

## THE APPLICATION OF THE DRILLS

The teaching of the many phases of basketball fundamentals involve a number of complications that are perplexing to the coach. The problem of interest of the players is one of the major ones. Every coach is confronted with the player who tires of fundamental drill and goes through the set-ups with an automatic action that is less than half-hearted and produces no appreciable improvement in the individual. Perhaps the player or players will work earnestly for a week or more but the cry for scrimmage is soon sounded. We know from our teaching experience that we must have the interest of the individual if we are to progress in our teaching. Our teaching of fundamentals is mostly a matter of habit drill; instruction is given and practice is conducted until the action becomes one of habit. Yet we do not take into consideration that we fail to approach the condition which we are planning for in our drills. Lack of variation in teaching a fundamental, no competitive element in our drills, and antiquated set-ups that fail to teach what we expect them to teach are a part of our training. This is the situation the author faced when starting this study. The knowledge of a number of drills for teaching the same fundamental and careful planning of the practice session by rotating the drills increase the interest of the players with a corresponding increase in skill.

In the compilation of these drills no consideration has been given to instructions in the proper methods of executing the fundamentals of basketball. There are many texts on basketball available at the present time that cover all of the phases of basketball fundamentals clearly and completely. It is useless to use drills of any type unless the coach has a thorough understanding of fundamentals. Numerous suggestions of points to be given special emphasis are given in some of the drills. The author has found these worthy of that stress in administering these drills to his own squads. Championship teams have been and will always be teams that have *mastered the fundamentals of basketball and enjoy the game.*

Numerous drills can be constructed by the individual coach to teach phases of the offensive system being taught by him and