



C e n t e r !

By: Ken Lindsay

The Characteristics of a Center

The center, along with the point guard, is easily the most important player on the team. Normally, he is the tallest player on the floor. The qualities he must possess are:

1. He must have quickness.
2. He must be an aggressive rebounder and lead the way in blocked shots. He needs to be a little arrogant with a streak of meanness. He is king of the paint. He must prove by his manner and actions that this territory is his.
3. He must be a dependable scorer at short and mid range. He must be adept at the power lay-ups, with and without shot fakes, from both sides of the basket. He needs to develop a short hook and jump shot.
4. He must have defensive leadership, always talking to his teammates.
5. He must be a good passer and be able to see the floor and hit the open man if his shot is not there.
6. He must be able to read how he is being defended and to take advantage of this when he is posting-up.
7. He must have strong hands, good upper body strength, and good jumping ability.