136 - BASKETBALL: OFFENSIVE FUNDAMENTALS

MARIO ROBERTO GUARIZI
IVO ANDRÉ POLONIO
College of Science and Technology – UNESP Presidente Prudente - SP.
Physical Education Department
guarizi@fct.unesp.br

Support: FUNDUNESP - Foundation for the Development of UNESP

INTRODUCTION

Contemporaneously there is no doubt that the offensive in basketball depends on several factors, and brings us many advantages and it can directly influence the progress and the outcome of the match, so when the team can put the opponent at a disadvantage breaking its defensive balance. When a team has possession of the ball, we can say that it is on the offensive, that is, it becomes the attacker.

It is stated that the offensive is the main function of the team in the match, because it is through offense that determines the largest number of points a team. It can be argued further that offensive actions when performed properly have a strong tendency to ensure the victory over the opponent.

According to Oliveira and Grace (1998), report that the objectives of the offensive are: to advance the ball by invading the opponent's defensive midfield; to finalize the attack with launches and to realize the basket.

Note that the offensive together as the defensive depends directly on the characteristics and skills of individual players who compose it. However, during the match the choice of the collective form of attack to be used is not given freely; it is in the responsibility of the defense system of the opposing team. Clearly, against a "man to man" (individual) defense, the type of ATTACK to be adopted will obey certain principles which, in many aspects, they differ formally from those that should be observed against a defense by zone.

Ferreira and De Rose (1987) state that after learning and fixation of individual attack fundamentals, it becomes necessary the practice in situations that approximate the dynamics of the match itself.

It is understood that the specific characteristics of each of the defensive systems, their strengths and weaknesses points must be considered when take care of the choice of a collective form of attack.

However, there are some points that are common to any offensive system together, so that before the considerations for each of these key systems, will highlight the most important points, common to any form of collective attack.

Efficiency - The efficiency of an offensive team is related to the offensive skills of each of its members. It is necessary, however, that the distribution function and placement of players on the court are made so that each player can put into practice, the best way possible, and their personal skills

Balance - The offensive balance or the ability to move quickly from defense to attack can never be forgotten.

Principles - Certain principles regarding the use of passes (short or long), dribbling (restriction of their use or not) and throwing (general rules or relating to the skills of each one) must be pre-arranged so as to make possible the adaptation process training to these requirements.

Situations - Several defensive situations should be seriously observed, because they have direct influence on collective forms of attack (rebound, personal fouls, violations, etc. ...).

Tactics – The offensive tactics should not be modified while giving good results. It is advisable, however, periodically change the rhythm or speed during the match to prevent the defense to adapt to the initial situation and have greater chance of success, that is, one has to constantly vary the attack rolls, we should not only have trained a move because if the opponent can not make a move it will not be possible to develop our offensive actions and reach the ultimate goal, which is the basket.

Special Moves - The special shots (ball away after free throw, after the ball off at the beginning of the match), in general, give excellent results. For example, the ball in the air, if we have the height advantage of the player who will jump, we can use that and get an excellent counter-attack, it is clear that previously trained.

Choose the moves - Today, the vast majority of points for a team become from moves using two or three players. It is then up to the coach to choose these kind moves that fit perfectly into the team's primary offensive system and encourage its practice.

Playing without the ball - With or without the ball, the attacker must constantly play basketball, which is, to change direction and pace, dribbling, cutting, etc. With this it will keep his marker in a state of permanent alert.

Diversity - The team that collectively have only one attack form against one of two basic systems of defense (man to man or zone), will always be subject to unpleasant surprises..

Availability of moves - Any offensive system together, no matter how simple it is better, much better than no system.

DEVELOPMENT

TOGETHER OFFENSIVE SYSTEMS

You can say that there are three different basketball and major systems of attack: Counterattack; Offensive against man to man defense and Offensive against defense by zone.

The choice of the offensive system of being implemented by a team is determined by the type of defense used by the opponent. For this main reason, we use the above classification, highlighting the counter - attack, fleeing to this general rule may be used against any other kind of defense. Consider:

COUNTER - ATTACK

When basketball was created in 1891, the most productive and rational way of attack was: after getting the ball, the players tried to move it as quickly as possible (there was no dribbling) toward the basket, trying to get points before the opponents could take a stand for the defense.

Even today, this is the fundamental characteristic of the counter-attack. Of course, some innovations were introduced, but the original idea is the same, that means: to get the ball to the attack zone as quickly as possible, before the defense has a chance to organize itself.

You can also set the counter-attack as: to get to the attacked basket with a player of numerical advantage on defense.

For example: two attacking players against a defender or three attacking players against two defenders.

It is understood that the speed (of the ball and players) is one of the weapons of the counter-attack. Perhaps one of the most important, but it is not the only one. The organization overcomes in many cases, pure speed.

It is said, after several years of experience in the initiation of (males and females) basketball players, as well as in staff training, always tried to guide them, the first offensive option, should be trying to execute the counter-attack, but, with organized outputs and thoroughly trained.

OFFENSIVE SYSTEM AGAINST MAN TO MAN DEFENSE

To win a defense properly organized and trained, it becomes necessary to adopt one or a few collective processes of attack, the must be trained and planned in advance. They use different types of offensive blockade or cut light when attacking a team that imposes an individual marking.

The offensive blocking or cut light, is an essential offensive tactic in Basketball now, because most teams, especially the high-level ones use in its defense system the individual or man to man during their matches.

The objective of cut light is to prevent or hamper the free movement of the opponent, facilitating the locomotion of a teammate in a certain direction.

For Carvalho (2001) to implement the concepts and fundamentals in a tactical offensive system, the attack becomes unpredictable, and unpredictability is of vital importance to the success of the attack during the match.

TYPES OF OFFENSIVE BLOCKADES OR CUT LIGHT

Among the different types of offensive blocks or cut light, lists the following:

Cut light or direct blockade; Cut light or indirect blockade; Cut light or false blockade; Cut light or fixed blockade and Cut light or internal blockade.

Cut light or direct blockade is one in which the player without possession of the ball moves itself and makes the blockade on the player who has the ball possession.

Cut light or indirect blockade that is performed in the player who is not in possession of the ball.

Cut light or false blockade is one in which the attacker who does it do not stay still, because, taking advantage of a slight indecision from the defenders, or exchange marking performed by the defenders, who blocked it also moves soon then, to create greater difficulties to the defensive or to go free to receive a pass from that teammate who was benefited by the blockade. It is executed as follows: it is a movement by rotating the leg back, facing away from the defender, protecting even more its partner.

Cut light, fixed blockade or pole is one in which a player is fixed near the free-throw lane, and the player with the ball, dribbling, driving its opponent over the fixed blockade, making his marker to get stuck in the blockade. You can perform conscious driving with or without the ball.

Cut light or internal blockade is one in which a player performs a pass to its teammate and put itself between its partner and the adversary, for it to execute a throw to the basket. Accentuate that this type of cut light or blockade, it is always performed near the restricted area (lane).

It is observed that there are also the moves based on crossing, dribbling and changing direction of the players.

Currently, it states that most teams use the individual marking, therefore, the tactic of cut light or offensive blockade has been the main foundation of attack of a team, because of this "curtain", or this wall, to be performed between a partner and its respective defender and it has been giving excellent results, often allowing the output of an attacker to open the basket.

There is no doubt that the attack with cut light or blockade requires the movement of five players, but most of the moves can be successfully participating in them only two or three players. And may also use and perform the moves based on crossing, dribbling and changing direction.

REQUIREMENTS FOR SUCCESS IN THE IMPLEMENTATION OF CUT LIGHT OR OFFENSIVE BLOCKADE:

In any case, the cut light or blockade works well only when certain requirements are observed, such as:

1 - The distance from the marker and the attacker;

2 - Synchronization between the arrival of who performs and who receives the benefits of blockade;

3 - Performing the move at the right time;

4 - Good placement of the player who makes the cut light, that is, you should put a little in the rear of the bullet, preventing it from moving, remembering that it can not move around, otherwise it is a blockade or defaulter cut light;

5 - Do not demonstrate or to telegraph what will be done;

6- The attacker must have well developed technical skills of basketball.

The cut light or blockade may be even using more players, that is, double or triple. Double when two partner players perform a cut light or blockade at the same time in an opponent; triple when three players make the cut light or blockade in an opponent.

MARKING EXCHANGE

The use of cut light or offensive blockade demanded that the processes of defense found a way to eliminate or reduce the efficiency that had been presenting this tactic offensive. Then came the defensive set foundation called exchange of marking, which is the antidote to the blockage or cut light. The exchange of marking is performed when the marker is unable to move freely, because of cut light made by the attacker, then, is effected by that time the exchange of marking, that is, defender, marking the attacker who will receive the benefits of cut light or blockade do not mark it anymore and make the change with another teammate.It is observed that in basketball there are poisons and antidotes, and the antidote to this poison is called false blockade or false cut light, we have done a few comments above.

The technical development of Basketball has been a constant and, in general, this improvement has highlighted the growing need of the correct practice and need all the fundamentals of the game. The situations of 1X1 and 2X2 are considered conditions increasingly common in the match and win every day more prestige. Therefore, the practice of cut light or offensive blockade and changes marking should be initiated as soon as possible, through various management actions of the body and ball handling, which in reality are basic to the performance of these fundamentals.

OFFENSIVE SYSTEM AGAINST A DEFENSE BY ZONE

It was pointed out that in defense by zone each defender brand an area or a defensive sector, keeping watchful eyes on the movement of the ball. For this main reason, which distinguishes this defensive system of man to man marking, the

offensive tactics can not be equal to one and another type of defense.

It is then necessary to adopt a kind of special attack. The dribbling, the cuts, the blockade moves or cut light, in general, have not been successful. Are not these weaknesses points of the defense by zone, and always when it comes to organize an attack, the primary factor to be noted is the location of the vulnerable defense points to best exploit them.

OFFENSIVE SET FUNDAMENTALS USED AGAINST MARKING BY AREA

RAPID MOVEMENT OF THE BALL

The rapid exchange of passes will not allow the defenders to follow this movement, obtaining in this way with relative ease, gaps in the defensive system, that is, vulnerabilities points that can be exploited by placing a player in the center position, preferably to play in that empty space.

ABOUT NUMERICAL LOAD

As each defender responsible for a defense area, the placement of two or more attackers in this area, or the placement of three or more attackers in the areas of two defenders, one of the attackers, at least, will be forcibly unmarked, that is, free certain opportunities, we can also call this way of attack to overload or to concentrate the attack.

CENTER SYNCHRONIZATION

The synchronization of center consists in the movement of the players who play in that position, making movement during the attack, trying to unmark or appear free to receive a pass in front of the defender. It should be noted that the center position is unique in that the attacker is facing away from the basket, the others, the attackers must necessarily be facing the basket that is being attacked, especially when they receive the ball.

In general, the types of attack against the defense by zone provide the distribution of the players on the offensive field that allows them to rapid passes exchange and shots to the basket without any major concerns with infiltration or cut. In the offensive against the marking by zone, you can play with one, two or three players playing in the center position. If we play with two centers, one player will be the point guard of this team and two players will act in the position of the small forward. All players must have well-developed individual fundamentals such as shooting, passing, knowing infiltrations and make cuts in "L" during an offensive.

CONCLUSIONS OF RECOMMENDATIONS

It is understood that both the offensive and defensive system depends on the characteristics and skills of individual players on a team. During the match the choice of the offensive system to be used depends on the defensive system that the opponent is using, so this way the attack of a team must be prepared to face any system, whether the individual defense or defense by zone. Obviously, a defense against "man to man" (individual), the kind of attack to be adopted must abide by certain principles that, in many aspects, differ from those that must be seen against a defense by zone. For this reason, the team must be properly trained.

REFERENCES

ARAÚJO, Jorge Miguel. **Basquetebol Português e alta competição**. Lisboa - Portugual: Editorial Caminho, Sarl, 1982.

DAIUTO, Moacyr. **Basquetebol. Metodologia do Ensino**. 4. Ed. São Paulo, São Paulo Editora S.A. 1974.

CARVALHO, Walter. **Basquetebol:** Sistemas de Ataque e defesa. 1. Ed. Rio de Janeiro: Sprint, 2001. 221 p.

FERREIRA, Aluísio Elias Xavier; ROSE JUNIOR, Dante de. **Basquetebol:** Técnicas e Táticas - Uma Abordagem didático-pedagógica. 1ª São Paulo: Edusp, 1987. 99 p.

GRAÇA, Amândio; OLIVEIRA, José. **O ensino dos jogos desportivos:** O ensino do Basquetebol. 3. ed. Porto-Portugal: Centro de Estudos Dos Jogos Desportivos - Universidade do Porto - Faculdade de Ciências e Desporto e da Educação Física, 1998. 245 p.

MARIO ROBERTO GUARIZI
guarizi@fct.unesp.br / marinhoguarizi@hotmail.com
IVO ANDRÉ POLONIO
p.ivoandre@hotmail.com

BASKETBALL: OFFENSIVE FUNDAMENTALS.

ABSTRACT

Agreeing with Daiuto (1984) that in his various works, the same reports that basketball is definitely a sport full, since it requires from the practitioner diversity of the movements in different intensities during the match. It is understood that basketball is inserted in Collective Sports Games (CSG), and it occupies an important position in contemporary sports culture. In sport there are several technical fundamentals that must be performed within the most perfect technique. Contemporaneously there is no doubt that the offensive in basketball depends on several factors, and brings us many advantages and it can directly influence in the progress and the outcome of the match, so when the team can put the opponent at a disadvantage breaking its defensive balance. When a team has possession of the ball, we can say that it is on the offensive, that is, it becomes the attacker. It is said that the offensive is the main function of the team in the match, because it is through offense that determines the largest number of points of a team. It can be argued further that offensive actions when performed properly have a strong tendency to ensure the victory over the opponent. They say Grace and Oliveira (1998) that the objectives of the offensive are: to advance the ball by invading the opponent's defensive midfield; to finalize the attack and to realize the basket. Note that the offensive together as the defensive depends directly on the characteristics and skills of individual players who compose it. However, during the match the choice of the collective form of attack to be used is not given freely; it is in the responsibility of the defense system of the opposing team. Clearly, against a "man to man" (individual) defense, the type of attack to be adopted will obey certain principles which, in many aspects, they differ formally from those that should be observed against a defense by zone.

KEYWORDS: Basketball, offensive, fundamentals offensive.

BASKET-BALL: OFFENSIVE FONDAMENTAUX.
RÉSUMÉ

Harmonisation avec la Daiuto (1984) que dans ses œuvres diverses, les mêmes rapports que le basket est définitivement un sport complet, car il requiert des mouvements du praticien dans la diversité des intensités différentes pendant le match. Il est entendu que le basket est logé dans les jeux de sport collectif (JDC), et occupe une position importante dans la culture sportive contemporaine. En sport, il ya plusieurs bases techniques qui doivent être réalisées dans la technique la plus parfaite. Simultanément il n'ya aucun doute que l'offensive en basket-ball dépend de plusieurs facteurs, et nous apporte de nombreux avantages et peut influer directement sur les progrès et l'issue du match, alors quand l'équipe peut mettre l'adversaire dans une position désavantageuse briser son équilibre défensif. Quand une équipe est en possession de la balle, nous pouvons dire qu'il est à l'offensive, qui est, il devient l'attaquant. Il est dit que l'offensive est la fonction principale de l'équipe dans le jeu, car c'est par infraction qui détermine le plus grand nombre de points d'une équipe. On peut faire valoir en outre que les actions offensives lorsqu'il est effectué correctement, a une forte tendance à assurer la victoire sur l'adversaire. Ils disent que la grâce et Oliveira (1998) que les objectifs de l'offensive sont de faire progresser la balle en envahissant milieu défensif de l'adversaire, de finaliser et mettre en œuvre lance attaquer le panier. Notez que l'offensive ensemble comme une défensive, dépend directement des caractéristiques et des compétences des acteurs individuels qui la composent. Cependant, pendant le jeu, le choix de la forme collective de l'attaque d'être utilisé n'est pas donné librement, il est de la responsabilité du système de défense de l'équipe adverse. De toute évidence, la défense contre un «homme à homme» (individuel), le type d'attaque pour être adoptées pour se conformer à certains principes qui, à bien des égards, ils diffèrent formellement de celles qui doivent être observées contre une défense dans la région.

MOTS-CLÉS: basket-ball, offensif, les fondamentaux offensifs.

BALONCESTO: OFENSIVA FUNDAMENTOS.
RESUMEN

Consonancia con Daiuto (1984) que en sus diversas obras, los mismos informes que el baloncesto es, sin duda un deporte completo, ya que requiere movimientos del profesional en la diversidad de las diferentes intensidades durante el juego. Se entiende que el baloncesto se encuentra en los juegos deportivos colectivos (JDC), y ocupa una posición importante en la cultura del deporte contemporáneo. En el deporte hay varios fundamentos técnicos que se deben realizar dentro de la técnica más perfecta. En la misma época no hay duda de que la ofensiva en el baloncesto depende de varios factores, y nos trae muchas ventajas y puede influir directamente en el progreso y el resultado del juego, así que cuando el equipo se puede poner al oponente en desventaja rompiendo el equilibrio defensivo. Cuando un equipo tiene posesión de la pelota, podemos decir que está a la ofensiva, es decir, se convierte en el atacante. Se dice que la ofensiva es la función principal del equipo en el juego, porque es a través de infracción que determina el mayor número de puntos de un equipo. Se puede argumentar, además, que las acciones ofensivas cuando se realiza correctamente, tiene una fuerte tendencia a asegurar la victoria sobre el oponente. Dicen que la gracia y Oliveira (1998) que los objetivos de la ofensiva es avanzar la bola por la invasión de centrocampista defensivo del oponente, finalizar y aplicar lanza atacar la canasta. Tenga en cuenta que la ofensiva como la defensiva juntos, depende directamente de las características y habilidades de los jugadores individuales que la componen. Sin embargo, durante el partido la elección de la forma colectiva de ataque a utilizar no se da libremente, es responsabilidad del sistema de defensa del equipo contrario. Claramente, la defensa contra un "hombre a hombre" (individual), el tipo de ataque que se adoptarán para cumplir con ciertos principios que, en muchos aspectos, difieren formalmente de los que deben ser observadas en contra de una defensa en la zona.

PALABRAS CLAVE: baloncesto, los fundamentos ofensivos, ofensivas.

BASQUETEBOL: FUNDAMENTOS OFENSIVOS.
RESUMO

Pactua-se com Daiuto (1984) que em suas diferentes obras, o mesmo relata que o basquetebol é sem dúvida uma modalidade esportiva completa, pois exige do praticante a diversidade de movimentos em intensidades muito diferentes durante o jogo. Compreende-se que o basquetebol está inserido nos Jogos Desportivos Coletivos (JDC), e, ocupa posição importante na cultura desportiva contemporânea. Na modalidade há diversos fundamentos técnicos que devem ser executados dentro da mais perfeita técnica. Contemporaneamente não restam dúvidas que a ofensiva no basquetebol 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 colocar o adversário em desvantagem quebrando seu equilíbrio defensivo. Uma equipe quando tem a posse da bola, pode-se dizer que a mesma está na ofensiva, isto é, ela passa a ser atacante. Afirma-se que a ofensiva é a principal função da equipe no jogo, porque é através da ofensiva que se determina o maior número de pontos de uma equipe. Pode-se afirmar, ainda, que as ações ofensivas quando desenvolvidas adequadamente, tem forte tendência para assegurar a vitória sobre o adversário. Afirmam Oliveira e Graça (1998) que os objetivos da ofensiva são: fazer progredir a bola, invadindo o meio campo defensivo do adversário; finalizar o ataque com lançamentos e concretizar a cesta. Nota-se que a ofensiva em conjunto, como a defensiva, depende diretamente das características e habilidades individuais dos jogadores que a compõem. No entanto, durante o jogo a escolha da forma coletiva de ataque a ser utilizada não é feita livremente; ela fica na dependência do sistema de defesa da equipe adversária. Evidentemente, contra uma defesa “homem a homem” (individual), o tipo de ataque a ser adotado obedecerá a certos princípios que, em muitos aspectos, diferem formalmente daqueles que devem ser observados contra uma defesa por zona.

PALAVRAS CHAVES: basquetebol, ofensiva, fundamentos ofensivos.