



Aleksandar Djordjevic

Holding the ball.

squeeze the ball very firmly

thumbs should be set in a 90 degrees position

never hold the ball flat against the palms, especially during shooting (pencil grip)

rotate the wrist of your shooting hand, then raise ball to launching position; while doing this, fix your sight to basket, and do not change position of your hand fingers. Other hand holds the ball from the side and helps in raising it to the shooting position.

Free Throws

There is substantial psychological pressure on every single shot, because it requires high shooting percentage. There is no defender, often the key factor deciding close game. The preparation should always be the same. Ideally, feet set parallel and shoulder width apart, one motion to extend the knee, body and arms. Breathing technique is very important to get comfortable and release tension. Focus on the rim and not the ball, with the fingers comfortably spread, wrist back and the elbow pointing at the basket. The head should be centered. Extend your shooting hand and fingers and give the ball a good rotation. Follow through. I put my right leg, hip and shoulder in a front a bit towards the basket, in the middle of the free throw line. Tip of the toes of the left foot is even with middle of the right foot. Feet are set parallel, shoulder width apart, lightly turned to the left. Three dribbles. Ball in front of chests. Lined up with the front of the rim. Deep breath and concentration. While bending knees, I keep the ball at the chest level, fixing a sight to the basket. With one motion, extend knees, body and shooting arm. In the moment of ball launching, I am standing on the toes, with most extended arm and follow through. Breathing technique is very important for me, as well as the moment just before the shot. In that moment, after the short expiration, I hold my breath, reach maximum concentration and quietness and shoot. Why do I stress so much the importance of breathing? The riflemen pulls the trigger just after they hold their breath, which means that in this moment they are completely calmed down.

Triple threat

The most effective stance that an offensive player can use. It allows to pass, dribble, or shoot. Every player should seek to achieve this position upon receiving the ball and the use creativity. Ideally, feet should be set parallel and shoulder width apart, establish a controlled stance and a solid balance with the head centered. The legs would be slightly flexed keeping the weight on the ball of both feet. The player's focus has to be on the defender and the basket, not the ball. Hold the ball close to the body with a firm grip and the fingers comfortably spread around it. The ball should be held no lower than the waste in an area between the front of the abdomen and chest. From this position the player is ready to shoot, pass or penetrate toward the basket to either the right or the left side.

Jump Shot

A jump shot executed from a balance stance has better accuracy. The jump shot can be executed right after receiving a pass or after a dribble. The shooter has to get open creating space for himself before receiving the ball or before holding the ball after a dribble. After receiving and controlling the ball, keep it close to the body and use the legs to jump straight up in a strong and comfortable motion. Provide a good target away from the defender. Hands and fingers should be comfortably spread with the elbow(s) of the receiving hand(s) flexed.



As with any shot facing the basket, focus on the rim and not the ball, with the fingers comfortably spread, wrist back and the elbow pointing at the basket. The head should be centered. Extend your shooting hand and fingers and give the ball a good rotation. Follow through. It is always good to acknowledge the pass. Shoot with consistency. The ball should be received facing the basket. After the shot, be ready for action (rebound, making the transition back to defense).

Jump shot from a pass

For me, the most important thing is to always receive the pass already in my shooting position, always ready to shoot, I redirect my body toward basket by putting right shoulder, hip and leg a little bit in front of the left ones. By repeating this movement continuously, I lock into memory shooting the ball in the highest point of my jump. Leaping strength and speed depend on jump stop technique, which enables easier selection of shooting type, according to defensive player and situation on the court. The mistake I try to avoid often, is shooting the ball on the way down from my jump.

The shooter has to get open creating space for himself before receiving the ball or before holding the ball after a dribble. After receiving and controlling the ball, keep it close to the body and use the legs to jump straight up in a strong and comfortable motion. The receiver has to get open creating space for himself before receiving the ball. Watch the ball. Provide a good target away from the defender. Hands and fingers should be comfortably spread with the elbow(s) of the receiving hand(s) flexed. Try to meet the ball with your hands and “swallow” the ball in your hand(s). Shoot with consistency.

Jump shot from a dribble

It considers absolute synchronization of springs of legs, body, arms, hands and fingers, especially of forefinger and middle finger, which give right direction and proper rotation to the ball. I fix my sight to the basket and I never follow the flight of the ball. Key moments of my precise shooting are strength and explosivity of my legs and also proper approach into shooting position. By proper footwork I extend speed, range and precision of shooting, which makes more difficulties for the defense. Talking about arms movements, I am completely concentrated on quick and complete extending of the elbow, and follow through (goose neck), which gives a rotation and right direction to a ball, and with my fingers I give smoothness to the shot.

Dribbling

Dribbling is key to the team and the player to move the ball where and when it is needed. The dribble allows to create space for a pass, a shot or to position oneself. The basics for dribbling are keep your head and eyes up seeing the court. Bounce the ball in a comfortable up and down motion of your arm and hand. The hands and fingers should be comfortably spread applying the proper amount of strength, intensity and rhythm. The dribble must be controlled (fingertips) with the player in proper balance and with adequate knee flexion. In traffic, the dribble should be a strong pounding of the ball with a low stance and the ball close to the body. When dribbling for speed, the ball will be out in front of the player with a high bounce. The player should adopt a comfortable stance. The ball will be protected from the defender by the body and the opposite arm and hand. The player who cannot dribble or cannot use both hands is handicapped

Dribbling requires technique as well, it is important for a player to practice at becoming a better ball handler. The better ball handlers can use the dribble as an effective weapon against the defense. The best ball handlers rarely look down at the ball while dribbling so as to see the entire court, location of offensive and defensive players. More players today are more effective because of the ability to dribble with both the



left and right hand. Many players rely solely on their strongest ball handling hand when dribbling and attacking offensively but it is definitely an advantage if either dribbling hand is your strength.

When dribbling the offensive player must protect the ball from the defender. The offensive players should position his body between the ball and the defender guarding him. While dribbling the ball handler must also control how high the ball bounces. Used more frequently in transition fastbreaks, the high dribble allows the ball handler to use speed to cover ground in the open court.

The ball is kept lower when the ball handler has to maneuver past a defender, change of direction or hands, fakes, etc. To become a better ball handler, a player needs to establish a relationship with the hand - ball, practice, practice, practice!!!

Few basic dribbles used to change hands/directions:

cross-over dribble
between the leg (front & back)
behind the back
spin dribble

In the game, the cross over is most often used to gain an advantage on a defender. It is important to remember to dribble with a purpose and within your control and to keep your head up while dribbling, seeing the entire court.

Passing

Passing is one of the vital elements for efficient basketball. The most common passes are the chest pass, the bounce pass and the overhead pass. Know which pass is the best one. To make a pass, hold the ball with a firm and comfortable grip. Direct your pass to a specific point and do not exert excessive spin on the ball. The pass should be released quickly with a crisp outward snap off of the fingertips. Do not make (telegraph) the pass predictable for the defense. The chest pass is normally a chest high straight pass. The bounce pass should be directed at a specific point between the waist and the knee of the receiver. All passes must be away from the defender. Do not carelessly and unnecessarily force a pass. The bad passes are too high, too weak, too weak, too strong, too fast or not timed properly.

An up-tempo game is based on good passing. A successful and well-organized offense needs excellent passing. Great passing deals with timing of teammates. Chemistry between the passer and the player working to receive the ball. Perfect passing needs selectivity, which means right estimation of a direction and timing of passing.

Technical bases of all types of passing are:

pass the ball from offensive stance, or after the jump
pass standing still or while moving
step into the pass with right or left leg, extend arms from the chest and rotate ball out of hands with palms facing outwards and thumbs pointing down, which gives us explosive and solid pass. We attain the right direction of pass by opening our hands from inside position to outside. Fingers (forefinger and middle finger) give the right direction to ball.
rotate the ball
make a small step out
keep good balance position



Types of passes:

two-hand chest pass (stationary, or off the dribble)

two-hand overhead pass

baseball pass (one handed)

one hand underhand pass and side pass

off the dribble pass

hook pass, and baby hook pass

no look pass

hand off

behind the back pass

The best place to pass the ball is to the receiver's chest, but a pass should be thrown where the receiver asks for it, meaning where their hands are positioned and ready for the pass.



Alberto Hereros

Shooting using the screen

Lead the defender to the pick. The player setting the pick must have established a controlled position and a solid balance without making any motion such as holding the arms or hip out, pushing the defender, or continue to move while setting the pick. The player being picked must brush the one setting the pick to create as much problem for the defender as possible to stay on him thus creating space to get the shot off. Communication between you and your teammate is very important. Depending on the situation you have to adjust your self with the position, speed of opening, and figuring out your next move

Jump shot from a dribble

It considers absolute synchronization of springs of legs, body, arms, hands and fingers, especially of forefinger and middle finger, which give right direction and proper rotation to the ball. I fix my sight to the basket and I never follow the flight of the ball. Key moments of my precise shooting are strength and explosivity of my legs and also proper approach into shooting position. By proper footwork I extend speed, range and precision of shooting, which makes more difficulties for the defense. Talking about arms movements, I am completely concentrated on quick and complete extending of the elbow, and follow through (goose neck), which gives a rotation and right direction to a ball, and with my fingers I give smoothness to the shot. In order to be able to dribble and to create a shoot, you have to be a great shooter.

Fade away shoot after a screen

This shot is a strategic one. Keeping in mind that a jump shot executed from a balance stance has better accuracy; the player might choose to fade away on the jump shot in an attempt to put the ball out of reach of the defender. The shot can be executed right after receiving a pass or after a dribble. The shooter has to get open creating space for himself before receiving the ball or before holding the ball after a dribble. Player would usually step forward to get as close as possible to the defender after receiving and controlling the ball. Keeping the ball close to the body, player would push off of the ball of one foot to take a step back and jump away from the defender leaning slightly backwards in a strong and comfortable motion. As with any

shot facing the basket, the shooter should focus on the rim and not the ball, with the fingers comfortably spread, wrist back and the elbow pointing at the basket. The head should be centered while extending the shooting hand and fingers and giving the ball a good rotation. Follow through. We must reiterate that it is always good to acknowledge the pass or the screen. Shoot with consistency. On this shot, the ball can be received either facing the basket or with the back to it. After the shot, be ready for action (rebound, making the transition back to defense).

Hand off

The handoff is a pass based on a tactical decision. A handoff is made by a player who has control of the ball and hands it directly into the hands of a team-mate. To hand the ball off to a team-mate, the ball carrier adopts a strong stance, uses his body and his two hands to protect the ball. Then the intended receiver should leads his defender to the screen created by the ball carrier's body, passes very close (brushing) him and reaching out to the ball taking it straight out of the hands holding the ball. Both players should be ready for contact during the handoff. After the handoff the receiver should be in the triple threat stance (usually to either shoot or penetrate).

The passer would hold his stance maintaining the screen and read the defense to continue toward the basket, step away to an open area and be ready to receive the ball back.



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Penetration

A penetration is when the player chooses to take the ball to the middle of the defense looking to make a basket or to attract the defense to him with the intention to pass the ball off to a team-mate. The penetration is made off of a dribble as well as directly after receiving a pass. The player will take a determined path to the middle of the defense with a strong dribble, firm strides and a balanced stance. The ball should be kept close to the body with the player being fully aware of his position. An effective penetration will normally come from a triple threat stance and it should create a good scoring opportunity either for the player himself or for another team-mate. It is an effective way to keep the defense off balance.

Shooting

As with any shot facing the basket, focus on the rim and not the ball, with the fingers comfortably spread, wrist back and the elbow pointing at the basket. The head should be centered. Extend your shooting hand and fingers and give the ball a good rotation. Follow through. Shoot with the consistency. Talking about arms movements, I am completely concentrated on quick and complete extending of the elbow, and follow through (goose neck), which gives a rotation and right direction to a ball, and with my fingers I give smoothness to the shot.

The most important thing about shooting which is my specialty - the 3 pointer - is to be comfortable and have your feet facing the basket, to have good legs to jump so that they don't block you, the hand has to be

the most open possible without touching the ball with the palm and then exercises in shooting. There is no better secret than work and practice.

Holding the ball.

Squeeze the ball very firmly. Never hold the ball flat against the palms, especially during shooting. Other hand holds the ball from the side and helps in raising it to the shooting position.



Peja Stojakovic

Shooting using the screen

Lead the defender to the pick. The player setting the pick must have established a controlled position and a solid balance without making any motion such as holding the arms or hip out, pushing the defender, or continue to move while setting the pick. The player being picked must brush the one setting the pick to create as much problem for the defender as possible to stay on him thus creating space to get the shot off. Communication between you and your teammate is very important. Depending on the situation you have to adjust your self with the position, speed of opening, and figuring out your next move. I believe that a great offender has always advantage over a great defender.

Shooting after a fake

A shot executed from a balance stance has better accuracy. The shot can be executed right after receiving a pass or after a dribble. The shooter can also create space for himself by stepping into the defender with his non pivot foot without committing the offensive foul, or faking laterally to get the defender off balance. The shooter should keep the ball close to the body, keep the weight on the balls of his feet to be able to come back in a strong and comfortable motion for the shot.

As with any shot facing the basket, focus on the rim and not the ball, with the fingers comfortably spread, wrist back and the elbow pointing at the basket. The head should be centered. Extend your shooting hand and fingers and give the ball a good rotation. Follow through. It is always good to acknowledge the pass. Shoot with consistency. After the shot, be ready for action (rebound, making the transition back to defense).

Jump Shot

A jump shot executed from a balance stance has better accuracy. The jump shot can be executed right after receiving a pass or after a dribble. As with any shot facing the basket, focus on the rim and not the ball, with the fingers comfortably spread, wrist back and the elbow pointing at the basket. The head should be centered. Extend your shooting hand and fingers and give the ball a good rotation. Follow through.

In offence the most important thing is to read the defense and use their weaknesses. I like to create the shot/move after I see my possibilities and their weaknesses. For me to do it right you have to be concentrate 100% and have your body physically ready to perform any task – quickness, jump, shot...

Jump shot from a dribble

It considers absolute synchronization of springs of legs, body, arms, hands and fingers, especially of forefinger and middle finger, which give right direction and proper rotation to the ball. I fix my sight to the basket and I never follow the flight of the ball. Key moments of my precise shooting are strength and explosivity of my legs and also proper approach into shooting position. By proper footwork I extend speed, range and precision of shooting, which makes more difficulties for the defense. Talking about arms movements, I am completely concentrated on quick and complete extending of the elbow, and follow through (goose neck), which gives a rotation and right direction to a ball, and with my fingers I give smoothness to the shot. In order to be able to do the dribbling, move to create the shot. You have to be a great shooter.



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The most important thing is the concentration and game rhythm, if it is a quick shoot or a planned one. It really depends on the game situation. I usually do 200 made shoots on the off day.

Fade away shoot

This shot is a strategic one. Keeping in mind that a jump shot executed from a balance stance has better accuracy; the player might choose to fade away on the jump shot in an attempt to put the ball out of reach of the defender. The shot can be executed right after receiving a pass or after a dribble. Keeping the ball close to the body, player would push off of the ball of one foot to take a step back and jump away from the defender leaning slightly backwards in a strong and comfortable motion. As with any shot facing the basket, the shooter should focus on the rim and not the ball, with the fingers comfortably spread, wrist back and the elbow pointing at the basket. The head should be centered while extending the shooting hand and fingers and giving the ball a good rotation. Follow through. Shoot with consistency. On this shot, the ball can be received either facing the basket or with the back to it.

For the fade away it is also very important to get in contact with the opponent and then do the step back. It is also important to control the jump back since it might happen that you jump too much and then the shot will be short. You have to have a control.

After the shot, be ready for action (rebound, making the transition back to defense).

Dunk

The dunk is often labeled as basketball's most exhilarating and distinctive crowd pleasing play. It is a shot made by introducing the ball, with a certain degree of force, in a downward motion into the basket with either one hand or two hands. Both one handed or two handed dunks can be done jumping from a running motion (picking up the ball after dribbling) off of one leg, a standing position off of two feet, right off of an offensive rebound or a lobbed pass which is widely referred to as the "alley- hoop".



The dunk is worth two points and is a high-percentage shot that requires timing, balance, and a good jumping ability. The ball must be held with a firm grip and the fingers comfortably spread around it. As with any shot, the shooter should expect contact that may jeopardize his balance. The dunk allows for creativity and flair that will be greatly appreciated by the spectator.



Mehmet Okur

Up-and-under

A move developed and used by a player inside the key (paint) to fake a shot so the defender would raise his hand(s) and the offensive player would go under the defender's raised arm(s) in a continuing motion for a shot without a dribble. It is used when the defender is playing very close or is taller. To execute this move, the player would hold the ball with a firm and comfortable grip, establish the pivot foot, make a forward pivot maintaining a balanced stance and keeping his weight on the ball of the pivot foot. He would lift the ball high in a quick shooting motion and bring right back down no lower than the waist. In one motion, he would continue on to a shot moving right under the raise arms of the defender.

Hook shot

Shooting could arguably be the most important skill in basketball. The hook shot is taken in an area no more than 3 to 4 meters from the basket. Before taking a hook shot, the player must establish a solid balanced stance with his back normally to the defender and to the basket, firmly holding the ball with both hands at chest level, he/she would look over his shoulder to determine the defender's position as well as focusing on the basket. The ball should be held far away from the direct defender but protected from the other defenders that could reach to it. To execute the shot, the player would take a step on the pivot foot turning the body so that the non shooting hand's elbow is lined perpendicularly with the basket, lift the knee of the shooting hand while lifting the ball extending the arm with a hook motion. At the highest point the wrist and hand must be flexed toward the basket and release the ball off of the fingertips, all in an even rhythm. The opposite hand would remain flexed at about a 45° angle in front of the shooter. The advantage of the hook shot is that it is difficult to block and it can be executed with either hands. The most recognizable player to use the hook shot was Kareem Abdul Jabbar.

Reverse pivot

To execute the reverse pivot a player would be with the back to the basket holding the ball firmly starting in a balanced stance, feet spread comfortably apart and knees flexed looking over the shoulder to determine the defender's position. Spin around bringing the shoulder and the leg opposite the pivot foot back toward the defender (in a motion as in opening a door to the inside). The move finishes when the offensive player is facing the defense and the basket establishing a triple threat stance.

Penetration

A penetration is when the player chooses to take the ball to the middle of the defense looking to make a basket or to attract the defense to him with the intention to pass the ball off to a team-mate. The penetration is made off of a dribble as well as directly after receiving a pass. The player will take a determined path to the middle of the defense with a strong dribble, firm strides and a balanced stance. The ball should be kept close to the body with the player being fully aware of his position. An effective penetration will normally come from a triple threat stance and it should create a good scoring opportunity either for the player himself or for another team-mate. It is an effective way to keep the defense off balance.



Pivoting

Refers to taking a step turning on the foot established as the pivot foot. There are two basic pivoting motion, forward pivot (front turn) and backward pivot (reverse turn). For a forward pivot, the player will make a front turn stepping forward with the non pivot foot. The backward pivot will be the opposite dropping the non pivot foot back. Both pivoting are done keeping the weight on the ball of the pivot foot. A balance stance and being under control is critical to the proper execution of pivoting. Pivoting is used to get into an advantageous position in relation to the defender.

Pick-and-Roll

A basic basketball play between two offensive basketball players where a screen is set to the player dribbling the ball. The screen is intended to free the ball carrier for a shot, a penetration or a layup. The defender of the player setting the screen might momentarily switch or step in front of the ball carrier while the defender of the ball carrier gets caught in the screen. The player setting the pick must have established a controlled position and a solid balance without making any motion such as holding the arms or hip out, pushing the defender, or continue to move while setting the pick. The player being picked must brush the one setting the pick to create as much problem for the defender as possible to stay on him thus creating space. The player setting the pick can then roll toward an open area or to the basket looking to receive a pass from the dribbler for a shot, a layup, or transferring the ball to a better situated team-mate.

Outlet Pass

The outlet pass is the first pass made after gaining possession of the ball after a defensive rebound. It is used most often as a long lead pass for the fast break. Using the peripheral vision to see a wide angle of the court, the player must look immediately up court for the possibility to pass ahead. If there is a defender who could deflect the pass, take one or two power dribble to the side or forward to free yourself and then make the pass.

Many players use the overhead pass as an outlet pass. The overhead pass is made holding the ball with a firm and comfortable grip over the head and the arms slightly flexed. The ball is brought back slightly over the head and thrown directing the pass to a specific point without exerting excessive spin on the ball. The pass should be released quickly with a crisp outward snap off of the fingertips.

Playing without the ball

An effective low post player should be able to read the defense and choose the best option as to where to move to, the timing and the shot to take. The option chosen must allow for the most effective action or shot at the best possible time. The player would be moving in such a manner that the legs would be slightly flexed keeping the weight on the ball of both feet. The player's focus has to be on the defender and the basket, being aware at all time of where the ball could be coming from. From the adopted position the player is ready to shoot, pass or penetrate toward the basket as soon as the ball is received.



Dino Radja

Shooting

Place your ball so that you can place your other hand between your palm and the ball, not on the palm of the hand but resting softly on your fingers. And when you are shooting the index and the middle finger give direction to the ball, mostly the index finger, so that at the shooting index finger follows the ball and ends up pointing to the basket. These fingers hold the ball and index finger gives direction to the ball with help of middle finger. But the index finger is most important. After the shot index finger points to the basket the rest don't. It does not matter where the rest of the fingers point, the index finger has to point to the basket.

Jump hook

The normal shot goes like this. My hand stays still while I rotating to follow through and finishing on my ear, like this. It does not matter how you shot your hand stays like this, always facing the basket... and in this case ending on the ear. The arm ends touching the ear and the hand pointing to the basket. No matter how you shot the hand always ends up pointing to the basket.

There are many principal skills that the good basketball players must become skilled at; but you must be able to make the shot. The high percentage shots come from the areas closer to the basket. The jump hook is one of the various shots that can be taken. The advantage of the jump hook shot is that it is difficult to block and it can be executed with either hands as with the regular hook shot. To execute a jump hook, the player must establish a solid balanced stance with his back normally to the defender and to the basket, firmly holding the ball with both hands at chest level, he/she would look over his shoulder to determine the defender's position as well as focusing on the basket. The ball should be held far away from the direct defender but protected from the other defenders that could reach to it. The player would then take a step on the pivot foot turning the body so that the non shooting hand's shoulder is lined perpendicularly with the basket, he would then align both feet with the knees comfortably flexed while lifting the ball extending the arm straight and jumping straight up in a smooth continuous motion. At the highest point the wrist and hand must be flexed toward the basket and release the ball off of the fingertips giving the ball the proper arch, all in an even rhythm. The opposite hand would remain flexed at about a 45° angle in front of the shooter.

Pivoting

Refers to taking a step turning on the foot established as the pivot foot. There are two basic pivoting motion, forward pivot (front turn) and backward pivot (reverse turn). My most favorite move is a counter step – where I am doing the pivot with my left leg instead of the right, that is something that players are not used to, and are not expecting it. I tried teaching many players this step but since it is not natural, it is very hard to learn. I consider this move as my signature move. The most important thing is to take a good position, to have a very stable position with a wide stand and to lower your center of gravity. It is important that you protect yourself from your opponent. Once you receive the ball it is important to guard it and when going into contact, you have to go strong into it, with your body forward. It is wrong to avoid contact. If you are afraid of the contact you will limit yourself. When the center is dribbling he has to be in the same body position, low body center of gravity with wide stand and very short, also protecting the ball, so that you do not give a chance to smaller players to steal the ball.



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When I am going for the rebound, for me the most important thing is to take a position, block the opponent, get into contact and then go for the ball. While getting the ball, I start thinking about my body position so that when I land I can be ready to pass the ball for the fast break, because the time is very crucial in a fast break.

Fade away

This shot is a strategic one. Keeping in mind that a jump shot executed from a balance stance has better accuracy; the player might choose to fade away on the jump shot in an attempt to put the ball out of reach of the defender. The shot can be executed right after receiving a pass or after a dribble. The shooter has to get open creating space for himself before receiving the ball or before holding the ball after a dribble. Player would usually step forward to get as close as possible to the defender after receiving and controlling the ball. Keeping the ball close to the body, player would push off of the ball of one foot to take a step back and jump away from the defender leaning slightly backwards in a strong and comfortable motion. As with any shot facing the basket, the shooter should focus on the rim and not the ball, with the fingers comfortably spread, wrist back and the elbow pointing at the basket. The head should be centered while extending the shooting hand and fingers and giving the ball a good rotation. Follow through. We must reiterate that it is always good to acknowledge the pass or the screen. Shoot with consistency. On this shot, the ball can be received either facing the basket or with the back to it. For the fade away it is also very important to get in contact with the opponent and then do the step back. It is also important to control the jump back since it might happen that you jump too much and then the shot will be short. You have to have a control.

Pick-and-Roll

A basic basketball play between two offensive basketball players where a screen is set to the player dribbling the ball. The screen is intended to free the ball carrier for a shot, a penetration or a layup. The defender of the player setting the screen might momentarily switch or step in front of the ball carrier while the defender of the ball carrier gets caught in the screen. The player setting the pick must have established a controlled position and a solid balance without making any motion such as holding the arms or hip out, pushing the defender, or continue to move while setting the pick. The player being picked must brush the one setting the pick to create as much problem for the defender as possible to stay on him thus creating space. The player setting the pick can then roll toward an open area or to the basket looking to receive a pass from the dribbler for a shot, a layup, or transferring the ball to a better situated team-mate.



For pick and roll it is very important that you sync with your teammate. It is important that your teammate waits for you to get in the pick position. You have to make sure that you can block the player with a very stable stand and then to wait for your teammate to go around and then you are open for receiving the ball. It has to be very synchronized. The common mistakes are if you leave the pick position too soon, or if your teammate does not lead the opponent into the pick (block). It is important that your teammate leads the opponent into the pick player and his opponent so that he gets stuck in between.

Passing

Passing is one of the vital elements for efficient basketball. The most common passes are the chest pass, the bounce pass and the overhead pass. Know which pass is the best one. To make a pass, hold the ball with a firm and comfortable grip. Direct your pass to a specific point and do not exert excessive spin on the ball. The pass should be released quickly with a crisp outward snap off of the fingertips. Do not make (telegraph) the pass predictable for the defense. The chest pass is normally a chest high straight pass. The bounce pass should be directed at a specific point between the waist and the knee of the receiver. All passes must be away from the defender. Do not carelessly and unnecessarily force a pass. The bad passes are too high, too weak, too weak, too strong, too fast or not timed properly.

Hints from Dino

When you are standing in the block you should have your hands extended high above your head, the head should be tilted to the side, to avoid being punched in the face by the elbow of the opponent.

Blocking the shot. The most important thing is the timing and to watch the ball. You have to position yourself so that in the jump you are going after the ball. If you jump too early you will jump on the player making the foul. If you jump too late you will hit the opponent's hand not the ball making the foul again. So the most important is to get in the jump at the same time as the opponent.