

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 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 minutes 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.