

INTRODUCTION

By DR. FORREST C. "PHOG" ALLEN

Director of Physical Education and Varsity Basketball Coach
University of Kansas, Lawrence, Kansas
and Originator of Goal-Hi

"I once heard eight educators, speaking at the National Convention of the American Association for Physical Education, Health and Recreation, say that basketball possessed 'all of the qualities necessary for the educable child'. As parents and as educators we desire physical fitness, emotional stability, and mental poise as chief characteristics for our youngsters. To observe the young basketball player dribbling and weaving his way through a broken field and then suddenly swerving to the side, jumping high into the air and gracefully laying a shot into the basket, is to witness poetry in motion. It is that type of motor flow that the Greeks wrote about centuries ago.

"Running, jumping, leaping, vaulting, and climbing are the fundamental activities of man. The basketball player shooting the ball into the basket is improving motor skills and developing co-ordination, rhythm, and confidence. By shooting at a goal above the head, the player is elevating his ribs and thorax, and thus developing the entire upper thoracic area—an extremely important exercise which is much neglected in our age of sedentary existence. Every basketball coach knows that to play basketball is to exercise the leg and abdominal muscles and, in fact, every part of the body.

"Basketball is rated as perhaps the most popular sport in America today. When our Government reports that more than 80 million people of all ages are annually paying admissions to see the game of basketball, there can be no question of its popularity. Unfortunately, that group of 80 million people consists of spectators who are content to sit on the sidelines and watch two teams of only five players each play the game.

"Realizing the fact that basketball as we now play it is limited to the short winter season, and desiring to see these 80 million spectators step across the sidelines and become