

What the Fundamentals Produce

Learning the fundamentals one at a time requires intelligent practice, self-evaluation, and, if available, outside advice. Success doesn't come overnight. The great players are willing to spend the hours needed practicing on the playground, in the gym, during the off season. He or she doesn't have time to master the fundamentals while learning the plays, the offense, the defense, and preparing for games. And so, constant practice is required, but it must be intelligent practice. If the proper fundamentals are not pursued, the athlete will be practicing mistakes.

Deacon "Easy Ed" Macauley

Homilies Alive, p. 117

NBA Hall of Fame

Named one of the 50 Greatest NBA Players

