CHAPTER - I

INTRODUCTION
1.1 INTRODUCTION:

The world of sports and games has crossed many a milestone through sustained scientific research. The application of these research findings to the human performance clearly indicate that the sports has come to a valid stage in society. The experts in sports and sports coaches have been trying hard towards the attainment of top performance. They are deeply involved in the preparation of sportsman for the present as well as further period.

The pleasure and the thrill that the game provide have expelled the people to Play Basketball all over the world. For humble beginning basketball popular and Universally accepted. It is one of the most thrilling games and it demands high degree of physical fitness, energy, balance, speed and endurance as well as concentration.

If any skill in Basketball can be improved to near perfection, that skill is shooting. What skill do you practice the most when you work out alone? The manner in which you use this time practicing shooting will determine the degree of perfection. That’s why it is believed that great shooters are made and not born. You can make yourself a great shooter through hours, days and eventually after years of practice.

Before you begin working on the physical fundamentals of shooting, you must lay the proper mental foundation. You must remember the following tricks in working to develop your shooting skills through mental preparation.
Basketball which originated from America and has been must popular in that country has now become a game of international repute. It is played nearly everywhere in the world. It can be played by players of low means using rickety blackboards attached to outdoor garages. Any playground in the neighborhood can be easily utilized to play basketball. It is also played in big arenas costing huge amounts, being watched by thousands of spectators.

Children also take much interest in the game. They play it in schools from the elementary stage and go on with the game throughout their college. Women also do not long behind. The proficient players get scholarships. They are encouraged for their schools and universities and are suitably encouraged and rewarded. It is also played co-educationally.

Many a club, leagues and centers have been set up where people of both the sexes and of different age groups take active part. Y.M.C.A. and Y.W.C.A. have played a prominent part in advancement of the game.

The game is played both for recreational and competitive purposes. It helps in promotion of health, body control, alertness, coordination and team spirit. The game is played both by amateurs and professionals.

Two teams take part in a competition. Each team has five men who take position on either side of the court. Even though five players play at a time, each team has five more players as substitutes. Thus a team in all has ten players. In tournaments where more than three games are played, the number of players in each team may be 12. One of the players is the captain. A team may have a coach and an assistant coach. The team captain can also act as a coach.
The five players take positions in the game. There are two forwards, two guards and a centre. These positions are not fixed but at any time during the game, the players can interchange these positions.

The game consists of two halves of 20 minutes each with an interval of 10 minutes between halves. The playing time can vary in several cases. The game can be reduced to 8 minute quarters for highschool teams. For players younger than highschool age it can still be reduced to 6 minute quarters. For recreational purpose etc, further changes can be made if considered necessary.

The game is played on point basis within the stipulated time. A team which scores more points is the winner. A field goal counts for two points and a foul for one point.

At the start of the game, the two centers face each other on the opposite sides of the division line of the centre circle. The referee throws the ball higher up than the extended arms of each jumper. The centre tries to tap the ball to any of his team-mates. Now the attempt of the team having possession of the ball is to meneovour --- to school the ball in the basket. For the purpose they employ different techniques such as dribbling, throwing, passing and catching. In the end it is jumping, rebounding and shooting. The ball remains in possession of the team until it commits a foul or scores a basket.

After the offensive team scores a basket it goes in the defensive. The ball is put in play by the other team from any part of the end line under the opponents’ basket.
The rules of school and college players, women and men players vary slightly. The game is also played by teams which have both men and women players. In these co-educational plays, a team consists of 2 males and 3 females. It can also be 3 males and 2 females. Males guard males and females guard females. Males are not allowed in the area of free throw line to the baseline at any time on either end of the game. For a male player, substitution is male and for female, substitution is female.

The officials of the game are a referee and an umpire. They are assisted by a time keeper, a scorer and a 30 seconds operator. A technical commissioner may also be present. They are to conduct the games according to the rules. The duties of the referee and the umpire are the same accepting that the referee can authorize the forfeiture of a contest. The referee starts the game and the umpire is opposite to the referee on the jump.

The scorer keeps a record of the names and number of the players who are to start the game and all the substitutes who enter the game. He keeps a chronological running summary of points scored and shall record the field goals made and the free throws made or missed. He shall also record the fouls.

The time keeper sounds a signal when each half of the play is to start. He keeps a record of the playing time and time of stoppage as provided in the Rules. The 30 seconds operator operates the 30 seconds device or clock as provided in the rules. The duties of the technical commissioner during the game is primarily to supervise the work of the table officials and to assist the referee and the umpire in the smooth functioning of the game.
Yoga is powerful, but difficult whose whole principle of action is founded on an intimate connection between the body and soul. Yoga is, in its own way, a system of knowledge, this is a science of being, a psychophysical system. Yoga is a discipline and its aim is to ensure perfect health by physical and mental purification through the control of mind and body. If there is balance and harmony between the body and mind, the power of concentration can be developed, leading to the realization of the self. It is the greatest strength to awaken the mind and animate the body.

Yoga means to attain physical and mental purification and balance. It is the most common Yoga. The aim of the Yoga is to eliminate toxin and impurities within the body that accumulate due to dietary habit. Once the toxins are eliminated the body reaches a state of purification which helps to bring about a state of balance in the functioning and performance of the internal organs and system.

According to Sanskrit, “Ha” means “Sun” i.e. positive energy; the word “Yoga” comes from the Sanskrit root, “Yug” meaning “to link” join or unite. Yoga is composed of three inseparable factors are as:

- Control of mind.
- Pranayama (Control and regulation of breath)
- Asanas (Body Postures)

Stretching is and kind of exercise adapted from Hata Yoga to suit the physiological requirement of human beings as well as sportsmen specially for the stitching of muscle involved in game and sports or in any vigorous physical activity of the nature thereby increasing range of motion flexibility and relaxation yoga stretching coupled with deep
breathing is a relaxation process based on the harmony of both mind and body (Psycho somatic) relationship, one of the cordial principles of Yoga.

In Yoga, muscles and bone, nervous, glandular, respiratory excretery and circulatory systems are coordinated so that they help one another. Yoga asana make the body flexible and able to adjust itself easily to change of environment. The sympathetic and parasympathetic system are brought into a state of balance so that the internal organs are neither overactive nor underactive, the endocrine system is controlled and regulated to secrete the Harmon from the glands in a balance qualities. Yoga is the scientific method of exercise for controlling tension, anxiety and other negative feelings of the sportsmen based on the rules governing the working of the muscle in the body which are under the control of the will.

The Yoga stretching is not to be mistaken as a vigorous exercise. The scientific stretching programming has been evolved from the various postures of Yoga. Traditional Yoga asana demand only static state in the final stage of every asana, whereas stretching for sportsmen can have static state as well as dynamic state in certain stretches. Asanas do not advocate any further movements once the practitioner comes to the final stage of the asana. But in stretching a sports man can come into a dynamic state from static state for example, in stretching by remaining on the basic shoulder head postmen (Sarvanga of Asana) players can to splitting of legs, cycling, twisting of hips etc. sportsmen will be benefited by cycling while remaining one the shoulder stand position and also by the stretch remaining on plough. This will help them relax after long hours of standing game by accelerating the circulation of blood through all the tired parts of the body including brain. Following are the few
stretching exercises good for sportsmen and enhance performance where as flexibility are required specially.

Matsayasan is provide the stretches from spine and fish posture. Ushtrasan is provide the stretches based on camel posture. Sharavangasan is provide the stretching based on anterior stretch posture and unilateral foot shoulder posture. Vajrasana is provide the stretching based on posterior stretch posture. Chakrasan is provide the stretching based on wheel posture.

Halasan is provide the stretching based on shoulder steem pose and plough pose. Dhanurashan is provide the stretching based on bow posture. Bhadrasana also used to knee thing and gro in stretching.

In Hatha Yoga Yogic breathing system known as pranayama has great importance in games and sports pranayam improve the cordiovesular circulatory and respiratory system which is influences of positive effect for the sports person. Pranayam means control and regulation of breath.

“Prana” is a Sanskrit word, which means “Vital Force”. It also signifies “life” of breath. “Ayana, Means the control of the pran so pranayama means the control of the vital force (Prana) by concentration and regulated breathing.

Prana is the vital power or force, which is motivating every element on the earth and is the airgun of the force of thought. The objective of pranayam is to inspire, Motivate, regulate and balance the vital force prevailing in the body. It cleanses the body and knowledge is manifested pranayama is called the soul of Yoga. Bathing is necessary for purifying the body similarly, pranayama is essential for cleaning the
mind. The prevalent aim of pranayam in sports is to strengthen the nervous system. It also increases the concentration power of mind. The important components of pranayama are:

- Puraka means to inhale the breath,
- Reachka means to exhale the breath.
- Kumbhaka means to retain the breath.

Discussion: Yoga provides physical and mental relation for sports man in the playing field is very much necessary to produced the desired results. Especially physical and mental relaxation at the time of critical junctures during the actual competition can be a boon to the sports persons. Nervousness can be detrimental in sports situation. Those players, who have learnt to relax physically and mentally at critical junctures such as in the game situation, have better chances of winning. Now, how to achieve the best nervous state? The answer is by learning to relax physically and mentally. In other words by controlling tension based on the rules governing the working of the muscles in the body which are under the control of mind. Yoga stretching and full deep breathing are scientific methods of controlling tension.

What are the factors leading to tension and its consequences? There are quite a few highly emotional and nervous sports persons who suffer from insomnia and irritation before competition and show unsportive attitude towards their rivals and officials etc. they are basically emotional either conditioned their post. Then there is another type of sports person prone to become tensed during the competition, with the result they fail to give their best performance.
Physical and mental tension leads to the loss in self-confidence, bad temper, foul play and committing mistakes, which in the normal relaxed state they would not have done. There are several crucial situations in competition where a relaxed mind and body will enable to player to achieve your top performance.

Today sport is considered as the most important factor for around ability. Sports is also linked with the image of country and national pride. Everybody accepts the importance of sports as a base for health of body and mind. It is very important to exercise the mind and body together.

Games are the necessity of spiritual and moral rendeviation of the society. As well all know that India is a country of various caste and creeds. In order to achieve higher degree of unity in diversity, sports play a major role in bringing all together under the feeling of oneness. Through games when the traits of co-operation, belongingness, love, affection, attachment develop strongly in players, then automatically we march towards national integration. Various matches among different states bring the players of different caste and religion close to each other. They not only learn the brotherhood but also gain knowledge of a number of good values of all the religion which givens them a good moral character. They love and respect other’s religions also as they respect their own. They treat all human being equally. Better world is a place and atmosphere of peace for all people. Therefore, all organization at national and international level are working hand to hand to make this world fit for living, with amity and tranquility and use sports as one of the medium for spreading this gospel.
Present era is the era of competition in every field to large extent in games and sports. While talking about those games which are played for long times like Hockey, Football, Karate etc. require efficient skill as well as speed, strength, endurance and stamina till end of the game. It is often seen that lack of these capacities in player's result in losing the game. Except these capacities players have to possess efficient techniques and tactics. The research findings indicate that a high level of technique perfection has little to do with the success in the competitive sports. It is restricted by physiological and psychological limits, at most of the sports activities require greater amount of speed, strength, endurance, flexibility, co-ordination along with the will power, tolerance power, intellect and mental toughness. Physical fitness is must for any good performance in games and sports. Different sports requires different types of fitness emplacing on a particular fitness factor. However, general level of physical fitness is necessary for every sportsman. Physical fitness involves the performance of the heart lungs and muscles of the body.

Science and sports has enabled the new generation to develop physical capacities. Physical ability includes muscular, mental and emotional ability. It is very important for top sportsman to be mentally strong. It is said that human capacities and capabilities are unlimited which seems to be true, when we see the unthinkable performance of world level, swimmers, sprinters etc.

Today in all over the world, physical educators and coaches are facing their greatest challenge in handling problems in scientific ways, that is to give their sportsmen proper and progressive guidelines based on scientific approach which leads to desired results. Karate and yoga has great resemblance in endurance, strength, flexibility, speed and in
coordination also. Utility of yoga for the promotion of sports may be considered from the following points.

- Through the promotion of basic fitness
- Through the promotion of mental fitness
- Through the promotion of physiological fitness.

Yoga is one of the latest approach which now a days is dealt more scientifically. Numerous research in yoga reveals that there are overwhelming fruitful results for players practicing yoga exercise yogic exercises deals with the vitals organs of the body, On which health depends the precursor of physical fitness lies in the efficient working of vital organs of the body and yoga aims as it.

Yoga was evolved as a method of living a pleasant life thousands of years back. That era was the era of religion where faith was supreme and this was imparted by yoga.

Studies related to yoga reveals that heart rate increases or decreases in a individual performing different types of yogic exercises.

In one instances Wegner et. al. documented stopping of heart rate for 15 seconds on electro cardio gram in a yogi. Also reduction in respiratory rate as low as 4 minutes has found in a yogi doing pranayama. Increase in breath holding time, vital capacity and other lung functions have been found improved in subjects practicing yoga exercises. Cardio respiratory deals with heart and exchange of gases between blood of man and its environment. The basic anatomical element of lungs is the primary respiratory lobule.
The importance of the selected physiological variables as heart rate, vital capacity, breath holding capacity, respiratory rate on the Kho-Kho Players is overwhelming. If heart rate is much less, then the players would not get fatigue soon as their will be less pressure on the heart. If vital capacity of the players is high then more amount of O2 could be inhaled and maximum of CO2 could be exhaled out. This will thus purify the blood and thus give more energy to the players. More is the capacity of the players to hold breath in itself will certainly increase the endurance of the players in long run. If respiratory rate is less in the players then it will avoid excess load on heart and decrease fatigue.

The world ‘Bandha’ means to hold or to tighten. Bandhas are powerful yogic practice, where internal organs of the body are gently but powerfully gripped, contracted and tightened.

As a result, they manage the internal organs and serves to strengthen the vital power or nerve energy. They bind the flow of prana i.e. vital energy and improve internal functions.

Thus after analyzing all above mentioned reasons, this study was selected to know about the effect of uddiyan bandh yoga practices on cardio respiratory fitness of players.

Each year the game of basketball is played more proficiently in Indian Universities indicated by improved shooting percentages. Year by year No. of Universities teams increased their shooting percentages.

The factors of shotting skill in basketball is due partly to the greater stress in various coaching camp of different universities aming to improve shooting ability and for that the coaching aids and other type of practices are using.
Several research studies have determined whether shooting percentages are affected by practice shooting with backboards raised above official height, shooting with oversized balls, and shooting at baskets smaller than regulation size.

Other studies have examined the effect of weight training on performance of beginning basketball players; the effect of muscular endurance, as improved by weight training, on accuracy in shooting field goals in basketball; the relationship of age, height, arm and shoulder girdle strength to basketball shooting ability and the relationship of strength and fatigue to shooting free throws in basketball. However, no previous study has determined the effects of Yoga and its kinds on basketball shooting accuracy at various distances and angles from the basket.

Coaches will not be able to improve your shooting skills until you are willing to give 100% attention to their instructions. LISTEN, WATCH, AND LEARN you have all of the answers and will not listen. You will never become a truly great shooter, when you really WANT TO LEARN you will be READY TO LEARN.

Solid fundamentals and development of sound shooting habits while you are young are the foundation of a great shooting style. Adapt or changes slightly to fit in your style fundamentals you see great pro shooters executing.
Your shooting percentage will quickly rise if you select only open shots.

There are many important fundamentals involved in shooting a basketball. The following fundamentals are of major importance and demand your complete attention at each time you practice of any skill in basketball.

Shooting:

If there is any skill in basketball that can be practiced alone it is shooting. The manner in which you use your time practicing will determine the degree of perfection which you will achieve. Great shooters are made through hours, days, and years of practice.

Mental Approach to Shooting

You have to really want to learn to shoot-listen, watch, and learn.

You must believe every shot you shoot is going in. proper practice habits and mental toughness to do things well will help give you confidence that great shooters have.

Shot selection. Each player should know his shooting range and not force shots. Smart perimeter players know when they are open (not when they have a hand in their face.) Factors: time left on clock, score, rebounding for missed shot.

Develop sound fundamentals in your shooting style. The better the fundamentals, the better shooter you can become.
Fundamentals:

1. Keep eyes on the target: front of rim, back of rim, middle of the basket, top corner of the square for banks shots—make it a small target.

   EX: archer focuses on the bull’s-eye of his target

2. Concentrate on your target before, during, and after each shot.

3. Keep eyes on target, not the ball.

   EX: hunter does not watch the bullet coming out of the rifle but concentrates on his target.

4. When you leave your feet, you should be thinking shot.

5. Make adjustments if your shot was long, short, or off to the side.

6. Aiming to shoot just over the front edge of the rim with 60 degree arc is the best. This allows for more balls to roll in because the front is not as rigid as the back of the rim.

Hands and Wrists

1. Hands must always be ready.

2. Pads on ball. Be able to look under the ball and see light.

3. Form a V with the forefinger and thumb of the shooting hand.

4. Shooting hand receives ball in cocked position with minimum tension in fingers and wrist.
5. Guide hand is on side of ball with minimum tension, be certain thumb does not get involved with shot attempt.

Arm:

1. Receive ball and bring into shooting pocket.

2. Elbow will be close to body but flared slightly to the outside.

3. Elbow will be pointed at target, in front of wrist.

4. Upper arm will be parallel to floor.

5. Forearm is tipped at slightly less than 90 degree angle so the elbow rises and the forearm comes back closer to the head.

Feet and Legs:

1. Feet spread at waist width and an parallel position.

2. Knees bent slightly.

3. Hips square to basket.

4. Right foot slightly ahead of left foot.

5. Rise onto the balls of your feet then continue a straight up motion into the air keeping your shoulders and hips in square position.

6. Toes pointed at the basket.
Release:

1. Take all straight up from the shooting pocket. Elbow moves in upward motion and forearms starts forward just prior to release.

2. The hand and fingers move forward from the cocked position as you release. The shooting hand will point at the target.

3. Release ball slightly before peak of your jump.

   Ex: Imagine shooting a ball out of a phone booth without hitting the glass walls. This will help keep the elbow in front of the wrist.

   Ex: Finish the shot by reaching into the cookie jar.

Free Throw Shooting:

   20-30% of total points are free throws

1. Find the middle and get balance with feet.

2. Bend the knees.

3. Do the same routine every time.

4. Cock ball in the shooting pocket.

5. Keep your eye on the target-the front of the rim.

6. Follow through
LAY-UPS:

Sometimes a very difficult shot because of the heavy traffic around basket. This shot demands much concentration. Practice by going at game speed.

1. Keep your head up, concentrate on your target, go at game speed, dribble with hand away from the defense.

2. Protect the ball with not shooting hand and body.

3. Hit the top corner of the backboard square. Get the ball up.

4. Come down ready to rebound your shot in case you miss.

5. When going in hard, have a hand under the ball to get it up softly.

Power Lay-Ups

1. Shoot of both feet.

2. Shoulders parallel to baseline and backboard.

3. Toes are perpendicular to the baseline.

Shooting Progression:

1. Swing drill

2. Lay on Back without the Ball.

3. Lay on Back with the Ball.
4. Mirror Form Without the Ball.

5. Mirror Form With the Ball.

6. Shooting Off Backboard or Wall.

7. Grooving Shot-in front of basket and shoot the ball into the basket. After making several move back until you have reached the free throw line.

Three point shooting

1. Know where the line is without looking down all the time.

2. Straddling the line is a poor shot.

3. Know your best shooting area and try to get shots in that area.

4. Know the score and situation- does your them need a three pointer to tie.

5. Be aware that missed 3 point attempts rebound further from basket.

Three point fundamentals

1. Always be moving toward the basket.

2. Use your legs more, get a good knee bend.

3. Shoot on the way up.

4. Your should not be closely guarded.

5. Get the ball up to a 60 degree area.

6. Hold your follow through.
Individual Practice Drills

1. Shooting progression

2. Spin the ball, catch it, shoot or fake, dribble, and shoot.

3. Consecutive string drill-shoot at one spot and see how many you can make without missing two consecutive shots


Partner Drills

1. Partner shooting

2. Rapid fire shooting – shooting 10 shots in a row from different spots.

3. 25 shot drill-shoot 5 jump shots, 5 jump shots off the dribble, 5 jump shots after a shot fake and a dribble, 10 shots mixing the shots.

Work out

1. Jump rope (200).

2. Ball handling (5 minutes) : ball pound, figure 8, scissors, pretzel, one and two balls.

3. Dribbling (down and back 5 lengths:) speed, cross over, spin, behind back, between legs.

4. Driving lay-ups (20)
5. Perimeter players

   80 shots  Fake and shoot.
             Fake and drive.
             Spin ball and shoot.

   20-3’s

6. Post players

   80 shots  – Drop step power move
             Turn around jump shot
             Up and under move

   20-put backs

7. Mikan shots (20)

8. Free throws (25)

9. One on one- play to 5 baskets

   Power game-forwards and centers
   Perimeter game – guards and forwards

10. Muscle strengthening activity

   Toe raises (200)- use a board if available

   Push-ups (50)

   Sit-ups (50)
In other word the four steps of shoting investigated by Rick mount are as follows.

Step – I Hand positions of Ball:

A. Pads on ball. Be able to look under the ball and see light.

B. First and second finger will split has valve stem on the ball,

C. Shooting hand receives ball in cocked position with minimum tension in fingers and wrist.

D. Anchor hand (opposite of shooting hand) is placed on side of ball with minimum tension, noting not to involve thumb in shot attempt.

Step – II Footwork

A. Feet spread at waist width and in parallel position.

B. Knees bent slightly.

C. Hips square to basket.

D. Rise onto the balls of your feet then continue a straight up motion into the air keeping your shoulders and hips in squared position.
Step - III  Arm Position

A. Receive ball and bring into shooting pocket.

B. Elbow close to body but flared slightly to the outside.

C. Forearm is tipped at slightly less than a 90° angle so that elbow rises, the forearm comes back closer to the head.

Step - IV  Release

A. Elbow moves in upward motion and forearm starts forward just prior to release.

B. The hand and fingers move forward from the cocked positions as you release.

When basketball was introduced to the 3-point arc and the 3-point shot, the game was revolutionized. More and more players, especially guards, are getting attracted to shoot from the 3-point range. While a 3-point marksmanship is a valued basketball shooting skill, it is not really a necessary move.

Admittedly, there are some cases that 3-point shots are crucial in tight ball games. The likes of Steve Kerr and Reggie Miller have proven time and time again how a 3-point shelling machine can turn the tides, change and / or achieve the momentum and win ball games. 3-point shooters can also help in stretching out the defense. But then, coaches would love to see their players take more high percentage shots rather than risk long rebounds and open windows of opportunities for the other team to run fast breaks. For starters, the 3-point shot is a low percentage
shot. That means it has less chances of going in than a jump shot from the mid range or inside the paint. Though there are several basketball shooting drills designed to increase 3-point accuracy, the point to remember is that the closer to the basket, the better. If you spot an open lane then by all means drive your way through. If you see an open teammate who can knock down jumpers from the perimeter, then please do the team a favor and pass the ball to him.

That said, coaches do not dismiss the importance of the 3-point shot nor of the 3-point shooter. They are valued commodities in the world of basketball. But if you notice, pure 3-point shooters like Steve Kerr rarely go out and play long minutes, even with their scoring capabilities from the arc. Unless the team needed to score big and fast at that, pure 3-point shooters hardly ever step inside the court during game time.

A three-point rule was tested in 1933 to be exactly 30 feet (9.1 m) from the rim the suggestion of Herman Sayger of Tiffin, Ohio. Sayger demonstrated new rules designed to eliminate the center jump and establish a new scoring system in a game played by high school athletes.

The three-point rule was first tested at the collegiate level in a 1945 National Collegiate Athletic Association game between Columbia and Fordham. However, professional basketball would be the first to adopt the rule on a permanent basis. The short-lived American Basketball League did so in 1961, and the Eastern Professional Basketball League followed in its 1963–64 season. The three-point shot later became popularized by the original American Basketball Association after its introduction in 1968. During the 1970s, the ABA would use the three-point shot, along with the slam dunk, as a marketing tool to compete with
the National Basketball Association (NBA). In the 1979–80 season, the NBA adopted the three-point shot.

The sport's international governing body, FIBA, introduced the three-point line in 1984, at a distance of 6.25 m.

The NCAA's Southern Conference became the first collegiate conference to use the three-point rule, adopting a 22-foot (6.7 m) line in 1980. Over the following five years, NCAA conferences differed in their use of the rule and the distance they required for a three-point shot. The NCAA adopted the 19-foot, 9-inch line nationally in 1986. In 2007, the NCAA lengthened the men's three point distance to 20 feet 9 inches, with the rule coming into effect at the beginning of the 2008–09 season.

During the 1994–95, 1995–96, and 1996–97 seasons, the NBA attempted to address decreased scoring by shortening the distance of the line to a uniform 22 feet (6.7 m) around the basket. Dennis Scott then set a record for most three-pointers in a season: 267 in 1995–96. From the 1997–98 season, the NBA reverted the line to its original distance of 23 feet, 9 inches (22 feet at the corners). Ray Allen broke Scott's record with 269 three-pointers in 2005–06 season.

In 2008, FIBA announced that the distance would be extended by 50 cm to 6.75 m (22 ft 2 in), with the change being phased in, beginning in October 2010.

The Toronto Raptors hold the NBA record for the longest streak of consecutive games with at least one successful three-pointer. As of February 10, 2010, the record stood at 912 games.
The three-point field goal was used under a trial basis during the 1979-80 regular season. The line is 22 feet in the corners extending to 23 feet, nine inches at the top of the key. Chris Ford of the Boston Celtics scored the first three-point field goal in NBA history with 3:48 left in the first quarter of the Celtics' 114-106 victory over Houston at Boston Garden (October 12, 1979).

The change was designed to open up the game and to add excitement the three-point field goal had been tested in the NBA during the pre-season of the 1978-79 season and became a permanent rule at the start of 1980-81 season.

The three-point line (22 feet in the corners extending to 23 feet, nine inches at the top of the key) was shortened to a uniform 22 feet at the start of the 1994-95 season.

The change was designed to eliminate some of the congestion in the lane and lead to more scoring opportunities.

At the start of the 1997-98 season, the three-point line, 22 feet from the basket, was lengthened to its original distance of 23 feet, nine inches, except in the corners, where the distance remained 22 feet. The change was aimed at improving the flow of the game and to add more spacing on the floor. Players defending the 3-point arc would not be able to easily drop down to "double-down," in the low post. With more one-on-one action developing in the low post, that would translate into higher-scoring games.

The three-point line generally consists of an arc at a set radius measured from the point on the floor directly below the center of the basket, and two parallel lines equidistant from each sideline extending
from the nearest end line to the point at which they intersect the arc. A player's feet must be completely behind the three-point line at the time of the shot or jump in order to make a three-point attempt; if the player's feet are on or in front of the line, it is a two point attempt. A player is allowed to jump from outside the line and land inside the line to make a three-point attempt, as long as the ball is released in mid-air.

An official raises his arm with three fingers extended to signal the shot attempt. If the attempt is successful, he or she raises his other arm with all fingers fully extended in manner similar to a football official signifying successful field goal to indicate the three-point goal. The official must recognize it for it to count as three points. Instant replay has sometimes been used, depending on league rules (for example, the NBA[^1] and the NCAA specifically allow replay for this purpose).

If a shooter is fouled while attempting a three-pointer and subsequently misses the shot, the shooter is awarded three free-throw attempts. If a player completes a three-pointer while being fouled, the player is awarded one free-throw for a possible 4-point play.

The distance of the three-point line varies by level:

- **NBA**: Arc radius 23 feet 9 inches (7.24 m), no less than 3 feet (0.91 m) from each sideline[^2]
- **WNBA**: Arc radius 19 feet 9 inches (6.02 m), no less than 5 feet 3 inches (1.60 m) from each sideline[^3]
- **FIBA**: Arc radius 6.75 meters (22.1 ft), no less than 0.9 meters (3.0 ft) from each sideline[^4]

[^1]: https://en.wikipedia.org/wiki/Three-point_line
[^3]: https://en.wikipedia.org/wiki/Three-point_line
[^4]: https://en.wikipedia.org/wiki/Three-point_line
The History and Inventor(s) of the Three-Point Shot

The three-point line has become such an integral part of basketball that it's difficult to fathom the game was ever played without the ability to shoot from afar for an extra point.

The Inventor(s) of the Three-Point Line:

We can all agree that it wasn’t in Naismith’s original game plan when he invented basketball back in 1891. So then, who came up with the idea of a basketball three-point line?

This is where the facts get a little hazy.

Checking over the information on the web, Wikipedia refers to the possibility that the three-pointer was first created in 1933.

Herman Sayger, a high-school basketball phenom cum coach in the midwest, came up with the idea of a three-point shot in a scoring system that rewarded distance of the shot being made; shots made within 15 feet (!) and beyond were worth 3 points.

Despite Saygar’s stature (he set the Indiana state record for points in a game with 113) his suggestion was never put into practice.
According to a couple articles, Howard Hobson was the innovator I was looking for. Back in 1945, Hobson was the head coach of the University of Oregon and was also part of the Rules Committee. And as a Rules Committee member, Hobson lobbied for the "bonus hot" designed to limit the effectiveness of a taller players and eliminate zone defenses. The three point line, as well as other rule changes, were tested in game between Columbia and Fordham of February 07, 1945.

Another source says that Al Grenert, former basketball All-American and coach, introduced the line back in the 1950s as a competitive advantage for smaller players in a time where giants were dominating and changing the face of the game. I wasn't able to find any of other sources for this one.

Puerto Rican teacher Eddie Rios Mellado is known as the inventor of basketball is three-point line - It is time that the rest of the world knows it.

The honorary of the Federation International de Baloncesto on American (HBN Americas), Jenaro "Tuto" Marchand is on a mission to prove in the highest level of international basketball that Puerto Rico, in 1962, invented, regulated and parented the famous rule that revolutionized the sport of hoops.

Marchand said yesterday that last week he sent all the documentation to prove that Rios Mellado was the first to use the three-point line rule in an official tournament to various international organization, including the FIBA Europe and the Basketball hall of Fame in Springfield, USA (Massachusetts), eight years before it was used for the first time in the United States.
“This is a long process that is going to take time. The first thing that I will do is try to identify which is the right forum that recognizes this type of things, therefore I have sent the documents all over the place.

Said Marchand in an interview with PRIMERA HORA “I am completely convinced that Eddie was the first one to use the three-point line. The proof is eloquent, clear, simple and very well documented.” Said Marchand, who maintained that his goal is that the Puerto Rican teacher be included in the International Hall of Fame in Spain and the United States.

It was in 1962, while Rios Mellado was director of sports for the Caparrn Country club that he decided to create a league, Mini Basketball, for the small children for ages six to ten. As a way to motivate the smaller stature players he invented a shot that counted for three points.

“I went to the center of the hoop and I made a line from ten feet and I tested it. From eleven feet. I tested it. From twelve, I tested it. And from thirteen I tested it and left it there. That was the birth of the three-point basket,” said Rios Mellado, commenting on the history of his famous invention, 78 years: 58 of them as a physical education teacher, I recorded it in the Mini Basketball League that we had the three-point basket and I have all these papers that prove it,” he added.

It was not until 1968 that the American Basketball Association (ABA) included a three point line in its tournament, as a measure to try to compete with the most powerful league, the NBA, although they did not necessarily copy Rios Mellado’s idea.

“It could have been a coincidence, but what we want to clarify is that the first one that used the rule in a tournament was Eddie Rios, and the proof is there” said Marchand. Rios Mellado, for his part, is still surprised
to see that world basketball just wouldn’t be the same without the three-point line.

“I never thought about it [around the world], nor was it my intention I didn’t invent is for Russia or the United States, I came up with it for the children for my country and for myself to enjoy the game with using that new rule” he said.

Mainstream Adoption of the three-Point Line

The NBA adopted the three-point shot all through the 1970s before merging with the NBA in 1976. Along with the slam dunk, the ABA used the shot as a way of creating excitement during the game, as well as differentiating themselves from the NBA.

Then in 1984, the International Federation of Basketball (FIBA) adopted a shorter three-point shot for international competition (at 20 feet and 5 inches, the line was 3 feet 3 inches shorter than the NBA). FIBA is set to extend the line to 22 feet, 2 inches in 2010.

And in 1986, after 5 or 6 years of NCAA conferences adopting differing distances for the three-point arc, the NCAA introduced a standardized three-point line of college basketball at 19 feet and 9 inches, which will extend an extra foot out for the 2008-09 season.

Shooting from three point range:

With the addition of the there point shot to the game of basketball the skill of shooting be comes even more important. The distance of nineteen feet and nine inches has made it possible for almost any
basketball player to shoot and possibly make a three pointer. The following concepts will help you to become a better three point shooter.

Court Awareness:

Know where the line is without looking all the time.

Be aware of where your feet are in relation to the line when you straddle the line any shot is a poor percentage shot.

Know your best shooting area or post and try to get shots in that area.

Know the score and situation (does our team need a three pointer to tie, etc....)

Be aware that missed three point attempts rebound further from the basket.

Three point shooting fundamentals:

Always be moving toward the basket.

Think in terms of a set shot.

Use your legs more, get a good knee bend.

You can drop the ball lower into the shooting pocket to start your shot.

You shoot on the way up.

Three point shooting off the dribble:

You must be moving towards the basket.

You should not be closely guarded.
Use the step-plant – soot

Get the ball up to a 600 are.

Hold your follow through.

Three point shooting off the pass:

You must be moving forward the basket.

If you are strong you can jump stop into your shot with your shooting foot or strong foot forward.

If you are not strong enough yet you can catch the ball with your shooting foot back so you can stop and shoot.

Gent the ball up to a 600 are.

Hold your follow through.

Causes of poor three point shooting:

Taking the first three point attempt you can get off. Be potent and wait for a high percentage three pointer.

Taking a three pointer when you are closely guarded.

Shooting three pointers going away form the basket.

Throwing the ball instead of shooting it.

Always looking at your feet to see if you are behind the line.

Letting one or two misses in a row destroy your confidence.
In the Field of sports each and every athlete should have strength seed and endurance for their better performance without having these factors of physical fitness athletes can not apply his skills in any sports so the physical fitness and its components. Like strength speed endurance is most essential to participate and achieve something in particular sports or Games, therefore following material and information about the physical components are likely to be explain.

**Strength**: Strength is a conditional ability it depends largely on the energy liberation process of muscles.

Def- Strength is the ability to overcome resistance or to act against resistance strength should not be considered a product of only muscular contractions. It is, in fact, a product of voluntary muscle contractions caused by the neuro-muscular system.

**Maximum Strength**: It is the ability to overcome or to act against maximal resistance. It is measured by finding out the maximum resistance which can be overcome or the maximum force which can be applied by the muscles.

**Absolute Strength**: The force values achieved through electrical stimulation are indicators of biological capacity of the neuro-muscular system for strength application. It is called absolute strength. It can not be achieved voluntarily except under extreme emotional state of fear, anger etc.

**Explosive Strength**: It is a combination of strength and speed abilities. It can be defined as the ability to overcome resistance with high speed. Depending on the nature of combination of strength and speed the explosive, strength can be further sub-divided into start strength,
strength, speed (power) and speed straight. Start strength, is the ability to develop maximal muscle force during the starting phase of the movement. e.g. sprint start, weight lifting etc. Strength speed is the ability to overcome heavy resistance's with high speed throws, jumps etc. Speed strength is the ability to overcome heavy registrants with high speed throw, Jumps etc. Speed, strength is the ability to overcome lower resistances with high speed e.g. team games, combat sports (lower weight categories).

Factors determining strength

1) Muscle cross section.

2) Muscle fibre spectrum

3. CO-ORDINATION

(i) Skill

(ii) Intra muscular co-ordination.

(iii) Intra muscular co-ordination.

4. ENERGY SUPPLY

5. BODY WEIGHT

6. PSYCHIC FACTORS

- Strength is also influenced to a lesser or greater extent by the following factors:

- Physique and constitution.

- The length of the muscle at the time of contraction

- Strength and stability of the musculo-skeletal system.

- Biomechanical factors like leverage & angle of pull.
Strength Development:

Physical exercise

- Exercises with own body weight.
- Exercises with partner
- Exercises with elastic material, e.g. chest expander.
- Exercises with environmental resistance e.g. slope, wind, sea water etc.
- Exercises with medicine balls, sand bags, bench weight jackets etc.
- Exercises with free weights, multi-gyms etc.
- Reactive method (Plyometric Exercises)
- Iso-kinetic method (J.J. Perrine 1968).
- Static method (iso-metric)
- Use of Special competition Exercise with Higher resistance.
  e.g. Playing Hokey with Reaqire sticks etc.

Strength Endurance :

Like explosive strength it is also a product of two biomotor abilities. It is the ability to overcome resistance or to act against resistance under conditions of fatigue.
In many sports including wrestling, football, 400m sprint and basketball, the development of strength endurance is a great advantage.

1. Start with 3 sets of three reps at 80-70% max with a rest of 2-3 mm then drop the weight to 10-50% o maximum perform 4 sets of 15 reps. Each in a medium to slow pace.

2. At a weight of 40-50% perform the maximum number no. of lifts you can in 20 seconds, after take rest, upto 20-30 sec. Then repeat for 1-2 extra sets. Maintain pulse rate at 120-140 beats per minute.

3. Perform 8-10 different circuit exercises in a medium slow pace with 30-60 sec. Rest between exercises keep pulsce below 140 beats per minute.

Choose exercises common with your sport.

Speed:

Speed is not a pure quality. It is a complex of quickness, power, special speed strength, speed-endurance, flexibility, good technique, coordination, and timed relaxation. All of these factors must be put together in a mixture unique for each sport.

Your first task is to determine the special speed requirements of your sports, event or position, sprinters must train one way for speed, while weightlifters, basketball players, baseball players and other must train specifically for their sport speed requirements.
Quickness:

Quickness is defined as an action of the body which does not require muscular effort or the complex coordination requiring energy. The physiological mechanism of quickness is associated with the functional properties of the Central nervous system.

In other words, quickness in the ability to perform high-speed movements with no significant external resistance or great energy. It is simply the first stage of reaction to stimuli.

The quickness of the motor reaction is determined by the period between stimuli or signal, and the response. There are simple and complex reactions.

Soviet scientists have used the expressed information method of developing quickness with great success. The method consists of comparing the actual outcome of an exercise with what the athlete perceived the outcome was.

Speed Strength:

Speed strength movements are very quick as the resistance is not so great. The exercises are done more closely to full speed, with maximum effort. The two kinds of speed strength are start strength and acceleration strengths.

For an improvement in speed to occur, the athlete must use specific speed development exercises. But it is these same exercises which lead to the speed hurdle or plateau. In order to reduce the possibility of hitting these obstacles, various exercises must be employed which do not give
the body a chance to adapt, rather they enhance the body’s ability to break through a plateau.

In the speed development for sprinters and middle distance runners, football players, jumpers, basketball players etc. the variative methods of training using resisted condition together with a normal condition are widely used. A resistance conditions (uphill running weight belts and ankle weights, running is sand and snow, harness pulls, running against wind etc.) are often used to improve the special strength necessary to increase the training effort and action of muscles. This is accomplished because heavy means recruit more muscle & nervous system fibers, which than transfer their effort to the competitive exercise. This methods each have their shortcomings, especially in regards to the negative effect on technique.

Speed Endurance:

Speed endurance is the ability to repeatedly perform maximal or near-maximal sprints with various sports – specific recovery intervals. The amount of speed endurance required by an athlete is sport specific. Speed-endurance programs should be designed with reference to the sport’s primary energy system (phosphogen, glycolytic or oxidative), which involves the sports duration.

Speed-endurance is normally enhanced by interval training, which involves high-intensity exercise bouts alternated with bouts of recovery. Interval training in resistance training is called circuit training.
As physical conditioning improves, overall intensity is increased by increasing, training distance, total training time, running intensity, and the number of repetitions or decreasing the recovery period.

Interval training may be used with various sports, including football, baseball, basketball, volleyball, running, swimming rowing etc.

Endurance Definitions:

Harre (1986) defines endurance as the ability to resist fatigue. Thesis and schnabel (1987) also defines endurance as the resistance ability of fatigue.

Martin (1979) and Matweyew (1981) have also used the concept of “ability to resist fatigue” for defining endurance.

According to Singh hardyal (1991)

“Endurance is the ability to do sports movements. With desired quality and speed, under conditions of fatigue”

ENDURANCE : -It relates to doing work for a long time or period.

• It relates to working under fatigue conditions.

• It involves a large number of muscles.

• It involves work efficiency

Importance of Endurance in –sports and health
**Sports:** In sports endurance ensures optimum speed of motor action the ability to maintain pace or tempo of an exercise or during a competition is impossible without the requisite level of endurance. Good endurance also ensures high quality or skill of movement execution which finds expression in accuracy, precision, rhythm consistency etc.

Under conditions of fatigue the sportsman tends to lose motor coordination, concentration, mental alertness etc. This clearly points out the importance of endurance for tactical efficiency.

**Health:** Endurance activities have been found to be of high value for maintenance of good organic health, for increasing the general resistance against infection and for cure and treatment of various diseases and metabolic disorders.

Types of Endurance:

1. **Basic Endurance:** It is the ability to do movement involving a large number of muscles, at a slow pace for prolonged periods e.g., jogging, swimming, walking at moderate speed for periods lasting more than 30 minutes.

2. **General Endurance:** It is the ability to do sports movements of general nature under conditions of fatigue. General endurance is not specific to any sport and is developed through general exercises. General endurance implies the ability to do various types of movements with higher or lower intensity for sufficiently long periods.

   Energy liberation depends on a combination of aerobic and anaerobic metabolism.
3. **Speed Endurances**: It is the ability words sport movements of a particular sport to under conditions of fatigue. Depending on the nature of sport, the specific endurance may be largely determined by aerobic or anaerobic metabolism or by a certain combination of both.

Pacification according to duration of activity:

I  **Speed Endurance (45 Sec.):** Cyclic activities casting upto 45 Sec. In activities which last upto 20-22 seconds the energy production is almost completely achieved by alactacid metabolism (i.e. splitting of ATP & CP).

II **Short time Endurance:** (45 Sec. To 2) minil: This endurance ability is needed for cyclic activities lasting from about 45 sec. To 2 minuets. Short time endurance depends to a significant extent on speed endurance and strength endurance.

III **Medium Time Endurance L (2-11 mim):** this ability is required for cyclic activities lasting form 2-11 mim. e.q. 1500m, 3000m, track & field 100m rowing.

IV **Long time Endurance:** The long time endurance is needed for cyclic activities Losting more than eleven minutes.

New research has clearly pointed out that endurance is not connected entirely with the quantify of Oxygen to muscle but rather the adaptation of muscle to a long period of work such it because necessary to not only train the O$_2$ function but also the capability of muscle to metabolige and better use the muscle has. O$_2$ is important that muscles function in a relaxed manner and in an economical way.

[43]
For a beginner or intermediate athlete it is acceptable to sometimes cress over and use other endurance means to develop endurance. Otherwise for advanced athlete the game/ event specific endurance has to be develop through.

**Competition exercise:** For example, if you are a competitive Swimmer and you use distance running to improve your endurance, this will not help your better swimming performance. If you are a runner and you cyclic long distance, this will not helps your running much.

There are two kinds of jumping exercises which can be used for endurance work. The first exercise are intensive & include for example multi jumps for four sets of 10,10,8 and 9 jumps per set in the series, with 10-15 sec. rest between set. and one minut: rest between series, for 3-4 series.

Endurance exercises should be specific to and closely match the metabolic and neurologic requirements of the sport. Because the activity or time of movement is very short in sports such as football and basketball, endurance training should closely match the sport.

In order to improve endurance for a particulars sport it is necessary to use endurance exercises which match the tempo of the sport.

Yoga is a way of Life which can be practiced any one by human being. Yogic exercise is a kind of bodily movement with mental construction. Yoga exercise can help a person to develop his health alongwith control of various level. It is now being realised in the globe that Yoga is not only for betterment of mind but also a theropy.
Physical and mental health is essential for good performance in sports hence physical exercises related to stretching and movements of various body parts are important for this. The better the movement of joints like those at wrist, hip, knee and ankle should be considered well. Flexibility not only brings good physical health but also mental health. Yoga asana is one of the best ways to achieve higher level of flexibility of joints and thereby improving overall performance.

The purpose of the study was to also the affect of Surnamaskar Yoga and curling exercises an range of movement at wrist joint. As well as strength ability and flexibility.

The finding study would be helpful in the following ways.

1) The study would help teachers and players to develop a more suitable as well as sound training programme to develop optimum range of movement.

2) It may lead to the quality of progress brought in range of movement by selected method of training by using curling exercises.

3) This study may be helpful to improvement in performance i.e. three point shooting in Basket Ball.

The purpose of the present study was to determine the effects of Yogic Suryanamaskar and curling exercises on the improvement of range of movement at wrist (down word flexion) joint. The subject were 30 male players of Nanded Dist. Basket Ball Association Nanded the age of the subject range 18 to 30 years. The subject were equal divided by random sampling. Procedure into the groups (i.e. experimental group and
control group. Quantities measurement of range of movement with standard equipment for wrist joint were taken in the beginning and at the end of experimental period of 16 weeks. The significance of mean differences between the Pre test and Post test means of range of movement for wrist joint were analyzed using t-ratio. The level of significance chosen was 0.05. The result pertaining to t-test indicated experimental group showed significant improvement as are suit of systematic training of Surnamaskar and weight training (curling exercises).

1.2 NEED FOR THE STUDY:

Coaches and athletes have always searched for training programs which will result in better performances. This has resulted in the evaluation of weight training as a program leading to improved performance. In some sports, strength is highly important for performance. This is especially true in activities where power is needed to propel heavy objects such as the shot put, discus, and hammer throw. Previous studies have shown that power can be increased by weight training. Increased strength has also been shown to improve ability in activities where speed, agility, endurance, and coordination are required for skillful performance.

There have been several studies done to determine the effects of weight training on jumping ability of basketball players, but none have been done to determine the effect of weight training on shooting accuracy at selected distances and various angles from the basket. This study is not only concerned with accuracy of shooting in general but also to determine the differential effects that strength components may have on shooting.
accuracy at various distances from the basket. It is hoped, through this study, that the coach, athlete, and physical educator will be able to properly assess the value of weight training as a training adjunct in basketball.

1.3 STATEMENT OF THE PROBLEM:

“Effect of Yoga & Curling Exercise on Three Point Shooting Accuracy of Nanded District Basketball Association Players”

1.4 OBJECTIVES OF THE STUDY:

The following were some of the objectives of this study.

i) To develop the three point shooting accuracy skill in Basketball.

ii) To develop the new drill in Basketball.

iii) To organize some different training programmes for Basketball players.

iv) To establish a new form of Yoga practices for Basketball players.

1.5 PURPOSE OF THE STUDY:

i) The purpose of the study is to find out the effect of curling exercises through weight training on three point shooting skill in basketball.

ii) To find out the effect of Yoga practices like Suryanamaskar on three point shooting skill in basketball.
The purpose of the study is to measure the effect of suryanamaskar on overall flexibility for better performance among Basketball players. To achieve this purpose 60 Basketball players of Nanded District Basketball Association between 18 to 30 years were selected. The subjects were divided into two groups, 30 subjects in Control group and 30 in Experiment group. Initial test of flexibility for all the subjects was conducted after 16 week training of suryanamaskar and then the final test was conducted for all the subjects. The obtained data were satisfactorily analyzed by using ‘t’ ratio. It was found that the practice of suryanamaskar has increased the flexibility.

1.6 Scope of the Research Work:

Though there are many ways of improving forearm, Upper arm and shoulder muscles but I intended to make the subjects undergo with Yoga practice and curling exercises to improve the strength of the arm and flexibility in wrist joint.

i) There is no control on the participation of the subjects in their daily activities.

ii) The study is limited only to Nanded District.

iii) The study is limited to three point shooting (set shot) only.

iv) Only three point shooting is under control.

v) Only senior boys are selected as study subjects.

vi) Sixteen week programme has been executed.

vii) I am unknown about the nutrition and food of the subject.
ix) Curling exercise and Yoga practices were main activities performed by the subjects.

x) The subject has been tested only in three points shooting.

xi) The shot was limited in three point shooting category in set shot only.

1.7 HYPOTHESIS:

It is hypothesized that “there is significant effect of selected yoga and curling exercise on the three points shooting of basketball players.

1.8 DEFINITION AND EXPLANATION OF IMPORTANT TERM:

Yoga: “Yoga is “the yoking of all powers of the body, the mind, the emotions, the will, which yoga pre-supposes. It means pose of the soul which enables one to look at life in all its aspects evenly.” Mahatma Gandhi

When body mind and soul come together and work jointly is call as yoga. It is also called the sterility of the soul-Yoga-Ayanger.

Weigth Training :

a. Weight training is concerned with the Components of the condition of the body in terms of strength, power and endurance.
b. Weight training is performed by the several repetitions of movements with barbell.

c. Weight training is used for toning muscles.

d. Weight training exercise is performed against resistance to improve the quality of the exercising muscles.

e. Weight training exercise improves the total physical fitness.

I) **Curling Exercises:**

   An under grip is used for the curling with the hands fairly closed together to allow forearms to remain parallel throughout. The starting position of forearms to remains parallel throughout in the starting position the body erect, the arms are straight and the barbell is resting against the thighs. It is here that the bar is curled upwards to the chin and the elbow stays close to the sides of the body.

II) **Shooting:**

   Shooting execution can be divided into three parts like grip, posture, and ball trajectory.

**Three Point Shooting:**

   The three point shooting is that shooting which is executed from outside of the three point line (Line which is floor marked on the court limited by the lines forming two arcs each constructed as a semi circle with a radius of 6.25 meters to the outer edge, taking as its center the
point of the floor directly perpendicular to the exact center of the basket, which is 1.5275 meters from the end lines) and the shot is counted as a three point basket or three point shooting.

**Set Shot:**

In the shooting action ball is lifted along one side of the hand, with the shooting hand underneath and the supporting hand to one-side and the above. The body and legs are at an angle 45 degree to the direction of release. It is right handed shot, when cocking the wrist for the shot. Once he gives a sharp flick, the wrist bends and the knees go down a little. It is important to keep the elbow of the shooting hand pointed towards the front.