

I use this argument - if you can pass to a player with great accuracy in this fashion, why can you not pass to the basket as accurately? So I use the terminology in training the boys -- pass to the basket as you pass to a player, and with that tonic snap the ball is delivered with no difficulty.

I find so often that an individual can lift the ball with his arms toward the basket, rather than letting the arms be held in a fixed position and the forearms, wrists and fingers used to propel the ball. The arms are the fixed part. The forearms, fingers and wrists work from the base of the arm.

If I have not made myself clear, won't you write me after you have read my text on this technique? I will be happy to answer any question that you care to ask, and I assure you that I will be more prompt in answering your communication.

Sincerely yours,

FCA:AH

Director of Physical Education and Recreation
Varsity Basketball and Baseball Coach.