

The higher baskets will aid the coach materially in developing better arch shots for the players. More tonicity and snap of the fingers are required to get the ball up to these 12 ft. baskets. It is splendid practice for the players to work on the development of their arch shots by looping the ball up to these higher baskets and then returning to the practice of the same shot on the regulation 10 ft. basket. The contrast accentuates the necessity of the arch in the perfection of the shot. It is a common fault of most players not to loop their shots high enough.

In the past ten years the altitude of of basketball players has increased five inches. Research with the 12 ft. basket has shown that from the standpoint of shooting and recovering the ball from the backboard there is no question but that the higher goals eliminated very largely the advantage of the tall player under the goal. His accuracy was very decidedly affected. He could not reach up and lay the ball in the basket. He was required to make a shot the same as the short men. Neither could he merely reach above the heads of his shorter opponents and obtain possession of the ball as readily. The fact that the goals were higher gave more time for the players to get into position for rebounds and thus permitted the shorter players to fight more effectively for the ball. They had opportunity to recover and spring for the ball, while formerly the very tall players in many cases never lost their position because they did not leave the floor.

On the other hand, the tip-in shot and the passing incident to the setup shot were practically eliminated after the players made several attempts at such play. With the goals at the increased heights, the players when driving into the baskets at a fast rate of speed seemed unable to control their shots. They, therefore, resorted to more set shots a little farther out from the baskets, and even to the longer shots which seemed equally as easy to make. Thus a game with less passing and more long shooting resulted. This might, however, be overcome as the players became more accustomed to the changed heights.

From the standpoint of roughness, there seemed to be less contact under the higher goals. This was due largely to the fact that the shots were longer and spread the players over the court, making less concentration around the basket. This was true in spite of the fact that from the data on rebounds it was seen that a larger percentage of balls dropped closer to the endline in the case of the high goals than in the case of the 10 ft. basket. These data take into consideration rebounds only and do not include shots that fall short of the backboard and hit within the playing court. In the case of the higher goals there were a considerable number of these. Here again, when the players adjusted themselves to the higher goals this condition of shooting short might be materially removed.

Effects of fatigue were more noticeable in the case of the higher goals. Without asking for information on this point, the players complained that their fingers and wrists seemed to cramp and to tire after shooting at the high goals for a time. They felt that the shots at the higher goals required so much more force than the shots at the 10 ft. basket that, in addition to the fatigue which materially affected accuracy, the push shot became more of a heave than a snap shot with the attendant use of the accessory groups of muscles and the tactile senses.

Every possible play situation was studied carefully in this research problem. I trust this information will be of some interest to you.