

SACH, LOYOLA'S ATHLETIC HEAD
REPORTS ON COMMITTEE FINDINGS

By Leonard Sachs

In bringing forward this report, we have had to cover a wide area with different playing conditions to be found in different sections. By the use of examples and the like, we hope to make this report an interesting and constructive one.

At Loyola we have the usual set-ups in our preliminary work which most teams employ - - a pass and cut, an outside roll, a screen and cut, etc. I have found through my own experience and that of other coaches that if a team of five offensive players is put on the floor with no defensive men against them, and play an imaginary offensive game for periods of 30 minutes at a time, they soon become proficient in ball-handling and will use the same tactics in an actual game. The coach will occasionally call out a move by the imaginary defense, and the offense re-acts accordingly. Thus when they are in a game, they are absolutely at ease and a team can be working at both ends of the floor without interfering with one another. Of course at times a coach will have to use the entire floor, especially when the defense is of the forcing type.

In the various set-ups used, we assume that the defense is either forcing, switching, or dropping back, when the players through constant work on these set-ups are ready for actual scrimmage, we place defensive men on the floor and find that the players feel and act almost as much at ease as with no defensive men.

Several coaches have experimented with definite arm and body actions in shooting set shots. Coach Claire Bee of Long Island University wrote an interesting article some time ago along the lines of how to shoot a set shot. His theory was primarily to keep the eyes focused on the basket after the ball had left the shooter's hands. I found very favorable results among some members of my squad who gave this method a very fine trial.

Another Western coach instructed his men to finish up with the palm of the right hand facing the basket. We had quite a conversation about his experiment, and he claimed that the team's shooting improved 35 per cent. He found that in many cases it was necessary to reverse the order because of the fact that some of his player's left arms were better coordinated than the right.

I think that today most coaches agree and coach their players that in taking a pop or set shot, we must follow the principles of a marksman, in other words, get set first arm, and then fire.

According to many questionnaires regarding the style of pop shots, I would say that at least 90 percent of the thousands of teams use this style of shot.