

Seasonal Preparations

The old adage, "A thing well begun is half done" certainly holds true in the preparations for a strenuous competitive basketball season. Schedules carefully arranged, adequate playing equipment all in order, prospective players hardened for the early grind by religious adherence to their preliminary setting-up exercises and "early to bed and early to rise" childhood ideals, and the playing court with its lines and baskets and nets trim and expectant -- all combine to say to a returning coach, "The stage is set, and it's going to be a great season." Such studied and complete preparations send a coach home whistling -- if he can whistle -- or singing -- if he can sing. In whatever state of awareness he finds himself, he is trying to say, "God's in His heaven. All's right with the world."

So important does the writer deem these simple exercises that during the entire season he gives 5 minutes daily to their execution. Failure on the part of the men to execute these drills 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.

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 12 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 the 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, 3 times on each leg, twice daily.