October 20, 1939.

Mr. Dwight Keith,
Georgia Athletic Coachés Association,
751 Park Drive, N. E.,
Atlanta, Georgia.

Dear Mr. Keith:

I am enclosing an article on the preliminary training and drills for basketball, as suggested in your letter of October 12th. It is impossible to treat this subject exhaustively in a short article. It would be best to include diagrams and drills in another article.

With best wishes, I am

Very sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball Coach.

FCA:AH
Enc.

THE SOUTHERN COACH AND ATHLETE

751 PARK DRIVE, N. E.
ATLANTA, GEORGIA

Official Organ of
Georgia Athletic Coaches Assn. and
Georgia Football Officials Assn.

Atlanta, Georgia
October 12, 1939

Dr. Forrest C. Allen
University of Kansas
Lawrence, Kansas

Dear Dr. Forrest:

I want to thank you for your letter and your consent to serve on the advisory board of our publication. The first issue will be off of the press Friday and I want you to look it over and suggest how it can be improved. I had arranged for Ed Danforth, Sports Editor of the Georgian, to edit it for me but the paper decided not to give him permission to do it. I am planning now to edit it myself this year, or until I find a capable man.

If you will be kind enough to do so I will greatly appreciate it if you will write a basketball article for me. I would suggest preliminary training and drills, but any other topic you select will be all right. I would like to have this by October 20.

Thank you very much.

Sincerely yours,

Dwight Keith

Dwight Keith

DK:mp

PRELIMINARY TRAINING AND DRILLS

The coach's preseason interest in the conditioning of his basketball players should manifest itself during vacation time, as early as late July or early August. Through personal correspondence the coach should urge his prospective players to evince deep concern about getting into shape. They should be directed to practice the following prescribed setting-up exercises for five minutes each day as strengtheners for the wrists, fingers, ankles and knees. These are the parts of the player's anatomy that are the most susceptible to injury.

So important does the writer deem these simple exercises that during the entire season he gives five minutes daily of the regular practice session, in addition to the five minutes prescribed for use at home, to their execution. Failure on the part of the men to execute these drills for five minutes daily in their rooms is regarded by the coach as a direct violation of the training schedule and is treated as such. If consistently followed, these exercises will so strengthen the ligamentous attachments of the fingers, wrists, ankles, and knees that few injuries will occur in scrimmage.

Heel and Toe. Rise slowly on heels and toes alternately ten or twelve times.

Full Squat. Assume an upright position, with arms at sides. With the arms stretched out full to the front, come slowly down to a full squat. With arms slowly stretched above the head, rise to a standing posture. With knees kept straight and the fingertips touching the floor, execute a full body bend. Repeat these movements alternately and slowly three or four times.

Push-up Dip. Get down on all fours with the body extended parallel to the floor and with fingers and toes supporting the body. Without letting the abdomen, chest, or thighs touch the floor, execute a full dip. Then push up and dip again. Without allowing the hips to sag, repeat this exercise twelve times.

Full Squat Dip. Stand in upright position. With arms extended laterally to perfect the body balance, extend the right leg to the front and sink slowly on the left foot to a full squat. Without touching the floor with the hands or with the extended leg. put entire weight on left leg and thigh, and depend upon the strength of the knee and the hip joints to bring the body again to an upright position. Finish with a rising skip. Repeat this exercise, three times on each leg, twice daily.

All these setting-up exercises should be slowly stretched through, quite after the manner of a contented cat before a fire. Plenty of stretching keeps the spine supple and the body youthful.

Nothing is better than open-handed boxing for the development of timing, footwork agility, body weave, and quick change of pace. Boxing teaches the follow-through more readily than any other sport. Its quick emphatic changes from offense to defense are comparable to basketball movements. A clever basketball player is generally a fine boxer. Footwork, headwork, and handwork are the prime essentials of both sports. In shooting or in guarding too few players are loose enough in their hips. Too few bend their knees sufficiently; they stand straight up and lock their knees.

Economy of edfense is best emphasized by the boxer's stance. The boxer gives ground grudgingly as he simulates the movements of the ape man. Also, he springs quickly forward to the offense, ready to take every physical advantage to be gained through alertness and agility.

Boxing develops every fundamental movement vital to basketball. There

are two simple exercise setups which the author uses many, many times a season to correct glaring faults of fundamental basketball, on both individual offense and defense. Directions for their execution follow:

Line up the entire squad, toe to toe, one-half facing the other half — at the regulation boxing distances. For the purposes of economy and efficiency, mass mo movements, first the offense and then the defense, must be made. In the beginning, these movements take on the nature of shadow boxing but later they develop into the real thing.

Each man should be instructed to use the boxer's crouch and to swing for his opponent's cheek with the open palm — actually slapping his opponent's jaw if he does not weave back and out of the way without any defense other than a weave of his head and shoulders. Also each man should be instructed to be keenly alert for the quick thrust of his punishing opponent. The knees should be bent even more when on the defensive than when on the offensive. This exaggerated crouch is essential for a favorable escape from punishment. The body weave required on the offensive must be practiced equally well on the defensive.

After the first blows, the squads should alternate their positions, the defensive going on the offensive and vice versa. After approximately ten minutes of these initial fundamental movements, the pairs should be more widely separated and released for about three minures or less of friendly combat without the alternate movements described heretofore. At this juncture the coach should keenly watch developments because two high-spirited boys attempting to slap each other's faces might go too far. In the open-handed face slapping which follows, each man is out for himself, and the "devil take the hindmost". After this blood-tingling exercise the players are on fire and the coach should immediately swing them back into mass-drill team fundamentals.

About two weeks after the fall opening of school a coach should call a meeting of all men who expect to come out for the basketball squad. Arrangements should be made at this meeting for the medical examinations of every man expecting to try out for the team. A competent physician should give each of these prospective players appointments for thorough heart, kidney, and lung examinations before they ever suit up for the strenuous physical hardships of the practice floor. Such relentless precautions may save many mistakes and later regrets.

Also, at this first meeting with the candidates, a general plan for the year's work should be laid out for them. Then, beginning about the middle of October and lasting until after football season -- that is, after the Thanksgiving vacation -- three one-hour practices a week should be held. When the Thanksgiving recess is ended, the practice season should begin in earnest. Six two-hour practice sessions a week should become the rule. If coaches do not drive and drive hard during the short season left, but little can be accomplished. It takes patient and laborious work to instill fundamentals.

However, the coach's best judgment is forever being challenged in regard to the intensity of practice periods. If a team begins to show evidences of mental slumping, owing either to the tedious grind of learning fundamentals or to the overexertion of team play, a versatile and divining coach will switch off for a while on games which will require less physical effort and will supply valuable mental relaxation, such games as Crow and Crane, occasional basketball relays, and other competitive drills of this type.

Afternoon practices are better for the players than are evening practices. Practices held in the afternoon immediately after school hours give the players opportunity to eat their regular meals after their exercise and to study in the

evening. They can also relax well before going to bed, while after evening practices players often find it impossible to relax. Every athlete as well as every normal person should get eight hours of sleep. However, some coaches advocate evening practices so that the players may accustom themselves to shooting under artificial light. Such practices may be made the exception but not the rule. Advantages gained are more than offset by the disadvantages previously named. The effects of the attendant irregular habits of eating and sleeping will soon show in the players' efficiency.

December 21, 1940

Mr. Dwight Keith
Editor
Southern Coach and Athlete
751 Park Drive, N.E.
Atlanta, Georgia

Dear Dwight:

I am sending you an article entitled, "Booing a Real Menace in Basketball."

I trust that this may fill the bill. Just delete any part that you wish if you think that it is too long.

Or if you do not want to use this and you would prefer to use something that you consider more pedagogic, just be yourself and feel happy in doing it.

We leave Monday noon via Chicago, Ann Arbor, Buffalo (Niagara), U.S. Military Academy, for New York, then Philadelphia, Washington, D.C. and return to Chicago for a game on January 2.

The Saturday Evening Post is carrying a story, December 24, that you may like. I have not seen a line of it, but they say it is fair.

My kindest regards to you and your good family, I am,

Sincerely yours,

Director of Physical Education and Recreation
Varsity Basketball Coach

FCA:lg
Enc.

THE SOUTHERN COACH AND ATHLETE

A Magazine for Coaches, Players, Officials and Fans

751 PARK DRIVE, N. E.

ATLANTA, GEORGIA

December 2, 1940

DWIGHT KEITH
EDITOR & BUSINESS MANAGER

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Dr. Forrest C. Allen
University of Kansas
Lawrence, Kansas

Dear Coach Allen:

I have your letter of November 18 and I appreciate the fact that you are busy and understand perfectly why you cannot always comply with the many requests that come to you. If you can get time to prepare something for my January issue, I will use it at that time. I should receive it by December 20.

I realize that I shouldn't call on you like this, but you are so popular down here and an article by you adds so much to our magazine, I just can't resist being a little bold. If my publication continues to grow and gather support it won't be long until I will be able to pay you something for your trouble.

With best regards I am,

Your very sincere friend,

Dwight Keith

Dwight Keith
EDITOR

DK:bbg

BOOING A REAL MENACE IN BASKETBALL

By Forrest C. Allen, University of Kansas

The ten-second rule with the division line across the court and the three-second post pivot play rule have succeeded in speeding up basketball to almost a dangerous degree. However, the game still has its drawbacks.

The next big drive to put on is against blatant rowdyism, expressed in the form of booing, hissing, and the well-known "Bronx Cheer." This form of reverse English enthusiasm has shown an alarming increase in the past few years.

Stalling, which threatened the security of the game a few years ago, has almost wholly disappeared. But I think that booing and rowdyism in basketball crowds are getting so bad that unless definite steps are made to curtail them, they will kill the game. To me it seems all wrong that we permit the public, because it pays money, to deride, cajole and abuse the officials. Serve notice at the games that booing will not be tolerated, that it is considered unsportsmanlike, that offenders will be escorted to the box office by ushers, and after the money is refunded will be asked to leave the building.

The serious thing about booing at basketball games is that spectators are close to and practically upon the players. Every opinion uttered is almost a personal remark. In football and baseball the individual cannot throw his voice and direct it at anyone in particular.

If possible, the leaders in the school student body should handle the matter. Appeal to the students that this is their game, and have them ask the cooperation of all Varsity lettermen to see that booing is discouraged to the limit. Booing is unsportsmanlike and affects both young and old in a most unsavory manner.

#2 Booing a Real Menace in Basketball

The bad thing from an educational standpoint is that the young twelve-year-old boy who goes to see the game, if he follows his booing elders, soon develops a state of mind that the official is a crook if he does not please the home team; that the opposing team, should they win the game, are lucky "stiffs" and the whole thing is a bad set-up unless his favorites win. It occurs to me that we are developing cads rather than good sportsmen.

The boys who play the game are under discipline, practicing every day to be able to acquit themselves well. There are rules of behavior that athletes must follow. Just because a man pays money at the gate is no reason that he should be permitted to be a roughneck and rowdy, hurling epithets and discourteous remarks at players and officials.

We as coaches should emphatically go on record as deploring this type of expression of disapproval of our officials and players, and, further, to lend every support to a project of education and control of the game for the finer benefits that it gives to our young men and to our appreciative public.

No decent person will long continue to be an enthusiastic follower of a sport that attracts such insane outbursts and antics. If some of our college presidents and members of the faculty could walk in on demonstrations reported to have occurred at some of our college field houses, I am sure that our profession would suffer in their estimation.

We should see that the rules regarding the home team being responsible for the behavior of spectators be augmented with definite rules to control this situation if present regulations are not adequate. I am sure that the coaches and athletic directors of our schools will realize this condition as perhaps the most dangerous that our game is facing today, and will very properly meet the hazard by prescribing proper treatment.

October 23, 1941

Mr. Dwight Keith
Editor and Business Manager
Southern Coach and Athlete
751 Park Drive, N.E.
Atlanta, Georgia

Dear Dwight,

Thank you very much for your good letter of the 12th instant. I regret that I've been so busy that I have nor replied sooner. I've been on six drives in the last six days -- all different ones, and I've been asked to contribute four articles in the last two weeks.

I'm wondering if an article at a little later date would serve you as well. I am anxious to cooperate with you, but I've found it physically impossible to do more at the present. As soon as I hear from you I will respond to the best of my ability.

I'm sorry that we did not see you and Mrs. Keith. I had a coaching school with Clark Shaughnessey, Bernie Bierman, and Hank Iba up in Iowa with the Iowa High School Athletic Association this summer. This was similar to your school. Last year I was in Texas. I taught eight weeks in our summer session here previous to my going to Iowa, so I've had a pretty strenous year, but we are well and happy.

My kindest regards to you and Mrs. Keith and our good friends in Atlanta.

Sincerely,

FCA/pg

Director of Physical Education and Recreation
Varsity Basketball and Baseball Coach

THE SOUTHERN COACH AND ATHLETE

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751 PARK DRIVE, N. E.

ATLANTA, GEORGIA

October 13, 1941

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Coach Forrest C. Allen,
University of Kansas,
Lawrence, Kansas

Dear Coach Allen:

I would appreciate it very much if you can find time to write me something on basketball for SOUTHERN COACH AND ATHLETE.

We have thought of you often and wondered how you are getting along. Mrs. Keith and I made a trip out that way last summer. We got as far as St. Louis and would have gone on to Kansas, but had to make Chicago and New York and our time was too limited. We thought of you and wished we had had time to call by to see you.

If you are down this way be sure to plan to visit us. With personal regards and best wishes, I am,

Sincerely yours,

Dwight Keith

Dwight Keith

DK:rr

replied
promptly

THE SOUTHERN COACH AND ATHLETE

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UNIVERSITY OF KENTUCKY

Coach Forrest Allen,
University of Kansas,
Lawrence, Kansas.

Dear Coach Allen:

Thank you for your letter of October 23. I realize you are called on for more things than you have time to do and it will not inconvenience me for you to wait later to write an article for my publication. I will appreciate it just as much for a later issue.

With highest personal regards and best wishes, I am,

Cordially yours,

Dwight Keith

Dwight Keith
EDITOR

DK:rr

SOUTHERN COACH AND ATHLETE

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751 PARK DRIVE, N. E.

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January 17, 1942

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Coach Forrest C. Allen,
University of Kansas,
Lawrence, Kansas

Dear Coach Allen:

Thank you for your letter which you wrote me from Columbia. Regarding the deadline for your article for SOUTHERN COACH AND ATHLETE, I realize how busy you are at this season and any time you can get it to me will be all right. I don't believe you will have time to make the February issue, since I'm getting the material for this issue to the printer now, but I will be glad to have it for the March issue.

Our basketball league schedule opened Tuesday night. We have won our first two games.

With personal regards and best wishes for another typical victorious Allen season, I am,

Sincerely yours,

Dwight

Dwight Keith
EDITOR

DK:rk

SOUTHERN COACH AND ATHLETE

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January 7, 1942

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Coach Forrest C. Allen,
University of Kansas,
Lawrence, Kansas

Dear Coach Allen:

I know you are a busy man at this season of the year, and I have called on you so often I hate to ask you for another article at this time. Your articles are so popular with our readers, and you made so many friends down here who are always asking me when I am going to run another article by you, that I am going to impose on your generosity by calling on you once more. I suggest an article on the use of statistics in basketball, or preparing for the tournament. Either of these topics would be different to anything we have run. However, if there are other topics you prefer to discuss, it will be all right.

With best wishes for a successful season, I am,

Sincerely yours,

Dwight Keith

Dwight Keith
EDITOR

DK:rk

LATE RESEARCHES IN BASKETBALL

by

Dr. Forrest C. Allen,
Director of Physical Education,
Varsity Basketball Coach,
University of Kansas, Lawrence, Kansas.

(Presented to the Men's Athletic Section of the American Association for Health, Physical Education and Recreation at their national meeting in San Francisco, California, April 3-6, 1939.)

For years the generally accepted method of choosing a team has been upon the judgment of the coach, reinforced by the performance of stellar players who were outstanding in scoring field goals on the offense and by superior guards smothering the scoring opposition. Many times a coach removes a player from the game merely on the coach's own judgment. By the same token other players do not get an opportunity to play because this particular individual did not attract the coach's attention.

Baseball has had its batting and fielding averages computed for years, thereby making it easy to weigh the ability of the dominant players in this sport. Using the same procedure in basketball, it is the opinion of the speaker that a relative rating of basketball players can be had. We call this the "batting and fielding averages" because this terminology elicits the interest of these competing players on account of their previous experiences in baseball. Most every able-bodied boy in America has played either hard ball or soft ball. I think this is also true in basketball. The problem was to link up the interest of these boys and get them to enter into a scheme that indicated their prowesses definitely in basketball as has been done in baseball.

The development of a list of offensive elements was the first step. With that idea in mind a list of offensive elements was made and each activity or play was weighed subjectively. The weight of the item was carefully considered as it related to an important part of offensive tactics and also insofar as it contributed to the execution of sound fundamentals and to winning success. Of course, the objective was to stimulate the learner to make as few mistakes as possible. Experience has shown that it is the repetition of mistakes that defeats a player or a team. The same mistake made too many times always proves disastrous.

Under the heading, "The Kansas Basketball Evaluation Study", is shown the positive items as opposed to the negative items. Every play of importance, both in the positive and the negative offensive study, has been weighed in evaluation points. The old kindergarten theory of a good reward for a good deed and a poor reward for a bad deed has been carried out.

In the above offensive study the data were collected by former varsity players well versed in the meaning of these evaluation points, by mature majors in the Department of Physical Education, and by some other well qualified student assistants. Twelve men students were used in the collection of facts, six for

each team. The men worked in pairs, one acting as a recorder and the other as an observer. One pair made a record of all the passes and catches, one pair made a spot record of all the shots taken by players' numbers, and the other pair recorded the remaining material. Data were collected during all the home games on both the Kansas team and the visiting teams. The technique used in the collection of these data is the same as described in the first evaluation study.

It will be observed that in the first year only the offensive evaluation chart was used. In the second year of the study, 1938-'39, the evaluation technique was extended to include a defensive rating system for both the team and the individual players. A new term, "defensive efficiency", is used in the defensive rating which is comparable to the first study on the offensive rating. You will please note that in Table III the term "defensive efficiency" is the result of the formula:

$$\frac{\text{total positive defensive evaluation points}}{\text{sum of positive and negative defensive points}}$$

We now have a form of study which incorporates the offensive and the defensive rating comparable to the batting and fielding averages in baseball.

It is the conviction of the speaker that research of this type is worth while. The accuracy of this study depends upon the efficiency of the recorders. As stated heretofore, the selections were carefully made and the same individuals performed their tasks in all games. Therefore, there is every reason to believe that the results were very nearly correct. The great benefit accruing to a coach from this type of study is that the mistakes made during the game are pointed out, thus causing the players to be more conscious of them. This chart will enable the coach to link up the practice period value of executing proper fundamentals with matched game or competitive situations.

For instance, we teach our players before receiving the ball when going down the court never to get closer to the sideline than 8 feet because should that player fumble the ball when very near the sideline it will go out of bounds and the player will lose evaluations points; whereas the same ball thrown to him when he is within 8 feet of the sideline can properly be recovered for no loss of evaluation points to the player and to the team.

Again, in our offensive set up we insist that our offensive players do not retreat toward the division line nearer than 8 or 10 feet, because when the offensive team is forced back collectively by a defensive team, the player on the offensive team having the ball is in danger of getting "tied up" if he were closer to the division line than 8 feet.

Innumerable instances such as the two outlined above are always presenting themselves to the coach, enabling him to forcably teach better fundamentals to his proteges. The coach can say - By overcoming certain self-evident faults you can increase your batting and fielding averages. And in the discussions that always follow when the players and their coach are huddled around the batting and fielding average chart in the dressing room the following day these above mentioned points always come out during the "bullfest".

Further, it stresses the additional importance of game fundamentals and it also provides an itemized history of the contest which is intensely interesting to the players in the upper brackets. It stimulates those in the lower brackets to better their fundamentals. And too, it makes it possible for a coach to select his men on a more accurate basis. His judgment is reinforced by the itemized history of the contest.

The speaker is indebted to Dr. E. R. Elbel and Dr. V. W. Lapp, of the Department of Physical Education, for their aid in working out the rating of the basketball players. To Dr. Elbel for his invaluable assistance in an a dvisory capacity in weighing the offensive and defensive elements and in the careful selection of the recorders. To Dr. Lapp for his painstaking work in compiling the statistics and presenting the results in readable form. Dr. Lapp initiated the thought of writing to each player on the varsity squad, asking them to evaluate each of their teammates according to their individual playing efficiency. It is through Dr. Lapp's untiring devotion and indefatigable patience that this research is possible.

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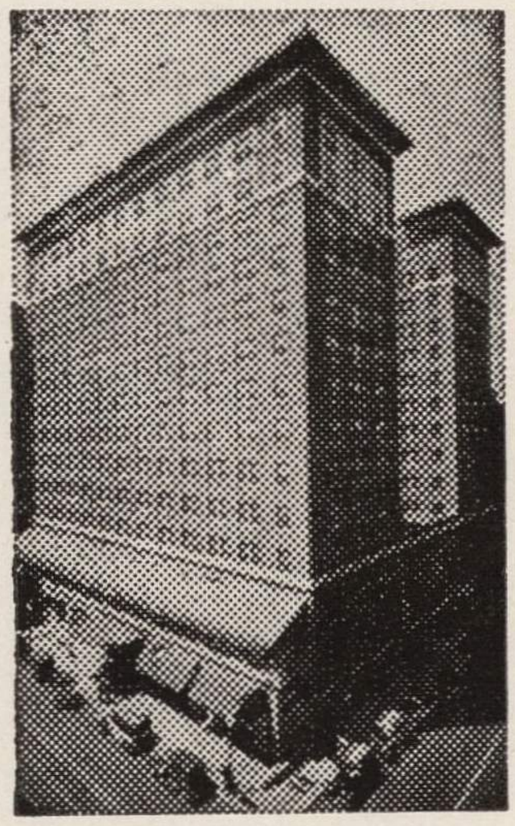

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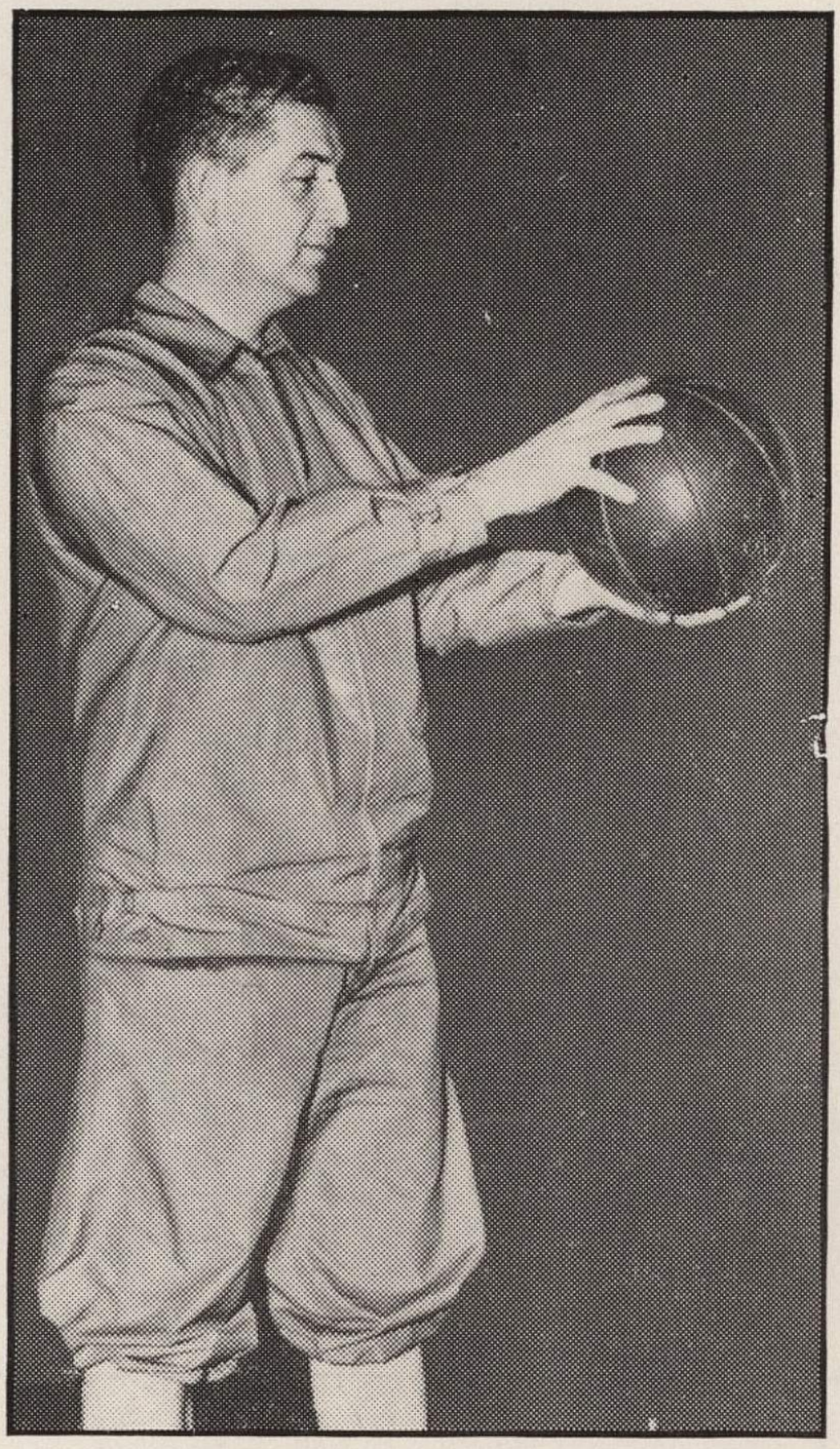

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19	Roswell Lambright	Back	Brunswick
2	Emory Marshall	Back	Tennille
22	Lamar Davis	Back	Brunswick
13	Earl Kelly	Back	Valdosta

The Georgia Athletic Coaches' Association was organized April 15, 1938, by the merging of the Georgia Football Coaches' Association and the Georgia High School Coaches' Association. A coaching clinic and all-star football game was conducted that summer with Coach Joel Hunt in charge of the North Georgia team and Coach W. A. Alexander coaching the Southern team. The Northern team won by the score of 25-6. About 6000 attended the game.

This is the second annual coaching clinic and all-star game to be sponsored by the Coaches' Association. The Southern team is coached by

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10	Jack Shepherd	Center	Commercial
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27	Jeff Thrower	Guard	LaGrange
18	Joe Rossbotham	Guard	Richmond
5	J. D. Aderholt	Guard	Gainesville
15	Charles Lynch	Guard	North Fulton
23	Harold Pierce	Tackle	Decatur
14	Walter Ruark	Tackle	Monroe
6	John McCullough	Tackle	Cedartown
13	Jack Tinley	Tackle	Spalding
16	Brooks Vickers	Tackle	Marist
24	Brooks Pierce	End	Trion
22	Jack Marshall	End	North Fulton
11	Henry Monsees	End	G. M. A.
28	Sam Lyons	End	Tech High
2	Garland Choldrey	End	Tech High
17	Sam McFarland	Back	Toccoa
3	Billy Prim	Back	Rome
9	Frank Boykin	Back	Boys' High
8	Larry Dodd	Back	Russell
19	Sonny Richardson	Back	G. M. A.
20	James Puckett	Back	Newnan
21	Jim Reynolds	Back	LaGrange
4	Bill Yearout	Back	Monroe
1	Cooter Bryant	Back	Athens
7	Dick Parks	Back	Tech High

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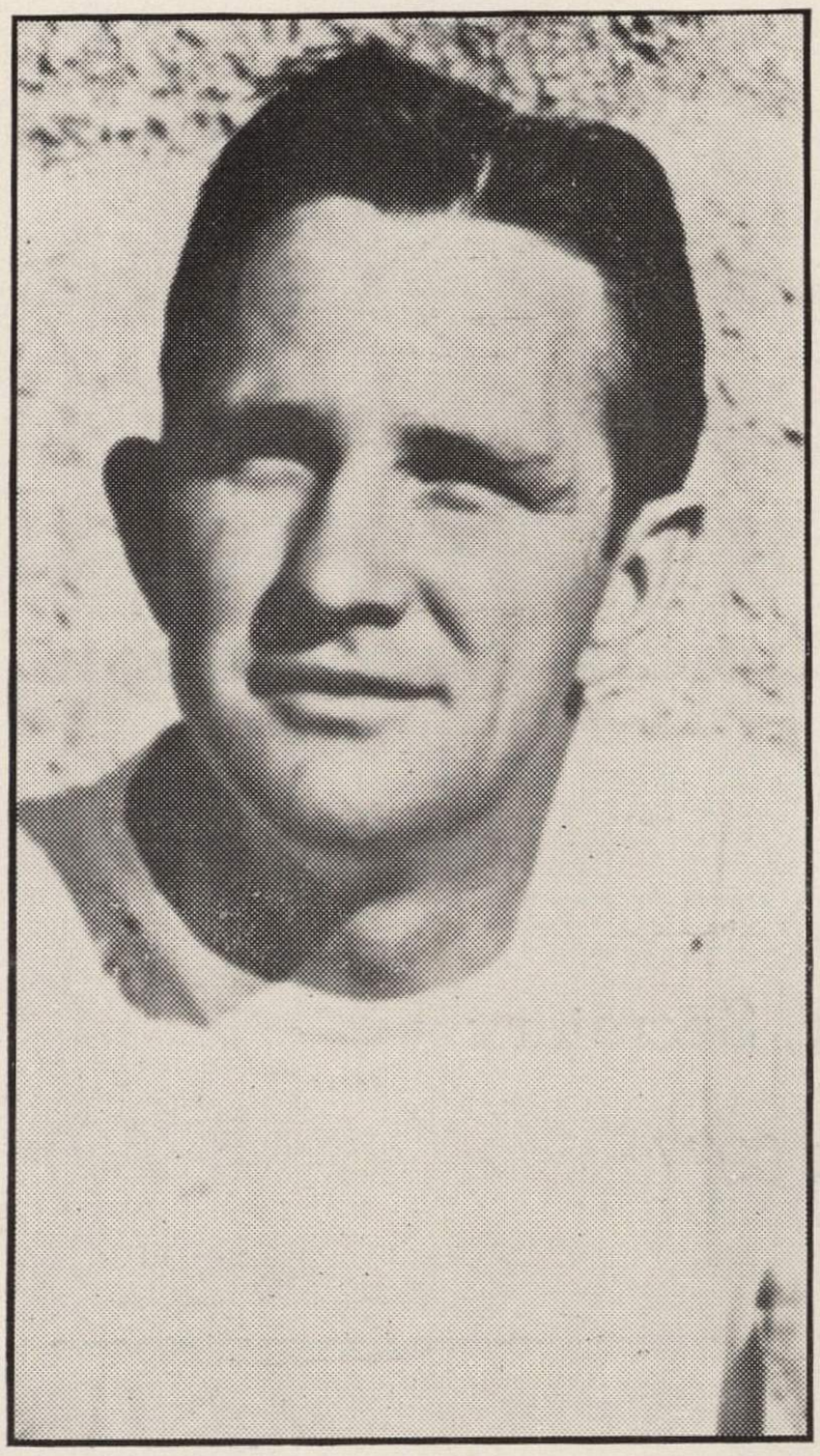

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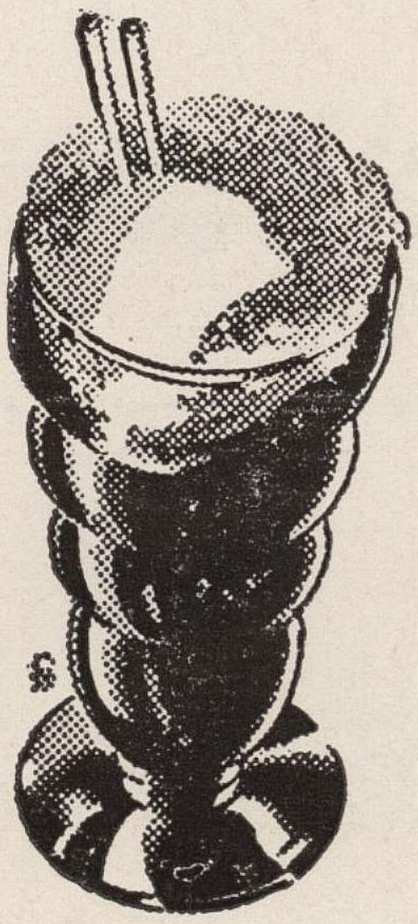

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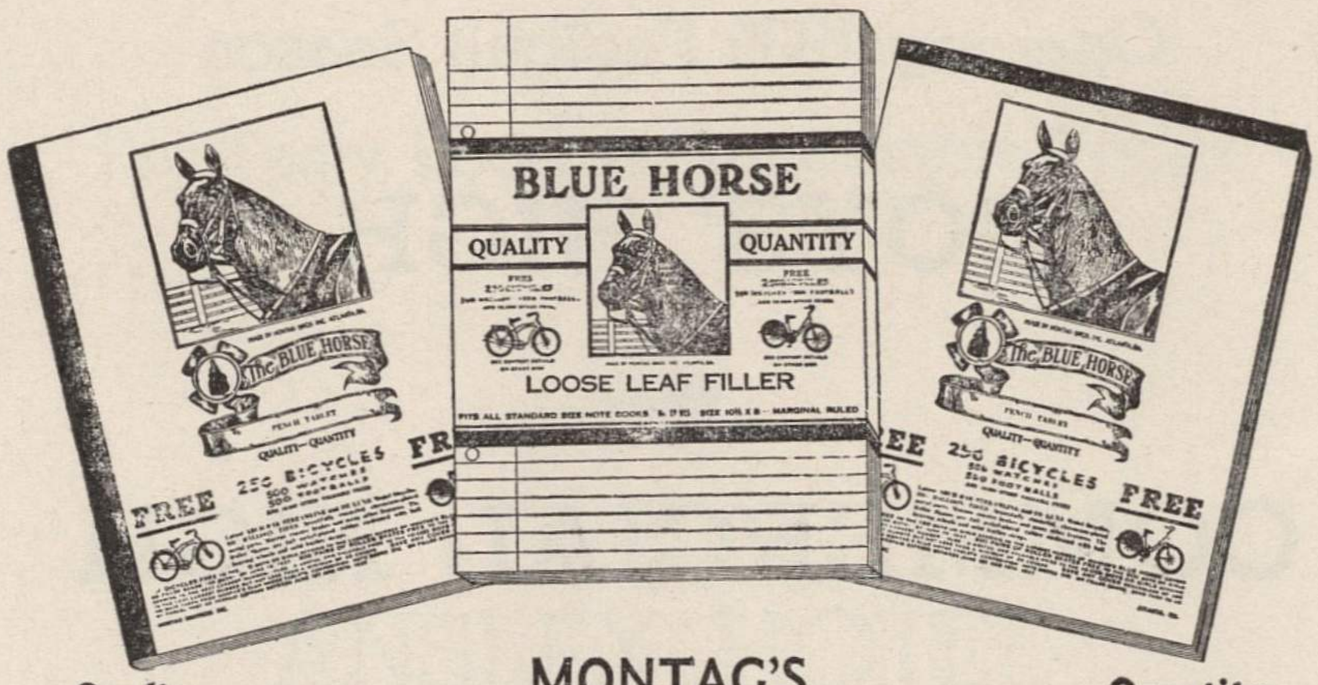

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