

"THE TOSS-BACK" - AN AID TO THE
TEACHING AND DEVELOPMENT OF BASKETBALL SKILLS

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INTRODUCTION

This report will deal with a unique new device known as a Toss-Back that has been designed for the use at the high school and college level. This is not a scientific study of using the Toss-Back as a research instrument to collect data for analyzing and reporting results of experiments in basketball. It is merely an informative description of the Toss-Back and its potential use in coaching situations.

New basketball devices are not uncommon to coaches. These man-made inventions have always attracted players and coaches at all levels of participation. Some of these devices are very practical and can easily be used as a supplement to practice situations. Others are not always practical. The impractical ones should be called gimmicks, while the worthwhile ones should be included as a teaching aid to the coach.

The McCall's Rebounder is a device that has been very practical and useful in the game of basketball. The Rebounder was invented and developed in response to a need by Coach Fred McCall, Jr. in 1956 at Campbell College, Buie's Creek, North Carolina. McCall is respected as one of the ablest college basketball mentors in the Carolinas.

The Rebounder is designed to teach and correct techniques of rebounding. Two styles of Rebounders are available at \$315.00 and \$345.00 respectively. This particular device is being promoted and used by some of the most respected high school and college coaches in the United States. Some of these coaches include: Roy Skinner, Vanderbilt University; Charles G. Dreisell, Davidson College; Virgil Sweet, Valparaiso High School; and Walter R. Shublom, Wyandotte High School. All of these coaches have made statements that vigorously endorse this Rebounder.

Some basketball coaches have tried using weighted shoes during practice. The shoes are used to make it difficult for an athlete to move about freely on the court. Upon the removal of these weighted shoes, a person was supposed to be lighter on his feet, jump higher, move quicker, and of course be much more effective during a regular basketball game.

The Free-Throw-Retriever is another device that has been used. This particular unit is placed under the basketball goal, and is designed to return the ball back to the person at the free throw line. This device enables one to practice alone on his shooting.

Several of these devices are presently being used by many coaches throughout the United States. Most coaches are anxious to test some particular new innovation to see if it really works. The Toss-Back will be discussed in this paper to determine whether it does have some potential use for the future.

REVIEW OF LITERATURE

Reference is made in this report to the basketball dribble as being undesirable in various playing situations.

Fred "Tex" Winter, former head basketball coach at Kansas State University, and presently the head coach at the University of Washington, Seattle, had this to say about the dribble:

The dribble is a potent weapon, but it should never be used without a purpose. Any time a player has a choice between dribbling and passing the ball, generally the pass should be made. Some disadvantages and misuses are listed here:

1. Scoring opportunities are lost because the ball is being dribbled when passing lanes are open to teammates in good shooting range.
2. Indiscriminate use spoils team play and takes the punch out of the attack.
3. The players who overhandle and abuse the dribble make spectators cut of their teammates.
4. Too much dribbling spoils the timing of the play patterns.