

SET PLAY SITUATION: SETTING UP AN ATTACK FROM START OF PLAY



The first challenge is to win possession from the jump ball. Note the timing and height of the jump.

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The receiving player is able to look up while gathering the ball. He is preparing to execute the next pass without delay.



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Timing, placement and pace of the pass are all important in this situation.

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In executing the lay-up, the player judges take off distance well, achieves good height and controls placement into the basket.

SCORING POINTS FROM DIFFERENT SITUATIONS

Here player 23 is successful in winning the rebound ball. He therefore creates a point-scoring opportunity. He maintains control while under pressure to score from this situation.



SCORING POINTS FROM DIFFERENT SITUATIONS




This time player 23 is attempting to directly beat the defense to put himself in a point-scoring position. He demonstrates control while moving at pace and under pressure.

SCORING POINTS FROM DIFFERENT SITUATIONS

Again, timing and judgement of distance and height achieved are important in executing the shot.



SCORING POINTS FROM DIFFERENT SITUATIONS



On this occasion player 23 has one player to beat to be in a position to attempt a lay-up from the right hand side of the court.

SCORING POINTS FROM DIFFERENT SITUATIONS

This is another rebound situation. Player 23 is again able to beat the defense and demonstrates control and accuracy to score.



SCORING POINTS FROM DIFFERENT SITUATIONS

Here we see player 23 follow his shot in. He anticipates the rebound well and is able to immediately take another shot - this time successfully.



SCORING POINTS FROM DIFFERENT SITUATIONS

Player No.8 shows the ability to create a point-scoring opportunity for a team-mate. He recognises that his team-mate is better placed than himself to score from this situation.





Note player No.24 moving fast to support the attack and be in a position to contest a rebound



Having successfully gained possession, the player moves the ball quickly out of defense, with control.

Here we see a successful block of a point-scoring attempt. Having won possession, the player is quick to move into a counter attacking play.



GAINING POSSESSION - REBOUNDED FROM DIFFERENT POSITIONS



Here we see an advanced dribbling skill executed with control while at speed.

GAINING POSSESSION - REBOUNDED FROM DIFFERENT POSITIONS



Note the force and direction used to direct the ball into a position for counter attack


Player 23 is setting up a point scoring opportunity. He has two clear passing options.





Note that having passed the ball off he has taken up a support position in the attack.

POINT-SCORING - with opposition to beat



The attacking successfully moves between the two defenders and uses the back-board effectively in scoring.

Having won possession, the player quickly looks for opportunities to set up an attack. He successfully avoids a challenge for the ball and makes a pass into space.

