Three-point shots/long jump shot for big men.
- ▼ Free-throws.

### General Warm-up

Like any good house, the foundation is the key. You want to build up your workouts to simplistic skill work to advanced game shots. You don't want to overwhelm your players with intense hard drills right off the bat. This can put them in harm way with injury and also can affect their confidence. In all positions you want to start the workout with lay ups and baby jumpers from 1,5 m (3-4 feet). Have them start with a jog into their lay ups or shots. The first phase of this should last a few minutes on both sides of the court right and left. Get them in a habit of doing drills on both sides of the court making them understand the importance of being consistent from both sides of the floor. Second phase is to start having them shoot

the ball from 4-6 spots on the court, corners, wings, and the top. Make the shots 3-4 m (10-12 feet) spinning the ball out to them selves or you can pass the ball to them. If you have one player have them make 4-5 shots from each spot, if you have multiple players give them a group number of shots to make. The speed should increase as the warm up gets older. By the end of the it, they should be 75% or more.

### Ball Handling

Try to give them something that will work them hard and work on both hands. You can work on stationary ball handling or dribble moves on the move. Generally our ball handling is done stationary to work on hand and finger strength. We feel as though hand strength and finger strength help our players become better ball handlers rather than having them just go through moves, although practice does makes perfect. Whatever you decide to do make sure they are getting some type of conditioning out of it and are using both hands. Our ball handling sessions last about 4-6 minutes each.

### Conditioning

Players aren't huge fans of running with no ball during individual workouts. What we like to do is to put a ball in all conditioning drills, and that could be full court lay-ups, conditioning shooting, or some type of competition. Be creative to make them get an intense cardio workout. You know your players better than anyone, you know what will work.

### Free-Throws

You should make sure that your players take as many free-throws as possible. It's a good idea to have them shot free-throws







right after conditioning because it simulates taking free-throws while they are tired which is the best time to take them.

### Game Shots

Game shots are basically working on skill sets for the player. Game shots are just what it sounds like shots in which they will take in a game. I think the simpler the drills the better. I found when I was younger that I wanted to develop all of these ingenious drills. At the time, I thought I was helping the player, now thinking back on it, all I did was feed my own ego as a workout coach. Now that I am older and have more experience dealing with high level college and NBA players is that simplicity is the key. Give them a certain number of makes per game shot and move on. I like to obviously use both sides of the court, if they shoot 15 shots coming off a pin down screen on, the right side then right after they shoot 15, go to the left side and do the same drill. Build confidence on both sides of the floor. Make a list before the workout of 8-10 game shots that you want to work them on and slip them into the drills. Don't do too many at once do a couple and add your conditioning, free throws, etc.

### WORKOUT CONCEPTS

#### Build Player Trust

A player needs to know not only that you know how to put them through drills, but also are an expert at all subjects of footwork and player development. Your players need to be able to look you in the eye and now that you are in charge and know your stuff. You can't

fool players, they can tell in 5 seconds if you are just memorizing drills out of a book or just feeding them coaching terms. They need to know that you are in the foxhole with them and are ready to fight for them. Remember it's not about you it's about getting your player better!

#### Watch the Game

In an average week I watch 15-20 hours of game film a week. I want to watch how players get their shots off and why. I also want to know what works and why and also what doesn't work and why it didn't work. Don't just think of a move and say "Yeah" that will work, watch players that have similar skill sets that your players have and see what works for them. I have an extensive video library of over 75 players in the NBA. I want to know them inside and out, so I can answer any questions on who uses a specific move and why it works for them. You have to love to watch and teach the game.

#### Go Both Sides and Both Hands

Like I said, whatever you do to one side always to do another. If you do a drill where your player is taking one dribble right, then repeat the drill going left. If a post player is taking a shot over their right shoulder with their left hand then repeat the drill going over their left shoulder using their right hand. Get your players in the habit of going both ways, using both hands, and shooting on both sides of the floor. You want to make them the most precise, skilled, and complete player that you can.

### Group Workouts

If you have a group of 7-8 players, make sure you are having all the players participate in the workout and not standing around. We like to put our players through group shooting drills from different parts of the floor. We keep the drills moving as well as the players moving. We never want to just work with one player and leave 5-6 just standing in watching, nothing gets accomplished. BE CREATIVE!

### MULTIPLE POSITIONS

It's a dilemma that I finally am comfortable with. If you have posts and perimeters in the workout, start the workout with many of the same shots that both positions take. Spot up jumpers, one dribble pull ups, and coming off angles and shooting. After you get them warmed up start putting them in situations like a big man on the wing and a perimeter player on the block. The coach has two balls in their hands up top. Have the big set a screen and have the guard come off the screen and shoot. After the post player set the screen, have them flash to the other block, feed the post and have them finish. Keep the workout going and be creative and game specific. Don't make stuff up where they won't do in a game. You can work on feeding the post, pick-and-roll, dribble hand-offs, etc. Again creativity is the key.

### IN CLOSING

Player development is the key to improving your players and also your team. Keep your players excited about getting better. Don't have them dread coming to the gym and working out. Create a workout that challenges, instructs, and prepares your players to get better. Remember this isn't about you it's about them. Of course you can't baby your players and making them happy, but you have to find away to keep them focused and challenged in the workout. Get your point across as simplistic as you can. No one's impressed at your ability to use big terms and your knowledge they are only impressed with results. Great player development coaches can find away to get it out of their players. Don't make the workout too easy, but also don't make it too difficult. At the end of the day you have to get your players better, if they fight instruction then you have a problem. Player development is a much needed skill in all coaches. We all have the fire inside us to win games and be the best game coaches as we can, but without having players that can execute and make the big shot that you diagram then what is the point of having that master offense.



by David Blatt

David Blatt won the gold medal at the FIBA EuroBasket 2007 with the Russian Men's National team, a team he has coached since 2005. He is currently the coach of Efes Pilsen Istanbul (Turkey). Blatt began coaching in Israel as the assistant coach of Galil Elyon. He eventually became the head coach and won the Coach of the Year award in Israel. He was an assistant and then head coach of Israel's Under 22 Men's National Team. He also coached Dynamo St. Petersburg (Russia) to the FIBA Europe League championship and won the Coach of the Year award in Russia. Coaching Benetton Treviso, his team won the Italian SuperCup and Championship in 2006 and the Italian Cup in 2007.

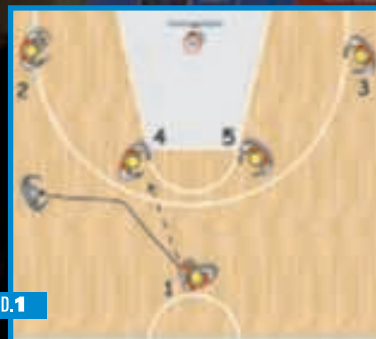
#### PREMISES

The first change I had to make when I took over the coaching of the Russian National Team was not technical, but rather psychological. We had to create a team mentality and a willingness to put the team's goals first, to be matched with the dedication and quality necessary to be winners. After losing a game against Belgium, I entered the locker room yelling at the players, telling them that I understood why we were considered losers in qualification tournament. I wasn't angry just because of the loss, but I was upset by the poor mental approach of the team. I felt we had lost the game because we had not shown any team pride and mentality on the court.

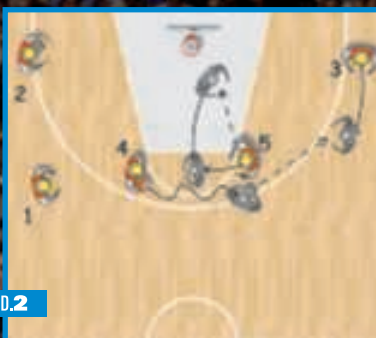
Having the players all understand the reason for my anger was an important first step that led us to eventually winning the European Championship. Without a total change in player mentality, self-belief, confidence, and hard work in physical conditioning and all practices sessions, we would never have achieved that glorious result.

Francesco Cuzzolin, the strength and conditioning coach I had worked with during my two seasons at Benetton Treviso, played a big part, too, as well as my other assistants Evgeni Pashutin and Daniel Gutt. Cuzzolin designed a physical conditioning workout program that stressed quality over quantity, which used basketball-specific drills that would translate to better on-court performance for all of the players. When players had finished their regular basketball season with their own clubs, they began following Cuzzolin's workouts. With the players in shape and ready to play, I then limited training to six weeks. In addition,

# RUSSIA'S OFFENSIVE SYSTEM



0.1



0.2



0.3









all exhibition games, against high level opponents, were scheduled abroad, which allowed me to create a powerful team spirit as well as test the players out of their natural habitats. How important is the psychological aspect? It plays a big role. Andrei Kirilenko, who plays for the Utah Jazz, put himself at the complete disposition of the national team, accepting the psychological, physical, and technical work. He was our vocal leader. Victor Khryapa, who plays for the Chicago Bulls, became our silent leader, doing the right things in the right moment. And then there was J. R. Holden, the American-Russian who plays for CSKA Moscow, another leader, who was able to read what happens in the game and then react. These three leaders played with the











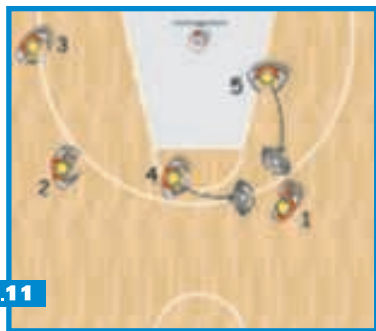
D.8



D.9



D.10



D.11



D.12



winner's mentality, which certainly was not easy in the final against Spain, the pre-tournament favorite that was playing for the championship against us in front of nearly 15,000 Spanish supporters.

From a technical standpoint, the plays we designed for EuroBasket were simple and based on the technical and physical characteristics of the players. On one hand, our offensive terminals were Andre Kirilenko and Victor Khryapa, two athletic, versatile, and tall forwards who are able to pass, dribble, and shoot. Moreover, they played well together and looked for each other and for the teammates. Morgunov and Savrasenko were two great players for the pick-and-roll. We used Holden as both point guard and off-guard and our "go-to player" for individual offensive isolation plays from the perimeter.

#### MAN-TO-MAN HALF-COURT OFFENSE

I will now focus our simple half-court game against man-to-man defense. In all of the games, we always tried to maintain perfect spacing among the players. I consider this to be the foundation of a good offense.

We start the set with two big men, 4 and 5, on the elbow of the free-throw line, a guard, 2, a small forward, 3, at the half court corners; and a point-guard, 1, in the central part of the court. 1 passes to 4 (or to 5) and then goes to the wing (diagr. 1). As just 4 gets the ball, 5 screens for 4, and then rolls to the basket, while 3 comes up and goes to the wing. 4 dribbles to the right and has two options: passing to 5, who rolled to the basket after the screen, or passing to 3 (diagr.

2). In this play, with 4 and 5 on the elbows and 2 in the corner, 3 always sets himself near the baseline. 4 screens for 3, who comes up and receives the ball from 1. At the same time, 5 screens for 1, just after the pass from 1 to 3. 1 goes to the wing spot (diagr. 3).

An option: with a direct pass from 1 to 4 and then with the following screen of 5 for 1, who goes to the wing spot (diagr. 4), 3 can pass to 4, who has cut in the lane, or, if 4 is overplayed, 3 receives a screen from 5 and dribbles in the opposite direction of the screen (diagr. 5).

3 can shoot or pass to 5, who, just after the screen, rolls to the basket. He can also pass to 4 (diagr. 6). If 4 cannot shoot, he passes to 5, who kept his position under the basket (diagr. 7). Again, starting from the set mentioned before (with two players in the corners and two big men on the elbows of the free-throw lane), after the pass of 1 to one of the big men, 5, in this example, 1 cuts in the lane and sets himself near the baseline (diagr. 8). 3 begins the cut along the baseline taking advantage of 1's screen, while 4 gets open and receives the ball from 5. If 3 is free, he can receive the ball from 4 (diagr. 9). Just after 3's cut, 5 goes screening for 1 (screen-the-screener action) and then goes to the low-post. If 3 does not get the ball, he goes out to the corner and 2 goes to the wing spot. 4 passes to 1 (diagr. 10). If 1 cannot shoot, 4 and 5 begin the action of two screens on the elbow. 4 begins moving to screen 1, and 5 to screen 4 (diagr. 11).

1 dribbles to the three-second lane, 5 screens for 4, and then rolls to the basket, while 4 goes to the wing. 1 can pass to 5 or 4 (diagr. 12).



# COACHES COMMENTS

We asked to some of the top European national and club coaches from different countries for their opinions about rule changes, and if they had suggestions they would like to see implemented. Here are their answers to these four questions.

## QUESTIONS

1. Are you in favor of adopting the squared three-second lane instead of the trapezoid lane? If not, why?
2. Are you in favor of moving the three-point line to 7 m and 25 cm (23 feet and 9 inches) away from the basket? If not, why?
3. Are you in favor of having a player call a time-out on the court? If not, why?
4. Any other suggestions?



### AÍTO GARCÍA RENESES

Aíto García Reneses was head coach and general manager of Barcelona (Spain) for many years. His teams won three Division I championships, three Spanish Cups, one Cup of King, two Cups of Europe, and two Korac Cups. Since 2003, he has been head coach of Badalona, the Division I Spanish team.

1. I don't think it's necessary. Teams don't have problems with the three-second lane.

2. I am against moving the line. The

most important aspect of the three-point line is that it opens the defense so that offensive players can drive to the basket, and it gives centers enough room to play. If you move the line, there will be fewer players able to shoot from that distance, so the defense will jam in the lane, and all the play will suffer.

3. No, it is not important.

4. We have the rules and I think they are certainly adequate. There is no need for change, but we must simply apply the rules we have. This is very important. That said, I think it would be good to get rid of the travelling violation for the player that falls on the ground while recovering a loose ball.



### DIRK BAUERMANN

Dirk Bauermann, coach of Bamberg, the division I German team, winner of the 2007 title, was formerly an assistant coach at Fresno State University. He then was the head coach of Bayer Leverkusen, winning six German titles and three German Cups. He also coached the German National team from 1994 to 1998. In addition, Bauermann also coached Sunair Ostende (Belgium) and Apollon Patras (Greece). He is now the head coach of the Ger-

man Men's National team, which won the silver medal at the FIBA 2005 EuroBasket.

1. No. I would not change the lane, but I'm in favor of having the same three-second lane everywhere in the world. For me, it does not matter if it is a squared or a trapezoid lane.
2. No, basketball is game played around the world and rules have to be the same at both professional and youth basketball level. The NBA is a different case. I think that the three-point line is good where we have it right now.
3. Not really. Our rules are too complicated. Rules have to be simple. The rules we have right now are fine.

4. I think we are going in the right direction for European and FIBA basketball around the world. Perhaps, the courts should be wider and longer, because players are stronger and more athletic. Making the courts bigger might be a good thing.



### DAVID BLATT

David Blatt won the gold medal at the FIBA EuroBasket 2007 with the Russian Men's national team, which he has coached since 2005. He is currently the coach of Efes Pilsen Istanbul (Turkey). Blatt began coaching in Israel as the assistant coach of Galil Elyon (Israel). He eventually became head coach and was voted Coach of the Year. He was also head coach of Israel's Under 22 Men's national Team. He also coached Dynamo St. Petersburg (Russia), win-

ning the FIBA Europe League championship and the Coach of the Year award in Russia. While coaching Benetton Treviso (Italy), he won the Italian Super Cup and Championship in 2006, and the Italian Cup in 2007.

1. Yes, I like the squared lane with the 90-degree angles.
2. No, I would not like the three-point line at the same distance as the NBA. I think the three-point line should be at a distance between the NBA and the one we use.
3. I am in favor. I think a player should have control of the game
4. I think extra fouls should be awarded in case of overtime, the unsportsmanlike flagrant fouls calls should be re-evaluated, and there should be, in case of a blatant flagrant foul, a penalty such as direct ejection. In addition, the alternating ball possession rule should be reviewed.

### RAMUNAS BUTAUTAS

Ramunas Butautas, coach of the ASK Riga (Latvia), is also coach of the Lithuanian Men's national team. Coaching the Lithuanian Junior national team, he won the FIBA U21 World Championship in 2005.



1. No. I assume that if the three-second zone would become larger, so the ball will be played further from the basket. We don't need this.
2. Yes. There are probably too many tall players (2,10 or 2,15 cm/6-11 or 7-2), who prefer taking long distance shots than playing near the basket. If

we move the line further away, I think big guys will shoot closer

to the basket and then shooters will be truly real shooters.

3. No. I see it in NBA and I don't like it. I think it must remain the coaches' job to decide when and if to call a time-out. Otherwise, if you managed to create pressure on the player with the ball, he always can escape the trap or a difficult situation by calling time-out. It takes away from the defense and credits the offense, and I think right now the balance between these two phases of the game is just fine.
4. I would like to have a more definite definition of what is it really an "unsportsmanlike foul." Too much freedom is given to the referees to decide what kind of foul has actually occurred. Sometimes, you watch two similar situations and see two different calls: one is called unsportsmanlike and the other is not.



#### JEAN-PIERRE DE VINCENZI

**Jean-Pierre de Vincenzi won a gold medal as head coach of the Junior Men's French national team at the FIBA European Championship in 1992, and a silver medal at the Olympic Games in 2000 with the Men's French national team. He is currently Technical Director of the French Basketball Federation.**

1. I should begin the answer with a question: Do we want to narrow the gap between the NBA and FIBA? If we decide to do that, we have to change

several rules, such as the three-point line. This question is strictly linked to the three-point distance. If we change these rules, we must have a professional league like the NBA for show and business. In the future, we could have a professional Euroleague with teams playing only in this league. Like in the U.S., where they have different rules for NBA basketball and NCAA basketball, there should be rules for high-level professional basketball and rules for the rest of the teams in Europe.

2. To have players shooting from that distance, they have to be very athletic, with sound fundamentals.
3. No, it's the coaches' responsibility. It's a coach who must decide when to call a time out, not a player. A player could call it so he won't lose the ball in a tight defensive situation.
4. No, I do not have any particular suggestions.



#### JOSÉ VICENTE HERNANDEZ

**José Vicente "Pepu" Hernández started his head coaching career in 1994 with Estudiantes Madrid (Spain), leading Estudiantes to one final of the Spanish championship. He won the Cup of King title in 2000. In 2005, Hernández became head coach of the Spanish Men's national team, winning the gold medal at 2006 the FIBA World Championship in Japan, and the silver medal at the FIBA EuroBasket 2007 in Spain.**

1. No, because I think the trapezoid three-second lane is fine for this type of basketball.
2. Not now. Maybe it could be convenient for improving the level of the game to move the three-point line, but in a progressive way, not immediately. At the same time, we should start to consider if it could be a good move to increase the size of the court.

3. I am in favor. I would like to see extra time-outs, with some of them shorter, such as 30-second time-outs, for example.
4. No special suggestions, but I am very interesting to listen to the opinions of the other coaches on the rectangular three-second lane and the new distance for the three-point line.



#### DUSAN IVKOVIC

**Dusan Ivkovic, started his coaching career in 1978 with Partizan Belgrade (Yugoslavia). He then coached Radnicki Belgrade, Sibenka Sibenik, Vojvodina Novi Sad (Yugoslavia), Aris Thessaloniki, PAOK Thessaloniki, Panionios Athens, Olympiacos Athens and AEK Athens (Greece), CSKA Moscow and Dynamo Moscow (Russia). He won one Yugoslavian championship and one Yugoslavian Cup, two Greek Cham-**

**pionships and three Greek Cups, three Russian championships; and one Russian Cup; one Euroleague, one Saporta Cup, two Korac Cups, and one ULEB Cup. He also coached the Yugoslavian national team, winning three gold medals at the FIBA European Championship, a gold medal at the 1990 FIBA World Championship, and two silver medals at the 1988 and 1996 Olympic Games.**

1. I like it. The shape of the lane should be changed, simply because it will give more space for centers, providing them more room to play. We lost the play around center position; the lane is now very congested. Changing the shape would also get more spacing on offense because players will not be able to help and recover that easy. The key issue is not height as advantage, but the body shape of players; how much space they occupy, such as Shaquille O'Neal and Sofoklis Schortsianitis. Also, during the free-throw, the offensive players have an advantage because of the current shape of the lane.
2. If we move the three-point line, the scoring will naturally be lower in the beginning. I think we would see a minimum of 10 points less per game. We would need to change the style of the game (more fastbreaks and points from transition) and for these reasons we would need more athletic players, able to run. Quickness will be one of the most important elements of the game. Then, the teams will play more zone defense and let teams shoot as much as they want. However, most teams don't have enough good shooters from that long range. In European basketball, much more emphasis is placed on defense compared to the NBA. They also have different rules when it comes to the charge interpretation. There is a semicircular line near the basket and this line actually helps the offensive player going to the basket. If we move the line to 7,25 m, what will happen with women and junior basketball? For those groups, the line should not be that far. The NCAA is not going to the 7,25 line, but it has a 6,75 line for men and 6,25 for women. In general, I would like to have one set of rules. Right now, I am not in favor of moving the three-point line without deeper analyses and studies that also takes in consideration women and youth basketball players.
3. I am not in favor of a change like this. The NCAA and NBA let players call time-out and they do so whenever they get in trouble on the court. Players need to find solutions when they are under pressure and find the best possible option in tough situations. They should not be allowed to escape with a time-out.
4. I have no other suggestions.





#### OKTAY MAHMUTI

Oktay Mahmuti was the head coach of Efes Pilsen Istanbul (Turkey) from 2000 to 2007. He won two Turkish Cups, four Turkish Division I League titles, and one Turkish President Cup. He is currently the head coach of Benetton Treviso (Italy).

1. No, the lane like we have now in Europe is fine. It provides more space and more opportunities to play as a team.
2. It's only a border between what we have now and what they have in the

NBA. The games between NBA teams and European teams are getting closer every year, so there should be no differences about the three-point line.

3. No, it's a coach's job to call a time out. But, on the other hand, the NBA and Europe should have the same rules. However, I don't think that the NBA has any intention of changing its rules.
4. When it comes to rules, there can be differences between the rules as they are written on paper compared to the rules as they are interpreted during a game. What I mean is that the importance of the content of the rules. Show is important, but we don't have to lose the content. Here's an example: there are a lot of spectacular movies, much more spectacular than the "The Godfather," but "The Godfather" is still the classic masterpiece. The example about rules is pretty similar. We don't have to lose content to gain show.



#### ETTORE MESSINA

Ettore Messina began his career as a head coach in 1989 with Virtus Bologna (Italy), the team he led to one Italian Championship, one European Cup, and one Italian Cup. From 1993 to 1997 he coached the Italian national team, winning the silver medal at the 1997 FIBA European Championship and the gold medal at the Mediterranean Games in 1993. He then went back to Virtus Bologna, winning two more Italian Championships, two Euroleague, and three

Italian Cups. From 2002 to 2005 he coached Benetton Treviso, winning one Italian Championship, three Italian Cups. Since 2005, he has coached CSKA Moscow, winning the Euroleague in his first year, and also two Russian Championships, and two Russian Cups. He was named 2005-06 Euroleague Coach of the Year.

1. I am in favor, because this rule can improve overall play. The role and the technique of the post players would change and they would have more impact on a game.
2. I would like to see this rule applied, but, with the three-point line set at the 7,25 m, shooters could adapt to this new distance. The quality of the play could get better because there will be a balance between the inside and outside play and the games will not be decided by the three-point shots.
3. No, I would not like this new rule, because I want clarity on the role of the coach and the role of the players. The players must know how to solve a certain technical problem on the court and not solve it by asking for a time-out. For example, if they were in trouble on an out-of-bound play, a player would be able to call a time out. I am not in favor of this.



4. I do not have any particular suggestions.

#### ZELIMIR OBRADOVIC

Zelimir Obradovic, coach of Panathinaikos Athens (Greece), has won six Euroleagues (one with Partizan Belgrade, Yugoslavia, one with Badalona and one with Real Madrid, Spain, and three with Panathinaikos Athens, Greece). He also won one national and one Yugoslavian Cup with Partizan, two Saporta Cup, six Greek titles, and four Greek Cups. With the Yugoslavian, and then the Serbian, National team, he won a silver medal at the 1996 Olympic Games, one gold medal and one bronze at the FIBA European Championships, and one gold medal at the FIBA World Championships.

1. I am in favor of a change like this because it will help the offense. It will open up the defense, which will then give more space for an organized game, and more options for the centers.
2. I think this would be a bad rule. It will decrease overall scoring and shooting percentage will decline significantly. If the rule went in, all teams would switch to a zone defense. The distance from the basket is a big problem, even for the best senior men's level players. It's certainly not realistic for women and junior category players.
3. I am not in favor of players calling time out. This is a punishment for good defenders. It allows the offense to escape from a troubled situation by calling a time-out on the court.
4. To the maximum possible extent, I would like to abolish free will or interpretation of rules by referees during the game. Rules have to be clear and interpretations need to be the same at all times.



#### ALES PIPAN

Ales Pipan, coach of Anwil Wloclawek Polish Division I team, won one Polish Cup and one Polish Supercup. He has been coach of Slovenian teams of Maribor, Lasko (one Slovenian Cup), Novo Mesto, and Lubjiana. Since 2003, he is the head coach of the Slovenian Men's national team.

1. I would like a rule like this because it will improve basketball at every level.
2. It would be nice to move the line. I think the spectators would like the show, too. In Europe, there are many great shooters so I think we could move the three-point line and really see how they do.
3. I am against having a player call a time-out: it's coach's job.
4. I do not think that the coaches have to change the rules.



#### CARLO RECALCATI

Carlo Recalcati guided Bergamo (Italy) from A2 to A1 Division. He then moved to Cantù, Reggio Calabria (winning an A2 championship), Ambrosiana Milan, and then back to Bergamo. He won with Varese the Italian championship. He then moved to Fortitudo Bologna, winning the Italian championship again. He has been coaching Montepaschi Siena, winning the 2004 Italian championship and the Italian Supercup in 2005.

Since 2002, he has been the head coach of the Italian National team, winning the bronze medal at the 2003 FIBA EuroBasket, the silver medal at the 2004 Athens Olympic Games, and the gold medal at the 2005 Mediterranean Games.

1. Yes, I think this would be a good change, although I don't have any data to support this.
2. I am absolutely in favor of a change like this. I think the present three-point line is too close to the basket, and practically everybody is able to shoot from that distance. The existing three-point line has distorted the game in Europe.
3. No, I do not like this suggested change because there are too many time outs called already. I think it is fine that the coach calls time-outs from the bench.
4. The unsportsmanlike foul should be better decided. As it now stands, it is totally based on the judgement of the referee. In the same game, you can see different calls on similar unsportsmanlike situations. Why not get back to the old "intentional foul"? Two free-throws are given if the team is not on bonus, while giving two free-throws plus the possession of the ball if the team is in bonus. Another rule change I would like to see added is to eliminate the basket if the shooter is called for a charging foul.



#### JASMIN REPESA

Jasmin Repesa was the head coach of Cibona Zagabria (Croatia), Tofas Bursa (Turkey), and Split (Croatia) before going to Fortitudo Bologna (Italy) in 2002. He won three championships and two national Cups in Croatia, and two championships, two national Cups, and one President's Cup in Turkey. With Fortitudo Bologna he won one Italian championship in 2005 and one Italian Supercup in 2006. He is currently the

head coach of Virtus Rome and also of Croatia Men's national team.

I like all the three proposals: the rectangular three-second lane, the three-point line further from the basket, as well as players calling time-outs. What I would really like to see is one Rule Book that is used everywhere. Basketball is the same everywhere, in Italy, in Euroleague, in the United States. I ask myself: why are soccer rules the same all over the world? Why can't it be this way for basketball?



#### SERGIO SCARIOLO

Sergio Scariolo, coach of Malaga (Spain), won the World Championship with the Italian Military Army national team in 1985, an Italian Division I championship with Scavolini Pesaro, and the award as the Italian Coach of the Year in 1990. He also coached Desio and Fortitudo Bologna in the Italian Division I. While coaching in Spain, he won a Cup of King with Tau Vitoria in 1999, a championship with Real Madrid in 2000, as well as a Cup of

King and a Spanish title with Malaga in 2005. He also was awarded as Spanish Coach of the Year in 2005.

1. Definitely yes. This will bring a globalization of the three-second lane, in Europe, the United States, and in the rest of the world.
2. I would like this change. In this way, there will be more

chances to attack the basket.

3. Yes, I think this could be a good strategic option for a team, without any harmful problems. Besides, I would like to add more time-outs during a game and the possibility to accumulate the time-outs not used until that period of the game.
4. The semicircle in the lane seemed to me an intelligent thing and I do not know why it was abolished. I would like to see better interpretation of unsportsmanlike fouls. Referees should be more aware.

#### ZVI SHERF



Zvi Sherf began in 1990 his head coach career with Maccabi Tel Aviv, a team, which also coached some years later, Hapoel Jerusalem and Galil Elyon (Israel), Aris Thessaloniki, winning one FIBA European Cup, PAOK Thessaloniki, and Makedonikos Kozani (Greece), Limoges (France), Slask Wroclaw (Poland), and Dynamo Moscow (Russia). He has been also head coach of the Israeli Men's National teams in two different previous period, and again since 2003.

1. No, I don't think this would add something special to the game. It will make coaching more difficult, help the defense, and could hamper development of the big men.
2. No. It is fun for fans when the players make a shot from that distance and the players like shooting from that range. Also, we still need differences between the European and American game.
3. In my heart, I'm a coach, and as a coach I need to take control of the game. Calling a time-out is a coach's responsibility; the players must play and the coaches must coach.
4. We have to find the way to have 20-second time outs; and also add two more minutes to play, which would mean 12 minutes for every quarter. This extra time could be used to get the younger players into the game.



#### PANAGIOTIS YANNAKIS

Panagiotis Yannakis started his coaching career with the Greek national team in 1997 at the FIBA European championship in Barcelona, and then at the 1998 FIBA World Championship in Athens. He also coached Panionios and Maroussi in the Division I Greek League. In 2004, he became again head coach of the national team, winning the gold medal in 2005 at the FIBA EuroBasket, and the silver medal at the 2006 FIBA World Championship.

1. Yes, I would like this change, because there will be more possibilities to increase scoring.
2. No, I am not in favor of this change. Not many players would be able to score from this distance. Moreover, there might be a huge cost in making all the line changes on the courts.
3. I would like that players have a chance to ask for a time-out on the court.
4. I have no other proposals.





by Yoo Soo-Jong

# THE OFFENSE OF THE KOREAN WOMEN'S NATIONAL TEAM

Yoo Soo-Jong is the head coach of the Women's national team of Korea. He coached for twenty years Korea Commercial Bank team, from 1980 to 2000. In 2001, until 2002, he was the Head Coach of Samsung Life Insurance team. Yoo Soo-Jong won one Asian Junior Women's title in 1992 and two Asian Women's titles in 1999 and 2007. In 1994 he was awarded with the Presidential Commendation Prize of the Republic of Korea.

Our team has always been rated among the top in the FIBA rankings, but at the 2006 FIBA World Championship, we were in a transition period with a new generation of younger players. We finished ninth at that competition.

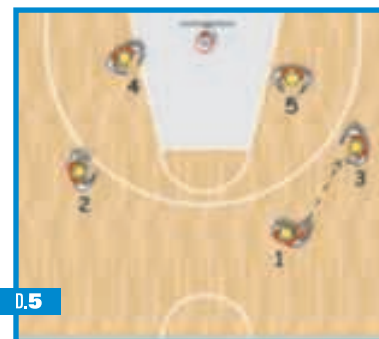
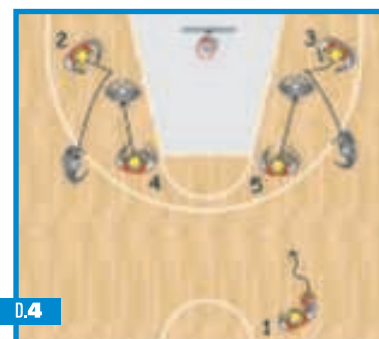
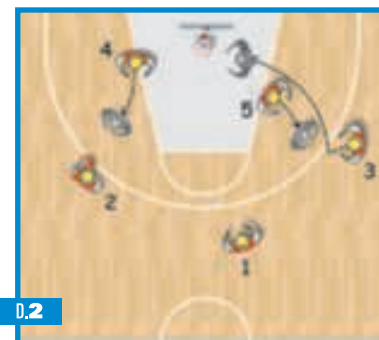
## THE PLAYERS

The key player in our team was the center-power forward Kwe Yong Kim. She is 1.91 m (6-3 inches) tall and shoots extremely well inside the three-second lane and at the free-throw line. At the end of the Championship, she was among the top ten in scoring and rebounding. Another top player was the point guard, Youn Ha Choi. She is able to both create for her teammates and control the team on the court. Youn finished among the top ten in assists, but she was also very smart on defense. She stole a lot of balls and finished second in this category. Other key players on the team included the shooting forwards, Yeon Ha Beon and Jung Eun Kim, and the center Young Suk Kang.

Our team was well balanced with players with sound fundamentals. The perimeter players were able to shoot from the three-point range, as well as to drive to the basket. A key asset for us was the offensive transition and we tried this every time we had a chance. As I mentioned most of our plays were designed to get the ball inside to Kwe, and for creating shooting opportunities for the forwards. If we could not give the ball right away to Kwe, we used the pick-and-roll between Yeon Ha and Kwe, staggered screens for getting open Yeon Ha on the perimeter for a three-point shot, or for getting Jung open at the top of the key for a jump shot.

In short, we were good on offense, finishing among the top ten in points per game (fifth), field goal percentage







(fourth), free-throw percentage (second), and assists (seventh).

## THE PLAYS

We had the starting five formed by the center Young (5 in the diagrams), the point guard Youn (1 in the diagrams), the power forward Kwe (4 in the diagrams), and the forwards Yeon (3 in the diagrams) and Jung (2 in the diagrams).

### Pick-and-Roll Back Door Cut of 3.

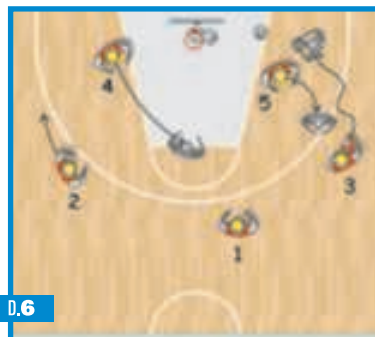
We start with 4 and 5 on the low post, 2, 1, and 3 on the perimeter. 1 makes the entry pass to one of the forwards, 2, in this case (diagr. 1). Then, 4 makes a back pick on the ball for 2 and 5 does the same for 3 (diagr. 2). 2 comes off the screen and passes to 3 in the three-second lane (diagr. 3).

### Pick-and-Roll between 3 and 5

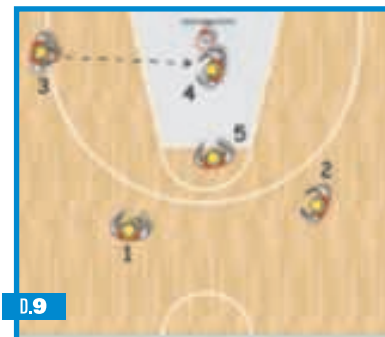
1 is on the top with the ball. 2 and 3 are on the wings near the baseline, and 4 and 5 are at the corners of the free-throw lane. 4 and 5 screen down for 2 and 3 (diagr. 4). 1 passes to one of the wings, 3, in this case (diagr. 5). 5 makes a pick-and-roll for 3 to drive to the basket, or a pass on the roll from 3 to 5 (diagr. 6).

### Play for the Power Forward 4

1 has the ball on top, 3 is on the wing in the corner, 5 on



D.6



D.9



D.7



D.10



D.8



D.11



D.12



the left corner of the free-throw lane, and 4 and 2 are at the extension of the free-throw line (diagr. 7). 1 passes the ball to 3, while 5 moves to set a screen away from the ball. 4 fakes to go toward 5, and then cuts backdoor (diagr. 8). 3 passes to 4 under the basket for a lay-up (diagr. 9).

### Special Play for 3 for a Three-Point Shot

1 is at the top with the ball, while 5 is on the low post, 3 is down on the wing, and 2 and 4 are outside of the three-point line. 1 passes the ball to 2 (diagr. 10). 2 passes to 5 and, after the pass to 4, 2 curls to the opposite side, 1 replaces 2, and 4 fakes to cut in the lane and replaces 1 at the top. 5 passes the ball to 1 and starts to screen on the baseline for 3 (diagr. 11). 1 passes to 3 in the corner for a three-point shot, and 5 and 4 move in for a possible rebound (diagr. 12).



by Doc Sadler

# DEFENSIVE PHILOSOPHY

**Doc Sadler is the head coach of the Nebraska University. He was assistant coach of Lamar, Houston, Chicago State, Arkansas-Fort Smith Junior College, Texas Tech, Arizona State and Texas-El Paso. He then also served as head coach of Arkansas-Fort Smith and also Texas-El Paso.**

The biggest thing we ask is that everyone plays hard every time they step on the floor. It sounds simple, but playing hard overcomes technique flaws and to some degree lack of athleticism. We ask them to play tough and play full speed on the court, go as hard as they can and when they are tired, we will get them out for a quick breather.

We show our players how to defend and we evaluate them constantly. We just ask that they play as hard as they can and do not worry about making mistakes. We do not want them thinking about technique and if they did it right: we want them to get the job done and stop the opponent. It is a game, not a practice drill. Play hard and implement the game plan and force the issue on the other team, instead of being caught up with the technique issue of "when my feet are here, your feet are there."

We give the players a lot of freedom. If they think it is a good time to go double team, they can go do that. It is not a lot of set rules where they cannot do this or they cannot do that. We want to give them a lot of freedom be aggressive, and make things happen. Play hard, be aggressive, and do not be predictable.

## FULL COURT PRESSURE

Premise: We have a skeleton picture of what we want to do on defense and it is all pressure-oriented, but we determine the amount of pressure we apply dependent on the opposing team, as well as from opposing individual player to player.

From the start, we want to pick up full court on defense. We want to play baseline to baseline and that means everything we do defensively is predicated on the idea that we will pick up full court and pressure the ball as much as possible by using our athletic ability, all without getting beat over the top. "Pres-

sure, but contain" is a common phrase that we use. We do not want to pressure at the 92-foot line and get beat for an uncontested lay-up.

We always try to use the athleticism of our guards and their size, but that is obviously dictated by who we play against. If we are playing an average team, we can play at one distance; however, against a top-notch team, we may have to change our footwork and distance. Against a top-notch athlete, we may have to allow one and a half steps or, possibly, even two steps in order to eliminate dribble penetration and we constantly want to apply ball pressure with active hands. Also, we have to take into account our personnel. Our best player or most athletic player, who is 6-5 and really athletic, is going to be able to turn the heat up more than a 6-0 guy who is just an average athlete.

Once our opponents inbound the basketball, our first priority is to keep their primary ball-handler from touching the ball easily. It is important that we disrupt their best ball-handler, since he is the one who creates easy baskets for them and starts their offense. We know that when their point guard comes in and makes the first pass, our opponent is in sync and our opponent is comfortable starting their offense. If we can take their point guard out of making that first pass, and instead have their wing guy, or any secondary ball-handler, make the first pass coming across mid-court, then our opponents' offense is not in sync as much. Few coaches spend quality time in practice with their secondary ball-handler starting the offense. The whole purpose of this is singular: we are trying to shorten the shot clock that we have to play great defense in the primary scoring area.

We are trying to pick up 94 feet because we are trying to guard the basketball the length of the court so that we have to guard it less time once it gets in the half court and inside the 3-point line. If we can stall our opponents and kill time in the back court or around mid-court line guarding them, then when they get around the 3-point line, there is maybe 22-25 seconds left on the shot clock. Since most teams are trying to shoot by 10 seconds, then we only have to now play defense 12-15 seconds in the scoring







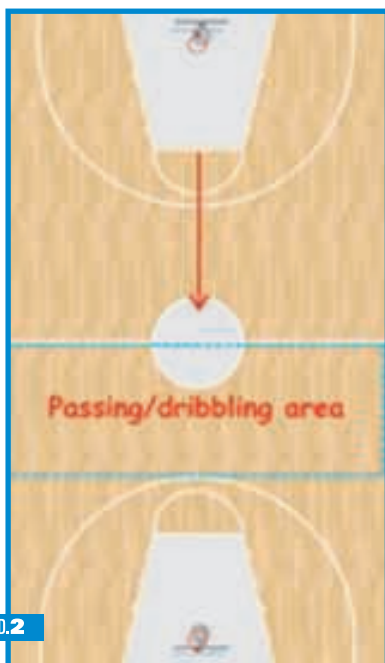




D.1



D.3



D.2



area. If most teams do not have a shot by the 10 second mark, they panic and start scrambling on offense. There is a great chance because they are rushing that they will either turn the ball over or force a contested shot. Also, many times one of our opponents' secondary scorers will panic and force an ill-advised shot, thus eliminating a scoring opportunity by one of their best offensive players.

If the primary ball-handler is able to get the ball on the inbounds pass, we would try to pressure him and zig-zag him and kill time before he gets across mid-court. But we would not try to pressure him a lot because he is their best ball-handler and the top players can handle that kind of pressure. If a secondary ball-handler gets the pass, then we would increase our pressure and get up into him, guarding him tighter and trying to be more physical with the purpose being to try to make him dribble faster to speed him up and put him in a position that he is normally not involved in. We are giving pressure enough to where our opponents' point guard cannot pick up the dribble and make a pass because he cannot see. Also, at the same time, we are giving the ball-handler enough space that he feels confident he can get it across the time line by himself. Again the purpose is that we are shortening the clock so we have to guard the basketball less time in the scoring area.

We do not want to allow passes that go up the court; the rule is that nothing gets vertical, it only goes horizontal. We do not want the ball going to the primary ball-handler and then the ball going from him on a forward pass up the court because that speeds everything up in a way the opponent wants. This also forces our defense to rotate back quickly and increases a chance of getting beat, due to speed, or making



a mistake, due to miscommunication.

In essence, when a primary ball-handler gets the basketball, we are taking an aggressive/containment defensive approach - we want to stay between the ball-handler and the basket, making him zig-zag, keeping our hands in the air and active, not letting our opponents pass the ball up the floor but instead making him dribble up the court.

We will always look to deny passes vertically up the floor, so anybody who is not guarding the ball is on the mid-line running the length of the court at the center of the court (diagr. 1). Our post men are not up denying the player, but they are defending. They are more in a situation of a three-quarters hedge, with their body placed between the man they are guarding and the ball. The purpose for the position is to not let a pass go to their offensive player. If his man gets the ball at mid-court, we are not going to





send our guards from the back court on a full sprint up the wing and look to trap the basketball with two defenders. Hopefully this will encourage a pass back toward the half-court line and not a penetrating pass to the basket. The rest of the defenders are going to cover the lane area and the basket.

Everything we do is aimed to stop the vertical pass because we do not want our opponents passing up the floor. However, it is not a total deny situation for the big men; it is more discouraging than denying the forward pass. We are up the court and if the forward pass is made, our big guys have to deflect the ball either out of bounds or into a loose ball situation. Regardless, our rule is nothing vertical.

#### **Mid-Court Line**

Premise: Until the opponent is in the scoring area (3-point line or in), we are trying to stall

their offense with pressure. Once across the mid-court line, we have an added (sixth) defender in the half court line and at the same time a shorter area for them to set up and utilize while taking more time off the clock.

When the opponent comes across mid-court, we can increase our defensive pressure even more because we now have the mid-court line as an extra defender. The extended area from the mid-court line to the top of the key (the 3-point line extended) is what we call a passing/dribbling zone (diagr. 2). That is all that our opponents can do since they are not able to shoot in that area, because it is too far outside the 3-point line.

In this area, the triple-threat rules (the three offensive things you can do at any given point: shoot, pass, and dribble) are reduced to two, pass and dribble, and it takes away their primary goal: scoring. Our opponents

cannot shoot accurately from that area since you are too far past the 3-point line. Our opponents' options are passing or dribbling, and again we do not want to let them pass up court, even when they are across the mid-court line. Our goal is still no penetrating passes up the floor. We will encourage parallel passes at this point, because it would increase opportunities for run-throughs for us, and if we get a deflection on it, we have a great chance for a lay-up.

Once our opponents come across the mid-court line, we can increase the defensive pressure, especially in the corners (diagr. 3). The other big guys can now come up and double-team the ball. We especially like to be able to trap in those corner spots since we have the half-court line as a "back defender", and the sideline as a "side defender".

Obviously, when our defensive player comes

up the floor for double-teaming, we are going to be in a situation that is important for players to recognize (diagr. 4). We have to have a rotation on the back end from the lane to the perimeter. We do not like having to rotate out that way, but we need to be able to do that at this point, because otherwise it puts the opponent in a scenario where they can burn us with one simple pass, we call it a habit pass. All it takes is making the pass to the next guy, who is closest to the basket and inside the scoring area, which is where we do not want the ball, and then they have an advantage, because we have two players back where the trap occurred. Obviously, there is a greater chance that we can now give up either a lay-up, or a wide-open shot.

If we can trap correctly and rotate, that forces the opponent to make a parallel pass, and that is what we want, because we have a greater chance to pick it off and get a run-through for a steal or a deflection. So we have to stop the one pass, but we have to use the rotation from under the basket.

Ideally, when a secondary ball-handler comes across mid-court, we can get him going too fast before he figures out that he needs to slow down. When he comes across the mid-court line and picks up the ball, in those two dead spots toward the corners, it becomes an automatic double team because we actually have a "triple team" with the mid-court line.

At this point we have three players guarding the other four opponent players, but the back end offensive player across the court is out of play because the passing angles are difficult from where the secondary ball-handler is throwing from. We still have to take away the short diagonal pass because it is the easiest one they can make.

If we trap in the middle of the court between the elbows (basically extended vertically from the lane), we are just trying to be really aggressive and square them up. We are not trying to force them to a sideline, but we are not trying to give them angles either. We are just trying to square them up in the middle because then now we are closely guarding and squared up to where they can only go left or right. Also, if we are within three feet, then we also have the five-second count on as another tactic.

Even if we do not end up with a steal from forcing the trap or the pressure, our opponents are far away from the basket that the next pass they make is the first pass to try to get into their offense. At this point, we have increased the length of the first pass to start the offense, so what they will probably have to do now is go more toward mid-court



(away from their basket) to make it a shorter pass. Now we have their offense starting outside the 3-point line. They are not comfortable there. Again, the premise is to take more time off the clock and start their offense as far away from the basket as possible.

When they do make the first pass to start the offense, we want them to make the catch outside the scoring area.

Now we have to pressure and keep him pushed further out than he wants to be. If we do a good job pushing them out, then they start further away from the scoring area. It breaks down their offense, making them pass to the wing and dribble more, and even when they finally have to drive, they can only get to the elbow instead of in middle of the lane, because they are starting so far out. That is not as big of a deal to us (getting to the elbow) because we have time to get back to our mid-line in the lane and close back up defensively.

If our opponents get to the mid-court line and there is only 22-25 seconds on the shot clock, from that point we have about 12-15 seconds that we have to play strong because most teams have a set offensive play that they will run when they get down to 10 seconds or under. They have to have a set play to run that will get them a shot from a player that they want. Coaches are worried about getting a shot off because it is embarrassing if they do not; the primary ball-handler is worried about getting one off because that is their job. As a result, our opponent is speeding up with only 10 seconds left on the shot clock.

Our opponent is scrambling and we are

guarding things they do not practice because they are out of their comfort zone as well and under the pressure of the shot clock. It may cause them to do things they do on the playground and open gyms, trying to make plays happen, but since they do not have a definite action plan to follow, there is a great chance that they will go to 1-on-1 play. They are probably going to be driving at that point and we are going to have all that help in the lane, and we will be set up better to be able to take more charges.

#### HALF COURT PRESSURE

Premise: Once the opponent gets in their half court (scoring area), we want to pressure but at same time we are driving them to the elbow and not giving them "paint touches." This creates even more pressure on them to score from further out in a shorter amount of time.

In their half court, which we consider the 3-point line and in, we want to guard from 1-2 steps above the 3-point line and we want to be solid (diagr. 5). The goal is that we do not want to give up any points in the three-second lane.

We talk with our players about "paint touches." We want 22 or less paint touches for a game (which includes 40 minutes). This means that we want the basketball going into the three-second lane 22 times or less in a game. That total includes dribbling the ball into the lane, passing it in, and offensive rebounds. We are trying to seal off the lane and make our opponents score outside the paint area.

When they catch the ball on the wing, we are pressuring the ball. We try to contain,



without forcing it to the middle or to the baseline and not allow any penetration. If the ball-handler does drive, he has to drive toward the elbow of the lane, the only place that we will allow an offensive player to dribble.

We are trying to play hard on the wing, but if they do drive and make a penetrating dribble, it has to go toward the elbow, where we have help side assistance on the elbow and have the rest of the defenders playing into the mid-line.

One thing people may not think about is that we are not denying the pass from the wing back to point. That is not a penetrating pass, so we are going to let that pass occur. However, we will not allow any passes toward the basket, nothing vertical. Everything needs to be played outside the 3-point line for as long as possible by us creating great pressure on the ball-handler, but the other four defenders have to be in the lane or able to recover to the lane quickly if needed.

We make specific adjustments dependent on who we are playing. If the opponent has a great player on the one side, we are still going to guard him and will not sink back to the lane, but we are not denying that pass to him either unless it is just a special feature we are having for that player from our specific scouting report.

We are not trying to help-and-recover on the players, who do not have the ball. If the player, who starts the offense with the first pass, comes to the top of the key, we do not feel like a defender can deny the point, drop in to help on the ball, and then slide off and run out and recover. If we do that, we are asking guys to go two different directions; they are being asked to run, stop the ball, and run back to stop another guy. That is asking too much, so we take that situation out of the equation. We do ask that if our guys are not guarding the ball, we want them in the paint.

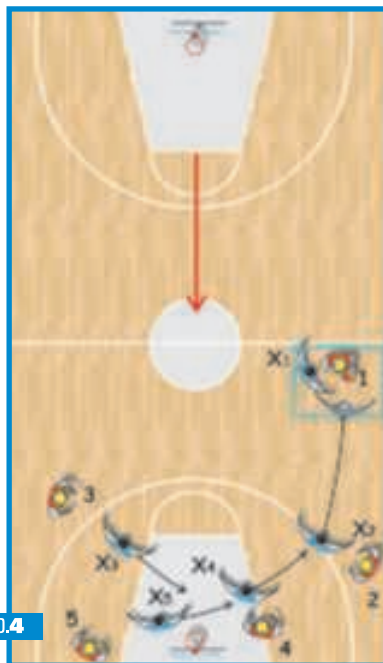
#### PRACTICE DRILLS TO HELP TECHNIQUE

We need everyone to be able to apply ball pressure with hands up and in a good stance. We do lot of stance drills and react-and-recover drills to help get it to the point where it's second nature so that it only comes down to effort.

When the ball goes up on shot, it needs to become also a second nature to box out, make contact, pursue the ball with two hands to get the rebound, and then make a quick outlet pass to start the transition. All five guys have to rebound and remember that we are not on offense until we get the ball.

#### Fake and Drop

In this drill, one player is a defender and another is on offense (diagr. 6). The defensive player is retreating back, anywhere from 1-2-3 steps, while the offensive player dribbles the ball coming up court. The defender's purpose is to drop, fake forward, and drop again. He can



D.4

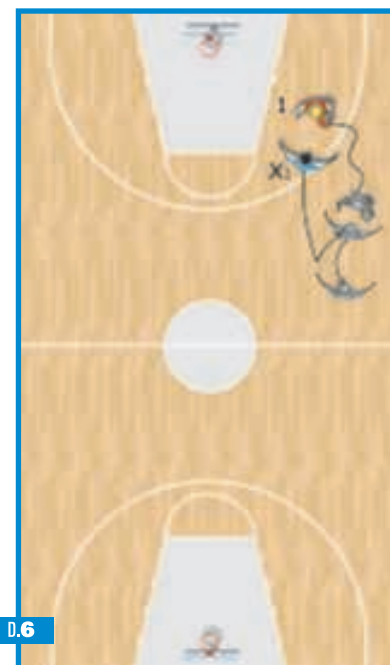


D.5

stop, fake, and then come up or any combination with the purpose to try to get the offensive player to pick up the dribble. We get three sets of the defenders faking forward between the free-throw line extended and the mid court. The defender drops three steps, the offensive player comes up 2-3 steps and the defender comes up 1-2 steps before dropping back again. We then do the drill on the other side going back down the floor. As we talked about with our full court defense, we are pressuring the opponents' primary and even secondary ball-handlers. We will guard them, but we will have other primarily big guys come up there so they can trap. We do not like to trap where the opponent can see us coming because when we play teams with bigger and stronger players, they will be able to throw it over the top and our first goal is to stop vertical passes. We do not want to allow that pass. We are looking to fake at times, making them think we are going to come running up, and getting them out of rhythm to not so they will not know when we are coming up the floor. Again, the point is to make the opponent use time off the shot clock.

#### Zig Zag

We will do zig-zags with two players starting in lane facing the baseline (diagr. 7). Slide out, sprint to middle, and touch hands. We are focusing on fundamental pressure to sideline and then get back to recover in middle. We do these a lot in preseason, and without basketballs to emphasize fundamental techniques. We spend time during the whole year in practice doing this drill at least three or four times per week.



D.6

### Break Open

We also do a lot of 2-on-2, 3-on-3, and 4-on-4 defensive practice as well because there are many times in a game that not all five players will be involved in the play (diagr. 8). In the 2-on-2 drill, the offensive player will try to get open however they want to, and the ball defender will provide pressure. The player covering the ball needs to stay with his man while the second defender comes to the mid-line, while knowing where to recover for his man. The defender on the ball needs to make the offensive player dribble, without giving penetrating passes up the floor. The other defender has to learn to come back and play a two-man defensive game, covering the mid-line. When they are guarding the ball, we have one rule: "pressure, but contain" and do not allow a free run to the sideline. We always teach players to force the ball back to the middle. We do not want any vertical passes because it puts our defense at a disadvantage and puts us in a situation to have to rotate someone ahead, which we do not want to do. We do not want our opponents to have the sideline as that will allow them to get a free run to the scoring area.

### SPECIAL DEFENSES

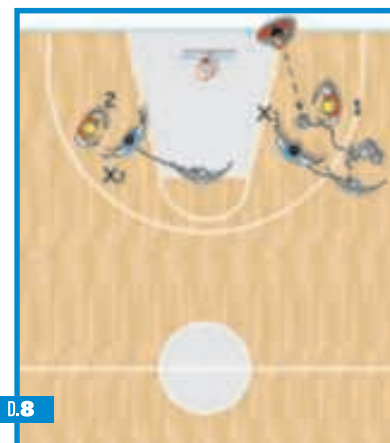
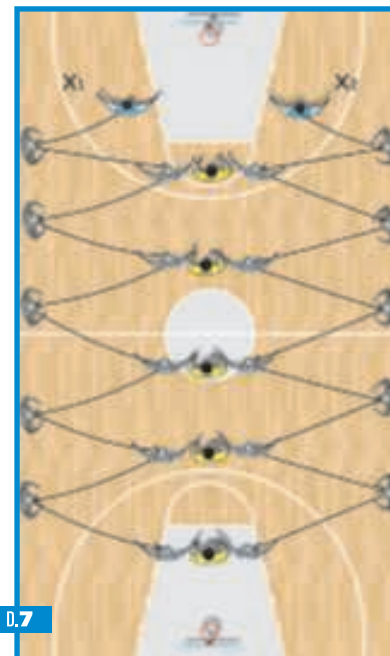
When we have a really talented player that we have to defend, we may put in a special wrinkle on defense to try to eliminate what they are good at. We cannot always plan to stop them completely, but we have to limit their ability to score in different ways, only giving them one way that they can beat us.

**1. Post player.** The biggest thing we try to do against a great post player is seal the post (diagr. 9). Against a big post guy, when he has the ball below free throw line, we will guard on the low side or baseline side. We will have help side defense on midline. When the ball goes into the offensive player on the pass, we will automatically double team the low post offensive player (diagr. 10). The post defender has the low side and his rule is that he is not to let the post player go baseline. We do not want any drop-steps. The help-side defender's rule is that when the offensive post guy catches the ball, the defender has to be there on the double team to form the double-team. Then we have the rotation behind the help-side defender to cover the backside. The point is that we are trying to make sure the low post player cannot score. If he is a great natural scorer but not a great passer, then we would run this special defense because he can not turn to baseline to score and he cannot score to middle. In that sce-

nario, he is most likely to force a throw back out to the original entry spot. You can do the same when the player is also a good passer, but you have to be a little more careful when he can see the floor well, and rotate the basketball to the open players for open shots.

**2. Point guard.** If the point guard is a penetrate-and-pitch guy, he is the one setting the tone and the one they run the whole offense through him. If he starts the plays and gets the offensive players where they need to be, we will pick him up after we score and will face-guard him. We will not allow him to touch the ball, face-guarding him all way down the court. When he does touch the ball, we are very aware of his position. If there is on the ball screen, then we will automatically trap it to make him get rid of the ball immediately to an offensive player that is a lesser scorer. This is because he is a good offensive player, but really unselfish. So he is not going to force a bad shot and will pass it. By doing this we are taking their best player out of the play and trying to get one of their other players to set the offense, something they are not comfortable or used to doing. Limiting his touches helps mess up the rhythm of their offense and takes a key offensive player for them out of game.

**3. Two players.** When a team has two great offensive players, our goal is to give each one of them only one option and take away everything else. If it is a big guy, we will play between him and the basket, making him shoot directly over top of our defense. If he wants to score 25 points, he has to figure out that's what we will give him. We will not give him angles, and any dunks or rebounds because of a double box out. He will have to turn around and shoot the ball over us as the only way to get it done. The other player is usually a guard and when we are already making the post man go over us, we will take away touches from outside for the guard. We want to limit his offensive touches in the scoring area and make him a driver. If he can really shoot it, we do not give him outside shots but instead make him come to the lane where we have help. If we cannot guard him straight up or face-guard him, we will not worry about the ball but just make it hard for him to catch it. When he does catch it, the only job will be to take away his 3-point shot and force him to middle. That will make him drive to the middle where four other defenders are waiting.







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by Raffaele Imbrogno

# DVDS FROM THE UNIVERSITY OF TENNESSEE

Raffaele Imbrogno has been coaching since 1980. He is an Instructor for the Italian National Coaches Committee of the Federation and has been Director of the Italian Basketball Federation Study Center. Imbrogno is also the author of several technical basketball publications.

Writing these brief notes about technical products for teaching and training basketball players, I have come to realize that most of these items are in English and come from the United States. Personally, I don't believe that all the best basketball teachers/coaches/players live in the U.S. Actually, as we can see by the results of the U.S. national teams, both youth and senior, great and beautiful basketball has been played in the other continents, too.

In Italy, as well in other top basketball countries, such as Spain, Serbia, and Greece, there are many great basketball teachers. However, in Europe, we don't produce much in the way of technical material. The few things that are made are rough, although they have great quality from a technical standpoint. Moreover, the DVDs produced in these countries are not accessible to a large number of coaches. The fertility of a movement and its maturity has to be verified by recording its own ideas, creating material for comparison, study, and memory. As the Beatles once said, we're walking on a "long and winding road" in Europe. And so, I am still waiting for other countries to catch up to the United States in basketball DVD output.

In the United States, there is a better culture of sharing different basketball ideas on fundamentals. Most appear now in DVDs, a quick and inexpensive way to improve the basketball knowledge and share basketball concepts and philosophy. I will now focus on many of the DVDs I have received from the U.S. in the past few months. Among the

*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.*

DVDs released between August and September 2007, the ones from Bruce Pearl and Jason Shay, two coaches from the University of Tennessee, deserve particular attention.

Pearl is the head coach of the University of Tennessee. His first DVD, made some times ago, is entitled "1-2-1-1 Full Court Pressure." Championship Productions has now released several new DVDs by Pearl:

"Quick Scoring Transition Game," "High Screen Options," "OB Nuggets," and "The Encyclopedia of Full Pressure Defense".

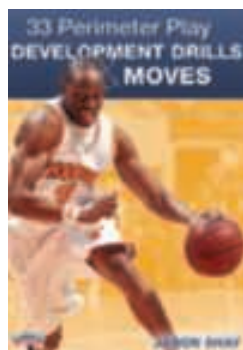
The first DVD presents Pearl's offensive system philosophy: attack when the defense is weak. Moreover, Pearl shows in this 57-minute DVD, the different drills for building this

offensive approach that brought the Volunteers (the nickname of the players from the University of Tennessee) one of the most prolific offenses of the NCAA.

The second DVD is the perfect sequel. Pearl presents and analyzes shooting situations he recommends in the last seconds and at the end of the game. He uses two initial sets: 1-4 and the Box. Pearl's other DVD completes the explanation of his up-tempo basketball by presenting his full-court pressure defensive system.

Jason Shay has been an assistant coach, working with Bruce Pearl for seven years. In the first of his two 40-minute DVDs, "33 Perimeter Play Development Drills & Moves," Shay presents an interesting drill series for improving movement with the ball. He also reviews some cut moves and the use of screening the ball.

In his second DVD, "18 All-Purpose Post Moves," he presents low-post moves for the big men. Shay describes how to get the best position, focusing on proper balance and taking advantage of the defense.







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by Alan Richardson

# ISSUES RELATED TO THE OFFICIATING RELATIONSHIPS

**Alan Richardson has been a FIBA referee from 1978 to 1998. He then became Referee Clinic Instructor from 1996 to 2000. Since 2000, he is the Technical Advisor of the Referee Department of the Euroleague.**

## TECHNICAL FOULS

No one has ever said that referees should not call technical fouls upon players and/or coaches for misbehaviour. What has been said is that referees should handle such situations in a manner that does not reflect badly upon the referee calling the technical foul. In such an emotional environment, the referee should not be perceived as being emotionally punitive or "using a sledgehammer to break a peanut". What is necessary is to define what is acceptable behaviour and communication during the game.

Referees must try to transfer the behavioural standards they uphold in life into the basketball environment, without compromising those standards. If a coach or player makes a profane statement directly to a referee they should be penalised with a technical foul, no "ifs" and no "buts". If a coach or player makes a profane statement that is not directed at a referee, maybe through frustration at individual or team errors, it should be dealt with sensibly, verbally and without stopping the game.

Coaches and players who verbally and/or visually profanely abuse co officials behind their backs should also be penalised immediately for such behaviour, but again in a manner that does not show the calling referee in a vindictive or punitive light. There is strength in quiet control and composure, qualities that are used to

great effect by the very best referees. Invisibility is a great asset as a referee, the ability to be effective without really being noticed.

The manner in which a referee conducts himself/herself on the court in disciplinary matters will do much to build a level of respect with players, coaches and fellow officials. Referees are a team, supporting each other, respecting each other and above all working to the same ends, a successfully officiated game. Referees should not seek to undermine, embarrass or irritate co-officials, especially when they are dealing with emotional situations. Veteran officials may come to the aid of younger colleagues (when it is clearly required and in order to support rather than undermine) who are having difficulties with a coach or player(s).

The calling of technical fouls must be consistent and transparent to all participants and referees. There can only be one standard and all must adhere to that standard, not devalue it by unilateral "personal" interpretations or opinions. The game is bigger than any individual coach, player or referee.

## COACHES

Communication with participants is essential but not at the expense of changing the momentum of the game or permitting them to openly question decisions. Getting to know your coaches (and players) is an integral part of an official's preparation for what to do when situations arise before, during and after the game. It is not a case of "do unto others as they do unto you"; treat everyone with the same level of respect. It is helpful if light hearted banter can be interjected

into the otherwise serious conversations. Relationships are a block-building exercise, an ongoing development between two individuals who view different outcomes, but it can be a means to fostering respect and confidence. As in life and work it is not an easy process but one which enables progress and can have a cascade effect upon coaches, players and referees. Respect is earned; it is not given freely and never delude yourself into thinking that coaches/players like you because you are outgoing or humorous. They are primarily concerned with winning games and at the top level, their livelihoods depend upon it. If they do not recognise your integrity or ability as an official, the relationship is meaningless and without respect. Coaches (and players) appreciate fairness, application of common sense (feeling) and above all, consistency in competent performance. Referees are never going to please everyone all of the time, but you will earn respect if you work on your professionalism every time you officiate. Your attitude, approach and performance are paramount in the development and maintenance of good working relationships.

## SPECTATORS

These are the members of the public who invariably have to pay for the privilege of watching the games you officiate. They are entitled to voice their opinions on what unfolds before them, whether it concerns coaches, players or officials. The behaviour of spectators, both verbally and physically is a well documented phenomenon in most sports. I do not wish to delve into the socio-psychological aspects of crowd behaviour other than to



address some recent developments. Many spectators, particularly those who are relatively new to the recent expansion of top level basketball in Europe, have little or no knowledge of the “complexities” of the playing rules. They are solely concerned with the fortunes of their own team, not the opponents nor the officials. The two latter elements come to the fore when “their” team is losing the game. Crowd behaviour is part of the adversarial atmosphere of basketball and should not impinge upon an official’s ability to perform his duties and responsibilities without fear or favour.

In some countries, in some venues, the spectators are almost “legendary” because of the ferocity and fanaticism of their behavioural support. Over recent years, the bodies controlling competitions have taken a firmer line over dealing with spectator behaviour particularly in relation to physical reactions against match officials. I am not condoning unsportsmanlike behaviour, profane language, racist chants, violence or the irrational actions of individuals and/or groups before, during and after games. Officials and their nominating bodies have the powers to deal with any behaviour that has a direct bearing on the game and any of its participants. Actions which tarnish the image of the game should be reported and dealt with severely by the appropriate authorities. Are we as officials consistent in our approach to dealing with such behaviour? The throwing of missiles, harmless or harmful onto the court is not an issue for blind eyes; neither is aggressive verbal and/or physical threats to officials after the game. Officials as a group, irrespective of experience and status, must be united and consistent in their approach to dealing with unsportsmanlike behaviour. Take care of business before business takes care of you.

#### CONSISTENCY

This is the favourite catchphrase of coaches; it is a complaint regularly levied at referees by game participants, observers and by officials themselves. For officiating to be a rewarding experience we have a duty to ourselves and other officials to be consistent in the application of the rules, interpretations, mechanics and points of emphasis. Unfortunately, because of human fallibility, this is not always the case. I regularly read reports from commissioners, observers, coaches and club officials that they are seeing inconsistencies within the team of officials, even the top officials. Referees are human beings





and even the top officials make mistakes. However, it is also clear that the margin of error within top level officials is far less than that which exists at lower levels. Officials have a duty to follow the guidelines without introducing their own "personal" interpretation of such guidelines; these actions lead to frustration and confusion amongst game participants. We have witnessed a dramatic improvement in the top level of officiating in recent years as the professional approach of referees, instructors and observers has sought to eliminate inconsistency and decrease errors.

The advent of technology has thrust officials into an unwanted spotlight. They are scrutinised now more than ever through television, internet, DVD, video and newspapers. The pressure to





perform consistently has never been greater and the actions of officials in many sports are now daily talking points. Fortunately, the application of such technology is now being widely used in the training and analysis of referees and their performances to good effect.

#### FELLOW OFFICIALS

Seeking favour with the game participants is not the way forward in terms of establishing meaningful relationships. Similarly I deplore the actions of those officials who seek to make capital for themselves at the expense of fellow officials. Referees are competitive by nature, but they must be team players and be seen to be so by the game participants. Whatever the combination of experience and ability within the team of officials it should produce a team per-

formance encompassing good cooperation, communication, support and total respect for each other. Areas of responsibility are clearly defined, with the flexibility for officials to help colleagues "outside" of such areas of responsibility. Situations arise when calls are made in close proximity to the nearest official by a colleague further away from the play. In such cases the calling official must be 200% certain of what has happened. It may be that the nearest official is momentarily unsighted, unsure (inexperienced) and out of position or more importantly that the official has a clear picture and does not whistle. The former is acceptable but the latter does not bode well for teamwork. Guesswork does not lead to good officiating and trust between officials is essential. Veteran officials are expected to assist

in the development and experience of lesser colleagues before, during and after the game. It is not a "show" for the veteran official, but a test of leadership. The growth of teamwork as exacerbated by the introduction of the three referee system, has led to a decline in the need for "star" referees. The "star" is now the team and the team is only as good as its weakest member; therefore the more experienced officials work hard to ensure the team success rather than individual success.

We have some truly outstanding officials in Europe, on a par with the best in the world; they embody what is good in officiating and alongside them are many aspiring young officials who will be the outstanding referees of the future. With opportunity comes responsibility.

# RIGHT OR WRONG?

*The following questions focus on the document, "FIBA Official Basketball Rules: Official Interpretations". A free download is provided on the FIBA website ([www.fiba.com](http://www.fiba.com)). For additional clarifications, explanations or examples, please consult this document.*

## QUESTIONS

1. On a last free-throw, the ball fails to touch the ring or enter the basket. Shall play resume with a throw-in awarded to the opponents at the free-throw line extended?
2. During a time-out, A8 wishes to enter the game as a substitute. For the substitution to be legal, must A8 report to both the scorer and an official?
3. During the last two minutes of play, a throw-in is awarded to team A in team A's backcourt. Before the throw-in can be administered, the referee interrupts the game for approximately 30 seconds to clean the floor. Following the interruption, shall play resume with a team A throw-in at the centre line extended, opposite the scorer's table?
4. During the first period, a team B substitute is waiting at the scorer's table when A3 scores a field goal. Shall the substitute now be permitted to enter the game?
5. A5 is dribbling the ball near a sideline in team A's frontcourt when a 3-second violation occurs. Shall play resume with a throw-in at the end line, but not directly behind the backboard?
6. B2 commits interference during A3's shot for a goal. Coach B now requests a timeout. Shall the timeout be granted?
7. Team A illegally returns the ball to the backcourt. Shall play resume with a team B throw-in administered at the centre line extended, opposite the scorer's table?
8. Before the ball has been released by A5 on his last free-throw, A3 fouls B3. This is the 5th team A player foul in that period. Shall free-throws be



- awarded to B3?
9. A2 is fouled by B5 and appears to be injured. The coach of team A comes onto the playing court but A2 insists he is able to continue playing. Shall a substitution be required for A2?
10. The first period ends with team A entitled to the next alternating possession throw-in. During the interval of play, technical fouls are committed by B4 and A4. Shall the following period begin with the alternating possession throw-in by team A?

## ANSWERS

1. Yes ; Art. 43.3.1
2. No; Art. 19.3.7
3. No; Art. 17.2.3
4. NO; Art. 19.2.2
5. Yes; Art. 22.2
6. Yes; Art. 18.2.3
7. No; Art. 22.2
8. No; Art. 17.2.4
9. Yes; Art. 5.3, FIBA Interpretation
10. Yes; Art. 42.2.7



# THE ORLANDO MAGIC POST-GAME SURVEY

This article on the NBA Orlando Magic Post-Game Survey underscores the importance of taking care of your customers, both the season ticket holders, as well as those who come for just one or two games a season. We would like to thank Chris D'Orso, Vice President Marketing and Ticket Sales, for the survey information, and Gianluca Tixon, an intern with the Orlando Magic, for the collaboration.

## AIMS

The Post-Game Survey, made on 2006-2007 season, was designed to provide the following information:

- ▼ What drive single game ticket buyers to attend Magic games.
- ▼ Which marketing techniques are the most effective.
- ▼ Fan feedback in the following areas:
  - Buying tickets
  - Parking
  - Security
  - Concessions
  - Retail
  - Ushers
  - Cleanliness
  - Game entertainment
  - Demographic information

## METHODOLOGY

On the day following each home game, everyone, who purchased their tickets in advance (those, who provided us with an e-mail address) is sent an e-mail, thanking them for the purchase and inviting them to participate in fan survey. As incentive, there is a monthly drawing to win an autographed Magic item.

## QUESTIONS

1. Why did you attend the Magic game last night? (select all that apply)
  - To watch the Magic play
  - To watch the opponent play
  - To see an NBA game live
  - Something to do on my vacation
  - For a group outing (school/work/etc.)
  - For the half time show/in-game entertainment
  - For the free giveaway/promotion
  - To see a specific Magic player



in action

- To see a specific opposing player in action
- I was asked by a friend or family member
- I received a free ticket

2. How did you hear about the game you attended? (select all that apply)

- Billboard
- Family/friend
- Hotel/resort
- Magic website
- Magic TV/radio broadcast
- Newspaper
- Other website
- Pocket schedule
- Radio ad
- School
- Television ad
- Ticketmaster
- Work

3. If "to see a Magic player", then:

Which Magic player did you come to see? (select all that apply)

- Bo Outlaw
- Carlos Arroyo
- Darko Milicic
- Dwight Howard
- Grant Hill
- Hedo Turkoglu
- Jameer Nelson
- James Augustine
- J.J.Reddick
- Keith Bogans
- Kenyon Dooling
- Pat Garrity
- Tony Battie
- Travis Diener
- Trevor Ariza

4. If "to see an opposing player", then:  
Which player did you come to see (select all that apply)

**Names are changed depending on opposing team**

5. If other, then: Who did you come to see? \_\_\_\_\_

6. Where were your seats located?

- Upper bowl
- Lower bowl

7. On a scale of 1 to 10, how would you rate your overall experience attending a Magic game?

- 1 - Very poor
- 2
- 3
- 4
- 5 - Average



- 6
- 7
- 8
- 9
- 10 - Excellent

- 1 - Poor
- 2
- 3 - Fair
- 4
- 5 - Excellent
- Not applicable

8. On a 5-point scale, how would you rate the following event elements?

**Purchase of tickets**

**Parking**

- 1 - Poor
- 2





	3	- Fair
	4	
	5	- Excellent
		- Not applicable
<b>Security</b>		
1		- Poor
2		
3		- Fair
4		

	5	- Excellent
		- Not Applicable
<b>Concessions</b>		
1		- Poor
2		
3		- Fair
4		
5		- Excellent
		- Not Applicable

<b>Retail</b>		
1		- Poor
2		
3		- Fair
4		
5		- Excellent
		- Not Applicable

#### Ushers



- 1 - Poor  
2  
3 - Fair  
4  
5 - Excellent  
- Not Applicable

**In-game entertainment  
(excluding halftime)**

- 1 - Poor  
2  
3 - Fair  
4  
5 - Excellent  
- Not Applicable

**Halftime entertainment**

- 1 - Poor  
2  
3 - Fair  
4  
5 - Excellent  
- Not Applicable

**Arena cleanliness**

- 1 - Poor  
2  
3 - Fair  
4  
5 - Excellent  
- Not Applicable

9. If you have any additional comments or

ideas for improvement, please, share them with us here: \_\_\_\_\_

(please, include plenty of room for comment)

10. How many games do you think you will attend this season? (total)

- 1  
- 2  
- 3/4  
- 5/8  
- 9/15  
- More than 15

11. If 1, then: What is the main reason you will only attend one game this season?

- It is too expensive to attend more than one game  
- Downtown Orlando is too far from my home  
- I am only interested in attending one game this year  
- I came for the visiting team, not the Magic  
- I received free tickets  
- I came as part of a group outing

12. What is your age?

- 18/24  
- 25/34  
- 35/44  
- 45/54  
- 55 +

13. What is your gender?

- Male  
- Female

14. What is your income?

- Under \$ 15,000 per year  
- \$ 15,000 / \$ 24,999  
- \$ 25,000 / \$ 34,999  
- \$ 35,000 / \$ 49,999  
- \$ 50,000 / \$ 74,999  
- \$ 75,000 / \$ 99,999  
- \$ 100,000 / \$ 149,999  
- More than \$ 150,000

15. What is ethnic background (select all that apply)

- Afro-American  
- Asian  
- Caucasian  
- Latino  
- Native American  
- Other \_\_\_\_\_

16. Name

17. Address

18. City

19. State

20. Zip Code

21. Phone Number

22. E-mail address

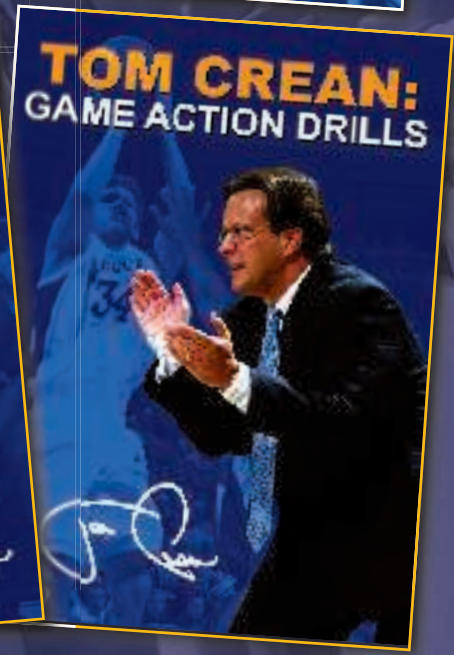
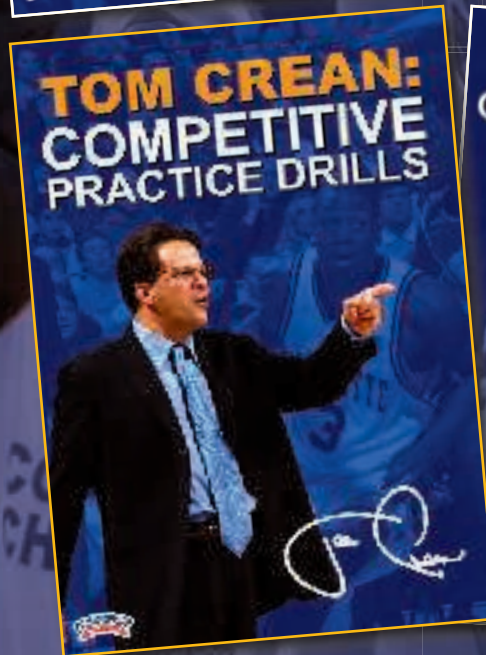
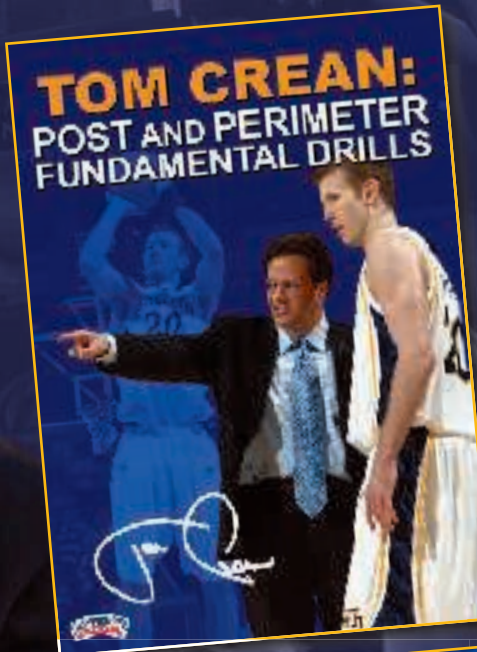
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# FSB 2007: A NEW SUCCESS FOR THE FIBA STUDY CENTRE VILLAGE

Upon conclusion of the 2007 FSB, the International Trade Fair for Amenity Areas, Sports and Pool Facilities, held in Cologne (Germany) from 31st October to 2nd November, the FIBA Study Centre expressed its full satisfaction in terms of its partners' participation, number of visitors, featured entertainment and general event organisation. After its sixth participation as a main exhibitor at the biggest fair of such kind in the world, FIBA Study Centre Director Aldo Vitale stated: "Never before did we have as many partners present within our village and outside the village. To my knowledge, this edition of the FSB generated a great number of business opportunities for our partners. And it is clear to me that this is allowing, at the same time, an increase in the standards of basketball equipment and arenas".

The FIBA Study Centre partners were among the 506 exhibitors (480 in 2005) reunited on 53,000 square meters and representing 39 different countries. More than 30,000 visitors were welcomed during the entire trade fair, composed by the FSB, Aquanale and SOLARIA.

Sports and leisure were at honour not only in the frame of the IAKS Congress and on the occasion of the IOC & IPC-IAKS Award Ceremony, where the best architects of sports facilities were recognized, but also in the featured exhibition halls. All visitors had the opportunity to take part in some great basketball games at the FIBA Village. Indeed, with its village of more than 1,000 square meters, including a court with daily basketball activities, FIBA had one of the largest exhibit areas in the whole FSB.

With a large stand including a showroom of all the FIBA Approved Basketballs, the village of the International Basketball Federation united 22 partners and associates involved in numerous sport-related businesses. At presence were Baden, Bodet S.A., Dalian Qiansen Wooden Co. Ltd, FieldTurf Tarkett, Fox 40, Gared Sports, HARO Sports, Junckers Industrier A/S, Mondo, Nautronic Scoreboard System, New Deal Srl, OMSI Transmissions Inc., Philips, Prestige Entreprise International Inc., Robbins, Schelde Sports, Seicom, SportSystem, Stramatel, Sure Shot by Gramet Sport, Swiss Timing and Zhangjiagang Jinling Sports Equipment Co.

The presence of some of the FIBA sponsors, such as Champion, Molten, Mondo or Sinalco was marked by giveaways to the public. T-shirts, basketballs and drinks were made available to the visitors during the



entire three days of the fair.

The majority of these companies represents the FIBA Study Centre's major product categories: backboard support units, wooden floorings, synthetic floorings, electronic scoreboards, electric and electronic systems, seating systems, miscellaneous products and basketballs. With their punctual presence and contributions at the trade fair they helped FIBA expose innovative products, as well as concepts and solutions for the leisure and general sports market and for basketball in particular.

During the three days, the FIBA Village had the privilege of being visited by numerous important guests from and outside the world of sports. Among the personalities were IOC Vice President and Executive Board Member Dr. Thomas Bach, President of the International Paralympic Committee Sir Philip Craven, Minister of the Interior of the German State of North Rhine-Westphalia Dr. Ingo Wolf, President of IAKS Dr. Stephan Holthoff-Pförtner, Deputy Secretary for Sports of the Russian Federation Leila Pokrovskaya, Vice President of the German Basketball Federation (DBB) Uwe Albersmeyer, FIBA Secretary General and IOC member Patrick Baumann, FIBA Americas Secretary General Alberto García and FIBA Europe Secretary General Nar Zanolin.





## ABOUT THE FIBA STUDY CENTRE

The FIBA Study Centre ([www.fiba.com/study\\_center](http://www.fiba.com/study_center)) was founded with the aim to help equip and increase the number of sports facilities throughout the world, to encourage the construction of basic facilities and the refurbishment of older ones, to coordinate research initiatives and to offer consulting services for materials, equipment design and construction.

The Study Centre, which edits publications such as the "Guide to Basketball Facilities for High-Level Competitions", the "Guide to Small Basketball Facilities" or the "Safety Standards", seeks to attain a high standard of quality, safety and high-tech for the athletes, the public and the media.

Additional guests were also in attendance to entertain the audience. At the centre of the FIBA Village, a slightly scaled down basketball court was installed to the satisfaction of FSB visitors and FIBA friends. With the help of the German Basketball Federation (DBB), and more particularly of Christian Schütz, professional and unprofessional basketball teams came to demonstrate their talents and divert the FSB public. RheinEnergie Köln minis, wheelchair basketball team RSC Köln e.V., women's team DJK Köln Nord (2. DBBL) and men's team Köln 99ers (BBL) all came to play under the supervision of their coaches David Irnich, Sedat Özbicerler, Manuel Hauff, Jan Schieke and the FIBA instructor Maurizio Mondoni.

This dynamic atmosphere was also created thanks to a DJ and a moderator, present on the occasion of every single FIBA participation at the FSB. With their music and animated shooting competitions they attracted a large audience ready to win prizes of all kinds.

In conjunction with the trade fair, the FIBA Study Centre organized a Decisional Board meeting, using the opportunity that all members were present; and an elegant dinner also took place on the second day, gathering sponsors, partners and friends of the FIBA family.

During their keynote speeches to the guests, Mr. Alberto García, Secretary General of FIBA Americas and Mr. Aldo Vitale, Director of the FIBA Study Centre, pointed out the importance of the FIBA Study Centre within the world of basketball and stressed the fact that without the professionalism of all FIBA partners, accidents and incidents that may have occurred in the past would still take place. Both executives reminded that the International Basketball Federation is the only sports federation with a body such as the FIBA Study Centre. No other international federation can pride itself of having an entity dedicated to the improvement of sports facilities and equipment standards. Mr. García and Mr. Vitale ended their addresses wishing plenty of success to all partners during the 2007 edition of the FSB and thanking them for their long and lasting collaboration for the good of basketball!



by Claire Dallison

# CONDITIONING FOR THE GAME OF BASKETBALL

**Claire Dallison is the strength and conditioning coach of Nelson team of the New Zealand Basketball league and of the New Zealand Basketball men's team. Lecturer at the NMIT and AUT university, she is also specialist on water-based rehabilitation.**

Strength and conditioning is an important part of basketball. It is seen as an integral part of an athlete's regime and training, and takes on many different forms. It is often isolated from basketball-specific training, which is led by the coach, and is usually not undertaken in an on-court environment.

Strength training and power development are well understood in basketball, but the part of the strength and conditioning development that I feel is understood the least and often not addressed is conditioning.

Over the past 10 years working in New Zealand basketball, I have had the unusual luxury of working with athletes through our NBL team and into the national team, thus tracking the same athletes' development from a teenager into their professional career.

Because of the size of the program in our country, we have had to develop our small player base with care and I have found their individual conditioning the real challenge that turns them from national into international players.

## WHAT IS CONDITIONING

It is the training of specific functional movement patterns for the game, in this case basketball. It is the conditioning of an athlete to be able to improve their game by developing movement patterns relevant and specific to those they use on the court.

Conditioning is the refining of strength and power training to the exact movements they need to play their game well.

Conditioning is player specific and depends on several factors:

- ▼ The individual player's current "condition".
- ▼ The strength and power development the athlete has been through.
- ▼ The game the coach wants that player to be able to play.
- ▼ The functional patterns the player needs to develop.
- ▼ Injuries the player is managing or rehabilitating.

As a trainer, the conditioning phase of an athlete's year is the most challenging to get right, but also the most critical. It is the time we refine movement patterns they need to take onto the court, and reinforce the training required to make them move faster, jump higher and to develop the footwork

and timing in a game setting that improves them as a player. Ideally, in this pre and during-season phase, the trainer can work with the coach in joint sessions. They can use the court floor and dynamics so movement patterns are as game relevant as possible.

They can also take the athletes through movement patterns relevant to small specific parts of their team offence and defence so it becomes apparent where the movements fit into the game and the athletes can begin to change those movements on the court.

As an athlete goes through a conditioning (or specific) phase, they are able to repeat a movement pattern without a basketball in their hand and focus on what their body is doing, rather than what the ball or another player is doing. This can be done with and then without resistance.

As the season nears, randomised training can be introduced, rather than repeated prescribed training, so the athlete learns to react quickly to a variety of stimuli. The goal is to develop correct movement patterns that are subconsciously undertaken.

## MEASURING CONDITIONING

Specific aspects of conditioning can be measured quantitatively using timing lights and video analysis. Qualitative measurement can also happen through observation and the athlete can measure through their own perception. This helps them understand and be conscious of the pattern they are developing.

Having focused on conditioning as the focal point of training for the last decade, I have found the most limiting factor to an athlete succeeding in this phase is the lack of development of core muscles, particularly transverse abdominus. If that has not happened in their strength and power phases, they will not transfer all that muscular development onto the court, either directly or through their conditioning. Once again this is an area of training that is well researched and understood, but the final step into game specifics is often missed.

## SIMPLE PROGRESSION FOCUSED ON CONDITIONING A MOVEMENT PATTERN

Identified pattern: First step to 45 degrees of a player in a defensive stable position. This is a movement where simultaneous activation is critical and the core activation determines how powerfully the hip flexion can be executed.

The athlete would be encouraged to focus on this movement pattern in individual video analysis. They will then



understand how they need to change and what they can do on the court to transfer the conditioning into their game.

The movement can be measured with pre and post-intervention testing using wide timing lights and speed over the first three metres with a 45-degree first step.

One of the most valuable sessions is video analysis where the team look at specifics of their game. I am able to pick out the movement patterns that need working on to help develop the plays the coach is focusing on.

The use of overload tools such as medicine balls, bungee/resistance bands and overspeed belts can be integrated into this training to neurally train the specific muscle recruitment required for the movement pattern being looked at.

Overloading followed by unloading is commonly used, but it needs one more step - the transfer of this movement into game-specific movement, so the athlete learns when to use this new movement.

The periodisation of a basketball year is often a problem for the strength and conditioner with athletes playing multiple seasons. The between-season training and recovery phases are reduced to weeks and sometimes days as players juggle their careers to make the most of their playing abilities.

As a result, players tend to spend their whole career in a continual maintenance phase as they train to play and train to recover from playing. As trainers, we need to challenge our players to develop as athletes and to see those changes in their game.

We also need to look at what our role is in the team. How often are we in the stadium watching athletes training and going through the offence and defensive movement patterns that make up their game?

We need to be able to change our training to respond to what is happening on the court. We need to provide a strength and conditioning programme that meets the needs of the athletes and the coach.

PHASE	APPROPRIATE EXERCISE
STRENGTH	SQUAT WITH FOCUS ON FORM AND GLUTEUS MEDIUS ACTIVATION, AND WEIGHT THROUGH THE BALL OF THE FEET.
POWER CONVERSION	DRIVE LUNGE WITH RESISTANCE FROM DEFENSIVE POSITION. FOCUS ON CORE ACTIVATION ON LEG MOVEMENT PROVIDING STABLE PELVIS FOR HIP FLEXION TO OCCUR. THIS FOCUS CONTINUES THROUGH THE FOLLOWING PROGRESSIONS: 45 DEGREE DRIVE LUNGE. BUNGEE RESISTANCE WITH SINGLE LEG DRIVE FROM DEFENSIVE POSITION.
CONDITIONING	ON COURT DRIVE OF LEG TO 45 FROM DEFENSIVE POSITION ON CALL OF GO. CONES AT 45 AND STRAIGHT WITH CALLED MOVEMENT TO EACH CONE THIS CAN THEN BE RANDOMISED. PERSON AT CONE WITH TACKLE BAG TO PROVIDE CHECK AS MOVEMENT IS MADE.
GAME-SPECIFIC TRAINING	WITHIN BASKETBALL TRAINING. CONDITIONING DRILL WITHOUT BALL, FOLLOWED BY GAME DRILL WITH BALL, FOLLOWED BY SPECIFIC GAME MOVE. TRAINER AND COACH WORKING TOGETHER.



FIBA

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ONE-ON-ONE

# GUIMARAES' VISION FOR ANGOLAN BASKETBALL

Angola assistant coach Jose Carlos Guimaraes played against the best in 1992 when he ran onto the court at the Barcelona Olympics and face the Dream Team.

Though Angola will never reach the stature of that legendary American side that included Michael Jordan, Larry Bird and Magic Johnson, Guimaraes is determined that his country, nine times champions of Africa, will at least be among the elite sides in the world game.

Guimaraes, who just returned from a 40-day trip to the United States where he spent time with the coaching staffs of Sam Houston State University, and both the Detroit Pistons and Cleveland Cavaliers, knows what's needed.

*"We need to invest more in new players," he said to FIBA. "We need at least 22 or 24 players selectable for the national team. We plan a full-year of practicing with young players. We are a big country that is chasing a place among the leading countries. We have good arenas, good conditions, but we need to invest more on the human side of things. We need more information for our coaches, too. Just as I did (in America), other coaches could go and having similar experiences."*

Guimaraes says his journey to America has changed his life.

*"It was a great experience," he said, "meeting and being involved with players and coaches of the Detroit Pistons and Cleveland Cavaliers. Following the teams in preparation games, I must say that it was a worthwhile experience."*

It was in his 10 days at Sam Houston State University, Guimaraes says, that he learned the most.

*"We exchanged experiences," he said. "I became more involved in practice sessions. It was a memorable experience that*



*I recommend. I was delighted with the way they received me. I was surprised with the professionalism in the organizations. As result of this contact, they have pledged to promote some camps in Angola. They got very interested in Angola as they heard that we are the nine-time champions of Africa and yet we have do not have any players in NBA. Having been a player myself, I also believe I was helped a lot by my contact with NBA teams."*

Guimaraes is keen to return and strengthen these ties with the people he has met in North America.

*"Angola have five young players at US Universities, who need our [Angola Basketball Federation] attention. We definitely have to monitor those kids' improvement as they could be useful for us in future."*

Guimaraes, who was a small forward on that Angola team in 1992 and poured in 18 points in an upset of host nation Spain, was named assistant coach of Angola right before the 2006 FIBA World Championship. At that incredible event, Angola reached the last 16 before falling to France.

*"The results were good, but I think that our performances were even better. I was delighted with the appearances of our players. Finishing among the last six teams would suit us. But, for now, the top-eight is our main goal."*

Angola's coaches have their work cut out for them.

*"Too many teams know our style of play already, which makes it more difficult for us. We have to keep working harder."*

If there is a name that stands out in Angolan Basketball history it is Jose Carlos Guimaraes. In 1980, he helped his country lift their African Junior title. Nine years later, Guimaraes and Co. lifted the country's first African title in Luanda. Since then Guimaraes, who played most of his career in Portugal, Belgium and England, has wanted to use his experience to help Angola.

*"I am involved in development project with youth in the province of Cabinda. It is an amazing experience as it involves around 1,300 children of public schools, who are eager to play basketball. There [at province*



*Cabinda], we have Misto de Cabinda, the fourth strongest team in Angola."*

Angola's most recent success happened in August, when they hosted the FIBA Africa Championship and captured their ninth continental title.

*"Winning the ninth was a unique moment as it was my first African title as assistant coach," he said proudly. "Angola simply cannot rest on their laurels. We have the responsibility to correct some mistakes. Winning so many African titles doesn't help us to correct some mistakes. We can't see what is wrong within the team, but we feel that there are some mistakes in Olympics and World Championships."*

Angola are not the only African country with big aspirations.

*"Nigeria have done well, but against Germany (eighth-final) they showed some tiredness, even though this is not an excuse," he said. "They deserved some*

*credit for their performances."*

Guimaraes is to present a report to the Angola Basketball Federation (FAB) following his trip to the US and one of the points he will raise is the issue of training and not just before major tournaments.

*"Having a long time to prepare before the big tournaments, like the African Championship, World Cup or Olympic Games, is not enough for our ambitions. We need to have ongoing preparations throughout the year. This is one of the major points I will present in my report to the FAB."*

Angola are going to the Olympics, and Guimaraes expects Cameroon to start competing at the same level in the near future. Cameroon will play in the World Olympic Qualifying Tournament after reaching the final of the FIBA Africa championship with 6-1 record before falling to the Angolans in the title game.

*"Cameroon played a wonderful game. They*

*were a wonderful surprise. I was delighted with them. They showed a different manner of playing in Africa. Cape Verde did well, but Cameroon were even better."*

What about those who want to become a coach one day?

*"Working hard; education [a coach to be must be well informed]; not fearing to consult the best-informed coaches; respect everyone, who he [or she] works with; invest in yourself."*

How long with Guimaraes be content to be an assistant coach? There has been speculation in Africa that other African countries are eager to sign up him up.

*"Yes, I have been approached to coach South Africa and there has been some contact with Senegal. But for now, what I want is to help my country. It is nice that other countries are showing interest in me. It means that they acknowledge the hard work of the Angolans."*

# HARROWER CAN'T WAIT FOR BEIJING

The women's basketball tournament at the Beijing Olympics will tip off in less than 8 months and Australia will have as good a chance as any team to capture gold. Jan Stirling's team captured the title at the 2006 FIBA World Championship for Women and will be among the favorites in China.

Four of the country's players were competing in Russia's Women's Superleague, and three are in the squad at powerhouse Ekaterinburg - the hosts of the FIBA Women's World League.

Kristi Harrower, the Australian national team point guard, helped Ekaterinburg to a third place finish in the world league and now she is helping the team as they go for championships in the EuroLeague Women and Russia. She spoke to Jeff Taylor and answered a few questions for FIBA.

**FIBA** Kristi, the FIBA Women's World League was hosted by Ekaterinburg. Your team did not win, but overall, was the tournament a success in Ekaterinburg?

**KRISTI HARROWER** *"I think the tournament was great. You got to see some of the EuroLeague teams before the season start-*

*ed."*

**FIBA** What was good about the event, and what changes would you like to see made?

**KRISTI HARROWER** *"I don't think I would actually change anything. I thought Ekaterinburg did a great job hosting the tournament and we got to see some really high quality games."*

**FIBA** "We caught up with your national team coach, Jan Stirling, in Chieti this summer at the EuroBasket Women and she was scouting possible Beijing Games opponents of Australia. What does this event mean for you?"

**KRISTI HARROWER** *"The Olympics is the ultimate goal for every basketball player and it is everyone's dream to represent your country at an Olympics games. I know the last two Olympics that I have been to, I have wanted to be in the best possible shape and play the best I could, so when the tournament was finished, I didn't want to have any regrets. And I think I have done that so the next Olympics I will be approaching it the same*



*way."*

**FIBA** What can we expect of Australia in Beijing?

**KRISTI HARROWER** *"I think with the Opals, because we have finally won a gold medal, we now know that it is possible and it's in our own hands to perform at the Olympics and try and win the first ever Olympic gold for basketball in Australia. I know with the USA finishing third at the worlds, they will be hungrier to win the gold medal at the Olympics. It will be exciting times and something I am really looking forward too."*

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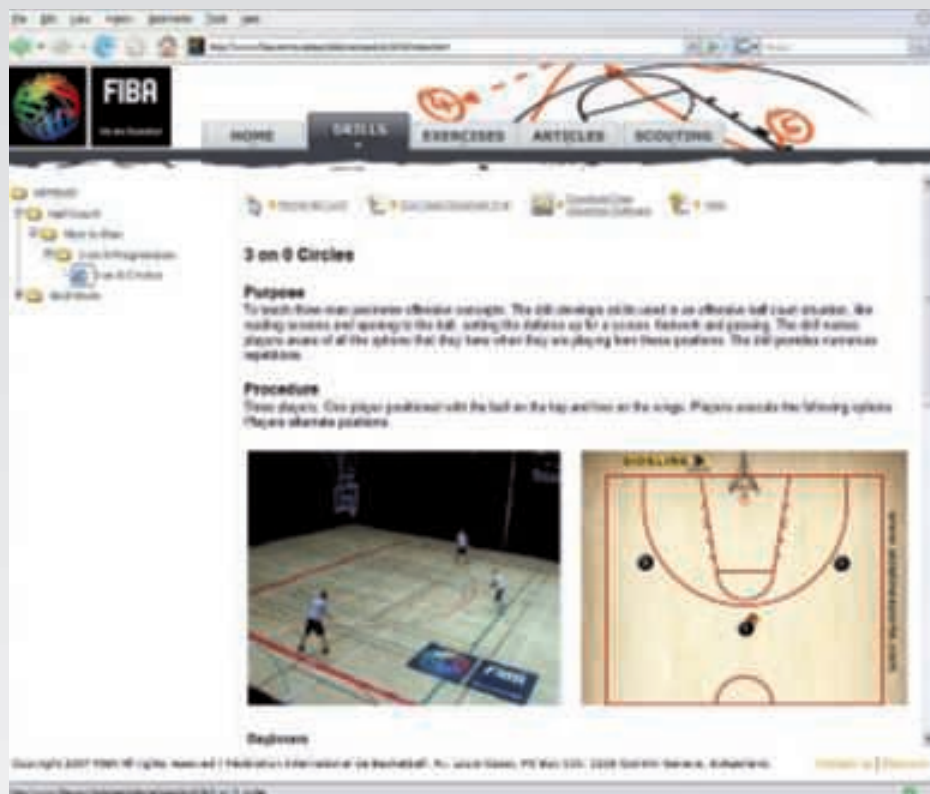


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# THE WORLD IN BRIEF



## FIBA ONLINE COACHING LIBRARY

FIBA has recently launched an online coaching library that can be accessed via [www.fiba.com/coachingLibrary](http://www.fiba.com/coachingLibrary). With this latest expert's tool, coaches can learn from the best. Every month in the FIBA Drill Library, you will find new drills that are available for download and are fully compatible with the Sideline Organizer. You will have the full package - the drill in a graphic chart but also in video format. This is the perfect tool for the preparation of your team practices and is a must for any top coach! In cooperation with Sideline Sports, an analysis of defensive and offensive plays from top National Teams from around the world is provided. We have scouted these teams at various FIBA events and you will be able to study the tactics of the top coaches of the world. Another

highlight feature is the animation of FIBA Assist Magazine articles from the coaches section with animated graphic charts and video.

## FIBA CONCLUDES VISIT IN BEIJING

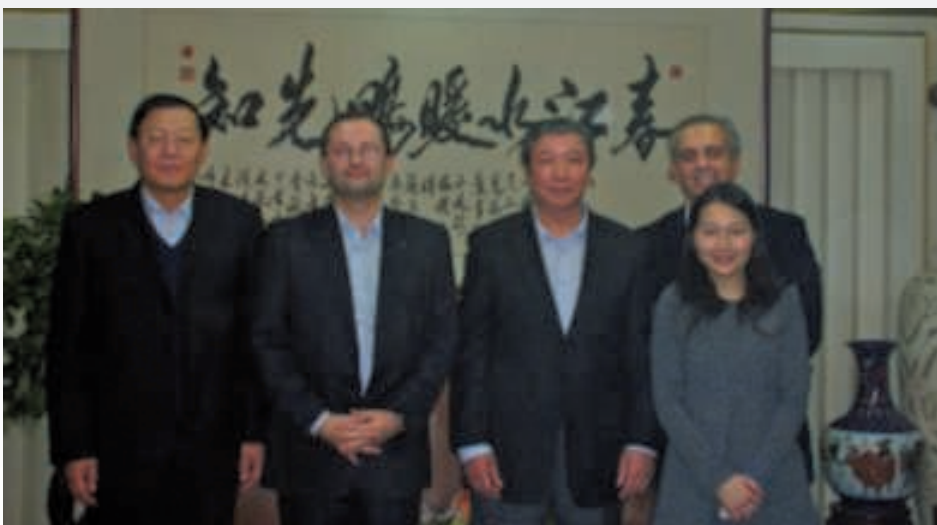
A FIBA delegation headed by FIBA Secretary General Patrick Baumann has concluded its four-day visit in Beijing in November in preparation for the 2008 Olympic basketball tournaments.

Amongst many issues that had been on the table, the Secretary General of FIBA and Beijing Organizing Committee for the Olympic Games (BOCOG) Executive Vice-President Yang Shu'an, signed the Memorandum of Understanding (MOU) that regulates all contractual obligations and rights between both parties as required by the International Olympic Committee.

FIBA and BOCOG have also given the green light to the game entertainment project that is executed with the support from experts from the NBA.

A working group of the three parties has today presented its proposals for the entertainment and game presentation elements to the BOCOG Executive Vice President, Jiang Xiaoyu and Baumann. It was agreed that all performances should have a savvy mix of Chinese and international culture in particular from participating teams.

During the visit, FIBA executives also





met with the Chinese Basketball Association (CBA), its President elect, IOC Executive Board Member and FIBA Central Board Member, Yu Zaiping. CBA Executive Vice-President, Professor Li Yuanwei, was also in attendance. FIBA and CBA have discussed the NBA plans for China, the future competitions in China, and possible common projects to further promote basketball in the country in the lead up to the Olympic Games.

## HERNANDEZ HAPPY TO PROVE DOUBTERS WRONG

Argentina coach Sergio Hernandez believes qualifying for next year's Olympic Games has enhanced his reputation. The "Albicelestes" (white-light blue), without four of their six NBA stars, managed to clinch one of the two Olympic spots available through the FIBA Americas Championship played in Las Vegas earlier this year. Hernandez told the Brazilian website [www.gazetaesportiva.net](http://www.gazetaesportiva.net) that life changed for him after the competition. He said: "It was a very important tournament for me, because I took over the national team after an Olympic title. There was not too much confidence in me. They thought stars like (Manu) Ginobili and (Andres) Nocioni, who play in the NBA and won the Olympic title, would not accept being trained by a domestic league coach. If I had trained any local team, I would be given respect, but things are very different in the national team. The FIBA Americas Championship was useful to get respect and to know it's not just a matter of Ginobili and the star players."

"There is also (Paolo) Quinteros, (Leonardo) Gutierrez, (Federico) Kammerichs, Roman Gonzalez, (Alejandro) Porta, and (Pablo) Prigioni, who can all make things happen too," he added. "Our team left Argentina with several doubts. People did not believe Argentina could make it to Beijing and sometimes a lack of confidence makes a team stronger. Argentinean players have strong minds, competitive spirits, and the experience of (Luis) Scola and Prigioni made the group take responsibility to clinch an important goal. Now it will be more difficult to pick the 12 names to play the Olympics."

Hernandez, who also coaches Penarol in the Liga Nacional, reckons Brazil will find qualification difficult to achieve in next year's repechage. "That competition will be much tougher, but Brazil has talented players and maybe they will not be under as much pressure as they were in Las Vegas," he said. "Perhaps they will play



calmer and achieve a better result. I truly hope Brazil will play in Beijing."

## CBB ANNOUNCE LEAGUE REVISIONS

The Brazilian Basketball Confederation (CBB) started the Women's National Championship on November 23, one week later than originally scheduled. In this championship the number of teams was changed from 11 to 9. The competing teams are reigning three-time champions Ourinhos, Catanduva, Santo Andre, Sao Bernardo, Fluminense, Botafogo, Teresopolis, ADIEE Florianopolis, and Sport.

## IRAN CLAIMS GOLD AT FIBA 3-ON-3

The Islamic Republic of Iran claimed its second gold medal in FIBA competition in 2007 at the FIBA 3-on-3 event at the Asian Indoor games in Macau, China. Iran won the FIBA Asia Championship for Men earlier this year. The national 3-on-3 team from Iran beat China in a high class and much contested Final, 33-29. Hong Kong was able to win the bronze medal against the Philippines, 33-29. That was the first medal for Hong Kong in international competition and the comeback of a basketball crazy Philippines nation that was absent for many years from FIBA competition due to an internal power struggle.

The FIBA 3-on-3 event at the Macau Indoor Games was a test event for players born





January 1, 1990 or later in an attempt by FIBA to create a worldwide 3-on-3 series. They hope to introduce this competition at the Youth Olympic Games in 2010, an event that was the recently launched by the International Olympic Committee (IOC). The event in Macau primarily served to test rules and equipment as well as to get feedback from athletes and coaches on the concept. The feedback by participants and FIBA officials was overwhelmingly positive. FIBA Secretary General and IOC member, Patrick Baumann, stated on behalf of his colleagues from the FIBA Central Board: "This test was very promising and we are sure that this new form of official FIBA competition has a huge potential and could have a huge impact on the promotion of basketball worldwide. It could attract more youngsters to competitive basketball and enable smaller basketball nations to be competitive at the highest level."

"We have learned a lot of lessons here in Macau," added FIBA President Bob Elphinston. "But we are sure that we are on the right track and we will continue to develop an attractive, dynamic, and modern new competition that we will propose to the IOC for implementation in the Youth Olympic Games."

#### IOC VICE PRESIDENT VISITS FIBA AT FSB

The IOC Vice President and Executive Board Member, Thomas Bach from Germany, met with FIBA Secretary General and IOC member, Patrick Baumann. The meeting took place at the International Trade Fair for Amenity Areas, Sports, and Pool Facilities (FSB), held in Cologne, where FIBA was present with its basketball village. Bach paid a courtesy visit to the FIBA village, but also took the occasion to discuss with Baumann and the Vice President of the German Basketball Federation, Uwe Albersmeyer, the situation of basketball in Germany. Bach also addressed the new IOC initiative of the Youth Olympic Games and its possible inclusion of basketball. At the IPC-IAKS award ceremony, special prizes were given to architects that have implemented in their works facilities that are fully functional for disabled athletes and spectators. The FSB, held bi-annually and featuring over 500 exhibitors, represents the biggest fair of its kind in the world, and generates new business and networking opportunities for all the FIBA partners.

#### FIBA OLYMPIC QUALIFIER TO TAKE PLACE ONE WEEK LATER

The FIBA Olympic Qualifying Tournament for Men will be played from July 14-20, 2008, with the following 12 teams: Brazil, Cape



Verde, Canada, Cameroon, Croatia, Germany, Greece, Korea, Lebanon, New Zealand, Puerto Rico, and Slovenia. In order to ensure the highest possible standard and, following the request by its National Federations, FIBA and the International Olympic Committee (IOC) have decided that the tournament that will decide the final berths for the Beijing 2008 Olympic Games will be played exactly one week later than initially planned.

The new dates will allow the participating teams to enjoy a longer preparation phase with the presence of their best players. The following nine teams have already booked their tickets for the Olympic Basketball Tournament for Men that will take place in Beijing, China, from August 9-24, 2008: Angola, Argentina, Australia, China, Iran, Lithuania, Russia, Spain, and the United States. The remaining three men's berths for the Beijing 2008

Olympic Games will be decided in the FIBA Olympic Qualifying Tournament, in a country and city to be determined by FIBA at its Central Board Meeting in Chicago (USA) December 8-9, 2007.

FIBA has received two bids for the

Men's tournament from Greece and Puerto Rico, and two bids for the Women's tournament from Japan and Spain. The dates for the FIBA Olympic Qualifying Tournament for Women remain unchanged (June 9-15, 2008). The system of competition for the FIBA Olympic Qualifying Tournaments will be as follows:

#### Preliminary Round:

The 12 participating teams will be divided into

four groups (A, B, C and D) of three teams each. Each team will play all the other teams in its own group. The teams placed first and second in each group will play in the Quarterfinals; the teams placed third in each group will go home. 12 games will be played in the Preliminary Round.

#### Quarter-Finals:

Game 13: A1 vs. B2

Game 14: B1 vs. A2

Game 15: C1 vs. D2

Game 16: D1 vs. C2

#### Semi-Finals:

Game 17: Winner 13 vs. Winner 15

Game 18: Winner 14 vs. Winner 16

The two winners will qualify for the Olympic Games. The two losers will play in the Finals the game for the 3rd place (Game 19 below) for one remaining qualifying place.

#### Finals:

Game 19: Loser 17 vs. Loser 18

#### DESPORTIVO WIN FIBA AFRICA CHAMPIONS CUP FOR WOMEN

The Desportivo basketball club of Mozambique was crowned champion of the FIBA Africa Champions Cup for clubs, dethroning former champion, Primeiro Agosto basketball club of Angola, in a thrilling final (64-47). Backed by their passionate supporters, the new African queens won in all four quarters (22-16, 15-09, 11-07, and 16-15), with the Senegalese duo of Anta Sy and Salimata Diatta playing leading roles to ensure the success for the Maputo-based side.

Diatta scored 15 points, dished 4 assists, and was voted the competition MVP. Anta Sy won the best rebounder award with 8 rebounds, but she also scored 10 points, had 7 steals, and 6 assists for the champion. Runner-up, Primeiro de Agosto, from Angola, also had Nacissela Mauricio player listed in the Top 5.







Ferrovio forward, Deolinda Gimo, was the top scorer, while Janete Monteiro won the three-point award. Fatoumata Camara of Abidjan Basket Club also made the tournament Top-5 list. Nigeria's First Bank basketball club won the fair-play award as consolation. Ferrovio beat city rival Instituto Superior Politécnica (I.S.P.U) 63-56 to finish third, a step short of their 2006 performance in Gabon.

#### **Final Ranking**

- 1st. Desportivo (MOZ)
- 2nd. Primeiro de Agosto (ANG)
- 3rd. Ferrovio (MOZ)
- 4th. ISPU (MOZ)
- 5th. ABC (CIV)
- 6th. Djoliba (MLI)
- 7th. First Bank (NGR)
- 8th. KPA (KEN)
- 9th. Arc en Ciel (RDC)
- 10th. Dolphins (NGR)
- 11th. Lupopo (RDC)

#### **FIBA ARBITRAL TRIBUNAL (FAT) HANDS DOWN ITS FIRST AWARD**

The FIBA Arbitral Tribunal (FAT), a true court of arbitration under Swiss law, has been operational for three months. It has been created by FIBA to facilitate and speed up the resolution of disputes between clubs and players/agents. Proceedings before FAT are swift, efficient and inexpensive. The first FAT case concerned a dispute between the Montenegrin player Djuro Ostojic as Claimant, and the Greek Basketball Club PAOK KAE Thessalonica, Greece as Respondent. As the Respondent chose not to participate in the proceedings, the FAT arbitrator had to make use of the default provisions in the FAT Arbitration rules. Failure to honor a FAT Award may entail sanctions by FIBA, including a monetary fine, withdrawal of a FIBA Agent's License, a ban on international transfers of players, or a ban on registration of new players, as provided in the FIBA Internal Regulations. For further information on the FIBA Arbitral Tribunal: [www.fiba.com/fat](http://www.fiba.com/fat)



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## NASH TEACHES SELFLESSNESS

Steve Nash is an American sporting icon, worth an estimated \$ 100m and voted among the world's most influential people. And he's Welsh.

Nash's mum, Jean, was born and spent her early life in South Wales, while his grandfather, Les Hall, still lives in Swansea.

"I was born in Swansea and lived in the Clase district for 10 years," confirmed Jean. "Stevie has been to Wales, but only once to see my granddad before he died."

Mother Jean left Swansea in Wales at the age of 10 when her police-constable father Les took her and mum Catherine to Yorkshire to take up a post as a probation officer. The family moved on to London, where Jean met John Nash, who she married, aged 20, in 1971. The newlyweds emigrated to South Africa, where Steve was born in Johannesburg in February 1974.

"I liked the sound of South Africa," recalled Jean. "But when Steve was born and we had enough money, we left because I didn't want Steve growing up in apartheid."

The young family moved in 1975 to Regina in the Canadian state of Saskatchewan, where Steve's brother Martin – now a pro footballer playing for Vancouver Whitecaps and the Canadian national team – was born. The Nash family finally settled on Vancouver Island when Steve was two. A five-time All Star, the Phoenix Sun star is only the second point guard to win back-to-back MVP awards – after Magic Johnson. But it is off the court that he really stands out, earning a reputation as the antidote to basketball's celebrity and blink culture epitomised by Lakers rival Kobe Bryant.

The Steve Nash Foundation he formed in 2001 raises millions of dollars a year for disadvantaged children worldwide. And last year he was named in Time Magazine's top 100 most influential people in the world, alongside the likes of George W Bush, Puff Daddy and Bill Gates.



He opened his \$ 5m Steve Nash Sports Club in Vancouver and started the Canada-wide Steve Nash Youth Basketball League that has attracted almost 20,000 youngsters to play his sport. He has also spent millions helping children in Africa.

His parents are Steve's business managers and Mum Jean recalled: "At first Steven didn't want to use his name, because he didn't want people to think he wanted to get attention."

"He's not interested in being a big name, but wants to use his profile to make a difference and improve children's lives because he loves kids. I said you couldn't do that without your name being attributed to it as companies would be less likely to help."

"Eventually he came around to our way of thinking. He just wants to give something back to those less fortunate. He's a really great guy and cares about everybody." But he has not been afraid of controversy, publicly condemning US involvement in the Iraq War when he wore a T-shirt stating bearing the logo, 'No War – Shoot For Peace', to the NBA All-Star Game in 2003.

His anti-war stance caused controversy,

but Nash argued insufficient evidence was provided saying Iraq was a threat and insisted UN inspectors should be allowed to complete their mission.

"Steve believes violence should be a last resort," said dad John. It was Steve's off-the-court work as much as his on-the-court efforts that earned him a spot in Time Magazine's top 100 most influential people in the world in 2006.

Nash is certainly a sportsman with depth. He loves art, travel and is a discerning reader, enjoying works by philosopher Immanuel Kant and Russian novelist Alexander Solzhenitsyn.

He is also a consummate team player. When Nash represented Canada at the 2000 Olympics Games in Sydney he gave his team-mates, most of whom were amateur, \$3,000 each to 'enjoy their experience and not to worry about money'.

He also refused first-class treatment and insisted on sharing a room like his team-mates, even though the Canadian team had booked him a suite. He also gave up his first-class seat on the flight over to the tallest player on the team because 'he needed it more'.

"He must have got the caring side from me," joked grandad Les Hall, from his apartment in Swansea. "After being a police constable and a probation worker, I went on to be a social worker!"

Time turned to NBA Hall of Fame legend Charles Barkley to pen the tribute to Nash. He wrote: "I've been all over the world and I always think people won't know who I am. They do. The way basketball has been embraced globally always amazes me. And I'm glad the world has got a chance to learn from a guy like Steve Nash. What has he taught us? It pays to be selfless. You can be content just to make the players around you better."

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