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9. The eligibility rules invariably state that there shall be no discrimination for or against the athlete. Is there any discrimination against the athlete when he is forced to carry more hours to be eligible to play than is required for any other student of the school, to remain a member of the student body. Elaborate and express your opinions on this subject.

10. Give your opinion on the possible benefits of electing an honor captain at the end of the season, or of electing a team captain at the close of one season to serve his team for the next year.

WJ

ASSIGNMENT V.

Chapter VII.

Morale or Esprit de Corps.

REFERENCE: Better Basket Ball incorporating Technique, Tactics and Tales.

1. Define Morale or Esprit de Corps.
2. Give an example of such from your own athletic experience.
3. Is Esprit de Corps necessary to all winning organizations? How do you develop it, through fight always or through jesting and fun with relaxation?
4. Why is number 13 considered lucky or unlucky?
5. Do you believe in catering to the athlete's superstitions?
6. Describe a between-halves talk that you have always remembered and what results it brought from the team that heard it.
7. Outline your procedure of a pregame talk situation and how you would handle your own team before you send them on the floor.
8. Give your choice of the poem that you think would most fittingly grace the walls of your team's dressing room.

WJ

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ASSIGNMENT VI.

Chapter VIII.

Motivation.

REFERENCE: Better Basket Ball incorporating Technique, Tactics
and Tales.

Outline an ideal program using the mimetics of basket ball
as the necessary motivation for teaching basic fundamentals to
junior high school boys. Do this in a 750 word treatise.

WJ

ASSIGNMENT VII.

Chapter IX.

The Dribble, the Turn, The Stop and The Pivot.

REFERENCE: Better Basket Ball incorporating Technique, Tactics and Tales.

1. Describe the two types of dribble used by players and indicate when they are used.
2. Describe the technique of dribbling.
3. How should the dribbler draw the guard out of position?
4. Describe the alternate use of hands in dribbling for the best accomplishment.
5. How should stops turns and pivots be taught to obtain the best results?
6. How can the dribbler protect the ball from an attacking guard?
7. What is a screen? What is a block? Give definition of each.
8. How far back from the dribbler should the trailer be?
9. Describe the position of the feet of a pivoting player who executes his stops and turns correctly.
10. Where there is no set screening on a play and where two offensive men are working the ball into the basket against one defensive man what style of offense should the two offensive men use?

WJ

ASSIGNMENT VIII

Chapters X and XI.

Shots, Held Balls and Passes.

REFERENCE: Better Basket Ball incorporating Technique, Tactics and Tales.

1. Define the theory of perfect offense.
2. What is a camera eye in basket ball?
3. What is a "poker-face" passer in basket ball?
4. Who was Blind Boone? Why are certain players called Blind Boone?
5. Describe the blind-fold test in basket shooting.
6. Describe the one-arm over-shoulder hook pass.
7. How should the offensive player alight after making an over-shoulder hook pass?
8. How does offensive player follow his advantage after completing an over-shoulder hook pass?
9. Describe the alternatives if the hook passer is confronted with a near-invincible guard who happens to be too near to the hook passer.
10. How do you make passes easy to handle? Amplify.
11. Diagram the backboard for shooting practice and explain the different shooting zone areas.
12. Diagram the air paths for arch shots and explain the theory connected with this type of shot.
13. Explain the advantages of the push arch shot over the free throw shot as an offensive weapon.
14. Explain the correct finger technique of shooting the push arch shot.

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15. Why is "follow through" so necessary on shooting the push arch shot?
16. What part do the thumbs play in a push arch shot?
17. Set out the faults of the player who incorrectly shoots a push arch shot.
18. Explain the best method of developing the successful free throw in games.
19. Describe the technique of the one hand English shot.
20. Elaborate on the correct method of the forward recovering a rebound off of the backboard.

WJ

Assignment IX.

Chapter XI.

Shots and Held Balls.

REFERENCE: Better Basket Ball incorporating Technique, Tactics and Tales.

1. Explain one method how a forward recovers the ball after "held ball" and before referee declares held ball.
2. Elaborate upon a second method that the forward may choose to obtain a held ball from his opponent.
3. Give the merits and demerits of the pivot-post play as an offensive weapon in present day basket ball.
4. State your preference and give reasons why you prefer the one-hand or the two-hand pivot spin shot off of the post play.
5. Do you prefer the single pivot-post play at the side lane or the double pivot-play in your offensive set-up? Give reasons. If you do not use either of these two offensive styles please state what style of play you think is superior to the single or double pivot-post play and give reasons.
6. Write 200 words on your conception of the qualities of an excellent guard.
7. How should a guard conduct himself when he is outnumbered two to one and the opponents have possession of the ball under or near their own basket? Elaborate.
8. Explain how a successful guard breaks up the opponents dribble.
9. Explain fully the technique of jumping for the ball either at the center jump or the jump after held ball.

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10. Give the correct technique of a successful guard just immediately prior to and immediately after his recovery of the ball off of his opponents offensive back board.

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ASSIGNMENT X.

Chapter XIII, XIV and XV.

The Evolution of the Offense.

REFERENCE: Better Basket Ball incorporating Technique, Tactics and Tales.

1. Give in your own words and not in the words of the text a 200 word discussion on the evolution of the offense.
2. Write 200 words on the legal term screening and 100 words on blocking.
3. Describe the three types of fundamental screen plays diagraming an example of each type.
4. Name the nine principles of war and endeavor to reconcile the nine principles of war with nine parallel principles of basket ball.
5. Diagram 3 screen plays that are not in the text and explain the movements of all five of the offensive men.
6. Show your own method of working the ball down the court after your own guard has recovered the ball off of the back-board.
7. Diagram and explain the theory of the rolling offense when using three men in a practice drill.
8. Give three practice game drills that in your opinion are invaluable for developing fundamentals. Elaborate on each game.
9. What benefit to a team is the Crow and Crane game. Tell when it should be used.
10. Describe the "Stick Em Keep Away" game and its outstanding benefits

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XI. Diagram one formal offensive practice drill incorporating in the drill most of the necessary fundamentals. Explain your theory in regard to the benefits derived.

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ASSIGNMENT XI.

Chapters XVI, XVII, XIX.

Offensive Plays from Out of Bounds and At Center

REFERENCE: Better Basket Ball incorporating Technique, Tactics
and Tales.

1. Explain the tip-off lanes and your system of signaling for a play.
2. Explain what signals are necessary for out of bounds plays. Also give five out of bounds plays that should provide scoring opportunities for the offense.
3. Diagram two set offensive plays against a zone defense. Also explain how and when the men move to their respective positions.
4. In a four hundred word article explain the evolution of the defense.
5. Write a five hundred word article on the special defensive situations that a coach should drill his teams upon.

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ASSIGNMENT XII.

Chapter XX.

The Stratified Transitional Man-for-Man Defense with the Zone Prin.

REFERENCE: Better Basket Ball incorporating Technique, Tactics
and Tales.

Write one thousand words on the stratified transitional
man-for-man defense with the zone principle, beginning with
two offensive men against one defensive man and build up until
you have completed the entire set up of five offensive men against
five defensive men.

WJ

ASSIGNMENT XIII.

Chapter XXI, XXII, XXIII and XXIV.

The ~~trainer~~ trainer and His Equipment.

REFERENCE: Better basket Ball incorporating Technique, Tactics and Tales.

1. Discuss thoroughly the trainer's responsibility to his men and to the training room hygiene. This includes the care of the equipment rooms and all related paraphenalia. What necessary items would you include in your "War Bag" for emergency treatment and for the general care of the athlete?
2. Give a definition of a sprain, of a dislocation, of a fracture. Give the correct emergency treatment for a severe sprain with a suspected fracture present.
3. What function does adhesive tape, when correctly applied, perform to muscles and ligaments, in cases of severe strain and sprains.
4. Set out certain dangers in applying adhesive tape. Use your own knowledge when answering this question.
5. Describe the causes of stone bruise of the heel and the correct taping necessary to enable the athlete to play.

ASSIGNMENT XIII.

Chapter XXI, XXII, XXIII and XXIV.

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ASSIGNMENT XIV.

Chapter XVIII.

Emergencies.

REFERENCE: Better Basket Ball incorporating Technique, Tactics
and Tales.

1. Name some of the most commonly used and the most reliable antiseptics.
2. What is the best method of eradicating small pimples and tiny so called boils?
3. When boils are caused from other things than unsanitary athletic equipment what precautions should be followed?
4. Write 500 words on the proper care of the feet both previous and theraputes.
5. State technique of stopping nose bleed.
6. What is nervous indigestion?
7. What is catarrh of the throat? How treated?
8. What is a good flu prevenative?
9. Give treatment for cold sores on lips.
10. Describe the so-called athletic heart.

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ASSIGNMENT XV.

Officials and Officiating.

See Rule Book.

REFERENCE: *Better Basketball*
~~My Basket Ball Bible, pp. 132-146.~~
Spalding's Official Basket Ball Guide for the current year.

QUESTIONS:

1. What are some of the requisites of a good official?
2. What can you say of the coach's duty to the referee?
3. Write up a playing contract for two teams. Designate guarantee, the time of agreement upon officials, the agreement on eligibility, the starting time of the game, and state the rules under which the teams shall play, and state any other necessary details that would make a bona fide agreement between two schools.
4. Diagram a regulation basketball court, showing the dimensions of the playing court, the free area necessary around the court, the height of the basket from the floor, the distance of the basket from the back-board, the size of the basket (diameter in inches), the free throw circles and lanes, and the size of the center circle.
5. State size and weight of ball. Is there an official ball by a trade name required for the game? If so what?
6. State in detail what is required of a substitute before he goes on the court to enter play. Give in detail what is required of each officer of the game in this situation.
7. Two players of the same team have the same numbers on their jerseys. This fact is not discovered until after the game starts. What should be the ruling of the referee when objection by the opponents is made to him about these numbers? Note: There was no deception involved. Two sets of uniforms were in use and the

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- same numbers came from the different sets ordered in different years. The offending team claimed that this was a mere ^{law} accident.
8. Player of Team A, in a fit of coughing, leaves the playing floor to expectorate. The captain of Team B. makes objection to this move to the referee and insists on a foul being called on Team A, under the rules. What decision should be made in this case? Give reasons.
 9. Between halves of a game the referee is accosted by the coach of one of the competing teams and is openly insulted by being accused of deliberately trying to favor the opponents. What could be done by the referee in this situation?
 10. In a game where both a referee and an umpire were working, the umpire, as he was working his side line, overheard the coach of one of the teams use abusive language about the referee and his decisions to one of his players. What right has the umpire in such a situation?
 11. Three members of the same team committed fouls, simultaneously, on the same player who was in the act of trying for a goal. The first member of the team charged into the opponent who had the ball; the second member struck the opponent's arm^M in an endeavor to get at the ball; the third man, coming after the ball, charged in using unnecessary roughness. How many free throws should be awarded?
 12. Does the umpire have authority to call an out-of-bounds play?
 13. Shall the referee, the umpire, or the scorer notify the player when he has made three personal fouls? Why?
 14. A player of Team A jumps upon the shoulder of one of his teammates. The ball is quickly passed to him in this position and he scores. What should be the referee's decision in this case?

ASSIGNMENT XVI

Training, Conditioning and Practicing.

REFERENCE: Better Basket Ball Chapter XXVIII.

QUESTIONS:

1. Who usually acts as trainer to high school teams? What should this man know about the physical care of his men? Answer this last question in two sweeping statements.
2. Why should a team have a team-physician? What should his duties be? Especially at the beginning of the season?
3. Is there a difference between training and conditioning? If so, what?
4. Aside from caring for the physical well being of his men the trainer has another duty to perform. This is a responsibility for the mental well being of his players. Elaborate upon this statement, "The trainer has a two-fold responsibility to perform" Discuss fully.
5. Discuss separately the place of each of the following liquids in the diet of the athlete. (a) Water (b) Milk (c) Cocoa (d) Coffee (e) Tea.
6. What do you have to say about the use of tobacco among athletes? Do you or would you allow a man who persistently breaks training during the playing season to continue on your team and to participate in the games? From your own observation of the effects of tobacco upon the physical and mental reactions of your men what can you contribute to the discussion of the use of tobacco among athletes?
7. Give at least one contribution on this subject of tobacco and its effects upon growing boys from an outside authority of your own choice. State reference.

Emerson and Betts, in their volume called Physiology and Hygiene, say the following, which is worth passing on as it comes from actual research:

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"Boys who want to be athletes (and what boy does not?) will be interested in an investigation made in six different colleges and universities by Professor F.J. Pack to discover the relation of tobacco to success in football.

"Professor Pack found that in these schools there were ninety-three smokers and one hundred seventeen non-smokers competing for places on the teams. Of the ninety-three smokers thirty-one, or thirty-three percent procured places. Of the one hundred seventeen non-smokers, seventy-nine, or sixty-seven per cent, secured places. The non-smokers therefore beat the smokers out two to one. Professor Pack's conclusions are:

(1) Only half as many smokers as non-smokers are successful in football competition.

(2) Smoking is accompanied by a loss of lung capacity amounting to about ten per cent. "

8. Elaborate, either pro or con, according to your own ideas developed from observation or from authority, which should be stated, upon this statement, "The use of tobacco among boys interferes with their mental work".
9. Do you believe that definite setting-up exercises aid in getting men into shape for the season? If not, what would you substitute instead? If so, give directions for at least three such exercises.
10. Discuss staleness from the following outline: Who is sometimes to blame for the staleness of a team? Why? How can a coach tell when a man is getting stale? What does the eye show? The weight? Name some aids in the prevention of staleness. Give a diet for the cure of staleness. (Arrange this diet exactly as you would for your

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own men). In averting or relieving staleness what value do you place on "Contentment"?

11. Give your typical pre-game diet and state reasons for your arrangement of this particular menu.
12. Discuss your ideas of practice sessions: At what time in the fall should practice begin? What disposition would you make of your football men who report for basketball practice? Do you favor night or afternoon practices? Why? What should be the length of a practice session? When should actual scrimmage begin? What part of your practice hour would you devote to actual scrimmage? What part to fundamentals?

Course 60

Basket Ball
(For men)

Physical Education

Preliminary Statement.

The texts to be used in this course are the following:

"Better Basket ball incorporating Technique, Tactics and Tales by Forrest C. Allen price \$4.00. Published by Mc. Graw-Hill Co. W. Littlesey House, New York.

Spalding's Official Basket ball Guide for the current year.

The text by Allen, may be purchased from Rowlands Book Store or from Obens of this city.

In addition to the assigned texts and articles the student is urged to avail himself of all possible extra-data that is within his reach.

It would be advisable during the progress of this course for the student to refer constantly to some reliable athletic journal for extra material to aid him in broadening his knowledge of the subject. The Athletic Journal and The Scholastic Coach is a fine source of material for all seasons; The American Physical Education Review, ^{and Mind and Body} are ~~other~~ splendid magazines for this purpose. In addition to the above there are other worthy ones, some of which you may prefer.

All references mentioned in this and in succeeding lessons are merely suggested and not required.

Assignment I. Chapter I, II, III,

Preparations - For the Season

Assignment: Better Basket ball incorporating Technique, Tactics and Tales.

In a short preliminary statement, please state your age, height, weight, what experience you have had as a player, what experience you have had as a coach and what is your aim in taking this course. Please attach a small picture of

3.

yourself to this assignment.

In this assignment you have as your guide the authors ideas of the beginnings of the game, the research problems that have caused rules changes and ~~officials~~ ^{the chapter on officiating}.

In a 750 word paper discuss each chapter separately, pointing out the things that impress you the most in the order of their importance.

Assignment II Chapter IV
The Program and Its Public

I. In a 500 word paper discuss the vital subjects covered in Chapter IV, stressing the more important subjects such as ventilating and heating, lighting, goals and back boards. Also discuss the present trends to make the game more attractive to the spectator both during game time and at half time periods. Suggest your best ideas for ball office appeal.

Assignment III.

Chapter V

Seasonal Preparations

- I. What in your opinion is the most satisfactory schedule?
- II. Do you think that all-star and all conference teams are good for the sport? Why?
- III. Outline the duties of the property man.
- IV. Give the days order of setting up exercises that the coach should employ to condition his squad.
- V. Discuss an ideal dressing room lay out with its hygienic environment emphasized.
- VI. Give your ideas on ^{the necessary} foods for the athlete in playing condition.
- VII. Discuss staleness, its causes and its possible eradication.
- VIII. Outline practice periods for the fall, winter and spring and state the time, ^{that should be} consumed for each.

Assignment IV.Chapter VI.

Selecting The Men.

- I. Discuss the merits and demerits of the good big man as compared to the good little man.
- II. Why do we have so many exceptionally tall men in the game today as compared to ten years ago.
- III. Present your arguments why a ten foot basket is ^{more preferable} ~~superior~~ for college players than a twelve foot basket.
- IV. State the reason for the present height of the ten foot basket.
- V. Describe the newly patented ten foot basket with light devices. What are the advantages and the disadvantages to both the players and spectators as you observe them from your limited experience and observation.