

MOTIVATION OF BASKETBALL FUNDAMENTALS

FOR YOUNGER BOYS

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As an ideal class program the mimetics of basketball furnish all the motivation necessary for teaching basic fundamentals around which all types of plays evolve.

For example, a group of children in the gymnasium classes could be more easily led to strive for better stances in both offensive and defensive positions if they were told and shown that John Doe, the high school star athlete, executed his fundamentals thus.

In this type of motivation, no one should handle the ball except the instructor who demonstrates the play. One of the class members should work with him in the demonstration. In order to hold a large class in floor formation it will be necessary to alter follow-throughs somewhat, but the nature of the alteration should serve to increase the value of the exercises as a form of calisthenics, and should not seriously affect the value of the exercise as a floor assignment. Changing the class positions is thus avoided.

The exercises should be performed and the follow-through made with an avoidance of tensing the muscles. The smooth and seemingly effortless basketball player is the imaginative model to follow. As a cat stretches itself to health, so should the versatile basketball player of the future unlimber his shooting muscles.

A class of 40 to 50 can be handled in this manner without difficulty. All members of the class should execute the same fundamentals until every type of play on both offense and defense has been fairly well mastered. Every coach will differ somewhat in methods of teaching, and no two coaches will stress the