

SPORTS

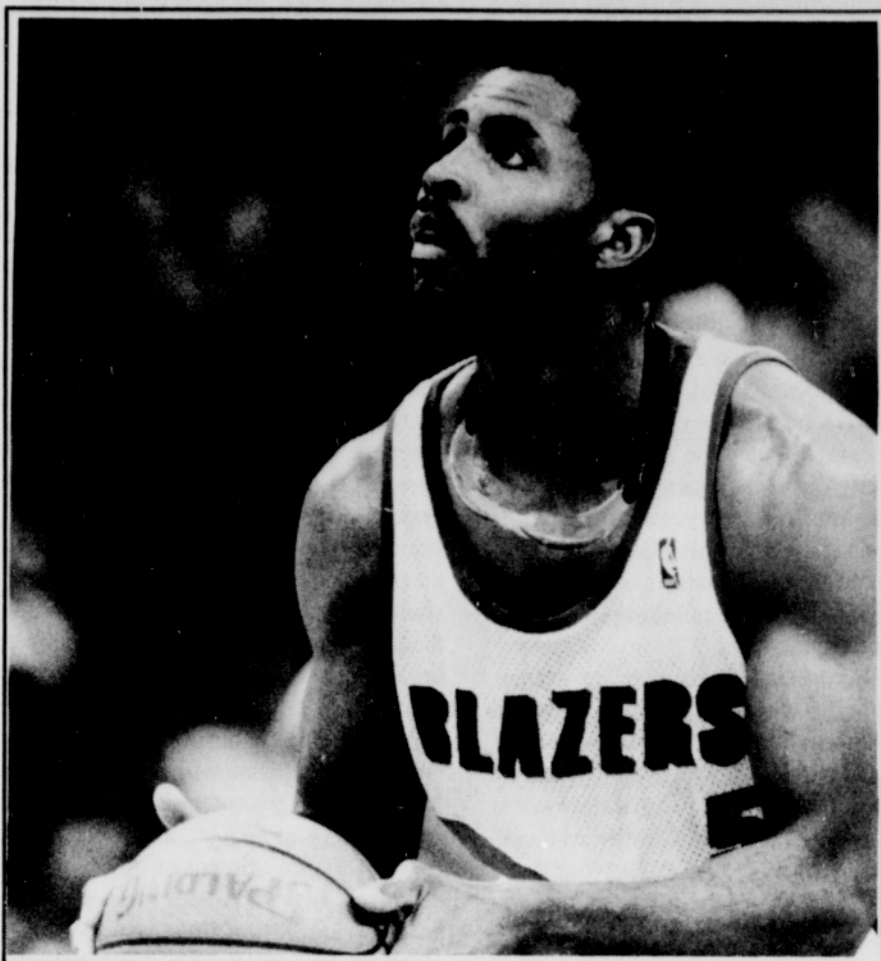
Foul Shots : It's All Mental

by Bill Barber

The subject of free throw shooting came up in several of the Trail Blazer interviews this season. As some of the players gave some insight into what was going on inside their heads as they stood at the charity stripe, it reminded me of a study that was carried out at Brown University back in the sixties.

A professor in the psychology department at Brown wanted to conduct an experiment on free throw shooting with three different control groups of 12 students. The first group played on the college's basketball team. The second group had played basketball in high school, but were not talented enough to have played on the college level. The third group had never played basketball before in their life.

The professor addressed all three groups on the first day of the experiment. "Group 1 (Brown's Basketball Team) will shoot 10 free throws after a two hour practice every day for five days. Group 2 (people who had played in high school) will shoot 30 free throws a day after a 1 hour scrimmage for five days. Group 3 (people who had never played) will not be able to shoot at the basketball net for the first hour. They were allowed to watch and take notes on Group 1 and Group 2 when they practiced free throws. They were allowed to stand at the free throw line and they were allowed to hold a ball, but they couldn't attempt a shot. Group 3 was instructed by the professor to imagine a visual motion picture of themselves making a foul shot. They were told to concentrate on their foot placement at the line, their body posture, making one smooth and fluid motion as they released the ball and let it roll off their finger tips. They were further instructed to "watch" the ball mentally as its flight arched threw the air and slipped over the front of the hoop and gently fell threw the cords. The professor reemphasized that Group 3 should concentrate on the mental picture of the pro-



Buck Williams at the free throw line shows his concentration before taking the shot.

cess. Only after that intense hour of concentration would they be allowed 10 shots from the free throw line. Five days later he brought the Groups together and each person in each group shot 10 free throws. Group 1 shot .702% after a two hour scrimmage. Group 2 shot .665 after a one hour scrimmage, even though they had practiced foul shooting three times as much as the other two groups. After taking an hour to mentally prepare themselves, Group 3 made .878 % of their free throws even though they had never played the game before!

Granted when you're playing in the NBA the pace is a mile a minute. The question I was asking the Portland Trail

Blazer players was how do you make the transition from the lightning fast break pace to the dead still concentration of the free throw?

"Gotta make two," Alla Abdalnaby started. "I try to be as positive as possible out there. I tell myself 'these are both going down.' I try to visualize (making the shot) ... It's a lot of visualization in free throws because it's a stand still thing and you're on your own. I try to visualize my stroke, my whole routine, from the dribble to the follow through. I like keeping my arm up there, because if you pull your arm down. It often ends up short, or it isn't as soft and maybe it won't roll around

up there if it's a little off target. Half of being a good shooter is confidence. If you think it is going to go in, it will go in."

Cliff Robinson takes a little more technical approach when he steps to the line. "I concentrate on getting good lift on the ball, and making sure it's one motion, instead of bouncing the ball, putting it in shooting position, and making it more mechanical. I just come with a rhythm. Its just the same motion each time."

Clyde Drexler had some advice for kids. "You have got to concentrate. Concentrate on your free throws, the shot itself and remember every motion has to be the same. It's a learned behavior. The more you do it, the better you should become at it. Anything above 75 percent is pretty good." Drexler also admitted "It probably took me two or three years to get a shot I was comfortable with. Just like anything else, the more you work at it the better you become."

Terry Porter still makes adjustments. "The main thing is to get a routine that you feel comfortable with. I think about making my shot before I shoot. I think about my routine. I concentrate on my stance, the flight of the ball, I can see the ball going in before I shoot it."

What about the rookie Robert Pack? He has hit 75 out of 92 (.815) free throws in his first year in the NBA. "When I step up to the line I tell myself 'I'm the greatest free throw shooter in the world.' I always say that when I walk up to the line."

"I just try to picture the same routine, I have a certain spot where I place my foot, and I try to maintain the same consistent stroke every time I shoot. In my mind I can see the same shot time after time."

Maybe the professor at Brown University could have save himself some time if he had just interviewed the Blazers.

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Boys Baseball -- 6 to 15 years

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Saturday, February 29, 1992 -- 11:00 A.M. to 2:00 P.M. -- Peninsula Park

TRY OUTS

Saturday, February 29, 1992 -- 11:00 A.M. to 2:00 P.M. -- Peninsula Park
Saturday, March 7, 1992 -- 11:00 A.M. to 2:00 P.M. -- Irving Park
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Saturday, March 21, 1992 -- 11:00 A.M. to 2:00 P.M. -- Peninsula Park

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Deadline for sign ups is March 28, 1992 at 5:00 P.M. -- Late registrations forms must be delivered to 6204 No. Moore, Portland, Oregon 97217. 284-4805 Keith Edwards, President; 287-7382 Chuck Washington, Vice-President; 289-8306 Corrine Porter, Vice-President of Softball; 287-4400 Marilyn Britton, Secretary; and 289-3406 Shirley Beers, Team Player Agent.

Registration Fees: \$15.00 per child, \$25.00 per family) These registrations Fees are Donations and Tax Deductible.

A Photocopy Of Your Child(ren)'s Birth Certificate Is Required.

We Need Your Help!!!!

Tax Programs For Seniors

Oregon offers two tax programs to help low-income senior citizens: the Senior Citizen Property Tax Deferral program and the Elderly Rental Assistance program.

"These programs are designed to help senior citizens on a fixed income stay in their homes," says Julie Clark, spokeswoman for the Oregon Department of Revenue.

Seniors who are homeowners and meet all other requirements may defer paying property taxes on their residences. The taxes must eventually be paid, with interest, when the owner dies, moves, or sells the property. The deferred taxes are paid by the state. The amount of taxes paid becomes a lien on your property.

Applications for the property tax deferral program should be filed with county assessors by April 15.

To qualify you must:

Be 62 years old.

Have a recorded deed to the property or be purchasing the property un-

der a recorded sales contract.

Live on the property (except for someone required to be absent because of health, in which case a doctor's statement is required.)

Have total household income less than \$19,500 for last year.

You can get more information or an application from your county assessor. There is no charge to file for this program.

To help low-income senior renters, the Oregon Legislature expanded the Elderly Rental Assistance program. You must file with the Oregon Department of Revenue to get a refund check. There is no filing fee.

To qualify, you must:

Be age 58 or older.

Have total household income less than \$10,000.

Use at least 20 percent of your household income to pay for rent, fuel and utilities.

Call the Oregon Department of Revenue at 378-4988 for more information or an application.

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Formation Of A Minority Business Association

Nathan Probey has announced the formation of a Minority Business Association dedicated to obtaining work for minority subcontractors in the construction industry and assisting general contractors in achieving their minority contracting goals on their projects.

"The emphasis will be on qualified minority subcontractors. This will include experience and training as well as liability insurance and workers' compensation and anything else the general contractor requires," said Mr. Probey.

"In addition, all of the minority businesses who belong to our association will be signatory to a union labor agreement. This will alleviate problems for the general contractor as well as providing a source of trained qualified employees to the minority contractors."

"Our association is fortunate to have retained the services of Mr. J.D. Hutchison, President of J D Hutchison & Associates a management consulting firm in Lake Oswego. Mr. Hutchison will provide assistance on drug testing, workers' compensation, labor relations, and EEO," Mr. Probey said.

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PORTLAND TRAIL BLAZERS

Space Limited for Third "Hoop Heaven" Basketball Camp

Entries are going fast for "Rick Adelman's Trail Blazer Hoop Heaven Basketball Camp." The third-year clinic, sponsored by Bank of America, is open to boys and girls, age 8-18, and will take place in June and July at Lewis and Clark College and Tuality Junior High School.

Campers will receive personal instruction from Trail Blazer head coach Rick Adelman, who will be assisted throughout the camp by leading college and high school basketball coaches. In addition, current Blazer players are expected to be on hand to discuss and answer questions about the fundamentals of basketball and specific game situations.

Six sessions are scheduled this year, with "day camp" and "overnight accommodations" offered at each session. Four boys camp sessions will run June 29 through July 3 (day), June 28 to July 3 (overnight), July 13 through

July 17 (day), and July 12 to July 17 (overnight). Two girls camp sessions are scheduled for July 6 through July 10 (day) and July 5 to July 10 (overnight). The fee is \$200 per person for day camp and \$310 per person for overnight. Deposits of \$100 for day campers, or \$150 for overnight participants, is required with their application.

All campers will receive a Hoop Heaven sports bag, a camp handbook, an official camp t-shirt and a camp photo. Prizes will be awarded for individual and team champions. Meals will be provided for all campers with overnight accommodations.

Applications for "Rick Adelman's Trail Blazer Hoop Heaven Basketball Camp" are available at the Trail Blazers office, 700 N.E. Multnomah, Suite 600, Portland, Oregon 97232. For more information, please call (503) 234-9291, Ext. 694.

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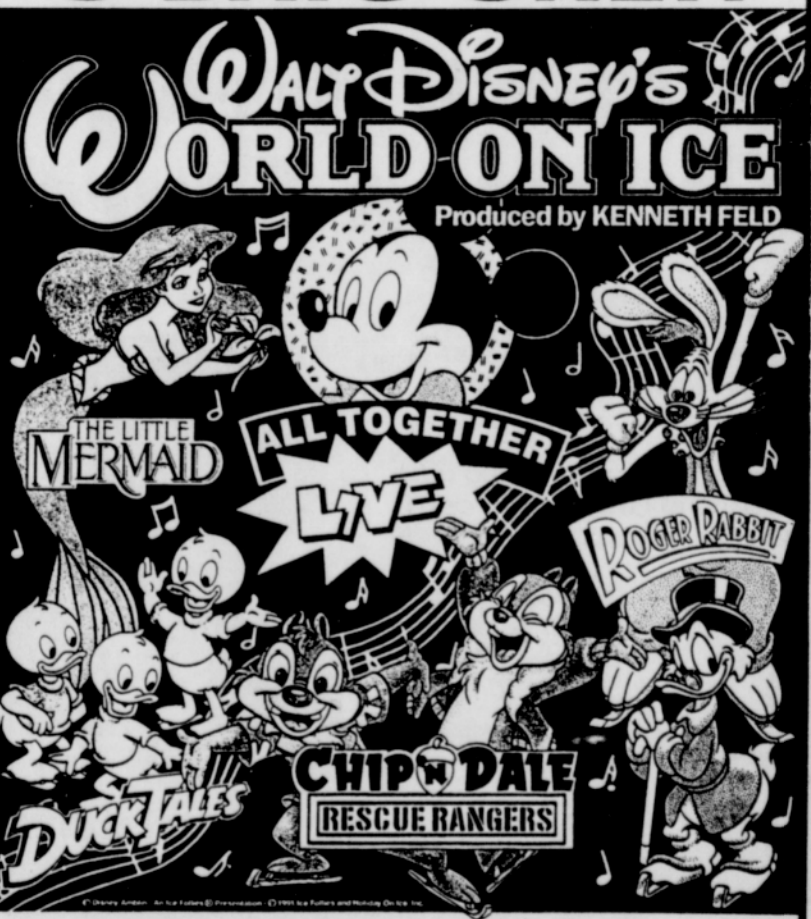
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