Scholastic Coach says:

"The book has everything. All of Allen's basketball savvy went into its making. Every fundamental of the game—every type of pass, shot, and play—has been covered with the great fidelity to detail characteristic of his coaching."

BETTER BASKETBALL

TECHNIQUE, TACTICS, AND TALES

FORREST C. "PHOG" ALLEN

A PRACTICAL guide for teaching and developing basketball technique, together with a complete discussion of how the game should be played. The author explains graphically all of the latest developments in the game, and through copious use of diagrams and photographs makes clear every detail of individual and team play. The material included is entirely new.

Individual offense, individual defense, team offense, and team defense are exhaustively treated. This involves discussion of such little-understood topics as how to work successfully through a zone defense, including both "set" plays from scrimmage formation and out-of-bounds plays. The author also gives thirty-four "set" plays and many out-of-bounds plays against the man-for-man defense. There is a full chapter on the new methods of "screening," explaining just how and when to execute these plays to the utmost advantage.

Discussion of these tactics has never been included in a book before, and should be of great value to every player and coach.

Individual technique and individual training are stressed, as the fundamentals upon which the success of every team is based. Every movement that a skilled player must execute is presented in detail. The author also describes a series of "skill movements," or drills, by means of which the fundamentals of play may be taught to groups without each player handling the ball. These will be of special value to high school and junior high school coaches.

(continued on back flap)

(continued from front flap)

Stories of actual games show how contests have been won by the use of applied psychology, even when all the cards are stacked against the team. These stories are full of the little human touches which can be used to turn defeat into victory. The author is a master of the kind of psychological strategy which causes men to outdo themselves and upset an unfavorable score even under adverse conditions.

A most comprehensive chapter on the treatment of athletic injuries explains to the coach-trainer how to keep his players in the game. Actual tapings, bandages, and braces are shown, in photographs and descriptions, together with pictures of real sprains and strains and directions for their proper treatment. Diet and conditioning are given special attention by the author, who has been able to restore many injured athletes to game conditions much earlier than under the old methods.

The success of a coach is often determined by his ability to dramatize a game and to provide exceptional entertainment between halves. The author goes thoroughly into the important subject of pregame and between-game activity and shows the manager and coach many possibilities in drawing patrons to the games who might not continue to come for the game attraction alone.

In short, Better Basketball is a complete treatment of the subject. It incorporates everything that a player, coach, official, trainer, or manager of a team needs to know about his own special phase of the game. Nothing has been omitted to make this the most up-to-date, complete, and interesting story of this great indoor game yet written.

163 action photographs
86 diagrams of plays

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