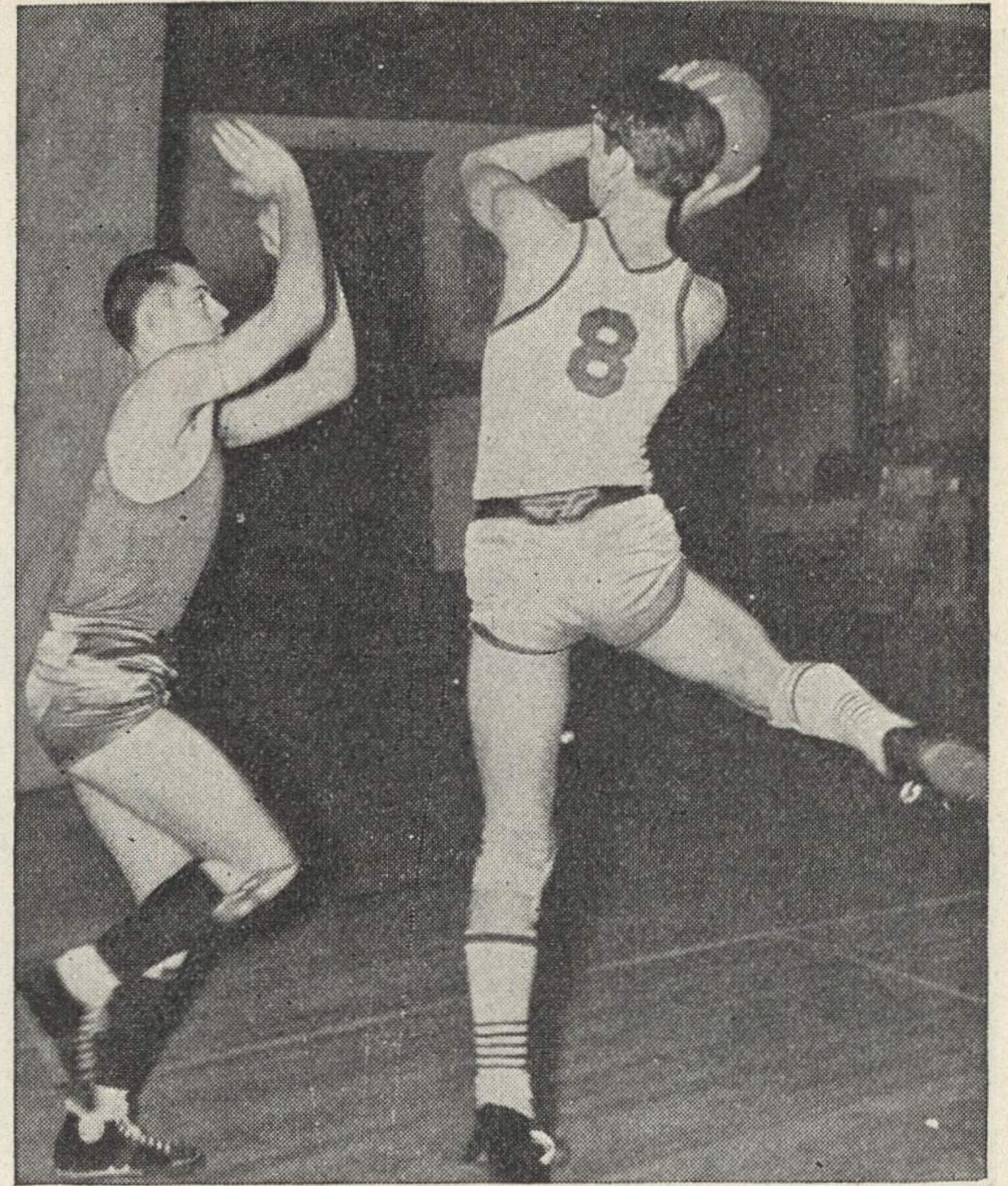


Master coaching methods

for training, tactics, and the
physical and mental
factors of better basketball

—a complete, detailed manual for coaches,
players, trainers, and managers

BETTER BASKETBALL



Technique, Tactics and Tales

By **FORREST C. ALLEN**
Director of Physical Education and Head
Basketball Coach, University of Kansas

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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 the most advanced developments of the game, and through copious use of diagrams and photographs makes clear every detail of individual and team play.

Technique

Individual technique and individual training are stressed, as the fundamentals upon which the success of every team is based. Each 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.

Tactics

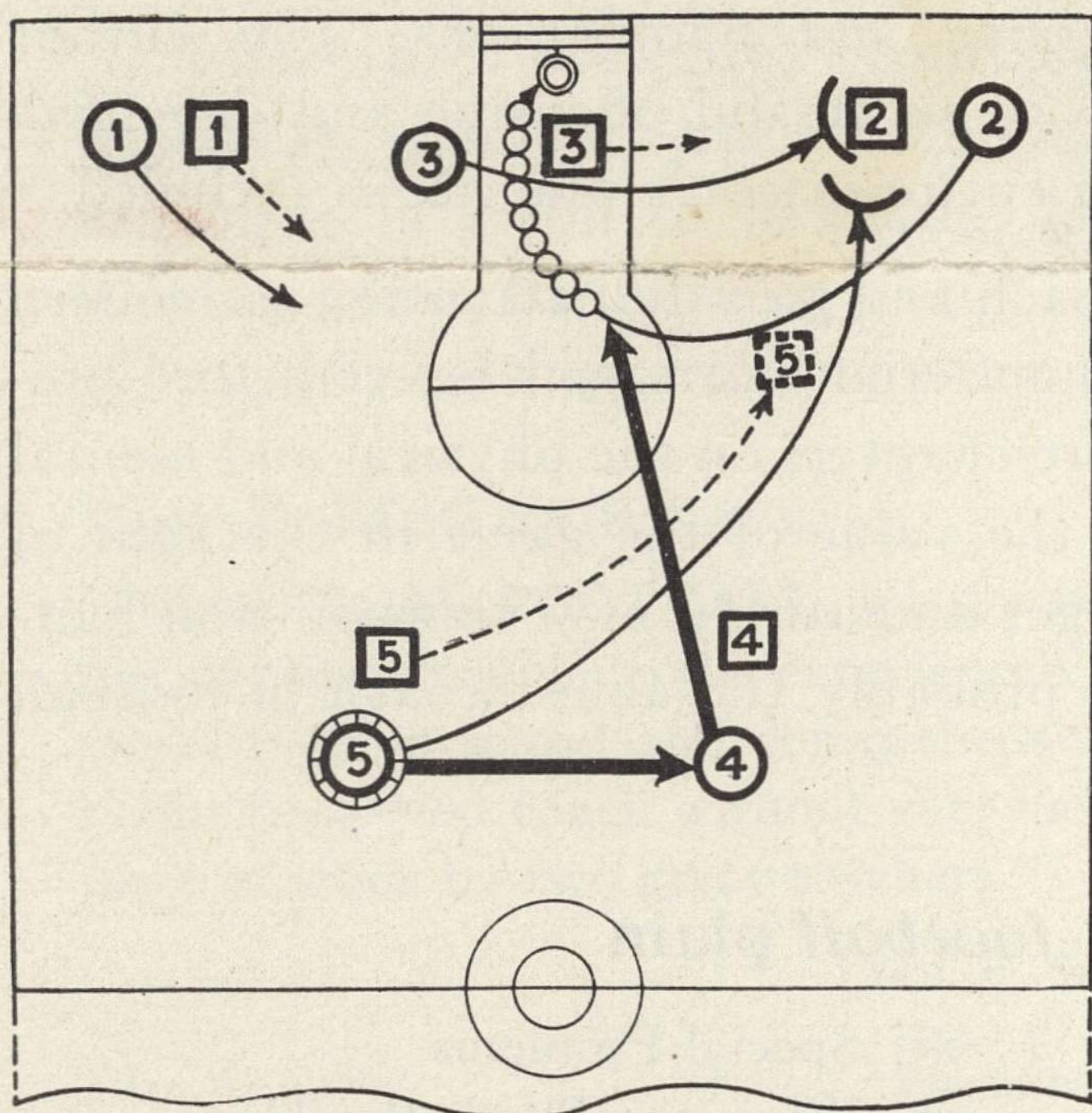
The full treatment of tactics involves discussion of such topics as how to work successfully through a zone defense, including both "set" plays from scrimmage formation and out-of-bounds plays. The author gives thirty-four "set" plays against the man-for-man defense, and many out-of-bounds plays. There is a full chapter on methods of "screening," explaining just how and when to execute these plays to the utmost advantage.

Tales

Stories of actual games show how contests have been won by the use of applied psychology. These stories are full of human details that illustrate the kind of psychological strategy which causes men to outdo themselves and upset unfavorable scores and adverse conditions.

Special Features

A comprehensive, well-illustrated chapter on the treatment of athletic injuries explains to the coach-trainer how to keep his players in the game. The book also goes into the subject of pre-game and between-game activity and shows possibilities for drawing patrons to the games. In short, *Better Basketball* is a complete treatment, incorporating everything that a player, coach, official, trainer, or manager of a team needs to know about his own phase of the game, and to win more games.



163 photographs graphically illustrate the individual offense, the individual defense, the team offense and the team defense. 86 diagrams depict game formations and augment the author's clarifying discussions of many confusing and technical points.

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