## ASSIGNMENT III.

## Chapter V.

## Seasonal Preparations.

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

- lo 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 athelete in playing condition.
- 7. Discuss steleness, 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.