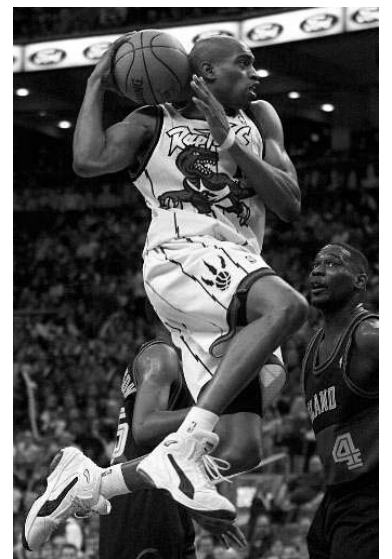


# Intermediate 1

## Structures & Strategies

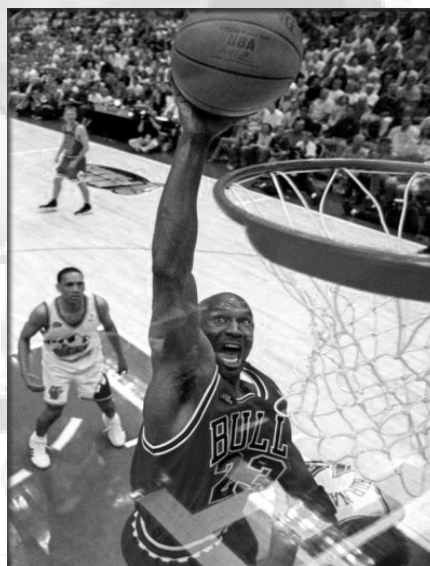


## Basketball

Govan High School  
Course Booklet

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# Structures and Strategies

We will look at this area of analysis through basketball.

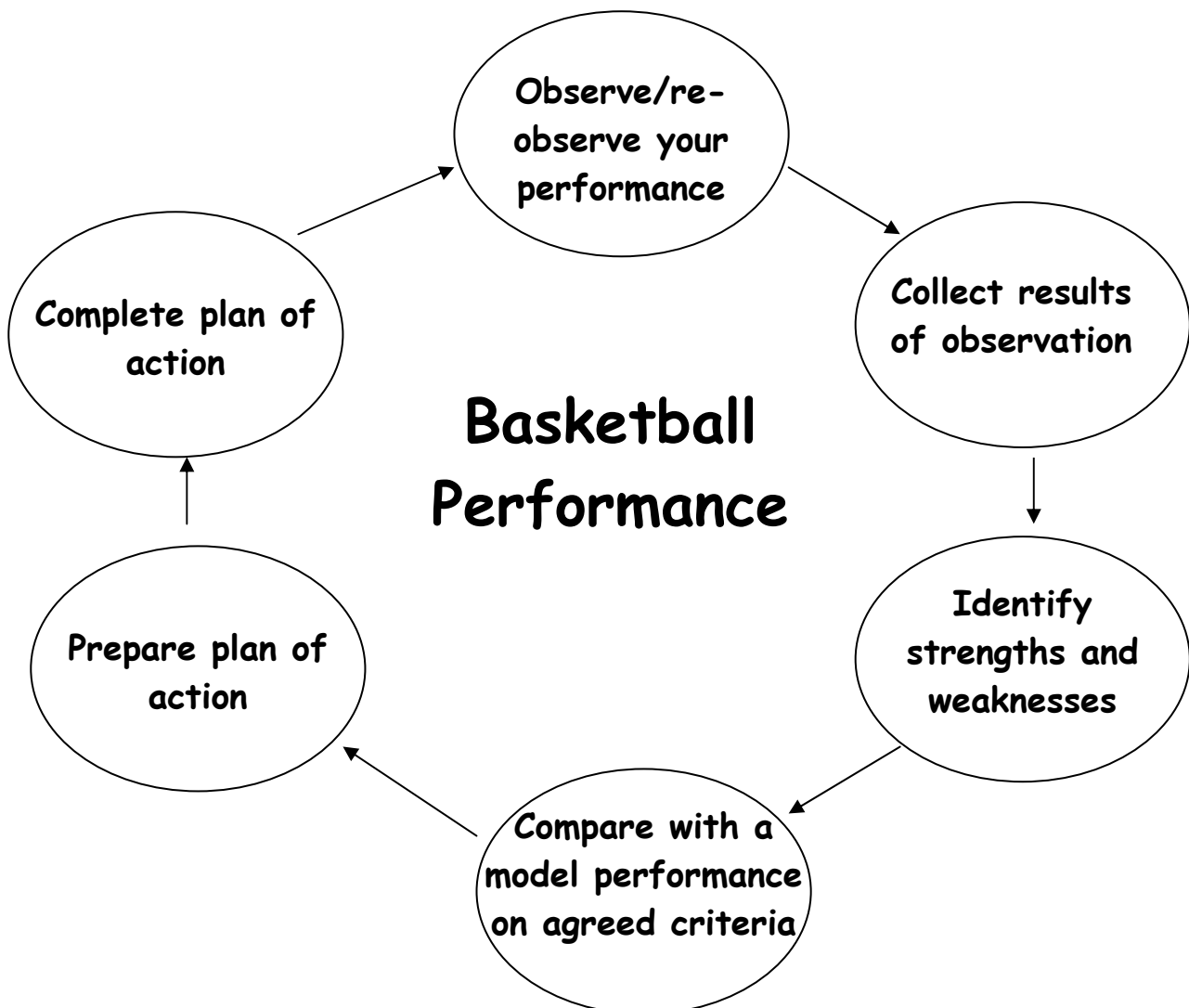
## STRUCTURE

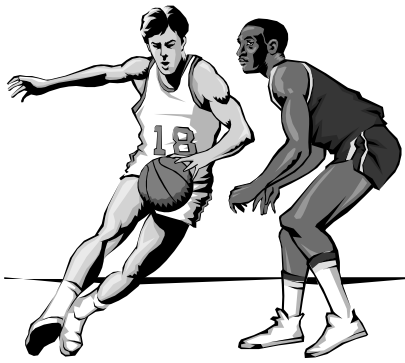
This is a formation of a team/group in an activity e.g. in basketball a 2:1:2 zone defence or a 1:3:1 motion offence.

## STRATEGY

This is how you use your skills and plan your tactics within a structure e.g. in basketball playing a fast break.

## Cycle of Analysis





# The Fast Break

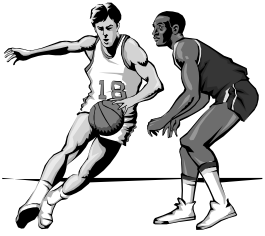


The fast break is an attacking strategy that creates **easy scoring opportunities** in basketball. It is a particularly effective strategy against teams who have a well-organised **Zone Defence**.

## Objectives

The main objective of the fast break is to get the ball up the court quickly and accurately and create a scoring opportunity by:

1. **Creating an overload:** 2v1 and 3v2 are the most common numerical advantages in the fast break. These usually result in an easy lay up or close range jump shot.
2. **Not giving opponents a chance to set their defence (zone).** The fast break creates confusion and uncertainty among defenders and does not allow them to get into their positions.
3. **Creating a mismatch against a man-to-man defence.** Ideally the fast break will allow you to get your good ball handlers and close range shooters against poor defenders. Possibly tall against short, fast against slow etc.
4. **Discourage opposition from rebounding.** A team that is skilled in performing the fast break will quickly discourage other teams from sending too many players to contest for rebounds. Opposing teams will therefore tend to hold one or two players back from outright attack for fear that they will get caught out with a fast break. This will make the defensive job of the fast breaking team easier.



# Stages of the Fast Break



The fast break can be broken down into three stages:

## 1. Beginning

**Good defence** is the best means for starting the fast break. A team must first gain possession through aggressive defence: **rebouncing, blocking shots, steals, interceptions, violations by opponents.**

## 2. Execution

Success is determined by the speed of the break away. The fastest players should therefore be positioned closest to the opponent's basket when defending (the top of the key). These players should use their judgement to anticipate when possession will be gained and move early to 'fill the lanes'.

A key word such as "ball" can be used to signal a fast break when possession has been gained. A quick '**outlet pass**' should be made to a player (normally the point guard) who has taken up a position in either one of the wide lanes. The outlet pass should avoid the traffic in the key (don't pass across the key). The outlet pass should be made to the side on which the ball has been rebounded.

## 3. Finish

The finish will depend on the **overload** situation created by the fast break. **2v1 and 3v2** situations are most common and often result in a **high percentage shot** e.g. lay up. Support players should stay wide and available and look to cut to the basket from around the 3-point line. Care should be taken not to congest the area, as this will make the defenders job easier.

The fast break can also be divided into 5 phases:

1. **Rebound**
2. **Outlet pass**
3. **Dribble down the middle**
4. **Pass to shooter**
5. **Shoot**



The following qualities are crucial to the success of the fast break strategy.

**Physical fitness:** Players must have good aerobic endurance to maintain performance throughout the duration of the game (4 x 10 mins). They will require good anaerobic endurance to allow them to perform repeated bouts of very intense work (sprints up the court).

**Competence in the fundamental skills:** Players require good ball handling skills, passing, dribbling and shooting.

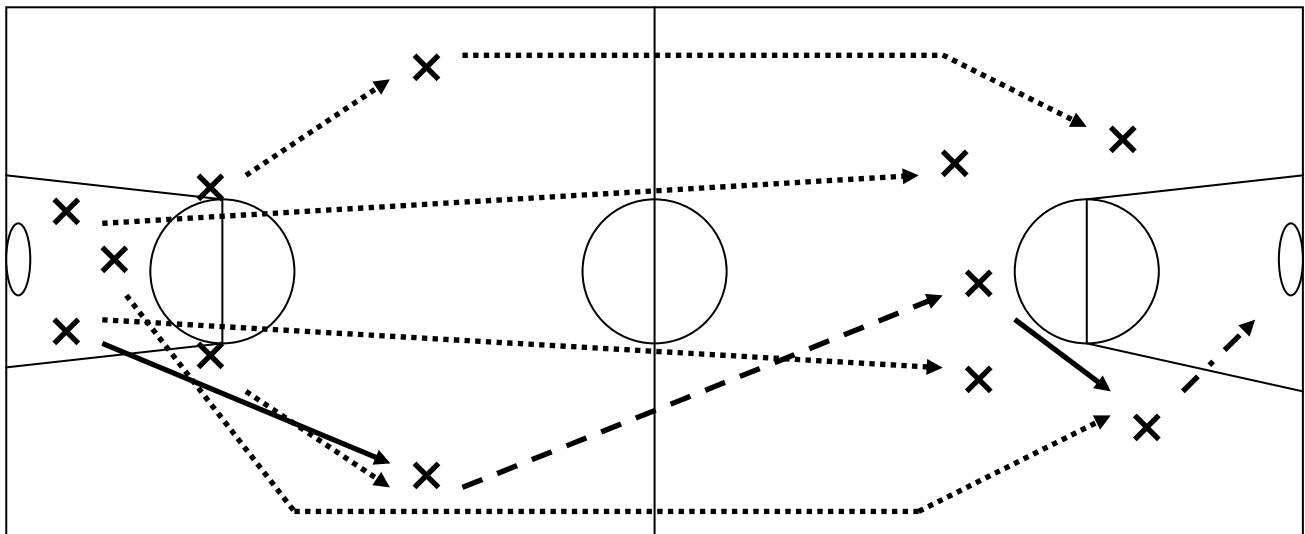
**Good teamwork:** This includes a good understanding of roles and responsibilities in fast break situations. It also involves the importance of communication with team-mates and co-operation.

**Intelligence:** Players must know how to initiate a fast break. They need to be able to make quick decisions about whether to pass, dribble or shoot. In a fast break situation they must know when it is best to drive to the basket for a lay-up and when it is best to draw the defender and pass.

### Roles and Responsibilities within the Fast Break

Roles and responsibilities will depend on your position on the court. The taller players (forwards) are underneath basket to rebound, smaller players (guards and point guard) are at top of the zone and should fill the lanes.

# Example of a Fast Break:



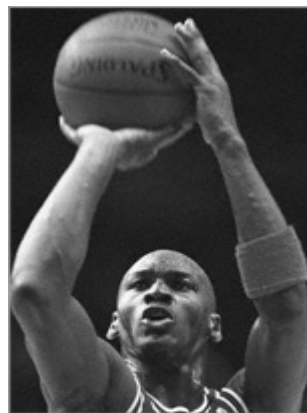
## Key

- ..... Running with no ball
- Ball passed
- - - - Dribbling with ball
- . - . Lay up shot

# Improving Performance

In order to improve the fast break a number of drills can be set up. These drills can be designed to focus on certain weaknesses in your team play. It is important that these practices are made progressively more difficult as you improve. Progressive practices for the fast break are:

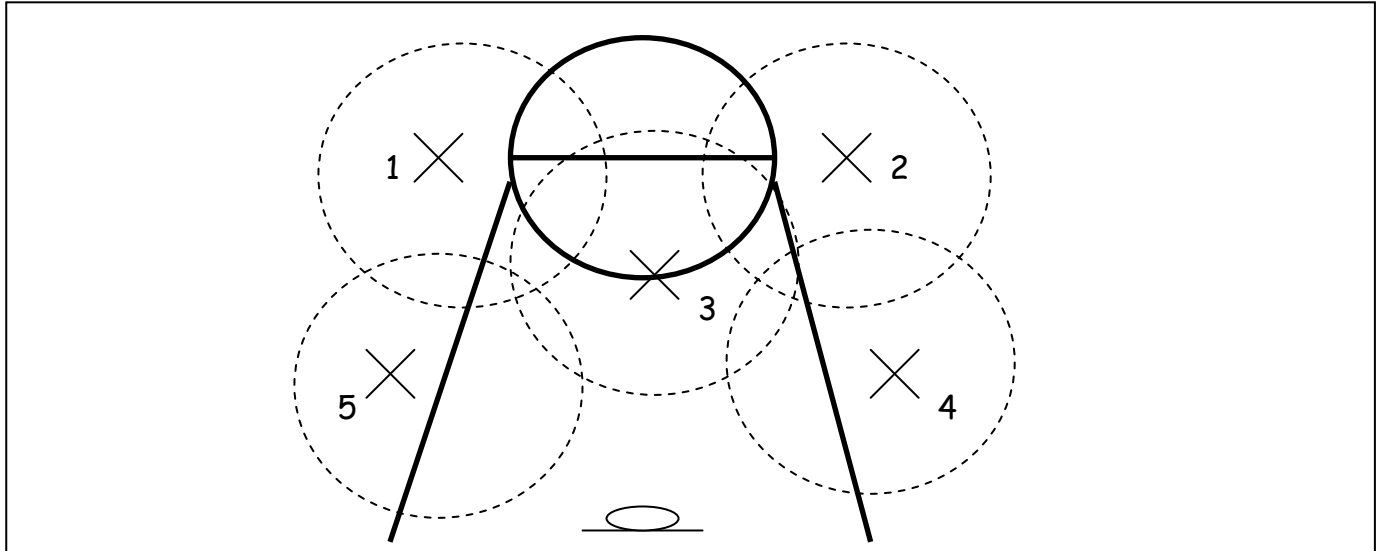
- Two man weave
- Three man weave
- 2 v 1 overload practice
- 3 v 2 overload practice
- 2 v 1, 3 v 2 continuous drill



You will practice these drills in class. In order to improve performance within any structure or strategy you must set up a 4 - 6 week programme and practice at least three times a week, making the practices progressively harder as you improve.

# Zone Defence

Within a zone defence players are responsible for marking a set zone around the key. The zone is named according to the alignment of players from the top of key towards basket for example a 2-1-2 zone defence:



## Positions

**1 & 2** - These are smaller, fast players, usually the guards. They pressure shots & stop penetration of the key.

**3** - This is generally the centre the best decision maker and rebounder.

**4 & 5** - These are the tallest players, the forwards, they block shots, stop penetration & drives, block out and win rebounds.



## Qualities & Responsibilities Needed:

1. Defender **nearest** attacker **presses** ball
2. **Be Big!** - Defenders should keep their hands up at all times and make themselves as big as possible to block attackers getting into key and to intercept passes.
3. **Talk!** - Defenders should communicate constantly to tell each other where attackers are moving and when they are attempting screens.
4. **Block out!** When a shot is attempted, the defenders must block out and rebound to prevent offensive team regaining possession. The three taller players 3,4 and 5 should combine to form a rebound triangle preventing the opposing team from rebounding the ball.

# How to play it.....

When your team lose possession shout 'zone' - then sprint back up the court and take up positions. The aim of the zone is to pressure the ball handler while maintaining a tight zone. The closest defender must pressure the ball handler as the other players adjust their position relative to the ball but always maintain the structure of the zone by staying in their area of responsibility.

All defenders must face the ball with their arms up to block passes through or over the key.





# Strengths

Strengths of a zone defence structure are:

- Force opponents to shoot **low percentage** shots as defenders are concentrated in tight area around basket
- Slows down **tempo** of game and disrupts offensive tactics which are based on screens and 1 on 1 plays. It makes it difficult for opponents to use screens and cuts effectively (difficult to play a give and go in a congested key).
- Minimises possibility of a mismatch e.g. tall against small, fast against slow etc. Allows teams to **hide weaknesses** that could be easily exposed by man-to-man defence.
- Allows teams to play to their **strengths**. Roles are allocated on basis of individuals **strengths** e.g. physique, skill level, fitness.
- It facilitates the fast break. Fast players positioned at top of key for quick counter attack.
- It's easy to learn!

# Weaknesses

Weaknesses of a zone defence are:

- Vulnerable to teams with good long range shooters (3pt shooters).
- Weak in corners and across the area of the free throw line.
- A **fast break** can beat a zone down the court and not allow time for zone to organise.
- Opponents can have a free build up as no pressure is applied until the ball is close to the zone.
- Individual defensive skills are not developed - could be a problem if you are trailing late in a game.

# 1/2 Court Man-to-Man Defence

This defence is the alternative to a zone defence. The difference is that defenders mark a set **player** NOT a set zone.

## **Key Points:**

1. Each player is responsible for marking a particular opponent
2. Players match up according to things like: height, skill level & fitness.

## **Strengths**

- a. Each player knows who to mark
- b. There is little chance of a 'mismatch' i.e. a tall attacker against a small defender
- c. It is easy to identify weaknesses in your defence. This is because you can observe things like:
  - i. Who is scoring most baskets for the opposition
  - ii. Who is conceding most fouls

If we can identify weaknesses easily then we can take steps to improve it.

## **Weaknesses**

- a. It can be less effective against a team who have high levels of skill and physical fitness.
- b. A team who are well organised and skilled at playing a motion offence will use screening, passing and cutting to good effect against a man-to-man defence.





# How to play it.....

As soon as your team lose possession they should retreat to their own 'half court'. This is initiated by a loud call "half court"! Defenders pick up their attacker as they enter into the half court.

Defenders should stay 'basket side' and should 'see the man - see the ball'.

## 'Ball', 'Deny', 'Help'

### 'Ball'

If your player has possession of the ball you must put pressure on them and force them to:

1. Dribble with their weak hand
2. Dribble or pass to the corner
3. Pivot and turn their back when on offence
4. Pick up their dribble so you can apply even more pressure

This is achieved by bending your knees and moving your feet to force the dribbler away from the middle of the court.

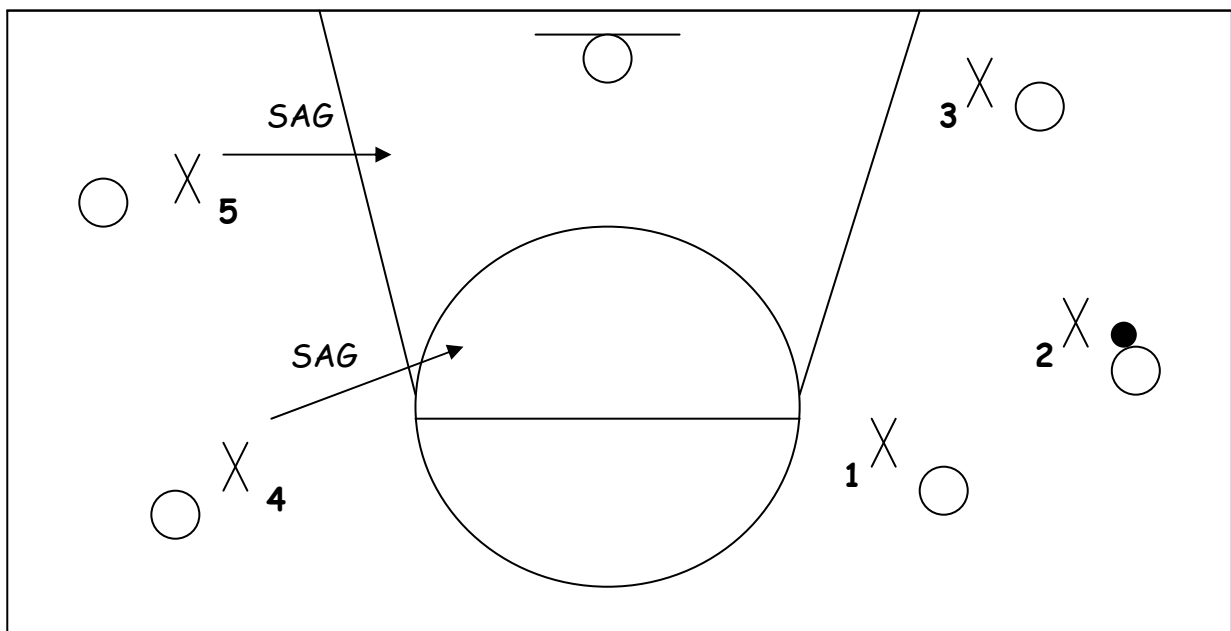
### 'Deny'

You must deny a pass being made to the person you are marking when they are only 1 pass away from the ball. You must force them to work hard to get free.



# 'Help'

- If you are more than one pass away from the ball you must help out your team-mates.
- This is because if your team-mate is beaten you can help them out by preventing the attacker from driving to the basket and scoring.
- You do this by **SAGGING** - which means you move closer to the basket and the attacker with the ball. You must still be aware of where the player you are marking is.



## Key

X - Defender

O - Attacker



