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BETTER BASKETBALL, INCORPORATING TECHNIQUE, TACTICS AND TALES

By Forrest C. Allen

This entirely new text on basketball pedagogy is not a rewrite of "My Basketball Bible", published in 1924, but is an entirely new book graphically explaining in minute detail all of the latest developments in the evolution of the game.

A new presentation method has been attempted, that of showing the diagram, the photograph and the exposition or explanation of the play, all in sequence.

In this manner it should be an easy matter to follow the minutest step in every play situation. Many things left to the imagination of the reader are now cleared up.

"Better Basketball" is profusely illustrated with 163 action photographs and 86 diagrams of plays. Photographs follow diagrams to give clarity.

Individual offense, individual defense, team offense and team defense are exhaustively treated because upon the fundamentals of the individual are dependent the success of team fundamentals and consequent winning success.

Technique is individual offense and defense. Tactics are team offense and team defense, while Tales are inspirational stories of great games played. The psychological ingredient - sometimes a laugh - sometimes a tear - make these stories not only intensely attractive but open up a new field to new coaches by using this highly interesting phase of basketball pedagogy in actually winning games that otherwise might be lost. By turning adverse situations into favorable game winning surprises is the purpose of the author in presenting the chapter on Tales.

A most complete chapter on Treatment of Athletic Injuries has been presented to enable the coach to better the condition of his men under his charge and further to aid him in treating such injuries that a coach and trainer should know more about. Often by simple and early treatment of a strain or sprain, a player is saved from a more serious complication and a possible loss of an important game.

Two entirely new braces are introduced to the coaches and trainers in this text. A sacro-iliac belt made inexpensively from a Ford inner tube and a brace for a dislocated shoulder is also photographed and the making of it described for the reader. Photographs of the injured player are shown and manipulations for corrections of injuries are described which enable the coach to become more expert in treating such injuries.