

An offensive player in going down the court should be at least six feet from the sideline and always converging in toward the center. He should pass at angles and run in curves, always converging inward. A player who runs closer than six feet to the sideline, should a fumble occur, will lose the ball out of bounds to the opponent.

Players in practicing game plays should move at three-quarters speed during these drills. A common mistake of most players is to move at full speed, thereby increasing fumbling and overtensing.

In pre-practice periods, when you first go on the floor (before formal practice starts) shoot the shots you are weakest on rather than practicing your pet shots. A clever opponent or an intelligent coach will be quick to detect the one-shot type of player.

Dribble only when you need to break into the open for a good pass. Dribbling is comparable to a broken field run in football. A dribble should be used to get into the open spaces, and then a pass or a cut is indicated.

Pass the ball zigzag across the court. When in the center of the court a player should pass forward and toward the sideline to a player cutting in. If the offensive player is six feet or more from the sideline, the pass should always be forward and toward the center or across the court. The ball should always be moving forward and at an angle, if possible. When a pass is made lengthwise down the court it is easily intercepted and it takes fewer defensive men to guard against that type of pass than a zigzag or crosscourt pass.

A good definition of a perfect offense is this: When an offensive player with the ball in his possession passes to a teammate in an unguarded position and the passer automatically moves to an unguarded position timing his cut and pass -- this is perfect offense.

Always stress ball handling, foot work and head work to your