

Positions

There are three main types of players and their size and skills usually determines which position they should be assigned to play (guards, forwards or centres).

- **Position 1 - Point Guard** - Point guards are usually the best ball handlers on the team, very quick with the ball and very fast. They usually take control of the ball, and because of their quickness, can generate and offensive strike or set up plays. Their responsibilities or functions on the court are as follows: .
- **Position 2 - Shooting Guard** - Shooting guards are usually the best shooters on the team and are very good ball handlers. They should be able to score from anywhere inside the three point arc.
- **Position 3 - Second Forward** - The second forward is a small forward (between shooting guard and power forward) and can double up in either position. Their function is generally that of a forward and can post up. Inbounding is usually assigned to this position.
- **Position 4 - Power Forward** - There are two types of forwards. Power forwards are usually the big and strong players. They should be able to control the rebounds and be physical around the paint. They should also be the ones that set up screens because of their size.
- **Position 5 - Centre** - Usually the tallest in the team. They should be able to block anyone coming into the paint and control the boards (rebounds).