

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.