

DOUBLE TROUBLE FOR POOR FUNDAMENTALISTS

Forrest C. Allen

The #1 and #2 troubles for inexperienced and non-versatile coaches are the fast-break offense and the offense working through the so-called zone or territorial defense. Before a team can fast-break successfully, it must master the fundamentals of dribbling, passing, catching, pivoting, and ball-handling. During such fundamental drills, the practicing players should move only at three-quarter speed. A common mistake among coaches is to permit their players to move at full speed. Such practice increases hyper-tension and fumbling.

Most players dribble too much. A player should dribble only when he needs 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 an open area. Then a pass or a cut is indicated. By thoughtlessly bouncing the ball to the floor without bettering his position, frequently a player uses up his dribble without results. A clever guard will be quick to cash in on such a dribbler and will play the thoughtless dribbler excessively tight when the ball comes to a rest in the dribbler's hands.

In close contact, only the low dribble should be used. The drag-dribble is useful when the dribbler must expose his hip and shoulder to the defensive guard-- when an immediate necessity forces him to keep his body between the ball and his opponent. A clever dribbler, with versatile repertoire, will frequently employ the hook-pass combined with the pivot and back-pass.