



*Faculty of Kinesiology  
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# ***SUBJECT: BASKETBALL***



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SUBJECT: BASKETBALL*

# *TECHNICS OF BASKETBALL GAME*

## *MODULE:*

*-Basic and offensive stance (TTP)*

*with a ball*

*-Pivoting*

# Offensive stance

*DIAGONAL*

*PARALLEL*

RIGHT

LEFT

*Holding a ball*

basic

triple threat position

low

medium

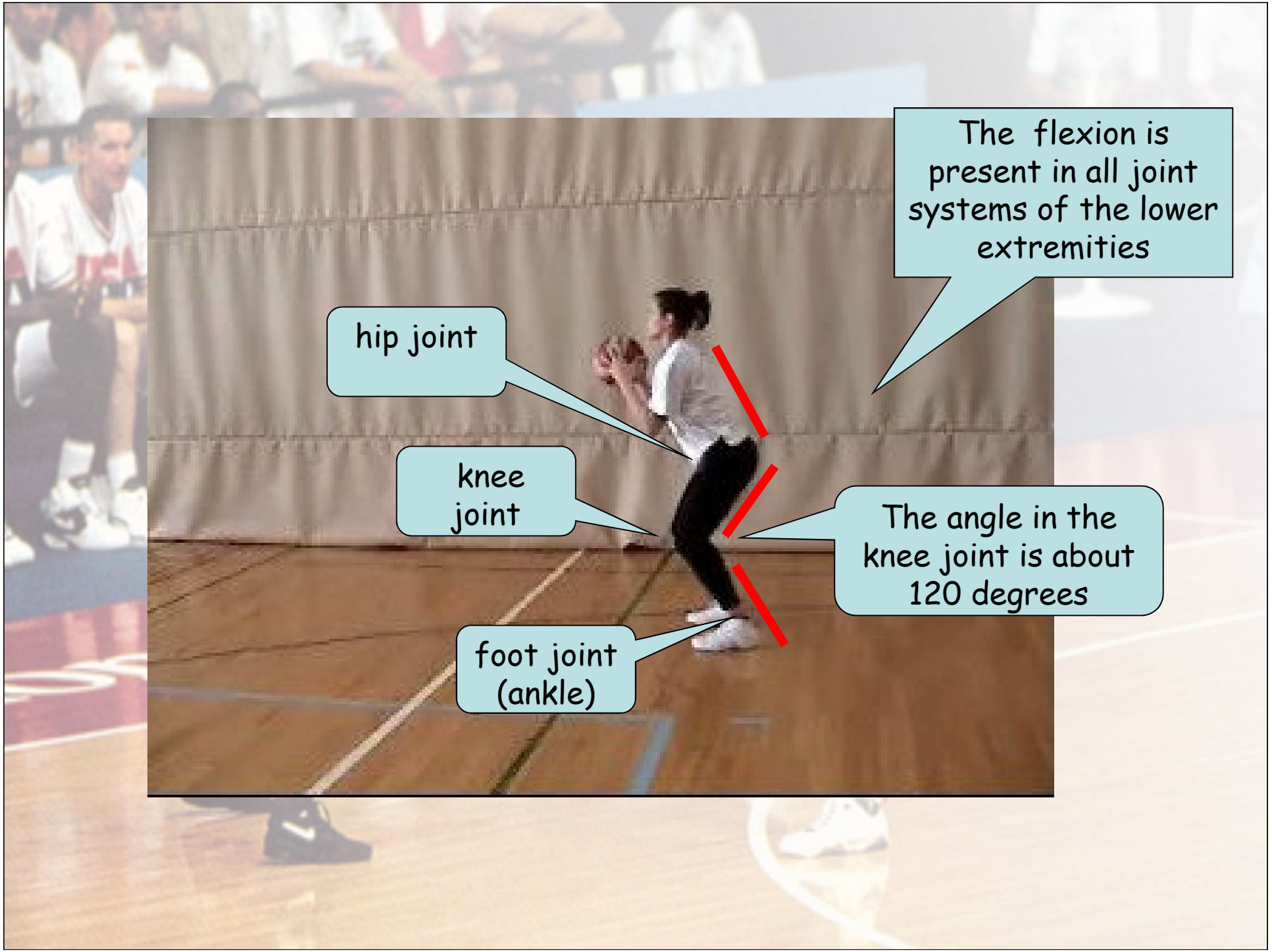
high

# Biomechanical analysis of BASIC stance

## Position of the feet

- shoulder width apart, toes pointing forward,
- weight evenly distributed (2/3 foot),
- general center of gravity of the body is vertical to the surface,
- angle between the thigh and lower leg is approximately 120 degrees,
- flexion is present in all the joint systems of lower limb





hip joint

knee joint

foot joint (ankle)

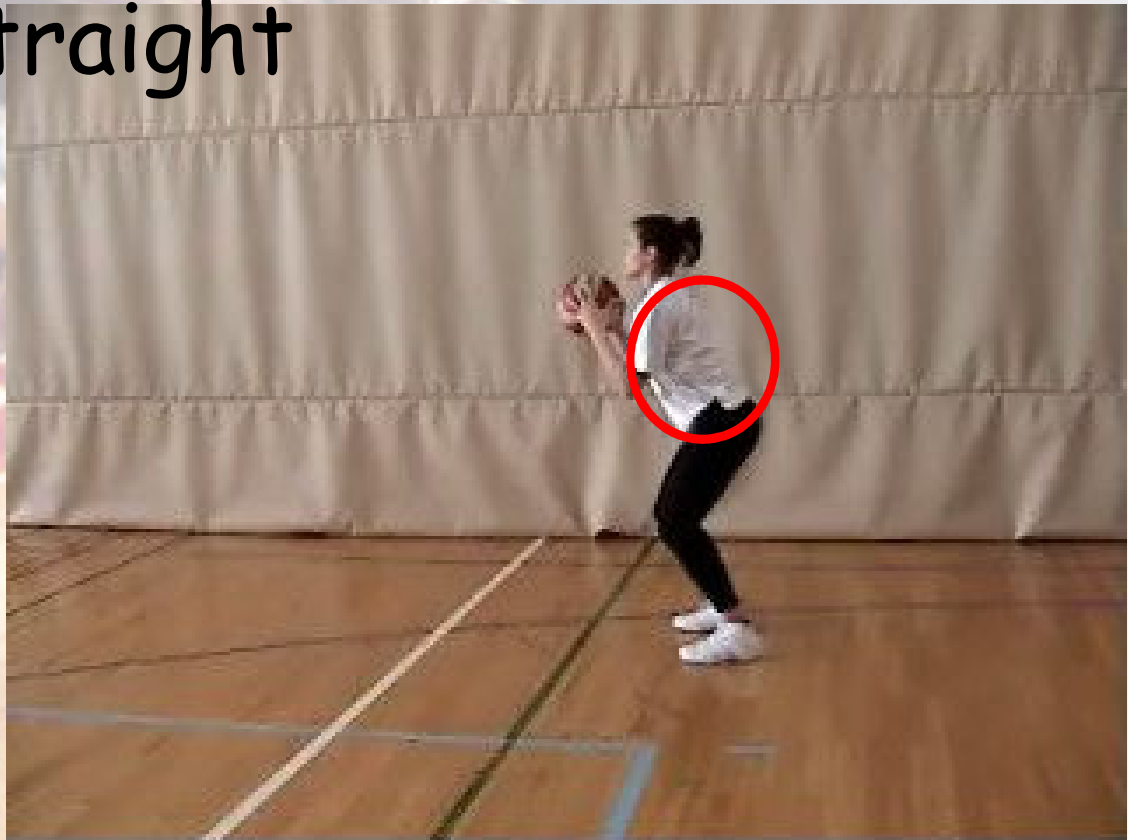
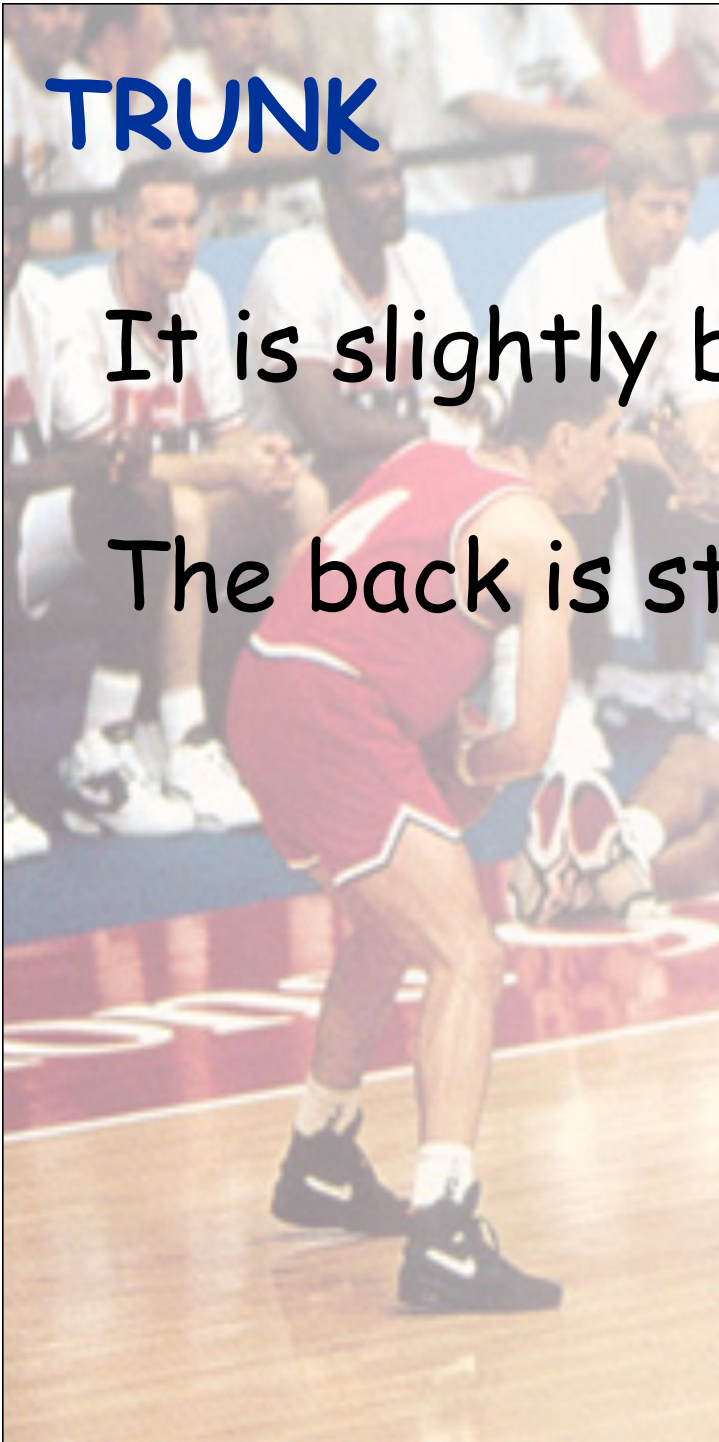
The flexion is present in all joint systems of the lower extremities

The angle in the knee joint is about 120 degrees

# TRUNK

It is slightly bent,

The back is straight



## *Holding a ball*

- the ball is held firmly with both hands, approximately in level with a chest,
- 4 finger is on the half of the ball,
- the thumbs are directed towards to the top of the ball, palms are not resting entirely on the ball,
- the ball is held with articles fingers,
- forearms are parallel to the substrate,
- elbows are relaxed along the trunk,
- the ball distance from the body is approximately the width of the hand.



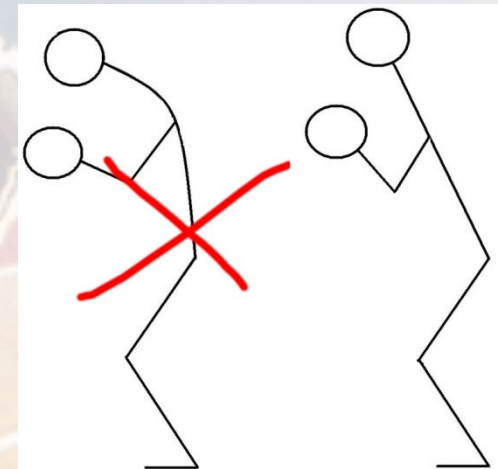
# HEAD

- the head is in extension of a trunk,
- view is directed forward

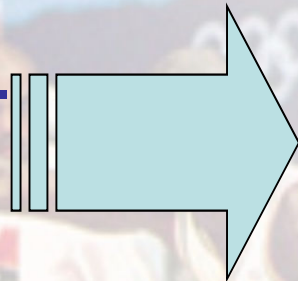


# The most common errors that can occur during the training methodology

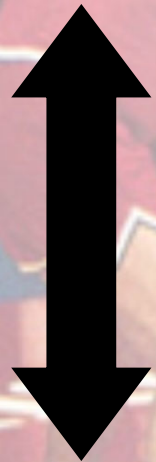
- too wide or too tight stance,
- body beyond of the balance position - hips back, body weight at heels, etc.
- deflection of the trunk to one side or the other,
- straight position, without flexion of the joints,
- excessive bent trunk,
- elbows wide move away from the trunk
- hands pointing downwards or upwards,
- thumbs directed toward each other,
- the ball is chest height, but is held too low on the outstretched hands
- stiffness, etc.



Offensive stance  
with a ball

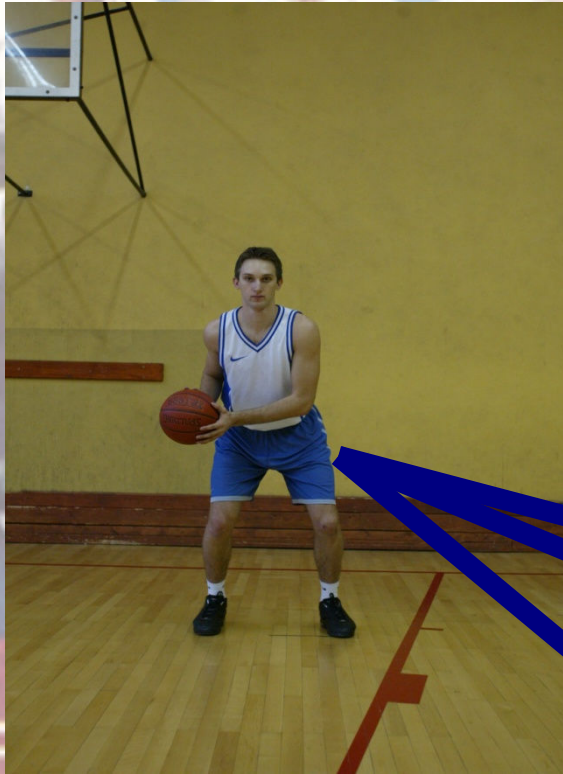


- SHOOTING
- PASSING
- DRIBBLING



triple threat position

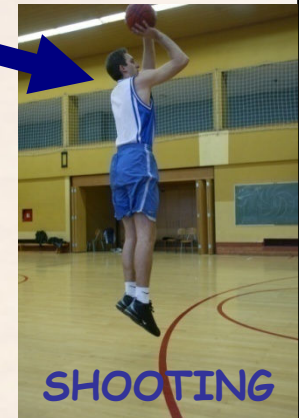
# OFFENSIVE STANCE WITH A BALL



DRIBBLING



PASSING



SHOOTING

# Biomechanical analysis of offensive stance - triple threat position

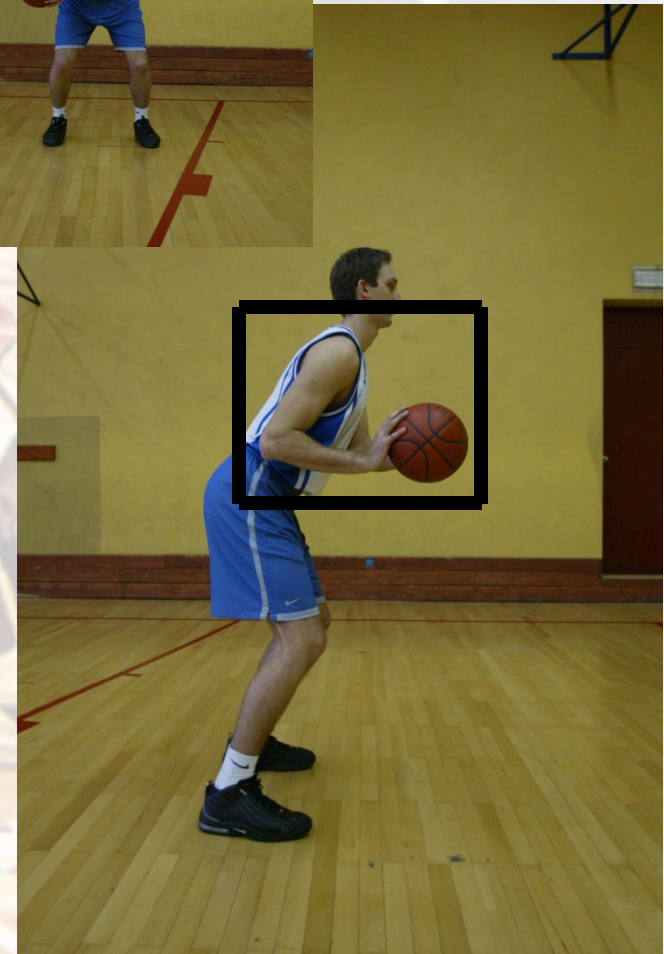
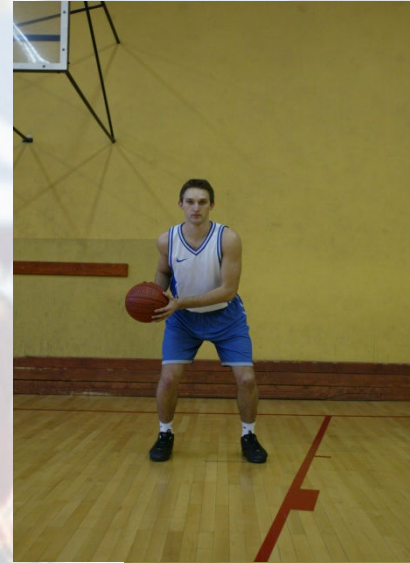
## Position of the feet

- shoulder width apart, toes pointing forward,
- weight evenly distributed (2/3 foot),
- general center of gravity of the body is vertical to the surface,
- angle between the thigh and lower leg is approximately 120 degrees,
- flexion is present in all the joint systems of lower limb



## *Holding a ball*

- "dominant" hand is on the rear hemisphere of the ball,
- flexion in the wrist,
- elbow of dominant hand is along the body,
- forearm is parallel to the substrate,
- opposite hand is on the inner side of the ball,
- the angle between the forearm and upper arm is 90 degrees



POSITION of the trunk and head is the same as in the basic stance!!



## The most common errors that can occur during the (motor learning) training methodology

- too wide or too tight stance,
- body beyond of the balance position - hips back, body weight at heels, etc.
- deflection of the trunk to the **side of the ball**,
- straight position, without flexion of the joints,
- excessive bent trunk,
- elbows wide move away from the trunk
- hands pointing downwards or upwards,
- thumbs directed toward each other,
- the ball is chest height, but is held too low on the outstretched hands
- stiffness, etc.

# PIVOTING

Provides a better position on the court through moving in basic or offensive stance....

Pivoting can be carried out in all directions:

- forward

- back,

- aside,

or, turn in "open" side (chest forward),

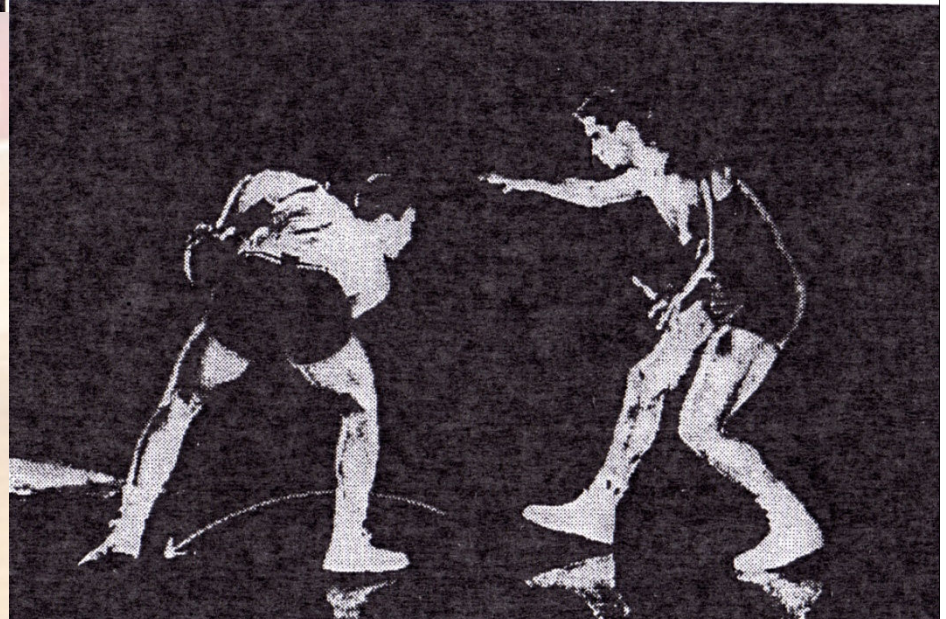
or, the "closed" side (back in the new direction of movement)



# PIVOTING

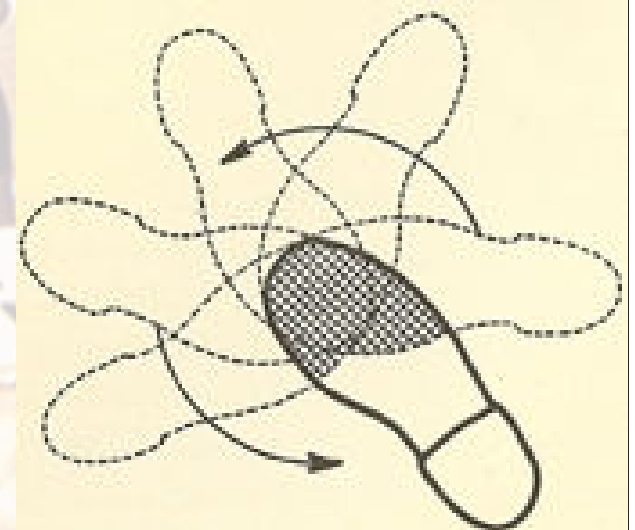


The position of player during pivoting



## Biomechanical analysis of pivoting:

- it is performed from the basic or offensive stance,
- during pivoting may not come to the vertical oscillations of the general center of gravity of the body
- always make a visual "contact" before pivoting, especially to the "closed" side,
- the pivoting is always performed on the forefoot of non pivot foot,





**PIVOT FOOT**

**NON PIVOT FOOT**

**GCG**

**RAISING A FOOT**

A photograph of a basketball game. In the foreground, a player in a red jersey is in a low, pivoting stance on a wooden court. In the background, other players in white jerseys are visible, some sitting on the bench. The image is semi-transparent, allowing text to be overlaid.

## The most common errors that can occur during the training methodology

- pivoting on the outstretched legs,
- lifting or sliding non pivot foot,
- raising the *GCG* during pivoting,
- rotation (pivoting) over the entire pivot foot
  - view is directed in the floor,
  - lack of maintenance of body balance,
- not enough space between the pivoting and non pivoting foot