



**FIBA**

We Are Basketball

# ASSIST 40

FIBA ASSIST MAGAZINE FOR BASKETBALL ENTHUSIASTS EVERYWHERE SEPTEMBER / OCTOBER 2009

**PECORA-KELLY**  
MAN TO MAN DEFENSE

**NEVEN SPAHIJA**  
WEAK SIDE OFFENSE

**RICHARD STOKES**  
EIGHT QUALITIES OF A GREAT REFEREE

**AMANDA CARLSON**  
THE TEN NUTRITION RULES TO LIVE

**ETTORE MESSINA**  
**LELE MOLIN**  
**THE CSKA MOSCOW**  
**OFFENSIVE SYSTEM:**  
**SEASON 2008-2009**







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## 2009-10 FIBA CALENDAR

### 2009

#### OCTOBER 2009

09 - 18.10 FIBA Africa Championship  
for Women in Madagascar

#### NOVEMBER 2009

24.11 Draw for the 2010 FIBA  
World Championship for  
Women in Karlovy  
Vary (CZE)

#### DECEMBER 2009

15.12 Draw for the 2010 FIBA  
World Championship in  
Istanbul (TUR)

### 2010

#### APRIL 2010

03 -06.04 NCAA Men's and Women's  
Final Four in Indianapolis  
(USA)

#### JULY 2010

02 -11.07 FIBA U17 World  
Championship for Men in  
Hamburg (GER)  
16 -25.07 FIBA U17 World  
Championship for Women  
in Rodez and Toulouse  
(FRA)

#### AUGUST 2010

28 -12.09 FIBA World Championship  
for Men in Turkey (Ankara,  
Kayseri, Izmir and Istanbul)

#### SEPTEMBER 2010

23 - 03.10 FIBA World Championship  
for Women in Czech  
Republic (Ostrava, Karlovy  
Vary and Brno)

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**FIBA**

We Are Basketball



by Tom Pecora



by Michael Kelly

# MAN TO MAN DEFENSE

Tom Pecora will be entering his ninth season as the head coach of the Hofstra Men's Basketball program in 2009-10 and his 16th season at Hofstra overall. He was named the 10th head coach in Pride history on March 28, 2001 after spending the previous seven years as an assistant.

Michael Kelly, a 2005 graduate of Haverford College, is in his fourth season on the Pride staff after being named assistant men's basketball coach at Hofstra University in June of 2006.

During our pre-season, we introduce our defensive philosophy to our players through a specific 7 – day program that we call our 7 Days of Defense. We cover our 7 Days of Defense over the course of the three and a half weeks that precede the first day of practice that we are allowed to have a full practice as a team. We will introduce these concepts to our players twice per week for three weeks and then have one final review day during the last week of our pre-season.

## DAY 1

On the first day of defense, we introduce our "Stance" drill to the team. One-on-one, man to man defense is the foundation of our defensive philosophy.

We also review the four different ways that we use to defend ball screens. The ways that we defend ball screens, and any screen for that matter, are personnel driven.

The four ways that we defend a ball screen are:

- ▼ By having the forward hedge for two dribbles beyond the point of the screen.
- ▼ By going under the ball screen.
- ▼ By going over the ball screen.
- ▼ By blitzing the ball screen.

Finally, on our first day of defense, we introduce our "Wack-out" drill, where we teach our players how to sprint from help defense out to the perimeter to guard their opponent with the ball. This occurs in games when there are ball reversals or skip passes.

## STANCE

At Hofstra, when we talk about defense, we begin with our "Stance" drill (photo 1 and 2). "Stance" refers to the way that the defensive player positions his body when the offensive player that he is guarding has the ball. When the defensive player is in a "Stance" his feet are spread apart, slightly more than shoulder width, and his toes are pointing towards the offensive player with the ball. The defender's legs are bent at the knees, looking as if he is sitting in a chair. The defender's back is straight. The defender has one hand on the ball and the other hand in the passing lane.

When we say a hand on the ball, the defender extends his arm so that he is an arm's length away, with his hand almost touching the ball. We do not want our defenders to crowd the offensive player because that will lead to a blow-by. Blow-by refers to the time when an offensive player dribbles past the defensive player, and is allowed to penetrate into the lane to create a scoring opportunity for himself or a teammate.

PHOTO 1



PHOTO 2

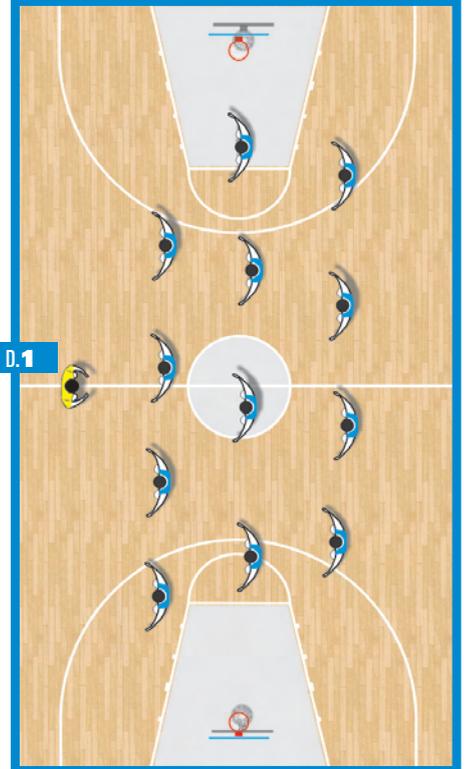




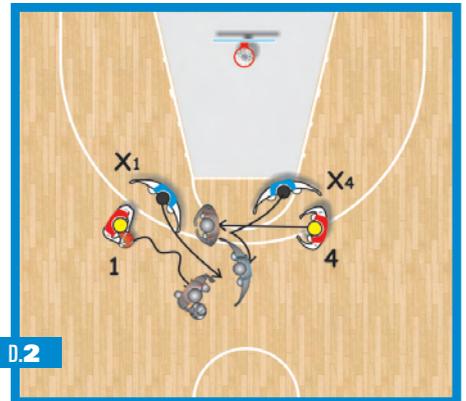
PHOTO 3

If the offensive player has the ball positioned on his right side of the body, the defensive player positions his right hand on the ball and his left hand is positioned in the passing lane. If the offensive player has the ball positioned on his left side of the body, the defensive player positions his left hand on the ball and his right hand in the passing lane. We emphasize that the defender must have his head and hand on the ball. The defender has a hand on the ball to challenge the offensive player if he looks to cross – over or change direction with the basketball. The de-

fender has a hand in the passing lane so that he can look to deflect any pass made by the offensive player. When the offensive player has the ball, the defensive player mirrors the ball with the appropriate hand. The hand that he mirrors the ball with depends on which side of the body the offensive player is holding the ball. The defensive player mirrors the ball so that the offensive player never feels comfortable while in possession of the ball, and also to try and get a deflection if the offensive player tries to make a quick pass. The defensive player yells: “Ball, Ball,



D.1



D.2

Ball” as he is mirroring the ball (photo 3). There must be constant ball pressure. When the offensive player begins to dribble the ball in a particular direction, the defender points his foot in the direction that he is sliding (photo 4). He takes a long first step with his first foot,



PHOTO 4

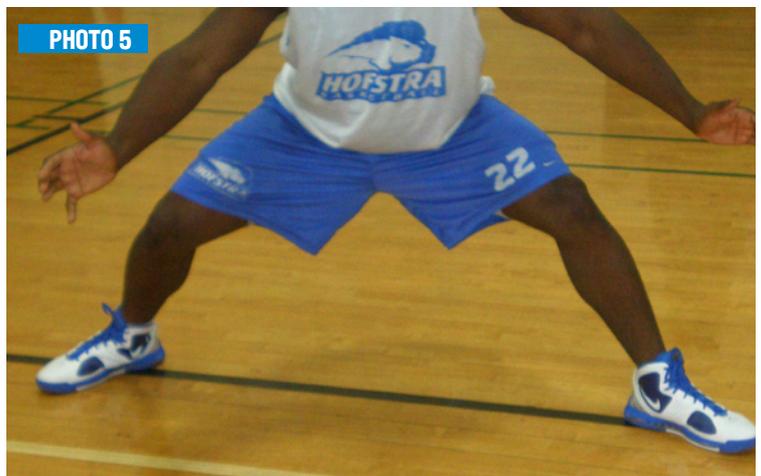
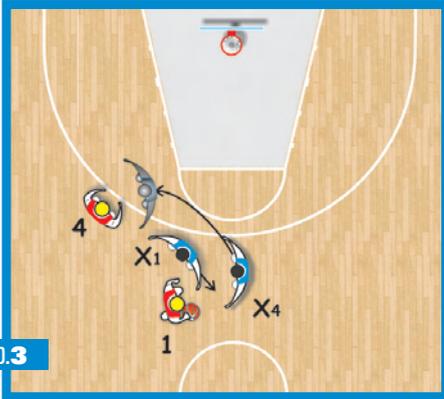
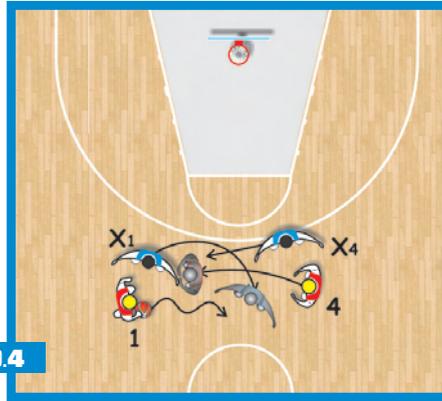


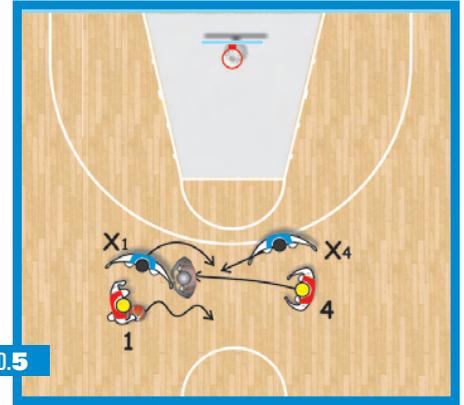
PHOTO 5



D.3



D.4



D.5

and a short second step with his second foot (photo 5 and 6), keeping one hand on the ball and one hand in the passing lane. If the offensive player changes direction while dribbling the basketball, the defensive player adjusts by switching the hand that was on the ball and the hand that was in the passing lane. At the same time, the defender yells: "Switch." The defender then points his other foot in the direction that he is sliding, and takes a long first step with that foot, and a short second step with his other foot. When the offensive player picks up his dribble, we teach our players to crowd the offensive player and to mirror the basketball with both hands, while yelling: "Dead, Dead, Dead." The defender crowds the offensive player to make it difficult for him to make a pass now that he has used up his dribble, and he yells: "Dead" to make it hard for the offensive player to hear his teammates who might be trying to come back to help. At this point, the defender on the ball does not want to foul. Photo 7 shows the defender reacting to the offensive player when he picks up his dribble.

This drill covers our basic one-on-one defensive positioning for when the individual offensive player has the basketball. We execute our "Stance" drill at the

beginning of every practice. The players form 3 rows of 4 players each. The coach stands with the basketball in front of the entire team. Each player acts as if he is defending the coach. The coach acts as if he is the offensive player, and depending on the coach's actions, the players who are the defenders, react appropriately in the ways that we have described above.

We also practice our individual one-on-one defense with our full court, one-on-one, zig zag drill. Each player will have a partner. They will take turns playing offense and defense after every trip. Most of the time, we will partner up guards with guards and forwards with forwards. Sometimes, we will mix it up, and have the guards and forwards compete against one another. The offensive player will dribble back and forth between the sideline and the nearest lane line as the defender looks to turn the offensive player. Once they both reach half court, they play one-on-one. The

possession does not end until the defensive player grabs the rebound or gets a steal, or until the offensive player scores. The coaches keep track of how many times each defensive player is able to prevent the offensive player from scoring. The defender with the most stops by the end of the drill wins. We will do this drill frequently at the beginning of the season because it helps to condition our players.

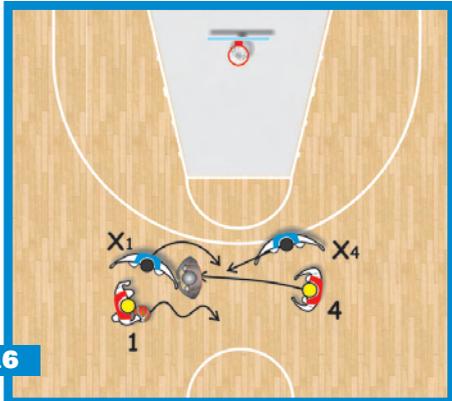
They get tired quickly, but at the same time, they understand that they are preparing themselves both physically and mentally for end of the game situations that will occur during the season. The players understand that as the drill goes on, it will be harder to get stops because



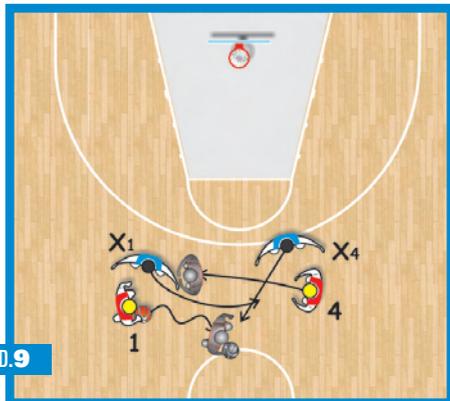
PHOTO 6



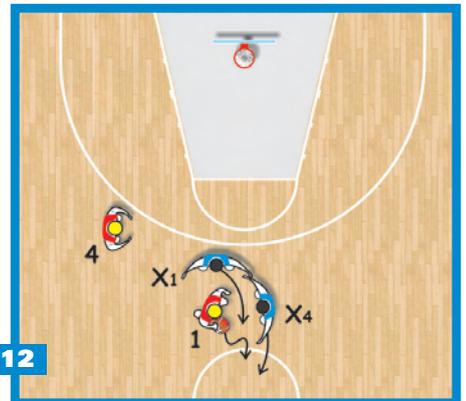
PHOTO 7



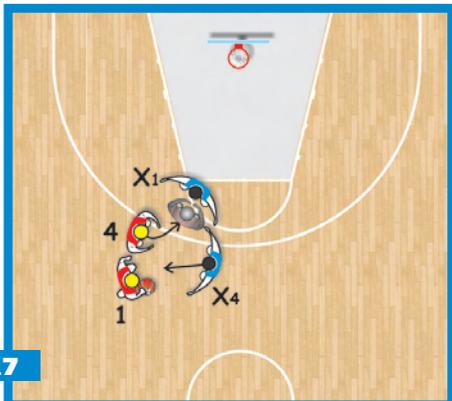
D.6



D.9



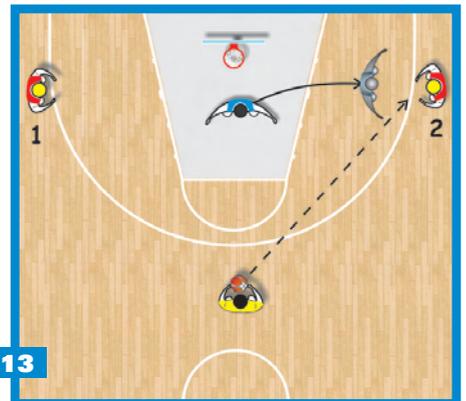
D.12



D.7



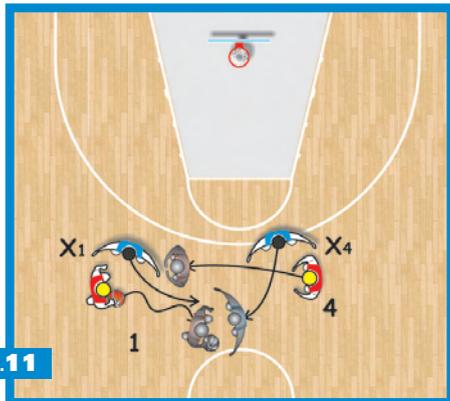
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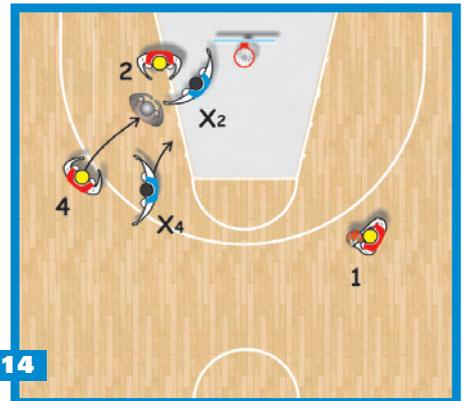
D.13



D.8



D.11



D.14



PHOTO 8

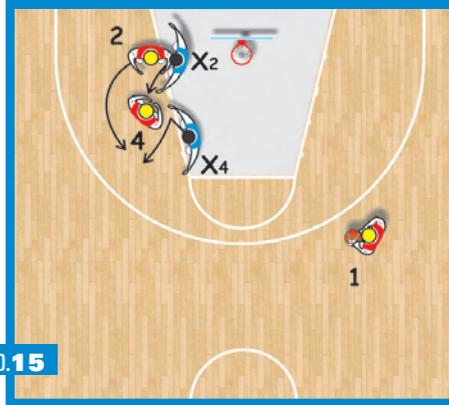


PHOTO 9

their bodies will get tired. This is where the players will teach themselves not only what it is like to play defense at the end of a game, but also how to become mentally tougher. This drill creates the game situation of what one-on-one, on-the-ball defense feels like, especially when a player becomes fatigued. It is a drill where our players can really compete against one another and it is also a drill that exposes a player's weaknesses. After we complete our "Stance" drill on day 1 of defense, we look to teach our players the different ways in which we will defend ball screens.

### DEFENDING BALL SCREENS

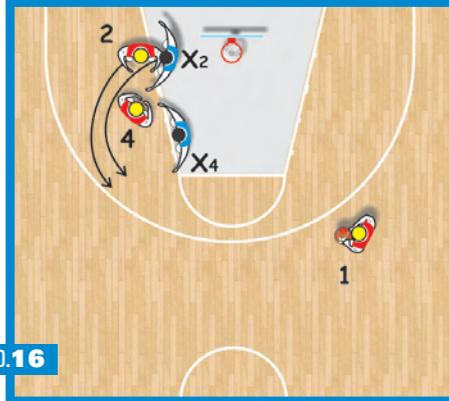
We will have the defender of the screener (the forward) hedge for two dribbles beyond the point of the screen (diagr. 2), if we want to get the ball out of the offensive player's hands, and at the same time, if we don't want to get beat by being out-numbered on the pass back to the screener. This is like a soft blitz. The difference is that when we hedge for two dribbles, the forward hedging is able to recover back to his man quickly (diagr. 3). We will go under a ball screen if we feel that the offensive player does not shoot the ball as well as he might drive the ball. When we are going under ball screens, the forward places his forearm that is closest to the hoop on the back of the screener. The forward fully extends his other arm straight out. He remains in an athletic "Stance". The defender of the screener begins with his bottom foot in between the screener's two feet and lets the guard know that the screen is coming by yelling: "Screen, screen, screen." In an athletic "Stance" and with his arm fully extended, but without losing contact with the screener, the forward's job is to slightly hedge the ball screen, or force the ball-handler slightly away from the ball screen, so that he cannot come off cleanly. The guard begins with a hand on the ball and slides with the offensive player until the point of the screen. The guard scrapes right underneath the screener. The guard then meets the offensive player on the other side of the screen with a



D.15



D.17



D.16

screen, screen." In an athletic "Stance" and with his arm fully extended, but without losing contact with the screener, the forward's job is to slightly hedge the ball screen, or force the ball-handler slightly away from the ball screen, so that he cannot come off cleanly. The guard begins with a hand on the ball and slides with the offensive player until the point of the screen. The guard scrapes right underneath the screener. The guard then meets the offensive player on the other side of the screen with a

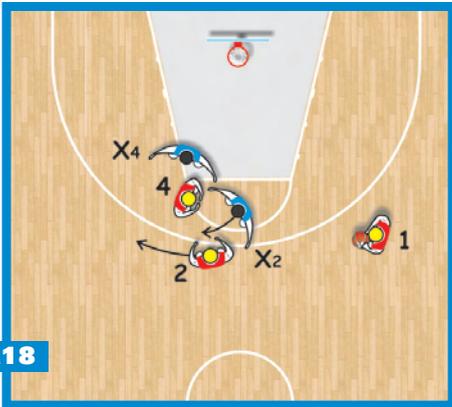
hand on the ball (diagr. 4 and 5). If, when we go under the ball screen, the ball handler decides to shoot an out-cut jump shot directly behind the back of the screener, then the two defenders switch men, so that the guard is guarding the forward and the forward is guarding the guard (diagr. 6, 7 and 8). We will go over a ball screen if we feel that the offensive player shoots the ball very well. When we are going over ball screens, the defender of the screener begins by placing his forearm that is closest to the hoop on the back of the screener. He fully extends his other arm straight out while remaining in an athletic "Stance". This time, the defender of the screener (the forward) begins with his bottom foot directly behind the screener's top foot and lets the guard know that the screen is coming by yelling: "screen, screen, screen." The guard begins with a hand on the ball and slides with the offensive player to the point of the screen. The forward hedges straight out and forces the ball-handler away from the ball screen. The forward must not open up



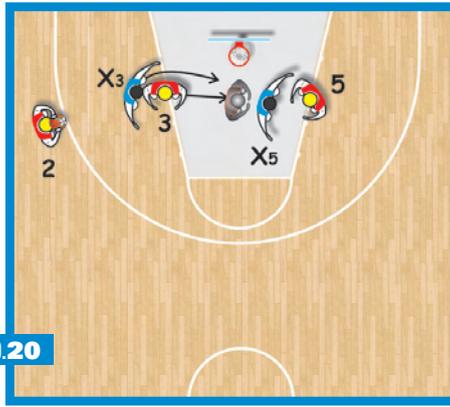
PHOTO 10



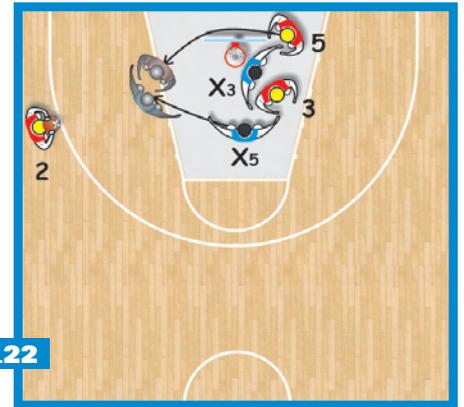
PHOTO 11



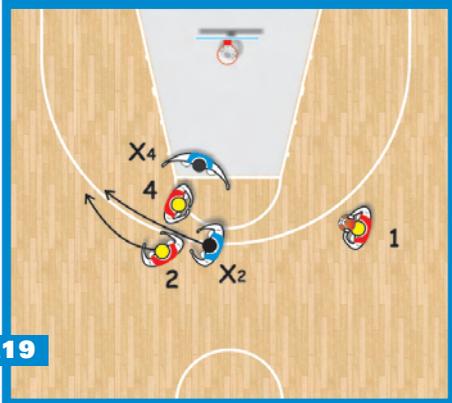
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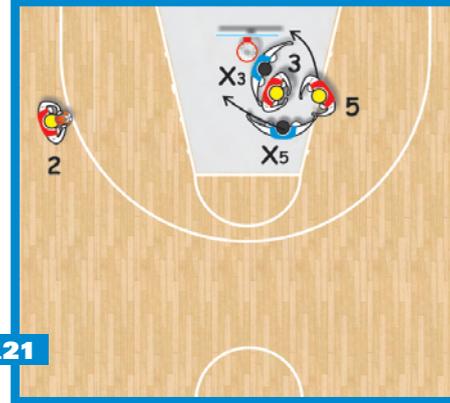
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D.22



D.19



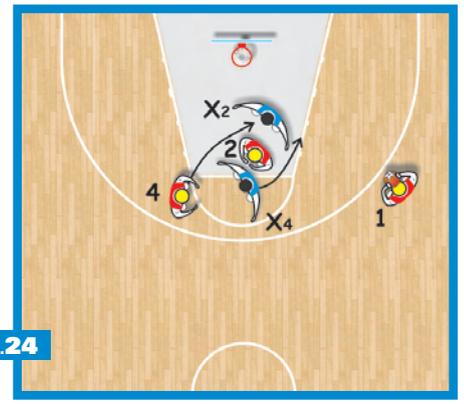
D.21



D.23

with his top foot. If the forward opens up with his top foot, the ball handler is able to turn the corner before the defensive guard is able to get back to hand on the ball. The guard scrapes above the screener and then below his teammate. The guard gets back to hand on the ball when he passes under his teammate. The forward sprints back to the screener once his teammate has passed underneath (diagr. 9 and 10). We will blitz a ball screen if we feel that a particular player has been hurting us while using

the ball screen or if we want to disrupt the opposing team's offense. We begin the same way that we do when we are going over ball screens. The defender of the screener (the forward) places his forearm that is closest to the hoop on the back of the screener. He fully extends his other arm straight out while remaining in an athletic "Stance". The forward begins with his bottom foot directly behind the screener's top foot and lets the guard know that the screen is coming by yelling: "Screen, screen,

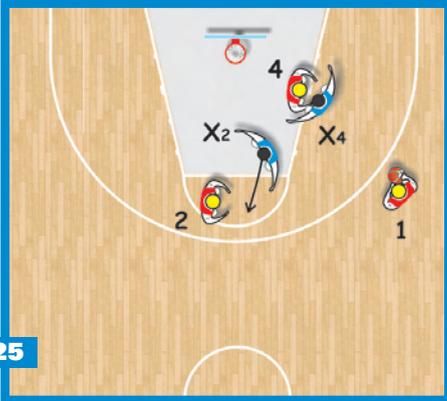


D.24

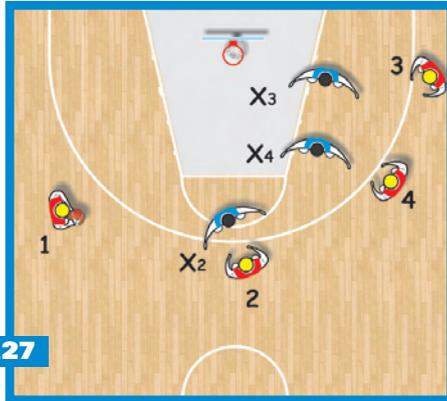


PHOTO 12

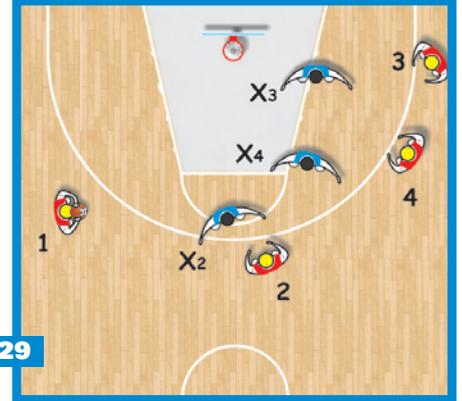
screen." The guard begins with a hand on the ball and slides with the offensive player to the point of the screen. The forward hedges out as the ball handler gets to the screen. The guard and the forward come together to form a trap around the ball handler (diagr. 11 and 12). As the ball-handler tries to dribble out of the trap, the guard crowds the ball handler and makes it difficult for him to pass back to an open teammate. The forward and guard continue to look to trap the ball handler and look to obtain a deflection out of the trap. The two defensive players involved in the trap are not looking for a steal. They are looking for a deflection. We will also teach "Wack-out"s on day 1. We begin this drill by splitting up the team so that half of the team uses one end of the court and the other half of the team uses the other half of the court. On each end, one coach



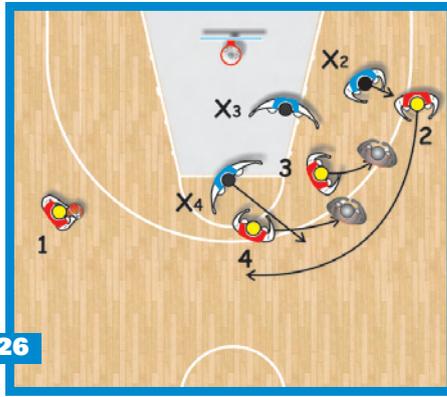
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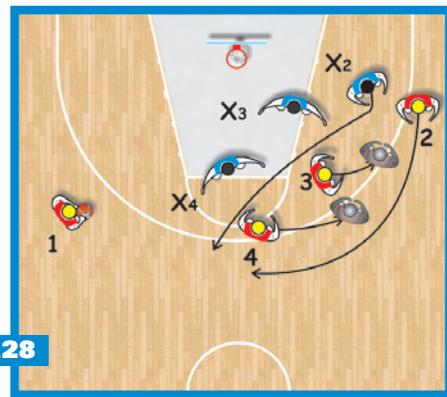
D.27



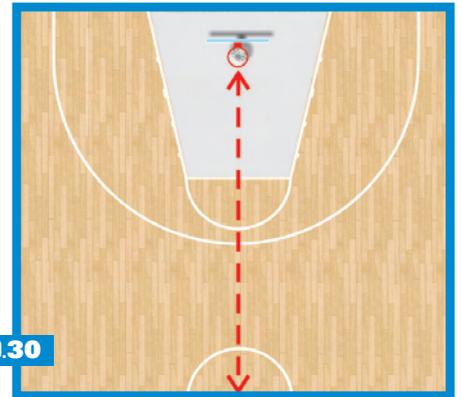
D.29



D.26



D.28



D.30

stands at the top of the key. One defensive player stands underneath the rim. There are two lines filled with the other players; one line in one corner and the other line in the other corner. The players in the lines are the offensive players. The coach has the ball and yells: "Stance." The defensive player under-

neath the rim smacks the floor with both hands and then yells: "D-Time!" The coach then throws the ball to the first player in one of the two lines. The defensive player reacts by wacking out to the offensive player with the ball. The offensive player can either shoot or drive the basketball. He is trying to

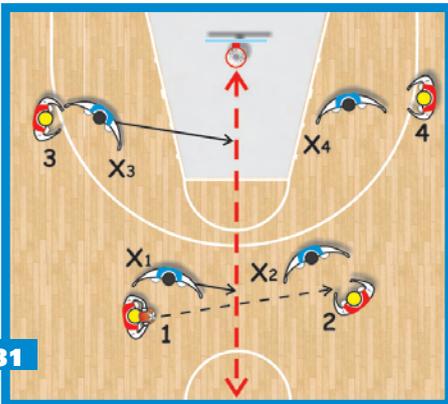
score. The defensive player must stop the offensive player from scoring and must then get the rebound (diagr. 13). The defensive player must prevent two different offensive players in a row from scoring. He remains the defensive player until he accomplishes this goal. If the first pass from the coach is thrown to



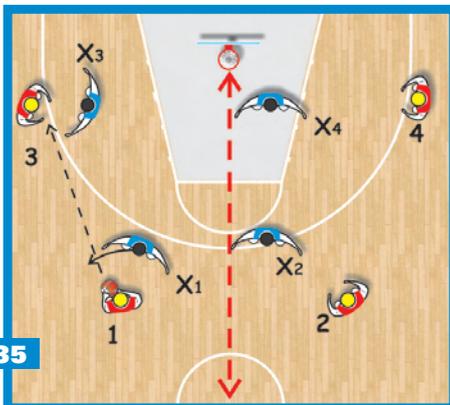
PHOTO 13



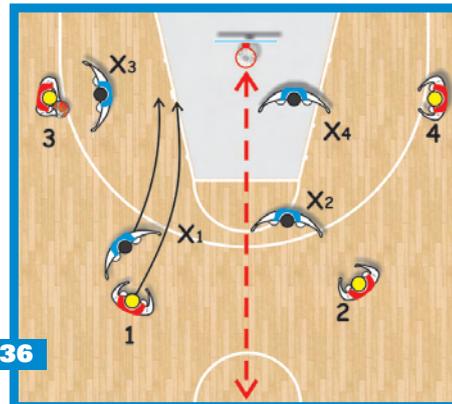
PHOTO 14



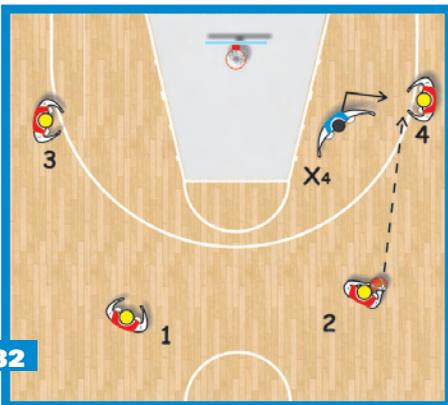
D.31



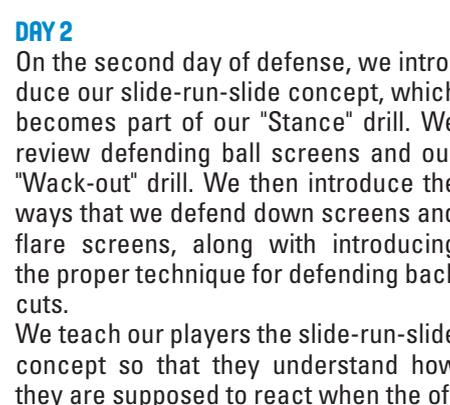
D.35



D.36

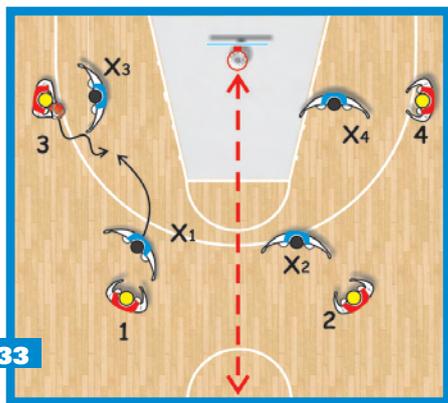


D.32



D.37

one particular line, then the next pass is thrown to the other line. When the defensive player gets two stops in a row, the coach rotates in a new defensive player. This drill creates the game situation of what it feels like to go from help position back to the offensive player that the defender is guarding.



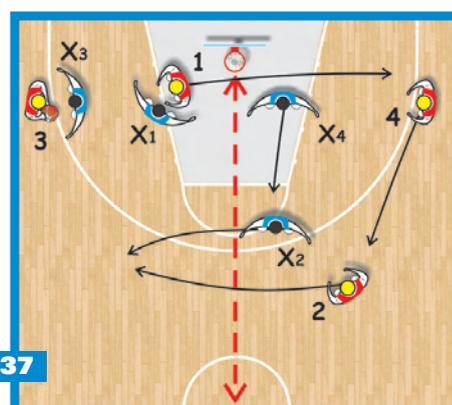
D.33

**DAY 2**  
On the second day of defense, we introduce our slide-run-slide concept, which becomes part of our "Stance" drill. We review defending ball screens and our "Wack-out" drill. We then introduce the ways that we defend down screens and flare screens, along with introducing the proper technique for defending back cuts.

We teach our players the slide-run-slide concept so that they understand how they are supposed to react when the offensive player is able to advance past the defensive player. When the ball handler begins to dribble past the defender (photo 8), the defender must first begin to run lower and harder (photo 9). He must take his top foot and top arm and throw it across his body (photo 10). The arm that he throws across his body must be fully extended and reach low enough to almost touch the floor. He then advances by keeping his body low to the ground. Once the defender recovers, he returns to his "Stance", with his head and hand on the ball (photo 11).

When we defend down screens, we begin with the forward as the screener. The forward yells: "Screen, screen, screen." The guard positions himself directly behind the offensive player that is going to use the screen. We call this "getting on the offensive player's numbers" so that we can lock and trail (diagr. 14). The guard cannot "get on the offensive player's numbers" too early, or the offensive player will shape up to the ball. The guards must get back on the inside after he clears the screen. The forward is loaded to the ball so that he is able to help on a curl, and is also on the line of the ball (diagr.15) so that he prevents a direct pass over the top to his man, the screener (diagr. 16). The forward, therefore, must also see the ball in case such a pass is thrown.

When we defend flare screens, we also begin with the forward as a screener. The forward yells: "Screen, screen,



D.38



D.34

screen" to let his teammate know that a screen is coming. Just like on a down screen, the guard "gets on the offensive player's numbers" to lock and trail (diagr. 17). Again, the guard cannot lock too early or the offensive player will slip to the rim. The guard must get back on the inside after he clears the screen and then he must load to the ball. The forward is loaded to the ball and is two steps off the line of the ball (diagr. 18 and 19). The forward must see the ball and must be there to hedge if the offensive player tries to curl.

When the defensive player is in denial and the offensive player makes a back cut, the defensive player keeps his back to the passer. The defensive player denies with his closest hand and his closest foot. The defensive player also turns his head while he is in denial so that he

can see both the man and the ball. He looks to knock away the pass with his near hand. The defender throws down his back hand and snaps his head on the back cut (photo 12). The thought process that we emphasize to our players is Contain First, Deny 2nd – “Play the ball First.”

### DAY 3

On the third day of defense, we review everything from the two previous days and then we teach post defense. Our forwards and guards defend the post in different ways. However, they both always have their hands above their shoulders and they always position their bodies between their man and the basketball (photo 13). Their hands are up and they are constantly moving their feet. Whenever a guard defends the post, he is always in Red no matter where the ball is on the floor. This means that he fronts the post. While he is fronting the post, the guard yells: “Red” which is the way that he lets his teammates know that he is fronting the post so that he is able to have help on the weak side (photo 14). Whenever a forward defends the post, he is either hard on the high side (photo 15) or he is in Red, depending on where the ball is. A forward is only in Red when the ball is in the corner. Otherwise he is hard on the high side.

### DAY 4

On the fourth day of defense, we review everything from the previous three days, and then we introduce the concept Attack and Swim. This is a method our players use to avoid being screened. The defender must first turn and face the screen. The defender must attack the screen, instead of waiting to get screened (photo 16, 17 and 18). After the defender gets around the screen, his job is to beat the offensive player to the spot and force the outlet. The defender thinks: “Attack – Swim – Deny/ Red.” When we defend low cross screens and diagonal back screens, our defenders use the attack and swim method. When we defend low cross screens, the defender being screened is loaded to the ball. The defender must first turn and face the screen. He attacks the screen. He does not wait for it. The defender of the screener yells: “Screen, screen, screen.” The defender of the screener must help low, and then quickly get back to the line of the ball, so that they do not throw a direct pass to the screener (diagr. 20, 21 and 22). When we defend diagonal back screens, the defender being

he is responsible for, will first cut towards an imaginary line that runs from his offensive player to the rim, and once he has reached that line, will then sprint out to defend his opponent (diagr. 32). If the defender were to sprint directly from help position to his opponent, his opponent would have an open lane to attack off the dribble. When the defender V's it in, he prevents the offensive player from attacking off the dribble on a direct line to the rim.

The second concept that we emphasize to our players is early help and recover when a teammate gets blown by with dribble penetration. In this part of the drill, the defender allows his man to beat him off the dribble for one or two dribbles. The next defender must then give early help, and force the dribbler to make the next pass out to his teammate (diagr. 33). Once this pass is made, the defender must V it in and “Wack-out” to his opponent (diagr. 34). Once again though, the next defender then allows the offensive player to beat him off the



PHOTO 15

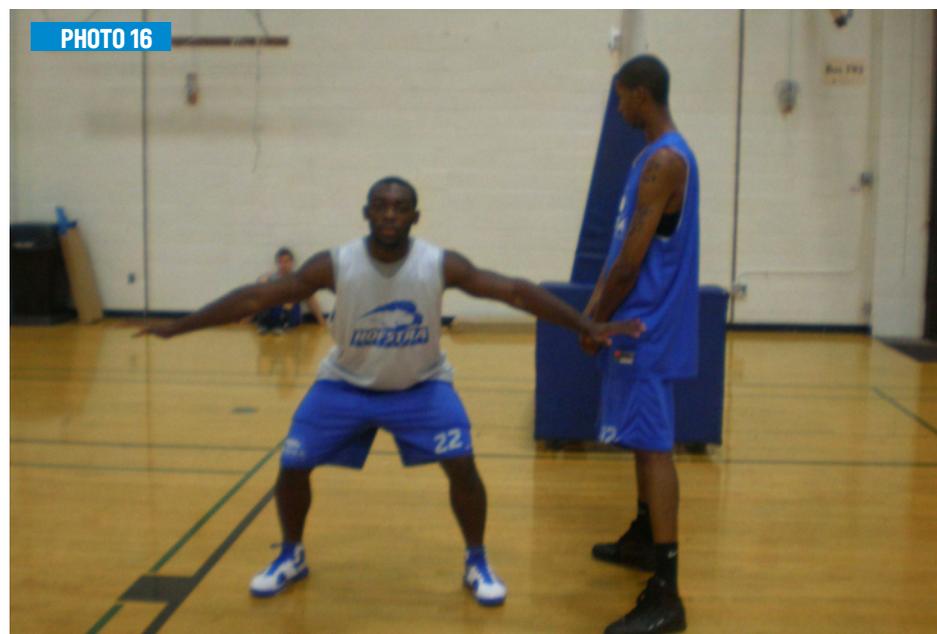


PHOTO 16

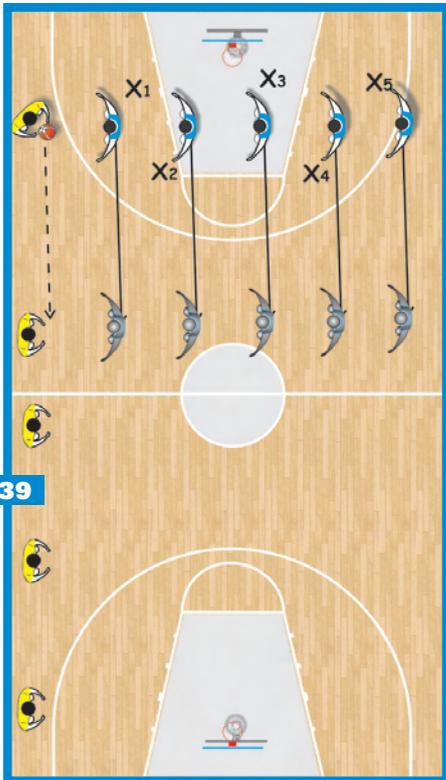
screened is loaded to the ball. On the pass, the defender being screened jumps to the ball. The defender being screened must first turn and face the screen. Again, the defender must attack the screen and not wait to get screened. The defender of the screener yells: “Screen, screen, screen.” The defender of the screener is loaded to the ball, helps low, and then gets back (diagr. 23, 24 and 25).

### DAY 5

On the fifth day of defense, we review everything from the previous four days

and then we teach defending staggered double screens. When we teach defending staggered double screens, we use four offensive players and four defensive players, and they begin in our shell drill alignment.

The defender guarding the ball must always have a hand on the ball and must never let the offensive player with the ball feel comfortable. The defender guarding the shooter can do two things. He can lock and trail or he can shoot the gap. If the offensive player coming off the screen is a great shooter, the defender will lock and trail. If the offensive



D.39



D.40

player is not that great of a shooter, the defender will shoot the gap. Whichever way the defender chooses to guard the shooter, the defenders of both screeners must yell "Screen, screen, screen" to let the other defenders know that the screens are coming. If the defender is locking and trailing on the staggered double screen, he cannot lock too early or else the offensive player will shape up to the ball before he comes off of the screens. The defender of the first screener must load to the ball and take away a possible slip by the second screener. The defender of the second screener must load to the ball and hedge to prevent the shooter from curling or

from getting an easy look (diagr. 26 and 27). If the defender is shooting the gap, the defenders of both screeners both load to the ball but make room for defender of the shooter to shoot the gap. As the shooter runs off the screens, the defender shoots the gap and meets the shooter after the second screen (diagr. 28 and 29).

An important concept in our team defense is the load line. The load line is a piece of tape that runs down the center of the court from the front of one rim to the front of the other rim. We use tape in practice so the players get used to the concept of the load line (diagr. 30). Obviously, for games, the tape is not on the

floor, but the goal at that point is to have the players understand where it would be. The command that we use is load to the ball. This means that if you are a defender and your man does not have the ball, you must position your body closer to where the basketball is, and at the same time, have the ability to see the ball and to see your offensive player.

As the ball is moved farther away from you, as a defender, you must continue to re-position yourself closer to the load line. This concept helps our players to understand positioning when we talk about help defense. It helps them to understand the concept of team defense and that we want five defenders guarding the ball.

### DAY 6

On the sixth day of defense, we review everything from the previous five days and then we introduce our 4-on-4 "Shell" drill. The first concept that we emphasize to our players is jump to the ball when the ball is reversed around the perimeter. Jump to the ball means as the ball moves from the defender's man to another offensive player, the defender must reposition himself so that initially, after the first pass, he is in between his man and the ball, so that the offensive player cannot execute a basket cut after he makes the pass (diagr. 31).

As the ball is passed further away, the defender continues to jump to the ball to ensure that he can give help on any dribble penetration. We also instruct our defenders to "V it in" as the ball is passed from an offensive player to the offensive player that this particular defender is guarding. This means that the defender, instead of sprinting on a direct line from help position to the offensive player who



PHOTO 17



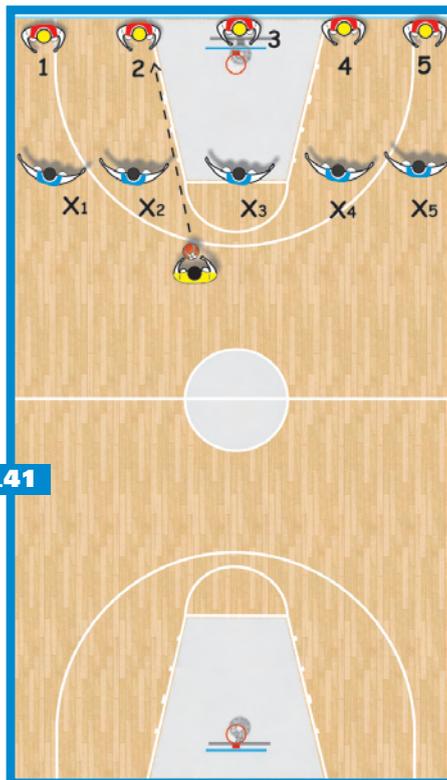
PHOTO 18

dribble, and this continues so that all of the defenders get used to giving early help and recovering in both directions. The third concept that we emphasize to our players is jump to the ball, red the post, and load to the ball when they defend basket cuts. In this portion of the drill, on any pass from one of the top two spots towards one of the corners, the passer makes a hard basket cut (diagr. 35 and 36). On the pass to the corner, the defender must jump to the ball, so that he does not get beat on a basket cut. If the offensive player is not open on the basket cut, he posts up on the block for 2-3 seconds. The defender must Red the Post. The defender fronts the post and yells: Red to alert his teammates that he is fronting the post. After the post-up, the offensive player sprints out to the opposite corner position and all of the other offensive players rotate accordingly (diagr. 37). When the offensive player sprints out to the opposite corner, the defender does not chase the offensive player. Instead, the defender loads to the ball, and puts himself in proper help position (diagr. 38).

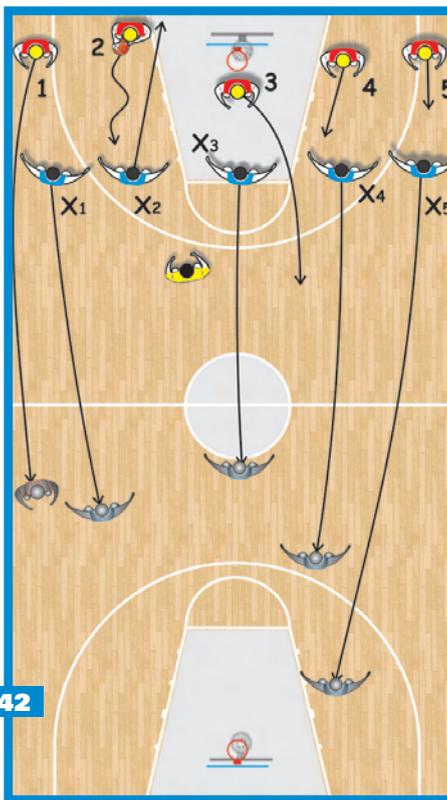
We also practice our man to man team defense concepts with our Line of the Ball drill. The team is broken up into two groups with 6 or 7 players in each group. One group executes the drill while the other group waits. 5 coaches spread out along the sideline. The first group of players lines up along the baseline in front of the first coach, who has the ball. The first player, the player closest to the coach with the ball, is in the appropriate on the ball "Stance". This player yells: "Ball, ball, ball." The players behind the first player yell: "Line of the Ball, line of the ball, line of the ball." The coach with the ball passes the ball to the next coach (diagr. 39). The line of players then sprints in line with the next coach, positioning themselves appropriately. They continue to sprint down the floor as a group until they come all the way back to where they began.

Then the next group begins. While a particular group of players is executing the drill, the coaches can throw the ball back and forth. The coaches do not always have to throw the ball in the same direction until it reaches the other end. Coaches can also throw long passes to another coach. They don't always have to throw the ball to the next coach in line.

We practice our man to man team transition defense concepts with the transition line drill. We separate the team into two different teams. This is a 5-on-5 drill,

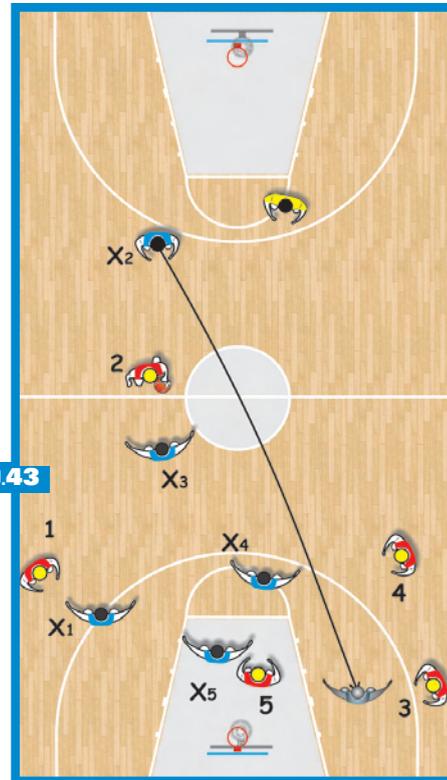


D.41



D.42

so we use substitutions. One team lines up along the baseline. They are on offense. The other team lines up across the free throw line. They are on defense. The offensive players and defensive players are facing each other (diagr.40). The coach throws the ball to one of the offensive players (diagr. 41). If the offensive player that catches the ball is a guard, then the guard pushes the ball up



D.43

the floor himself. If the offensive player that catches the ball is a forward, the forward quickly turns, and throws the ball to a guard on his team, and he then pushes the ball up the floor. The defensive player directly across from the player who catches the initial pass from the coach must sprint and touch the baseline before he can run back into the play (diagr. 42).

This situation creates a 5-on-4, where the defense must Sprint, Turn, and Talk if they plan on getting a stop. The defense must stop the ball, protect the basket, defend the strong side block, and the last defender sprinting back converts to the weak side (diagr. 43).

#### DAY 7

On the seventh day of defense, we review everything that we have taught in our pre-season defense instruction. This concludes our 7 Days of Defense. Each day of defense usually lasts between 45 minutes and an hour.

This format allows us to introduce most of our defensive concepts before we begin with our first day of practice. Once again, the foundation of our defensive philosophy begins with "Stance" and the ability to stop the offensive player, one-on-one.

We end our 7 Days of Defense by introducing our Shell Drill, where we emphasize the importance of having all of our defenders together defending the one offensive player with the ball.



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**FIBA**

We Are Basketball



by Ettore Messina



by Lele Molin

# THE CSKA MOSCOW OFFENSIVE SYSTEM: SEASON 2008-2009

Ettore Messina started his coaching career with the youth teams of Reyer Venezia, when he was only 16 years old. From 1980 to 1982, he was responsible for youth teams at Mestre and in 1982/83 he was assistant coach at Udine. In 1983 he goes to Virtus Bologna, as responsible for youth teams and assistant coach of the main team. As head coach in Italy, he coached Virtus Bologna (1989-93 and 1998-2002) and Benetton Treviso (2002-2005), winning four Italian Championships, two Euroleague titles, eight Italian Cups and one Cup of Cups. From 1993 to 1997 he coached Italian National team, winning the gold medal at the Mediterranean Games and the silver medal at the Goodwill Games and at the European Championship in Barcelona. Since 2005, he coaches CSKA Moscow, where he won three Russian Championships, two Euroleague titles (2006 and 2008) and two Russian Cups (2006 and 2007). This season he coaches Real Madrid.

Lele Molin started to coach in 1978 as assistant coach of the youth team at Mestre. From 1985 to 2000 he works at Benetton Treviso, alternatively as head coach of the youth team (1985-88 and 1992-95) and as assistant coach of the main team (1988-92 and 1995-2000). Since 2000 he's assistant coach of Ettore Messina, first at Virtus Bologna (one Italian title, two Italian Cups, one Euroleague), at Treviso (one Italian title, three Italian Cups, one SuperCup), then at CSKA Moscow (three Russian titles, two Russian cups and two Euroleague) and now at Real Madrid.





The offensive system we adopted last year can sometimes appear complicated for our players, because it demands mental attention and a good mastery of individual offensive fundamentals. In this article, we'd like to examine the guidelines of this particular offensive system.

For starters, we don't think that our offensive system is all that original. What makes it different are not the plays, but how the players apply the various ideas that are behind each play.

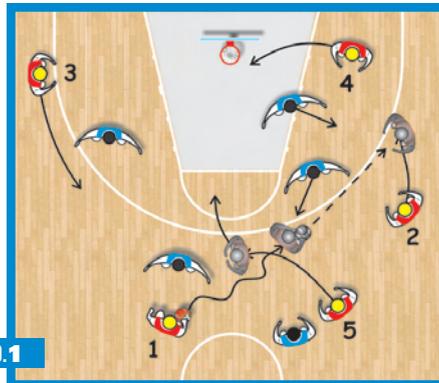
Our coaching staff spends a lot of time trying to figure out how we can utilize the best characteristics of our players on offense. This is a long process and sometimes we can't find an exact role for each of our players right away. We strongly believe that, beyond the offensive choices, we have to take care of the players' improvement, putting them into the best conditions to be dangerous on offense: we want to be effective using the players' skills.

The general idea of the CSKA offensive system that eventually led us to our system of play was the conviction that it is certainly not the set play or playing free that makes the difference in a game. Rather, it was the ability of our players to understand what the defense was doing and to always be conscious of any changes that they were making. Our players must be able to read the defensive behavior of their opponents. Any offense can be original, but if the player on offense is not able to understand what the defense does, he loses effectiveness and our offense slows down. The strength of our offense depends on the options that the players have at their disposal after reading (and attacking) the defense. This special knowledge takes a while to be completely understood by our players.

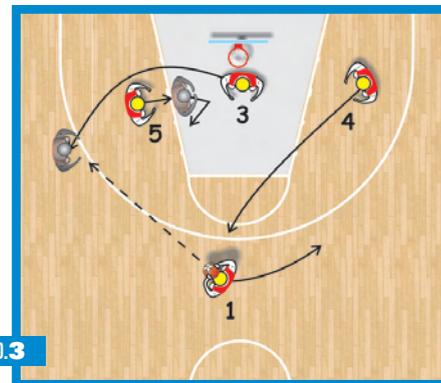
Let's take the example of a shooter who's coming off a low screen. Our player has to understand the defensive pressure he is under. He can react as written in the books or in the team playbook: If the defender trails, make a curl. If the defender slides through the screen, he makes a fade away. He has to be aware of the various options. It's our job as coaches to provide the players the space and the time to better understand what the defense is doing. It is important to have an offensive system where the players can read the defense and react in the best way.

One rule that pushed us to simplify our offensive system was the introduction of the 24-second clock. We simplified our offensive situations and our goal became to try and attack immediately after getting

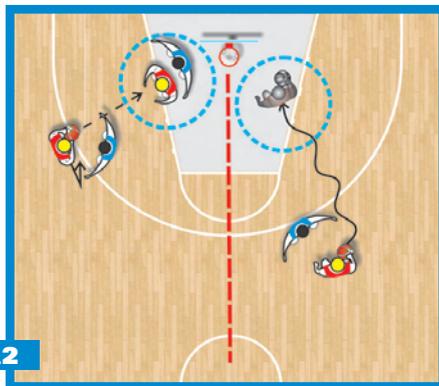




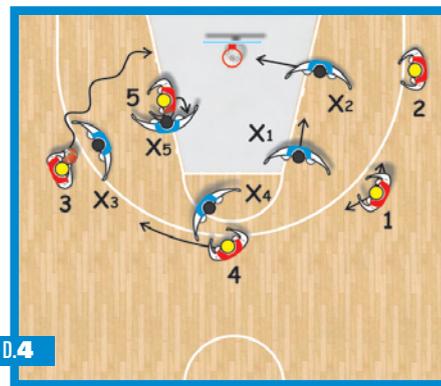
D.1



D.3



D.2



D.4

possession of the ball. We were convinced that maybe only with the very weak teams on defense, it was possible to score a basket off the first offensive option. Too often, however, we are confronted with the correct defensive answer to our offense. That being the case, we need to notice this immediately and come up with an instant strategy to get around the defense.

Let's take as an example of pick-and-roll in transition (diagr. 1). This situation provokes a reaction of the defense, so assuming that they don't give up an easy basket on the drive and kick out on the strong side, we must have the time to read their defensive answer to this situation and exploit the spacing on the court and the timing of our passes.

Ten years ago, with the 30-second clock, many teams played the first part of their possession without really attacking the basket. We are not saying that we never took a shot as the the first option of the offense; if there was a shot with a wide and free space, then we took it, but what we really were interested in was provoking a reaction and then playing accordingly, finding our 1-on-1 options, our passes, and our movement.

This is a concept we developed over the years and it always helped us, especially when we played games when the ball was "heavy" (important game endings, for example) and when attacking a set defense became difficult, because our opponents were ready to cover the strong points of

our offense. Understandably, our offensive percentages went down a lot.

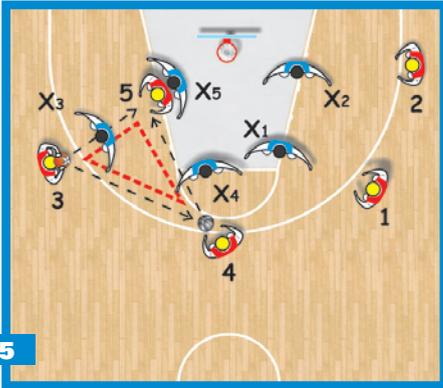
We make great use of offensive transition, the changing phase from defense to offense. These are not simple phases of a primary and secondary fastbreak, but an offense that is run full court with no interruptions. Our team has to move like a wave, where our players run at medium-high speed, occupying our offensive spots and trying to get any advantage they can before the defense is set.

At least 80% of the teams in Europe play transition pick-and-roll, and we did too, especially when we had Theo Papaloukas as a point guard. He was so good, not only at finding easy shots or for his ability to get fouled, but because he could find free teammates for the open shot.

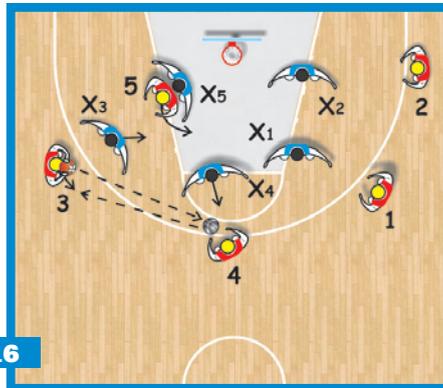
The main goal of the offensive transition is not to try for a shot on the first option, but to attack before the defense has a chance to set up, making sure to get the ball moving around.

These are the general ideas that worked as a premise for all of our plays on offense. For us, the primary fastbreak is a clear situation for outnumbering (2-on-1, 4-on-3, for example) the defense and it starts from a recovered or stolen ball. Other times, the action begins from a defensive rebound or after an opponent's scored basket. We play an organized transition, changing the ball side, and finally getting the ball inside to the center.

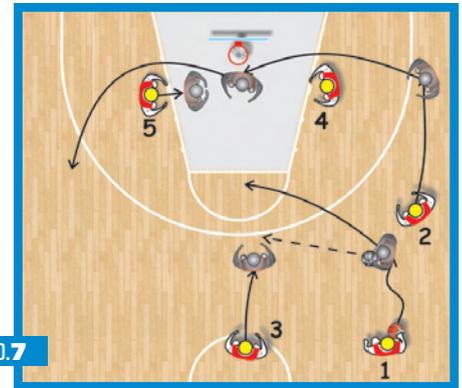
Playing in transition is the distinguishing mark of a team that plays the more inter-



D.5



D.6



D.7

esting basketball to watch, but to play in this way it is necessary for players to understand basketball fundamentals and to have an extreme awareness of the rhythm of the game. To control this kind of situation, especially when we play away from home, we play in transition. Our first goal is to give the ball to the center after penetrating inside the defense. In this way, we create a situation where the defense must react and where we now have a precise rhythm for our offense after the ball has gone inside.

With the ball in the low post, teammates typically stop and see what happens. This short moment of pause determines the correct timing of the action next to come. We carefully took the statistic of how many times we bring the ball into the heart of the defense (diagr. 2), either with a pass or a dribble penetration.

For our offensive rhythm, it is critical that the ball find its way to our inside player. Playing the ball only on the perimeter creates a lot of difficulties for our offense and, as a result, it becomes harder to win games. On the other hand, getting the ball inside gives us balance and allows us to attack the heart of the defense, where we know that the opposing teams have a defensive organization ready to counteract. Therefore, we must be ready to play against this reaction in order to take an advantage and get an uncontested shot at the basket.

Over the years, we realized that we must aim to have at least 20 shots coming from these low-post situations. Moreover, in the initial phases of the games where the referees are very demanding, our powerful inside game causes many of the opposing big men to get into early foul trouble. This limits their time on the court and we look to take advantage of that. Losing a defensive big man or two early in the game frees us to make more penetrations to the basket.

Another goal of our offense is to attack their best scorers. We want that their best scorer working hard on defense to

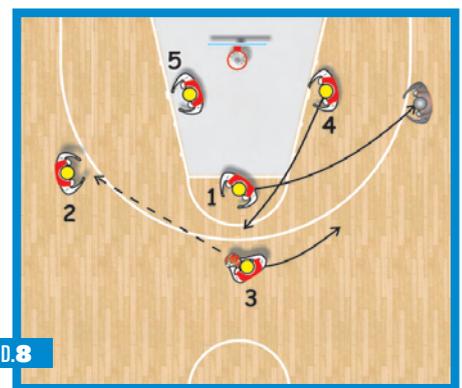
therefore limit him and put him in possible penalty situations. By getting this player in foul trouble, we gain another advantage while the opposition loses one.

In short, our offensive aim is not just to take a shot, but to find various ways to produce even more shots. We don't want to take a shot that the defense wants us to take. Rather, we want to take advantage of our offense, keep the players moving on the court, and increase scoring opportunities with several passes.

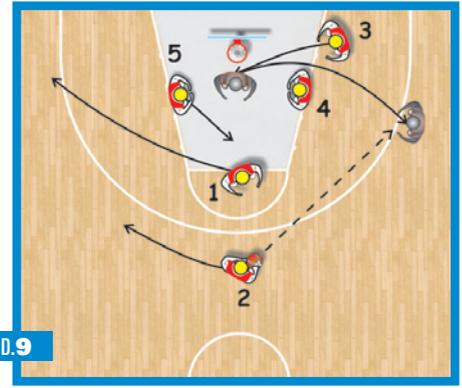
In our practice sessions, we stress the great importance of being able to pass and receive the ball. This has always been our job. When we were at Virtus Bologna (Italy), with Ginobili and Jaric, we worked a lot on passing: When and how to pass the ball was a primary goal and we quickly saw that it helped improve our game. We worked on passing into the center playing in the low post. We taught our players how to get the ball in that delicate situation, and how to reverse the ball side. Getting back to what we were saying at the beginning, the play itself is not the important thing. Rather, it's how players react to the defense and make use of the fundamentals at particular parts of the game.

Players must understand what needs to be done after the defense gets to work. They need to know what happens when the center is double teamed, how to move off the pick-and-roll, and how to position themselves in order to attack the weak points of their opponents. This is not an immediate process, but something that is built gradually as the young players learn the game. They must come to learn that at every ball possession, we must produce something, whether it be through a series of well-executed passes, or by reading a mismatch on the court and quickly exploiting it.

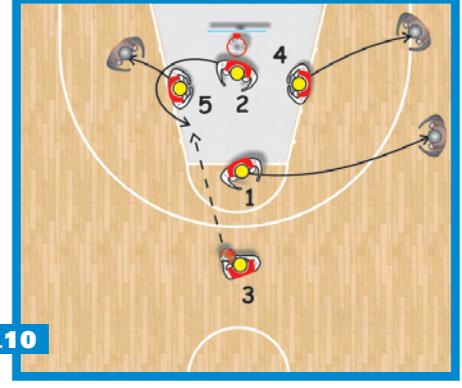
Our teams are known for getting the ball into the low post. Here is a typical situation where we make use of a screen. (diagr. 3). Whoever is at the top of the key must clear out after having passed the



D.8



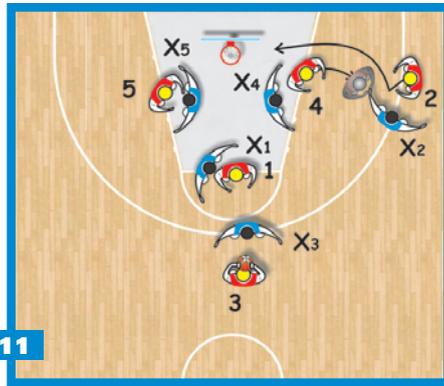
D.9



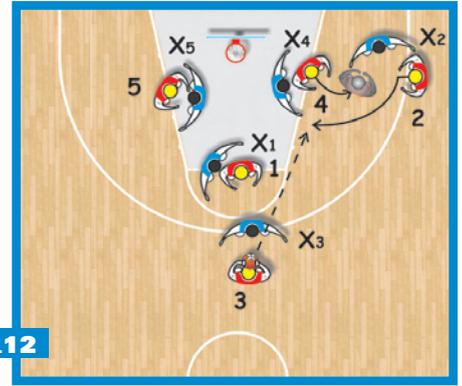
D.10

ball to the player who has cut. This allows the second big man to take his place. Moving this way is not only important for providing the most scoring options but also causes the defense to become unbalanced against a quick reverse on the ball side. The fundamental thing is the timing of all this action. The player who sets the screen must be able to use all the necessary fundamentals in order to take a good

position inside the area. Let's review the initial setup (diagr. 4). With the ball going to the wing, and with the low post strongly guarded by his defender, the first thing we can do is drive aggressively to the baseline. Seeing this, 5 will react by sealing his defender with a "self screen," while one of our shooters will go to the corner on the weak side. This is a valid rule for all the spacings in all the offensive plays we use. Whoever reaches the top of the key will then "shadow." This means that he will go behind the team-

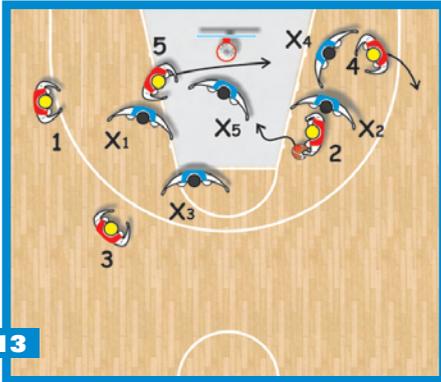


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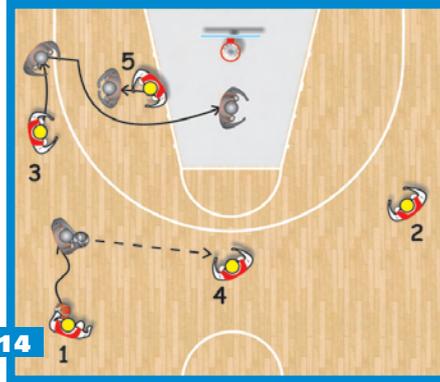


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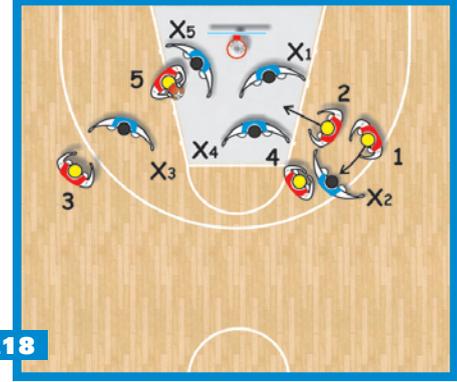




D.13



D.14



D.18

mate who has penetrated and the other player on the weak side will open the passing lane to punish the defender who is trying to help out on this penetration. The player with the ball must beat the pressure by driving aggressively to the basket.

If, on the other hand, the defender on the ball contains the drive, and the defender on the post is behind, and the defender at the top of the key then float down, we use the offensive triangle to get the ball to the low post (diagr. 5).

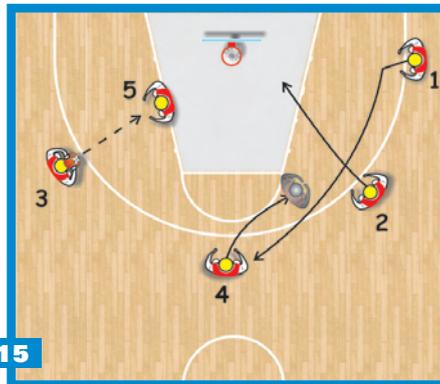
On the pass from the wing to the top of the key, and with the defender of the post who jams inside the area, we can bring the ball back into the area while the post goes inside the area to "steal" space for a deeper reception (diagr. 6).

We use the same rules and principles for another offensive situation where we have double exits. This has become one of our most effective offense sets. The first goal is to move our players on the perimeter and then use the center. This causes the defense to move and then we react to their reaction (diagr. 7). We could have Langdon, our shooting guard, come off the screens (diagr. 8), but we often used Siskauskas, the forward, as a cutter, because he was very good on coming back from the first screen (diagr. 9).

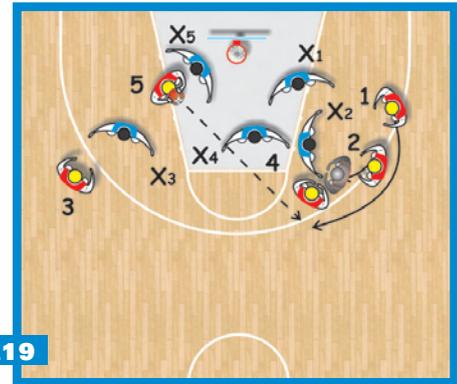
Let's go back to the example of Langdon, who cuts and comes out on the wing, on the left side of our offense. When Langdon receives the ball on he wing, the forward, 4, makes a flash cut to the high post, while 1 clears to the corner on the weak side. However, if the guard, 2, makes a curl on the screen on the left, and receives the ball on the elbow, 4 will clear in the corner of the weak side (diagr. 10).

In the first case, 2 will try to shoot or play with the center. In the case of the curl, 5 will go to the mid-post position. Then, we will continue on playing to maintain the advantage, but everything starts from the fact that the two big men have played well in the spaces.

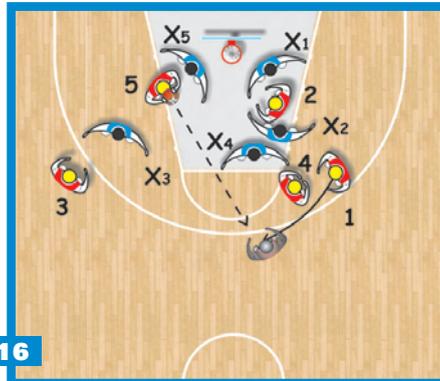
Pay attention to the fact that we always play by reading what the defense does! If,



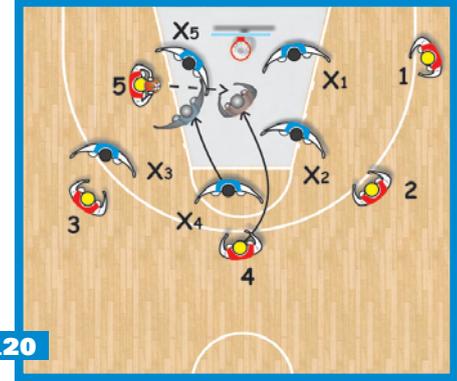
D.15



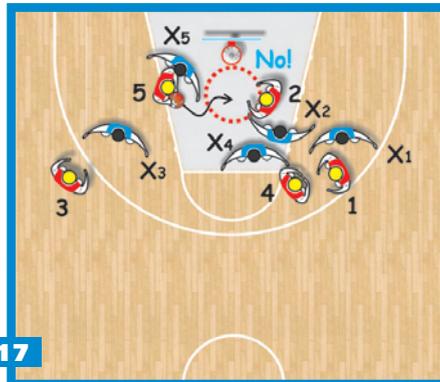
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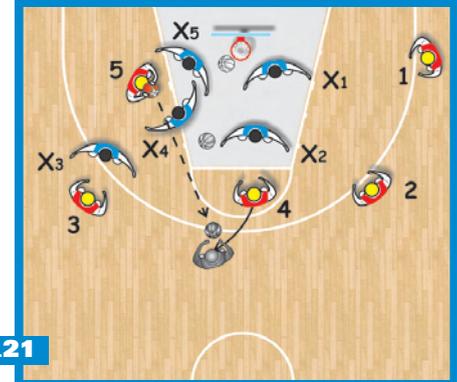
D.16



D.20



D.17



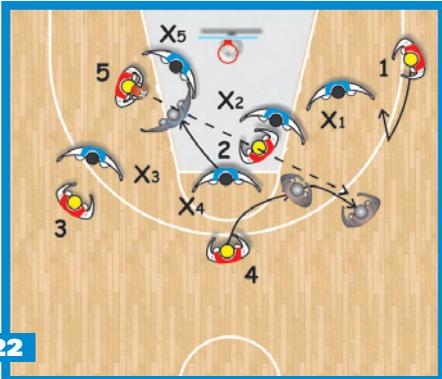
D.21

on the first screen of 4 for 2, X2 defends high on him, then 4 will screen in order to help the low cut of 2 (diagr. 11). Alternatively, 4 will screen to help the high cut into the area of the teammate (diagr. 12). When 2 receives the ball, he can shoot or drive to the basket. In this particular case, if 2 drives to the middle, on the eventual help of X5 with 5, who is not a good shooter from the perimeter, we will move as

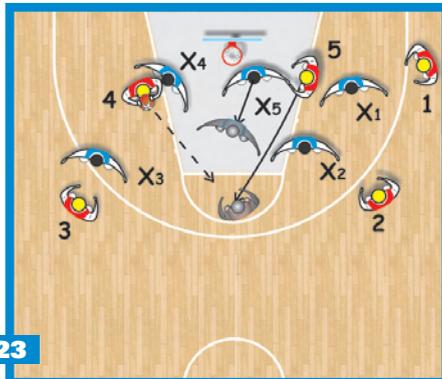
shown in diagram 13. As you see, we are taking advantage of situations that offer dynamic 1-on-1 plays. That is one of the fundamental points of our offense.

In our system, 4 must be a player with a great knowledge of the game, and he helps the point guard, 1, in deciding the construction of the offensive game.

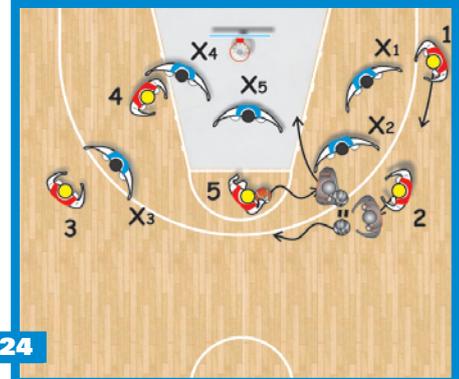
Let's look at the application of the same concepts with another setup we often



D.22



D.23



D.24



used when 4 was already positioned at the top of the key.

With the ball on the left, 1 passes to 4 (diagr. 14), and, while the ball is in the air, 5 sets a horizontal screen for 3, who makes a hard cut to the basket. 5, immediately after the screen, moves to open an effective second passing line. Don't forget we are always talking of creating possibilities for getting the ball to the center.

Let's look now at the case where 3 passes the ball to 5 (diagr. 15). The center must not immediately put the ball on the floor, except if he sees that there is an immediate advantage for him to beat his defender. However, if X5 is behind his back, 5 must play with great calm and look for a free teammate to pass the ball. For this reason, his teammates will move on the perimeter to get the ball back from him so he doesn't always have the burden of going 1-on-1 with his defender.

First, we will have a hard cut of 2 from the weak side, and, if the defense floats and jams the area, it will be possible to pass the ball to 1, who gets free, using the screen of 4 (diagr. 16). The cut of 2 has to be deep, because just in the final phase of the cut we will have more chances to pass the ball. The important thing in all the action is the timing, especially with 5 and 2, who must avoid attacking the same space at the same time (diagr. 17).

5 quickly gets the ball, 2 cuts hard, and 1 moves. After a moment (one second), if we haven't found free passes, because the defense is tightly covering our players, then it will be the moment for 5 to attack, putting the ball on the floor with his teammates now well spaced and away from him.

It's clear that the defense will counteract our movements. 3, after having passed the ball, must fake as if he were moving towards the middle, and then cut hard to the corner. He cannot go towards the middle because X2 could easily double-team the ball.

However, on the cut of 2, the defense can react with a "bump" of X2 that will effectively stop the cut by pushing 2 to the mid-

dle of the area where X4 jams. At the same time, X1 will go to the midline of the lane so that X4 will guard the initial part of the cut, with X1 taking over for the final part (diagr. 18). When 1 cuts, X2 is already ready to anticipate him. This is a classic adjustment against this offensive play, and is an anticipated and aggressive switch.

What is our rule when we face this defensive switch? We make a "cage" for 1 with 2 (who does not cut) and 4. 5 can kick out the ball to 1 (diagr. 19). This is a collaboration that must take place very quickly. Thus, when the defense makes its switches, 2 plays 1-on-1 against his defender. After the screen, 3 and 4 will also be open to offer two more passing lines. The idea is not to play in the way the defense wants us to. We have to force other situations to occur that will give us the advantage in the offensive game.

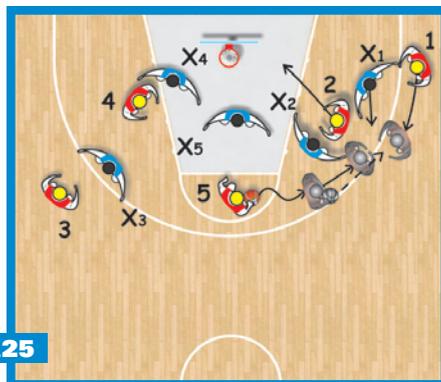
Let's assume that the defense decides to immediately double team 5 just as he gets the ball, with X4. 5 will react by squaring up to the basket, while 4 will cut hard to the basket to receive the ball from 5 and shoot (diagr. 20). If the defense moves to the weak side, "zoning" inside the area to steal space, it's obvious that 4's cut will no longer be effective. However, 4 can make a screen for setting 1 free, or else he can fake the cut and go back to his initial position to receive a pass from 5 for an easy shot (diagr. 21). Finally, if 4 calls for the ball and X2 quickly goes to contest the passing lane, there will be more space for the cut of 2 into the lane. These are situations that, as you can see, do not need to involve the players on the weak side. But, by simply getting the ball to the low post, we make the defensive reads doesn't start immediately.

If the double-team of X4 is made when 4 screens for 1 (diagr. 22), then we react by sending 4 to move to the weak side and get the ball from 5.

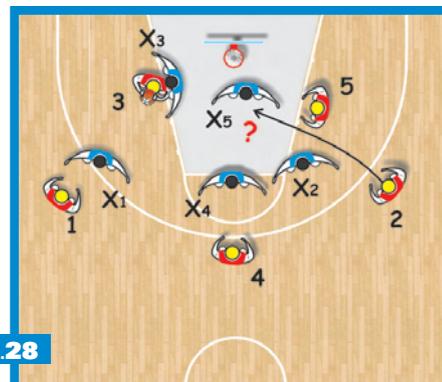
Often, defenses mix and hide their moves, and this requires that our players be skilled in reading and immediately reacting to what the defense presents.

Let's see what we do if we have 4 in low post and 5 at the top of the key (diagr. 23). With the ball in the low post, 5 will always go up beyond the free-throw line. If he receives the ball from 4, very often 5, who may not be a good long-distance shooter, will refuse to shoot. X5, knowing this, will stay inside the three-second lane. But 5 can still be dangerous up high and punish this defensive situation by making a hand-off with 2 (diagr. 24).

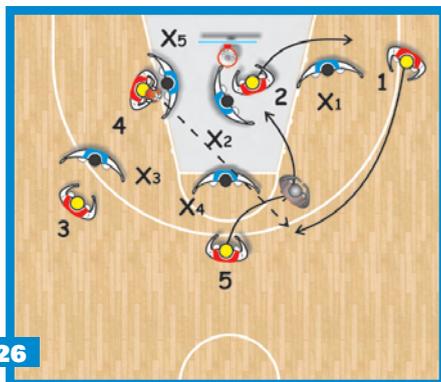
However, if 2 is guarded aggressively by X2, then we will have the cut of 2, the pass to 1, who replaces him, and then a pick-



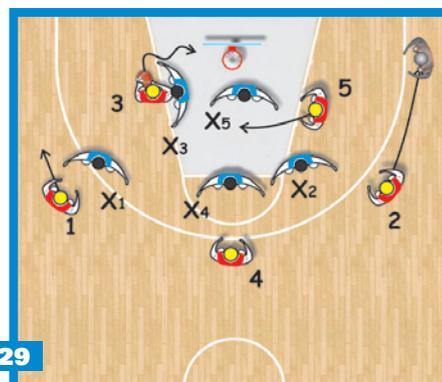
D.25



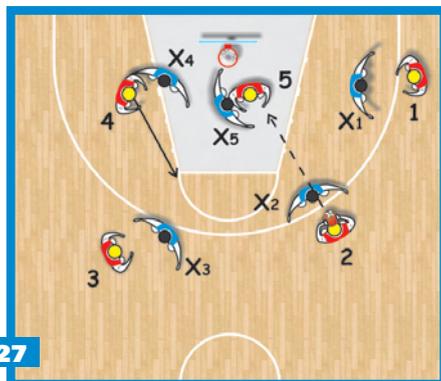
D.28



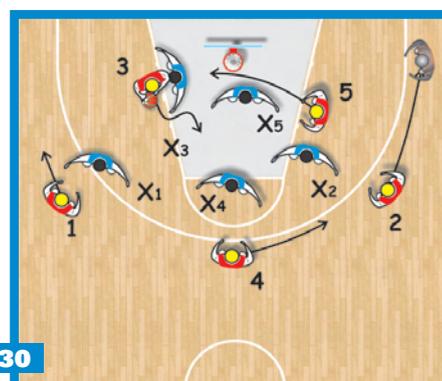
D.26



D.29



D.27



D.30

and-roll between 5 and 1 (diagr. 25).

5 still has other options on the weak side (diagr. 26) for 1. After the screen, 5 will cut hard into the lane, and just after that, respecting our timing rules, it will be the moment for 4 to put the ball on the floor and attack the basket. Remember that we never want two players attacking the same space at the same time!

On the pass of 4 to the weak side, 5 steals space by offensively "boxing out" X5 (diagr. 27).

These spacing rules also must be used when we play a post-up with a perimeter player. With the ball with 3, 4 in high post, and 5 in low post, we will not make cuts from the weak side, because cutting against a bigger player (diagr. 28) would not make any sense. This is different than the previous situation when 5 had the ball. Now, X5 is on the help side. There are two logical things to do: if 3 drives to the baseline, 5 cuts into the lane and 2 goes to the corner (diagr. 29). On the other hand, if 3

drives to the middle, 5 will cut along the baseline into the lane, 2 will always go to the corner, and 4 to the wing on the weak side (diagr. 30).

We have shown what to do using the low post and the need to apply simple principles of spacing and timing when reading the various defenses. The key is to be flexible and quick to change, depending on what the defense does. Maintain proper spacing and play-pick-and-roll as needed. As a final note, remember that the skills your players need to develop concern the proper utilization of timing and spacing. You can help by working hard in practice with simple situations like 2-on-0 and 3-on-0 and then bringing in more complex situations. By having your players see and practice against these defensive situations, and learning all the various solutions to them, when it finally comes to game day, you can be confident that they will be ready for everything that the defense has to offer.



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Neven Spahija

# WEAK SIDE OFFENSE

He started his coaching career in Sibinik (Croatia). At 22 years old he was coaching the Junior teams, then in 1986 became the assistant coach of the senior team. He moved in 1992 to Zrinjevac Zagreb (Croatia), where he was coaching the Junior teams and was assistant coach of the senior team. In 1996 he became head coach of Pula, then of the Junior team of Olimpia Ljubljana (Slove-

nia). He stayed in Slovenia as assistant coach of the Senior team until early 2000, when he became head coach of Cibona Zagreb, where he stayed until november 2001. Then he was hired by Krka Novo Mesto (Slovenia), where he stayed until 2003. He moved to Avtodor Saratov (Russia), then he was in Roseto from January 2004 to the end of 2005 season. Then, he coached Lietuvos rytas (Lithuania), Mac-

cabi (Israel), Tau Vitoria (Spain) all for one season. Since november 2008 he's been the coach of Valencia. He won 2 Croatian titles (2000 and 2001), coached the Croatian Under 21 national team at the 2001 FIBA World Championships and the senior national team at Eurobasket 2003 and 2005. He was ULEB Cup's runner up in 2003, won the 2006 Baltic League, he won the Israeli league in



2007, played the Euroleague Final Four and won the Spanish championship in 2008.

From the offensive standpoint, one of the major concerns of each and every one of us in the coaching profession is how to mix up our attack. How do we even out our inside and outside offensive attack to upset the defense? Each good offensive team should have a solid offensive arsenal from the outside, as well as the inside. In this article, I will focus on the inside attack, particularly the off-ball movement when the ball gets to the low post. There are several very important aspects that we have to focus on when



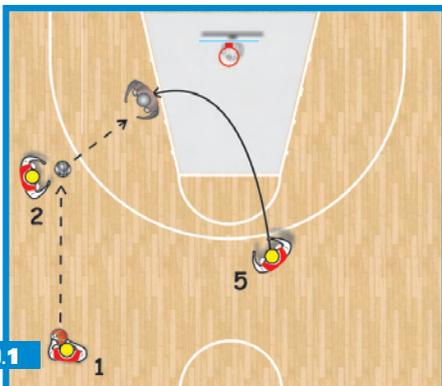
discussing the low-post attack. First, who is going to get the ball in the low post? The obvious option is to get the ball to our most dominant player in the back-to-the-basket situations. Let's say we gave him the ball down low without using any extra screens (screen on the baseline of a small for a big player, for instance). Our player runs down the court, fights for his position on the low block, and then gets the ball. (diagr. 1).

Most teams get into the serious problems when this happens, because they stop playing at this point, if just for a few seconds. But, in that short span, the offense comes to a standstill as the four other players stand around and watch, waiting for the big man to make his move. To the contrary, at the moment when we put the

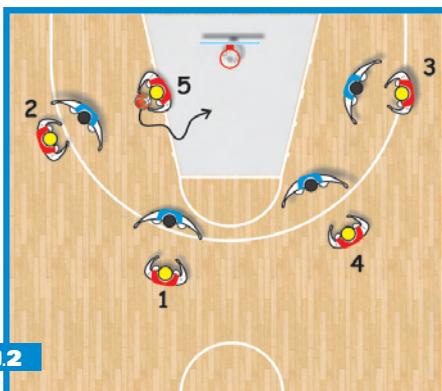
ball into our big man hands, this is when the action begins! I would like to point out four main aspects of the game that have to be satisfied at this moment. First, if our big man is so dominant or the defense so poor, or a combination of both, then we expect to score easy baskets, and many of them (diagr. 2).

Unfortunately, this scenario doesn't happen so often, because either we are facing good defensive players or the opposing team has prepared for our inside attack and they start helping out, rotating towards the ball and doing other things to make life very difficult for our big man (diagr. 3).

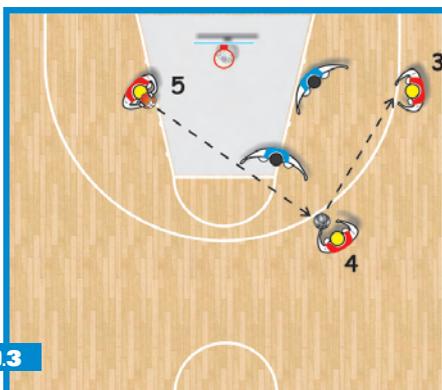
The second aspect we have to focus on is having the players cutting, moving and playing without the ball. This is a critical



D.1



D.2



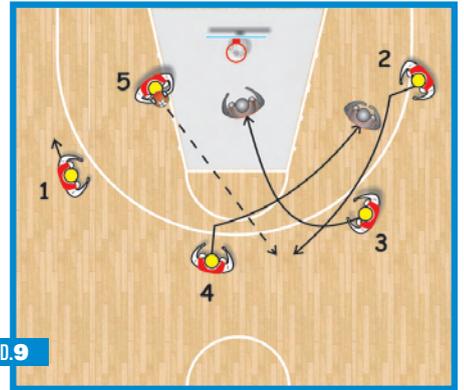
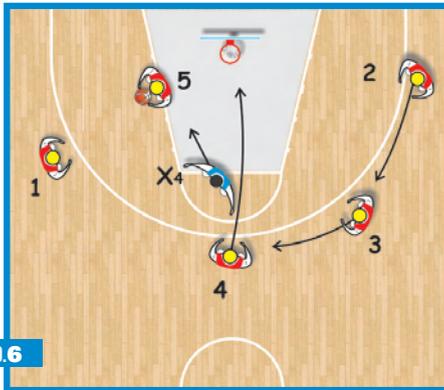
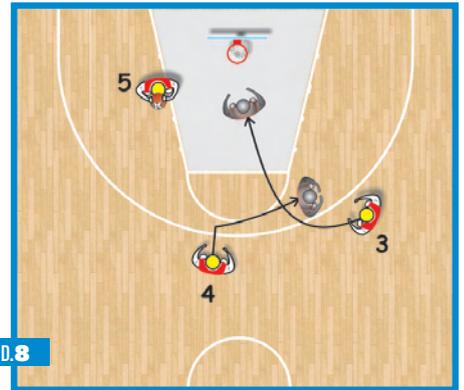
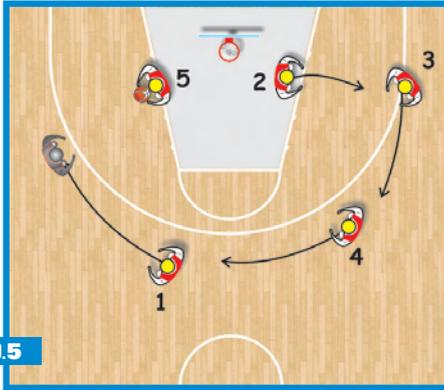
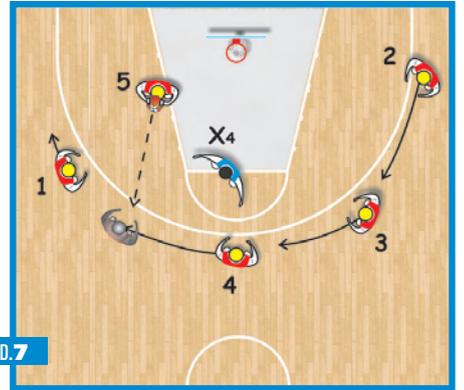
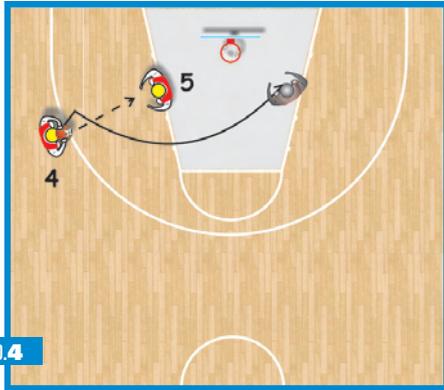
D.3

aspect to your team's success for several reasons. The primary reason why we insist on cutting is improvement in our offensive spacing. Second, it always forces the defense to think about helping, which automatically keeps them off balance. The first cut that has to happen is a cut on the ball made by the passer (diagr. 4).

This cut is important because we can either score an easy basket (which is always the goal) and second, as I already mentioned, it keeps the defense off balance. The man that is guarding the passer is not in position to help or double team the big man with the ball in the low post. Therefore, at the moment of the cut, the man at the opposite corner has to slide up in order to improve team spacing (diagr. 5).

There are two other cuts that are possible. The first is a "duck-in move" by 4, and this is made if the defense reacts poorly, helps too much, or just falls asleep and doesn't react (diagr. 6).



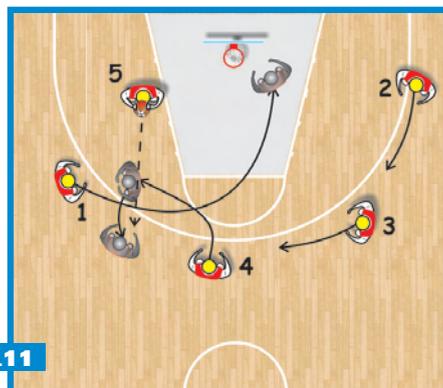




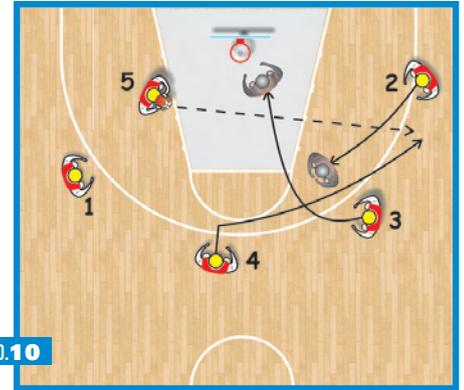
The second cut is more of a slide motion that is made to improve the passing angle by 4 to create an open shot from the high-post area. This occurs after the big man has made a hard dribble to the middle (diagr. 7).

These cutting segments are very important and have to be practiced regularly with a variety of drills in order to make the offensive flow much more effectively and increase our options. The third crucial aspect in this segment of the game is off-ball screening, an often forgotten or little emphasized aspect of the game. I have found that by using off-ball screens we are allow our shooters to get open in a more effective way. In addition, we force the defense to either switch (the best scenario for them in this case) or get caught in the blind screen (diagr. 8).

There are two factors that need to be mentioned while discussing this topic. The first is the screening angle, and the second is the necessity to set solid—not moving—screens, because if you move, it leaves room for referees to make many



D.11



D.10

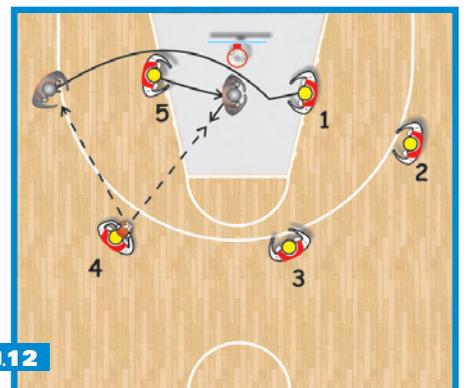
“suspect” calls.

Let’s look at the screens that will help your offense. The first is a screen 4 can make on 2, who is making the cut on the ball (diagr. 9). This is a “quick hit” solution to get a good shot off in case the defense is overplaying or else just not looking. In case that we don’t choose that option, 2 can always set a side screen on 4 (diagr. 10), after he makes the initial cut on the ball. This can be especially effective if 4 is a good three-point shooter.

Finally, 4 can set a back screen on 1 out on top, and then make a pop move to the top, and receive the pass from 5. The first option here would be a shot, but a second option would be a pass after a cut that 1 makes to the opposite corner following the screen he received from 5 on the low block (diagr. 11 e 12).

The fourth and final aspect that needs to be covered is team spacing. This is something that I insist on with every offense the team runs. By keeping the five players spread out on the court, the offense runs smoother and we will have many more options in our offensive arsenal that will allow us to score many easy points.

I am a great believer in the multiple attack offense, but it takes a lot of practice to make it work. Work on the little things I have discussed. In the end, it’s the good solid cuts, good timing of the screens, and moving and playing without the ball that will prove to be the crucial parts of your successful offensive machinery.



D.12

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by Raffaele Imbrogno

# DRILLS FROM AROUND THE WORLD

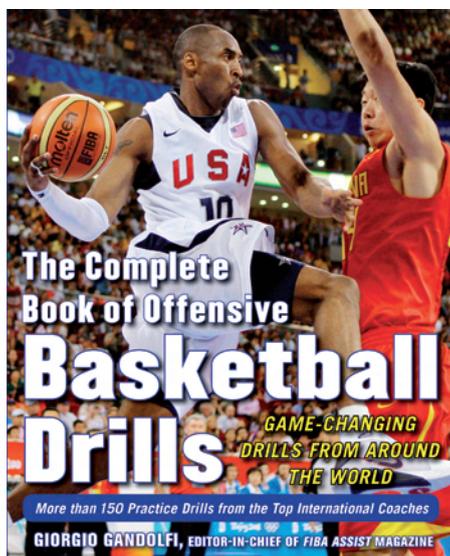
Raffaele Imbrogno has been coaching since 1980. He is an Instructor for the Italian National Coaches Committee of the Federation and has been Director of the Italian Basketball Federation Study Center. Imbrogno is also the author of several technical basketball publications.

In the basketball world, coaches should always try to find new solutions and methods, because as the Scottish traditional saying goes: "A rolling stone gathers no moss." In basketball this means that if you keep doing the same things over and over with your team, your players will become bored and teams will soon have no trouble defeating your players.

Surely, our Editor-in-Chief, Giorgio Gandolfi, is a person who never stops moving in his never-ending quest to better understand the game of basketball. After having just recently published "NBA Coaches Playbook: Techniques, Tactics and Teaching Points" with publisher Human Kinetics in the United States, he has come out with another book, his fourth to be published in the land of the National Basketball Association. This



*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.*



time around his publisher is McGraw-Hill, one of the most prestigious publishing houses, and one that, surprisingly specializes in books about big business and science. Sometimes, however, they bring out books about sports.

This time Gandolfi's focus is on the changing world of basketball, from a strictly US-centric game to one that now has strong international influence. You see that in the subtitle of his book: "The Complete Book of Offensive Basketball Drills: Game-Changing Drills from Around the World."

Gandolfi certainly knows his basketball, and not only in Italy. Earlier in his career he organized basketball camps and clinics for players and coaches for the sneaker company, Converse. These popular gatherings were held not only throughout Europe, but also in South America and China. In addition to attending dozens of coaching clinics in the U.S. over the span of three decades that were organized or attended by a Who's Who of Hall of Fame basketball coaches, Gandolfi also found time to

coach a local team in his home town of Cremona, the picturesque city that sits on the banks of the Po River in northern Italy.

"The Complete Book of Offensive Basketball Drills" is, as the title says, complete. Packed within its covers are 272 pages of innovative drills that the most famous coaches in the world have used to build their offensive strategies. The 150 drills Gandolfi has selected from the world's masters for his book are all well explained and nicely illustrated, and offer the first-time coach, as well as the veteran, plenty of workout ideas for their teams.

In 13 chapters, Gandolfi provides basic footwork and cut drills, ball handing drills, dribbling drills, shooting drills, passing drills, as well as drills for perimeter and inside players. There are also chapters on proper court spacing, setting screens, running the fast break, and drill for rebounding.

Gandolfi ends his excellent book with the top international coaches offering readers their favorite offensive drills. Here you will find the drills of Ettore Messina, head coach of Real Madrid (Spain); Dirk Bauermann, head coach of the German National team; Sarunas Marciulionis, founder of the Marciulionis Basketball School in Vilnius (Lithuania); Sergio Scariolo, head coach of the Spanish National team, and winner of 2009 FIBA Euro Basket and of Khimki Moscow (Russia); Dusan Ivkovic, head coach of the Serbian National team, and Jose Vicente "Pepu" Hernandez, former coach of the 2006 world champion Spanish National team.

My advice: If you want one book that has all the drills you need to try to help improve the offensive skills of your players and team, Gandolfi's "The Complete Book of Offensive Basketball Drills" is the one to get.

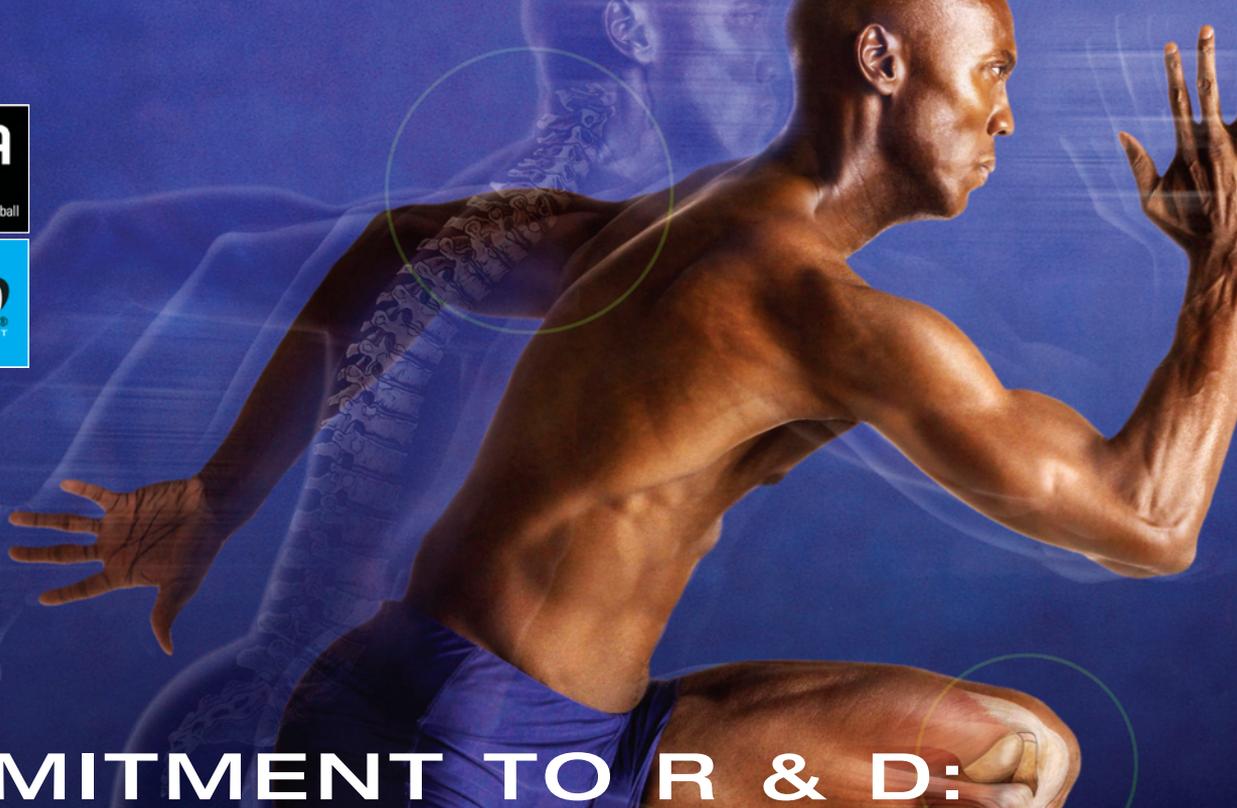


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by Richard Stokes

# EIGHT QUALITIES OF A GREAT REFEREE

Richard Stokes became a FIBA referee in 1993 when he was 25. He officiated in all European competitions until 2005 when he joined FIBA Europe's Competitions and Referee Department and is currently an instructor and clinician in Europe.

There is no doubt that Europe currently has some of the best referees in the world and that is reflected by the nominations that they receive on a global level. The strong club and national team competitions demand the best job from our team of referees week in week out. Since joining FIBA Europe in 2005, I have had the opportunity to witness at first hand the different personalities, styles and qualities that exist within our team of officials. Everyone has their own personality and it is important and sometimes necessary that the personality of the referee be seen on the court. However, the focus of the game should always be the competitors. The officials should never be in the spotlight or be the focus of the game. When looking at the top officials that exist in Europe, they will probably all possess the following qualities.

## INTEGRITY

A great referee is a guardian of honesty in each basketball competition. The referee must of course maintain a complete absence of bias. Nowadays we have seen that sports managers, coaches and now even referees in other sports such as soccer have been involved in illegal activities. However, in general, referees are rarely accused of any kind of dishonest or deceitful conduct. If you aspire to be a great referee, you must never put yourself in a position where your integrity could be questioned. It can take many years to build up an image of high integrity; however, it may take only one action or mistake to destroy that image. If there is ever any possibility of a conflict of interest, never put yourself in that position or, if there is any chance that



your integrity can be questioned through an action, don't do it.

### PHYSICAL FITNESS

It has long been recognized and proven, that there is a direct connection between your physical condition and your mental state. If you become physically tired during, or especially towards the end of a game, then your level of concentration will also suffer, or decline. The modern professional players are in great shape and so the referee must also be in good

shape, to keep pace with the game for all four quarters. Games can be decided in the last quarter or of course even in the final seconds. It is really impossible for a referee to make mistakes at the end of the contest, which may affect the outcome of the game. Your fitness will have at some stage, a direct effect on how you perform in a game whether the effect is good or bad, will depend on the investment an official has made in his fitness. Nowadays, the preparation and training that should take place continues

throughout the season or even during the tournament in different forms. Referees should of course work in the off-season to be in shape, and continue this work whilst they are also officiating throughout the season. in shape for officiating; don't use officiating to get in shape, or to stay in shape!

### HUSTLE

Officiating is game of angles, positioning and movement. This is true for the players and should also therefore be the same for the referees. Hustle describes this movement to a position on the court. There is no connection to speed and meaningless motion. Being quick and running a lot does not necessarily make you a good official. Every great referee moves efficiently to be in the right place at the right time in order to see the spaces between the players. It's the only way to see the whole play, from the best angle, to see the spaces means that you can also make good decisions on the responsibility for contact and then have a good chance to make the correct decision. Hustle also means that your movement in dead ball situations such as moving to the table to a new position, should not be done whilst walking. Move efficiently and with a purpose and keep the game moving with your hustle.

### JUDGEMENT

Great judgement can be a result of effort and experience. Few officials are born with it and many have to work hard at it. Therefore, it can also be described as an instinctive ability to apply the principals of advantage/disadvantage. When you see a play, in almost every case, if there is no advantage gained and if no player has been put at a disadvantage, there should be no call. Simply put: "Don't stop the music."

### COMMUNICATION

This really means, "Can you deal with people?" Can you deal with coaches, players and even co-officials during the game? Communication can be accomplished in many ways and in most cases the situation will dictate your appropriate response. Sometimes a simple response to the question, a one word answer, or even a look can communicate effectively what is needed at a particular time. Saying the right thing to the right person at the right time can help one avoid potential problems in a game. Communication is also the knowledge of when it is best not to say anything - or to be quiet! When communicating, treat





use of good criteria, will help your game control and management.

**COURAGE**

Regardless of the situation, personalities involved, pressures from the crowd, media or possible repercussions, great referees place fairness above all other concerns. They act courageously and according to the dictates of that value. Have the courage of your convictions? Or have you got the strength (or guts!), for tough, but fair decisions.

**COMMON SENSE**

Of all the qualities a referee must possess, common sense is the most important. That which is fair and right should always take precedence in every contest. Common sense ensures that fairness, understanding, and the best interests of the game are foremost in the mind of the referee. If you truly understand the spirit and the intent of the rules, common sense will guide you well. Plenty of game situations develop that are not specifically covered by rules or mechanics. That's when common sense must take over. What is fair or what is right, is what should be done. Common sense goes hand in hand with Communication and dealing with coaches and players. It helps determine how to handle a tough situation and for example, whether a technical foul should or should not be called.

This last point is perhaps the non-written factor in officiating that is most important. It is not in a rule book, a manual or even available in a shop. But it is about thinking calmly and logically about what is right for the game and the participants.

**SUMMARY**

Of course there may be other factors that determine people's opinions on whether a referee is good, such as presentation or appearance, or even the language that is spoken. These attributes probably will not have a direct affect on how the game is managed, although there may help of hinder to create a good first impression. The participants will make judgments of the management of the game, the ability of the referee to understand and appreciate what is taking place, and also a good recognition of exactly what the contest means to everyone involved. Without this and the qualities mentioned here, referees will be at a disadvantage compared to their colleagues who are able to do so and have these qualities.

people as you would wish to be treated yourself.

**CONSISTENCY**

This is what every coach wants and your almost always hear it from the sideline in any game. Unfortunately you cannot buy this in a shop! Younger officials have more difficulty with consistency than any other quality, mainly because they lack the experience to know when they are being inconsistent. However, you only gain experience through making mis-

takes. Everyone has difficulty at some time with consistency, but the great referees are relentless in their judgment. The great officials see and call a game better than their colleagues because their feeling for game and for what is right, is better. If the coaches and players believe that the official is consistent, they will adjust accordingly. Inconsistent decisions on similar plays will create negative behavior and poor sportsmanship among players and invite criticism from coaches. Consistent officiating and

# 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. A2 is dribbling the ball while being closely guarded in team A's backcourt. At the same time, A4 remains in the opponents' restricted area for more than three seconds. Has A4 committed a three-second violation?
2. A7 enters the game to replace A3. Before the clock can again start following the substitution, a technical foul is committed by A7. This is A7's fifth player foul. The only team A substitute available is A3. May A3 re-enter the game to replace A7?
3. A shot for a goal by A3 is on its upward flight when it is touched by a team B player. The ball is then on its downward flight with a reasonable chance of entering the basket when it is tapped away by B3. Has B3 committed goal tending?
4. A5's last free throw is successful. On the resulting throw-in, the ball is touched but not controlled by A4 on the playing court. Shall the game clock be started when the ball touches A4?
5. A shot for a goal is in the air when a double foul is committed by A2 and B2. The shot is successful. Shall play resume with an alternating possession throw-in?
6. During the last two minutes of the 4th period, A2 commits a three-second violation. Team A then requests and is granted a time-out. When play resumes, shall the resulting throw-in of team B take place at the centre line extended, opposite the scorer's table?
7. A2 scores a field goal, after which technical fouls are committed by A4 and B4. After the fouls have been properly reported to the scorer, shall play resume with a team B throw-in at the endline behind the team B basket?
8. The ball is within the basket as a result of an A3 shot for a field goal when A1 contacts the ball. Shall the ball become dead immediately?



9. During an alternating possession throw-in for team A, a violation is committed by thrower-in A3. Team B is awarded a throw-in as a result of the violation. Shall team B be entitled to the next alternating possession throw-in?
10. A4 is awarded two free throws. The last free-throw is successful. After the last free-throw but before the ball is at the disposal of a team B player for the throw-in, team A requests a time-out. Shall the time-out be granted?

## ANSWERS

1. No (Art. 26.1.1)
2. Yes (Art. 19.2.4)
3. Yes (FIBA Interpretation, Art. 31, Statement 4)
4. Yes (Art. 49.2)
5. No (Art. 35.2)
6. No (Art. 17.2.3)
7. Yes (Art. 42.2.7)
8. No (Art. 31.2.4)
9. Yes (Art. 12.4.7)
10. Yes (Art. 18.2.4)


**FIBA**

We Are Basketball



by Amanda Carlson

# THE TEN NUTRITION RULES TO LIVE

**Director of Performance Nutrition for Athletes' Performance and Coreperformance.com. A registered dietitian, earned her bachelor's degree in Nutritional Sciences with a minor in Chemistry from the University of Arizona, then went on to complete a master's degree in both Sports Nutrition and Exercise Physiology from Florida State University. At Athletes' Performance, she works directly with the nutrition team and also coordinates research efforts to help Athletes' Performance stay on the cutting edge of sports science.**

Nutrition is something that affects every athlete, yet every athlete eats for completely different reasons. As a basketball player, putting thought behind what goes into your mouth can do wonders for health, but most importantly, performance. The thought process behind choosing the right foods or combinations of foods seems to be the most paralyzing for most athletes. There are so many different opinions, ways of doing things, answers to weight loss, answers to weight gain everywhere you turn that it can become confusing to a point where acting on good intentions seems to halt. By no means do I want to downplay the complexity of nutrition, but what does all the science matter if you don't change the way you eat?

After years of working with professional athletes in a variety of sports, including basketball, we break down our methodology into "10 Rules to Live by" that can be simplified to five categories: eat clean, eat often, hydrate, recover, mindset. These five categories will allow us to assist our athletes in streamlining their healthy and performance eating efforts. These are not exact recommendations, but are the first steps in choosing the right foods to fuel the game you play.

**Come Back to Earth.** This simply means to choose the least processed forms of foods, specifically carbohydrates, when



building the majority of your meals. Typically the less processed the foods and the closer the food that you are eating is to its natural state, the better it will be for you. An easy way to do this on the carbohydrate side of things is to simply look at the label and the amount of fiber that is in the product. If the product has at least three grams of fiber or more per serving, it is a good choice. The average athlete gets about 15 grams of fiber per day, which is far below the recommendation of 25-35g per day. Carbohydrate is your



body's number one fuel source, so you want to make sure that at each meal, 50% of what is on your plate is some type of carbohydrate while fiber helps to stabilize your energy levels and give you more efficient forms of fuel. If you feel energized, recover fully, are at a healthy performance weight, and are performing, you are probably eating the right amount of carbohydrate.

**The Less Legs the Better.** Protein is a critical part of the diet for the athlete, specifically the type and the amount. When focusing in on the type of protein, typically the less legs the animal has before you actually consume it, the better the source. Fish, turkey, and chicken rank high. You need to be more selective with dairy, red meat, and pork products. Low-fat dairy, lean cuts of pork and beef, and grass fed four legged animals are best. As a basketball player, you are at the high end of protein needs. You want to consume about 0.8 – 1.0g of protein per pound that you weigh. Protein keeps your metabolism going strong, can help to increase the satiety of meals, helps the body maintain muscle, and should be included as part of your recovery meal or snack. Splitting the total protein intake over the course of the day by including some in each meal will help to ensure absorption and utilization.

**Eat Fats That Give Something Back.** Diets too low in fat can be detrimental to basketball players; however, diets too high in fat (as with anything) will lead to increased fat accumulation. It is recommended that 20 – 30% of the total calories come from fat. The best types of fats to include are raw nuts, seeds, olive oil, nut butters, and fatty fish. The forgotten fats in the US are the essential fatty acids, specifically the omega-3 fatty acids. These fatty acids help with decreasing inflammation and due to their essential nature, must come from the diet. Those who do not consume fish 2-3 times per week may want to consider supplementing with fish oil.

**Eat a Rainbow Often.** The vitamins and minerals that our body's need naturally come from the foods that we eat, specifically fruits and vegetables. Eating a variety of fruits and vegetables in a multitude of colors will help to ensure that you are getting the variety of nutrients that you need. Some of the best fruits are blueberries, blackberries, raspberries, strawberries, granny smith apples, sweet cherries, and black plums. The best vegetables are to reach for are stewed tomatoes, dark leafy greens, and anything that is rich in yellow, orange,

and red color. It all sounds so simplistic, but still the average athlete only consumes about three servings of fruits and vegetables per day. The athlete that eats more fruits and vegetables gets more of what the body needs to speed recovery, improve energy production and help to improve the immune system.

**Three for Three.** Eating consistently maintains energy levels, keeps the body in a fed state, and prevents mood swings and binging. Keeping the body fueled will prevent extreme hunger, which will make healthier food selection easier. Combining the three main nutrients (carbohydrates, protein, fat) every three hours (hence the three for three) will keep you fueled and keep you on track. Planning out meals and snacks ahead of time will ensure that you stick with your fueling regimen. Keeping healthy snacks, bars, and ready to drink meal replacements with you at all times will ensure you have fuel on hand to keep you going.

**Eat Breakfast Everyday.** There is a lot of debate on why this is important, but I still believe that eating breakfast everyday is critical and find it to be an absent habit for most of us. "There isn't enough time," "I'm not hungry in the morning," and "it's too complicated" are common phrases I hear. Breakfast does not have to be buckwheat pancakes and an egg white omelet. Breakfast could be a blend of yogurt, high fiber cereal, a scoop whey protein, and frozen berries mixed together or simply whole wheat toast, peanut butter, and a banana. Eating breakfast will give the body the fuel it needs, jumpstart the metabolism, and set you up to consume the number of calories they should be eating throughout the day.

**Hydrate.** Dehydration = Decreased performance. You should have the goal of drinking while training and playing to prevent a 2% loss in fluid and an extreme disruption of electrolyte balance. To do this you need to ensure that you are hydrated before you step onto the court or into a training session. A case study performed at Athletes' Performance in 2008 found 98% of our athletes to be dehydrated prior to their am training session. When you think of hydration you need to think of it in terms of all day and during training. We recommend drinking ½ oz to 1 oz per pound of body weight per day. Fluids should consist of primarily water and other naturally low or non caloric beverages, followed by 100% fruit juices (depending upon calorie requirements). In order to prevent dehydration during exercise, you should create an individual approach to minimizing fluid loss dur-



ing training by weighing in and out of sessions and tracking how much fluid is consumed. A general place to start is to drink 17 – 20 oz prior to exercise, 7 – 10 oz every 10 – 20 minutes during exercise, and 17 – 24 oz for each pound lost during exercise. During times of intense activity, extreme temperatures, and long duration, a carbohydrate electrolyte beverage is optimal in addition to water because it is imperative to replace fuel and the fluid and salts lost from sweat.

**Don't Waste your Workout.** Even with the abundance of research available on the benefits of post workout nutrition, I still see athletes skipping the recovery meal

or snack. As a basketball player, this is hands down your most important meal of the day. The mindset of many still involves a hesitation to consume calories after just burning them. In order to optimize the benefits of a training session and jumpstart recovery for maximal gains, it is critical to consume a post workout recovery meal that blends both carbohydrate and protein as quickly as you can after training, playing or practicing. It is important to get this meal, shake or bar within 45 minutes after stopping your activity. This recovery meal should contain around 25-45 g of protein (depending on size, the bigger you are the

more protein you need) and at least 2 times the amount of carbohydrate in relation to protein. So, if you have a shake with 25 g of protein you need to make sure you get 50-75g of carbs with it. By consuming this snack, meal, shake, or bar that hits your protein and carbohydrate requirements as quickly as possible after training, fuel repletion, muscle mass gains, performance at your next session or game and immune function will be optimized.

**Supplement Wisely.** There are so many supplements on the market that it becomes difficult to decipher which ones are needed. Supplements should “compliment” what you are currently eating and how you are training and a mentality of food first supplement second should be employed; however, there are a number of situations that warrant a basic supplementation protocol. For example, athletes who do not get the recommended three servings of fatty fish per week should consider supplementing with an Essential Fatty Acid supplement. Those who do not eat the recommended amount of fruits and vegetables should be taking a multi-vitamin. Supplements that reach beyond that scope can be taken, but should be chosen only after an evaluation with a doctor and dietitian. When choosing any supplement, make sure that it has a Good Manufacturing Practice and is certified to be banned substance free.

**Get Back in the Kitchen.** In a world of convenience, travel, and life on the go, we turn to restaurants, fast food, and “quick” food for our nourishment. Restaurants, regardless of the type, do not take into consideration your calorie needs or your health when deciding upon their menu. Eating out is tricky as the majority of items are oversized and have significantly more fat and calories than similar dishes made at home. At the end of the day, if you really want to maximize your body composition, hit your nutrient and calorie goals, and just eat cleaner, you or a personal chef who is fully aware of your needs and goals are your best ally. The more you can prepare your own food, the more control you will have in the nourishment of your body.

When it comes down to nutrition, there is not one answer, one magic pill, one supplement, or one tip that will give you the results you are looking for. It involves taking the 10 tips above, creating “Perfect Days”, and mastering the consistency of implementing the strategies listed above into daily life until it becomes a habit. So, how are you doing?

# DESTINATION TURKEY 2010

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by Alan Stein

# BEING STRONG WHEN IT COUNTS

**Alan Stein is the former co-owner of Elite Athlete Training Systems, Inc. and the Head Strength & Conditioning coach for the nationally renowned Montrose Christian Mustangs boy's basketball program. Alan brings a wealth of valuable experience to his training arsenal after years of extensive work with elite high school, college, and NBA players. He is a sought after lecturer at basketball camps across the country and is regularly featured in publications such as the Winning Hoops, Time Out, Dime, American Basketball Quarterly, Stack, and Men's Health.**

Your effort and dedication as a coach, combined with the information in this article, will help you implement a sound and productive in season strength training program. In order for your team to reach its true potential on the basketball court, they player must maintain the strength they built throughout the entire off season.

As obvious as it sounds, strength training is still a greatly underestimated aspect of preparation in many programs and often a much neglected component during the actual playing season.

Just remember, your players are not olympic lifters, power lifters, or bodybuilders, so they need not train that way. A safe, time efficient and productive in season program can take as little as 20 minutes twice a week!

The primary purpose of a strength training program is to reduce the occurrence and

severity of injury. Basketball is very physically. Making the muscles, ligaments, and tendons of the body stronger will lessen the occurrence and/or severity of an injury (such as a pulled groin or rolled ankle), and keep your players on the court. Further, you will improve their performance on the court.

The stronger your player is the more force they can produce; the more force they can produce, the higher they can jump and the faster they can run. Most importantly, strength is an attribute that can quickly diminish. In as little as 3 weeks your players may have a noticeable decrease in strength. That means every week that goes by, your team is getting weaker. Come playoff time your team will be physically at their weakest when you need them at their strongest!

*"It is better to look ahead and prepare than to look back and regret."*

There are as many different strength training methodologies as there are ways to run a full court press or a fast break. Regardless of what you choose, safety, time efficiency, and intensity should be the backbone of your strength training philosophy. Your main focus during the season should be to maintain (if not improve) each player's overall muscular size and strength. Your in season program should address their major muscle groups (legs, hips, core, and upper torso) as well as paying special attention to the most injury prone

areas: ankles, knees, groin, lower back, and hands. Your goal as a coach should be to minimize risk within the training atmosphere. You should only use the safest exercises available, and do your best to make sure that all workouts are properly supervised. Players should always perfect exercise technique and form prior to utilizing additional resistance or weight.

Additionally, players should perform every movement in a slow, controlled, and deliberate fashion, with special emphasis focused on the lower portion of each lift. Lastly, your players should work within an appropriate repetition range (8-15 reps for most high school and college athletes) and avoid maxing out (seeing how much weight can be lifted in one repetition), as these practices can be very dangerous.

Time is a precious commodity for both you and your players, especially during the season.

Therefore, the goal of your in season strength program should be to get the best results possible in the shortest amount of time. You should use a limited number of sets and exercises during each workout (1-2 sets per exercise), while minimizing rest intervals (very little rest in between sets) to induce an overall conditioning effect. This will make each workout brief, but intense!

Intensity is the most important controllable factor in determining the results for your



players. Below a certain level of intensity, strength training will have very little benefit. I define intensity as the level of effort exerted by the individual being trained. If a player is capable of lifting 100 pounds 15 times and they stop at 10, the exercise was clearly not as intense as it could have been. Therefore, it is recommended that each set is taken to the point of momentary muscular fatigue - the point at which no additional reps can be completed.

As you can see, there is not much difference between your off season strength training philosophy and your in season philosophy, with the exception of the volume. Given your players will be practicing and playing almost every day (at high levels of intensity) and will be in a constant state of fatigue from November to March, it is recommended you decrease the volume of each workout to reduce the overall wear and tear on their bodies. Do fewer sets and less total exercises, especially for the lower body.

While you certainly want your program to have balance, and work all muscle groups, the core is extremely important to staying injury free and performing well on the court. The core consists of the abdominals, low back, oblique's, and hips, and is the



center of all movement, which means core training is extremely important for basketball players.

A strong core may help prevent hip and lower back injuries (which are especially common among taller players). If a player performs a basketball push-up, he not only strengthens the chest, shoulders, and triceps, but is a great core exercise too! Manual resistance exercises are a fantastic tool to use during the season, as they

require no equipment, can be done anywhere (which is great when your team is traveling), encourage communication among players, and are a very effective way to build and maintain strength.

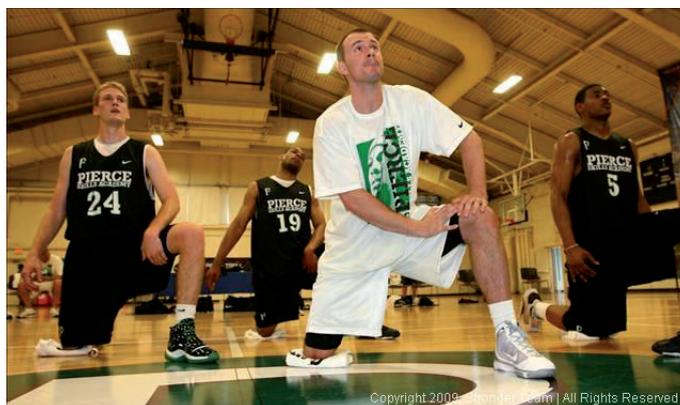
Manual resistance exercises are strength training exercises in which a partner or coach applies the resistance instead of using weight, such as traditional barbell, dumbbell, or machine. It is important to make sure that you and each member of your team understands the concept of manual resistance, so that the exercises are as productive as possible.

Further, it is important that your team performs these exercises correctly, learning to apply resistance evenly throughout the entire range of motion, and making sure that there is resistance on both the positive and negative portion of exercises.

The responsibilities of the lifter include performing slow and controlled repetitions, pausing at full contraction, and giving constant tension through a full range of motion.

More specifically, this means that they need to "push or pull" against the tension the spotter provides on the positive part of the movement and "resist" against the tension on the negative portion.

A common mistake many players make is not resisting during the negative of exercises. The responsibilities of the spotter include applying variable resistance through the entire range of motion and making sure the lifter keeps good posture.



## SAMPLE IN SEASON STRENGTH TRAINING WORKOUT:

**Basketball push-ups**

**Pull-ups**

**Manual resistance lateral raise**

**DB standing shoulder press (groin)**

**Manual resistance rear deltoid**

**Seated row**

**Dips**

**Barbell curl**

**Plate pinchers (grip)**

**Forward & lateral lunge**

**1 legged DB squat**

**1 legged leg curl on physio ball**

**Manual resistance hip adduction**

**1 legged DB calf raise**

**Basketball plank hold (core)**

**Basketball woodchoppers (core)**



# HALL OF FAME INDUCTEE GONZALEZ REFLECTS ON PAST, LOOKS AT THE PRESENT

Argentina have a rich history when it comes to international basketball. One conversation with Ricardo Gonzalez, who was last week inducted into the FIBA Hall of Fame, makes that very evident.

A guard on the national team that won the inaugural FIBA World Championship in Argentina 59 years ago, Gonzalez had some interesting thoughts on basketball as it was when he played, and as it is now. He spoke to Cindy Garcia from FIBA.

**FIBA:** You must be thrilled to have been inducted into the FIBA Hall of Fame.

**RICARDO GONZALES:** Many years have gone by and it's very gratifying and I feel extremely happy.

**FIBA:** Ricardo, you had many successes you playing career. Is there one specific achievement that stands out?

**RICARDO GONZALES:** The World Championship in 1950. Many of my teammates are still alive and we still manage to see each other. That was the most important. There are others, to have gone to the (1948) Olympics in London and to (1952) Helsinki where we finished fourth - it was also a beautiful thing. There was the Pan American Games in Mexico where we played against the United States and beat them (laughs). In reality, we must have played 10 times against the United States and I'm pretty sure we had more triumphs than they did. It was an honor and we felt extremely happy.

**FIBA:** How has basketball changed from the time when you played to now?

**RICARDO GONZALES:** It gives me happiness. Nowadays players, whether they are in the NBA or are playing in Europe, they have the good fortune of being able to assure themselves of their future from a financial standpoint while at the same time



being able to do what they love doing. The players are happy and they are good boys. They all do a lot for the youth. They create foundations. They are able to take children that are on the streets to attract them to the sport. But, I think that is the most fulfilling thing because money comes and goes. To be able to give a chance to children who have no possibilities and with their help, they can go on to realize their dreams, I find that admirable.

**FIBA:** Basketball for you must have opened many doors in terms of traveling, getting to know other cultures. Is that true?

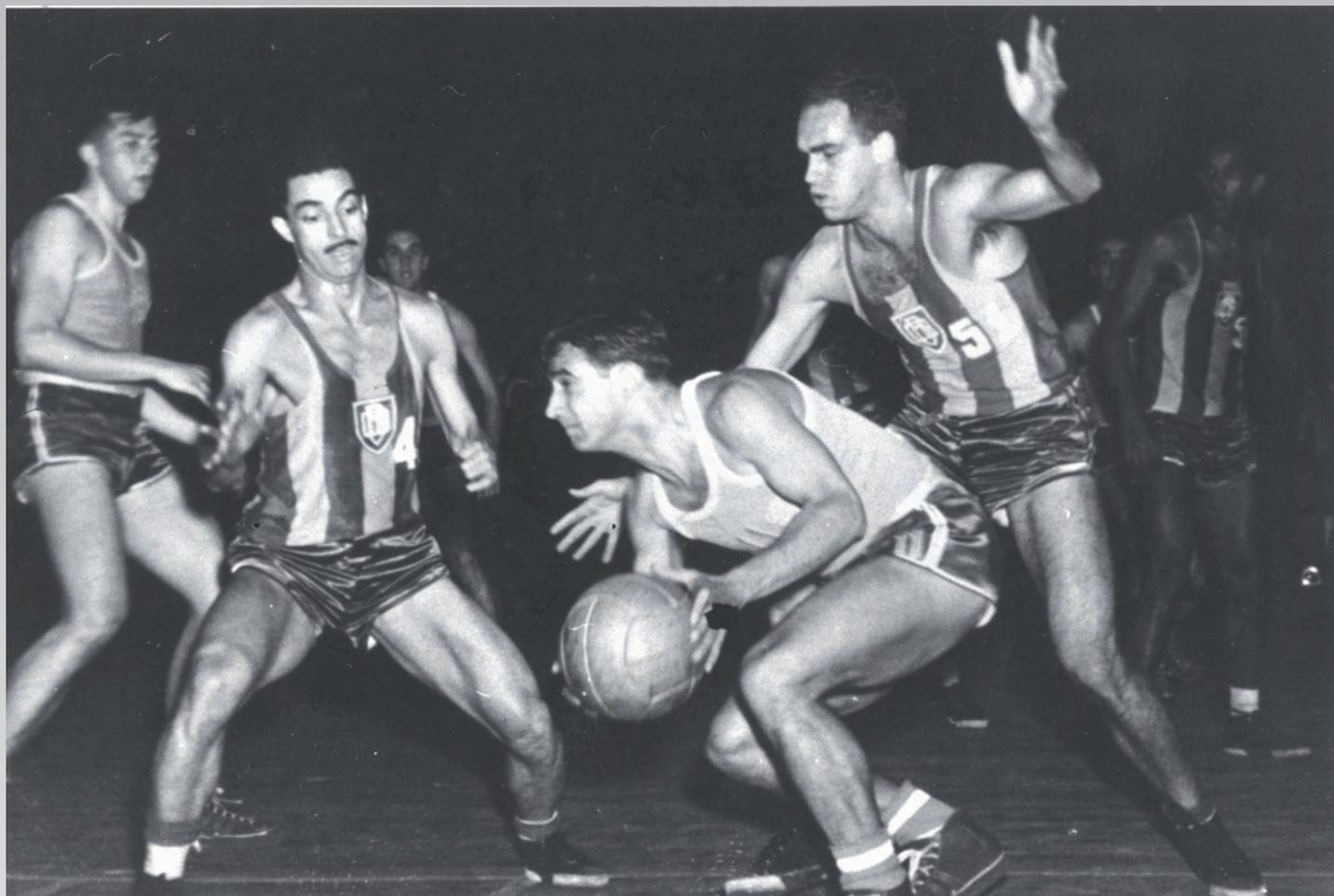
**RICARDO GONZALES:** One has the privilege to have been able to travel, to get to know the world. I was lucky to have played in two Olympic Games, in London and Helsinki. With my club (Argentinian club Palermo), I went all over Spain. We also went to Italy, we went to France. I traveled around South America, Mexico. It was a great experience.

**FIBA:** What is your opinion about the bas-

ketball team of Argentina now and basketball as a whole in the country?

**RICARDO GONZALES:** There were many players that weren't able to take part in the 2009 FIBA Americas Championship in Puerto Rico. Of our top 10 players, the only one able to join the team was Luis Scola. The others weren't able to come, for various reasons which I don't understand because of the clubs - (Manu) Ginobili is coming off an injury, (Andres) Nocioni was struggling. Fortunately, we were able to qualify (for the 2010 FIBA World Championship). I had the hope that if we hadn't qualified that the host country (Turkey) would actually invite Argentina to the World Championship based on our recent good results. But instead now, we are calm because we have qualified. The players that we had in that team were good, perhaps not as good as the ones that weren't there. But they were good. It's a good team. It's a little bit like the Spanish national team. You might be missing one or two players and the team might feel their absence, but they always man-





age to find a replacement because the core of the team is always there.

**FIBA:** You have watched many games. Is there a player that you identify with, that reminds you of you when you played?

**RICARDO GONZALES:** In terms of position, Juan Carlos Navarro of Spain reminds me of me because I had the same role in the Argentina national team as he has for Spain.

**FIBA:** What was your opinion of the EuroBasket?

**RICARDO GONZALES:** I thought the quality of play was marvelous. Europeans and South Americans may have 20 quality players, and the Americans might have 100. But in a game, it's five against five. It goes to show how basketball has a level playing field across the world and that has been proven time and time again. Before, the synonym of basketball was the United States whereas now you see for example a team like Serbia, so young and so talented – today we can say there are a lot of synonyms for basketball.

**FIBA:** Did you remain involved with basketball in any way?

**Ricardo Gonzalez:** I have been linked to the club where I finished my career. I was coach, which I did for many years. I am an executive at the club. There are many basketball clubs in Buenos Aires. Many are like neighborhood clubs but most have a lack of resources. Our club, for example, is not lacking in resources. We have enough, but not too much. It's sufficient. We have a gym in an area called Palermo. The important thing is that these clubs are able to help the community. That is our main aim. In Buenos Aires, it is very difficult to maintain a basketball neighborhood club. Before, it used to be easier. If you look at it, the majority of players now come from the interior of the country because the big cities are aggressive and the boys don't go to the clubs as we used to when we were young. They have other things to do whereas in the small villages in the interior, children still go from school to the club. All of the players that we have now, they come out of small clubs.

**FIBA:** Is there a player that you admire in the national team?

**RICARDO GONZALES:** Besides the fact that he doesn't seem to have injuries, Luis Scola has such a will. He lives basketball

with such intensity that it is spectacular. I remember that in my time, we used to train three or four times a week. We would go to the club on the Saturday and on the Sunday you would play the game. He reminds me of that kind of player, bearing in mind that he is a professional and that he needs to look after himself. I think he is a player that wherever he is invited, he'll go and play.

**FIBA:** What kind of emotions do you feel when you watch a game of basketball?

**RICARDO GONZALES:** I love it. It makes me feel as though I am there, playing. I love to see them play because the majority of players are very humble. They give everything on the court. In my times, it wasn't possible to spend a lot of time on basketball because we had to work and you could only devote two or three hours a day, if you could. They are very fortunate to be able to spend all day doing what they love doing, which is the most important thing. They are doing what they love. That is a privilege and fortunately, they are able to take advantage.

FIND MORE INTERVIEWS ON [WWW.FIBA.COM](http://WWW.FIBA.COM)



# THE WORLD IN BRIEF



## FIRST WAVE TICKET SALES OF THE 2010 FIBA WORLD CHAMPIONSHIP ZONE 1 TICKETS SOLD OUT

The first wave of the online ticket sales of the 2010 FIBA World Championship has been very successful. The official ticketing agency Biletix/Ticketmaster announced on 30th September, that Zone 1 tickets of the first wave that started on 18th August 2009 are already sold out in Ankara and in Istanbul. Preliminary Round Packages and options of Turkey and U.S.A. in Zone 1 are also sold out. Fans will have another chance for those best tickets in the second and following waves. The second wave will start on 2nd November 2009.

In order to accommodate the huge request from fans from abroad, the first wave of the ticket sales has been extended to 15th October 2009 and fans can still buy the remaining first wave tickets until then. Package prices range from 35 to 150 Euros.

It is the first time in the history of FIBA events that ticket sales started as early as one year before the event. Tickets are sold exclusively online through the official agency Biletix/Ticketmaster.

Details about the ticket sales can be followed on "turkey2010.fiba.com/tickets" The four teams which will participate in the FIBA World Championship with a "wild

card" will be decided during the FIBA Central Board Meeting in Istanbul on 12th-13th December 2009 and the precise tournament schedule will be finalised after the draw on 15th December 2009.

## CHINA, KOREA AND JAPAN QUALIFY FOR CZECH REPUBLIC 2010

The three teams from Asia that qualified for the 2010 FIBA World Championship for Women in the Czech Republic are China, Korea and Japan.

In the Final of the FIBA Asia Championship Ma Zhengyu came off the bench and reeled off 16 points as China powered ahead to score a 91-71 win over defending champions Korea.

China, thus won their 10th gold medal in FIBA Asia Women Championships, regaining the top place after losing it to Korea in Incheon two years ago.

Bian Lan, adjudged the MVP of the Championship began to play with wonted fervour and Chen Xiaoli began to move in tandem and China's grip on the game grew manifold.

Chen Nan, awarded the Best Centre award later,

started to exercise control of the boards – she collected a total of nine boards of the game – and China gradually built their lead.

The 2008 Beijing Olympic semifinalists led by as many as 23 points in the fourth quarter.

Chen Nan topped the scoring for China with 17 points and Bian Lan chipped in with 13 points and five assists.

Chen Xiaoli had 13 and Zhang Fan added 11 to the Chinese all-round show.

Beon Yeonha had a staggering game-high 29 points for Korea and Jung Sunmin played with characteristic composure for her 17.

"I think it was a tribute to the hard work the girls had put in the entire championship," said China coach Sun Fengwu. "We were determined to do well and that's what carried us through," he added.

A powerful performance midway through the first half – interrupted only by the first quarter break – helped Japan outsmart Chinese Taipei 72-57 and retain their bronze.

The Fumikazu Nakagawa-trained team

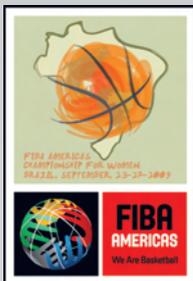


from the Land of the Rising Sun thus bagged the third berth available to represent FIBA Asia in the 2010 FIBA World Championship for Women.

"We had our ups and downs in this Championship, but we have finished on an up," gushed Nakagawa. "A few plans and a few didn't, but what I am happy about is that the plans for the most crucial game worked," he added.

#### Final Standings

1. China
2. Korea
3. Japan
4. Chinese Taipei
5. Thailand
6. India



#### BRAZIL WITH GOLDEN PERFORMANCE AT HOME

Brazil won the Gold medal at the FIBA Americas Championship for Women after defeating Argentina 71-48 to finish the tournament in Cuiabá,

Brazil in front of over 9,000 fans. Canada reached the podium and the third spot for the FIBA World Championship for Women in the Czech Republic (23 Sept – 3 October 2010).

Silvia Gustavo led Brazil with 18 points, Fernanda Neves 13, Alessandra Santos 12 and Adrianinha Pinto 9 points with 8 rebounds.

The Brazilians had a rough start, making just one field goal (3 point) in the first quarter to finish down 13-7. Argentina had Erica Sanchez with 6 points and Brazil had



Karen Gustavo and Fernanda Neves with 3 points each. Brazil shot 1-13 from the field and made four free throws in the first ten minutes.

Argentina didn't score for 8:09 minutes between the first and second quarter, their last basket was with one minute left in the first as Paula Reggiardo netted a three pointer. Brazil made a 17-0 run to be up 22-13 and finish the first half up 25-21. Karen Gustavo led with 7 points, Adrianinha Pinto and Jucimara Dantas 5 points each. Erica Sanchez had 12 points for Argentina.

In the third quarter Brazil defined the game as Adrianinha and Alessandra combined themselves on both sides to force turnovers and make Argentina take bad shots during the rest of the game. At the end of the third quarter Brazil had a 50-35 lead.

Helen Luz along with Alessandra, who won the 1994 FIBA World Championship, sealed the victory for Brazil in the final minutes, especially Helen who made a three pointer with 46 seconds left to send their fans into a frenzy.

At the end Adrianinha Pinto of Brazil was selected as the MVP of the tournament. The Brazilian point guard averaged 10.8 points, 4.8 rebounds and 4.6 assists in five games played.

Canada survived in overtime against Cuba to capture the bronze medal. The 69-59 triumph also clinched a spot for the Canadians at the 2010 FIBA World Championship for Women in the Czech Republic.

"We have incredible chemistry, and I don't think I've worked with a group that deserves it more," Canada coach Allison McNeill said. "We had different people step up at different times and I'm just really proud of them."

Basketball is on a high in Canada because the men also qualified for the 2010 FIBA World Championship in Turkey.

"Leo (Rautins, Men's Head Coach) has been very supportive. When you love a sport like all of our staff do, then you want the sport to be great in your country, not just for your team," McNeill said. "There is real support at all levels. I got e-mails from Cadet and Junior National Team coaches and Leo. It's good to see everybody doing well."

#### Final Standings

1. Brazil
2. Argentina
3. Canada
4. Cuba
5. Puerto Rico
6. Chile
7. Venezuela
8. Dominican Republic

#### CLASS OF 2009 INDUCTED INTO FIBA HALL OF FAME

Eleven basketball greats were inducted into the FIBA Hall of Fame in Alcobendas (Madrid, Spain) on 22nd September.

The men and women who form the 2009 class were enshrined after outstanding careers as referees, players, coaches or contributors. The 2009 inductees include Bulgarian referee Artenik Arabadjian, Spanish coaching legend Pedro Ferrández and playing greats Oscar 'Big O' Robertson of the United States, Ricardo González of Argentina and Jacky Chazalon of France. All except Chazalon were in Katowice, Poland, on Sunday to watch the last day of the EuroBasket. They then flew to Spain to take part in the ceremonies.

Posthumous inductees this year include American coaches Pete Newell and Kay Yow, Brazil basketball great Ubiratan Pereira, Swiss referee Marcel Pfeuti and Argentina's Luis Martin, a contributor. González is a national team hero of Argentina.

Among his achievements is the gold medal he helped capture for his country in



1950 at the FIBA World Championship. He made 50 appearances for his country from 1947 to 1955 and played at the 1948 London Olympics and the 1952 Helsinki Games.

"It's an honor to be inducted in the FIBA Hall of Fame," González, now 84, said to FIBA.Com. "To be recognized for my career as a basketball player is a wonderful feeling and it gives me great pride."

While he has long since retired as a player, González still feels as passionate as ever when it comes to Argentina and basketball. He watched nervously, he said, as Argentina struggled at the start of last month's FIBA Americas Championship before eventually hitting their stride and winning the bronze medal to qualify for the 2010 FIBA World Championship.

"I feared at one point that we would not make it to the FIBA World Championship but the team reacted well with Luis Scola showing again his leadership qualities," González said. Everyone in Europe has been buzzing about Robertson, who was amazing at the University of Cincinnati, with the gold-medal winning Team USA at the Rome Olympics and in the NBA.

In his first five NBA campaigns, in fact, Robertson averaged a triple-double in points, assists and rebounds. In 2000, he was named 'Player of the Century' by the National Association of Coaches.

Bill Russell, who was inducted two years ago in the first class of the FIBA Hall of Fame, was also in Europe this week to take part in the ceremonies.

**ROYAL RECEPTION FOR GOLDEN BOYS**

Spain's EuroBasket winners were welcomed home by King Juan Carlos, Queen Sofia and Prime Minister Jose Luis Rodriguez Zapatero on 21st September in Madrid less than 24 hours after their title triumph in Katowice.

Gold medalists at the 2006 FIBA World Championship, silver-medal winners two years ago at the EuroBasket in Spain and runners-up at the 2008 Beijing Olympics, the Spaniards overcame a difficult start to the 2009 event in Poland and won five straight games by an average of 19 points.



They defeated a young but excellent Serbia team in the final on Sunday night, 85-63.

"I followed the games and you have played in an impressive manner," Zapatero said at the Palacio de la



Moncloa. "Basketball gives you joy although on this occasion, there have been plenty of thrills from the Preliminary Round."

Zapatero paid a special tribute to Pau Gasol, who was voted Most Valuable Player of the EuroBasket. Gasol, who won his first-ever NBA title as a power forward with the Los Angeles Lakers in June, had also been named MVP of the 2006 FIBA World Championship. He suffered a finger injury during the preparations and missed all of the friendly games but recovered in time to lead Spain. "I thank Pau Gasol's commitment to the national team," Zapatero said. "It is exemplary. Pau, you don't know how much you contribute positively to the national team."

Zapatero then looked ahead to next year when Spain will attempt to defend their world title, saying: "We now hope that the good run continues at the Olympic Games in London but before that, we have the FIBA World Championship in Turkey, although we cannot ask you for more."

After meeting with the Prime Minister, Spain went to celebrate at the Cibeles fountain in Madrid where 5,000 fans were waiting for Los Chicos de Oro.

**Final Standings**

1. Spain
2. Serbia
3. Greece
4. Slovenia
5. France
6. Croatia
7. Russia
8. Turkey
9. F.Y.R. of Macedonia
9. Poland
11. Germany
11. Lithuania
13. Great Britain
13. Israel
13. Bulgaria
13. Latvia

**FIBA, FIBA EUROPE JOIN WITH UN IN DECLARATION FOR ROAD SAFETY**

In a Declaration for Road Safety signed during the EuroBasket 2009, FIBA and FIBA Europe joined the Polish Ministry of Infrastructure, the Polish Ministry of Sport and Tourism and the United Nations Economic Commission for Europe (UNECE) in a plea to respect road traffic rules.

The EuroBasket 2009 Declaration for Road Safety: "Because a true champion respects the rules of the game!" - draws a parallel between basketball and road safety stating that non-respect for rules results in unfairness, on the road as on the court. The consequences of not following the rules on the road are, however, much more severe and sadly, many people do not play by the rules when they get behind the wheel. In an effort to reach out to people's everyday lives, the Declaration offers a new perspective on road rules. It tries to counter the "avoid getting caught" attitude with one of respect for fellow road-users. It also summarises 7 simple rules which have proven beyond any doubt, time and time again, that they save lives:

Do NOT use mobile phones while driving.

Do NOT drive whilst under the influence of alcohol and/or drugs.

Stay within the speed limit.



Share the road safely with pedestrians and cyclists.

Wear seatbelts - every day, every time, both in the front and back of the vehicle.

Use approved child restraint systems.

Wear approved helmets while riding two-wheelers.

On a global scale, 1.2 million people die in road traffic crashes every year, with millions more injured and disabled. The Declaration makes the point that these crashes are NOT accidents but events that can be prevented through daily action and awareness. Through its Road Traffic Safety Forum, UNECE has established a multilateral legal framework for road safety which covers all factors influencing international road traffic, including the driver and the vehicle, in the Convention on Road Traffic (1968), and which prescribes common norms for traffic light signals and uniform conditions for road markings in the Convention on Road Signs and Signals (1968)

### BRAZIL CONFIDENCE NOW SOARING AHEAD OF 2010 FIBA WORLD CHAMPIONSHIP

Anderson Varejão and Brazil are celebrating a gold-medal triumph after beating hosts Puerto Rico in the FIBA Americas Championship title game on 6th September. But hopes are also high in Puerto Rico and Canada that also booked a ticket for the 2010 FIBA World Championship in Turkey. Beaten by Puerto Rico earlier in the competition, Brazil hit back with a



vengeance and led by as many as 16 points but ended up scraping a 61-60 win on Sunday with more than 10,000 fans looking on in San Juan. Carlos Arroyo had a chance to win the contest at the buzzer for Puerto Rico but his three-pointer from the right corner was off target. "It was difficult, but we were able to win and to be champions is always very nice," Anderson said. "I believe that this title is the first of a series that this generation will win." Brazil, Puerto Rico, bronze-medal winners Argentina and Canada all qualified for the 2010 FIBA World Championship in Turkey. FIBA Americas giants Team USA will also be at next year's big event after qualifying as last year's Olympic champions.

Before thinking about Turkey, the Brazilians want to savor their victory over Puerto Rico. "We knew the final would be a very difficult game," Brazil guard Leandro Barbosa said after pouring in a game-high 24 points. "Therefore, even when we built a good advantage, the game wasn't won. In the final minute, we possessed enough calm to withstand the pressure and win the first of many titles for this new team." Brazil center Tiago Splitter was extremely happy. "We managed to overcome the home team and a crowd of 10,000," he said. "Let's celebrate because we deserve it and we share this achievement with the Brazilian fans."

#### Final Standings

1. Brazil
2. Puerto Rico
3. Argentina
4. Canada
5. Dominican Republic
6. Uruguay
7. Mexico
8. Panama

#### ANGOLA, COTE D'IVOIRE AND TUNISIA EARN SPOT FOR TURKEY 2010

Angola has captured on 15th August in the Africa Union Hall in Tripoli, Libya, its sixth consecutive title in a much contested game against Cote d'Ivoire (82 - 72). It is the 10th overall title for the basketball crazy country from Southern Africa, and Angola will represent Africa as reigning champion at the FIBA World Championship for the third time in a row. The "Elephants", the nickname for the team from Cote d'Ivoire, gave the Ango-



lans a tough battle. After finishing the first quarter with a 19-15 lead, both teams went to the locker room with tight 35-34 advantage for Cote d'Ivoire. Angola took charge in the third quarter but was

never really able to pull away. The lead changed a total of 16 times, and the score was tied no less than 6 times during the game.

Angola's experience with a team that plays together in almost the same composition since 4 years made the difference.

Leading scorers for Angola were Carlos Morais with 21 points, whilst Joaquim Gomes and Olimpio Cipriano added 16 points each.

Pape Amagou led the way for Cote d'Ivoire with 18 points.

Tunisia gained the third African spot for the FIBA World Championship in Turkey in the bronze medal game in securing a 83-68 triumph against Cameroon, the surprise silver medal winners from two years ago in Angola.

The North Africans will have their first appearance at a FIBA World Championship.

"This is the biggest success for Tunisian basketball", said Coach Adel Tlatli after the game. "We do not know what to expect in Turkey, but we will do our best to present our country and the whole African continent."

The Tunisians were controlling the game all the time and went into halftime with a 40-31 lead. At the end of the third quarter Cameroon was able to pull back to 56-50, but at the end of the fourth quarter Tunisia took control.

Amine Rzig was leading the way for Tunisia with 20 points, and Cyrille Makanda was with 18 points the best scorer for Cameroon.

**Final Standings**

1. Angola
2. Cote d'Ivoire
3. Tunisia
4. Cameroon
5. Nigeria
6. Centr African Rep
7. Senegal
8. Mali
9. Rwanda
10. Egypt
11. Libya
12. Morocco
13. Cape Verde
14. Mozambique
15. South Africa
16. PR of Congo

**ASIAN CONTINGENT FOR TURKEY COMPRISED OF CHINA, IRAN AND JORDAN**

The three teams that will represent FIBA Asia at the FIBA World Championship 2010 in Turkey are Iran, China and Jordan. But it was hard-fought battle.

When Iran won the title in the 2007 FIBA Asia Championship at

Tokushima, one question remained unanswered: Could Iran have won if China had played with their full team?

The answer to that question came two years later in the form of Iran's thumping 70-52 win in the gold-medal game of the 25th FIBA Asia Championship.

Hamed EHadadi, who had scored 31 points in Iran's final triumph two years ago, was once again the leading scorer for his side with 19 points. "There's a huge difference between then and now," said EHadadi. "Playing against China's first team in China is pressure enough.

But we were determined to carry out what our coach told us," he added.

Never had any team dominated a gold medal game against China in the FIBA Asia Championship the way Veselin Matic's team did on Sunday night in front a capacity crowd – which began



to dissipate as the fourth quarter began. As a matter of fact, this was the first time China lost a gold medal game in FIBA Asia Championship history – the hosts carried an impressive 14 gold-2 bronze haul from 17 appearances into the final. "The whole idea of a final game to seize the initiative early," said Matic. "I'm happy things fell in place early for us. And we didn't lose focus after that," he added.

Wang topped the scoring for China with 24 points, but played with wonted form only in the third quarter when he scored 11 of them.

The third was the only period when Iran allowed China to keep the scoring level.

**Jordan Takes Bronze**

Ayman Idais and Rasheim Wright scythed through the rival defence during each other's slump in form to help Jordan to an 80-66 win over fellow West Asian nation Lebanon in the bronze medal play-off on Sunday.

The win helped the Mario Palma trained Jordan to book their entry into the 2010 FIBA World Championship in Turkey.

"We have been working on this for the last three years," Jordan coach Mario Palma said. "I think Jordan came into Tianjin as one of the teams capable of winning the Championship. We fell short in that, but today we were focused," Palma said.

Lebanon finished without a medal for the first time in three championships, having bagged with the silver in both 2005 and 2007 FIBA Asia Championships.

Jordan had never beaten Lebanon coming into this Championship – having lost all their three previous encounters – but in Tianjin, Jordan opened their campaign with an 84-67 win over Lebanon and finished it beating the same rivals.

"What matters is the timing of the win," bemoaned Lebanon coach Dragan Raca said.

**Final Standings**

1. Iran
2. China
3. Jordan
4. Lebanon
5. Chinese Taipei
6. Qatar
7. Korea
8. Philippines
9. Kazakhstan
10. Japan
11. Kuwait
12. United Arab Emirates
13. India
14. Uzbekistan
15. Indonesia
16. Sri Lanka

**NEW ZEALAND CLAIM SECOND FIBA OCEANIA CHAMPIONSHIP**

A sublime performance from Kirk Penney and an incredible third quarter from the New Zealand Tall Blacks has delivered them their

second ever FIBA Oceania Championship with a 100-78 victory over Australia in Wellington. Australia won the first game of the home and away series with 84-77. Penney finished with 24 points, 10 assists and 7 rebounds in a remarkable display that guided his young team to its biggest ever winning margin over its powerhouse neighbour. He received outstanding support from Mika Vukona, who at just 198cm dominated Australia's inexperienced frontcourt with 25 points, 12 rebounds and 2 blocks. Alex Pledger was also a major factor in the paint, recording 15 points and 13 rebounds to continue his emergence. Australia's shining light was the persistent play of 2006 FIBA World Championship player and Olympian Brad Newley, who finished with 20 points and 5 rebounds but could not carry his teammates to victory. Though the result of the game was beyond doubt, if Australia could bring the margin under 7 points it would retain the FIBA Oceania Championship on aggregate, but Vukona dominated the boards and was steady from the free throw line as New Zealand closed out their remarkable 22-point win. Both countries have qualified for the FIBA World Championship in Turkey next year, with New Zealand taking Oceania's first seed into the tournament.

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