



HOW TO SHOOT A BASKETBALL PERFECTLY

What Position Should You Play

How to Shoot a Basketball Perfectly

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DEDICATION

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What Is Basketball?

Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball (approximately 9.4 inches (24 cm) in diameter) through the defender's hoop (a basket 18 inches (46 cm) in diameter mounted 10 feet (3.048 m) high to a backboard at each end of the court) while preventing the opposing team from shooting through their own hoop. A field goal is worth two points, unless made from behind the three-point line, when it is worth three. After a foul, timed play stops and the player fouled or designated to shoot a technical foul is given one or more one-point free throws. The team with the most points at the end of the game wins, but if regulation play expires with the score tied, an additional period of play (overtime) is mandated.

Players advance the ball by bouncing it while walking or running (dribbling) or by passing it to a teammate, both of which require considerable skill. On offense, players may use a variety of shots—the lay-up, the jump shot, or a dunk; on defense, they may steal the ball from a dribbler, intercept passes, or block shots; either offense or defense

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may collect a rebound, that is, a missed shot that bounces from rim or backboard. It is a violation to lift or drag one's pivot foot without dribbling the ball, to carry it, or to hold the ball with both hands then resume dribbling.

The five players on each side fall into five playing positions the tallest player is usually the center, the tallest and strongest is the power forward, a slightly shorter but more agile player is the small forward, and the shortest players or the best ball handlers are the shooting guard and the point guard, who implements the coach's game plan by managing the execution of offensive and defensive plays (player positioning). Informally, players may play three-on-three, two-on-two, and one-on-one.

Invented in 1891 by Canadian-American gym teacher James Naismith in Springfield, Massachusetts, United States, basketball has evolved to become one of the world's most popular and widely viewed sports. The National Basketball Association (NBA) is the most significant professional basketball league in the world in terms of popularity, salaries, talent, and level of competition. Outside North America, the top clubs from national leagues qualify to continental championships such as the EuroLeague and the Basketball Champions League Americas. The FIBA Basketball World

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Cup and Men's Olympic Basketball Tournament are the major international events of the sport and attract top national teams from around the world. Each continent hosts regional competitions for national teams, like EuroBasket and FIBA AmeriCup.

The FIBA Women's Basketball World Cup and Women's Olympic Basketball Tournament feature top national teams from continental championships. The main North American league is the WNBA (NCAA Women's Division I Basketball Championship is also popular), whereas strongest European clubs participate in the EuroLeague Women.

10 Amazing Health Benefits Of Playing Basketball

1. Promotes Cardiovascular Health

Basketball is great for your heart health! Because you keep moving, your heart rate increases. It also helps in building endurance, which is important when you want to make sure that your heart is healthy. It will help lower the risk of stroke and heart disease later in your life.

2. Burns Calories

Do you want to shed a few extra kilos? Play basketball! All the quick lateral movements, running and jumping, gives you an aerobic workout that in turn can help you burn a lot of calories. For every hour of basketball, a person who weighs 165 pounds can expect to burn about 600 calories while a person who weighs 250 pounds can expect to burn approximately 900 calories.

3. Builds Bone Strength

The physical demands of this awesome sport help in improving and building bone strength. Any physical activity that involves weight-bearing allows the formation of new bone tissue, and this in turn makes the bones stronger. Both the muscles and bones in your body become stronger with basketball as it is a physical activity that involves the tugging and pushing of muscles against bone.

4. Boosts The Immune System

When you play basketball or any other sport, it helps in reducing stress. When stress is decreased, you will have more energy and focus to complete tasks. It also makes you more social, which in turns helps in preventing depression. When stress is lowered, your immune system gets a boost as well.

5. Provides Strength Training

By playing basketball, you get an excellent full-body workout. This helps in the development of lean muscle. It can help develop your lower back, neck, deltoids, traps and core muscles. It also makes your legs stronger, and the movements like shooting and dribbling help strengthen your arms, hand muscles and wrist flexors.

6. Boosts Mental Development

Basketball may be a fast-paced game that requires a lot of physical skills, but it is also a mind game that requires you to think on your toes. It requires you to have a lot of focus so that you can accurately and quickly process the action on the court and make decisions that are effective with the ball. It also requires you to train yourself so that you can observe your opponents and teammates constantly and make quick decisions based on their actions.

7. Develops Better Coordination And Motor Skills

Basketball requires excellent hand-eye coordination as well as full-body coordination. When you play this sport, it gives you the training to help develop these skills. Dribbling gives you training for hand-eye coordination while rebounding shots that are missed gives you the training to develop full-body coordination.

8. Develops Self-Discipline And Concentration

As with other sports, there are rules that need to be followed when you play basketball. When you break these rules, it can lead to penalties for you as well as your team. It helps you develop self-discipline that

is important as it encourages you to be more competitive and fair at the same time. It also keeps your mind focused and alert.

9. Improves Awareness Of Space And Body

Basketball is a game that requires spatial awareness. You need to know where you are positioned to make that perfect shot or play defense effectively. When you have an awareness of the space and body, you will know exactly where you need to be when your teammate or opponent makes a shot or passes the ball. When your spatial awareness is improved, it also helps in keeping you in balance.

10. Boosts Confidence

One of the best benefits of playing basketball is that it truly boosts one's confidence. Being a good player and being a member of a great team can do wonders to increase your self-esteem and help you gain more confidence. When your confidence is boosted, your faith in your skills is also increased. Being confident allows you to face life with an improved disposition and has a positive effect on every aspect of your life.

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The fast-paced action involved in basketball makes it one of the most exciting games to play and watch in the world. The fact that it provides numerous benefits is an excellent bonus. It is no wonder that the President of the US has made it a part of his regular workout regimen to keep himself physically and mentally fit. It is a great game for both adults and children. If you are looking to play a sport that gives you multiple benefits, both physically and mentally, this is the one for you.

Tips

- Always warm up and stretch your joints and muscles before you hit the court. Make it a point to stretch and cool down after a game as well.
- Basketball is a physically demanding game. It is important to have plenty of fluids on hand so that you can rehydrate your body at regular intervals.
- Because of the physical demands, it is important that you keep yourself flexible and strong. With the many benefits of basketball, it is the perfect reason for you to pick up a ball and start

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shooting some hoops. It can be played alone or with friends – no matter what you choose, you get a great workout. By making this sport a part of your fitness routine, you ensure that you stay physically and mentally fit and active for many years.

The Rules Of Basketball

Basketball is a team sport.

Two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground.

The game is played on a rectangular floor called the court, and there is a hoop at each end.

The court is divided into two main sections by the mid-court line.

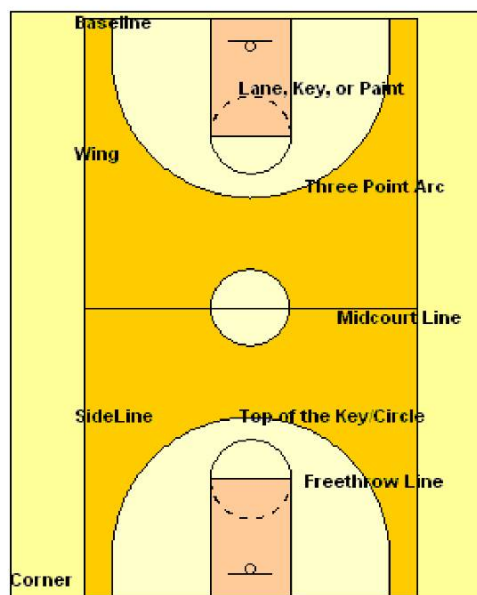
If the offensive team puts the ball into play behind the mid-court line, it has ten seconds to get the ball over the mid-court line.

If it doesn't, then the defense gets the ball.

Once the offensive team gets the ball over the mid-court line, it can no longer have possession of the ball in the area behind the midcourt line.

If it does, the defense is awarded the ball.

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Basketball Court 1

The ball is moved down the court toward the basket by passing or dribbling. The team with the ball is called the offense. The team without the ball is called the defense.

The defense tries to steal the ball, contest shots, deflect passes, and garner rebounds.

Points

When a team makes a basket, they score two points and the ball goes to the other team.

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If a basket, or field goal, is made outside of the three-point arc, then that basket is worth three points. A free throw is worth one point.

Free throws are awarded to a team according to some formats involving the number of fouls committed in a half and/or the type of foul committed.

Fouling a shooter always results in two or three free throws being awarded the shooter, depending upon where he was when he shot. If he was beyond the three-point line, then he gets three shots.

Other types of fouls do not result in free throws being awarded until a certain number have accumulated during a half (called “team fouls”).

Once that number is reached, then the player who was fouled is awarded a '1-and-1' opportunity. If he makes his first free throw, he gets to attempt a second. If he misses the first shot, the ball is live on the rebound.

Game Clock

Each game is divided into sections, and all levels have two halves.

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In college, each half is twenty minutes long.

In high school and below, the halves are divided into eight (and sometimes, six) minute quarters. In the pros, quarters are twelve minutes long.

There is a gap of several minutes between halves. Gaps between quarters are relatively short.

If the score is tied at the end of regulation, then overtime periods of various lengths are played until a winner emerges.

Basket Assignment and Tip-Off

Also, each team is assigned a basket or goal to defend.

This means that the other basket is their scoring basket.

At halftime, the teams switch goals.

The game begins with one player from either team at center court.

A referee will toss the ball up between the two. The player that gets his hands on the ball will tip it to a teammate. This is called a tip-off.

Fouls and Violations

In addition to stealing the ball from an opposing player, there are other ways for a team to get the ball.

One such way is if the other team commits a foul or violation.

FOULS

Personal fouls: Personal fouls include any type of illegal physical contact.

- Hitting
- Pushing
- Slapping
- Holding
- Illegal pick/screen -- when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.

Personal foul penalties: If a player is shooting while being fouled, then he gets two free throws if his shot doesn't go in, but only one free throw if his shot does go in.

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- Three free throws are awarded if the player is fouled while shooting for a three-point goal and they miss their shot. If a player is fouled while shooting a three-point shot and makes it anyway, he is awarded one free throw. Thus, he could score four points on the play.

- Inbounds. If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.

- One & one. If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw. If he makes his first shot, then he is awarded another free throw.

- Ten or more fouls. If the team committing the foul has ten or more fouls, then the fouled player receives two free throws.

Charging. An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.

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Blocking. Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

Flagrant foul. Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.

Intentional foul. When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.

Technical foul. Technical foul. A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

VIOLATIONS

Walking/Traveling. Taking more than 'a step and a half' without dribbling the ball is traveling.

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Moving your pivot foot once you've stopped dribbling is traveling.

Carrying/palming. When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.

Double Dribble. Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.

Held ball. Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

Goaltending. If a defensive player interferes with a shot while it's on the way down toward the basket, while it's on the way up toward the basket after having touched the backboard, or while it's in the cylinder above the rim, it's goaltending and the shot counts. If committed by an offensive player, it's a violation and the ball is awarded to the opposing team for a throw-in.

Backcourt violation. Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession. If

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they do, the ball is awarded to the other team to pass inbounds.

Time restrictions. A player passing the ball inbounds has five seconds to pass the ball. If he does not, then the ball is awarded to the other team. Other time restrictions include the rule that a player cannot have the ball for more than five seconds when being closely guarded and, in some states and levels, shot-clock restrictions requiring a team to attempt a shot within a given time frame.

Player Positions

Center. Centers are generally your tallest players. They generally are positioned near the basket.

Offensive -- The center's goal is to get open for a pass and to shoot. They are also responsible for blocking defenders, known as picking or screening, to open other players up for driving to the basket for a goal. Centers are expected to get some offensive rebounds and put-backs.

Defensive -- On defense, the center's main responsibility is to keep opponents from shooting by blocking shots and passes in the key area. They also are expected to get a lot of rebounds because they're taller.

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Forward. Your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas.

Offensive -- Forwards are responsible to get free for a pass, take outside shots, drive for goals, and rebound.

Defensive -- Responsibilities include preventing drives to the goal and rebounding.

Guard. These are potentially your shortest players and they should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.

Offensive -- Dribbling, passing, and setting up offensive plays are a guard's main responsibilities. They also need to be able to drive to the basket and to shoot from the perimeter.

Defensive -- On defense, a guard is responsible for stealing passes, contesting shots, preventing drives to the hoop, and for boxing out.

Where Should New Coaches Start?

Now that you understand the fundamentals, the smartest plan you can follow from here is to help

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players develop those skills with structured drills and practices.

Length of A Basketball Game

- The basketball game consists of four quarters of 10 minutes each.
- Teams play one-way for two quarters, the other way for the next two.
- There is a two-minute interval between the first and second period, and also between the third and fourth period, with 15 minutes for halftime.
- Coaches can call two one-minute timeouts at anytime during the first half and three timeouts in the second half.
- The clock stops when the referee's whistle blows. It stays stopped if free throws are being taken and starts again when the ball touches a player on court — so you get a full 40 minutes of actual basketball play.

Time Limits in Basketball

There are also time limits on a player in possession of the basketball with five main rules:

- 24-second rule

After a team gains possession of the ball, they have 24 seconds to shoot. Possession is handed to the other team if they fail to do so.

- 8-second rule

When a player has the ball in their own half or 'backcourt', they have 8 seconds to move the ball over the halfway line into the 'frontcourt'. Otherwise they will lose possession.

- 5-second rule

A closely guarded player holding the ball has 5 seconds to either pass or advance the ball toward the hoop. When called, possession of the ball goes to the opposite team.

- 3-second rule

A player can only be in the opposition's rectangular 'key' area under the basket for 3 seconds. A foul will

be called if the player does not leave within those 3 seconds.

Types of Basketball Infringement

Basketball players can be penalised for making an infringement or foul on another player, with the loss of possession or the award of a 'free throw'.

- **Personal foul** — this is when illegal body contact occurs between opposing players. Common examples are charging, blocking, holding, illegal guarding, pushing, illegal screening, hand checking, and illegal hand use. A personal foul results in either a player taking free throws or a team losing possession of the ball.
- **Charging** — called by the official when an attacking player moving with the ball runs straight into a defender.
- **Blocking** — a defensive player may not stand in the way or 'block' a dribbling player unless that defender has established a legal guarding stance.

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- Holding — this is when personal contact is made with an opponent to slow their movement.
- Illegal guarding — when a defending player bumps into an opponent from behind.
- Pushing — this is exactly as it sounds, and applies even when a player does not have possession of the ball.
- Illegal screening — an attempt to slow down or stop an opponent who does not have control of the ball.
- Hand checking — when a defending player uses their hands to grab or slow an opponent.
- Illegal hand use — when contact is made on an opponent when they are attempting to release the ball.

Other Types of Basketball

Infringement Include:

- Technical foul — these are awarded against any player or coach for unsportsmanlike behavior such as swearing or arguing with a referee. This leads to at least one free throw and possession of the ball. If a player or coach receives two technical fouls, he or she is removed from the game.
- Persistent fouling — this can lead to a player being removed from the game. If a player commits five fouls they must leave the game permanently, but can be substituted.
- Team foul — this is called when a team has committed five fouls of any kind in any one period. The opposing team is awarded with two free throws.
- Violation — a violation of the rules covers such things as an illegal dribble or not releasing the ball

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within the specified time limits. Possession is handed to the opposition.

- Backcourt violation — an attacking player with the ball may not cross back over the halfway line once he or she has advanced the ball beyond it.

Basketball Scoring

The scoring and points system of basketball comprises the following -

The number of points scored by a shot depends on the position of the player when they release the ball.

- Outside the three-point line (3pts) — the highest number of points that can be achieved is when a basket is scored from outside the three-point line.
- Inside the three-point line (2pts) — any basket shot inside the line earns two points.
- Free throw (1pt) — a free throw from the free-throw line is worth one point. It is an unchallenged shot at the basket, awarded after a foul by the opposition.

Types of Basketball Shot:

- Jump shot — a shot performed while jumping in the air. The ball is released at the highest point off the ground, and is often used when shooting over a defender trying to block the ball.
- Lay-up — a shot when a player moves to the basket with the ball and rolls it off his or her fingertips into the basket.
- Bank shot — a shot in which the ball touches the backboard before it goes into the hoop.
- Dunk (or Jam) — a player slams the ball into the basket from jumping into mid-air.
- Hook shot — a one-handed shot with the shooter facing sideways to the hoop and arcing the ball over the defending player to score.
- Free throw — a free shot taken from the foul line as the result of a foul.

Top 10 Tips For Starting Out In Basketball

Get yourself kitted

Generally there is very little you need to get started but it is important to get a good pair of basketball shoes as the wrong sort could lead to an injury. As the sport involves a lot of running and jumping, good support and cushioning is vital. There are high-top shoes that provide more support for ankles however feel a little heavier when playing. Mid-top shoes are a lighter choice but the downside is the ankle support is not as good. Decide on the best pair to suit your needs depending on your position and the level of competition you will be playing at.

Warm up

It is advisable to warm up before starting a game of basketball. Warming up reduces the chance of injuries and is an efficient way to increase your ability to perform. Basketball is a fast paced sport so a sufficient warm up to prepare for the game ahead is vital. A good warm up should raise your heart rate and incorporate some drills before you start.

Get in shape

Basketball is a physically challenging sport so it's best to be in as good a condition as possible. The better shape you're in, the greater your stamina, and the quicker your response time. This will also help avoid injury. Running will help raise your cardiovascular fitness for basketball and sports such as yoga will increase your flexibility and agility.

Practice

There is no substitute for practice. Only by hard dedication working on key skills such as passing, dribbling and shooting can the player really hope to improve. Particularly as a beginner to the sport, mastering the fundamentals of basketball is crucial to your development and enjoyment of the game.

Dribble with your weak hand

Be sure to practice dribbling with your weak hand until you can handle the ball as effectively with either hand. Always dribble with your head up, not down, so that you can see what is happening around you, and only dribble as fast as you can go while still keeping control of the ball.

Shooting

To shoot more effectively, practice shooting everyday from a variety of positions. It is important to learn what your basketball shooting range is.

Remember to always hold your follow through to maintain your technique and keep your eye on the rim of the basket for the duration of your shot.

Jumping

Jumping is an important action that is often overlooked in basketball, however it shouldn't be. For basketball players the ability to jump high is vital for collecting rebounds, blocking shots and shooting. This action should be developed through vertical jump training, which will not only improve the height you can reach but also your overall basketball performance.

Don't dribble too hard

One key error people make is thinking they have to bounce the ball as hard as they can when dribbling. Dribbling should be done with knees bent, a straight back, and head up. Dribble just a little above your knee height, and remember, it is better

to gently bounce the ball and stay in control, rather than bouncing it too hard on the floor.

Master some skills, then move onto others

Confidence grows by mastering a few skills, then moving on to others. It is better to be able to shoot from short range and then gradually extend the distance over time. As a beginner, master the basics first rather than trying to perform a slam dunk in your first practice session. For dribbling, control is better than speed and this will improve with practice.

Get a good coach and study other players

If you have got a real taste for the game, then it might be worth joining a club where coaches can point you in the right direction and help you to

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develop your game. Watching other players, especially professionals, can teach the finer skills of the game such as movement, defensive and attacking tactics.

Basketball Equipment List

Basketball Court Equipments

Here is the equipment used in basketball we produce for you;

1. Basketball Hoops



Basketball crucibles are a product that can be produced in many different ways. So, basketball hoops are produced for all segments,

including **single-pole hoop, 4-post hoop, wall-mounted hoop, FIBA approved basketball hoop, hydraulic basketball hoop, 3-way hoop, two-way hoop, villas model hoop.**

- **Single pole hoop;** It is a basketball hoop that can be mounted on the standard ground.
- **Hydraulic hoop;** They are technological crucibles that can grow longer and shorter.
- **Wall-mounted hoop;** As the name suggests, it is a type of crucible mounted on the wall. It is used to save space in small areas.
- **FIBA approved basketball hoop;** It is an internationally approved crucible used in professional basketball competitions.

(**Basketball crucibles/backboards/hoops** are very diverse. So, you can see the types of basketball crucibles by examining our website. **Basketball hoop prices** vary according to the material to be used and the model of the product. Therefore, you can contact us about basketball crucible prices and get detailed information.

2. Basketball circle



It is the indispensable material of basketball sport. The hoop mounted on the backboard is the target point of the ball. Each ball passing through the circle is won as a number. Therefore, basketball can not be practiced without a hoop. We would also like to point out that basketball hoop must be orange. So, following the rules set by FIBA, the basketball circle was decided to be orange.

3. Basket Net



The loop net is a material that makes basketball sports safer. Thanks to the loop net, the ball that passes through the circle fall to the ground in another direction or person. So, the loop net is very important for the safety of basketball.

It can be produced using yarns in different colors and patterns.

4. Ball transport cart



They are the tools used in the training which should be delivered to the player especially quickly. So it is wheeled and easy to use.

5. Basketball hoop protection mat/pad

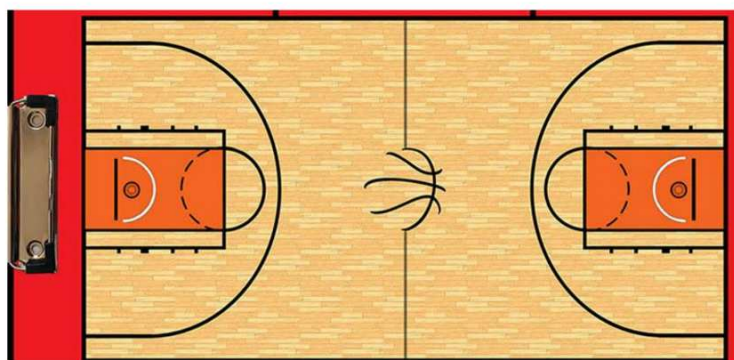


This is very important basketball equipment. It is of vital importance among basketball equipment and supplies. The **hoop protection mat** is a material that prevents athletes from hitting the pot post during a fall. It is used to prevent injury to players.

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The athlete's health is paramount, so is basketball, equipment is produced by keeping athlete health in the foreground.

6. Tactical board



It is a board used to give tactics to the players used by basketball coaches during the game and is drawn on. There is a picture of the basketball court on the board, so coaches can easily guide their players.

As you can see, if you ask what equipment is needed in basketball, our answer is clear and clearly stated.

7. Basketball ball



It is impossible to do this sport without basketball. That's why there is a need for quality and durable custom made basketball balls.

What Are Basketball Player Equipment?



8. Basketball jersey, sneakers and sports socks

The quality of these equipment used by athletes is very important. For example, basketball jersey, shoes and socks should not be sweaty. Such products should be produced using anti-bacterial

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materials, which are very soft and useful for player health.

12 Tips For How To Practice Basketball Alone

Although basketball will forever be known as “team sport”, may be at some point of time you shall realize about the importance of practicing basketball alone. Because right now group or team practice are not doing enough to sharpen your skills as previously you thought it would do. You will find some individuals who learn best if they are given the opportunity to practice basketball alone. But how to practice basketball alone? Definitely coming back to answer of this question later.

Nevertheless let me tell you one thing first, this is by no means a bad decision to practice by yourself. As an athlete you need to motivate yourself in order to reach your goals. Learning self motivation is equally important as other court skills. So, you can help yourself to climb up the ladder without being dependent on others. You shall get the chance to work on your weakness, rectify mistakes and finally can concentrate to enhance your skills. You can even experiment a few new basketball tricks, techniques, moves that you can call your own. Yeah this is true that while playing alone you won't have

the same kind of fun and enjoyment, compared to playing with teammates or friends. Yet doing practice alone is really useful. May be the court is not always free or available for you, but playing alone is possible. There are a handful number of skills available which you can master by playing alone. Passing, shooting, dribbling, vertical dribble on the wall with fingertips, controlled dribbling are some of them.

The primary objective is to push yourself to the limit so you can get the most out of your individual workout session and increase your speed and agility than ever before. Let me give you some instructions that may come handy when you practice basketball alone.

1. Feel The Need

As a basketball athlete you must recognize the fact that you should have a practice session on your own. If you are a varsity player, you also need to spend some time in your reading room. So your grades are taken care of. As a result, often you may not get the chance to practice. And if you are a pro there is always a busy schedule prior to the matches and after that. Even you may require to travel more

than doing practice. This is so common. With all those busy schedules in between, you must think how you can raise the bar by trumping the old you. So, self study is the best study and these individual basketball workouts will no doubt help you to emerge as a better player.

2. Arrange A Schedule

Maybe there are plenty of things you do everyday. Even sometimes you forget to finish the most important ones. This can happen to anyone. So, how to get rid of this problem? Organize a daily routine where you are gonna list all schedules or planned activities. Now that you accept the necessity of practicing by yourself, so make a room from your timetable. You must do it for your own cause, not to show others. By doing this, you won't be feeling hesitated when or how to make time for self practice.

3. Choose A Suitable Place

Choose a location that has enough space for you to run around and show off some of your mastered basketball moves. Also, you can experiment new moves. You need to make the best use of your practice hours. So, do not just get satisfied after

some dribbling and shooting. Change directions, cross over, fake and do all sort of things. So, to perform all these little things you will probably need a location which is good enough spacious.

It can't be greater than if you find the vacant area near your living house or in your backyard. That means you will be much more comfortable because there is none observing you and you can relaxedly perform all kinds of drills.

4. Do Not Forget The Equipments

While practicing, make sure you have all accessories and equipments close to your hand grabs. To learn new things, techniques, moves do have your equipments ready. Always remember to put on sports gear. Shirts, shorts, socks, shoes, ankle brace are the most common of all. To reduce the injury of your leg or muscle, you must wear shoes. Shorts will help you to run more freely.

5. Warm up Yourself

Always remember to do some warm up exercise before practicing. This will help your muscle to get ready for the stretches in the practice session. Because sudden stretch can lead to severe injury.

blood flow and cardiovascular system will be accustomed to all these jogging and movements. We also recommend to warm up after you're done with your practice, because your muscles needs to relax a bit after heavy physical activity.

6. List The Skills

When it comes to building skills, do not just practice blindly, make a list of basketball moves you want to work on. You gotta be smart and practical. Take your time and go after it.

7. Ball Handling

Dribble from as low position as you can. Change hands. Dribble the ball around your legs. Move from right to left and then left to right hand. You can even set up a lines of cones in pattern known as “zig-zag”. Let me help you with an example that will make you understand it better. At the very first cone dribble, then a simple crossover dribble. At the next cone change direction by dribbling between legs, go behind or do spin dribbling at the last one. Also be watchful about the speed you are passing the basketball. Try to speed up each time. Handling will help you in shooting, passing, catching, driving and making lay ups.

8. Shoot

You can follow the steps described below to achieve a better result. Here are some basketball shooting drills to do alone:

- a.** Set your feet, bend your arm and line up elbow with the basket.
- b.** Try to use a proper follow through so, you can get a superb visualization.
- c.** Take 10 shots in a row without hitting the rim by standing in front of the basket.
- d.** Compete with yourself everytime. Shoot without dribbling, after one dribble or even you can try a last second shot.

Shooting is something where you always do not require the hoop. You can fix a target or set up a basket just like what people used to do in the early days of inventing basketball.

9. Passing

- a.** On the wall you need to keep marking of passing target by tape.
- b.** Try two hand passes, one hand passes, use right and left hand.
- c.** Adjust the distance according to your capability.

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- d. Work on pivoting, protecting the ball from defenders is really important too. study on that aspect of the game too.
- e. Hit the target zone as many times as you can.

10. Conditioning

- a. You can use various kinds of basketball related drills to improve your physical condition. For e.g to increase your upper body strength, do push ups.
- b. Sprint up and down into the court to improve cardiovascular fitness.
- c. Do jumping drills to jump from a standing position.
- d. Stand under the basket, jump and try to touch the backboard 10 times in a very quick succession.
- e. Try to slide your feet quickly so you can change the directions frequently. By doing this, your defensive footwork will be improved a lot.

11. Cherish The Opportunity to Examine Yourself

That's a personal decision to practice alone. This is the only way to observe yourself by yourself. Try to judge yourself as an athlete from your personal point of view. Do everything possible you require to become a better player than now. That will give

you a great satisfaction at the end of the day because you're putting extra practice hours to reach to your goal. be your own coach.

12. Find The Delight in Between Practice

All your hard work will be valued more, if you enjoy the practice sessions from the core of your heart. There is absolutely nothing more satisfying and wonderful than playing the sport you dream to play. Yeah, you won't be taking your practice sessions lightly but also enjoy and take fun out of it. Even though you are doing all alone, do not forget to have the jubilation at times.

Spend the time to discover yourself and know about various aspects of your game where you need to grow as a basketball player to achieve your lifelong dream. Furthermore, this may prove to be a catalyst for speeding up your learning and development process of skills and better understanding of the game.

Meal Plan for Basketball Players

Let's start with the very basics- the foundation of the meal plan for basketball players. Before we go into the detail of supplements, foods to add, and foods to avoid, there has to be a basic meal plan that has to be strictly followed. Of course, the three meals of the day (breakfast, lunch, and dinner) have to be tailor fitted for athletes. We'll break it down one by one:

Breakfast - Morning Meals and Snacks

Let's start with a nice and hearty breakfast. Ideally, a basketball player is supposed to have a high carb breakfast to give energy to the player within the day. A nice example of a good athlete breakfast would be a whole-wheat bagel, slice of whole-wheat bread

and some scrambled eggs. After that, eat one banana and a cup of some low fat milk.

Lunch - To Gain Protein

During lunch, you'll want to have a high carb meal with a lot of protein. Some of the good things to eat would be whole wheat pasta with some high protein veggies like broccoli and cauliflower or nuts. Some other things you can incorporate to the diet would include brown rice, chicken breast, salmon, or any other high protein fish. Top it off with some cheese on your pasta and drink some orange juice.

Dinner - Eating for Recovery

When you're a basketball player, you'll want to think of your dinner as a recovery meal to heal your body after a harsh game or training session. At night, you'll want to concentrate more on proteins because proteins are the ones that will help repair

your muscles. You'll want to cut down on your carbs such as rice and pasta. You'll want to concentrate on high protein meat and veggies. Grilled chicken breast, baked potatoes, peas, salads, or fish is good. You must also have a nice glass of low fat milk.

Snacks

In order to keep your energy, it's also important to have snacks in between. A few hours after your breakfast, it's a good idea to have a high fiber and high protein snack such as a bowl of whole-grain cereal with some milk. Aside from that, you can also have some Greek yogurt with oranges or other fruits like apples or bananas.

In the afternoon or right before a game, you can also have a nice snack of whole-wheat bread with some strawberry jam and peanut butter. You can also have a banana with some low-fat milk or some Greek yogurt. This is usually taken a few minutes

right before a very important game in order to have energy.

Making A Habit out of Your Diet

Now that you have your basic diet plan, you can now choose the foods that you add to your meal plan based on some of the suggestions that we've mentioned above. Even if you have a nice diet plan though, you're going to have to set rules for yourself if you're going to follow it. Tendency for most athletes (especially the newbies) is that even if they have a diet plan, they don't stick to it. That's why rules have to be set.

These rules, if followed strictly, will eventually turn into habits. Eventually, these habits will turn into a second nature and you'll discover that you just can't live without these habits. So to help you set your list of rules, we've created **5 nutrition rules** for a

basketball player. Following these rules is the right approach to following your diet plan.

Eat Protein Everyday

Did you notice that all of the meals that we've mentioned above have some form of protein? This is to ensure that all the muscles are in tip-top shape and optimized.

Now, the correct way of eating protein would be about 1 gram per pound of body weight. If you want to really maximize protein intake, you have to have real protein sources from foods like chicken, fish, beef, turkey, eggs, nuts, milk, and yogurt. Other sources of protein include quinoa and chia seeds.

Eat A Meal Every 3-4 Hours

This is a really important rule to follow, which is why we included snacks in the diet plan. If you want your body to work at its optimal, then you have to give it fuel and energy. This is why you must eat something every 3 to 4 hours. So let's say you eat breakfast at 7:00 am in the morning, you should eat a snack sometime at 10:00 am.

This is to be followed by a good lunch sometime at 12:00 pm or 1:00 pm. Around 4 hours later (probably around 4:00 pm), you must have a snack. From there, you can have your dinner around 7:00 pm. Before bed, you can have your last intake which is either a protein shake or a glass of milk. We'll talk about protein shakes later on.

Eat Breakfast Every Morning

They say that breakfast is the most important meal of the day-- and they're absolutely right! Just think,

this is the first meal that you're going to eat in a day, so it has to be filled with all the energy and fuel that you're going to use within the day during your games and your training. A regular person cannot skip breakfast, what more to say athletes?

Now, if you happen to wake up late, let's say around 10:00 am or 11:00 am, you might be tempted to just skip to brunch. However, don't do this because you'll technically be skipping a meal. Instead, have a quick breakfast then follow your regular schedule. You may skip snacks, but don't skip out on your three basic meals.

Have a Definite Sleep Schedule

If you want to follow your diet plan, then you have to make sure that you have a schedule that you're following. You must have a total of at least 8 hours of sleep a day. In order not to skip meals, you have to make sure that your 8 hours of sleep are

positioned in a way so that you can wake up on time and sleep on time. The ideal would be to sleep at 10:00 pm and wake up at 6:30 am in the morning. That way, you won't skip a meal.

Take The Right Amount of Carbs

Carbs are actually just as important as your proteins because they provide you with the fuel that you need in order to move. If you're going to do training every day, you'll be needing a lot of carbs. Of course, you won't need that many carbs during your rest days. You might want to consume carbs at the same rate as you work out so that extra carbs won't turn into fat.

Now, you will want to avoid all the harmful carbs from sweets, soft drinks, and white bread. Good carbs would come from oats, fruits, veggies, nuts, whole-wheat, and root crops.

When it comes to volume intake, you may want to intake a 2:1 carb to protein ratio if you have a heavy workout. If you have a very light workout or no workout, a 1:1 carb to protein ratio will do.

The Essential Nutrition Needs of an Athlete

In fact, those two are the only essentials that we've really zoomed in on. That said, there are two questions that usually come to mind as of this point: why are they so important and what are the other important needs in a basketball player's diet? We'll go through them one by one:

Protein

We've already mentioned that protein is the building block of muscles and is the nutrient responsible for muscle and tissue repair. Because of the intense training and exercise requirements of basketball players, extra protein is needed to build up more muscles.

Carbohydrates

We've also talked about carbs in our diet plan above. Just to reiterate, carbs are the fuel of the body. They can actually give you more stamina and help you last longer during your exercise. However, carbs should only be taken in accordance to your workout; otherwise, it will be stored in an excess reservoir and turned into fat.

Fat

Believe it or not, fat is important to the diet of a basketball player. However, fat should be taken in moderation as compared to carbs and proteins--that's why we have been suggesting low fat food and beverages. As for the type of fat you should consume, it should be polyunsaturated fat and monounsaturated fat (basically unsaturated fats) which can be found in olive oil, fish, nuts, seeds, red meat, and some fruits. Saturated fats, which

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come from junk foods and oily foods, should be avoided.

Vitamins and Minerals

Aside from just having a diet plan, supplementation is also very important. You need to have a proper intake of iron, calcium, and zinc. These vitamins would help you conserve energy and make your body healthier as a whole. Magnesium is also important in supporting energy for the body and provide aid in muscle repair. Of course, don't skip out on your multivitamins to keep your body healthy.

Foods to Avoid for Every Basketball Player

Now that we've gone through the things that you **SHOULD** eat, what about the things you **SHOULDN'T** eat? Here's a list that you must follow should you really want to pursue pro ball:

Processed Sugar

You don't really need to be a health expert to know that processed foods are bad for you. Junk food such as chocolate bars, fudgy brownies, and ice cream are all loaded with processed sugar which are bad for you. For an athlete, this is a bad thing because aside from destroying health, it can also impair your performance by making you put on excess weight and put some added strain on your organs like your liver and stomach.

Trans Fat and Saturated Fats

As mentioned above, you should only have unsaturated fats in your diet. Saturated fats, which can be found in bad oils, can increase LDL cholesterol levels making your heart weaker. Not only will your stamina deplete, but you'll be next in line for a heart disease. Avoid fatty and oily foods when you go outside to eat.

Caffeine

Caffeine is a killer for basketball players because it dehydrates them quickly. Imagine working up a real sweat and getting dehydrated double time because of caffeine. That will really do a number on both your athletic performance and your body,

Alcohol

Taking alcohol in excess can really slow down your cells and your reaction time. Other than that, it also rapidly dehydrates your body leading you to more heat strokes and muscle injuries.

What to Eat before A Basketball Game?

Now, let's talk about your game. So you have your basic meal plan, your nutrition habits, list of essentials, and list of foods to avoid. How do you apply all of that for your game time? Well, we know

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that carbs and proteins are important for starting the day, so they're definitely needed in your pre-game meal.

A good pre-game meal would be a turkey or chicken breast sub sandwich with a lot of lettuce, tomatoes, onions, and pickles. Follow that up with some non-fat Greek yogurt along with a banana. These foods will give you the energy and strength you need for your game.

Also, make sure you eat at least 2 hours before game time so that the nutrients can get properly absorbed into the blood and the food has digested.

What Do Basketball Players Eat before A Game?

After your game, you now have to concentrate on recovering the body so that it can get back to its

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optimal state in the next few days. So what makes a good post-game meal?

A healthy meal of cooked chicken or turkey with some pasta or rice. This alone provides some carbs and a lot of protein. Mix this up with some vegetables like broccoli, cauliflower, carrots, and some nuts if you have. For dessert, you can have some fruits like apples and bananas.

Supplements for Basketball Players

While a balanced diet can already provide your body with all the nutrients needed, you may need some supplements to further enhance it and keep it healthy. You'll be needing your multivitamins, zinc, iron, calcium, and magnesium supplements. These keep you both healthy and energized at the same time.

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We also recommend that you take some probiotics to make sure that your stomach is in tip top condition. Aside from saving you from stomach problems like diarrhea, probiotics can actually enhance the effects of other supplements by allowing the body to absorb the vitamins and minerals more effectively.

Lastly, you'll want to stock up on some protein shakes- especially after a hard workout. We don't really recommend that you take a protein shake every day since your body has enough proteins from the diet plan. We do however, recommend that you take a protein shake 15 minutes after an intense workout (like bodybuilding) or before sleeping if you think that you haven't reached your optimal protein intake for the day.

Here's a rundown of the supplements NBA players take:

- Whey Protein
- Glutamine
- Creatine
- Vitamin B
- Vitamin E
- Flax Seed Oil

Diet Plan for Losing Weight

Take note that all of us have different builds which is why we have to make sure our diet plans are customized to suit our needs. For instance, some of us are aiming to reach a lower weight based on our body size while some of us are trying to gain weight. While you may have the basic meal plan, it must always be tweaked depending on your goals.

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So let's say that you're a basketball player who wants to lose weight-- you have to trim down your fat and concentrate on consuming more complex carbs and proteins. When it comes to losing weight, the trick is to add a little more protein in your meals while maintaining carb intake. That'll help you get more lean muscle without the extra fat.

Diet Plan for Gaining Weight

On the other hand, if you want to gain weight, then you need to eat bigger portions. You can follow the basic meal plan we mentioned above, but just eat more for each meal. At the same time, you may want to consume more protein in your diet so that the excess fat can turn into muscle.

Difference Between a Sports Diet and a Regular Healthy Diet

By now, you're most likely a little more familiar with how basketball players consume their food for

optimal performance. You'd most likely be asking yourself, "what's the difference between the meal plan for a basketball player and the meal plan for a regular, healthy individual? Well, here are a few differences to note:

They Load Up On Carbs

As compared to bodybuilders or usual fit people, basketball players need to load up on more carbs since they're moving almost every time during the game. That said, they need more energy to keep up.

They Consume More Proteins

Since basketball players will be moving a lot, they'll be straining their muscles a lot too. That's why they need to crank up on proteins to make sure their muscles are stronger and can repair more easily.

They Take in Less Fat

Lastly, they take in less fat than most people. As they need to be more agile for movement, they cannot afford to take in too much fat as it will slow them down. They will only consume good fat (unsaturated fat) in moderate proportions.

What NBA Stars Add to Their Diet?

Now that we've gone over the entire diet plan, how about a few examples from some of our favorite NBA stars. Point guard Jeremy Lin states that his diet consists of carbs that come from pasta and rice, proteins from chicken, lean beef, and fish, fruits, veggies, yogurt, and granola bars.

Same thing goes for Spurs' MVP Kawhi Leonard who states that his meal plan consists of just grilled chicken and a lot of veggies, as he states in an

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interview with GQ. A lot of players also opt for the Paleo diet such as Ray Allen and LeBron James.

Ray Allen, in particular, tells CBS Sports that the Paleo diet works very well for him because of his gluten intolerance. The Paleo diet consists of anti-inflammatory foods such as veggies, fruits, lean meat, wild fish, nuts, and seeds.

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