

98 - BASKETBALL: TRANSITION FROM DEFENSE TO ATTACK

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INTRODUCTION

Believes that basketball is part of the TSG - Team Sports Games, being a team sport with implications that emanate from the need of the athletes with specific biotype, requiring the professional who works in this sport to work with different methodologies, in addition, to use the contemporary sport pedagogy to his direction. Note that for basketball practice is required of the athlete full body employment. The domain of body movements among other things ensures respect for rules and gives way to the game.

Contemporaneously there is no doubt that the offensive in basketball, as the counterattack depends on several factors, and brings us many advantages and can directly influence in the progress and in the final outcome of the game, so when the team can be quicker and put the opponent outnumbered breaking his offensive balance (quick turn from attack to defense).

It is stated that counterattack surprises the opponent while they are also organizing the defense, creating with it, the numerical superiority of the offensive action. It is understood that all team training must be made out in an attempt to reduce the weaknesses of the team, and to this end, undertakes to improve the players technically in the use of this offensive, also called transition by some experts in this sport (counterattack).

The possibility of success on the quick transition will depend only on certain factors included in the trainings (plays according to the trainings), as well as how much you can prevent the recovery of ball possession by the opponent, giving them another chance to hurl. To realize the counterattack properly it takes also into consideration the type of defense that if they do, but, whether individually or in the defense area, there are important points and principles fundamental principles to be followed.

In the basketball game there are several technical reasons and are classified according to their characteristics (FERREIRA AND ROSE, 1987), of attack and defense. The hurl, for example, is an offensive fundament, and when they are blocked by the "stumps", (action of a player to stop the opponent's shot, blocking it) the fans vibrate along the player who executed that. Notes that the ball's possession, the teamwork and throws in the last second of the game can become historical moves based on the skills that are required for the basketball practice.

For Paula (1994) the hurl is undoubtedly the most important technique fundament of basketball, is it that a team needs to achieve victory in the final outcome of a game.

But that's not all that embellishes the basketball game. There is also the tactical training, and this must depend on development of individual technical skills of each player, to accomplish that safely and effectively with the technical fundamentals of basketball.

FERREIRA AND DE ROSE (1987), argue that the fundamentals represent the basic movements and gestures of basketball, and its correct implementation is an unique condition that the player can practice the sport in the most natural and perky way.

One form of offensive in the basketball game is the COUNTERATTACK. Notes that this is an attack system that involves speed, regarded by all the coaches as the main weapon of attack of a team, where tries to carry the ball into the attacking zone that, with a smaller number of passes or dribblings, aiming to make the basket, before the opposing team to organize their defense.

Thus, the strength of the fast break on this type of offensive is classified as short and quick passes, for players who follow a particular path already established in the training, preferably crossing the passes between the players.

It is claimed that the Counterattack is a system that appeals the players and especially the public, by its dynamism. The Counterattack has to be the first resource for a team to develop their offensive actions, that means, it must be the first option of attack of a team, especially when the opposing defense scoring zone, because it difficults the proper placement of the players in the defensive position, generally, the restricted area (lane).

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Regarding especially the tactical trainings, Araujo (1982) reports that during the process of athletic training it is fundamental to drive and to develop the goals and the motivations of the athletes, towards a total commitment to achieving the best results, even a trained athlete is a provision in all directions, and this allows him to master the emotional tension of the competition and to avoid possible reactions of apathy or excitement, and resist fatigue and mobilize the most of his physical powers.

For Almeida (1998) the counterattack is made in accordance with strategies and that these are great for the team's success, and that in most cases the athletes will feel themselves important especially when the coach worries about them, because he starts seeing them not only as players who hurl or pass, but who are part of the scheme and counts on them.

DEVELOPMENT

For the counterattack to be successful, some factors are important:

Recovery of the ball through the defensive rebound

It is said that a team can recover the ball by blocking defensive properly executed. This is done immediately after the hurl of the opponent, when this is not converted, not allowing the player of the team who hurled take hold of the ball. The player who will possibly fight for the rebound should be placed between the basket and the opponent, facing the basket and back to the opponent in such a way that prevents the opponent to take possession of the ball.

For Coutinho (2001) the rebound is one of basketball fundamentals that can be used, both offensive and defensively, and it is characterized by the recovery of the ball, after a hurl unconverted, notes also, that for the rebound action there are a few phases being: to anticipate the opponent, blocking the opponent, find the ball, jump and catch the ball, the fall after the jump and

finishing, this, having managed all of the above then the player may choose to: dribbling the ball or pass for a teammate.

Output from defense to attack

The output from defense to attack must be organized and largely depends on the type of marking that the team had run before getting the ball, during the game. If the marking done before has been by area, there are easier ways to develop the attack, because one of the advantages of zonal marking is that it enables the achievement of the rebound and thus facilitates the rapid exit of defense to attack, making the counterattack successful.

Bezerra (1999), in his book describes several exercises, especially the combined ones, for the proper development of the counterattack, being the exercises two by two, three by three, mainly the synchronized ones, thus providing appropriate conditions for that at the moment of the match the athletes make them with the opponent.

When you mark a zone and get possession of the ball by a defensive rebound, the output for the counterattack must be executed with certain positions and paths to be followed by the players inside the court, and it also depends on the side the ball drops, if the hurl of the opponent does not succeed.

If the marking is individual, it is recommended that the players are numbered so that they leave at speed, also, with definite routes, just after getting the defensive rebound. Players may be numbered, and the number one, who will take the ball, the numbers 2 and 3, those who leave at speed through the sidelines, running parallel with the sidelines, and the numbers 4 and 5, participate of the offensive but also are responsible for making the defensive balance (go back from attack to defense).

The path to be followed by players

It is important that players without the ball run parallel paths and near the sidelines of the court, and whoever has the ball moves at center court. The importance of this procedure is because the player who runs through the center of the court, dribbling with the ball, will be able to see better his teammates leaving the sides, and with enormous possibilities for the finalization of the offensive.

The finalization of the offensive through the counterattack

The finalization of a counterattack is usually done with a tray or with a hurl in short distance to the basket. For that to happen, one must perform multiple outputs in the trainings from defense to attack and always in a real game situation, that means, as if they were on the game itself. For there is one phrase that we say in sports: "You play according to what you train". For Ferreira and De Rose (1987) the execution of the fundamentals in a real game situation no longer has an exclusively personal character, becoming in collective actions, where a move made by an athlete brings direct benefits and / or indirect to the teammates. A team that intends to dominate the attack, has to be very well trained, and physically prepared, be aggressive, quick, perform good releases, you must have good players performing the defensive rebound and, especially, have good passers and dribblers.

The ball handling and management of the body are reasons to be given special attention, because it will be difficult to apply this offensive system without the proper development of these factors.

For us to do the fast break in a counterattack (offensive balance), must determine the spaces where players will go. Need to pay special attention to the player who will drive the ball, making it scroll at center court, and the other players who are without the ball to move sideways.

An important point for initiating the counterattack is the domain of the defensive rebound. Teams that dominate the fundament of blocking defensive will certainly have succeed in the defensive rebound, and therefore will have a fast break, that is, a quick transition from defense to attack.

The counterattack is nothing more that get to the basket that is attacked with numerical advantage over the opponent, and when it is presented numerical advantage over the opponent, the player is expected to come from behind to help the superiority desired, that means, when there is no succeed in the counterattack using the speed side of (players 2 and 3), takes advantage of players 4 and 5, to make the "trailer" which is nothing more than a passing of the players who run along side for players 4 and 5 who are more at the center of the court.

Must be careful to the offensive balance (go back from attack to defense) would be a security player, his role is to care for the rear, to prevent a counterattack of the opposing team.

The counterattack has great advantages but also has disadvantages, because a team that fails in a pass or in a finalization, provides for the opponent to make the against coup, that is, also perform the counterattack.

All teams must develop a sense of attack before the opposite defense can recover, so there is no need to conduct many educational exercises, exercises that are close to the real game situation, special for such a purpose.

The counterattack can be performed after a well done defensive rebound, the acquisition of ball's possession, by a stolen or recovered ball, of a ball up high at the beginning of the game, after converted basket or free throw converted or failed.

The most important move during the performance of the counterattack, is undoubtedly the implementation of the first pass, no matter what type of marking that is running your team, individual or area, it is the first pass that determines the control of the situation.

It is understood that if your team execute perfectly the first pass, your counterattack will certainly be successful.

The defense by area, for marking certain areas on the court provides a greater number of rebounds, consequently argues that the defense by area makes easier for the counterattack than the individual defense. In defense by area can begin the counterattack after a defensive rebound, indicating or starting by side the ball dropped after having passed by the hoop, thereby determining the players movement.

Every quick counterattack there is need to designate roles to players who will execute them. A certain player will take the ball or will receive the first pass, other players will leave in moving near the sideline, and other players will help to make the load on numbers, if necessary, and can not forget the player who will make the offensive balance.

CONCLUSIONS

The development process basketball does not only depend on the preparation of trainings, upgrading of technical skills of athletes. It is known that the process will depend on the training of technicians / trainers, directors, fans and especially of players.

Basketball will develop itself, certainly, if the base is worked safely and efficiently, as it is from school where leave future players. Thus, the quality of work in this period becomes important and the contributions of Physical Education teachers are significant.

It is said that without the effective awareness of values and as the practice of the technical groundwork for the initiation

and the sport practices at school, it will be difficult to awake in children the interest in their sports training.

The sequence showed that it related to the counterattack corresponds the action that takes place among players and trainer / coach, and that in my point of view represents a determinant factor in basketball quality development.

It is observed that the coach has the responsibility of the individual technique of his players, and also disciplinary actions, opinions, comments and considerations related to the interests of the team's success.

So, basketball is a highly dynamic game, and so there must be dynamism in their trainings, especially regarding the speed to go from defense to attack, what is called contemporary rapid transition from defense to attack.

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BASKETBALL: TRANSITION FROM DEFENSE TO ATTACK ABSTRACT

Believes that basketball is part of the TSG - team sports games, being a team sport with implications that emanate from the need for athletes with specific biotype, requiring the professional who works in this sport to work with different methodologies and contemporary sport pedagogy. Notes that for basketball practice is required from athlete full body employment. Contemporaneously there is no doubt that the offensive in basketball, as the counterattack depends on several factors, and brings us many advantages and can directly influence the progress and the final result of the game, so when the team can be quicker and put the opponent outnumbered breaking his offensive balance (quick turn from attack to defense). It is said that counterattack surprises the opponent when, still, they are organizing their defense, creating with it, the numerical superiority of offensive action. To realize the counterattack properly it takes also into consideration the type of defense that they do, but, whether individually or in the defense area, there are important points and principles to be followed. The sequence showed that it related to the counterattack corresponds to action that takes place among players and trainer / coach, and that in my point of view represents a determinant factor in basketball quality development. It is observed that the coach has the responsibility of the individual technique of his players, and also disciplinary actions, opinions, comments and considerations related to the interests of the team's success. so, basketball is a highly dynamic game, and so there must be dynamism in their trainings, especially regarding the speed to go from defense to attack, what is called contemporary rapid transition from defense to attack.

KEYWORDS: Basketball, counterattack, transition.

BASKET-BALL: LA TRANSITION DE LA DÉFENSE À L'ATTAQUE RÉSUMÉ

Estime que le basket fait partie de l'JDC - sports d'équipe de jeux, d'être un sport d'équipe avec des implications découlant de la nécessité pour les athlètes ayant spécifiques biotype, exigeant le professionnel qui travaille dans ce sport de travailler avec des méthodologies différentes et de la pédagogie du sport contemporain. Notez que pour la pratique de basket-ball est nécessaire du corps de l'athlète le plein emploi. Simultanément il ne fait aucun doute que l'offensive en basket-ball, contre l'attaque dépend de plusieurs facteurs, et nous apporte de nombreux avantages et peut influencer directement sur les progrès et les résultats du jeu, alors quand l'équipe peut être plus rapidement et de mettre l'adversaire étaient plus nombreux que la rupture de son équilibre offensif (tour rapide de l'attaque de la défense). Il est dit que l'attaque surprise contre l'adversaire lorsque, encore, est l'organisation de sa défense, la création avec lui, la supériorité numérique de l'action offensive. Pour bien mener l'attaque contre elle prend également en compte le type de défense que s'ils le font, mais, soit individuellement, soit dans le domaine de la défense, il ya des points importants et les principes à suivre. La séquence a montré que sa relation avec le match contre la grève qui a lieu entre les joueurs et l'entraîneur / coach, et que, à mon avis représente un facteur déterminant dans le développement du basket-ball de qualité. Observer que l'entraîneur est en charge de la technique individuelle de ses joueurs, et aussi des mesures disciplinaires, opinions, commentaires et réflexions au liée aux intérêts de la réussite de l'équipe. Par conséquent, le jeu de basket-ball est un secteur très dynamique, et donc il doit être dynamiques dans leur formation, notamment en ce qui concerne la vitesse de quitter la défense à l'attaque, ce qu'on appelle aujourd'hui une transition rapide de la défense à l'attaque.

MOTS-CLÉS: Basket-ball, une contre-attaque, la transition

BASQUETEBOL: TRANSIÇÃO DA DEFESA PARA O ATAQUE RESUMEN

Considera que el baloncesto es parte de la JDC - juegos de deportes de equipo, siendo un deporte de equipo con implicaciones derivadas de la necesidad de que los atletas con biotipo específicos, que requieren que el profesional que trabaja en este deporte para trabajar con diferentes metodologías y la pedagogía del deporte contemporáneo. Tenga en cuenta que para la práctica del baloncesto se requiere del cuerpo del atleta, el pleno empleo. Contemporáneamente no hay duda de que la ofensiva en el baloncesto, como el contraataque depende de varios factores, y nos trae muchas ventajas y puede influir directamente en la evolución y resultados del juego, así que cuando el equipo puede ser más rápida y poner el oponente superaron a romper el equilibrio ofensivo (ataque vuelta rápida para la defensa). Se dice que el ataque por sorpresa contra el enemigo cuando, todavía, es la organización de su defensa, creando con ello, la superioridad numérica de la acción ofensiva. Para llevar a cabo adecuadamente el ataque contra ella también tiene en cuenta el tipo de defensa que si lo hacen, pero, ya sea individualmente o en el área de defensa, hay puntos importantes y los principios que deben seguirse. La secuencia mostró que se relacionaba con el partido contra la huelga que tiene lugar entre los jugadores y el entrenador de un autocar, y que en mi

opinión, representa un factor determinante en el desarrollo del baloncesto de calidad. Se observa que el entrenador tiene la responsabilidad de la técnica individual de sus jugadores, y también las acciones disciplinarias, las opiniones, observaciones y consideraciones relacionadas con los intereses del éxito del equipo. Así, el baloncesto es un juego muy dinámico, y por lo que debe ser dinámico en su formación, especialmente en relación con la velocidad para pasar de la defensa al ataque, lo que se llama una rápida transición contemporánea de la defensa al ataque.

PALABRAS CLAVE: Baloncesto, ataque, transición.

**BASQUETEBOL: TRANSIÇÃO DA DEFESA PARA O ATAQUE
RESUMO**

Opina-se que o basquetebol faz parte dos JDC – Jogos Desportivos Coletivos, sendo uma modalidade coletiva com implicações que emanam da necessidade de atletas com biótipo específico, obrigando o profissional que atua neste esporte a trabalhar com metodologias diferenciadas e da pedagogia contemporânea do esporte. Nota-se que para a prática do basquetebol é exigido do atleta pleno emprego do corpo. Contemporaneamente não restam dúvidas que a ofensiva no basquetebol, como o contra ataque depende de alguns fatores, e, nos trás inúmeras vantagens podendo influenciar diretamente no andamento e no resultado final do jogo, isso, quando a equipe consegue ser mais rápida e colocar o adversário em desvantagem numérica quebrando seu equilíbrio ofensivo (volta rápida do ataque para a defesa). Afirma-se que o contra ataque surpreende o adversário quando, ainda, está organizando sua defesa, criando-se com isso, a superioridade numérica da ação ofensiva. Para se realizar adequadamente o contra ataque leva-se, também, em consideração o tipo de defesa que se adota, mas, independentemente de ser a defesa individual ou por zona, há pontos importantes e princípios fundamentais a serem seguidos. A seqüência que se apontou relacionado ao contra ataque corresponde a atuação que se estabelece entre os jogadores e o treinador/técnico, e, que ao meu ver corresponde fator determinante no processo de desenvolvimento qualitativo do basquetebol. Observa-se que ao treinador cabe a responsabilidade da técnica individual de seus jogadores, e, também disciplinar as ações, opiniões, comentários e ponderações relacionados aos interesses do sucesso da equipe. Portanto, o basquetebol é um jogo altamente dinâmico, e por isso deve haver dinamismo em seus treinamentos, principalmente no tocante a velocidade para sair da defesa para o ataque, o que se chama contemporaneamente de transição rápida da defesa para o ataque.

PALAVRAS CHAVE: Basquetebol, contra ataque, transição.