

HAROLD SMITH

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[[Telephones]]
[[MAin 2270]]

Dr. Forrest C. Allen,
801 Louisiana,
Lawrence, Kansas.

Dear Dr. Allen:-

I was greatly pleased with the copy of "Sport" containing article by Sol Metzger.

You may be interested to know that I have become an orange eater after reading your article on diet.

I like Metzger's writings - always look for them in the papers. He has a knack of making sports interesting. I am sure he is widely read and the story in "Sport" should help our book, besides pleasing both of us.

I hope you had a pleasant Christmas and will have a Happy New Year, and lots of success in 1929.

Cordially,



A.M. Kleinhoffer,
SMITH-GRIEVES COMPANY

AMK/B

I am enclosing, herewith, the article from "Sport"

I told you that Sol Metzger (Penn Dutch)
was greatly impressed with the "Bible" 27

SPORT

EDITED, UNDER DIRECTION OF OUR SPORT ADVISORY COUNCIL,
BY SOL METZGER

ADVISORY COUNCIL: *E. K. Hall*, Chairman
Football Rules Committee; *Julian W. Curtiss*,
rowing authority and referee; *Dr. James E.*
Naismith, inventor of basketball; *Watson*
Washburn, former Davis Cup tennis player;
Robert C. Zuppke, football coach, Illinois; *John*
T. Doyle, American Sports Publishing Co.

Reed

January Diet for the Athlete

WERE you to talk with Forrest C. Allen, the experienced and successful basketball coach at the University of Kansas, you would learn a lot about the question of what is best to eat and drink when training during the winter. In his fine book, "My Basketball Bible," published by Smith-Grievies Co., Kansas City, Mo., the author speaks of the advantages to be gained by a free drinking of water. He says the athlete should drink a glass of water every hour during the day, as it helps greatly to eliminate constipation and to stimulate the gastric flow. He ad-

vises, however, that on game days the amount should be reduced to four glasses.

What a fine interior cleanser water is! It also has other benefits. Some boys seem always to be hungry. The athlete who finds himself in this condition cannot too freely indulge his appetite without slowing himself both mentally and physically. Mr. Allen advises such a player to drink a glass of water every time he feels hungry between meals.

The more one studies the matter of diet the more one finds that
[CONTINUED ON PAGE 41]

SPORT

[CONTINUED FROM PAGE 27]

January Diet for the Athlete

[CONTINUED FROM PAGE 27]

thorough mastication of the food eaten at meal times is of the utmost importance. One basketball coach at a college where the players eat at a training-table compels his men to remain at the table three-quarters of an hour. I asked him the reason.

"Merely because," he replied, "it prevents the men from overeating, which is most harmful. At first they think it fine. But, as the average boy eats a meal in fifteen to twenty minutes, they soon tire of sitting around doing nothing. The result within a week is astonishing. After that period of time has elapsed every player eats very slowly, thoroughly chewing each bit of food. He figures that he's going to be able to eat the full three-quarters of an hour by doing this. But to his surprise this thorough mastication of food quickly appeases his hunger, and he is satisfied with less food than when he bolts his meal. There is no question but that this benefits him. Most of us eat too much."

Coach Forrest C. Allen is a great believer in oranges. His players eat one each a half-hour before breakfast, immediately after practice, and just before retiring. "It is my conviction," he writes, "that the mineral salts in the oranges will do more to ward off staleness than any other single thing."

What should one eat before a basketball game? Here's the meal that is prepared for the Kansas Varsity and served two and one-half hours before a home game:

Sliced oranges, sprinkled with sugar; two slices of hot dry toast and butter; half a baked potato; one cup of weak tea with sugar and no cream; sliced peaches, no cream.

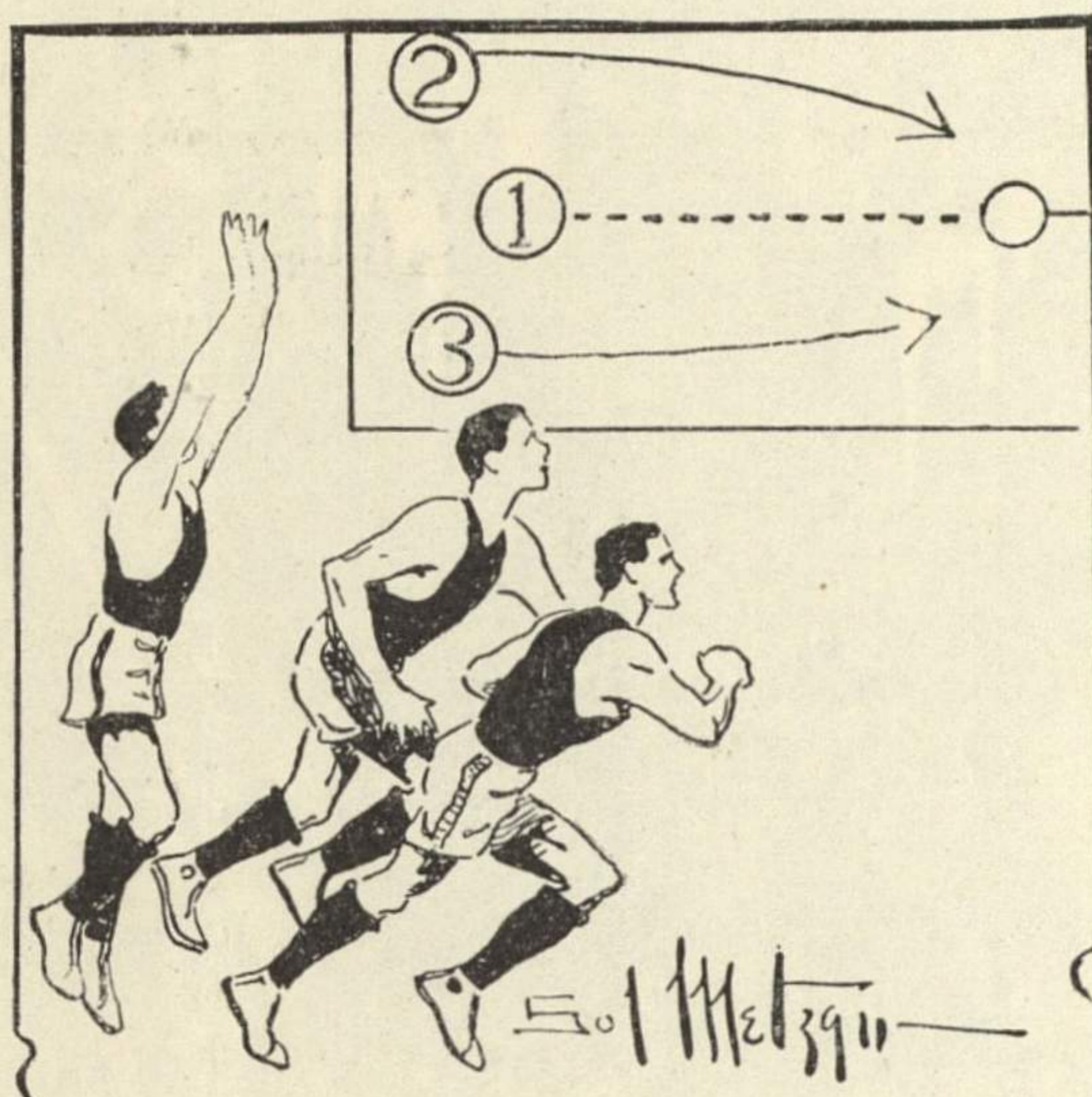
If the game is away from home and a hard trip to be taken, a small piece of T-bone steak (two inches square) is added to the above for each man.

S. M.

ceive a pass from the one last catching the ball, all must be on the alert for it. The coach also compels the players to pass as rapidly as possible during this exercise. As a result every player gets valuable practice in receiving and passing rapidly—a most valuable point in fast play—and is also trained in the art of handling a pass that comes to him unexpectedly. Naturally, such drill develops a team's wind.

It is highly important in passing to feed the ball belt-high to a receiver. Balls thrown face-high often interfere with the vision of the player passed to, and a fumble results. Also, though one-hand passes are common in the game, it is better to use two hands when one is able to do so, as greater accuracy is insured.

S. M.



The Climax of All Basketball Attack

ANY time you happen to watch a college basketball team practice you will hear the coach continually yelling at the top of his lungs to his players: "Follow in, follow in!" Regardless of the attack used, no team can be a high-scoring one if it fails to follow up each shot. In the accompanying illustration this point is cleared for you.

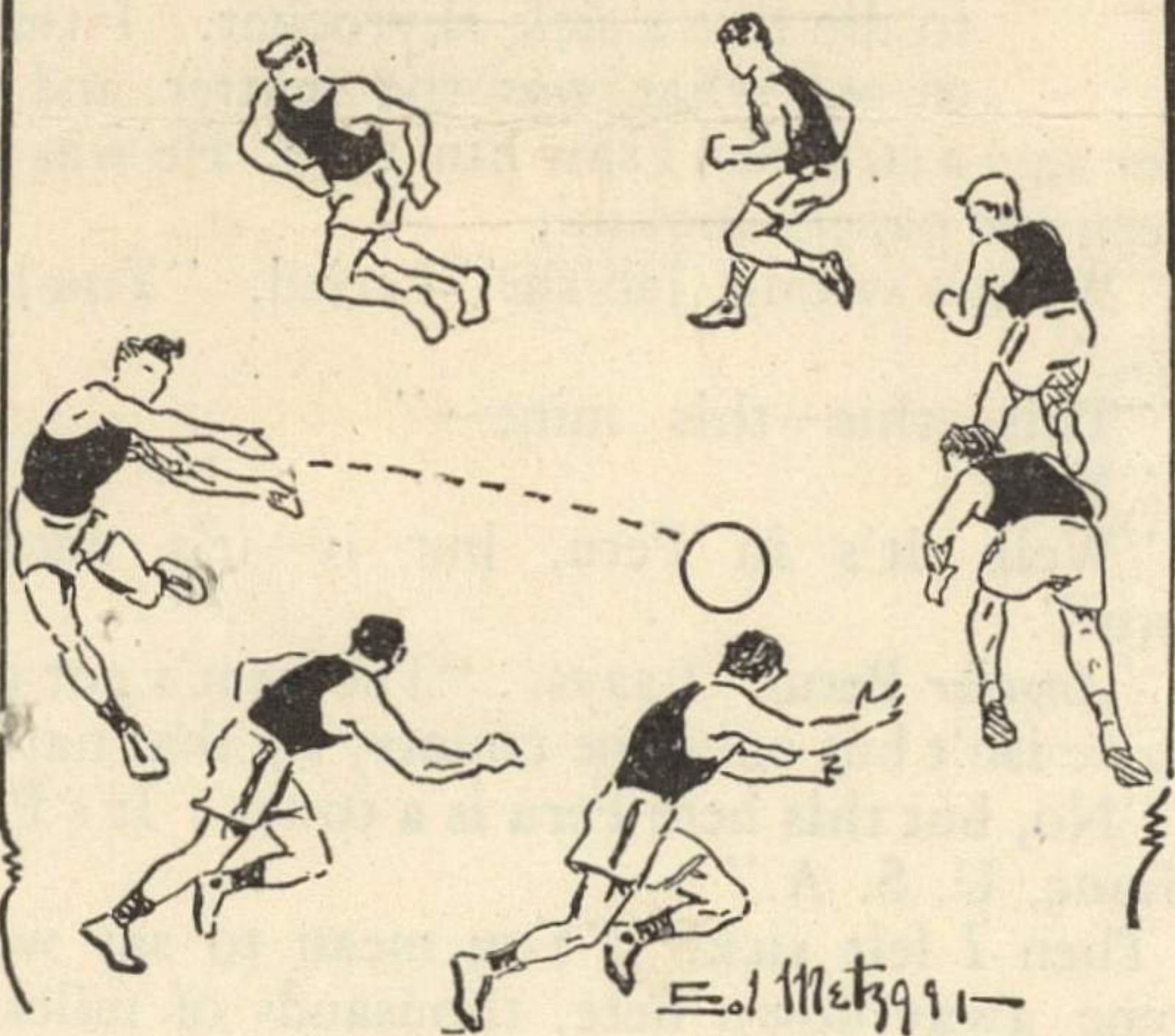
No. 1 in the diagram, which represents the figure just shooting in the drawing, must not be the last word in the attack. Most of his attempts at a basket will fail to register. For that reason some of his team-mates drive in for the basket as he shoots, the purpose being for one of them to regain the ball, in case of a miss, and take another shot from closer up.

There has to be some sort of system to such a plan. There is with all well-drilled fives. Usually, if the shot is from in front, two other players drive in, one to the right of the basket, the other to its left. As the shooter lets go of the ball he also drives straight for the basket. In this way, the basket is covered from all three points—front and two sides—in case of a miss, and a team-mate is ready to take the rebound and try to convert it into a basket.

No part of basketball attack is more important than this. Even if the men following in fail to get a chance for the basket, in case of a miss, they can strive to regain the ball and relay it back to a team-mate to their rear, so that the attack may function all over again. The five that shoot from the floor and does not follow in is bound to have hard going, as the opponents will regain the ball and soon have it under their basket.

S. M.

CALIFORNIA'S PASSING AND WIND DEVELOPMENT PRACTICE



Passing and Wind Exercises

AN exercise common to most well-trained and well-coached basketball squads is the one shown in the accompanying illustration. A group of six or more players form in a circle and keep jogging about at a fair rate of speed, passing a ball back and forth from one to another. Coach "Nibs" Price, of the California five that has reigned supreme on the Pacific Coast for the past several years, uses this exercise throughout the season.

As none of the players know which is to re-

Common Sense In Basket Ball

By Handley Cross

Ed McNichol, Famous University of Pennsylvania Player and Coach, Talks About the Popular Court Game

BASKET-BALL systems? Of course—every college, almost, has its basket-ball system," said Ed McNichol, University of Pennsylvania varsity basket-ball coach, settling himself comfortably for a talk in the Red and Blue's athletic general headquarters at Franklin Field, in Philadelphia. "But there is something far more important in basket ball than systems of play, no matter how good those systems may be. That something is common sense! And common sense in basket ball means making the best of your material—getting the most out of your players.

"Take our 1928-1929 team as an example. It wasn't a really great team, although it won the championship of the Eastern Intercollegiate League. A good team, yes—but not a great team. If we hadn't used our common sense, and had tried to play the same brand of basket ball that we used to play here at Pennsylvania back in the years between 1918 and 1921, when we did have really great teams, we would have finished third or fourth in the league race. But we did use our common sense, and that meant using to the limit our most effective offensive weapon—'Sharpshooter' Joey Schaaf. Circumstances made it necessary that our strategy have just one object—to work Joey Schaaf into position to shoot for a basket, and then to give him the ball. It wasn't a one-man team, because it took good teamwork by the other players to get Schaaf into position to shoot, but it was a team built

around the scoring ability of one great offensive player. And it was a team good enough to win the league title."

A BASKET-BALL FAMILY.

Ed McNichol is a member of a family famous in the annals of University of Pennsylvania basket ball. Seven McNichol brothers—Harry, Dan, Jim, Joe, John, Frank and Ed—have helped to make basket-ball history at Old Penn, and between 1905, when Harry entered college, and 1917, when Ed was graduated, almost every Pennsylvania team that took the court had a McNichol playing on it. In 1925 the McNichol clan gathered under its family banner and defeated the Penn varsity team, 23 to 18. All of the brothers played in that game, the starting line-up being Harry, Dan, Jim, John and Ed, and Joe and Frank acting as substitutes.

Ed McNichol played on his freshman basket-ball team, and on the varsity for three years, and also played varsity baseball. He started coaching at Pennsylvania shortly after being graduated, and has been varsity coach for the past ten years. He has been an outstanding success. In those ten years Pennsylvania has won the championship of the Eastern Intercollegiate League four times—in 1920, 1921, 1928 and 1929; has finished second once; fourth, three times; fifth, once; and last, once. Penn's victory in 1920 gave the university permanent possession of the

responsible for more young men going to Yale than perhaps any other influence. The same is true of Stagg of Chicago and Yost of Michigan, and Warner, now of Stanford. One reason why so many youngsters are now picking New York University is on account of Chick Meehan, the football coach. He is a little fellow about five feet four but commands the same respect that little Miller Huggins used to get out of the giant Yankees.

It is because Chick Meehan understands his boys that he has made a success. You must be a student of human nature to be a successful football coach. The players are as temperamental as movie stars, and you must know how to handle them in order to get the best out of them. Though I

was a pretty good player in college, I was never free from getting the call-downs from Chick Meehan. I got them as often as the poorest player on the team. Why? Because Chick knew that I would go out the next day and try to murder the scrubs! That is how he got me to work.

Chick was one of the greatest quarters in the game when he played with Syracuse. I once asked him how he remembered his signals and he said, "Well, I used to write them on the center's pants so they could be right before me."

"But suppose the center was put out of the game what would you do?" I inquired.

"Every center had pants with writing on them," he said with a smile.



Heppe Cup, and its victory last season added the Alexander Memorial Cup to the already large collection in the university trophy room. Now Coach McNichol has good hopes of winning the first leg on the new Ralph Morgan Cup this winter, for although the brilliant Joe Schaaf has been lost by graduation, Ed McNichol has three sophomores of whom he expects great things.

"Joe Schaaf," said Mr. McNichol, "is what might be called a self-made basket-ball player. He has been interested in the game ever since he was a very young kid, and when he was eight or nine years old he had a basket rigged up in his back yard, and started to practice shooting. He practiced for hours a day, day in and day out, and that faithful practice developed his natural ability until he became the best shot in the league. He was the high individual scorer in 1928, and again in 1929. In the former year he established a new modern league record by scoring 125 points. Last season he shot 44 field goals, breaking the record of 43 established by Orson Kinney, of Yale, in 1917. Schaaf scored nine field goals in a game against Columbia last winter.

"An ambitious young player may develop his shooting skill by individual practice, but there is one serious danger that he must guard against. That is the danger of copying too closely the style of some prominent player. For example, Nat Holman, the professional star, is a remarkable goal shooter, but he has a most peculiar style—a style that gets good results when used by him, but that would result in the ruin of nine out of ten young players who attempted to copy it.

"Style really is unimportant in shooting. The big idea is to get the ball into the basket, and to do that consistently the young player must use a natural toss—do things in the easiest and most natural way. I've noticed in the games of our University of Pennsylvania Inter-

scholastic Tournament that at least half of the players are in unnatural positions when they shoot. That's all wrong. The boy who wants to make the grade in college basket ball must learn to do things in an easy, natural way. And here is something that every basket-ball player should remember—good shooting is mostly a matter of good control of the arm muscles. I've watched players shoot basket after basket in practice, and then miss basket after basket in a game. Why? Because, while they were practicing, they had their arm muscles under good control, but in their eagerness to score in an actual game they lost that control. Basket-ball players must learn not to 'tie up.'

"The best advice I can give the boy who wants to become a good basket-ball player is to go to some one who really knows the game, and get some competent coaching. A really good coach can do wonders in the way of developing natural ability, and even a few minutes of personal attention from such a coach may keep the young player from forming bad habits, and start him on his way along the right road. The ambitious youngster also will do well to attend as many college and professional games as he can—intelligent observation of actual play will teach any one a great deal about the game. And you must practice, practice, practice! You can't get too much practice! And, if you expect it to do you any real good, it mustn't be half-hearted practice. You must work every bit as hard while you are practicing as you would work in an actual game.

"One thing more about individual practice. The boy who has to practice his basket shooting in his back yard shouldn't feel that he is handicapped because he can't do it in a gymnasium. It's much better for him to practice outdoors. Basket ball is a hard game, and it is made harder by the fact that it is played indoors, and too often on poorly

ventilated courts. I advise every basket-ball player to stay outdoors as much as is possible.

BIG MEN ARE WANTED.

"I haven't the slightest desire to discourage boys of average height and weight, but I like big men for every position on a basket-ball team. Small men often make competent players, but—everything else being equal—a big man is more valuable as a basket-ball player than is a small man. That's where the West holds an advantage over the East in this game. I don't think that the Western colleges play better basket ball than we do in the East, but they certainly get bigger men. I've been handicapped for the past five years because I've been unable to find a good, tall center. Out West, big, fast men are common—fellows who stand up six feet three or four inches in their socks, and who are really fast on their feet. That's the type of candidate that I would like to see coming out for our squads—but I don't get them, so I have to do the best that I can with the boys I do get.

"A basket-ball team is very seriously handicapped when it is without the services of a tall center—a player who can be depended on to outjump his opponent when the ball is thrown up between them. If the center can do that, four men at once can enter into offensive play. If you have a short center, no matter how good he may be, he is likely to be outjumped by a taller opponent, and in that case you must depend upon your forwards to get the ball.

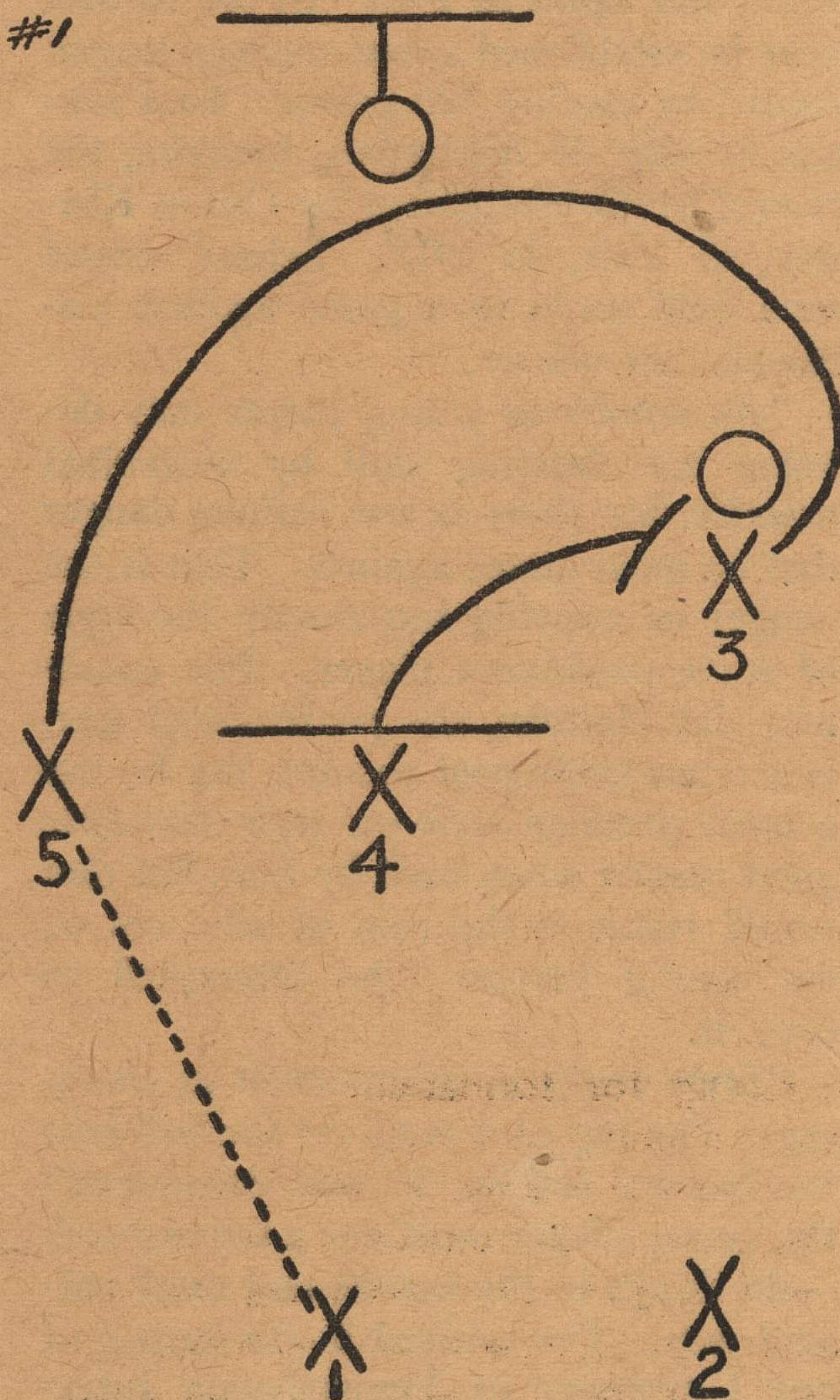
"Forwards should be good shots from under the basket, and good long shots. They also must be good ball handlers—good, accurate passers, and sure receivers. If they have these qualifications, the bigger they are, the better.

"The qualifications for guards are the same as for forwards, and in addition the good guard has an instinctive ability to follow his man when he is playing on

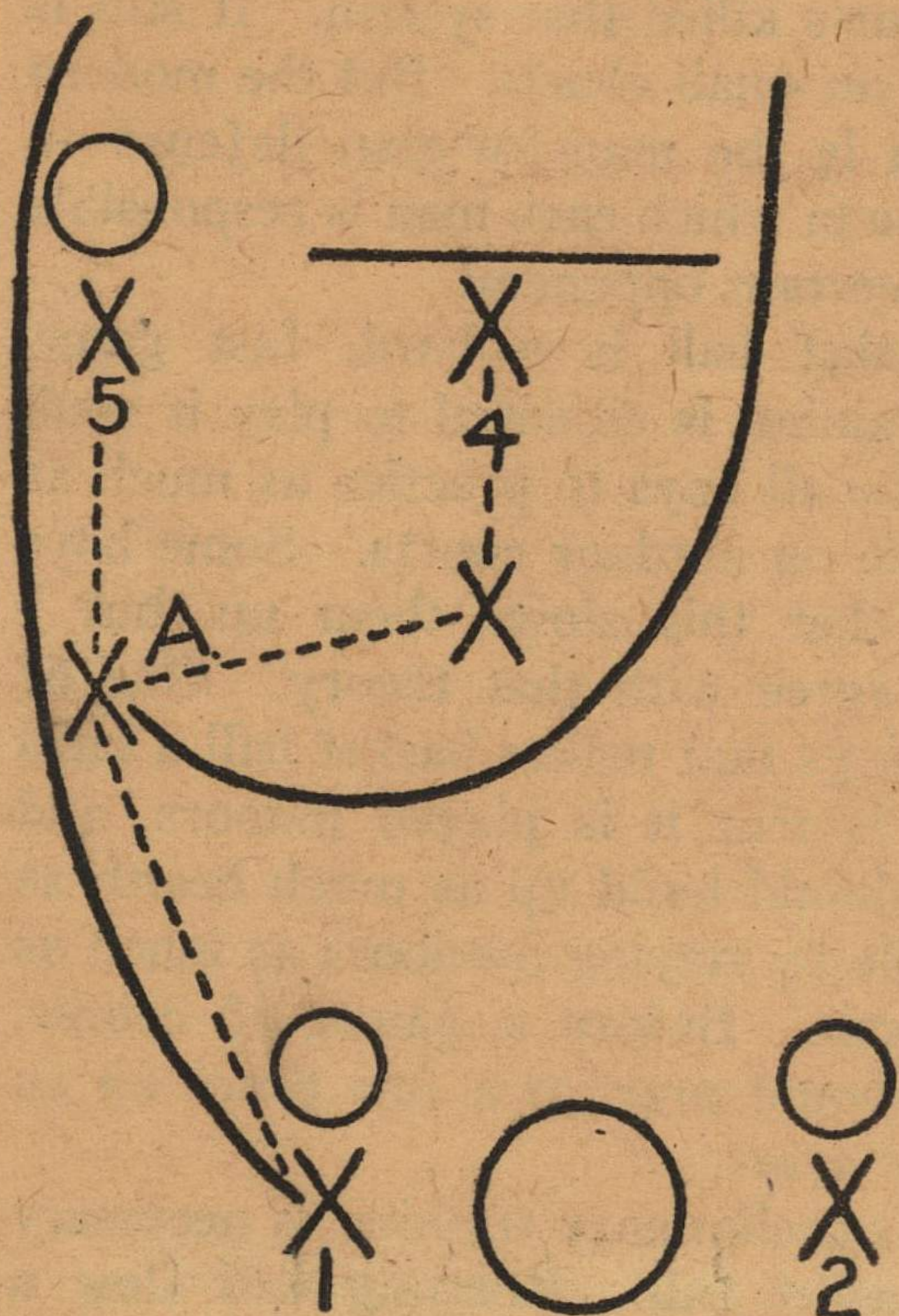
defense. We use one guard as a safety man on many plays, but there really is no such thing as a purely defensive player in modern basket ball. Every player on the team should be equally good on offense and defense.

SOME OFFENSIVE FORMATIONS.

"Offensive basket-ball formations were introduced in the Middle West several years ago, and now are used in varying degrees by all basket-ball-playing colleges and schools. When you use formations, each man has a definite assignment to carry out, just as each man has a definite assignment to carry out in a football play. When you don't use formations, the play is allowed to develop naturally, each player using his own initiative in working the ball and a player into a scoring position. Each



#2



method has its advantages, but I think that formation play has more advantages than the other style.

"Last season I think that we used more formation plays than did any of our Eastern Intercollegiate League rivals. There was a good reason for that. When you use formations you use a passing game—and, generally speaking, a passing game is a winning game in basket ball. Opposed to the passing game is the dribbling game, which sometimes is effective and sometimes isn't effective. It happened that we had too many dribblers on our squad, so we went in strong for formations to cut down the dribbling.

"When you have a tall center, you design your formations with the assumption that your center will be able to outjump his opponent at least half the time, and so your play starts with the

center tapping the ball to one of the other players. But with our short center we couldn't do that, for usually his opponent outjumped him. So, after the signal for a formation was given, the play started when one of our players obtained possession of the ball, and that signal meant that the formation play it called for was to be gotten under way as soon as possible, and at any time before the next jump.

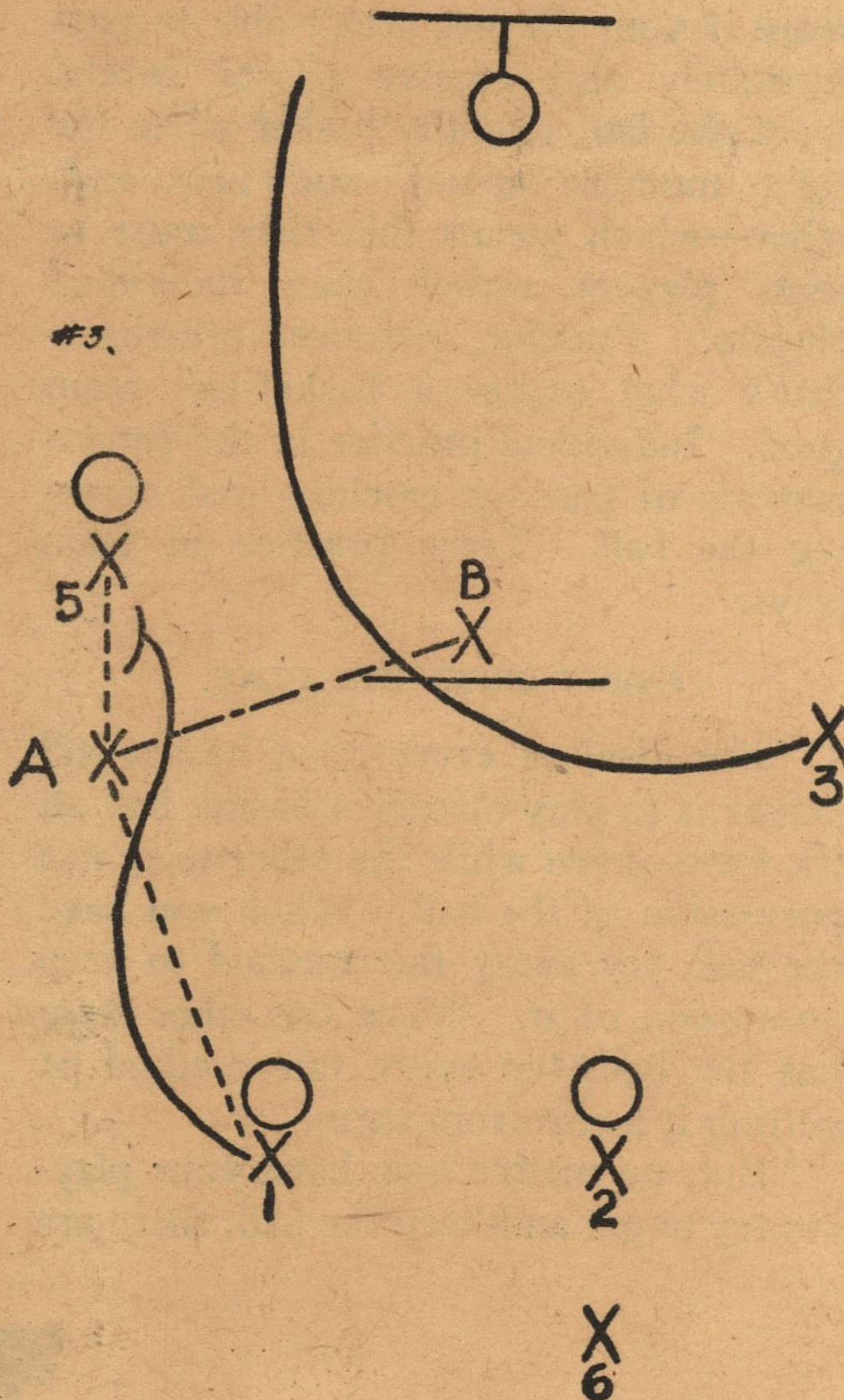
"Here are a few of the plays that we have found to be successful:

"In Play No. 1, Player X1 passes to Player X5, and cuts by him, near the side line, for a faked return pass. Player X4 cuts over toward the opposite side line, and blocks Player X3's defense man. Player X3 cuts to the basket for a pass from Player X5.

"In Play No. 2, Player X1 passes to Player X5, at 'A.' Player X5 passes to Player X1, blocking his man from fol-



#3



lowing—or, Player X5 fakes a pass to Player X1 and then passes to Player X4 at 'B,' and cuts by to take a return pass, his defense man being blocked by Player X4. This is a pivot play.

"In Play No. 3, Player X1 passes to Player X5, at 'A,' and cuts on inside. Player X5 dribbles behind X1, as he passes. If he is free he goes on to the basket, but if he is taken off he pivots at 'B,' and makes the play with Player X3, as shown in the diagram.

"These are just a few of the many formations that may be worked out by any basket-ball coach. But in designing formations, the coach should show his common sense by making them simple enough for his players to understand them and perfect them.

"As in football, a basket-ball team is just as strong as its players are strong in the fundamentals of the game. The best-designed play won't result in a score if your players aren't able to pass accurately and receive passes surely, shoot the ball into the basket when the right moment comes, and help each other—which means that they must be team players rather than individual players. Practice, practice, practice—that's what makes a basket-ball team good. Individual practice in the fundamentals of passing, catching and shooting the ball. Team practice in team plays.

ABOUT DEFENSIVE PLAY.

"The ideal of every good basket-ball player is to play offensive basket ball all the time—even while the other team has possession of the ball. When you have the ball, try every fair method to keep possession of it. When the other team has the ball, try every fair method of getting it away from them.

"But, no matter how hard your players try to get and keep the ball, there are

times in every game when the other fellows have it. When that happens, your players must know how to meet and stop their attack.

"There are two methods of doing that. In the past many teams used the zone system of defense, but the large modern courts killed that system. It still is useful on small courts. But the modern system is the man-for-man defense—a defense in which each man is responsible for a certain opponent.

"Basket ball is a hard, fast game, and training is essential to play it well. I advise all boys to practice as much as possible on outdoor courts. Some boys think that this slows them up, but I don't agree with that theory. One of the things that makes basket ball a hard game is that it is played indoors, and boys should build up as much health as possible by staying outdoors as much as they can. Before a game, of course, they should practice a few times on an indoor court.

"No preliminary training is necessary for basket ball. Running will slow a boy up, rather than make him faster. During the first two weeks of the season we have practice sessions two nights a week. After that we have practice three nights a week until the season is well under way. Then, with the team playing two or three games a week, one practice session is quite sufficient.

"We have a training table here at Pennsylvania for our basket-ball players, but I think that its greatest value is that it gets and keeps the players together. Strict dieting is not necessary—plain, wholesome food is all that a basket-ball player needs. He should get plenty of sleep, especially during the playing season, and he shouldn't smoke. Getting and keeping in condition, like most other things in basket ball, is mostly a matter of common sense."

