

# ASSIST32

FIBA ASSIST MAGAZINE FOR BASKETBALL ENTHUSIASTS EVERYWHERE MAY / JUNE 2008



**FIBA**

We Are Basketball

**AL WESTOVER**  
THE SHUFFLE OFFENSE

**FIBA HISTORIC  
RULE CHANGES**

**MARIO HERNANDO**  
ACB: THE SPANISH  
PROFESSIONAL LEAGUE

**MIKE BRUNGARDT**  
THE CONDITIONING PROGRAM  
OF THE SAN ANTONIO SPURS

**AITO GARCIA RENESES  
SITO ALONSO  
AVOID RELAXING  
ON THE COURT**







# FIBA

We Are Basketball

## FIBA ASSIST MAGAZINE

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(photos of Montverde Academy); Miguel Angel  
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# 2008 FIBA CALENDAR

## JUNE 2008

- 09 - 15.06 FIBA Olympic Qualifying  
Tournament for Women  
in Madrid, Spain  
03.06 - 06.07 South American  
Championship for Men in  
Puerto Mont, Chile

## JULY 2008

- 14 - 20.07 FIBA Olympic Qualifying  
Tournament for Men in  
Athens, Greece  
17 - 21.07 Centrobasket  
Championship for  
Women in Morovis,  
Puerto Rico  
29.07 - 01.08 FIBA Diamond Ball for  
Men in Nanjing, P.R. of  
China

## AUGUST 2008

- 02 - 05.08 FIBA Diamond Ball for  
Women in Haining, P.R.  
of China  
09 - 24.08 Olympic Basketball  
Tournaments for Men  
and Women in Beijing,  
P.R. of China  
27 - 31.08 Centrobasket  
Championship for Men in  
Cancun, Mexico

## SEPTEMBER 2008

- 06 - 17.09 Paralympic Games,  
Wheelchair Basketball  
Tournaments in Beijing,  
P.R. of China

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**FIBA**

We Are Basketball



by Kevin Sutton

Kevin Sutton is the Head Coach of Montverde Academy in Florida and he is considered one of the best high school coaches in the USA. During the summer he also coaches at some of the best basketball camps, such as the Nike Skillz Academy, the Five Star Camp and the basketball camps of LeBron James, Kobe Bryant and Steve Nash. Moreover, he's also author of several technical publications on DVD.

### I. INTRODUCTION

Shooting the ball! The one fundamental in the game that everyone loves, however, not many people shoot the ball well. The shooting percentages continue to be on the decline due by in large to: **POOR SHOOT SELECTION** and **THE INABILITY TO SHOOT THE BALL UNDER FATIGUE**.

In this article I am going to show you some of the "Fatigue Shooting Drills" that I have designed and used to develop my players over my 20 year coaching career. Guys like:

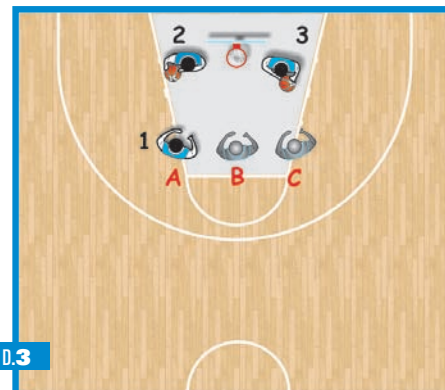
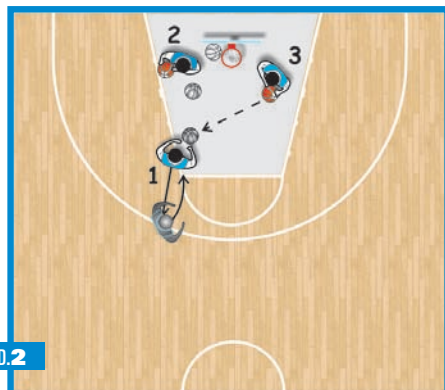
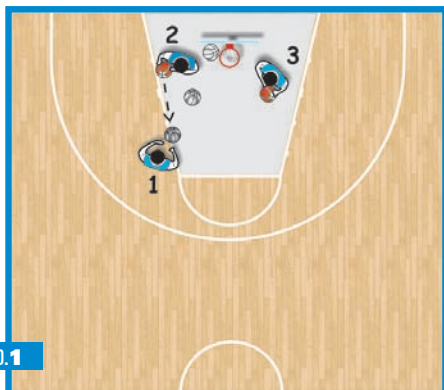
- ▼ Randolph Childress – 2nd all time leading scorer in ACC tournament history.
- ▼ Curtis Staples – 2nd all time 3 pt. shooter in NCAA history.
- ▼ Jason Conley – lead the nation in scoring in 2001.
- ▼ Marvin Lewis – top 10 all-time 3 pt. shooter in Georgia Tech history.
- ▼ Luc Richard Mbaha Moute – Pacific 10 Rookie of the Year at UCLA.

I want you to remember this as you read this article:

"The opportunity for greatness is given to all of us. It comes in the form of hardwork. What are you will to do to be great?"







## II. TEAM STRETCHING WITH BASKETBALL & FOOTWORK DRILLS

I am a big believer in not wasting time. I believe that time is valuable. So I have combined our stretching with ball handling and footwork drills. During the 10 minute routine we will have:

1. Completed a full stretching of our muscles.
2. Handling of the ball.
3. Worked on hand/eye coordination.
4. Worked on footwork drills (pivoting, jab series, etc.).
5. Worked on our communication by "echoing" commands given by the leader.

Our stretching routine consists of the following drills:

**Standing drills:** 1. two feet together toe touches; 2. one foot over the other toe touches; 3. feet apart middle stretching; 4. feet apart groaning; 5. feet apart lean to the right side toe touches; 6. feet apart lean to the left side toe touches. All while dribbling the ball.

**Sitting drills:** 1. two feet together toe touches; 2. feet apart toe touches; 3. feet together groaning; 4. hurdler stretching; 5. sit ups; and 6. ball push-ups. All while dribbling the ball.

**Footwork & hand/eye coordination drills:**

1. Ball slaps/carioca.
2. Heels.
3. Butt kicks.
4. High knees.
5. Punter.
6. Back peddle.
7. Side to Side.
8. Opposites forward.
9. Opposites backward.
10. Dribble Walk – touching body parts (head, chin, chest, toes).
11. Lay-ups.
12. Footwork drills – triple threat, pivoting.

## III. COURT FATIGUE SHOOTING DRILLS WORKOUT:

### a. Power jumper 45 series

Now we are ready to workout. We begin



the workout close to the basket with our "Power Jumper 45" series of shots. This is a three part shooting drill designed to work on the three aspects of the shot: 1. shot preparation, 2. foot work, and 3. proper release of the shot. In the first part of the drill the player takes 5 shots at the block in a "shot ready/catch & shoot position." (diagr. 1)

In the second part of the drill the player runs out to the three point line and back to the block for 5 shots working on the proper foot work "1-2 step into their shot" (diagr. 2). The third part of the drill the player bounce up & down in the same spot for 5 jumps keeping the ball in a proper shooting position. On the 5th jump the shooter elevates and shoots the ball at the top of their jump. 5 shots are taken. Upon completion, the shooter will have taken 15 shots at one spot. This is repeated at the middle spot and the opposite block from which they started. The total number of shot equaling 45 (diagr. 3).

#### b. Transition drills

These are drills that I use between the main drills. They are quick. They have a purpose. And they require little explanation. The drills I use are: 1. Free-throw's, 2. Speed dribble sprints, 3. Speed rope, 4. Heavy Rope, 5. Spot Shooting (catch & shoot).

#### c. Around the world shooting drill

Around the World Shooting Drill is a very good drill to teach proper footwork. I teach my players to use their inside pivot foot.

I have found that it enables the shooter to pivot easier and get their shot off quicker. The drill starts with the shooter on the baseline.

They shoot the ball and run around the chairs shooting shots until they reach the opposite baseline (diagr. 4, 5, 6).

#### The teaching points are:

- Must be shot ready before you receive

the ball with feet, hands and eyes.

- Must use inside foot to pivot on (10 toes pointed to the basket).
- Must run to the next shot.
- Call for the ball with voice and open hands with thumbs up.

We do 2 sets of the drill with the first set moving from right to left and the second set moving from left to right. The total number of shots taken in this drill is 12 shots.

#### d. "M" Shooting drill

In the "M" shooting drill I set the chairs up in an "M" shape (2 chairs at  $\frac{1}{2}$  court and the 3rd chair at the top of the key). The drill starts with the shooter taking his first shot in the corner. Then running around the chair at the ball side  $\frac{1}{2}$  court to the elbow where they take their second shot. After completing that shot, the shooter then runs around the chair at the top of the key to the opposite elbow for his third shot. After completing that shot, the shooter must run around the chair at half court to the opposite corner for their final shot (diagr. 7).

#### The teaching points are:

- Shot ready.
- Run the floor.
- Concentration on the drill pattern.
- Concentration on fundamentals of their shot.

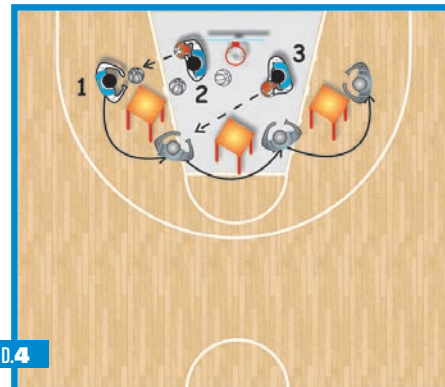
We do 2 sets of 6 shots for a total of 12 shots.

#### e. "X" Shooting drill

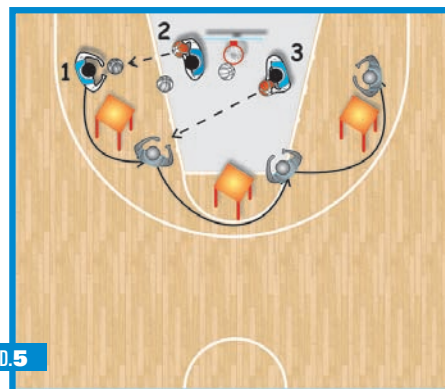
It is an excellent shooting drill that has 3 different variations allows for game like simulation to be a big part of the drill. The 3 variations are:

- Sprinting (getting back on defense).
- Backpedaling (getting to press positions).
- Defend (man to man defense).

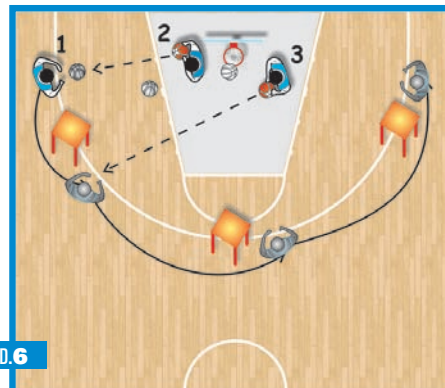
The drill starts with the shooter taking a shot at the elbow and then executing one of the variations that is called for by the coach (sprinting, back pedal, defend) to



D.4



D.5



D.6

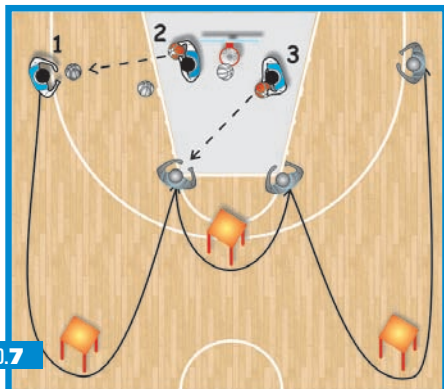
the first chair at half court near the jump circle (diagr. 8).

After touching the chair with their hand they run to the opposite elbow for second shot. This pattern is repeated for 3 sets x 6 shots for a total of 18 shots.

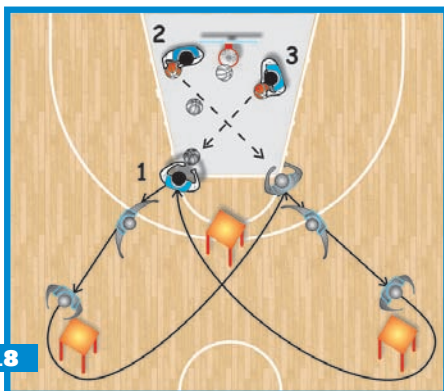
#### The teaching points are:



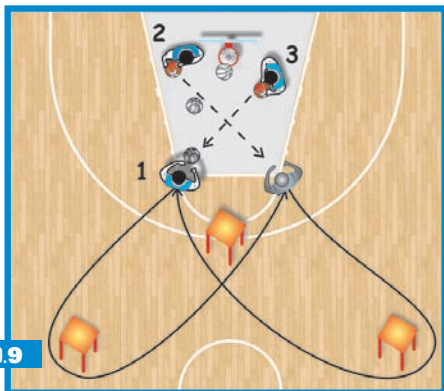




D.7



D.8



D.9

- ▼ Shot ready.
- ▼ React to situations.
- ▼ Proper footwork and concentration.

#### f. "Side line to side line" shooting drill

The last shooting drill in my "Fatigue Shooting Drills" is the "Side line to Side Line"

## OUTLINE OF SAMPLE WORKOUT:

### I. Team stretching with basketballs

10 mins

### II. Workouts:

#### a. Power Jumper 45 series

10 mins

#### b. ½ ct shooting drills

55 mins

1. Around the World (2 sets x 6 shots = 12 shots)
2. TRANSITION DRILL – FT'S 5 SHOTS
3. "M" with variations (2 sets = 12 shots)
4. TRANSITION DRILL – SPEED ROPE – 30 SECS.
5. "X" with variations (3 sets x 6 shots = 18 shots)
6. TRANSITION DRILL – HEAVY ROPE – 15 SECS.
7. Side line to Side line (2 sets x 6 shots = 12 shots)
8. TRANSITION DRILL – SPOT SHOOTING/CATCH & SHOOT JUMPER 50 SHOTS.

#### c. Cool down/chair shooting drills

10 mins

1. 3 spots x 10 shots = 30 shots

Total number of shots = 129

Total minutes of workout = 1hr & 25 mins

shooting drill.

It is a tough drill design to fatigue the shooter. I teach two variations: 1. run and 2. defending. Both are designed to simulate game actions. The drill starts with the shooter taking a shot at the elbow and then touching the near sideline. After touching the sideline the shooter must run around the trash can/chair at the top of the key (diagr. 9). There are 2 sets of 6 shots taken for a total of 12 shots.

The teaching points are:

- ▼ Shot ready.
- ▼ React to situations.
- ▼ Proper footwork.
- ▼ Concentration.

#### IV. "COOL DOWN" SEATING DRILLS

Equally as important as the "warm up" is the "cool down". After I have fatigued my players throughout the work out, I then like to do the all important "cool down" shooting drills. The "cool down" seating drills

consist of the player sitting down in a chair. They must sit to the front of the chair with a ball between their back and the chair. This forces the shooter to set with their back straight. The shooter shoots 5 shots from the three power jumpers spots for a total of 15 shots. The shots must be total swishes.

The teaching points are:

- ▼ Keep the ball high.
- ▼ Full extension on your shot.
- ▼ Total concentration.

#### V. CONCLUSION

It is said that fatigue makes cowards of us all. So never give into fatigue! Attack these drills with the sole purpose of making yourself a better basketball player. EMBRACE GREATNESS by accepting the challenge to:

1. Learn something new everyday.
2. Give more than you receive.
3. Share what you know.
4. Impact the lives of others.





by Carlo Recalcati

# PLAYING NEAR THE BASKET

After a prestigious career as a player, Carlo Recalcati began coaching at Bergamo, Italy, bringing the team from the B to the A1 Serie. He then coached in Reggio Calabria, Ambrosiana Milan, Bergamo again, Varese (winning an Italian Serie A title in 1999), and Fortitudo Bologna, the following year, again winning the national title. Moving to Montepaschi Siena, he won his third title and the SuperCup in 2004. Since 2002, he has been the head coach of the Men's Italian national team, winning the bronze medal at 2003 FIBA European Championship, and the silver medal at the 2004 Olympic Games.

Post play today is mainly focused on the pick-and-roll and on setting different types of screens to get shooters open on the perimeter. While these are effective strategies, it has greatly reduced the effectiveness of the post player and taken away a very powerful offensive weapon. In the past, the post player played with his back to the basket, and possessed two basic moves and two countermoves, based on the reaction of the defenders.

Since post play has been lost, it is time to restore this role for the big man. I am totally convinced that extra attention has to be devoted in each practice session for post play, not only for the player, who has his back to the basket, but for the guards and forwards, who must learn to pass, cut and drive with their big man. In addition, by knowing what the big man is supposed to do, the forwards and guards should also learn how

to effectively play the low-post position just in case they are ever in a tactical situation where they end up on the low post.

I find that, in general, when compared to working with the perimeter players, practicing and trying to improve big man skills requires more patience and commitment on the part of the coach. With that said, let's see how you can develop a practice plan for your post players.

## FOOTWORK

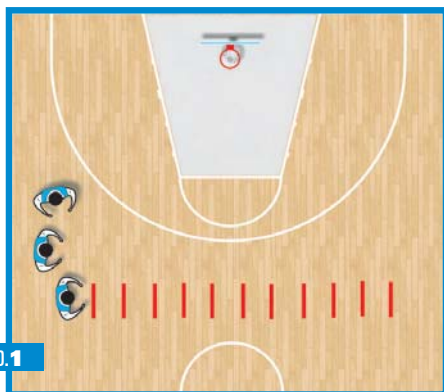
On the court, we set stripes of parallel tapes 50 cm (two feet) distant from each other, from one sideline to the other sideline. The player, facing the stripes, must make quick steps, moving from one stripe to the next one, from the left sideline to the right one and vice versa (diagr. 1).

Now, with the same set of parallel stripes, place one perpendicular stripe every three parallel stripes. The beginning of the exercise is the same, but when the player reaches this perpendicular stripe, he jumps back and forth the perpendicular line and then continues quick stepping in between the parallel stripes (diagr. 2).

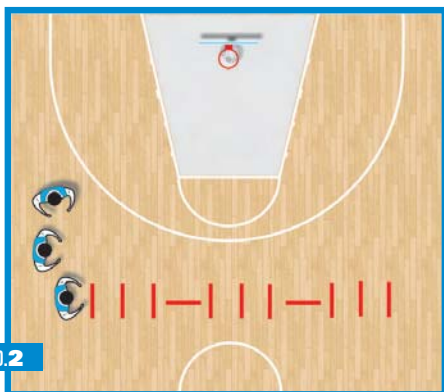
For the third exercise, set one stripe at a 45-degree angle after every three parallel stripes. Once the player reaches this line, he makes a 180-degree turn and quick steps between the parallel stripes (diagr. 3).

## WORKING WITH THE MEDICINE BALL

Two players face the backboard, one on



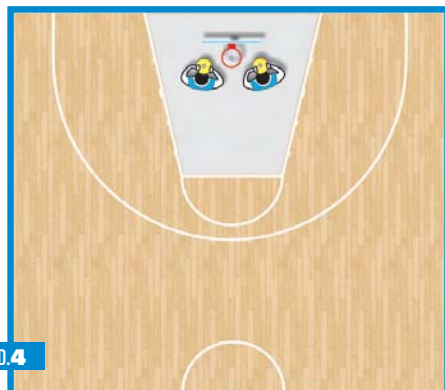
D.1



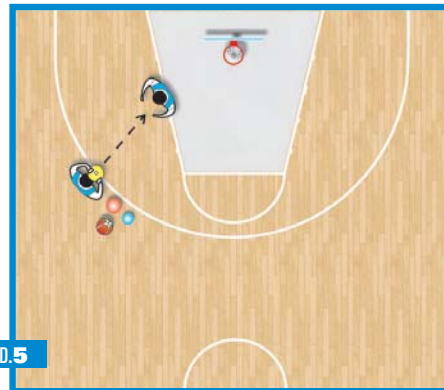
D.2



D.3

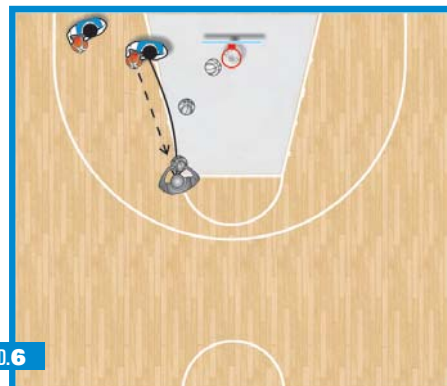


D.4

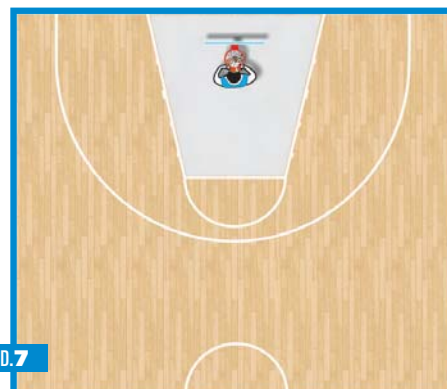


D.5

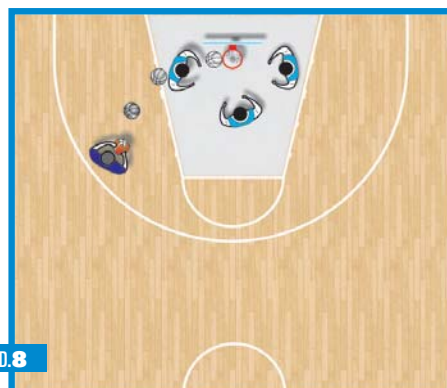




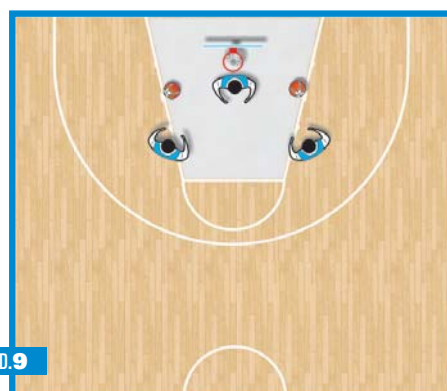
D.6



D.7



D.8



D.9

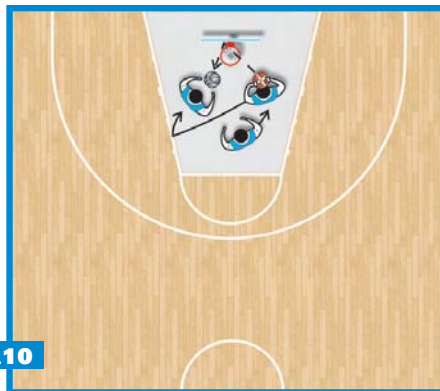
the left, and one the right side of the rim, each one holding a medicine ball. With arms extended, they jump and touch the backboard five times with the medicine ball. That finished, they catch a basketball and do the same drill five more times. They repeat the same sequence on the other side of the backboard (diagr. 4).



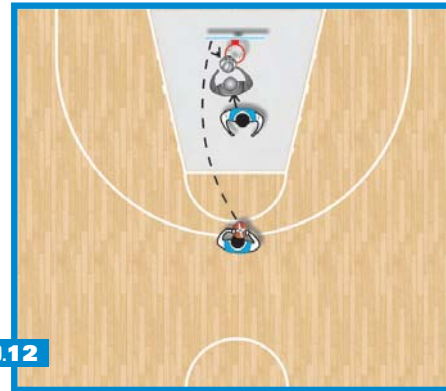
**TURN AND SHOOT WITH THE MEDICINE BALL**

One passer on the wing spot has three medicine balls, one of 5 kg (11 pounds), one of 4 kg (9 pounds), and one of 3 kg (6 pounds) or lighter for the younger players, and one basketball. The player faces the passer on the low post with his back to the basket. The passer passes the first 5 kg medicine ball to the player, who turns to the basket and shoots. The same move is done with the other two medicine balls and, at the end, with the basketball. The same sequence of moves is repeated on the other side of the court (diagr. 5).

D.10

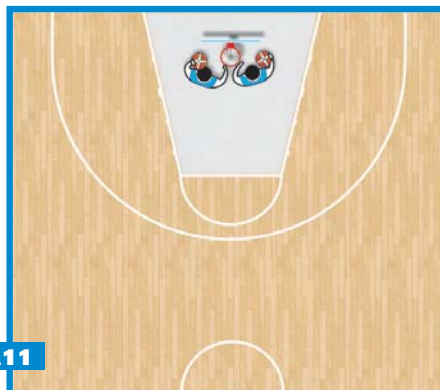


D.12

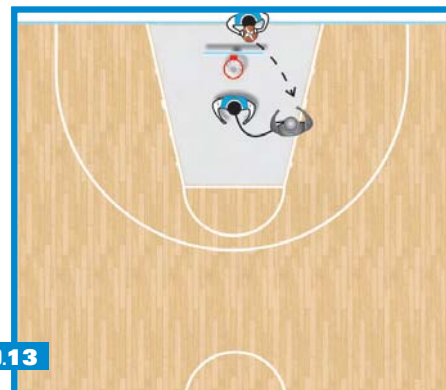
**DIFFERENT SOLUTIONS WITH A SELF-PASS**

A line of players on the baseline, each one with a basketball, on the left side of the rim. The first player on the line makes a self-pass at the elbow, follows the pass, makes a stop, and a front turn. He stays low, with the ball kept externally, between the hip and the chest, in the triple-threat position. Starting from this position, the players execute the following moves, with the right foot as the pivot foot:

D.11



D.13



- ▶ A jump shot as soon as they reverse to the basket.
- ▶ A straight drive with the left foot (directly from the turn).
- ▶ A jab step and a crossover drive.
- ▶ A crossover dribble and a reverse dribble.

The same moves are made with the left foot as the pivot foot and then made after a reverse turn. The same routine is done on the right side of the court (diagr. 6).

**MIKAN DRILL**

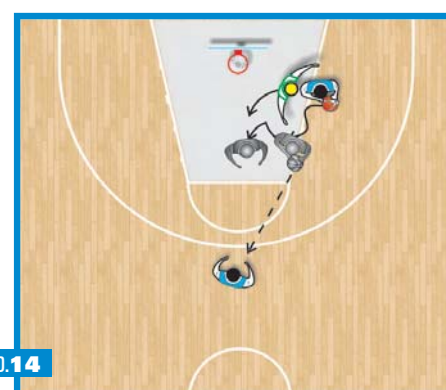
Named for George Mikan, the great American pivot player from the 1950s, this drill reinforces the basics of the quick hook shot. The player sets himself under the basket, bent slightly at the knees, with the basketball kept tight under the chin. From this position, the player, without lowering the ball, makes 10 hooks, alternatively one to the right and one to the left, using the backboard and without lowering the ball below the shoulders. The player lifts his right leg high on the right side, and his left leg high when he goes up on the left side for helping the move (diagr. 7).

**THREE REBOUNDERS**

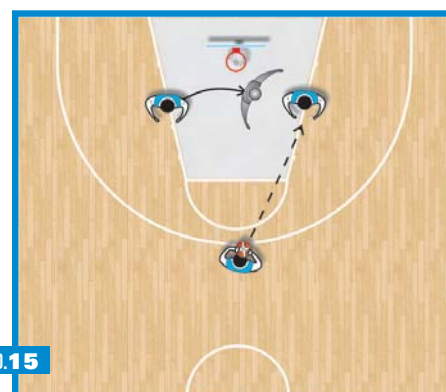
Three players are set under the basket, facing the backboard, one to the left, one under the basket, and one to the right, with a coach with a basketball



D.14

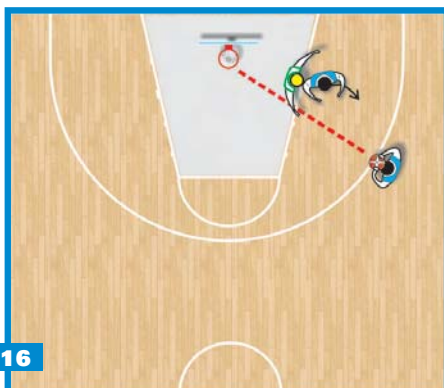


D.15

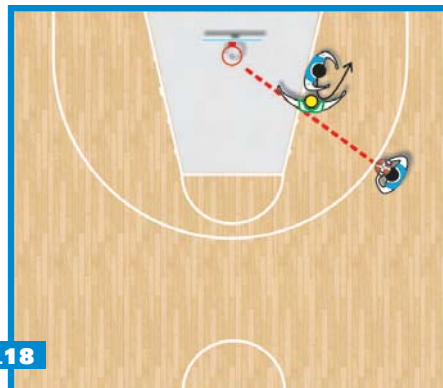


outside on the perimeter. The coach throws the ball against the backboard, and the player who gets the rebound, plays against the other two, who become defenders, double-teaming the player with the ball, keeping the arms straight and trying to prevent him from scoring, hopefully without fouling. If the player with the ball scores, or if the defenders grab the ball, the ball is passed

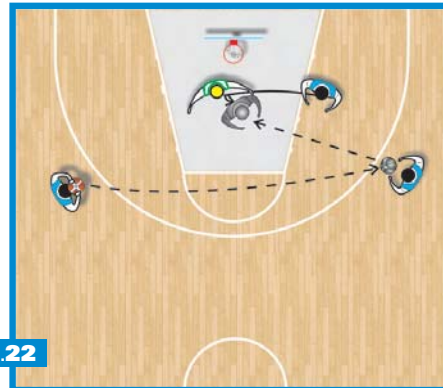




D.16



D.18



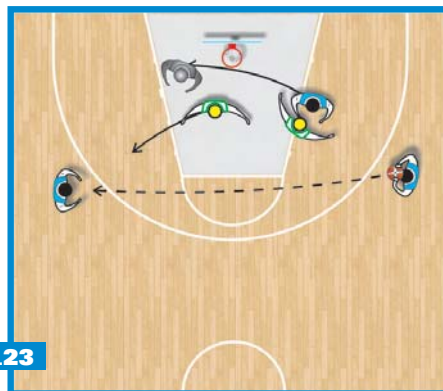
D.22



D.17



D.19



D.23

back to the coach and the drill starts again for a certain amount of time or a number of shots (diagr. 8).

### ONE SHOOTER, TWO BALLS

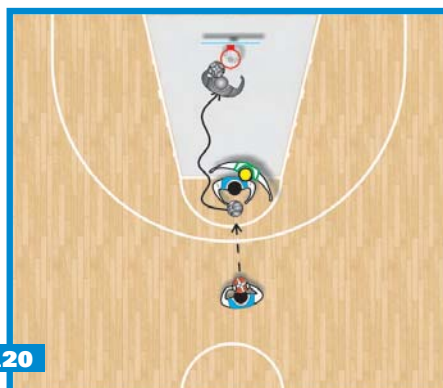
One player is under the rim, with his back to the backboard, with two balls on the floor, one to his left and one to his right. Two players are in charge of recovering the balls and placing them back on the floor. The player picks the first ball on the left, turns, and quickly makes a power shot, then makes the same move with the ball on his right. This continues for five shots on the left and five on the right side (diagr. 9).

### THREE PLAYERS WAVE

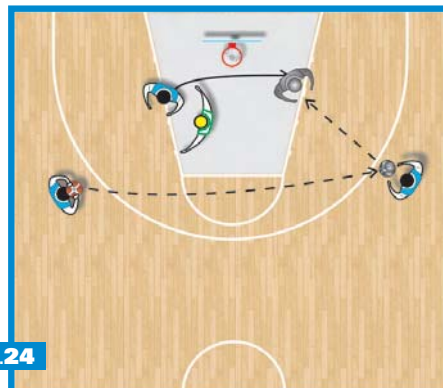
Three players are under the basket, facing the backboard, with one player holding a ball. The player with the ball throws it on the other side of the backboard, follows, touching the lane line with his outside foot (that one nearest to the sideline), catching it and again throwing it against the backboard. The other two players make the same move, practically making a wave under the basket. The drill can be done for a certain amount of time or touches of the backboard (diagr. 10).

### TAP-IN CONTINUITY

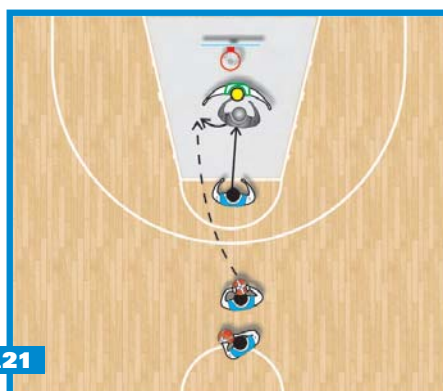
Two players, facing the basket, each holds a basketball. They make four consecutive tap-ins with the right hand. On the fifth one, they put the ball in the bas-



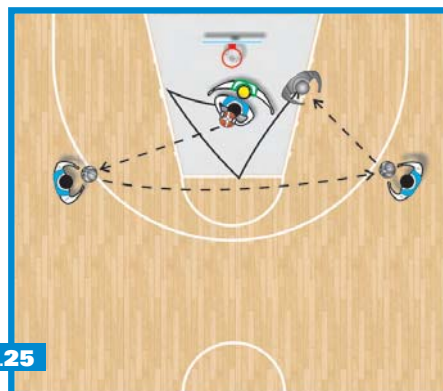
D.20



D.24



D.21



D.25

ket. The drill is repeated with the left hand (diagr. 11).

### REBOUND AND SHOOT

This is a two-player drill, with one passer outside the lane and one player with his back to the backboard inside the lane. The passer throws the ball against the backboard, the player turns himself, gets the rebound, and scores with a power

shot, for a total of five times. Then the passer goes under the basket and the shooter becomes the passer (diagr. 12).

### PICK UP AND SHOOT

A line of players stand on the baseline and one player in the lane under the basket. The first player of the line rolls the basketball towards the player in the lane,





to his left or his right, and he picks the ball up, spins to the basket, and makes a power shot. The shooter goes to the end of the line, and the passer becomes the shooter (diagr. 13).

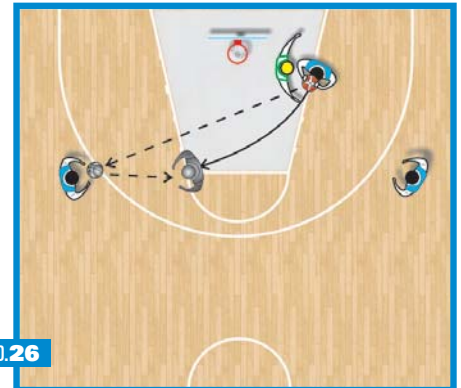
#### ONE-ON-ONE WITH A RECEIVER

A low post player holds the ball, with a defender behind him and a player in the middle of the floor who can work as a

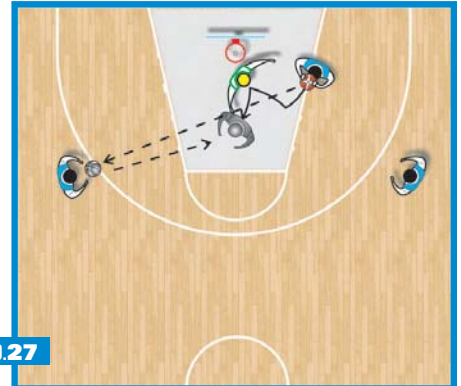
receiver for the post player and pass the ball back. The low post player makes a dribble to the lane and then passes the ball to player in the middle of the court. He tries to get open, receive the ball, and then play one-on-one near the basket (diagr. 14).

#### STEALING THE TIME TO THE DEFENDER

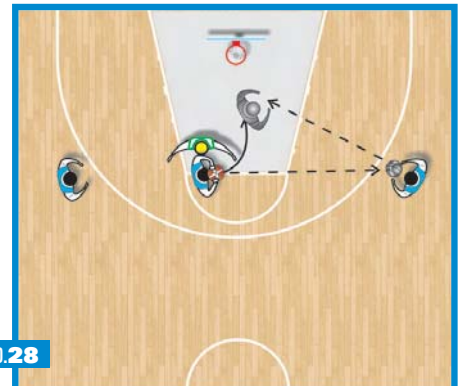
There are two players in the low post, one



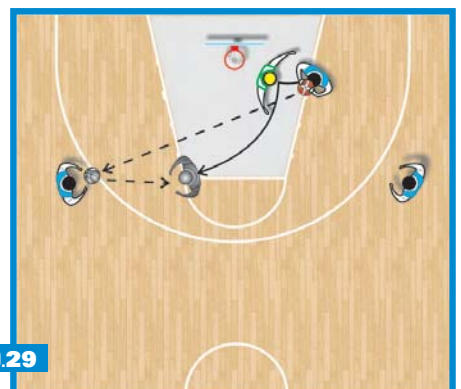
D.26



D.27



D.28



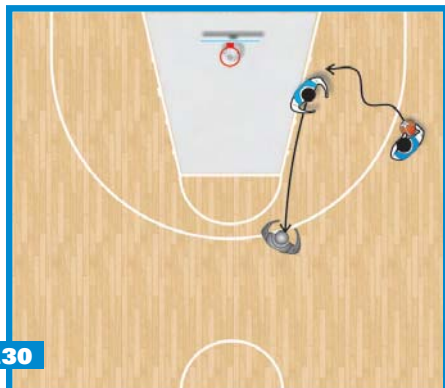
D.29

to the left and another to the right side of the lane, facing the passer. The passer passes the ball to one of the two players, who quickly try to score, "stealing the time" from the defender by scoring before he can play defense. (diagr. 15).

#### GETTING OPEN BASED ON THE POSITION OF THE BALL AND THE DEFENDER

The post must be able to read the posi-





his left leg toward the basket to get open. He will receive the ball and then play one-on-one (diagr. 18).

**Defender three/quarter low overplaying:** If, instead, the ball is in a lower position than the post, the post will bring his defender lower and he will take a step with his right leg to get open, receive the ball, and play one-on-one (diagr. 19).

### RECEIVING IN THE HIGH POST

We work again on the concept that the post must have a contact with the defender and move accordingly, this time while on the high post. We have a passer outside of the lane, a player at the free-throw area, and a defender behind him. As soon as the post receives the ball, he will turn on the side that the defender will give him (on the same side from where he has received the ball), and then he will attack the basket, starting the move with the same hand and foot (diagr. 20). The passer will then become the player on offense and the shooter becomes the defender.

### POST UNDER THE BASKET

A line of players is in the middle of the court, over the three-point line, with the first player on the line without the ball, while the second one with the ball, and a defender waiting under the basket. The first player of the line runs in the lane and tries to get open, keep the position, receive the ball, and make a power move (diagr. 21). The passer becomes the offensive player, the offensive player becomes the defender, and the defender goes at the end of the line.

### COLLABORATION ON BOTH SIDES

Two passers stand on the wing positions, one with the ball and other without the ball. A low post player is on the weak side of the court and must read the defense, get open, keep the position, receive the ball, and go hard to the basket (diagr. 22 and 23).

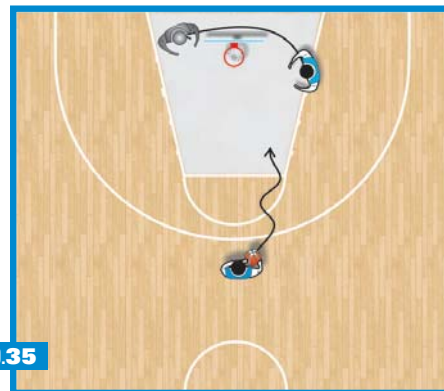
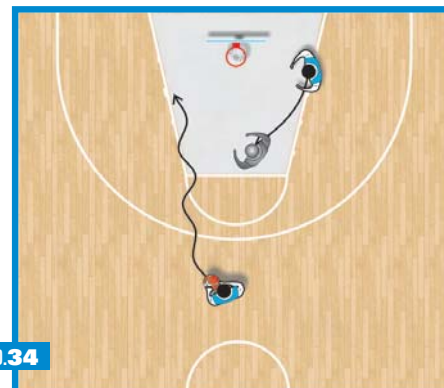
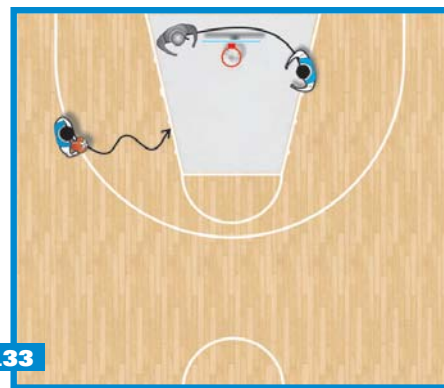
### CHANGE SIDES

This time, when the post player receives the ball, he must change side to the ball and then cut to the ball to get open. He must move from the high to the low post and vice versa, receiving the pass, and going to the basket (diagr. 24, 25, 26, 27 and 28).

### SPACING

It is very important that the post be able to adapt his position based on the drive of the perimeter players.

**Drive of the wing with the low post on the strong side:**



tion of the ball and the defender, and react properly.

Ideally, he should always try to be in a straight line between the ball and the basket, but this is not always possible. Let's now see the different situations and how the post player must react.

**Defender behind:**

If the post player is in a low post near the basket (for example, on the right side of the half court, with the ball higher than him and his defender), the post will make a step with his left leg toward the ball to get open, receive the pass, and play one-on-one (diagr. 16).

If, instead, the ball is in a lower position than the post and his defender, the post player will make a step with his right leg towards the ball to get open, receive the pass, and play one-on-one (diagr. 17).

**Defender three/quarter high overplaying:** If the ball is in a position higher than the post, the post will bring his defender higher and then he will make a step with

If the drive is on the baseline, the low post goes high to the same side of the drive (diagr. 30).

If the drive is to the middle of the lane, the post slides in the short corner on the same side of the drive (diagr. 31).

**Drive of the wing with the low post on the weak side:**

▼ If the drive is on the baseline, the post goes high, and rotates in the opposite direction of the drive (diagr. 32).

▼ If the drive is to the middle of the lane, the post rotates to the baseline, in the opposite direction of the drive (diagr. 33).

**Drive to the middle of the lane:**

▼ If the drive is on the opposite side of the low post, the post rotates high to the opposite direction of the drive (diagr. 34).

▼ If the drive is on the same side of the low post, the post rotates to the baseline, on the opposite direction of the drive (diagr. 35).



by Aíto García Reneses



by Sito Alonso

# AVOID RELAXING ON THE COURT

**Aíto García Reneses** was head coach (and also general manager) of Barcelona (Spain) for many years, where his teams won three Division I championships, three Spanish Cups, one King's Cup, two FIBA Europe, and two Korac Cups. He has been head coach of Badalona (Spain) since 2003, where he won one FIBA Europe (2006), one King's Cup (2008) and ULEB Cup (2008). He also was awarded Coach of the Year of the ULEB Cup 2007-08.

**Sito Alonso** started his coaching career in 1987 with the youth teams of Zaragoza (Spain); then he was responsible for youth teams at Monzón, where he also was head coach of the first team (EBA league) from 1999 to 2004. He has been assistant coach of Badalona since 2006, where his teams won FIBA Europe (2006), King's Cup (2008), and the ULEB Cup (2008).

Twenty years ago, many people criticized player rotations. The possible explanation was that people were not used to seeing rotations on the court and they thought that many advantages were lost, such as the possibility of giving the most minutes to the five best players on the team. Currently, however, all good (and even the not-so-good) teams use rotations. The most important advantage of this is that teams can play at the highest athletic levels. When a player is fatigued, he can recuperate and recover his energy on the bench and not on the court.

That said, players still relax on the court. We're going to describe some typical examples of situations players use that, if avoided, can clearly raise a player's efficiency and a team's productivity.

## OFFENSE

**1. Two-on-one:** When the defensive team double teams and plays two-on-one, there are two very common "stops" that offensive players use. If, in the spot shown in





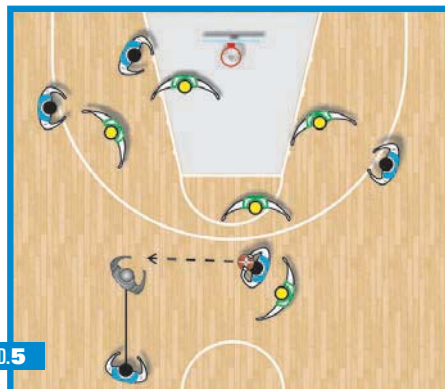
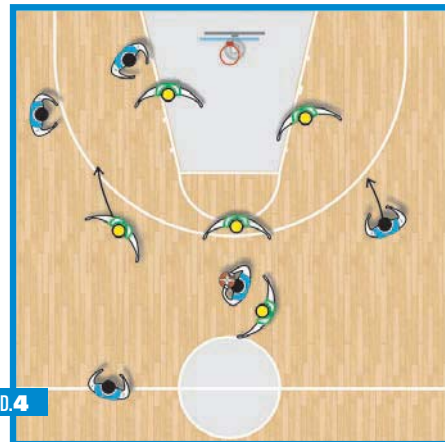
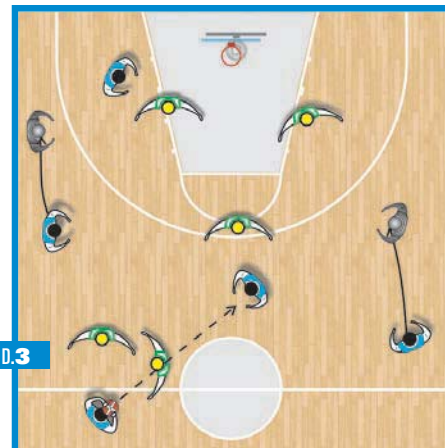
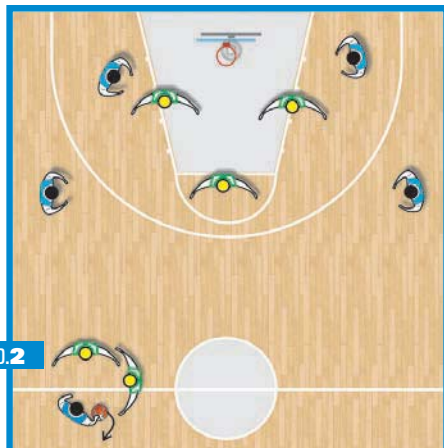
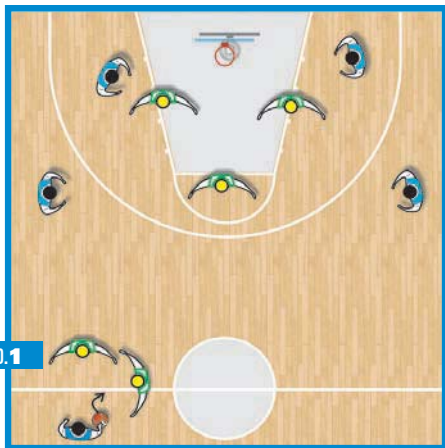
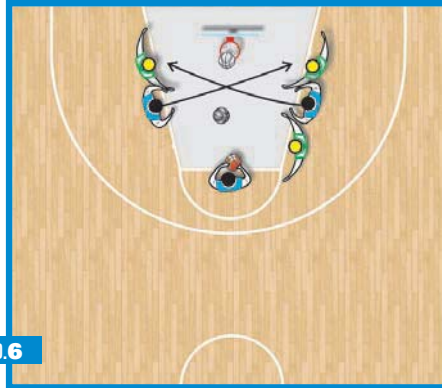


diagram 1, the player with the ball is double teamed by two defenders, his teammates run without worrying about the problems that this defensive situation may cause. Normally, the teammate should help the player with the ball. The reaction has to be immediate and they need to change the rhythm by looking for a new passing line. Players, as shown in diagram 2, stay in their spots, energetically calling for the ball, but they are asking for a pass that is susceptible to being intercepted.

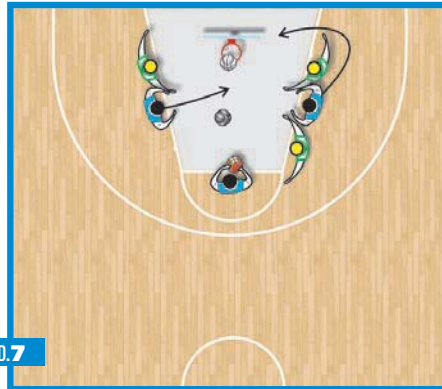
In such a play, the player typically stays in the same position after the pass, resting. Instead, he and his teammates should change their positions, trying to defeat the defenders, and set themselves up for another pass from the player with the ball (diagr. 3, 4, and 5).



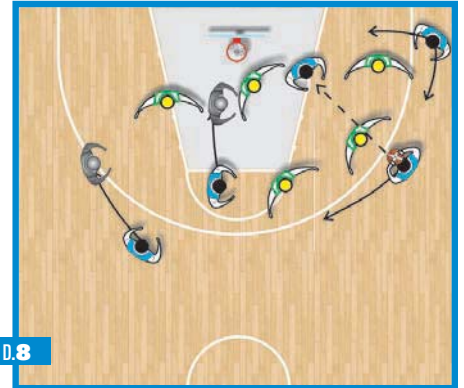
2. **Free-throws:** In many games, players don't struggle for the offensive rebound after a missed free-throw. This situation, simple and repetitive during a game, is one of the moments in which players rest. In doing so, they give up on possible offensive rebounds, conceding the rebound to the defense. Habit turns it into a mistake, and teams pay for mistakes like these during a game. Lack of practice during training sessions causes players not to go for the offensive rebound after a missed free-throw. To break them of this habit, it's good to stimulate the struggle for the rebound with practice drills and games (diagr. 6 and 7).



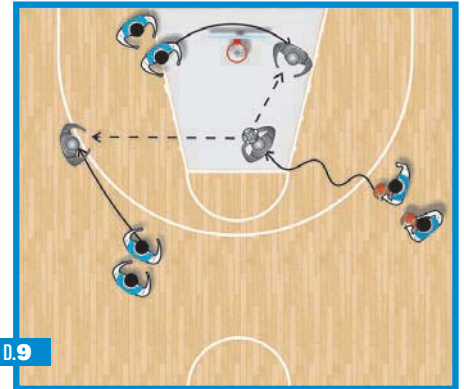
D.6



D.7



D.8



D.9

3. **Playing inside (penetrations, high post, low post):** This occurs using an offense against a zone defense. Many times coaches insist on the importance of attacking these kind of defenses with passing the ball inside. This solution is correct, but incomplete, because it's very important looking for a new passing line (diagr. 8), move, react in the moment when a player drives to the basket or receives the ball in the high post, or in the low post. Saying that is not enough; beside being severe in our game five-on-five, get an habit like this needs some specific drills, that we can apply easily during the shooting sessions of our team (diagr. 9).

4. **Do not stop after the defensive help:** Great shooters dominate this type of play. Many of them pop into mind, for instance, Bullock and Rakocovic, in the Spanish league. After a penetration with an advantage, I'm restrained in my zone because of a player, who does a defensive help, who fakes or

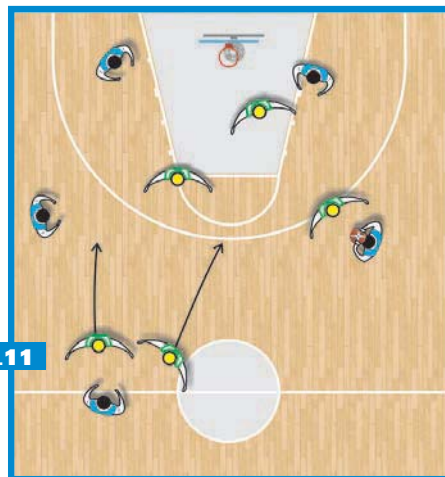
recovers or even switches. The player with the ball, after the pass stops himself, a very important thing in order to avoid an offensive foul, but to avoid the foul, the player has not to stop for five seconds. He needs thus to look for a new passing line that may offer the possibility to receive alone, with an ad-







D.10



D.11

vantage, or playing against a defender with whom there's a mismatch due to a defensive switch (diagr. 10).

## DEFENSE

**5. Two-on-one:** Without stopping to describe the technical details of the two-on-one, one of the more frequent and dangerous "stops" in our defensive system occurs when the offensive player passes the ball after a double team. Normally, the player involved in the two-on-one reacts well after the pass and tries to recover his man, or else looks for a free opponent in the rotation. However, the player, who guards the man with the ball, usually just turns his head and maintains his position; he prefers to rest, instead of thinking of the other responsibilities he has after the pass has been made. This player must get into the habit of getting back to his proper position as shown in diagram 11. In diagram 12, on the other hand, we can see how the player, after having run to his spot, helps stop an easy penetration to the basket.

**6. Do not stop if the offensive player does:** This is one of the hardest actions to practice in our sport. Here is a very common situation in a basketball game, with the offensive team that plays a di-



rect screen on the ball. The defender of the player with the ball come into contact with the screen and the offensive player takes an advantage. The defender runs, in the best case, to recover his position, but the offensive player stops. In the 90% of the cases, the defender stops, too. However, he does this before getting to the correct spot on the court. This is a big mistake.

Another very common example occurs with the defender who presses full court. Once the offensive player beats the press and gets an advantage, the defender will typically run beside the player with the ball and when he stops, the defender often stops, too, instead of putting himself in front of the player with the ball (diagr. 13 and 14).

7. **My space:** The name of this indicates exactly what we're talking about. One defender has to guard his opponent, but this is not enough. Many times we see defenders in perfect defensive stance: they deny the pass, they're legs are bent, and intently watching

their opponent so he won't be able to score. Defensive positioning entails the responsibility of the defender towards his opponent, but of equal importance, it also means guarding a particular zone of the court, which has to be protected. Too many times, we see a defender watch an offensive opponent drive by and the defender does not take the initiative of faking, stepping out, or trying to stop him. Instead, he thinks, "This is not my man," and lets the offensive player go right by (diagr. 15).

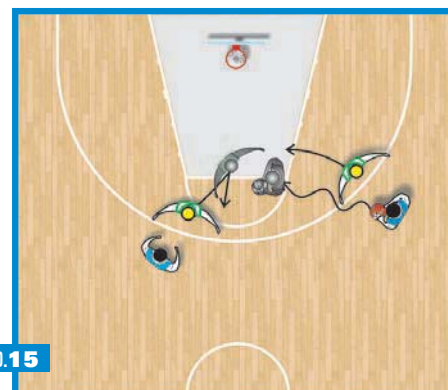
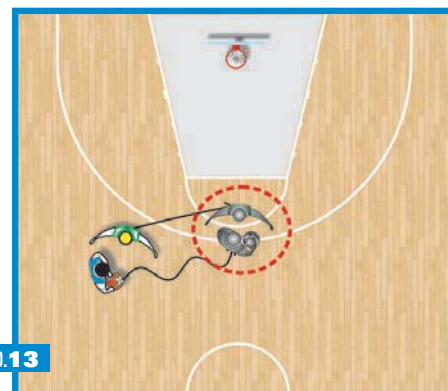
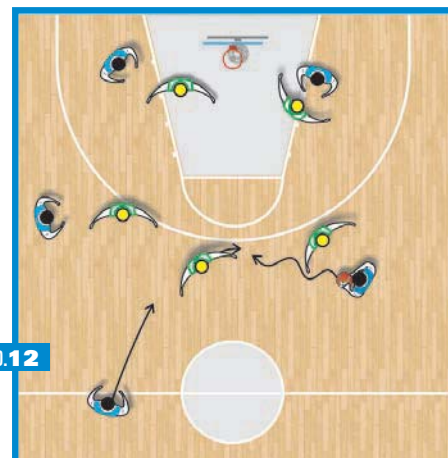
Defensive players have to be responsible not only for their man but for a zone that they occupy. They cannot let players drive easily to the basket, or make uncontested cuts or passes.

### CONCLUSIONS

Basketball, like most popular sports, has undergone an evolution as the game globalized and has been tweaked and improved through the input of tens of thousands of coaches. These improvements are noted today in the technical, tactical, and physical level of the game that's played at the highest level. For this







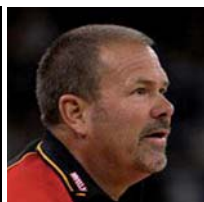
reason alone, coaches have to be prepared to change and innovate in all aspects of game preparation. Paying attention to the smallest detail and instituting change whenever possible can make the difference in the final outcome of a game, a game that your team might win.





FIBA

We Are Basketball



by Al Westover

# THE SHUFFLE OFFENSE

**Al Westover is the head coach of the Melbourne Tigers, winner of the 2007/2008 Australian National Basketball League. He started his coaching career as assistant coach at the University of Pacific in United States, then he was player-coach in Australia at Dandenong Rangers, and head coach of the Ballarat Miners. In 1992 he became assistant coach of the Melbourne Tigers and head coach of the junior teams. In 2005 he was appointed as the head coach, and in his first year he won his first ABL championship and was voted "Coach of the Year."**

The shuffle offense was a revolutionary offensive strategy which involves the rotation of all five players between all major positions in the half court. It was originally developed in the 1950s at the University of Oklahoma, but has been manipulated and re-shaped meticulously by various coaches across the globe. One perceived downfall of the well-known shuffle offense is its ability to break down an effective zone defense. However, we at the Melbourne Tigers have developed a high-post shuffle of-

fense which is specific to zone defenses, differing slightly from the traditional form. One of the appealing factors of the shuffle offense is that it can be run by teams which do not have significant height advantages, with all five offensive players needing to be adequate in each position.

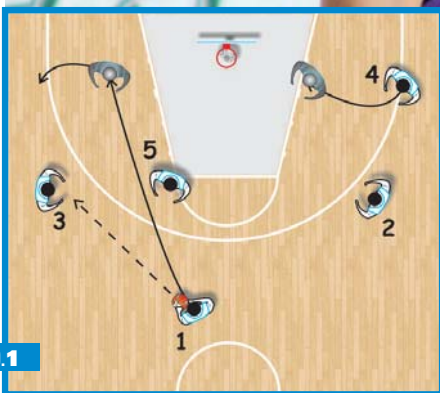
This is most likely the reason for the shuffle's success at the USA Air Force Academy under Coach Bob Spear, as the Air Force has a specific height restriction. Although a mobile big man would be the ultimate candidate for the post position.

The basic shape of the high post shuffle offense includes the two forwards on the two wings, foul-line extended, the center in the high post on the ball side, the point guard in line with the basket, and the center and the shooting guard in the middle of the floor - all positions with a focus on ball movement, player movement, and getting the ball inside.

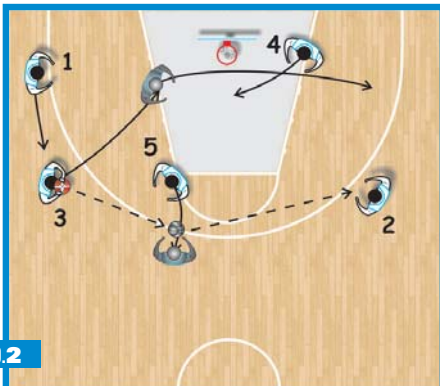
Another name for the shuffle offense,







D.1



D.2

which has emerged, is that of “First” and “Thirds”, a nickname for structures “First Option” and “Third Option” (don’t ask me what happened to the “Second Option”).

#### THE “FIRST OPTION”

The point guard 1 will pass the ball to 3, the small forward at ball-side wing, and cut to the basket and out to the strong-side corner, attempting to drag the low man in the zone out with him (diagr. 1). The small forward 3 now has the option of passing it back to the point guard 1 in the corner, or on to the center 5, who steps off the high post to the three-point line, or penetrating a gap in the zone - an option at any point in the offense. Irrespective of the direction he passes, the small forward 3 will then cut hard into the gap and through to the opposite

corner. The shooting guard 2 spots up on the opposite wing, stretching the zone as they need to respect his shooting ability.

If the ball is passed to the point guard 1 in the corner, the center 5 will go directly into the ball side post, looking to seal his defender, if the ball is reversed through the top of the three-out-two-in shape, during which the point guard 1 would cut baseline to the opposite corner.

This would result in the weak-side post 5 flash to the ball and look for a high-low with the power forward 4, who is posting up in the strong side low-block.

If the ball was passed from the small forward 3 to the post 5, who is set outside of the three-point line, the power





forward 4 will flash in the middle of the three-second lane looking to get a seal at the basket, as the small forward 3, cuts through to the opposite corner, as indicated earlier (diagr. 2).

From here, whichever way the center 5 passes the ball, he then goes into the vacant low post, resulting in the aforementioned three-two motion (diagr. 3).

An emphasis is on passing the ball through to the opposite of the floor as there is now an established triangle with the power forward 4 in the post and the center 5 ready to cut to the basket should the ball go inside.

If the initial pass cannot be made to the small forward 3 on the wing, the point guard 1 can dribble-push him to the corner and the offense goes on in the same manner from then on. We call this "first push."

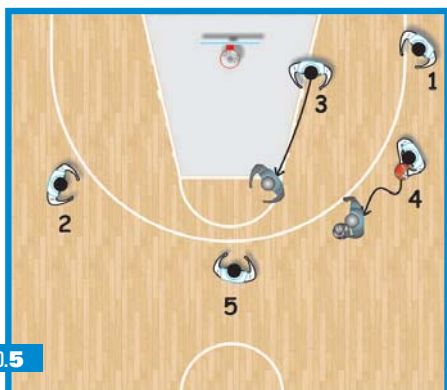
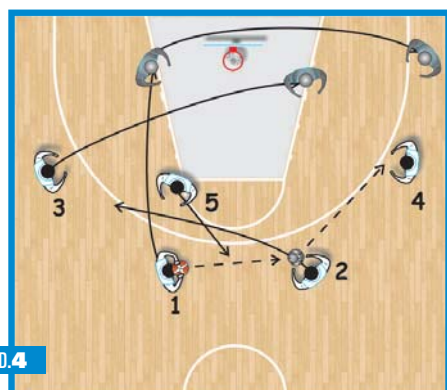
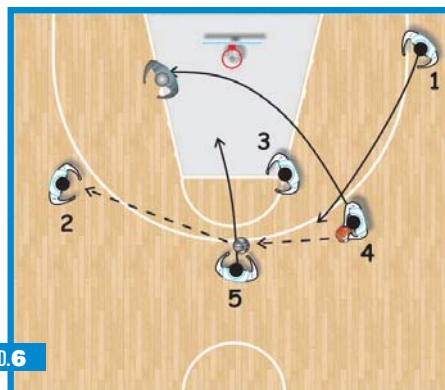
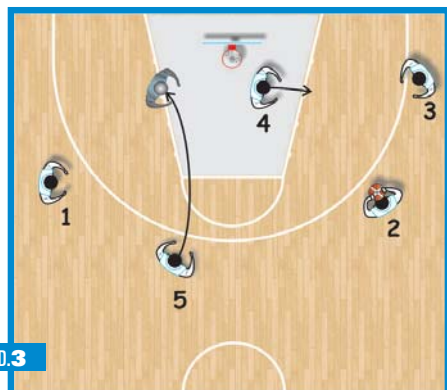
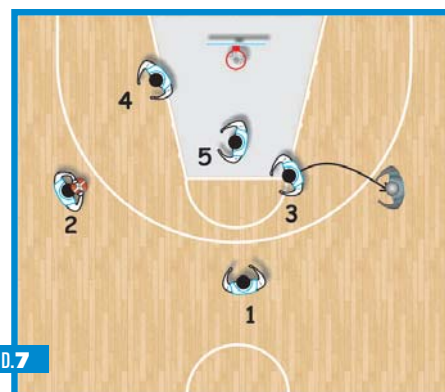
### THE "THIRD OPTION"

This time the ball is reversed through the shooting guard 2, in the middle of the floor, to the power forward 4 on the opposite wing, as the point guard 1 cuts straight down to the opposite side of the basket and behind the defense, and then through to the ball-side corner, again trying to drag a second-line defender with him (diagr. 4).

The small forward 3 then cuts across the key, trying to find a gap in the zone, as the post 5 moves to the top of the three-point line, and the shooting guard 2 flairs to the weak side wing, again







looking to spot up and spread the zone (diagr. 5).

The main focus of the "Third Option" is to get the ball into the second cutter (the small forward 3), which triggers the reaction of the post 5, diving through the middle of the three-second lane and the shooting guard 2 spotting up on the opposite wing.

If the ball goes to the point guard 1 in the corner, the emphasis is on getting it into the small forward 3 in the low-post, to which the post 5 will cut straight down the middle of the three-second lane zone.

If the ball goes to the post 5 at the top of the key, he may reverse it to the weak-side shooting guard 2, to which the power forward 4 will cut through, much like the original cut by the point guard 1, into the ball-side post as he takes the defense with him, and the point guard 1 and power forward 4 will re-locate into the gaps (diagr. 6).

The main focus of the reversal is the post 5 cutting straight through the key after he reverses it to the shooting guard 2. If the defender at the top of the zone goes with him, there will be a mismatch and the point guard 1 at the top will be open for the shot. If he is left unattended, the shooting guard 2 will have a good angle for getting him the ball in the middle of the three- second lane (diagr. 7).

If the initial pass to the shooting 2 guard cannot be made, the point guard 1 can circle out the shooting guard with the dribble.

The "First Option" and the "Third Option" are merely two options out of many which the shuffle zone offense provides. And the beauty of the shuffle is that for every action, there is a reaction by each other offensive player on the floor. While this may sound physics-minded, the underlying focus is simple ball movement, player movement, and getting the ball inside.





by Raffaele Imbrogno

# BASKETBALL AND PHILOSOPHY





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.



*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.*

*"Do we know or not, every single man has a personal philosophy. Sure, likely any of our philosophies hasn't a value, but their influence in our thoughts, in our actions is big and often incalculable"*

*(Karl Popper)*

Many basketball coaches lecturing at clinics often use this phrase: "My game philosophy..." while others will say, "I just coach and I don't waste time talking of basketball philosophy." But are these two worlds, philosophy and basketball, close or far from each other? Have they some correlations or not?

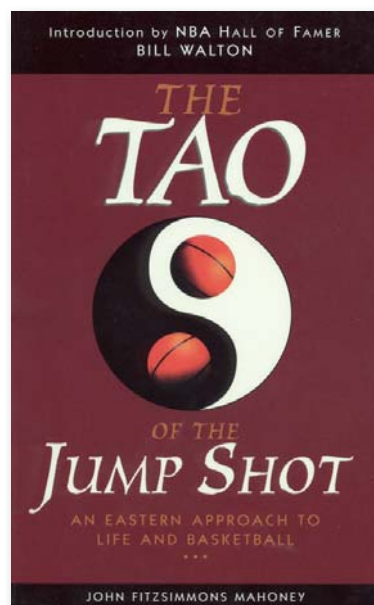
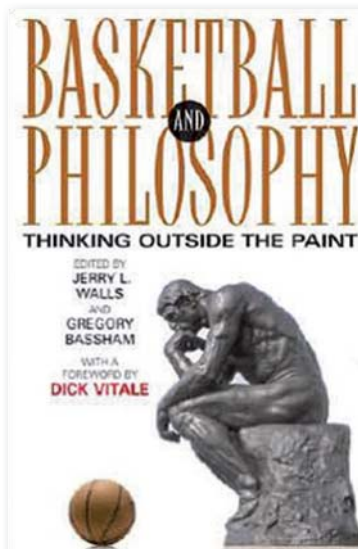
The inventor of the basketball, the Canadian James Naismith, son of Scottish immigrants, graduated in 1887 from McGill University in Canada, where he studied philosophy. However, he never spoke of the philosophy of basketball, as far as we know. In 1998, "Sacred Hoops," a little book written by Phil Jackson and Hugh Delehanty, opened a little door showing the reader the links between philosophy, basketball, and life. In that book, the former head coach of the Chicago Bulls (and then the Los Angeles Lakers, and one of the winningest coaches in NBA history with his nine championship rings) wrote about one vision. He wrote about a dream, going through Buddhist doctrine and finding in it many connections with the game of basketball. Quotations from the Holy Bible, from the poet Ghalib, from books like "Practicing the Presence" by Joel Goldsmith, "The Tao of leadership" by John Heider, "Black Elk Speaks" by John G. Neihardt, "Zen and the Art of Motorcycle Maintenance" by Rob-

ert Pirsig, and many other books, allow Jackson to see the links between basketball and its spiritual and philosophical beginnings.

Even so, we have not had specific books about philosophic thought and basketball game since the publication, years later, of two intriguing text-books: "The Tao of the Jump Shot: An Eastern Approach to Life and Basketball" written by John Fitzsimmons Mahoney (Ulysses Press) and "Basketball and Philosophy: Thinking Outside the Paint" (University Press of Kentucky), written by Jerry L. Walls and Gregory Bassham.

Mahoney's book is about the analogies between the jump shot and the Taoist thought. The book has two macro-chapters and 23 smaller sections. A big importance is given to "actions that do not generate actions," which means feelings, like those described and used by many NBA players: "To be in the zone", "Feeling the game," "Feeling part of the big picture." Chapter 22 is charming. In "The Coach as True Man," the great UCLA coach John Wooden is compared to Tao Te Ching masters.

"Basketball and Philosophy" refers to texts of many contemporary philosophers and characters of the basketball world. The book, divided in four quarters like a basketball game, talks about topics such as basketball birth, basketball Puritanism, Machiavelli and basketball, the Zen masters, Aristotle and the low-post play, the visible and the invisible world in the great shooter. In short, they present three hundred pages of rare beauty that all basketball coaches should read to expand both their vision and mind.






**FIBA**

We Are Basketball

# FIBA 33 BASKETBALL GAME

**3-on-3 basketball, better known as street basketball, is not a new game. What's new is that FIBA will create a new version with worldwide unified rules and played by National Teams of youngsters of less than 18 years of age. 'FIBA33', the name of this new game, will be launched at the first Summer Youth Olympic Games in 2010 in Singapore. 20 boys' teams and 20 girls' squads from as many as 35 countries could compete for the medals in the beautiful Asian island nation.**

The rules of FIBA 33 are quite simple. A team consists of four players (three players are on the court and one is a substitute) and one coach. The game is played on a half court, on one basket, in three periods of five minutes each. Most of the FIBA rules

regarding scoring and fouling are valid. The team scoring first 33 points or leading the game after the regular game time is the winner.

"FIBA 33 offers us and our member federations an exciting new tool to promote the sport especially amongst youngsters, both within our own countries and internationally," said FIBA Secretary General and IOC member Patrick Baumann. "The test event in Macau showed us how much fun the young players had, but also how spectacular and competitive the new game can be. The 3-on-3 concept is certainly not new, but what is new is that it will be played on a national team level, with worldwide valid rules, in top-class international competition, and the whole FIBA structure and family can participate in it. The 3-on-3 concept has all the elements and skills required for basketball, it has inspired and will continue to inspire many great players in the future. At

the same time, it is the easiest and one of the most effective ways to bring youngsters to basketball, keep them and promote our game. Finally, FIBA 33 can and will promote key educational and social values to the next generations."

There are many more arguments for FIBA to start this initiative. It seems that the game format will allow small basketball countries to be very competitive on the highest level. FIBA 33 will enable emerging basketball nations from all continents to be involved in top international competition and develop successful youth programs. In addition, the simple format will also allow the practice of the game in international competition, but also on grassroots level.

The FIBA 33 Basketball Game will be played in accordance with the Rules underlined below. The Official FIBA Basketball Rules are valid for all game situations not specifi-





cally mentioned in FIBA 33 Rules. It goes without saying that the spirit of fair play and sportsmanship are an integral part of FIBA 33 Rules.

#### ART. 1 - COURT

The game will be played on a half court of a regular FIBA basketball playing court.

#### ART. 2 - TEAMS

Each team shall consist of a maximum of four (4) players (3 players on the court and 1 substitute) and one (1) coach.

#### ART.3 - GAME OFFICIALS

The game officials shall be one (1) referee assisted by three (3) table officials, namely a scorer, a timer and a fourteen (14) second operator.

#### ART.4 - BEGINNING OF THE GAME

- 4.1. Both teams shall warm-up (3 minutes) simultaneously.
- 4.2. The game shall begin with a jump ball at the free-throw line, team A facing the basket. The team that gains control of a ball shall be entitled to shoot for the goal immediately, without necessity of returning the ball to behind the three-point line. The opponents will be entitled to the ball at the next jump ball situation in accordance with the alternating possession arrow rule. The arrow will be directed to the bench of the team which is entitled to the ball at the next alternating possession opportunity.

#### ART.5 - PLAYING TIME/WINNER OF A GAME

- 5.1. The regular playing time shall consist of three (3) periods of five (5) minutes each.
- 5.2. However the first team which scores 33 or more points will be the winner of a game if it happens before the end of a regular playing time.
- 5.3. If the score is tied at the end of the last period, the game shall continue with as many extra periods of two (2) minutes as is necessary to break the tie.
- 5.4. There shall be an interval of one (1) minute before each period and each extra period.
- 5.5. The game clock shall be stopped after the successful field goal only in last one (1) minute of the last period and of the extra period. The game clock shall be restarted once the offensive player receives the ball at any place on the court.
- 5.6. A team shall lose the game by forfeit (33:0) if three (3) minutes after the scheduled starting time the team is not present on the playing court with three



(3) players ready to play.

#### ART. 6 - FOULS BY PLAYER/FOULS BY TEAM

A player who has committed four (4) fouls must leave the game. A team is in a penalty foul situation when it has committed three (3) fouls in a period.

#### ART. 7 - FOURTEEN SECOND DEVICE

The team must attempt a shot for a field goal within 14 seconds.

#### ART. 8 - HOW THE BALL IS PLAYED

- 8.1. Following each successful field goal or last free throw:

▼ A player of a non-scoring team will resume the game by passing the ball from the place behind the end line to his teammate to any place on the court. However, if that place is not behind the three-point line, the ball receiver must dribble/pass the ball to a place on the court behind the three-point line.

▼ Once the ball is behind the three-point line, a minimum of two (2) players of the offensive team (ball receiver/dribbler and his teammate) must touch the ball before an attempt to score.

- 8.2. Following each unsuccessful field goal or last free throw:

▼ If the offensive team rebound the ball, it may continue to attempt the score without returning the ball to behind the three-point line.

▼ If the defensive team rebound the ball, it must return the ball (by passing or dribbling) behind the three-point line.

▼ Once the ball is behind the three-point line a minimum of two (2) players of the offensive team (ball receiver/dribbler and his teammate) must touch the ball before an attempt to score.

- 8.3. Following the steal, turnover etc.:

If it happens within the two-point area, the ball must be passed/dribbled to a place behind the three-point line. Once the ball is behind the three-point line, a minimum of two (2) players of the offensive team (ball receiver/dribbler and his teammate) must touch the ball before the attempt to score.

- 8.4. Should the first offensive player who has dribbled/received the ball at a place behind the three-point line attempt to score, it is a violation. If he is fouled on his attempt, it is a foul but not on the shooter.

- 8.5. All throw-ins following the fouls (without free throws), violations, out-of-bounds, at the beginning of a second and third period and of the extra period shall be taken from the out-of-bounds level with the top of all three-point line, closest to the infraction. The places shall be marked in out-of-bounds by 5 cm line. The referee shall hand the ball to the out-of-bound player. The thrower-in must pass the ball to his teammate to any place on the court behind the three-point line. However, if that place is not behind the three-point, the ball receiver must dribble/pass the ball to a place on the court behind the three-point line.

- 8.6. Dunking of the ball is not permitted unless pressure-released rings are used.

#### ART. 9 - SUBSTITUTION

The substitution shall be permitted when the ball becomes dead and the game clock is stopped.

#### ART. 10 - TIME-OUTS

There are no time-outs granted to any team at any time.



# FIBA HISTORIC RULE CHANGES

The FIBA Central Board, the highest executive body of the International Basketball Federation, the last 26th of April, in Beijing, China, took some major and historic decisions as with regards to the game rules. Upon recommendation of the FIBA Technical Commission (a group of experts that deal with the game rules), several amendments to the Official Bas-





ketball Rules have been approved. The recommendations were strived by the attempt to further unify all existing game rules and to have, in the future, only one set of rules for the game of basketball worldwide.

Below there is a summary of all approved rule changes, which include historic amendments like the extension of the

3-point line (in place since 1984), and the change of the trapezoid restricted area (in place since the 1950s) to a rectangular one:

#### OFFICIAL BASKETBALL RULES 2008:

All below-mentioned rules will come into effect as of 1st October 2008, i.e. after the Beijing 2008 Olympic Games.

#### ART. 4.3 UNIFORMS

The provision that T-shirts may be worn by players under their game uniforms is not valid anymore.

#### ART. 25.2.3 PLAYER FALLING ON THE FLOOR

It is legal when a player falls and slides on the floor while holding the ball.

#### ART. 28.1.3 BALL GOES INTO TEAM'S FRONTCOURT

The ball goes to the teams' frontcourt when, during the dribble from backcourt to frontcourt, both feet of the dribbler and the ball are in contact with the frontcourt.

#### ART. 30.1.2 BALL RETURNED TO THE BACKCOURT

It will not be a violation anymore if a player, who jumps from his frontcourt, establishes a new team control while still airborne and then lands in his team's backcourt.

#### ART. 31 GOALTENDING AND INTERFERENCE

If a player reaches through the basket from below and touches the ball, it is an interference (and not a simple violation) with all the relevant rule consequences.

#### ART. 36.1.4 UNSPORTSMANLIKE FOUL

If a defensive player causes contact with an opponent from behind or laterally in an attempt to stop a fast break and there is no opponent between the offensive player and the opponents' basket, then the contact shall be judged to be unsportsmanlike.

#### ART. 38.3.1 TECHNICAL FOUL

A technical foul can be called on a player for excessive swinging of elbows (without contact).

#### OFFICIAL BASKETBALL RULES 2010:

The below mentioned rule amendments will come into effect as follows:

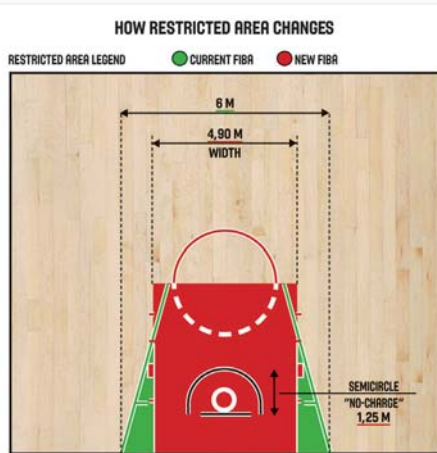
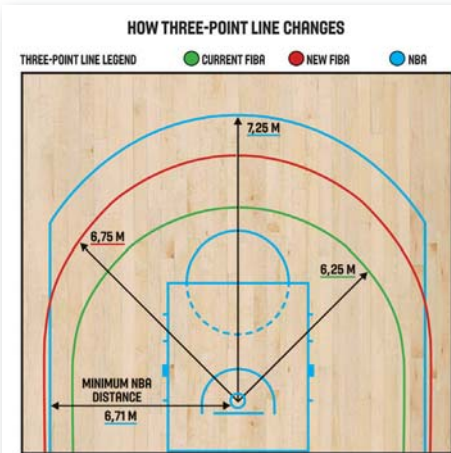
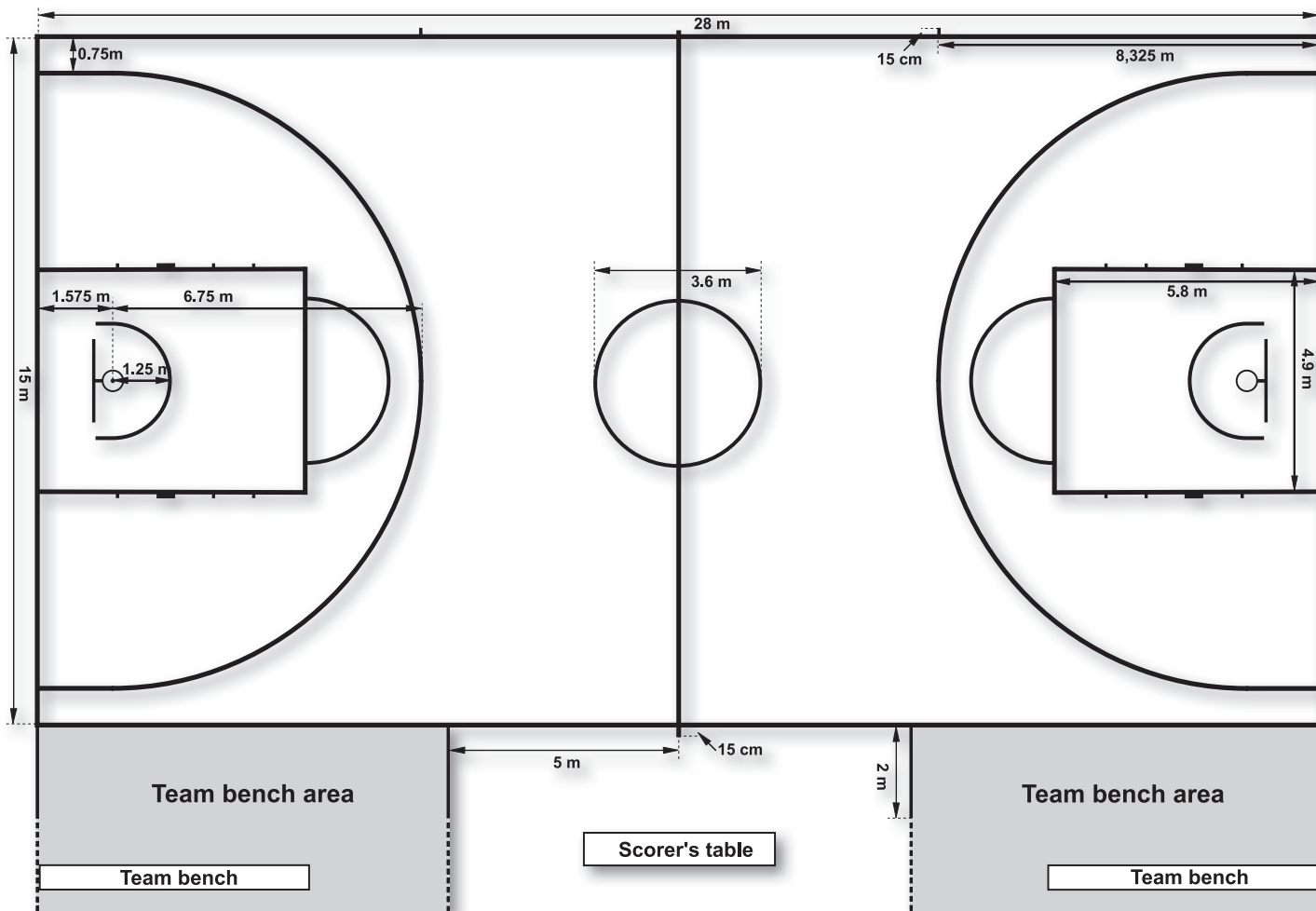
- ▼ **For high level competitions/Level 1** (main FIBA official competitions: i.e. Olympic Tournaments, World Championships for Men and Women, U19 and U17 World Championships for Men and Women and Zone/Continental Championships for Men and Women): as of 1st October 2010, i.e. after the 2010 FIBA World Championship.
- ▼ **For medium level competitions/Level 2** (i.e. all other FIBA official competitions and the high level competitions of the national federations): as of 1st October 2012, i.e. after the London 2012 Olympic Games.

#### ART. 2.2.3 FREE-THROW LINES AND RESTRICTED AREAS

The restricted areas shall be the floor rectangle areas marked on the playing court.







The restricted (three-second) area shall be a rectangle (not anymore a trapezoid) as per Diagram above.

#### ART. 2.2.4 THREE-POINT FIELD GOAL AREA

The distance of the three-point line shall be 6,75 m (and not 6,25 m as present).

#### ART. 2.2.6 THROW-IN SIDE LINES

The two (2) small lines shall be marked outside the court, on the opposite side of the scorer's table and the team bench areas, with the outer edge at the distance of 8,325 m from the inside edge of

the end lines; in other words, level to the top of the three-point line. During the last two (2) minutes of the game and of the extra period, following the time-out granted to the team that has been entitled to the possession of the ball from its backcourt, the subsequent throw-in will be taken on the opposite side of the scorer's table from the "throw-in side line" and not as presently from the centre line extended.

#### ART. 2.2.7 NO-CHARGE SEMICIRCLES

The no-charge semicircles shall be

marked on the playing court, under the baskets. The distance of the inner edge of the semicircles shall be 1,25 m from the centre of the basket (on the floor). A charging (offensive) foul should never be called if the contact by the offensive player is with the defensive player standing within the no-charge semicircle.

#### ART. 29 TWENTY-FOUR SECONDS

If the throw-in is to be administered in the backcourt, if required by the respective rules, the 24 second device shall be reset to 24 seconds.

If the throw-in is to be administered in the frontcourt, if required by the respective rules, the 24-second device shall be reset as follows:

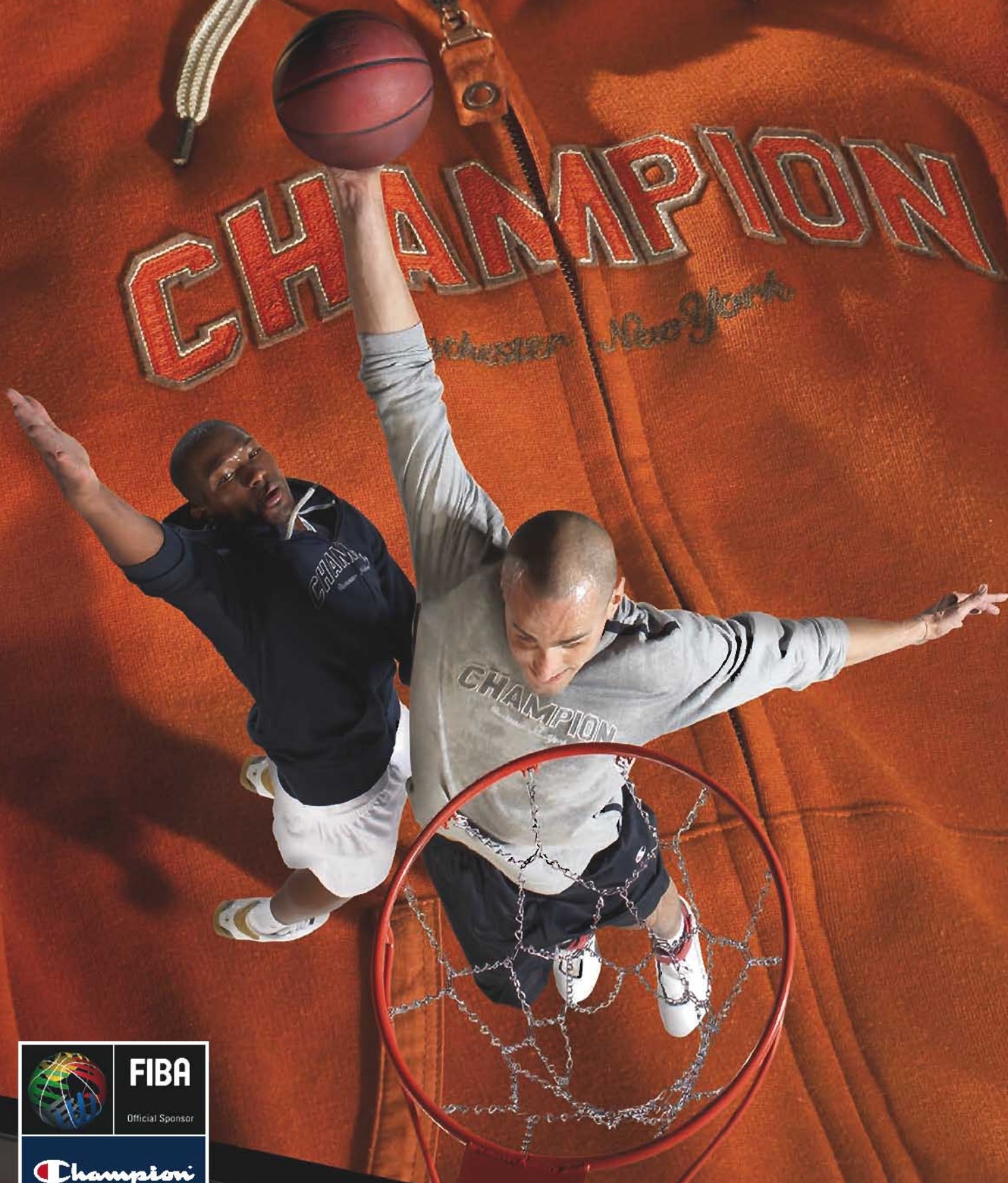
- ▼ If 14 seconds or more are displayed on the 24-second device at the time the game was stopped, the 24-second device shall not be reset and shall remain the same.
- ▼ If 13 seconds or less are displayed on the 24-second device at the time the game was stopped, the 24-second device shall be reset to 14 seconds.

For a clearer visualization of the first four changes above, please refer to Diagram above.



# CHAMPION

Champion New York



**Champion**  
AUTHENTIC ATHLETIC APPAREL

EXCLUSIVE APPAREL AND FOOTWEAR PARTNER WORLDWIDE OF FIBA



# 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.

1. On a throw-in by A3 from the endline in team A's frontcourt, the ball fails to touch or be touched by any player before going out-of-bounds at the opposite endline. Is it a back court violation?
2. Team A is in control of the ball with ten seconds remaining in the 24-second period when play is interrupted because of an injury to a team B player. When play resumes, shall team A be given a new 24-second period?
3. A5 is awarded one free throw which is successful. While the ball is in the air on that free-throw, A2 and B2 commit a double foul. Shall play resume with an alternating possession throw-in?
4. Immediately following a 3-second violation committed by A2, a fighting situation occurs. The players involved in the fighting situation are disqualified. Shall play now resume with a throw-in by team B?
5. During an interval of play, a technical foul is charged to a team A player. Team B is entitled to the next alternating possession throw-in. The following period begins with a team B throw-in. Shall team A now be entitled to the next alternating possession throw-in?
6. A final free-throw by A2 does not touch the ring or enter the basket. Shall the resulting team B throw-in take place at the free throw line extended?
7. Near the end of a 2nd period, B8 requests to enter the game as a substitute, after which a field goal is scored by team A. Shall B8 now be permitted to enter the game?
8. Team A has been in control of the ball in the team A backcourt for 5 seconds

when a double foul occurs. Play resumes with a team A throw-in. Shall team A now have a new 8-second period to cause the ball to go to the team A frontcourt?

9. On a last free-throw, the ball touches the basket ring but does not enter the basket. Shall the timer start the game clock when the ball touches the ring?
10. A3 ends a dribble while airborne and returns to the floor landing on both feet simultaneously. Is A3 now entitled to a pivot step?

## ANSWERS

- |                       |                      |
|-----------------------|----------------------|
| 1. No. (No. 30.1.1)   | 7. No. (Art. 19.2.2) |
| 2. Yes. (29.2.1)      | 8. No. (28.2.2)      |
| 3. No. (35.2.2)       | 9. No. (49.2)        |
| 4. Yes. (39.3.2)      | 10. Yes. (25.2.1)    |
| 5. No (12.4.8)        |                      |
| 6. Yes. (Art. 43.3.1) |                      |





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**FIBA**

We Are Basketball



by Mario Hernando

**Mario Hernando began his professional career as journalist in 1986, working for different basketball magazines and Spanish newspapers. In 1998 he entered the ACB as Director of Operations, and four years later he also was named Director of Communications. Along his career, he followed the main basketball events, both national and international, such as the Olympic games, World Championships, European Championships, Mc Donald's Open, European Leagues, European Club's Finals. He is also author of several books about basketball.**

The first basketball competition in Spain had its beginning with the Spanish Cup, which was first played in 1933. The National League started 24 years later, with the competition today known as ACB, Asociación de Clubes de Baloncesto (Association of Clubs of Basketball). Since their beginning, these tournaments were organized by the Spanish Basketball Federation. Starting in the 1970, the National League took on a semi-professional character amongst most of the clubs and, as it grew in importance and economic strength, it became evident that a body should be created to manage the league.

#### **1982: BIRTH OF THE ACB**

In 1982 professional basketball was finally born. The Spanish Federation passed the responsibility of the competition to the clubs. This move made the Spanish league more like the American sports structure (exactly, closer to the NBA, whose organization always served as a reference model) than the typical European sports competition.

# ACB: THE SPANISH PROFESSIONAL LEAGUE





On March 3, 1982, the ACB was created. Since the 1983-84 season, the ACB has governed the top level of basketball in Spain.

The first games of the new league organized by the ACB were played September 11, 1983. To reach this historical moment, a small group of people were able to sidestep a mountain of problems, overcome the majority thinking process about sports

organizations, and, most importantly, convince the Spanish sport authorities of the need to change the structure of Spanish basketball and create an independent league that would help modernize the sport.

The ACB was born as a professional organization whose supreme body is the General Assembly, formed by the clubs joining the league. From this moment on, everything began to change: there were TV con-

tracts, the introduction of playoffs, two foreign players per team, an annual All Star Game, a third referee, exclusive model of representation and the creation of the King's Cup.

These new changes, together with the influence of the silver medal won by the National team at the Olympic Games of Los Angeles in 1984, raised the role of basketball in Spain, creating the social phenomenon that was given the name of "basketball boom."







From 1982, the ACB didn't stop working to consolidate a governing body that, step by step, has assumed newer functions.

#### A TOP LEVEL SPORT CONCERN

The ACB works like any major business. Directed and led by Eduardo Portela, the creator and ideologist of this great business project, the organization chart covers all aspects of sports, divided into 10 different departments:

- ▼ Presidency: Plans, supervises and controls the different activities of the ACB.
- ▼ General and Legal Direction: Directs

and coordinates the general running of all the departments of the ACB.

- ▼ General Secretary Office: Manages all the administrative and legal aspects involved in running the ACB.
- ▼ Business: Takes care of the generation of extra resources in addition to those coming from television and advertising.
- ▼ Marketing and Sponsorship: Develops projects that strengthen the image of basketball and the ACB and initiates all licensing and merchandising actions.
- ▼ Competition: Organizes and directs the activities derived from ACB competitions.

- ▼ Financial Office: Runs the economical and financial operation of the ACB.
- ▼ Events Department: Organizes the official sports actions and events of the ACB.
- ▼ Public Relations and Protocol: Runs the Secretary's Office of the ACB and the takes care of international relationships.
- ▼ Officiating: Directs and controls the operations of the refereeing body.
- ▼ Communications: Takes care of and strengthens the public perception of the ACB competitions.
- ▼ Informatics: Develops all technological projects, maintains the infrastructures of the ACB, and advises the different departments.
- ▼ Scouting: Offers support and advice about scouting and signing up players. Follows players from other leagues and publishes a scouting report as a service to the ACB clubs.

One of the most significant examples of the evolution of professional basketball as a business in Spain is with the TV contracts. In September 1983, the ACB signed the first contract with Televisión Española (TVE), which included the broadcast of 16 games for 1983-84 season. This contract guaranteed, for the first time, regular broadcasts of league games, which had always been the goal of the ACB. For the first five years, the league developed a national exposure on television, but in 1988, TVA began paying the league 1,8 million euros (300 million pesetas) per season. This amount rose to 7,2 million (1200 million) per season, including the first transmission through Canal Satélite. As the popularity of the TV broadcasts grew, Canal Plus signed on to show league games, with a yearly contract of 16,9 million euros (2800 million pesetas).

After four years with Canal Plus, the popularity of the league games has spread nationwide. Nowadays, professional Spanish basketball is seen throughout Spain through TVE, and throughout Europe via a variety of European broadcasters.

#### ACB TURNS 25

ACB celebrated its 25th anniversary this year, and what an enviable milestone it was. Thanks to the excellent work of the clubs, the ACB is a league with powerful sports, economic, and social muscle. Overall attendance has increased at all league games, with an average of almost 7,000 people per game, which represents close to 85% attendance at its arenas. The ACB has created its annual Copa del Rey tour-





nament that attracts an audience of three million spectators and requests from 700 media from all over the world. Due to the overwhelming popularity of the tournament, the economic impact for the host city is approximately 25 million euros. Each year, the ACB increases its global business volume, pulling in approximately 140 million euros. Socially, it's spent the past decade encouraging social responsibility to help Spanish children. Campaigns such as "Encesta su Juguete" ("Score its toy") or "Un Juguete, una Sonrisa" ("One toy, one smile") is directed to struggling with childhood obesity and homelessness.

ACB has not forgotten that one of its main obligations which is to increase its value. Its future depends on talented young players. Currently, 20,000 young players participate in youth leagues under the watchful eyes of almost 1,000 coaches. Moreover, the ACB created an enterprise directed at schools called the Collegial Series, which involves 5,000 young players around Spain, and the Under-20 tournament, which is one step below the ACB.

Twentyfive years ago, the ACB assumed the responsibility of bringing basketball to the highest levels in Spain, and they

achieved that goal, which was not an easy thing to do considering the hurdles it had to get over. The change from the traditional European sports structures was a major challenge that the ACB faced up to. But it eventually led to the creation of the ULEB, the union of European basketball leagues. This eventually led to the creation of the Euroleague and the ULEB Cup, two well-established tournaments. Along the way, it brought about the use of the third referee in Europe, a measure adopted by the ACB in 1996. Eight years later, a third referee was used in all continental competitions.

From the business standpoint, the ACB developed marketing and communications programs for its own events. Top sponsors now include San Miguel, Fiat, Carrefour, Orange, Iberia, Nike, and Racer.

One of the most significant examples of the evolution of professional basketball as a business has been the Business division of ACB. This was recently created and is totally dedicated to the generation of resources. The ACB has developed a new video unit that permits transmission of game highlights through cell phones. However, this past season, it has been possible to watch one game a week on cell phone, while live games are broad-

cast on the Internet.

The web address, abc.com has played a leading role, but recently its role has been increased. There are 50,000 daily users and over 500 million pages viewed. More than 500,000 also play SuperManager, the Internet game, making one of the most visited websites in Spain.

Basketball is a tremendous sport for developing overall fitness. Understanding that, the ACB has recently left the world of basketball and expanded into the fitness realm, with the aim of creating a chain of branded ACB fitness centers. The first two will be built in Malaga and Zaragoza, with a global investment that goes over 16 millions euros. The centers are expected to open in 2009.

This all goes to show that after 25 years of hard work, the ACB brand is not only recognizable but powerful, not only in Spain but outside its borders, whether on TV, Internet, or in the arenas throughout Europe. More than 25 free channels now bring the ACB show to its fans throughout Spain, Europe, and Asia. Yes, the ACB has globalized and done well. A quarter century of dedication to bringing a well-loved sport to the masses has produced a well-respected brand that will only get better in the near future.





# 2008 FIBA RESEARCH AND STUDY CENTRE MEETING

**After the last Partners' Meeting that took place in Munich in February 2006, the FIBA Research and Study Centre agreed to hold its annual meeting every two years in order to raise the quality of the meetings and ease the timetables of our increasing number of Partners.**

The FIBA Research and Study Centre department was founded in 1993 in Munich, and initially started their work with three partners in the spring of 1994. The goal of the Study Centre was to equip and increase the number of sports facilities throughout the world, encourage the construction of basic facilities and the refurbishment of older ones, coordinate research initiatives, and offer consulting services for materials, equipment, design and construction. Important building construction, such as the Belgrade Arena (EuroBasket 2005) and the Wukesong Arena in Beijing (Olympic Games 2008) were undertaken with the guidance of the Study Centre. The primary objective of the Study Centre is to attain the highest standard of quality, safety, and technology for athletes, spectators, and media. The Study Centre has grown tremendously over the years and now unites 50

Partners and 13 Associate Members. All are involved in different categories, such as basketballs, flooring, seating, backstop units, scoreboards, graphic designs, and electric systems. Each strives to make the world of basketball better through their dedication to the

improvement of sports facilities and equipment standards.

The 12th FIBA Study Centre Partners' Meeting, held on March 13-14, 2008 in Geneva, Switzerland brought together more than 30 Partners, as well as many







FIBA staff members, including the Secretary General, Patrick Baumann. At a special award ceremony, the partners and companies that have been part of the FIBA Study Centre since its inception in 1994 were honored. Mr. Baumann singled out backstop manufacturers GES (France), Porter (USA), Senoh (Japan), and Schelde International (Belgium) for their efforts. Special recognition was given to Walter De Jonghe, for remembering Derk Dekker (1929-2001), the grandson of the founder of Schelde International, A. S. J. Dekker (see the photo in the previous page). In addition, Haro Sports (Germany), Mondo S.p.A. (Italy), Fox 40 (Canada), and Connor Sport Court (USA), which joined the FIBA Study Centre in the fall of 1994, were also honored for their long-time involvement with FIBA.

FIBA Event Manager, Predrag Bogosavljev, officially opened the meeting with a presentation of basketball equipment during FIBA Events. He explained the bidding procedures and how a host city has to follow all FIBA rules and regulations in all basketball fields. Safety and security are crucial aspects for the athletes, he noted, and the best equipment has to be used. The main equipment such as flooring, backstop units, scoreboards, and balls have to be the latest models and all equipment must be FIBA Approved.

Following Mr. Bogosavljev's presentation, Paul Stimpson, from the television

division, provided all attendees with a complete description of the FIBA TV department. TV rights were first brought in house in 2003. He described how each FIBA Zone (Africa, Americas, Asia, Europe, Oceania) negotiated TV rights and set up partnerships with broadcasters such as with RAI in Italy, CCTV in China, J Sports in Japan, Canal Plus in France, ERT in Greece, NTV in Turkey, La Sexta in Spain, and NTV + in Russia. These are a small sampling of the broadcast rights that have been granted.

The FIBA TV Department, explained Mr. Stimpson, manages the entire process linked to television programming. Manuals are provided with all production described A to Z, including FIBA Television Graphics in line with the FIBA corporate identity. Mr. Stimpson also detailed the number of viewers in each country, describing the increase or decrease of spectators, the country involved, and the qualifying round a country has reached in a specific competition. In order to increase basketball awareness and TV viewership, the TV Department has also begun a weekly TV show and created a series of FIBA-themed DVDs.

FIBA was among the first sports Federations to launch a website in the late 1990's and our website manager, Nicolas Chapart, described [www.fiba.com](http://www.fiba.com). This popular Web address attracts basketball fans from around the world that want to follow their favorite teams as

they take part in FIBA-sponsored championships and tournaments. The website also broadcasts FIBA games, has information about the FIBA Hall of Fame, and mobile telephone projects.

On the last day, Zoran Radovic, FIBA Development Director, provided an interesting overview of global basketball across the different continents. He broke down each country and described where it stood in relation to equipment, players, and basketball management. Emphasis was placed on countries in Africa, Asia, Oceania, and the Americas where opportunities for equipment implementation are important.

Following the different presentations, our Partners separated into different groups representing the FIBA Study Centre equipment categories. The aim was to discuss the many topics they wished to submit to the FIBA Study Centre. Different interesting proposals were made, especially in terms of equipment approval for different levels of competitions and equipment needed for future competitions. These competitions include the upcoming 3-on-3 basketball competitions that will officially be launched at the Youth Olympic Games in 2010.

The FIBA Study Centre would like to thank all the present Partners for their active participation and hopes to reunite the entire FIBA Study Centre Partners for the next Decisional Board and Partners' Meeting in 2010.





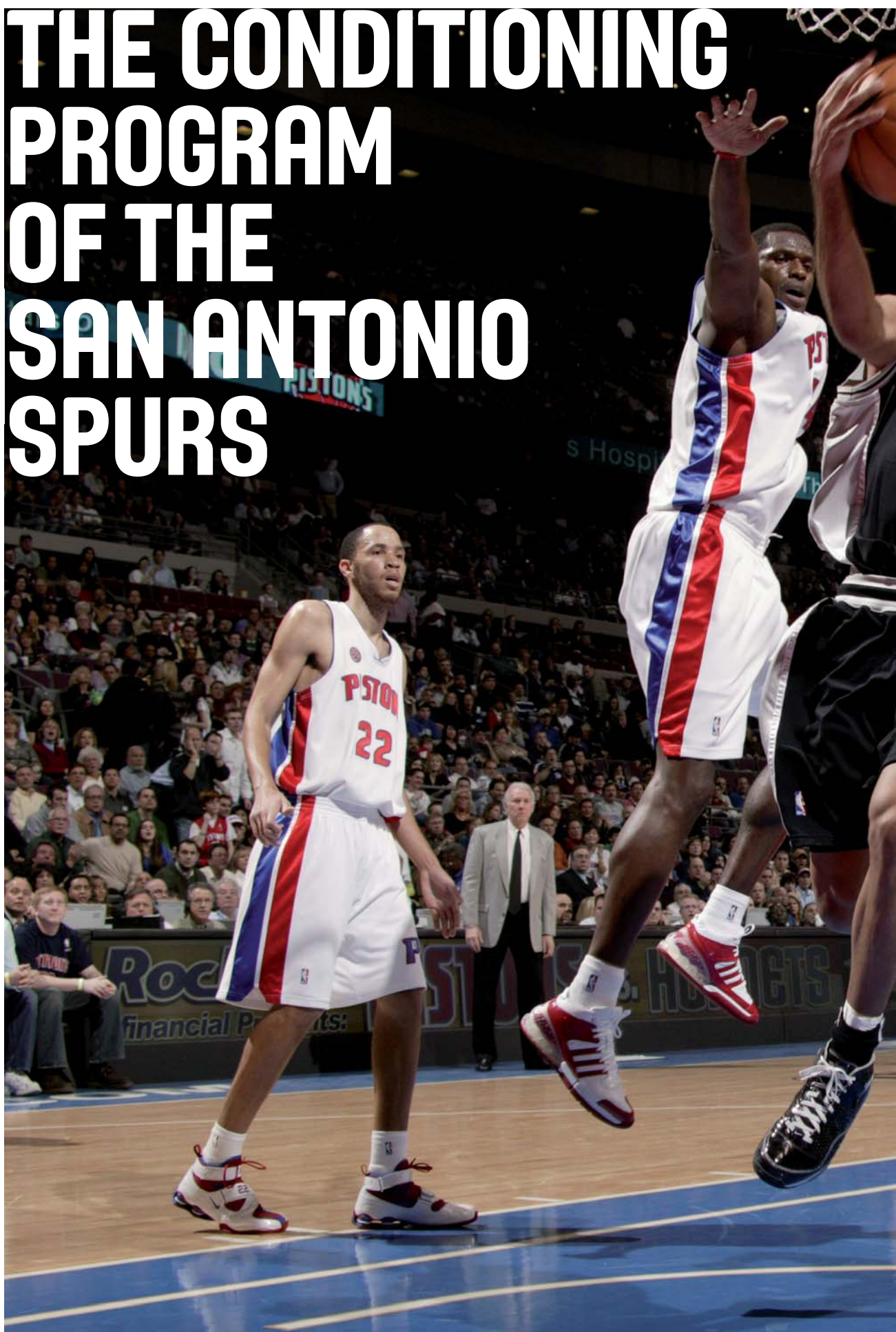
**FIBA**

We Are Basketball



by Mike Brungardt

# THE CONDITIONING PROGRAM OF THE SAN ANTONIO SPURS







**Mike Brungardt joined the Spurs in 1994 and he is the first and only strength and conditioning coach in Spurs history. He has built the team's strength and conditioning program from the ground up. He has co-authored five books in the conditioning field, and his latest books are "The Complete Book of Core Training" and the "Complete Conditioning for Basketball".**

#### **INTRODUCTION**

This paper will examine the strength and conditioning program of the four-time National Basketball Champions San Antonio Spurs. The long duration and high intensity of the NBA season places incredible competitive demands on players, and it is the goal of the strength and conditioning staff to help them avoid injury and maintain peak performance, especially during the playoffs.

The principles of periodization and a comprehensive analysis of basketball-specific skills and their physiological and bio-mechanical demands guide the general program. Player-specific programs are developed to take dynamic variables, e.g., injuries, playing time, season duration, and tempo and style of play, into account to maximize adaptation and minimize over-training.

#### **PHYSIOLOGICAL AND BIO-MECHANICAL DEMANDS OF BASKETBALL**

Basketball is an anaerobic-glycolytic event characterized by repeated bouts of intense, explosive movements. A high percentage of Type IIa, (fast-twitch) muscle fibers are needed to generate a high amount of force in a shorter amount of time.

Recurring and frequent stops during play require a rapid recovery. Proper physiological function of the Phosphagen (ATP-PC) and Glycolytic Energy Systems is critical when fatigue becomes more prevalent during the 4th quarter.

#### **CORE STRENGTH**

Particular emphasis is given to the strengthening of the "core" region—abdominals, lower back, "glutes" and quadriceps—due to its fundamental sport specific role in stabilization, injury prevention, strength, power, and maintaining the center of gravity.

The core has priority both in volume and exercise order. Core training accounts for at least half of all strength training. During the off-season this region (core) is trained on all 4 days. A vital part and component of our annual dynamic warm up also contain exercises that engage





the core. For example, we use ballistic "open chain" exercises like medicine ball wall throws and the hang clean. This provides a means to strengthen the region basketball players utilize most while also providing additional power/explosive work.

#### OFF-SEASON PROGRAM

The strength staff follows periodization principles to cycle and integrate all aspects of our physical training: strength work (lifting), conditioning, plyometric, and agility/speed. Three specific phases, consisting of four-week cycles, are the basis for the programs during the off-season and in-season.

The goal is to manipulate intensity and volume to create a synergistic effect in recruit patterns, fiber type, rate of fire, and overall ability to create force. Athletes who do not report until the pre-season follow a different training regime. The design is catered to amplify

strength and power gains during a relatively short period. A basic pyramid system is applied that gradually increases the load. Generally with each successive set, more weight is added for fewer repetitions.

#### PHASE 1 HYPERTROPHY

Phase one, the hypertrophy phase, focuses on the development of lean muscle mass (cross section) necessary for the later conversion to strength and power. The duration of basketball scrimmaging and skill work is usually low during this phase. Muscle imbalances, which create high risk for injury, are also addressed. This period is relatively low in intensity but higher in repetitions and duration. The short rests between sets help keep heart rate elevated. This is the best time to re-establish a base for anaerobic work capacity.

A progression of moderate to longer distance sprints is used. The rest times

are relative, ranging from three minutes to thirty seconds. This can have a significant effect on the buffering capacity of hydrogen ions which result from lactate acid. Low impact, high foot contact (reps), plyometric, agility, and training are also integrated at this time.

#### PHASE 2 STRENGTH

The volume begins to decrease by doing more intense, sport specific exercises with fewer repetitions. Sprint intensity increases on the track as a result of decreases in rest time and distance. Extra "Hill" conditioning is incorporated on the same muscle group lifted that day.

#### PHASE 3 POWER

As the preseason approaches, training volume is further decreased with a relative increase in intensity. Weight training intensity is around 80% to 90% of a player's one rep maximal strength (1 RM). Converting strength gains to speed



and functional sport- specific Power is the goal. Benefits of explosive training, in elite athletes, have been shown to be directly linked to quality of technique. This might be a result of the small 'window' or potential available for neuromuscular adaptation.

The generation of more force at a quicker rate, and the ability to apply the force, can often determine if a player is able to get a rebound at a critical moment. A physiological explanation for the explosive power enhancement is a result of the transformation of muscle fiber Type IIa to Type IIb. Conditioning becomes specific to the basketball court, by incorporating sprints as well as lateral side shuffles; although once training camp starts the nature of the practices should provide enough anaerobic conditioning.

#### IN-SEASON PROGRAM

The time constraints of an 80 game regular season practices and travel can be quite consuming. The general goal for in-season training is to at least maintain strength, conditioning, speed and flexibility.

The intensity is high and the focus of the lifting and strength work centers around the Olympic lifts core. When a player does not play at least 15 minutes during the game, then he must perform at least 15 minutes of extra interval conditioning. The strength and conditioning staff does not handle regular season conditioning

for rotation players; the head coach will do this at the end of practice if it is necessary. When a player is recovering from an injury, or is not in the rotation on a regular basis, an opportunity is created to spend more time working on improving strength, power, agility, and plyometric training. Regular rotation athletes may only get a chance to lift once or twice in the whole week. When the schedule permits, two full body lifts are done.

#### NUTRITION AND SUPPLEMENTS

Our nutrition and supplementation programs goals are to promote recuperation and fast energy production. We hire a consultant that advises in-season nutrition and meal planning. We provide good food choices at critical times, like post-exercise, pre-game, and post-game. This is important because if glycogen stores become depleted, the capacity of an athlete to perform at full potential (maximum intensity) is lost or severely limited. Sports like basketball, which have a highly intense component, can have approximately 75% of energy come from carbohydrates.

Consequently a 3:1 Ratio of CHO has been recommended. We use several supplements throughout the yearly plan to promote recovery and recuperation. Perhaps the most important and frequently used supplement among players is called Nutri-Build. Nutri-Build contains glutamine and glucosamine,

and is a recovery based supplement that accelerates and repairs muscle tissue and joint health. Glutamine's 2 nitrogen ions cause it to be the most anabolic of all the amino acids. To increase muscle hypertrophy and power we use a supplement called Opti-blend. This is a patented creatine amino acid chelate blend, a patented stabilized glutamine, and the branched chain amino acids leucine, isoleucine, and valine.

Studies have shown both supplements can make a significant difference in athletic performance and dramatically reduce muscle recovery time.

#### WARM-UPS AND FLEXIBILITY

During the season, three different stations for a circuit training warm-up are often used. These stations are divided up into proprioception, dynamic flexibility, and core strength. The majority of static stretching is done after practice.

#### POST-SEASON MAINTENANCE PHASE

The objective is rest and recuperation. These three- to four-weeks provide just enough training for maintenance. During this period, low intensity, full-body lifting is prescribed.

#### CONCLUSION

An effective method of organizing training is to utilize periodization principles that manipulate intensity and volume. This can assist with the sometimes difficult task of cycling and integrating weight- lifting, conditioning, plyometric drills, and agility/speed.

Particular emphasis is given to the strengthening of the Core region - abdominals, lower back, glutes, and quadriceps due to its fundamental role in stabilization and force production. The vertical jump and passing the basketball are good examples of basketball skills that can become more explosive through the use of progressive jumps, rim jumps, and depth jumps, and (Upper Body) Med ball work. However, the athlete must have a good strength base to benefit from such training as the joints and musculature will be able to translate force optimally.

There are many factors which can influence the force, power, and endurance characteristics of skeletal muscle.

Concurrent recruitment of specific fiber types plays a vital role in maximizing energy system efficiency and performance. Incorporating nutrition and supplementation programs are excellent ways to promote recovery and recuperation while at the same time improving performance.






**FIBA**

We Are Basketball


**ONE-ON-ONE**

# GIORGIO ARMANI AND BASKETBALL



Giorgio Armani is a worldwide icon, a world ambassador of the Made in Italy style. Armani, President and CEO of his own company, Giorgio Armani S.p.A., oversees an empire that includes not only fashion, the core business of his firm, but furniture and a string of luxury hotels. Four years ago, Armani became the main sponsor of the most successful basketball team in Italy, Olimpia Milan. The Armani Jeans logo is now on all of the team uniforms. Whenever he is in Milan, Armani can be found seated in the front row of the Dutch Forum, the home court of his club, cheering for his favorite team. Armani rarely agrees to be interviewed, but in this one, conducted recently by Giorgio Gandolfi, the Editor-in-Chief of this magazine, he talks candidly about basketball from the standpoint of a long-time fan, and now, as a businessman who owns a popular sports franchise.

The sister Rosanna played basketball in the past. But, his brother, Giorgio Armani did not have any particular interest basketball. *"I saw my first game ever in Lausanne, in Switzerland in 1987 when the Olimpia Milan team, with Bob McAdoo, now the assistant coach of the Miami*





Heat, and Mike D'Antoni, now the head coach of the Phoenix Suns, as a players, beat Tel Aviv for the European Championship for clubs. That was a great game. But, aside from that exciting game, I did not have another special occasion to follow basketball, aside from once in a while in United States, where I watched Michael Jordan, an unbelievable player and a great personality. "Then, four years ago, the glorious Milan team, where also Senator Bill Bradley played at the end of the Sixties, was near to be moved to another city, so a pool of VIPs, among them also top executives of the two big soccer teams of the city, Milan and Inter, formed a group of investors, and suddenly Giorgio Armani decided to help the team to avoid that the winningest basketball club in Italy club could move to another city. "When they asked if I would like to be part of the people, who were trying to save the team, I decided to give my contribution, being the sponsor, with my younger logo, Armani Jeans. This should have been my gift to the city of Milan, which host me: it means to keep the club in the city." From then, he rarely misses a game seating in the front row, rooting for the team always with is innate class. "Basketball is a sport, which generates flows of adrenaline. If I watch a great game, I feel the enthusiasm and I am full of energy. But, if the game is poor, if the teams do not run, I am disappointed, I am irritated. I am a man less controlled of what

the people could think and basketball make to come to the surface all my feelings." After he started to attend every possible game, in between his several engagements, now also with the luxury hotels, Giorgio Armani when travels in the United States, goes to watch also NBA games. "I had the chances to watch great NBA stars such as Kobe Bryant, LeBron James, Steve Nash, Manu Ginobili and Tony Parker, all fantastic players. But, I am lucky to have on Milan team and the chance to watch a great player such as Danilo Gallinari, the 19 years old, 6-10 sensational forward, who will play in the NBA and one of the best talent in Europe". When you ask him what did attract him more of basketball, he says: "I am intrigued and I love of this sport the great elegance of the moves, the graceful vitality, and watching the players scoring some baskets, come to my mind a modern ballet, where the rules keep under control the energy. Then, there is the rare sense of the team play. A player, independently by how is great, by his unique technical and physical great skills, such as, for example in the past Michael Jordan, cannot win a game by himself. He needs the help of the team, and with a definite role inside the team. So the team play and the teamwork, maybe more than any other team sport are at the base of basketball." Armani really helped the resurgence of the Olimpia Milan team, but did he had something back from basketball? "For sure, "he says," it

helps to get famous the name of Giorgio Armani also among the teens. But aside from the commercial standpoint, I feel proud and it is exciting when they stop me on streets, and, also if they wear a D&G [Dolce & Gabbana, Italian stylists] shirt, they tell me: "Please, continue to support the Olimpia Milan team." After three years of being sponsor of the team he renewed again the sponsorship and his logo AJ will appear on the shirts of the Milan team for the next two seasons. Basketball so became important for him and he reveals why he decided to tie his name again with the team. "The great enthusiasm of the fans at the Forum, and the awareness of the work done until now. For these reasons, I decided to renew the sponsorship. Then, I want to add the personal satisfaction to have kept the team in Milan. Finally, where do you want to put some of the banners, exposed during the game, that ask me to become the president of the team?" But, what a business man like him, a worldwide acclaimed fashion tycoon, could suggest to a businessman, who would like to enter in basketball?

"The first advice is very simple. First of all, to fall in love with this sport. Then, on the second instance, to be patient and not only think about the money and business. You need also to have fantasy and availability. And naturally... a good dose of persistence, and not to be depressed at the first losses or problems."






**FIBA**

We Are Basketball


**PLANET  
BASKETBALL**

# THE WORLD IN BRIEF



## BWB 2008 FEATURES FIRST-EVER EVENT IN INDIA

Basketball without Borders 2008 will take place for the first time in New Delhi (India) and will return to Istanbul (Turkey) and Johannesburg (South Africa). The NBA and FIBA's global basketball development and community outreach program unites elite young basketball players to promote the sport and encourages positive social change in the areas of education, health and wellness in local communities.

"FIBA is very satisfied with its long-term collaboration with the NBA in the staging of Basketball without Borders. This program, now in its eighth edition, not only provides young basketball talents with the opportunity to showcase their skills and learn from some of the best coaches and players on the planet, but it has also become an invaluable educational, social and health-awareness tool for the youth of the world," said FIBA Secretary General and IOC member Patrick Baumann. "In addition, this year we are very pleased to be going to India for the very first time; a country where

there is a growing interest in our sport and where we are sure that Basketball without Borders will be able to further this growth." Basketball without Borders Europe will be staged in Istanbul at the Darüssafaka Tesisleri, Ayhan Sahenk Spor Salonu, from 4th to 7th June 2008. Basketball without Borders Asia will take place at the American Embassy School of New Delhi, from 3rd to 6th July 2008. Johannesburg will host Basketball without Borders Africa at the American International School, from 3rd to 7th September 2008. Selected by FIBA, the NBA and participating federations, players (ages 19 and under) will unite on each continent to take part in basketball instruction and competition. To promote friendship and diversity, the campers will train as teams without regard to race, religion or nationality. Current and former FIBA/NBA players and team personnel, working as camp coaches and mentors, will lead life-skills seminars that promote education, leadership, character development, health and wellness. To date, Basketball without Borders has featured over

250 current and former FIBA/NBA players, coaches and team personnel who have served as camp coaches and mentors for over 1200 young athletes from more than 100 countries and territories on five continents. Last year, Basketball without Borders took place in Shanghai (China), São Paulo (Brazil), Paris (France) and Johannesburg (South Africa).

## SCHEDULE FOR FIBA OLYMPIC QUALIFYING TOURNAMENT FOR MEN AND WOMEN

FIBA and the Local Organising Committees, the Hellenic Basketball Federation and the Spanish Basketball Federation, have announced beginning of April the competition schedule for the FIBA Olympic Qualifying Tournaments for Men and Women.

In the Men's tournament host Greece opens the tournament on 14 July against Asian powerhouse Lebanon. In the Women's event Spain will meet on 9

June the tournament underdog Fiji. The detailed schedule for both events can be found on [fiba.com](http://fiba.com). The FIBA Olympic Qualifying Tournament for Men will be played in Athens in the 18.000 OAKA Sports Arena, located in Maroussi, from 14th to 20th July 2008 and will feature Cameroon and Cape Verde (Africa), Puerto Rico, Brazil and Canada (Americas), Lebanon and Korea (Asia), Greece, Germany, Croatia and Slovenia (Europe) and New Zealand (Oceania). The top three finishers will





qualify for Beijing. The FIBA Olympic Qualifying Tournament for Women that will take place in Madrid, in the 10,500-seat Telefónica Arena, from 9th to 15th June 2008. The event will feature the following participants: Senegal and Angola (Africa), Cuba, Brazil and Argentina (Americas), Japan and Chinese Taipei (Asia), Spain, Belarus, Latvia and Czech Republic (Europe) and Fiji (Oceania). The top five-placed teams will book their ticket to the Olympics.

#### SPAIN PLAYERS DISAPPOINTED OVER PEPU'S DECISION TO QUIT

Spain's Jorge Garbajosa and Felipe Reyes have expressed their sadness



over Pepu Hernandez's decision to step down as national team coach of Spain after the Olympics.

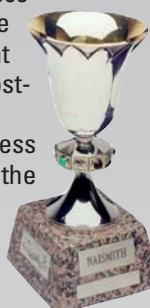
Hernandez, who led Spain to gold at the 2006 FIBA World Championship – his first tournament in charge – led them to silver last year at the EuroBasket in Spain. "As the rest of my team-mates, I have been surprised that Pepu Hernandez has announced that he will not remain in charge after the Olympics," Garbajosa said. "It's a pity because he has been two years in a team that has been one of the most successful in the history of Spanish basketball and probably in any other sport. But his decision has to be respected and especially considering his value as coach. I hope that in Beijing he will be able to say farewell to the national team with the success he deserves." Reyes has thrived under Hernandez and like Garbajosa was a key member of the last two Spain national teams. "I am surprised but he must have his reasons for doing this," Reyes said. "It has been a pleasure to have been coached by him. We will try to achieve the maximum at the Olympics and be able to give him the best possible present on his departure. He is a great coach and a great person."

#### EIGHT COUNTRIES WANT 2014

At the end of April, the Chinese Basketball Association has become the last and eighth candidate to express an interest in bidding for the organization the FIBA World Championship, FIBA's premier competition. China joins Spain, France, Denmark, Russia, Saudi Arabia, Italy and Greece in the group of candidates.

On Wednesday 30th April 2008 was the closing date for the sending of Letters of Intent confirming an interest in hosting the event.

The complete bidding process will end in April 2009, when the FIBA Central Board decides on the host of the 2014 FIBA World Championship for Men.



#### MONCHO: "I WILL CALL NENE, BUT IT'S HIS DECISION"

Brazil coach Moncho Monsalve has confirmed he will name Denver Nuggets center Nene in his preliminary group for the FIBA Olympic Qualifying Tournament in Athens. Nene, a 2.11m center, is coming off a very difficult season in the NBA after being diagnosed with testicular cancer. The 25-year-old underwent surgery earlier this year before returning to the Nuggets and giving them an emotional lift as they edged out Golden State to the eighth and final place in the Western Conference play-offs. It is unknown, though, if he will be available for the national team with the Brazilians taking on Greece and Lebanon in Group A of the qualifying tournament.



"I will call Nene, but it's his decision," said Moncho, a Spaniard who was appointed coach earlier this year. "If he comes in good physical form, he is very important to the national team. He told me by e-mail that he is really motivated to play for the national team. "I will make a pre-selection, but everyone knows that Anderson Varejao, Leandroino, Nene, Tiago Splitter, Marcelinho Huertas, Marcelinho Machado, Guilherme, Alex and Rafael Araujo will be in the group," said Moncho, who met with Maccabi Tel Aviv's Alex and Tau Ceramica's Splitter at the Euroleague Final Four. "Paulo Prestes and Duda Machado, without a doubt, will be in the group," he added.

#### FIBA CENTRAL BOARD DECISIONS

In addition to the historic rule changes, below are some of the main deci-



sions taken by the FIBA Central Board during its April meeting in Beijing. The Board has awarded the organization of the FIBA 2009 U19 World Championship for Women to the city of Bangkok (Thailand), from 23rd July to 2nd August 2009.

The Board approved the creation of the FIBA World Club Championship in 2009, a new competition that will feature eight of the very best clubs in the world, subject to finding an appropriate host city. The participating clubs will be the organiser, one representative from Africa, two from the Americas, one from Asia, two from Europe and one from Oceania. The Zone club champions and/or runners-up in each of the continental championships will be invited to participate. The 1st FIBA World Club Championship will be played over a five-day period in the third week of October 2009.



and bidding for host cities will be issued in June 2008.

The 2010 FIBA World Championship, to take place in Turkey, will follow the same system of competition as the 2006 edition in Japan. It will be played from 28th August to 12th September 2010, one week later than initially planned, in order to avoid overlapping with the dates of the Youth Olympic Games.

#### **KAZLAUSKAS WORRIED GREECE MAY LAND IN GROUP B**

China coach Jonas Kazlauskas is hoping that if Greece take one of the final three spots for the Beijing Games, the European side will not fall in Group B. That's where Beijing Games hosts China, the United States, Spain and Angola already are, and two of the three sides that will come out of the FIBA Olympic Qualifying Tournament will land in Group B.

"If Greece comes to Group B," Kazlauskas said, "then this group will have the top three teams of the World Championship. The situation will be more difficult."

Greece eliminated China in the knockout stages of the 2006 FIBA World Championship in Japan. Kazlauskas is optimistic heading into the Olympics, where his players are attempting to at least reach the quarter-finals as they did four years ago in Athens.

"The players have trained hard," he



said. "They are clearly making progress. I'm happy that they are more concentrated than last year. I'm positive with the draw, I don't think it's that serious."

#### **CSKA WIN EUROLEAGUE TITLE OVER MACCABI**

Trajan Langdon scored 21 points to lead CSKA Moscow past Maccabi Tel Aviv in the Euroleague title game on Sunday in Madrid. Langdon was named MVP of the Final Four as CSKA followed up their

semi-final win over Tau Ceramica with a 91-77 triumph to capture a second Euroleague crown in three years.

Ettore Messina's men also beat Maccabi in the final two years ago in Prague, while last year CSKA finished runners-up to Panathinaikos in Athens.

It was a weekend of high drama for CSKA because they also signed coach Messina to a one-year contract extension with an option for the 2009-2010 season. Messina, who endured personal tragedy two months ago following the death of his brother, joined his family in a tearful embrace for several minutes after the final buzzer.

Messina, who had been strongly linked with Barcelona while also being persistently rumored to be a target of NBA clubs, revealed how he had kept his decision on staying with CSKA a secret until after the final.

"The players did not know anything [about the contract extension]," he said. "I thought that if I tell them before that, it would be a great motivation for Maccabi. It was a great honor that CSKA waited for me to make up my mind and discuss everything with my family. And it was a great honor to do it before the game. We decided to go on together."

Named to the All-Euroleague first team after a sensational season, Langdon had 14 points in a very tight first half. JR Holden, the CSKA playmaker who made the winning jump shot for Russia against Spain in the gold medal game of last year's FIBA EuroBasket in the same arena, buried a couple of three-pointers to start the second half and the Russian team stayed in front the rest of the way.

Yotam Halperin, the Israel international of Maccabi Tel Aviv, spoke of his disappointment after the game, but also offered warm words to CSKA. "It's heart-breaking to lose in the final of the Euroleague," he said. "We've come such a long way to make it here. We had to get over injuries, home losses and almost everything in the book, but we made it here. We are very sad but also proud of what we have done this season."

Montepaschi Siena, who blew a double-digit lead against Maccabi in their semi-final, took third place with a 97-93 overtime win over Tau Ceramica.

#### **MACKINNON, SMITH OUT OF BEIJING OLYMPICS FOR AUSTRALIA**

Australia's men have been struck by a couple of thunderbolts with the news that veterans Sam Mackinnon and Jason Smith will be unable to play at the Olympics.





Mackinnon, 32, has blood clots on his lungs while Smith, the 33-year-old captain of the Boomers, needs surgery on a shoulder injury that he suffered in last year's NBL play-offs.

The 1.97m Mackinnon, who played at small forward at the FIBA World Championship in Japan and averaged 7.8 points, 5.5 rebounds and 3.3 assists per game, is expected to return to the court for the forthcoming domestic league campaign in Australia. He must now take blood-thinning medication for three months, though, and doctors have said he cannot play any contact sport during this time.

Smith needs an operation on his rotator cuff and that will prevent him from play-



ing for eight months.

Australia coach Brian Goorjian, meanwhile, knows the squad he will take to the Beijing Games faces a tough path to the quarter-finals after being drawn in Group A along with defending champions Argentina, European juggernauts Lithuania and last year's FIBA EuroBasket winners Russia.

"Our challenge is to get out of the pool and once you get out of the pool, the world's your oyster," Goorjian said. "You're one game away from four teams left in it, so I've got my mind and my eyes firmly placed on getting out of that pool. It's a challenge, but I think we can do it." Should the Boomers progress, they could face a quarter-final against Team USA, world champions Spain or hosts China.



#### STIRLING SAYS BEIJING BASKETBALL VENUE ROCKS

Australian women's basketball head coach, Jan Stirling, has given Beijing the thumbs up after experiencing the Olympic city first hand during the Olympic test event in April.

Stirling said she was more than impressed by the Wukesong Culture and Sports Centre which acts as the Beijing Olympic Basketball Stadium.

"It's sensational," she said. "Certainly from a staffing point of view I think China has all bases covered and all athletes are going to enjoy being involved in the Olympic Games at any of the venues from what we've seen. It's going to be an exciting time for these world class athletes. They [China] have left no stone unturned, as you would expect."

#### COACHES TRAINING CAMP IN LUSAKA

Twenty Zambian Basketball coaches graduated after undergoing ten days of training under the auspices of the International Olympic Committee and the International Basketball Federation. The program was a FIBA/IOC Advanced basketball coaches course held at the Na-



tional Sports Development Centre in Lusaka conducted by Kenyan instructor Ronnie Owino.

Prominent among the participants were Aggrey Kabalata, head coach of the 2007 Sprite Challenge Champions Green Eagles, Assistant men's national team trainer Johnny Zimba and Kenneth Nkandu of Lusaka City Council Basketball Club.

Owino described the participants as a very enthusiastic group, but was also quick to point out that a few were not up to the standard of the course level.

And speaking at the closing ceremony, Zambia Basketball Association President Sam Mukando thanked the National Olympic Committee of Zambia for facilitating the course.



#### LCB TO VANISH AFTER SEASON

Big changes are afoot in Portugal following an announcement by the country's top basketball league, the Liga de Clubes de

Basquetebol (LCB), that it will be no more after this year's play-offs.

The Portuguese Basketball Federation's FBP league, which has served as the second division, is to meet with LCB clubs and consider incorporating some of them into its own competition.

"We expect to organize a competition with 16 teams," FBP president Mario Saldanha confirmed to FIBA. The loss of the LCB doesn't look good on the surface, but financial problems have dogged the league for some time and Saldanha says there are reasons to optimistic. "Fans will have plenty of reasons," he says, "to enjoy the FBP league. For next season, for example, SPORTTV have won the rights to televise our games."

Saldanha, despite helping the LCB launch, was always critical of the LCB strategy.

"There were no conditions to call it a Professional League," he said. "How can we say it is professional when a team has a budget of 125.000 euros? It does not mean the end of the professional basketball in Portugal, though. There just have been no strategic conditions to carry on with a competition like that. The LCB had to pay to show their games on TV, instead of receiving. It needed a marketing strategy, and it need to make the game a real party, including cheerleaders, for example. The strategy could attract people to the pavilions. This did not happen."





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OFF-THE-COURT

# THE ODD - THE FUNNY - THE UNUSUAL

## YAO'S HUNGER COST HIM DEAR AS A YOUNGSTER

Yao Ming is never short of a few RMB (Chinese currency) these days, but it hasn't always been that way. Back in his early teens, when he signed for Shanghai, Yao sure didn't play for love of money. His close friend and fellow China national team star Liu Wei has revealed just how much Yao did earn.

"We both joined Shanghai club when we were just 14," Liu remembers. "We were really poor with 10RMB (One British pound today is worth just over 13RMB 80) income per month. We used to love playing computer games, but one hour costs you two RMB," Liu said.

"Once Yao Ming was so hungry while playing (computer games), he spent 3RMB on a box of fried rice. I called him luxurious."

Liu and the rest of his teammates are hoping Yao makes it back for the Olympics. He was lost for the season earlier this year in Houston when doctors discovered he had a stress fracture in his foot.



## "PLEASE SIGN THIS THIGH, MANU"

Manu Ginobili has fielded a lot of requests in his days as a living legend in Argentinian sport. He makes public appearances, donates money to charity

and yes, signs autographs.

You wouldn't believe, though, where some people want his signature.

"The strangest place where I've had to write my autograph?" he says in Ole. "I guess mobile phones. I have already signed three or four. But there was another strange one, where a dude asked me to sign his upper thigh because he wanted to get a tattoo."

Ginobili, a guard with the San Antonio Spurs, led Argentina to the gold medal at the Olympics in Athens in 2004 and will be one of the South Americans' leading players this summer at the Beijing Games.

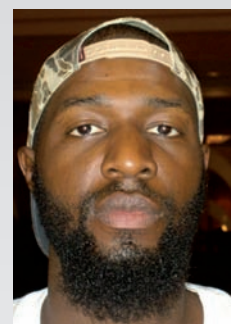
## "THANKS MOM FOR 'FORCING' ME INTO BASKETBALL"

Alpha Bangura is certainly not your quintessential professional basketballer. A conversation with the 28-year-old playing for Al Qadsia in Kuwait reveals that the 197-cm guard is much more than that.

The Sierra Leonean might have emerged as the unofficial MVP of the recently concluded Japanese league, steering Aishin Seahorses to the title en route; he might have made the All-Star 1st team and bagged the import MVP, playing for Lebanese club Al Hikmeh Sagesse, in the recently concluded Arab club championships; he might have come into the Champions Cup as the 'hot' property to spearhead the hosts' campaign and might have even justified that faith with a MVP performance on his debut for Qadsia. "But playing basketball means a lot more to me than all these," he said. "I

must thank my mother for forcing me to take to basketball," he started off. When he was nine-years-old, Bangura took to American football and was doing well too with dreams of making it big as a wide receiver, when his mother intervened.

"She was very worried that something would happen to me because football is such a contact sport. She was very keen I take a safer sport. That's how I came into basketball," he chuckled. "Therefore credit for whatever I have achieved and will achieve in basketball should go to her. I think she is the happiest person in the world, because I play basketball. Sometimes I wonder if she is happier for me than even I am for myself," he reminisced. A rather quick climb up the basketball



pecking order in the US, with successful showing in Eleanor Roosevelt High and St John's college, took Bangura on a whirlwind world tour through Portugal, Spain, Puerto Rico, Venezuela and Japan before landing

in this part of the world.

"I've traveled to so many places, which I wouldn't have dreamt of if not for basketball. Meeting so many new people, learning so much about new cultures are all things I'd treasure for the rest of my life," he said.

"You see I knew my parents couldn't afford to send me to college. I had to, therefore, work hard to get a basketball scholarship if I had to pursue my dreams in the sport. So playing basketball has been an integral part of the learning process of life itself for me," he went on.

"I'm glad I've come this far in basketball, but what matters more to me is that I'm able to help the people I love thanks to basketball," he wrapped up before rushing off to a training session.





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\*“Dual-Cushion” Technology basketballs are not available in the United States.

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