

St Ninian's High School

Physical Education



S4 National 5

Basketball

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Factors Impacting on Performance

In Basketball we will focus on two factors which impact on performance these factors are:

- Physical Factor – Tactics
- Social Factor – Teamwork, Communication, Co-operation

Physical Factor – Tactics

By the end of the block you should understand which tactics are the most effective for your team. You must take into consideration the following:

- Your teams strengths and weaknesses
- Your opponents strengths and weaknesses
- The score in the game
- The time in the game.

Social Factor - Teamwork, Communication, Co-operation

By the end of the block you should understand how social factors affect your teams' performance in a positive or negative way.

For example, you may find that your communication as a team is poor in zone defence; this may affect your team morale and ultimately lead to the opposition scoring more baskets.

Zone Defence

Aim of Zone Defence:

To get back to the defensive key before your opponents attack the basket. Deny space within the key and put pressure on the ball.

Benefits of a Zone Defence structure are:

- Forces opponents to shoot low positioned percentage shots from outside the key as the defenders are concentrated in a tight area around the basket. This prevents attackers from driving into the key for an easy scoring opportunity (e.g. Lay up).
- Slows down the tempo of game.
- Minimises the possibility of a mismatch e.g. tall against small, fast against slow etc. Allows teams to hide weaknesses that could be easily exposed by man-to-man defence.
- Allows teams to play to their strengths. Roles are allocated on basis of individual's strengths e.g. physique, skill level, and fitness.

It allows for the fast break to be played quickly. Fast players positioned at top of key for quick counter attack.

Limitations of a Zone Defence are:

- Vulnerable to teams with good long range shooters (3pt shooters).
- A fast break can beat the defence down the court and not allow time for zone to organise.
- Opponents can bring the ball up the court unopposed as no pressure is applied until the ball is close to the key.
- If individual defensive skills are not developed it will leave gaps and space in the zone.

Homework 2

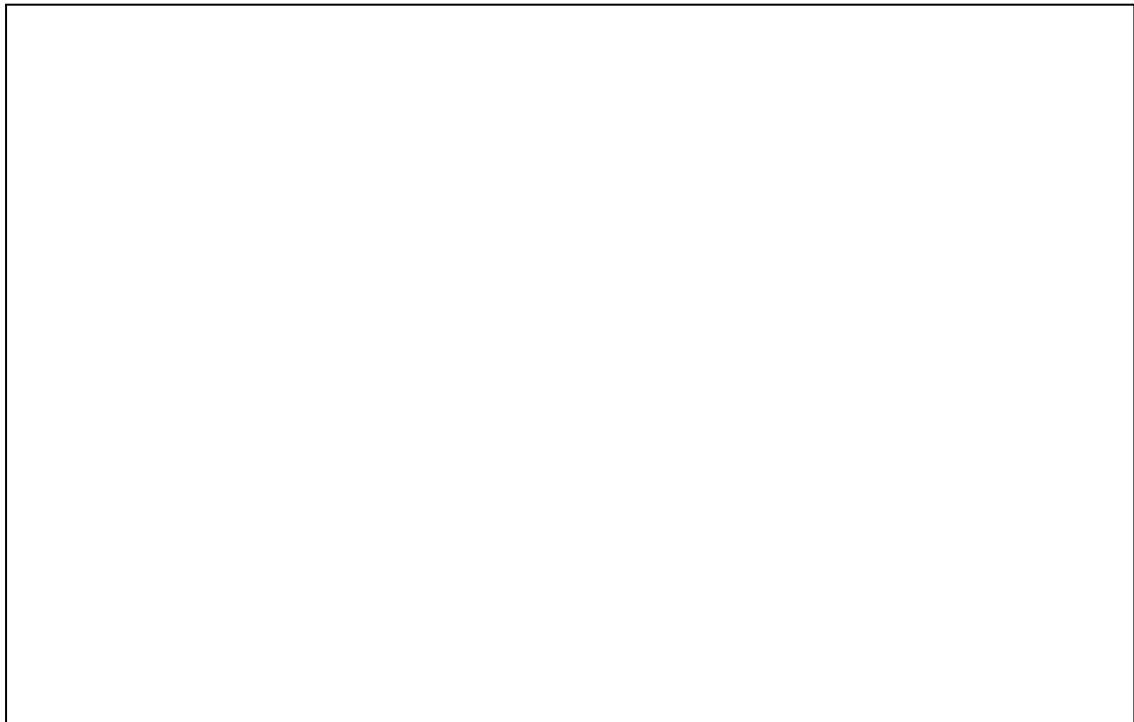
Developing Performance in Zone Defence

Describe three practices you have used to develop your teams' Zone Defence.

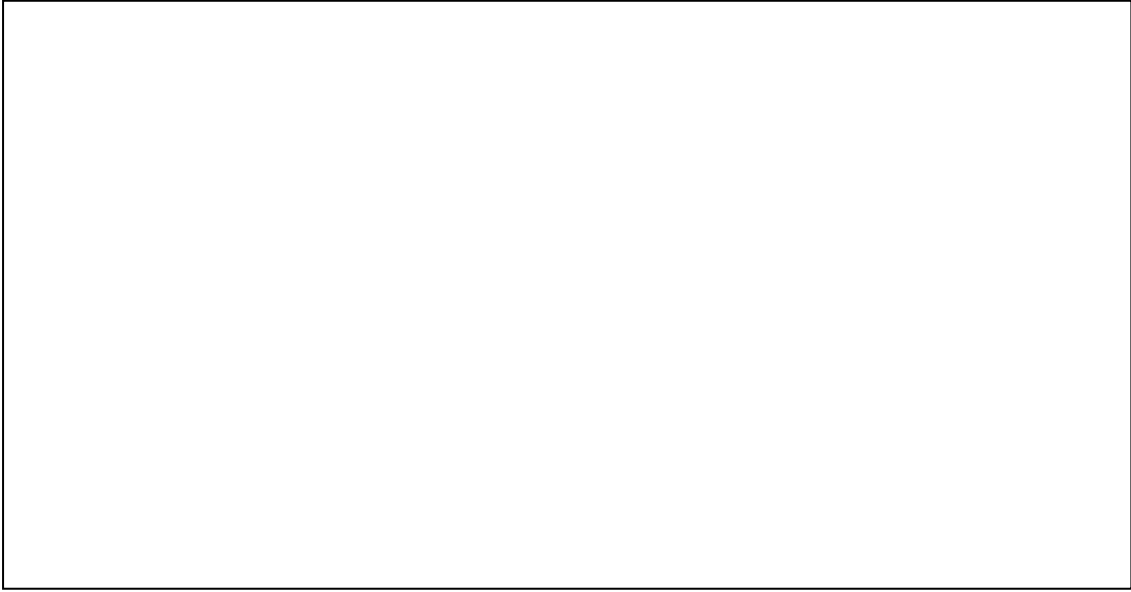
Include the following in your descriptions:

- Focus of the practice
- How the practice is carried out
- What the practice looks like
- How feedback is given during practice

1.



2.



3.



Adapting and Changing Zone

It is important to solve any problems that may happen during the game. In this case you will have to adapt or change your structure or strategy. The need to change or adapt will depend on the following types of offensive and defensive considerations such as:

- The strategy is not working
- Adjusting defence rhythm to upset the offence
- To catch up or exert even more pressure
- Whether the individual/team is in foul trouble
- To suit individuals in key positions who can affect an advantage
- To pressurise key players in the opposition
- The physical demands of the adopted strategy
- The time is running out
- You are being beaten
- You are winning

Definitions:

Adapt = to “tweak” or adjust your structure or strategy. Your structure or strategy stays the same but you may adapt one element of it to make it more efficient

Change = make it completely different from the original. If your structure or strategy is not working at all for your team you may decide to try a different structure or strategy

Points to consider:

As players you must be able to respond to changing situations by adapting team strategies. To be able to adapt, the team must:

- Know the alternatives
- Have practiced playing against varying offensive/defensive structures
- Have practiced changing from one strategy to another
- All be able to react on court

Homework 3:

1. Describe an adaptation in Zone defence.

Include the following in your answer:

- The aim
- What it looks like
- How it is carried out
- Roles and responsibilities

Diagram:



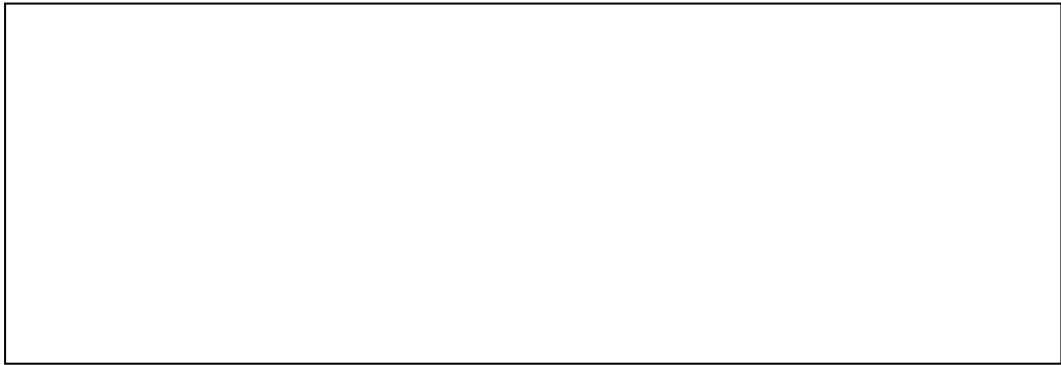
2. Describe a situation this when this adaptation would be applied?

2. Describe a change in Zone Defence.

Include the following in your answer:

- The aim
- What it looks like
- How it is carried out
- Roles and responsibilities

Diagram:



2. Describe a situation this when this change would be applied?

Fast Break

Aim of the Fast Break:

To move the ball up the court quickly for a high percentage shot before the opponents have set up their defence.

Benefits of the Fast Break are:

- **Creates an overload:** 2v1 and 3v2 are the most common numerical advantages in the fast break. These usually result in an easy lay up or close range jump shot.
- **Not giving opponents a chance to set their defence (zone):** The fast break creates confusion and uncertainty among defenders and does not allow them to get into their positions. Due to the speed of the attack, the defenders have limited time to set up too.
- **Creates a mismatch:** Ideally the fast break will allow you to get your good ball handlers and close range shooters against poor defenders. Possibly tall against short, fast against slow etc.
- **Discourages opposition from rebounding.** A team that is skilled in performing the fast break will quickly discourage other teams from sending too many players to contest for offensive rebounds. Opposing teams will therefore tend to hold one or two players back from outright attack for fear that they will get caught out with a fast break. This will make the defensive job of the fast breaking team easier.

Limitations of the Fast Break:

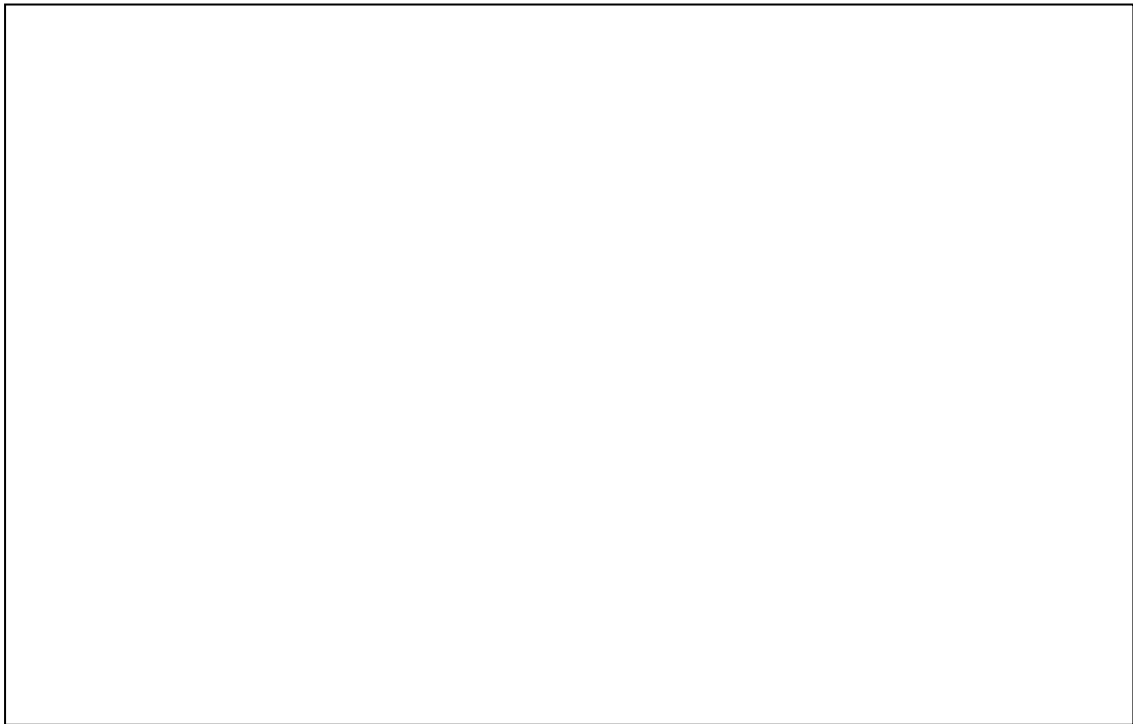
- **It's a tiring strategy:** All players will need good physical fitness (CRE & speed) to maintain performance throughout the duration of the game. They will need to perform repeated bouts of very intense work (sprints up the court).
- **Weak against counter attacks:** Your team could get caught in the opponents half if the ball is intercepted, this would mean that there would be less defenders to stop the opponents scoring
- **Could create a mismatch in the defenders favour:** If the defence have set up you could have weaker players against excellent defenders. Possibly small against tall etc
- **Good fundamental skills are needed:** All players must have an ability to carry out basic skills (passing, shooting & dribbling) under pressure for the strategy to work.

Homework 4

Developing Performance in Fast Break

Describe three practices you have used to develop your teams' Fast Break.

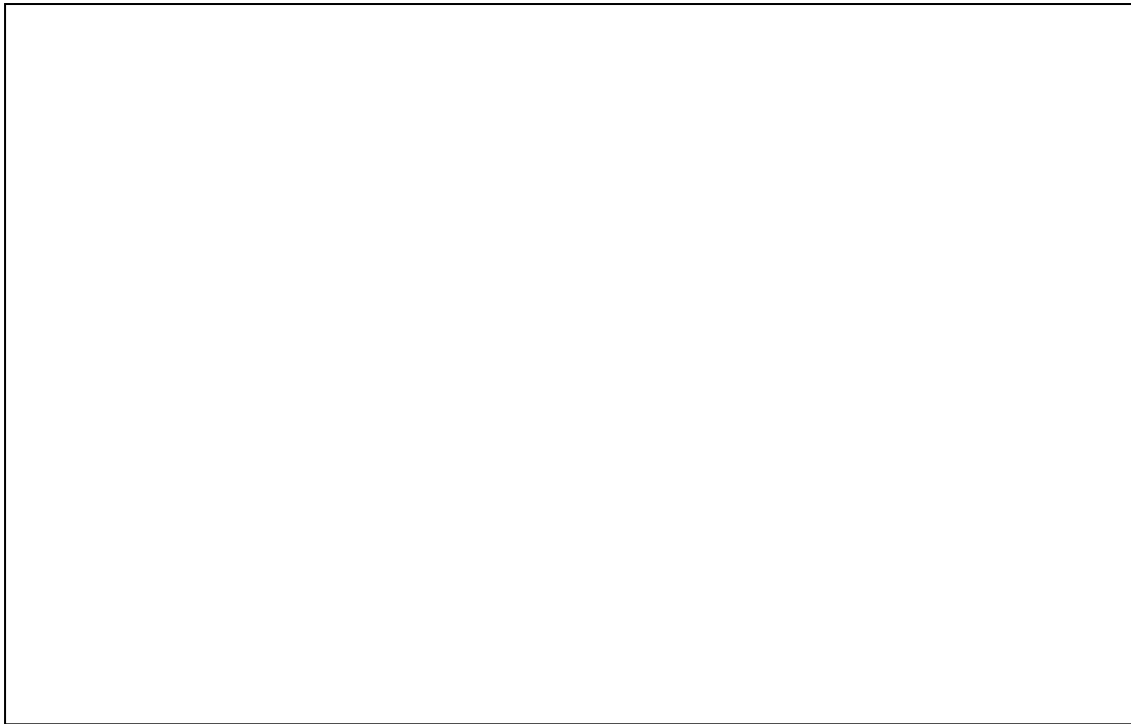
1.



2.



3.
15



Include the following in your descriptions:

- Focus of the practice
- How the practice is carried out
- What the practice looks like
- How feedback is given during practice

Basketball Revision

Homework 6:

Which factor has had a **positive** impact on your performance?

Physical

Social

Explain why this factor has had a positive impact on your performance.

Which factor has had a **negative** impact on your performance?

Physical

Social

Explain why this factor has had a negative impact on your performance.
