

Goal-Hi, New Game Developed by Noted Basketball Authority

RUMORS of a new and inspiring game that is reported to be rapidly finding national favor, is news indeed. We approached the man responsible for originating and developing Goal-Hi, Dr. Forrest C. Allen, better known wherever basketball is played or discussed as "Phog" Allen, and asked him to describe his new game for our readers. Dr. Allen, Director of Physical Education and Varsity Basketball Coach of the University of Kansas, needs little introduction. He has been associated with basketball for thirty-seven years and enjoys the distinction of having the longest period of service of any collegiate coach and of producing championship teams in twenty-one of his twenty-seven years of coaching. Dr. Allen's response to our inquiry follows.

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 activi-



Dr. Forrest C. "Phog" Allen

ties 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 eighty 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 eighty 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 eighty million spectators step across the sidelines and become players, I have developed Goal-Hi, a game that will undoubtedly find favor as a year-round indoor and out-

