



BASKETBALL
NEDERLAND

VIDEO'S BEKIJKEN EN BESPREKEN

We werken in groepen.

Onderwerpen:

- > AOS
- > Charge/block
- > Offball coverage

De betreffende situatie bevindt zich in het midden van de clip.

Bespreek iedere clip en geeft antwoord op:

- > Wat is de juiste beslissing?
En waarom? Criteria!
- > Wie is verantwoordelijk?
- > Verbeterpunten

In groepen alle clips bespreken.

Daarna presentatie clips.

AOS/PROTECT THE SHOOTER

Identify: shot 2 or 3 & landing spot

1 Hands – 2 body – 3 legs and landing

Stay with the play until shooter lands





FIBA

We Are Basketball

SHOT COVERAGE

CHECKLIST BY THE SHOT, IN ORDER

1. Contact on the hand (wrist & below, High Five)

2. Contact on the body

3. Contact by defender when shooter is landing

Contact by shooter (marginal)

Contact by shooter (illegal)

Fake by shooter



LANDING

OBR ART 33.6

THE PLAYER HAS RIGHT TO JUMP
IN THE AIR AND LAND AGAIN ON
THE SAME PLACE

LANDING PLACE IS EMPTY,
AND THE PATH IS EMPTY



CHARGE/BLOCK



1

Initial legal guarding position is a must

2

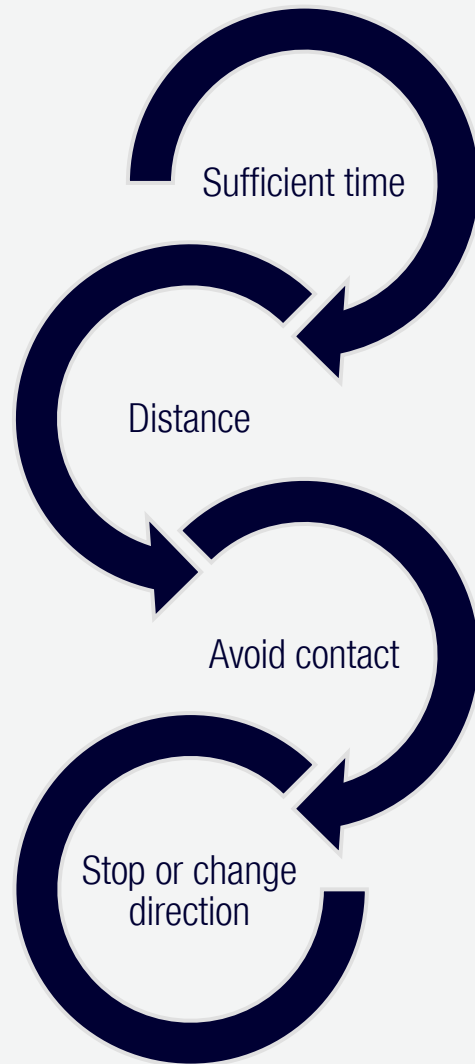
Lateral or backwards movement is allowed

3

Contact on torso to be considered as charge



GUARDING A PLAYER WHO DOES NOT CONTROL THE BALL



ELEMENTS OF TIME AND DISTANCE SHALL APPLY





BASKETBALL
NEDERLAND

VIDEO'S BEKIJKEN EN BESPREKEN (2)

We werken in groepen.

Onderwerp:

> UF

Bespreek iedere clip en geeft antwoord op:

- > Wat is de juiste beslissing?
En waarom? Criteria!
- > Wie is verantwoordelijk?
- > Verbeterpunten

In groepen alle clips bespreken.

Daarna presentatie clips.

C1

No **legitimate** attempt to play the ball
No basketball play

C2

Excessive, hard contact
Excessive –**Impact** –**Follow through**

C3

Unnecessary contact (defense)
Stop the transition (progress) before

C4

Progressing towards opponent basket
No other opponents (between player, ball & basket)
Illegal contact **behind or laterally** (by defense)

**POWER
WORDS**

UF PRINCIPLES

1. To call UF - need to be 100%
2. To change to UF - need to be 100%
3. In scale of 1 to 10=10!
4. Obvious play

CALL WHAT YOU SEE

UF PROTOCOL 0-1-2



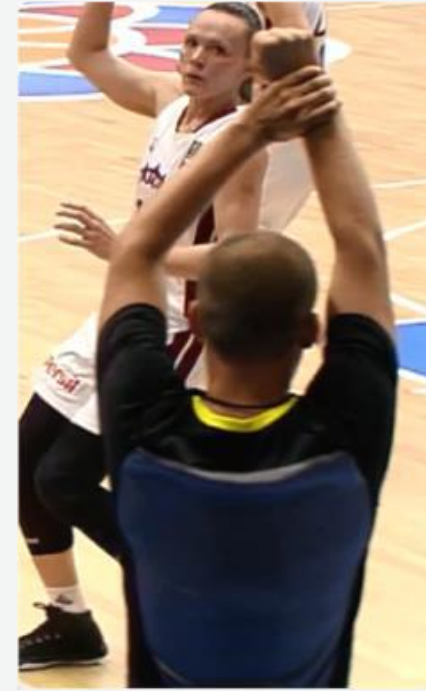
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ANALYSE THE PLAY



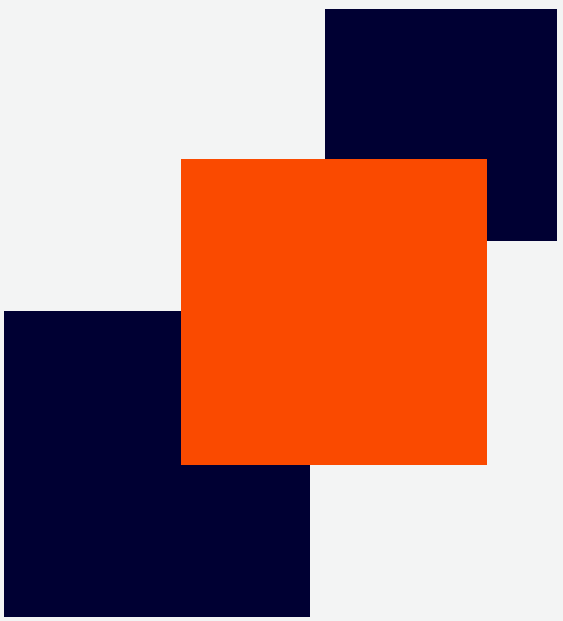
1

ILLEGAL PLAY CALL



2

UPGRADE TO UF





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