BASKETBALL POSITIONS

Read through the following positions. Give each player on a team a position, and make sure they understand a general area to go on offense, and a specific location on defense based their position. The diagram on the next page gives your team an idea of where players are supposed to play on offense. You will be required to play a position on defense.

Point guard #1

The point guard also known as the one, is typically the team's best ball handler and passer. Point guards are looked upon as the "floor general" or the "coach on the floor". They are responsible for directing plays. Point guards are often shorter or smaller players. They are often referred to as dribblers or play-makers. Point guards have to be good at dribbling.

Shooting guard #2

The shooting guard, is also known as the two. Along with the small forward, is often referred to as a wing due to common positioning tactics. Besides being able to shoot the ball, shooting guards tend to have good ball handling skills and the ability to drive the ball to the net, often creating their own shots off the dribble. A versatile shooting guard will have good passing skills, allowing him to assume point guard responsibilities.

Small forward #3

The small forward (SF) is known as the three position. The small forward position is considered to be perhaps the most versatile of the main five basketball positions. Thus, the small forward and shooting guard positions are often interchangeable and are often referred to as wings. Small forwards should be able to do a little bit of everything on the court.

Power forward #4

Also known as the four position, the power forward plays a role similar to that of the center. On offense, they are often the team's most versatile traveler, being able to score close to the basket while also being able to shoot mid-range jump shots. On defense, they are required to have the strength to guard bigger players close to the basket, while having the athleticism to guard quick players away from the basket.

Center #5

The center, also referred to as the "big-man", "five", or the "pivot", usually plays near the baseline, close to the basket. They are usually the tallest player on the floor. The center usually scores "down low, in the paint" (near the basket, in the key), but some can be good perimeter shooters. They are typically skilled at gathering rebounds, contesting shots and setting screens on plays. The center position has been traditionally considered one of the most important positions.
How to play a 2–3 zone defense

The two players on the top of the zone are usually a team's guards, and they guard the zones closest to them on the perimeter and three-point arc. As the opposing team moves with the basketball around the court, the zone as a whole shifts accordingly.

The individuals that make up a 2–3 zone are often described as "being on a string." This means that as one player moves, he pulls the imaginary string (which is attached to every defensive player) and therefore pulls the entire defense in that same direction. As the ball moves throughout the court, every player should shift simultaneously in the direction of the ball. If a player moved to the right corner, the 4 player would move to guard him and the rest of the defense would shift towards that direction. So much so, in fact, that ideally no defensive players should be on the left side of the court at all, because it would require several passes, or a long pass through the defense to get the ball to the left side.

Key points of emphasis

- *Communicate* — this is probably the most important thing to remember when playing a 2–3 zone. Players should talk to each other on the court about who's open, who should be where, and what to do. The team must work together, and the best way to do so is to communicate with each other on the floor.

- Players should anticipate the next pass before it happens, so that when it does, each person knows where to go on the floor.
2-3 ZONE POSITIONS
(Each player will be required to play a zone based on which position they are playing)

Give each player on your team a position. Write their name next to the position.

Period:

Team #

#1 Point Guard:

#2 Shooting Guard:

#3 Small Forward:

#4 Power Forward:

#5 Center: