

CURSO ENTRENADOR GIBRALTAR

- TECHNICAL SKILLS/**
- INDIVIDUAL TECHNIQUE**



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1. Introduction

Basketball is a team game in which every player is essential to the team. We are going to work on our players' skills to make them improve. In basketball, the way in which movements are executed is very important as we have to do it with the correct technique, taking care on the details.

OUR GOAL AS A COACH IS TO MAKE PLAYERS, NOT TO WIN

BETTER PLAYERS = BETTER TEAM

REPEAT 1000 ONE MOVEMENT = TO CONTROL THIS MOVEMENT

10.000 = TO DOMINATE THE MOVEMENT

2. Technical skills

Basketball is a sport in which different and multiple factors are involved such as the movement speed, height, shooting, great vision, strategies, among others. However, we are going to focus on the individual technique in each player and to this end we are going to pay special attention to certain characteristics thought to be relevant in order to achieve great technical mastery which are the following:

- THE PASSING
- THE DRIBBLING
- THE SHOOTING
- FAKES
- REBOUNDS
- RECEPCION
- FOOTWORK.

2.1. The passing

In the drill, we need two players who are obviously in the same team: the passer and the player who catches the ball (the receiver). If we want a safe and a good pass it will be necessary to take into consideration the following tips:

- The pass must be safe and accurate.
- The passer must pay attention to the receiver's action and if he noticed that the latter has taken the eye off the ball, the passer'd better not pass the ball.
- Pass with both hands is safer.
- The pass is safer with both feet on the ground.
- Even if it seems easy, every pass must be protected from the /offensive player.
- Slow and pumping passes are less effective.
- Each pass has a meaning so the passer knows the reasons why he does so.

In order that passes during a game are adequate, players must be concentrated on the play. The most frequent passes in basketball are the following:

a. Chest pass

Used in short distances between the passer and the receiver, it is the pass which produces better results and that's why it is the most usual and it is the basis for all the passes. The ball is held at chest height, elbows slightly separated from the body, fingers comfortably open/separated over the ball, thumbs pointing towards each other on the back of the ball. From this position, the ball goes "forward and down, backwards and up" jointly with a step forward and simultaneously the upper limb towards the pass, giving power to the ball with the wrists and fingers. The pass must be shot at the area comprised between the receiver's shoulders and hip.

b. Overhead pass

Used for distances from 3 to 6 metres. It is generally used by tall players so they can pass the ball to the pivots. Position regarding legs, hands and fingers is similar to the chest pass with the difference that the ball is not directed towards the chest but above and behind the head and from that position the boost is given. It is not necessary to step forward but the movement should continue so standing on his tiptoes. Fingers and wrists are working like in the chest pass.

c. One hand pass

It is a long pass from 6 to 12 metres finding occasions for shooting from hoot to hoot (24 metres), being more usual the baseball pass. This pass is frequently used to start a quick offense. The ball is not placed at chest height but above and behind the head and from that position the boost is given. It is not necessary to step forward but the movement should continue so standing on his tiptoes. Fingers and wrists are working like in the chest pass.

d. Bounce pass

it uses the same technique as any of the above-mentioned passes, but this pass is aimed at the floor and directed towards the receiver. These high-angle shots will be done near the receiver's feet. It is frequently used against teams with tall players and low speed.

Apart from these passes, there are some others which are not so frequent during a game such as hand –off pass and behind the back. When classifying the passes, we can find two ways:

1. With one hand:
 - Chest pass
 - Bounce pass
 - From dribbling
 - Baseball pass
 - Behind the back
2. Both hands:
 - Chest pass
 - Bounce pass
 - Overhead pass
 - Handoff

2.2. Dribbling

The fundamental principle in the management of the ball is that palms should not be touching the ball, the contact must be momentary, just at the moment of receiving the ball. Fingers are those which intervene in its management, forming with hands a concave space, like an enclosure, in which the ball must be held. In this way, the ball is held firmly and can be played when desired, preventing its movement even if arms, wrists, trunk or the whole body can move in the displacement.

In bounce the dribbling should be related to the ball management because every basketball player must have absolute ball mastery, since it is the object used constantly in the game. It is necessary to achieve that the ball is a prolongation of our body, being fully aware of its evolution when we do not have its possession, figuring out its trajectory, speed and effects.

When bouncing, it is important to bear in mind that we can do it in different ways and with a set of objectives:

2.2.1. Types of bounces:

- Dribbling to move forward or back
- Dribbling of protection
- Lateral move

2.2.2. Shift in hands, direction and rhythm

- Reverse
- Between the legs
- Behind the back
- Stop and run dribbling
- Fake during the dribbling
- Mix of crossovers

The most frequent mistakes when dribbling are

- Look at the ball
- Bouncing too weakly
- Bouncing with closed fingers
- Bouncing too high
- Not controlling both hands
- Bouncing in excess, not bouncing when pertinent
- Keep the same rhythm all the time

2.3. Shooting

It constitutes the end of all the efforts made by a team in the offensive from the moment when seizing the ball, it tries to achieve the final goal of making it pass from top to bottom, through the hoop that holds the net. The most important are:

a. Jump shot

It is performed simultaneously with a vertical jump, the shot being made when the player is in suspension and has reached the maximum height with a total extension of the body.

b. Bomba

The player flexes the legs to raise the ball following the movement of extension of the arm and to shot it, remaining in this moment in a straight line the fingers, wrist, shoulder, hip and foot of support.

c. Lay up

In certain occasions, for the player it is more effective to "deposit" the ball on the hoop. Its effectiveness lies in the realization of a large jump that allows the ball to easily pass the horizontal plane of the hoop.

Next we will see some recommendations so that at the time of making the shot we are more successful in achieving our objective, that is to say to shoot in the basket of the rival. The recommendations are as follows:

- Use several types of shooting.
- Shooting with the confidence of scoring a basket.
- The more confidence we have, the better
- Not forcing the shooting: stability and balance are needed.
- The closer to the basket, the more possibilities to success
- Attempt to shot as technically as possible
- The one with better vision of the rebound is the passer, that is the reason why he must fetch his rebound.
- Get right to the backboard, especially on the sides.
- Get concentrated before shooting.
- Choose the focus and be constant
- Not shooting hurriedly. Do it calmly and when there is a pertinent opportunity
- When shooting with one hand, it is better to use our free arm as a balance factor.
- Foul shots are of great importance in the games scores.
- Shooting from comfortable positions, with good base of support and body balance.
- Not touching the ball with our palms but with our fingertips when shooting
- Coordinate the respective flexions and extensions of legs, elbows, wrists, fingers...

The most frequent mistakes are as follows:

- Joining the feet or separating them a lot will make have little balance, besides not favour so much the boost that must be given with the legs. You have to take good care of the supports.
- Another frequent error especially in women is to join the knees, although having well placed the feet. Take care of not unbalancing, the trunk cannot be too far forward, nor completely straight, nor back.
- Do not place the elbow in line with the toe-knee axis (firing line). The most common thing is to pull the elbow out. Normally, this is produced by placing the ball on the face which, in addition to preventing correct vision, makes impossible the execution of the final wrist stroke. Logically, the wrist tries to compensate for the bad ball positions having to give strange effects.
- Another relevant problem is not putting the ball well from the beginning. If we put it too far ahead the shot will be very shallow. It is also not good to put it back, since we will have to do a lot of strength with the forearm to push.
- Catching the ball inappropriately is another problem.

Apart from these mistakes it is important to understand that in many cases a poor foot position, or a bad stop, will cause us to push forward instead of up. Whenever we push forward the trajectory of the ball will be low, and if we try to compensate it with force it will be too long, we will be removing curvature to the trajectory of the ball. There are some players who use the left hand to push the ball slightly. When separating the helping hand, the thumb impulses the ball a little. It is usually an instinctive movement to compensate for some defect in the shot.

2.4. The fake

It is the act of cheating on the contrary with a movement different from the one to be performed. It can be done either when you have the ball or when you are to receive it. In order that the feint fulfils its objective, it is essential that the following characteristics take place:

- Displacement.
- Explosive starts.
- Variation and speed changes.

Feints are comprised of two phases: the feint and the action. Some examples are as follows:

- shot and pass feint.
- Feint, shot and penetration.
- Penetration and shooting.
- Feint when racing to one side and change of direction.
- Trotting and starting explosively.

2.5. Rebound

When someone shoots the ball to the basket, we are in the place where the ball may fall after rebounding. When the ball bounces, we jump towards it, we catch it and we protect it placing it in our chest.

There are clearly two types of rebounds, which are:

a. Offensive Rebound

The chances of getting a ball from a rebound, there is no doubt that they are greater for the defence than for the players of the attacking team, taking into account their proximity to the backboard. Therefore, the players of the attacking team must try to anticipate the shooting of the ball by his partner, standing two or three metres from the board.

b. Defense rebound

Given the normal situation of the defence, with the players between the attackers and the board, there is no doubt that the defence is in excellent conditions to seize the rebounds, which does not mean that they should not take his precautions, sensing the shootings of the rival and cutting their attempts of progression, made with the intention of winning the action of recovering the ball.

2.7. The reception

It is the act of taking the ball, either by a pass, which is the most usual, or after catching a rebound. In basketball, during the reception of a pass several factors are involved that will condition the movement. Some of them are: the proximity of the defences, the trajectory, speed and flight of the ball, the position and movements of the receiver.

There are certain conditions that the players must take into account at the moment of reception, such as looking at the ball until the moment it reaches the hands. The players must

have the ball in constant vision (direct or peripheral) until he receives it. Once in their hands the ball must be cushioned with the receiver's fingers, wrists and arms. The ball is received firmly with the fingers, which must be sufficiently separated from each other as to allow the comfortable rotation of wrists. The forearms are flexed to absorb the force that the ball brings. The ideal way to receive the ball is with both hands.

It is fundamental for a good reception the coordination between both players, the one that passes and the one that receives. The passer in turn must make a good pass, trying to get the ball into the hands of the receiver. It is a bad pass, if the ball reaches too high or too low, forward or backward, with too much effect or too much speed.

A good pass also depends on the position of the players on the court and how they are marked. If the receivers are in an area with no defensive pressure, they advance by extending both arms in front of their bodies, with separate fingers and facing palms. When there is more pressure from a defence, the receivers generally take one step to get away from it. In case the receivers are in movement, they could need to receive the ball with a single hand, so then the hand furthest from the defence rises to be the target and the free hand is located well above to help in the reception.

Finally, we will see a series of recommendations to have greater possibility of making a good reception of the ball:

- Semi-extended arms, but without strong muscular contraction and directed towards the ball.
- Fingers separated and slightly flexed (serve as shock absorbers).
- At the moment of receiving the ball, it is pressed with the fingers and simultaneously the arms are flexed, taking the ball towards the chest, being ready to pass, dribble or throw.