



# *Basketball Training Manual*



Trainer

Dr. Ameet Dattaram Prabhu

## Basketball

### History:

In early **December 1891**, **Dr. James Naismith**, a Canadian-born physical education professor and instructor at the **International Young Men's Christian Association Training School (YMCA)** (today, Springfield College) in **Springfield, Massachusetts, USA**, was trying to keep his gym class active on a rainy day sought a vigorous indoor game to keep his students occupied and at proper levels of fitness during the long New England winters. After rejecting other ideas as either too rough or poorly suited to walled-in gymnasiums, he wrote the basic rules and nailed a peach basket onto a **10-foot (3.05 m)** elevated track. In contrast with modern basketball nets, this **peach basket** retained its bottom, and balls had to be retrieved manually after each "basket" or point scored; this proved inefficient, however, so the bottom of the basket was removed, allowing the balls to be poked out with a long dowel each time. The peach baskets were used until **1906** when they were finally **replaced by metal hoops with backboards**.

A further change was soon made, so the ball merely passed through, paving the way for the game we know today. **A soccer ball** was used to shoot baskets. Whenever a person got the ball in the basket, his team would gain a point. Whichever team got the most points won the game. The baskets were originally nailed to the mezzanine balcony of the playing court, but this proved impractical when spectators on the balcony began to interfere with shots. The backboard was introduced to prevent this interference; it had the additional effect of allowing rebound shots.

Naismith's handwritten diaries, discovered by his granddaughter in early 2006, indicate that he was nervous about the new game he had invented, which incorporated rules from a children's game called **"Duck on a Rock"**, as many had failed before it. Naismith called the new game **"Basket Ball"**. The first official game was played in the **YMCA gymnasium on January 20, 1892** with **nine players**. The game ended at 1-0; the shot was made from 25 feet (7.6 m), on a court just half the size of a present-day Streetball or National Basketball Association (NBA) court. By 1897–1898 teams of five became standard.

### FIBA (<http://www.fiba.com/>)

FIBA, the International Basketball Federation, is the world governing body for basketball.

Founded in **1932**, we bring together **213 National Basketball Federations** from all over the world.

We organise and oversee international competitions that include the FIBA Basketball World Cup, the Olympic Basketball Tournament and 3x3 basketball.

We establish the official basketball rules as well as the regulations that govern the relationships between the different members of the basketball community. We have five Regional Offices in Africa, Americas, Asia, Europe and Oceania. Founded in **2008**, the **International Basketball Foundation (IBF)** takes care of the social, humanitarian and educational activities of FIBA.

*FIBA Basketball Rules & Regulations & Other Documents:*

<http://www.fiba.com/documents>

*Other Important Websites:*

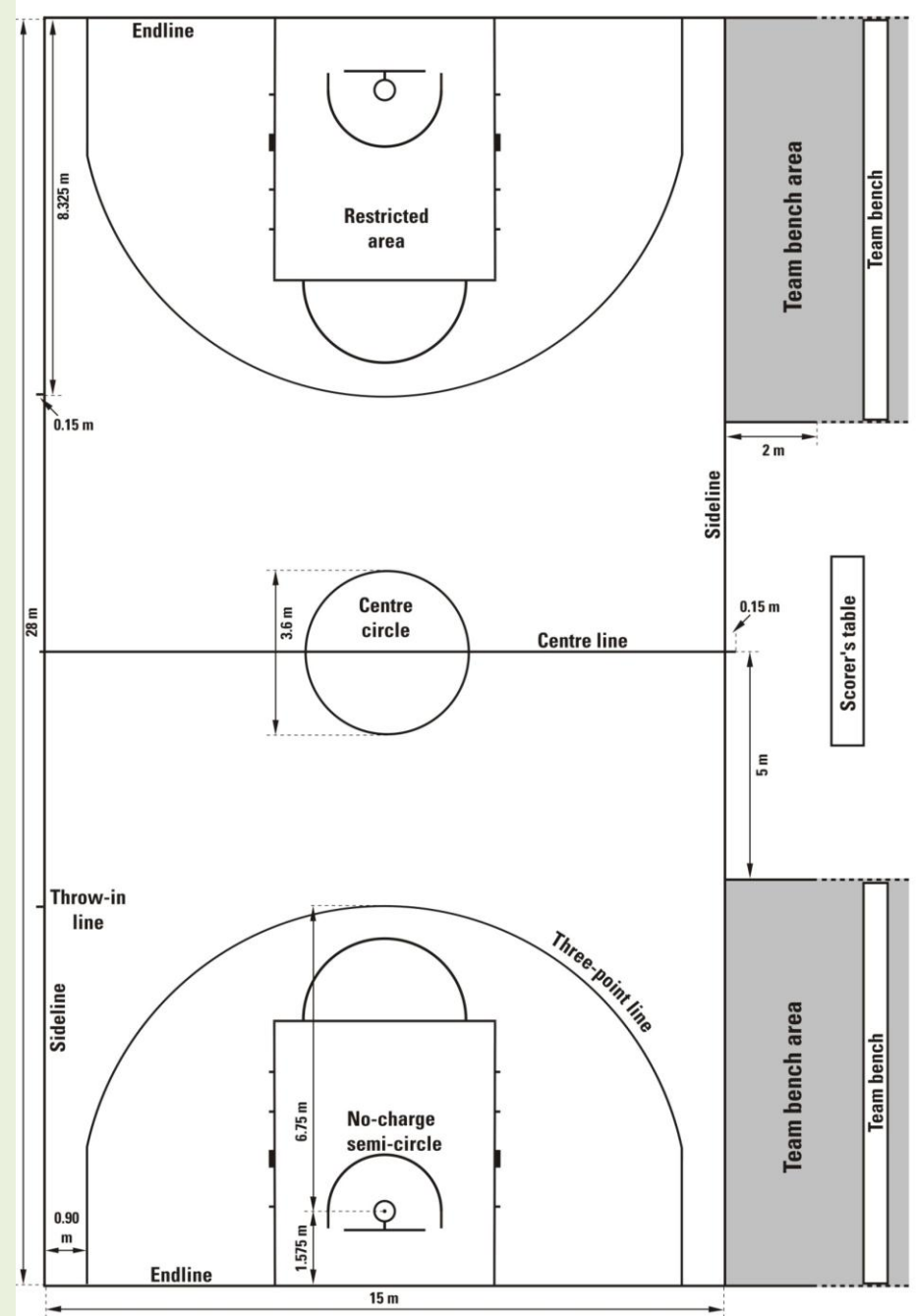
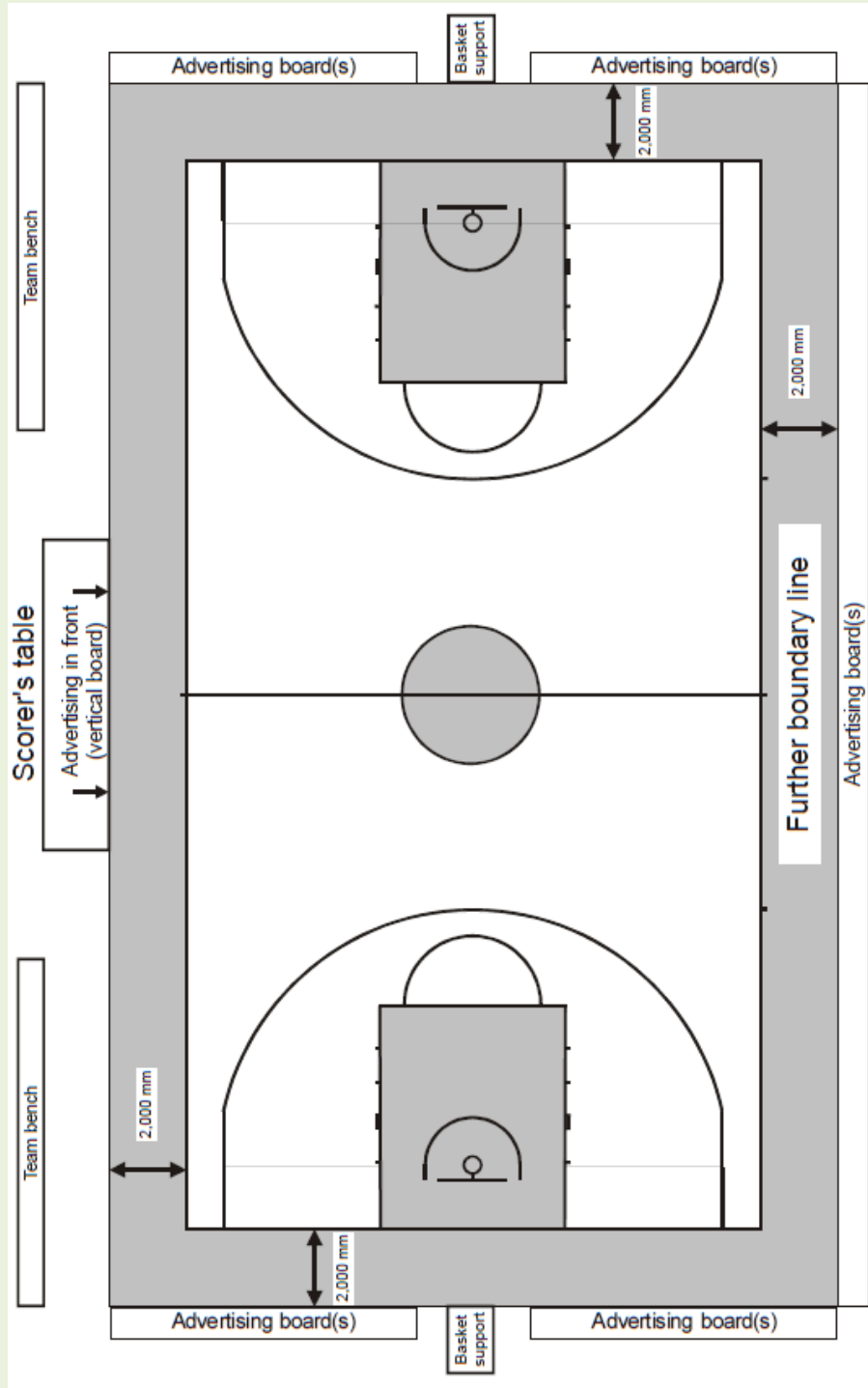
<http://www.basketballfederationindia.org/>

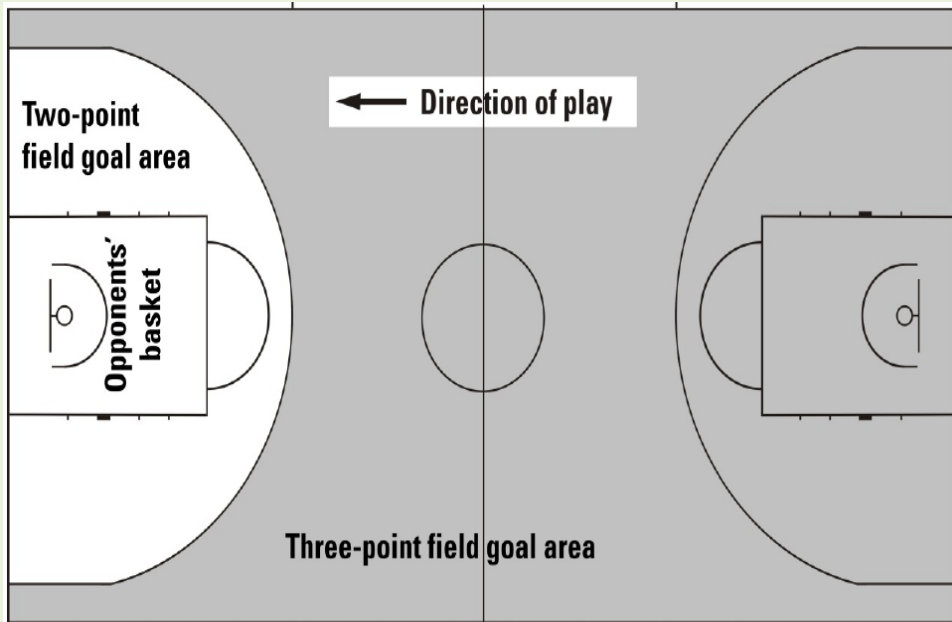
## BASKETBALL SKILLS

### Basketball Skills:

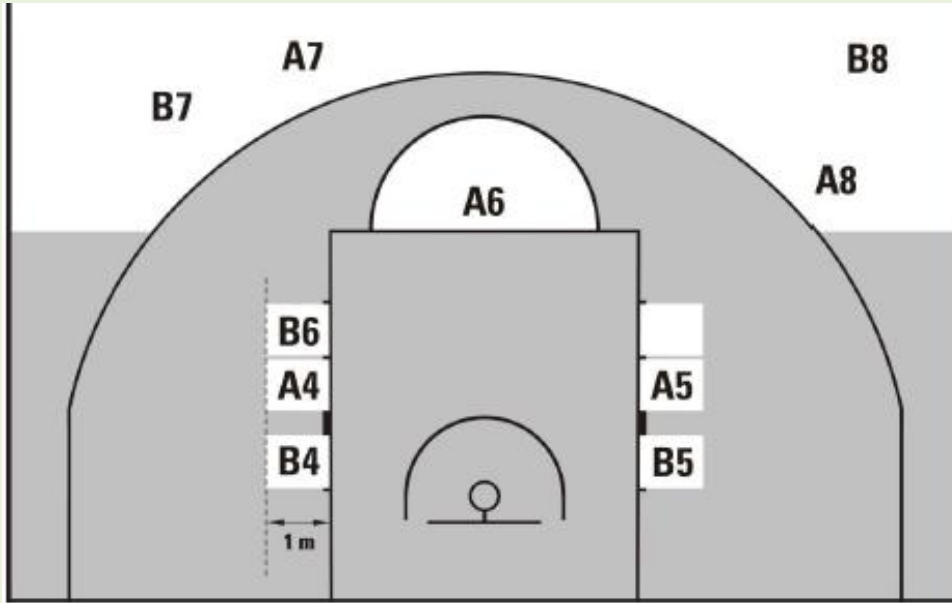
Dribbling, Shooting, Passing, Rebounding, Defence, Offense, Faking/  
Dodging

| DRIBBLING                             | SHOOTING             | PASSING              | DEFENSE      | OFFENSE |
|---------------------------------------|----------------------|----------------------|--------------|---------|
| Low Dribble                           | Set Shot             | Chest Pass           | Man to Man   | Early   |
| High Dribble ( <i>speed dribble</i> ) | Jump Shot            | Bounce Pass          | Half Court   | Set     |
| Change of Pace Dribble                | Layup                | Overhead Pass        | Full Court   | Motion  |
| Crossover Dribble                     | Slam Dunk            | Behind the Back Pass | Zone Defence | Zone    |
| Hockey Dribble                        | Free Throw Shot      | Push Pass            | 1-2-2        | 3-2     |
| Reverse Dribble                       | One Handed Underhand | Off the Dribble Pass | 2-1-2        | 2-3     |
| Half-Reverse Dribble                  | Hook Shot            | Baseball Pass        | 1-3-1        |         |

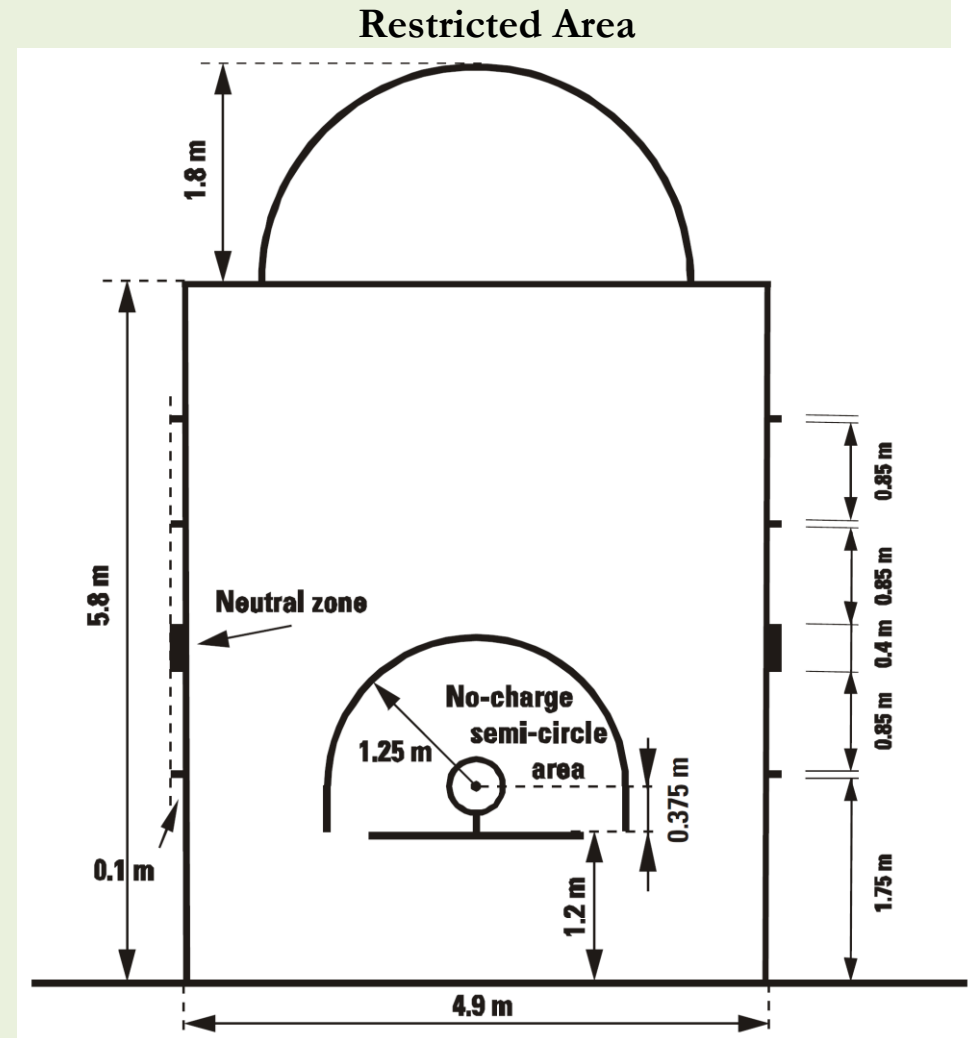




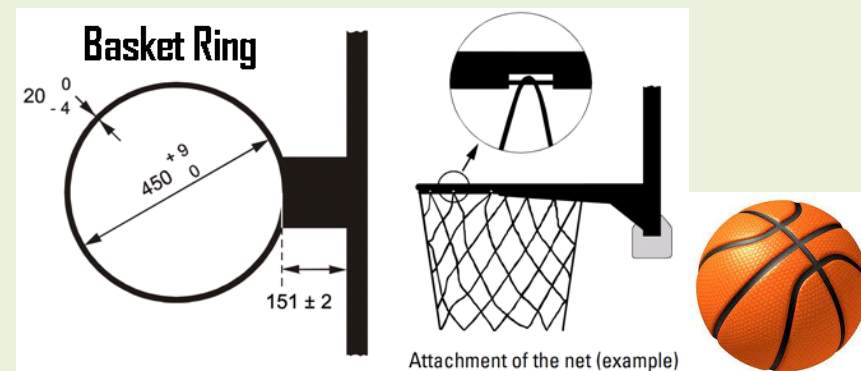
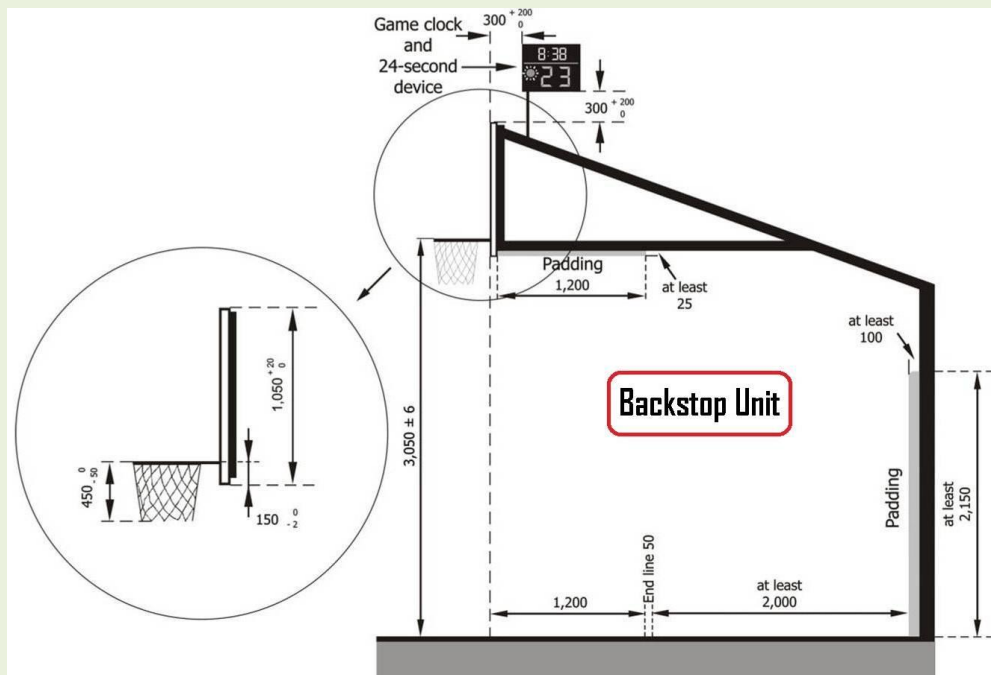
Two Point & Three Point Field Goal Area



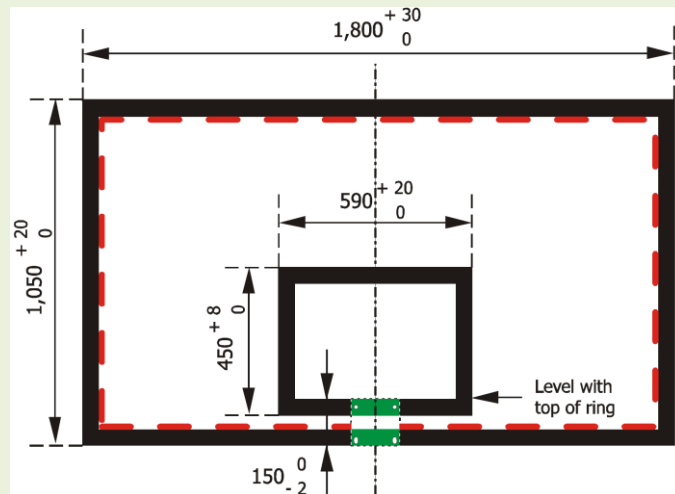
POSITION while Free Throw







| Details         | Men   | Women      |
|-----------------|---|------------|
| Circumference   | 749-780 mm  | 724-737 mm |
| Size            | 7   | 6          |
| Weight          | 567-650 g   | 510-567 g  |
| Size            | Be marked with its respective size number   |            |
| Number of Balls | For Levels 1 and 2, the organisers shall provide at least 12 balls of the same model and specification for practices and warm-ups |            |



**Basketball Backboard Marking**

| Basketball    |  |
|---------------|--|
| Particulars   | Specification  |
| Outer Surface | Level 1& 2: Leather or Artificial/ composite/synthetic leather<br>Level 3: Rubber  |
| Shape         | Spherical  |
| Black Seams   | not exceeding 6.35 mm in width   |
| Color         | Single shade of Orange or FIBA approved Colour Combination   |
| Air Pressure  | when it is dropped onto the playing floor from a height of approximately 1,800 mm measured from the bottom of the ball, it will rebound to a height of between 1,200 mm and 1,400 mm, measured to the top of the ball. |

## Game Clock

| Players' surnames  | Time-outs   | GAME SCORE   | Team names  | Players' numbers   |
|--|---|--|---|--|
| 4 MEIER, J.<br>5 JONES, M.<br>6 SMITH, E.<br>7 FRANK, Y.<br>8 NANCE, L.<br>9 KING, H.<br>10<br>11 RUSH, S.<br>12<br>13 JIMINEZ, M.<br>14 SANCHES, N.<br>15 MANOS, K. | 18<br>8<br>3<br>20<br>13<br>0<br>0<br>16<br>0<br>21<br>4<br>5 | GENEVA<br><b>108</b><br>4<br><b>00:00</b><br>5   | WATOWN<br><b>106</b><br>5   | 4 HUE, S.<br>5<br>6 HASSAN, Y.<br>7 MOUSSA, M.<br>8 RAMIREZ, J.<br>9 CHEN, Z.<br>10 WANG, L.<br>11 LEE, B.<br>12 KIM, T.<br>13 HUBER, R.<br>14 DAVID, M.<br>15 |
| Accumulative points scored by individual players (same colour as game score)   | Team fouls  | GAME CLOCK (time remaining in minutes and seconds, tenths of a second for the last minute) | Individual player fouls (red or orange colour for the fifth foul) |  |

## MATCH PROTOCOL

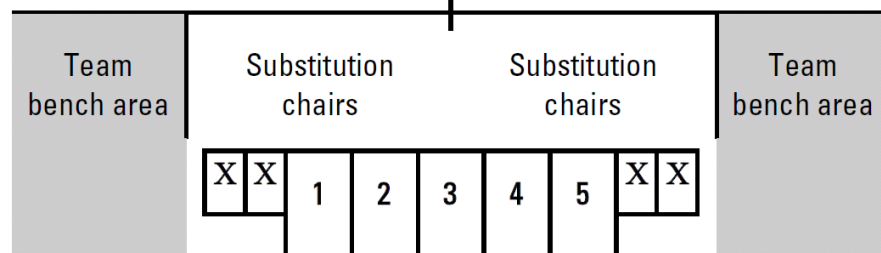
The FIBA game run-down for FIBA and FIBA Zones Championships runs as follows:

| Time (min.) | Details   |
|-------------|---|
| 30:00       | : Teams enter the court and warm-up begins  |
| 09:00       | : Teams to team benches/ Set-up team introductions                                |
| 08:00       | : Team introductions VISITING TEAM  |
| 07:00       | : Team introductions HOME TEAM  |
| 06:00       | : National anthem VISITING TEAM   |
| 04:45       | : National anthem HOME TEAM ( <i>organising country always last in any case</i> ) |
| 03:30       | : Gift exchange   |
| 03:00       | : Re-warm-up  |
| 01:30       | : Players return to bench   |
| 0:00        | : <b>GAME STARTS</b>  |

## Game Clock Signals

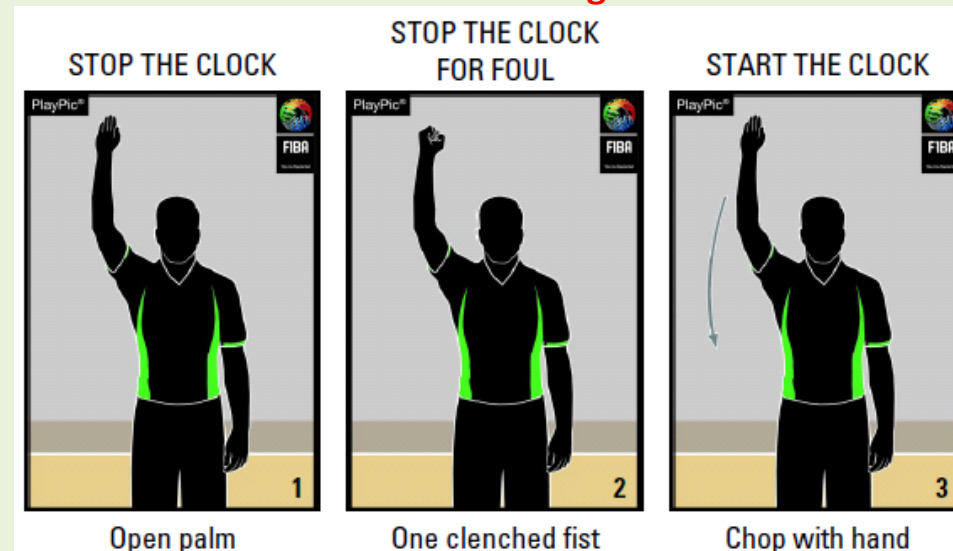
- 1 = Shot clock operator      3 = Commissioner, if present  
2 = Timer                      4 = Scorer  
5 = Assistant scorer

### Playing court

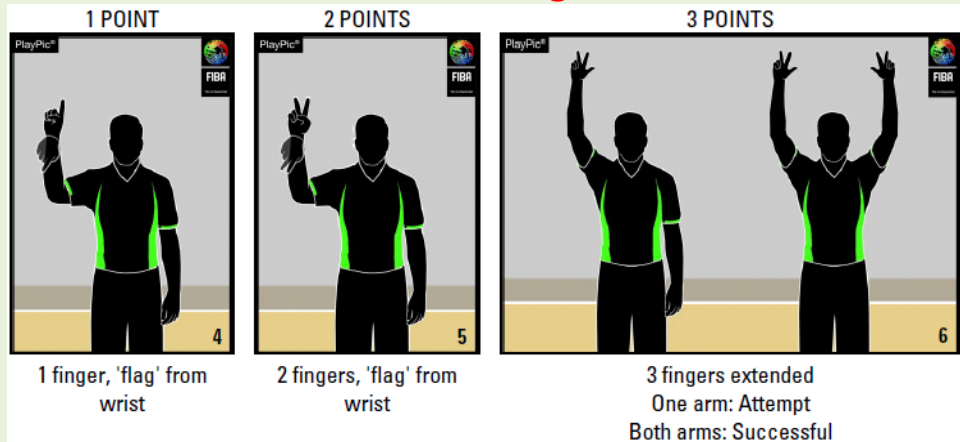


### Scorer's table

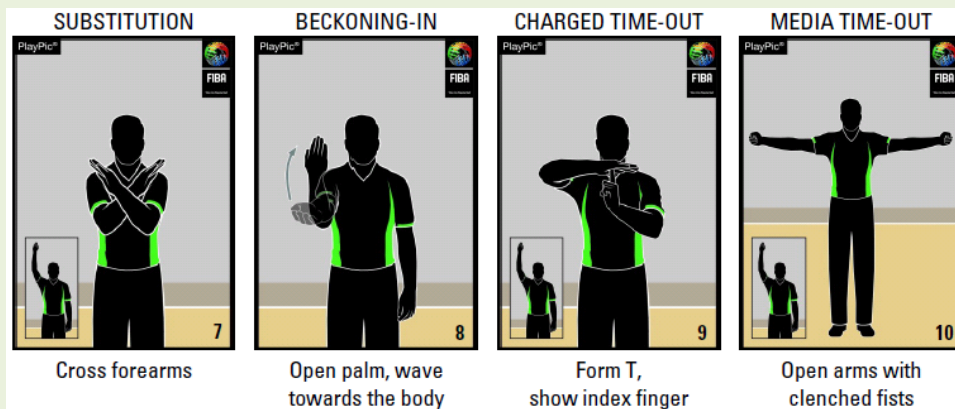
The scorer's table and its chairs must be placed on a platform. The announcer and/or statisticians (if present) can be seated at the side of and/or behind the scorer's table.



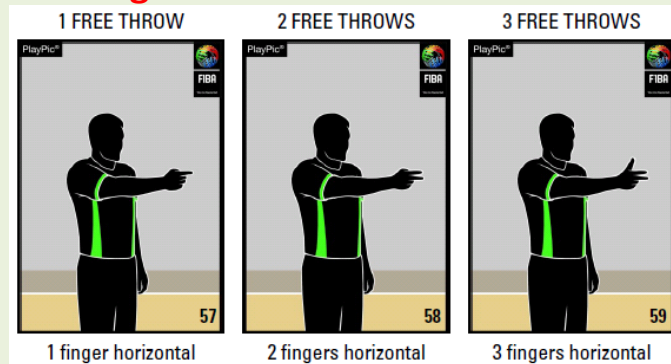
## Scoring



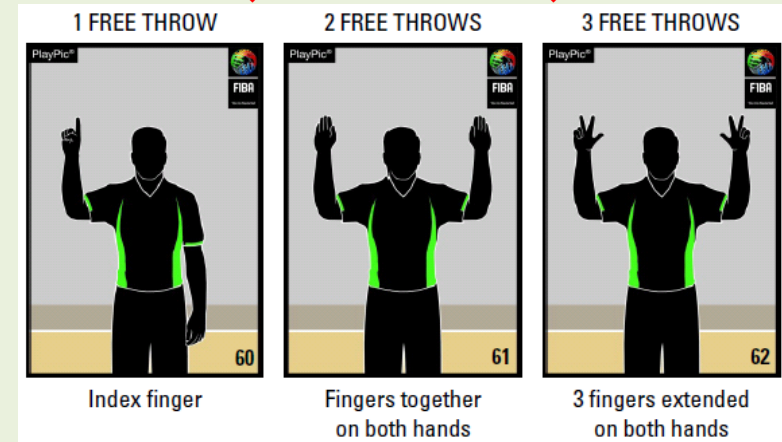
## Substitution & Time-out



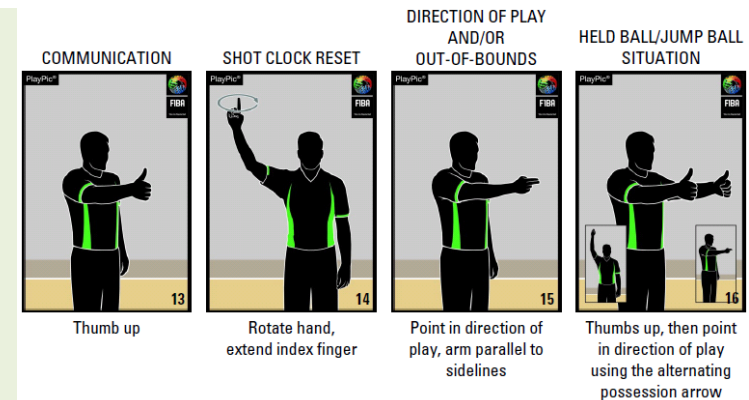
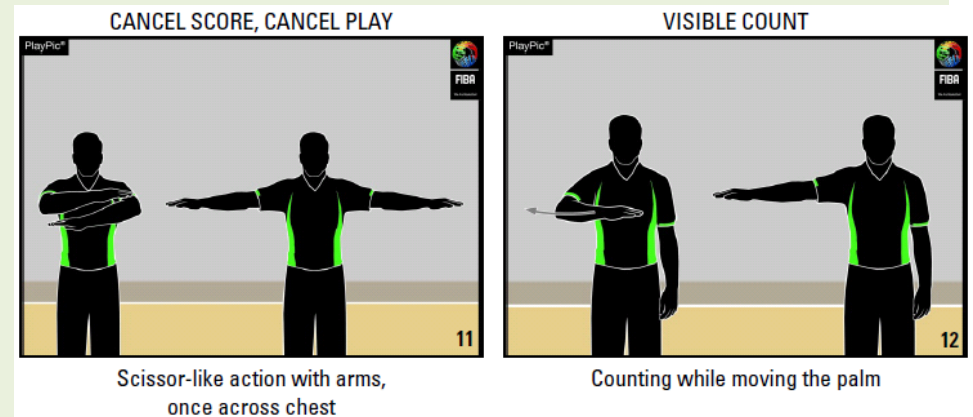
## Administrating Free Throws -Active Official (L)



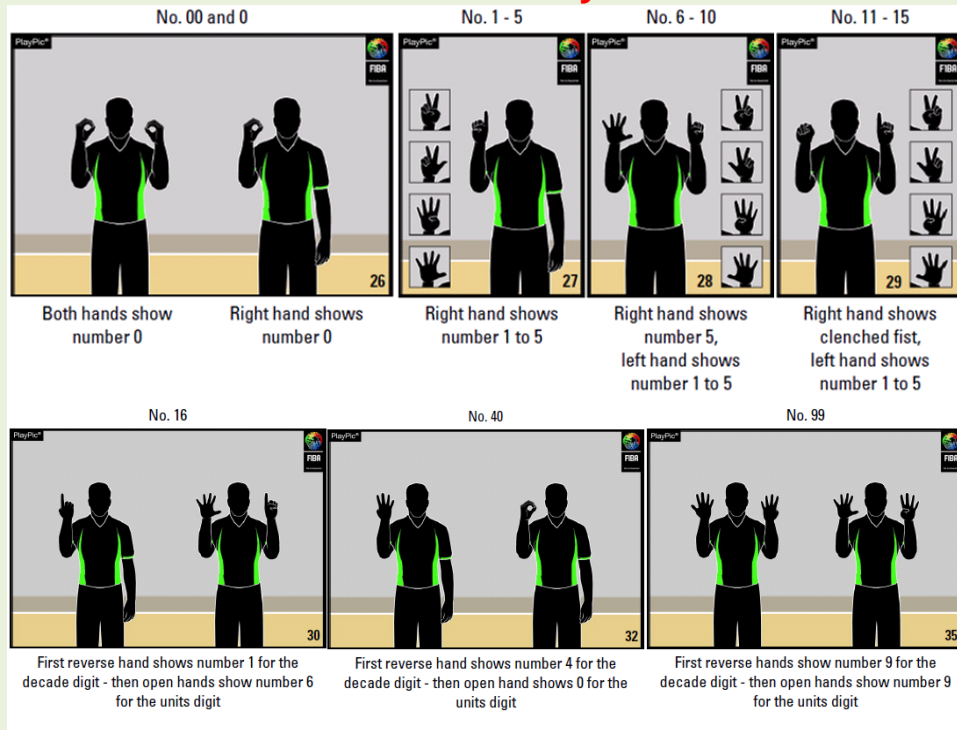
## Administrating Free Throws - Passive Official (Trail & Centre)



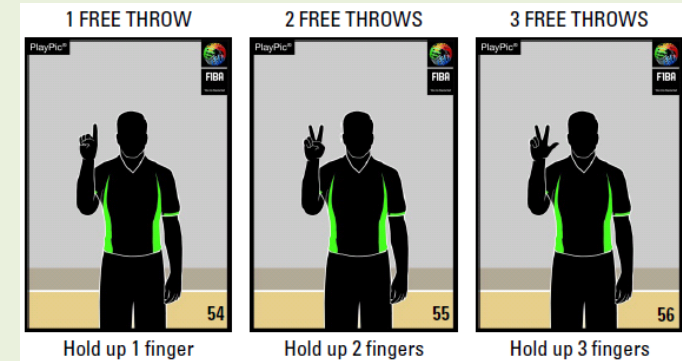
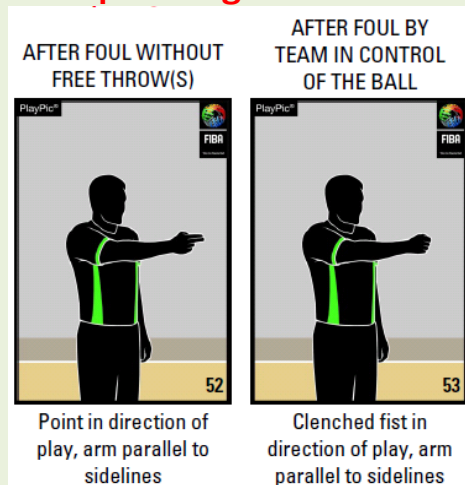
## Informative



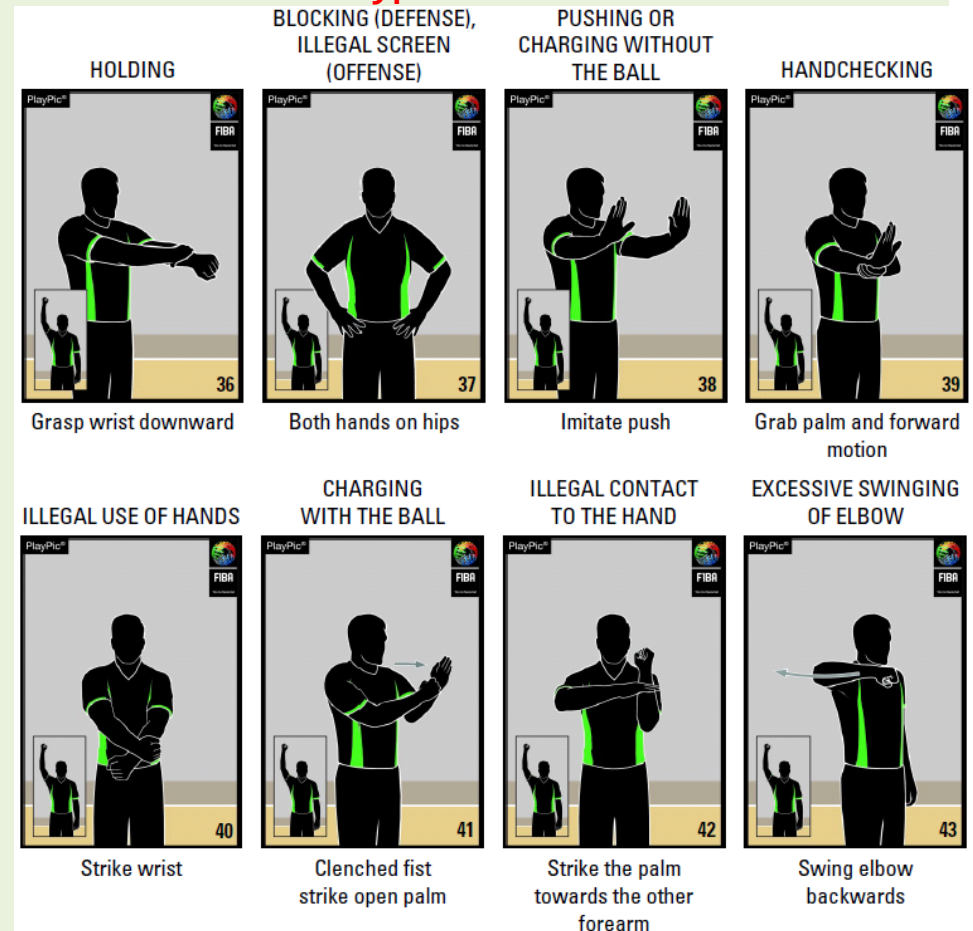
## Number of Players



## Foul Penalty Administration Reporting to Table

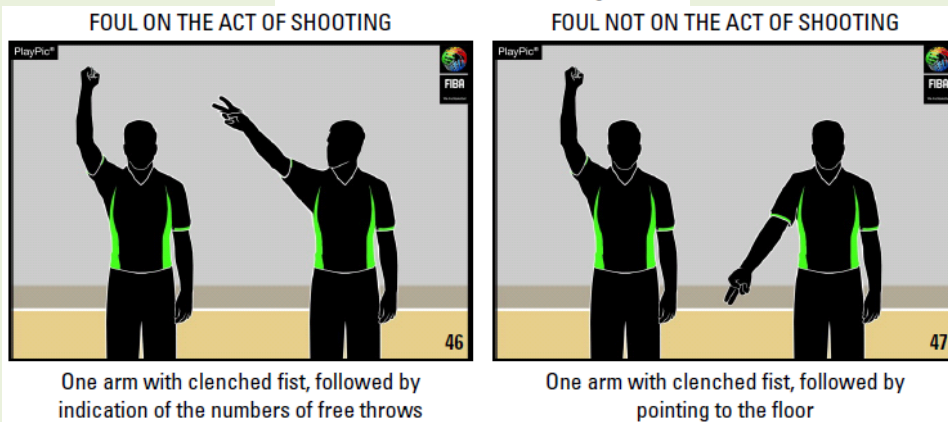
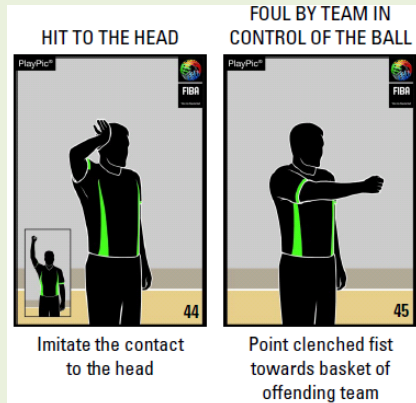


## Types of Fouls

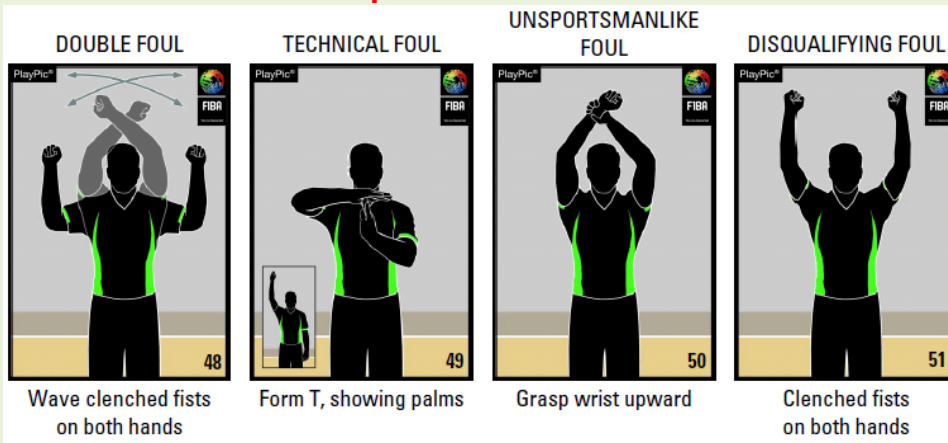




## Match Scoresheet



## Special Fouls



| Team A  |  |  |  |  |       |  |  |  |  | Team B   |  |  |  |  |          |  |  |  |  |
|---|--|--|--|--|-------|--|--|--|--|--|--|--|--|--|----------|--|--|--|--|
| Competition   |  |  |  |  | Date  |  |  |  |  | Time   |  |  |  |  | Referee  |  |  |  |  |
| Game No.  |  |  |  |  | Place |  |  |  |  | Umpire 1   |  |  |  |  | Umpire 2 |  |  |  |  |
| <b>Team A</b><br>Time-outs: <input type="text"/> <input type="text"/> <input type="text"/><br>Period ① <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> ② <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>Period ③ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> ④ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>Extra periods: <input type="text"/> |  |  |  |  |       |  |  |  |  | <b>Team fouls</b><br>Period ① <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> ② <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>Period ③ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> ④ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>Extra periods: <input type="text"/>   |  |  |  |  |          |  |  |  |  |
| <b>Coach</b><br>Assistant Coach   |  |  |  |  |       |  |  |  |  | <b>Coach</b><br>Assistant Coach  |  |  |  |  |          |  |  |  |  |
| <b>Team B</b><br>Time-outs: <input type="text"/> <input type="text"/> <input type="text"/><br>Period ① <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> ② <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>Period ③ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> ④ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>Extra periods: <input type="text"/> |  |  |  |  |       |  |  |  |  | <b>Team fouls</b><br>Period ① <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> ② <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>Period ③ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> ④ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>Extra periods: <input type="text"/>   |  |  |  |  |          |  |  |  |  |
| <b>Players</b><br>Licence no. <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>No. <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>Foul 1 2 3 4 5                    |  |  |  |  |       |  |  |  |  | <b>Players</b><br>Licence no. <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>No. <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/><br>Foul 1 2 3 4 5 |  |  |  |  |          |  |  |  |  |
| <b>Scorer</b><br>Assistant scorer<br>Timer<br>Shot clock operator   |  |  |  |  |       |  |  |  |  | <b>Scorer</b><br>Assistant scorer<br>Timer<br>Shot clock operator  |  |  |  |  |          |  |  |  |  |
| <b>Referee</b><br>Umpire 1<br>Umpire 2<br>Captain's signature in case of protest  |  |  |  |  |       |  |  |  |  | <b>Referee</b><br>Umpire 1<br>Umpire 2<br>Captain's signature in case of protest   |  |  |  |  |          |  |  |  |  |

| RUNNING SCORE |    |   |   |    |    |   |   |     |     |   |   |
|---------------|----|---|---|----|----|---|---|-----|-----|---|---|
| A             | B  | A | B | A  | B  | A | B | A   | B   | A | B |
| 1             | 1  |   |   | 41 | 41 |   |   | 81  | 81  |   |   |
| 2             | 2  |   |   | 42 | 42 |   |   | 82  | 82  |   |   |
| 3             | 3  |   |   | 43 | 43 |   |   | 83  | 83  |   |   |
| 4             | 4  |   |   | 44 | 44 |   |   | 84  | 84  |   |   |
| 5             | 5  |   |   | 45 | 45 |   |   | 85  | 85  |   |   |
| 6             | 6  |   |   | 46 | 46 |   |   | 86  | 86  |   |   |
| 7             | 7  |   |   | 47 | 47 |   |   | 87  | 87  |   |   |
| 8             | 8  |   |   | 48 | 48 |   |   | 88  | 88  |   |   |
| 9             | 9  |   |   | 49 | 49 |   |   | 89  | 89  |   |   |
| 10            | 10 |   |   | 50 | 50 |   |   | 90  | 90  |   |   |
| 11            | 11 |   |   | 51 | 51 |   |   | 91  | 91  |   |   |
| 12            | 12 |   |   | 52 | 52 |   |   | 92  | 92  |   |   |
| 13            | 13 |   |   | 53 | 53 |   |   | 93  | 93  |   |   |
| 14            | 14 |   |   | 54 | 54 |   |   | 94  | 94  |   |   |
| 15            | 15 |   |   | 55 | 55 |   |   | 95  | 95  |   |   |
| 16            | 16 |   |   | 56 | 56 |   |   | 96  | 96  |   |   |
| 17            | 17 |   |   | 57 | 57 |   |   | 97  | 97  |   |   |
| 18            | 18 |   |   | 58 | 58 |   |   | 98  | 98  |   |   |
| 19            | 19 |   |   | 59 | 59 |   |   | 99  | 99  |   |   |
| 20            | 20 |   |   | 60 | 60 |   |   | 100 | 100 |   |   |
| 21            | 21 |   |   | 61 | 61 |   |   | 101 | 101 |   |   |
| 22            | 22 |   |   | 62 | 62 |   |   | 102 | 102 |   |   |
| 23            | 23 |   |   | 63 | 63 |   |   | 103 | 103 |   |   |
| 24            | 24 |   |   | 64 | 64 |   |   | 104 | 104 |   |   |
| 25            | 25 |   |   | 65 | 65 |   |   | 105 | 105 |   |   |
| 26            | 26 |   |   | 66 | 66 |   |   | 106 | 106 |   |   |
| 27            | 27 |   |   | 67 | 67 |   |   | 107 | 107 |   |   |
| 28            | 28 |   |   | 68 | 68 |   |   | 108 | 108 |   |   |
| 29            | 29 |   |   | 69 | 69 |   |   | 109 | 109 |   |   |
| 30            | 30 |   |   | 70 | 70 |   |   | 110 | 110 |   |   |
| 31            | 31 |   |   | 71 | 71 |   |   | 111 | 111 |   |   |
| 32            | 32 |   |   | 72 | 72 |   |   | 112 | 112 |   |   |
| 33            | 33 |   |   | 73 | 73 |   |   | 113 | 113 |   |   |
| 34            | 34 |   |   | 74 | 74 |   |   | 114 | 114 |   |   |
| 35            | 35 |   |   | 75 | 75 |   |   | 115 | 115 |   |   |
| 36            | 36 |   |   | 76 | 76 |   |   | 116 | 116 |   |   |
| 37            | 37 |   |   | 77 | 77 |   |   | 117 | 117 |   |   |
| 38            | 38 |   |   | 78 | 78 |   |   | 118 | 118 |   |   |
| 39            | 39 |   |   | 79 | 79 |   |   | 119 | 119 |   |   |
| 40            | 40 |   |   | 80 | 80 |   |   | 120 | 120 |   |   |

| Scores        |   |   |  |
|---------------|---|---|--|
| Period ①      | A | B |  |
| Period ②      | A | B |  |
| Period ③      | A | B |  |
| Period ④      | A | B |  |
| Extra periods | A | B |  |

| Final Score |        |
|-------------|--------|
| Team A      | Team B |

| Name of winning team |  |
|----------------------|--|
|                      |  |

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