

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.

LP