

THE FUNDAMENTALS OF BASKETBALL TO BE
TAUGHT TO THE ELEMENTARY CHILD

by

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INTRODUCTION

Basketball is a growing sport among children under the age of thirteen. In school sponsored programs basketball is the number one participation sport with children ages kindergarten through eighth grade. More schools offer interschool basketball programs than any other sport, which makes it the most popular. It is felt that young athletes should not be subjected to the stress and strain of inter-scholastic competition. However, an intramural program should be more than a participation program. At this young age it is imperative that the young athletes be taught the basic fundamentals of basketball. No athlete can reach his full potential unless he has a good background of fundamentals. If there were a secret in successful basketball, then that secret would be drilling on fundamentals. It is unfortunate that many coaches never realize this.¹

Purpose of the Study

The purpose of this study was to set up guide lines for teaching basketball fundamentals to elementary students. It is hoped that this study will aid the volunteer coach who lacks the knowledge to teach these vital fundamentals.

¹Adolf Rupp, Championship Basketball (New York: Prentice-Hall, Inc., 1948), p. 23.

Method of Study

The information for this study was gathered from books and periodicals found in the Kansas State University Library, the physical education library at Kansas State University, and the author's personal library.

Other information was acquired through the author's personal experience, as a participant in both high school and junior college, and later as a coach of a team in the Manhattan Jaycees basketball program.

DISCUSSION

Offense

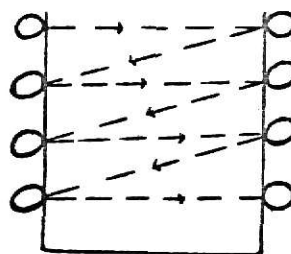
Passing

Two hand chest pass. This pass is possibly the most used pass in basketball. The chest pass is a quick accurate pass used over a distance of fifteen to twenty feet. In order to execute the chest pass correctly one must develop the fingers, wrists, and forearms. In executing the two hand chest pass the ball is held on both sides of the ball about waist high. On release the ball is propelled by the extension of the forearm and the outward snap of the wrists and fingers. The ball should leave the hands with a slight back spin. The arms should follow through with the palms of the hands out and thumbs pointing in a downward direction. The target area should be a chest high plane away from the defense. The feet should not be moved while practicing the chest pass. This pass is quick and can be thrown with the feet in any position as long as the player has good body balance. Younger players may need to take one step forward with the left foot when throwing a longer pass. This should be eliminated as soon as the athlete develops greater strength.

There are many drills that can be used to develop the chest pass. One passing drill which is good when time is a factor is two men to a ball, facing each other and passing the ball back and forth. This drill allows every boy on the squad to execute the pass more times in a given time period. Since the author will refer to this drill later in this paper, it will be referred to as the two man passing drill. This drill

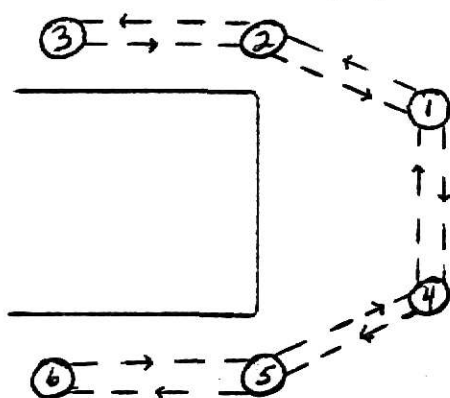
is not a good drill to use when first introducing a pass because the coach can not watch each boy make every pass, therefore bad habits may form without being noticed. A drill that enables the coach to watch every pass is the parallel lines drill (Fig. 1). The squad divides in half with half on one side of the key and half on the other side. The lines face each other.

At first one ball is used and is passed back and forth. With younger children the distance between the lines can be decreased. Later, to add variety to the drill, another ball may be added.



(Fig. I)

The chest pass relay is another drill which will add quickness and contribute to team interest (Fig. 2). Like all good things it can be overdone and should be used sparingly. Divide the squad into equal teams and have each player about fifteen feet apart. The ball is then



(Fig. II)

passed to each player until it returns to the point of origin. The ball is then passed to each member of the team. The relay is complete when 4 returns the ball to 1.

Many younger players do not have the strength to execute the chest pass correctly over a great distance. For this reason it should be concentrated on heavily in drills and the athletes should be expected to execute it perfectly.

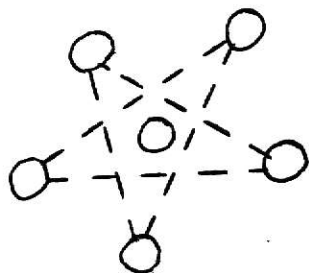
One hand push pass. This is a pass for a distance of twenty feet or less. It is the quickest pass in basketball and can be thrown in any direction by having the hand behind the ball in the direction of the pass. The one hand push pass is thrown like the two hand chest pass except one hand is directly behind the ball. It is this hand that supplies the force to throw the pass. This pass gets it's velocity from the downward snap of the wrist with the ball being released off the fingers.

The feet in the one hand push pass are important in keeping body balance. Since the pass may be thrown in all directions there is no absolute position for the feet. It is a good idea while introducing the one hand push pass to have the players step in the direction of the throw with the opposite foot. This will help them have body balance and as they become more advanced they learn to become more deceptive and will eliminate the forward step.

The one hand push pass is a very important pass because it can be used in a variety of situations. Another asset to the pass is that it is quite deceptive and hard to defend against.

Drills used in practicing the one hand push pass are many. Almost any passing drill can be adopted to the one hand push. The most elementary, two parallel lines passing drill, is recommended when introducing the pass. One passing drill which can be used is the man

in the middle drill (Fig. 3). The squad is divided into groups of six.



(Fig. III)

Five of the six form a circle with each player eight to ten feet apart. The remaining man is in the middle of the circle. The object is to pass the ball to anyone in the circle without letting the man in the middle touch the ball. The ball can

not be passed to the men directly on either side of the passer. The man in the middle tries to anticipate the pass and knock it down. This drill is also very valuable when working on quickness on defense. The kinds of passes can be either restricted to one pass or open to a variety of passes.

Two hand bounce pass. The two hand bounce pass is a variation of the chest pass. It is a much slower pass and is easier to defend against. For this reason it can be over used. The bounce pass is totally ineffective if it is not used with the utmost discretion. To execute the bounce pass one must consider the spin of the ball and the angle of the bounce. To throw the bounce pass with back spin the ball is held on both sides. The ball is released by snapping the wrists out with the thumbs in a downward position just as in the two hand chest pass. The back spin will cause the ball to come up slower and at a greater angle. For this reason the ball should be about two-thirds of the way to the receiver when it hits the floor. Each passer will vary somewhat and must know exactly how his passing trait affects the bounce

of the ball. The target area should be the receiver's waist. If the ball does not come up to the receiver's hands the pass is totally ineffective. It is the passer's responsibility to throw the ball to the receiver, it is not the responsibility of the receiver to get to the pass.

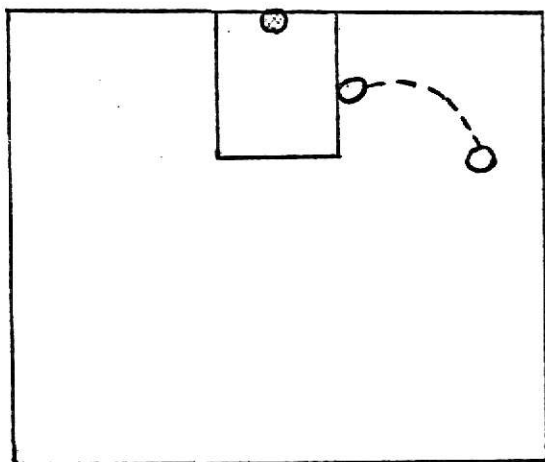
A variation of the bounce pass is the bounce pass with top spin. The ball is held on both sides as in the regular bounce pass. In releasing the ball the thumbs are brought up and the fingers snapped down to give the ball a forward or top spin. When the ball hits the floor it will come up at a smaller angle and the velocity of the ball will increase. This gives the pass greater quickness. All drills used for the chest pass are applicable to the bounce pass.

Two hand over head pass. The two hand over head pass is used to pass the ball to the post man. Any situation when passing over a man, the two hand over head pass is the best weapon.

The ball is held on both sides as in the previous two hand passes. The arms are extended over the head. The pass is made with a quick snap of the fingers and wrist. The elbows are straight and should remain that way throughout the pass.

This pass is quick and accurate when executed well. The pass is released high and received high. Lobbing and releasing to low are common faults that can limit it's effectiveness. The ball will have a slight top spin, if any. The target area is the hands extended over the head of the receiver. This pass is effective over a distance of about twenty feet.

The two paralleled lines drill is best for introducing this pass. Another drill is a forward to post drill (Fig. 4). The passer stands



(Fig. IV)

about three feet from the out of bounds on the free throw line extended. The center lines up between the passer and the basket. The ball is then passed into the center and he can then work on moves to the basket. Adding a defensive man will help the passer learn to pass away from the defender.

Baseball pass. The baseball pass is used for long fast passes beyond a distance of twenty feet. It is often used on fast breaks and against pressing defenses.

The ball is thrown much like a baseball. The ball is cocked beside the passer's ear with hand directly behind the ball. The opposite hand is used in supporting the ball. As the ball is taken further behind the ear the weight of the body shifts to the back leg. Then as the arm starts forward the weight moves to the front leg. The arm is extended and the wrist and fingers snap to release the ball. To keep the ball from fading or tailing off, the passer must rotate the thumb in and down on the follow through. This is the most important fact to remember when throwing the baseball pass.

One very good drill when teaching this pass is to divide the squad into two lines, a passing line and a receiving line. After catching the ball the player goes to the back of the passing line,

after passing, he goes to the back of the catching line. This drill is quite simple but will enable the coach to watch each player pass. Do not neglect the left hand altogether, but this pass is usually made with the player's predominate hand, due to the distance of the pass.

Behind the back pass. This pass is quite deceptive and should be used only when necessary. A player can use the behind the back pass to open passing lanes that do not exist with other passes. Many coaches feel that fancy or deceptive passes should not be taught. It is a fact that players will use these passes when the situation arises, so it stands to reason that a coach would be wise to teach the fundamentals of these passes.

The coach should not take the creativity away from the players. "Be clever but never careless."² The most consistent performances are still the best.

The ball is brought behind the back in a whip action and is released with the snap of the wrists and fingers. Hesitation will cause loss of control. This pass should be practiced when the occasion arises. A coach is encouraged to use his creativity to adapt various drills to the behind the back pass.

After all passes have been taught and practiced through the use of drills they should be reviewed from time to time. The most effective means of review is to let team members pair off and practice execution. Prominent coaches, such as Lowell "Cotton" Fitzsimmons, require the squad to open every practice session with two man passing drills.

²Fred (Tex) Winter, The Tripple-Post Offense (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1962), p. 150.

A coach should also demand good passing in practice at all times. With younger athletes the coach must have great patience but they should know what is expected of them.

Dribbling

The dribbler must learn to dribble with either hand. The weak hand should be emphasized during practice. Good dribblers maintain nearly constant contact with the ball. The ball is driven to the floor by wrist, fingers, and forearm. Then when the ball returns from the floor the arm is extended to meet it. Once contact is made with the ball the hand rises with the ball so that the hand is off the ball for only an instant. The dribbler should never have to look directly at the ball while dribbling. The ball should be seen with peripheral vision. There is more to dribbling than going up and down the court. A good dribbler can change speed and direction quickly with complete control of the ball. Dribbling, like all fundamentals in basketball, can be improved only through practice.

The three most effective ways to change direction while dribbling are:

1. Switch dribble
2. Spin dribble
3. Behind the back dribble

Switch dribble. When dribbling to the right, the ball is dribbled with the right hand, with the player's body between the defender and the ball. The switch is simply switching the ball to the left hand and changing the direction of the dribble. This is done by planting the right foot pushing in the opposite direction. As the weight shifts to the left foot the ball is bounced in front of the

player to the left hand. This move must be quick since it is done in front of the defender.

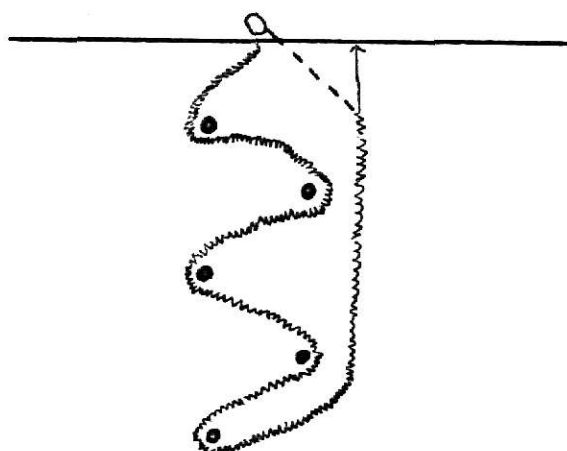
Spin dribble. The spin dribble is quite effective in changing direction while protecting the ball. However, it must be done quickly to prevent the defender from knocking the ball loose from behind. While dribbling to the right the ball is dribbled with the right hand away from the defender. To change direction the player must plant the left foot and do a rear pivot putting the back to the defender. Keep the ball in the right hand. Then, changing the ball to the left hand and pivoting on the right foot bring the left foot up and move to the left. This whole action takes place on just two dribbles. One, with the right hand when the left foot is planted and two, when the ball changes hands and the weight is shifted to the pivoting right foot. To be effective a player should be able to spin dribble both ways. Change of pace and fake spin dribbles will make the spin dribble an effective weapon.

Behind the back dribble. No coach should limit his players by saying no behind the behind the back dribbling. The behind the back dribble is becoming a more prevalent part of basketball. The behind the back dribble is as quick as the switch dribble and the ball is away from the defender at all times. The foot work in executing the behind the back dribble is almost the same as the switch dribble. When dribbling right with the right hand the player plants his right foot and pushes in the opposite direction. The left foot should move left and forward just a little to avoid being hit by the ball. While the weight of the body is changing to the left foot, the ball is whipped behind

the back with a downward projection so that the ball bounces behind and slightly to the left of the player. The left hand should reach down to make contact with the ball as soon as possible. The eyes should not look directly at the ball. The ball can be seen with peripheral vision. The lead step to the left is taken by the right foot.

There is a great variety of dribbling drills that can be employed to help the player polish his ball handling ability. This is one area in which the coach can use his creativity to develop new drills that will best fit his situation. Many good dribbling drills are no more than obstacle courses.

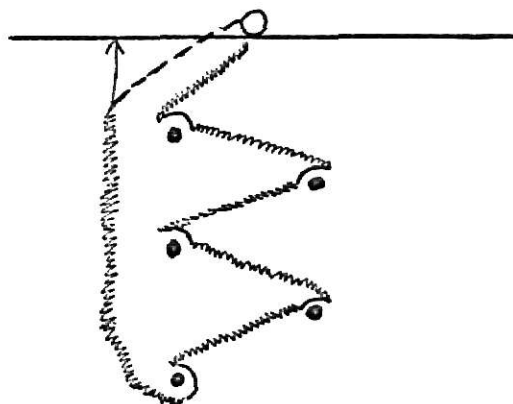
By using players or chairs, this simple obstacle course can be



(Fig. V)

very effective (Fig. 5). One at a time the players wind through the course keeping their bodies between the ball and the barriers. At left is a diagram using the switch dribble.

This same obstacle course can be used for spin dribble as shown in Fig. 6. This same obstacle course can be used for the behind the back dribble, however, since not all players will use and need the behind the back dribble the coach may not want to use this drill for that purpose.



(Fig. VI)

Other drills that can be used are dribbling relays and as a change of pace some coaches use dribbling tag. In dribbling tag each player is given a ball and all players are limited to one half of the basketball court. Then, just play tag. Anyone traveling or kicking the ball out of bounds is automatically it. Players must dribble the basketball at all times. The fewer players participating, the smaller the court should be. This drill is good usually late in the season as a change of pace drill. It is also very effective with young athletes.

Shooting

This fundamental is the ultimate goal of basketball. Since there is immediate reward in shooting it is the fundamental practiced most often. In shooting there are certain fundamentals that are recommended.

Confidence, body balance, and relaxation are the tripod of good shooting. These three things can not be taught as such, however, the coach can instill them in his players. Confidence can be gained by encouragement and praise. No boy should ever be discouraged from shooting. Body balance can be aided by drilling fundamentals. Some players have it and some may never have it. With young players in the growing stage, body balance and coordination may be a fickle thing at times. Body balance does not mean that the player shoots with perfect form at all times. In fact, the players with good body balance will probably have the ability to shoot and make the most unorthodox shots. Relaxation is another mind control factor. Once a player becomes familiar and confident he will relax. The worst thing ever said to me while participating was "Just relax . . ." Encouragement and understanding will aid relaxation much better than making an issue of it. Once a player is

relaxed he will move smoother and faster with less effort. "Relaxation is using only the muscles needed to perform the task."³

Concentration is the ability to think about one thing in spite of other happenings within ones visual range. If an athlete is confident, has good body balance, and is relaxed, he will shoot the ball in the basket only if he is concentrating at a target on the basket.

Concentration becomes especially difficult when all action stops and the athlete becomes the center of attention. This is the case while shooting free throws. A good free throw shooter must have excellent concentration.

The types of shots to be covered are:

1. Lay up
2. One hand set shot
3. One hand jump shot

Lay up. The lay up is used when the player penetrates all the way to the basket. Although many feel it is the easiest shot in basketball, it is probably the most difficult shot to teach correctly. The lay up consists of three parts; the approach, the take off, and the release. All three parts must happen in succession. The lay up probably requires more coordination than any other shot. For this reason it is some time difficult to teach to growing athletes. Show patience and break it down into three parts if anyone is having trouble.

The approach is simply being aware of where you are on the court in relation to the basket. While approaching the basket the player must know at what distance he wants to initiate the take off. This can be recognized more easily after performing the whole lay up a few times.

³Winter, p. 152.

It is felt that the use of the whole part, the whole theory of teaching should be applied here. Demonstrate the whole shot and discuss each part, drill on each part, and put it together. This method will help the players better understand what they are doing and why.

The take off is made with the opposite foot from the hand releasing the ball. The second to the last step taken should be shortened a little and the body weight should start to lean back. The take off step is planted hard and momentum is changed to an upward flight. At this point the ball is brought from the floor up past the head. The other leg is swung through with the knee coming high to give extra lift off the floor.

The release comes when the shooter has reached the highest point in his jump. The shooting hand takes control of the ball and carries the ball to the basket. The hand is to the side and slightly under the ball just before releasing it. The target area is the backboard just outside the square above the rim. The ball should be put on the backboard softly. The ball should fall into the basket, not bang in. By converting the forward momentum upward the player also finds that he has better control of his body and will return to the floor inside the playing surface.

The lay up should be practiced in two ways: at full speed unmolested, and with opposition. Most lay up shots taken in a game will be made over a taller player. For this reason a player should practice shooting with some opposition. No player should work against opposition until he has mastered the basic foot work.

One hand set shot. The one hand set shot is a very important shot to teach young players. The one hand set shot is a basic shot and should be used as a prerequisite for all other shots. Younger athletes will use this shot a great deal due to the fact that they may not have enough strength to shoot the jump shot.

One of the most important fundamentals in shooting the set shot is the placement of the feet. Body balance must be maintained to execute this shot. The secret is to come to body balance as soon as possible. This will enable the shooter to release the ball quickly. The feet are planted in a toe heel position with the strong side foot forward. The feet should be no wider than the shoulders and most generally somewhat closer. Knees are slightly bent with weight distributed on the balls of the feet. Compactness should be stressed throughout the shot. The shot is released in a continuous flowing action and the release should not be rushed. Probably the most common fault in shooting the set shot is letting the hands get too far from the body. The ball should be brought up just missing the face. The shooting hand is behind the ball with fingers spread comfortably over the ball. The ball should not touch the palm of the hand. As the ball passes the head, the weight of the body shifts to the front and at release the shooter is on his toes with his legs extended.

The target area will vary according to the players' preference. Some will look at the front of the rim, others at the back. The stronger athletes who can shoot the jump shot will use the set shot for longer shots from twenty to twenty-five feet. The set shot is used a great deal against the zone defenses.

One very simple drill to be used to practice the set shot is the two on a ball set shot drill. The team is divided in pairs, each pair with a ball. One is on offense and the other on defense. The offensive player stands fifteen to twenty feet from the basket without the ball. The defensive man then passes the ball to the offensive player and then closes on him. The offensive man catches the ball on balance and releases the ball quickly. The defensive man must not block the shot since this is a shooting drill. After the ball is released both players go for the ball. Each player shoots four or five times, then they trade positions. This drill can be adapted to other phases of the game. To emphasize defense the coach can use this drill to practice closing in on a man with the ball. Of course, it is a good drill to teach screening off.

One hand jump shot. This shot is quite similar to the one hand set shot. The major difference is that the player actually leaves the floor. The player assumes a crouched position with weight on the ball of the feet. The feet are not too far apart. As the ball, being held in both hands in front of the player at the waist, moves above the player's head the player starts his jump. The jump should be a quick, relaxed jump. Do not emphasize height. The player should jump as high as he can without straining. At the peak of the jump the ball is released. The wrist, fingers, and forearm supply the force. If a ball player is moving to the right when he executes a jump shot, his body will fade or drift from the momentum. For this reason the player must learn to plant the foot hard on the side to which he is moving and change this momentum to an upward thrust.

Some common faults of this shot are: trying to jump too high, not jumping straight up, and not releasing the ball at the top of the jump.

There are many drills used to improve shooting. One drill which should be used when one coach has an entire squad of beginners is the one line shooting drill. Each player waits in line. The first player takes the ball and shoots, then gets his own rebound and passes back to the first man in line. This allows the coach to watch each player shoot and he can catch any mistakes before they become habits. This drill should be used only for a short time since the majority of the team will be idle much of the time.

Free throws. The important thing in free throw shooting is developing a groove or rhythm and practicing it over and over. Most players use a set shot or one hand push shot. However, the coach should not limit all players to this method.

The player should get in a comfortable relaxed position. In order to develop this rhythm it is recommended that the player do the same thing at the line every time. Players should step up to the line, set his feet in a relaxed position, and focus on the basket. Then take the ball and look away from the basket and do whatever he wants in order to relax. Most players bounce the ball a few times. The player should not look back to the basket until he is confident and relaxed. Once the shooter has decided that he is ready to shoot he should focus all of his attention on the basket. His eyes should not leave the basket

until the basket is made. The shot should be a relaxed rhythmic movement. It is recommended that the player release the ball in the same manner that he releases his favorite or most accurate shot from the floor.

While practicing free throws the coach should stress game like conditions. The more pressure on free throw shooting the better. The players must be able to maintain their poise under great pressure with all eyes on them. Requiring the players to make so many baskets in a row is a good drill. There are a variety of shooting games or contests that will help. One drill used by Coach Robert Robins, former basketball coach at Ellinwood High School, is to put five men on a basket. The object of the contest is to obtain the greatest number of tip ins. If the shooter misses, the other players can score. The pressure becomes greater and greater on the shooter. Free throws should be practiced when the players are tired, since they will not be well rested during the game.

Listed below are a few general shooting pointers:

1. The ball, when traveling to the basket, should have a medium arch and enough back spin to keep the ball from fading.
2. Be sure the ball is held so that the palms of the hands do not touch the ball. The fingers control the ball.
3. Always assume the same position for each shot. The feet, arms, hands, and fingers should do the same thing in every shot.
4. Practice until every shot is the same.

5. Acquire rhythm that fits your physical make up. This rhythm should be maintained under pressure.
6. The total shot should be a synchronized action.
7. Movements of different parts of the body should blend smoothly together into a flowing action.
8. The hands and arms should follow through as far as possible.
9. Always concentrate when shooting, making every attempt an earnest attempt.
10. Confidence is an essential for good shooting. The player must feel that he can hit the basket to be a good shooter.

Defense

A fundamentally sound basketball player, like a good team, must be equally skilled in both offense and defense. Since there are a great many variables in offensive basketball, it requires a good deal more practice time. The one most obvious variable is the ball. A good offensive player must not only be able to dribble, shoot, and pass accurately, he must also be able to execute a variety of offensive patterns. "Defense requires equal emphasis, but not equal time."⁴ Good defensive fundamentals can be taught and maintained in one fourth of the time required to develop offensive skills. Because defense is not as much fun as offense, many players will concentrate all their efforts on offense. The coach must relate the importance of defense to his players and help them develop a desire to become good defensive players. Although defense requires great physical conditioning, it is probably more mental than anything else. The mental requirements of a good defensive player are: determination, aggressiveness, pride, concentration, and confidence. All of these factors can be instilled in the players by the coach. There is nothing better to breed success in defense than recognition of a good job.

In the basic defensive stance, the weight of the body should be evenly distributed on both feet. Feet should be slightly under the shoulders with weight slightly forward. Knees should be bent, back should be straight, and buttocks should be low. As players fatigue,

⁴John Wooden, Practical Modern Basketball (New York: Ronald Press, 1966), p. 227.

the knees will straighten and the buttocks will have a tendency to raise. This stance is quite difficult to maintain when first introduced. The coach should remind players when they vary the basic stance. The correct way is the only way. As players use the basic defensive stance they will soon find it comfortable.

Eye contact is very important in defense. A good defensive player never takes his eyes from his man. A good defensive player also knows where the ball is at all times.

The basic footwork of defensive shuffle is to step and drag. Since the feet should never cross each other, the first step in any direction is the foot on that side. For example, going right the first step is with the right foot reaching to the side. Once the right foot is planted, the left foot follows and is planted close to the right foot. Then the process starts over again. A defensive player must have one foot on the floor at all times so that he can change direction.

A good defensive man is always talking. Telling teammates of screens they can not see or checking off his man when he is screened off. Defense is a team effort with all men working together. For this reason the coach should not only encourage talking, he should demand it.

Rules on position and footwork on the floor:

1. Stay between your man and the basket when he has the ball or can receive it.
2. Try to force your man away from the basket and out of shooting area to receive a pass.
3. Do not cross your legs, unless trying to catch up.
4. Keep head still and over the center of gravity.

5. Split the leg on the strong side of your man.
6. Be no further distant from your man than he is distant from the ball.
7. When reaching or faking at the ball do not thrust all your weight on the forward foot.
8. Protect middle of the court. Keep inside leg forward.
9. Maintain position on floor that will make it difficult for your man to receive a pass.
10. Never leave your feet unless the ball or your man is in the air.

There are three basic types of defense.

1. Man to man defense
2. Zone defense
3. Pressing defense

Man to Man Defense

The man to man defense is simply what the name implies, each man guarding another man. This type of defense can vary from a tight man to man where each man guards his man tightly regardless of the position of his man or his relationship to the ball, to a sagging man to man where the man with the ball is guarded tightly and the other defensive men sag off of their men toward the middle. Each player sags according to the relation of his man to the ball and to the basket. If an offensive player is not in position to receive the next pass he will be guarded less closely than the player who is.

Some advantages of the man to man defense are:

1. The players can match up physically with his opponent.

2. This defense can be played the whole game regardless of the score.
3. It keeps pressure on the opponents all the time.

Zone Defense

There are a variety of zone defenses. The zone defense is assigning a zone or area on the floor to each player. A good zone is very effective but all players must work together and hustle.

Advantages of the zone defense are:

1. Cuts down on the number of fouls,
2. Strong against cutting and screening offensives,
3. Good for total team rebounding,
4. Allows the tall awkward man to play defense fairly well, and
5. Develops good team unity.

Pressing Defense

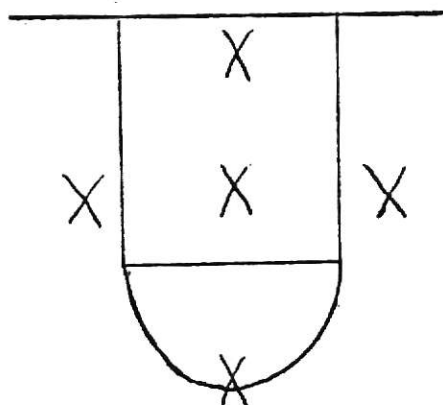
The pressing defense can be either man to man or zone. A pressing defense is not designed to steal the ball but to force the opponents to make mistakes. This is accomplished by keeping constant pressure on the opponents at all times. A pressure defense can be applied anywhere on the court, whether it be full court or just half court.

Advantages of pressing defense are:

1. It is very effective against slow teams,
2. It is very effective against guards who do not handle the ball well,
3. It helps tear down opponents unity, and
4. It keeps defensive teams aggressive and helps give them confidence.

Since there are a great variety of zone defenses it is necessary to discuss the strengths and weaknesses of each.

The One-Three-One Zone Defense (Fig. 7).



(Fig. VII)

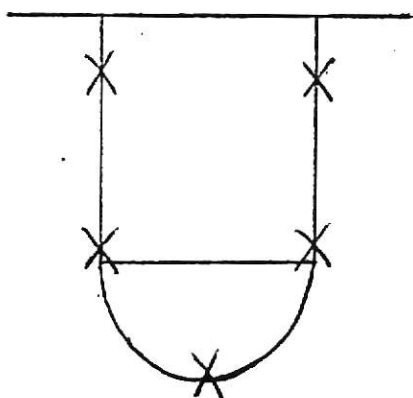
Strengths:

1. Very strong in the foul line area- strong against post offenses.
2. Good coverage in most of the dangerous jump shot areas.
3. Requires the offense to make considerable adjustments from their normal attack.

Weaknesses:

1. Very vulnerable to good corner shooters.
2. Does not cover the rebounding areas well.
3. Vulnerable to short jump shots along the base line.
4. Wing men have a very difficult job. Need to be in excellent shape.

The One-Two-Two Zone Defense (Fig. 8).



(Fig. VIII)

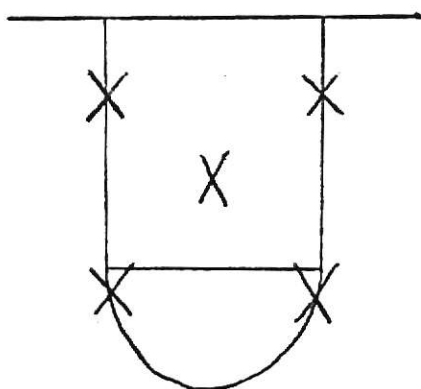
Strengths:

1. Good coverage of all outside shots.
2. Good coverage of rebound areas.

Weaknesses:

1. Free throw line is vulnerable.
2. Not good for instigating the fast break.
3. Easy to overload.

The Two-One-Two Zone Defense (Fig. 9)



(Fig. IX)

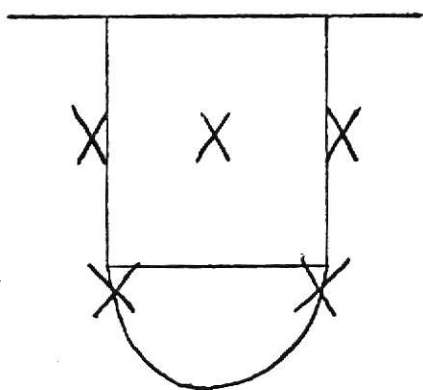
Strengths:

1. Good overall coverage.
2. Good coverage of free throw line.
3. Strong against the inside game.
4. Excellent position for starting the fast break.
5. Good rebound coverage.

Weaknesses:

1. Vulnerable along the base line.
2. Vulnerable at the top of the free throw circle.
3. Difficult to cover all high percentage outside shots.

The Two-Three Zone Defense (Fig. 10)



(Fig. X)

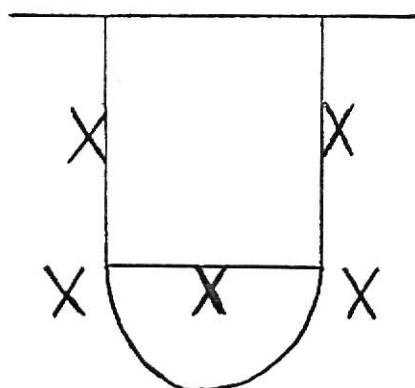
Strengths:

1. Outstanding in rebound coverage.
2. Covers base line quite well.
3. Good for initiating fast break.
4. Strong against good deep post men.

Weaknesses:

1. Weak at foul line area and high post.
2. Weak against good jump shooting team.
3. Front areas easily over loaded.
4. Weak between the two lines of defense.

The Three-Two Zone Defense (Fig. 11).



(Fig. XI)

Strengths:

1. Strong against good outside shooting team.
2. Strong against inexperienced poor ball handling guards.
3. Discourages good driving guards.

Weaknesses:

1. Very weak once front line is penetrated.
2. Poor coverage at corners.
3. Poor rebound coverage.
4. Can be overloaded easily along the base line.
5. Vulnerable in the free throw line area.

There are a great deal more zone defenses that have been developed, however, these are the most sound and the most common.

No zone defense can be effective if the players do not keep their hands up and move quickly when the ball moves. Many players have the misconception that the zone defense is easier to play since

the player can rest by simply guarding his area. A good zone defense is just as demanding physically as any other defense. While on defense a player should never rest. If a player must rest he should do so on the offense.

Probably the best drill for developing good defensive foot work is the wave drill. The squad spreads out over the court leaving ample room between each player. All players face the same direction. The coach then uses his hand to indicate the direction they should shuffle. The coach should avoid getting himself in a pattern since the boys will fall into the same pattern. The object of the drill is to move as fast as possible in the designated direction until another direction is indicated. Then the players change direction as quickly as possible and continue his step drag shuffle. This drill should last no longer than two minutes. Rest and repeat. The coach should make sure that during this drill the players maintain a good defensive stance.

Coaching philosophy. The coach must never forget that he is a leader and not merely a person with authority. The youngsters under his supervision must be able to receive proper guidance from him in all respects and not merely in regard to proper playing of the game of basketball.⁵

During the preadolescent age children are developing their personalities. It is during this period in life that they establish their values and their sense of identity. At this stage, it is vital

⁵John Wooden, p. 5.

for the coach to be more concerned with growth of the individual than with winning games.⁶

It is also good to remember that these young athletes will watch the coach both on and off the floor. Set a good example in all walks of life at all times. This point can not be overstressed.

⁶Thomas Tutko and Jack Richards, Psychology of Coaching (Boston: Allyn and Bacon, Inc., 1971), p. 58.

SUMMARY

It is realized that all of the fundamentals needed to become a complete basketball player are not included in this report. The subject of the discussion was presented from the standpoint of developing only a few of the basic fundamentals for the beginning players and coaches. It is simply a brief overview of the game of basketball, both offensively and defensively. There is a small amount of coaching philosophy to help the coach or teacher understand the fundamentals and how best to present them to the athletes.

Offensive fundamentals are divided into three categories: passing, dribbling, and shooting. It should be remembered that these fundamentals can be done only one way and that variations should not be tolerated. Of the six passes covered the two hand chest pass will be used the most. It is also the most difficult to execute correctly. Dribbling and shooting are skills that need to be practiced over and over. Once the fundamentals are introduced, the athlete will spend a great deal of his own time perfecting these skills. Since a good deal of work is done without supervision, these skills should be learned correctly.

The game of basketball is played to win, but winning is not the most important thing. Performing well and to the best of one's ability should be emphasized. The coach has a great influence on the players and must set a good example. By reading this report a coach can gain some idea of the fundamentals required to master the sport of basketball. The coach is encouraged to develop a variety of drills of his own.

All of the books and journals listed in the Bibliography of this report and excellent references for furthering basketball knowledge.

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THE FUNDAMENTALS OF BASKETBALL TO BE
TAUGHT TO THE ELEMENTARY CHILD

by

JAMES STUART WHEATCROFT

B. S., Kansas State University, 1969

AN ABSTRACT OF A MASTER'S REPORT

submitted in partial fulfillment of the

requirements for the degree

MASTER OF SCIENCE

Department of Physical Education

KANSAS STATE UNIVERSITY

Manhattan, Kansas

1972

ABSTRACT

The purpose of this study was to set up guide lines for teaching basketball fundamentals to elementary students. It is hoped that this study will aid the volunteer coach who lacks the knowledge to teach these vital fundamentals.

The information for this report was gathered from books and periodicals found in the Kansas State University Library, the physical education library at Kansas State University, and the author's personal library.

Other information was acquired through the author's experience, as a participant, and later as a coach for a team in the Manhattan Jaycees basketball program.

It is realized that all of the fundamentals needed to become a complete basketball player are not included in this report. The subject of the discussion was presented from the standpoint of developing only a few of the basic fundamentals for the beginning players and coaches. It is simply a brief overview of the game of basketball, both offensively and defensively. There is a small amount of coaching philosophy to help the coach or teacher understand the fundamentals and how best to present them to the athletes.

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All of the books and journals referred to in the Bibliography of this report are excellent references for furthering basketball knowledge.