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VOLLEYBALL

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

The complete rules are extensive. But simply, play proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball up to 3 times but individual players may not touch the ball twice consecutively. Typically, the first two touches are used to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

The rally continues, with each team allowed as many as three consecutive touches, until either (1): a team makes a kill, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a fault and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally.

A few of the most common faults include:

- causing the ball to touch the ground or floor outside the opponents' court or without first passing over the net;
- catching and throwing the ball;
- double hit: two consecutive contacts with the ball made by the same player;
- four consecutive contacts with the ball made by the same team;
- net foul: touching the net during play;
- foot fault: the foot crosses over the boundary line when serving.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, and specialized player positions and offensive and defensive structures.

Samples of Teaching Methods for Students

A. Play with a ball by one player

- 1) One hand dribbling (left hand or right hand) - (Fig. 1-1a)
- 2) Both hands dribbling moving forward or rolling a ball - (Fig. 1-1b)
- 3) Both hands dribbling moving backward or rolling a ball - (Fig. 1-1c)
- 4) Side step dribbling (left or right) or rolling a ball - (Fig. 1-1d)
- 5) Cross-step dribbling (left or right) - (Fig. 1-1e)
- 6) Jumping catch moving forward - (Fig. 1-1f)
- 7) One bounce crouching catch - (Fig. 1-1g)
- 8) Rotate a ball between each leg or body - (Fig. 1-1h)
- 9) One hand dribbling in crouching position stretching one leg after the other - (Fig. 5-1i)
- 10) Move and turn with ball between ankles or knees - (Fig. 5-1j)
- 11) V-sit in supine position - (Fig. 5-1k)
- 12) Back bend in prone position with ball - (Fig. 5-1l)
- 13) Ball thrown behind hip or back - (Fig. 5-1m)
- 14) Side-rolling keeping a ball by hands - (Fig. 5-1n)
- 15) Jack knife jump keeping a ball by both ankles - (Fig. 5-1o)
- 16) Ball thrown forward, push-up position and moving forward crouching catch - (Fig. 5-1p)
- 17) Jumping push in succession
- 18) One bounce crouching catch moving forward
- 19) One bounce rolling catch

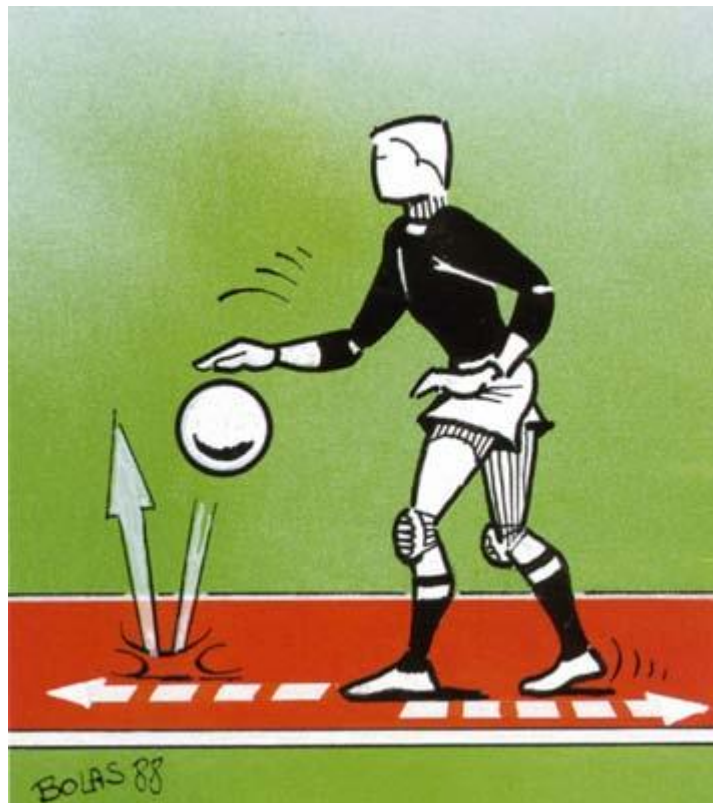


Fig. 1-1a



Fig. 1-1b



Fig. 1-1c



Fig. 1-1d

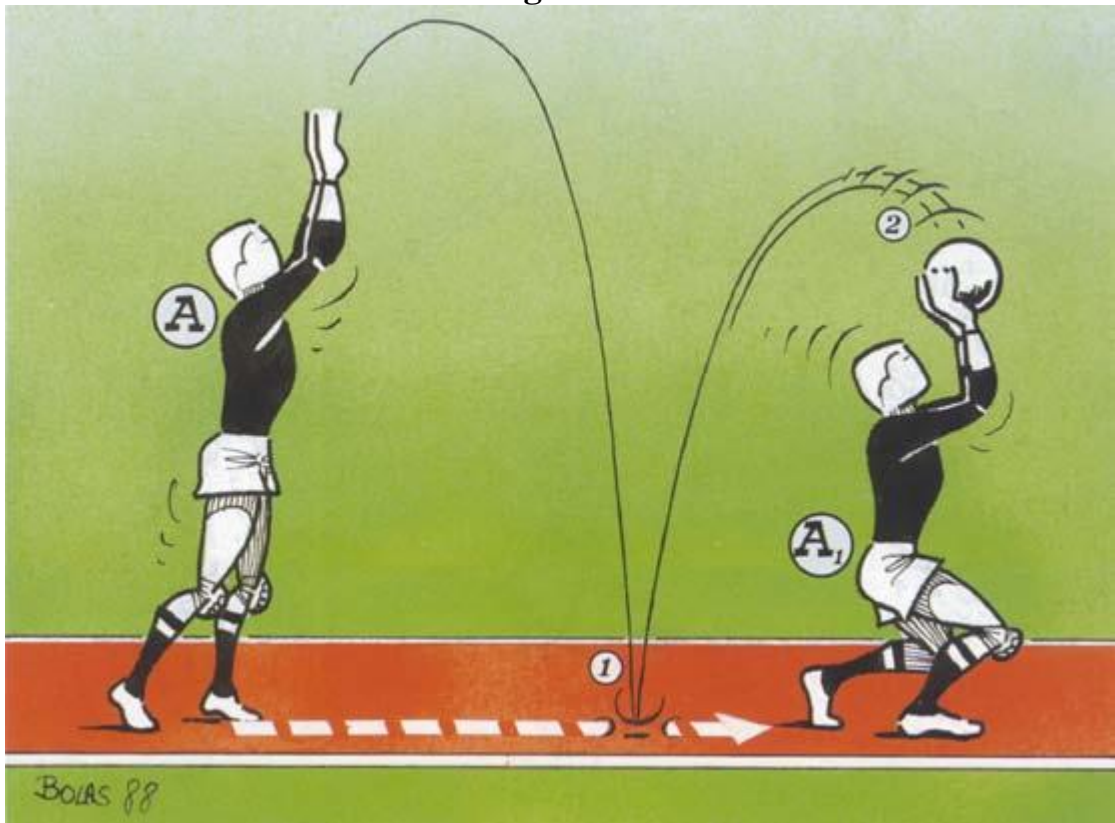


Fig. 1-1g

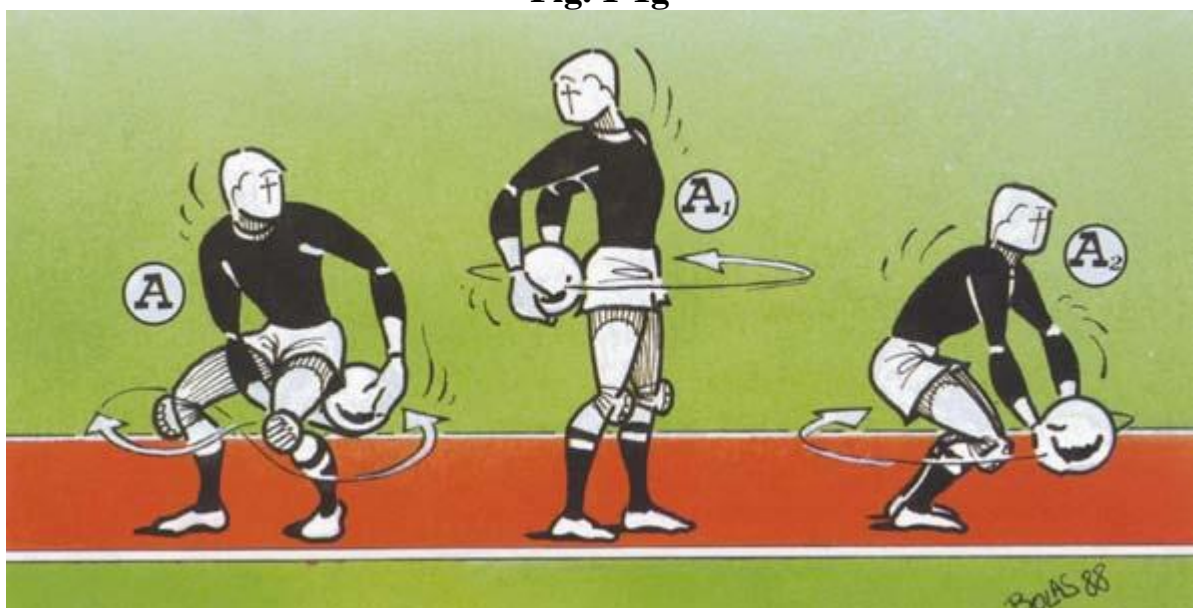


Fig. 1-1h

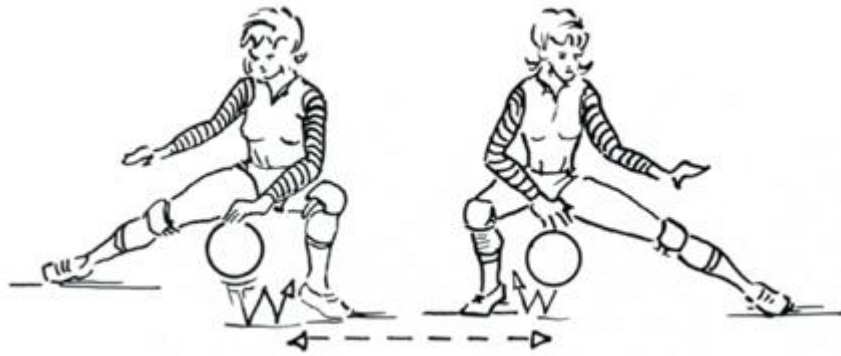


Fig. 1-1i

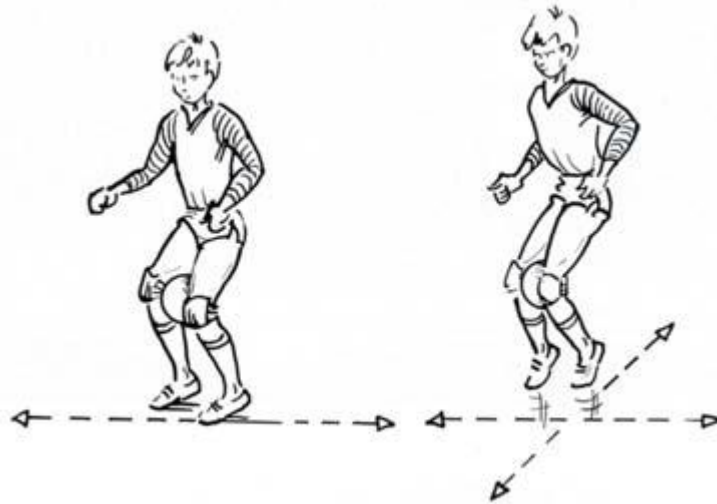


Fig. 1-1j



Fig. 5-1k



Fig. 1-1l

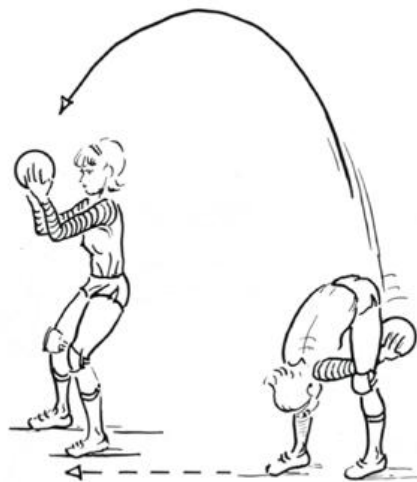


Fig. 1-1m



Fig. 1-1n

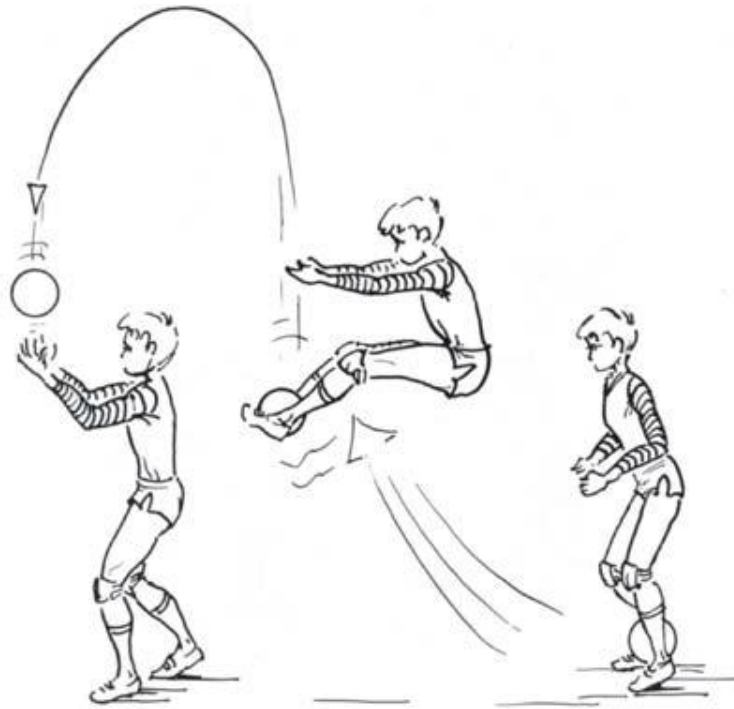


Fig. 1-1o

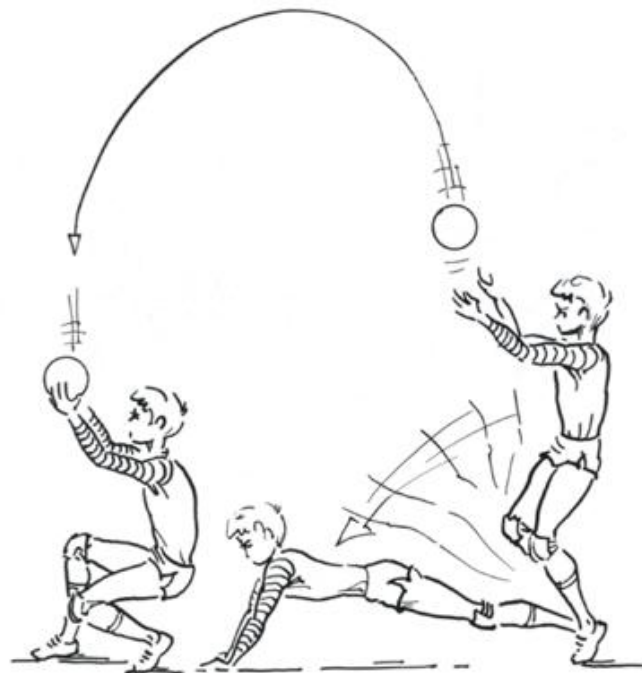


Fig. 1-1p

B. Play with a ball by two players

- 1) Catch, sit up and throw between two players (3 metres)
- 2) Catch ball in supine position by two players
- 3) Chest pass in sitting position
- 4) Chest pass and turning - (Fig. 1-2d)
- 5) Chest pass and push-up position - (Fig. 1-2e)
- 6) Chest pass and prone position - (Fig. 1-2f)
- 7) Catch and turning throw - (Fig. 1-2g)
- 9) Jump catch and throw in the air - (Fig. 1-2h)
- 10) Back and side bending towards each other - (Fig. 1-2i1, 1-2i2)
- 11) Twisting bodies pass to each other - (Fig. 1-2j)
- 12) Twisting bodies and throw a ball to partner - (Fig. 1-2k)
- 13) Deliver a ball between legs and above head - (Fig. 1-2l)
- 14) Horse jump and catch a ball after one bounce - (Fig. 1-2m)
- 15) Horse jump and catch with no bounce - (Fig. 1-2n)
- 16) Jump and throw a ball in jack knife position - (Fig. 1-2o)

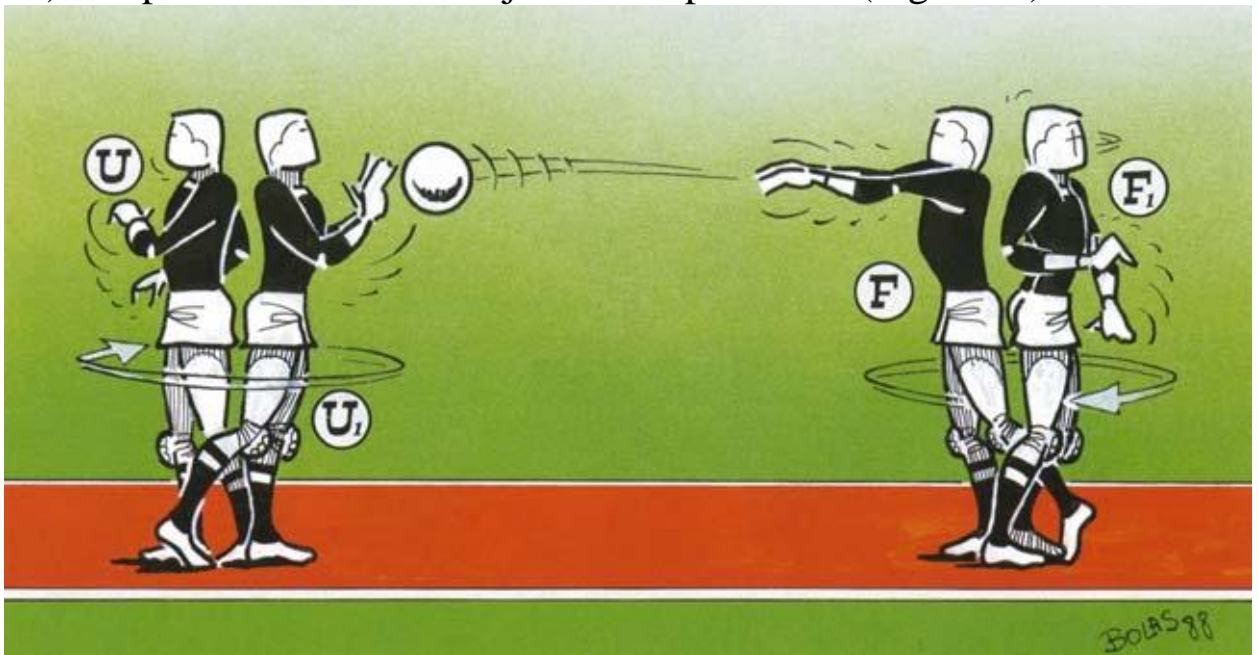


Fig. 1-2d

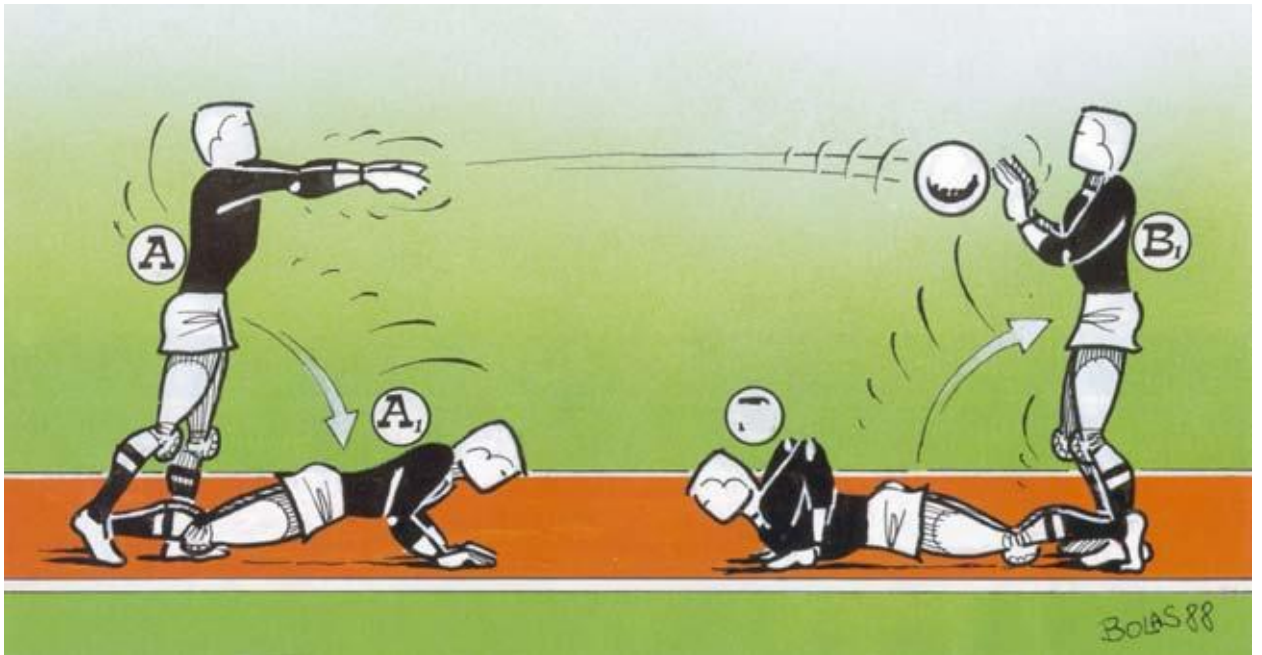


Fig. 1-2e

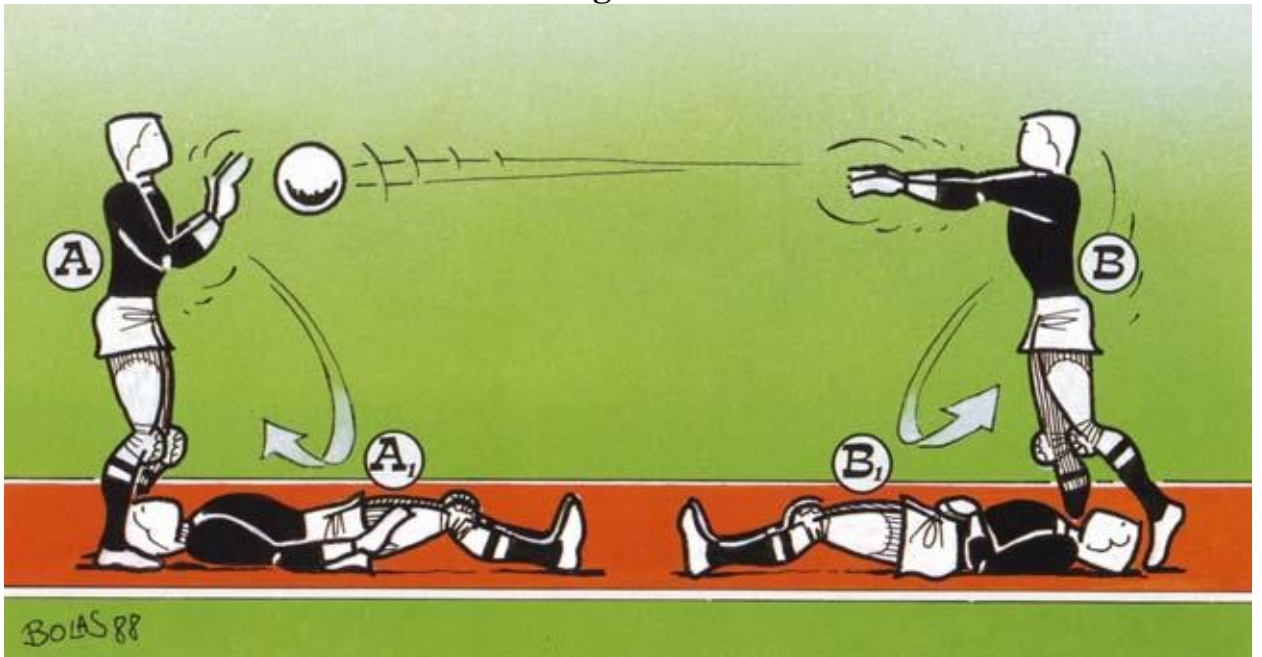


Fig. 1-2f

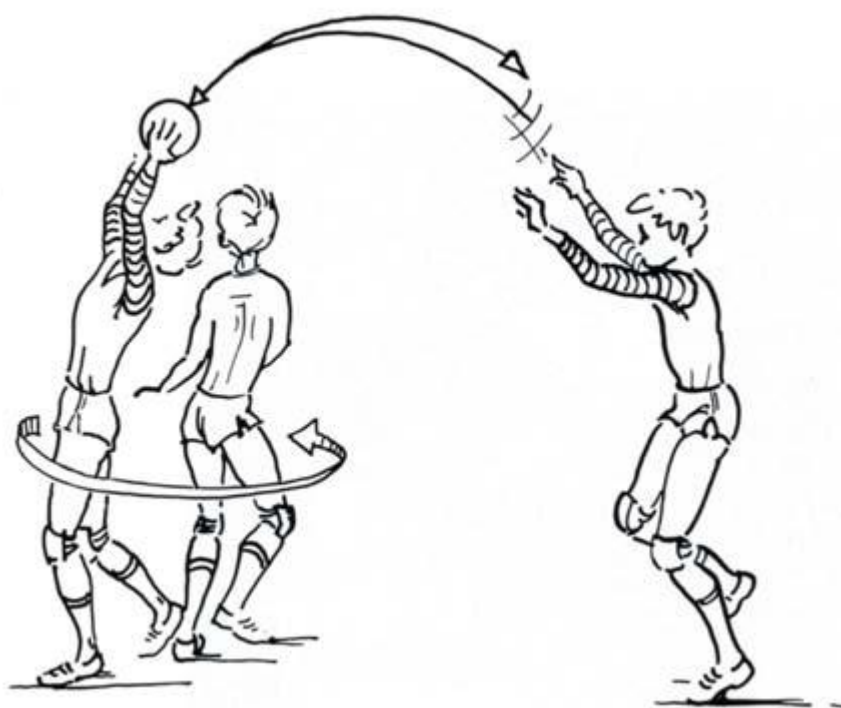


Fig. 1-2g

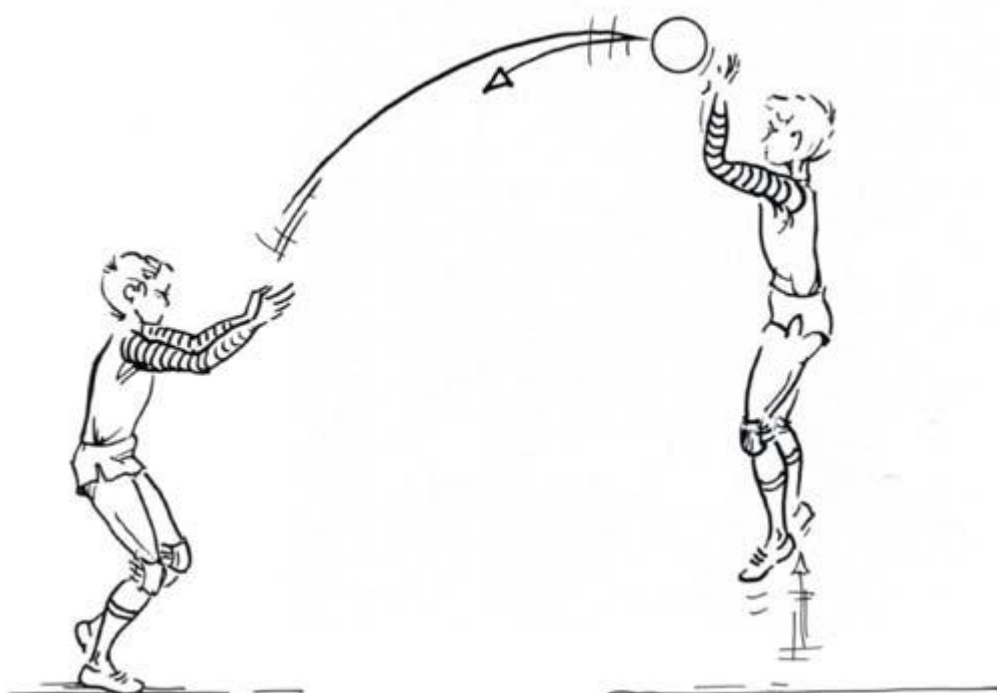


Fig. 1-2h

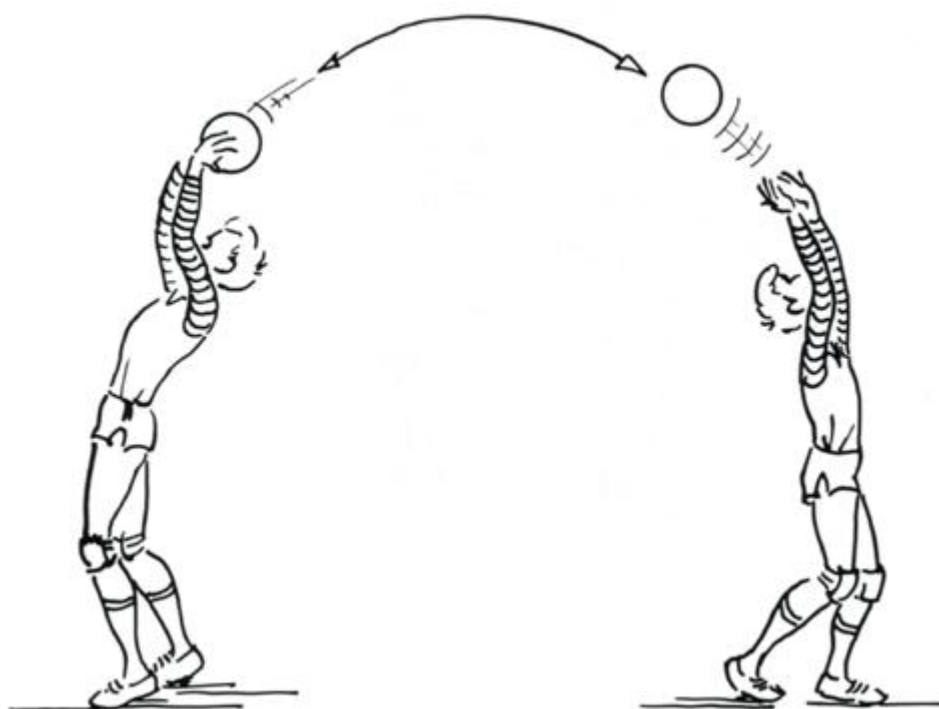


Fig. 1-2i1

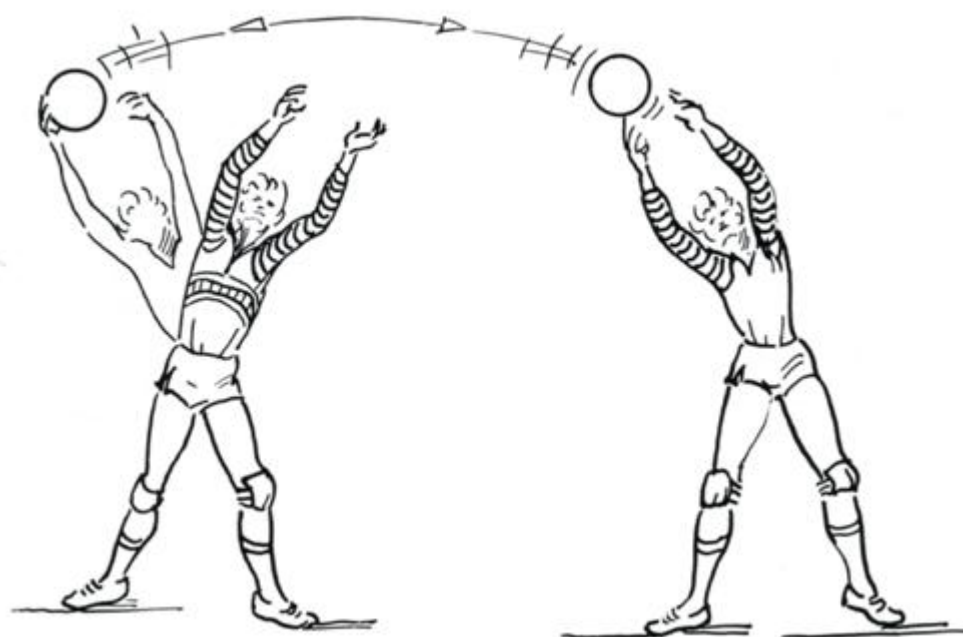


Fig. 1-2i2

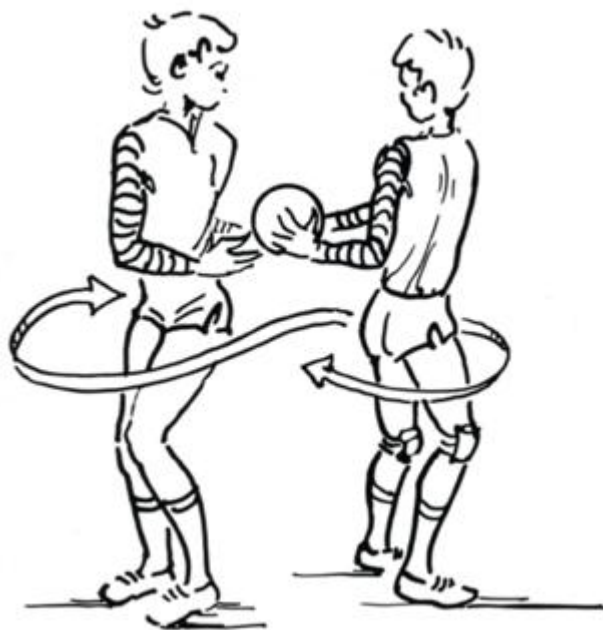


Fig. 1-2j

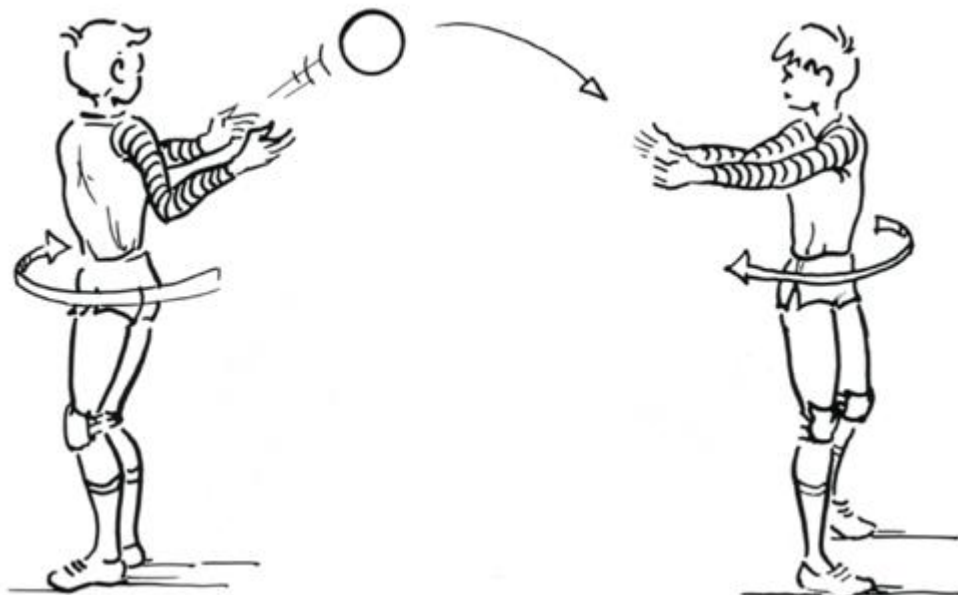


Fig. 1-2k

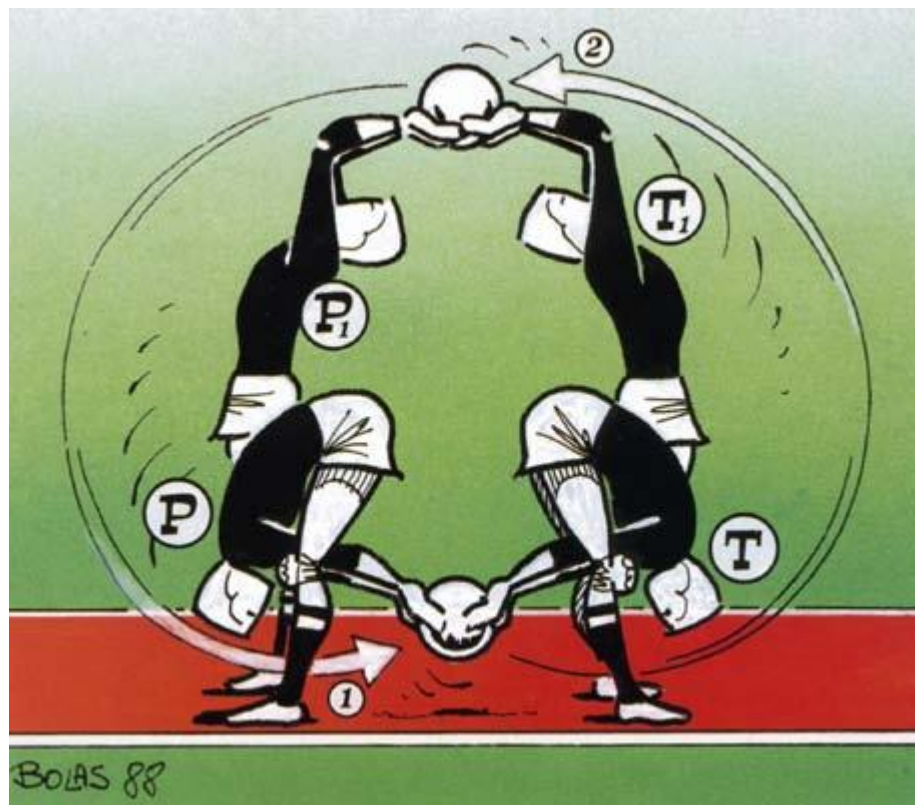


Fig. 1-2l

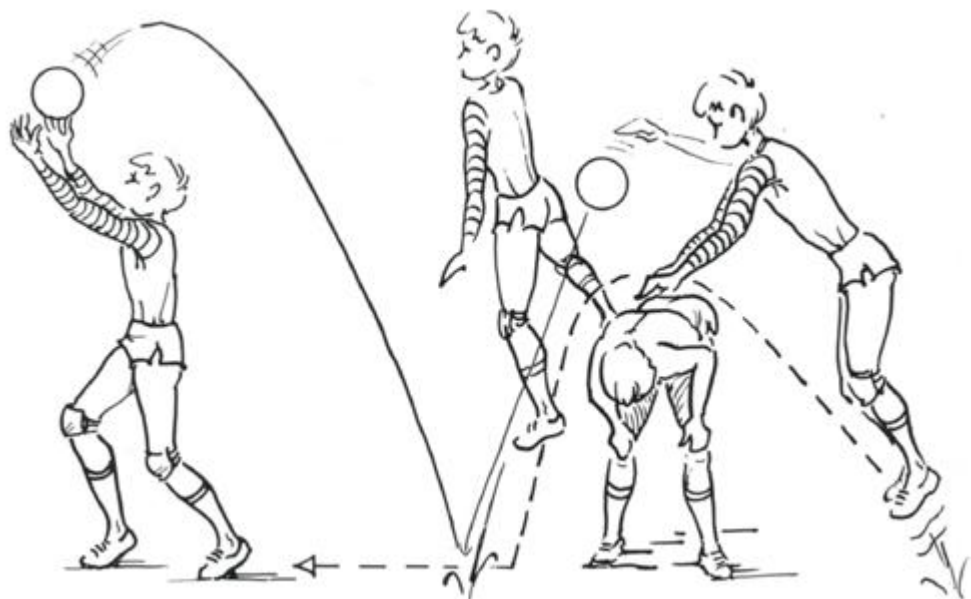


Fig. 1-2m

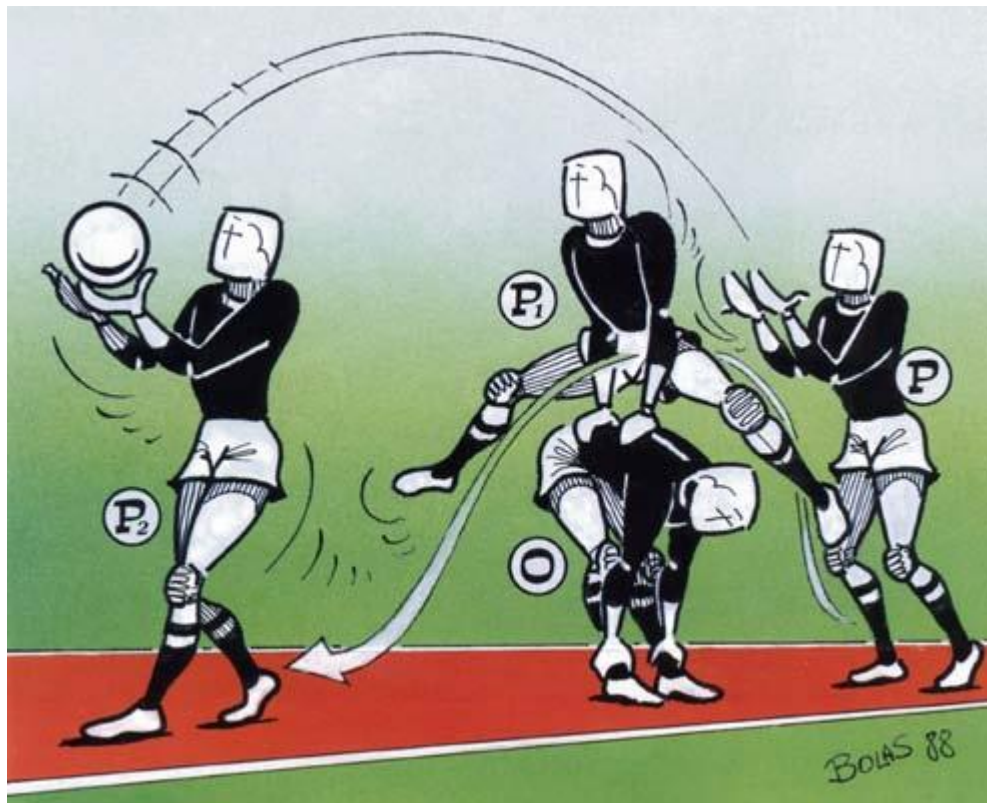


Fig. 1-2n

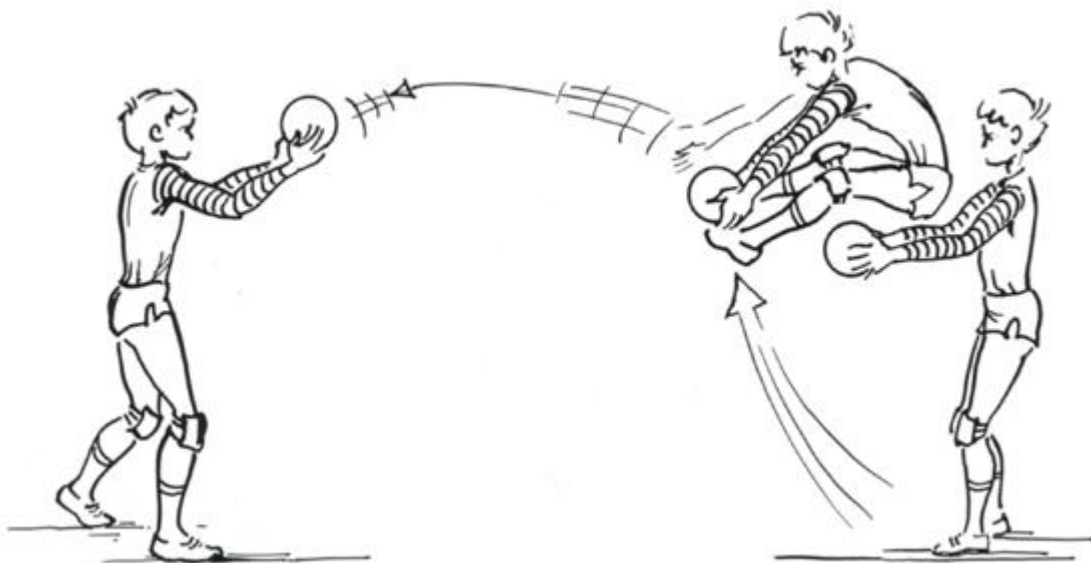


Fig. 1-2o

C. Introduction to underhand pass

- 1) Combination of both arms and fundamental posture - (Fig. 1-3a)
- 2) One bounce and ball on the arms - (Fig. 1-3b)
- 3) One bounce volley in succession - (Fig. 1-3c1, Fig. 1-3c2)
- 4) No bounce successive volley - (Fig. 1-3d)
- 5) Man-to-man one bounce volley like tennis - (Fig. 1-3e)
- 6) Wall volley after one bounce - (Fig. 1-3f)

- 7) No bounce successive volley moving left and right - (Fig. 1-3g)
- 8) No bounce successive volley changing direction
- 9) Man-to-man successive underhand pass
- 10) No bounce successive volley moving forward - (Fig. 1-3j)
- 11) No bounce successive volley moving left or right - (Fig. 1-3k)



Fig. 1-3a

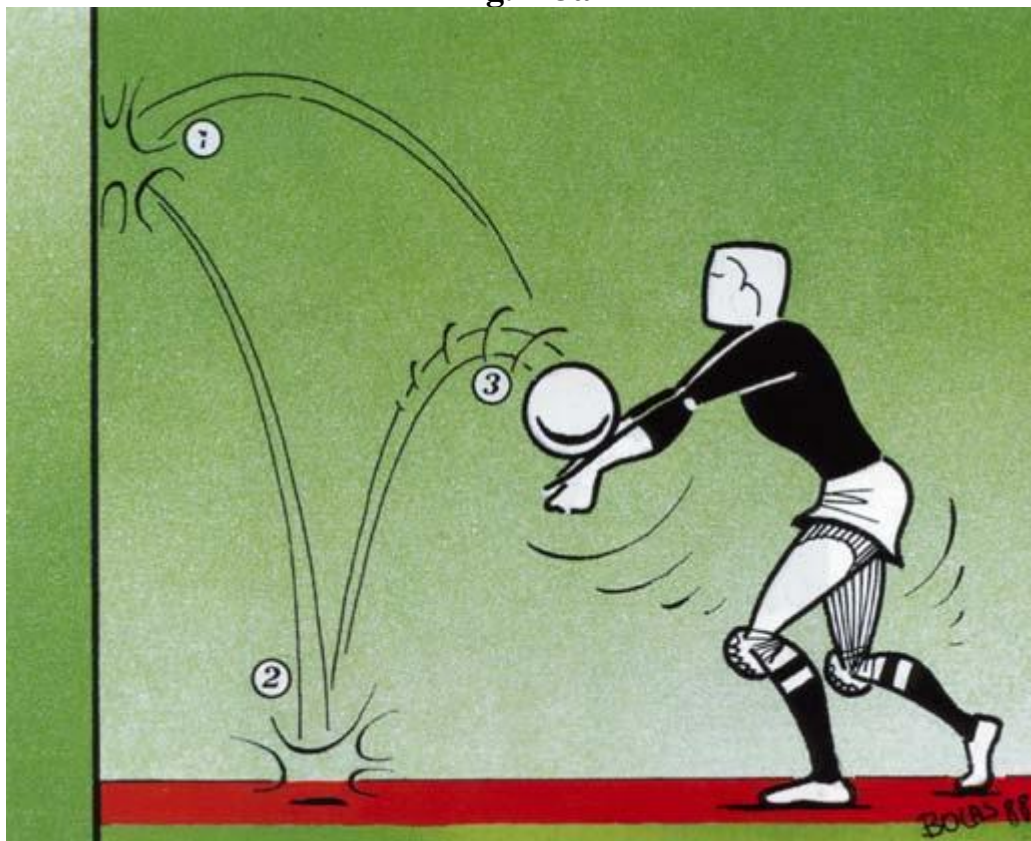


Fig. 1-3b



Fig. 1-3c1

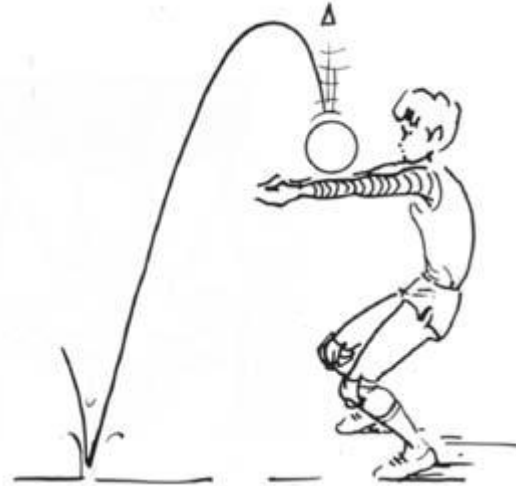


Fig. 1-3c2

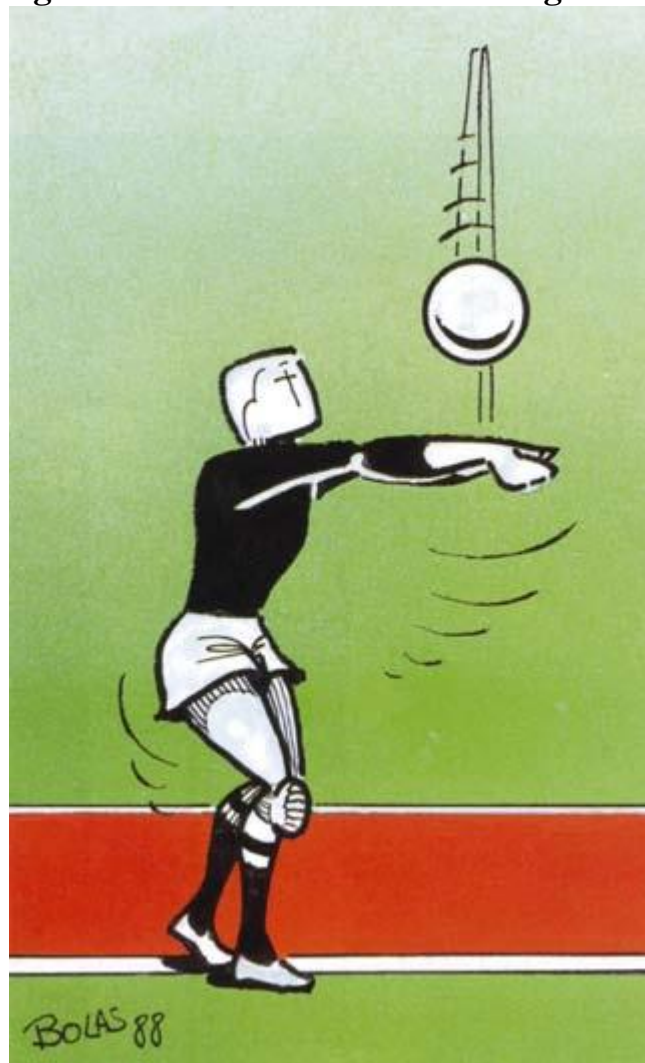


Fig. 1-3d

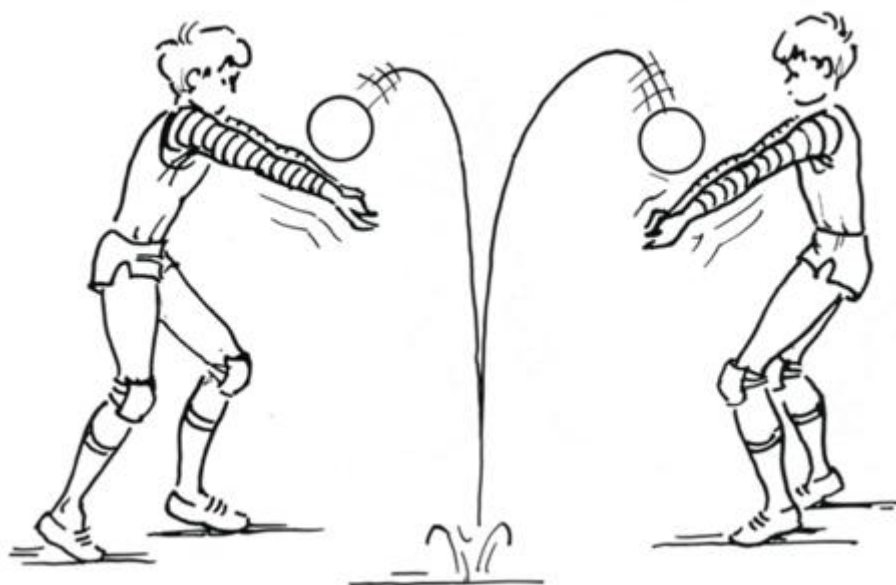


Fig. 1-3e

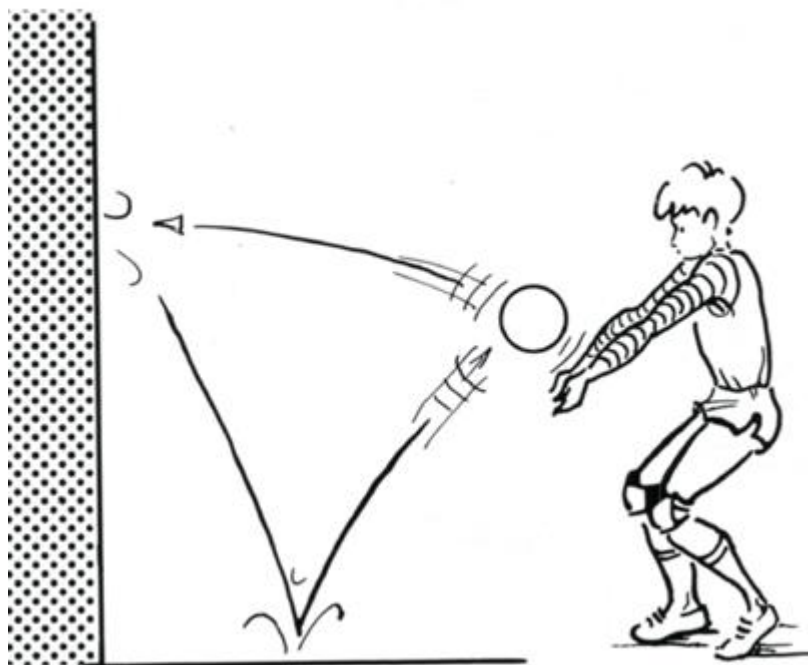


Fig. 1-3f

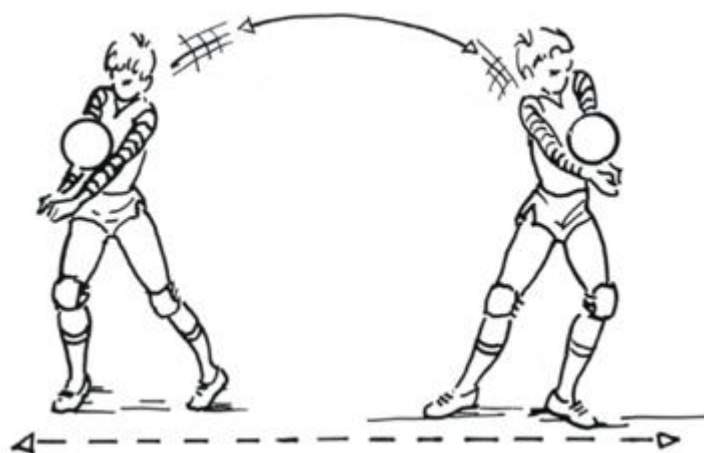


Fig. 1-3g

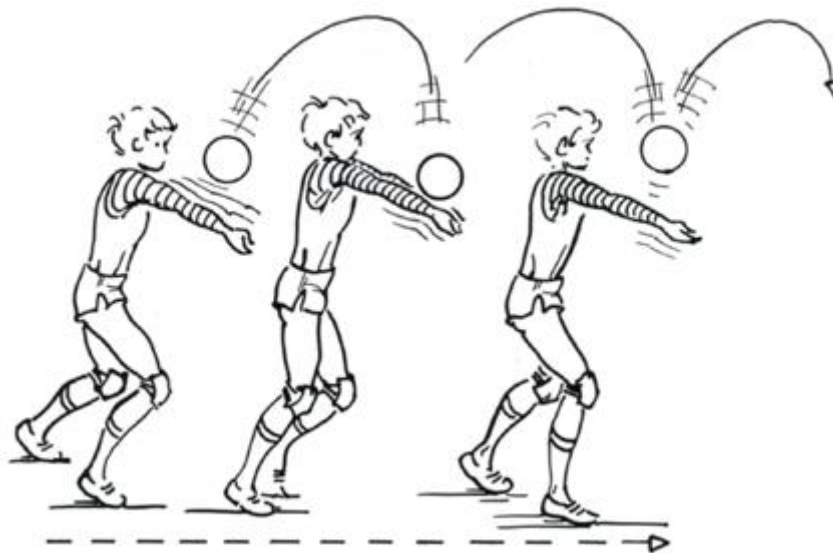


Fig. 1-3j

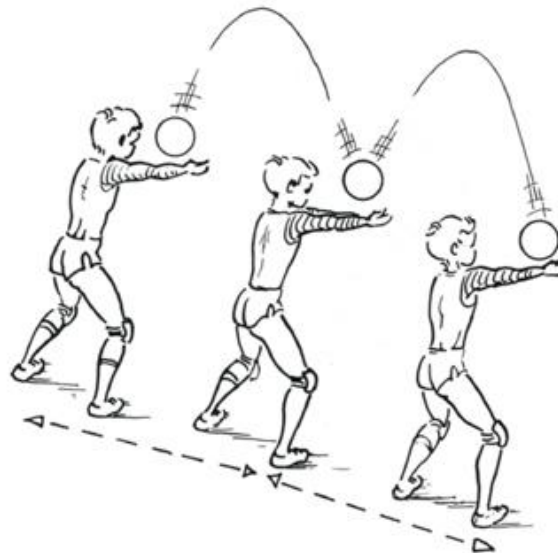


Fig. 1-3k

D. Introduction to underhand service (single hand pass)

- 1) Once bounce single arm volley (left or right) - (Fig. 1-4a)
- 2) One bounce single arm volley in turn - (Fig. 1-4b)
- 3) One bounce wall volley - (Fig. 1-4c)
- 4) One bounce man-to-man volley (like tennis) - (Fig. 1-4d)
- 5) No bounce single arm volley (left or right) - (Fig. 1-4e)
- 6) No bounce left, right and both arm volley
- 7) No bounce left and right arm volley moving sideways - (Fig. 1-4g)
- 8) No bounce wall volley in succession - (Fig. 1-4h)
- 9) Man-to-man single arm pass - (Fig. 1-4i)
- 10) Serve a ball to the wall by underhand form - (Fig. 1-4j)

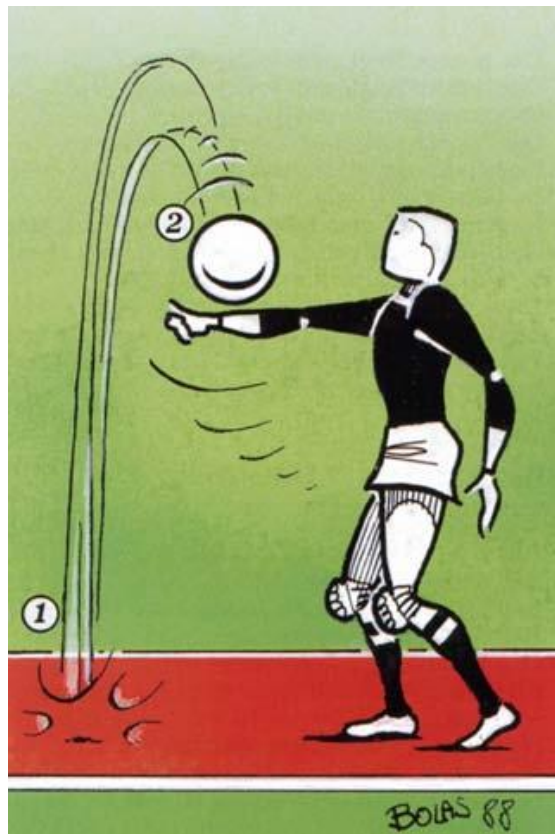


Fig. 1-4a

Fig. 1-4b

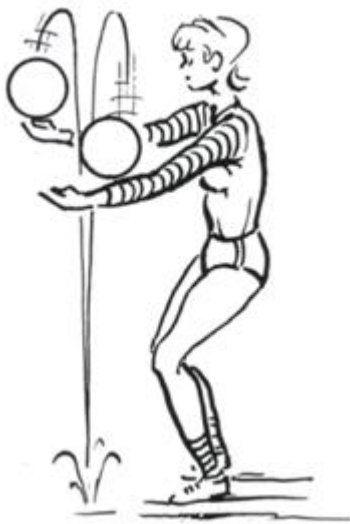
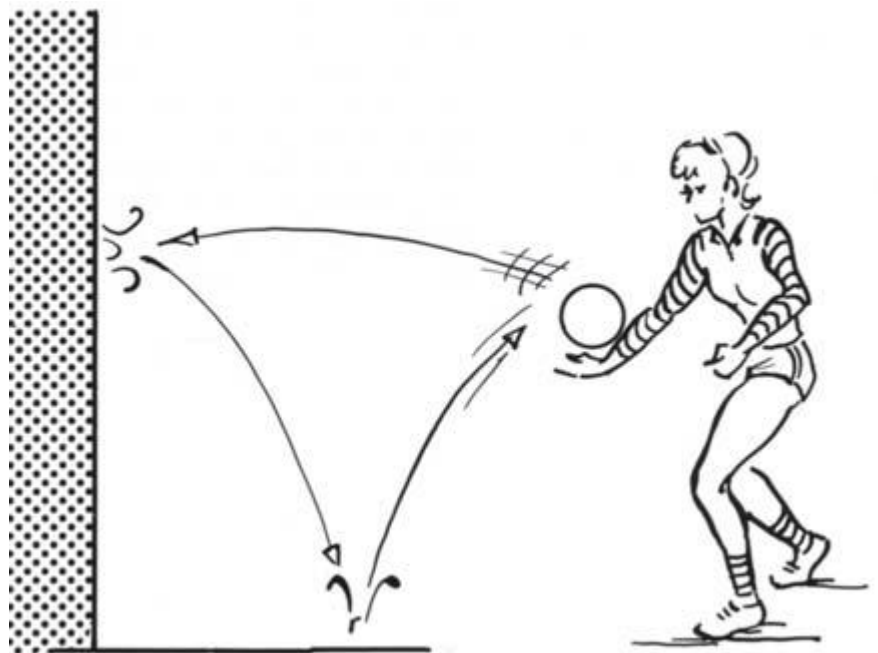


Fig. 1-4c



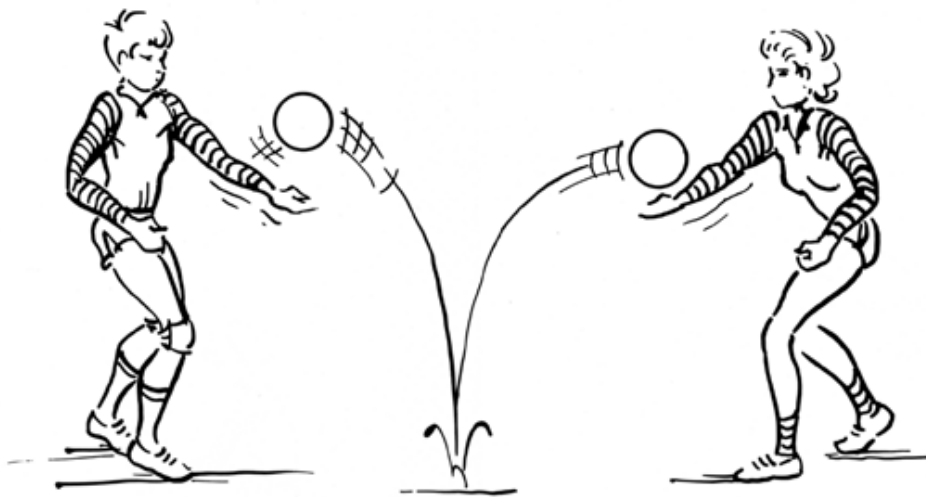


Fig. 1-4d



Fig. 1-4e

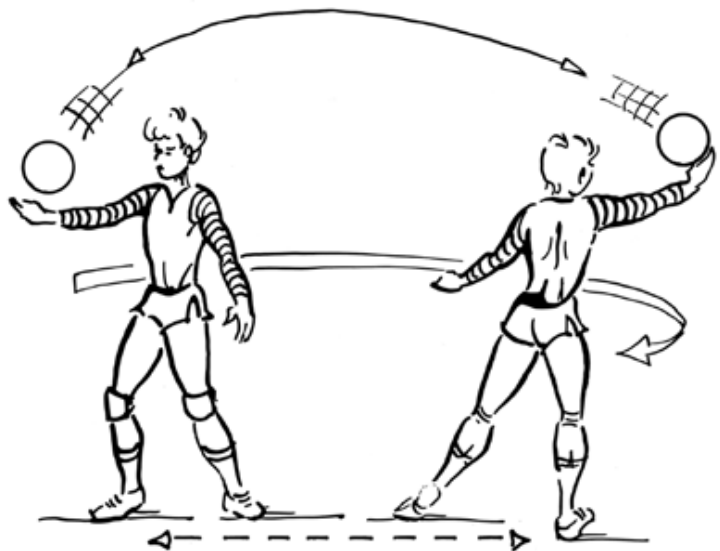


Fig. 1-4g

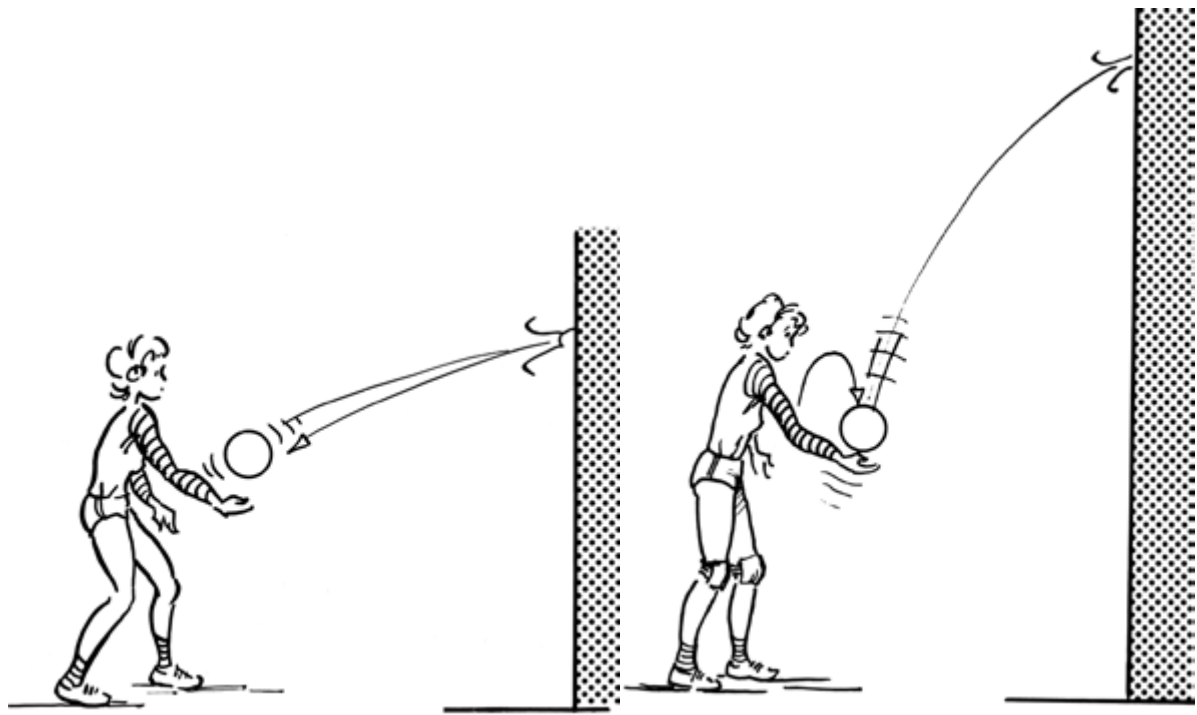


Fig. 1-4h

Fig. 1-4j

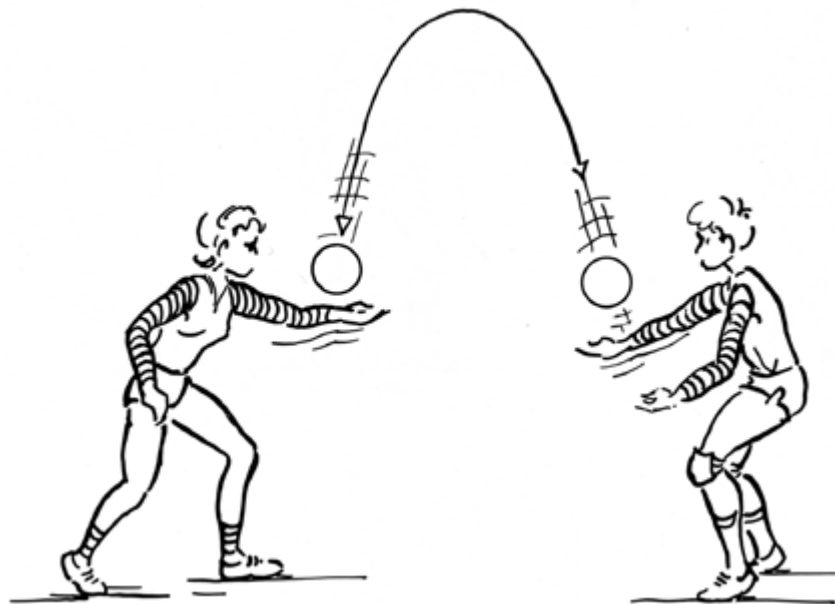


Fig. 1-4i

E. Introduction to overhand pass (set-up)

- 1) Hands position and ball contact - (Fig. 1-5a)
- 2) Ball lift from floor - (Fig. 1-5c)
- 3) Ball catch and throw by single hand - (Fig. 1-5d)
- 4) One bounce catch in overhand position - (Fig. 1-5e1, Fig. 1-5e2)
- 5) No bounce catch moving sideward
- 6) No bounce catch turning left or right - (Fig. 1-5i)

- 7) No bounce catch in crouching posture - (Fig. 1-5j)
- 8) Successive push ups and set-ups - (Fig. 1-5k)
- 9) Throw forward and back set moving forward - (Fig. 1-5l)
- 10) Successive set-ups moving sideward
- 11) Wall one bounce pass - (Fig. 1-5q)
- 12) Wall no bounce pass - (Fig. 1-5r)
- 13) Man-to-man one bounce pass in crouching position - (Fig. 1-5s)
- 14) Man-to-man sitting pass - (Fig. 1-5t)



Fig. 1-5a



Fig. 1-5b



Fig. 1-5c

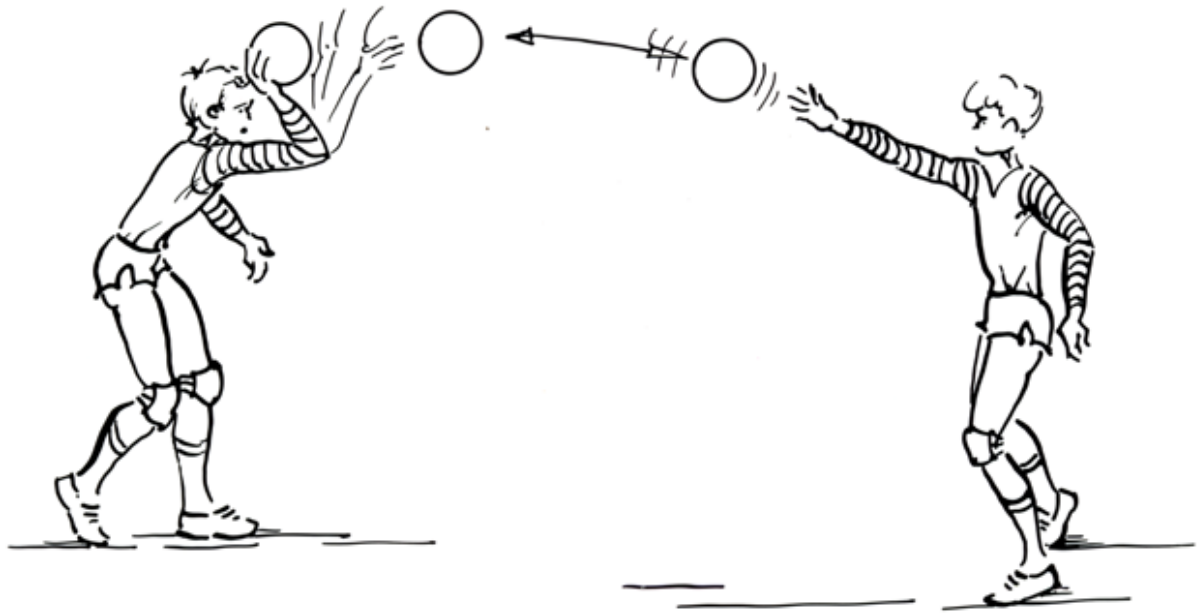


Fig. 1-5d

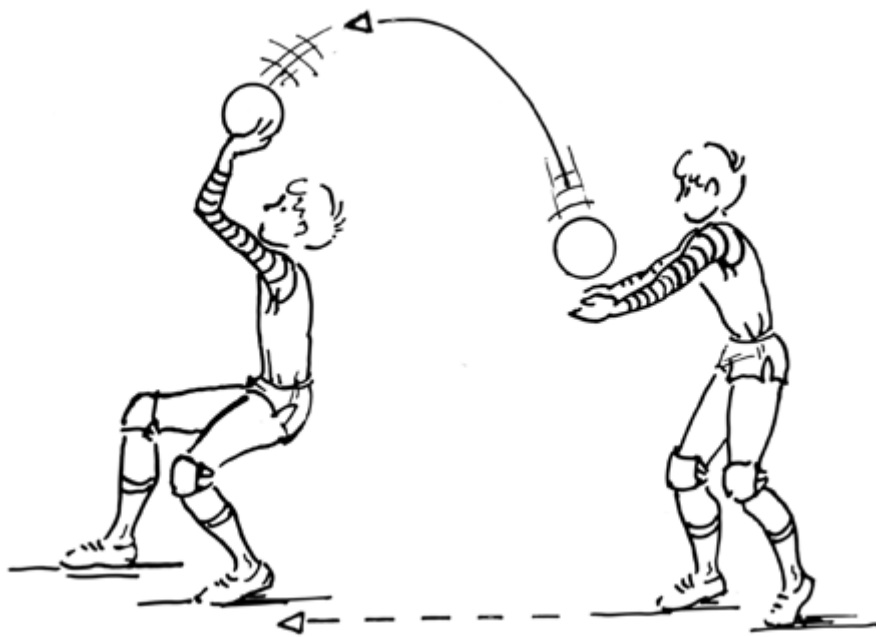


Fig. 1-5i

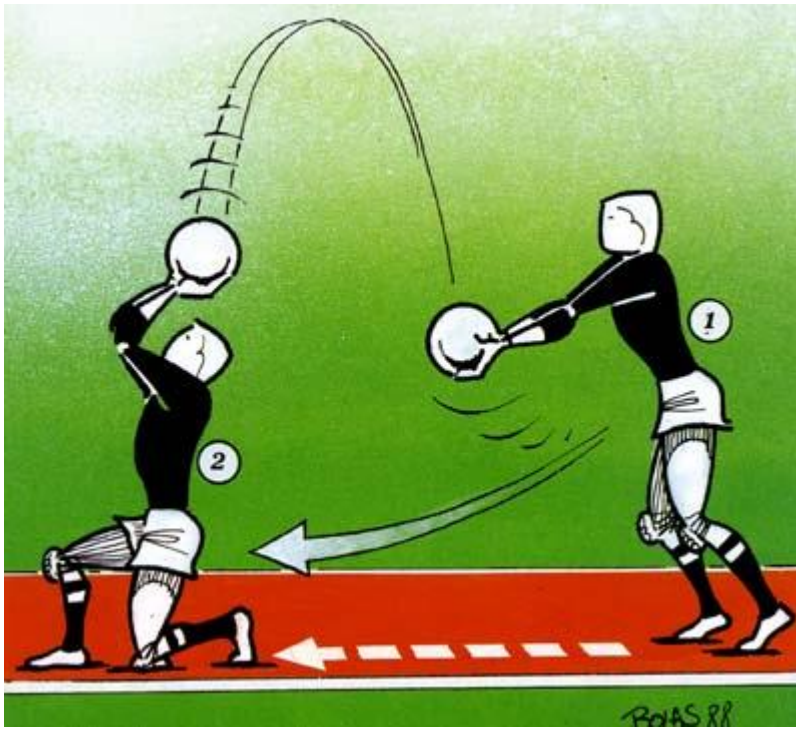


Fig. 1-5j



Fig. 1-5k

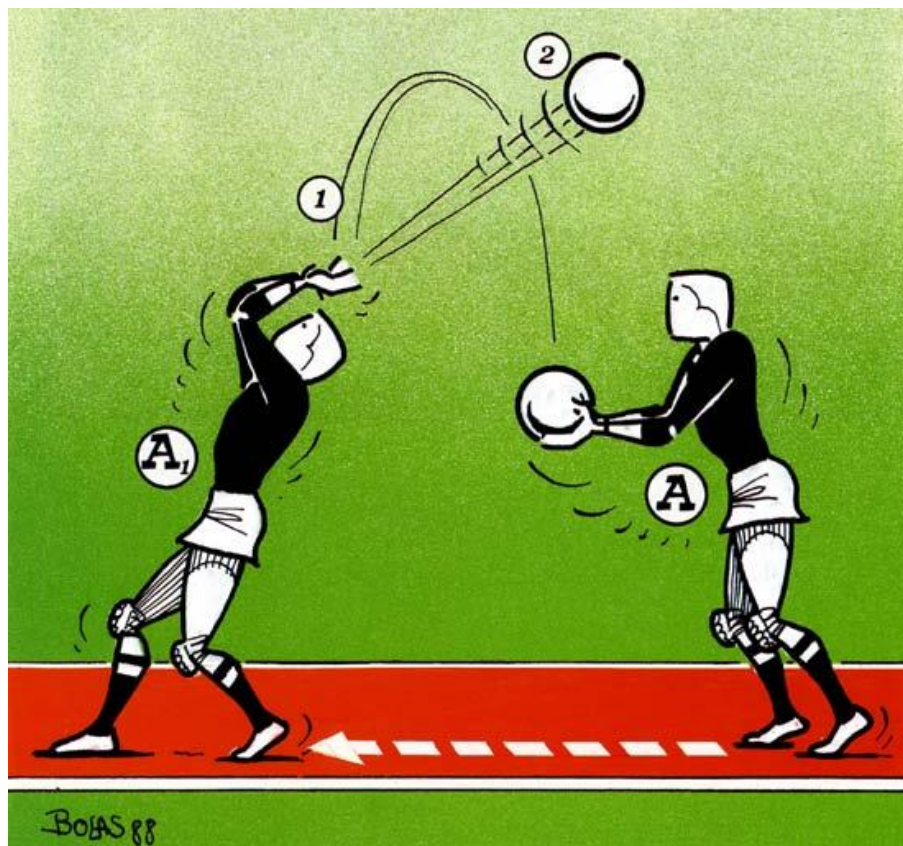


Fig. 1-5l

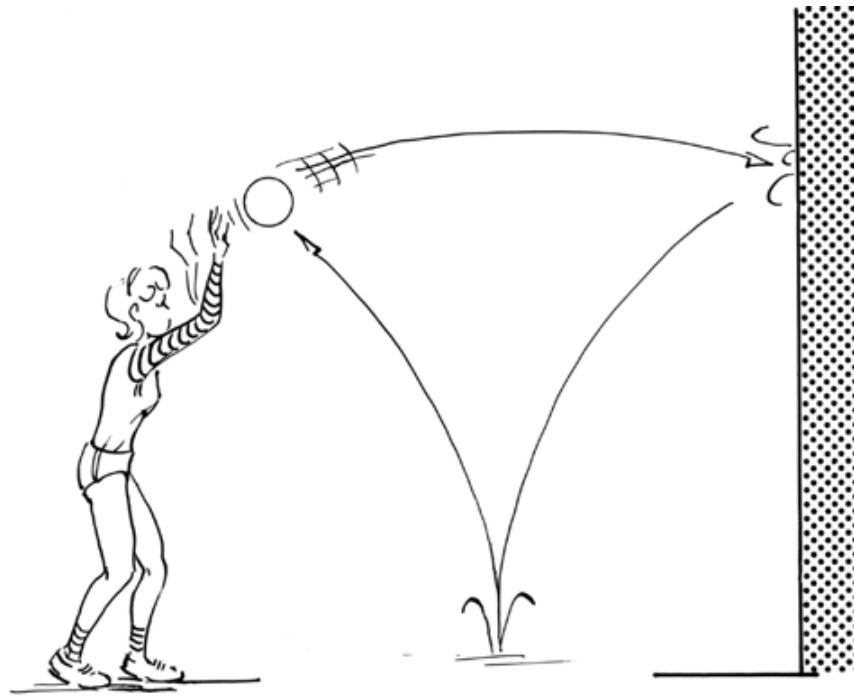


Fig. 1-5q

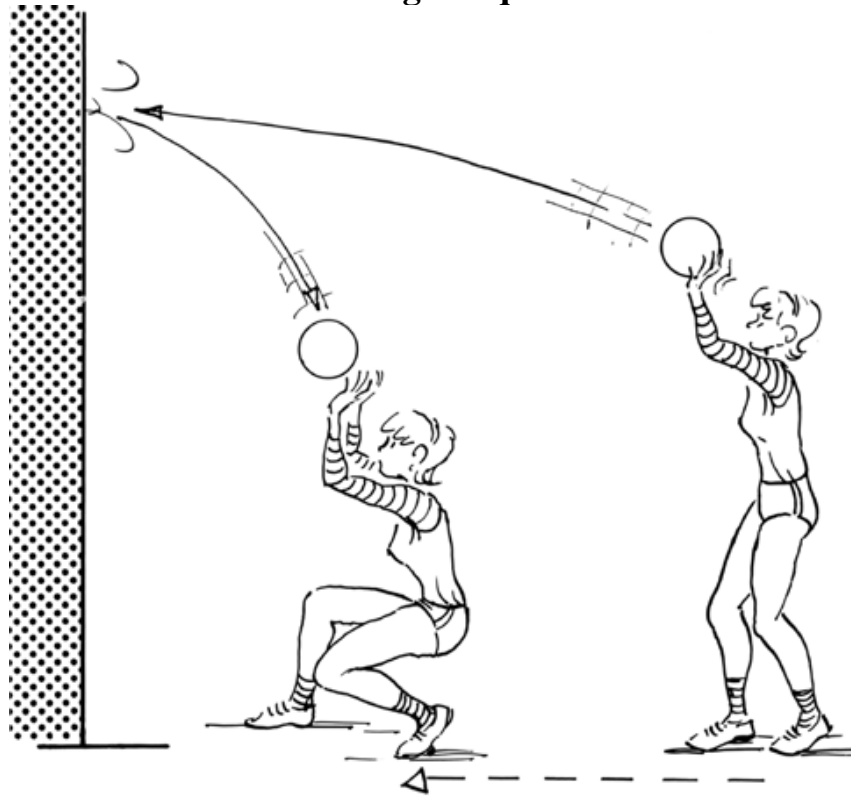


Fig. 1-5r

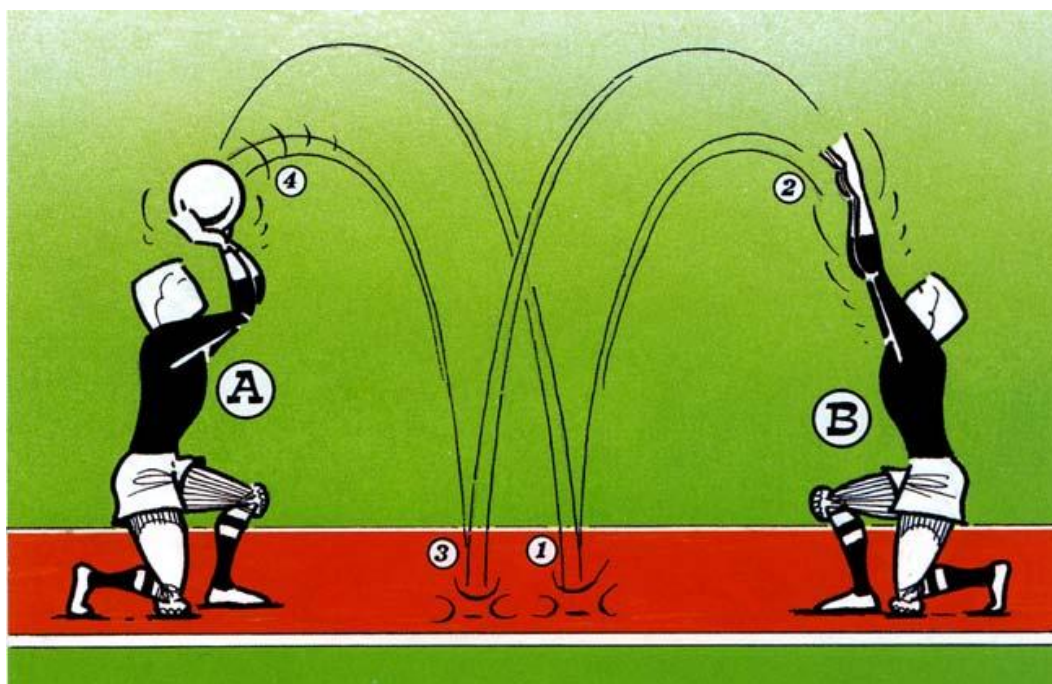


Fig. 1-5s

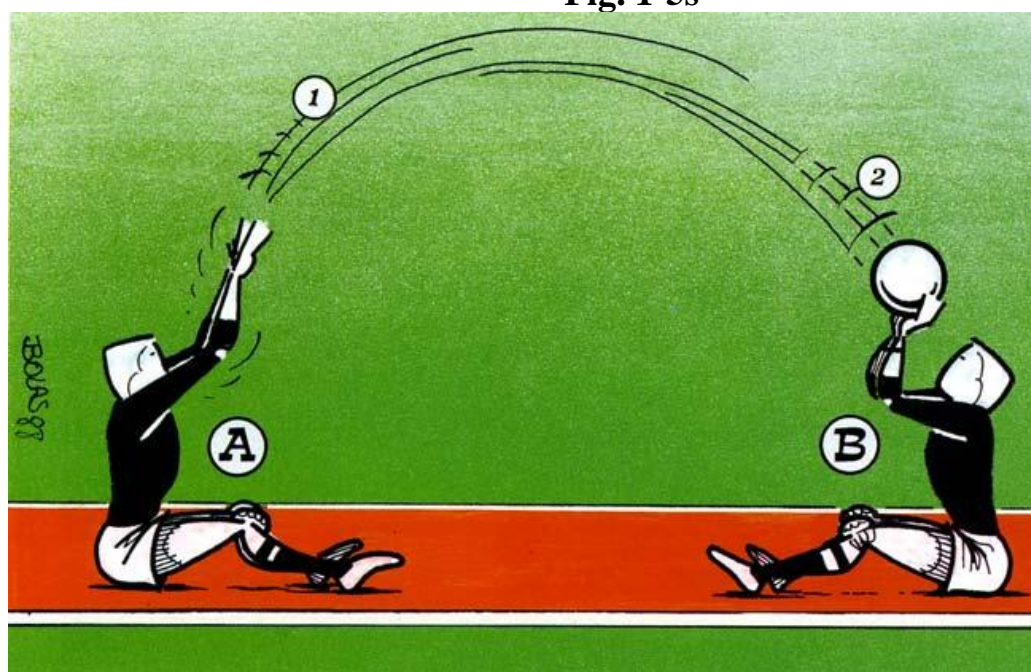


Fig. 1-5t

VOLLEYBALL FUNDAMENTALS

PASSING

In volleyball much is made of the ability to serve because of the personal fitness and deception that can be demonstrated; to set, which is volleyball's answer to the quarterback position of football; to finish a rally with the placement and power of a spike.

Perhaps the least recognized and most critical element of volleyball is the pass. In recreational volleyball it is the greatest moment of confusion because some players are concerned about returning the ball while others are just plain uncertain where that ball is going to go after the first touch.

More points are lost on a team's inability to deal effectively with the first ball over the net than at any other point in a game. Most experienced players value a teammate who can pass, as much as they do a good outside hitter and setter. The reason is simple. A good pass will transform your team from a defensive posture to an offensive attack. The most common and effective form of passing is the forearm pass. It's the easiest way to get the ball under control. The only way you can be called for a foul is if the ball rolls up your arms or comes to rest on you arms which will result in a held ball call.

The forearm pass is also known as the bump pass. To use it correctly, you must join your hands together and allow the ball to strike the fleshy part of your forearms simultaneously. There many ways of joining your hands, we'll touch on a couple here. But the best way to learn yourself is to watch a few players and experiment. A common mistake is to allow the ball to strike your wrists or hands, often resulting in an unpredictable pass or a ball returned over the net, commonly called an overpass. The best way to avoid this problem is to remind yourself to bend your wrists and hands down before impact to help cushion the ball.



Fig.1-6

TWO HAND POSITIONS ARE:

Wrapped fist - Make a fist with your dominant hand and wrap it in the palm of your other hand, with both thumbs side by side and pointing at the floor. See Fig.1-5 above.

Cupped palms - Bring your hands together as if you were going to take a sip of water from your hands, and lay your thumbs across the top as in Wrapped Fist position. Some players even like to lock their fingers under their thumbs.



Pick the passing method that works best for you. Don't be concerned about which method is better than the other.

It's really about personal choice and effective control. Whichever you choose, keep these five points in mind:

1. Keep the ball between your wrists and elbows in the fattest part of the forearm
2. Press the wrists and hands down to hyperextend the arms
3. Lock your elbows. This gives the ball the most area to hit, and helps you control the direction of your pass.
4. Try to bend your knees before the ball gets to you so that you can both absorb the serve and re-direct the pass.
5. Don't swing at the ball, but do try to shrug your shoulders toward your target at the moment of impact.

SETTING

The setter runs the offense, and determines which hitter to set. Sometimes, a team has two setters.

The key to good setting is consistency. The basic premise of setting is to take a bump pass and convert it to a well placed ball that can be effectively hit by another player to the opponent's court.

The proper technique for setting is to raise your hands about five inches above your head with your thumbs on the bottom and pointed towards your eyes. Your fingers should be loose and slightly cupped. Don't spread your hands any farther than necessary to receive the ball. As a guide, you'll have a two to three inch gap between both of your thumbs and both of your forefingers.

Here are a few things to keep in mind about setting:

1. Get to the ball.
2. Face your target (except when you're deliberately making a back set.)
3. Bend your elbows and your knees
4. Look at the ball through the opening between your hands.
5. Bring both hands into contact with the ball simultaneously.

6. Don't let the ball touch your palm. This is called a push, and is a violation. If the ball comes to rest in you hand, or you strike the ball unevenly with either hand, you'll be in violation.

7. Receive the ball over your head, and let it snap out of your finger pads. Keep your hands above your face or you'll be whistled.

There are six basic types of sets:

One Set - Set a foot or two over the net and hit while the ball is still rising. This is the quickest of sets and is usually for the middle hitter.

Two Set - Set two to four feet above the net and is also quick. Again, this ball is usually for the middle hitter.

Three Set - Also set low and fast (about 4 - 6 feet above the net and delivered midway between the setter and the sideline). This ball is for either the middle or outside hitter.

Four Set - A low set (1 - 2 feet above the net) for the outside hitter that is delivered near the sideline and over the net. Sometimes called a "Shoot Set."

Five Set - A high Backset near the sideline.

Six Set - (fist hand signal) A high outside set to either sideline.

Finally, there is a time when the setter gets to try and score. This is called a "setter dump", and is executed when the setter comes to the net but instead of setting, pushes the ball over the net in a "tip" play.

HITTING

If there is a moment of truth in volleyball, it is the perfectly hit spike. The spike combines power, speed and athleticism to provide the excitement that is uniquely volleyball. The spike is used to either put the ball down in a portion of the court where the opposition is not, or to strike the ball so hard that the defenders are unable to deal with it effectively. Front row players can attack the ball from anywhere on the court. Back row players can only attack from behind the three meter line.

Hitters must master such techniques as the:

Cross Court Shot - This ball must be hit extremely hard while aiming for a space on the floor between the front row players and the back row player that is diagonally positioned farthest from the hitter.

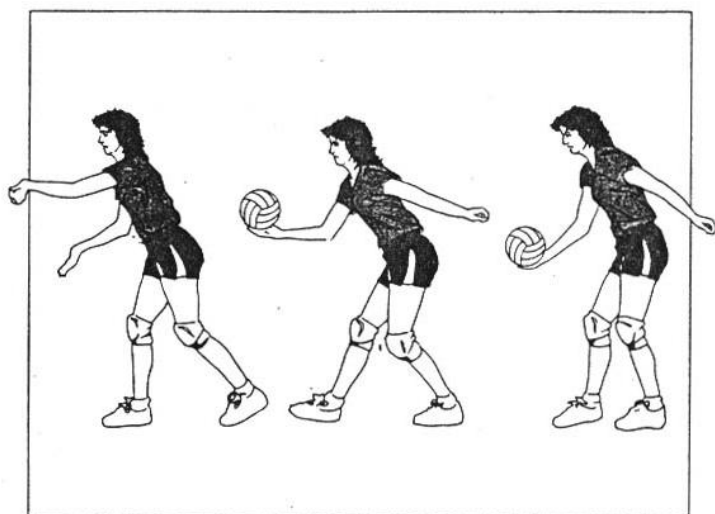
Tip or Dink Shot - The most important aspect of this shot is hitting with a wrist that does not break. Just push or roll the ball with the fingertips over the outstretched hands of the blocker(s). Be sure to face the direction of the dink or a push or carry may be called.

Line Shot - The simplest way to describe this shot is to imagine a left outside hitter who is right-handed receiving a set from her right side, rotating her body as she drops her left shoulder, and aiming the ball for the left sideline.

Soft Top Spin Shot - Commonly called a "roll shot" or off-speed attack, this ball is contacted a little softer and on the lower portion of the ball. The player's hand then rolls over the top of the ball. This action creates top spin which causes the ball to drop quickly, usually just behind the front line players.

Hitting combines various elements of technique. Your approach to the net, speed, planting of feet, jumping, timing, body position, and distance from the net are among the factors that contribute to the success of your hit. If you're experiencing difficulty in any aspect of your hit, or repeatedly making an error, ask a qualified instructor to study your form and make suggestions.

SERVING



Sooner or later, every player will end up in the right back position and be required to put the ball in play.

Your serving options are:

The Underhand Serve

- Since this is the easiest serve to execute, don't be embarrassed to use it in novice or recreational situations. The goal of any

serve is to get the ball in play. Sure, we all like to hit an "ace" that rockets across the net, but the first obligation is to maintain serve. The technique is to gently toss the ball up and in front of yourself while bringing the other hand forward to make contact. A simple toss of several inches will suffice. Make contact with the heel of the hand or the open part of the palm along the index finger and the thumb. If you prefer to fold your fingers into your palm for strength or control, keep your thumb out to the side and avoid striking the ball with your knuckles. Such an irregular surface can make the ball go in unpredictable

directions. Stand outside the court, anywhere along and behind the end line, about ten feet from the right sideline. If you're right-handed, hold the ball in you left hand and take a step forward with your left foot while lobbing the ball ever so slightly in front of yourself. All this time you bring your right arm back past your hip and then forward to meet the ball just as it is coming down from the low toss. Never take your eyes off the ball. Just before you start your serve make a mental picture of the opponent's positions on the court and decide where you're going to attempt to put the ball.

The Overhand Serve. This is the most popular serve in competitive volleyball.

There are many variations that you can master with practice. As in any serve, make sure you don't touch or cross the endline at any time during your serve. This type of serve offers speed and deception. When using the overhead serve, the ball passes over the net quickly and can be made to do a number of different things including dropping quickly and floating erratically. Strike the ball with either an open hand or a slightly cupped hand. A rigid wrist will allow you greatest power. Toss the ball over your head about three feet and slightly to your left and take a step forward with your weight shifting from your right foot to your left foot. Arch your back slightly and bend your arm at the elbow as the right arm comes behind your head and is brought forward to strike the ball. Finish with a follow through to your hip. Never take your eyes off the ball.

OVERHAND SERVE BALL ACTION

The Floater - This ball flight has no stabilizing spin and will dart more like a knuckle ball in baseball. The secret is to simply hit the ball in the center - in relation to its line of flight - so very little or no spin occurs. Floaters work equally well with the underhand serve or the overhand. The movement of the ball is very unpredictable to the opposing players.

The Top Spin - This ball flight results when the ball is struck on top using wrist snap and moves very quickly over the net. The beauty of this shot is that it drops suddenly, leaving little time for an opponent to react.

The Jump Serve - This ball flight requires a higher toss and a literal jump in the air. Apply contact with the ball just as in the Top Spin serve, and the results can be even

more devastating given the added force of the jump. However, this is the hardest serve to master, and without sufficient top spin, the ball will likely end up way out of bounds. It's safest to aim this serve at the middle of the court.

The Curve - This ball flight can be most effective outdoors in windy conditions. Approach the shot just like a top spin serve until the moment of impact and then hit the ball left or right of center. The ball will curve in the direction in which it is hit.

INDIVIDUAL DEFENSE

There are only two ways to mount a successful defense in the game of volleyball; digging and blocking. Both require hard work. You must be willing to sacrifice physically.

DIGGING

The proper technique for a dig is similar to a bump pass, but your knees are bent much more and your weight is more forward to be able to extend yourself to the floor if necessary to retrieve the ball.

Sprawling, rolling and diving are extremely important techniques used to dig a ball. Proper execution, leg placement, timing of floor contact, and returning to your feet are considerations. Watch others, ask for instruction and practice these skills often in non-game conditions to avoid injury to yourself or others.

BLOCKING

The surest way to cripple your opponent's attack is to take away a hitter's spike. And the surest way to do that is with a well coordinated blocking scheme.

Blockers don't need to take a running start, but must stay close to the net and leap up. If you require a running start to jump, you probably don't belong in the block. Stand with your hands and fingers held fully extended above the shoulders. Focus on the hitter in front of you and slide into the path of the descending ball at the point where it will cross the net.

Your jump should occur just slightly after the hitter's. Knees must be bent before takeoff to jump straight up. As you jump, fully extend

your arms and hands. Spread your fingers, but keep them rigid, and bend your wrists as you rise above the net so that your hands break the plane of the net. If you keep your arms just a few inches apart, you'll avoid letting a ball go through them.

If you're a shorter player forced to block, bend your wrists back instead of forward and don't try to penetrate the net after the block which should put the ball in good position for either you or another teammate to play it. This is called a soft block.

Blocks don't count as hits so you can legally play them. The double block usually relies on the middle hitter and one of the outside hitters to obstruct as much hitting space as possible. The outside hitter must establish the position of the block, and the middle hitter moves to the position and closes the block. The middle hitter gets close enough to insure that the ball cannot get between the blockers' bodies or outstretched arms. If positioned correctly, the blockers prevent the cross-court shot and the line shot.

The triple block is used occasionally and requires all three front row players to participate. No back line players may come up to block.

THE BASIC TECHNIQUES OF FOOTBALL

Each team consists of a maximum of eleven players (excluding substitutes), one of whom must be the goalkeeper. Competition rules may state a minimum number of players required to constitute a team, which is usually seven. Goalkeepers are the only players allowed to play the ball with their hands or arms, provided they do so within the penalty area in front of their own goal. Though there are a variety of positions in which the outfield (non-goalkeeper) players are strategically placed by a coach, these positions are not defined or required by the Laws.

A number of players may be replaced by substitutes during the course of the game. The maximum number of substitutions permitted in most competitive international and domestic league games is three, though the permitted number may vary in other competitions or infriendly matches. Common reasons for a substitution include injury, tiredness, ineffectiveness, a tactical switch, or timewasting at the end of a finely poised game. In standard adult matches, a player who has been substituted may not take further part in a match.

Ball control is the foundation for all aspects of the game and a source of motivation for young players because it feels good to be at ease with the ball.

As a player develops, his/her technical skills will set the foundations for good development and enable him/her to experience all of the joy that football can bring.

In football, the basic techniques can be divided into four categories:

- Controlling the ball
- Running with the ball
- Passing the ball
- Shooting

1. Controlling the ball

Controlling



To control the ball is to master it. Properly controlling means that a move will be successful. The elements to focus on are: directed control and the ball while moving – these introduce speed.

Juggling

a. Control / b. Juggling

If repeated regularly, juggling develops the skills of dexterity, coordination and balance in young footballers. These skills favour the more rapid acquisition of other techniques.

2. Running with the ball

Running with the ball



This is how an individual moves in free space with the ball. When a player is running well with the ball, he/she is in control of it at all times: this requires good balance and excellent stability. Running with the ball while keeping the head up allows a continuous flow of information to be received and allows movement to be adapted to play.

a. Without obstacles / b. With obstacles = dribbling

Dribbling

This is how an individual moves with the ball when faced by opponents/obstacles. Dribbling allows the player in possession of the ball to eliminate one or more opponents by:

- making a manoeuvre and taking individual risks;
- setting up a team move;
- gaining time to allow support from team-mates;
- deceiving an opponent (the concept of the feint).

3. Passing the ball

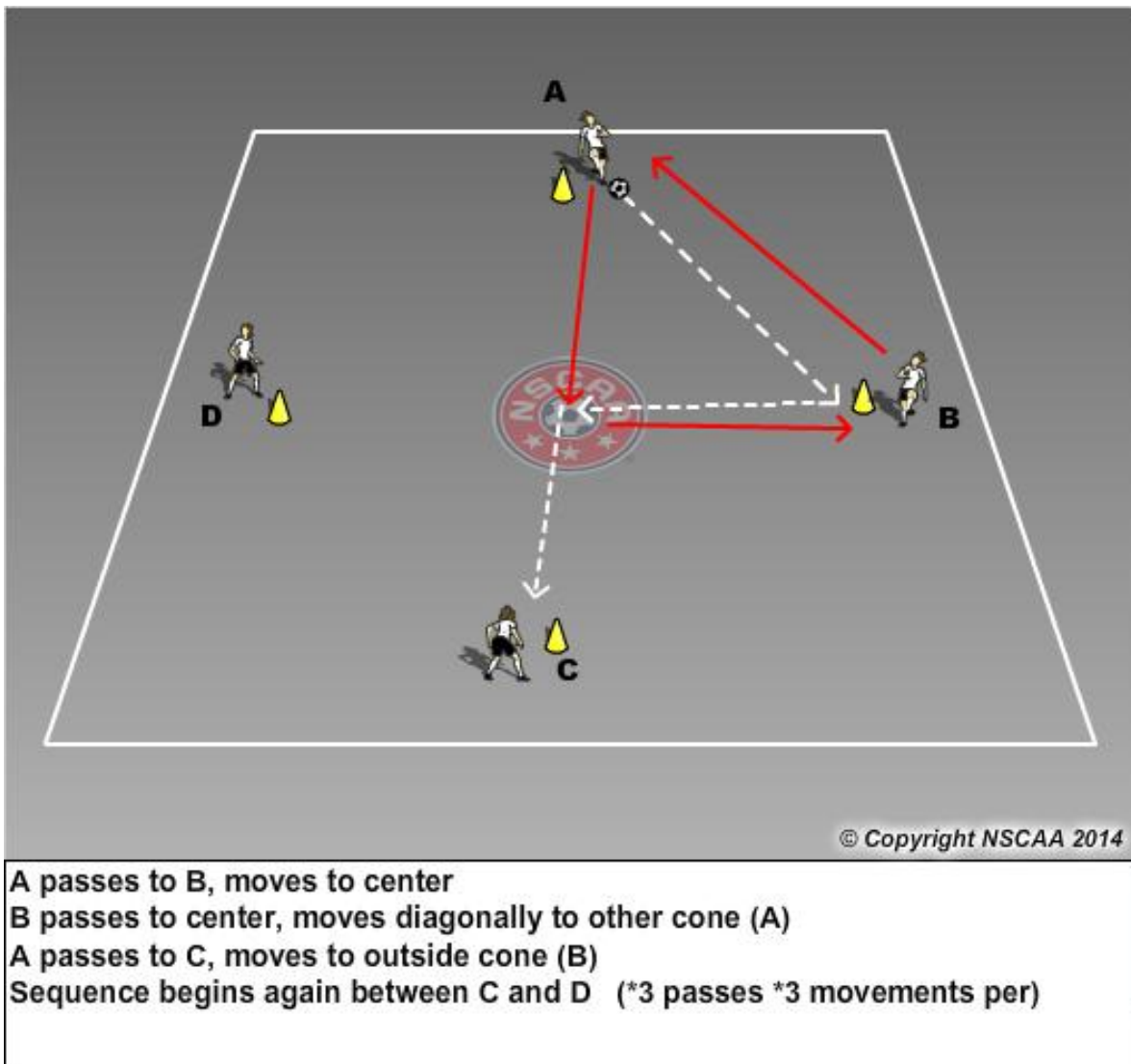


The technical elements of passing vary based on the kind of pass being made. The key elements of any pass (both short and long) include:

- See the target.
- Approach the ball.
- Plant and position of support, or non-kicking foot (the toe of the non-kicking foot should be pointed in the direction the player wants the ball to go).
- Look at the ball, holding the head steady.
- Contact the correct area of the ball with locked ankle.
- For instep and outside of foot pass, the toes are pointed down and contact is on the top of the foot.
- For inside of the foot pass, toes are pointed up.
- Follow-through: kick “through the ball,” following through toward the target.
- Transfer the weight forward.

Example of passing skills:

A, B, C, D Passing



*A passes to B, moves to center. B passes to center, moves diagonally to other cone (A). A passes to C, moves to outside cone (B). Sequence begins again between C and D (*3 passes *3 movements per)*

4. Shooting



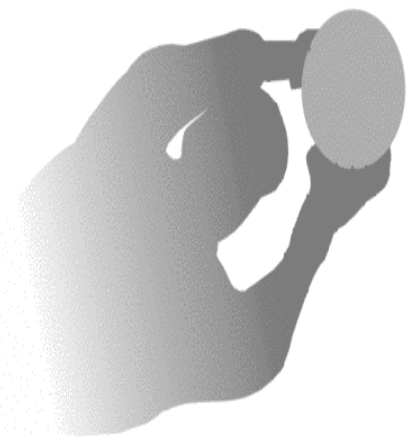
Shooting uses the same technical elements as passing, with the important difference being that the goal is to pass the ball beyond the goalkeeper.

- If possible, the player should look up to see the position of the goalkeeper, choosing a side to shoot the ball.
- Approach the ball.
- Plant the support foot beside or slightly ahead of the ball, which helps to keep the shot low.
- Keep the head steady and eyes on the ball.
- Make proper contact with the ball.
- Ankle of kicking foot is locked and the toe is pointed down if shooting with instep.
- Hips and knee of kicking foot are pointed in the direction of the shot.
- Follow through to keep the ball low (weight going forward, landing on the kicking foot).

Goalkeeping techniques

The goalkeeper

The goalkeeper's role is to prevent the ball from entering his/ her goal. The goalkeeper is the only player in the team who is allowed to handle the ball, but only in the area around the goal known as the penalty area. The goalkeeper's special training is a long-term process which starts in childhood and only ends when the goalkeeper finally retires.



General principles

- All players must help their team-mates.
- Everyone participates in attack.
- Everyone participates in defence.
- Defence starts as soon as the ball is lost.

The main individual tactics are simple principles that a player learns in order to make the best decisions during a particular passage of play.

Main individual tactics for attacking

- Play the ball immediately, don't let your team-mates lose their markers for nothing. Lose your marker immediately after passing the ball.
- Always try to be in an unmarked position.
- Pass and get into position to:
 - help a team-mate,
 - call for the ball,
 - support a team-mate.
- Avoid unnecessary confrontations. It is better to eliminate an opponent quickly than take the longer option of dribbling around them.

When faced by an opponent

- take the ball to the opposite side of your opponent;
- get away from your opponent by using quick bursts, feints and sudden changes of direction;
- take the ball to the left and then pass to the right and vice versa;
- do not carry the ball too far, progress should be made by short touches with the ball close to the body;
- use cross-pitch balls to a team-mate in a good position;
- avoid playing down the centre in your own half, if the ball is lost it could be dangerous;
- don't pass the ball into crowded areas, play it to a teammate who is in free space;
- play the ball between two opponents to a team-mate who calls for it;
- always support a team-mate who has the ball;
- run to meet the ball, don't wait for it to come to you;
- don't let the ball go past without controlling it, otherwise an opponent may get there first;
- be encouraged to dribble against an opponent (depending on the situation);

- play in a sensible, simple, useful manner. This is the most difficult thing to achieve. This is how a good player can be recognised

Main individual tactics for defending

- Always keep yourself between your opponent and your own goal.
- Always watch your opponent and the ball.
- Try to counter the opponents' attacking build-up as soon as possible by marking.
- Don't give your opponent space, slow your opponent down when he/she runs with the ball (shutting down).
- Slow an attack down (shutting down).
- Try to get to the ball before your opponent, or otherwise hinder him/her when he/she receives the ball.
- Contest all balls.
- Mark your opponent on the side of the ball, in other words the side where he/she will make the pass.
- When a high ball comes in, jump a moment earlier than your opponent.
- Do not dribble in your own penalty area.
- Avoid cross-pitch passes from the outside to the inside.
- Play on the outside along the touchline.
- Don't hit the ball randomly, build an attack from the back.
- If you lose the ball, strive to recover it.
- Avoid ineffective tackles, don't throw yourself at an opponent who has the ball. Wait until your opponent changes the weight on his/her feet before challenging him/her.
- Never turn your back on an attacker.
- Push your opponents towards the touchline.
- Carefully follow play, even if the ball is far away.
- The goalkeeper must command his/her area.

BASKETBALL TECHNIQUES

Each team in the game tries to outscore the opponent team. Score is gained by throwing a ball through the basket attached to the board from the above while preventing the other team to do so. When a ball is thrown through the basket, it is called a shot. Two points are gained when a shot is successful. If the shot is taken from beyond three point arc which is located 6.25 meters from the basket. This distance is different in NBA. It is one point score when the successful shot is taken from the foul line.

The game is divided into four quarters of 10 minutes (12 minutes in NBA). It may be divided into two halves of 20 minutes. These rules may be different at school or college level. When the game is stopped, the clocks are also stopped. Both the teams exchange the baskets per quarter. The game may take longer time but the actual time is predetermined as the clocks are stopped when the game is not in progress. It may be that a game may end in more than one hour. Generally, a basketball game takes two hours to finish. There is a provision for unlimited substitutes but substitute can take place at the time when game is stopped. The teams are controlled by a coach who looks over the strategies of the team.

Basketball is played by both men and women. Players have to wear sneakers with high top so as to give extra support to ankle. On each player's uniform the name of the team is printed.

A number of time outs, requests for clock stop and short meetings are allowed during the course of the game. These are not longer than a minute. This rule may vary with the NBA. The basketball is a highly televised game. So, breaks are needed in the game due to commercial breaks. A few officials control the game including a referee or crew chief in NBA, one or two umpires, and a few table officials who keeps track of the record of the scores gained by each team.

Common techniques and practices

Positions

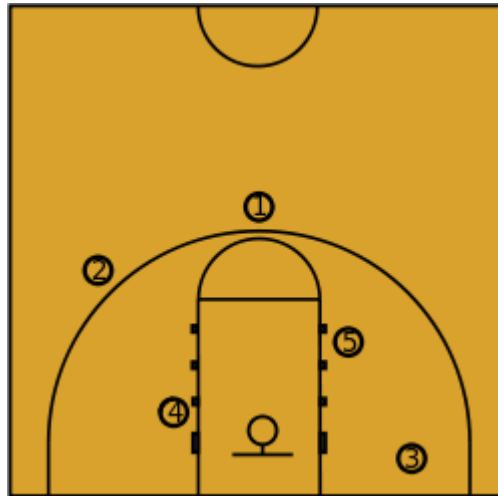


Fig.1-7. Basketball positions in the offensive zone

Although the rules do not specify any positions whatsoever, they have evolved as part of basketball. During the early years of basketball's evolution, two guards, two forwards, and one center were used. In more recent times specific positions evolved, but the current trend, advocated by many top coaches is towards positionless basketball, where big guys are free to shoot from outside and dribble if their skill allows it. Popular descriptions of positions include:

Point guard (often called the "1"): usually the fastest player on the team, organizes the team's offense by controlling the ball and making sure that it gets to the right player at the right time.

Shooting guard (the "2"): creates a high volume of shots on offense, mainly long-ranged; and guards the opponent's best perimeter player on defense.

Small forward (the "3"): often primarily responsible for scoring points via cuts to the basket and dribble penetration; on defense seeks rebounds and steals, but sometimes plays more actively.

Power forward (the "4"): plays offensively often with their back to the basket; on defense, plays under the basket (in a zone defense) or against the opposing power forward (in man-to-man defense).

Center (the "5"): uses height and size to score (on offense), to protect the basket closely (on defense), or to rebound.

The above descriptions are flexible. For most teams today, the shooting guard and small forward have very similar responsibilities and are often called **the wings**, as do the power forward and center, who are

often called **post players**. While most teams describe two players as guards, two as forwards, and one as a center, on some occasions teams choose to call them by different designations.

Strategy

There are two main defensive strategies: zone defense and man-to-man defense. In a zone defense, each player is assigned to guard a specific area of the court. Zone defenses often allow the defense to double team the ball, a manoeuver known as a **trap**. In a man-to-man defense, each defensive player guards a specific opponent.

Offensive plays are more varied, normally involving planned passes and movement by players without the ball. A quick movement by an offensive player without the ball to gain an advantageous position is known as a cut. A legal attempt by an offensive player to stop an opponent from guarding a teammate, by standing in the defender's way such that the teammate cuts next to him, is a screen or pick. The two plays are combined in the pick and roll, in which a player sets a pick and then "rolls" away from the pick towards the basket. Screens and cuts are very important in offensive plays; these allow the quick passes and teamwork, which can lead to a successful basket. Teams almost always have several offensive plays planned to ensure their movement is not predictable. On court, the point guard is usually responsible for indicating which play will occur.

Shooting

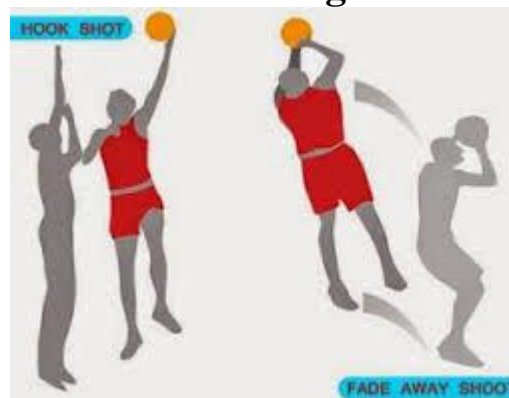


Fig.1-8. Shooting

Shooting is the act of attempting to score points by throwing the ball through the basket, methods varying with players and situations.

Typically, a player faces the basket with both feet facing the basket. A player will rest the ball on the fingertips of the dominant hand (the shooting arm) slightly above the head, with the other hand

supporting the side of the ball. The ball is usually shot by jumping (though not always) and extending the shooting arm. The shooting arm, fully extended with the wrist fully bent, is held stationary for a moment following the release of the ball, known as a follow-through. Players often try to put a steady backspin on the ball to absorb its impact with the rim. The ideal trajectory of the shot is somewhat controversial, but generally a proper arc is recommended. Players may shoot directly into the basket or may use the backboard to redirect the ball into the basket.



Fig.1-9. Basketball falling through hoop

The two most common shots that use the above described setup are the set-shot and the jump-shot. The set-shot is taken from a standing position, with neither foot leaving the floor, typically used for free throws, and in other circumstances while the jump-shot is taken in mid-air, the ball released near the top of the jump. This provides much greater power and range, and it also allows the player to elevate over the defender. Failure to release the ball before the feet return to the floor is considered a traveling violation.

Another common shot is called the lay-up. This shot requires the player to be in motion toward the basket, and to "lay" the ball "up" and into the basket, typically off the backboard (the backboard-free, underhand version is called a finger roll). The most crowd-pleasing and typically highest-percentage accuracy shot is the slam dunk, in which the player jumps very high and throws the ball downward, through the basket while touching it.

Another shot that is becoming common is the "circus shot". The circus shot is a low-percentage shot that is flipped, heaved, scooped, or flung toward the hoop while the shooter is off-balance, airborne, falling down, and/or facing away from the basket. A back-shot is a shot taken when the player is facing away from the basket, and may be shot with the dominant hand, or both; but there is a very low chance that the shot will be successful.

A shot that misses both the rim and the backboard completely is referred to as an air-ball. A particularly bad shot, or one that only hits the backboard, is jocularly called a brick. The 'hang time is the length of

time a player stays in the air after jumping, either to make a slam dunk, lay-up or jump shot.

Rebounding

The objective of rebounding is to successfully gain possession of the basketball after a missed field goal or free throw, as it rebounds from the hoop or backboard. This plays a major role in the game, as most possessions end when a team misses a shot. There are two categories of rebounds: offensive rebounds, in which the ball is recovered by the offensive side and does not change possession, and defensive rebounds, in which the defending team gains possession of the loose ball. The majority of rebounds are defensive, as the team on defense tends to be in better position to recover missed shots.

Passing

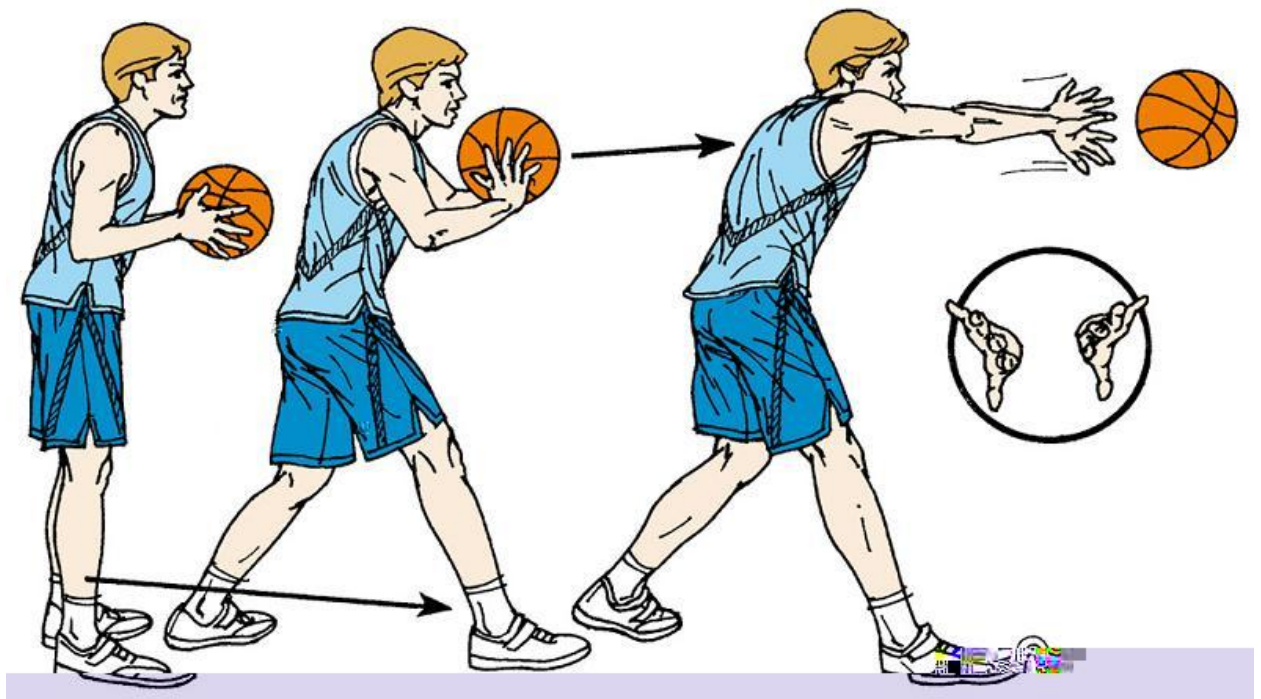


Fig.1-10. Passing

A pass is a method of moving the ball between players. Most passes are accompanied by a step forward to increase power and are followed through with the hands to ensure accuracy.

A staple pass is the chest pass. The ball is passed directly from the passer's chest to the receiver's chest. A proper chest pass involves an outward snap of the thumbs to add velocity and leaves the defence little time to react.

Another type of pass is the bounce pass. Here, the passer bounces the ball crisply about two-thirds of the way from his own chest to the receiver. The ball strikes the court and bounces up toward the receiver. The bounce pass takes longer to complete than the chest pass, but it is also harder for the opposing team to intercept (kicking the ball deliberately is a violation). Thus, players often use the bounce pass in crowded moments, or to pass around a defender.

The overhead pass is used to pass the ball over a defender. The ball is released while over the passer's head.

The outlet pass occurs after a team gets a defensive rebound. The next pass after the rebound is the outlet pass.

The crucial aspect of any good pass is it being difficult to intercept. Good passers can pass the ball with great accuracy and they know exactly where each of their other teammates prefers to receive the ball. A special way of doing this is passing the ball without looking at the receiving teammate. This is called a no-look pass.

Another advanced style of passing is the behind-the-back pass, which, as the description implies, involves throwing the ball behind the passer's back to a teammate. Although some players can perform such a pass effectively, many coaches discourage no-look or behind-the-back passes, believing them to be difficult to control and more likely to result in turnovers or violations.

Dribbling

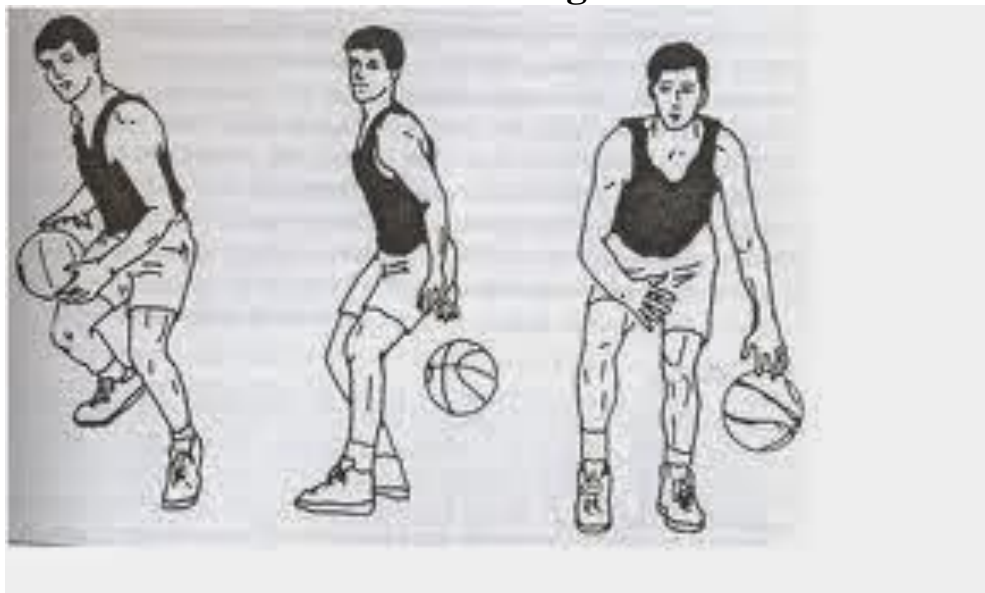


Fig.1-11. Dribbling

Dribbling is the act of bouncing the ball continuously with one hand, and is a requirement for a player to take steps with the ball. To

dribble, a player pushes the ball down towards the ground with the fingertips rather than patting it; this ensures greater control.

When dribbling past an opponent, the dribbler should dribble with the hand farthest from the opponent, making it more difficult for the defensive player to get to the ball. It is therefore important for a player to be able to dribble competently with both hands.

Good dribblers (or "ball handlers") tend to bounce the ball low to the ground, reducing the distance of travel of the ball from the floor to the hand, making it more difficult for the defender to "steal" the ball. Good ball handlers frequently dribble behind their backs, between their legs, and switch directions suddenly, making a less predictable dribbling pattern that is more difficult to defend against. This is called a crossover, which is the most effective way to move past defenders while dribbling.

A skilled player can dribble without watching the ball, using the dribbling motion or peripheral vision to keep track of the ball's location. By not having to focus on the ball, a player can look for teammates or scoring opportunities, as well as avoid the danger of having someone steal the ball away from him/her.

Blocking

A block is performed when, after a shot is attempted, a defender succeeds in altering the shot by touching the ball. In almost all variants of play, it is illegal to touch the ball after it is in the downward path of its arc; this is known as goaltending. It is also illegal under NBA and Men's NCAA basketball to block a shot after it has touched the backboard, or when any part of the ball is directly above the rim. Under international rules it is illegal to block a shot that is in the downward path of its arc or one that has touched the backboard until the ball has hit the rim. After the ball hits the rim, it is again legal to touch it even though it is no longer considered as a block performed.

To block a shot, a player has to be able to reach a point higher than where the shot is released. Thus, height can be an advantage in blocking. Players who are taller and playing the power forward or center positions generally record more blocks than players who are shorter and playing the guard positions. However, with good timing and a sufficiently high vertical leap, even shorter players can be effective shot blockers.

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