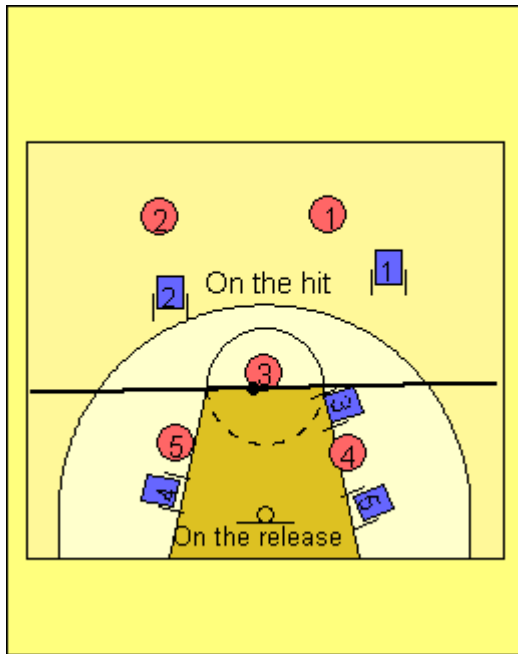


Special Situations

Free throws

Many games can be one or lost on the foul line. FIBA rules present some interesting scenario's that coaches should be aware of when preparing their team to play.

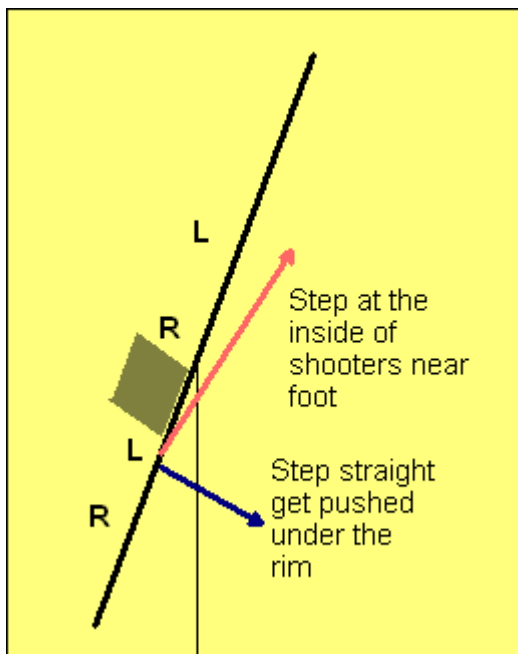


1

By Rule

The defense is allowed 3 players in the lane spaces. The offense is allowed two. These five players can move on the release of the ball. The foul shooter and the players outside the three point line cannot break the foul line (shooter) or the three point line/foul line extended until the ball hits the rim.

Since the shooter is the only player who can cancel the made basket, many teams are willing to take the risk to move early. If the officials do not make the call they may pick up an extra possession.



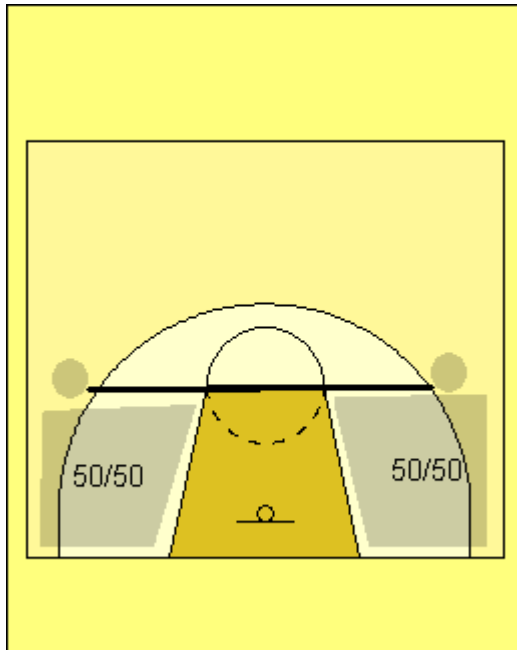
2

The trapezoid key

The shape of the key gives a tremendous advantage to the player in the second lane space. He/she is closer to the mid-line of the floor. For this reason the bottom player must step up the lane to prevent the second player from gaining an even greater advantage. Step at the nearest foot of the foul shooter. The player must get low to gain leverage.

If the bottom player steps straight the second player will drive the bottom player under the rim.

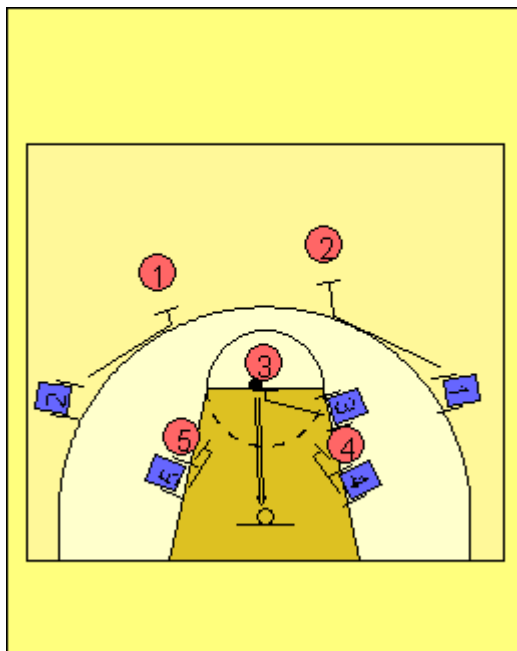
Key perimeter spots



The space just above the three point line foul line extended are very important spots in case of missed free throws. The team that controls these two spots controls the fight for the 50/50 balls. By rule no one can go below these spots until the ball hits the rim. The player who starts here will always have an inside advantage (because he/she is closer).

The 50/50 rebounds are the ones that go over the heads of the lane rebounders. These are much more prevalent in women's basketball and age group basketball. This is because there are more tipped rebounds. It is not as easy to go up and secure a one handed rebound in traffic.

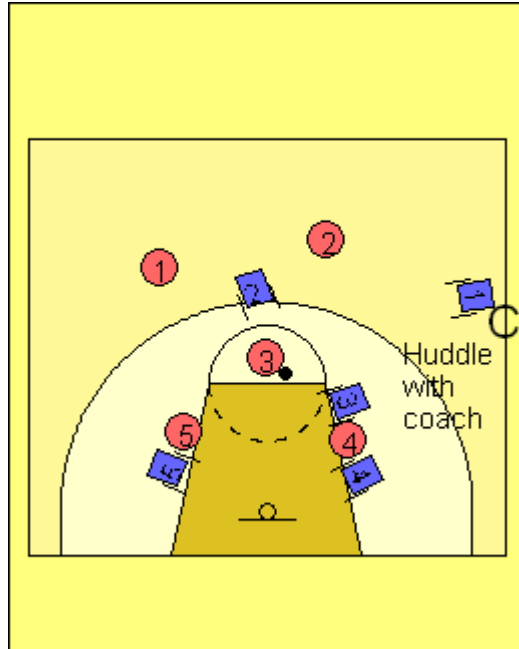
Start in these spots



By starting in these spots you can then move to box out offensive rebounders in any position.

#1 and #2 move to find their players as the ball is being shot.

Huddling

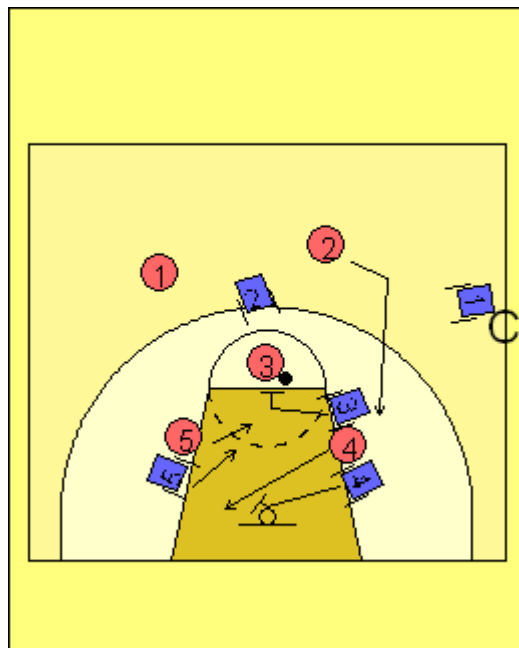


Since only three players are in the lane coaches should think about which players he/she wants in for rebounding purposes and who he/she wants free to communicate with during the foul shot. FIBA officials are trained not to wait for players to come into the lane late on the second shot. It is rare that you can huddle your whole team on the sideline with the coach.

It is my contention that I did not want my point guard in the lane for the following reasons:

- I wanted to huddle with the guard to discuss options
- Was usually not one of my better rebounders and often had to box out a tall player.
- Harder to seek out an outlet when responsible to box out the shooter

Stunts



Stunts are actions by the rebounders to create gaps/seams which allow other players to slip into for an advantage.

Late in a game is not the time to be drawing these up for the first time. You need to practice these regularly. If you do not believe in them you still need to prepare your team to defend against them.

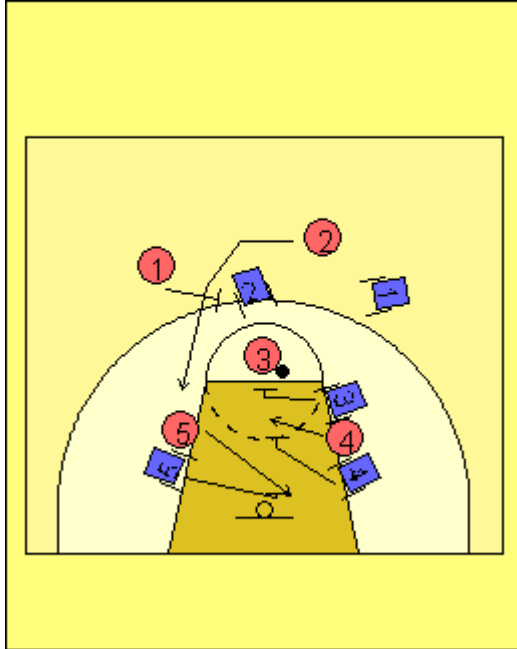
Louie (left)

In this example #4 rips hard under the arms of the player boxing out and drags the player under the rim. #5 moves to the centre of the dotted circle. #2 fakes like he/she is not involved and comes on a full sprint to fill the vacated spot.

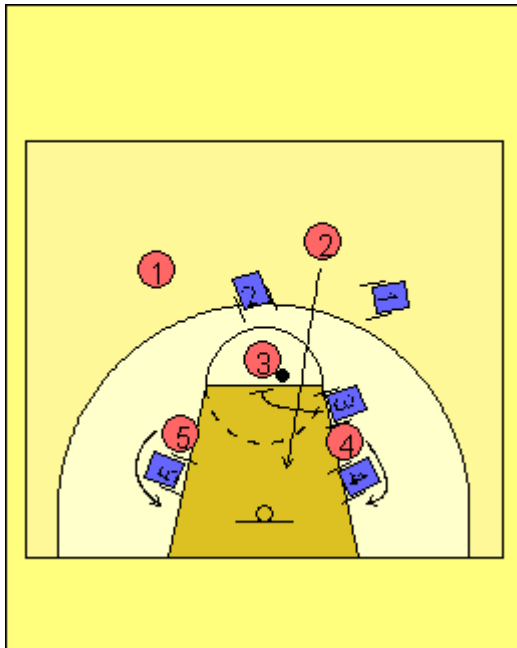
Roger (right)

In this example the action is reversed. The player on the right drags her defender to the rim. The player on the left goes middle. I have added a wrinkle where #1 picks defender #2 to allow #2 to go to the rim. You must practice the timing of this play.

These can be run when the player is intentionally missing the shot or if a coach knows a player has the tendency to miss to a certain side call the play for that side.

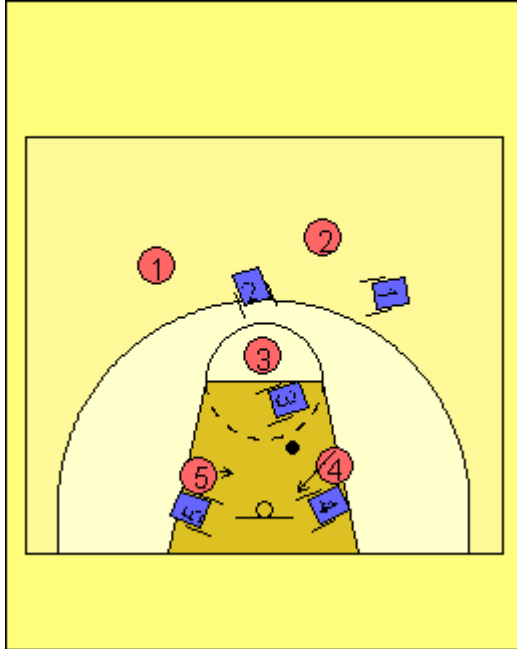
**Mike (middle)**

In this stunt the two bottom players swim around their defenders to the baseline. This has a tendency to flatten out the rebounders. #2 comes down the middle for the rebound.



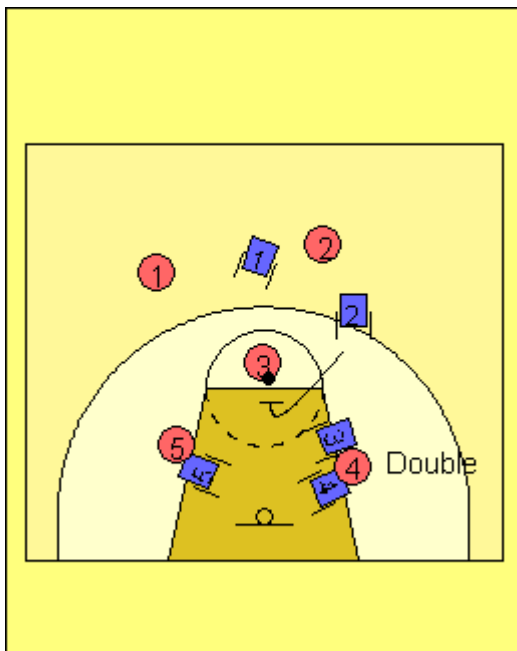
Bulldozers

Many teams with superior size and strength will just drive the two bottom players under the basket with their hips.

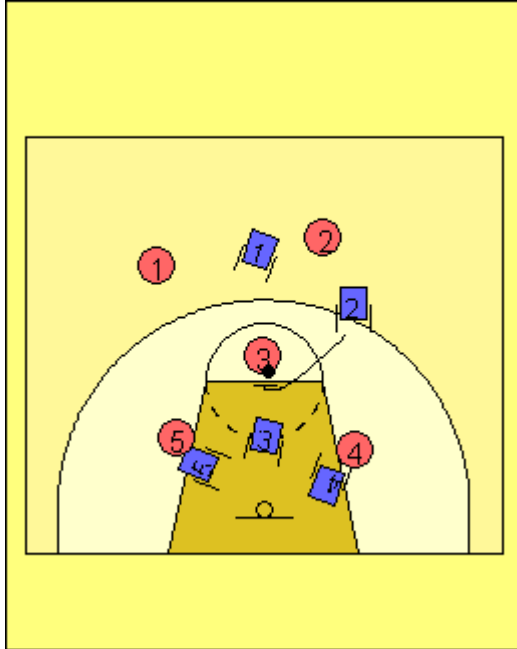
**Sandwich a great rebounder**

Many teams faced with a great rebounder double him/her with the two rebounders. This means an outside player must come in to box the shooter. This is very common in the NBA.

The disadvantage is that you are giving up the chance for a 50/50 ball to one side since you cannot box out both perimeter players.



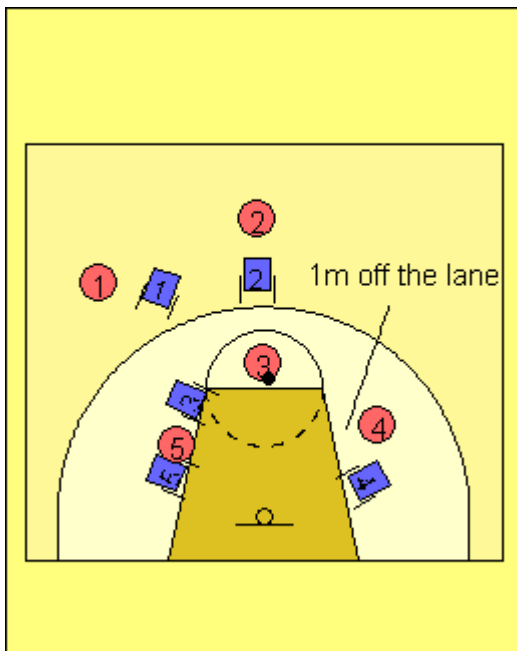
Face guard/ #3 rebounds



Many European teams would face guard the bottom player. The idea was not to let him /her have the rebound. They placed a "great leaper" in the #3 spot. This player went to the rim to clean up all misses. The two bottom players did not worry about rebounding, they just prevented penetration into the lane.

This means an outside player must box the shooter. This scheme works well on regular shots. On an intentional miss you are vulnerable to the 50/50 ball.

Step off the lane



Another trick used by active rebounders is to step off the lane. The player is allowed to be back 1m from the lane line. As the player is moving to box out it is easier to maneuver around the player. Also players can get a bit of a run off.

Missing intentionally

I have found through experimentation that it is very difficult in game situations to hit the rim. Also the shot is usually very flat and therefore does not give us enough time to maneuver for position. What I have had my players do is to aim for the lines on the backboard and put a little more arc on the ball. It has a tendency to hit the backboard, then the rim and flip the ball up in the air. By adding arc it gives us more time to move for position.

