



Falcon Basketball Notes

Positions

The Point Guard (1)

The point guard runs the offense and watches the backcourt. Her role is so important to the team that she is really an extension of the coach on the floor. she must have these qualities:

- 1. She must have an instinctive knowledge of the game.***
- 2. She must be a good ball handler.***
- 3. She must be a good passer.***
- 4. She must possess speed and quickness of foot.***
- 5. She must be a good dribbler with either hand.***
- 6. She must be able to play good hard-nosed defense.***
- 7. She must be able to hit the outside shot when left open.***
- 8. She must be able to penetrate and dish off.***
- 9. She must be able to read defenses.***
- 10. Above all, her ego must not be so inflated that it interferes with his basketball judgment. Normally, the point guard receives***

little publicity for her fine play; but, her coach and teammates know her value to the team.

The Off-Guard (2)

The off-guard is also referred to as the #2 guard or shooting guard. She is generally the better shooter of the two guards. The qualities that he needs to possess are:

- 1. She must have an instinctive knowledge of the game.*
- 2. She must be a good ball handler.*
- 3. She must be a good passer.*
- 4. She must possess speed and quickness of foot.*
- 5. She must be a good dribbler with either hand.*
- 6. She must be able to play good hard-nosed defense.*
- 7. She must be able to hit the 15 to 20 foot shot with consistency.*
- 8. She must be able to penetrate and dish off.*
- 9. She must be able to read defenses.*
- 10. She must know how to move without the ball.*
- 11. She must be a student of the offense so that she can step in and run the offense if the point guard is being overplayed, or must leave the game.*
- 12. Her ego must not be so inflated that it interferes with her basketball judgment. Normally, the off-guard's job is to put points on the board and help her teammates to score.*

The Center (5)

The center, along with the point guard, is easily the most important player on the team. Normally, she is the tallest player on the floor. The qualities she must possess are:

- 1. She must have quickness.***
- 2. She must be an aggressive rebounder and lead the way in blocked shots. She needs to be a little arrogant with a streak of meanness. She is king of the paint. She must prove by his manner and actions that this territory is hers.***
- 3. She must be a dependable scorer at short and mid range. She must be adept at the power lay-ups, with and without shot fakes, from both sides of the basket. She needs to develop a short hook and jump shot.***
- 4. She must have defensive leadership, always talking to his teammates.***
- 5. She must be a good passer and be able to see the floor and hit the open man if her shot is not there.***
- 6. She must be able to read how She is being defended and to take advantage of her when She is posting-up.***
- 7. She must have strong hands, good upper body strength, and good jumping ability.***

The Small Forward (3)

The small forward is the most gifted player on the team. She should possess the following characteristics:

- 1. She must be quick and fast.**
- 2. She must be an adequate rebounder.**
- 3. She must be a good passer.**
- 4. She must be able to play defense anywhere on the floor.**
- 5. Most of all she must be a good scorer, capable of shooting from anywhere from the wings, around the key, and under the boards. The best of these, can score at will, and simply take control of the game with their exceptional athletic abilities.**
- 6. She must run the length of the floor on fast breaks.**

The Power Forward (4)

Like the point guard, the power, or strong forward, does not receive much recognition. Usually, if he's doing her job well, his role as the player doing the "dirty work" is taken for granted. She must possess the following:

- 1. She must be a solid rebounder, both offensively and defensively. Along with the center, the power forward controls the area inside the key. Many of their characteristics should be similar.**
- 2. She must be an adequate passer.**
- 3. She must be an adequate scorer.**
- 4. She must be a "gutsy" dribbler and a hard driver.**
- 5. She must be a good runner and able to go the entire length of the floor on a fast break.**

6. She must stand up to the opposition at both ends of the court. In basketball parlance, he is known as the "enforcer."

Mental Preparation

Give or take a few percentage points, basketball is 80 percent mental preparation and 20 percent physical. Sure, God packs more ability into some player's 20 percent than others. But, from the mental preparation aspect of the game, the percentage is equal.

There are as many ways to prepare mentally for a basketball game as there are players. A few of these follow:

- 1. Some players go into a deep silence before a game, preferring to focus on the upcoming game.***
- 2. Some enjoy jabbering to everyone in sight, listening to music, and staying loose.***
- 3. Others choose somewhere between the first two.***

As long as it helps you to play well is all that counts. Your mental preparation should be to your own taste. Use one that works for you.

After preparing yourself mentally for a game, the concentration needed for actual play is another matter. Basketball is such a fast paced, emotional game. Decisions are made in split seconds. A player can lose his concentration at anytime. To

play the game effectively, you must block out everything around you, except the following:

- 1. The action on the court.***
- 2. Your coach's plan for that particular game.***

Once you have your game face, be all business on the floor. Never let an official or an opponent upset you. This breaks your concentration. This is often called, "Playing under control."

Stay cool and be a "team player." We have all seen teams with one dominant player who goes for the bucket every time She gets his hands on the ball. Oh, She may get her points in the game; but, her teammates won't. More likely, than not, the team, scorer included, loses.

The point is you can maintain a respectable scoring average. At the same time, you can help your teammates maintain theirs and win the game. Remember to play as part of the team. Stay cool! Stay calm and concentrate. You will get your points in the course of a game.