

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