

# ***Research on the Team Operation and Management Strategy of the Mainstream Basketball Leagues in China and America***

## ***- Based on the Comparison Between NBA and CBA***

**Yiwen Chen<sup>1,a,\*</sup>**

<sup>1</sup>*Faculty of Education, University of Macau, Macau, China*

*a. mc34173@umac.mo*

*\*corresponding author*

**Abstract:** This research comparatively analysis gameplay and strategies in the National Basketball Association (NBA) and the Chinese Basketball Association (CBA). The goal is to understand more about how the various professional basketball leagues work, how games are played, and how well the players perform. In contrast to the CBA's emphasis on disciplined offensive setups and team play, the NBA places a premium on athleticism and three-point shooting. The research in both leagues' sheds light on the significance of defensive strategies, team cohesiveness, and individual player duties. Based on best practices in the NBA, there are several potential enhancements to league administration and marketing and implications for CBA coaching and player development. The study's results highlight the dynamics of the worldwide basketball scene and give recommendations for developing professional basketball. The research also analyzes and contrasts NBA and CBA players' scoring, playmaking, and rebounding abilities, among other things. Based on the insights it gives into each league's distinctive traits and its players' performance, this study has significant significance for the growth and extension of professional basketball globally.

**Keywords:** NBA, CBA, gameplay tactics, player performance

## **1. Introduction**

### **1.1. Research Background**

Basketball is a global phenomenon with tremendous cultural significance. It has transcended space and time to captivate viewers and athletes globally. The sport's popularity may be ascribed to its fast-paced action, strategic approach, and ability to demonstrate individual and team skills [1].

Academics are becoming more interested in researching professional basketball leagues to understand their business structures and management procedures better. The dynamics of these leagues have social and cultural repercussions that go beyond the sport's growth. Comparing and contrasting basketball leagues facilitates comprehension of their organisational structures, game techniques, and management ideologies.

Basketball is dominated by the National Basketball Association (NBA) in the United States. Still, the Chinese Basketball Association (CBA) commands a large audience and significantly impacts the

sport as a whole in China. Because of its high standards of play, worldwide impact, and roster of A-list players, the National Basketball Association (NBA) is often recognised as the finest professional basketball league [2]. Conversely, the CBA has gained importance in recent years, displaying the talent and excitement of Chinese basketball fans.

By comparing the NBA and CBA, researchers may learn more about the cultural, social, and economic factors that impact the creation and administration of basketball leagues worldwide. League administrators, coaches, players, and anybody interested in the growth of professional basketball may learn a lot by examining these leagues' methodologies, gameplay styles, and organisational structures.

This research aims to contribute to the existing body of knowledge by analysing and contrasting how NBA and CBA clubs are handled and managed [3]. By examining the dynamics of various leagues, researchers may learn more about the global basketball environment and identify best practices that can be applied to the expansion and success of professional basketball leagues worldwide.

## 1.2. Research Objectives

This research aims to examine the team operation and management strategy of the mainstream basketball leagues in China and America - based on the comparison between NBA and CBA.

Research Objectives:

- a. To learn how the NBA and CBA compare and differ in terms of gameplay and strategy to better understand the difference between a top game and a follower.
- b. To observe works in the NBA and the application of the CBA in guiding future adjustments.
- c. To analyse and evaluate how the performance of the two major leagues may improve the sport.

## 2. NBA Gameplay and Strategies Analysis

### 2.1. Game Features Overview

Because of its players' extraordinary athleticism, quickness, and individual brilliance, the National Basketball Association (NBA) is often recognized as the finest professional basketball league [3]. NBA players are recognized for their remarkable athleticism, with dunks and layups from unfathomable heights never failing to wow audiences worldwide. Every minute of every game is loaded with relentless activity, lightning-fast transitions, and stunning plays keeping viewers on the tip of their seats.

The level of talent in the NBA is one of the primary differences between it and other basketball leagues. Because it has access to such a huge pool of great athletes from all over the globe, the NBA can showcase a spectacular array of world-class players. Because of the star power and charisma of these excellent players, each game is a remarkable spectacle that transcends the domain of basketball.

Because of the league's strong competition and the fact that players are pushed to their limits, the NBA features a high-intensity and action-packed style of play. Great-scoring games are prevalent in the league because of their fast speed, and players of exceptional skill always push the boundaries of what is physically possible on the court. Every game is an unequaled display of skill and talent, with players often doing incredible feats of athleticism, like gravity-defying alley-oop dunks, accurate three-point shooting from vast distances, and acrobatic finishes near the hoop.

### 2.2. Offense Evaluation

In the early days of the NBA, teams relied on inside layups, mid-range shots, and post-up plays to score points, with a focus on large players and dominating the paint. However, the NBA's offensive strategy has shifted recently, with the three-point shot taking center stage. Three-point shooting has

grown in relevance in high-performing NBA offenses as teams strive to improve their three-point shooting and efficiency to enhance offensive output [4]. This is achieved using off-ball screens, and precision passes to create open shot opportunities. The NBA has made the three-point shot one of its key offensive focal points. Each team understands the need to increase their three-point shooting and efficiency to increase their offensive production. This strategy comprises putting up off-ball screens to create space for open shooters and passing properly to develop opportunities for three-point shooting. Three-point shooting has become more vital to high-performing NBA offenses.

Stephen Curry and Klay Thompson of the Golden State Warriors are known as the "Splash Brothers" because they are two of the NBA's top three-point shooters. Their remarkable shooting range and ability to span the field have forever changed offensive ideas in the NBA. For example, during the 2015-2016 season, Stephen Curry established a new record by hitting 402 three-point attempts. Similarly, Klay Thompson set a new record by making 14 three-pointers in a game during the 2018-2019 season [4]. These records demonstrate their historical worth as excellent three-point shooters, showcasing their innovative influence on current NBA scoring methods and emphasizing the long-range shot as a significant offensive weapon.

Typically, the NBA experiences offense with pace shifts and out-of-bounds plays. Teams employ deft passing and movement to locate open three-point shooters and capitalise on defensive breakdowns. Shooters often use off-ball screens to create space for open three-point shots [3]. The rapid-fire strategy, another offensive method utilised in the NBA, is defined by quickly switching plays to exploit defensive gaps and, depending on speed and agility, to score in transition [1]. Under Mike D'Antoni, the Houston Rockets, for example, established a high-tempo attacking strategy known as "Seven Seconds or Less [1]." This strategy aimed to push the ball up the court as quickly as possible by passing and transitioning quickly to catch the opponent off guard and offer up scoring opportunities.

### 2.3. Defense Analyses

In the NBA, defense is all about getting in the way of the other team's offense and reducing their possessions. Teams often use individual defenders to focus on certain offensive threats to diminish that player's effect on the game. The Los Angeles Lakers may start defensive ace LeBron James on him to reduce the effect of the other team's leading scorer. To reduce opponents' scoring opportunities, teams often assign certain defenders to concentrate on a single player. A team may neutralise and disrupt its rhythm by focusing on certain offensive threats. The Los Angeles Lakers, for example, often place defensive star LeBron James on the other team's greatest scorer to limit his effect on the match.

Switching is utilised as a defensive technique in the NBA. Defenders often rotate defensive tasks to combat offensive fluctuations and maintain a continuous defensive presence [4]. Teams must communicate effectively and rotate defensively to remove open shots and maintain defensive integrity.

The Golden State Warriors were noted throughout their championship run for their unique utilisation of the defensive strategy known as "switching." The Warriors' versatile lineup enabled them to readily shift defensive roles, disrupting the other team's offensive plays and decreasing scoring opportunities.

Helping teammates defend the basket and put pressure on the other team's shooters is a critical component of NBA success. The purpose of this coordinated effort is to disrupt the opponent's offensive rhythm, minimise their opportunities to score, and push them to make errors [3]. Players who work together are more likely to contest shots and intercept passes effectively.

## 2.4. Risky Indicators

When measuring an NBA team's offense, possession points are a valuable measure to employ. The value of a possession is determined by summing the points earned and the quality of the shots taken during that possession [1]. The offense may also be measured using effective field goal percentage, which accounts for three-point shots.

Tracking offensive trends and point totals over time may provide significant information about a team's offensive effectiveness. Thus, teams can better understand where their offensive strategies shine and where they need to improve. For example, suppose a team discovers it is more effective at scoring while playing at a faster tempo [5]. In that case, it might aim to play faster to generate more transition opportunities. When Team B played at a faster tempo and targeted transition opportunities, their offensive rating increased significantly, rising from 105 to 115 points per 100 possessions [5].

## 2.5. Defense Metrics

In the NBA, many factors are utilised to evaluate defensive play. The point difference per game statistic is essential since it reflects how successfully a team protects against goals. Comparing these numbers to league standards might provide insight into a team's defensive performance.

The percentage of opponent field goals prevented is another metric to assess defensive efficiency. This statistic considers a team's ability to block shots and make simple shots more difficult for the other team and the proportion of shots allowed [6]. When a team performs well defensively, the percentage of defensive field goals allowed decreases.

Turnovers strongly influence defensive performance in the NBA [3]. Creating turnovers by intercepting passes and pressing the offensive side to make errors not only slows down the other team's assault but also offers the defensive team additional opportunities to score [7]. The ability to induce turnovers and capitalise offensively is a typical skill of teams with good defensive ratings.

## 2.6. NBA vs. CBA: A Game-by-Game Comparison

The NBA and the Chinese Basketball Association (CBA) are compared using standardised methods and tactics that highlight the leagues' similarities and differences. The table below lists the occurrences of these synchronised sections.

Table 1: NBA vs. CBA: A Game-by-Game Comparison.

Game Elements	NBA	CBA
Pick and roll plays	Typically used offensive technique	Often employed technique
Fast breaks transitions	Focus on quick play transitions and capitalizing on fast breaks	Applied in creating scoring chances in fast paced play styles
Teamwork	Focuses on collaborative approach	Accentuates on team's cohesiveness
Athletes' dedication	Focus on athlete physicality	Focuses on conditioning

From Table 1, the pick-and-roll is a mainstay of offensive setups in both the NBA and the Chinese Basketball Association. One player sets up a screen for another, who then uses the ensuing space to shoot from outside the paint. Teams in all categories use this approach to generate scoring opportunities, but it requires a high degree of cooperation and accuracy from all players.

Both the NBA and the CBA often use fast breaks, which include a quick transition from defense to offense after a mistake or defensive rebound [7]. Both leagues want their teams to play at a high pace, take advantage of short breakouts to score quickly, and put pressure on the defense [8]. The game's emphasis on fast breaks reflects this desire to play high-paced, entertaining basketball [8].

Furthermore, both the NBA and the CBA place great importance on athleticism and teamwork. The NBA values individuals with exceptional physical capabilities and amazing athleticism. Extreme athletic performances, like slam dunks and acrobatic layups, are prominent in this league [3]. The CBA concurs, putting a focus on physical preparation for top performance.

Both tournaments value collaboration as well. The NBA and the CBA prioritise passing the ball, making intelligent passes, and executing team-oriented offensive and defensive schemes. Focusing on the team improves the players' ability to collaborate and progress as a unit.

### **3. Competitive Basketball Analysis**

#### **3.1. Gameplay Characteristics in the CBA**

The Chinese Basketball Association (CBA) emphasises certain characteristics of basketball play. It's worth noting how much emphasis is on attacking sets and collaboration. Teams in the CBA emphasise executing well-planned offensive plays to create scoring opportunities [4]. Players must improve their dribbling, passing, catching, and court awareness skills to execute the attacking sets. Excellent court vision, precision passing, and smart positioning are required for successful CBA play.

The Chinese Basketball Association (CBA), like the National Basketball Association (NBA), prioritizes offensive sets and cooperation. However, under the CBA, clubs prioritize scoring opportunities, emphasizing the execution of well-planned offensive moves [4]. Players must have great dribbling, passing, catching, and court awareness talents to properly execute these attacking setups. The CBA's offensive style is more dynamic and thrilling than the NBA's, as teams employ close-in and long-range shots, taking advantage of defensive holes inside and outside to score on easy layups and three-pointers. This variation adds to the CBA in unexpected ways.

#### **3.2. Offense Evaluation**

The CBA prioritises setting up aggressive plays. Teams create scoring opportunities by repeating basic plays and rhythms. These aggressive moves depend on great ball control and off-the-ball coordination. Accurate cuts, screens, and passes to release teammates for shots require players to understand their roles within offensive setups [5]. CBA teams aim to maximise their scoring potential by executing well-structured offensive plays to generate a constant offensive flow.

#### **3.3. Defense Analyses**

The CBA employs a variety of defensive strategies to frustrate its opponents' attacking attempts. A common defensive method is zone defense. The covering portion of the court prevents the ball from landing on the painted area around the hoop. Defensive players who know how to rotate and utilise their hands well may deny outside shots and restrict their opponents from scoring. The purpose of playing zone defense is to limit the opponent's scoring options and force them to take more difficult shots.

Collective security is also an important term in the CBA's defensive structure. It emphasises the significance of defensive players working together and keeping lines of communication open. By functioning as a unit defense, teams aim to minimise their opponents' scoring chances, generate errors, and stop their offensive momentum. This defense requires players to depend on and assist one another, making it more difficult for the other team to produce scoring opportunities.



### 3.4. Risk Indices

The score of each game is studied to establish each team's offensive performance in the CBA. These ratings indicate how effective and efficient a team's offense has been. They quantify a team's offensive efficiency and effectiveness in scoring goals against opponents [7]. A team's offensive performance may be compared to that of other CBA teams by comparing the results to the league average.

The proportion of field goals made is one indicator of offensive performance. It's a wonderful approach to assess a player's shooting range and flexibility while learning about their shot selection [6]. Observing shot% data may help teams understand more about their offensive success and identify issue areas [6].

The average match assist is a statistic that quantifies the effectiveness of each player's passes and the accuracy with which they are delivered. Teams with strong passing and playmaking abilities are readily recognised as those who can put their teammates up for success [9]. The amount and quality of assists represent a team's ability to move the ball and involve several players in making attacking plays.

### 3.5. Defense Indices

Several variables are used while evaluating defense under the CBA. The effectiveness of the defense to prevent goals against the club is largely judged by the point differential each game. Teams in the CBA may assess their defensive efficacy by comparing their results to those of other teams in the league [6]. If your team has a positive point differential, it suggests you're stopping the opposing side from scoring.

The percentage of opponent field goals prevented is another metric to assess defensive efficiency. It investigates how other teams' shooting performance varies when challenged with a certain defensive technique. This grade considers the defensive team's ability to challenge shots, block shots, and otherwise make even simple shots for the opponent. Teams may assess the effectiveness of their defensive approach and make changes depending on the defensive field goal percentage.

## 4. The Comparison Between NBA and CBA Players

NBA players are esteemed for their great scoring talents and ability to compete against top opposition and score in various ways. They have a diverse offensive repertoire, scoring in the paint, in the midcourt, and from beyond the arc. Players like Stephen Curry and James Harden are fantastic examples of this kind of player since they can shoot well from outside and score in traffic [10]. Their offensive versatility and scoring prowess distinguish them from other NBA teams.

CBA players' scoring statistics vary widely because of variances in team strategy and individual talent levels. They are talented in the post and can reach the rim fast, so they like to focus their offensive efforts there. Although they may not have the same diversity of shots as NBA players, their enthusiasm and drive when driving to the basket compensate for this. Individuals like Yi Jianlian and Guo Ailun, who can utilize their size and strength to their advantage in the paint, are among the finest scorers in the CBA [5].

NBA playmakers have high assist rates owing to their better court vision and fast thinking. They may assist their team's success by passing the ball to open teammates. High-level players like LeBron James and Chris Paul are praised for their extraordinary playmaking abilities, which assist their teams in scoring more points. CBA players have excellent court vision and passing abilities, which they utilize to set up their teammates for goals. Guo Ailun and Zhao Rui are two players that make significant offensive contributions to their team by effectively distributing the ball and making sound decisions [4]. Because of the players' diverse abilities and playing styles in each league, the NBA and

CBA each have their own exhilarating, dynamic flair. Table 2 depicts NBA and CBA players' capabilities.

Table 2: Player Capability of NBA and CBA Players.

Player Capability	NBA Players	CBA Players
Scoring capability	NBA players often have high scoring averages, as they face elite competition and possess exceptional scoring abilities [11]. They showcase versatility by scoring from various areas on the court, including inside the paint, mid-range, and beyond the three-point line. They have efficient shooting percentages, demonstrating their ability to convert scoring opportunities effectively.	CBA players exhibit diverse scoring averages due to variations in team strategies and talent levels. They often focus on scoring near the basket, utilising strong post moves and quick drives to the rim. Their shot selection may be more limited compared to NBA players, with less emphasis on long-range shooting. For example, in the NBA, players like Stephen Curry and James Harden are known for their ability to score from all areas of the court, including beyond the arc, while in the CBA, players like Yi Jianlian and Guo Ailun excel in scoring near the rim and utilising their physicality to finish strong [6].
Creative play	NBA players with high assist rates demonstrate their ability to set up teammates for success via smooth and innovative passing [1]. They have excellent court vision and fast thinking, which allows them to make timely and efficient passes in any situation. Their low turnover rates demonstrate their skill with the ball and lack of recklessness.	CBA players are well-known for their superior court vision and passing abilities. Despite having fewer assists than their NBA counterparts, they help keep their teams moving offensively by getting the ball to the correct places. They assist their team in scoring by working inside the offensive framework. Guo Ailun and Zhao Rui of the CBA contribute to their team's offense by successfully distributing the ball and making sound judgments [12]. Still, LeBron James and Chris Paul of the NBA are noted for their great playmaking ability, leading the league in assists and making creative passes.

Table 2: (continued).

Recovery capacity	The NBA is well-known for its players' offensive and defensive rebounding abilities [8]. Their high rates and averages show they are adept at grabbing boards when shoots are missed. By assuming superior combat postures and delivering knockout strikes, they outmuscle opponents for rebounds [8].	CBA players have strong rebounding abilities that enable their teams to recover from defeats [4]. Although they may have different success on the glass than NBA players, their tenacity and placement on the floor allow them to produce second-chance points for their team. In the NBA, players like Andre Drummond and Rudy Gobert are known for their dominance on the boards, often finishing in the top five in the league in rebounds, but in the CBA, Zhou Qi and Han Dejun are two of the league's best rebounders [7].
-------------------	--	---

## 5. Conclusion

Several key conclusions emerge from the analysis of NBA and CBA games, player statistics, and league operations. The NBA remarkably displays athleticism, agility, and individual brilliance, including slam dunks from extraordinary actions. In contrast, the CBA prioritises offensive sets, collaboration, and close-range shots. Regarding offensive, the NBA prioritises three-point shooting over the CBA. Both levels strongly emphasise individual safety, switching, and defensive support.

Comparing the NBA and CBA in terms of game tactics, techniques, and player development may benefit in understanding the qualities of each league. The inquiry provides insight into the factors that have contributed to the NBA's success and educates the CBA on how to imitate that growth and development. The CBA can improve its player development programs and competitiveness by learning from both leagues' achievements and failings.

This study has provided a wealth of information regarding the NBA and CBA as professional basketball leagues. The study explains how each league's game elements, offensive and defensive strategies, and player skills differ. The CBA can make more competitive and player-friendly decisions and strategies with this information. The NBA's investigation into what makes clubs successful may teach the CBA a few things. The CBA would benefit greatly from the NBA's training techniques, tactics, and player development initiatives. Adopting NBA best practices and applying them to the Canadian Basketball Association's environment may enhance player development programs and the league.

Despite the helpful information obtained from the comparison, it is critical to notice the limitations that may prohibit the conclusions from applying to other circumstances. The study's data could only cover a certain period, and continuing advancements might influence the current climate in both leagues. Second, owing to cultural and organizational differences between the NBA and CBA, there may be some indirect applicability concerns. Adopting NBA best practices may or may not be achievable based on each league's resources, infrastructure, and talent pool. Due to its concentration on game characteristics, offensive and defensive strategy, and player abilities, the study may need to



pay more attention to significant aspects of league administration and financial systems. Despite these limitations, the study provides significant information that might assist the CBA and other basketball leagues in improving their player development programs and boosting their overall competitiveness.

The CBA should take inspiration from the NBA's training regimens and techniques to improve the league's player development programs and overall competitiveness. Finding the most effective approaches utilised by NBA clubs and considering how to integrate those strategies into the CBA's player development programs is part of the process.

The CBA should improve player training and education. Investing in programs that better train coaches, providing tools to assist players in improving their talents, and developing a good environment are all approaches to support player growth. The CBA may increase its league talent pool and worldwide standing by emphasising domestic player development and following established NBA protocols.

## References

- [1] Jin, P., Ge, Z., & Fan, T. (2023). *Research on visual search behaviors of basketball players at different levels of sports expertise*. *Scientific Reports*, 13(1), 1406.
- [2] Cai, Y. (2022, June). *How the NBA Empire was Built*. In *2022 8th International Conference on Humanities and Social Science Research (ICHSSR 2022)* (pp. 575-578). Atlantis Press.
- [3] Brodsky, A. (2022). *How the NBA Should Address Mental Health in its Next Collective Bargaining Agreement*.
- [4] Li, Z., & Sun, D. (2022, November). *All Stars Shine Differently: What NBA and CBA Has Done via Social Media?*. In *2022 International Conference on Sport Science, Education and Social Development (SSESD 2022)* (pp. 91-98). Atlantis Press.
- [5] Xin, Z. (2020). *Sports marketing: Research on NBA marketing strategy in Chinese market* (Master's thesis).
- [6] Zhang, Y., & Breedlove, J. (2021). *Sustaining market competitiveness of table tennis in China through the application of digital technology*. *Sport in Society*, 24(10), 1770-1790.
- [7] Gómez Nido, J. (2022). *International Growth of Major Sports Leagues: Comparative Analysis*.
- [8] Smith, D. (2023). *Empirical Analysis of NBA 2011 CBA Changes and Their Effects on Competitive Balance*. *Empirical Economic Bulletin, An Undergraduate Journal*, 16(1), 16.
- [9] Chen, Y. (2022). *Comparative Study on the Status Quo of Emergency Response Strategies of NBA and CBA During the Covid-19*. *Frontiers in Business, Economics and Management*, 6(1), 97-100.
- [10] Dandan, Z., & Chen, C. (2022). *What Types of Chinese Rural Sports Attract Attention: Take the Village Basketball Association as an Example*.
- [11] John, N. A. (2023). *Investigation of Modern Basketball Movement Demands by Film Analysis to Inform Training Interventions* (Doctoral dissertation, University of Toronto (Canada)).
- [12] Wu, Q. (2023, April). *Research on Comprehensive Ability Evaluation of NBA Basketball Players Based on Cloud Model Algorithm*. In *2023 IEEE International Conference on Control, Electronics and Computer Technology (ICCECT)* (pp. 1152-1162). IEEE.