

*G. D. Downing*

AN  
OUTLINE  
OF  
BASKETBALL

BY

ADOLPH F. RUPP  
COACH OF BASKETBALL  
UNIVERSITY OF KENTUCKY

Spec. Coll. Gift Dick Parsons 12/81

This basketball outline was prepared with but one thought in mind and that was to give to the students of my course a complete and accurate account of the system of basketball as played by the University teams. In many of the coaching courses the work is of the lecture type. The students must take notes of the important things said and it is difficult to do this and pay careful attention to the lecturer. This outline carefully explains the way the fundamentals are executed. No great attempt was made to discuss the general theory of plays because of the details involved. That can better be shown by demonstration.

This outline is mainly to keep as a record the things explained by me during the course. If the reader during the season of play should have occasion to refer to it and find just one thing that will help solve his problems then I will consider all this work in preparing this outline well spent.

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## I. GETTING READY FOR THE SEASON.

- A. Medical examination required.
1. Protect players.
  2. Protect coach.
- B. Time of practice.
1. Afternoon practice best.
    - a. Team can eat regular meals.
    - b. Can spend the evening in study.
    - c. Allows players to relax before going to bed.
    - d. Allows them to get 8-9 hours of sleep.
  2. Night practice. Practice at night some for it ac-  
customs the players to game conditions and game time.
- C. Coach. On floor in basketball suit at all times to demon-  
strate.
- D. Equipment. Have warm sweat suits. Keep the boys warm at  
practice. Not enough care is taken of the boys at prac-  
tice and many of them catch cold. Have clean jockey strap  
and sox. You can't save here. Have two changes of light  
cotton practice uniforms besides the game uniforms.
- E. Shoes. Be careful in the selection of shoes. Better help the  
players yourself for they don't know what they want. Allow  
for the feet to expand. Feet will expand one-half inch  
in practice in length and also will expand in width. Get  
the shoes large enough and have them wear two pairs of socks  
to take up the friction between the socks instead of between  
the sock and foot.
- Most feet are cramped in the shoes and the toes are  
turned under. No toes ever touch the ends of the shoes re-  
gardless of how small the shoes may be. That is why you  
never see corns on the ends of the toes. Sometimes the corns  
are found on the sides of the feet because of the pressure  
there. If the shoes are too small they push up on the meta-  
tarsal arch and cause it to break. Arch strains, "stone  
bruises", heel bruises, callouses and blisters often devel-  
op and incapacitate the players, if not treated.
- F. Care of feet. Be careful in the first week of practice and  
watch the feet carefully. You can injure your team in  
this first week. If the feet begin to burn, allow the  
players to drop from the regular work and spend the time on  
things that will not cause injury to the feet, such as free  
throwing, etc.

Toughen the feet and have the players dry their feet between toes to prevent athlete's foot.

- G. Remedies for sore feet. Boric acid, alum, talcum powder and tannic acid. Tincture of benzoin also very good.
- H. Bath. Dry carefully after bath. Teach them how to dry. Especially the neck. If you catch cold in the neck it causes pressure on nerves and blood vessels leading to head.
- I. Weights. Keep a weight chart. A player should not progressively lose weight.
- J. Setting up exercises. Used by some coaches and has its advantages.
- K. Eating. Eat slowly. Our menu at noon of the day of a game; soup, small steak, baked potato, peas, head lettuce, ice cream, milk. Eat at twelve. Rest from two o'clock to five. Eat at five o'clock if the game starts at eight. Eat two pieces of dry toast and butter, one scrambled egg, one cup of tea. After the game eat something warm.
- L. Choosing men. Do not choose your team the first week. Give all of the boys a good chance and be a democrat in choosing your men. Choose good big men. Get high spirited men for they are the ones that will respond in critical times.

Have one big man for a guard. They are hard to move. Use the small men at forward for they are shifty but you need size here also to get the ball on rebounds. Have guards that can score. Have one fast man in guard position.

- M. Assignment of players. Choose the players for the positions that you want them to play and then specialize on their training. Allow them at times to change positions in scrimmage, forward to guard. They will appreciate how the other position is played. In assigning men in a game we assign the men, not the positions.
- N. Staleness. Watch for staleness if you have a long and hard schedule. Signs. Usually lack of enthusiasm in practice. Irritability of players. Lack of power to finish a game in strong condition. Usually by a loss in weight.
- Causes. Overwork. Too much study. Too much outside work. Lack of sleep. Examinations.
- Treatment. Complete rest. Keep away from gymnasium for several days. Change in daily program. Change in diet. More sleep. Sleep is the master builder of our bodies.

## II. EARLY SEASON TRAINING.

Systems of play and styles of offense and defense do not win championships. A coach early in his career should decide on a general system of play. This, of course, can be varied as conditions require.

Early season practice should be devoted to fundamentals. Do not scrimmage or run plays until you have mastered the fundamental details. It makes a ragged scrimmage and causes the boys to lose faith in what is expected of them. Fundamentals establish individual rather than team skill. Try to establish uniformity. Teach ball handling, stance, dribbling, pivoting, faking, footwork, cutting, shooting and rebound work. Remember there is no defense for ball handling. There is no system of defense that will stop a team better mastered in fundamentals.

Cutting the Squad. After three weeks of practice on fundamentals you will be ready to work on your general system of floor play. We cut our squad to 15 men. We try to get one team which always practise together on which are the best seven men. We believe that good team work comes only if boys play together. Frequent substitution demoralizes organized team play. Boys playing together learn to know each other.

Style of Game. Adapt your style to the material.

Small, light and fast players can use the fast break system with short passes and pivots. They should develop into an offensive team.

Big, tall men can best play a long pass, hook pass game with a strong rebound attack. Should be powerful from a defensive standpoint.

## III. FUNDAMENTALS

It possibly seems unusual to the average individual when I tell him that we spend three-fourths of our practice periods working on fundamentals. Mastery of detail in passing, dribbling, running and faking is essential to a good basketball player. Regardless of what theories of play you may have, unless you can put those theories into actual play by well-executed fundamentals, you will fail to have a winning club. Many boys come to us highly recommended but each and every one must spend hours of patient work in order to gain the polish required in our type of play. It is a mistake to train a boy in the fine points of the game if he can not properly execute the fundamental details.

Possibly the biggest job that faces a basketball coach is in the drilling that he must do in order to get self-control in his men, and in the suppression of individualism in the interest of team work. In the matter of team work basketball surpasses all college games, for in basketball every player on the team receives the ball continually during an offensive movement within the scoring zone. It follows, naturally, that there is great temptation to sacrifice team interests for individual glory by taking a perfect shot for a score. In order to be an important cog in a real machine, a man must overcome this temptation and work for team harmony. On a great basketball team you must suppress this individual effort and that can best be done by constant practice and training. In too many cases a basketball game is merely ten opposing players, each operating individually. Sometimes you will get a good team of individual stars but more often it merely robs the game of its best features, clever floor work and passing. And far too often these teams have few plays. Basketball today in order to put on an interesting performance for spectators must have clever plays. There should be no guess work about them. They should be planned so that every man should know what to do every moment and the players ought to be able to run through them in machine-like fashion. Every coach should spend a lot of time in building an offense by means of plays for he ought to capitalize on positive possession of the ball.

Another feature commonly overlooked in basketball is team drilling for the physical requirements of the game. You need speedy footwork, leg spring, and endurance. Give the players such exercises as will develop these. In the early part of the season it is well to have a set of exercises that you use regularly. Have some skipping ropes and require each player to use them for five minutes each day. Teach them to play on their toes and by means of the skipping rope develop such leg spring as they will need in a game. And above everything else do not overwork your men in these early practice sessions. Rather fail to give them enough work. Remember one thing, fatigue is cumulative. If you practise until the men are tired and then keep on driving them you are only teaching them bad habits, habits of loafing; they will soon catch on and will conserve their energy and not give everything in them in their drills. And they will learn to hate these practice sessions. Furthermore, when they get to the closing moments of a game they haven't the reserve energy to put on a drive that will lead them to victory.

In a very close game where both teams battle furiously, it is only a question of time until one of them cracks under the pressure. The team that hasn't the reserve energy, that isn't playing on its toes, that isn't alert, is the team that will crack. Therefore, condition your men so that they always have sufficient stamina to put across a victory if called upon to do so in the closing minutes of a game. You can't drive a man into condition; it can't be done. You don't condition the motor of your new automobile by running it wide open the first few weeks and you don't drive a race horse in the first few weeks at top speed. You must gradually break them in. A man's makeup is far more delicate than that of a motor or a horse.

Two years ago in a game between Kentucky and Georgia Tech, played on the Kentucky floor, we had one of the finest examples of conditioning that spectators will ever see. During the first 37 minutes of that game there was never a greater difference than two points in the score. One team would score and then the other. They came in at the half deadlocked 21 all. The second half was just as fast and furious as the first. I told my men at the half, "You will win; they are going to crack, for no team can stand such a pace." As the game wore on into the second half, it seemed that surely one team or the other would crack, but they continued playing neck and neck until three minutes remained. Kentucky for the first time was able to get a margin of four points and that was enough. Georgia Tech cracked and Kentucky scored again with but a minute and a half remaining. It was then only a matter of the watch ticking off the final seconds.

#### IV. PASSING

The most important fundamental is that of passing the ball. We spend hours of hard work on our passing. To the average individual this may sound absurd. The first thing I look for on an opposing team is how they "handle" the ball. This is the key that tells whether they are a high-class club or not. If they have smart and crafty passers who can size up the situations, who know when to pass and when to withhold the ball from play, who can pass true and with deception, then you can depend on an interesting evening, for the baskets will surely follow. It is highly important for the guards to be excellent passers for they usually start the offense.

Accurate and well-timed passing is the key to successful play. A team of indifferent passers may show up well in goal shooting in practice. The same team will make a sorry showing in a game, while a team that excels in the art of passing, although often making an indifferent showing in goal shooting while on parade, will often shine brilliantly under fire. The goal shot is simply a form of pass and the player who uses judgment and accuracy in the latter will excel in the former. In passing a ball to a teammate not in motion or one coming straight in, the pass should be made to a point in the region of the hips. If passed to the head or even as high as the shoulders, it causes fumbling because the arms do not swing naturally in those positions. Hard passes can be handled the best if passed low. In passing to a player moving diagonally across, the pass can be made higher, but never above the shoulder. It takes skill, gained only by hard practice, to be able to pass accurately to a running player at different distances and different rates of speed, so that the ball will reach the player at the proper point to be handled easily and quickly. Spend a lot of your daily practice on passing. Teach the players to



use the push pass, the underhand pass, the hook pass, and the bounce pass. Tall men should make excellent use of the hook pass especially when guarded closely. You may also spend time in learning how to catch the ball properly. Keep the hands in funnel shape, let the force of the ball come on the palm instead of the fingers. Drill to let the hands "give" slightly on impact of the ball and you will soon correct fumbling.

A. Handling the ball.

1. Catching the ball.

- a. Eyes -- watch the ball.
- b. Hands -- fingers and thumbs spread. Palms cupped.
- c. Arms -- give slightly. Carry immediately into position for shot or pass.

B. Passing.

1. Chest pass.

- a. Stance. Ball to chest, lean forward. Shove both hands out together and release ball. Snap wrists.

2. Bounce pass. About same as chest pass except pass strikes floor and bounces into hands of receiver. Pass should hit floor about a foot in front of and to the side of guarding player and about five feet from receiver.

Best used:

- a. To penetrate first line of defense.
- b. Offensive play near goal.
- c. Out-of-bounds play.

3. Underhand pass. Best used in short-pass and pivot game.

- a. One hand. Crouch like bowler. Elbow bent and close to side. Wrist bent downward. Follow through

Explain -- 1. Passing in to pivot man. 2. Used by pivot man.

- b. Two hand underhand pass. Elbows bent, close to side, wrists bent down and toward body. Pass by extending elbows and wrists. Follow through.

4. One hand overhead pass. Baseball pass. Put entire body in throw. Weight on left foot or front foot.

5. Right and left shoulder pass. Ball held by both hands with fingers pointing upward, thumbs behind and below ball pointing inward. Elbows fully flexed. Shoulders and upper arms do little with pass. Pass made by extension of elbows and wrist snap. Ball held near body, shoulder high. Advantage defensive. Used near side lines and under basket.

6. Hook pass. Used best by tall men and when defensive man plays close. Best for long distance. Hard to guard. Hold ball in throwing hand, waist high, fingers spread, ball against wrist. Hold ball in right hand, turn left side to defensive man. Take one step away, jump, turn in air, look, pass, and alight facing opponent, knees bent, hips down, ready to swing into play.
7. Slap pass or shove pass. Merely deflects pass without catching it. Use one hand or both hands. Good for fast passing, close in, and on held balls.
8. Flip pass. Used for close passing and in pivoting offense. Use wrist to flip ball to player cutting. Ball protected and shielded from defensive man. Seldom intercepted or fumbled.
9. Pass practice.
  - a. Fake passing. Line up three men in a row. Have center man on defense. Two others pass by him. Show use of eyes. Make defensive man second guess.
  - b. Speed passing. Use five men under the basket and have them spend time each day in speed passing under the basket with two dogs to block passes and in order to make them more careful in passing.
  - c. Guard passing. Practise guards in taking ball off of backboard and hooking out without dribble. Practise guards in feeding ball to forwards in cutting for basket. Have them learn how much to lead men with passes at various angles.

Improvement in passing is to be gained chiefly by eliminating the stop which occurs between receipt of ball and its delivery to team mate. Receive pass and repass with one motion.

10. Fumbling. Due to
  - a. Hard pass.
  - b. Misjudged speed.
  - c. Inaccurate pass -- too high, low.
  - d. Fatigue.
  - e. Fighting ball.
  - f. Not keeping cool.
11. Passing hints.
  - a. The first fundamental to learn is that of handling the ball.
  - b. In receiving pass go to meet it. May be at an angle. Then straighten out.
  - c. Do not pass to a man going away from you.
  - d. Pass across floor. Less apt to be intercepted.
  - e. Time your passes. Don't throw wild.
  - f. Pass to the waist line. Easily handled. You then can dribble, pass, pivot or shoot without adjusting the ball.

- g. Pass to position where team mate can get it.
- h. Do not telegraph pass.
- i. Drill. Line up 6 men, 3 on a side, and have them pass according to above fundamentals.

## V. SHOOTING

When not to shoot is just as important as to know when to shoot. I would say that, taking an average situation, a player should only shoot when there is a reasonable chance of making a goal. Just to take a chance shot with little hope of making it is merely inviting the opponents to take the ball. A player should never shoot when off balance or when the shot is exceedingly long or when his team mates are not in an excellent position to follow the shot and recover the ball in case that he misses.

Possibly the most important fundamental in the training of a basketball team is in goal shooting, for the winning of a game depends on this. Goal shooting is to basketball what putting is to golf; it represents the consummation of a score, and becomes possible only through constant practice to perfect judgment of distance and precision of aim and touch. Most of the goal shooting done by players in practice is absolutely wrong. In watching teams warm up, I notice that they always form into a semicircle about 20 feet from the basket and start shooting from there. And they usually spend the entire goal shooting period out there. Let me ask you a question -- how many goals in a game does your team score from out there? Why not practise your shots where you will get them in competition? If you will carefully check a number of games, you will see that the least guarded of any spot on the floor is the area within 12 feet of the basket, and you will also notice that the greatest percentage of shots missed are missed in this area. We here at Kentucky practise our goal shooting to conform to our plays and to the actual place where we get opportunities in a game. We never allow our center or our forwards to practise goal shooting from any other position than from the positions where they have opportunities in a game.

### A. Push shot.

1. Stance
  - a. Feet together.
  - b. Left foot ahead.
2. Crouch. Knees bent, hips down, head up.
3. Elbows in.
4. Arms, wrists and fingers in line.
5. Eyes on goal. Aim to clear rim.
6. Bring ball downward to waist line to relax muscles.
7. Keep arms in close to body in making shot.
8. Ball held by finger tips and palms and not against heels of hands.
9. Bring ball up along abdomen and chest and release it with a snap when it reaches a height above the eyes.

10. Hands should be rotated inward at finish of the shot so that the thumbs are close together and the palms are directed toward basket. Index finger last to leave ball.
11. English not required -- if shot is made properly enough english will be there.
12. Keep eye on ball.
13. Get into position for rebound.
14. Practise in close to basket and work out. Never start at long distances.
15. Get uniformity on shots.
16. In shooting long shots, hurry to get in fairly close with both feet together so that you may be able to move either way.
17. High arch.
  - a. Even if shot misses goal and hits 18 inches above basket it may go through.
  - b. Rebound.

#### B. Underhand shot.

1. Stance - at free throw line. Comfortable.
2. A natural and easy shot.
3. Let ball rest on cushions of fingers.
4. Ball held with both hands at waist level.
5. Elbows bent and close in to side.
6. Ball raised forward and upward with full extension of arms.
7. English given by a full extension of wrists and fingers at final movement.
8. Take full, deep breath when starting shot. Sets diaphragm and contracts other muscles of thorax.
9. Relax on shot.
10. Get uniformity.
11. Do not pull back on throw.
12. Practise 50 free throws daily.
13. Disadvantages.
  - a. Takes more time to make shot.
  - b. Easily blocked. Time. Arc.

#### C. One-hand shot.

1. Shot made by dribbling in.
2. Keep eye on goal.
3. Use high jump -- not broad jump.
4. At height of jump player finishes shot by full extension of shooting arm above head and by slightly pushing ball as it leaves the hand.
5. Lay ball up against backboard; don't throw it.
6. Two ways of releasing ball -- position of hands.
7. Slight English. Thumb turns toward basket and downward. This rotates ball away from player.
8. Faults.
  - a. Ball strikes backboard too close to ring.
  - b. Bad English.
  - c. Broad jump.
  - d. Shot made from in front of basket.
9. In dribble in shot, do not leave court. Hurry back. You may have missed.

- D. Cross-arm shot or shoulder shot.
1. Used when guard forces shooter away from basket or when closely guarded.
  2. Lift ball with both hands over the shoulder, elbows bent. This places ball away from guard.
  3. Ball thrown upward from the shoulder and diagonally across the face by extension of elbows.
- E. Flip shot. Used a lot near basket; may be made in two ways. Demonstrate. Used primarily near basket, if opponent will not allow you to drive by him.
- F. Tip in shot. Used under basket by teams with tall men that can effectively rebound. Full extension of arms and fingers. Jump.
- G. Shooting hints.
1. Relax.
  2. Be deliberate.
  3. Body balance.
  4. Don't take hope shots.
  5. Gauge distance.
  6. Shoot for the basket.
  7. Locate the basket.
  8. Watch the ball until it hits or misses.
  9. Arch.
  10. Follow the shot. On long shots follow so you are 10 feet from basket when ball hits basket. Then drive in.
  11. Practise at top speed.
  12. Practise the shots that you will get in a game.
  13. Practise close in.
  14. Study the backboard. Glass faster than wood.
  15. Get muscular coordination.
- H. Practice shooting drills.
1. Position shooting.
  2. Twenty-one.
  3. Dribble in shot.
  4. Feints, reverses and shoot.
  5. Speed passing and shoot.
  6. Center and guards hooking out, shoot then follow.
  7. Shooter working with guard -- both following.
  8. Line up men on sides -- pass to pivot man. Drive in. Get steps within cutting stride. Tilt inside shoulder and set ball down with outside hand.

## VI. THE DRIBBLE.

A. Use of dribble.

1. Taking ball away from basket on defense. Pass as quickly as possible.
2. Advancing ball to defense.
3. Short drive in for basket.
4. When other players are behind man with ball on fast break.
5. To draw defensive men out.
6. Tip-off.
7. When other men are covered.
8. Intercepted pass.
9. Feint and dribble.
10. Pivot and dribble.
11. Dribble, pivot and pass to trailer.

B. Dribbling Technique.

1. Bend knees -- legs well crouched. Play on toes.
2. Bend body forward -- hips low.
3. Head erect.
4. Arms extended. Keep ball well in front so you do not kick it.
5. Ball pushed -- not batted.
6. Fingers cupped and well spread.
7. Elbow low -- should rise and fall but little.
8. Ball bounce about  $2\frac{1}{2}$  feet.
9. When dribbler stops, he is in a crouched position -- not upright.
10. Give body protection.
11. Have trailer to your dribble.
12. Dribbler should be in position to stop, pivot, shoot, turn or pass.
13. Practise for proper stride.
14. Dribbling adds an additional threat to a man. It is spectacular from standpoint of spectators.

C. Objections to dribble.

1. Causes selfishness.
2. Four men remain idle.
3. Defense has time to cover offensive players.
4. Men not skilled, Lose own men.
5. Causes indecision in team mates.

D. Cautions in the use of the dribble.

1. Don't dribble if you can pass.
2. Don't dribble until you are ready.
3. Don't try to dribble by a defensive man waiting for you.
4. Don't continue to dribble when cornered -- pass and pivot.
5. Don't make a long dribble. It ruins team work.

E. Drills.

1. Line up four chairs equally spaced length of floor. Dribble around these, shifting hands. Use outside hand. Shoot. Hurry back into court for rebound and dribble back.
2. Dribbler near middle of floor. A guard lines up four feet away. Dribbler feints and tries to break by. Guard tries to break it up. Check all fundamentals on both men.
3. Turn back to defensive man. Rock out with reverse, dribble and go into basket.

## VII. PIVOTING.

A. Its use.

1. Best used with short pass, short shot game.
2. Best used against charging defense.
3. Best used against sticking man-to-man defense.
4. Best used to block out defense.

B. Technique of rear turn or reverse turn.

1. Pivoter advances to within four feet of opponent. If he intends turning left he sets or slaps his right foot forward at guard. Have stance of dribbler. Stop flat-footed. Push back on right foot and swing right leg well extended, backward and to left. The player pivots on the ball and toes of left foot. Make a half-turn or about-face. Then make another turn -- pivot on right foot, swing left one forward and to the right to shake guard. Then pass the ball.

C. Technique of front turn or forward pivot.

Dribbler has ball, back to guard. If he goes to right, he pivots on right foot. Pivoter on toes, body balanced over pivot foot, ball pulled in at waist, left leg swinging.

D. Pivoting hints.

1. Timing is essential in pivoting. Man working with pivoter must do the timing. Do not come too soon. Come late and fast.
2. Use pivoting to get away from guard even if you haven't the ball.
3. Practise change of direction turn.
4. As a rule, pivot to the outside.
5. Threaten the guard, then stop, reverse and pass.
6. Feint pass but do not move feet, suck up guard, then pivot by him.
7. In pivoting pull away from guard when passing to a trailer.
8. Keep low on all pivots. Be set to drive in any direction after pivot is made.
9. After you pivot, you may run interference, that is, go the same way as the man that you passed to. You will then be on the inside lane to receive a pass. Or you

may go on the opposite side. This places guard between you and the man with the ball.

10. In pivoting near basket, the footwork is the important thing. Explain wrapping.

E. Drills.

1. Use six men and three balls in circle. Make complete pivot.
2. Dribble across floor. Pivot, and pass to trailer. Go around him, have him flip pass to you, dribble across court, pivot, pass to trailer again, go around him, take flip pass and shoot. Both follow. Watch all fundamentals.

VIII. CENTER JUMP.

- A. Stance. This varies with individual. Usually knees slightly bent, on toes. Keep your eyes on ball as it goes up. You can judge jump better.
- B. Use the cushions of three middle fingers. Brace them with thumb.
- C. Keep arm straight in jumping.
- D. Alight with knees well bent set to go on offense or defense.
- E. Practise for leg spring. Develop jumping muscles.
- F. Place the ball.
- G. Don't slap it. Arch it.
- H. Jumper plays ball -- not opposing center.
- I. Time the jump and gauge the height of ball.
- J. Jumping hints.
1. Get the tip-off. It gives you possession of the ball.
  2. Have the center watch line-up of men to change tip-off if need be. Don't give signals until you see how opponents line up.
  3. Concede the tip-off but not the basket. Fight for tip-off if you can't get it.
- K. Fundamentals of center jump also apply to held ball. You have four times as many held ball plays. Practise every man in jumping.



## IX. FOOTWORK.

Another important fundamental is proper footwork and under this we class running, faking and dribbling. We have experimented so that our stance at any place on the floor is proper for a quick break from that particular position. In basketball the situations change with every pass of the ball. Players are constantly on the move. We tell our boys that whenever they break or are in motion to break quickly and never to loaf. Players should know where they are going before they start and should never jog along on the floor with no particular aim in view. We practise this fundamental by mixing in feinting, deception, shifting, reverses, pivots and a change of pace. "Do not run in straight lines or in circles" is one of the pet phrases of every coach.

Regardless of what system of play is used the idea is to free a player so that he can score. In the fast break system the idea is to get this advantage by numbers or by speed; in the deliberate offensive system the idea is to get it by means of a block. When all your individual players are well drilled in fundamentals and act in harmony the result is what we call team play.

I tell my boys to study the opponents' faults and keep them in mind in order that they may take advantage of them. If an opponent is especially weak, we never try to wear out our welcome because we may have need of "cashing" in on his weakness before the game is over. Also if you take advantage of this weakness too often, a substitute will soon be in to take the place of this particular player. In other words, study your opponent for his weakness for, as has often been said, "The team that makes the most mistakes will lose in the end." Each player should be alert and should catalog all the weaknesses of his man and all the time he should be thinking and planning. Study the footwork of the opponent; does he play you close or does he stay away; can you throw him off balance; how fast is he; is he a ball-hawk; how does he play on defense under the basket; does he follow the ball and allow you to get away; can you feint him out of position; can you throw him off by change of pace?

These are all individual responsibilities of team play and, as I have said before, come only from long hours of work on fundamentals.

To you boys who are learning the game and to the coaches who are teaching these boys, let me say, spend your time on fundamentals, for fundamentals are polish. A polished team wins.

## X. INDIVIDUAL OFFENSE

I hesitate to discuss the individual offense, for basketball is essentially a team game. However, an individual must be an offensive threat. The discussion on fundamentals, footwork, shooting, dribbling, pivoting and the center jump covers all individual responsibilities of the offensive man. I will just list a few other requirements:

- A. Get the ball at center when you are sent for it.
- B. Don't lose the ball on an offensive drive. Make every pass good.
- C. Play in a crouched position -- be ready to move forward, backward or sidewise.
- D. Go into defensive territory. Be a good guard also.
- E. Don't telegraph plays or movements.
- F. Catalog your opponent.
- G. Time your movements.
- H. Inform other men of faults that you see.
- I. Be alert at all times.
- J. Follow every shot taken by your team.
- K. Do not loaf coming back on floor after a dribble in shot. You may have missed. Get in a position for a pass.
- L. Have a change of pace. Do not plow ahead at full steam all of the time.
- M. Use side steps, feints, fakes, reverses and pivots.
- N. Go to meet all passes -- then straighten out.
- O. Outguess your man. Make him do the guessing.
- P. Be unselfish. Help others to score.

## XI. TEAM OFFENSE.

As has been said before, the sum of the individual movements goes to make the team system. As the individual functions, so does the team. It will be difficult to discuss here in detail the various systems of play, so only a general set-up of the Kentucky system will be given here, but the entire system will be explained in detail by use of the outline. Since the pivot play is so generally used, a detailed discussion is given.

Since it is still possible to use this pivot play regardless of rule changes, it is felt that it should be discussed at length.

In discussing offensive basketball I think it would be best to explain the Kentucky system of play. I think it is best for a coach early in his experience to develop some fairly definite fundamental ideas of the game. I think that he ought to think out clearly his theoretical style of play and then stick to that style if the theory is sound. To be theoretically right isn't sufficient. You must be practically right. The theory of play that we use here at Kentucky is the same that my teams have been using for the past twelve years with minor changes here and there from year to year to take into consideration the changes in rules, changes in material and changes gained from experience. This theory of play has been fairly kind to us, and until we are convinced that there is a better system, we will stick to the one that we have. Our boys all know our system, it's fairly simple, and we are getting results, so I see no need of changing.

First, I would say that our system of play is built upon the proper execution of fundamentals; second, on the elimination of false moves and passes; third, upon speed; and fourth on a set or delayed offensive. This past year we had three tip-off plays, five out-of-bounds plays, thirteen floor plays and a fast break set-up. We found that three tip-off plays proved sufficient and we put more of a premium on out-of-bound plays for there we had actual possession of the ball. We arranged our defense in such a manner as to give our fastest men an advantage on breaking for the basket whenever we gained control of the ball. Our first pass-out was long in order to cut off as many defensive men as possible. Then, by means of our set-up which varies, we broke for the basket in a quick attempt to score. We used a fast break if we could get two men down on one defensive man or three men on two defensive men. This proved very effective and we scored a lot of baskets because the defensive was unable to pick us up in time. If we failed to have a fast break we advanced the ball over the center line and then used our set plays to score. This system has all the ingredients of the game; namely, speed, lightning passes, dribbling, cutting, faking, change of pace, and above all, ACTION. That's what the customers pay for. I believe we can say that we were fairly successful with this system, for the team scored an average of 45.5 this past year, 44.1 two years ago, 43.70 three years ago, and an average of 37.50 four years ago. We emphasize offense, for it's offense that wins. You can't win consistently playing a defense game.

Roughly the following covers practically all systems of play now used:

- A. Fast break. The Kentucky set-up explained.
- B. Five man offense. Eastern style of play.
  1. Individual ability to handle and pass ball.
  2. Necessity of keeping ball.
  3. Five men in motion.
  4. Each player a potential scorer.
  5. No set-up of players.
- C. Delayed offense.
  1. Pivot play offense.
  2. Two pivot offense.
  3. Back formation -- Kentucky style.
  4. Rotating or Continuity.
- D. Offense for breaking through zone.
  1. Beat them down the floor.
  2. Spread formations. Speed.
- E. Tip-off plays.
  1. Forward to forward.
  2. Forward to forward to center.
  3. Forward to guard.
  4. Forward to guard to center.
- F. Hints for offensive teams.
  1. Keep the center open.
  2. Pass accurately.
  3. Look first.
  4. Go to meet the ball.
  5. Don't pass to side line.
  6. Keep out of corners.
  7. Clear space for team mates.
  8. Screen for team mates.
  9. Don't shoot unless you have a perfect set-up for a follow up.
  10. Control the ball.
- G. Screening.
  1. Pivot screen.
  2. Straight screen.
  3. Slide screen.
  4. Inside screen.
- H. Following own free throws.
  1. Straight in.
  2. Tip to side.
- I. Playing the pivot line.

J. Rebound work.

1. Tipping.
2. Pass out.

Pivot Play.

One of the greatest developments in recent years has been the introduction of the pivot play in basketball which has turned out to be the most damaging scoring play ever devised. This play was introduced in 1925 by the Original Celtics and with its many variations as used today has practically standardized the system of offense. It quickly spread to all sections of the country and when used by capable ball handlers cannot be stopped. Roughly described, the play works like this. The center establishes himself slightly back of the free-throw lane. The forwards play near the side lines and about five feet out farther from the basket than the center. The two guards stay near the center line and control the ball. The man playing the pivot position must be an excellent ball handler with a high degree of basketball sense for he must know when to pass to a team mate, when to withhold the ball from play and, also, when to reverse and score himself or pass the ball back out to the guards. The pivot man must have excellent foot work and must know when to break for the pass and shake his guard so that he will not intercept the pass. Many coaches establish the pivot man on the free-throw line and pass in to him there. We have found it better to stay two yards back of the free-throw line and then break quickly to the line where the pivot man receives a bounce pass from the guards or forwards. The two forwards then break past the pivot man using him for a block to shake their guards. In order to keep the forwards from arriving at this spot at the same time we have the forward go in first on the side of the floor where the pass was made from. If the guard of the pivot man shifts to take the first forward across the pivot man passes to the second forward or pivots and goes in himself. We also send a guard in on every play and often he gets the pass. Many variations can be worked from this set-up. Five years ago Carey Spicer, one of Kentucky's All-Southern Forwards, made 26 points in one game on this play, while Sale, All-Southern and All-American center, was one of the most effective men on the pivot line ever developed in collegiate play.

This is a beautiful system of play and gives you all the ingredients necessary for action for it brings into being lightning passes, fast breaks, running, change of direction, blocks and superb ball handling. Last year a new rule was passed, limiting the time that a pivot man may hold the ball to three seconds. This has not caused the pivot play to lose its effectiveness but has considerably speeded up the game. The East and Middle West report a lot of rough playing by the two men on the pivot line and some of the coaches have advocated abolition of the pivot play.

I wish to say that we have not found this true in our section and if there is rough play it is the fault of the officials and not of the play itself, for every rule of the game applies to the pivot line as well as to any other part of the floor. However, some coaches are always ready to change the rules whenever a fault appears, when, after all, all that they need is capable officials. In this connection I might say that I am of the opinion that our game of basketball today is an excellent one and, instead of constantly changing the rules, we had better learn those that we have.

I have described the pivot line offense because it is so commonly used. Every team that we played last year used it. Some of these teams used it as the only offensive set-up. We also use it here at Kentucky and during a season will get over one-half of our baskets from its use. We also employ another set-up when conditions require us to do so. I would suggest that all teams have at least two such set-ups so that if a defense stops one of them, the other may be used.

Let me say again, basketball is a game of action. The idea is to score. Drill your team in such a manner that all men supply the action. Use a fast break whenever you can. If you do not have a fast break, then use your set plays. Give the spectators an interesting and entertaining performance. That is what they are there for, and they will continue to come as long as they get value received.

## XII. INDIVIDUAL DEFENSE.

- A. The most important feature of individual defensive play, I would say, would be never to allow a man to get between you and the basket.
- Regardless of the position that the offensive man takes on the floor, the defensive man must take a position that will prevent the offensive man from having a direct path to the basket. In offense we teach our players to out-maneuver, to get a step on the defensive man. So in defensive play the opposite should be the order. If the offensive man is at a distance from the basket the guard as a rule will not play him as closely as when he is close in. You must play some men closer than others but a general rule would be to play a man at such a distance that you can adequately guard him and at the same time not allow him to break by for a chance to score.
- B. A guard should always keep his eyes on the ball and on the men at the same time. I said men because one man is not enough. In the game as played today a lot of blocking takes place. If you are not careful and just watch your man, a block will be created and you will be boxed. Therefore, watch all the men who move in your direction for you must learn to "switch" in order to cooperate with your team mates.

- C. A defensive man should force an opponent to take long, hurried shots. If you can force a team to take long shots the chances of hitting the basket are not very great. If you can make them hurry their shots the accuracy of their shooting will also diminish.
- D. A good rule to follow is to play the ball and not the man in order to prevent fouling. A clever ball handler can make a guard foul him. As I have said before, study your man, catalog his weaknesses and strength and try to out-guess him. If you can prevent him from getting a pass, play him accordingly.
- E. When we lose the ball on offensive, I tell my boys to get back in defensive position unless there is a reasonable chance of regaining the ball. I tell them: "Hurry back. One of your team mates may be caught out of position and his man be breaking for the basket. You can pick him up until your team mate arrives. That is a part of team play. If you are near a man, and can guard him, and if you allow him to score, regardless of the man-to-man assignment you are to blame. If you are caught alone under the basket with two or three opponents, don't give up, play one hundred per cent harder. Your team mates will soon give you help."
- F. A guard must always maintain an inside position. This holds true on play from center. If an opponent is dribbling, maintain an inside position and drive him to the side lines. Don't stand flat-footed and slap at the ball. Get in motion with the man, use your inside hand and try to take the ball away in that fashion. Be careful that he does not stop quickly and throw you off-balance and then take a quick shot at the basket. A defensive player, if caught flat-footed or off-balance, is committing one of the greatest offenses of defensive play.
- G. Another grave mistake to make is to take your eyes off of a man after he passes. Nine times out of ten the best pass is a return pass to this man. After a man passes all eyes usually follow the ball. You must watch this passer for he can take advantage of this and make a quick break for the basket. Stay with this man after he passes.
- H. In rebound work under the defensive basket I tell my boys never to bat the ball. The danger here lies in the fact that they may bat it to an opponent and allow him to score. The rule we follow is to catch all balls coming off of the backboard and to pass out as quickly as possible and as long as possible. Since we depend on a quick break on offense the long pass cuts off the defensive men. A guard must start the offense quickly and must learn to get the ball out or your fast break system will not prove successful.

- I. The footwork of a guard is important. As I said on another occasion we study our footwork so that our position is proper anywhere on the floor. A guard should slide with an opponent and not cross step or cross his feet. He should play on his toes and in a crouching position. He should have a stance that is comfortable and that will enable him to drive quickly in any direction. He should keep his arms outstretched swinging up and down to bother the opponent in shooting and passing and to cover as much territory as possible in order to block passes. This slows up the offense for it prevents the man with the ball from making many passes that he would otherwise attempt. A guard must be careful not to play too far under the basket or the opponents in rebounding will drive the guards out of bounds. Have one big guard that can stay under the basket regardless of how hard the opponents drive in on their follow-up shots. Also have a forward cover the free throw lane on every shot for a lot of balls fall in that area and the guards are too close in to cover this particular spot. I think the center ought to be in closer than the free throw lane for his size is necessary to combat the size of the opposing center. After a guard gains possession of the ball he ought to get it out of the danger zone as quickly as possible. He ought not to dribble in the back court if he can pass out.
- J. A guard should not charge an opponent. He should always approach the offensive player with feet apart in order to be able to shift to meet the offensive man's tactics. If he should charge the offensive player the latter will side-step and make a break for the basket. A basketball player should watch his footwork and his body balance and if he makes mistakes he ought to profit accordingly. Along this same line we may add that a defensive man should not jump in the air at the man who has possession of the ball as this will allow him to side-step and get by for a clear shot at the basket. As a general rule, I would say never jump in the air to block a shot. If the man with the ball bluffs a shot then the guard off his feet is out of the play. It is best to keep one's balance at all times. However, a leap for a positive shot may be attempted as a gamble. Four years ago we played Tennessee in Knoxville, in a very close game. With a one-point lead Sale left his feet on four occasions in the last three minutes and knocked down four balls on their way toward a Tennessee goal. This caused a lot of comment in our dressing room after the game and also later on the train on our way home, for it's one of our rules for a defensive man to stay on his feet. But I can assure you Sale was graciously forgiven.
- K. Another fundamental of good guarding, I would say, is that if a guard is caught alone with two opponents, never allow either to draw the guard away from the vicinity of the basket. Force the shot from as great distance as possible. Then after a shot is taken, do not continue to play your man. Turn and take the ball off of the backboard.



L. A guard ought never to go down on a play unless there is some one covering his territory. One guard should always remain in a defensive position. With that, let me add that a guard should not be content to be a guard only. Develop your basket-shooting eye. Good goal-scoring guards are at a premium. If your team is getting the tip-off, have a guard go down on scoring plays. But, remember, a guard must also watch for the opposing guard to crash through on tip-off plays. In this case the guards must be prepared to pick them up. And let me add again for the sake of safety; "Keep an inside position and never allow an opponent to get behind you."

M. Other defensive hints.

1. Stance.
  - a. Eyes.
  - b. Waist and hips.
  - c. Feet and arms.
2. Footwork.
  - a. Short steps.
  - b. Don't rush. Go cautiously.
  - c. Don't cross steps.
  - d. Use inside hand.
  - e. Go with dribbles -- don't stab.
3. Mental guarding.
  - a. Guard at disadvantage. Second guesses.
  - b. Talk.
  - c. Guard against passes and shots.
  - d. Anticipate movements.
4. Guarding man without ball.
  - a. Show position on
    - (1) Tip off.
    - (2) Set plays.
    - (3) Out-of-bounds plays.
  - b. Footwork of guards.
    - (1) Guarding man near side line.
    - (2) Guarding man near basket.
  - c. Defense for blockers. Switch. If man blocks you, take the blocker, talk, tell men to switch.
  - d. Guarding two on one.
5. Guarding man with the ball.
  - a. Watch position.
  - b. Watch position of feet.
  - c. Watch for feints.
  - d. Make him show.
  - e. Anticipate plays.
  - f. Watch for blocks.
  - g. Watch him after he passes.
  - h. Guarding dribbler.
    - (1) Get in motion.
    - (2) Use inside hand.
    - (3) Drive dribbles to side line.
    - (4) Bluff dribbler.
6. Don't leave your feet on bluff shots.
7. Don't be a "ball hawk." Trouble.
8. Don't be caught flat-footed. Stance.
9. Wave arms and yell.

10. If offensive man drives in to basket, cut him from underneath. Don't reach over him.
11. Watch for opposing guards breaking through on tip off.
12. Never go on offense unless some one protects your move.

### XIII. TEAM DEFENSE.

Many coaches today preach that, "The best defense is a good offense." "The opponents can't score when we have the ball." How often have you heard those two statements. And there is truth in both of them but it isn't all truth. A good offense with a weak defense will not win ball games against a team with both a good offense and good defense. And again, even though the opponents can't score when you have the ball, are you absolutely sure that you can score?

To most spectators good team work applies only to offense basketball. They say; "Did you see our team pass tonight?" "Did you see them break for the basket?" "Wasn't their team-work great?" We agree. If spectators really want to see a team with good teamwork, they have an excellent chance to see it on defense, but here it is usually not appreciated for the spectators watch the man with the ball.

The zone defense was generally used from 1917 to 1925 with the greatest success. It was used entirely in the Middle West, especially the Missouri Valley, and is still used today by many coaches with more or less success. If a coach has a powerful offense, has rangy players and two good guards, he can afford to take a chance on this type of defense. In basketball the entire game is based on having individuals better than the opponents or in being able to get two men against one guard or three men down on the two guards. Since it is necessary to put three men through the first defensive line in order to beat a zone defense, you can see that when a ball is intercepted the defense has three men, the two forwards and center who can break against the two guards. This shows the advantage of the zone defense. But about 1925, the opponents of the zone defense got a lead of a few points and then held the ball in the back court making the opponents take them man to man. The defense usually was weak in this style of play and many a coach watch a brilliant team be defeated by a very average ball club because of its inability to adapt itself to the changed defense made necessary, due to the fact that the opponents had a lead which they intended to hold. A good zone defense is beautiful to watch but most of the time you will see it pulled out of position and made to appear weak.

Three years ago a new rule was introduced requiring the offensive team to advance the ball over the center line 10 seconds after gaining possession of the ball. This has been a help to the exponents of the zone defense, and as a result many teams have gone back to using it. This is especially true of teams that play on narrow courts. The advantage of a zone defense lies in the fact that it rests the men, keeps the three offensive men in the front court where they can quickly break on the opponents' two defensive

men if a pass is intercepted and also it is easier to teach a zone defense than to teach each individual all the fundamentals of individual man-to-man defensive play.

But I believe the best type of defense is the man-to-man type and it is most generally used. When you combine with it the shifting features you have a defense that if well coached is beautiful to watch and combines all the elements of team play. The value of this defense is that each man knows whom he is supposed to guard and can be held accountable for same. And a coach can place his men in order to take advantage of the strength or weakness of the opponents. It is therefore possible to make this type of defense combine the features of individual defensive play. Therefore, if you teach the individual to be a good defensive man, it will give you a good defensive team.

Team defense resolves itself into being efficient only if the individual defense is efficient. In main, the styles all boil down to two general styles:

A. Styles of defense.

1. Man to man.

- a. Assign men -- size, ability, speed.
- b. Check men as they come through.
- c. Switching.
  - (1) Picking up loose men.
  - (2) Switching on blocks.
  - (3) Switching on pivot play.
  - (4) Switching back to assigned men.
- d. Guarding the pivot play.

2. Zone defense.

- a. Five assigned zones.
- b. Four zones and one shifting.
- c. Three zones and two shifting.
- d. Two zones and three shifting.
- e. Advantages of zone. Rests men, offense in front can teach position.
- f. Disadvantage -- discussed before.

B. Tip-off defense.

1. Y formation.
2. Rotating triangle.
3. Crashing of forwards.

C. Held ball defense. Same as tip off with greatest defense between ball and the basket.

D. Sandwiching or smothering. In offensive territory. Under basket.

E. Freezing. Essentially an offensive tactic used to keep ball.

F. Defense for free throws.

G. Defensive rebounding.

- H. Drills. Best way to teach defense is to work one on one. Then two on one. We usually work three on three or an offensive team against a defensive man to man or zone defense. Remember that the weakness of the man to man defense is blocking.

## NOTES

- A. A good system of play.
1. Few plays.
  2. Complete mastery of fundamentals.
  3. Team sense.
  4. Spirit. Plays are good but spirit wins.
- B. Zoning backboards.  
Many coaches do this. It is a good idea to explain these zones to the men for they possibly will only discover it otherwise by a lot of experience. The line of incidence is equal to the line of reflection.
- C. Spot basketball.  
If a player is hot from a certain position drill him there. We drill our men to shoot from certain positions and plan our plays for them accordingly. A man may never get a shot from a certain position on the floor and there is no use for him to practise from all the positions. Devise your fundamentals according to the use you have for them.
- D. Fundamental execution.  
Drill individuals in fundamentals until they have mastered them. Get uniformity on all fundamentals. Some coaches say that you should never allow a man to execute a fundamental of his own. I believe if these fundamentals are good they should be developed and encouraged. It adds threat to what you already have. You must drill and drill on these fundamentals every day. Watch your men on these drills. A player now needs instruments of strategy as well as physical perfection and these are given him by fundamentals.
- E. Last minute notes or hints.
1. Offense.
    - a. Use as much strength as possible on offense. Three men only 60%, 4 men 80%, 5 men 100%.
    - b. You need tall men for the long pass game.
    - c. Hook in a long pass from out of bounds.
    - d. Have a change of pace.
    - e. Use change of direction moves to lose men.
    - f. Fake a pass, dribble and shoot.  
Fake a pass, and floor bounce.  
Fake a shot, and pass or dribble.
    - g. Use long passes for fast break.
    - h. Concede the tip off but not the basket.
    - i. Don't wander into situations. Come late and fast.
    - j. Remember in offense the idea is to get two on one or three on two.
    - k. Don't use too many plays. Learn those that you have.

- l. Never take your eye off of the ball on offense.
  - m. Keep the ball in motion. Keep the defense guessing.
  - n. When stalling keep on threatening to score. Don't let the opponents know that you are stalling.
2. Defense.
- a. The zone defense works best against dribble pivot plays. The man to man defense makes too many fouls.
  - b. Pass out long after opponents' shots and beat them to the basket.
  - c. A good defense for the fast break is to use a sleeper under your basket.
  - d. Don't allow the defensive man to "take tickets". Make him get in motion.
3. To coaches.
- a. Build your system according to your floor for you must play at least one-half of your games there.
  - b. Have confidence in your system. Don't change it too often. It looks as good to the other coach as his system does to you.
  - c. Don't allow your boys to loaf in practice. They get the habit. If they are tired, dismiss them.
  - d. Don't allow them to loaf after they have made a pass or shot. They are the men most easily passed to.
  - e. Get good officials that you and your boys have confidence in. They may cost more but they will be the cheapest in the long run. Remember, they all miss them.
  - f. Remember, relaxation is the secret of an agile basketball player.

#### A COACH'S RELATIONSHIP TO HIS TEAM

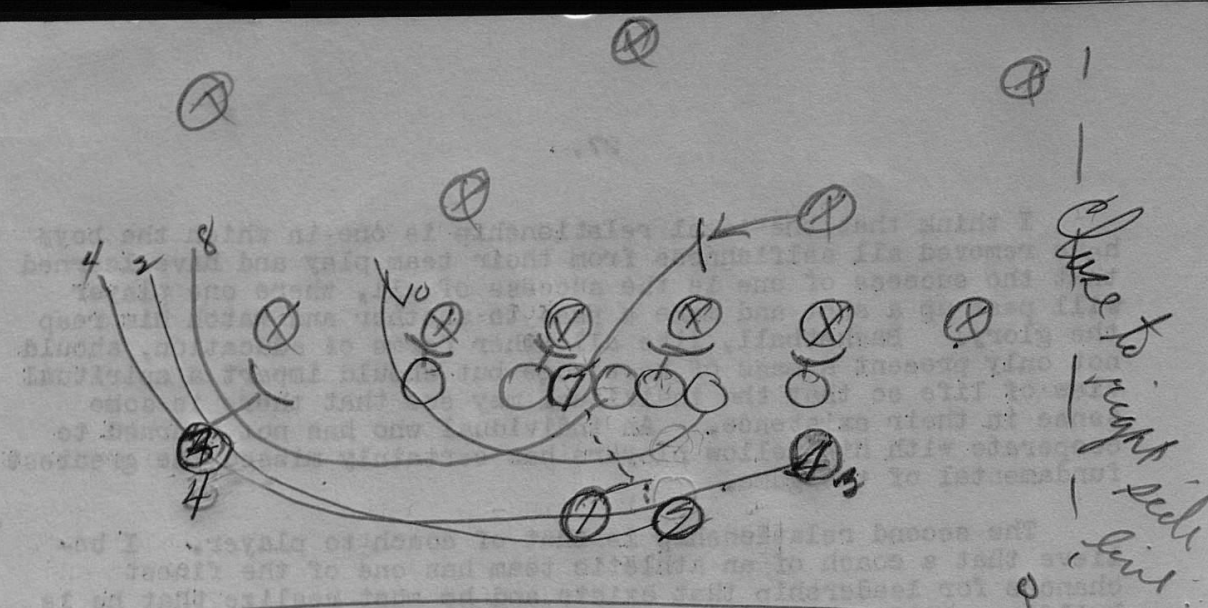
In order to have a good team certain relationships must exist. These relationships are player to player, coach to player and player to coach. Let's look at all of them. First, let's look at the player to player relationship. I think that many teams are broken up due to jealousies that exist among the players. This may be due to various causes. Some boys are jealous if their team mates get the best of the newspaper publicity. Some coaches blame the failure of their teams on the sports writers. I think this highly unfair. A sports writer is after the news. If one boy shows more brilliantly than the others it's natural that he should get the best of the news. The winner of the horse race usually makes the story while the others follow as they finish. If a boy achieves, he ought to get the credit, and a coach should see to it that this should not cause ill feeling on his team. The boys must feel kindly toward each other at all times. Have them study together and try to get them to associate with members of their group as much as possible.

I think that the ideal relationship is one in which the boys have removed all selfishness from their team play and have learned that the success of one is the success of all, where one player will pass up a shot and make a pass to another and watch him reap the glory. Basketball, like all other forms of education, should not only present a mass of knowledge but should impart a spiritual view of life so that the individual may see that there is some sense in their existence. An individual who has not learned to cooperate with his fellow players has certainly missed the greatest fundamental of the game.

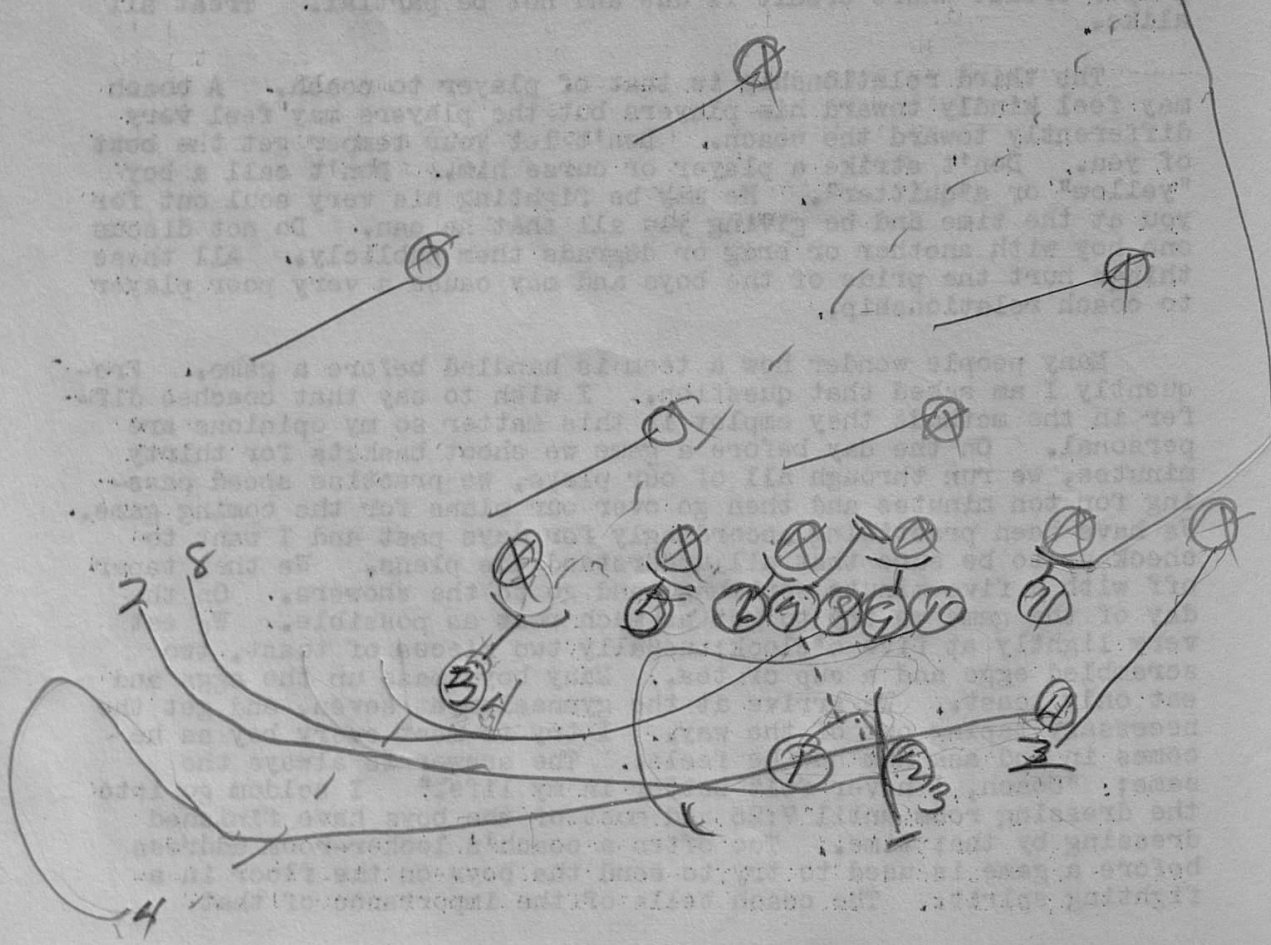
The second relationship is that of coach to player. I believe that a coach of an athletic team has one of the finest chances for leadership that exists and he must realize that he is building citizens rather than ball players. The first thing that I tell my boys when they report for practice is that the greatest aim of life is to achieve and succeed. I want my boys to see early that the greatest opportunity is offered to those who are prepared. I want them to study. I want them to make splendid grades. I don't care for the boy who just wants to "get by." He will play basketball the same way. I want a boy to realize that he must fight his way to the top; there is no such thing as a short cut. Veneer isn't worth anything. As a coach you must give proper credit where credit is due and not be partial. Treat all alike.

The third relationship is that of player to coach. A coach may feel kindly toward his players but the players may feel very differently toward the coach. Don't let your temper get the best of you. Don't strike a player or curse him. Don't call a boy "yellow" or a "quitter". He may be fighting his very soul out for you at the time and be giving you all that he can. Do not discuss one boy with another or brag or degrade them publicly. All these things hurt the pride of the boys and may cause a very poor player to coach relationship.

Many people wonder how a team is handled before a game. Frequently I am asked that question. I wish to say that coaches differ in the methods they employ in this matter so my opinions are personal. On the day before a game we shoot baskets for thirty minutes, we run through all of our plays, we practise speed passing for ten minutes and then go over our plans for the coming game. We have been practising accordingly for days past and I want to check up to be sure that all understand the plans. We then taper off with a five-minute scrimmage and go to the showers. On the day of the game we try to get as much rest as possible. We eat very lightly at five o'clock; usually two pieces of toast, two scrambled eggs and a cup of tea. Many boys pass up the eggs and eat only toast. We arrive at the gymnasium at seven, and get the necessary taping out of the way. I try to meet every boy as he comes in and ask him how he feels. The answer is always the same: "Coach, I never felt better in my life." I seldom go into the dressing room until 7:25 and most of the boys have finished dressing by that time. Too often a coach's locker-room address before a game is used to try to send the boys on the floor in a fighting spirit. The coach tells of the importance of that



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particular game. His pleas are tear provoking. I often hear it said; "That coach can certainly send a team on the floor with tears in their eyes." I may be wrong but I don't care for tears in their eyes; I'd rather have baskets. I feel that there are more important things for a coach to talk about. You are matching wits with a capable opponent, so let's consider how we can defeat them. Go over the plan of offense. Go over the defense. How will you play if they employ the zone defense? When will you call time out? What is the starting line-up? These are sensible things to talk about before a game. At 7:35 we go on the floor and warm up. At 7:55 I take my starting line-up to the dressing room again. Many people believe that the purpose of this is to key the men up. Far from it. I don't want my men to go on the floor excited and nervous. I want them to have positive self-control, for in basketball you need keen judgment and cool nerves. The purpose of this return to the dressing room is to adjust equipment, possibly wash out the mouth with water and take off the warm-up equipment. I then give them the numbers of the men that they are to guard, tell them the numbers of the plays that I think will work and tell them what I have observed during the warm-up period.

I seldom watch my own players warm up but try to observe the opponents. How do they handle the ball? How fast are the men, do they have one-handed shooters, left-handed shooters, etc. I try to give this information of the opponents to my boys for it's valuable. I ask if they have questions and if they have, try to answer them. We then take the floor. I seat myself with the most likely substitutes near me. I feel that a coach's usefulness now again comes into evidence, for often the result of a game depends on his judgment. He must make timely substitutions, give the substitutes proper information, make necessary switches in defense and in offense. True, the boys must play the game and make the baskets, but the generalship of the game lies with the coach.

The game may not progress as you expect it to. The players will make mistakes. You as the coach should not get excited. Point out these mistakes to the men on the bench. As I have often said, "If a player makes a mistake it is his fault; if he makes the same mistake again, it's the fault of the coach." After a game begins the progress of a team lies in the hands of the coach. He ought to be well enough acquainted with the abilities of his players that he can make proper substitutions, for the power of substitution is the most important function of the coach after the game begins. If the game fails to progress as it was planned, if the defense is not properly assigned, if the offense fails to click, then the coach must make changes. It is usually a good idea to play a conservative game to begin with for the most mistakes are usually made while the players are over-anxious and nervous. We always try to get the first tip-off and score if possible. It immediately puts the other team on the defensive, at least mentally. Two years ago we played Alabama here at Lexington before a capacity crowd with several thousand standing outside. The game was played late in the season. Alabama had lost one game and Kentucky was undefeated. The result of this game would determine which team would finish on top in the season race, for Alabama was playing more games than Kentucky during the season and a



victory for them would give them the best rating. We worked hard for that game. Four minutes after the game started Alabama called for "time out" and Kentucky was leading 13-0. Everything worked just as we had planned it. The final result was 50-22 and not a substitution was made by Kentucky. After the game we looked over our shot chart and found that we had made but three bad passes during the game. However, all games do not progress like that.

Now, let's take a look in the dressing room between halves. What happens there? Some coaches waste the precious ten minutes by delivering a high grade oration. They attempt to inspire the team regardless of the score, telling them about the school spirit and attempting to give them the fight formula. Sometimes this is necessary. But how about the game? As soon as the first half is over, get the boys in the dressing room. Have them put on their sweat clothes in order to keep warm. Give them a drink of water and have some towels so that they may wash their faces. Don't jump all over them for they are fatigued and will not pay attention. With three minutes of the ten-minute period gone, we begin to plan for the second half. We check the fouls and the scores and give each man a report of his work. First, I criticize each man's work and then I ask the players for information in regard to the men that they are playing against. This is valuable and often allows us to run plays the second half that will allow us to score. We always try to save some of our plays for the second half for we know that the other coach will analyze our style of play during the rest period and play a defense accordingly.

We next analyze the opponents' style of game. If a certain player on their team is too fast for our defensive man or if he plays in a position that does not allow us to get the best of our system we make the necessary switch between halves. We tell our players of the plays that we have observed, of the blocks that the opponents are using, the strong points or weak points of their passing attack, their defensive weakness, their out-of-bounds plays,

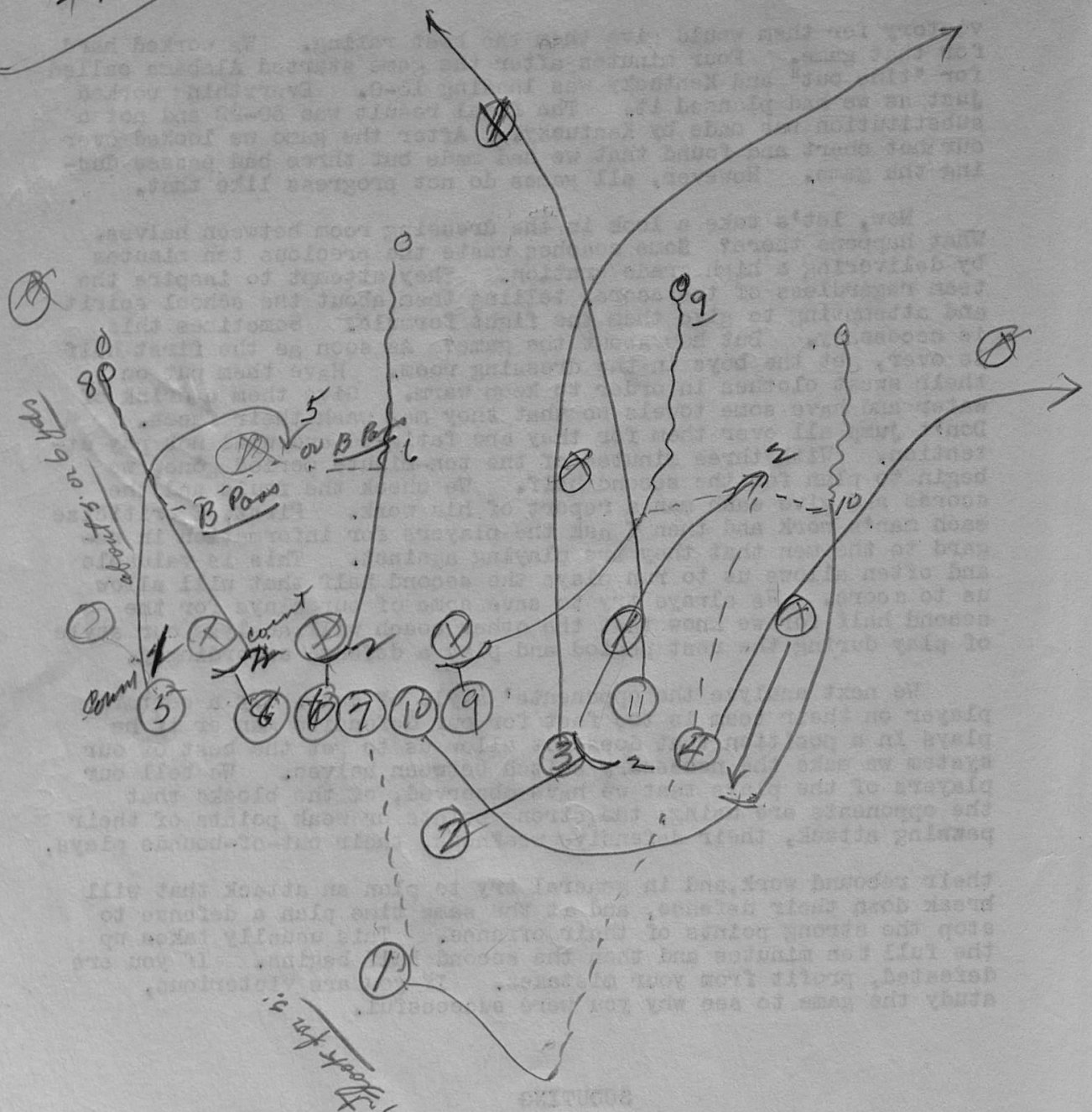
their rebound work, and in general try to plan an attack that will break down their defense, and at the same time plan a defense to stop the strong points of their offense. This usually takes up the full ten minutes and then the second half begins. If you are defeated, profit from your mistakes. If you are victorious, study the game to see why you were successful.

#### SCOUTING

We make a shot chart in each game played whereby we chart each shot taken, by whom taken, bad passes made and pass interceptions made. We also chart rebounds taken on offensive and defensive backboards and tip-offs taken at center,

It is well to chart type of passes used. This gives you an exact copy of the system used. Some teams use team passes, and will only use certain kinds of passes. Chart push pass, hook pass, shoulder pass, bounce pass, underhand pass, back pass, pivots,

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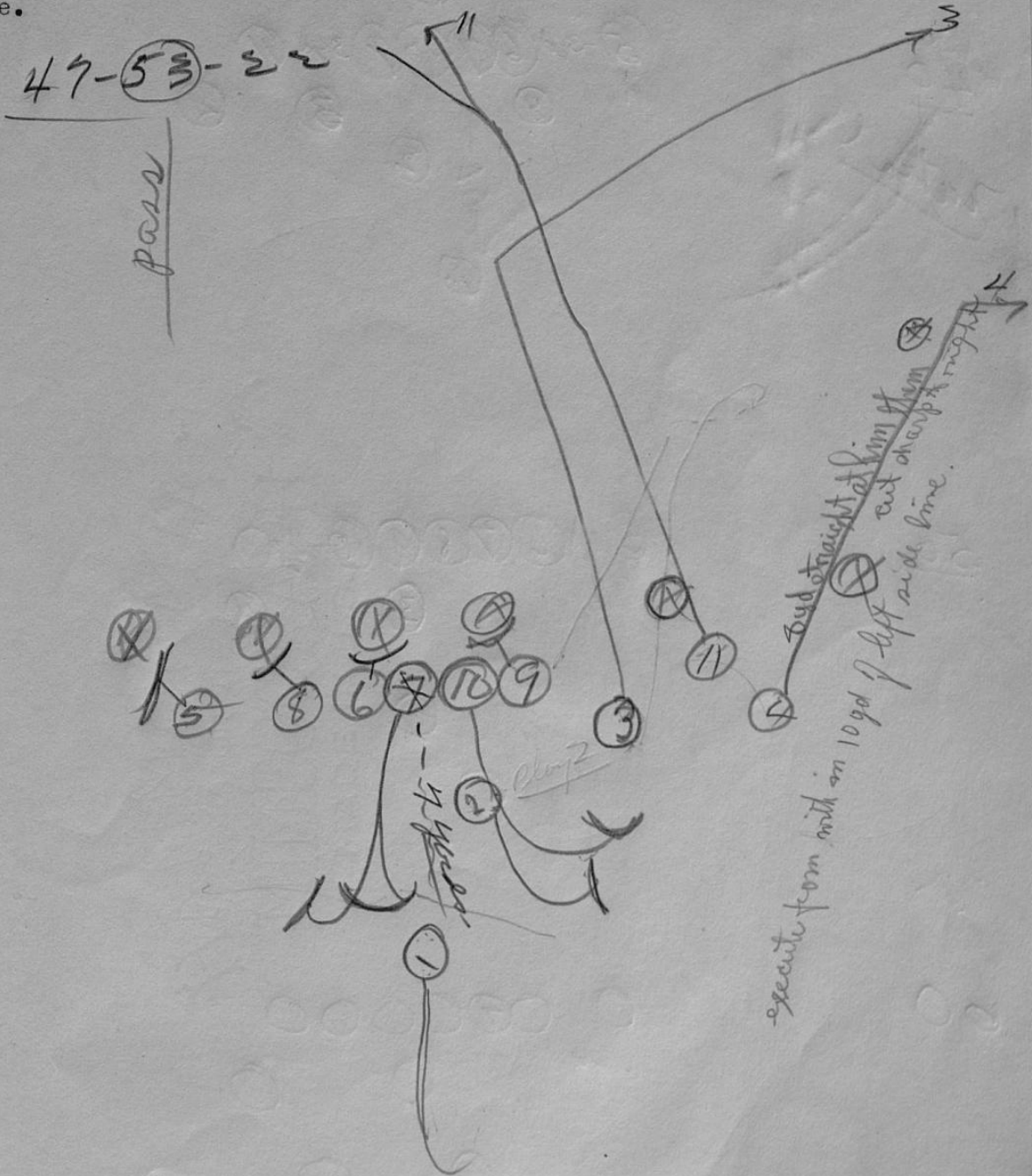


We made a shot chart in each game played whereby we chart each shot taken, by whom taken, and points made and points missed. We also chart rebounds taken on offense and defense, five fouls and technical fouls taken on offense.

It is well to chart type of passes made. This gives you an exact copy of the game. Some teams use pass charts, and will only use certain kinds of passes. Chart each pass made, whether pass, bounce pass, underhand pass, back pass, front pass, etc.

stops, and turns.

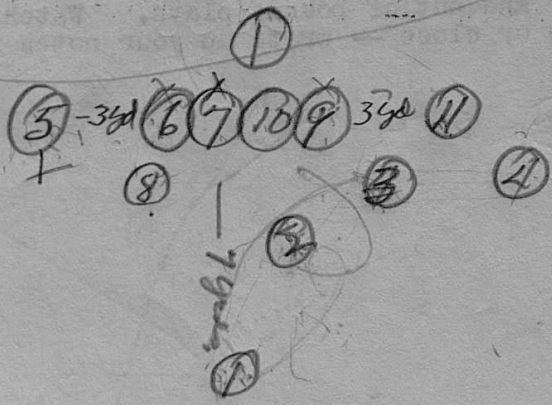
In scouting, watch for individual characteristics, height, weight, speed, shooting ability, styles of shots, passing ability. Watch for floor and out of bounds plays. Watch defense -- do they play loose or close -- write up your notes right after the game.



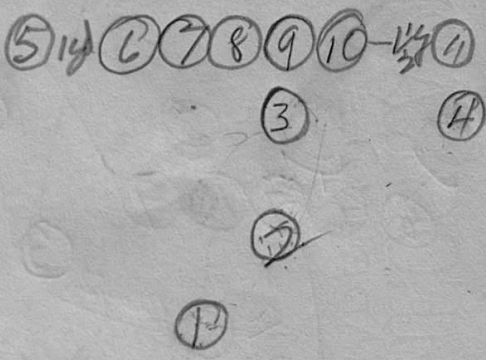
70  
on hike  
7 miles



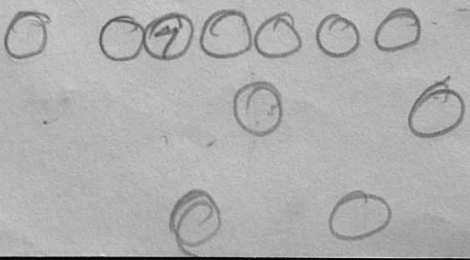
on hike  
40  
7 miles



50  
warming



warming  
60



36

⑤ 4<sup>th</sup> ⑥ ⑦ ⑧ ⑨ ⑩ ⑪

③

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16

⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪

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⑨

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80

③<sub>4</sub>

⑤ ⑥ ⑦ ⑧ ⑨ ⑩

~~④~~

④<sub>10</sub>

①

②

James  
Butler

Bill Hamlen