



LEWIS P. ANDREAS, Basketball Coach of Syracuse University, has turned out many notable winning combinations.

A FEW HINTS FOR BEGINNERS

HERE are a few tips to youngsters just learning to play basketball. The average beginner is like the novice in golf. The game is so much fun to play that the beginner would rather play than practice. Hence, his game suffers later because of his failure to master certain fundamentals at the beginning.

What are these important fundamentals? The game is so widely publicized that today almost every schoolboy has at least a speaking acquaintance with them.

FIRST, and foremost: Shooting. Ask an expert (every town has at least one coach) to give you information in holding the ball for the set shot; the correct position of the feet, body and elbows; the use of fingers and wrists. Then select one spot on the court 20 or 25 feet from the basket and **PRACTICE** until you **MASTER** the shot from that spot. In the same way acquire correct information about running shots, both toward and away from the basket; pivot shots, and free throws — then **PRACTICE**.

The greatest all-around basket shooter I have ever seen was Bobby Thompson, the former Passaic High School star, who averaged 33 points a game for 33 games. He was called "Thousand-Point" Thompson.

In my many conversations with him, he always emphasized the hours of practice afternoons and evenings spent by himself and his teammates in the Y.M.C.A. at Passaic and in Coach Blood's backyard, practicing shooting, and note this—not just during the season but during the **WHOLE YEAR**.

When you love a game, it is a small price to pay in spending extra hours of practice at it. Yet, how many boys today whose fondest ambition is to become basketball stars ever think of practicing in the off-seasons?

SECOND: Persuade some equally enthusiastic player to practice throwing and catching the ball, using the chest pass, the hook pass, the bounce pass and underhanded pass. Learn to pass at a spot without looking directly at it. This is the mark of the good actor, the professional touch.

THIRD: Learn to stop while running at top speed. To do this, throw the feet out in front and come down flat footed on **BOTH** feet spread; at the same time squatting to such an extent that the balance of weight will not be thrown forward. Even the slowest player may develop quickness with this exercise, by stopping and then starting in a different direction. Not only will he develop the necessary quickness to shake off the close guarding opponent but he will develop the strength and endurance in leg muscles that are the foundation of every great player.

FOURTH: Ask an experienced player or a coach to teach you proper defensive stance and footwork. Every great player I have known not only could shoot but also could defend against a shot.

FIFTH: Learn to concentrate. In competition exclude every tension that tends to bring pressure upon you. Keep calm and poised, no matter what happens. If you shoot, aim. If you defend, watch your man.

SIXTH: As you gain in experience, study your weaknesses and strengthen them, but improve your strong points first.

SEVENTH: Finally, you must resolve that no matter how difficult, you are determined to make yourself a star player; that you will have courage not to hesitate or shrink from driving into hard play situations; that you will keep physically fit so that you can always do justice to yourself. It is strictly up to **YOU** whether you remain ordinary or become a great player.