



Basketball Training Manual



Trainer

Dr. Ameet Dattaram Prabhu

Basketball

History:

In early **December 1891**, **Dr. James Naismith**, a Canadian-born physical education professor and instructor at the **International Young Men's Christian Association Training School (YMCA)** (today, Springfield College) in **Springfield, Massachusetts, USA**, was trying to keep his gym class active on a rainy day sought a vigorous indoor game to keep his students occupied and at proper levels of fitness during the long New England winters. After rejecting other ideas as either too rough or poorly suited to walled-in gymnasiums, he wrote the basic rules and nailed a peach basket onto a **10-foot (3.05 m)** elevated track. In contrast with modern basketball nets, this **peach basket** retained its bottom, and balls had to be retrieved manually after each "basket" or point scored; this proved inefficient, however, so the bottom of the basket was removed, allowing the balls to be poked out with a long dowel each time. The peach baskets were used until **1906** when they were finally **replaced by metal hoops with backboards**.

A further change was soon made, so the ball merely passed through, paving the way for the game we know today. **A soccer ball** was used to shoot baskets. Whenever a person got the ball in the basket, his team would gain a point. Whichever team got the most points won the game. The baskets were originally nailed to the mezzanine balcony of the playing court, but this proved impractical when spectators on the balcony began to interfere with shots. The backboard was introduced to prevent this interference; it had the additional effect of allowing rebound shots.

Naismith's handwritten diaries, discovered by his granddaughter in early 2006, indicate that he was nervous about the new game he had invented, which incorporated rules from a children's game called **"Duck on a Rock"**, as many had failed before it. Naismith called the new game **"Basket Ball"**. The first official game was played in the **YMCA gymnasium on January 20, 1892** with **nine players**. The game ended at 1-0; the shot was made from 25 feet (7.6 m), on a court just half the size of a present-day Streetball or National Basketball Association (NBA) court. By 1897–1898 teams of five became standard.

FIBA (<http://www.fiba.com/>)

FIBA, the International Basketball Federation, is the world governing body for basketball.

Founded in **1932**, we bring together **213 National Basketball Federations** from all over the world.

We organise and oversee international competitions that include the FIBA Basketball World Cup, the Olympic Basketball Tournament and 3x3 basketball.

We establish the official basketball rules as well as the regulations that govern the relationships between the different members of the basketball community. We have five Regional Offices in Africa, Americas, Asia, Europe and Oceania. Founded in **2008**, the **International Basketball Foundation (IBF)** takes care of the social, humanitarian and educational activities of FIBA.

FIBA Basketball Rules & Regulations & Other Documents:

<http://www.fiba.com/documents>

Other Important Websites:

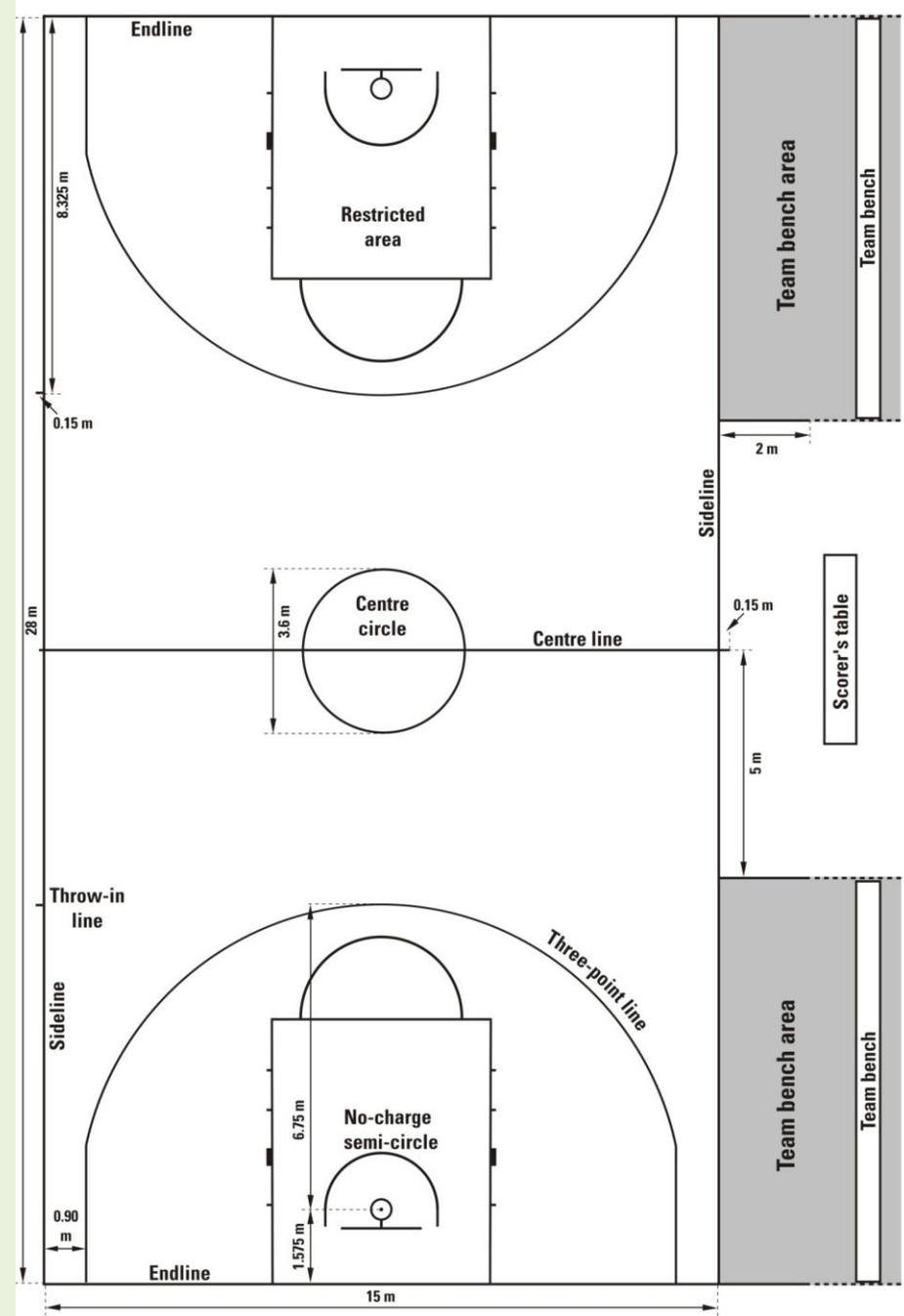
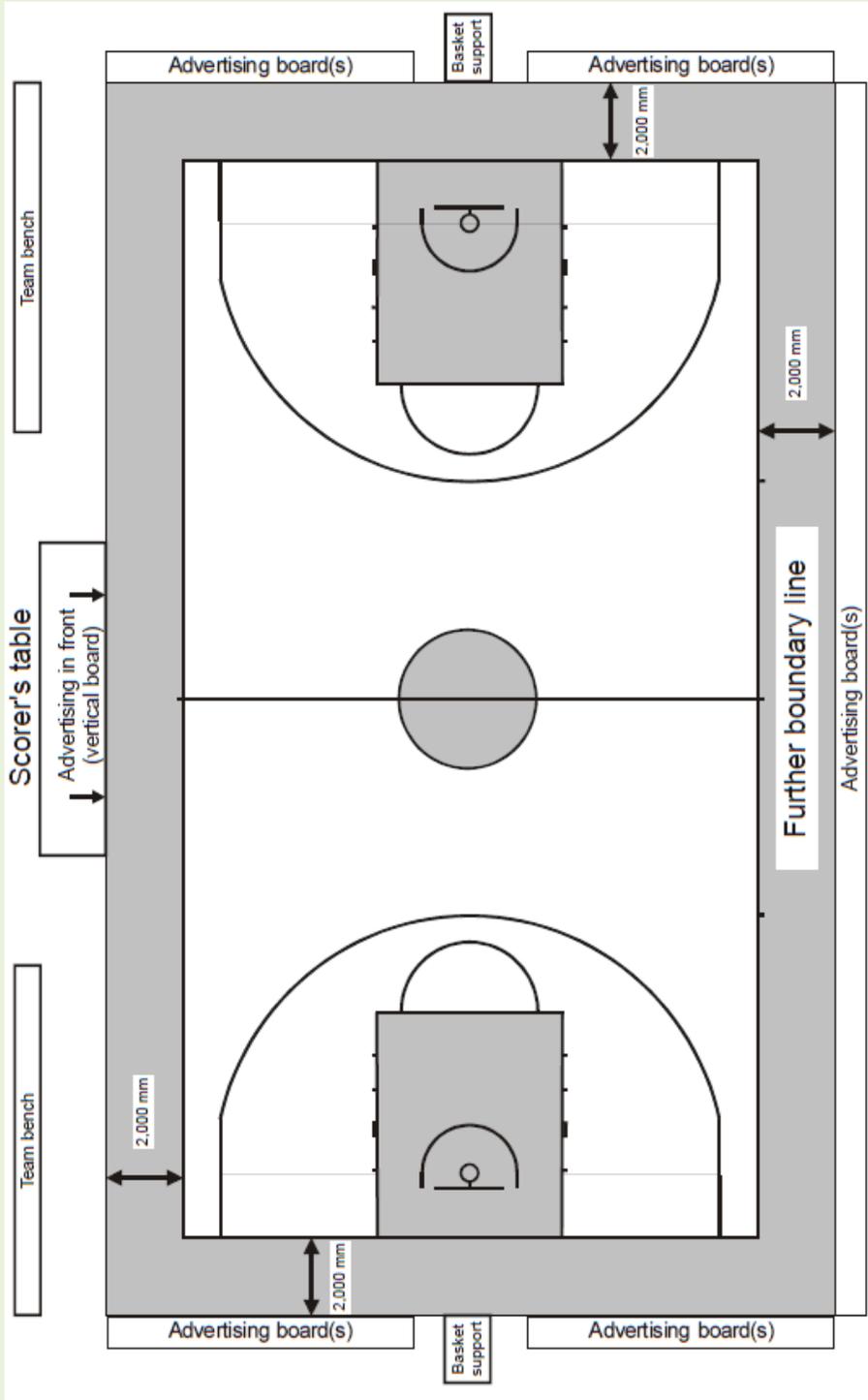
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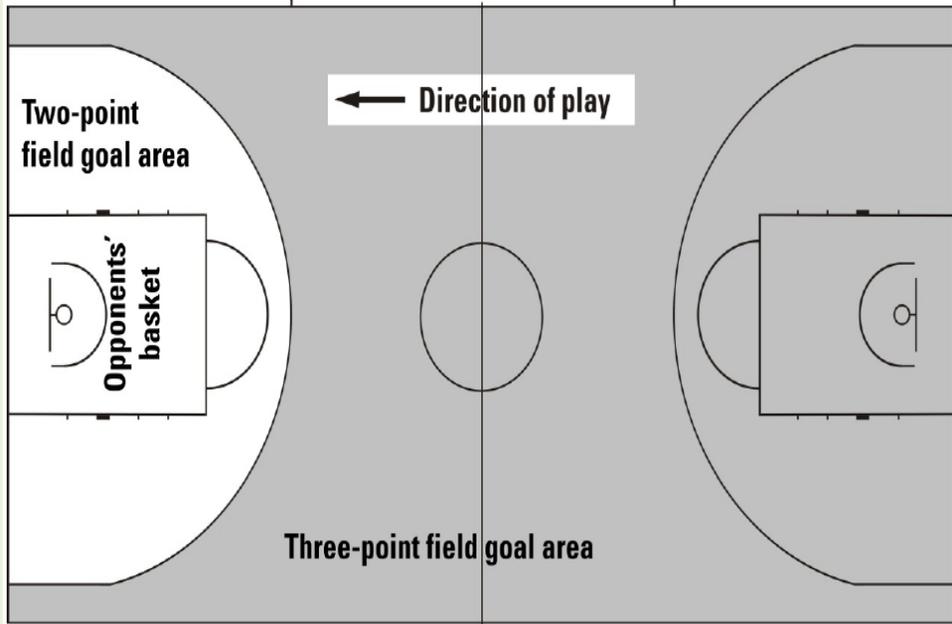
BASKETBALL SKILLS

Basketball Skills:

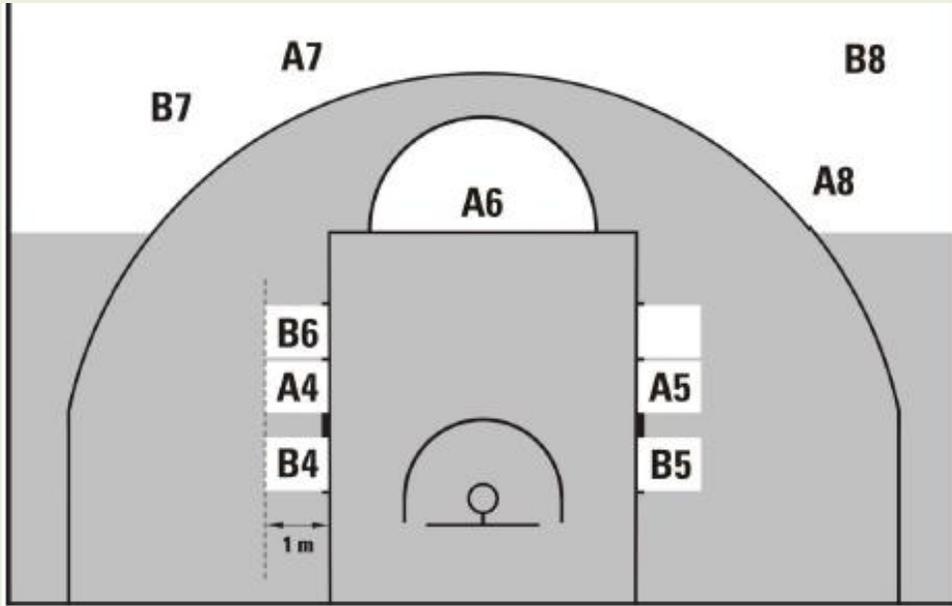
Dribbling, Shooting, Passing, Rebounding, Defence, Offense, Faking/
Dodging

DRIBBLING	SHOOTING	PASSING	DEFENSE	OFFENSE
Low Dribble	Set Shot	Chest Pass	Man to Man	Early
High Dribble (<i>speed dribble</i>)	Jump Shot	Bounce Pass	Half Court	Set
Change of Pace Dribble	Layup	Overhead Pass	Full Court	Motion
Crossover Dribble	Slam Dunk	Behind the Back Pass	Zone Defence	Zone
Hockey Dribble	Free Throw Shot	Push Pass	1-2-2	3-2
Reverse Dribble	One Handed Underhand	Off the Dribble Pass	2-1-2	2-3
Half-Reverse Dribble	Hook Shot	Baseball Pass	1-3-1	

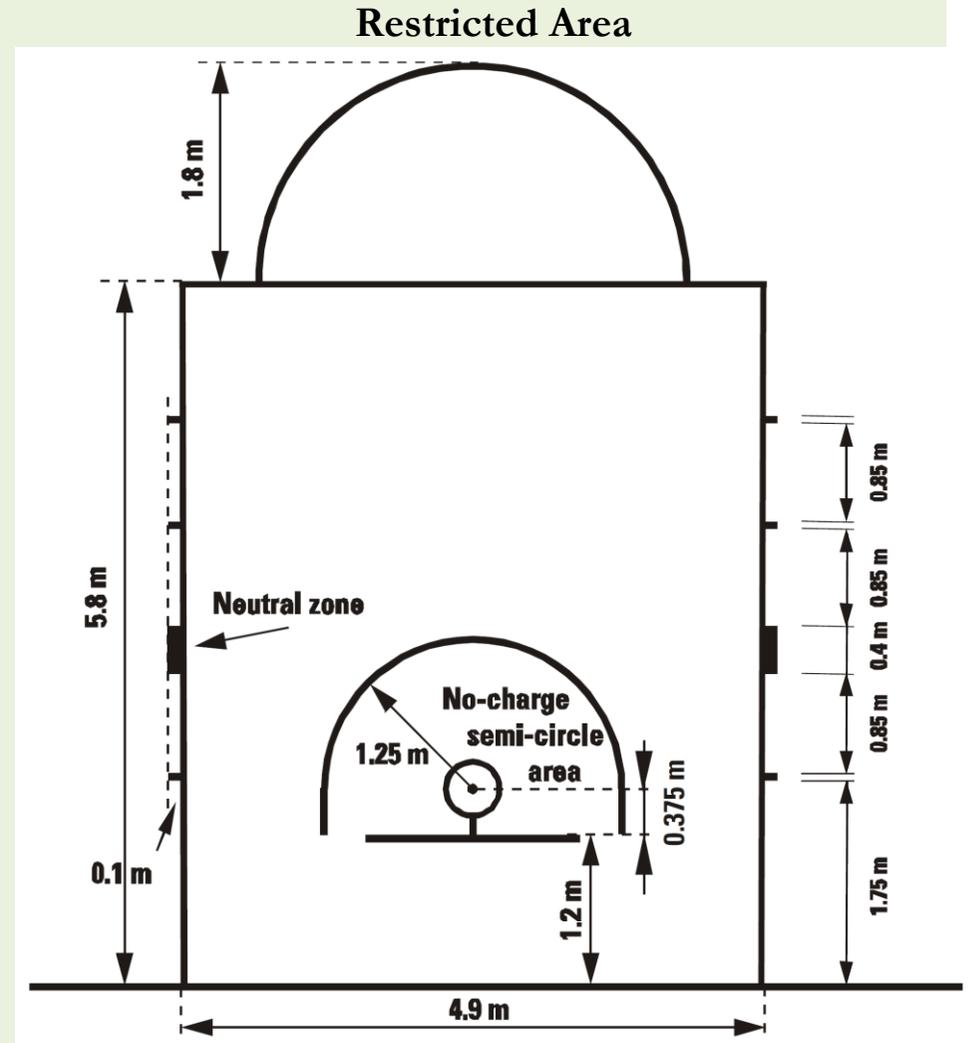


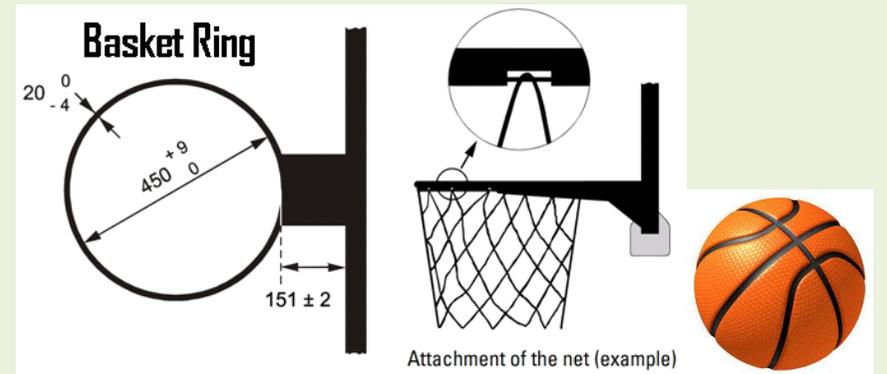
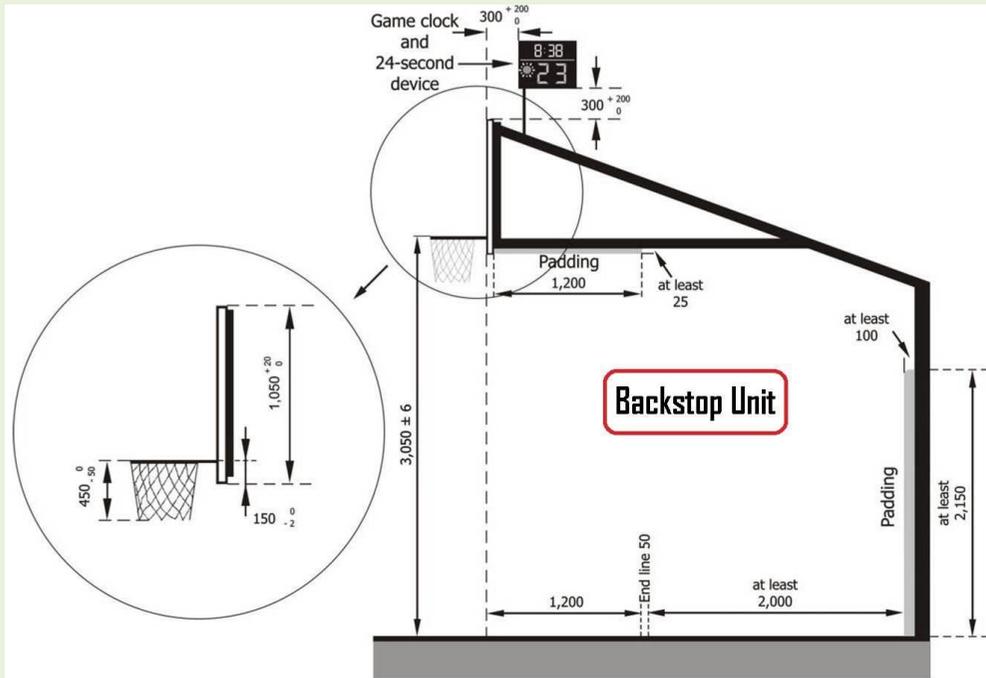


Two Point & Three Point Field Goal Area

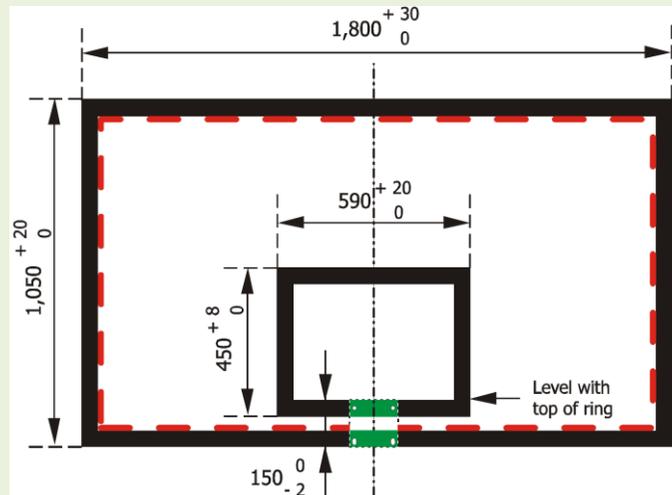


POSITION while Free Throw





Details	Men	Women
Circumference	749-780 mm	724-737 mm
Size	7	6
Weight	567-650 g	510-567 g
Size	Be marked with its respective size number	
Number of Balls	For Levels 1 and 2, the organisers shall provide at least 12 balls of the same model and specification for practices and warm-ups	



Basketball Backboard Marking

Basketball

Particulars	Specification
Outer Surface	Level 1& 2: Leather or Artificial/ composite/synthetic leather Level 3: Rubber
Shape	Spherical
Black Seams	not exceeding 6.35 mm in width
Color	Single shade of Orange or FIBA approved Colour Combination
Air Pressure	when it is dropped onto the playing floor from a height of approximately 1,800 mm measured from the bottom of the ball, it will rebound to a height of between 1,200 mm and 1,400 mm, measured to the top of the ball.

Game Clock

Players' surnames	Time-outs	GAME SCORE	Team names	Players' numbers
4 MEIER, J.	18	GENEVA	WATOWN	4 HUE, S.
5 JONES, M.	8	108	4	5
6 SMITH, E.	3	106	5	6 HASSAN, Y.
7 FRANK, Y.	20	00:00	5	7 MOUSSA, M.
8 NANCE, L.	13			8 RAMIREZ, J.
9 KING, H.	0			9 CHEN, Z.
10	0			10 WANG, L.
11 RUSH, S.	16			11 LEE, B.
12	0			12 KIM, T.
13 JIMINEZ, M.	21			13 HUBER, R.
14 SANCHES, N.	4			14 DAVID, M.
15 MANOS, K.	5			15

Accumulative points scored by individual players (same colour as game score)

Team fouls

GAME CLOCK (time remaining in minutes and seconds, tenths of a second for the last minute)

Individual player fouls (red or orange colour for the fifth foul)

MATCH PROTOCOL

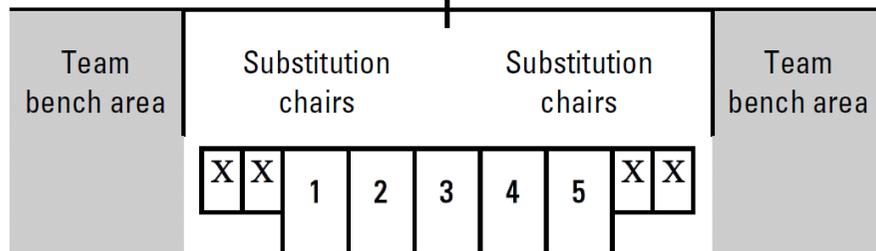
The FIBA game run-down for FIBA and FIBA Zones Championships runs as follows:

Time (min.)	Details
30:00	: Teams enter the court and warm-up begins
09:00	: Teams to team benches/ Set-up team introductions
08:00	: Team introductions VISITING TEAM
07:00	: Team introductions HOME TEAM
06:00	: National anthem VISITING TEAM
04:45	: National anthem HOME TEAM (<i>organising country always last in any case</i>)
03:30	: Gift exchange
03:00	: Re-warm-up
01:30	: Players return to bench
0:00	: GAME STARTS

Game Clock Signals

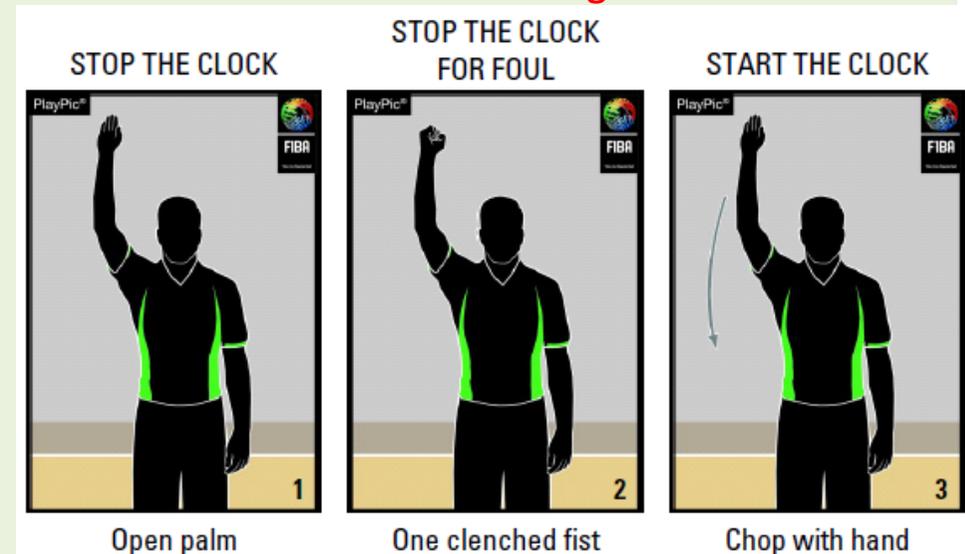
- 1 = Shot clock operator
- 2 = Timer
- 3 = Commissioner, if present
- 4 = Scorer
- 5 = Assistant scorer

Playing court

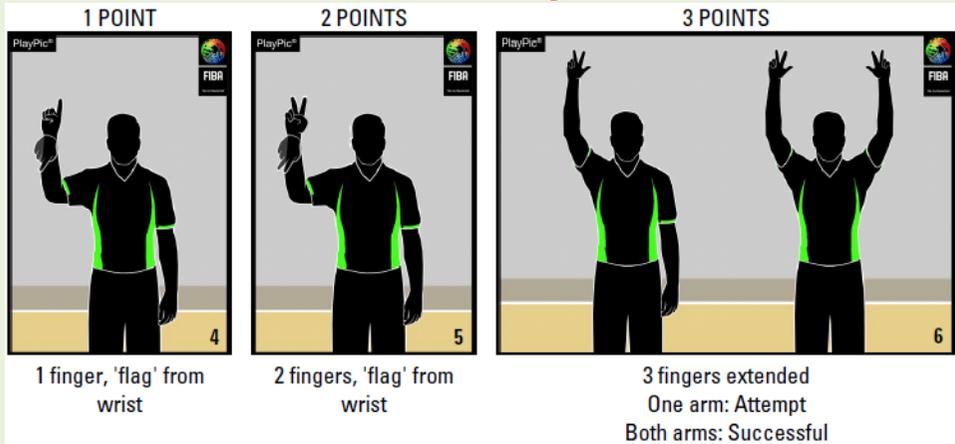


Scorer's table

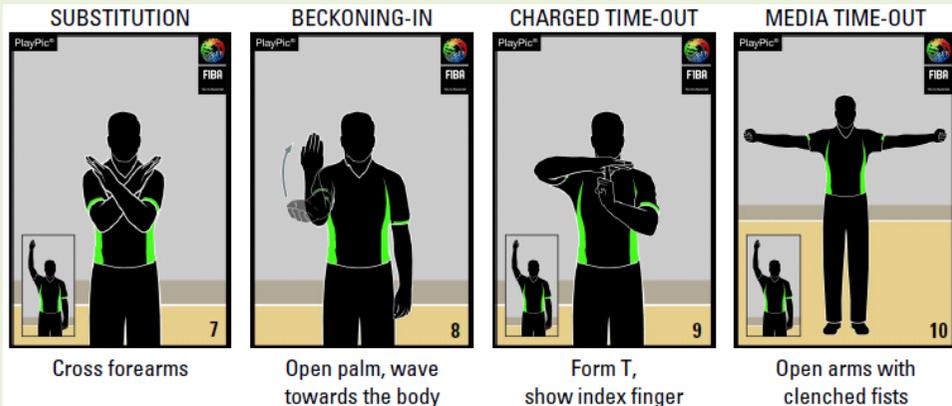
The scorer's table and its chairs must be placed on a platform. The announcer and/or statisticians (if present) can be seated at the side of and/or behind the scorer's table.



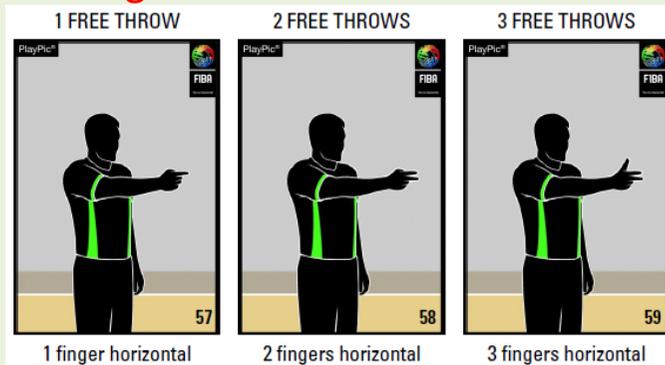
Scoring



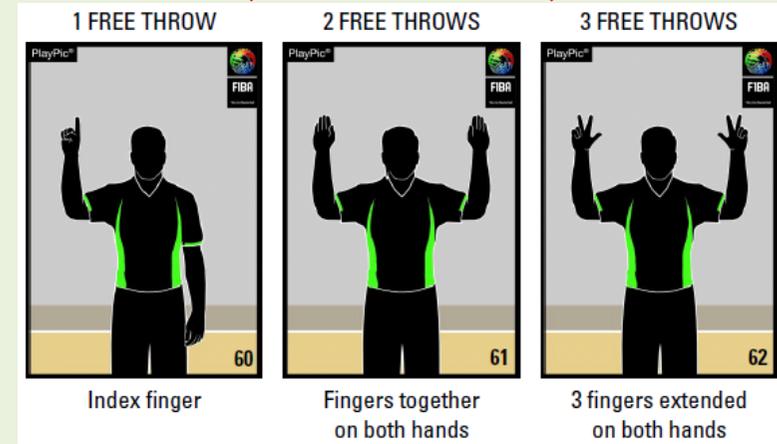
Substitution & Time-out



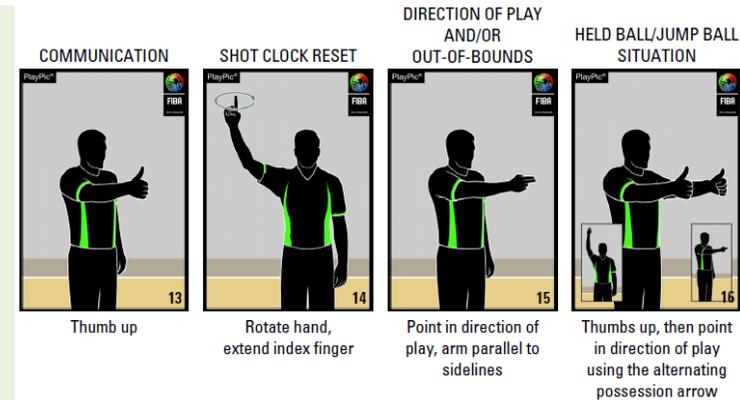
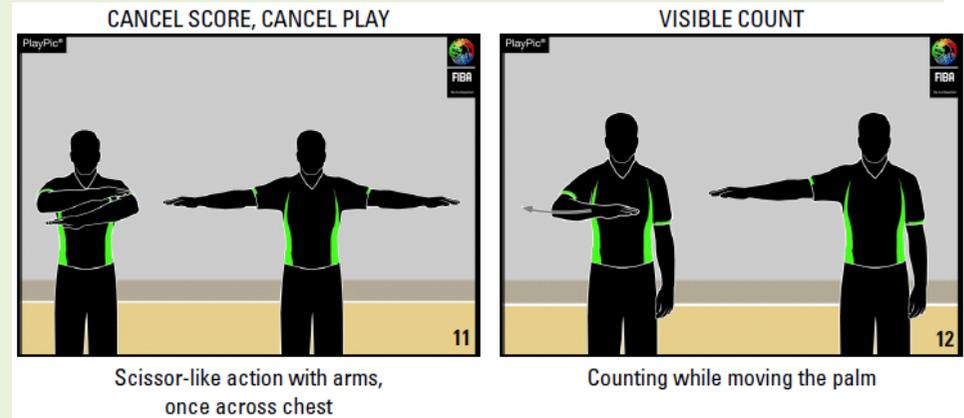
Adminstrating Free Throws -Active Official (L)



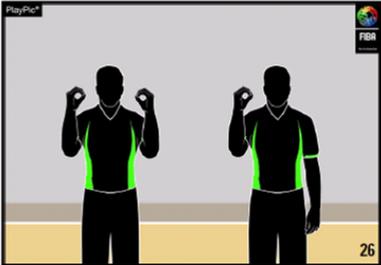
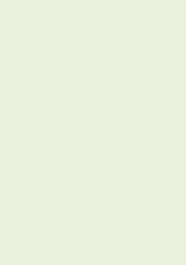
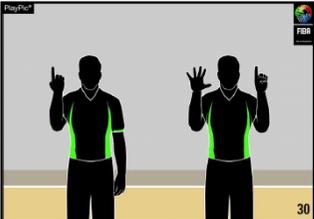
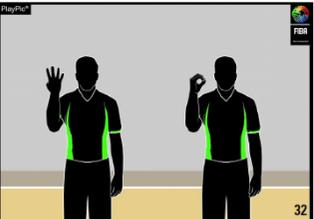
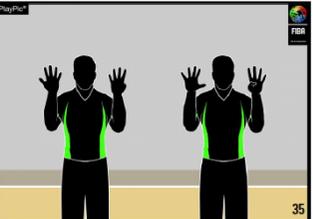
Adminstrating Free Throws - Passive Official (Trail & Centre)



Informative

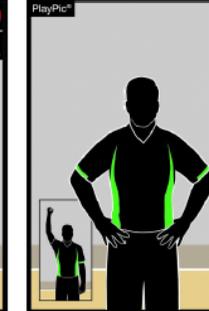
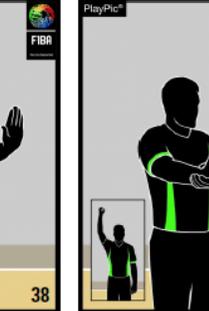
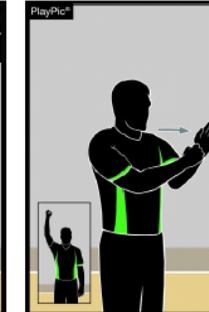
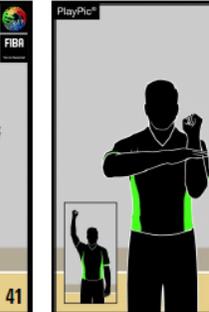


Number of Players

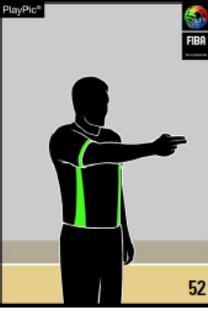
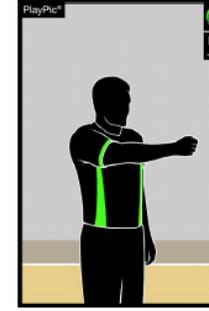
No. 00 and 0		No. 1 - 5		No. 6 - 10		No. 11 - 15	
							
Both hands show number 0	Right hand shows number 0	Right hand shows number 1 to 5	Right hand shows number 5, left hand shows number 1 to 5	Right hand shows clenched fist, left hand shows number 1 to 5	First reverse hand shows number 1 for the decade digit - then open hands show number 6 for the units digit	First reverse hand shows number 4 for the decade digit - then open hand shows 0 for the units digit	First reverse hands show number 9 for the decade digit - then open hands show number 9 for the units digit

1 FREE THROW	2 FREE THROWS	3 FREE THROWS
		
Hold up 1 finger	Hold up 2 fingers	Hold up 3 fingers

Types of Fouls

HOLDING	BLOCKING (DEFENSE), ILLEGAL SCREEN (OFFENSE)	PUSHING OR CHARGING WITHOUT THE BALL	HANDCHECKING
			
Grasp wrist downward	Both hands on hips	Imitate push	Grab palm and forward motion
ILLEGAL USE OF HANDS	CHARGING WITH THE BALL	ILLEGAL CONTACT TO THE HAND	EXCESSIVE SWINGING OF ELBOW
			
Strike wrist	Clenched fist strike open palm	Strike the palm towards the other forearm	Swing elbow backwards

Foul Penalty Administration Reporting to Table

AFTER FOUL WITHOUT FREE THROW(S)	AFTER FOUL BY TEAM IN CONTROL OF THE BALL
	
Point in direction of play, arm parallel to sidelines	Clenched fist in direction of play, arm parallel to sidelines

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