

## 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.