



SKILLS AND TECHNIQUES OF BASKETBALL

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Introduction

Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball (approximately 9.4 inches (24 cm) in diameter) through the defender's hoop (a basket 18 inches (46 cm) in diameter mounted 10 feet (3.048 m) high to a backboard at each end of the court), while preventing the opposing team from shooting through their own hoop. A field goal is worth two points, unless made from behind the three-point line, when it is worth three. After a foul, timed play stops and the player fouled or designated to shoot a technical foul is given one, two or three one point free throws. The team with the most points at the end of the game wins, but if regulation play expires with the score tied, an additional period of play (overtime) is mandated. Players advance the ball by bouncing it while walking or running (dribbling) or by passing it to a teammate, both of which require considerable skill. On offense, players may use a variety of shots – the layup, the jump shot, or a dunk; on defence, they may steal the ball from a dribbler, intercept passes, or block shots; either offense or defence may collect a rebound, that is, a missed shot that bounces from rim or backboard. It is a violation to lift or drag one's pivot foot without dribbling the ball, to carry it, or to hold the ball with both hands then resume dribbling. The five players on each side fall into five playing positions. The tallest player is usually the center, the second-tallest and strongest is the power forward, a slightly shorter but more agile player is the small forward, and the shortest players or the best ball handlers are the shooting guard and the point guard, who implement the coach's game plan by managing the execution of offensive and defensive plays (player positioning). Informally, players may play three-on-three, two-on-two, and one-on-one.

History of the basketball

Basketball is an original American game invented by Dr. James Naismith in 1891. When designing it, Naismith focused on creating a non-contact sport to be played indoors. He developed the rules and published them in January 1892 in *The Triangle*, the school newspaper of Springfield College. Naismith introduced the game when he was an instructor at the Young Men's Christian Association Training School (now

Springfield College) in Springfield, Massachusetts. At the request of his superior, Dr. Luther H. Gulick, he organized a vigorous recreation suitable for indoor winter play. The game involved elements of American football, soccer, and hockey, and the first ball used was a soccer ball. Teams had nine players, and the goals were wooden peach baskets affixed to the walls. By 1897- 1898, teams of five players became standard. The game rapidly spread nationwide and to Canada and other parts of the world, played by both women and men; it also became a popular informal outdoor game. U.S. servicemen in World War II (1939- 1945) popularized the sport in many other countries. Basketball is definitely an athletically challenging sport, as it exercises all of the muscles in the body. The arms are exercised through the passing and shooting of the basketball while the legs are exercised through the running up and down the court and the jumps they complete in order to gain height for a shot and for receiving the ball during rebounds.

It is important to note that basketball not just exercises all of the parts of the body but it exercises all the muscles as well, as mentioned. The leaping and running movements exercise all of the lower parts of the body and the shooting and passing movements exercise all of the arm muscles as well as the chest, a chest pass is having same movement as that of a push-up. Because of the completely interdisciplinary techniques involved in the sport, training for it is extremely varied as well. Basketball is a great game that is most popular in America. This sport requires good aim to shoot, good jumping skills to shoot and rebound, you quick actions, and also good ball handling skills. In 1894 the game founded its way to Asia. Robert bob Gilly Gauddle of Y.M.C.A College introduced this game in Tents in China. Then Mr C. Hareck brought the game to Japan. The Asians who studied at the Spring Field College after completion of the course when the returned there to native nations. Introduced the game in their respective countries. INDIA the spectator game was introduced in India by American missionaries towards of the 20th century. In India this game was introduced by H. C. Buck at Y.M.C.A in Madras. BFI was formed in February 1950 the BFI is Affiliated to IOA. In India, this game was played for the first time in 1930.

The first Indian National Championship for men was conducted in 1934 in New Delhi. The Basketball Federation of India (BFI), which controls the game in India, was formed in 1950. Till 1970, the national basketball championships and all India tournaments were conducted on mud court. After1970 concrete court are used for basketball as the basketball federation of India has made concrete court as mandatory. Synthetic rubber ball is used in place of stitched leather ball. From 2010 the national basketball championships and All-India tournament are conducted on indoor courts and now synthetic courts become mandatory for these championships. The players are forced to improve their skills and speed to match these changed conditions of the surface. In India, evaluation of the standard of performance of players at a given time is done with the comparison of the performance of players with the players of the yester

years and the process of selection is on the basis of mere observation and opinion, and less on the basis of any statistical records. In the countries like the United States of America, statistical records like percentage of field goals shooting, free-throws, average height of the players and weight of the players are maintained for every year for different levels of national level competitions and this information enables them to put in efforts to overcome the deficiencies in the future. India's team performance records in various international competitions could serve as tools for evaluating the standards of the players.

Skills and Techniques of Basketball

The game of basketball is very complicated in terms of skills and team work. In this game, everyone should gain mastery over fundamental skills like Dribbling, passing, shooting, rebounding, defence etc. When one has mastered the fundamental skills of the games, he gets a feeling of wellbeing. High level of performance otherwise known as playing ability in basketball depends upon proficiency over the fundamental skills. Basketball today has undergone an excellent of improvement since its origin. A basketball players is always required to move from one place to other place on the court while playing a well competed match, changing his pace from slow to fast, and many times to collect rebounds in offence and defence, dribbling ,shooting defending, faking and changing direction in movement. A basketball players is always required to move from one place to other place on the court while playing a well competed match, changing his pace from slow to fast, and many times to collect rebounds in offence and defence, dribbling, shooting defending, faking and changing direction in movement.

Skills in Basketball

Dribbling

Using one hand at a time, the ball is bounced on to the floor. The player can remain still or move across the court while dribbling. The dribble ends when the player catches the ball. They are not allowed to start dribbling the ball again until another player has touched the ball. To improve the ball control dribbling has to be done with the fingers which helps to maintain better overall control.

Muscle groups in Dribbling

Just like a free throw, dribbling engages multiple muscle groups across the body. The muscles in the shoulder, elbow and wrist are particularly responsible for the pumping motion that pushes the ball to the ground. The deltoids, triceps, biceps and forearm muscles must lengthen and shorten correctly and efficient to dribble the ball.

Speed Drill

The speed dribble is used to advance with the ball quickly against little or no defensive pressure. The dribblers hand should be behind the ball pushing it in front, then running to catch up. This prevents a "palming" or "carrying over" violation. The speed dribble in the open floor can be a little higher than other dribbles. Control dribble moves should be around the knee, but a speed dribble can be waist high.

Passing

The movement of the ball from one player to another.

Muscles Groups in Chest Pass

The chest pass, which resembles a push up motion, is a common way to get the ball to another player. The elbow extensors, including the triceps, pectoral and deltoid muscles, work in concert as an isotonic contraction to make a chest pass to another player.

Chest Pass

The chest pass is named so because the pass originates from the chest. It is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When the pass is thrown, the fingers are rotated behind the ball and the thumbs are turned down. The resulting follow through has the back of the hands facing one another with the thumbs straight down. The ball should have a nice backspin. When throwing a chest pass, the players should strive to throw it to the receiver's chest level. Passes that go low to high or high to low are difficult to catch.

Overhead Pass

The overhead pass is often used as an outlet pass. Bring the ball directly above your forehead with both hands on the side of the ball and follow through. Aim for the teammate's chin. Some coaches advice not to bring the ball behind your head, because it can get stolen and it takes a split-second longer to throw the pass.

Rebounding

Height and good jumping ability have certain advantages in offensive rebounding. They are by no means the only factor in becoming a good rebounder. There are many instances, at all levels, that a seven footer is out battled for a rebound, even outrebounded for an entire game by a player as much as six inches shorter. Rebounding is an important basketball skill that is developed and improved through these three ingredients: 1. Aggressiveness 2. Positioning 3 .Determination

Shooting

How to shoot a basketball correctly is the most important skill that is required to master in order to play the game. Using the right form helps to score more points, so take the time to learn how to shoot before it hits the court.

Layup follow through

While going for a lay-up shot, the follow through should be the same as a regular shot. Palm is facing the basket, with the ball coming off of the 1st two fingers. Flop over the wrist to get backspin on the ball for a nice soft shot. Later, when a player can jump higher, the palm can face skyward and lay the ball up softly off of the backboard with very little spin. The standard of Indian basketball need to be improved. All the attempts of the basketball Federation of India and the government of India to raise the standard of Indian basketball in the international competitions can become true only when they select the true talent and conduct continuous coaching for these players. The experience of the past leads us to think of far-reaching measures to end the stagnation of the standard of basketball in our country. The game of basketball is very complicated in terms of skills and team work. In this game, everyone should gain mastery over fundamental skills like Dribbling, passing, shooting, rebounding, defence etc. When one has mastered the fundamental skills of the games, he gets a feeling of wellbeing. High level of performance otherwise known as playing ability in basketball depends upon proficiency over the fundamental skills.

Motor components in basketball

Speed

Speed is one of the most important physical fitness components, which is highly essential for many physical activities. For any competitive sports activities speed is highly essential to achieve high-level performance. The ability of the player in performing the skills with speed determines the quality of the player in basketball. In the game of like basketball, speed is more essential because the basketball moves faster than the man and to keep the pace with the ball, the player has to develop the component of speed.

Agility

Agility is another important physical variable. Agility may be explained as the physical ability, which enables an individual to rapidly change body position and direction in a precise manner. Johnson and Nelson say, "Agility may be explained as the physical ability which enables an individual to rapidly change body position and direction.

Agility plays a significant role in the training of technique and in competition. Changing position and direction of the body quickly at a higher speed is very much useful in speed game like basketball. The players having more agility perform better than other in basketball. Changing position and direction of the body quickly at a higher speed is very much useful in speed game like basketball. The players having more agility perform better than other in basketball. To conclude, we will look briefly at the two-handed over the head pass: from the basic stance, the arms are lifted up and extended to a point where the back is slightly arched and the arms are slightly bent back just past the head, giving the right amount of force to the pass that will then offload through the tension in the back and arms, to just after the head, ending with a fast outward movement of the wrists, with propulsion that mainly comes from the thumbs but which is obviously in synergy with the other fingers. Basketball is a sport that is fast, dynamic, and high-intensity with a tempo that changes between attack and defence. Apart from that, basketball also requires speed, acceleration, and explosive movement, and aerobic / aerobic energy to perform high-intensity activities such as rebounding, passing, jumping, shooting, fast breaking, and playing high-speed games. Therefore, the physical size of an athlete will determine the athlete's performance as well as his playing position in a team.

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