

January 9, 1943.

Mr. Ralph O. Hammer,
Superintendent of Schools,
Latham, Kansas.

Dear Mr. Hammer:

In reply to your letter of December 30th I would like to point out that coaches will vary their techniques and drills and so forth, depending upon how far the squad is advanced, what your style of play is, and upon what you wish to emphasize. Of course, you will change your practice schedules from week to week. In general, presupposing that you have a two-hour practice period, I should say that your first thirty minutes each day should be devoted to shooting both set shots and set-ups, your next thirty minutes to drill on fundamentals, such as dribbling, pivoting, passing, defense, rebounding, and so on.

You will find a number of drills and suggestions on these fundamentals in my book, "Better Basketball". In the last hour of practice the time should be devoted to developing team offense, defense, and tip off plays, out of bounds plays, offensive plays, fast break and so forth.

The boys should shoot a minimum of fifty free throws daily, since most close games are won by a team's ability to hit free throws in the pinches. On Thursday prior to the game spend most of the time shooting, running, tip offs, out of bounds plays, or set plays without opposition, and free throws. There should never be scrimmage the day before the game.

Here is a sample schedule for one week. Monday - 30 minutes shooting set shots from all angles; 30 minutes dribble and pivot drill, also hook pass; 15 minutes working offensive plays without opposition; 30 minutes working offense against opposition; and to wind up the practice each boy takes fifty free throws. Tuesday - 30 minutes shooting set-ups; 15 minutes passing and 15 minutes individual defense; scrimmage 30 minutes; free throws. Wednesday - shooting 30 minutes; 15 minutes out of bounds plays; 20 minutes defense, emphasizing fast break from the defense; 20 minutes scrimmage; free throws. Thursday - shooting 30 minutes; free throws 30 minutes; and run through out of bounds plays or offensive plays without opposition. Friday - game.

I trust this information will be helpful to you and I wish you and your boys a very successful season.

Sincerely yours,

Director of Physical Education.

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