

# BETTER BASKETBALL

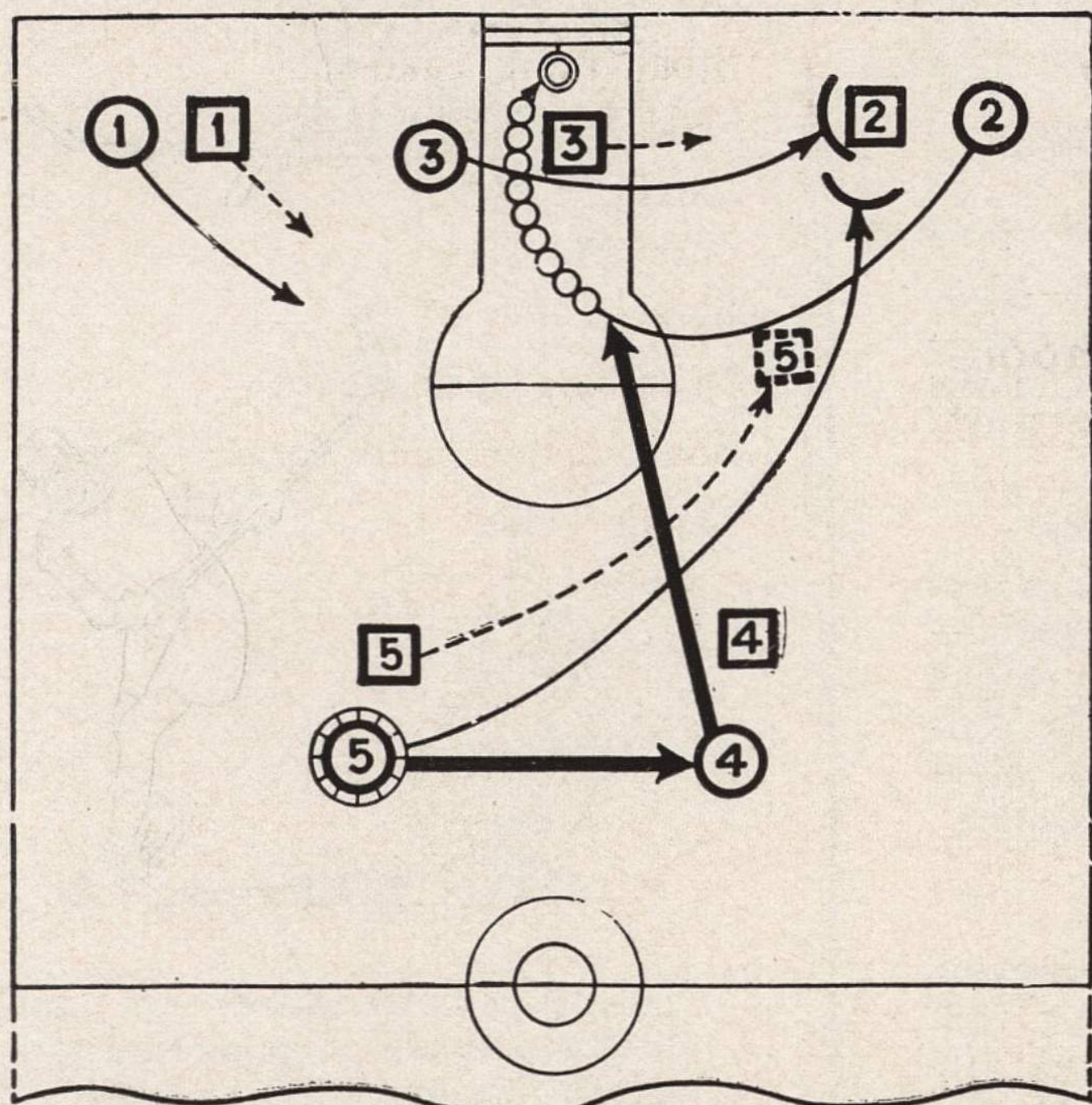
*Technique, Tactics and Tales*

**By FORREST C. "PHOG" ALLEN**

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**H**ERE is a comprehensive and thorough manual that incorporates many helpful facts for the player, trainer-manager, or official, in his own phases of the game, that gives the coach a complete methodology for developing every factor of team and individual skill, and that interprets the spirit and technique of basketball in an interesting and informative way for every follower of the game. The author explains graphically the most advanced developments of the game, and through copious use of diagrams and photographs makes clear every detail of individual and team play. Offense and defense, both team and individual, are exhaustively treated. Individual and team technique and training also are fully covered, and all these pointers are coordinated in game and play formations of many types.

Besides the full treatment of the technique of the game, the author covers all other departments, from suggestions for officials and managers, to the important duties of the trainer. An entire section is devoted to the treatment of athletic injuries; shows actual tapings, bandages, and braces; outlines emergency measures; covers diet and conditioning; gives scores of valuable pointers for quickly restoring players to condition and keeping them in the game. A special feature of the book is the group of tales of actual games, showing how contests have been won by the use of applied psychology. These true stories are full of human details that illustrate the kind of psychological strategy which causes men to outdo themselves and upset unfavorable scores and adverse conditions.



163 photographs graphically illustrate the individual offense, the individual defense, the team offense and the team defense. 86 diagrams depict game formations and augment the author's clarifying discussions of many confusing and technical points.

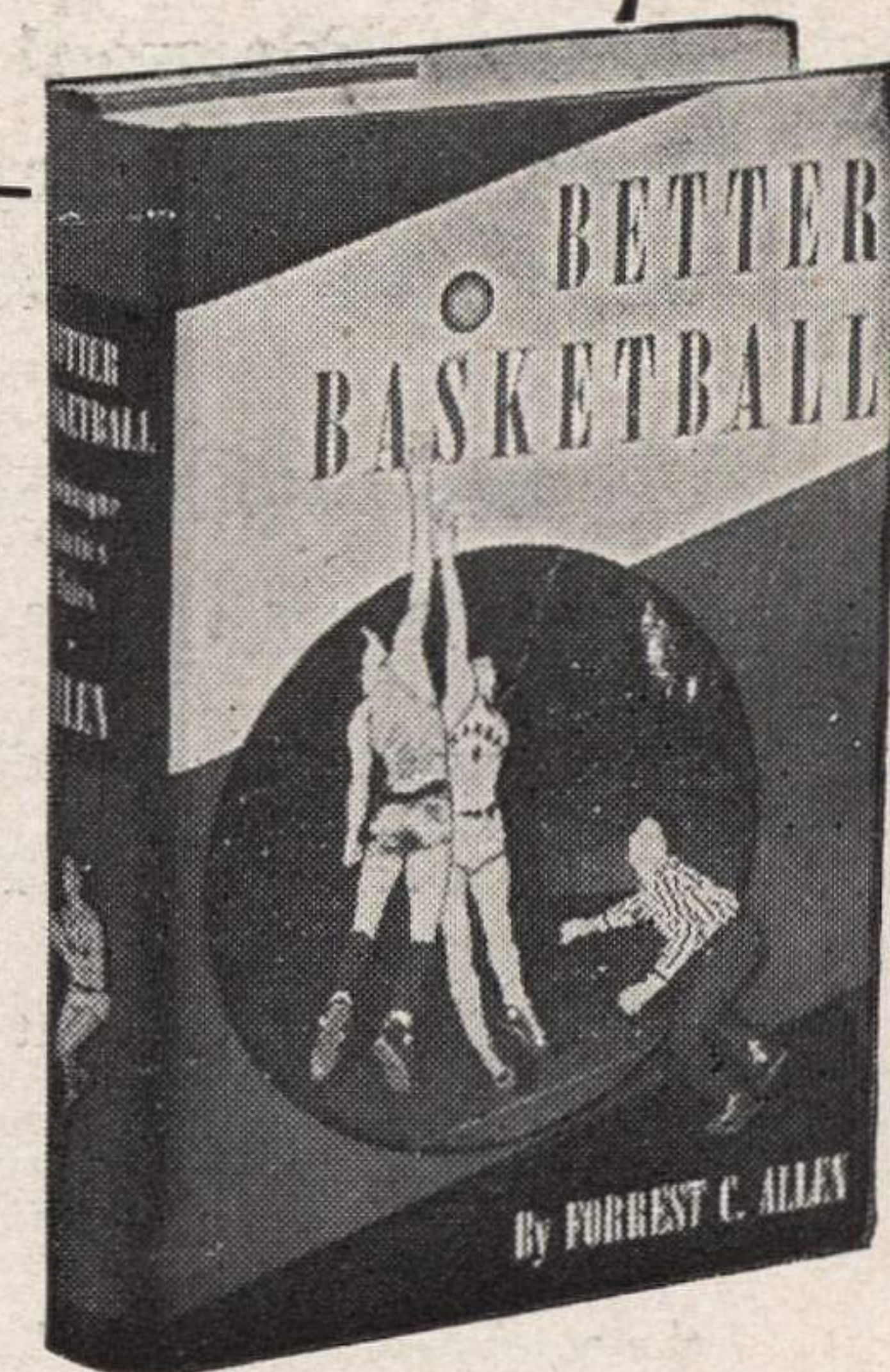
See this book for  
*fundamentals, practical methods,  
fine points of technique, in:*

- motivation, and "skill movements" or drills for group training in fundamentals
- development of ball-handling and other individual player skills and offensive and defensive movements
- modern tactics; team offense and defense; how to work through a zone defense; set plays from scrimmage formation, out-of-bounds plays, plays against the man-for-man defense
- screening; how and when to execute these plays
- applied psychology; leading men to upset unfavorable scores and adverse conditions
- conditioning players; treating all kinds of athletic injuries; handling emergencies
- selecting men, equipping them, handling them before and during games
- staging the contest, creating box-office appeal, officiating, etc.

**Modern technique, the development of plays and players, the fine points of all departments of the game—an interpretation and guide for all who supervise, play, or watch basketball, and would know the game at its best.**

WHITTLESEY HOUSE  
SPORTS SERIES

**490 pages, 6 x 9, illustrated, \$4.00**



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