

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."

