

COMPLETE OFFICE SET

PHYSICAL EDUCATION

COURSE 60-c

BASKET BALL
(For Men)
1937

16 Assignments

2 Hours Credit

PHYSICAL EDUCATION

COURSE 60-c

BASKET BALL
(For Men)
1937

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
McGraw-Hill Co., Whittlesey House, New York.

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

The text by Allen may be purchased from Rowland's Book Store or from Ober's 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.

LP

PHYSICAL EDUCATION

COURSE 60-c

BASKET BALL
(For Men)
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ASSIGNMENT I.

Chapters I, II, III.

Preparations For the Season.

REFERENCE: Better Basket ball incorporating Technicue, 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 yourself
to this assignment.

In this assignment you have as your guide the authors
ideas of the beginnings of the game, the reserch problems
that have caused rules changes and 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.

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ASSIGNMENT II.

Chapter IV.

The Program and its Public.

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

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 backboards. 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 box office appeal.

LP

ASSIGNMENT III.

Chapter V.

Seasonal Preparations.

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

1. What in your opinion is the most satisfactory schedule?
2. Do you think that all-star and all-conference teams are good for the sport? Why?
3. Outline the duties of the property man.
4. Give the days order of setting up exercises that the coach should employ to condition his squad.
5. Discuss an ideal dressing room lay out with its hygienic environment emphasized.
6. Give your ideas on the necessary foods for the athlete in playing condition.
7. Discuss staleness, its causes and its possible eradication.
8. 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.

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1. Discuss the merits and demerits of the good big man as compared to the good little man.
2. Why do we have so many exceptionally tall men in the game today as compared to ten years ago?
3. Present your arguments why a ten foot basket is more preferable for college players than a twelve foot basket.
4. State the reason for the present height of the ten foot basket.
5. Describe the newly patented ten foot basket with light devices. What are the advantages and disadvantages to both the players and spectators as you observe them from your limited experience and observation?
6. Would you advise baskets of graduated heights for grade, junior high and high school boys. What additional theories would you advance for compensating height and age?
7. How does a twelve foot basket work against a zone defense?
8. What is the difference in the 1938 Basket Ball Rules as compared to the offense and to the defense in regard to interfering with the ball when it is on the rim or above the cylinder of the basket?
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.

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.

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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.

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?

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.

ASSIGNMENT IX.

Chapters X and XI.

Diagraming the Backboard and Finger Technique.

1. Diagram the backboard for shooting practice and explain the different shooting zone areas.
2. Diagram the air paths for arch shots and explain the theory connected with this type of shot.
3. Explain the advantages of the push arch shot over the free throw shot as an offensive weapon.
4. Explain the correct finger technique of shooting the push arch shot.
5. Why is "follow through" so necessary on shooting the push arch shot?
6. What part do the thumbs play in a push arch shot?
7. Set out the faults of the player who incorrectly shoots a push arch shot.
8. Explain the best method of developing the successful free throw in games.
9. Describe the technique of the one hand English shot.
10. Elaborate on the correct method of the forward recovering a rebound off the backboard.

ASSIGNMENT X

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

ASSIGNMENT XI

Chapters 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 diagramming 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 backboard.
7. Diagram and explain the theory of the rolling offense when using three men in a practice drill.
8. Give three practice game drill 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.
11. Diagram one formal offensive practice drill incorporating in the drill most of the necessary fundamentals. Explain your theory in regard to the benefits derived.

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.

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.

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 therapeutic.
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.

ASSIGNMENT XV.

Officials and Officiating. See Rule Book.

REFERENCE: Better Basket Ball incorporating Technique, Tactics and Tales
Spaulding'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 same numbers came from the different sets ordered in different years. The offending team claimed that this was merely an 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.

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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 decision 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 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?

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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 effect of tobacco upon the physical and mental reaction 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:
"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.

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"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 percent, 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 percent."

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 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?

November 17, 1937.

Miss Ruth Kenney, Secretary,
Bureau of Correspondence Study,
University of Kansas.

Dear Miss Kenney:

Answering your last question first, I would say that the book, Better Basketball - Incorporating Technique, Tactics and Tales, will be off the press the first of December. Mr. McGraw, of McGraw-Hill Book Company, New York, the publishers, writes me that they expect to have it on the book shelves the first week in December. I have not as yet received a copy of the publication, but just as soon as I do receive one I will get in touch with your office so that we may carry out the plan that you outline in your letter.

In regard to offering courses that will aid the students in their work for the 60 hour certificate, I will be very glad to take this up with our Physical Education faculty, which meets this morning. This will be done with a view toward some of our faculty offering courses in Correspondence work along this line. You will hear from me very shortly.

Very sincerely yours,

FCA:AH

Director of Physical Education.

P. S. We had a faculty meeting this morning of our entire physical education faculty, both men and women, and I read your letter to them. I raised the question that perhaps some of the teachers assembled would want to present to you for your consideration Correspondence courses either in Fencing, Swimming, Boxing, or what not.

I asked them if they were interested to drop in and have a talk with you.

Now, in regard to the two courses, Personal Hygiene 64

and Personal Health 30M, I have asked Mr. Elbel and Miss Hoover to meet as a committee to discuss and report back. As soon as I have this information I will be glad to advise you.

F.C.A.

DEPARTMENT OF PUBLIC WELFARE
BUREAU OF GENERAL INFORMATION
BUREAU OF SCHOOL SERVICE AND RESEARCH
LECTURE COURSE BUREAU
BUREAU OF VISUAL INSTRUCTION

THE UNIVERSITY OF KANSAS
UNIVERSITY EXTENSION DIVISION
LAWRENCE

DEPARTMENT OF EXTENSION TEACHING
BUREAU OF CLASS INSTRUCTION
BUREAU OF CORRESPONDENCE STUDY

November 15, 1937

Dr. F. C. Allen
Prof. of Physical Education
Campus

Dear Dr. Allen:

Recently we received from the State Board of Education, the 1937 Kansas School Laws. According to these new laws there are two elementary state certificates, one a 60 hour curriculum and one a 30 hour curriculum.

Dr. P. B. Lawson advises that he has conferred with Miss Louie Lesslie, Secretary of the State Board of Education, about the certificate requirements and has discussed the matter also with the Budget Committee. The general understanding is that the 30 hour certificate is a temporary thing and will be in force only a year or two and then withdrawn. The 60 hour certificate, however, is one that will no doubt be a permanent certificate, and one toward which we should train our K.U. students or out of school students who are interested in taking additional work.

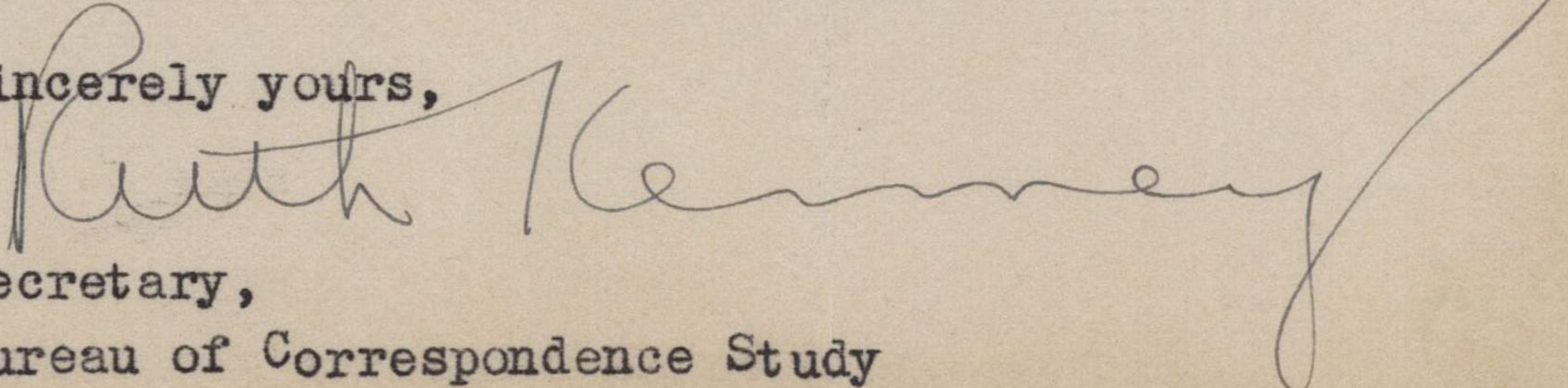
In checking over the requirements of a 60 hour certificate we find two courses:

Health Education
Playground Activities

in which we are interested and for which you might be able to arrange correspondence study courses. We shall be glad to have you give the matter consideration. The course offered in residence "30 Personal Health (M)" would seem to partly meet the requirements though it does not stress community health. Is the course "64 Personal Hygiene (W)" equivalent to this other course, Number 30? If either one or both of these courses would lend themselves to correspondence study work we shall be more than happy to have them prepared.

Has your new book in Basketball come from the press yet? As soon as it is available we shall be more than glad to type the whole course and have it available for you and for prospective students.

Sincerely yours,


Secretary,
Bureau of Correspondence Study

RK:EC

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Chapter ~~IV~~ VI

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