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Category: Ball Handling Drills

Subcategory: Ball Handling Drills

Tip: Around the World

Around the World: Circling the basketball first around your head, then your waist, Finally, put your legs together and take the ball around both legs at the knees. Then spread your legs, bend at the waist, and take the ball around one leg. Then the other. This will give you a feel for the basketball and help you become more comfortable in your ball handling. A good hand speed and coordination drill, also great conditioner for your arms

Tip: Handsmacking

Handsmacking is a drill that is used for the game of basketball. Strengthening your hands is important for all areas of the game. Handsmacking is a drill that allows you to strengthen your hands and fingers. You bounce the ball and then rock it in your hands back and forth. It is appropriate to do this exercise for approximately three minutes each day. You will notice a significant difference with your hands, which are important for this game. Handsmacking is used by coaches and taught in clinics. The drill called hands macking will make every part of your game better. If you smack the ball between your hands and allow your fingers to hold the ball stronger, you will notice an improvement in your playing. Drills are important for players and making sure your hands are strong will also help your ball handling skills.

Tip: Power-Dribbling While Blindfolded

Wrap a cloth around your head as a blindfold, or you could simply close your eyes...no peeking. Power dribble a ball for at least 60 seconds. This drill helps you enhance your tactile sense of the ball. You can enhance the drill by performing it in the center of a deserted basketball court, walking around while dribbling. To make the drill even more challenging, try power dribbling two balls, one in each hand, while being blindfolded and slowly walking around a deserted basketball court.

Tip: Power-Dribbling-3 chair Dribbling

Set up 3 chairs or cones in a line, spacing each chair/cone 10 feet apart. Power dribble around the chairs/cones in different shapes, such as figure-eights, circles, or any shape. Use your imagination.

Category: Basketball Blog

Subcategory: Basketball Blog

Tip: Worst Calls in NBA History

Being a Piston fan, I've certainly see my fair share of "questionable" calls over the years, and while any given night in the NBA can bring plenty of qualified candidates, the ones making this list are the devastating, unforgivable, championship-costing calls. Now don't get me wrong, I love this great game of ours, I love the NBA, but there have been things that have occurred over the years that have tested that love. Here they are: #4) Game 6 of the Lakers/Kings 2002 Conference Finals: One of the great series of recent memory, it included the great Robert Horry tip-out buzzer beater in game 4 and an overtime game 7, but all of the great things about the series will be forever tainted by that game 6 travesty. The officiating in game 6 was so horrible, that former presidential candidate and consumer crusader, Ralph Nader, called for a formal investigation afterwards. The Lakers would go onto attempt 40 free throws to the Kings' 25, the fourth quarter having the biggest discrepancy of all, with the Lakers attempting 27 to the Kings 9. Both Kings centers, Vlade Divac and Scott Pollard would foul out in the fourth, along with a very suspect call involving Mike Bibby, who was called for a foul on his way to a game-tying shot after being both shoved and elbowed by Kobe Bryant. The Lakers would go on to win game 6 and an overtime game 7 before easily defeating the overmatched Nets in the championship. Convicted felon and former NBA official, Tim Donaghy, would later indicate that he and two other officials were instructed to push the series to a game 7 by calling more fouls on one team than the other. The NBA denies any such allegations, but regardless, the game 6 officiating will go down as some of the worst in NBA history. #3) Suns/Spurs 2007 Conference Finals: This would include a Game 3 officiating debacle by convicted felon, and game fixing official, Tim Donaghy. A game that Amare Stoudamire would only play 21 minutes because of foul trouble, a game where several calls would be questioned by usually vanilla ABC announcer Mike Breen. One in particular involved Nash going to the rim, getting racked across the arm by Robert Horry for a Nash turnover. The play happened right in front of Eddie Rush, who made no call, leading to a Mike D'antoni technical shortly after. At the end of game 4 one of the more famous plays of the series occurred when Robert Horry hip-checked Steve Nash into the scorer's table with the game well in hand, leading to the suspensions of Amare Stoudamire and Boris Diaw, both of whom left the bench right after the violent foul on their star point guard. The thing that made the suspension that much more difficult to swallow was the fact that Tim Duncan and Bruce Bowen did the exact same thing in the first half of the same game, following Francisco Elson landing on James Jones after a dunk. NBA officials later stated that while "Duncan

an should not have been on the playing court”;, there was no need for a suspension because “the Elson-Jones incident was not deemed an altercation” -- Stu Jackson. Either way, many feel the Suns were treated unfairly, costing them the series, and an opportunity to play the historically mediocre Cavs team that made the finals out of the East that year. #2) Game 6 Lakers/Pistons 1988 Finals: This is the single call of my childhood that to this day is difficult to talk about. Just the year earlier, Larry Bird had ripped my young heart out after stealing the Isiah inbounds pass that most likely cost us a chance at an “87 Finals appearance. Then came the equally devastating Bill Laimbeer call at the end of game 6 that most certainly cost the Pistons the “88 championship, and the subsequent three-peat that would’ve followed. Down one, with 14 seconds left, the Lakers would go down to their all-time great Center, Kareem Abdul-Jabbar, who would turn baseline and take his famous “sky” hook to try and take the lead, only this time, the shot rimmed off. Celebration time, right? But wait…the officials would call a foul on Bill Laimbeer, who after replay appeared to have his hands straight up as Kareem attempted the game winning shot. Anybody who has seen a Kareem sky hook, knows how difficult and devastating of a shot it was to defend, so difficult that fouling alone would be a task in itself, but in the waning seconds of a Finals game, you would need some serious contact to make this call…right? Wrong. To the utter disgust of Piston fans everywhere, Kareem and the Lakers would essentially be “bailed” out by one of the most egregious calls in NBA history, sending Kareem to the line, where he would hit two clutch free throws for the lead. Isiah Thomas, the great Detroit point guard, having seriously injured his ankle in the third quarter was unable to receive a pass the following play, leading young Joe Dumars to drive and miss a double-clutch 5 footer, giving Detroit the loss. After another close loss in game 7, Detroit fans would be left to wonder what could've been for yet another year. As a young kid, this was hard to swallow, as a man years later, it’s even harder to swallow. #1) Game 5 Heat/Mavericks 2006 finals: As a Piston fan, I had already developed a pretty healthy disgust for Dwayne Wade that year, especially the way he was so favorably treated by the officials during the Pistons/Heat conference finals, but even with the Jordan-esque whistles he saw, the Pistons just didn’t bring it that year, and didn’t deserve to play in the Finals. With that being said, what would happen during the Heat/Mavs series to follow would make me forever question the NBA and it’s motives. The Mavs would take a 2-0 lead in the series before Wade and the Heat would storm back to win it in 6. Many blame Dirk for choking the series away, and while I agree they missed various opportunities to win the series, the officiating is what ultimately led to their demise. During the series, Wade would shoot a record shattering 97 free-throws. That’s over 16 free throw attempts per game! In game 5 alone, Wade would shoot as many free-throws as the entire Mavs team, going 21-25, with the most egregious call coming in the final seconds of overtime in Game 5, a game where Dirk would hit one of the most clutch shots of his career, putting the Mavs up 1 with 9 seconds left after a fade away 18 footer that could best be described as “Bird-esque”. A shot that will forever be forgotten because of a Wade bail-out on the following play.

y.

The Play: First off, many would argue that he committed a back-court violation as the play started (I am one of those people). Days later the NBA would state that it wasn't a backcourt violation because he never established "positive position" in the front court, stating that he "caught the ball in mid-air", thus no backcourt violation. Replays clearly indicate that he had AT LEAST one foot in the front court when he caught it, possibly two depending on how good of a video you can get your hands on. After this apparent violation, Wade would then go on to take the ball 1-on-4, pushing Jason Terry to the ground in the process (clearly an offensive foul), before driving the ball to the rim in an out-of-control, hero-attempt, before throwing the ball at the rim and getting "bailed" out by Bennet Salvatore. While no ABC replay showed any contact whatsoever, later close-up pictures would show Dirk with a "bent" elbow on Wade's back (a completely legal handcheck), which is what Salvatore would later claim was a "blatant push" in the back. Following the game, Cuban would get fined \$250,000 for comments made against the officiating. Cuban would go on to spend millions of dollars investigating the '06 finals and immediately after receiving the results of the investigation, Cuban stated he was gonna sell the Mavs and quit the NBA. Cuban would never come forward with the results of this investigation and would never sell the Mavs, but IMO, this was one case where Stern and the NBA "manufactured" a champion. The fact was, the NBA was on a steady decline since the departure of Jordan, and many believe that Wade was chosen by the NBA to "carry the torch" so to speak. The following season Wade would injure his knee, putting on hold his anointed "savior" status, but regardless, the '06 Finals will go down as one of the biggest travesties in Sports history.

Category: Basketball Conditioning

Subcategory: Basketball Conditioning

Tip: The Four-Corner Drill

The goal of the four-corner drill is to perform it in the shortest amount of time possible. Start in one corner of the court and sprint to the opposite baseline. Now, slide as you would when you are on defense against another player to the corner. Back pedal to the starting baseline and finish by sliding across the starting baseline. Do not cross your feet when you slide. Be sure you are facing down court during the entire drill. Recover for 90 seconds between repetitions.

Subcategory: Conditioning

Tip: Condition with a ball

I prefer to do most of the conditioning with a ball, or by doing some activity that works on a basketball skill. We might do an intense full court dribble drill, offense vs. defense, a full court passing drill or some type of transition drill. One of my favorites is playing full court 3 on 3, no dribble. Watch how fatigued they get running, trying to get open, pivoting to protect the ball, and defending all of the above. Players focus on the activity and skill, rather than thinking that they are just “conditioning”.

Subcategory: Strength training

Tip: Medicine Balls For Basketball Training

To ensure personal safety and good technique while doing medicine ball exercises the following points should be remembered: Complete throws with full extension of the arms. On standing exercises, plant your feet before beginning to throw the ball. Always use the full joint range in the correct sequence in carrying out each exercise. Maintain technique - do not sacrifice control for distance. Inexperienced athletes should not take the ball too far back behind the head when carrying out overhead throws. When picking up a ball, ensure the knees are bent and the back is kept straight. When carrying out exercises lying on your back, ensure the lower back always remains in contact with the surface.

Tip: Plyometric Exercises - Super Effective When Done Properly

JumpUSA.com Tip: To improve your jumping, try plyometrics exercises. These exercises involve the athlete dropping (not jumping) to the ground from a raised platform or box, and then immediately jumping up. Jumping into plyometrics will be more effective the shorter the time the feet are in contact with the ground. The loading in this exercise is governed by the height of the drop which should be in the region of 30-80 cm. Drop jumping is a relatively high impact form of plyometric training and would normally be introduced after the athlete had become accustomed to lower impact alternatives, such as two-footed jumping on the spot.

Category: Basketball Offense

Subcategory: Basketball Offense

Tip: Easy basketball plays

Every basketball player and team must practice to improve their skills. When you begin playing with a team the coach teaches easy basketball plays and basketball shooting techniques. These are the fundamentals of the game and the better you are at these,

the better you will be both on the court and improving your personal skills and abilities. If you want to improve your basketball shooting skills, you will definitely want to work on each basketball shooting drill that your coach has you practice. One practice technique you may want to try is: Place your body a few feet from the basket, stand with feet shoulder width apart and as if you are prepared to jump, one foot slight forward of the other and knees slightly bent, most of your weight should be on the balls of your feet, square your shoulders with the basket and keep your head upright. Place the basketball in your power hand up with arm bent at a ninety degree angle and your other hand as support in front of your face and proceed to shoot and release the ball using the technique of flicking your wrist and pushing your arm up to force the ball out of your hand to the basket. You must practice this move and perfect it before you are able to learn basketball layups. Basketball layups also take a lot of time to learn and perfect which includes dribbling, moving your feet and shooting in a precise, consistent and accurate manner.

Subcategory: Offense without the ball

Tip: Keep Moving

We often say that the biggest mistake you can make, is to stand still. Always move with a purpose. When you don't have the ball, you should move to the ball, fake cuts, move away from the ball, set a screen, get rebounding position, or improve your floor spacing -- but never just stand. Think about the players that you don't like to guard. They probably are the ones that are constantly moving, requiring you to stay alert or else he will sneak free for an easy shot. Rip Hamilton is a great example of this. Nobody in the league wants to guard him because he is constantly moving, constantly making the defense work. Be THAT person, be Rip Hamilton and KEEP MOVING!

Category: Basketball Shooting

Subcategory: Fundamentals

Tip: Balance in Shooting

Your body must be balanced and relaxed when shooting the basketball. Here are some guidelines to good balance. First, your feet should be about shoulder width apart in order to give you a strong base. Secondly, your strong foot (the foot on the same side of your body as your shooting hand) should be about a half step ahead of the other. Finally, your head should be centered. This will keep you balanced throughout the shot and allow you to shoot without having to make adjustments. All people are built differently, so if any of these are a little off, yet you are still comfortable - that is what is important.

Tip: Hand Position on the Ball

One of the problems with young players being told to shoot with their fingertips is that they hold the ball on their fingertips. In order to control the ball, it has to rest on the pads of the shooting hand. Then, when shooting, the ball should come off the fingertips as it leaves the shooter's hand.

Tip: Use Your Biggest Muscles

Your legs are the biggest muscles in your body. They are the engine that power the entire shot. As you jump, you want to ride the power of your liftoff from the floor through your entire shooting motion, releasing the ball at the peak of your jump. This will give distance and stability to your shot. The more you rely on your legs to power the shot, the easier it will be for the rest of your shooting to be effortless and repeatable.

Category: Basketball Terms

Subcategory: Court

Tip: Posterized

A slang term meaning "to get dunked on". Usually the dunk is made in such a manner that if a snapshot of the dunk could be blown up and put on a kid's wall, it would make a great poster. Ex: "You just got *posterized* by that guy".

Category: Becoming a Great Big Man

Subcategory: Basketball Post Play

Tip: Talk on Defense

Great post players talk on defense and move their feet to support the defensive perimeter. They call out screens well before they are set and adjustments when the angle or location of a screen changes. They also keep light on their feet and active to show and release, or trap on tough perimeter pick and roll screens. They rarely come late to support the pick and roll screen hanging their perimeter defenders out to dry.

Category: Becoming a Great Point Guard

Subcategory: Mental Approach To Game Of Basketball

Tip: Know Your Scorers

Great point guards not only know who can score, but also where they are most effective on the court. Your job is to put your teammates in positions where they can be successful.

Category: Becoming a Great Shooting Guard

Subcategory: Becoming a Great Shooting Guard

Tip: Be Comfortable from Triple Threat

I can't emphasize this enough. You **MUST** master the Triple Threat position to be a great Shooting Guard, or a great guard period. See the Triple Threat section of the tip site and master it.

Tip: Make something from nothing

It is also imperative that the shooting guard be able to be a spot-up shooter—to be able to catch and shoot—as well as be able to create his own shot off the dribble. The shooting guard is often called upon to get the team a quality shot when their offense has broken down. In other words, when a play has not worked, or the opposing team's defense has thrown a team out of sync, the shooting guard must step up and be able to create something out of nothing.

Category: Coaching Basketball

Subcategory: Philosophy

Tip: Be demanding

Players will generally give you what you demand from them. Don't be afraid to push them beyond what they think they can give you. You (and they) will be surprised when you see that the results far outweigh what your team initially thought you were capable

of.

Tip: Discipline the Player, NOT the Person

A VERY successful division one college coach uses a tactic that is very interesting. In practice, he does NOT call players by name when he is scolding/questioning them. Rather, he uses their jersey #. For example, "Come on 20, you need to set up that screen. Otherwise it's just an exchange," Or "32, that was a bad decision. Couldn't you see that she wasn't open?" The idea is that when he corrects them, he doesn't use their name. Therefore, it is not directed toward the person, it is directed toward the player. Off the court, and in situations where he is praising something that is worthy, he uses their name. He wants them to associate themselves only with positive reinforcement. Thus, you discipline the player but praise the person.

Category: College Basketball Selection

Subcategory: The Process

Tip: Enjoy High School Basketball

But be sure to enjoy your high school experience, and sell-out for the team! Some student/athletes over-emphasize the recruiting process and end up under-achieving because of the excessive pressure they put on themselves to impress recruiters, an over-emphasis upon statistics, or saving themselves for college. Work hard, hustle, and play your game to help your team!

Category: Fast Break in Basketball

Subcategory: Principles

Tip: Secondary Break

If the fast break does not initially get your team a good shot, the players should flow into an organized "early offense", also known as a secondary break to try to get a good shot before the defense is set.

Category: Game Time

Subcategory: Game Time

Tip: Court Time

Playing time is a common point of contention between coaches, players, and parents. To create the most positive team culture possible, every effort should be made to play as many players as is reasonably possible. Good coaches can find spots to get kids in games. In order to allow a deeper substitution rotation, you can try to encourage players to play so hard that they will need to rest pretty quickly. At the developmental level, coaches should make a point to mix it up and have different players start and sit so that particular players don't get categorized early on as non-starters or subs. Players who are not competing should have duties and activities on the bench to keep them engaged and feeling like an important part of the team. Have a sitting player watch the teammate that plays his position or the opponent he might guard or have him keep track of things statistically. At the very youngest levels, since they all pay the same amount of money and train for the same amount of time, they all get the same court time! It's about development anyway. Players notice everything, so rotate the starting five from game to game. Give different players a chance in the jump ball (for some reason this is important to them!), carrying the basketballs, in-bounding, et cetera. Rotate the five that finish games. That being said, it is important to note that some players also earn playing time with exceptional effort and commitment. It is a great lesson for those players to be rewarded for that and to be encouraged to continue (a positive side effect of this is that others might strive to get "rewarded" too). Not all of the life lessons learned in sports are rainbows and butterflies, however, so players could also lose playing time as a result of a lack of effort and/or commitment (within organizational guidelines)

Category: Improve Your Basketball Game

Subcategory: 5 absolute musts !

Tip: Mikan Drill

This drill was named after the first great big man in the game--George Mikan and may be the most basic of all big men drills. Start under the basket with the ball. Shoot a short hook shot off the glass going to the right. Turn, retrieve the ball from the net, and shoot a short hook going to the left. This will improve your agility and coordination, and help you use either hand when around the basket.

Category: Introduction to Basketball Skills

Subcategory: Basketball Skills

Tip: Slam Dunk Skills

Every basketball player wants to slam dunk just like the pros. The issue is muscle and skill development and of course, a lot of practice. Don't be afraid to look at training aids and products if you want to improve your slam dunk skills. With Jumpsoles training platforms, for example, basketball players can build up muscles in the lower leg, which can help improve their slam dunk skills by helping to improve their jumping skills. These improved jumping skills can also help you with rebounding, tip off and lay ups, so think about training and products to improve your skills.

Category: Mental game

Subcategory: Mental Toughness

Tip: Proper Preparation

Pay attention to how you prepare for each game, especially when you play well. Competing in athletic contests can often be a matter of routine, and anything you can do to keep that routine similar from game to game, especially when you have played well, can help. Follow the same pre-game routines, think about the same type of things, relax but focus on the game at hand. Most importantly, learn to visualize what you are going to be doing in the game, always seeing yourself being successful.

Subcategory: Parent Involvement

Tip: Harrassing the Referees

Please don't harass the refs. Parents that loudly harass the referee are embarrassing to the player and the team. When a parent makes a spectacle of himself at a game, the player is embarrassed. If the ref is being reamed by a parent for a bad call (by definition, a bad call is any decision made against the parent's child), what does the player learn? He learns that the mistake wasn't his fault. It was the result of poor officiating. This is a bad habit to get into. Don't encourage your child to place the blame for their failures upon others. One of the benefits of playing sports is learning to accept responsibility instead of making excuses. Sometimes a call is hard to take for whatever reason. Such times are tests of emotional control. If a player can learn to bite his lip and move on, a parent can learn to sit quietly for a moment and let the emotion pass. Learning to cope with disappointment is a valuable life skill.

Subcategory: Playoff time!

Tip: Newspaper clippings

Have your mom or dad save newspaper clippings about your team..BUT DON'T YOU READ THEM UNTIL THE SEASONS OVER...you have to play...not the news people..don't get poisoned by what you read.

Category: Offensive and Defensive Strategies

Subcategory: Offensive and Defensive Strategies

Tip: Timing is Everything

When playing a team sport, the timing and synchronization of the team's execution is essential for maximum success. Whether it is a basketball offense or defense, a football running back hitting the correct hole, or a baseball double play, TIMING IS EVERYTHING. In the Summer Olympics, we see synchronized diving or swimming, and during the Winter Olympics, there is figure skating in pairs. These athletes are able to do precise moves in unison and under extreme duress during world-class competition. Some basketball teams struggle to pass to an open cutter at the correct time, or to get players to wait to use a screen until the screener is set, or to get proper defensive rotations when a player goes to help. The single most important aspect of this synchronicity is the proper breakdown and teaching progression in a practice situation. A team or individual cannot properly execute Step B until they are proficient in Step A. Break down the parts of the offense or defense and make sure that each player understands the precise timing of the events. Once the team is introduced to a concept such as a new offensive set, the breakdown of each individual part of the concept is necessary. Players need to understand when to pass a teammate the ball, what they should look for once they catch it, and in what order. Finally, they need to see the actions of their teammates while they have the ball and what those actions aim to accomplish. Once all players understand this "relative motion," the offense can be put back together and executed at full-speed against a defense. Constant repetition of these correct methods will eventually build the type of muscle memory and proper habits that are necessary for appropriate execution. Do not allow any "slippage" in practice without addressing the problem. Demand an honest attempt at the perfection of fundamentals by all players involved. Correct any errors and then do it again. Remember, it is not simply practice that makes perfect, but rather the pursuit of perfect practice that makes perfect!

Category: Passing

Subcategory: Offense

Tip: Bad Passes

One bad pass can beget another. Whenever a player receives a bad pass, he or she should make sure that they regain their balance before throwing another pass.

Tip: behind the back pass

One of the most deceptive passes is the behind the back pass. This should become a fundamental pass in every good basketball players game. Although the pass looks hard it is quite simple. First place the ball in your dominant hand and hold it there. Then put the ball behind your back. Then you flick your wrist in the direction the ball should travel. This pass is deceptive and is a great way to build up finger pad control and to build up wrist flexibility and strength. This should really become a fundamental pass and not a pass used for "showboating".

Tip: Making the Short Side Pass

To make the short side pass, have two players face each other. They should be three to five feet apart. Begin with your left foot as the pivot foot. Position your arms to the right side, keeping your elbows straight. Bend your legs slightly, keeping your back almost straight. This position can be more challenging from the opposite side, the left side for right handers or the right side for left handers. Pass the ball by flicking the wrist six times from the right side and six times from the left side.

Category: Practice Organization

Subcategory: Practice Organization

Tip: Sport-Specific Conditioning

When putting together a total conditioning program, try to make sure that the exercises are "sport-specific." This means that the drills, lifts, and movements should mimic those that are used in the game of basketball.

Category: Pressbreak

Subcategory: Principles

Tip: Advance the basketball up the floor

Too many teams spend time passing the ball back and forth horizontally, instead of vertically. You should advance the ball up the floor UNTIL you feel pressured (this may be different for every player!), then REVERSE the ball to a teammate, and CUT according to your teams designed pressbreak. Repeat until the press is broken.

Tip: Come to the ball

Make sure your receivers come to the ball! They should attack each reception with the same intensity that the defense does. This cannot be overemphasized. Have them come and meet the ball before they stop. Then catch with two hands, hop stop, and establish a pivot foot. This gives them much more latitude to attack the defense.

Category: Rebounding the Basketball

Subcategory: Fundamentals

Tip: Great Rebounders Think Every Shot is a Miss

Perhaps the most important key to being a good rebounder, offensive or defensive, is to assume that every shot will be missed. If you do this, you will always be willing to get in position, ready to be a rebounder.

Category: Scouting, Preparation & Program Development

Subcategory: Scouting, Preparation & Program Development

Tip: Evaluate Your Team

Should your team look to fast break or run a slower, patterned offense? Should you pressure man-to-man defense or a safer zone defense? Full-court or half-court? When evaluating your season, it's important to determine how you performed against the teams that you need to beat. If your goal is to win your league, conference, division, section, or state, then figure out how you did (and what you need to do) against the teams that contend at that level. Most everything that you do will work against the teams that you are SUPPOSED to beat; the hard part is coming up with a game plan to defeat the teams that you NEED to beat. Statistics can help you evaluate your team's ball-handling execution, shooting results (including from the three-point line and the free throw line), and rebounding performance. Examining your opponents' results will tell you about your defense. The type of turnovers will speak to your offensive performance. Dribbling violations will cue you to spend more time on that or try different players as your primary ball-handlers. It is important to put players in positions where they can succeed. Maybe the passing turnovers are a result of forcing too quick a tempo or not being able to get open in the half-court. Slow down or work on various methods to get open. Are your opponents getting too many second chance points on offensive rebounds? In this case, block out drills are prescribed. Fast break points? Transition

defensive drills are in order. You may be taking too many outside shots. Charles Barkley calls bad outside shots "fast break starters." Maybe you don't have good defensive balance built into your offense. Develop a transition defense plan. Are you quick and athletic enough to play pressure defense? We'd all like to play that way, but can you do that against the better teams? Maybe quickness and agility training in the off-season and an emphasis on defense at practice is all it will take. Or, maybe a zone defense designed to prevent penetration is in order. As for shooting statistics, are you getting to the free throw line? Many coaches feel that getting fouled is the best thing that can happen on a possession. Jump-shooting teams don't get fouled often. Should you dribble-drive or go inside more? Is the team's field goal percentage poor? Do you need more practice, better shot selection, or an offense that will get you better (or at least different) shots? Maybe all of the above! Finally, do you need to adjust the type of schedule that you play? Is it too tough to compete in, or do you need to "schedule up" and prepare for your tougher opponents? Maybe the teams you play early are primarily zone teams and you need to prepare for the man-to-man pressure from your league rival, or vice versa. Your pre-league and tournament games can usually be controlled. Schedule smart.

Category: Shooting Drills

Subcategory: Shooting Drills

Tip: Golden Arches

As many ballers know, a great arch is the sign of a sweet shot, so perfecting yours is a key to your game. To perfect a great arch to your shot, you want to think about pushing up as you shoot, instead of pushing out. One great way to practice this is to have someone stand in front of you holding a tennis racquet or broom up in front of you as you shoot. Because you will need enough arch to get over the racquet/broom, this will help you develop a great high arch to your shot.

Tip: Learning to Shoot With A Higher Arch

The key to learning how to shoot with a higher arch is to use your legs and not your arms to add height to the ball, as you flick your wrists. Flick the ball two to five feet high. The player can catch the ball with two hands as it comes down. After you practice this for two minutes, shoot the ball four to 10 feet straight up using the wrists and legs. Practice this drill for two minutes.

Category: The Basketball Court

Subcategory: Basketball Court Diagrams

Tip: Jump Ball!

The direction of the possession arrow indicates which team will take possession of the ball at the next jump ball or start of the next quarter. Since you alternate possession between the two teams at these occasions, the arrow keeps track of whose turn it is.

Tip: Not All Basketball Court Measurements Are The Same

Depending on what level of league or part of the world you play basketball in, the basketball court measurement that you play on may not be the same. For example, Olympic regulations dictate different basketball court measurements and dimensions than NBA regulations. On a smaller scale, youth basketball leagues often have their own specific basketball court measurement rules. All of these changes are simply aimed at maintaining balance throughout an individual's growth in the sport. A team of 10 year olds certainly could not run up and down a 94 foot floor like a team of men in their 20's or 30's. The basketball court measurements are not the only things that can differ. Everything from the size of the basketball to the height of the rim can vary depending on where you play. No matter what your league, however, the goal remains the same; put the ball in the hoop more than the other team.

Tip: Not All Basketball Court Measurements Are The Same

JumpUSA.com Tip: A standard basketball court is 94 feet long, although many high school and college courts are 84 feet. In both cases, the court is 50 feet wide. And, a few more measurements for your information include: a backboard is 6 feet wide and 3.5 feet tall. The rim is 18 inches in diameter, and the top of the rim should be exactly 10 feet off the ground. The distance from the free throw line to the backboard is 15 feet, and the key is 19 feet from the baseline to the free throw line and 12 feet in width, across the lane. The 3 point line varies - for the high school and college court the 3 point arc is 19.75 feet while on a NBA court the distance is 23.75 feet to the front edge of the rim.

Category: Triple Threat Position

Subcategory: Triple Threat Position

Tip: Overview

The Triple Threat Position, in my opinion, is the most important offensive concept to master, which is why I've dedicated an entire section to it. Again, the triple

threat is an offensive position that allows you three different options: 1)dribble, 2)pass, and 3)shoot. As you receive the ball, turn toward the basket, tuck the ball to your hip. Your back foot is your pivot foot, your front foot is free to move. It doesn't matter if you're a 5 foot point guard or a 7 foot center, the triple threat is a must-have offensive weapon that should be in every great players' arsenal. Master the triple threat and you will be an offensive force for years to come.

Category: Various Ankle Supports

Subcategory: Athletic Ankle Supports

Tip: Ankle Braces and Support

For injuries, practice, and play, the best ankle braces and support must hold the ankle firmly and protect it from injury. The Active Ankle Brace allows for great motion but will not allow lateral twisting. It's recommended especially for injured ankles. You should give your ankle time to heal, but if you can't miss that big game then you want to make sure you are looking for a brace that caters to injury and not just a warmth or support brace.

Category: Various Basketball Videos and Training Aids

Subcategory: Basketball Training Videos

Tip: Basketball Videos that will Help Your Game

JumpUSA.com Tip: More than anything else, games are won and lost at the free throw line. Any basketball player who is serious about their game needs to perfect their free throw shooting abilities. Many players have very different free throw shooting routines. In fact, the greatest free throw shooter of all time, Rick Barry, actually shot his free throws 'granny-style.' No matter what your free throw shooting routine is, there are fundamentals that every player should know. The best way to learn about these fundamentals is with the help of instructional basketball videos. Beyond technique, these videos can help you learn how to focus at the line as well as many other important factors aside from your shot. Check out one of these basketball videos and take what you learn with you on your next trip to the line.

Tip: Improve Your Shooting with Basketball Shooting DVDs

JumpUSA.com Tip: Looking for basketball DVDs to improve your game? NBA legend Magic Johnson has a terrific series with guests such as Kareem Abdul Jabbar and

Amare Stoudemire. Topics include shooting, ball handling, passing and conditioning drills. Steve Nash is a future hall of famer. He has his own basketball DVD covering basketball shooting, passing, ball handling and defending. It gives you a peek into the mind of the game's best all-around point guard. The Better Basketball DVDs series with NBA stars such as Chauncey Billups and Jason Kidd is an impressive seven volume set that covers everything from one-on-one defense to better shooting to better post play. Dr. Tom Amberry has a basketball DVD that will teach you the art of auto hypnosis to improve your free throw shooting. Auto hypnosis worked for Dr. Tom. He sank a world record 2,750 free throws without a miss. Jay Hernandez has another one of the more popular basketball DVDs. It contains all the moves you could ever think of that create space between you and your defender for a more open shot.

Category: Various Court Shoes

Subcategory: Strength Shoes

Tip: Basketball Shoes

Basketball shoes should be comfortable, flexible, solid, and provide good ankle support. The old, high-top shoes are making a comeback with many players, while many others prefer the high-quality basketball shoes of today that combine high-tech features with a more classic, low-top style.

Tip: Nike Basketball Shoes

Nike offers a wide variety of basketball shoes, from street shoes to the highest quality court shoes. Many Nike styles are high-top with a wrap-around ankle strap for additional support and comfort. They offer low styles, too, so you're sure to find the right shoe for you in the Nike basketball shoe line.

Category: Vertical Jump

Subcategory: Train to Jump Higher

Tip: Jump! Jump!

There are many complicated programs and new-fangled gadgets to help increase vertical jump, but sometimes the classics are the best. One easy way to work on your ups is to practice jumping back and forth over a two-foot bench. You may have to start slowly, but eventually you'll be able to hop back and forth without stopping, which will



help increase both your vertical jump and quickness. Add this to a regimen of strength training and rope jumping and you will be on your way - UP!