

# ASSIST 33

FIBA ASSIST MAGAZINE FOR BASKETBALL ENTHUSIASTS EVERYWHERE JULY / AUGUST 2008



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We Are Basketball

**PIANIGIANI-BANCHI**  
THE HIGH  
PICK-AND-ROLL

**PAT SULLIVAN**  
THE "POINT ZONE"

**JIM CERVO**  
UNDERSTANDING  
3-PERSON MECHANICS

**RICH DALATRI**  
BAND EXERCISES

# ETTORE MESSINA LELE MOLIN FITTING THE OPPONENT



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**2008-09 FIBA CALENDAR**

**JULY 2008**

- 14 - 20.07 FIBA Olympic Qualifying Tournament for Men in Athens, Greece
- 17 - 21.07 Centrobasket Championship for Women in Morovis, Puerto Rico
- 29.07 - 01.08 FIBA Diamond Ball for Men in Nanjing, P.R. of China

**AUGUST 2008**

- 02 - 05.08 FIBA Diamond Ball for Women in Haining, P.R. of China
- 09 - 24.08 Olympic Basketball Tournaments for Men and Women in Beijing, P.R. of China
- 27 - 31.08 Centrobasket Championship for Men in Cancun, Mexico

**SEPTEMBER 2008**

- 06 - 17.09 ParaOlympic Games, Wheelchair Basketball Tournaments in Beijing, P.R. of China

**2009**

**JUNE 2009**

- 07 - 20.06 EuroBasket Women in Latvia

**JULY 2009**

- 02 - 12.07 FIBA U19 World Championship for Men in Auckland (NZL)
- 23.07 -02.08 FIBA U19 World Championship for Women in Bangkok (THA)

**SEPTEMBER 2009**

- 07 - 20.09 EuroBasket Men in Poland
- 23 - 27.09 FIBA Americas Championship for Women in Mato Grosso (BRA)

**COACHES**

**FUNDAMENTALS AND YOUTH BASKETBALL**

- Zone Offense Principles **4**  
by Don Showalter
- Testing and Evaluating the Motor Potential of Young Basketball Players **10**  
by Frane Erculj

**OFFENSE**

- Fitting the Opponent **12**  
by Ettore Messina and Lele Molin

- Posting Up the Perimeter Players **16**  
by Kestutis Kemzura

- The High Pick and Roll **18**  
by Simone Pianigiani and Luca Banchi

**DEFENSE**

- The "Point Zone" **24**  
by Pat Sullivan

**HOOP MARKET**

- FIBA Coaching Library **31**  
by Raffaele Imbrogno

**REFEREES AND GAME ADMINISTRATION**

- Understanding 3-person Mechanics **32**  
by Jim Cervo
- Right or Wrong? **34**

**SPORT MARKETING AND MANAGEMENT**

**EXECUTIVES AND MARKETING**

- FIBA Oceania's Women's Basketball Initiative **36**  
in the Pacific Islands  
by Judy Smith

**FIBA RESEARCH AND STUDY CENTRE**

- How Are Sports Floor Monitored? **38**  
by Hans Peter Knauf

**DOCTORS, CONDITIONING COACHES AND TRAINERS**

**CONDITIONING COACHES**

- Band Exercises **40**  
by Rich Dalatri

**NEWS**

- ONE-ON-ONE **44**
- PLANET BASKETBALL **46**
- OFF-THE-COURT **50**

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**FIBA**

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by Don Showalter

# ZONE OFFENSE PRINCIPLES



**Don Showalter graduated with a physical education major and a biology minor at Wartburg College in 1974. In the same year he started his coaching career at Lone Tree Schools, where he worked until 1976. From 1976 to 1984 he was head coach at Central Elkander Community Schools, where he also taught biology. Since 1984 he is head coach at Mid-Prairie Community Schools. During his career, he won 15 district titles.**

We look to play a very efficient and effective zone offense. To achieve our goal, the players must first understand the basic foundations of a solid zone offense. Therefore, they need to understand that:

1. Fast breaks beat the zone down the floor.
2. We must have constant player movement.
3. We must penetrate the gaps.
4. We need to make all movements meaningful and fast.
5. We need aggressive board play.
6. We must show patience against all zone defenses.
7. We must find ways to get the ball inside.

I will now suggest some specific drills that I find useful for helping players understand the correct application of these zone offense concepts. Repeat these drills often and players should automati-

cally know what to do during the game when a similar situation arises.

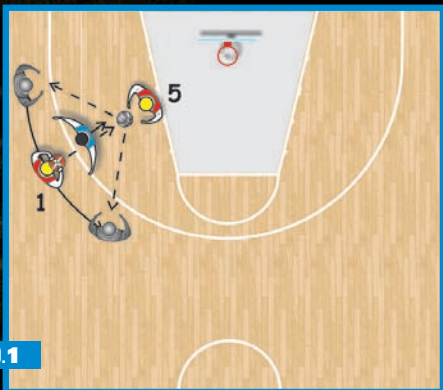
## DRILL N. 1

▼ 1 passes inside to 5 and moves to the right or left away from the defender, preferably in the direction of the defender's back. 5 then passes back out to 1 for an open shot (diagr. 1).  
Point of emphasis: The offense should always relocate after a pass. Do not stand in the same spot you passed the ball from.

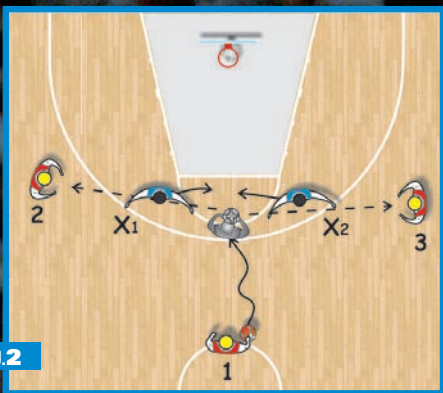
## DRILL N. 2

▼ 1 penetrates the gap between X1 and X2. Once X1 and X2 stop, 1 passes to 2 or 3 (diagr. 2).

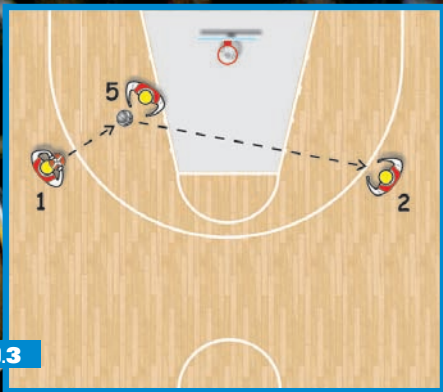




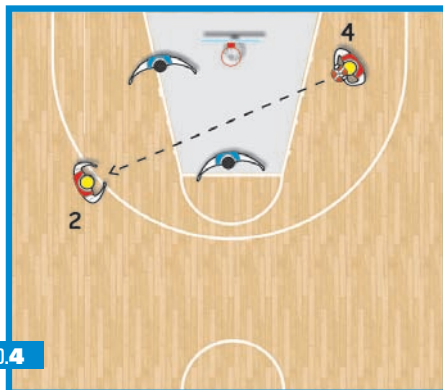
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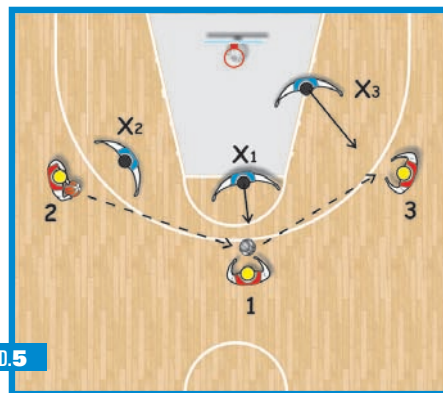
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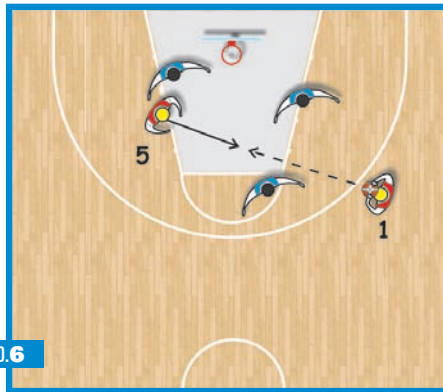
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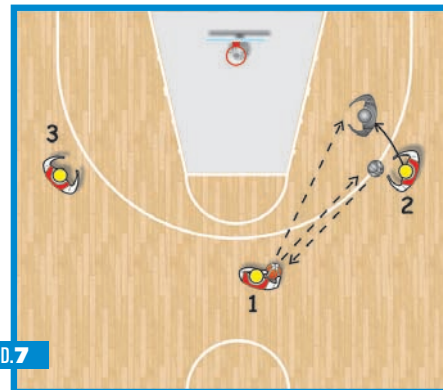
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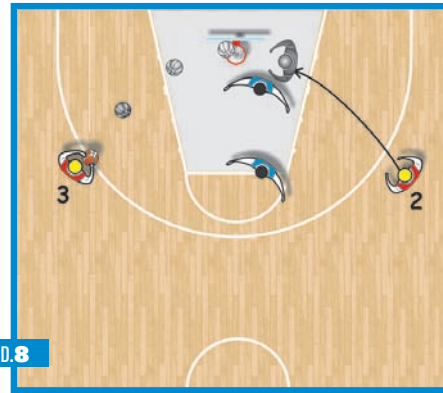
D.5



D.6



D.7



D.8

Point of emphasis: Penetrating the gaps in the zone forces two defenders to guard one offensive player, thereby opening up a teammate on another part of the court.

**DRILL N. 3**

▼ 1 passes to 5 on the low block. 5 turns and passes out to 2 for a shot (diagr. 3). Point of emphasis: The ball must go inside and then back out to the weak side perimeter. This technique keeps the defense from cheating in too much and should also help isolate the post player with the ball.

**DRILL N. 4**

▼ 2 should step into the open spot for a

skip pass. 2 must stay outside 15-20 feet for the shot (diagr. 4).

Point of emphasis: Wing players should make themselves open for skip passes.

**DRILL N. 5**

▼ 1, 2, and 3 should reverse the ball quickly from one side of the court to the other. This forces the low forward to step out and guard the wing player (diagr. 5).

Point of emphasis: Once the forward commits to guarding the wing, the offense can attack.

**DRILL N. 6**

▼ When ball is on the wing and the opposite low post 5 sees an opening in the middle of the zone, he flashes to that open spot (diagr. 6).

Point of emphasis: Post players must flash to the middle to keep the defense honest.

**DRILL N. 7**

▼ The perimeter offensive players, 1, 2, and 3, must make a pass and then fake a pass the second time the ball is touched. This is especially important for the player on top of the key (diagr. 7).

Point of emphasis: Pass fakes against a zone are possibly more effective than the passes themselves. By making a pass fake (selling it with a good, hard fake), you can get all five defenders to shift positions.

**DRILL N. 8**

▼ 3 puts up the shot and 2 crashes the board from the weak side (diagr. 8). Point of emphasis: This is a great opportunity to get the rebound because there are no blocking out assignments.

**DRILL N. 9**

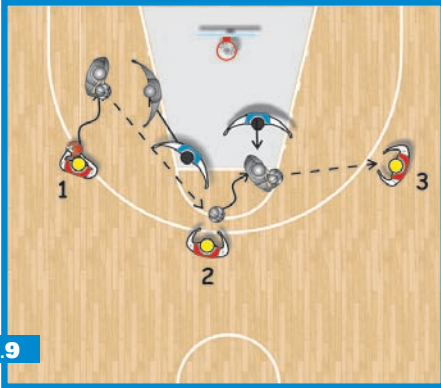
▼ 1 uses the dribble to drag the defender over towards him. He then can pass the ball to 2, who is now open, creating an attack situation (diagr. 9).

Point of emphasis: Drag the defense with you, then release the ball. The dribble will pull the defense out of position.

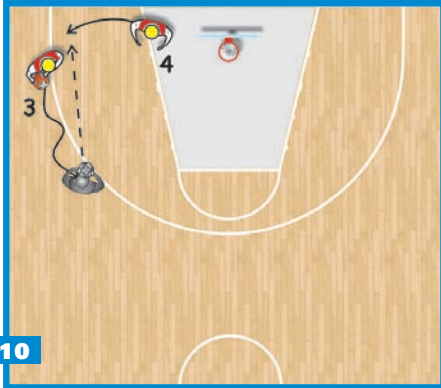
**DRILL N. 10**

▼ 3 dribbles up from the baseline, pulling the defense up with him. 4 steps





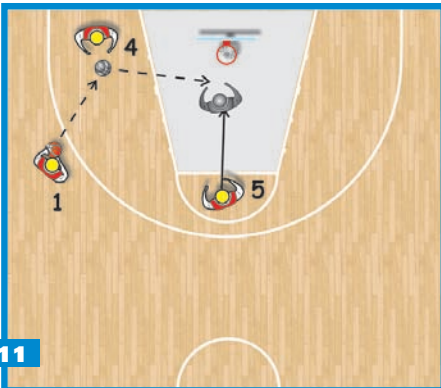
D.9



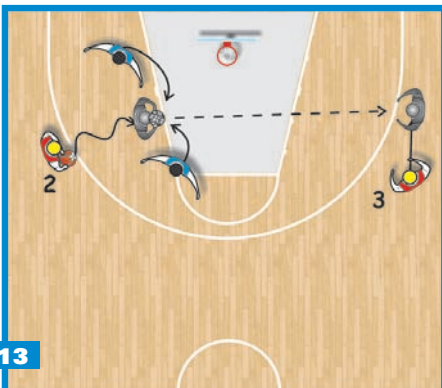
D.10

out behind the zone. 3 passes to 4 for the shot (diagr. 10).

Point of emphasis: Similar to the drag dribble, 3 is creating an open space in the zone by utilizing a dribble. The ball-side low-post player 4 should recognize this and move to the now vacated area.



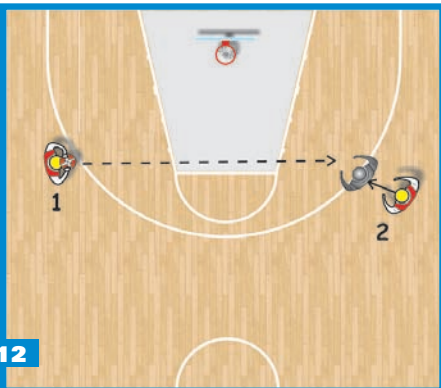
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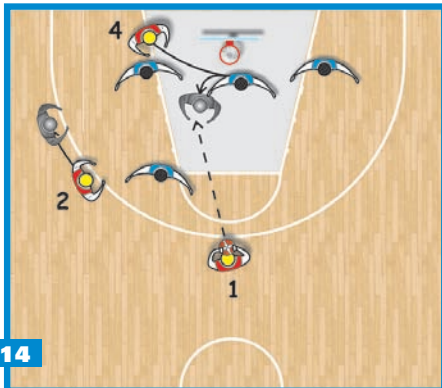
D.13



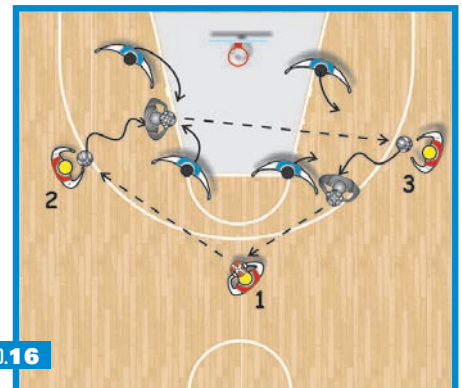
D.15



D.12



D.14



D.16





### DRILL N. 11

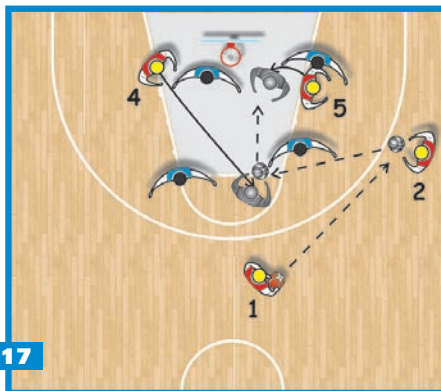
▼ 1 passes to 4 in the short corner. The high post 5 dives to the basket down the middle of the zone. 4 looks to pass to 5 for the shot (diagr. 11). Point of emphasis: If a player receives a pass in the short corner, the defense should cover that player, thereby opening up the middle for the high post.

### DRILL N. 12

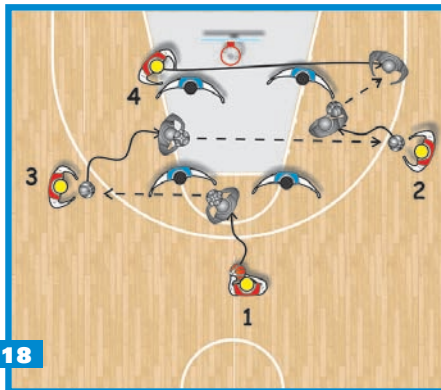
▼ 1 skip passes the ball over the zone to 2. The opposite wing 2 stays outside the three-point line, and gets ready to receive the pass and take the shot (diagr. 12). Point of emphasis: 2, by staying outside the three-point circle, forces the defense to stay spread out and cover more area.

### DRILL N. 13

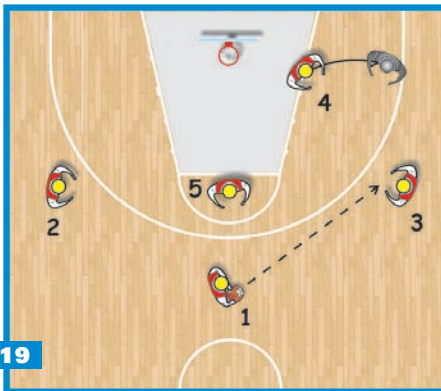
▼ The wing players should look to penetrate the guard/forward gap in the zone and kick the ball out to the opposite wing for the shot (diagr. 13).



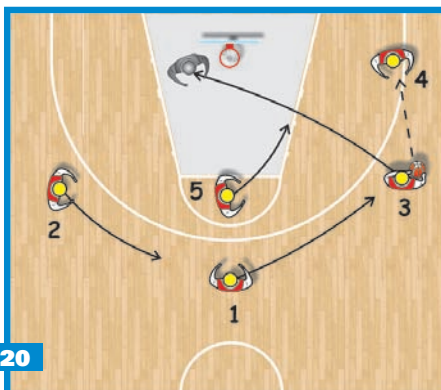
D.17



D.18



D.19

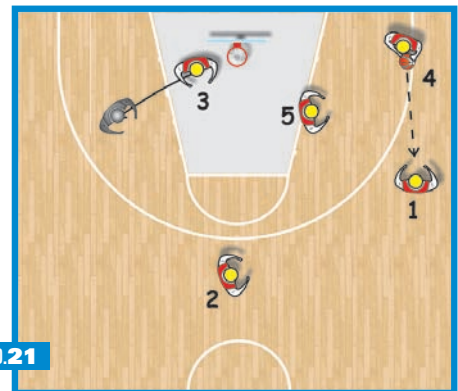


D.20

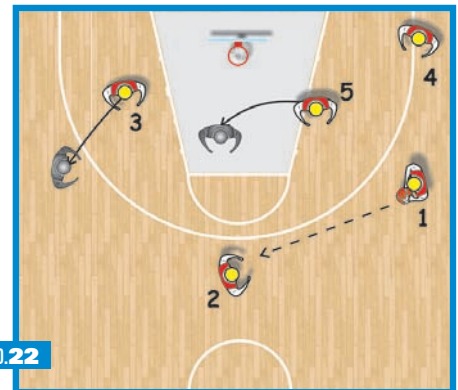
Point of emphasis: The weak side defense is probably already cheating to the middle of the court to cover the post players. The penetration might draw them in more and open up the court for outside shots.

### DRILL N. 14

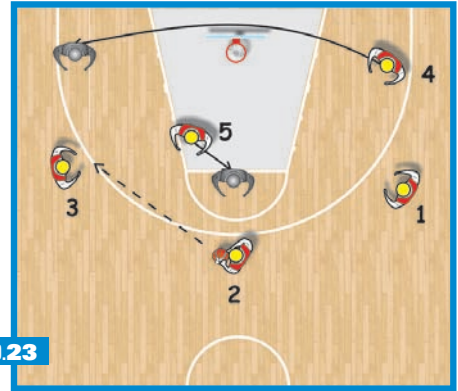
▼ The post players 4 should look to screen the baseline defenders and



D.21



D.22



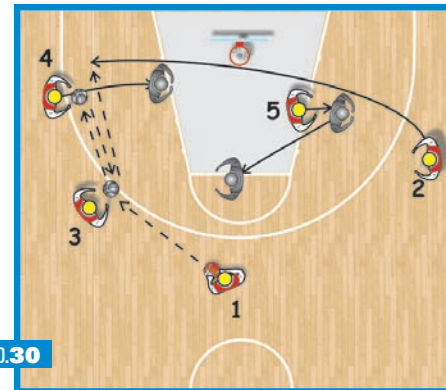
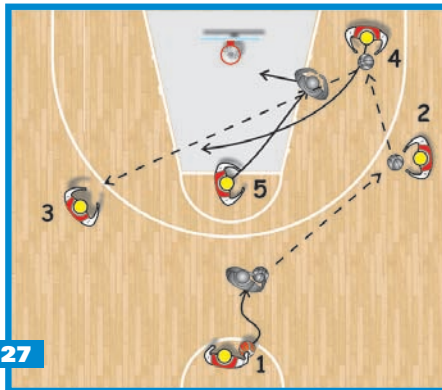
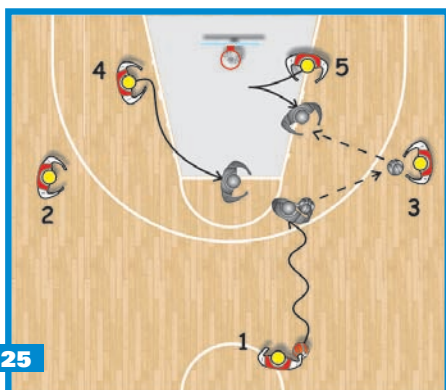
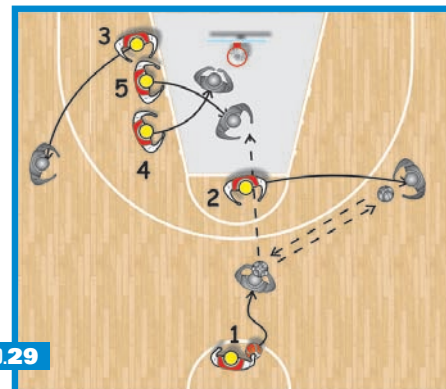
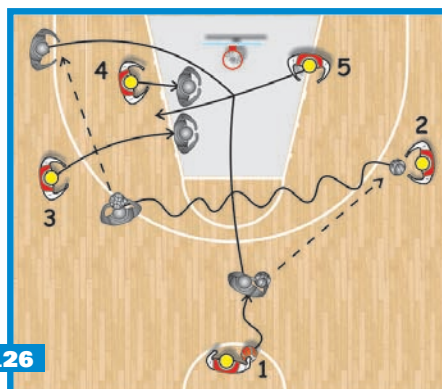
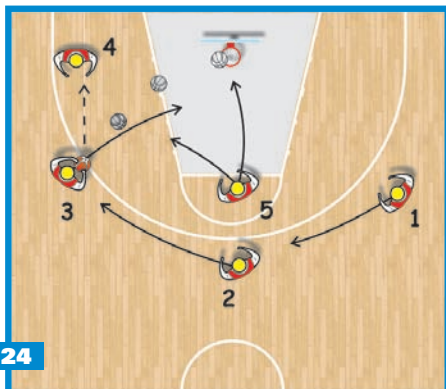
D.23

then step to the ball. The perimeter players can utilize pass fakes to set up the post player (diagr. 14). Point of emphasis: The screen can be used to open up a player for a skip pass. If defended, the screener should step to the ball and may find himself open.

When the moves of the previous drills are assimilated, we can sum them up with the following 4-on-4 zone offense plays:

**Attack the diamond:** 1 penetrates the gap between X1 and X2 and passes to 3 in the short corner; 3 makes a pass to 2 on the weak side. 4, who was in the low post on the weak side, opens himself in the short corner, ready to get the ball from 2 (diagr. 15).

**3 vs. box:** 1 passes the ball to 2 on the wing; 2 pretends to drive to the basket



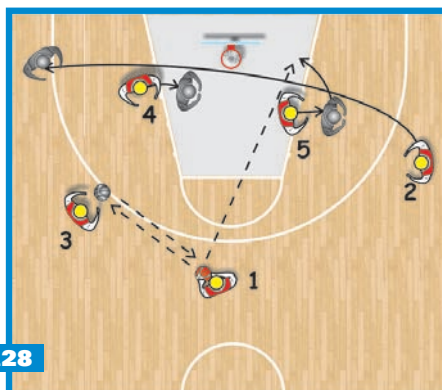
but instead makes a pass to the weak side player, 3, who penetrates and passes again out to 1 (diagr. 16).

**Hi-lo drill:** We want to train “hi-lo” moves. After a pass from 1 to 2, the ball goes to the high post 4, who made a flash cut, coming from the low post on the weak side. 5, who is in the low post on the strong side, opens himself in the center of the area, ready to get the ball from 4 (diagr. 17).

**4-on-4 Zone:** 1 penetrates the gap between the first defensive line, then passes to 2, who fakes a drive to the basket and passes the ball to the opposite side to 3, who makes a dribble, then gives the ball to 4, coming along the baseline from the opposite side (diagr. 18).

Now, let’s take a look to some effective 5-on-5 offensive plays.

**1-3-1 offense:** 1 passes to 3 on the wing, while 4, from the low post, gets open in the corner (diagr. 19). 3 passes to 4 and cuts towards the basket, while 1 replaces him. 2 replaces 1 and 5 moves to the elbow (diagr. 20). The ball is passed back to 1 and 3 continues his cutting move to the weak side, while 5 goes to the low post (diagr. 21). Now we want to pass the ball: 1 passes to 2, 5 makes a flash cut toward the opposite elbow, and 3 opens in the wing (diagr. 22). When 3 receives the ball, 4 cuts to the



strong side along the baseline, and 5 shifts centrally to the free-throw line (diagr. 23). We can finalize: 3 can go to the basket or else pass to 4 for a shot from the corner and then cut to start a new move; other players move at the same time (diagr. 24).

**“Cyclone” offense:** 1 drives and passes to 2 on the wing. 5, who is in the low post on the strong side, fakes a cut under the basket and turns again towards the ball, ready to receive it from 2. In the meantime, 4, moving from the low post on the weak side, makes a flash cut to the elbow on the strong side (diagr. 25).

**“Double” offense:** 1 passes to 2 and cuts to the angle on the weak side. 2 dribbles to the opposite wing, while 3, from the wing, and 4, from the low post, set a stagger screen for 5, who moves

to the low post on the strong side, ready to get the ball from 1, who received from 2 (diagr. 26).

**“Hammer” offense:** 2 receives the ball from 1, then passes to 4 in the corner. 4 passes the ball to 3 on the opposite wing and makes a flash cut to the ball, exploiting a screen by 5, who opens in low post (diagr. 27).

**“lowa” offense:** 1 passes to 3, who passes back to 1, while from the opposite wing, 2 cuts to the angle using a screen by 5, who opens up and is ready to receive the ball (diagr. 28).

**“Martin” offense:** 1 is in the middle of the court with the ball. 2 is at the free-throw line and 3, 4, and 5 are flanked in low post. 2 opens in the wing; after this move, 3 opens in the opposite wing, 4 goes under the basket, and 5 opens in the middle of the lane ready to get the ball from 1, to which 2 has passed the ball back (diagr. 29).

**“Overload” offense:** 1 passes to 3 on the wing, 3 passes to 4 on the corner; meanwhile, 2, coming from the opposite wing, cuts to the angle on the strong side, first exploiting screens by 5, who cuts from the low post on the weak side to the high post on the strong side, and another screen by 4, after he has passed back to 3. He opens in the corner, ready to get a ball for the shot (diagr. 30).



# Champion



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by Frane Erčulj

# TESTING AND EVALUATING THE MOTOR POTENTIAL OF YOUNG BASKETBALL PLAYERS

Frane Erčulj coached all age categories of male and female basketball players at the Slovan (Ljubljana, Slovenia) as well as with different national team selections. He was awarded a doctoral degree in 1998. Now he works as a Associate Professor at Faculty of Sport (Ljubljana) for the subject Theory and Methodology of Basketball. He has published over 200 expert and research works on basketball in Slovenia and abroad. He is the author and co-author of several basketball books and manuals and an active member of the Basketball Federation of Slovenia. He is also the head of the Basketball Measurement Team at the Institute of Sport, whose chief task is to perform measurements and provide counseling to basketball players.

For several years, at the Faculty of Sport in Ljubljana we have been systematically monitoring the motor abilities of elite young Slovenian male and female basketball players. We have created an extensive database and based on that we have established norms for different age categories and playing positions. This enables a comparison between different generations of male and female players and, based on the established norms, an evaluation of the results they achieve during the tests.

From 25 to 30 June 2007 an FIBA International Basketball Camp for U15 Girls was held in Postojna, Slovenia. It was organised by the Basketball Federation of Slovenia. During this camp top young female basketball players from 15 European countries (the Czech Republic, Slovakia, Greece, Belgium, Croatia, Italy, Romania, Finland, Portugal, Germany, the Netherlands, Bulgaria, Austria, Wales and Scotland) were tested.

Each country was represented by two elite basketball players who were also members of their national team.

Unfortunately, due to time pressure and the strenuous schedule of the basketball camp, we were unable to test all players who attended the camp and to use the complete test battery which is commonly applied when testing young Slovenian male and female basketball players. The reduced test battery which was applied in this camp covers the basic dimensions of the morphological-motor potential of young female players.

The test battery consisted of nine motor tests (Table 1). The subjects performed each test three times and the best result

was included in the data processing.

Table 1: Motor tests\*

| CODE | TEST                     | ABILITY  | UNIT |
|------|--------------------------|--|------|
| CMJ  | Counter movement jump    | Speed strength and elasticity                        | cm   |
| BBT  | Basketball throw         | Speed strength and acyclic speed                     | dm   |
| MBT  | Medicine ball throw      | Explosive strength                                   | dm   |
| DJ25 | Drop jump – height 25 cm | Explosive strength and elasticity                    | cm   |
| S20  | 20 m sprint – high start | Acceleration and cyclic speed                        | sec  |
| TT5  | T-test (5 + 5 m)         | Agility and take-off reaction time                   | sec  |
| S6x5 | 6 x 5 m sprint run       | Agility (changing of direction by 180°)              | sec  |
| D20  | 20 m sprint dribbling    | Acceleration and cyclic speed with a ball            | sec  |
| D6x5 | 6 x 5 m sprint dribbling | Agility in dribbling (changing of direction by 180°) | sec  |

The body height and body mass of the players were also measured.



Figure 1. 20 m sprint (S20)

\* Detailed description of the technology and tests that had been used can be found on FIBA EUROPE web site (<http://www.fibaeurope.com/>)





Figure 2. The shuttle run test, 6 x 5 m sprint run (S6X5)

Thirty female basketball players were tested during the camp, classified as 18 guards, 8 forwards and 4 posts.

All players were healthy and had no injuries. Their average age was 14.73 ( $\pm 0.45$ ) years, body height 170.38 ( $\pm 7.36$ ) cm, body mass 61.88 ( $\pm 7.28$ ) kg, and number of playing years 4.83 ( $\pm 1.66$ ).

Table 2. Arithmetic means and standard deviations of the motor tests

| Code | Unit | GUARDS |           | FORWARDS |           | CENTERS |           | ALL   |           |
|------|------|--------|-----------|----------|-----------|---------|-----------|-------|-----------|
|      |      | Mean   | Std. Dev. | Mean     | Std. Dev. | Mean    | Std. Dev. | Mean  | Std. Dev. |
| CMJ  | cm   | 27.52  | 4.76      | 29.22    | 2.94      | 27.64   | 2.94      | 27.64 | 4.19      |
| BBP  | dm   | 68.77  | 7.28      | 78.37    | 7.52      | 78.37   | 7.52      | 72.64 | 8.60      |
| MBP  | dm   | 43.77  | 4.90      | 48.62    | 4.17      | 48.62   | 4.17      | 45.62 | 5.02      |
| DJ25 | cm   | 25.21  | 3.81      | 25.82    | 2.04      | 25.82   | 2.04      | 25.22 | 3.27      |
| S20  | sec  | 3.52   | .15       | 3.51     | .14       | 3.51    | .14       | 3.55  | 0.18      |
| TT5  | sec  | 3.22   | .21       | 3.19     | .07       | 3.19    | .07       | 3.22  | 0.18      |
| S6x5 | sec  | 9.65   | .46       | 9.48     | .43       | 9.48    | .43       | 9.67  | 0.47      |
| D20  | sec  | 3.75   | .22       | 3.73     | .20       | 3.73    | .20       | 3.75  | 0.21      |
| D6x5 | sec  | 10.03  | .54       | 9.91     | .50       | 9.91    | .50       | 9.99  | 0.56      |

The test results of individual players were processed by a special SMMS 1.0 software application designed at the Faculty of Sport. The application is based on multi-parameter decision-making.

Figure 4 shows a printout of the results of four guards of different quality levels. It consists of a decision tree, the players' rough results and their conversion into numerical and descriptive forms. The application multiplies the numerical results with respective weights and divides the result by the weight specified on the first branch of the tree.

Then the results on each first branch of the decision tree are summed up. The outcome is an evaluation of the factor which determines each first branch of the tree. This procedure involving multiplication, division and addition is carried out in the same way at all higher-level branches, up to the trunk of the tree (POTENTIAL).



Figure 3. T-test (TT5), including the arrangement of the photocells, jump mat and indicator lights.

Figure 4. Printout of selected results

| Decision tree               | Unit | Player 1 |      |        | Player 2 |      |        | Player 3 |      |       |
|-----------------------------|------|----------|------|--------|----------|------|--------|----------|------|-------|
|                             |      | Res      | f(x) | Estim  | Res      | f(x) | Estim  | Res      | f(x) | Estim |
| POTENTIAL                   |      |          | 4.5  | excell |          | 3.3  | good   |          | 1.0  | bad   |
| Morphological potential     |      |          | 0.8  | bad    |          | 1.6  | appro  |          | 0.1  | vbad  |
| BH                          | cm   | 163.8    | 0.8  | bad    | 166.5    | 1.6  | appro  | 158.2    | 0.1  | vbad  |
| Motor potential             |      |          | 4.8  | excell |          | 3.5  | good   |          | 1.0  | bad   |
| Conditional abilities       |      |          | 4.8  | excell |          | 3.6  | vgood  |          | 1.0  | bad   |
| Strength                    |      |          | 4.7  | excell |          | 3.4  | good   |          | 0.5  | bad   |
| Speed strength              |      |          | 4.9  | excell |          | 3.2  | good   |          | 0.6  | bad   |
| Legs                        |      |          | 5.1  | excell |          | 3.2  | good   |          | 0.5  | bad   |
| CMJ                         | cm   | 42.4     | 5.1  | excell | 31.8     | 3.2  | good   | 25.9     | 0.5  | bad   |
| Arms                        |      |          | 4.7  | excell |          | 3.1  | good   |          | 0.9  | bad   |
| BBT                         | dm   | 83       | 4.7  | excell | 69       | 1.8  | appro  | 61       | 0.4  | vbad  |
| MBT                         | dm   | 47       | 4.8  | excell | 45       | 4.9  | excell | 37       | 1.4  | bad   |
| Explosive strength          |      |          | 3.7  | vgood  |          | 3.1  | good   |          | 0.4  | vbad  |
| DJ25                        | cm   | 30.9     | 3.7  | vgood  | 29.4     | 3.1  | good   | 21.2     | 0.4  | vbad  |
| Speed                       |      |          | 5.0  | excell |          | 4.0  | vgood  |          | 2.0  | appro |
| Acceleration                |      |          | 4.9  | excell |          | 3.6  | vgood  |          | 2.5  | good  |
| S20                         | sec  | 3.19     | 4.9  | excell | 3.45     | 3.6  | vgood  | 3.54     | 2.5  | good  |
| Reaction                    |      |          | 5.1  | excell |          | 4.4  | vgood  |          | 1.5  | bad   |
| TT5                         | sec  | 2.864    | 5.1  | excell | 3.157    | 4.4  | vgood  | 3.557    | 1.5  | bad   |
| Technique and co-ordination |      |          | 4.7  | excell |          | 3.1  | good   |          | 1.0  | bad   |
| Without a ball              |      |          | 4.5  | excell |          | 2.1  | appro  |          | 0.5  | vbad  |
| 6X5S                        | sec  | 8.82     | 4.5  | excell | 9.41     | 2.1  | appro  | 10       | 0.5  | vbad  |
| With a ball                 |      |          | 4.8  | excell |          | 3.5  | vgood  |          | 1.3  | bad   |
| D20                         | sec  | 3.27     | 5.1  | excell | 3.51     | 4.7  | excell | 3.79     | 2.2  | appro |
| 6X5D                        | sec  | 9.19     | 4.5  | excell | 9.75     | 2.3  | appro  | 10.66    | 0.4  | vbad  |

Legend:

Res rough result of measurement

f(x) numerical evaluation (from 0.0 to 5.5)

Estim descriptive estimation (from very bad to excellent)

The data in the printout are analysed for each player separately at the highest levels of the decision tree (POTENTIAL, Morphological potential and Motor potential). Then the analysis covers the results at lower levels as regards the morphological and motor potentials. In the decision tree that was used, the morphological potential only consists of body height. Motor potential is structured at three levels, which is why the data are first analysed at the top level (Conditional abilities and Technique and co-ordination) and then also at lower levels.

The Faculty of Sport uses a similar method to process and evaluate the results of testing all young male and female players of the Slovenian national teams. A more complex decision tree is used, comprising a wider battery of motor, functional and psycho-social tests as well as higher norms for evaluating the achieved results (by gender, age and playing position). The results of our studies show that the male and female basketball players of the Slovenian national teams with high scores for the said morphological-motor potential were also better players in general.




**FIBA**

We Are Basketball

# FITTING THE OPPONENT



by Ettore Messina



by Lele Molin

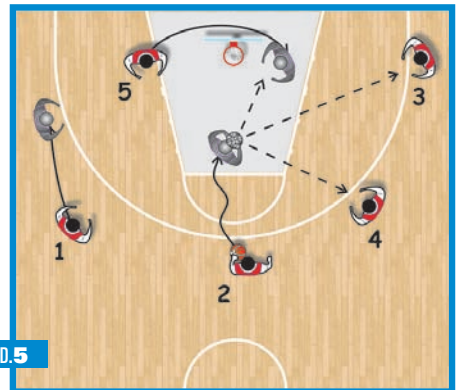
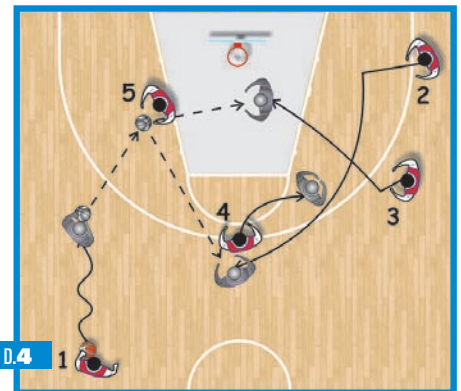
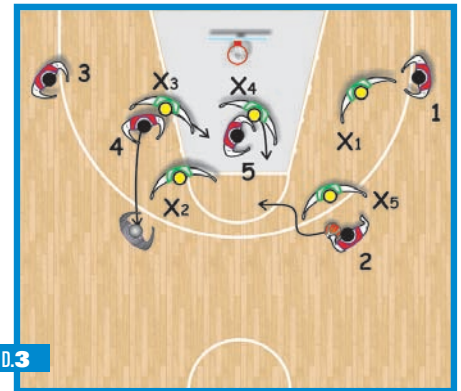
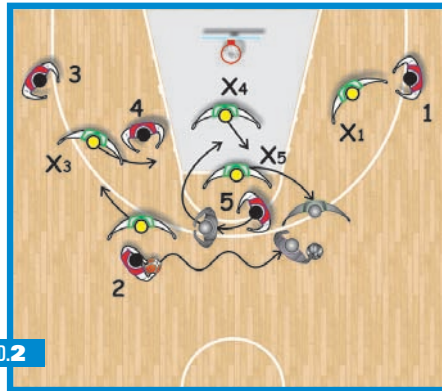
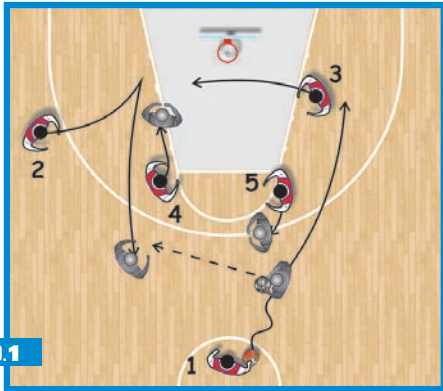
Ettore Messina started his coaching career with the youth teams of Reyer Venezia, when he was only 16 years old. From 1980 to 1982, he was responsible for youth teams at Mestre and in 1982/83 he was assistant coach at Udine. In 1983 he goes to Virtus Bologna, as responsible for youth teams and assistant coach of the main team. As head coach in Italy, he coached Virtus Bologna (1989-93 and 1997-2002) and Benetton Treviso (2002-2005), winning four Italian Championships, two Euroleague titles, eight Italian Cups one European Cup and one Italian Supercup. From 1993 to 1997 he coached the 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).

Lele Molin started to coach in 1978 as assistant coach of the youth team at Mestre. From 1985 to 2000 he worked 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, then at Treviso and finally at CSKA Moscow.

CSKA is a team with strong defensive skills; this is fundamental in building an high-level winning group. However, defense alone will not make the winning difference. In fact, a well-balanced of-







fense, whose goal is to achieve an advantage by profiting from an opponent's weaknesses and using its own particular offensive skills, is equally as important. In the last three years, our defeats were often due to an incorrect reading of the opponent's defense and to our failure to properly instruct the team. This is partly what happened in the first game of the Euroleague playoff series against Olympiacos Piraeus.

On offense, Olympiacos, tried to reduce the speed of the game and defy our defensive set ups by isolating its best scorers in one-on-one and two-on-two situations. Obviously, our defense was an important factor in containing one-on-one plays and defending against the pick-and-roll, but the way we attacked their defensive selections was even more decisive.

First of all, I should point out that Olympiacos is a tall team, with forwards and



centers that are capable of exchanging their defensive roles. They are extremely skilled and quickly cover up spaces and guard the basket very well. Iannakis planned the following defensive match-ups:

- ▼ Greer vs Holden.
- ▼ Blakney or Teodosic vs Langdon.
- ▼ Vassilopoulos vs Siskauskas and Papaloukas.
- ▼ Boroussis or Tsakalidis vs Smodis.
- ▼ Woods or Printzesis vs Andersen.

Their principal goal was to limit the inside play of Smodis, Siskauskas, and Papaloukas. This would not allow us any advantage with post-up offense, limiting our scoring in the process but, most of all, depriving our team of its most important source of offense. According to their strategy, the only mismatch allowed was on Andersen, who should have sustained all the offensive liabilities.

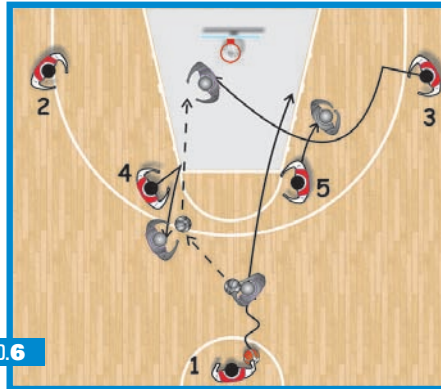
Since we showed little patience in searching for the most opportune scoring advantage and because we had a wrong reading of what was happening to us on defense, we ended up abusing the pick-and-roll.

I think that coach Iannakis foresaw all this: their defense was perfectly arranged against our offense with the pick-and-roll (diagr. 1).

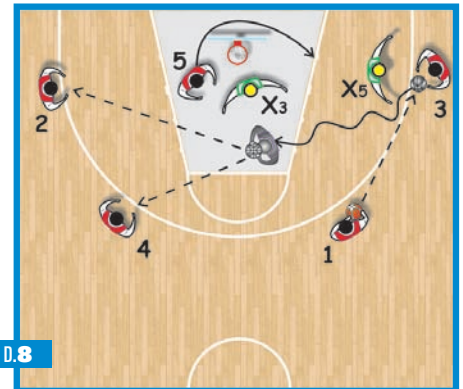
The defensive swap, with a three-man rotation (diagr. 2 and 3) covering the possible advantageous mismatch near the basket with X4 or X3, and kept us from gaining an advantage with inside play. Their size and their zone skills gave us a mismatch situation far from the basket, in congested spaces, and during the last seconds of possession. This is just what our philosophy would have avoided. Unfortunately, we understood it too late! The series was already 0-1 and 48 hours later we would play the most important game of the season at Piraeus, in the presence of 12,000 Olympiacos supporters.

Our first choice to get around their defense was to reduce to a minimum (almost abolishing) all pick-and-roll situations. Their tactics, using defensive swaps, were successful and prevented us from having a well-balanced offense. Looking back, we should have been more patient. We should have tried to pass the ball to our centers in post-up situations and we should have punished their defense on the weak side. Their players lost defensive match-ups in these situations because they collapsed in the area to prevent us from inside play.

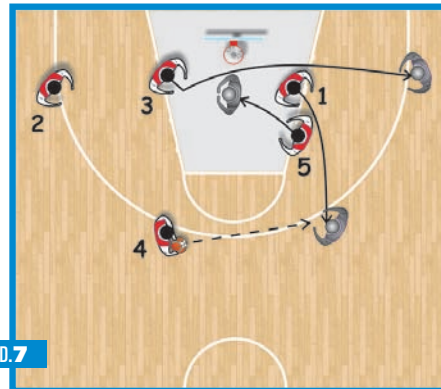
When the center got the ball, offense moved on the weak side (diagr. 4) and



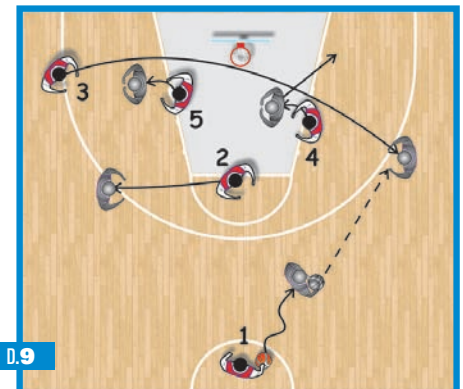
D.6



D.8



D.7



D.9





would have free up our shooters. This would have allowed us to get the ball in good scoring conditions, with plenty of time on the clock and space to play one-on-one or, at least, pick up fouls.

That's how you keep a well-balanced offense! You need to not only look for advantageous mismatches near the basket, but also for opportunities to pass the ball to the low post, as well as read weak-side situations (diagr. 5). We didn't want to renounce the post-up of Siskauskas and Papaloukas, so we proceeded to a peculiar reading of the incoming situation.

In our "2 low" offense that we use to get Siskauskas the ball in the low post (diagr. 6), we didn't attack on the first side, but on the reversal side (diagr. 7). Siskauskas and Papaloukas were free to get the ball near the basket or, stretching spaces, to run to the angle. In this last situation, especially if X5 had made a swap, players would have attacked one-on-one centrally (diagr. 8). In this way, we took advantage of this situation and, at the same time, we had a correct spacing on the weak side. Finally we decided to attack their defensive match-ups that were so effective in zoning against our pick-and-roll, trying to create spaces for one-on-one situations.

We did not add anything new, but, using our defensive organization, we taught our team to attack with the "fit spaces" system. Every time that Siskauskas was matched-up with Woods and Vassilopoulos, we made him run in our "1" offense (diagr. 9).

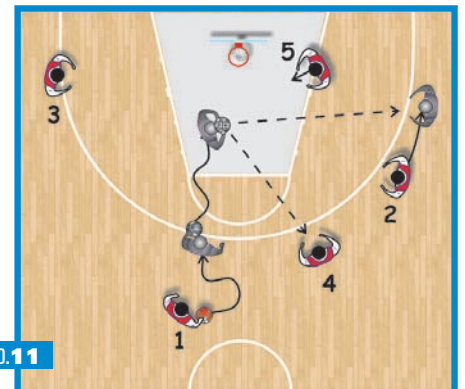
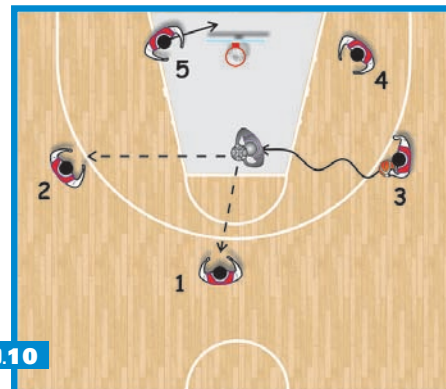
When Siskauskas got the ball, he was allowed to attack his opponent, playing one-on-one (diagr. 10). Also in this case, it was important to take care of the weak side spacing so that we could punish their floating defense. In an analogous way, we played the same situation for Langdon, when he was matched up with Macijauskas. In game 1, Greer was a crucial factor and so we thought not only to limit him offensively, but also to attack him with Holden, in order to tire him and trouble him with fouls.

Using Holden's quickness in one-on-one situations, we created an isolation situation (diagr. 11), in which we attacked Greer in the early seconds of possession. As you may know, the game ended with a victory for us (83-73) and this proved to be a fundamental step we needed to take to eventually reach the title. Not only did we qualify for the Final Four in Madrid, but more importantly for us, it confirmed that we could rely on our technical and mental skills in extreme psychological



pressure conditions. There was no doubt that our analysis and countermoves were correct and effective, but their execution came down to the ability of our players: their individual technical abilities, their

game knowledge, their experience, and their heart and courage were critical elements to our success. Without these important characteristics, no strategy would ever have been successful.







by Kestutis Kemzura

# POSTING UP THE PERIMETER PLAYERS

Kestutis Kemzura started his coaching career in 2001, as assistant coach at Besiktas Istanbul. From 2002 at 2004, he works with Lietuvos Rytas, first as assistant coach, then as head coach from the second half of the 2003/04 season. In 2004/05 he became assistant coach of David Blatt at the Dynamo St. Petersburg, where he won the Euroleague. From 2005 to the first half of the 2006/07 he was assistant coach of the Benetton Treviso, again with Blatt, winning one Italian Championship in 2006. Since February 2007, he is head coach of the Khimki Moscow, where he won the Russian Cup and reached the finals of Russian Championship in the last season. In 2005/06, he also worked in the coaching staff of the Lithuanian National team. He won an Intercontinental Cup in 2005 with the Lithuanian National B team.

Every coach looks to highlight the strong points of his team and hide weaknesses. He wants to create the best situations on offense for his best players so they can have every advantage possible. The more versatile a team is on offense, the more difficult it will be to stop.

Because we had tall and athletic guards (Anton Ponkrashov) and small forwards (Kelly McCarty, Vladimir Dyatchok) on the team, who could play with their backs to the basket, we wanted to use their size and skills in different ways to get an advantage against our opponents. We also had big players who could play successfully on perimeter and be dangerous with their outside shooting. This let us space the floor well and gave us an advantage in the paint by allowing us to post up our guards and small forwards.

We start our offence with this set: 1 (PG) with the ball on right (or left) side of the court at free-throw line extended, center (5) in mid post, power forward (4) at the top on three-point line, small forward (3) on the strong side corner, and the shooting guard (2), on the weak side at free-

throw line extended.

The play starts with 1 passing the ball to the top to 4 (PF), while at the same time 5 (C) sets a back screen for 1 who makes a shuffle cut across the lane. 4 can pass the ball to 1 for the lay up if he's open or hit 5, who flashes to the elbow after making the pick for 1 (diagr. 1).

When 5 receives ball on the elbow, 3 (SF) cuts across the lane and sets a cross pick for 1, forcing defenders to switch and create a mismatch situation against smaller defender. At the same time, 4 screens away for 2 (SG) to occupy defenders (diagr. 2).

The first option is to hit 3 deep in the paint (he has to set good screen and turn to the ball, making sure that he keeps the defender behind his back), second, to hit 1 in the short corner (or low post) for a jump shot, while the third option is to pass the ball to 2 and continue play with high pick and roll (diagr. 3).

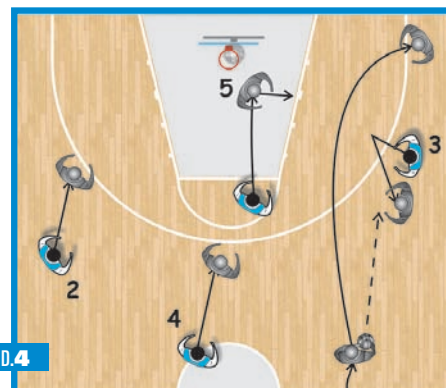
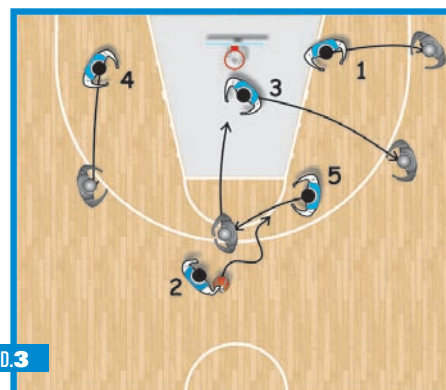
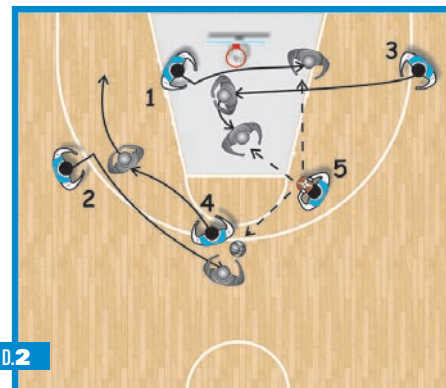
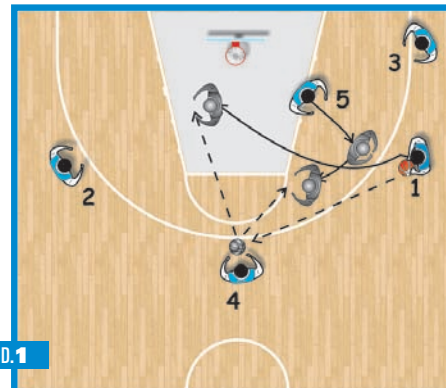
We can run the same play in a different way using it even as a secondary offence. Every player runs their lanes on the break and 1 then passes the ball ahead to 3 at free-throw line extended and cuts to the strong side corner (diagr. 4).

This simple action forces players to run the floor harder and move the ball ahead, so we can get into our set faster and attack the defense better. 3 passes ball to the top to 4 and receives a back screen for a shuffle cut. 4 can hit 3 back for a lay-up if he's open, swing the ball to 2, or pass the ball to 5 on the elbow (diagr. 5).

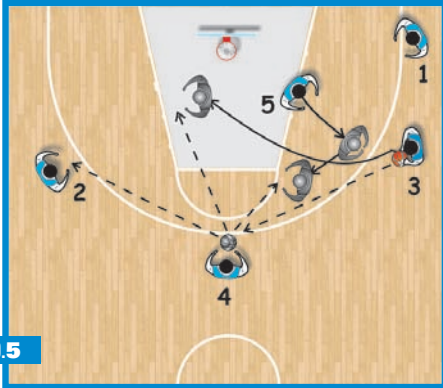
If 4 passes to 5, 1 goes across the lane and sets across pick for 3, while at the same time 4 screens away for 2 (diagr. 6).

If 5 hits 3 in the post, he screens away for 2 and 4 down screens for 1 on the weak side (diagr. 7).

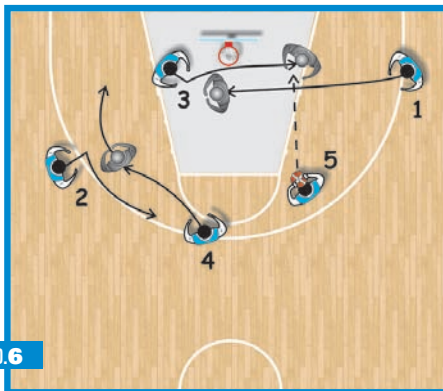
These actions occupy defenders and help to space floor well.



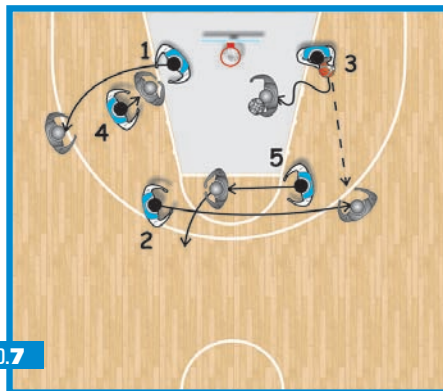




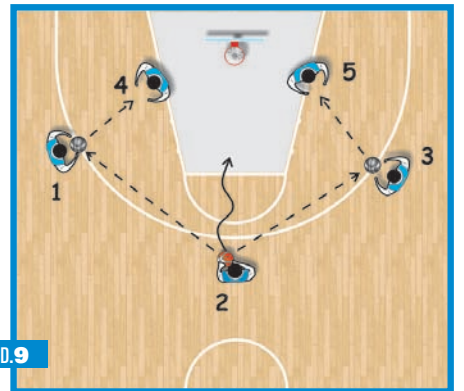
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D.6



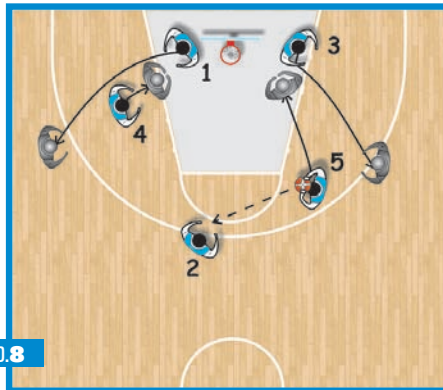
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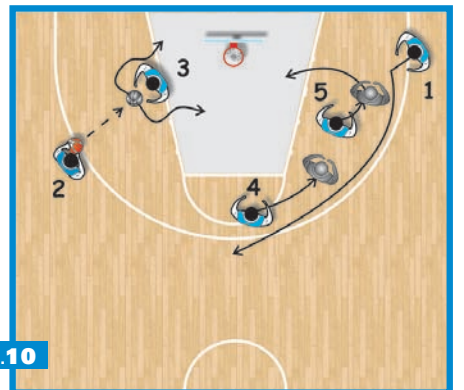
D.9

If 5 can't pass the ball to 3 in the post, he hits 2 at the top and sets a down screen (or can receive a back screen) for 3, while at the same time 4 down screens for 1 (diagr. 8). 2 can pass to either 1 or 3 or play 1-on-1 by himself (diagr. 9).

If 4 swings the ball to 2, he and 5 set a double stagger screen for 1. 2 passes the ball to 3 into the post for a 1-on-1 play and keeps his man occupied (diagr. 10).



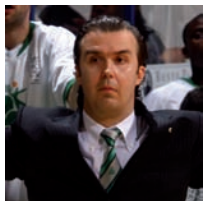
D.8



D.10



# THE HIGH PICK-AND-ROLL



by Simone Pianigiani



by Luca Banchi



Simone Pianigiani's first coaching experience was with Mens Sana Siena 1871; from 1995 to 2006 he was assistant coach in Italian Serie A with Mens Sana Basket Siena, where his team won the Saporta Cup in 2002, and one Italian Championship and Italian Supercup in 2004. He was also responsible for the youth teams until 2005, participating in eleven national finals and winning five consecutive national titles. Since the summer of 2006, he has been head coach of Mens Sana. In his first two years as head coach, his teams have won two Italian Championships and one Italian Supercup (2008).

Luca Banchi started his coaching ca-

reer with the youth teams at Grosseto. In the 1985/86 season, he was assistant coach with Forze Armate Vigna di Valle (Italian serie B2), and a year later with Affrico Firenze he served as assistant coach and was responsible for youth teams. From 1987 to 1999, he was at Don Bosco Livorno, where his teams won three Italian youth titles (1995, 1996, 1997). In 1997/98, he became head coach of the main team (Italian serie A2). In 1999, he was head coach with Pallacanestro Trieste in the Serie A1. From 2001 to 2004, he worked again at Livorno. In 2004/05 he coached Basket Trapani and in 2005/06 Aurora Jesi, both in the Italian serie A2. Since 2006, he has been the assistant coach at Mens

Sana Basket Siena, where his teams won two Italian Championships and one Italian Supercup.

## READING AND SPACING

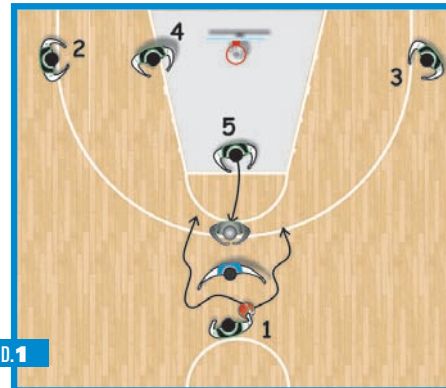
The evolution of the game (more speed, more strength, more athleticism, and less time to end the play) and the frequent use of adapted defenses with systematical changes have led to an exponential increase of the use of pick-and-roll.

This collaboration of two offensive players allows us to find good conclusions when we are not able to complete a particular play. Every player is capable of being involved in a pick-and-roll, even those who may not have the best

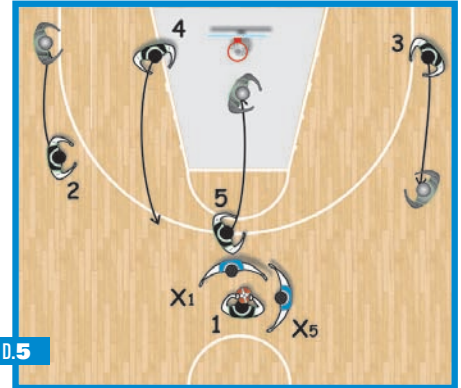




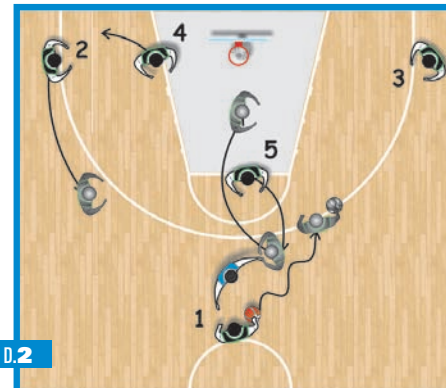
technical offensive skills or are sketchy on fundamentals, both with and without the ball. The pick-and-roll also enables us to get on the court atypical, but effective quintets, where the role of the forward practically disappears. All the perimeter players should be able to take advantage of a screen while dribbling, and, sometimes, the screener can be a player who is able to face the basket and shoot from the three-point line. Actually, in last two years at the Montepaschi Siena, we've tried to work on this phase of the game because the pick-and-roll is a very important part of our offensive system. We regularly work on it in practice because we have players who have become experts at getting



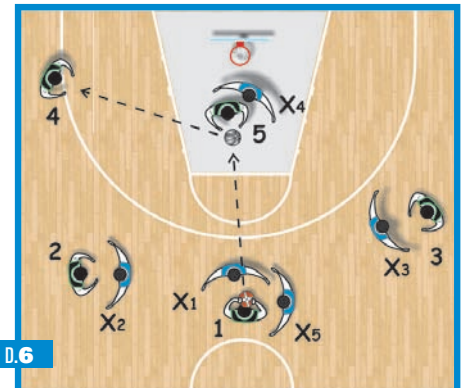
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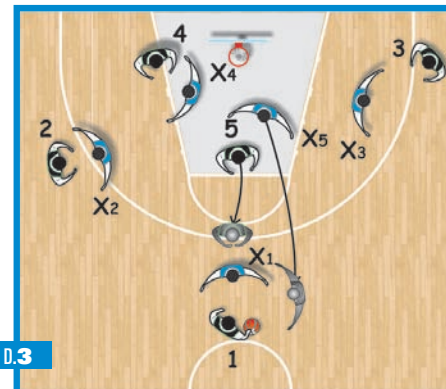
D.5



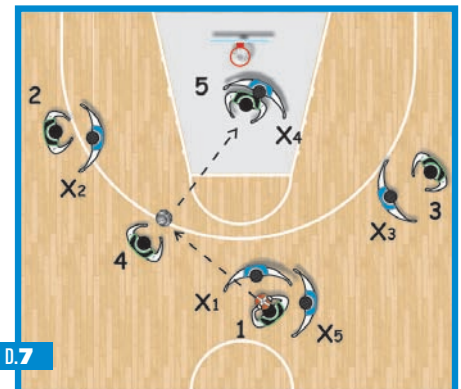
D.2



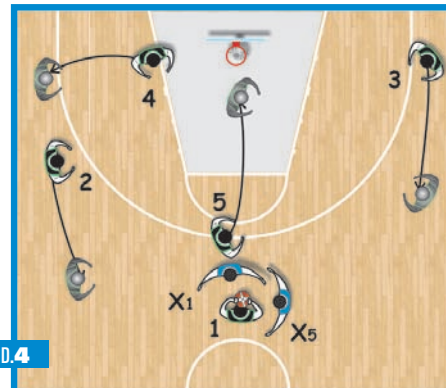
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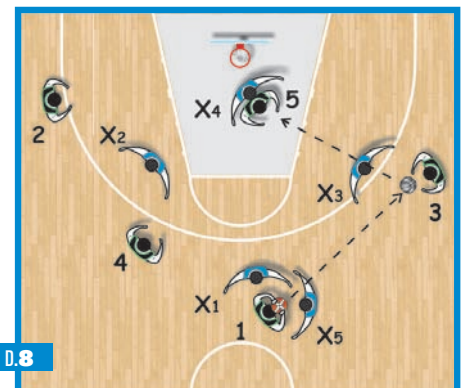
D.3



D.7



D.4



D.8

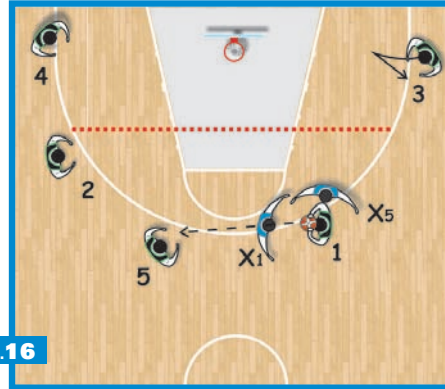
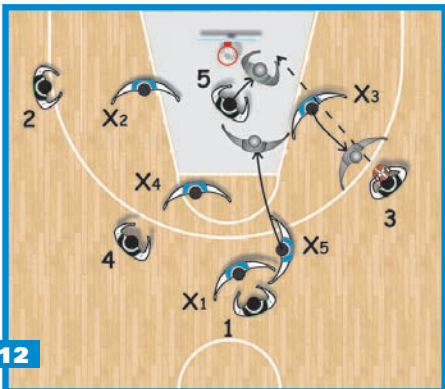
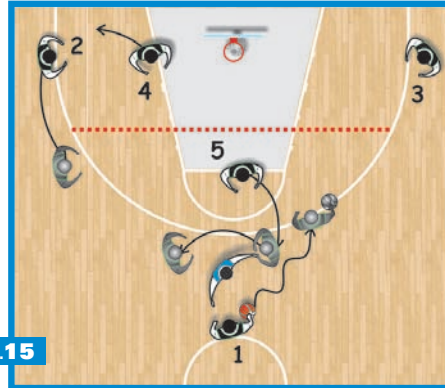
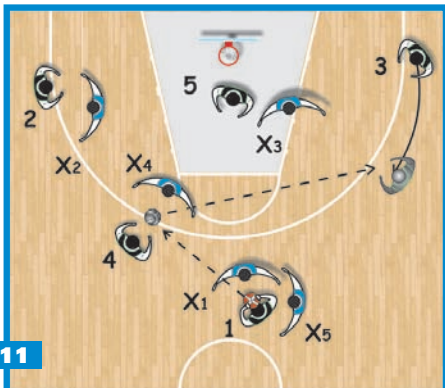
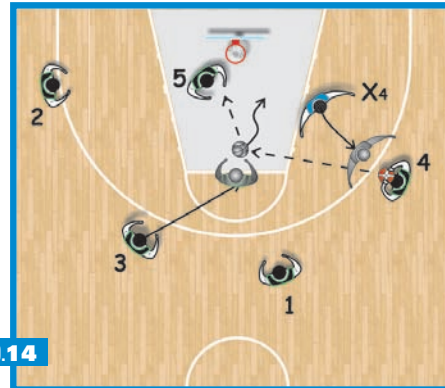
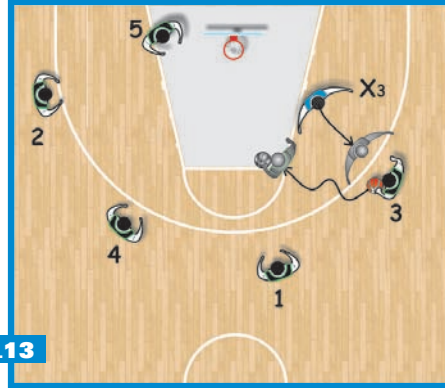
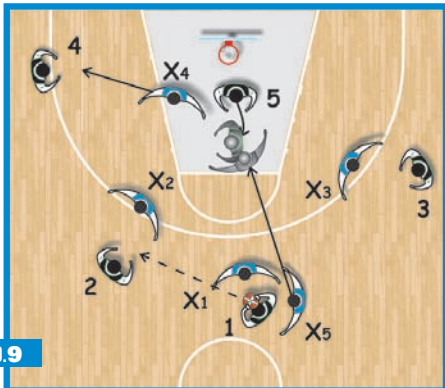
the best from this offensive play. As a coach who is introducing the pick-and-roll to the team, the first goal is to convey to the players the concept that this is not just a two-man play. Rather, a play involves every player on the court. Moreover, for this play to be successful, each player has to respect timing and spacing when replacing, passing, driving, and shooting.

#### ANALYSIS OF INDIVIDUAL CHARACTERISTICS

We must anticipate how and where we'll attack the defense, exploiting our players' skills and hiding their probable limits.

- ▼ Developing the dribble/pass ability under pressure;
- ▼ Improving the technique of the screener in rolling or fading away;
- ▼ Taking care of replacing players on





the perimeter (up and down moves, cuts), improving their technique and sense of timing;

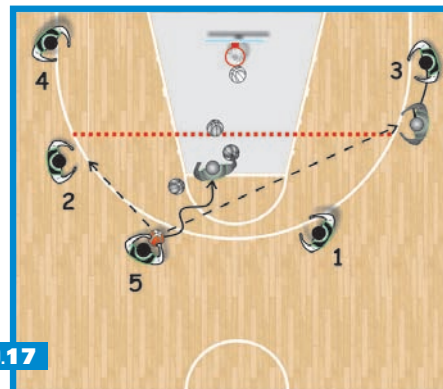
- ▶ Improving the technique of the first step on the drive, reversal pass, back pass, diagonal skip pass, and faking a pass.

We can position the players differently on the perimeter when they are not directly involved in the two-man play, es-

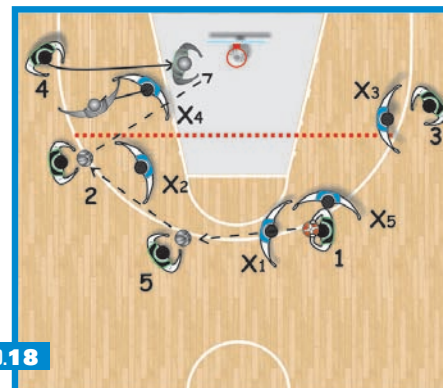
pecially in relation to their characteristics and opponents' defensive habits, speculating on their probable deficiencies. This kind of collaboration allows us to set a screen on the ball with different angles, often managing to catch the defender who can't see the screen coming because he is concentrating on guarding the ballhandler. The man who sets the screen should fill the widest possible







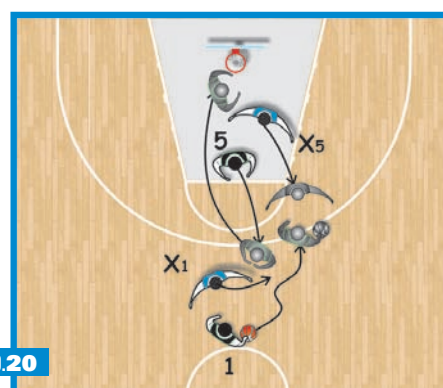
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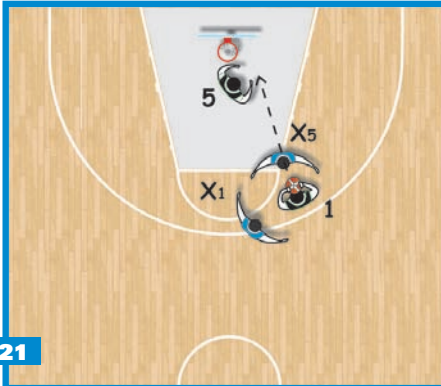
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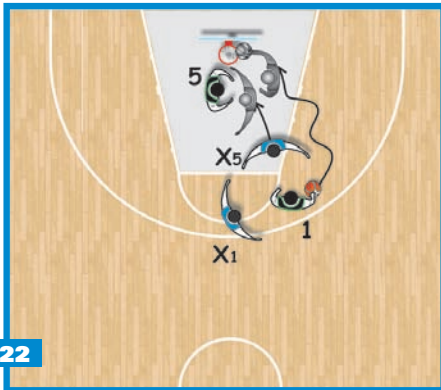
D.20

area, having as references the defender's shoulders and hips. We can use a flat (or back) screen when the defender is parallel to the half-court line, because he wants to contain both sides of driving (diagr. 1). This screen will allow us to attack him from the two sides of the court, using a drive combined with a change of speed that will be able to disorientate the defense, making it more difficult for

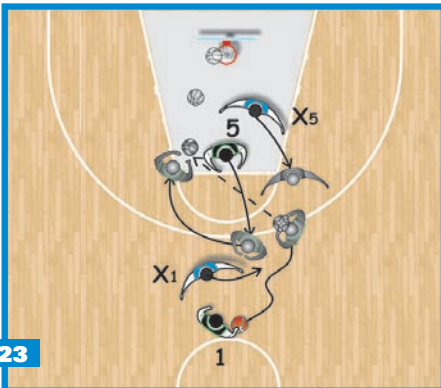




D.21



D.22



D.23

them to determine the driving side and the help side. We can also use a side (or perpendicular) screen, screening the defender's inside shoulder, when he decides to force the ballhandler towards one side of the half court. The screen should be set strongly, having a low stance, hitting the defender with a technique similar to a jump stop. The player needs to be in balance and take a tough and strong position (diagr. 2). Setting a screen after a fake to go to the opposite side will help us to further reduce the speed of the defender's help on the following drive. The next collaborations will depend on the defenders' reactions. Players need to learn to read and recognize them during the practice sessions so they will be able to anticipate the moves of the defenders. We would like to now analyze only the offensive players reactions when they face the help-and-recover, the trap, or the jam



defenses on the pick-and-roll. Defensive reactions will depend on our aggressiveness at setting and exploiting the screen; we should gain a space and time advantage on these reactions. This advantage must be preserved and exploited using technique. If the defense makes an aggressive help that is perpendicular to the baseline, our ballhandler should be able to step back, without stopping the dribble, until he decides the moment of the pass or the drive following the release of the helping defender. This player must master the ability to step back and quickly drive forward again. The screener, noticing the help, will roll hard to the basket, preferably with a front turn, because he's far from the basket. He should be taking care of the speed of his move. Once he's near the basket, he should change his run to a slide, looking to cut off possible defensive rotations (diagr. 3 and 4). This choice involves an offensive overload under the ball line that we could exploit only with the collaboration of every offensive player.

- ▼ First goal: don't stop the dribble.
- ▼ Second goal: roll hard to the basket.
- ▼ Third goal: create effective pass lines (diagr. 5 and 6).

#### HOW TO BEAT A DEFENSIVE RECOVERY OR ROTATION

A side from the defensive mistakes that allow the dribbler to cut the corner of the screen to drive to the basket, every offensive player on the court should move in order to create a diagonal line to re-

ceive the ball, punishing the recovery after the help with passes or a drive and kick-off pass for the best positioned teammate. Many teams are worried by a cutter's aggressiveness and they tend to jam the lane. Knowing this, the offensive player who receives the ball should be able to control his body in order to shoot or make a kick-off pass. This is the reason why we ask the screener to sprint the first meters of the cut after the screen. We then want him to slide in order to get the best possible angle to receive the ball against a possible defensive rotation. He should be better positioned to get the ball and offers a better target for his teammates to pass to him (diagr. 7 and 8). After receiving the ball, the offensive player should be able to exploit the advantage gained, having used a correct technique of passes to the lane or to the three-point line against the defenders' possible rotation (diagr. 9, 10, 11 and 12) or drive to the basket on the opposite direction to the defenders' recovery (diagr. 13 and 14). If the defense succeeds in anticipating the ball going to the perimeter, the reaction of the player in the high post now takes on more importance, because he'll be the "playmaker" of the play and all the next solutions will come him: reversal pass, diagonal skip pass, or back pass to the playmaker for another pick-and-roll. Because we have screeners on our team who are able to perform both the roll inside and the fade away move (Ress, Stonerook, and Lavrinovic), we added unpredictability to our play based on



based on the defenders' reaction. The screener can pop out, keeping the defense at the three-point line, thanks to his shooting ability (diagr. 15).

The ballhandler should be able to use passing technique on the screener's fade away, exploiting the pivot and turn moves.

Whoever receives the ball should close his move going toward the ball. This means he should offer a wide target to the passer in order to hinder the defender, who has rotated. The ultimate effectiveness of the shot, drive, or pass will be connected to the spacing ability (diagr. 16 and 17).

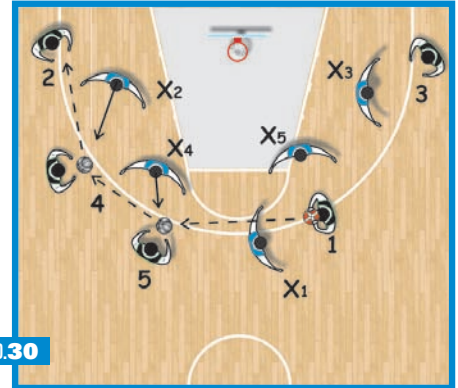
If the defense rotates, the player, who receives the ball, should use the reversal pass or a back-door pass to a teammate who is left alone by the defender who has rotated (diagr. 18 and 19).

If defense decides to protect the area at the time of the same screen, keeping the defensive big man on the penetration line, new plays start to form.

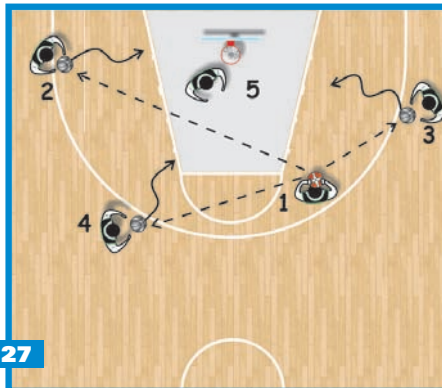
The player who exploits the screen



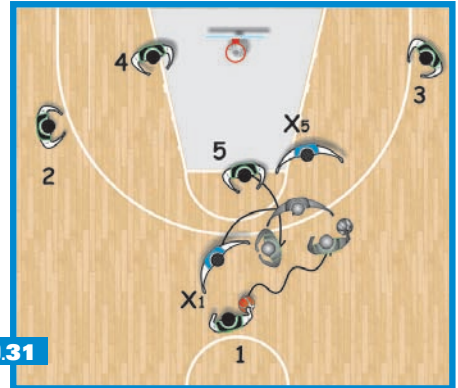
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D.30



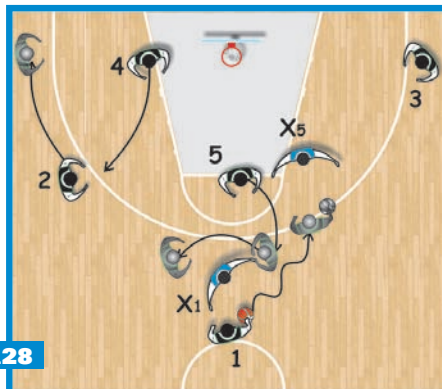
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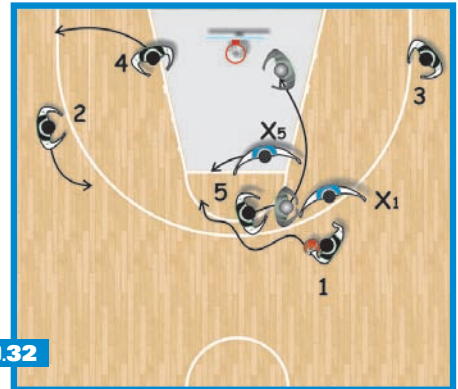
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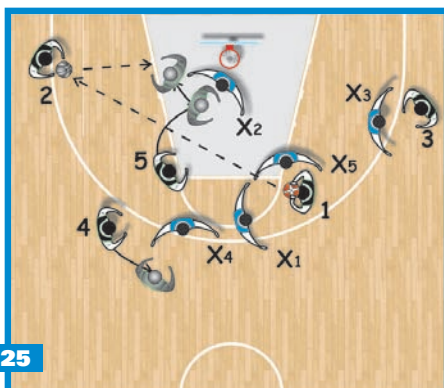
D.24



D.28



D.32



D.25



D.29

should reach the free-throw line to provoke the screener's defender. He can beat him by driving or with a jump shot, or by making him vulnerable to the cuts or to a re-screen in a more effective area of the court (diagr. 20, 21, 22 and 23). The teammates on the perimeter should create exit-passing lines (security passes) if the ballhandler is jammed by the defense, and should punish the probable

help for stopping the ball-handler's drive and big man's roll (diagr. 24, 25, and 26). When the ball is passed out, reversal passes and drives must be used, immediately pushing the ball to the floor right after receiving it, and determining the space where the drive could be more effective (diagr. 27).

We also look to utilize the screener's pop out against this defensive setting.

This allows us to make it difficult for defensive recovery, except if the defense makes a defensive change or a rotation on the weak side to negate a shot. If this move is exploited appropriately, it will allow us to punish every rotation using a reversal pass, a diagonal skip pass, or back pass on a back door (diagr. 28, 29, and 30). Finally, let's analyze the attempt of the defender to slide under the screen. This defensive reaction will force us to execute a second move, bringing down the screen in the process. This is a re-screen, with the screener, who will pivot on the inside leg (diagr. 31 and 32). This simple two-man play can be very effective in our offensive system only if every player will be able to move both with and without the ball, respecting timing and spacing in order to allow each of our players to be protagonists in gaining and exploiting advantages against the defense.




**FIBA**

We Are Basketball



by Pat Sullivan

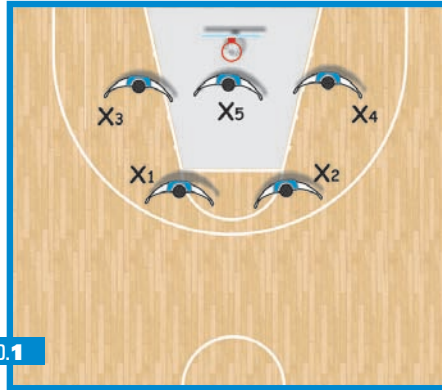
# THE "POINT ZONE"

Pat Sullivan, after a brilliant career as a player at North Carolina, where he won an NCAA title in 1993 and reached twice the Final Four, became assistant coach at his alma mater, reaching three times the Final Four. He then was assistant coach at North Carolina-Wilmington for two seasons. From 2003 to 2005 he was on a bench with the Detroit Pistons of the NBA, winning a title with Larry Brown as a coach. From 2005 to 2008 he was with the New Jersey Nets, and the next season he will be again assistant coach with the Pistons.

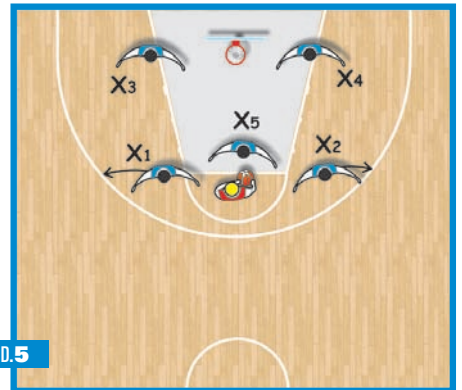
Our "Point" Zone has many of the same responsibilities we have in our man-to-man defense. We will have good ball pressure, our free-throws corners and low post areas will be protected, and every defender must move on the pass. It will look like a 2-3 zone to deceive the offense at the start of the possession. We will stay in a 2-3 look until the ball leaves the middle one-third of the floor. We want X1 to "point" the ball to start. X2 will cover the next pass to his left and X3 the next pass to the right. Once the ball is passed out of the middle of the floor, we will "point" and declare the cover of the ball handler and the zone will look like a 1-3-1. Once we "point" the ball, we will get in our "partner system" (explained below). We want to pressure the ball and have the other four defenders "protect in and then recover out on the pass". Wherever the ball is located, free-throws corners and low post areas are always covered and protected by the defenders on the wings. These defenders on the wings of the zone only rotate out and leave the three-second lane when the ball is in the air.



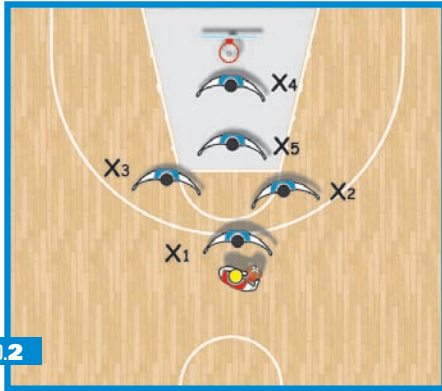




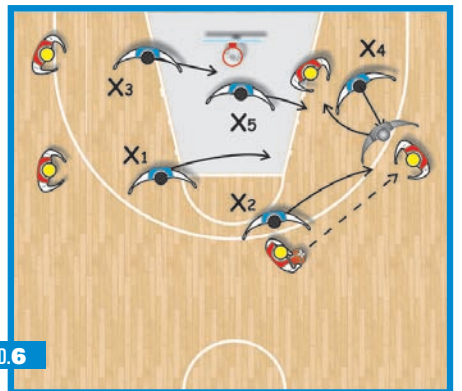
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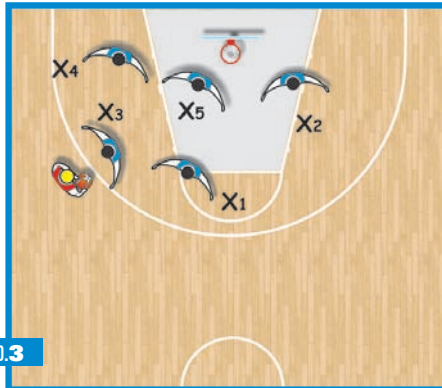
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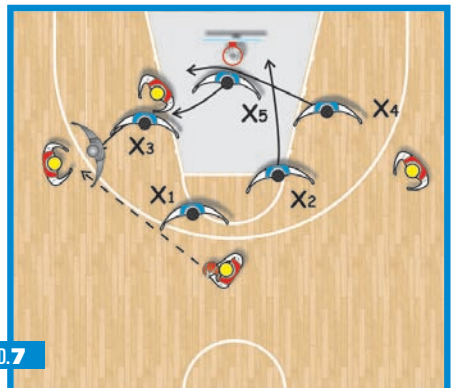
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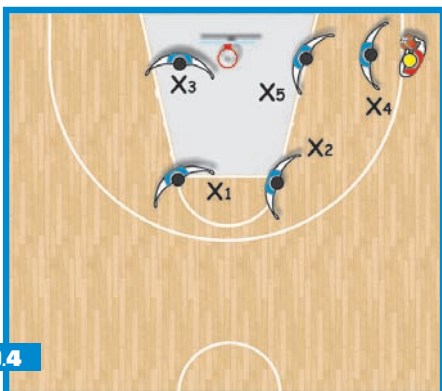
D.6



D.3



D.7



D.4



D.8

Everyone must move and adjust as the ball moves.

**POINT ZONE INITIAL ALIGNMENT**

X1 and X2 will be on the left side of the floor. X2 e X4 will be on the right side. X5 is always between the ball and the basket (diagr. 1). Note: We can also show the "point" if the offense comes down in a one guard front set.

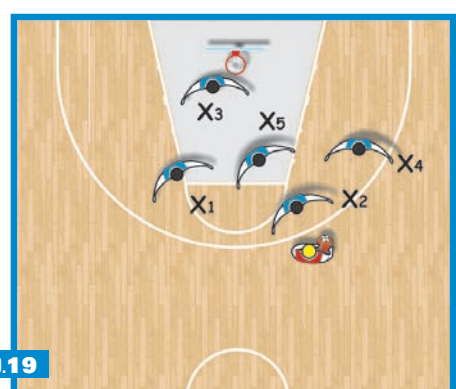
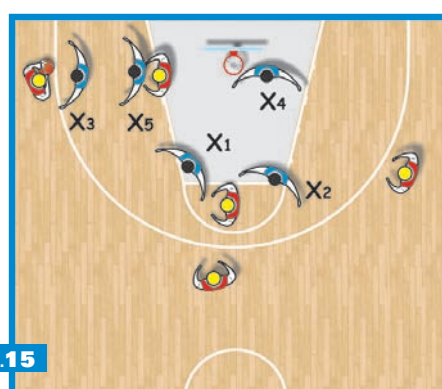
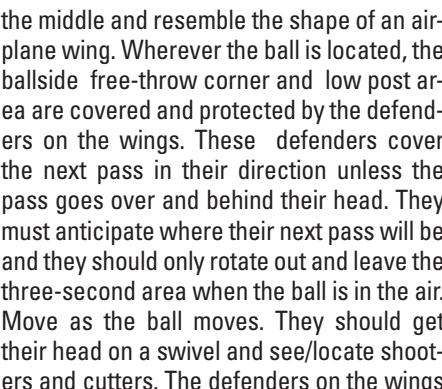
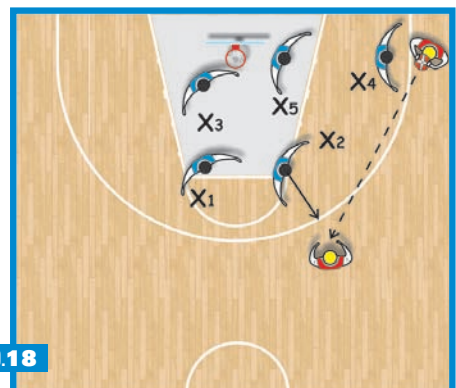
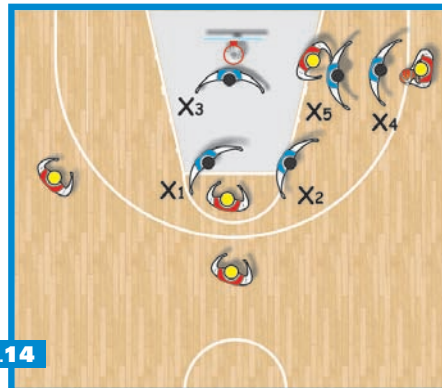
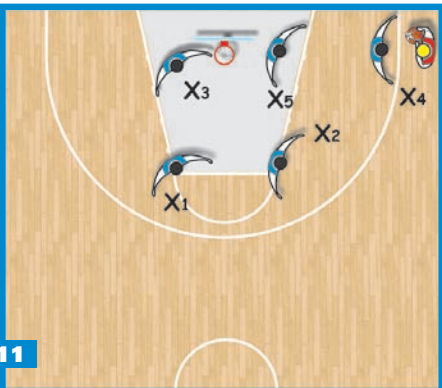
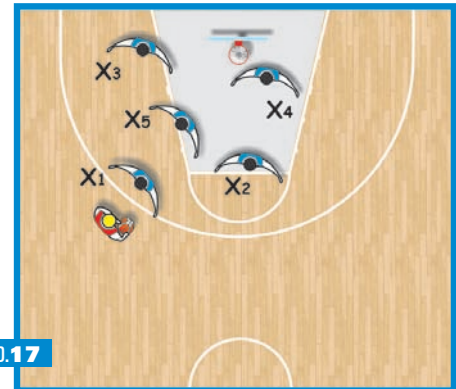
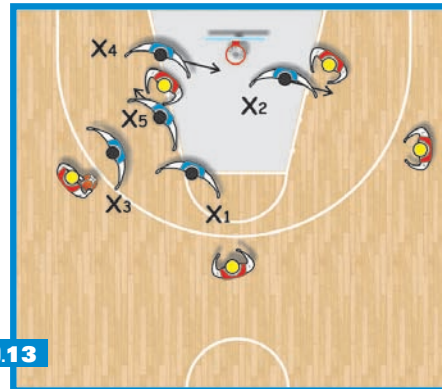
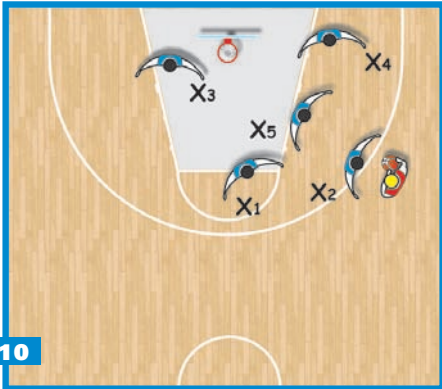
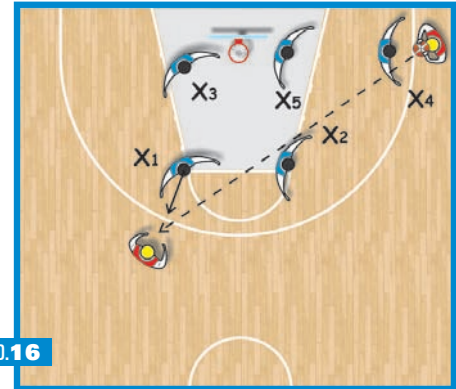
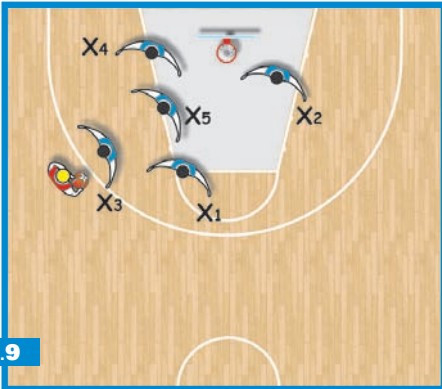
**PARTNER RULES**

X1 and X4 are partners, as well as X2 and X3. When X1 "points" the zone, X4 has rim area protection (deep man); when X2 points the zone, X3 has rim area protection (deep man).

**RULES FOR THE DEFENDERS ON THE WINGS**

The partners off the ball will form the "wings of the zone". They will build a wall with X5 in





the middle and resemble the shape of an air-plane wing. Wherever the ball is located, the ballside free-throw corner and low post area are covered and protected by the defenders on the wings. These defenders cover the next pass in their direction unless the pass goes over and behind their head. They must anticipate where their next pass will be and they should only rotate out and leave the three-second area when the ball is in the air. Move as the ball moves. They should get their head on a swivel and see/locate shooters and cutters. The defenders on the wings must adjust their position in relation to the next pass. If there is no offensive player in their vision, they should flatten out a little to anticipate their next pass/point. Do not guard an empty area and stay usually three steps down and three steps across from the defender "pointing" the ball. X3 can always take the next pass and X4 has to know where he is on the floor and be prepared to bump if the ball is above the first hashmark above the block.

**RULES FOR X4**

X4 must be very active and read and communicate to his teammates. His area of coverage will be basically from corner to corner. We want to limit the amount of times X4 points the ball on the wing so X1 is not in the "deep" position often. If X4 "points" the ball on the wing, we want X2 to bump him down. Anything above the first hashmark above the block, X2 should

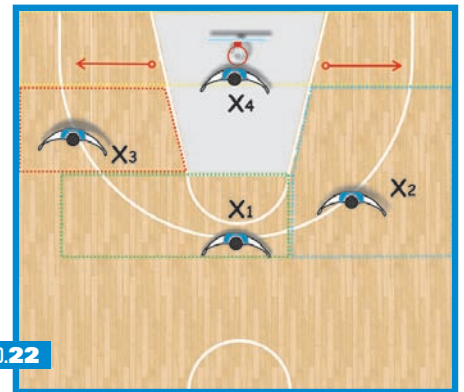
be prepared to cover and bump X4 off the ball.

Wherever the ball is located, top (diagr. 2), wing (diagr. 3), corner (diagr. 4) or high post (diagr. 5), the block and elbow are always covered and protected.

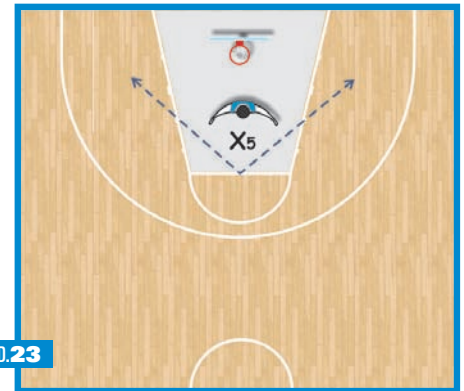
**RULES FOR THE CENTER**

X5 is always between the ball and the basket. His positioning allows him to absorb all

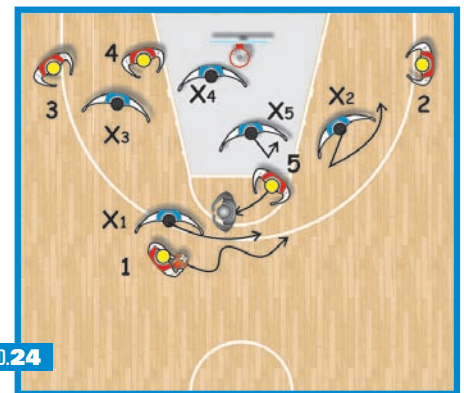




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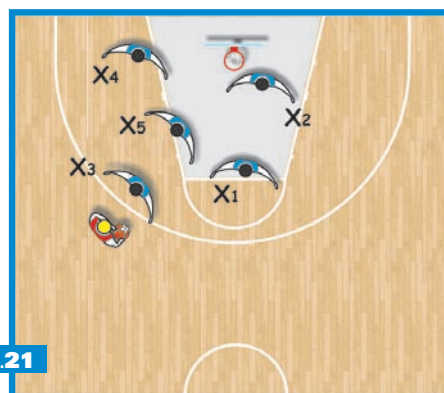
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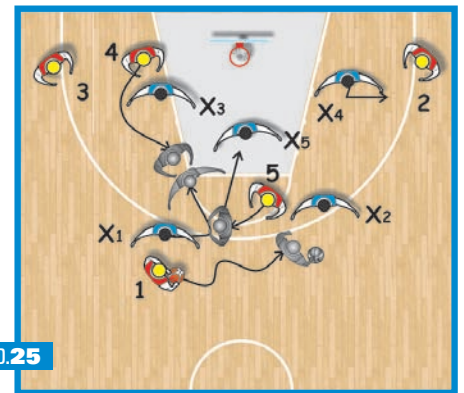
D.24



D.20



D.21



D.25

penetration, defend the ball, if it gets into the high post, give help against high pick-and-rolls, and front the post if the ball is in the corner.

**HOW THE "POINT" IS INITIATED AND DEFENDING THE INITIAL POINT TO WING PASS**

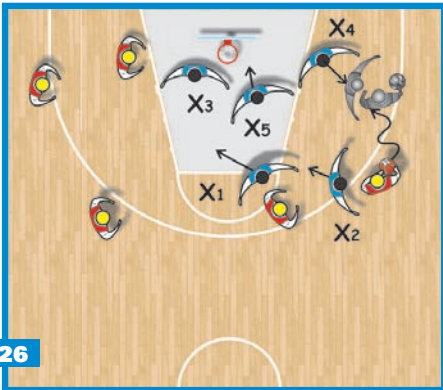
We will begin in a 2-3 zone alignment until the ball leaves one-third of the floor. We want X1 and X3 on the left side and X2 and

X4 on the right side. We want X1 as much as possible to "point" the ball handler, when we are in our 2-3 look, unless the ball is past the pro lane extended on the right side of the floor. Our rule for defending the initial wing entry pass, is what we will hold and bump against the first pass on the right side of the floor (diagr. 6) with X4 and X2 (unless the first pass is made to the corner), and we will only bump versus the first pass

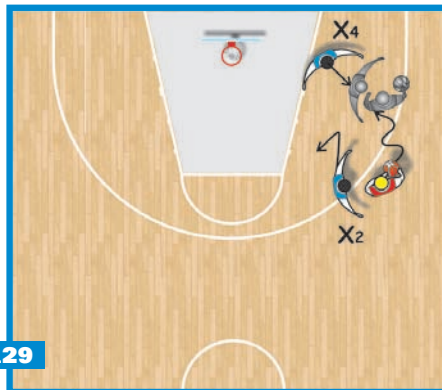
made to the left side with X1 and X3 (diagr. 7), if we see it is an overload. We are trying to limit X4 from covering the corner to restrict his area of coverage.

At this point, the rule is: when X1 or X4 "point" the zone, X2 and X3 are always in the wing position and when X2 or X3 "point" the zone, X1 and X4 are always in the wing position. This will always give our point zone a look of a 1-3-1 zone. The ball

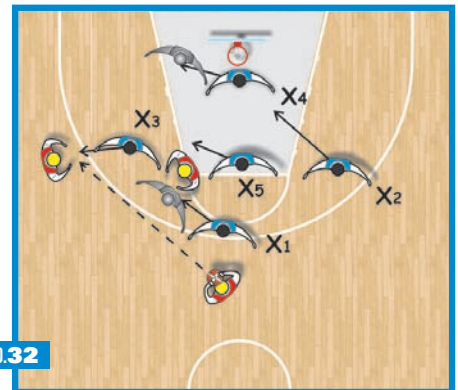




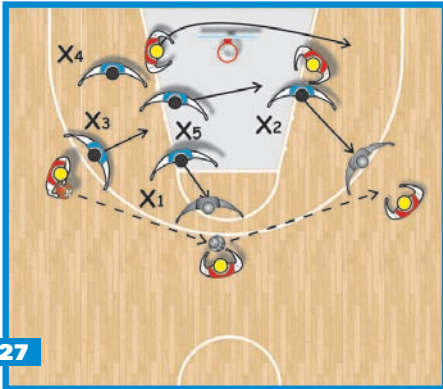
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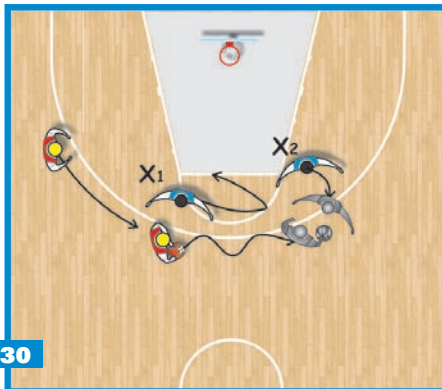
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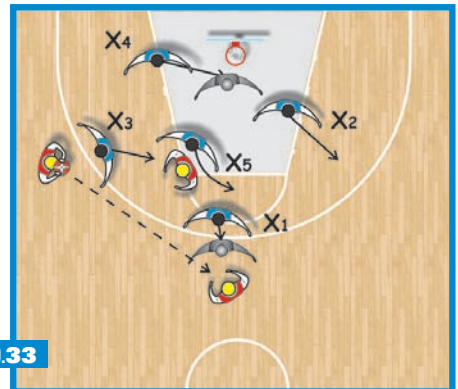
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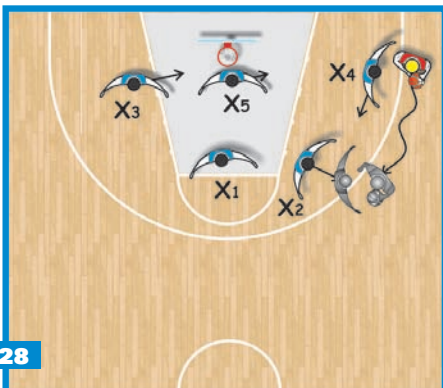
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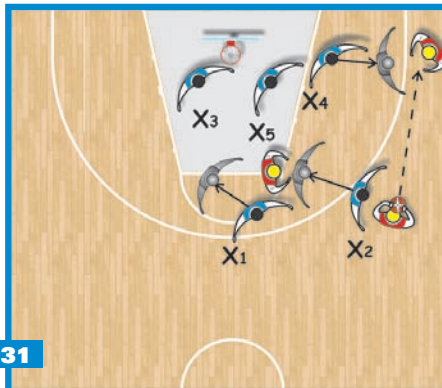
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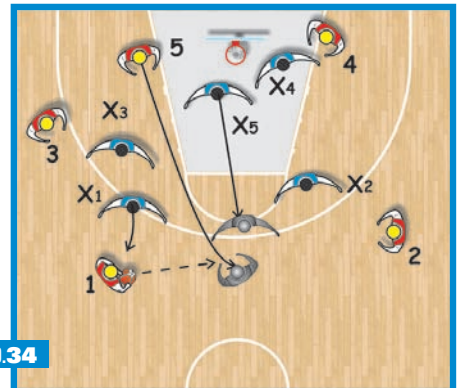
D.33



D.28



D.31



D.34

will see a 1-3-1 alignment unless the ball is in the corner (diagr. 8, 9 and 10). As a result, since you would never rotate a defender off the court, when the ball is in a corner, our zone will now look like a 2-3 alignment. Thus, when X4 points the ball in the corner, X1 will be at the weakside elbow (diagr. 11). By rule, anytime X3 points the ball around the free-throw line extended area and X5 is above the block, X4 would cross the lane. X4 come across the lane and have his left hand in the low post almost touching X5's right hand (diagr. 12). In spite of the rule, we will have X4 make the decision how far he will rotate over based on whether the ballside corner is filled or not. If the ballside corner is empty, X4 can cheat towards the rim and kick X2 out (diagr. 13). X4 must talk to X5 and tell him he is by himself to defend the low post. If X5 is on the block or below, the opposite defender on the wing will not rotate over. X3/X4 will stay weakside. X5 will front the post (diagr. 14 and 15).

**DEFENDING THE SKIP PASS**

If the skip pass is in front of his field of vision as he looks directly to the ceiling, it is his "point" in the zone (diagr. 16, 17, 18 and 19); if the pass is behind his field of vision, it is the next defender's point on the perimeter (diagr. 20 and 21). For the most part everything above the free-throw line extended should be covered by X1 and X2.

**AREAS OF COVERAGE**

In the diagram 22, the dotted lines refer to the areas of coverage each player will have in the "point" zone; in the diagram 23, instead, X5 will work the "small triangle" and will be between the ball and the basket. In the definition of "areas of coverage", there are important points of emphasis:

1. We must declare "the point".
2. Once the "point" has been established, it is crucial that we control the ball. We need good ball pressure to limit crisp passes.
3. You must always know where your next

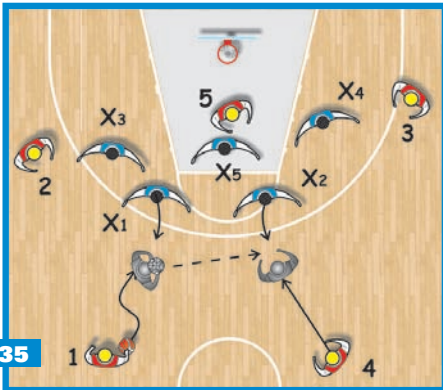
point is going to be. Close out in a no-middle stance.

4. Open up after your man passes the ball with your butt to the baseline and point to your next rotation. Don't let cutters get behind you.
5. Your next "point" is your blockout assignment.
6. Weakside defenders must call out cutters and locate blockouts.
7. Don't get screened. Sit on the high side and leave when the ball is in the air.
8. When the ball goes into low post, X5 have to defense.
9. Must adjust quickly on bumps, especially X1 on X2/X4 bump down.

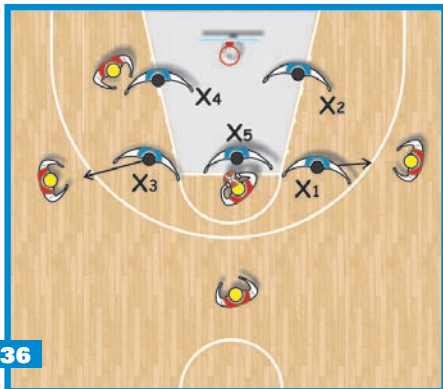
**DEFENDING THE HIGH PICK-AND-ROLL VERSUS THE POINT ZONE**

We will determine whether X1/X2 will go over/under the pick based on scouting. We want the defender on the ball to keep coming and stay with the ball. X5's job in the zone is to stay between the ball and the basket. He will

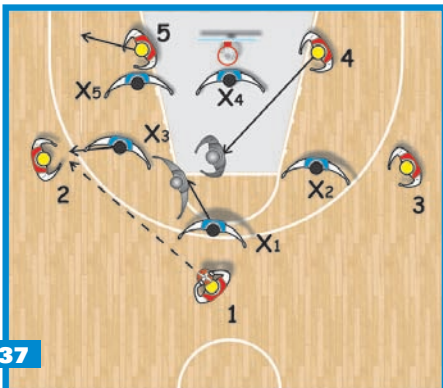




D.35



D.36



D.37

give support by either “showing” or be in a “loose and protect” position. The defender on the guard off the ball will stunt as the ball-handler is turning the corner to slow him down (diagr. 24).

**SPECIAL HIGH PICK-AND-ROLL COVERAGE: “FIRE”**

X1 passes the ball off to X2. X2 takes 5’s roll. X1 takes 4 on the replace (diagr. 25).

**DEFENDING THE SIDE PICK-AND-ROLL VERSUS THE “POINT” ZONE**

We want to “blue and release” versus the side pick-and-roll. We want to push the ball towards the baseline and then “pass off” the dribbler to either X3 or X4 (diagr. 26). We want the weakside guard ready to stunt on a pass back to the pop.

**DEFENDING SCREENS ALONG THE BASELINE/WEAKSIDE SCREEN-INS**

We do not want to be screened in along the baseline. The majority of the time we want to sit on the high side of the screen and move



as the ball is in the air. Do not bite on ball fakes! If the screen is up higher on the lane, we should go on the low side (diagr. 27).

**CHANGING POINTS VERSUS THE DRIBBLE**

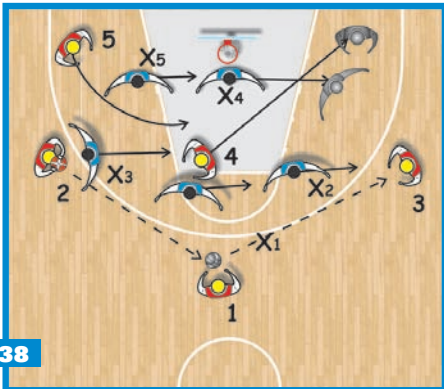
We will bump any dribble up/down if the ball enters another defender’s area of coverage. In the diagram 28 we find a situation where the dribbler, guarded by X4 in corner, is bumped by X4 to wing, where X2 is ready to guard him. We find the opposite situation in the diagram 29 where the dribbler, guarded in the wing by X2, is bumped to corner where he will be guarded by X4. The defensive exchange in the central position is different (diagr. 30). X2 bumps X1 off the ball. They exchange “point” at the pro lane. On

the bump, X1 must sprint back to 1, while X2 must charge the ball and force him back to X1.

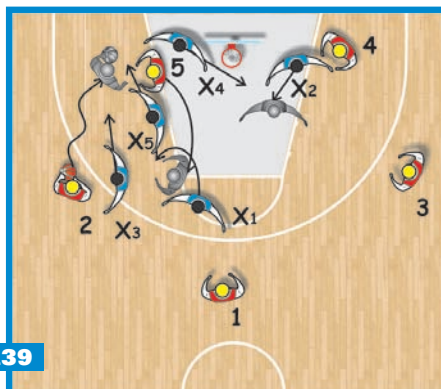
**DEFENDING THE HIGH POST IN THE POINT ZONE**

High post responsibility is shared in the “point zone”. When the ball is on the wing, the defender on the wing closest to the elbow will have his inside hand in the passing lane and the defender on the center, who is between the ball and the basket, will have his outside hand in the passing lane to discourage a high post entry pass. They should make it appear that there is no opening for the entry. Defenders on the weakside must communicate to the strongside defenders that a cutter is coming to the high post. They

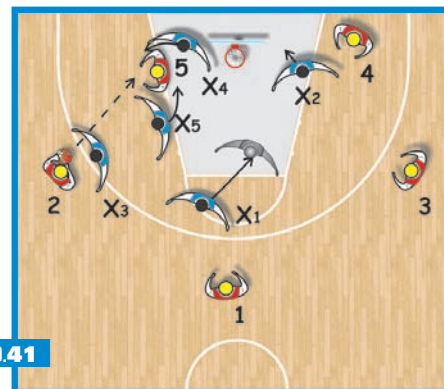




D.38



D.39

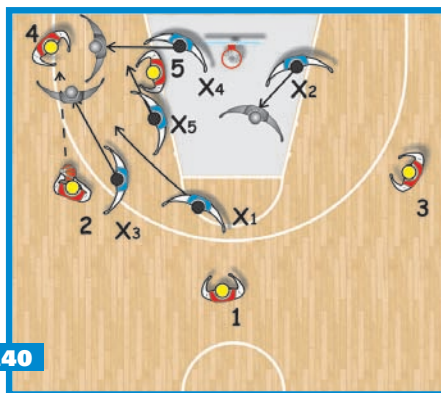


D.41

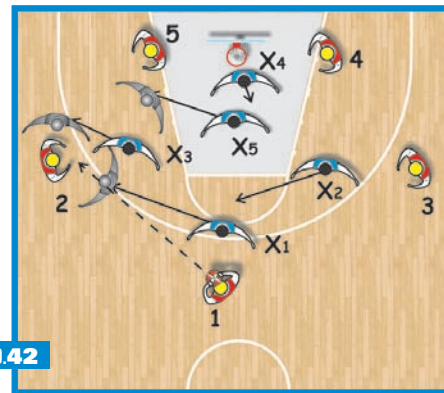
may have to take the cut a couple of steps then pass off the cutter to a teammate. The defender on the wings must constantly work on a rotating to take away a high post pass (diagr. 31, 32 and 33). "Move when the ball moves".

**DEFENDING VERSUS 4 OUT-1 IN**

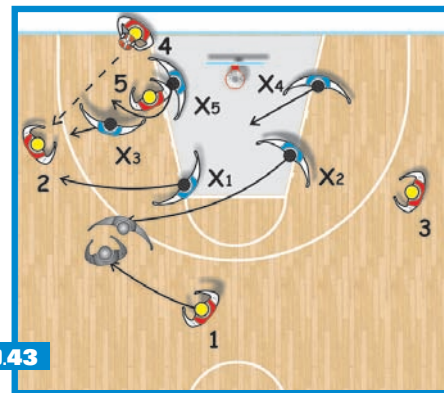
If 5 starts inside the three-second lane and he steps out to the perimeter, X5 have to "point" him (diagr. 34). If 5 starts outside and stays on the perimeter, one of the "small" defenders have to "point" him (diagr. 35).



D.40



D.42



D.43

bow, X1 does the same on the strongside while X4 follows 4 coming back to the strongside low post and X5 guards the possible flash of 5 to high post (diagr. 38).

**DEFENDING WHEN THE BALL GETS INTO THE HIGH POST**

If the ball is caught in the high post, it is X5's "point." We want the other four defenders to "pinch and flare". We want to protect our free-throws corners and the low post areas, when the ball is in the high post. If they have shooters on the perimeter, we want our defender closest to the free-throw area to flare out and cheat towards the shooters (diagr. 36). Based on scouting, there may be times we have the defenders closest to the elbow dig the ball out of the high post. We do not want to turn our heads and be ball magnets. We must protect our

boxes and be alert to a quick return pass out to perimeter shooters. X5 should pressure the big offensive player with the ball only when he turns and faces.

**DEFENDING HIGH-LOW FLASHES**

When the ball goes from 1 to a wing and the weakside low post flash to high post position to receive, the defense moves like this (diagr. 37): X1 goes to high post position to close the pass lane, X4 follows his man flashing, guarding him from the behind, X5 defends the low post on the strongside in front of 5. If the ball doesn't go to the high post, he goes back to 1 and then to the other wing, X3 goes to defend on the weakside el-

**TRAPS IN THE POINT ZONE**

We have five different traps we can execute in the point zone.

1. We will trap all baseline drives (diagr. 39).
2. On a call from the bench, we can trap a short pass to the corner (diagr. 40).
3. On a call from the bench, we can trap the low post (diagr. 41).
4. On a call from the bench, we can trap the first pass to the wing (diagr. 42).
5. On a call from the bench, we can trap a corner pass versus a bob (diagr. 43).

In all of our traps in the midcourt we will have two trappers, two interceptors and one goaltender/flyer. If we do not get a steal or deflection out of our trap, we are still able to stay in our zone.





by Raffaele Imbrogno

# FIBA COACHING LIBRARY

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 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.*

*"Founding libraries is like still building public granaries, amassing stores of food for the spirit's winter coming in spite of me."*

**Marguerite Yourcenar, Memoirs of Hadrian**

In *Memoirs of Hadrian*, one of the most beautiful novels ever written, Marguerite Yourcenar (the first female elected to the prestigious Academie Francaise) describes how Roman Emperor Hadrian discusses the importance of founding libraries, places in which the memory of what has happened and what has been written by human beings is put in the right place. Today, this valuable lesson has been applied in world of sport, especially in basketball. We would have many problems if we moved or planned our daily life with no cultural heritage available to help us avoid old mistakes and no way to understand all the good things that have been already achieved. Surely, we are not Martians who have suddenly been catapulted on Earth.

Students and fans of the game of basketball will be happy to learn that FIBA has now opened its library for all who care to search and learn. In fact, by clicking on to FIBA.com, you can have access to the section FIBA Coaching Library (<http://www.fiba.com/subsites/sideLine/coacLibr/home.asp>). Click to Experts (under Coaches Corner) and you can find a treasure trove of technical material for coaches. Now you can have access to something much more organized and rich. In the Coaching Library, you can now find



four different sections: Drills, Exercises, Articles, and Scouting, each available with different multimedia supports. In the first section, there are a great number of drills formed into different groups (Offense, Defense, Transition, and Break-down). These groups are then divided in categories. Every single drill is comprised of text, computerized graphics developed by the SidelineSport program ([www.sidelinesports.com](http://www.sidelinesports.com) FIBA's partner), and video clips. You will find the same structure in the second section, Exercises, in which there are also aspects about conditioning and strength training. In the third section are some of the main technical articles

that have appeared in FIBA Assist Magazine, and these are updated monthly. Finally, in the Scouting section, there are scouting reports on all the national teams playing in various FIBA competitions. Again, every report has computerized graphics and video, just like those found in the first and the second sections. The good news is that the four sections of the FIBA E-Library are updated daily, and each day, the amount of useful technical information for basketball coaches grows larger. I suggest that you add the FIBA Coaching Library link into your "favorites" and consult it often. Enjoy your navigation.




**FIBA**

We Are Basketball



by Jim Cervo

# UNDERSTANDING 3-PERSON MECHANICS

Hopefully, this article can shed more light on that potential weakness, help you understand why, and increase your level of comfort in using this set of mechanics.

## LEAD OFFICIAL

As with 2-person mechanics, the lead official's prime responsibility is to referee the post play. Whether right after the opening toss or during transition, when moving to the set-up position, the lead needs to observe the post players as soon as possible in order to see the entire play and ensure neither player is being displaced. The initial set-up position should be approximately a meter (three ft.) off the endline and in the best spot to observe play and see the space between players. The lead official should not be more than a step or two on either side of the restricted area and on ball side.

Always "referee the defense." This is critical in the lead position whether the ball is passed into the post or if the defensive post player leaves his/her initial assignment to become the secondary defender on another opponent. Any time the lead official makes a call, he/she must determine whether or not the defensive player established legal guarding position. When a double whistle occurs, the lead official should take the call since it is likely the play is coming towards him/her and he/she has probably seen the entire play. The lead official sets up on the same side of the floor as the trail official so he/she is usually on the ball side. The lead official has the responsibility to initiate rotations and there are a few triggers to key on, with the location of the ball being the main element. The lead should "mirror" the ball. In other words, if the ball is near the side his/her on their side of the floor, positioning should be just outside the restricted area; when the play moves towards the middle of the floor, the lead should move closer to the basket.

The first key for the lead official to initiate a rotation is when the ball moves to the opposite side of the floor. When the center official is refereeing more than 2 players and the ball is on that same side,

this is another situation requiring the lead official to begin a rotation. The set-up position on the opposite side is exactly the same, approximately one meter off the endline and in the best position to observe play.

It is important that all three officials anticipate when a rotation is to occur. In transition to the opposite end of the floor, the lead official becomes the new trail official and follows the play up the court.

## TRAIL OFFICIAL

In 3-person mechanics, the trail position is not very different from what it is in the 2-person system. However, since an extra set of eyes is assisting from the center position, the trail can focus more attention on the ball carrier.

When there is full court pressure, the center official will cover play on the side of the floor opposite from the trail, but the trail official still has the responsibility for the back court count. As the ball moves up the floor, the trail official follows the play as it moves into the front court. In order to always keep the play in front of him/her after a score, the new trail should not leave the endline until the ball is thrown in and play begins to progress up the floor.

The trail official sets up on the same side of the floor as the lead official so they are usually on the ball side, whether the ball is in the trail or in the lead official's area. The set-up position is at the edge of the team bench area near the sideline. As the play moves towards the basket, the trail official needs to penetrate and referee the play all the way to the basket and then be prepared for rebounding action. If the ball is passed into the post player, the trail official needs to trust his partner and allow the lead official to referee the play. Anytime the ball is in his/her area and the offensive player is being closely guarded, the trail official must begin a visual 5-second count. When a shot is attempted from the center official's area, the trail official must observe activity around the basket and be prepared to call basket interfer-

**Jim Cervo is currently serving as the Education Officer for CABO (Canadian Association of Basketball Officials). He also is the Chairman of CABO's National Evaluators Panel. He was official for 24 years, officiating 10 National Championship Tournaments; he also was a CIS (University) official. In 2005 he received the CABO Wink Willox Award.**

The use of 3-person mechanics is becoming more prevalent at all levels of play, from the international level, down to the university, and now U17 and high school games. Not only is it a more effective and efficient way to officiate and manage a game, it is adding longevity to the careers of many senior officials. What a great benefit to have these individuals nurture the "up and coming" group of officials that we are seeing in many countries. Unfortunately in some instances, when the concept of 3-person mechanics is not well understood, it may not result in anything more than having a third official added to a 2-person game. When used effectively, however, the credibility of the crew is enhanced, the call selection improves and the end result is a better officiated game.

A more accurate understanding of each position will make the transition from 2-person to 3-person more accessible and effective. This article is directed towards those individuals, who are new to these mechanics or only have limited experience. Sometimes we are taught where to stand and where to go, but without a comprehensive explanation of the purpose.





ence if it occurs. If the ball moves to the opposite side of the floor, the trail official must be prepared to rotate to the centre official position as soon as a rotation is initiated by the lead official.

#### **CENTRE OFFICIAL**

The centre official position in the 3-person system really represents the most significant difference from to the 2-person system. The centre set-up position is one or two steps below the free-throw line on the opposite side of the floor from the trail and lead officials. The ball is usually on the opposite side of the floor so the centre official has a prime responsibility for off ball coverage.

In today's game, a lot of action takes place at the "elbows". Therefore, in this position, particular attention is required to observe illegal screening and bumping. The centre official is in an excellent position to referee play in the restricted

area, particularly on jump shots and drives to the basket. This takes a lot of pressure and responsibility off the trail official. When the ball swings to the centre's side of the floor, the centre needs to anticipate the lead official rotating to his/her side of the floor and, if so, move to the trail position. Anytime the ball is in his/her area and the offensive player is being closely guarded, the centre official needs to begin a 5 second visual count. When the ball turns over in the front court or following a made basket, the centre official needs to hold his/her position, read the play and not abandon the lead official.

As with most things in life, experience is the best teacher. The more opportunity you have to use 3-person mechanics, the better it will be; your comfort level will increase. Even while learning these mechanics, you must remember the most important thing is to referee the game and

not get caught up in your position; that will come with time. Because your area of responsibility is reduced, you can be more patient and eliminate some of the guessing that happens in 2-person mechanics because there is another official taking care of a blind spot on the floor.

By and large, the success of a 3-person crew is predicated to the following principles: teamwork, trust, respect, and patience. Referee your primary and allow your partners to take care of their respective areas; be ready to help but only when needed. Trust and respect your partners as you expect them to have faith in your ability to make the correct calls.

Be patient. It may be that nothing is happening in your area for a while. Don't start looking for infractions outside your area; observe play as it occurs. Be ready to intervene to help the flow of the game proceed in the spirit of fairness.



# 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. A3 is crossing the centre line while dribbling the ball from the backcourt to the frontcourt. Shall the ball be considered to have moved to the frontcourt at the moment when A3 touches the frontcourt?
2. The ball has already touched the ring and is bouncing above it when a player reaches through the basket from below and touches the ball. Has interference occurred?
3. While holding the ball and being closely guarded, A3 excessively swings elbows but does not make contact with an opponent. Can a technical foul be called on A3?
4. A2 gains control of the ball while moving quickly. A2 loses balance and falls to the floor, after which momentum causes A2 to slide a short distance before coming to a stop. Has A2 committed a traveling violation?
5. A3 gains control of a rebound and attempts a long pass. B3, in the team B frontcourt near the centre line, jumps to intercept the pass, gains control of the ball and returns to the floor touching the team B backcourt. Has B3 illegally returned the ball to the backcourt?
6. While dribbling from the team A backcourt, A4 is closely guarded by B2 and B3 for six seconds, after which A4 comes to a stop straddling the centre line and ends the dribble. Is the ball now in team A's frontcourt?
7. A2 has a clear fast break with no opponent between A2 and the opponents' basket when B3 causes contact from behind in an attempt to end A2's fast break opportunity. Shall an unsportsmanlike foul be called against B3?
8. Shall players be permitted to wear T-shirts under playing shirts?
9. A5 dribbles from the team A backcourt and comes to a stop straddling the centre line while still dribbling. A5 then ends the dribble and immediately passes the ball to A2 who is in the team B backcourt. Has A5 illegally returned to the backcourt?



10. On the jump ball that begins the 1st period, the ball has been legally tapped by A3. His team mate A5 jumps from the team A frontcourt, gains con-

control of the ball in the air and then lands in the team A backcourt. Has A5 illegally returned the ball to the backcourt?

## ANSWERS

1. No (Art. 28.1.3, 3rd bullet)
2. Yes (Art. 31.2.4, 2nd bullet)
3. Yes (Art. 38.3.1)
4. No (Art. 25.2.3)
5. No. (Art. 30.1.2)
6. Yes (Art. 28.1.3, 2nd bullet)
7. Yes (Art. 36.1.4)
8. No (Art. 4.3.1)

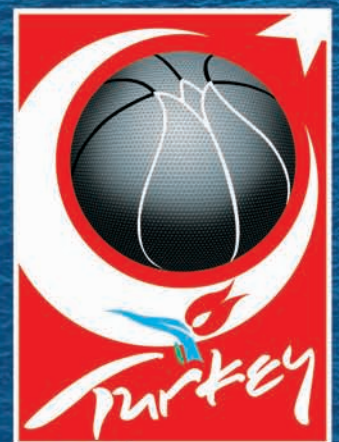
9. Yes (Art. 28) (When A5 ends the dribble while straddling the centre line, Art. 28.1.3, 3rd bullet, no longer applies. Art. 28.1.3, 2nd bullet dictates that the ball is now in the team A frontcourt. Therefore when A5 passes the ball to A2, the violation occurs.)
10. No (Art. 30.1.2)





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# FIBA OCEANIA'S WOMEN'S BASKETBALL INITIATIVE IN THE PACIFIC ISLANDS



by Judy Smith

**Judy Smith has coached for 18 years in Australia's high schools. She has been 15 years the representative of the Coaches Association and she has been Regional High Schools competition co-ordinator for 18 years. She also was Administrator for the New South Wales Conference, NSW Combine High Schools State Co-ordinator and Event Manager (Basketball NSW and Basketball Australia). She has been Administrator of the local basketball association for 3 years.**

As the FIBA Oceania's Special Projects Manager, I submitted applications for the funding for this program through the Australian High Commissions in various Pacific Island countries.

The Australian Government is a major sponsor of development programs in the Pacific region, and has supported many basketball initiatives put forward by FIBA Oceania over recent years.

One of the most successful initiatives was a recent 3-country women's basketball initiative, called "Women: On the Ball and On the Move", which was conducted in Fiji, Papua New Guinea and the Solomon Islands. The funding provided by the Australian Government allowed the Basketball Federations in each country to cover the cost of court hire, transport, meals, uniforms and equipment for the participants.

The program had three components:

1. "Come and Play" – A program to get young girls involved in basketball for the first time.





2. "Come and Help" – A referee, coach and administrators program aimed at encouraging more women into these areas of basketball.
3. "Come Back and Play" – Aimed at women who have stopped playing basketball.

Each of the countries conducted their programs differently, in keeping with their cultural perspective. However, in all three countries the programs were a great success.

In the Solomon Islands the organisers included an HIV/AIDS Awareness workshop in their program, highlighting how basketball can help spread health messages to the community.

Overall more than 500 young girls and women participated in the program across the three countries. A large number of female school teachers attended the programs, with will ensure that basketball is included in the Physical Education and Sports curriculum in the schools.

In all three countries high ranking female Government officials and Australian High Commission staff were invited to the opening and closing ceremonies. In Papua New Guinea, this included the Sports Minister, Dame Carol Kidu and the National Olympic Committee Women in Sport Chair, and National Basketball Coach, Mrs Veitu Diro. In Fiji, the National Chair of the Women In Sport committee attended the ceremonies, while in the Solomon Islands the Australian High Commission's Anthea Blaikie was in attendance.

The Women's Basketball initiative attracted great media interest, with the national newspapers and television covering the event in all three nations.

The Papua New Guinea program was conducted in the capital city of Port Moresby, and attracted over 70 young women and girls. The five day program included coaching clinics conducted by members of the National Women's team, as well as officiating sessions with national referee educators. The surprise was not so much the interest shown in the program, but more in the success of the follow-on programs.

Veitu Diro and her enthusiastic band of volunteers followed up the program with more coaching clinics for primary and high school aged girls, and in just three months, there are more than 400 girls in 53 teams playing basketball at the Hohola courts every Tuesday and Thursday afternoon and evening. This is an outstanding result and the fruits of this labour will surely be seen when players are selected from these competitions into the national youth training programs.

In Fiji the program funded bus transport to bring almost 300 girls from schools around the capital city of Suva to the Vodaphone arena for coaching clinics and introductory games. A highlight for these girls was the appearance of their National Women's team who attended the FIBA pre-Olympic tournament in Spain. Many of the young girls took the opportunity to get autographs and have their photos taken with the National Players.

In Fiji the "Come Back and Play" program was very well supported by young mothers in the Suva community, and also by older women, who played basketball in their youth. These women, once they got back on the court, were playing along side their daughters, laughing and enjoying themselves. As a result of this program, a "mothers" competition is now being conducted in the Raiwai Youth Hall every Wednesday evening. It has been reported that the laughter from the hall can be heard from kilometres away.

In the Solomon Islands, the "Come and Help" program was held first. This was a training program where volunteers undertook courses to improve their coaching and refereeing skills. Coaching clinics for primary school girls were followed up with a 3-on-3 girls only competition with prizes donated by businesses in the capital city Honiara. Once again, the girls in the National Women's team came along to assist with the clinics and to act as role models for the younger girls.

The "Come Back and Play" program in Honiara centred around a social basketball competition for women aged 30 years and over. Solomon Islands Basketball Federation President, Freda Matangi, conducted and played in this competition, which ran for many weeks after the program concluded.







by Hans Peter Knauf



# HOW ARE SPORTS FLOORS MONITORED?

Hans Peter Knauf graduated civil engineer at the Technical University of Stuttgart, where he studied from 1966 to 1972. Since 1972 he was testing engineer at the former FMFA, now MPA. Since 1980 he is Section Leader, Sports floors and sports facilities. He is member or convenor of the appropriate national (DIN) and European (EN) standardization committees regarding sports surfaces (indoor, outdoor) and sports facilities. He is also consultant and international sports governing bodies and founding member of ISSS.

## I. HISTORY

According to the available literature, the first area-elastic sprung floor was installed for the 1936 Olympic Games in Berlin. Consisting of two layers of crossed bars on levelled supports and a top layer of solid parquet, this was the first attempt to construct an indoor sports floor.

In April 1965, the first standard for flooring was published in Germany. The German DIN (Deutsches Institut für Normung) standard was then used in the ensuing years when testing indoor sports floors. This standard was also used for the later development of the EN (European Norm) 14904 standard.

The following characteristics were first considered for DIN-standard flooring:

- ▼ elasticity (non-elastic sports floors may cause injuries to the sportsmen);
- ▼ unbreakable;
- ▼ splinter-proof;
- ▼ sound and heat insulation;
- ▼ foot stability;
- ▼ sliding property (not too slippery, not too sticky);
- ▼ wearing resistance.

Additionally it was stated that cleaning and maintenance should be effortless.

The next edition for floor standards was published in July 1975 as DIN 18032 part 1. This version provided standards for surface regularity, resilience, loading capaci-

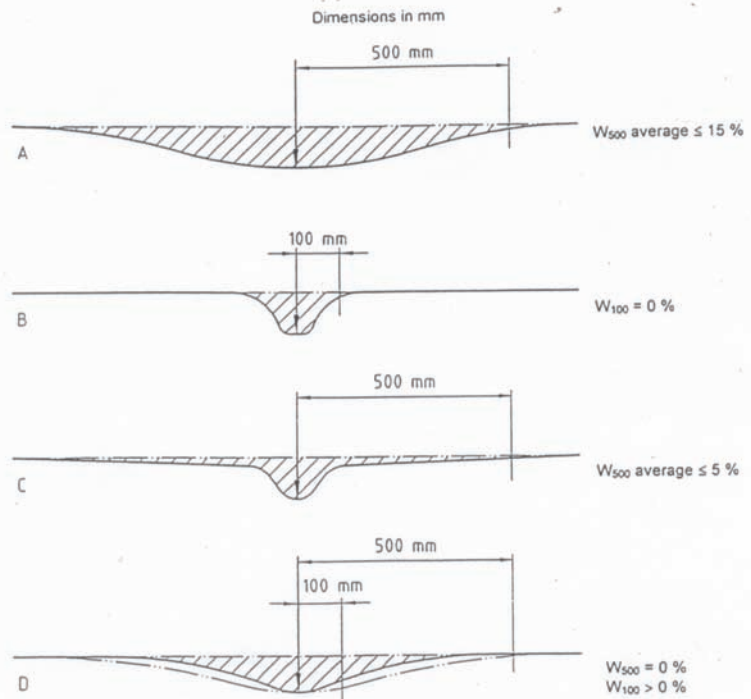
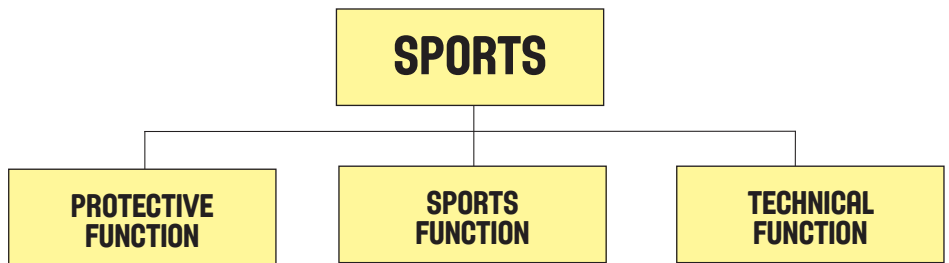
ty, ball rebound, humidity, and heat insulation. Several versions were introduced over the years, with the fully revised standard called pre-standard DIN V 18032-2:2001-04 accepted as the valid version in 1994.

The three basic functions were covered in this version.

Protective function stands for the two major issues:

- ▼ Shock Absorption (reducing the load on the human body when falling on the sports floor).
- ▼ Sliding Properties (prevent uncontrolled sliding).

Sports function means that different sports can be played on the floor.



### Key

- |   |                            |   |                               |
|---|----------------------------|---|-------------------------------|
| A | Area-elastic sports floor  | C | Combined-elastic sports floor |
| B | Point-elastic sports floor | D | Mixed-elastic sports floor    |





Technical function covers all the properties of a sports floor regarding static, falling and rolling loads (rollers, wheels), as well as wearing resistance.

## II. CONSTRUCTION

In the pre-standard mentioned before (DIN V 18032-2:2001-04), the indoor sports floor constructions are categorized according to their construction principles by description of the effects when loaded and defined by their area deflections (see figure 1).

### a) Area-elastic sports floor

Resilient, rigid sports floor with the characteristic property to form a wide-spread deflection when loaded. This leads to two construction principles:

- ▼ area-elastic sports floor with an elastic construction (wooden sprung floor);
- ▼ area-elastic sports floor with an elastic layer (mostly foam).

### b) Point-elastic sports floor

Resilient, soft sports floor with the characteristic property to form a narrow deflection on top of the surface.

### c) Combined-elastic sports floor

A combination of the two above floors. As per the area-elastic sports floors, there are two construction principles:

- ▼ combined-elastic sports floor with an

elastic construction (wooden sprung floor);

- ▼ combined-elastic sports floor with an elastic layer (mostly foam).

### d) Mixed-elastic sports floor

Point-elastic sports floor with an area-elastic element.

## III. EUROPE

In 1988, it was decided that in the European Standardization process, indoor sports floors were handled as building products and should therefore be dealt within a working group. To avoid coverage of synthetic floors only, CEN was asked to establish a separate Technical Committee (TC) for sports surfaces in general (indoor/outdoor). A TC was established in Manchester in 1989. In opposition to other sports floors, indoor sports floors became partly mandated for CE-marking. The essential requirements regarding the European Building Directive became valid. The outcome of all the discussions was the creation of the EN 14904 standard, published in April 2006.

## IV. NORTH AMERICA

The situation in North America is different than in Europe due to non-existing standards (now in work). However, some American companies have had their products tested according to the DIN standard. The first testing activities took place

at the end of the 1980s on area-elastic (hardwood) sports floors with solid maple strips. Most of the systems of the different suppliers seemed to be quite similar with constructions with rubber shock pads or bars (some anchored to the sub floor).

Due to the stiffness of the (mainly maple) strips, however, it was very difficult for these constructions to come within the DIN requirements regarding the property area deflection.

## V. FIBA – OFFICIAL BASKETBALL RULES – BASKETBALL EQUIPMENT

Valid since October 1, 2006, FIBA published the revised Official Basketball Rules – Basketball Equipment with new Level 1 requirements for permanent (section 15.3) and mobile (15.4) wooden floorings.

As testing procedures, the appropriate EN standards are mentioned whereas the requirements for permanent wooden floors are mainly based on DIN-requirements; some are more restraining, such as vertical ball behaviour and some are less regulated, such as area deflection and sliding properties. In addition, conditions for some properties and requirements regarding uniformity were fixed so that floors fully complying with these FIBA requirements had to be engineered on the highest level.




**FIBA**

We Are Basketball



by Rich Dalatri

# BAND EXERCISES

**Rich Dalatri was the first full-time strength and conditioning coach in the NBA in the 1987 with the New Jersey Nets. He has worked with the Nets since 1987 to 1992 and since 1997 to now. He also worked with the Cleveland Cavaliers in the NBA, the New York Giants in the NFL and the Mississippi University. He was strength and conditioning coach in Italy of Fortitudo Bologna and Phonola Caserta. Since 2001 to 2007 he has been conditioning coach of the Italian National Team with whom he won the bronze medal in the 2007 European Championship and the silver medal in the 2004 Olympic Games. He is also an author of many sport's books and articles and he coached many clinics around the Europe.**

The use of elastic bands in our training program gives us another variable to work our player's strength, core, body control and balance. The band work is used in different ways on different days, depending on the intensity of the day's workload. We use the exercises combined with a strength exercise to give us a super set of strength, and functional strength together. By combining the exercises this way we overload the specific muscle group with a weight exercise then immediately follow this exercise with the band exercise that uses the same muscle group in a much faster athletic type movement. In the band exercise there is a total body movement which you must coordinate the body from start to finish using the core as an anchor to stabilize the complete movement. The exercise entails pushing, twisting, balancing and controlled eccentric contraction in each rep.

The band work can be used on another day by itself for training the athlete with less overload on a day of lower intensity training. This is a good option during the competitive season to give a player a lighter training load.

There are different size bands each having its own level of resistance. In each exercise it is imperative to start with the band taut with no slack and maintain this throughout the exercise. The exercise can be done

with heavier band loads in a controlled speed for strength, as in regular weight training, or with lesser resistance for higher speed of movement. Each has its own specific benefits. You can use the band for any exercise you do with weights. The band can also be used in sport specific movements to overload exact movements of the sport you play. We use this in basketball to overload a specific court movement at top speed with no overload. This training stimulates the neuromuscular system to higher levels of development than can be attained by regular strength training or practice alone. This option of band work has enhanced the variety of our program tremendously because of the limitless number of exercises you can do.

## CHEST PRESS WITH TWIST

The band is anchored at chest height, 3 sets of 8 reps for each side, on Mon and Thu. Start in a sideways stance with feet shoulder width apart. Hold the handle of the band with palm down at the side of your chest with the elbow back (photo 1). In a single motion turn and push the band out directly in front of you as if you are throwing a punch (photo 2). The movement should be fast and explosive. Be sure to stay balanced over your center of gravity the whole movement. Return back to start position under control and repeat for reps.

## TENNIS BACKHAND

The band is anchored low, 3 sets of 8 reps, on Tue and Fri. Start in a sideways stance with feet shoulder width apart. Hold the handle of the band with the palm facing backward at chest height, and with the arm extended out in front of you (photo 3). From this position pull the band forward as if you are doing a backhand stroke in tennis. Turn as you pull and finish facing forward (photo 4). Be sure to keep the arm extended out in front of you the whole movement. The movement should be fast and explosive. Return to the start position under control and do the prescribed reps.

## OVERHEAD THROW

The band is anchored at chest height, 3 sets of 8 reps for each side, on Tue and Fri. Start in a throwing position with the arm extended overhead, and behind you as in the start of a throw. The band is anchored behind you. Start the movement by pulling the handle forward as in a throw. Try to keep the hand and arm a little higher and extended than you would in a normal throw (photo 5). Finish in a balanced position with the arm extended out in front of you (photo 6). The movement should be fast and explosive. Return to the start position under control and do the prescribed reps.

## OUTLET PASS

The band is anchored at chest height, 3 sets of 8 reps, on Tue and Fri. Start facing forward with the feet shoulder width apart, and the band anchored behind you. Grip one handle with each hand. Start the movement by stepping forward with one foot and pulling the bands forward with the hands and arms extended upward as if you were throwing an outlet pass (photo 7). Exaggerate the extension of the arms overhead. Finish the movement balanced and with the arms in front of you (photo 8). The movement should be done fast and explosive. Return to the start position under control and do the prescribed reps.

## TOTAL BODY EXTENSION

The band is anchored at foot level, 3 sets of 5 reps, on Mon and Thur. Start in a quarter squat position with your back straight, and your arms extended down and in front of you. Your feet are shoulder width, and you are holding one handle in each hand. You are facing the band which is anchored in front of you (photo 9). In one motion extended as much as possible throughout the movement (photo 10). The movement should be fast and explosive. Be sure to return to a quarter squat position before starting next rep. Return under control and do the prescribed reps. There are 3 parts to this exercise, straight overhead, pull to the right (photo 11), pull to the left (photo 12). When





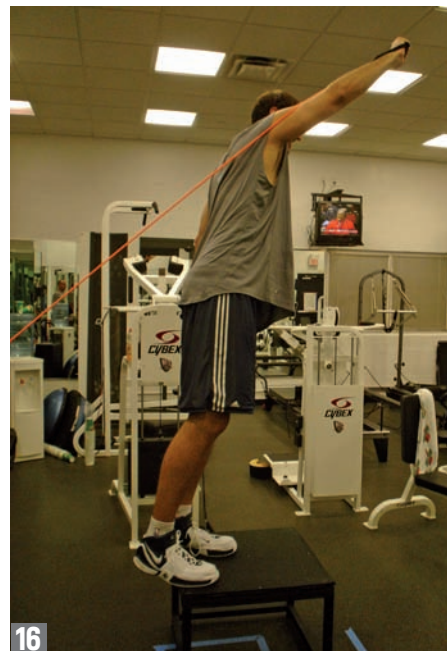
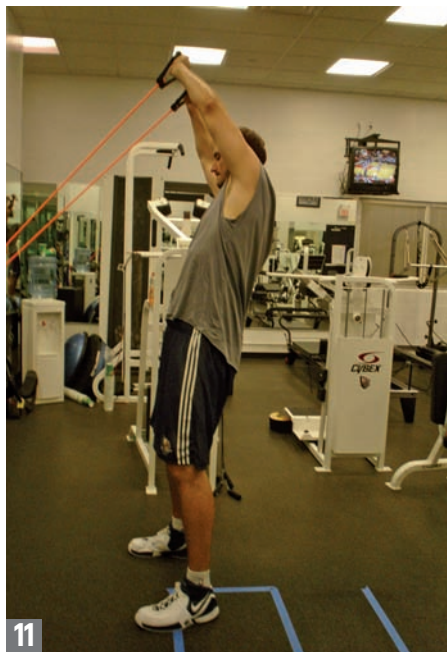
pulling to the sides be sure both hands pull together and finish behind the shoulder of the side you are pulling to, and torso twist to that side.

**SHOTPUT**

The band is anchored at foot height, 3 sets of 8 reps, on monday and Thursday. Start in a sideways stance with feet shoulder width apart, and holding the handle of the band at the side of your chest with the palm facing down with the elbow back (photo 13). From this position turn and push the band forward and up as if you were throwing a shot put. Finish fully extended forward and in a balanced position (photo 14). The movement should be fast and explosive. Return to the start position under control and do the reps.

**STEP-UP WITH SHOULDER PRESS**





The band is anchored behind you at foot level, 3 sets of 6 reps for each side, on Tuesday and Friday. Start the movement with one foot on a box or bench 18" - 24" (45-60 cm) high. The other foot is on the ground in a position of a normal stride. Be sure not to place the back ground foot directly behind that on the box. This will cause you to be unbalanced. In the opposite hand of the foot on the box hold the handle of the band (photo 15). The hand is at shoulder height with the palm down, and elbow back. Start the movement by at the same time stepping up to the box and pushing the band forward and up as if you are doing a layup (photo 16). Finish fully extended on the box, and return to the start position. Do the reps on one foot, then switch and do the same with the other side. The movement should be done fast and explosive. Stay balanced and over your center of gravity the entire movement.





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**ONE-ON-ONE**

# REMEDIAL TONIC TAKES IRAN'S BASKETBALL TO BEIJING



**Rajco Toroman is the coach of Iran's national basketball team. Though Iranian basketball began to show signs of life long before he arrived in the country to coach the national team, it was his diagnosis of the players weaknesses and strength that gave the national team zest for life. His quick fix has sent Iran's basketball, after half a century, to the Beijing Olympic Games. FIBA's Housman Bagheri talked to him to find out the ingredients of his remedy.**

*Could you tell us about your coaching career?*

I have been coaching basketball teams for almost 20 years. I have worked in Serbia, Greece, Belgium, Holland, Poland, China, Cyprus, and many other countries. In ex-Yugoslavia, I was the assistant-coach of the national team, when we won the FIBA European Championships twice, once in 1991 in Rome, and then in Athens in 1995. I was also the coach of U-22 national team when our team won third place in Istanbul. Working in a lot of different countries has given me lots of handy experience.

*How did you first hear about Iran and the coaching vacancy here?*

I was the head-coach in a big international camp in Serbia when the Iranian national team was there in a preparation camp. I already had a lot of info about Iran's basketball. I was there when the Iranian national team was playing for the last night and that was my first close contact with the Iranian national team.

*You are the one who has finally succeeded in taking the Iranian basketball team to the Olympics after half a century. What was your remedy?*

First of all I tried to understand Iranian basketball. I realized that Iranian players were very athletic, very physical and with lots of basketball skills. The problem was embedded in the lack of discipline, both on and off court. I began my training with them only 4 months before the Asian Championship Games in Japan and my working style was very hard for everybody to digest immediately. I have to say that no one has ever worked like us for those games. I started with two things on my agenda. I tried very hard to bring discipline to the team, and I tried very hard to improve the games tactically. Those were the areas we concentrated on. We sent two DVDs of our games in the finals with Qatar and Lebanon to NBA to see if Iran could play in NBA Summer League. They predicted Iran would lose all games because the outside players were not as strong as those in the Summer League. But they were extremely satisfied and surprised with the discipline and tactical game Iranians showed in Japan. That's a big success and I think it is a great achievement for us that big NBA coaches praised our work. So, the basic things are discipline, hard work and tactical improvements. I think we played well but our players have not yet reached their full potentials. I think we must work on that and improve our games both offensively and defensively in transitions.

*Does this mean that previous local coaches were incapable to do this?*

I did not say that, because I was not here be-

fore. But, that was the conclusion I arrived at for the team. I have put very strong rules on the team and they will get even tougher as we get closer to the Beijing Games. We are newcomers and little known in the world of basketball, but people are now beginning to notice us. What can make us competitive is hard work and even more discipline that what we already have. If any player shows weakness, he won't be in the Olympics. We need warriors, players with characters, and we need those who fight hard. I told the players in Japan that being nice with others is for the end of the game. If they beat us, we will show them respect, but before the game we must be ready to fight. These guys will play in the Olympics against teams like Argentina which might have five NBA players. Most of our players haven't even seen those players on TV and now they have to step in the court and play against them. And this requires a strong character, to be able to keep tough for a big battle.

*So, they shouldn't get scared of the big names?*

Yes, that's exactly what I want from the players; not to get scared to fight, and no niceties before the games. Last season, I was new here and I set up a new national team with a few novice players. Now, everyone knows that if he doesn't try hard, he'll be out.

*Qualifying for the Olympics has made every Iranian happy. In fact, you have made a long awaited dream come true. What was your own impression when Iran beat Lebanon in the finals and cleared its way to the 2008 Beijing Olympic Games?*

In the first instance I was very tired and emotionally worn out. I could not even attend the celebrations after the game. This was due to the heavy pressure I was under during those days. But after ten minutes, I felt really proud of the Iranian players. That was the main point and I think we had an excellent emotional interaction there after. I was respecting them, and they were respecting me which made us get closer than





ever before. We had a very difficult period of time before that victory. Mehdi Kamrani who was away because of injury joined the national team again after an absence of three and a half months just seven days before we flew to Japan. Hamed Afagh had a personal problem, so he had not practiced for the last 8 days. The biggest downside for us has been the tragic and premature death of Aidin Bahrami. If he were with us, we would have had a different team and a totally different situation now. The problem of replacing someone in his position is still lingering. I told his brother, Samad, to stay stronger than ever, both for the sake of Aidin's spirit and for the sake of the national team. I believe that if all the negative load was not on the team at that time we could have even played with a more competitive force. However, I was satisfied with the results and with the players' behavior. They sacrificed everything for the team.

*What is your idea about Asian and Iran's basketball in particular?*

Before I came here, I had a relatively good knowledge of the teams. I had a very good friend who was coaching a team in Qatar for 15 years. He passed on a lot of information about Asian basketball. I also had a good contact in China, who gave me some useful tips. The main point with most Asian teams is that though they have the physical power and basketball skills, tactically they are far behind European teams.

*You mean in teamwork?*

Yes, I remember the words of a famous NBA coach, who said the only way to be successful in Beijing is to send the best players to Europe to pick up tactical skills for a better tactical game. If you look at the first five teams, four of them have European coaches. Even in China where sending players to Eu-

rope was against their rules and regulations, a European coach was hired for the national team. I have had a long conversation on this issue with my friend, who is the Serbian coach of Iran's national volleyball team. He said the only way to improve performance is to go to Turkey with three of the Iranian national team players. There they can pick European experience from the best European teams. That's how they can jump to a higher level.

*And do you believe that we have the potential among Iranian players to play in good foreign teams?*

Yes, I do. We agreed for Hamed Haddadi to play with one of the best European teams, Partizan Belgrade. But, unfortunately, the deal was not finalized because Hamed turned it down. If he had played one season in Partizan, it would have projected a different mentality here in Iran. Partizan's coach has so far sent three players to NBA. This team has over 70 very difficult games each season, and Hamed could have opened the door for other Iranian players too. For the moment, I think Samad Bahrami and Mehdi Kamrani are ready to play in Europe. These three are the tops. They can play even in ULEB and the Euro League. I believe they have the potential.

*How much, if any, do you believe foreign players in Iran have helped to improve Iranian basketball?*

Of course they have. There are lots of good players, who are helping the teams, moreover good teams are choosing better imports. Through their experience, the imports can help Iranian players produce a higher standard competition. Making the right choice is also very important. For example, Kaveh signed on with good players last season. Omar Sneed was my player in Belgium

and Mike Jones is a good player too. I believe they could have helped Kaveh tremendously. Kaveh could have reached the finals if the team had been a bit stronger and luckier. Overall, it was very good for Kaveh.

*Did you have any offers from other countries at the same time you were contacted from Iran? And what was your motivation to work here?*

First of all, I was free when Mr. Zoran Radovic from FIBA called me and asked me if I wanted to take the offer. I said I had to see the whole situation first, and gather some information. I called a Serbian coach, who was in Iran, then Bosnjak, and they both told me the potential here is really good. I thought I could do something and so I accepted the offer and arrived here during the play-offs in 2006-07 season. I watched a couple of games like Mahram-Saba and Saba-Petrochimi and I saw some really good and promising players. So, for me it was easy to decide to come here.

*Despite the success, our basketball is suffering from poor international liaison. There are lots of people overseas who are very interested about Iranian basketball. What measures do you think the federation should take in this regard?*

One thing is to organize high-level clinics here in Iran and invite high-level coaches to come. We should not think we know everything. Last season, the federation received invitations from a few low-level or mid-level teams, but this season the invitations are from famous countries in basketball such as Slovenia, Australia, Italy, and many others. We have to grab this opportunity to improve the level of Iranian basketball. I think if we play with good teams here in Iran during which we can also organize some clinics it would help our players a lot.

*Have you ever encountered any communication gaps with players or other people?*

No, I speak English, and sometimes when someone doesn't understand my assistant translates my words.

*How much can sports bring countries with conflicts together?*

A lot. We should not think about politics but only friendship in sports.

*Will you consider staying in Iran after the Olympics?*

I like it here, but I do not know about my decision after the Olympics. I should see what is best for me and what is best for the Federation.

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**PLANET  
BASKETBALL**

# THE WORLD IN BRIEF



## "BASKETBALL WITHOUT BORDERS" IN INDIA FULL SUCCESS

The "Basketball Without Borders Asia" camp in July, witnessing renowned FIBA/NBA players and coaches guiding Asian talents, was a great success. The four-day under-19 camp represented the first ever occasion that this successful joint FIBA/NBA program took place in India and counted with the participation of 50 budding basketball players from 15 countries, including five representatives from India. "Basketball Without Borders Asia", organized by FIBA and the NBA in cooperation with the Basketball Federation of India, proved to be a huge boost to the trainees who had their skills sharpened by top FIBA/NBA coaches like Don Casey, Dave Hopla and Sam Perkins. In addition, "Basketball without Borders" campers also attended daily life skills seminars focusing on HIV/AIDS education and prevention.

The program in the Indian capital coincided with the visit of FIBA President Bob Elphinston and FIBA Secretary General and IOC member Patrick Baumann.

## YAO APPEARS IN IOC ANNOUNCEMENT

Basketball in China and around the world has been honoured with the appearance of Yao Ming in "Heroes", the International Olympic Committee's latest public service



announcement. The IOC chose Yao and other leading athletes to star in a dramatic video extolling the Olympic ideals of determination and perseverance. Yao, a 2,28 m (7 ft 6 in) giant, who has been China's most recognisable sportsman due in large part to his successful NBA career with the Houston Rockets, appears at the start of the message and again near the end. Another of the Olympians is Russia's world-record pole-vaulter Yelena Isinbayeva who, as a wise man says while she jumps over a ravine, is "the woman who jumps the highest" who can prove that "no obstacle is too great to overcome".

Yao, China's national team center, is battling his way back from foot surgery to play at the Beijing Games. Some of the other current sporting greats shown as superheroes looking to achieve the seemingly impossible in the public service announcement are Swiss tennis star Roger Federer, France's excellent swimmer Laure Manaudou and Italian gymnast Vanessa Ferrari. "Heroes" is part of the multi-dimensional "The Best of Us" global promotional campaign.

## AITO ALL SMILES AS SPAIN LOOK TO REIGN IN CHINA

Aito Garcia Reneses, the recently appointed coach of Spain's national team, couldn't be happier. The former DKV Joventut boss, embarking on one of the biggest challenges of his coaching career, has arguably the most talented squad in the country's history and will be hoping the team achieves great things at the Beijing Games. In Cadiz, where Spain was training for the Olympics, Garcia Reneses said: "This is a good generation of players, who are very good individually and as a team. They know how to be teammates and from that point of view, it's a delight to coach a team that has this attitude".

Most of the players in the squad celebrated a world title triumph two years ago in Japan, and last year's silver medal success at the EuroBasket in Madrid. Ricky





Rubio, 17, who played for Garcia at DKV, and veteran playmaker Raul Lopez of Real Madrid have made this year's squad in place of Sergio Rodriguez and Carlos Cabezas. Spain will have a lot of friendlies to use as warm-up games for the Olympics. "I want to get the players in good shape in order to take advantage of our first games and then we will try to introduce other things like transitions to our game," he said.

#### FIBA AND BFI SET COURSE FOR BASKETBALL IN INDIA

While the FIBA/NBA joint project "Basketball without Borders" has successfully



started in New Dehli, top leaders from FIBA, FIBA Asia and the Basketball Federation of India (BFI) held marathon meetings over the past two days in New Dehli with local and national sporting and public authorities. President Bob Elphinston, Secretary General Patrick Baumann, FIBA Asia Secretary General Dato Yeoh Choo Hock met with the full Board of BFI under the leadership of President Gill and Secretary General Sharma to discuss the state of basketball in the country before meeting with the Vice-President of India, Mr. M.H.

Ansary, the Mayor of Dehli, Ms Arti Mehra, the Government Secretary For Youth Affairs and Sport, Mr. Sudhir Nath, the Director General of Sports Authority for India, Mr. Sayan Chatterjee and the Chief Minister of Dehli Ms Smt Sheila Dikshit. In all the discussions particular focus was given to a 10 years development program accompanied by the need for new indoor facilities, for enhanced quality coaching structures and for better integration of sport at schools, while capitalizing on the growing popularity of the basketball in India, especially amongst girls.

The establishment of a permanent basketball academy in New Dehli after the 2010 Commonwealth Games was also submitted to the authorities for their consideration as part of the legacy of the Games. In a separate meeting with the Indian Olympic Committee and its Secretary General and IOC member Randir Singh, potential synergies between basketball and the program of the National Clubs Games were discussed and will be further examined in a meeting in Beijing during the Olympic Games. The nationwide program may reach out to as many as 24,000 basketball teams in the lead up to the 2010 Games. At the reception evening hosted by BFI for the "Basketball without Borders" camp, it was announced the India will be hosting the 1st FIBA Commonwealth Basketball Championship for Men in 2010 with 8 teams.

#### KAMAN RECEIVES GERMAN PASSPORT

NBA center Chris Kaman has received his German passport and played for the country's national side at the FIBA Olympic Qualifying Tournament in Athens. "Chris



has a tremendous quality and has strengthened our team certainly very significantly," said national team boss Bauermann. Germany talisman Dirk Nowitzki, the star player of the Dallas Mavericks, also expressed his delight over the addition of the 2.13 m (7 ft 0 in) Kaman – a player he has competed against frequently. "Fantastic, this is a good message," Nowitzki said. "With Chris, we are even stronger under the basket". Germany had been hit by a couple of high-profile withdrawals due to injuries. Mithat Demirel (eye) and Jo Herber (knee) had to pull out of the preliminary squad. While Germany still have veteran center Patrick Femerling, Kaman gave them an imposing presence on the interior on both ends of the floor. The 26-year-old is a leading player with the Clippers, having averaged 15.7 points, 12.7 rebounds and 2.8 blocks during the 2007-08 campaign. Thanks also to Kaman, Germany has qualified to Beijing.

#### USA BASKETBALL ANNOUNCES OLYMPIC SQUAD

Featuring Olympic gold medalist Jason

Kidd (Dallas Mavericks) and four 2004 Olympians, USA Basketball Men's Senior National Team managing director Jerry Colangelo announced the 12-players, who will represent the United States in the Aug. 8-24 Olympic Summer Games in Beijing, China. Named to the 2008 USA Basketball Senior National Team were:

Carmelo Anthony (Denver Nuggets); Carlos Boozer (Utah Jazz); Chris Bosh (Toronto Raptors); Kobe Bryant (Los Angeles Lakers); Dwight Howard (Orlando Magic); LeBron James (Cleveland Cavaliers); Jason Kidd (Dallas Mavericks); Chris Paul (New Orleans Hornets); Tayshaun Prince (Detroit Pistons); Michael Redd (Milwaukee Bucks); Dwyane Wade (Miami Heat); and Deron Williams (Utah Jazz). "This has been, to say the least, an extremely difficult selection process. The 33 players, who committed to be part of the USA Senior National Team program and have been involved in our various training camps and competitions the past two summers, deserve recognition and acknowledgment for their contributions and for their commitment to their country," said Colangelo. "I'm excited





about the players, who comprise this team. The selections were very difficult and something we've been working toward since we initially got the Senior National Team together in the 2006 summer. Unfortunately we are limited to a roster of 12 players and we had incredible commitment for the 33 players in our Senior Team program," said US coach Mike Krzyzewski, who has directed the team the past two summers. "Our team has excellent athleticism and great versatility. We have players who are experienced in the international game thanks to the last two summers' training and competitions. I feel really good where we are, we have the foundation in but we have a lot of work ahead." Of the 12 selected players, six were part of the 2006 FIBA World Championship Team, and eight were part of the 2007 FIBA Americas Championship that qualified the U.S. for the 2008 Olympics.

### CELTICS CLAIM FIRST CHAMPIONSHIP IN 22 YEARS

The Boston Celtics captured their first NBA title since 1986 by annihilating the Los Angeles Lakers in Game Six of the league finals, 131-92. With club legends Bill Russell, John Havlicek and JoJo White looking on from the raucous crowd, Boston cruised to their 17th crown with future Hall-of-Famer Kevin Garnett's 26 points and 14 rebounds leading the way. Boston, who nearly sacked coach Doc Rivers after their abysmal 24-win campaign in 2006-07, were richly rewarded for keeping him in charge as he turned the Celtics into a defensive juggernaut that was mentally tough in the play-offs. The Celtics survived seven-game series against both Atlanta and Cleveland in the first two rounds of the post-season before defeating both Detroit and LA in six

games. In the NBA's biggest rivalry, Boston have now won nine of the 11 meetings between the two teams in the finals. This year's crown was the first ever claimed in the TD Banknorth Garden. The old Boston Garden was demolished in 1997. The Lakers' NBA MVP Kobe Bryant had 22 points, but was just seven of 22 from the floor. Pau Gasol, the Spain international, finished with 11 points and eight rebounds but turned the ball over a game-high five times.

### CAVS SAY NO-GO FOR BIG Z AT OLYMPICS

Lithuania's hopes of adding Cleveland Cavaliers center Zydrunas Ilgauskas to their Olympic squad appear to have been dashed by the NBA club. The 2,21 m (7 ft 3 in) giant was desperate to play for his country this summer, but he has a long history of injuries and this season, a compressed disk in his lower back caused him to miss some games. Ilgauskas' feet are



also not covered by insurance. Cleveland had privately told Lithuania before they would not allow him to play and after receiving a petition from Lithuania with thousands of signatures on it, the Cavs did not budge. "Zydrunas is an important member of our team and has generally been a higher risk player due to his injury history," Cavs general manager Danny Ferry said. "We declined consent for Zydrunas." Ilgauskas averaged 14.1 points, a career-high 9.3 rebounds and 1.6 blocks in 73 games this season.

### FIBA CREATES ACADEMY FOR EXECUTIVES

The World Academy of Sport and FIBA concluded an agreement to establish the FIBA Academy. This is a global education initiative of FIBA, its aim being to further strengthen the expertise and skills of the executives within its 213 National Basketball Federation membership. FIBA Secretary General and IOC member Patrick Baumann stated: "We are delighted to be working with the World Academy of Sport on this important educational initiative for World Basketball and our many valuable members. Through this partnership, we



will be able to offer high quality online courses to executives and administrators in National Basketball Federations around the world." The majority of the FIBA Academy courses will be offered online for FIBA members. They will be divided into 10 modules in the sectors 'administration', 'marketing' and 'events', culminating with an online exam and a certificate at the end. The FIBA online modules will be offered free of charge to members.

The FIBA Academy will be officially launched in January 2009 and will provide Administrative learning opportunities to the global FIBA family. The FIBA Academy project comes as a logical development of FIBA's "National Federations Manual". In a second stage, an Athlete Certificate will be added to the FIBA Academy Program.



Courses will be part of a new FIBA administrative ranking system and participation by member federation officers in the course will be awarded with specific bonus points. The FIBA Academy will be located and managed by the foundation that the International Basketball Federation is in the process of setting up.

### SPAIN, BELARUS, LATVIA, CZECHS AND BRAZIL QUALIFY FOR BEIJING

The last five women's teams have qualified for the Olympic Basketball Tournament during the FIBA Olympic Qualifier in Madrid in early June. Spain rode the hot hand of Elisa Aguilar into the Beijing Games on Friday. The veteran point guard erupted for 17 of her game-high 28 points in the second half to fire Spain past an impressive Cuba with 82-68. Evaristo Perez's team, which played so hard against Russia in the gold medal game of the EuroBasket Women but missed out on that title, booked a trip to the Olympics for a second time in a row. Belarus beat Brazil 86-79 in an overtime thriller to reach the Olympics for the first time. In a dramatic last contest, Brazil veteran Iziane refused to enter the game in the second half following a heated discussion during the intermission with coach Paulo Bassul. He later revealed that he has dropped her from the national team. Latvia cruised past Angola to reach the Olympics for the first time in the nation's history. The Baltic country won 84-26 to become the fourth European team to reach the Beijing Games after EuroBasket champions Russia, Spain and the Czech Republic. Victory may have come at a cost for Ainars Zvirgzdins' team, though, with veteran forward Ieva Tare going down with a dislocated elbow early in the second half. The Czech Republic passed a real test against Japan to advance to the Olympics

for the second consecutive time. Jan Bobrovsky's team, which finished a disappointing fifth at last year's EuroBasket in Italy, completed a perfect FIBA Olympic Qualifying Tournament with a 76-64 win over the Japanese – a team that has caused the Latvians and Czechs a lot of problems but been unable to prevail. It wasn't easy, but Brazil finally booked a return trip to the Olympics with a thrilling 72-67 win against Cuba on the final day. Paulo Bassul's young team, which lost an overtime heartbreaker to Belarus in their quarter-final, clinched the final spot up for grabs by beating Angola and then Cuba in the last game.

### 9 BIDS FOR 2010 FIBA U17 WORLD CHAMPIONSHIPS

Seven countries have submitted their official candidature for the organization of the first edition of the 12-team FIBA U17 World Championship for Men and Women that will be played in July 2010. Six candidates lined up for the Men's event: China, France, Germany, Italy, Kazakhstan and Morocco. Three countries have expressed their interest in hosting the Women's event: Chile, France and Kazakhstan. The FIBA Central Board, at its meeting in May 2009 in Istanbul, Turkey, will take decisions as with regards to the hosts of the 2010 U17 World Championship for Men and Women. On a completely different note, the race to become the host organizers of the 2014 FIBA World Championship continues. On 26th and 27th June 2008, the National Federations of China, Denmark, France, Italy and Spain took part in a two-day workshop in Geneva, Switzerland, where they were guided through all the steps of the bidding pro-



cess of the 2014 FIBA World Championship for Men and through all details necessary to guarantee a successful organization of FIBA's premier championship. After having carefully studied the 'FIBA World Championship for Men 2014 Bid and Event Manual' and after having participated in the Workshop, those National Federations having decided to continue with their respective bidding processes will be invited to hand over their candidature files in person, in Geneva, on 5th December 2008 (date to be confirmed), during an official presentation ceremony in presence of the FIBA Central Board. Between December 2008 and March 2009 the FIBA Evaluation Commission shall examine all presented and duly confirmed bids and shall present a complete report, after conducting visits to all bidding National Federations, to the FIBA Central Board. The complete bidding process will end in May 2009, when the FIBA Central Board decides the host of the 2014 World Championship for Men.



### LATVIA WOMEN REPLACE JAPAN IN DIAMOND BALL

European juggernauts Latvia have jumped at the chance to play at the FIBA Diamond Ball for Women ahead of this summer's Beijing Games. The Latvians, who clinched a spot in China at the FIBA Olympic Qualifying Tournament for Women in Madrid, have replaced Japan following after the Asian country's decision to withdraw. The addition of the Baltic country means that all six national teams - Australia, China, Latvia, Mali, Russia and the United States - taking part in the Diamond Ball are sides that will also be competing at the Olympics. The Latvians will take on Russia - the team that beat them in the semi-finals of last year's EuroBasket - on August 2 and square off against the United States on August 3. Once at the Olympics, Latvia will be in Group A with Australia, Korea, Russia, Brazil and Belarus.



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## LAVRINOVIC ENJOYS A GOOD WALK IN THE PARK

Montepaschi Siena's Ksystof Lavrinovic will be one of Lithuania's stars at the Beijing Games, but before travelling to China with the national team, the power forward/center will be sure to spend some time off the hardwood. Lavrinovic, who has helped defending Italian champions



Mens Sana

reach the Lega A play-off semi-finals, likes the outdoors. "I like to have direct contact with nature," he says. "I adore the walks in the forests of my country, fishing in lakes. My wife was Miss Russia and we have a son who is 14 months old and takes a lot of our time." Lavrinovic and his twin brother Darjus did not start playing basketball until their early teens. "I was 13 when my mother arrived home with a brochure from a basketball school for tall children of Sarunas Marciulonis," he says. "My twin brother Darjus and I did a lot of sports, like swimming, karate and athletics and we decided to try out basketball".

"At the beginning it wasn't easy. We were the tallest, but we were very thin. The coaching staff (at the school) didn't want us, but our coach saw something good in us and made us train for a year without playing. Two years later, we were in the first team of l'Alita in Lithuania's top division." They have other talents as well, including a mastery of different languages. "My dad is Polish and my mother is from Belarus," Lavrinovic says. "But they moved to Lithuania where my brother and I were born. At home, we speak three languages, especially Russian. My parents have always encouraged us to be professional sportsmen." It's not surprising that in sports, Lavrinovic cites one of the country's legendary figures as an inspiration. "Besides

my parents, the coach I mentioned before, Vitautas Poteliunas, but it has been above all the example set by Arvydas Sabonis to spark our pride and our quality," Lavrinovic says. Lithuania certainly benefit from the presence of the Lavrinovic brothers and there is talk that Montepaschi may attempt to sign Darjus for next season. "I really hope so and so does he," Lavrinovic says. "We have a great relationship, we are our first fans. I always say he is the stronger and Darjus says vice-versa. We played together for five years in l'Alita and one in Kazan. It would be nice to play together in Italy."

## EL KHATIB LIKES 'TO CHILL' TO R&B

One of international basketball's best known players, Lebanon's Fadi El Khatib, knew that he and his country faced a enormous challenge to reach the Beijing Games. There's a pretty good chance El Khatib relaxed his mind ahead of those vital Group A games by listening to some of his favourite tunes, and FIBA found out what kind of music is likely to be streaming through his headphones in a recent interview with the popular player.

**FIBA:** *Fadi, what kind of music do you listen to?*

**EL KHATIB:** R&B, all kinds, but more slow and not so hard. And I love U2, but just generally music to chill out to.

**FIBA:** *We were wondering, what's the first thing that pops into your mind when you get up in the morning?*

**EL KHATIB:** My kids. My new born, who is six months old, and my three-and-a-half-year-old son.

**FIBA:** *We suspect you missed the good cooking that so many talk about in Beirut when you played in Ukraine earlier this season. Now,*



*of course, you are with Sporting Club Al Riyadh Beirut. Tell us, Fadi, what is your favourite meal?*

**EL KHATIB:** Anything Lebanese.

**FIBA:** *What has been the best book that you've read recently?*

**EL KHATIB:** "War on Lebanon: A Reader" by Rashid Khalidi and Nubar Hovsepian.

**FIBA:** *One more question, Fadi. Tell us what your favourite film is.*

**EL KHATIB:** "Count of Monte Cristo". I love the way he challenges his life and friends, but how he is not angry but smart.

## GINOBILI CHOSEN AS ARGENTINA FLAGBEARER

South America basketball icon Manu Ginobili

has been selected as the flagbearer for Argentina at the Opening Ceremonies of the Beijing Games. The veteran San Antonio Spurs guard was the most valuable

player of the Olympics four years ago after leading Argentina to the gold medal. However, the participation of Manu is still an uncertainty after he hurt his ankle during the NBA play-offs. A statement on the Argentina Basketball Federation website said: "Cristina Fernandez, president of the nation, will on Friday hand the Argentinian flag to basketball player Emanuel Ginobili, who has been selected as the flagbearer for his country at the Olympic Games in Beijing. The best basketball Argentinian player in the history was chosen by the bosses of the delegations in the Argentinian Olympic Committee headquarters." There was no mention of a contingency plan should Ginobili decide not to play because of the injury. Argentina defeated Team USA in the semi-finals at Athens before thumping Italy in the final to capture the gold medal.

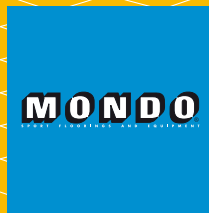


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