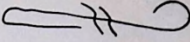


Foot Ball

Technique & Tactics



ROBERT C.
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FOOTBALL

TECHNIQUE *and* TACTICS

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SECOND EDITION
REVISED

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INTRODUCTORY NOTE

THE first edition, published in the summer of 1922, was so well received that it was exhausted in one year. It was not deemed advisable to reprint the same edition because of several rule changes and, while coaching and teaching, many coaching points, which I wished to add to the book, were recalled.

This book aims to present the substance of a course of sixteen lectures, each of an hour and fifty minutes, delivered to my class in football in the Summer Session of the University of Illinois. Supplementing the lectures are photographs, new plays, and a considerable mass of notes and suggestions gathered during the campaigns of 1922 and 1923.

In its ten years existence, this Summer Session has reached in person about 1500 coaches from almost every state of the Union; and in a single year no less than thirty-seven states were represented. Although the majority of these men had had previous experience, and some of them eminent success, they felt the need of broadening their experience by coming in contact with the methods of others. It is with the idea of bringing a similar benefit to a number of readers who have not had the advantages of such a course that this volume is presented to the public.

In thus presenting concisely the technique and tactics of football, the author has emphasized essentials to the exclusion of such features as have no particular merit and at best but doubtful value. The game is full of general and specific points, the differences concerning which have often led coaches to heated discussions. These only prove that there may be several ways of doing the same thing. Hence I have tried to discriminate between whims and fancies and sound fundamentals. I have endeavored always to confine myself to essential problems and to make myself clear in a simple, straightforward way.

I feel impelled to add a word concerning the moral

obligation of the coach. Football is, more than any other game, an expression of college spirit, and should therefore be synonymous with sportsmanship. Any coach who neglects to further the principles of good sportsmanship has failed in his calling. He must, above all, respect the rules of the game and abide by their spirit. The future of football is more in the hands of those who teach it than those who play it. It will thrive just so long as it is a constructive force in the building of the character and physique of young Americans. This will depend upon the proper supervision of health and correct methods and ideals in coaching.

Finally, I wish to thank Mr. Ernest E. Bearg for his help in arranging the material for publication. Before his selection as one of my assistant coaches he had attended our summer school, where his thoroughness and ability attracted attention. It was his urging that led to this compilation of lectures and the result of my experience.

Robert C. Zuppke

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CHAPTER I

TACKLING, BLOCKING, AND FALLING ON THE BALL

I

TACKLING

(A) Tackling Fundamentals

A team of eleven good tacklers is hard to beat, whether strong or weak in other departments of the game. Tackling is the chief means of the defense. There is considerable difference between tackling and so-called tackling. Good tackling demands perfect timing of speed and accurate judging of distance.

Some players merely hug or embrace an opponent or attempt to grab him. A good tackler tries to hurl his weight into the opponent with the thought of throwing or driving him back, and not merely of holding him.

The player who is disinclined to make a real tackle usually tries to protect his face by turning it away and feeling for the opponent, hoping that the runner will not elude him. A good tackler eyes the spot on the thigh he wishes to strike with his shoulder and enjoys the anticipation of the contact. This spot should be about four inches above the knee. He has the spirit that compels him to drive into his opponent as hard and as soon as possible. He does not squat and wait for the runner to come to him, for he is willing to take the initiative himself and thus nullify the runner's judgment of distance and ability to dodge.

The tackler should not drag his arms on approaching the runner, but should carry them in front of him so that as his arms encircle the runner's legs they will not describe too big an arc. The time thus saved prevents the

runner from slipping away. This form of approach also insures better protection for the tip of the shoulders and for the large nerves located there, because the extended arms constitute a sort of pocket in which the thigh of the runner can be caught.

As soon as the tackler strikes the thighs of the opponent, he should drop his arms a little lower than his own shoulders so that the push he exerts is at a point above the pull he intends to apply with his arms.



PLATE I

In a correct tackle the tackler's shoulder meets the runner's thigh, his head to one side, his arms lower than the shoulders, and encircles and pinches together the runner's knees. This, followed up with a strong leg drive, will have a tendency to carry the runner off his feet. To avoid injury he must keep his head to one side.

The tackler must carry his weight low, look directly at the spot he wishes to hit, time his drive, tackle hard enough

to break through a stiff arm, and knock the runner off his feet.

Many coaches use the phrase, "Eye the knees;" I do not like to use it because it is apt to make the tackler too conscious of the knees; I prefer the phrase, "Tackle the thighs."

If the runner is coming high and directly at the defensive player, the tackler drives into the runner's thighs with either shoulder, head to the side, fiercely enough to throw him back.

At the time of contact the tackler should not forget his legs and let them drag along limply, but should keep on digging. Many willing beginners forget this feature of good tackling.

Before the tackler is coached to dive, he should be encouraged to run up and tackle, with his legs and body in full control ready to follow up the advantage by digging with short powerful steps. He should be informed that it is just as bad to tackle too low as it is too high.

The head-on tackle is the most difficult to accomplish. The reason for this is that the runner with the ball has a choice of two sides. He can feint to his right, draw the tackler over, and then suddenly dodge to the left, making the tackler miss and sprawl. Therefore, the tackler should be taught the "cross-over," i.e., to approach the runner, let us say, pointing his right shoulder to the runner's right thigh, and just before the moment of impact, cross over and plant his left shoulder across both thighs of the runner with his head to the runner's left. This, as a rule, produces a clean cut tackle.

The tackle from the side is not so difficult as the head-on tackle, but it presents some problems.

The question is continually asked, "Should a tackler who is approaching a runner from the side shoot his head across and in front of the runner, or should he place his head at the rear of the runner?"

If the runner is going fast, the tackler had better reach him in any way possible, probably with a final leap powerful enough to break up or slide under the straight arm. Should the runner at this moment change his speed, the

tackler may be forced to shoot his head across and in front of the runner's body.

If a tackler intends to leap from the side across the path of the runner, *he should be sure to exaggerate the distance so that he gets his head clear of the runner and his body across the runner's thighs.* As he makes the dive he should turn in such a way as to be able to catch the runner on his own chest and roll to the ground on his back. If his head is caught on the runner's thighs, he, the tackler, may be injured by the roll-over following the impact.



PLATE II

Under many conditions the tackler may be forced at the last moment to abandon the intention of hurling his body in front of the runner. *In that case he should drive his shoulder as hard as possible into the near leg of the runner and place his head behind the runner with one arm across the front of the runner's legs.* He should then strike viciously with the arm which is at the rear across the calves of the runner's legs so as to assure a quick fall.



PLATE III

To tackle a runner from behind is so easy from the mechanical point of view that it is only a question of speed and courage.

The last man, usually called the safety, should start forward fast, then slow up and try to maneuver toward the sideline the opponent who has broken through. This will give him an advantageous position for tackling because the runner has less space for dodging and only one choice. He should dance in front of the runner to cause indecision. The safety must keep his weight over his feet so he can lunge to either side with equal ease for the tackle.

A method of coaching the green candidate how to tackle is to teach him to step forward towards his opponent with his right leg if he intends to tackle with the right shoulder, and left leg if he intends to tackle with the left shoulder. Many poor tacklers are such because they have not as small boys wrestled or cuffed about with other boys, and because of this have not developed the sensitivity to feel out

the different movements or sense the speed of a runner. They, therefore, will lose considerable time learning how to judge speed and distance.

Such an undeveloped football candidate must do more than merely tackle the dummy. He must be coaxed to tackle a live being. Care must be taken not to discourage him by asking him to tackle a fast moving runner. The man carrying the ball should run slowly and should not dodge so that the undeveloped tackler will have the easiest kind of a problem to solve. He should also be asked to wrestle to develop a sense of balance and become accustomed to contact with another human being. This safe work may be kept up for a week at a pace of about one-half dozen easy tackles an evening. As soon as improvement results, the coach may urge the tackler to try his new-found ability against faster running.

The third week he may be asked to tackle a dodger in the open field so that he will be able to learn to stretch himself, control his balance, his lunge and his arm grasp. Just like all beginners in wrestling forget to use their legs, so the beginner in tackling forgets to drive and dig with his legs while striving to stop the runner with his shoulders and arms.

(B) Mechanical Aids to Develop Tackling

A good "dummy" tackler is not always a good "live" tackler.

The Tackling Dummy. The tackling dummy is a necessary part of the football equipment. Its advantages are too valuable to be overlooked, and the coach must see that it is used regularly. Tackling the dummy is a good conditioner and setting-up exercise; it builds up the neck and shoulders, strengthens the back, and develops leg drive and arm reach and grip; confidence in tackling ability is created and the proper manner of tackling is learned.

An old five by six foot gym mat, rolled up tightly on its long axis and sewed in a double canvas sack, makes an excellent tackling dummy. A leather bottom serves as pro-

tection from wear caused by continual dragging on the ground. Leather strips riveted to the leather base and around a ring at the top, and held in position in the middle and near the top by leather bands, make a case in which the dummy is suspended by a rope or chain from the scaffold. To save the players, the ground underneath the dummy should be soft, or better still, a sand pit should be provided.

There should be two kinds of dummies, namely:

(1) *Swinging Dummy.* This dummy is suspended from the scaffold by a rope or chain. It is called the "fighting dummy," because after the tackler strikes it, it can swing up only a limited distance, and then resists further efforts to drive it back. As the rope or chain does not give, it exerts a sudden pull on the tackler, and if he does not have a good hold he will be thrown. Mechanically, its effect is like that of a good backfield man. If one dummy is all that an institution can afford, this is the one which it should use.

(2) *Weighted Dummy.* The dummy is suspended over pulleys by a 70-lb. block of concrete or some other equally heavy object. This permits the dummy to give way as the weight is lifted, and is used for flying tackles and blocking practice as well as for the driving tackle.

A non-detachable dummy affords better practice for a football squad, because it offers resistance to the tacklers, and no time and energy are lost in rehanging it after each tackle.

The tackler takes a short fast run, watching the spot he is going to hit. As he tackles he should have his arms forward so the deltoid muscles will protect the shoulder against nerve bruises. He may run straight and hit the dummy, or may appear to strike with the left, and at the last moment cross over and tackle with the right shoulder. This cross-over movement develops accuracy and a style of tackling which is baffling to the runner in his effort to elude the tackler.

As he hits the dummy, he wraps his arms around it, gripping his wrists or the dummy tightly, and drives for-

ward as far as possible with short powerful steps. He must hit the dummy low, with his shoulders approximately at the height of a man's thighs and his arms somewhat lower, at about the height of his knees.

He must run hard, hit low, and dig to develop powerful driving muscles. These three words, "*low*," "*hard*," and "*dig*," must be stressed constantly.

This same exercise may be repeated with the weighted dummy. The "give," however, makes this an excellent object for practicing a diving tackle, which develops agility and control of the body.

Summary: A runner going down the sideline should be driven out of bounds.

Hard, fierce tackling slows up opponents.

The tackler must be alert for fumbles.

Practice: Three tackles of some clever runner per day early in the season will help any squad.

Weak or poor tacklers should have considerable drill, but it should not be too severe.

Good practice may be had by posting a tackler at the intersection of the goal line and the end line, another ten yards in on the ten-yard line, a third on the sideline and twenty-yard line; no tackler can advance more than three yards or follow more than five yards, so each man has eight yards of territory in which to make his tackle. Backs attempt to carry the ball through the three men. The tacklers should be changed frequently so that they practice in all positions.

II

BLOCKING

Effective blocking is essential to a successful offense.

Blocking is the employment of the body and legs on the part of the offensive player in such a way as to interfere with the freedom of action of the defensive player and to prevent him from reaching the man with the ball. In

short, it is tackling minus the use of hands and arms. Good blocking demands perfect timing of speed and accurate judging of distance.

(A) *Blocking in the Line*

There is a difference in the method of blocking, according to the style of play to be used. There is the aggressive kind in which the blocker takes the initiative; then there is that sort which waits for the opponent to make the first move. It is not wise to encourage this method for use in aggressive plays, as it tends to destroy the positive and assertive mental attitude, which every good football player should have. However, it may be employed by the linemen and backs who are protecting the kicker. This delayed block will destroy his usefulness in the long run, because he will not develop the ability to "get the jump" on his opponent. I believe it is an advantage to make the first move to get into physical contact.

There are several different ways of using the body in blocking; for convenience we will call them the shoulder block, the body block, the arm pit and leg block, the pivot block, and the rolling block.

One man may employ almost all of the above types of blocking in one play in rapid succession by moving his body to and fro in his endeavor to hamper the freedom of action or meet the shifting and twisting of the opponent who is attempting to tackle the man with the ball. In general, the blocker should place his own body between the opponent and the ball. In all blocking the player should make an attempt to interfere with the free use of the arms of the opponent by getting tangled up in them.

Excessive use of the elbows and knees to harass and punish opponents by striking and hooking is not so effective as it appears. We have arrived at that conclusion by observing the effect of such blocking tactics on our men by opponents who have employed them. We believe that it consumes too much time to be effective against fast and determined opposition, and as the game continues, the

blocker may neglect to use both his weight and hooking tactics as he becomes ashamed and convinced of the uselessness of such illegal methods.

The shoulder block may be defined as an attempt on the part of the offensive lineman to force his opponent back or to one side by driving his own shoulder and side of the head directly and forcefully against the thighs of the opponent and following up this advantage by digging and jolting until the play has gone by or is stopped. The offensive lineman wishing to force his opponent back, should drive his head directly into the opponent's stomach. The charge of the offensive man should be such that the first movement does not throw him off his balance, because the follow-up is just as important as the initial charge. He should drive with his back parallel with the ground, carrying his body into his opponent with the aid of short powerful steps. He must not turn his head or face away from his opponent to protect his head, for this will produce but a blind, futile attempt at blocking. With his eye on the thigh of his opponent he can see where he is going and be guided in the follow-up, and thereby avoid feeling his way in a hesitating manner.

If the opponent releases himself from the shoulder block, the offensive lineman should then immediately shove his side or hip into him and try to pinch the opponent's leg between, let us say, his own left leg and left arm pit, being careful not to try to hold him with his elbow or arm. At the worst, this may cause the opponent to stumble over his knee. These series of blocks can be employed in "sideswiping" and cross blocking. Should the defensive player be able to shift so quickly to the side of the play that the offensive lineman cannot reach him with a straight charge, he can make a pivot and intercept the opponent with his rump. If the play is to the right, the offensive lineman punts on his right foot.

On punts and passes certain linemen will be coached to wait and intercept the opponent's charge. In doing this they team it with either one or the other lineman to the left and right, employing both shoulder and leg in blocking.

Sideswiping is merely throwing the body into an opponent's legs from the side. For clarification, we will say that the right end, who wishes to sideswipe the opponent's left tackle, should drive toward the tackle, turn to face his own backfield so that he can leap into his opponent with his right hip. The initial block should be followed up by rolling against or falling across the tackle's calves.

Cross blocking is the sideswiping of two defensive players by two offensive players who are not lined up in front of the men they intend to attack. For example, the offensive end may sideswipe the opponent's guard in, while the offensive tackle is sideswiping the opponent's tackle out.

Practical Method of Teaching Blocking in the Line—Two against One. This is an excellent practice to teach linemen to cooperate, to become accustomed to each others peculiarities and to learn to block properly, as each individual lineman may be watched and corrected.

It is best in this exercise to use linemen who play beside each other. They are lined up on the scrimmage line with a defensive man in front. The object of the blockers is to charge shoulder to shoulder with the snap of the ball into the defensive man to force him back and away from the play. They must stay on their feet and keep digging, employing, if necessary, the whole series of side, hip and arm pit blocks to smother or sandwich the defensive player. As soon as one blocker feels that his teammate has the opponent in his control, he should dart forward to block some one of the secondary.

If they succeed in driving the defensive player back and out of the play, they win; but, if the defensive player is able by a quick charge and the correct use of his hands to hold his ground or break through, he wins.

Valuable defensive tactics also accrue from this practice.

(B) Rolling Block

As soon as the linemen have performed the first duty of blocking out opponent's linemen, they must rush for the secondary and attempt to block them. The most effective block in the open or broken field is the rolling block. The blocker should run as closely to his intended victim as possible and then attempt to throw his body across the opponent's thighs, placing the hand that is on the side nearest the opponent on the ground far enough across the path the opponent intends to take, so that the hip can be thrown with force into the opponent's lap or thighs, thus making use of the whole length of the body for the purpose of interference. He must not strike the opponent with his feet. The blocker should try to keep his eyes on the feet of the opponent so that by their action he can guide himself as to the next move. He may be able to slide down and sit on opponent's feet or keep rolling toward and onto his legs or feet.

Care should be taken to leap at the opponent rather high, say in the direction and approximate height of the stomach, so that in case of slight misjudgment, contact with some part of the opponent's anatomy will be certain.

A low roll may topple an onrushing tackler.

A high approach hampers possible action by a defensive player not in motion. Such a player has a better opportunity to sidestep the blocker; therefore, the blocker must run close to the tackler before throwing himself.

If the blocker can consume the time of the would-be tackler, he has accomplished part of his purpose.

Mechanical Aid to Develop Blocking Abilities.—Blocking Dummy. A double canvas bag, five feet high by eighteen inches in diameter, filled with hay or straw with a bucket of sand at the bottom to make it stand erect, makes a good blocking dummy.

III

FALLING ON THE BALL

The correct method of falling on the ball is to throw the body beside the ball and pull it into the pocket formed by the thighs, stomach, and arms. The player should be careful not to reach for or push the ball with his hands, but to get the arms around it.

A player falling on the ball should think of securing the ball, not of picking it up for a run. Play safe all of the time.

An opponent should be blocked from recovering by throwing the body between him and the ball.

Practice: Falling on the ball should be practiced sparingly and on soft ground, as it is hard on shoulders, elbows, and hips. A combination with other work, such as tackling dummy practice, is desirable.

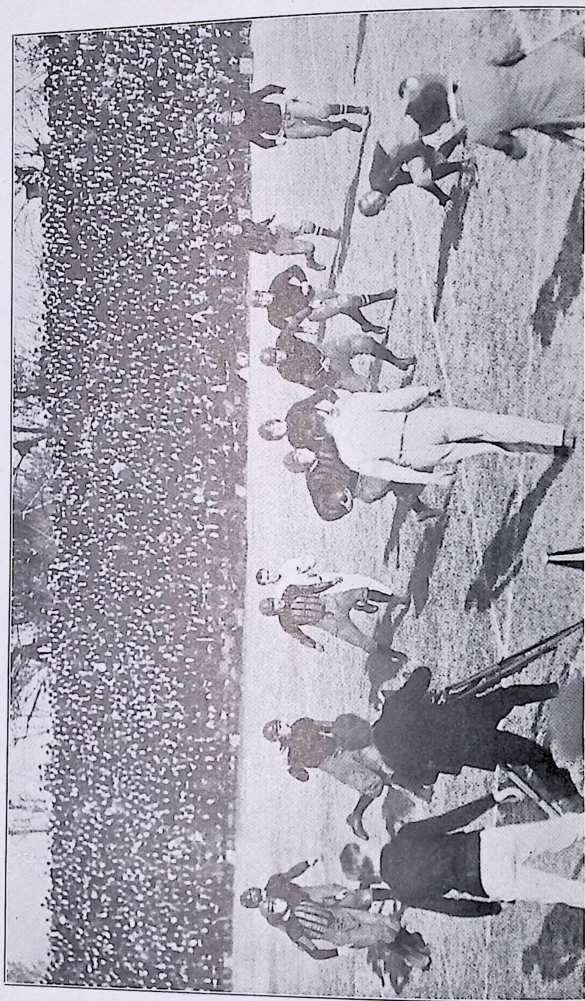


PLATE IV

PLATE IV

The Crouch of a Tackler, Illinois vs. Chicago, 1921

The runner has broken through the left side of the defense and is approaching the left half, Walquist, All-Western.

Coaching points: The tackler has advanced as far as he dares to meet the runner, about three yards separating them. While moving slowly forward, he has assumed a crouching position, arms out and forward, alert, watching the spot he hopes to hit, and ready to drive through a stiff arm into the runner's thighs the instant the runner attempts to dodge. By driving into the runner the tackler spills the runner before he has a chance to dodge. On the other hand, if the tackler waits and dodges with the runner, the runner may escape because he controls the initiative. This driving tackle is also very effective against the runner who whirls and twists. In this case Walquist drove forward to meet the runner as he crossed the yard line.

"Do not quibble about or emphasize debatable points because against fast opponents your men will not have time to practice tactics that are still in the realms of theory."

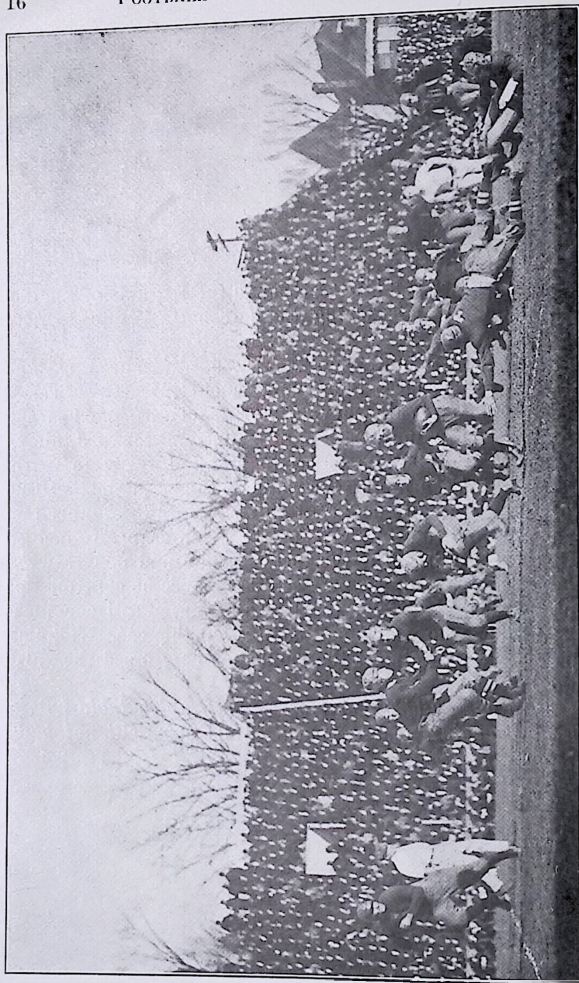


PLATE V

PLATE V

Open Field Blocking, Illinois vs. Ohio, 1919

The picture shows a drive through Ohio's short side by Walquist of Illinois. He is following his quarterback, Bobbie Fletcher, who is driving with all the strength and determination of his 140 lbs. into "Chick" Harley, Ohio's great All-American halfback.

Coaching points: (1) The reasons for a long run are apparent: good blocking to get through the line and by the secondary; and the interference which is seen forming ahead of the runner.

(2) The prerequisites for a successful open field block are: The blocker must keep his feet, aim high and drive fiercely with determination to smash through the stiff arms and hit a sidestepping, retreating, shifting tackler. He must watch the spot he intends to hit. Fletcher demonstrates these points in excellent fashion.

(3) Harley was an elusive man to block because, as shown in the picture, he was very clever in shifting and in warding off blockers with his hands.

"Moral and physical courage are closely associated; if your nerves fail you, your body fails you. It is a mistake to discriminate too much between the brains and the muscles. The football player must have greater mental efficiency than the debater."

CHAPTER II

LINEMEN: FUNDAMENTALS AND PLAY

I

OFFENSIVE STANCES AND CHARGE

A special rule in the football code determines the stance of the offensive lineman to a certain degree.

He must place one foot and the opposite hand, or both hands, or both feet, on or at most within one foot of the scrimmage line. The first and second stances are those most in use.

I can see merit in both methods. The first, in which one hand and opposite foot are within a foot of the scrimmage line, is a little less aggressive but develops into a better balanced second movement and may be termed "the lifting stance." The second stance is copied from the sprinter and might be called aggressive.

We call the start "the first movement," and the sustained action or follow-up, "the second movement." There should be no pause between the first and second movements.

We prefer to employ the first stance because it permits the linemen freer action and better balance for the work after the initial charge.

Some coaches ask their linemen to put their fists on the ground, others, the knuckles. Either will answer the purpose.

In this stance, care should be taken that the rump is down. When the linemen come into the position for the line-up, it is very important for them, in order to get correct posture for this stance, to step into position with the feet first, then squat, and third, put the hand on the ground. This will invariably assure a low rump.

OFFENSIVE STANCES

If the linemen jump into position, placing the knuckles or fists on the ground first, their rumps will be pointing to the sky producing a tilted position, one in which the second movement will throw them out of balance.

When the lineman charges, he should not lunge away from the base on which his feet are, but should step for-



PLATE VI

ward; in other words, run into his opponent. If he lunges and misses, he is out of the play. His follow-up and sustained charge are as important as his initial charge.

A lineman must be on his guard at all times against playing too high, particularly on the second movement. The natural tendency is to rise on the forward movement, if the defense plays high. Neither should he play so low that it is possible for a defensive man to reach over him and grab the runner.

A courageous blocker will charge with his head and shoulders directly at his opposition, with his head on the side opposite to that to which he wishes to throw or steer

his opponent. He can then follow this up with good leg work and finally call his hip into action, so that he will eventually get his whole body between the opponent and the ball.

He should try to get into such a position that he interferes with the free arm movement of the defensive man so that the latter cannot make a clean tackle.

He should stay with his man until he knows the man is out of the play, after which he should follow the ball.

To leave the position in the line for the purpose of interference, *the lineman should not hop back*, because that really means taking two starts, *but should step out of the line, leading with the foot that is on the side of the direction the play is taking.*

He should not indicate his intentions by straightening up a trifle before leaving the line. He should run low; a high runner is more easily knocked off his feet and litters up the play.

II

DEFENSIVE STANCES AND CHARGE

The lineman should practice starts at an imaginary opponent, a practice similar to shadow boxing; first, with arms and hands only, and second, with legs and arms.

He should practice sustaining the action after the start is made.

He should keep digging forward with short powerful steps, active arms and hands, and with his back parallel with the ground.

He should keep his feet under his body and run into rather than lunge into the opponent.

He must keep his balance in order to be able to shift instantly from side to side; to develop this he should practice a so-called "duck waddle" and hop from side to side.

He must learn to make the first movement straight forward.

He must avoid the habit of "slicing" or "knifing" with the first movement. He may knife, dive, or lunge in the

second movement at the man with the ball as soon as he is sure he can reach him.

He should practice starts against two opponents to learn to hold his ground against opposition. The lineman should never allow himself to be forced to break ground.

He must learn how to develop the first and second movements against opposition with his attention concentrated on the fast, forceful, and accurate use of his hands.

He must not put his hands on his opponent's back; this allows the opponent to reach the defensive player's body or legs.

He must avoid rising up and "giving" opponents his legs or stomach, for they will force him to bend his back, tip him over backwards, or run him back.

He must keep opponents away from his legs by shooting his hands like lightning either on the head of the opponent, or against the upper chest, or against his shoulders, or against the side of his neck. He should not swing his arms back and forth because he may lose time; the opponent may charge when his arm is describing the backward swing. He should prefer to use both arms as a good boxer uses his left.

He must not allow the opponent to take up his time or allow himself to wrestle with him, since this will prevent his going after the man with the ball as soon as possible. He should try to use both hands on one spot of the opponent's anatomy; but he should not attach himself to the opponent, for a part of the offensive lineman's objective is to make the defensive linemen lose time.

He must have the ability to shift around with his legs, using his hands and arms in rapid fire succession to prevent the opponent from blocking him out of the play. If he is a fast starter, a low crouching fighter, with his feet continually under him, he can, after some practice, handle his opponent as a good baggage smasher handles a trunk.

He must learn to recover quickly after being blocked out or thrown off his balance and must not develop the mental habit of quitting.

Warning: It is not a good practice to emphasize the "fade away," i.e., giving ground to evade the blocker. It

destroys the aggressive spirit. Rather, *determination not to give ground* should be encouraged. We have noticed teams lose considerable yardage by using the fade away, especially, if each offensive lineman follows up quickly and continues to force his man. See PLATE XXVI.

Stance. The three middle men may start from the crouching position with both hands on the ground, or from a low crouching position with hands free from the ground and about knee high. I know this is a debatable point, but experience has taught me that one form is as effective as the other, provided the follow-up or the second movement of the men is low, powerful, and with the body under control of the legs.

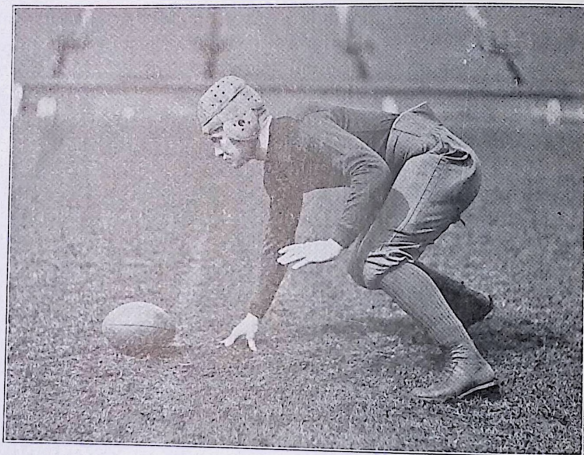


PLATE VII

Although some football coaches insist that the defensive lineman should stand with his outside leg back, i.e., the leg on the side away from the ball, I have come to the conclusion after several years of thorough trial, that this particular stance is not essentially or fundamentally su-

perior, but that it is merely a whim on the part of the coach to claim superiority for this position over the one with the inside leg back.



PLATE VIII

Let the lineman take his position low and in balance, with one or two or no hands on the ground, with either the right or left foot slightly back regardless of whether he plays on the right or left side of the line.

He should not stand flat-footed, i.e., with the weight on his heels, and he must be relaxed before the ball is snapped.

The subconscious concerns which the lineman should have, as the result of proper drilling, are these:

I must keep my eye on the ball rather than on a lineman or a back, and I must start with the ball.

I must distribute my weight on the balls of my feet in such a way that I can get under way instantly.

I must be relaxed while waiting for the offensive center to snap the ball.

I must be braced in case I am surprised and be in such a position that my first movement does not draw me off balance.

I must use my hands instantly with the snap of the ball together with a leg drive.

I must keep my hands off of opponent's back and keep him away from my stomach or legs.

I must not wrestle with him and thus let him consume my time, nor become tangled up with him.

I must charge straight forward so as to allow the play to commit its direction before I have charged either in or out, so that I cannot be drawn in or to one side by split bucks or easily sideswiped by cross blocking.

I must have control of the territory directly in front of me.

I must not rise up as soon as I get under motion and thus be in a position to be flopped over backwards.

I must, if possible, prevent the opponent from reaching my secondary soon enough to be effective.

Constant drilling under proper supervision will make all of the above second nature with a good lineman.

Use of Hands. The lineman should take his stance with open hands, fingers well back, so that when they strike there will not be as much of a give as there is in the bent or natural hand position. He should use this stiff palm, not the heel of the hand, against that part of the opponent's anatomy which is on or below his center of gravity; which would be either chest, hip and shoulder, hip and neck, shoulder and neck, neck and side of head, or both shoulders. He should never use his hands on top of the back, although occasionally on top of the head, to throw a lunging blocker off his balance and forward on his face.

He should use his hands in rapid succession and not hold them too long against any one part of the opponent's anatomy, because if the defensive player attaches himself to his opponent, the opponent has something additional to bear against and to shove about or around.

He should not impart to his opponent the intended use

of his hands or that part of the anatomy which he intends to strike.

He should pay attention to his mannerisms. These must not inform the offensive lineman how he intends to use his hands, nor must they hinder him in his charging movements. The lineman should know that charging in toward the ball is a serious fault, that it is far better to charge out and away from the ball, and that the ideal charge is straight ahead allowing the play of the offense to commit itself before the lineman charges in or out, knives, or slices.

Linemen should not be taught complicated methods of defense; for example, the defensive guard may be told to attack "B" from the side, insert a leg between "A" and "B," turn and use one or both hands on "A." In fast company or against skillful opponents such tactics accomplish little. After the initial attack on an opposing lineman, the defensive man should be taught to focus his attention on the runner.

As a rule the defensive linemen from end to end should arrange themselves with equal distances between them, and in such a way that they have the offense between their extremities, not only on the lineup, but also on the second movement after the initial charge. Against compact formations the tackles should keep the opponent's line between them.

This movement will enable the defense to surround the offense and at the same time steer the play of the offense to a point it did not intend to go, thus destroying its team play which means loss of power.

Because, ideally, this defense surrounds the offense so tightly that it cannot act freely, coaches have named that style of action the "cup defense."

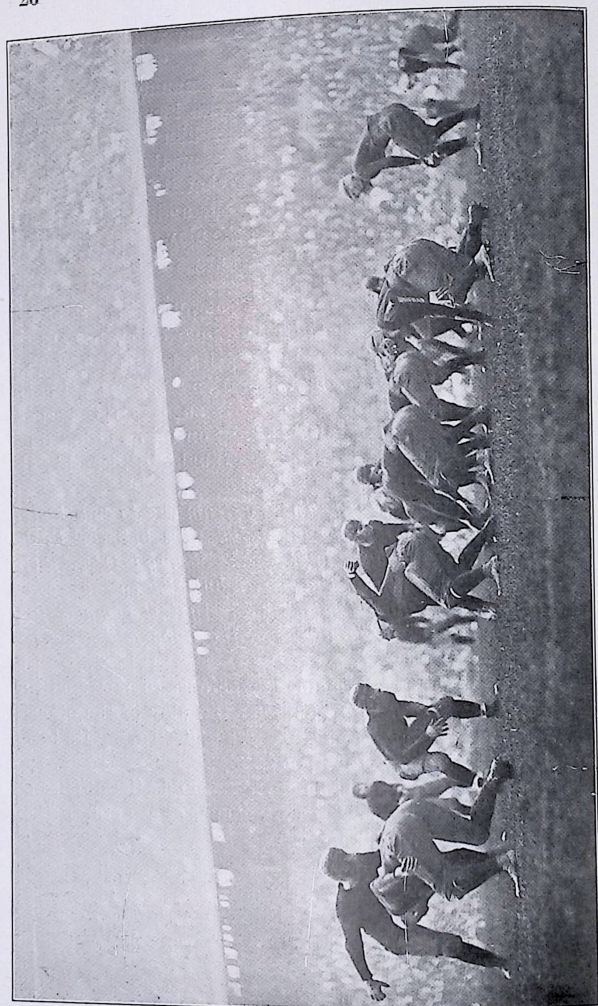


PLATE IX

PLATE IX

Offensive and Defensive Stances of Linemen,
Illinois *vs.* Opponent, 1923

The play was a punt. The offensive guards are hardly set after their hep. The ball was snapped as soon as they were set. Two protecting backs are lined up about three yards behind the line of scrimmage.

Coaching points: (1) Offensive stance. The player should be up to the scrimmage line, alert, on his toes, watching the ball, rump down. He may use his individual preference in deciding whether he shall put one or two hands on the ground and whether his right or left foot shall be forward, provided he meets the requirements of the rules. The two backs are using different stances, each employing the one which best suits him.

(2) Defensive stance. The defense is using what we call a standing defense. Each is alert and watching the ball. The defensive right tackle has taken a position directly in front of the offensive left end, who is probably 3 yards from his tackle.

(3) The standing defense is rather difficult to coach. As a general rule only well developed strong athletes use it with success. It has a decided advantage in that the defense may watch the development of each play.

(4) An excellent defensive system frequently seen, has the three middle men employ the crouching stance, and all others, the upright stance.

"Emphasize those fundamentals and plays which will be practicable against the best opponent on the worst field and the wettest day."

III

THE CENTER

(A) Offense

Inasmuch as the plays start from the center, he should be a steadying influence. The center must make sure of a firm well-balanced stance, so that his opponent cannot surprise him by pulling him forward or shoving him back with the snap of the ball. He should note the position of his opponent before he passes the ball as well as mask the direction of the pass. He must not pass the ball unless every man of the line is in his correct position.

There should be no tightening of the fingers or other telltale signs previous to the pass.

He must follow the ball closely and be ready to take it from the back when the ball has been declared dead.

The Stance. Free arm movement and the proper distribution of weight for either blocking or charging are the essentials in the center's stance.

The center stands with his feet on diagonal corners of an imaginary square base, right foot forward if he is a right-handed passer, vice-versa if a left-handed passer. The knees are bent, the back is parallel with the ground, and the head well over the ball (which is the reason for the rule permitting the center to have his head offside).

In this stance the center of gravity is low, over the middle of the base, and the weight is supported entirely by the feet. The center must not rest his weight on the ball, but keep all of it on his feet. This enables the center to get a quick, powerful drive, or to block a fast charging opponent.

Center Passes. The center should have a definite mark to throw at and must keep his eyes on that mark until the ball has left his hands; however, in a system which uses the indirect method of feeding the runner, the center may watch his opponent while passing the ball into his quarterback's hands.

The center should avoid lifting the ball, thus involving two motions in passing.

The center should not pass with the aid of his body but

should depend solely on his hands and arms. Trunk movement naturally precedes arm action in this position, but must be avoided. A fast reacting defensive man will unconsciously charge with the first motion which in this case will allow him to beat the ball by a slight margin.

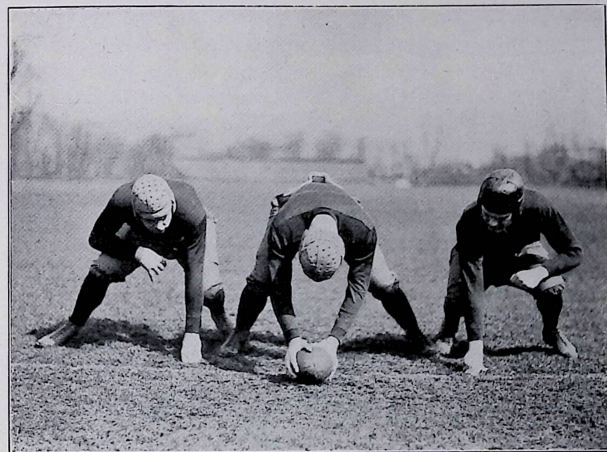


PLATE X

The center must control the speed, height, distance, and direction of the ball. He must start either a long or short pass from exactly the same hold and stance so that no indication of the length of pass is given the defense.

All short direct passes should be low to insure backs starting and receiving the ball in the crouching position; it hides the ball from the eyes of the secondary defense.

The center uses as a mark for a fast pass the outstretched hands of the holder for a place kick, punter, drop kicker, or passer.

The pass for an end run must be to a point well in advance of the receiver to insure a fast start on the part of the back.

In signal practice the center must be consistent in passing a well led ball, as there is nothing that will destroy the confidence of a back and cause him to hesitate quicker than an erratic center who passes first here then there.

On a direct pass for a line smash the center must take care not to pass with too much speed for fear of causing the back to hesitate while making sure of the catch, but should float the ball ahead of the runner forcing him to come forward for the ball, thus insuring a fast start.

The center must learn to charge forward and toward the side of the play almost simultaneously with the pass. He must, however, make sure of his pass first.

On rainy days the center should ask the referee, or a guard, in case the official refuses, to carry a towel for the purpose of wiping the mud off the ball and off the toe of the punter's shoe.

It is a good plan to have all the heavier men practice center passes at the beginning of the season, the best ones are then selected to pass to kickers and throwers, while the other members of the squad are engaged in the drill of fundamentals.

Repetition makes a master. Constant practice is necessary to perfect these passes. Perfect center passes create confidence in the backfield.

The center should avoid hard or high passes to backs for line plunges, passes over the punter's head, and passes that do not "lead" the back who is attempting to make any kind of run outside of his tackle.

End-over-end Pass. The end of the ball nearest to the body is grasped with both hands, thumbs on top, fingers underneath.

The ball is thrown with an easy swing in which the arms follow through. This "follow through" imparts speed and accuracy. The throw is made with the arms only.

Spiral Pass. This is a grip pass thrown between the legs. The forward end of the ball is gripped with the right hand, thumb on top, fingers underneath, with the heel of the hand parallel with the seam of the ball. The thumb or fingers, according to the preference of different centers,

may be on the lace. The pass is made chiefly with the right hand, the fingers imparting the spiral motion at the moment of release. The left hand, placed on the rear side and top of the ball, is used only to guide the ball and steady the arm motion. A free and complete swing with the arms is better than a short, choppy stroke.

There have been a few centers who have passed the ball with one hand successfully. Usually such a passer is not so accurate on a hot day when his hand is sweaty, or on a wet day when both hand and ball are wet.

The spiral pass travels faster, is more accurate in the wind, and is to be preferred to the end-over-end pass, because the ball reaches the punter or passer in a position in which it may be more easily handled. Experience has taught us that it may be used in mud as successfully as any other pass.

(B) Defense

He should use his hands and keep his legs free from contact with opponent.

Position. Against a balanced line with the old-fashioned backfield formation, three in a row parallel with the scrimmage line, he should take his position directly in front of the center.

Against a balanced line and a shifted backfield, he should take a position off the shoulder of the opposing center toward the side to which the backfield has shifted.

Against an unbalanced line with one man over, he should at least take a position on the strong side of the line opposite the outside shoulder of the man next to the center. He may even take a position directly in front of the second man from the center. If two men shift, he should take his position on the strong side of the line opposite the outside shoulder of the second man from center.

While the center's heavy duty lies in the line, he must be mentally alert as to what happens outside of it. This fixes an unusual strain upon his power of attention. He must focus his attention on line plays, yet must be ready

to change his mind quickly enough to become effective in the open field. This ability to get set for one style of play and then on the shortest notice to change his mind demands an exceptionally nimble brain. One moment he is a member of the primary line and the next moment a member of the secondary. If he hasn't complete control of himself, he will become confused and muddled and not be able to do justice to the primary line and be of help to the secondary. Because of this load, a good center is the keystone of the line and if that keystone crumbles, the defense is apt to collapse.

As soon as the center takes up his position on defense, he should study the attitude of the opposing backs nearest the line, and after that focus his attention on the ball. He should always inform himself concerning the number of the downs, the yards to be gained, and the position on the field. These data are important in determining his immediate action.

He should be in constant communication with the man backing up the line so that he can cooperate with him. For example, under some conditions he may ask the fullback to slip into the line next to a weak member and at a threatened point of attack.

The question is often asked, "Should the center help the end on end runs?" That cannot be answered unless you know something about the speed of the center and the strength of the opponents. If a center is prone to help on end runs, he may lay his position wide open for line attacks. I do not believe in emphasizing that feature of the center's activity. I believe he should have two duties; the first and most important, to smother line attacks, and the second, a qualified duty, to help knock down forward passes. By qualified duty I mean that he must not be ready to come out at any time, but should pay attention to the forward pass attack of the offense only under certain conditions. This latter duty should be previously planned and varied from game to game so as not to make it a hit and miss affair.

The center should know all of the rules that pertain to

the progress of the ball, i. e., be especially well versed in the referee's duties, just as a captain should make an additional study of the umpire's duties.

And above all, the fighting courage and confidence of the center will become contagious and affect the playing of the line. He is in its center, and to his teammates on either side can communicate his courage.

IV

THE GUARD

(A) Offense

Many duties of the guard are similar to the duties of a tackle with the probable exception that he may be asked to run more interference than the tackle. He must, therefore, make a special study of his stance on offense so that he can mask his twofold duties of blocking or running in the interference. He must practice coming out of the line for interference deep and fast enough to be of service to the backfield. The average guard's intentions of this sort can be too easily detected by the defense who will immediately make preparations to counteract the guard's play. The average guard starting the first movement for the interference, which is a step back and in the direction of the play with the foot which is on that side, raises his back and head above the plane it was in just before the ball is snapped, and with this upward movement imparts his intention to the opponent nearest him, who immediately proceeds to foil that guard's effectiveness by following in at top speed, since he now needs not fear a line attack. Therefore, the guard must step back on a low plane and run low so he cannot be knocked down, for it is just as important that the interference "keep their feet" as it is that the man carrying the ball "keep his feet."

As soon as the guard has left his position, he should circle deeply enough to avoid tripping over one of his own linemen who may have been pushed back into the play by an opponent.

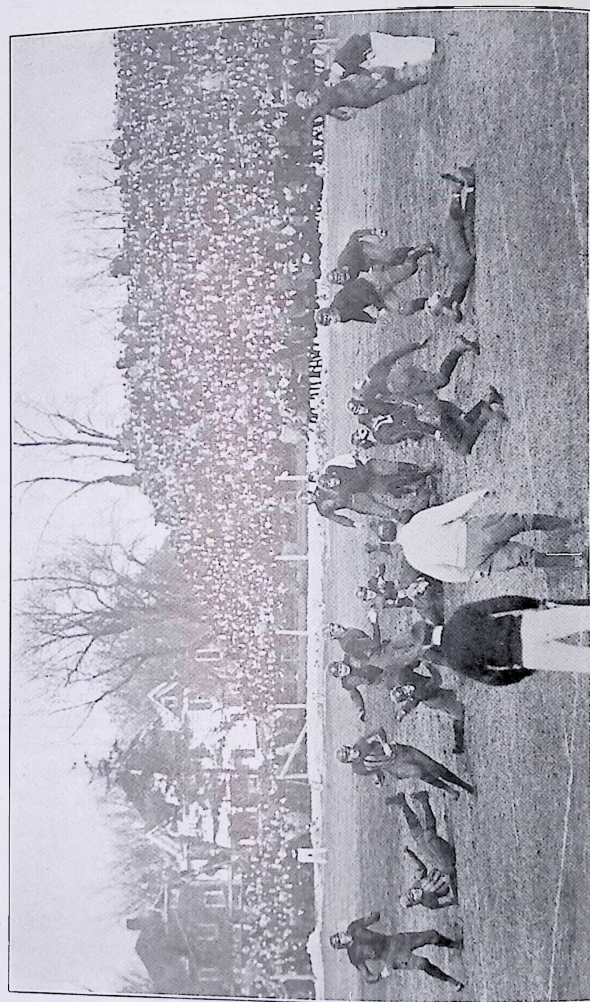


PLATE XI

PLATE XI

Changing Direction, Illinois vs. Chicago, 1921

Peden, All-Western halfback, has just darted through an opening inside the defensive end and is seen changing direction from a slant to a straight up the field. Quick changes of direction deceive tacklers.

A guard (player with a bandaged hand to the runner's left) after coming around slowly has hesitated as if in doubt and therefore lost decisive action. *If a guard does not go forward fast, he is apt to block his own players.*

The defensive fullback has sidestepped a blocker, seen on his back at the right of the picture.

"Determined action is an asset. Hesitation is a liability. Don't squat."

As soon as the guard starts turning forward, he should look for the first opponent who is free enough to break up the play. This opponent may be a slicing lineman or one of the secondary.

If a guard is slow on his feet, it is folly to try to use him in the interference.

After the play is stopped, the guards should make it their special duty to help the back to his feet and to encourage him.

The guards should make it their concern to follow out to the sidelines, after a forward pass has been made, so as to be in a position to tackle an opponent who may have intercepted the ball.

(B) Defense

He should use his hands and keep his legs free from contact with opponent.

The bigger and livelier the man, the better guard he will make. A good pair of guards is a tremendous asset.

An inexperienced and inferior athlete can play at guard better than he can play at center or tackle. Because of his lack of ability the guard may be forced to cramp the possibilities inherent in his position. But an energetic, alert, powerful man can "spread himself all over the field."

I am convinced that to have a great team, a pair of great guards is essential, and I doubt if there ever was a really great team without a pair, or at least one stellar performer in this position.

A superior man at guard is of tremendous value to both center and tackle. Often I have played my very best lineman as a guard instead of in the tackle position, and the result has proved to me that the move was a proper one.

A good rule to accept would be one that reads as follows: If the team has a weak center, it would be wise to use the best line candidates as guards, and if a strong center, as tackles.

V

THE TACKLE

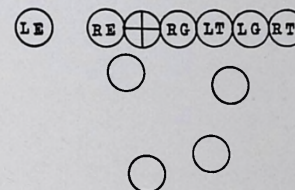
The man who stars on defense does not necessarily excel on offense. The man who is selected to play tackle on defense is chosen because of his superior aptitudes for defense. The man selected to play as guard is chosen because he is probably a little less experienced football player than the tackle and somewhat less gifted by nature for that most strategic position of tackle on defense.

(A) Offense

This does not mean, however, that his effectiveness is reversed when employed on offense. It happens quite often that a star defensive player is but of mediocre value on offense and the ordinary guard may display more football talent on offense than the star tackle.

Therefore, the offense should be built up in such a way as to bring the best blockers adjacent to each other for cooperative action. If the linemen on offense are so grouped that always the same men find themselves shoulder to shoulder, a better organized and a more polished attack will result.

The repeated cooperation so obtained will acquaint these men with each other's peculiarities, making them more able to readjust themselves for effective action if,



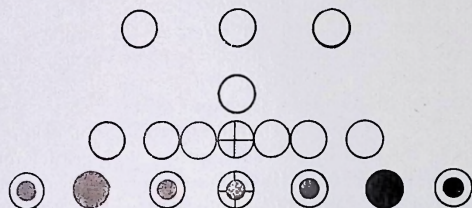
after the first few minutes of a game, they should discover that their opponents are not lined up or playing in the way anticipated.

The following illustrations show an offensive line-up arranged regardless of what the men play on defense. The

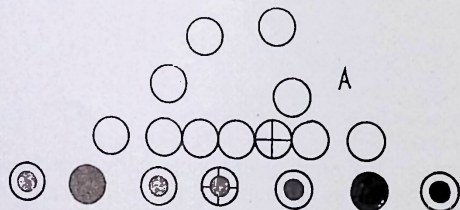
men assume the same relative positions whether the line-up is strong to the left or to the right. Each man specializes and studies the duties peculiar to that position. For example, the left end in this formation will always be on the weak side and the right tackle always on the end of the line on the strong side.

(B) Defense

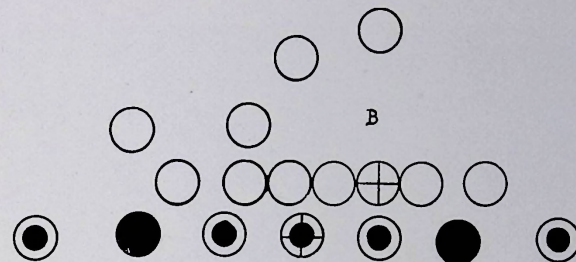
(1) Defensive Play against Compact Formation. The tackles, against a balanced formation, must keep the opponent's line between themselves. The tackles line up just off the outside shoulders of the opposing ends.



Against an unbalanced line attack, the tackle on the strong side lines up just off the outside shoulder of the opposing end. The tackle on the weak side lines up either directly in front or just off the inside shoulder of the opposing end. Should a back of the offense line up outside of his own end, the defensive tackle should line up in front of this back, as in Diagram B.



Notice the tackle on the weak side in Diagrams A and B.



He must take up the stance as described in this chapter.

He does not have to play as low and in as cramped a position as the guard, but should assume a position that will allow him freedom of action.

He should keep his eye on the ball and should drive his hand or hands into the end with the snap of the ball. He charges forward neither in nor out, but in such a way that he has perfect control of his balance and can instantly execute his second movement by either shifting to the left or right as may be necessary to place himself in front of the play. With his second movement he must fight into the play, knocking aside the interference and so exposing the runner for himself or for the secondary.

As the tackle learns to charge forward he is apt to lose his balance and miss the back who is driving past on either side. He may become discouraged at repeated failure so should be encouraged to persist in the charging tactics until he learns to adapt his muscular reaction to the speed of the runner. He should charge forward in somewhat of a crouched position; a low center of gravity assists in retaining balance and therefore tackling efficiency when changing directions quickly.

The strong side tackle on defense against an unbalanced line errs when he takes himself out of the play by charging out around, while the weak side tackle is more inclined to make the mistake of slicing.

Like the end, he should be a man who is not afraid to stretch himself and one who can recover instantly after a false move.

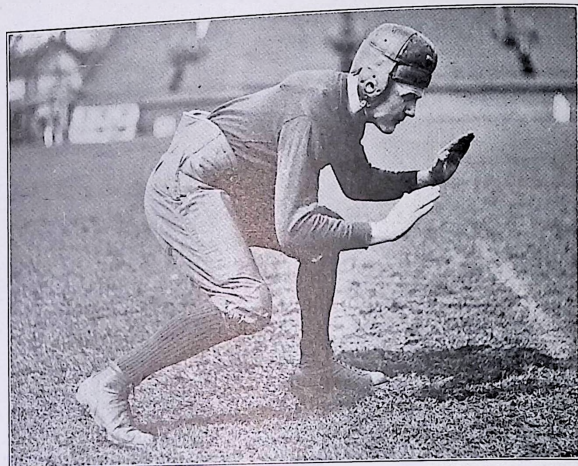


PLATE XII



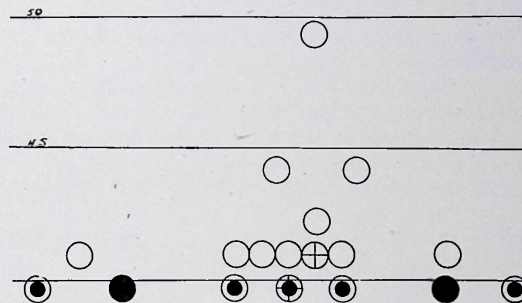
PLATE XIII

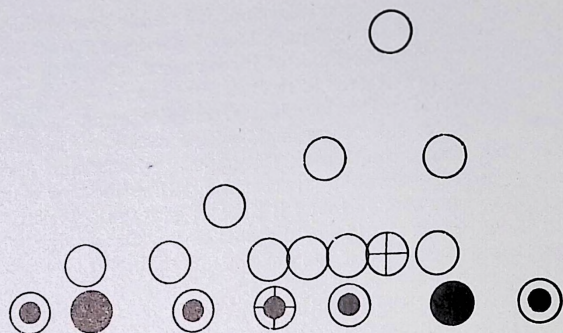
Should a forward pass develop, the tackle first should check the end to throw him off his balance and then be careful to protect the flank of his own end who with the snap of the ball has gone in to rush the passer.

(2) Defensive Play against Open Formations. The tackle lines up wider than usual with his eyes on the ball and with some attention on the opposing backs near the line, so that they cannot surprise him with a line play. He will have time enough to act if the ball goes to the kicker.

If he rushes the kicker, he must hurry in, staying on the outside so that if a run develops he will not be caught inside and so be out of the play. He should be careful to take note of the intentions of the opponent's end, for that individual may slip out toward the sideline, only to rush back at him for a sideswipe.

The following illustrations show the correct position from which a tackle should play against open formations with a wide end.



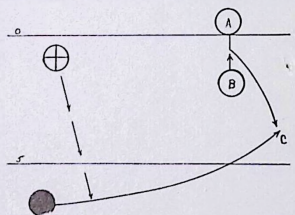


On open formation the tackle rushes the thrower to give the end a choice of playing on or back of the scrimmage line.

(3) An Exercise for Developing the Defensive Play of a Tackle. Shiftiness, ability, and skill on defense against swinging plays may be developed by the following exercise.

Players needed: Center, ball carrier, end, and defensive tackle.

The tackle should strike his opponent "B" before he charges for the runner at "C." The exercise also teaches the tackle to anticipate the speed of the runner.



(4) Defensive Play of a Tackle against Plays Employing a Sideswiper. Against this method of offense, the tackle has a rather difficult problem. If he hurries through fast, he may overrun the play; and, if he crosses the scrimmage line cautiously or waits, he becomes a good target for

the sideswiper. If he lines up too wide, he breaks the correct spacing between himself and his guard; and, if he does not go wide enough, too great a burden is placed on his end.

The tackle should choose the happy medium, i. e., wide enough to support his end but still able to control the space between himself and guard.

Since the tackle has no one directly in front of him, a quick start with the snap of the ball is not so necessary, which permits him to watch the sideswiper and be prepared to use his hands to ward off or break the charge. The tackle should struggle to stay on his feet and fight to remain in front of the play. Determination not to lose his balance will help considerably. He may baffle the sideswiper by employing different methods of attack, either to charge across the scrimmage line with all his speed, or to make a false movement forward, suddenly stopping and charging again, thus making a so-called "stuttering charge."

Should the tackle notice that the opponent's end, who has been attempting to sideswipe, has gone out an extreme distance, he should follow him out part way to make sure of the end's intention and then hurriedly change his position and line up nearer the core of the formation.

The sideswiper on a team which employs a two hep formation has a decided advantage over the average tackle who will notice the sideswiper on the first hep but will have his attention diverted to the backfield on the second hep.

The tackle will find it best to keep his eyes on the sideswiper through the motion of both heps, for the sideswiper apparently too wide to be effective after the first hep, will move into a correct distance for blocking on the second hep. Too much stress cannot be laid on the fact that the tackle must not allow his attention to be distracted by a second hep.

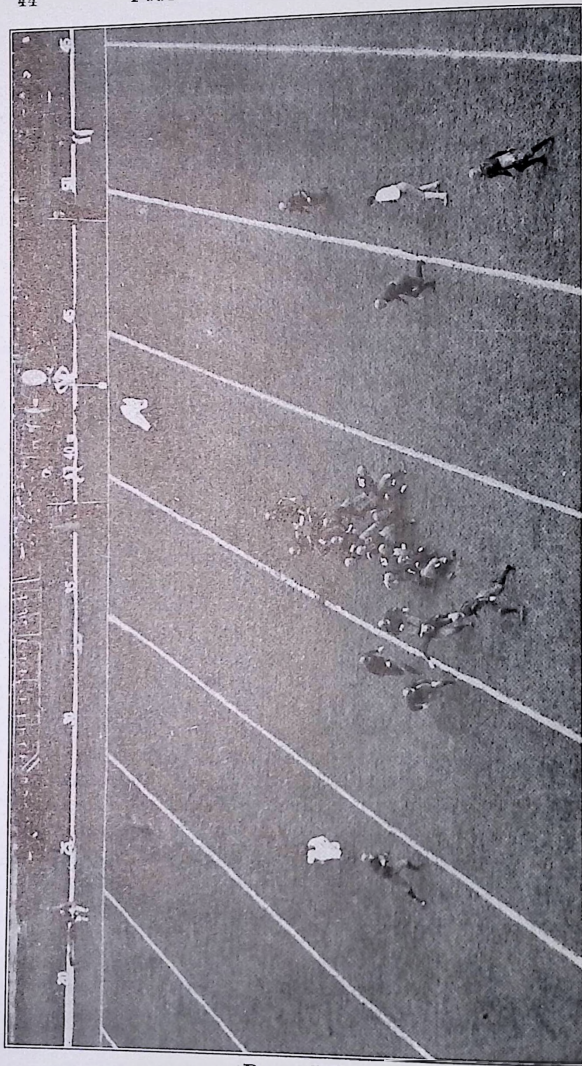


PLATE XIV

PLATE XIV

A 40 Yard End Run, Illinois vs. Opponent, 1923

The play was made from a punt formation, and the runner aided by perfect interference, three backs and one guard, gained 40 yards. The defensive left tackle was beautifully sideswiped and the left guard, No. 69, was blocked in. The defensive left end was unable to cope with the interference and nail the runner, who succeeded in evading the defensive full and half, but was tackled far down the field by the safety.

The offensive left end and center are seen starting for the secondary.

Coaching points: (1) Obviously the success of the play was due to the fault of the defensive left tackle in permitting himself to be sideswiped and taken completely out of the play by one man. He probably lined up inside the sideswiper and failed both to play on him and to charge. This tackle should move out with the opposing end, lining up directly in front unless the end goes so wide that the tackle could not control the territory between himself and his guard; a maximum distance from his guard, I would say, would be 4 yards. If the offensive end goes wider, the tackle should line up as wide as he dares, face out toward this sideswiper, charge quickly or bluff a charge and use his hands.

(2) You will notice that the offensive center, although opposed by the defensive center, is getting a much quicker start toward the secondary than is the offensive left end. A close examination discloses that the defensive tackle has used his hands to check the rush of the end to block the secondary or to get into the open quickly for a pass, as the case might be.

"The difference between champions and almost champions is the ability to play for something outside of self, in this case, team work."

VI

THE END

As a rule a rangy man is better suited for the position of end than a short man. Some great ends, however, have been short. The end must have speed, because that is necessary for his most difficult task, that of speedily covering the receiver of a punt. He should be dexterous in the handling of the ball, because he must catch forward passes. He should be agile so that he can elude blockers when on the run down the field under a punt. He must be shrewd so as to be able to out-guess the opponents, and he must be alert to recover fumbles.

He should have enough imagination to devise man-nerisms by means of which he can mislead his opponents as to his real intentions. He must have confidence in his ability to cope with any situation. Being out in the open, his playing is conspicuous—so are his errors. He must at no time let that dishearten him.

(A) Offense

On offense he should be able to block with skill and determination, since in many plays he alone will have to take care of the opponent's tackle who, as a rule, is a tackle because he is especially fortified with size, strength, and determination.

His stance should be such as not to indicate the direction of the play, or show his intentions to block the tackle in or out. Generally, if he is on the right side of the line, he should have his left hand and right foot on or within one foot of the scrimmage line. Some ends prefer to reverse this stance. It really makes very little difference, provided the end assumes the same stance for each play. If the play goes to the outside of the tackle, the end should drive his body between the tackle and the intended direction of the play.

An end should practice sideswiping and develop the pivot block.

To be successful under punts, an end must have not only the ability to run but also to dodge. Some very good

ends have had only average speed but excellent dodging ability.

Many ends fail to get the punt receiver because they cannot get by the blocking back. In case it is necessary to stiff arm, only one arm should be used, and there should be no hesitation or squatting. Probably the most successful method of avoiding this blocker is the change of pace, doubling up on the speed at about the moment of contact so as to outrun the blocker, or make him miss. A fast moving and dodging end is a hard target to hit.

Ends, after a hard run down the field, are apt to forget to stretch themselves to make a tackle, and the receiver gets away.

A good group of words to use in coaching an end are: Start, run, dodge, stretch, tackle, and *don't overrun the play*.

(B) Defense

On defense he should be a clean and hard tackler of the tenacious kind who does not fear to stretch himself and who is not afraid of having his body twisted and doubled.

The coach must decide at the beginning of the season whether or not he will teach his ends to smash or wait. The smashing end starts with the snap of the ball rushes into the core of the offense on a conservative slant, and strives to pile up the play before it is well under way. This method is very effective when used against a compact offense.

Should the end play in this aggressive way, the tertiary on his side must be a strong player because an end coming into the play of the offense on a slight slant may lay his side wide open for a sweeping end run. On the other hand, he is apt to spill the interference and delay the back long enough from getting into his stride to make it possible for other linemen to get at him. Should he be of this smashing type, he will be very effective against delayed fullback plunges or delayed straights and slants of all kinds, but a little weak against in and out plays and sweeping end runs.

Should this compact offense attempt to play the forward

pass, he will find himself especially effective in hurrying the thrower.

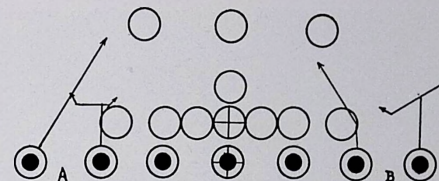
This same end, however, must be taught to play more conservatively against open, spread, or eccentric formations and therefore must practice both methods.

If the coach decides that he will use the waiting style of end against compact formations (and by waiting I do not mean hesitating on the scrimmage line), he must coach the end to come straight across the scrimmage line for two steps, get set to use his hands for the purpose of breaking up the interference so as to get at the runner, or string the interference out to the sidelines so as to expose the runner to the secondary or some other lineman. In this case he must be taught to conduct himself in such a way that the interference cannot get at his legs and throw him before he has accomplished his purpose, for as soon as the end is dropped, one or two men are free to take care of his tertiary.

When the play goes to the opposite side, the end should at once be alert for trick plays, criss-crosses, fumbles, cutbacks and reverse plays. In such case, after his initial charge, he should check himself so as to regain his balance and follow rather carefully over the spot the backs have left.

To be the master of his position the end must be able to vary his style of attack and use the power of anticipation which is mental and not physical, i. e., if he intends to go deep into the core of the attack, he should anticipate that the back is apt to cut in or employ a right angle dodge into the space left by the end and outside of the defensive tackle. If the end really has anticipated that, he will have started back with the back's cutback and by stretching himself he will be able to reach him with his hand and slow him up so other men can get at him.

If the end decides to come in only a short distance to break up a successful series of attacks outside of his defensive tackle, he should anticipate a sweeping end run or an in and out play and thus be ready to drive deeper into the field at the slightest demand.



Smashing End "A" and Waiting End "B"

End "A" in the above diagram shows the slant and drive of his charge in which the end has no choice after he commits himself.

The waiting end "B" goes in with just enough speed to keep full control of his subsequent actions. He either strings out the interference and exposes the runner or breaks it up and tackles.

Any man can readily see that the plunging end "A" will make some great plays, but will not be quite so safe a player as "B." But, should a forward pass attack develop from this compact formation, the plunging end with the aid of a careful defensive player in the tackle position will be far more effective in hurrying the thrower than end "B."

In building up the defense, care should be taken that the plunging end is cooperating with his own tackle and that that tackle plays more conservatively and avoids the hit and miss tactics of knives and slices and plays more on the scrimmage line, so as not to be out of place when the end has managed to turn the runner into him.

The wise coach will try to develop the talents and natural aptitudes of his ends and protect them by teaming them with tackles whose methods are opposite and so will be both supplements and complements to them. He will attempt to yoke up a lunging, plunging end with a conservative tackle, and a plunging, aggressive tackle with the more conservative end. In either case he should take care that the space between them after the first movement does not become an alley through which the whole team of the opponents can run unobstructed.



PLATE XV

PLATE XV

A Sweeping Run for a Touchdown, Illinois vs. Nebraska, 1923

Noble of Nebraska aided by good interference is seen skirting the right end for a touchdown.

Failure to charge by the right tackle and end allowed the play to get such a commanding start. Seven defensive men are hustling after the play, but alas, too late.

The defensive end, seen just to the right of the referee, raced along parallel with the play, but effective work was prevented by a blocker now lying prostrate behind him.

The hesitancy of the end in charging was probably due to the fact that he anticipated a pass or trick play. Ends should not back up for passes in this part of the field, for the territory to be covered by the backs is so small that a pass should be very difficult to complete. This was a valuable early season lesson in defense.

The defensive right half must also take some blame. He should not let a runner get around him, but should advance and meet the runner from the outside.

"A stiff early season game teaches the men to stretch themselves. It gives the coach an inkling of what to expect from them in the important games."

Thus on the same team an aggressive, lunging end and conservative tackle may be lined up, let us say, on the left side, while two men of opposite inclinations and talents may be lined up in the same respective positions on the right side.

In general, we may say that the defensive end should hurry across the scrimmage line against compact formations and play on the scrimmage line against spread formations. Spread formations force the end to line up so wide that he is of no value in hurrying the play.

Ends after crossing the scrimmage line frequently display the fault of stopping completely, squatting and using their hands on a low running blocker, while the runner dodges inside and up the field. The end may be much more effective if he lunges over the body of the blocker, stretches himself to get at least one hand on the runner. If the interference comes high, the end can use his hands to shove them into the runner.

An end should be taught either to hurry across the scrimmage line and fight not to break one inch of ground, or, if he cannot use this method successfully, to string out the interference, alert and ready at any instant to stop and lunge back into the play at the runner.

CHAPTER III THE BACKS

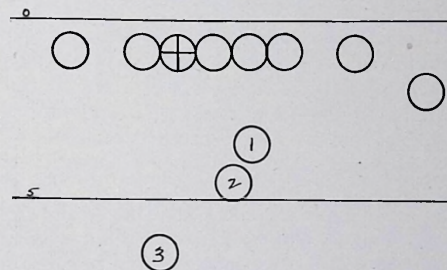
I

RELATIVE POSITION OF BACKS

The distance a back should assume behind the scrimmage line must not be determined by rule or precedence if the coach wishes to get uniformity of motion and the most speed possible. Slow moving backs should assume a position nearer the scrimmage line than fast moving backs. Also, they should be placed so that at the snap of the ball they can easily get out of the way of their superior teammate and not force him to run, as we say, "up their backs."

We prefer to play the fastest runner from 5 to $6\frac{1}{2}$ yards back of the scrimmage line directly behind the ball. If this back is exceptionally fast we ask him to line up, if the formation is unbalanced and strong to the right, with his right foot back of the ball so that he is somewhat on the weak side.

The other backs should be placed according to their relative speed, the slowest man being about $2\frac{1}{2}$ to 3 yards back and in this case, well to the right, and the next fastest back being four yards back and closer to the ball.



If No. 3 carries the ball to the right from the above formation, great care should be taken that No. 2 gets out of the way from a strongly led ball. The center should be encouraged to lead that ball to force No. 3 to start fast. If No. 2 is lined up too far to the left, the ball may hit him and be deflected from its true course.

Ideal Backfield: No. 1 should be fast and a good interferer. No. 2 should be faster and a good line smasher as well as an interferer. No. 3 should be the fastest man, an open field runner and able to throw and kick. All should be able to handle passes.

II

RUNNING FUNDAMENTALS

(A) Stances and Start

There are two different stances used at present for the man in the backfield, the semi-upright and the crouch. In the semi-upright the back bends his knees and rests his hands on his thighs. His feet are parallel with the scrimmage line. In the crouch the knees are bent, one hand is on the ground, and the other forearm is on his thigh. Either foot may be slightly back. The low crouch tends to hide the backs from the opponent's secondary. In either stance the back should be careful not to rest his weight on his heels or he will lose time rising up on the balls of his feet in starting.

(1) Direct Pass Starts. It has been my experience when I decide to use a back to run always from a position $5\frac{1}{2}$ yards deep, that it is best for him to start with the left foot, swinging it across in front of the right, because a well-led ball should be caught on the second step when the right foot is ahead which develops a better position for handling the ball.

On the other hand, a runner, starting to the right from a position $3\frac{1}{2}$ to 4 yards back, should start with his right foot, so that he will be in a good position to catch the ball. A fast start with the left foot turns the side of the body

toward the pass increasing the danger of fumbles. This specialization will compel a coach to play one man continually deep, the other shallow, as it is difficult for either to execute both starting methods well.

(2) Indirect Pass Starts. The cross-over start is generally used because it is the faster.

The back in starting must not move or sway his body before bringing his legs into action, because he will point out the direction of the impending play before he has actually started. Too many backs start with their heads and trunks and drag their legs after them. They must avoid starting from a flat-footed position.

(B) Carrying the Ball

When in the proper carrying position, as it is commonly called, one end of the ball is in the palm of the hand tightly clasped by the fingers, and the other in the arm pit. All players must be taught to place the ball in this position as soon as possible after securing it.

The ball should be carried in the arm away from tacklers. Some players, when in the open, carry the ball in the hands, shifting it under an arm on the approach of a tackler.

On plays into the line, the ball should be held securely in front of the body with the arms wrapped around it. If the runner goes low, the ball is very hard for the defense to find. On getting free, the runner may easily transfer the ball into the carrying position.

It is vitally important to hang onto the ball. This is difficult to do when tackled hard, especially if another opponent jerks the arms to cause a fumble. Players, of necessity, must live up to the rule, "Two hands on the ball when tackled."

Early season fumbles are caused by tenseness and by looking elsewhere before the ball has actually been caught, or because the back reaches out one arm to protect himself in falling when tackled.

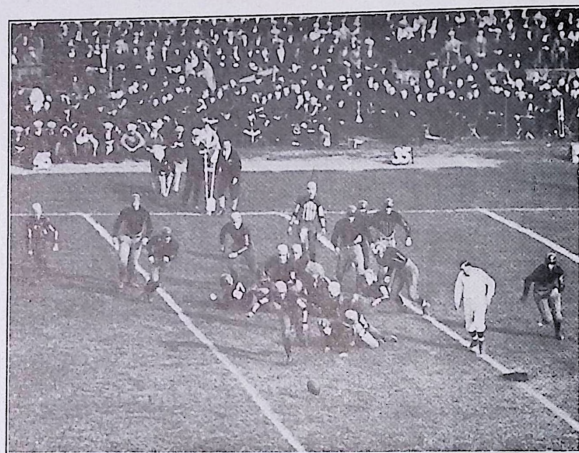


PLATE XVI

A Common Fault, Illinois vs. Opponent, 1923

The runner fumbled on being tackled as he crossed the scrimmage line. The defensive right half, who had rushed to meet the play, recovered but did not succeed in getting away because of the alertness of an offensive back.

Coaching points:—

(1) "Two hands on the ball when driving through the line and when tackled" is a golden rule which all runners should observe. Many long gains are lost because the runner uses one hand to break the fall when tackled. Holding the ball with two hands decreases fumbles when the defense tackles the ball.

(2) The alert men recover most fumbles.

"When you flop do not extend one arm as if about to swim."

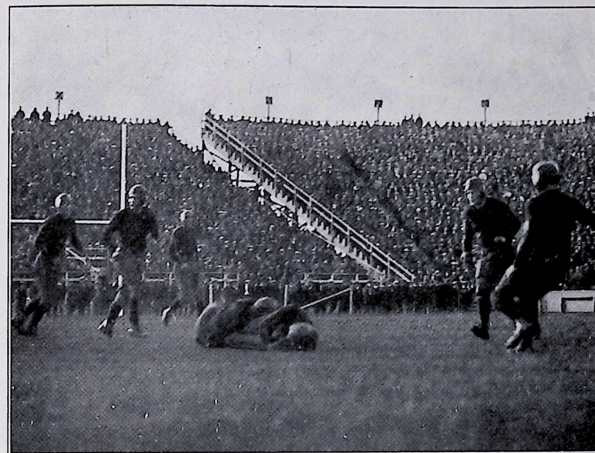


PLATE XVII

Two Hands on the Ball, Illinois vs. Michigan, 1922

Hugging the ball when tackled is clearly illustrated. Notice that the runner has added his length to the gain by falling forward.

Protection of the ball and the gain, if made, should be the first thought of the runner when tackled.

"The coaching of good form in fundamentals requires patience and persistence on the part of the coach."

(C) Line Smashing

The coach should reject the back who cannot tackle, block, or handle the ball, or who is prone to injuries. As a rule, the sturdy back is more immune from injuries than the slender type.

Good backs come in all sizes and shapes. One of the greatest college backs I ever had weighed 138 pounds, and was built short and stocky, while another equally as good weighed 142 pounds and was fairly tall and slender. Both could hit the line.

The back must be a quick starter, a hard runner, difficult to knock off his feet, and not easily held when tackled.

A good back is one who has his muscular reactions so highly developed that he can elude, we may say, the hand he does not see. The nerve centers that control his equilibrium should be so highly developed that it is a difficult matter for the opponents to throw him off his balance. He should have an excellent sense of rhythm so that he can time his change of direction and run with a baffling change of pace.

He must have enough native cunning to hide his intentions as long as possible, and must be coached to employ his talents.

While the signals are being called, he must not permit his mannerisms or stance to indicate to the opponents the style or direction of the play.

He must start instantly with the snap of the ball, run hard and low, and not sneak up to the point of attack. He must develop the ability to get up a lot of power and momentum in but a few seconds and be able to reach the scrimmage line at almost top speed and yet with enough control of his muscular power to do what we call "double up on his speed" at the time of contact with the opponent's linemen.

If his path is blocked by a mass of players, he should either smash through for a gain or start whirling till he finds an opening or a part of the line that is giving way. *Another timely twirl or picot may roll him away from the shoulder and out of the hand of the tackler, bringing about a complete release for a further gain.* Should he be so unfortunate as to fumble, he must yell, "ball."

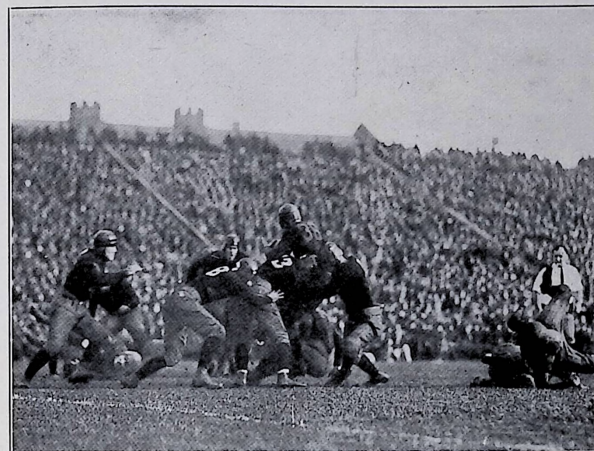


PLATE XVIII

Stopped for no Gain, Illinois vs. Chicago, 1922

The runner seems to have struck a stone wall. He attempted to gain by running high and jumping as he was tackled.

Coaching Points:—The runner on a line smash should go hard and low, lunge, plunge, twist, squirm, etc. In this case the runner, as soon as he realized he was about to be tackled, jumped. This is a mistake for it makes the tackle easy and enables the tacklers to carry him back. The referee will bring the ball back to about the point at which the forward progress was stopped. However, should a few inches be lost, a first down might be jeopardized.

"Football is a game in which inches often count for more than yards."

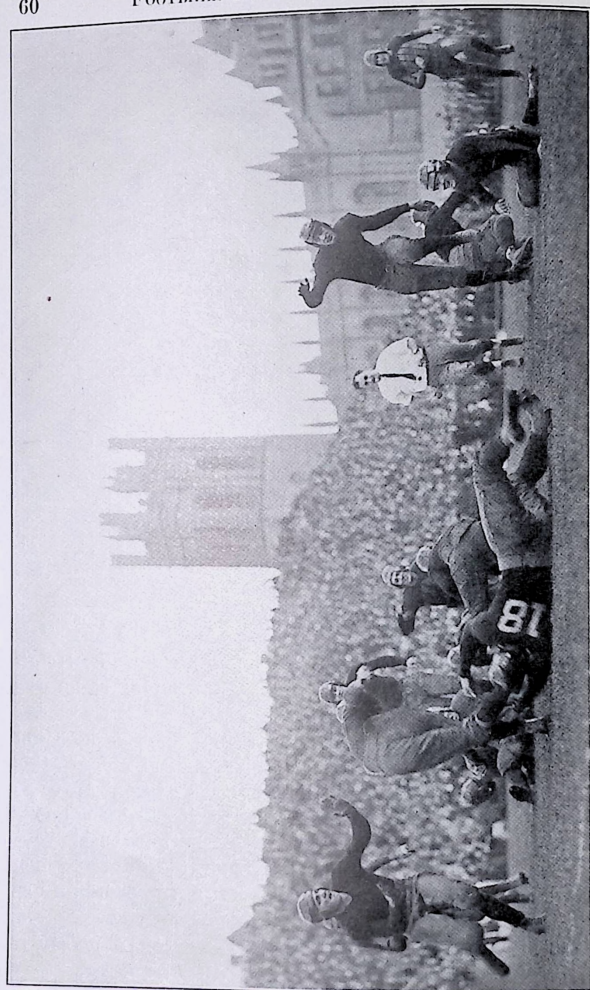


PLATE XX

PLATE XX

The "Twist," Illinois *vs.* Chicago, 1922

Runners frequently evade two or three tacklers by using the "twist," also called the "whirl" or "pivot." The execution of the twist is not unlike a reverse turn in basketball except that several steps may be taken.

Coaching points: (1) The runner, who has come toward the camera through the opening in front of the referee, has barely escaped No. 18 by whirling quickly to the inside. He has taken two steps while making a complete turn; the first half of the pivot was made on the right foot and the second half, which is shown near completion in the picture, was made on the left foot.

(2) The twist should be made on the run and may involve one turn or a series of turns. The back who can whirl is a target which a tackler hits with difficulty, because the near part of the runner continually swings away from the tackler with a revolving tearing movement which requires extreme effort to overcome.

(3) The questions of when and in which direction to whirl are frequently asked. The best time to start the whirl is just before contact with the tackler; the tackler, whose momentum is carrying him forward, aims to hit a certain spot, say the thighs, but has his anticipation crossed by the unexpected change of direction which the runner's pivot produces and therefore fails to hold the man. If the tackler is coming from the front, the runner should whirl to the outside away from other tacklers, but if the tackler is coming from the side, it is better to whirl toward the side from whence the tackler came. For example, when the tackler is coming from the right side, the runner should reverse to the right starting on the right foot. This is an application of the "reverse the field principle" which backfield men must be taught.

"Twist, turn, lunge, plunge. Never say die. Keep going."

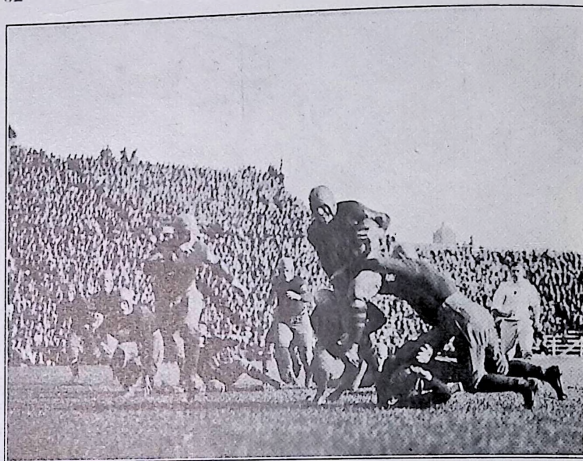


PLATE XIX

Aggressiveness, Illinois vs. Iowa, 1923

Everything which the runner did not do in Plate XVIII is being done by the runner in this picture. Two defensive men are attempting to tackle him, one low and the other high. The first has apparently broken through the attempt to stiff arm and has secured a good hold on the runner's right leg.

Note the power of the runner; the grim determination to drive and fall forward; and the careful manner of holding the ball.

"Always assume that the rival coach knows at least as much as you do."

(D) Running with Interference

The coach may line up three backs, two to act as interferers and the third to carry the ball. Ten yards away two more backs may be lined up with instructions to tackle the man carrying the ball.

The area of action should be restricted to a square thirty by thirty feet for the purpose of reducing the chances for injuries. During this procedure the back will learn to make use of interference, two backs will acquire skill in interfering, and two backs will be drilled in avoiding interference and learning to tackle when hampered. The back carrying the ball will develop the knack of running in such a way as to draw the secondary defense into the interference and then learn to time the correct moment for leaving the latter.

(E) Sideline Running

Several linemen may be set up ten yards from the sideline and ten yards apart. The back should try to run by them along the sidelines so that he will learn to throw himself out of bounds if cornered in such a way that he cannot cut back into the field far enough to make it worth while. The back must learn to avoid being tackled and held within five yards from the sidelines.

The back, when practicing dodging, must avoid squatting, i. e., *throwing his rump back over his heels in a half sitting position*. If the back develops this slow hesitation, he will pay the penalty later in the season in fast company. He will give those who are following him time to catch and tackle him from the rear. He must learn to dodge on the "fly" or while in motion.

(F) Mechanical Aids to Develop Good Habits in the Runner

Boxes may be used to develop high knee action. Place four or five boxes at intervals of a few feet and ask the backfield candidate to step in and around them.

Ropes may be used to develop low running and timely "ducking." The candidate may run at and under the rope

as low as possible and again run up to the rope in an upright position and then suddenly bend and run under it.

Posts may be planted at intervals of about ten yards around which the back can dodge. He can practice straight-arming the post and also practice a pivot dodge. The pivot dodge or turn resembles the reverse turn in basketball. The back runs up to the post, places his arm against it, then turns away from the post, pivoting on his outside leg, i. e., if he straight-arms the post with his right arm, he pivots on his left leg, swinging the right leg back and around to the left, carrying his body as low as possible at the time of the pivot, so that when he has completed the turn he is overbalanced, which forces him to lunge or plunge forward and away from the grasp of the opponent.

After a week of such practice linemen may be used in place of the posts; the back will try to dodge these men who are actually trying to tackle him. Each lineman will, of course, have to operate in a restricted territory so as to make it possible for the back to recover himself between the men.

III

HALFBACKS AND FULLBACK

(A) *Offense*

Often one halfback and the fullback have so much in common that they may be used interchangeably in much of their play.

As a rule the two heaviest of the backfield men should be called upon to do most of the line smashing and blocking.

These backs should be hard plungers, runners, and savage blockers and tacklers.

The third back may specialize in running with the ball because of his great ability as a ground gainer in a broken field.

This back should have the ability to kick, pass, and run. He becomes a more valuable back if to the above talent he can add the ability to block and tackle, and execute the various fundamentals as described.

The three backs must learn that determined interference and speed make offensive play successful. They must learn to follow their interference to the last man, and to remember that if an interference play is designated, the first opening the running back sees is not always the one to dart into, for he may run head-on into a waiting secondary. The back must learn to make use of his interference and run in such a way as to draw the opponents into this interference and from its shelter break for the open field.

If two backs are sent to block the end, both should try to hit him at the same time.

(B) *Defense*

The defensive play of the halfbacks and the fullback is explained in the chapter on Formations and Play Systems on Defense.

IV

QUARTERBACK

The quarterback should be a spirited leader, able to inspire his men, impart confidence, and rally them to their highest endeavor.

He may be a small or large man. Usually the smaller man occupies this position because weight is not the most important requirement. He need not be the fastest man on the team, for speed is not the most necessary requirement.

He must, however, be one of the most respected men on the team, one in whose judgment the rest are willing to concur, even if apparently not for the best. If the quarterback can run, pass, kick, block, throw, and carry the ball, he may be used not only as a general, but also as the most feared player. Whether or not a coach should use that man as both a general and a threat is a question open to debate.

The qualifications necessary for a quarterback vary in number with the style of play the coach intends to use. If the style employs the quarterback as a feeder of the ball from the center to the backs, the quarterback will have to be gifted with the necessary dexterity.

The most important duty of the quarterback is em-

bodied in the word "generalship," and all other minor responsibilities may handicap him in its operation.

In order to be a football general, he must have the qualifications of a leader, i. e., courage, confidence, foresight, energy, endurance, magnetism, and voice. His personality should be such that it can inspire strong men, and his love for the game must be so great that he will, as we might say, eat and drink it, and be able to digest its irksome details.

If the coach is able to balance his team properly so as to relieve the general of as many duties as possible, such as carrying the ball, passing, punting, and place kicking, and use him for directing, blocking, catching punts, and tackling, he will have arrived at a successful solution of this most vexing of problems. Too often it happens that the general has to direct the attack, carry the ball, punt, throw, block, receive punts, and tackle, so that many a season will go wrong because most of the time will be consumed in practicing the details of each duty. Furthermore, this may create conditions of exhaustion, injury, or overheated brain, which may impair his mental faculties in a game just at a moment when the best of judgment is necessary.

Therefore, I suggest that the coach protect his general to as great an extent as possible by relieving him from the worry and performance of those parts of the game that require physical dexterity and energy, and allow him to focus his attention on guiding the team and directing the attack; for example, some of my quarterbacks were forced to be leaders and all-around performers; others were coached to save their physical energy and specialize in guiding the team through a game, block on offense, and play safety on defense.

The quarterback must have frequent conferences with the coach and study the various maps diagramming the tactics and strategy of a particular game. This study should consume part of his practice hours during the week.

(A) *Offense*

Quarterback Passes. Many teams do not use direct pass plays but prefer the indirect method in which they employ the quarterback to "feed" the ball. A mixture of the two systems produces a varied attack. The direct pass adds strength to running plays, while the indirect pass has an advantage in smashing, delayed, plunging, and split plays.

The quarter hands the ball to the fullback on plays over the center and to the halfbacks on split bucks; he tosses the ball to the halfbacks on quick openings and running plays. A bowling pass may be used for backward and lateral passes.

The quarter takes the ball from the center with his hands, and in feeding the backs must be careful not to raise his body or toss the ball high. A low posture on the part of the quarter hides the ball from the defense and at the same time keeps his own backs running low.

If the quarterback is employed to feed the ball, he squats under the center, stretching his hands out toward the ball to force the center practically to hand instead of throwing the ball to him.

He must be careful to mask his intentions because the eyes of the defense are studying him.

His stance should almost always be the same.

A low play is of necessity hidden from the eyes of the secondary. If he has the habit of playing low, he can develop a pirouette in a crouching position and make it possible for the team to exploit its hidden ball plays successfully.

He must encourage his backs to run with and as part of the interference, and not make a false step toward him to get the ball unless the actual execution of the play demands a false step for deceptive purposes.

After the quarterback has passed the ball, he should either protect the runner on the inside, turn into the line, or play safe, ready to pounce on a fumble. The latter duty is an especially important one on a wet and muddy field.

(B) Defense

On defense the quarter usually plays the part of the safety, i.e., he is the last man between the goal and the scrimmage. His duties are implied in the word "safety." He must not leave his correct position unless he is certain he can execute his intentions.

His correct position varies from play to play and is determined largely by the wind, weather, and by the style of the opponent's attack, i.e., compact or open. As a general rule, we can say that against a compact offense he stands about twenty yards back and as near to the crest of the field as possible; against an open formation he takes a stand from thirty-five to fifty yards back and also near the crest of the field.

(1) General Rules that Govern Conduct of Quarter on Defense. On sweeping end runs he should come up fast and try to force the runner between himself and the sidelines to make sure of the tackle. Previous to every game he should talk to his tertiary, asking them not to fail to support him in this duty by running deep behind him, so that in case he fails to make the tackle, another man is in the vicinity of the vacated safety position to support him.

Against a forward pass attack he supports the tertiary and should inform them of his assistance so that they will know whether or not to play in a more daring way. As a rule, he plays the ball but at the same time must survey the field to make certain that no possible receiver can get behind him. He must cover such a man, because a successful long forward pass may result in a touchdown. Against certain teams he can be held responsible for the end man on the strong side of the opponent's line.

When a punt appears imminent, he should go back far enough to field the ball easily. He must keep his eye on the point of the ball nearest to him, for by its action he can tell whether or not it will sail far down the field or make a sudden and almost unexpected dive to the earth. He must concentrate on catching the ball before he thinks of running with it. On securing the ball he holds it with

one arm and both hands and then starts forward in a blind way before he attempts to deceive the onrushing tacklers.

He should not prance—run on one spot—or start immediately for the sidelines, because such tactics may force him to lose ground.

If two men are back to handle punts, the one who finally decided that he should make the catch must cry, "mine," and the other answers, "take it." This latter man should immediately place himself in a position from which he can protect the receiver either by backing him up to pounce on a possible fumble or by blocking the most determined tackler of the opponents. As a general rule this man is coached to block either one of the opponent's ends, the selection depending on the special duties imposed upon the individual members of the backfield.

On a wet day when the ball is slippery, or under very trying conditions, the man not catching the punt should be mainly alert for fumbles.

CHAPTER IV OFFENSE

I

TEAM PLAY OF THE LINE—QUICK OPENING *vs.* WEDGE

The coach should stress simplicity and avoid coaching complex methods of team play, for that will develop indecision on the part of the individual and destroy decisive action and the necessary positive mental attitude.

The individuals using a complex offense and defense will make many more mistakes than the individuals of a more simple system, and the more mistakes a man makes the greater the tendency to lose self-confidence.

Instead of positive, alert, dynamic individuals, pessimists and doubting Thomases will trot out upon the field.

Because of the nature of football, the coach necessarily will select the individuals who have the highest courage, the most initiative, and the fastest muscular reaction. Since he must drill the football fundamentals of starting, blocking, tackling, kicking, passing, catching, and control of body and legs in low crouching positions, and since he must teach his backs to drive, lunge, plunge, twist sidestep, change pace, and keep on their feet, he cannot add to all of this such a complicated method of team play that the men will not have time to develop the necessary basic fundamentals. Time does not permit the development both of fundamentals and of complex team play to the highest degree of efficiency.

Before the coach can definitely decide upon the style of offense he wishes to employ, he should make a study of the different methods of line attack.

The team that controls the first yard beyond the line of scrimmage, all other things being equal, should win.

The reason why I project this line attack ahead of a completed scheme of play of both line and backs, is that I consider that the line is the most important part of the team, and that on its play the success of the attack hinges to a greater degree than on the play of the backs.

In analyzing the method of attack, it may be well to divide the subject into two parts, viz., the line, and the backs.

I have arrived at the conclusion that there are at least two distinct methods of line play, each worthy of consideration. This is a result of several years' investigation in which I was aided by our summer students, many of whom were former players under some of the most prominent coaches of the country; also, I have had the good fortune in being able to experiment thoroughly during ten-week sessions of spring practice; and, furthermore, I have used many methods of offense and defense during the regular playing season.

The first and older of the two methods is built upon the theory that the linemen must make quick openings through which the back is to dart.

The second is that the line must team together, charge shoulder to shoulder as a tight or adhesive line, forcing one of its men forward as the apex of a wedge, the remainder following on the sides of the wedge and closely trailing or rather pushing the apex forward, thus forcing the defense to "run out around," as it is termed.

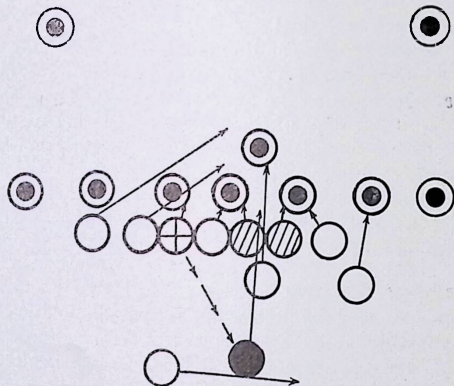
The coach must decide which of these two methods he wishes to utilize in the building of his offense. I believe both have equal merits.

(A) Quick Opening

Some critics of the first or opening method claim that it will invariably make the secondary defense look strong and that whether or not the defense has a weak line, a strong secondary will offset that. The secondary will run directly toward and into the opening and get there at about the same time that the backs of the offense will, making the good blocking of the offensive line ineffective as far as actual results in ground gaining are concerned.

I claim that in this method of line attack the activities of the secondary defense can be hampered as successfully as in any other by employing the aid of an extra man drawn from the backfield. I will call this back the interferer. This interferer should be placed so that he can dart into the opening designated by the signal ahead of the man carrying the ball in tandem fashion, and crash into the first man of the secondary defense just as that man comes up to the opening to tackle. This interferer with the aid of several linemen must be drilled to hamper the free movements of the secondary defense. The best way to accomplish this is to employ the tandem scheme of backfield attack, i.e., send, as mentioned above, one back directly to the spot designated by the signal for the opening, with the intention of intercepting the back of the secondary defense just on or across the scrimmage line.

With this principle as a team fundamental, I think that the quick opening method of line attack can be made just as effective as the wedge method.

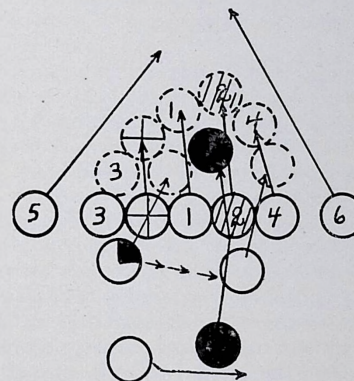


The linemen should be arranged, as far as possible, so that two of the offense can attack one of the defense, and the whole backfield can force itself with much speed and vigor into the opening in such a way that at least one, if

not two, good blockers or interferers precede the runner. Thus, four linemen would be utilized to block out and stay with two or three defensive linemen while three offensive linemen and a back or two hurl themselves toward the secondary defense.

(B) The Wedge

In the wedge method of line attack the back carrying the ball does not run immediately toward an opening, but runs rather directly at one of his own linemen designated by the signal. By this method of attack the back gets into the shelter of one of his linemen, and thus is protected for a little time from the onrushing defense. The designated lineman is supposed to become the apex of the now-developing wedge, and this lineman is protected on his flanks by his fellow linemen, who from tackle to tackle have charged toward him, adhering to him as tightly as possible, and in such a way that this mass of human material either runs the defensive line back, or runs over them, or forces the defense to run out around them.



Should the designated apex run into a jam so that his forward movement is blocked, then one of the adhering linemen immediately becomes a new apex, the supporting linemen squeeze this new apex forward, and the alert back switches from the wake of the first to the wake of the second apex. If the wedge is not halted in the first yard, it develops into a compact mass, hiding the back from the defensive secondary or actually runs over the man backing up the defensive line. Sooner or later the wedge will have forced an opening or opened itself, and the fleet back may shake himself free and dart through it into a broken field. This sounds good on paper, and it really becomes so effective against an ordinary line, that, if a weak defensive line allows this wedge to develop, it is apt to make a secondary composed of excellent personnel look poor.

At present it is a common practice to ask four or five linemen to charge forward shoulder to shoulder as a tight line when line plunges are called for. These linemen do not make a special attempt to wedge, but merely hope to charge as if the four were built like one very broad man. This is very successful at times, especially if used to vary the line tactics.

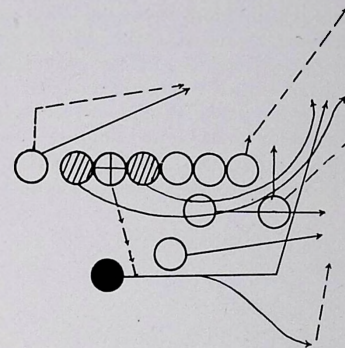
II

THE CYCLE OF PLAYS

A team should not be overloaded with plays. It will cause indecision on the part of the general and the players, and develop a flabby attack.

Some of the most successful coaches claim that the only running plays worth while are the straights and slants. Personally, I believe that the new game warrants confidence in the addition of what, for want of a better name, I will call the "angle play." This play is an offspring of the old time cut-back or cut-in play, and it borrows its success from the fact that, if the attack is properly coached, it can readily twist itself from a running into a forward pass attack. In the following diagram solid lines indicate the running play; broken lines, the forward pass play.

A PLAY CYCLE



In the angle play the backs start directly for the sidelines, running parallel to the scrimmage line, the man with the ball running toward a set or predetermined opening with his face toward the sideline until opposite the set opening, when he either darts in for a run or steps back for a throw. This takes an unusual amount of drill, because either the forward or backward move must come as a surprise and not be "telegraphed" to the opponents either by looks or actions.

Thus the angle play has the added advantage over the straights and slants in that it carries a double threat.

I am convinced that no group of plays is complete unless each carries one or two straights, one or two slants, one angle, a delayed play, an in and out sweep, a double pass play, a triple pass play, and one or two forward passes, all starting from the same initial formation. Such a group I call a "play cycle." A complete "offensive cycle" is made by adding a punt and place or drop kick.

These plays, we might say, should be related to each other, the third and fourth inheriting some of the mannerisms of the parent first and second; and the forward pass plays, utilizing for their own benefit the mannerisms of at least two of the first four, etc.

The ideal method of attack from this group would be to arrange the plays for the purpose of employing the

peculiarities of the individual backs in such a way that the defense cannot analyze the intention of the offense. from looking at the formation, or quickly observing with the snap of the ball the telltale initial movements of the backs; in other words, the defense should not be informed previous to the execution of the play whether the attack has planned to employ the second, fourth, or sixth play.

With this in mind I have organized the following play cycles.

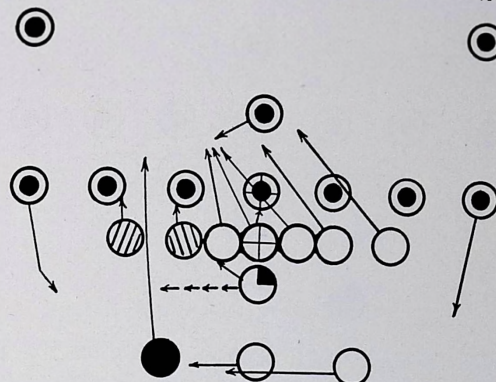
These are not necessarily in the order they should be used on the field.

KEY TO PLAY DRAWINGS

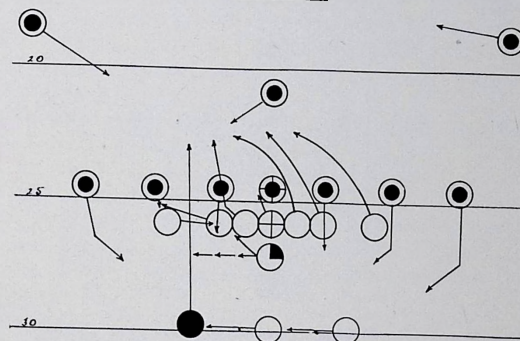
-  OFFENSIVE PLAYER
-  DEFENSIVE PLAYER
-  CENTER
-  BALL CARRIER
-  PASSER AND RECEIVER
-  BACK USED IN DOUBLE PASS PLAY
-  QUARTERBACK
-  INTERFERING LINEMAN
-  PROTECTOR ON PUNT OR PASS
-  POSITION BEFORE "HEP"
-  PATH OF PLAYER
-  PATH OF BALL
-  FAKE

(A) Compact Formation Play Cycles

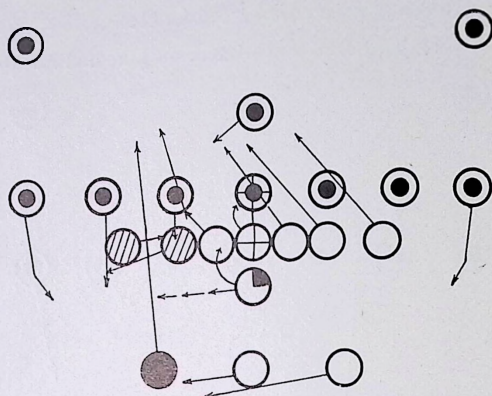
(1) Regular Formation—Balanced Line and Backfield.



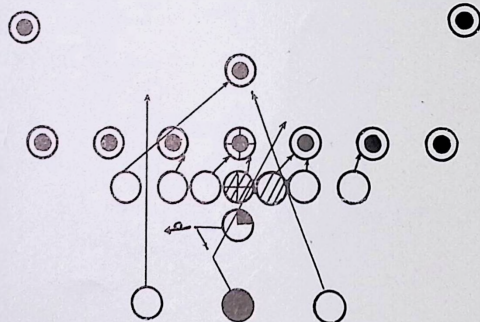
Quick opening. First method. Direct blocking. Long pass. Quarterback protects from the inside. The runner must not step toward the quarter for the ball, but must head straight at his opening.



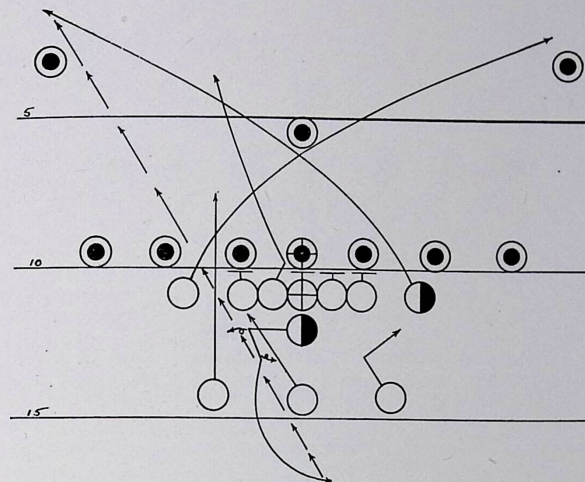
Quick opening. Second method. Cross block against waiting tackle. The runner's first step should be slow and to the left.



Quick opening. Third method. Cross block against charging tackle. A defensive tackle who is strong on outside plays is apt to be weak against this particular play.

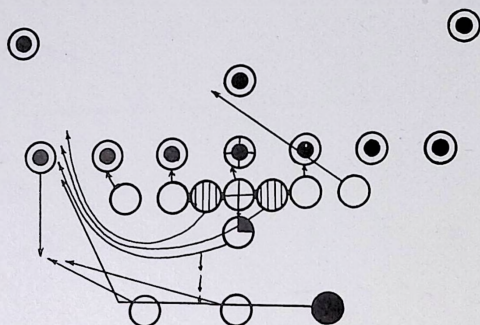


Faked quick opening. Delayed fullback plunge. He drives in behind the right half, who must not attempt to block, but should tear through the opening at the defensive fullback.

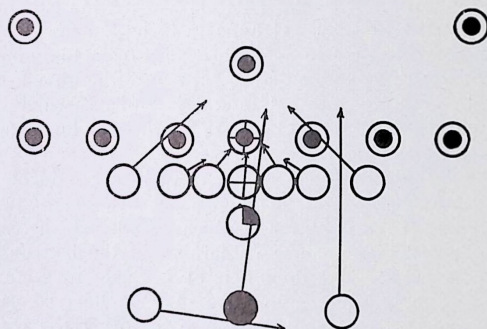


A ten yard line play. This play scored for Illinois in 1914, '15, '18, and '20. It appears to be the same as the play above but ends in a forward pass from the quarterback to the right end. Before throwing, the quarterback fakes to both the left half and the fullback which may draw in the secondary and deceive the tertiary long enough to complete the play.

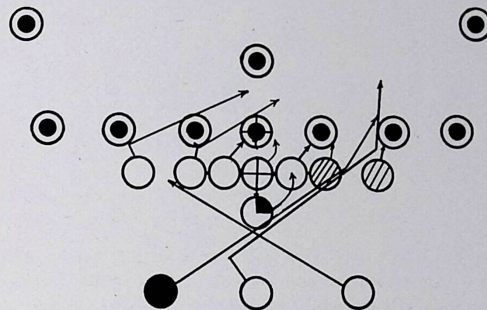
The defense is nearer and may be in a box formation in this part of the field. This only accentuates the probable success of the play, for it appears to attack the center which is considered more vulnerable in the box defense than otherwise. The double feint is made to stimulate eagerness to stop what appears to be a delayed center smash thereby causing the defense to forget the coach's warning.



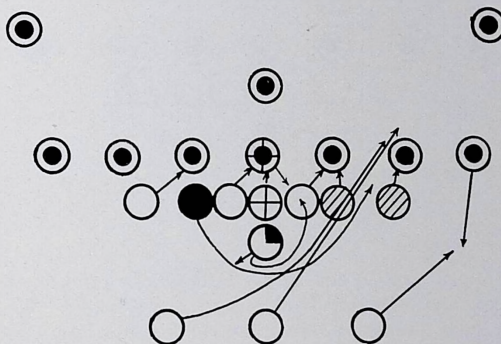
Angle play. Indirect pass. Guards around in interference. The back should run so that he draws the secondary into his guards.



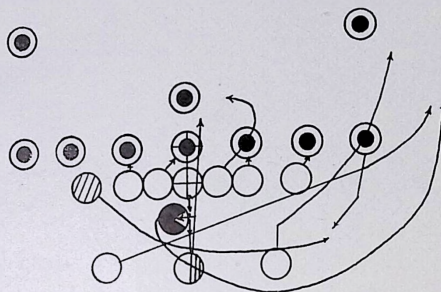
Fullback plunge. Line charges shoulder to shoulder. A direct pass makes the play stronger. The quarterback drives through on the left assisting his own center against the defensive center.



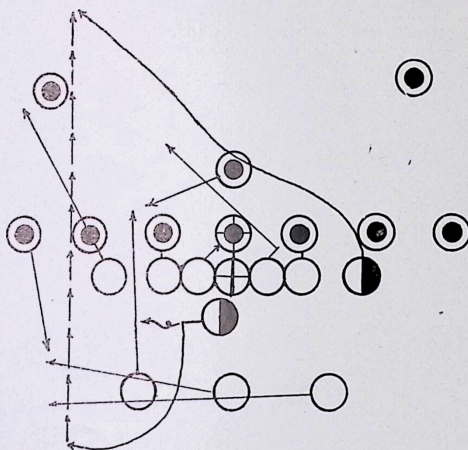
Tandem split buck. Quarterback piourettes. Hidden ball. Fullback leading runner. The runner should be cautioned against running too wide.



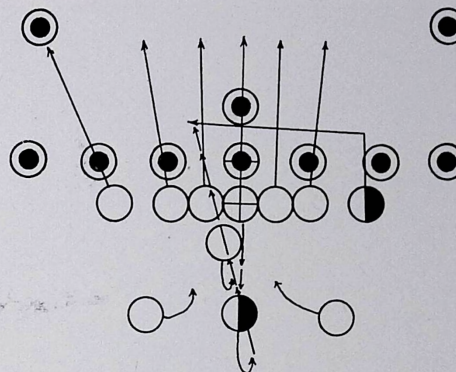
Tackle around. Fullback and left halfback ahead.



The fullback gets the ball on a direct pass, smashes straight in but slips the ball to quarter as he passes. Quarterback pivots and goes deep and wide around end after receiving ball from fullback.

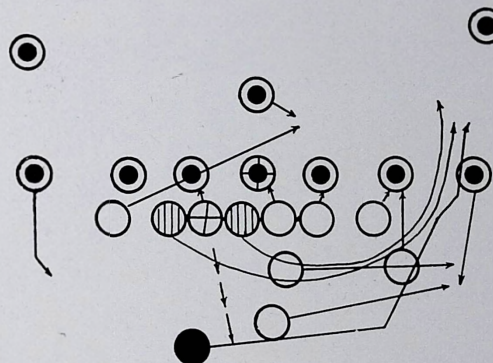


Forward pass to end across after faked quick opening. Fullback and right halfback protect the thrower. The receiver loafs during the first part of his run, then breaks rapidly to a position behind the defensive halfback who is drawn up by the left end.



Screen pass. Fullback steps back as he gets a direct pass from center and throws to an end behind the screen of linemen. Fullback is protected by quarterback and halfbacks.

(2) Unbalanced Formation.



Angle play outside of defensive tackle. Direct pass. Halfback and fullback hit defensive end at the same time. One half and end block defensive tackle. Runner cuts in as interfering backs hit end and dodges to the protection of the guards.

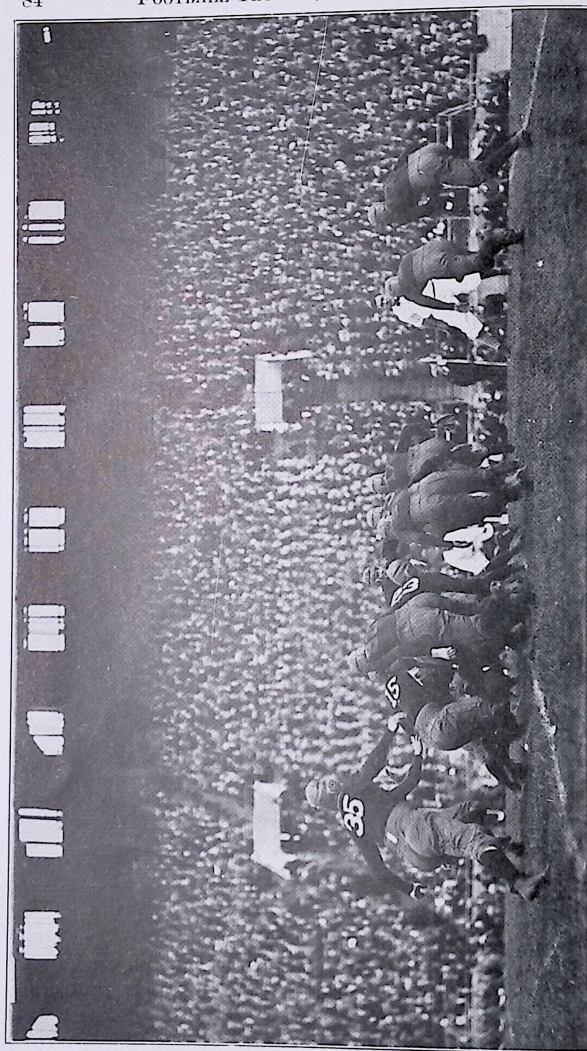


PLATE XXI

PLATE XXI

The Start of an Angle Play, Illinois vs. Opponent, 1923

The first one of the three interferers just behind the line of scrimmage is the quarterback, who with the fullback, the second player from the right, are driving toward the defensive left end whose head may be seen directly over player No. 23. Two guards, swinging around as interferers, are just behind the quarterback. The left end is starting for the secondary line of defense.

The runner is Grange, All-American halfback.

Notice the uniform start of the offense, a result which indicates coordination between center, runner, and interferers.

"Guards! Straight up the field and stay together after you pass the line of scrimmage. If you angle out the defensive fullback will pick off the runner from behind you and look like a million dollar kid."

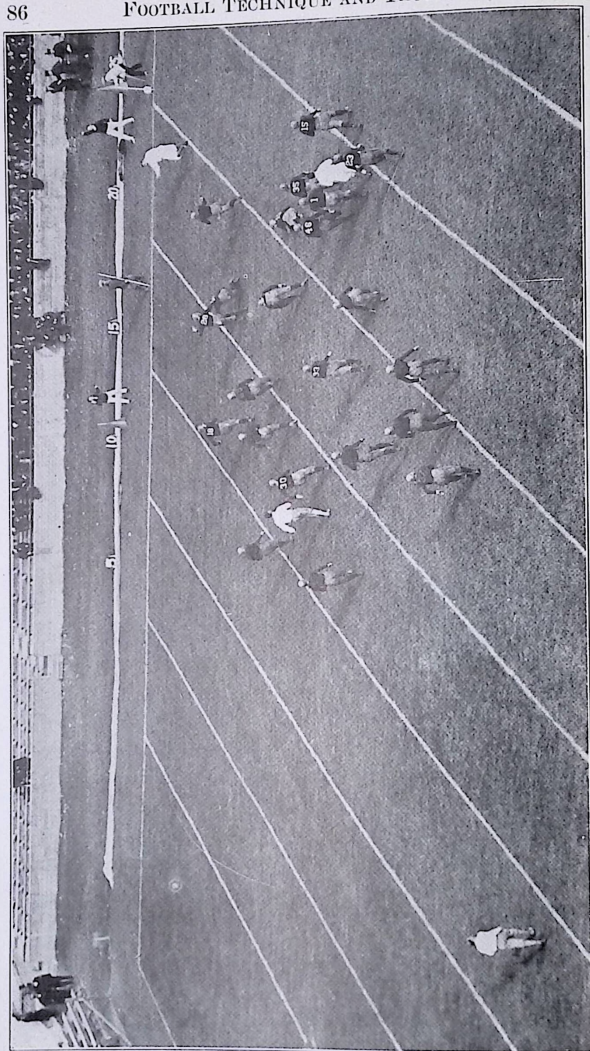


PLATE XXII

PLATE XXII

A Successful Swinging End Run, Illinois vs. Opponent, 1923

The play shown on Plate XXI may easily resolve itself into an end run, in which case the runner feints into the opening between defensive end and tackle, but goes out around with the fullback as personal interferer.

This play may be called by a different signal, or be made up between the three backs involved.

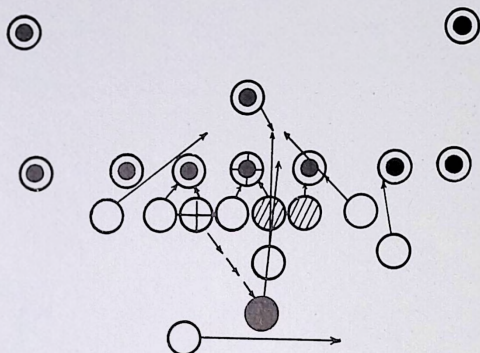
Conditions that warrant the use of such a play are made when the defensive end does not come across the scrimmage line to turn the play in, but hesitates and then commits himself to the inside in an attempt to stop the play through the opening where previous plays had gone.

Plate XXII illustrates just such a play which terminated in a touchdown. Grange, sweeping wide to the right, has just crossed the line of scrimmage, and, aided by excellent interference, scored. The defensive left end, seen on the ground behind the runner, made a desperate but unsuccessful attempt to tackle the runner after being blocked by the quarterback who is on his hand and knee between Nos. 33 and 46. The defensive fullback was evidently sucked in by the cut-in feint, for he is seen with one hand on the ground near the defensive left end. The defensive left tackle No. 1 has escaped from his blockers, two of the players in the foreground, but is out of the play. No. 26 left half was disposed of by the personal interferer; No. 18 was blocked by the two guards, one of whom is McMillan, All-American; and No. 30 was checked by the two linemen seen near the 15 yard line.

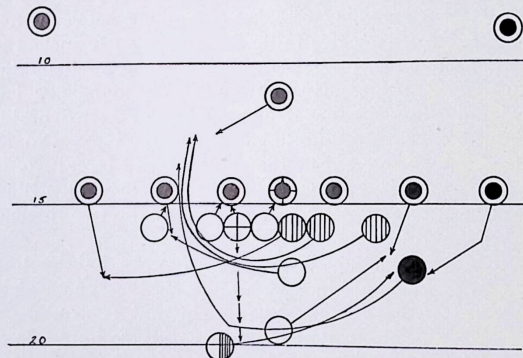
The picture depicts perfect interference by the linemen, four of whom are in a position to aid the runner as he breaks away. Linemen must be taught that as soon as the play has passed them, that it is their duty to hurry down the field to form interference.

"A good loser is a piece of camouflage. The man who hasn't an alibi is hopeless."

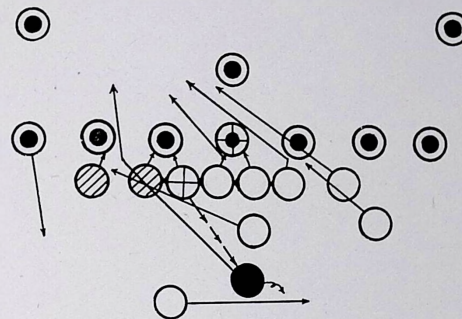
"A team which always has an alibi is never beaten, while one that hasn't one admits defeat."



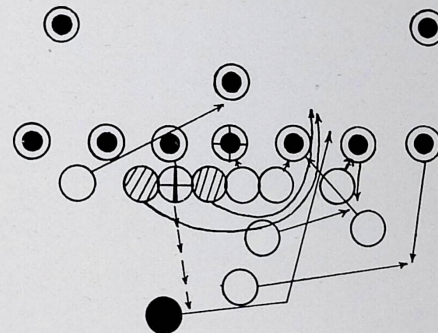
Fullback plunge. Direct pass. Back goes ahead for the secondary. Open field runner fakes.



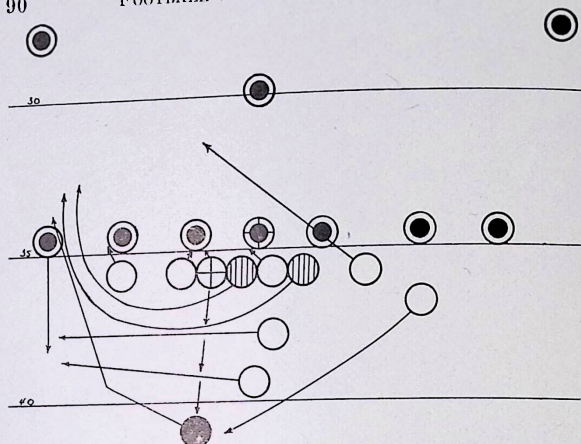
Criss-cross attacking weak side. The tail back starts with the ball to the right, but hands the ball to the interfering back who should run almost parallel to the scrimmage line and dart through first opening.



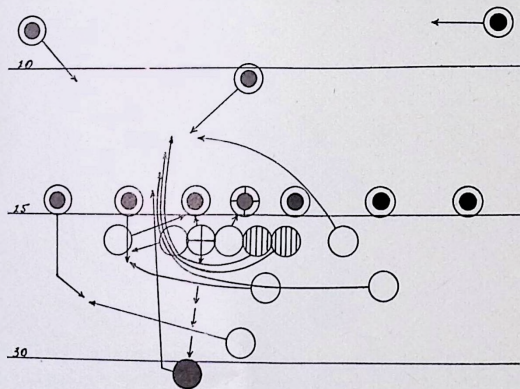
Hidden ball. Fullback fakes giving ball to tail back then plunges through opening, usually to weak side. Crangle, Illinois fullback, used this play with great success in 1919 and '20.



Short angle play. Inside defensive tackle. Back sideswipes guard instead of tackle. The play is effective also if the right end and blocking back change assignments, i.e., the end sideswipes the guard and the blocking back with the help of another back blocks the tackle.



Weak side angle play. Cross block. Runner delays momentarily to permit interference to cross in front of him.



Delayed weak side run. The runner takes the ball in position which delay allows his backs to cross over, and then, as the backs hit the defensive end, cuts in behind two interfering linemen.

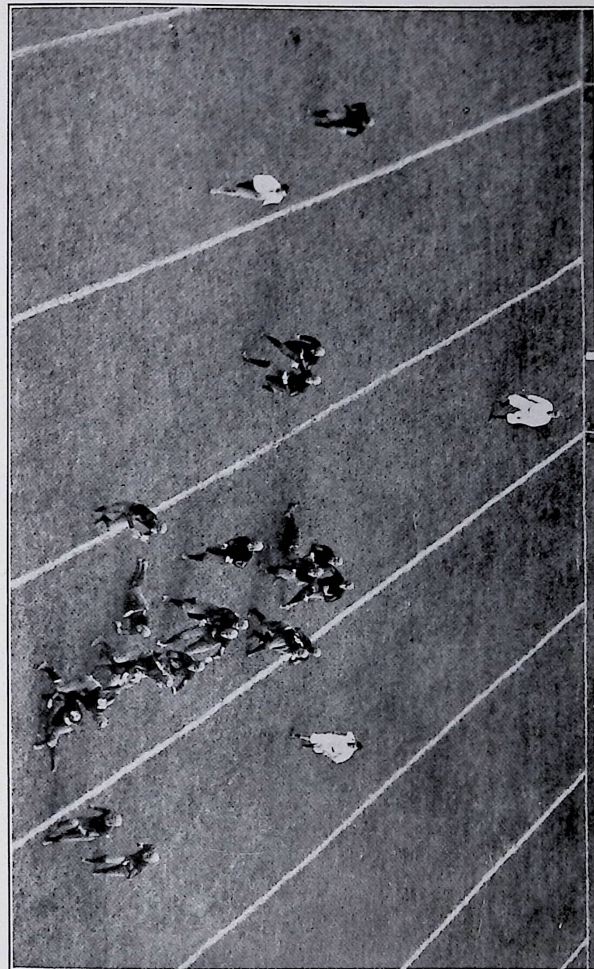


PLATE XXIII

PLATE XXIII

A Weak Side End Run, Illinois *vs.* Opponent, 1923

An offensive sweep around the right flank of the defense is well under way. The interference seems to have the defensive right end and tackle blocked out of the play; the results are shown in Plate XXIV. Two offensive linemen are seen at the left charging down ahead of the play.

PLATE XXIV

This picture was taken from the ground level about two steps later than Plate XXII. The defensive right end by backing up and using his hands has succeeded in freeing himself from the blocker, but still must cope with the personal interferer before he can get at the runner. Evidently he did not charge with the ball but was attacked by the blocker on the scrimmage line and forced back two or three yards thereby increasing the possibility of his flank being circled. When a defensive player is forced back, he not only lessens his chances of stopping the play for no gain, but may often interfere with one of his own teammates. Had this end charged forward three or four yards, he then could have staged his fight with the interference in a much more advantageous position and would have probably turned the runner in.

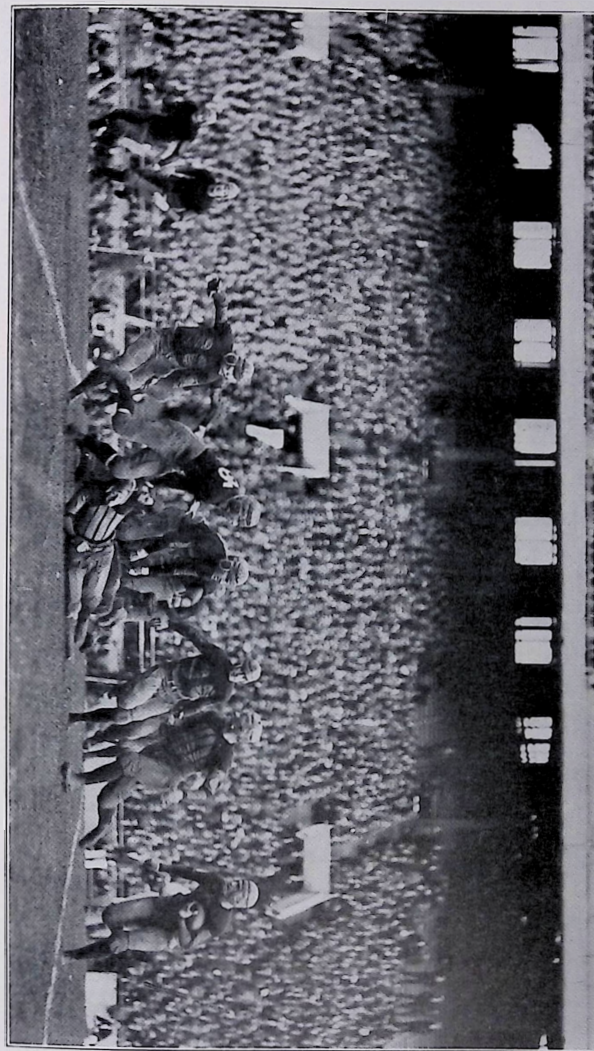
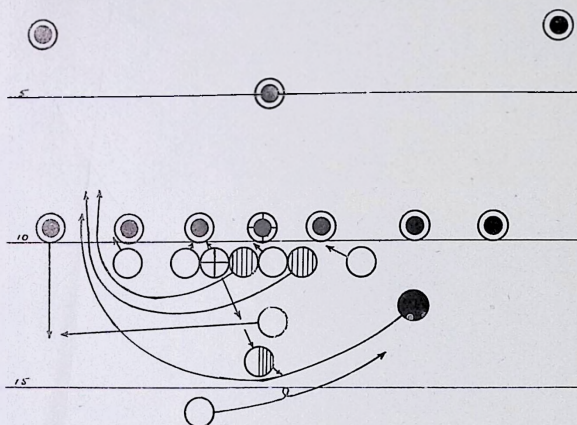
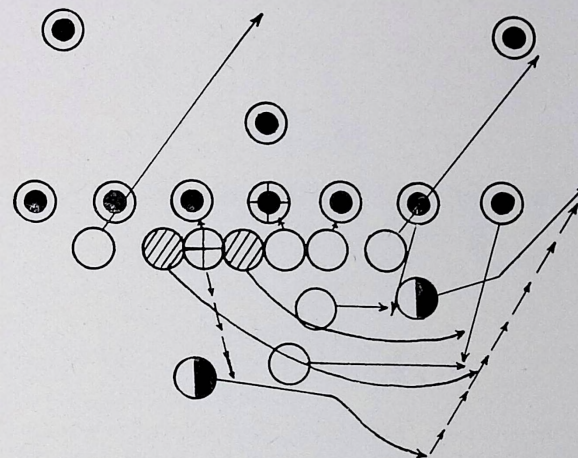


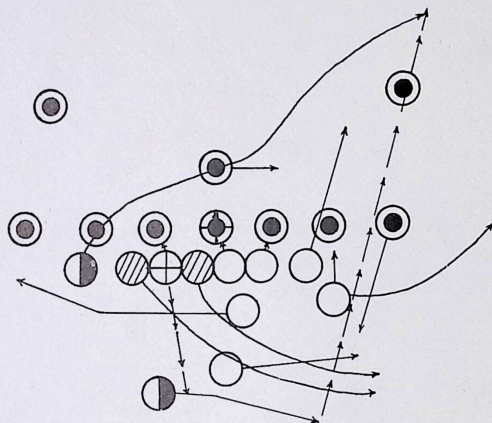
PLATE XXIV



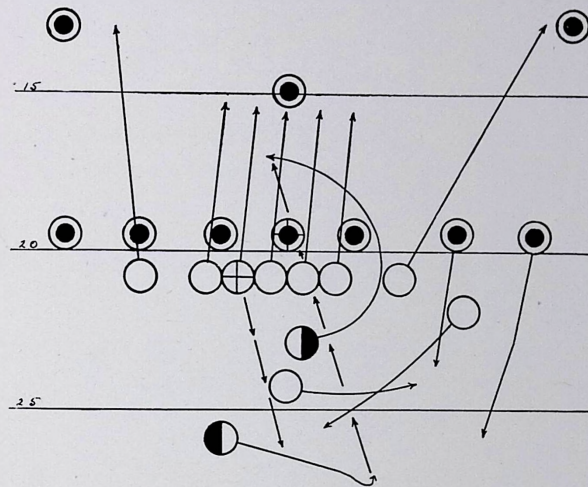
A double pass weak side run. The initial movement and fake to the right by the tail back and fullback obscure the final character of this play until it is well under way. This play was drilled by the Illinois team in 1920 to be used against a certain team, the quarterback used it once for a gain of 7 yards and then forgot it.



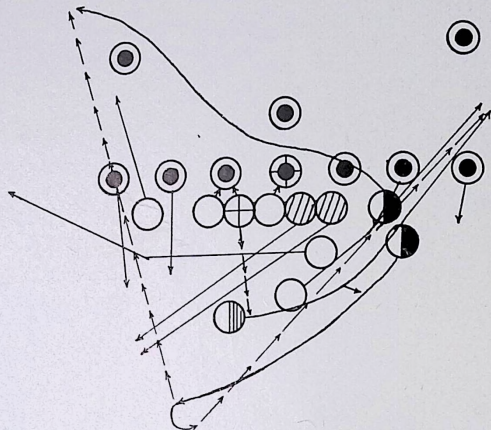
Short forward pass to halfback. Guards deep to protect. Note the path of the right end.



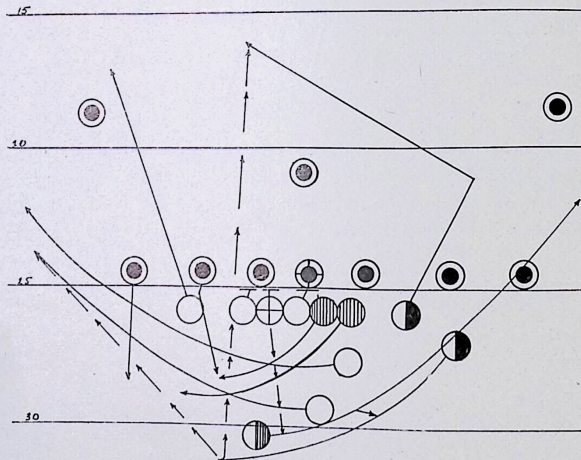
Forward pass. End across. Guards deep to protect. Right end and blocking back should race out wide and shallow to draw the tertiary up. Left end runs along just ahead of the line of scrimmage to disguise his intentions, then rushes down for the pass.



Screen pass. The passer runs behind two protecting backs and throws to No. 1 back about three yards over the scrimmage line. The pass must be made quickly but must not be a fast pass.



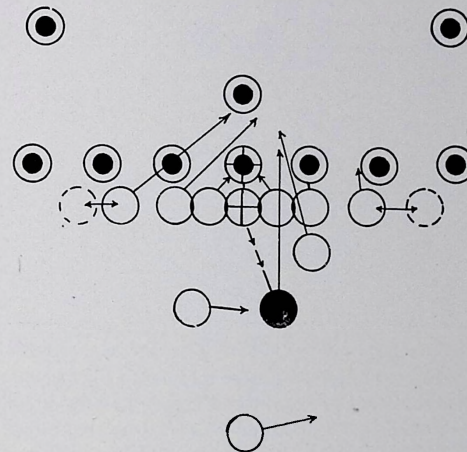
Forward pass to weak side on criss-cross. End across, or thrower may pivot and throw ball to fullback on the right.



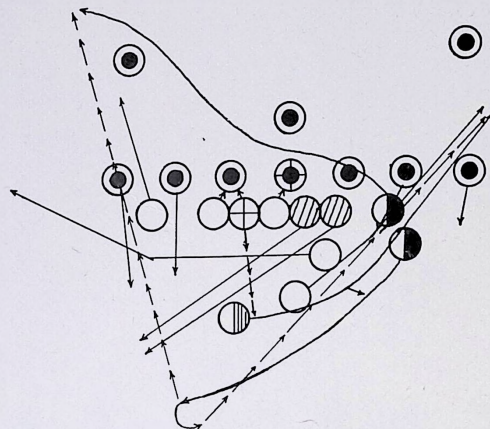
Forward pass after criss-cross. Receiving end starts to the right before cutting back into the field. Pass may also go to fullback just ahead of thrower with the right halfback protecting the fullback. The right tackle may also be used as a decoy down and out to the right.

(B) Open Formation Play Cycles

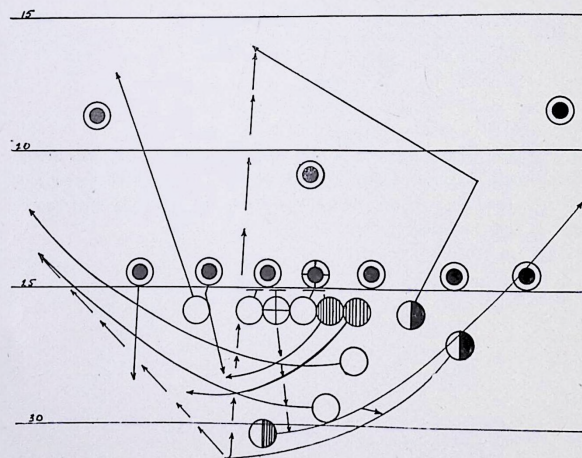
(1) Balanced Punt Formation.



Fullback plunge. Tight line charge. Ends may vary their positions or waggle their heads and bodies.



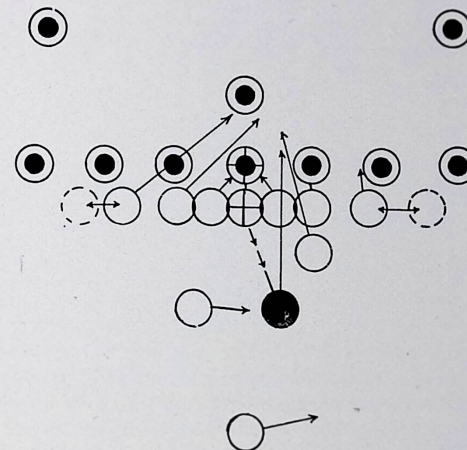
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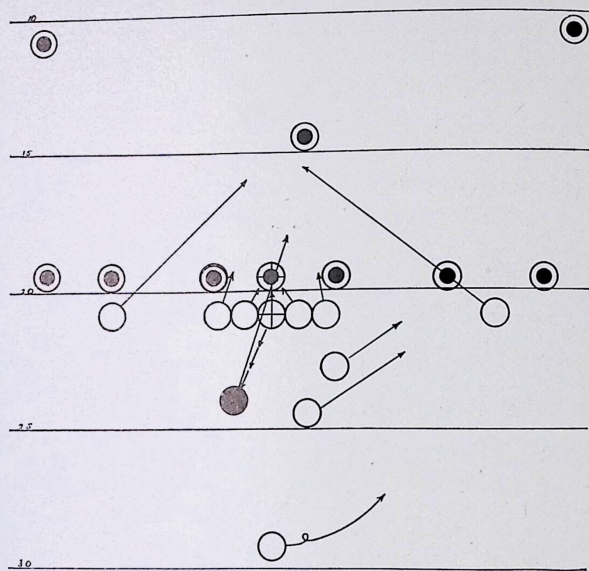
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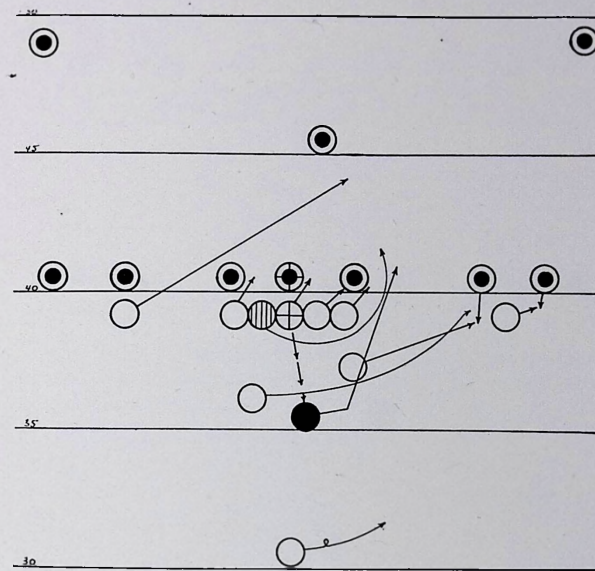
(1) Balanced Punt Formation.



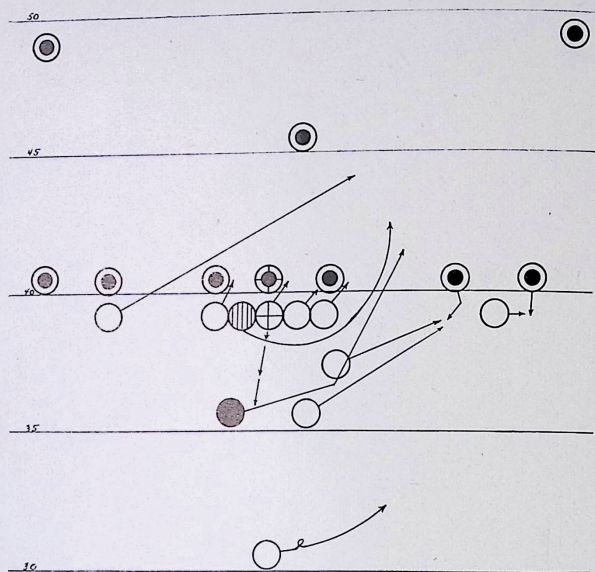
Fullback plunge. Tight line charge. Ends may vary their positions or waggle their heads and bodies.



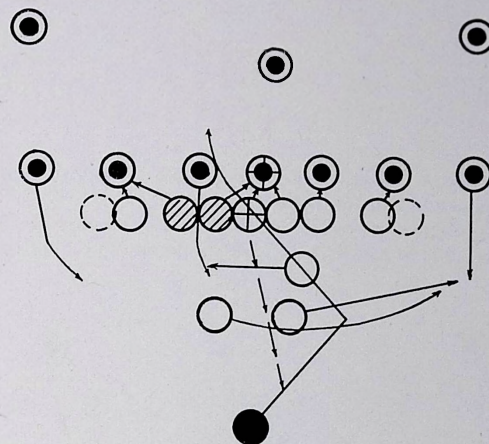
The wedge. Three offensive players attempt to drive the defensive center back while offensive tackles cut off the defensive guards. The runner plunges blindly behind this wedge, dodging through any break which occurs.



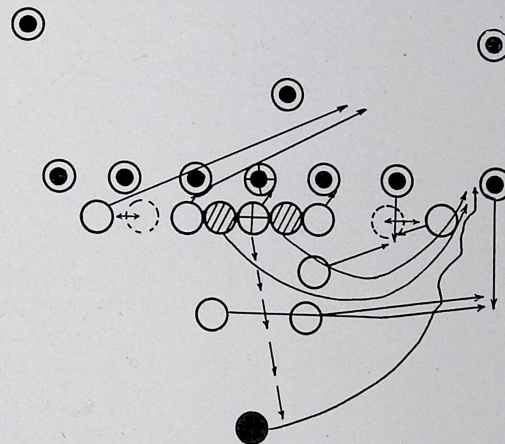
A delayed smash. The runner waits in position for the ball, steps to the side to give the guard time to come around and also to permit the back at his left to cross in front, then dashes through low on the heels of the interfering guard. The right end has gone wide to draw the defensive tackle as wide as possible.



A cross buck. The defensive tackle is drawn wide by the sideswipe threat and the fake to take the ball by the tail back. The ball, seemingly passed to the tail back, is intercepted by the back on the left, who smashes outside of guard behind an interfering guard. This play was used very effectively by a recent Big Ten champion.

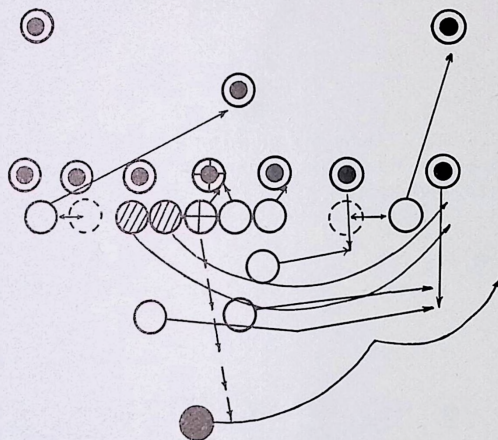


Cut back. Defensive guard allowed to come through the line to be sideswiped. Runner, faking wide sweep, cuts back through center.

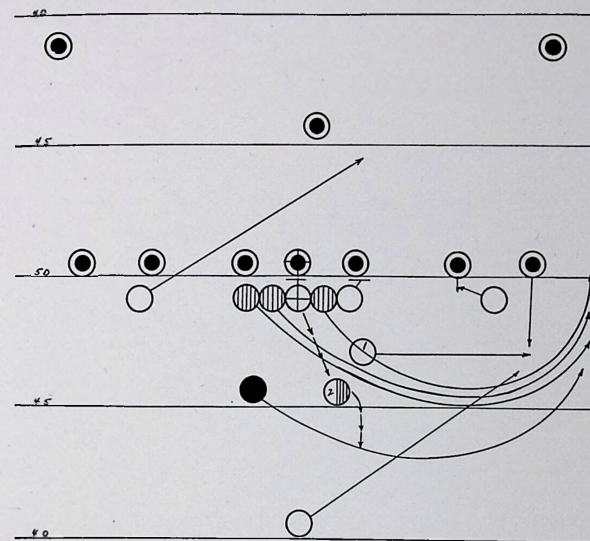


End run. Right end sideswipes defensive tackle. Guards around in interference.

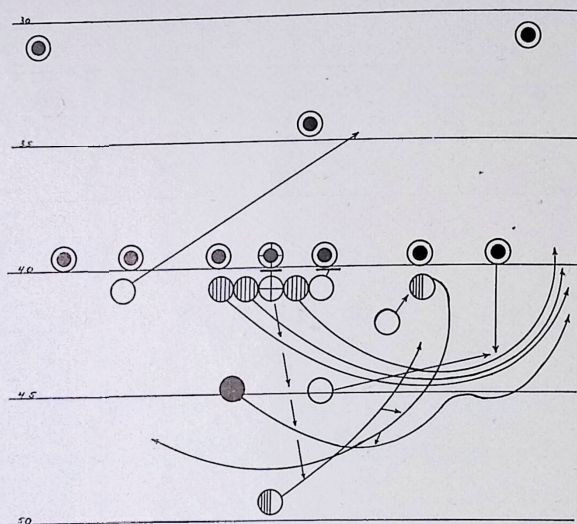
Experience has taught us that it is better for the leading back not to hit the tackle but to go on for the halfback.



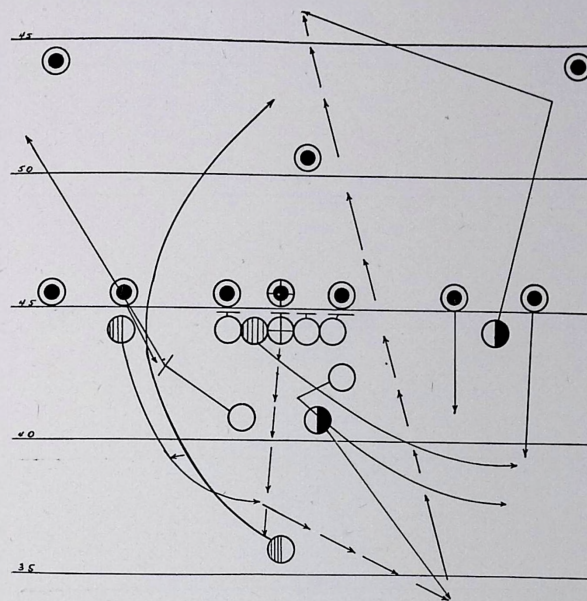
End run. In and out. Left guard and tackle in interference.



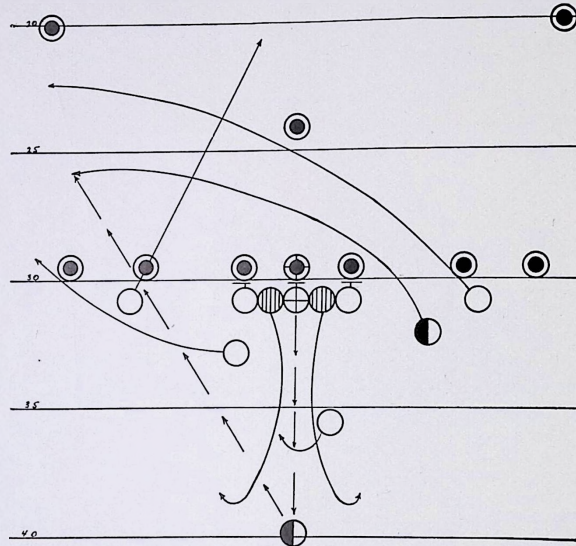
A double pass swinging end run. The tail back, cutting just in front of the runner and interference, hits the defensive end from the front just as he, the end, recovers after being blocked by No. 1 back. No. 2 back protects the runner from behind after passing him the ball. The interfering linemen must stay together and run hard.



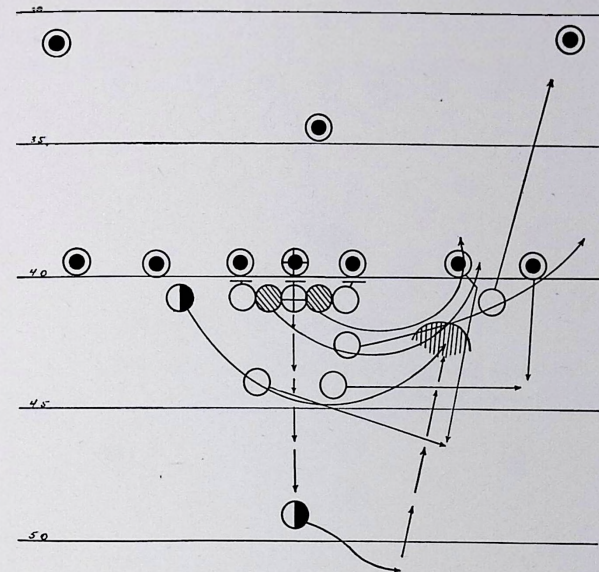
A triple pass end run. The play attributes its chances for success to the fact that it appears to be a criss-cross play. The right end receives the ball on a lateral pass from the tail back, hands the ball to another back cutting to the right, and then fakes carrying the ball around the left flank. The passes between the three men who handle the ball should be short, quick and true, and should be made behind the three interfering linemen to obscure clear vision by the defense. Much practice is necessary to perfect this play. The ball carrier should be the fastest runner as the play is built for a get away.



Forward pass after a triple pass. The tail back hands the ball to the left end who passes back to a thrower who has run deep. The delay in starting the forward pass allows the receiver to disguise his final intentions, or to get many yards down the field, behind the safety if possible. The left near back first blocks the defensive tackle, then goes out late.

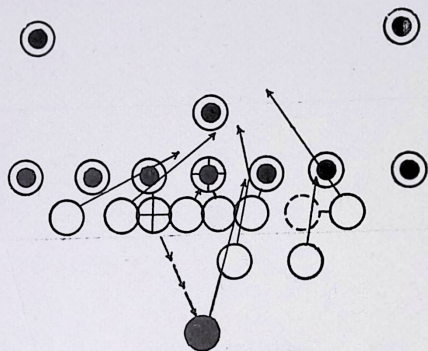


Three receivers go to the left at various degrees of depth. One goes to the right. The right end, by running parallel to the receiver, interferes with the defensive back's attempt to break up the pass. The right end could also lure the defensive back away from the pass by running much deeper.

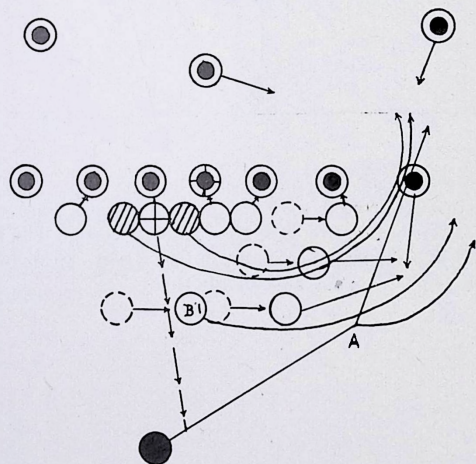


A forward pass behind the scrimmage line. The left end swinging around with the guards takes a pass while still in their protection and then follows them. The right end and a back run down and out as decoys to draw the defense away from the spot of the throw.

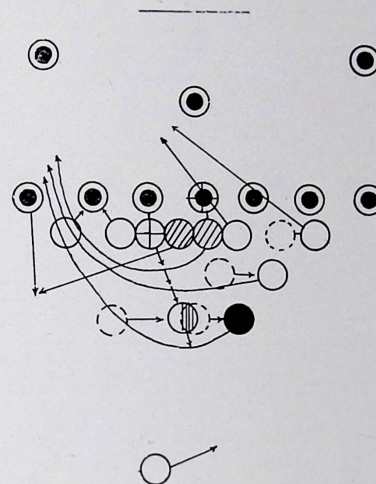
(2) Unbalanced Punt Formation.



Fullback plunge. Halfback leading. No "hep." The ball is passed at the time of usual "hep."

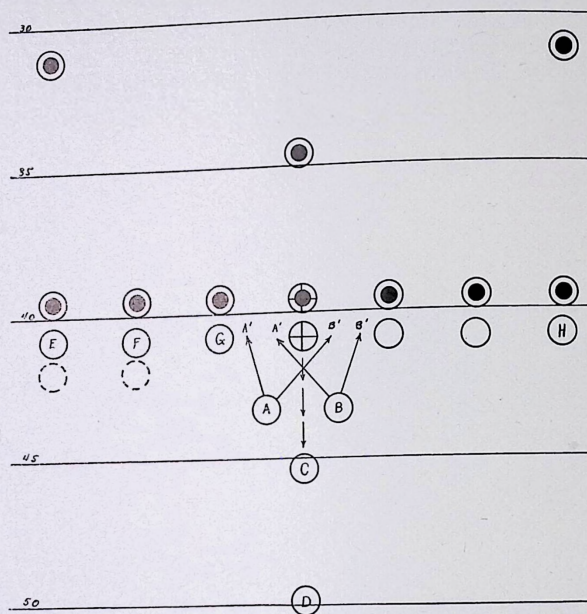


End run. Runner goes to point "A" where he may dodge behind guards or may follow personal interferer "B" out and around. Backs and end "hep" before ball is snapped.

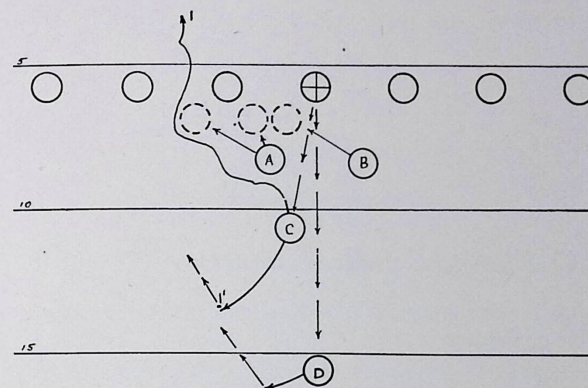


Reverse by fullback. Outside or inside of defensive tackle according to his position.

Note—See forward pass plays in Chapter on Forward Passes.

(C) Spread Formations

A spread, hep, and go play. A and B hep into the line either at A' or B', and C carries the ball for a smash. Forward pass: A and B hep into the line, E and F drop back a yard making E, F, G, and H eligible as receivers. F must be a back to meet the rule requirements.



A spread, hep, and go play, starting as above, but ending in a forward pass. A and B hep up to a yard of the scrimmage line then go through in any direction for a pass. Both ends and the two backs are eligible to be receivers. Either C or D may throw. C may run from the same formation. A heps wider to assist his guard in blocking and B helps his center. C must be a good zigzag runner.

CHAPTER V

FORMATIONS AND PLAY SYSTEMS ON DEFENSE

1

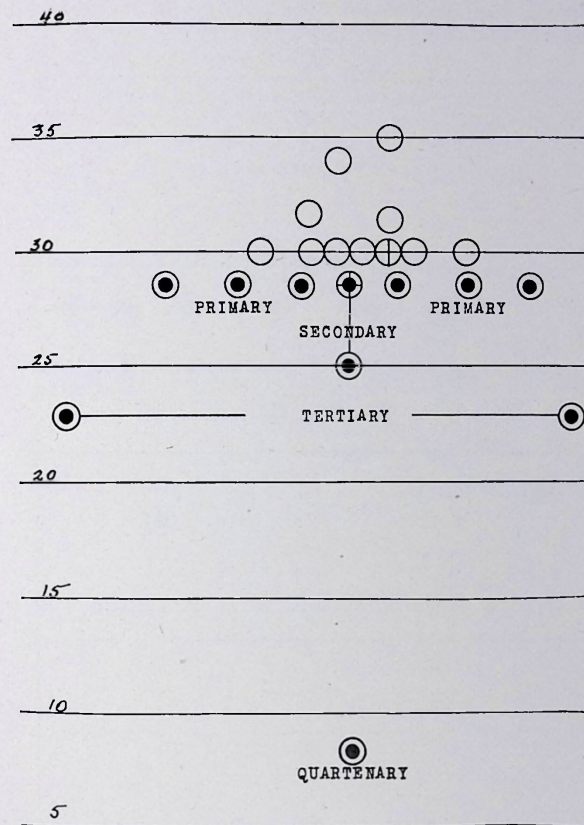
DEFENSIVE FORMATIONS

(A) Diamond Defensive Formations

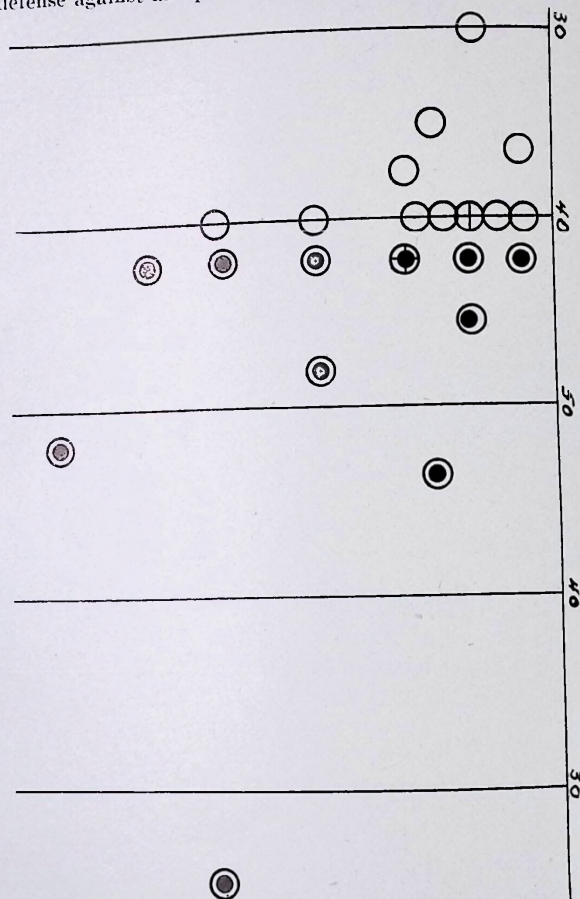
It is very important to have as few formations as possible on defense.

In general, the line should shift *en masse* from one side of the ball to the other. The individuals should retain the same relative positions to each other and perform the same duties assigned to them for the simpler formations. The backs should shift *en bloc* in front of the core of the attack. If the offense lines up in compact formation, the backs line up closer to the line and nearer the core of the attack. But, if the offense lines up in open formation, the backs spread out to be in control of more territory.

The defensive formation may be divided into three or four parts. If the defensive formation is divided into four parts, six linemen compose the primary, the center and fullback the secondary, the halfbacks the tertiary, and the safety the quaternary. Note that the center, although a part of the secondary, plays in the line. We call this formation the "diamond defense."

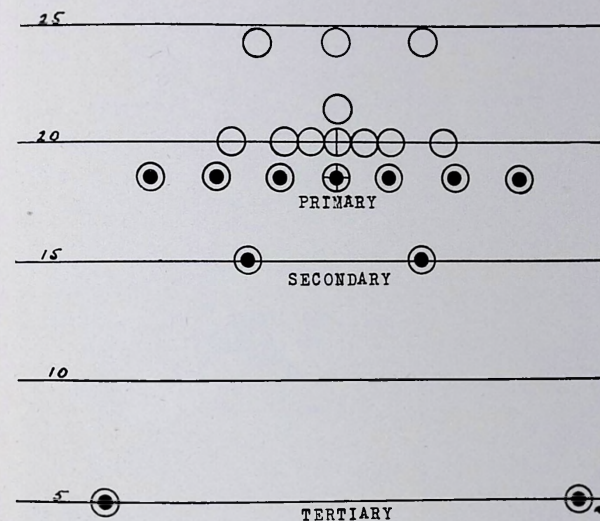


Six men on the line of scrimmage with five in the back-field constitute an efficient defensive arrangement when the opponents are forced to play in the side belt. The following diagram illustrates the positions of the diamond defense against an open formation near the sideline.



(B) Block Defensive Formations

If divided into three parts, seven men on the line compose the primary defense, the fullback and one halfback the secondary, and the quarter and the remaining back the tertiary. This defensive formation may be termed the "block defense."



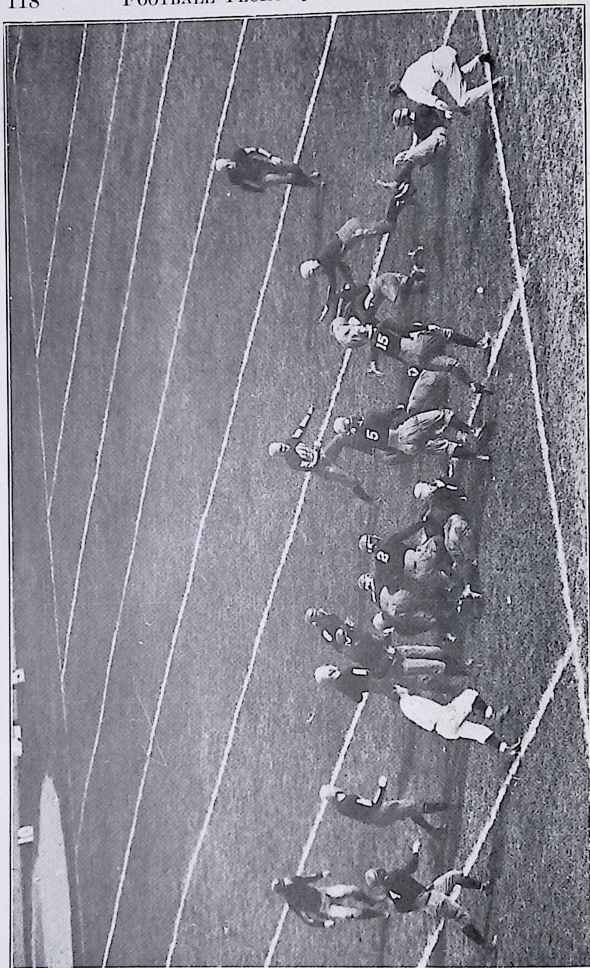


PLATE XXV

PLATE XXV

A Side Line Defensive Formation, Illinois vs. Opponent, 1923

The offensive fullback succeeded in smashing through the left side of the defensive line and by cutting back into the field eluded the defensive fullback who was knocked to the ground (seen between Nos. 5 and 15). However, the defensive left end made an excellent driving tackle which stopped the runner.

Coaching points: (1) A driving tackle stops the runner with less gain than the waiting tackle; it decreases the possibility of the runner evading or crashing through the arms of the tackler.

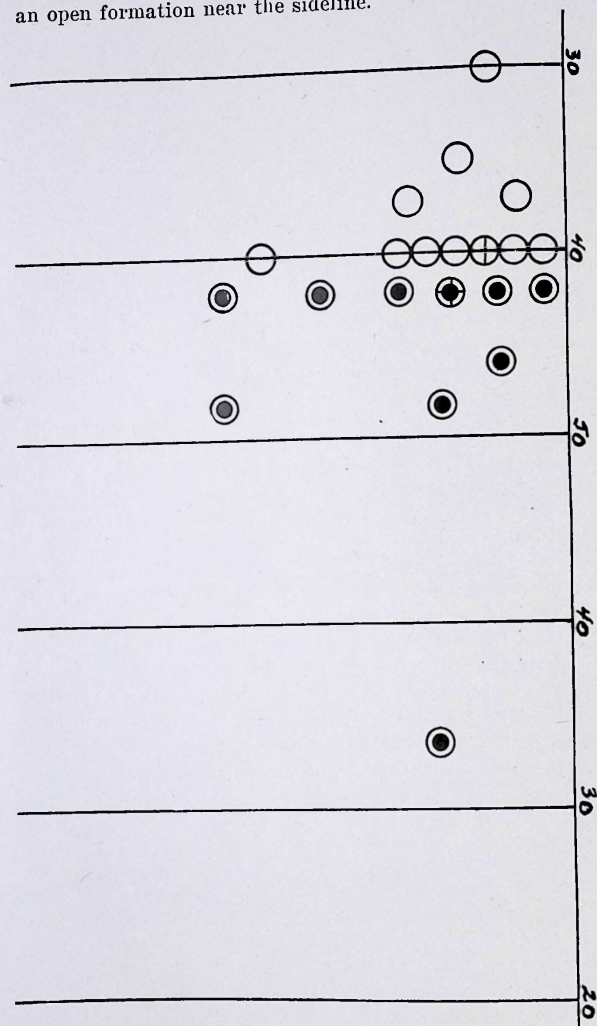
(2) The runner is gaining all possible ground by falling forward.

(3) The defense has used a side line defensive formation which explains why the end is tackling five yards behind the line of scrimmage.

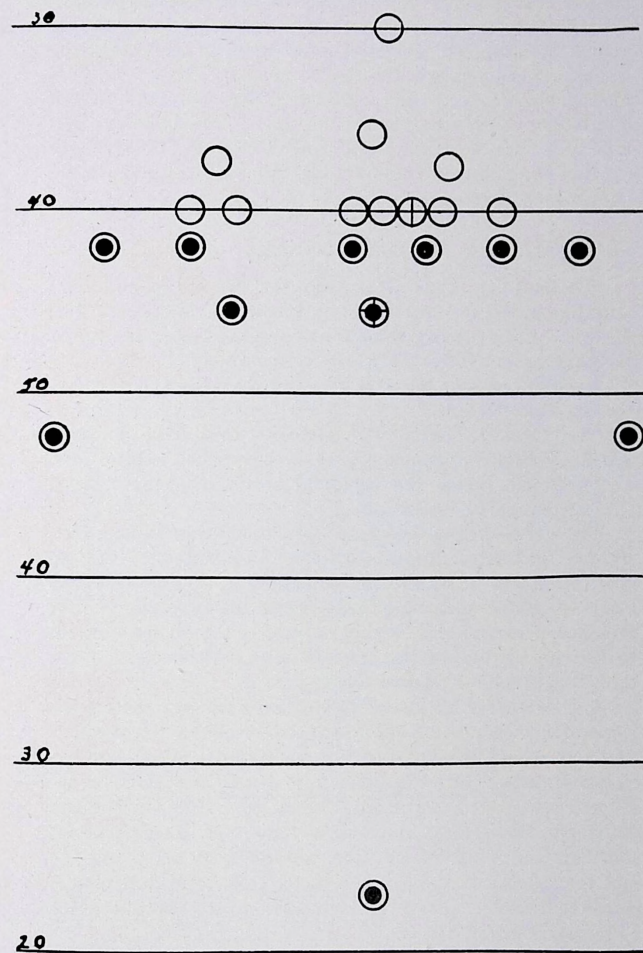
(4) The defensive halfbacks and safety are rushing toward the runner from both sides and the front. Backs should advance to meet a runner near the line of scrimmage before he is clear and can use his broken field running ability to the best advantage.

"Every man run hard, for, if you run harder than the other team, you will probably win."

The following diagram shows the block defense against an open formation near the sideline.



(C) *Special Defensive Formation*



The secondary is composed of the fullback and the best runner and tackler of the line, in this case the center. They shift in front of the core of the attack. If a running attack is launched, one of the secondary, preferably the lineman, may hep into the line to meet it. This defense is also particularly strong against a forward pass attack due to the extra man behind the line. This defensive system has the advantage of concentrating its strength against the point of attack and is equally strong against a running or passing attack.

(D) Defensive Formation Strategy

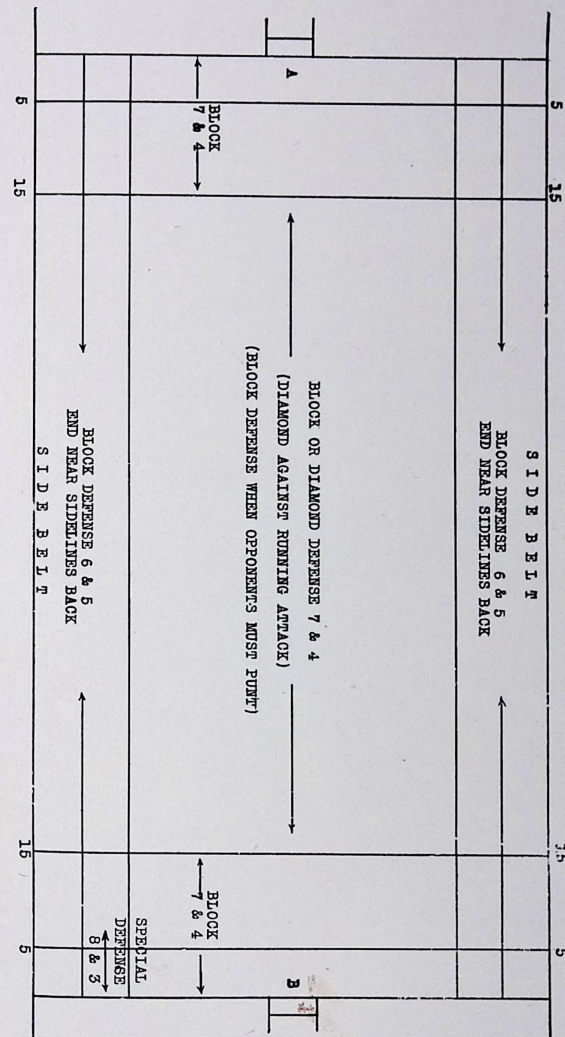
The map (p. 123) illustrates the use of the diamond and block defense on different parts of the field. The figures 7 and 4 signify the number of players on the line of scrimmage and in the backfield, respectively.

Special Defense, 8 and 3, see Arrangement III in Chapter on Punt Defense.

The "Small Diamond" defensive formation is used against compact formation plays except when behind own 15 yard line, when the backfield shifts into the "Small Block" defensive formation.

The defense should face an open formation on the first, second, and third downs with the "Big Diamond" defensive formation in which the secondary is 6 yards, the tertiary 10 yards, and the quaternary 35 to 45 yards behind the line of scrimmage, except when a punt seems certain, in which case one of the tertiary may drop back to form the "Big Block" defensive formation.

The defensive backfield should learn to vary their positions to meet conditions of downs and probable plays much like a baseball infield shifts its positions to meet varying circumstances. For example, first down, 10 yards to go, offense appears to be forming for an off tackle smash; the defensive backs may move in a trifle, set themselves to smother that play on the line, but alert at all times for any tricks or fakes; third down, 9 yards to go, all conditions indicate a pass; the defensive backs should shift wider and deeper, etc.



The reasons why the diamond defense is on the average preferable against all kinds of opponents and formations, are:

(1) The diamond formation is stronger against wide swinging plays because it can throw three defensive players against a sweep as opposed to two by the block formation.

(2) It is stronger against long forward passes down the middle of the field to fast men who may outrun the close defensive players assigned to guard them.

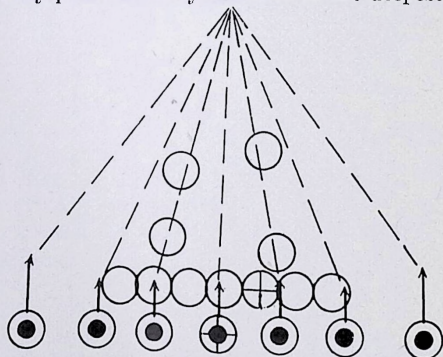
(3) One stellar tackler backing up the line is better than two even if one of the two is a star. In the first case the one good man will be a factor in practically 100 per cent. of line plays, while in the second case the weaker tackler will have to take care of part of the plays thus reducing the efficiency of the stellar tackler.

II

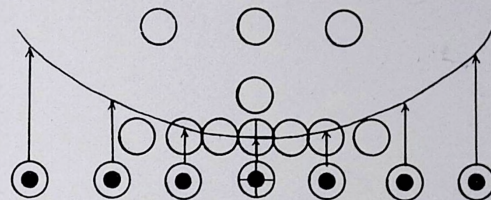
PLAY SYSTEMS ON DEFENSE

(A) Primary Line Defense

The primary line may be coached to converge to an imaginary point several yards back of the deepest back.



It may be coached to surround the offense according to the principles of what is known as the "cup defense."



Both forms of defense are used with success, and in both, the first movement of the linemen is a blind one as far as analyzing the play is concerned. They watch the ball and charge straight forward. The second movement, however, should resolve itself into a determined effort to get at the man with the ball rather than confining itself to mere spilling of the interference. The linemen in their attempt to tackle the man with the ball will of necessity break up the interference in their fight to get at him.

(B) Secondary Defense

The duty of the secondary defense is to support the line and to tackle the man with the ball as soon as the primary line has exposed him to view.

The secondary defense may be composed of the center and the fullback, the center playing in the line, or it may be composed of the fullback and one halfback.

This secondary defense should be composed of the most desperate tacklers. Each individual should be taught to watch continually the opponent's quarterback, and the mannerisms and telltale stances of the backs. The opponent's quarterback may give away his intention by his eyes or movement of the body, while the other backs may point in the direction of the play by slightly changing their stances, and the man who is designated by the signal to receive the ball may tighten up somewhat because his particular play may excite him.

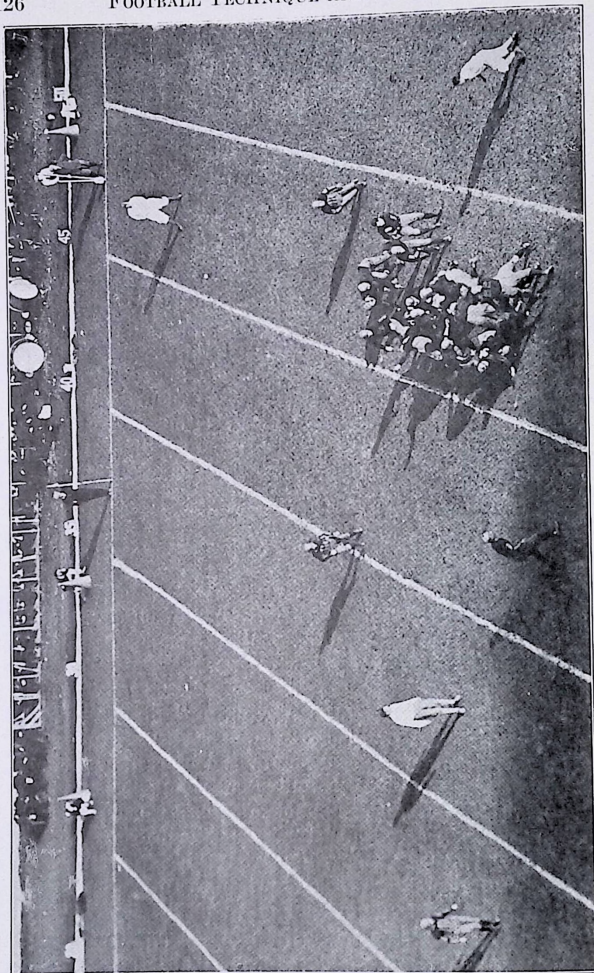


PLATE XXVI

PLATE XXVI

A Smothered Attack, Illinois vs. Opponent, 1923

The offense has sent a mass attack at the defensive right tackle with no success as the runner barely reached the scrimmage line. The defense has checked momentarily all offensive men from going toward the secondary.

Coaching Points:

- (1) Notice the play of the two defensive ends. Both have advanced across the scrimmage line and are moving in toward the play, alert for fumbles.
- (2) The defensive fullback has rushed into the opening which was made just inside of the defensive right tackle.
- (3) The defensive linemen have kept their feet and are able to control the situation.
- (4) The tendency of linemen doing offensive blocking is to charge, and, whether they hit or miss, flop to the ground. This is wrong, because good offensive blocking demands sustained action which necessitates being on the feet.

"It is dangerous to assume that you can push a good team off the field by a mass attack."

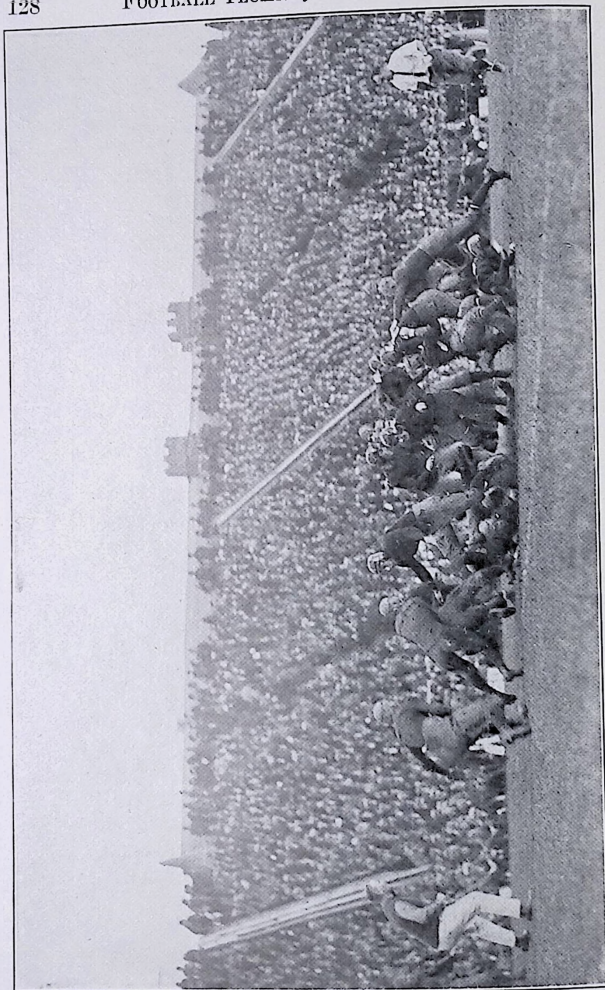


PLATE XXVII

PLATE XXVII

A Powerful Smash, Illinois vs. Chicago, 1922

John Thomas, All-American fullback, is seen crashing through the right side of the defense between guard and tackle with two interferers in front, one of whom has hit the defensive fullback and the other is dashing toward the defensive halfback.

The advantage of the offense becomes more apparent when the positions of the defensive guard and tackle are studied; the guard, wearing a nose protector, is seen lying flat on his stomach facing the camera, and the tackle is the player falling backward toward the runner. The guard, endeavoring to get through the line by pulling an opponent out, succeeded in pulling his opponent into him with disastrous results. Beware!

The problem of stopping such plays is a serious one. The solution lies in the proper backing up of the line by the fullback who is responsible for running plays inside of the end and for all cutbacks. He should take a position in front of the core of the attack, 4 or 5 yards back of the ball, and, after diagnosing the play, meet it on the line of scrimmage. His greatest aid to prevent being lured out of position by fakes is to watch the ball. When he sees a hole open in his line, he should plug it. He must determine instantly whether to attempt to tackle the runner or hit the interference.

If the runner, by hugging his interference, makes a tackle improbable, the fullback should jam the group to create a pile up which not only slows up the runner or throws him off balance, but gives the defense time to recover.

Offensive linemen find it difficult to block a fullback who meets plays near the scrimmage line.

"To the defensive fullback: Remember the opponent's back will take the opening, so drive into it as soon as you see it."

The secondary should not stand flat-footed watching the offense get ready to attack, but should move about a little, so that the quarterback and the other offensive players, who, by the signal are designated to charge and interfere with the secondary, cannot know where to expect to find their men, and therefore lose a little time and decisiveness of action by endeavoring to locate them. As an example, if one of the secondary lines up, let us say, six yards back of the scrimmage line and he thinks that the offense is aiming to hamper his freedom of action, he should move up nearer to the scrimmage line if that will help him to elude the blockers of the offense.

The secondary must be able to diagnose a play quickly and to move to the point of attack as fast as possible, at the same time warding off interfering opponents. The secondary should, however, not leave his position unless he actually can see the ball coming to the apparent point of attack or see an opening through which the opposing back is sure to dart. If he notices that the opponent's quarterback or linemen are studying the secondary, he should endeavor to mislead them as to his intended position at the moment the ball is passed.

The secondary must, as soon as he is sure of the play, go into the core of the attack with a desperate hit or miss spirit and with the grim determination to tackle so fiercely that the back will be impressed with this determination and unconsciously slow himself up in future plays because of an expected jolt from the secondary.

As a rule, the secondary should be held responsible for short forward passes. He may be coached to play the ball, or to pay special attention to a back who has exceptional ability as a receiver of forward passes, or, with the aid of a lineman specially drilled to come out of the line to knock down forward passes, may be responsible for all short forward passes whether to ends or backs.

The secondary (position as well as personnel) may be altered from game to game to meet the different styles of attack such as unusual or peculiar forward passes or a special system of offense built around individuals of exceptional ability.

(C) Tertiary Defense

The particular or one duty of the tertiary is to be responsible for all of the plays that the primary line and secondary defense either cannot handle or allow to escape.

These plays are, as a rule, trick plays, sweeping end runs, and forward passes.

The tertiary must play as conservatively as possible and not allow themselves to be drawn from their position until the opponent's formation or concentration of play has uncoiled itself to such an extent that there is no doubt as to its direction.

The tertiary must not run forward too soon or be drawn into the field too far.

As he starts forward his first step should be to the outside or diagonally toward the sidelines. This is a safe method against a swinging play, which in its initial movements appears to be directed at the line, because the back is not drawn in too soon.

As a rule, against a compact offensive formation, each back of the tertiary must take a position slightly outside of his own end and about eight to eighteen yards back, according to the system under which he is playing. He should be in constant communication with his end so that that player may know at all times just where the tertiary intends to line up. He should make a special study of the actions of opponent's ends. As a general rule, as far as forward passes are concerned, the tertiary watches the men on the extremities of the opponent's line.

He must be impressed with the conservative feature of his duty, and learn to hold himself in check so as not to be drawn from his correct position too soon.

(D) Quaternary Defense

This defense is responsible for kicks, long forward passes, smashing end runs, and sneakers. He must look over the field from sideline to sideline on every play. If he is certain no kick or long forward pass is intended, he should come up fast to help cut off an impending broken field run.

CHAPTER VI

FORMATION AND PLAY OF THE PUNT PLACE KICK AND DROP KICK

I

THE PUNT

(A) Technique of the Punt

"Get rid of all lost motion. All unnecessary muscular movements which interfere with proper action should be avoided. Every joint in the body is a hazard."

To make a spiral punt the ball must be so kicked *"that one spot of the foot strikes a certain spot of the ball."* In the following discussion we assume that the kicker is right-footed.

(1) Receiving the Ball from the Center. The punter stands either with his feet slightly spread or the left foot slightly advanced. The weight should be mostly on the left foot so that it is possible to step freely with the right without shifting the weight too much. He faces squarely to the front, arms stretched forward, fingers extended. This is the better stance on a slippery field, as the weight remains constantly over the left foot, reducing the chances of slipping.

(2) Holding the Ball. The ball is held over the right leg with the right hand, lightly supported with the left. The precise method of holding the ball varies with different punters; a good method is to grasp the point of the ball nearest the body with the right hand, thumb on the left side, fingers on the top and to the right side, with the point of the ball in the palm of the hand. The left hand supports the left forward side of the ball, but the hand must

not be over the nose of the ball. In holding the ball over the kicking leg, the right arm is bent slightly, but the left arm is straight. The nose of the ball should be pointed somewhat in and down for distance, in and up for a short high kick; in all cases the lace should be up.

The right hand in supporting the ball should not be under the ball, for on releasing the hold from underneath, the ball may be somewhat deflected from its intended course in the drop to the foot, thus producing a wobbly punt.

It is a common fault for the punter to hold his left hand over the nose of the ball, effecting a sharp bend in the right elbow. This places the ball so near the body that it prevents him from meeting the ball squarely with a free and easy swing.

If the punter wishes to kick high, he holds the ball high; if low, he holds the ball low.

(3) The Punter's Steps. It would be advantageous to take several steps before kicking, but this is impossible because of the limited time in which a kick must be made.

The quickest kick is a one-step kick, in which the punter stands with his feet on a line, steps with his left foot and kicks. This is a kick difficult to block and therefore the punter may stand closer to his line of scrimmage.

Probably the ideal punt is made with one and one-half steps. The punter stands with the kicking foot back; on receiving the ball, he brings the right foot even with the left or slightly ahead, steps a full step with the left, and kicks.

If the kicker must take two full steps forward, it will be better for him to adopt the above stance, and on receiving the ball step forward easily and well balanced, and avoid making his stride too long. Men who are slow or men who take long strides should avoid using this method, and practice what is known as the rocker step. A kicker employing the rocker step stands with both feet on a line parallel to the scrimmage line, and on receiving the ball steps back with his kicking leg, then forward with the supporting leg, and kicks.

In another excellent method, the kicker makes a short

step back with the left foot while the ball is still in the air on the pass from the center, then steps forward with the right, a full step with the left and kicks. The actual distance advanced is barely one and one-half steps.

The disadvantage of any method of punting which forces the punter to consume time or cover too much ground is the probability of a blocked punt. Some of the kickers mar their efficiency by employing too many steps, frills, or unnecessary motions before they actually boot the ball.

(4) Watch that Ball. It is absolutely essential to watch the ball until after the kick is made.

(5) Dropping the Ball. A straight, true drop is a requisite for a good kick. This is accomplished by releasing the ball simultaneously with both hands.

The ball should not be tossed, but dropped. Tossed balls make wabby punts, because it has farther to drop and may be deflected from its true course by the wind; also, time is lost and it may become imperative to kick the ball before it has dropped to its true plane.

(6) The Leg Swing. The leg should swing forward describing an arc similar to a pendulum. Care should be taken not to complicate the motion by describing with it another outward arc with a horizontal radius.

At the moment of impact the leg is almost rigid, and the toe is turned in and depressed so that the belly of the ball is hit with the outside crest of the instep.

(7) Follow Through. The left arm should swing forward over the kicking leg while the right arm swings out, up, and back. If the kicker boots a spiral that has the tendency to veer too far to the right in its flight, the above arm action should be reversed. This will turn the body slightly to the left and is more apt to produce a punt straight down the field.

The leg should describe a complete follow through to get all the force possible into the kick. Kickers who merely slap the ball when they punt do not get distance.

Punters require a fine sense of rhythm and balance, and a great deal of accelerated speed at the instant of contact with the ball.

A punter can speed up a kick only by increasing the speed of the rhythm. Slow rhythm is detrimental to success in fast company.

The punter should kick for height as well as distance, so that the ends may cover and hold all ground gained by the kick.

A good punter will place his kicks.

He should attempt to kick high with the wind, low against the wind, long and low for out of bounds.

The punter should call his kicks "right," "left," or "short"; and also should yell, "onside," if the defense blocks the kick or touches the ball.

Practice: The punter may work out daily as the squad is gathering.

The receivers may get valuable practice fielding these punts.

Ends may be sent down to cover with defensive halves blocking them. This affords excellent practice in necessary fundamentals.

The punters must also have practice in actual game conditions.

(B) Catching Punts

The play is to catch the ball, not necessarily to make a gain.

The man with the most ability to catch punts should be used, regardless of his position on the team.

He should be chosen for the ability to catch in preference to the erratic man who has the ability to return kicks but not to handle them.

It is necessary to study the behavior of the ball during its flight. A ball traveling with its nose up offers much resistance to the air. As a result it will drop nearly straight down. This drop will be accentuated if against a strong head wind. If the nose of the ball points in the direction the ball is traveling, it will "nose over" and carry farther.

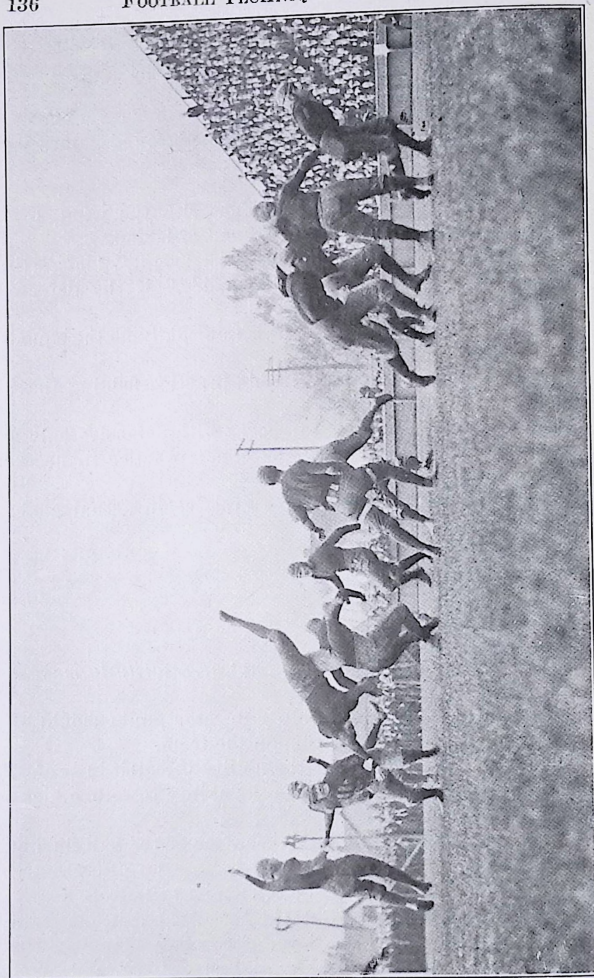


PLATE XXVIII

PLATE XXVIII

Crafty Blocking, Illinois vs. Michigan, 1920

The punter, behind excellent protection, has kicked the ball far down the field.

The player in the air, the left defensive tackle, was hurled into that position by a crafty piece of blocking on the part of the defensive fullback, Crangle, All-Western. The tackle attempting to block the kick feinted to the inside, then jumped hoping to get over the fullback whom he had planned to lure out of his proper position. Crangle, drawn in slightly by the feint, met the jump with a reverse turn. The result is depicted above.

"When in doubt, punt."

A wet ball will not carry so far as a dry ball.

The ability of the opposing punter, and the direction and velocity of the wind must be taken into consideration by the receiver in determining how deep to play. Hence the receiver should vary his relation to the scrimmage line when the teams change during quarters. This is necessary because he may have been facing a strong wind and could play much closer with the wind at his back.

Immediately after judging the punt, the receiver should hurry to the spot where the ball will drop, being careful not to overrun it.

The receiver must fix his attention on the ball until it is caught.

The receiver should catch the ball first, before he thinks of advancing with it. He should make sure that both of his feet are on the ground, i.e., that one leg is not raised, as this is a dangerous position not suitable for protection.

In football, golf, baseball, and basketball, each man may have a style of his own; and, if this style has no peculiarities which may seriously interfere with the freedom of his motion, and if it assures confidence in catching the ball, the coach should not tamper with it.

The receiver should stretch out both arms, one a little farther and above the other, and keep the body erect, being careful, however, not to fight the ball, i.e., not to protrude

the chest at the time of contact. He then breaks the impact of the ball by relaxing both arms and body, and guides the ball into the pocket formed by the upper part of the body and arms. The muscles of the arms and the body should be loose and pliable. The feet should not be rooted on a spot, but should be easily moved so that the receiver can readily shift his position should a gust of wind deviate the ball in its flight from its apparent path. As soon as the ball is caught, the receiver should cover it with one arm and two hands, and start forward up the field, and fight his way into the open. If two men are in the vicinity prepared to make the catch, the one who finally decides that he is the man to catch it should call out, "mine," and the other answer, "take it."

The ends, rushing in from the sides to tackle, may be eluded best by a quick dash straight up the field. If such a dash does not gain ground, at least it will not lose any.

Discretion is often the better part of valor. Hence, the safety, who is usually the quarterback, one of the most important cogs in the machine, should save himself by handling high kicks, which permit opposing ends and linemen to cover, by a fair catch. Short high kicks should not be handled.

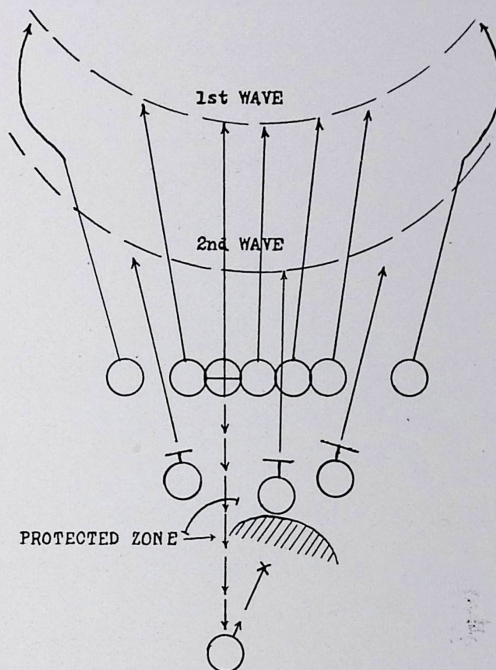
The receiver should not attempt a play from a ball that would bounce across the goal line for a touchback.

The receiver should not make a play for a kicked ball when it is impossible to field it properly. It may be recovered by opponents. His failure to guard against appearances may lead to the ruling that he had touched the ball.

When fielding or running back a ball near the sidelines, the receiver should keep in mind the value of stepping out of bounds as he is being tackled.

(C) Arrangement I—The Two Wave

After analyzing the various punt formations, I came to the conclusion that their best points may be gathered into two arrangements. One of them I shall call the "two wave," and the other the "three wave" punt attack.



The first wave is composed of the linemen who start forward with the snap of the ball, bump into the opposing linemen, and then go down the field as soon and as fast as their opponents will permit. On the way down they "fan out" with the intentions of surrounding the man trying to catch the ball.

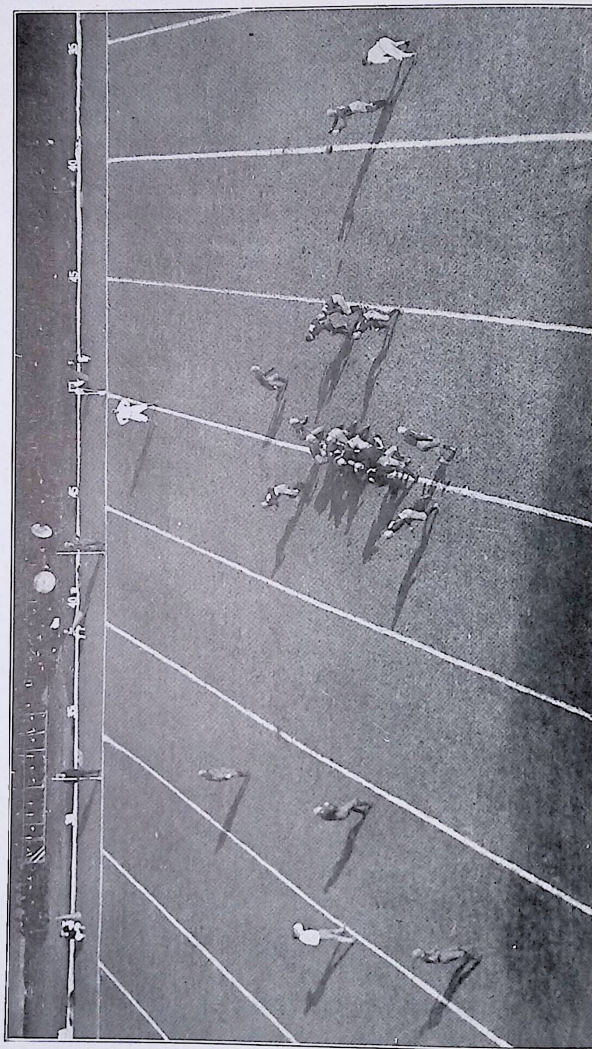


PLATE XXIX

PLATE XXIX

A Punt, Illinois vs. Opponent, 1923

The play is so perfect that it appears to have been posed, but such was not the case as this was third down with 17 yards to go.

Notice that the punter, who was an excellent one, is playing safely and is 12 yards back of the scrimmage line.

The defense is employing the "Big Diamond" formation because they do not know whether the offense intends to run, throw, or kick. The ends and tackles are rushing in but appear to have small chance of blocking the kick; nevertheless they should hurry the kick as much as possible.

Coaching points: (1) The two protecting backs who are pointing to block the intruding tackles should be closer to the line of scrimmage. A position 3 yards back and a little to the inside is better than being 4 or 5 yards back, for the following reasons: The danger of being forced back into his own kick by a fast heavy tackle, or of the tackle dodging in front of the kick, is lessened, because the back is in a much better position to drive the tackle out around. This position allows the tackle but one choice of direction to charge, thereby eliminating guessing by the back as to the direction of the charge.

(2) When a punt is certain, the right end on defense may line up close to his tackle and cause the punter considerable trepidation. The defensive end may be checked if the offensive end takes a position in front of the defensive end to force him out around as he charges.

(3) An additional lineman should be sent down with the ends. Any lineman who has no defensive man in front of him may be instructed to go down the field with the snap of the ball.

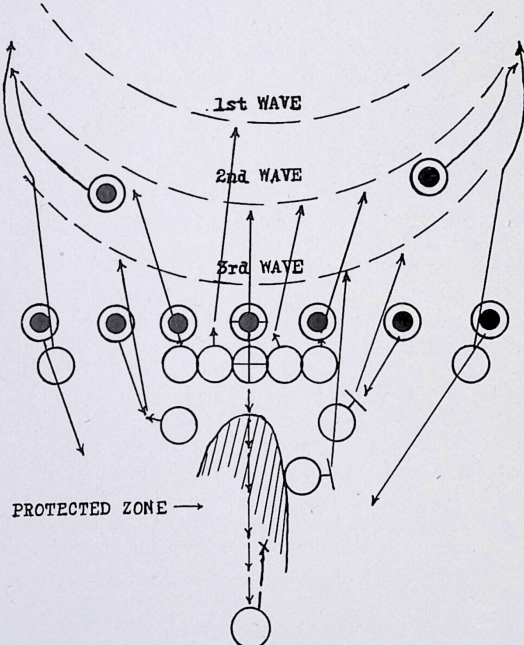
(4) Kicking strategy; An attempt should be made to put the opponents in the hole by punting out of bounds near the goal line.

"The other fellow is bound to quit if you keep after him long enough unless he knocks you out in the meantime."

The three protecting backs constitute the second wave and they start down the field with the sound of the kick. These three backs are placed in such a way as to best protect the zone from which the kicker will attempt to boot the ball. Two backs will be lined up on the right and one on the left as diagramed. They must not allow themselves to be lured away from their correct positions by the false moves of the intrushing men. They must under no condition forget that they are protecting a zone.

They must be warned not to line up deeper and deeper as the game progresses or finally they will restrict the kicker's freedom of action and cause a poor kick.

(D) *Arrangement II—The Three Wave*



This is a more conservative method but in the end just as effective as the former. The ends take up a position on the line of scrimmage about from five to fifteen yards from their respective tackles. The five middle men from tackle to tackle form a tight line, each man being responsible for the opening toward the side of the ball. Thus the two guards help the center and the tackles aid the guards. They must try to force the defense to run out around to get at the kicker. It quite often happens that one of the five offensive linemen will be able to go down almost immediately with the snap of the ball, provided that he is sure that no defensive man is in a position to be dangerous or trying to break through over the territory he controls. Thus the ends and this lineman start with the snap of the ball, the other four linemen with the sound of the boot on the ball.

The three backs block in such a way as to force the opponent's tackles and ends around them, and the kicker kicks from behind the frontal protection of the line and the flank protection of the backs. They should take their positions well inside of their own tackles and in such a way that neither of the opponent's tackles can slice in to get in front of the kicker. Their positions should be such as to force the opponent's tackles to run out around. With the thud of the boot on the ball the backs follow the ball down the field, forming the third wave. *Should the opponent's left end come in close to block the kick, the right halfback should take care of him, leaving the fullback to block the tackle.*

When this method of punt attack is perfected, the kicker has a little more time to punt and therefore a better chance to place his kicks. It thus becomes difficult for the receiver to take up a correct position.

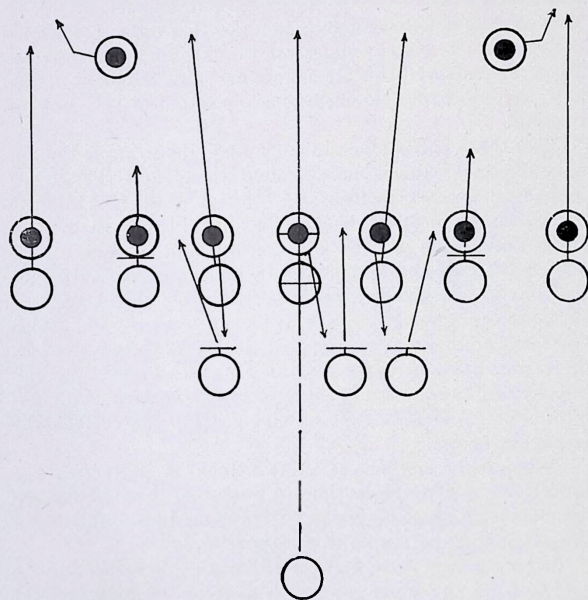
Both the two wave and the three wave systems may be employed in the same game; the zone of the field and the type of punter will determine which system to use.

In the danger zone, I would advise employing the three wave formation and would pay strict attention to the opponent's right end who may be coached to charge in with abandon in an attempt to block the punt.

If the punter is a triple threat man and the kick is made on the first, second, or third down, the two wave formation may be safely used in other zones of the field.

(E) *The Punt Attack from a Spread Formation*

In this attack the three middle men and the ends start down the field with the snap of the ball. The tackles block the opponent's tackles and the three backs block the defensive guards and center. The kicker takes his position at least twelve yards back of the center.



A study of the diagrams will show the path each player should take as he runs down the field.

The formation, the stance, and mannerisms of the men should not indicate that a kick is impending. The kicker

should not signal for the ball or in any other way indicate that he is to receive it.

With the snap of the ball the ends should hurry down the field, staying well outside of the receiver of the punt. On the way down they must elude the opponent's backs who attempt to block them, not forgetting that they may use their hands.

An end going down the field should not slow up to protect himself, but to fool the blocking back by a change of pace. If he slows up to protect himself, he squats; if he slows up to deceive he merely changes his pace and keeps his balance.

They must be careful after they have freed themselves from the blockers not to overrun the kick, but must hold themselves in check in order to be able to change pace or direction on short notice.

Their first thought must be to flank the receiver and to drive him into the linemen, and their second, to try to tackle the man themselves. They should try to get close enough to attract the receiver's attention so that the receiver may not concentrate as he should on the ball. The ends must be alert to a possible fumble.

They should not let the punted ball roll out of bounds, but should force their opponents to start their offense near the sideline. They should not let a kick bound back, but grab it and hold it, the only penalty being that the opponents will get the ball where it was first touched.

The other linemen, as they follow down under a kick, must fan out and do almost all that the end does, but in a more restricted territory and with more abandon. Many games have been lost because the linemen in their eagerness and anxiety to get at the receiver of the punt forgot to fan out. They can act a little less conservatively but must be just as alert in all other details. They must stretch themselves recklessly to make the tackle. If the linemen and ends follow the ball, they will surround the receiver in a cup formation. When the players have reached this imaginary semicircle, they must not squat and hesitate to see what the man with the ball intends to do, but must stretch themselves to make the tackle.

The punter must inform the men going down under the kick about its direction and distance by calling out, "left," "right," or, "short."

If the ball is touched or partially blocked, he should yell, "onside," so that the men on offense may know that they are eligible to fall on the ball without penalty and that if they recover the ball it again belongs to them. If he fumbles the ball he should yell, "ball."

The punter should kick high to give his men plenty of time to get down under the kick. If he intends to kick out of bounds, he should attempt to drive it low and far.

II

THE PLACE KICK

The holder takes his position eight to nine yards from the line of scrimmage. He kneels upon his left knee, facing the sideline, and extends his right leg toward the line of scrimmage.

The kicker selects the spot from which he will kick. He secures a correct alignment, making due allowance for a cross wind, so that he can center his attention on the ball during the kick. A couple of practice swings assist in getting the proper steps.

After the spot has been selected on which the ball will be placed and the kicker has practiced his steps and swing, making sure all lateral arc is eliminated, the holder reaches a convenient distance for the ball and places it in an upright position on the spot selected. He holds it firmly with the fingers of his left hand.

The kicker uses the same steps as in a punt. As a rule, the left foot should be four to eight inches from the ball, and the inside of the foot on a line with the outer edge of the ball. The toe should be pointed in the direction of the kick. The kicker should approach the ball in a somewhat stooped position to avoid topping the ball by raising his head due to eagerness and excitement.

As in the drop kick, the toe should be firm and meet the ball just below the middle. The leg swings from the hip and is firm at the moment of impact.



PLATE XXX

A place kick after a touchdown. Illinois vs. Chicago, 1923. Correct form by both the kicker and the holder is shown. The goal was made.

The leg should describe a perpendicular arc only. Many drop and place kickers become inaccurate because they combine with this a lateral arc.

He should start as the holder places the ball on the ground so that the kick may be made the instant the ball is set.

The kicker and holder should practice a great deal together to develop correct timing.

Greater accuracy may be secured by kicking just hard enough to get the ball over the bar. When practicing place kicking and drop kicking, the men should not try for distance; these kicks are seldom used beyond the twenty-five or thirty yard lines.

Our statistics show that the place kick is more often successful than the drop kick.

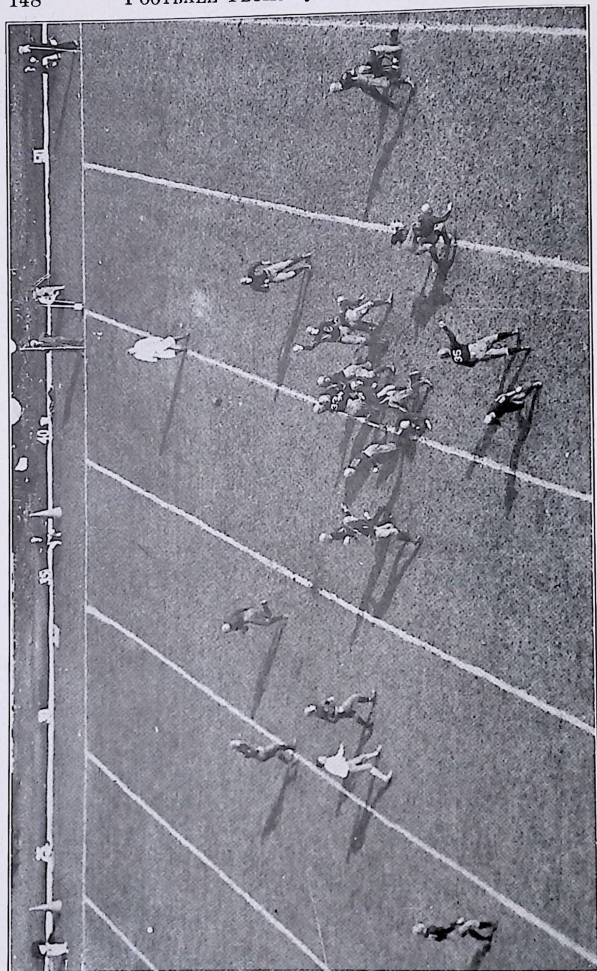


PLATE XXXI

PLATE XXXI

A Place Kick, Illinois vs. Opponent, 1923

This place kick, although unsuccessful, had the value of a long punt, for it was well covered by the kicker's ends, center and left guard, who are seen starting down the field. The left end has been delayed somewhat because he first checked the opponent's end.

Ample protection was given the kicker by his teammates. The line blocked out all defensive men from the front and the two protecting backs have checked the tackles.

These two backs take up positions about 3 yards back and near enough to their own center so either might receive the ball for a play. If the play is to be a kick they await the charge of the defensive tackles and force them to run out around so that they cannot get in front of the ball. The blocker should hit his man on the upper thighs, which is neither so high that he might be toppled backwards nor so low that he might be hurdled. These details are being performed correctly in the accompanying picture.

All linemen should fan out the instant the kick is made.

The kicker should, if the kick is wild, notify his teammates by calling the direction, and, if blocked or partially blocked, he should advise them of this condition by shouting, "Onside."

"A liar is a quitter. An honest man is not so sensitive and is easier to get along with on the football field."

Practice: Kickers get a good chance for practice with individual coaching by coming out before the main squad arrives.

Kickers should always work with a center.

They must practice kicking with, against, and across the wind.

They should have plenty of kicking in scrimmage.

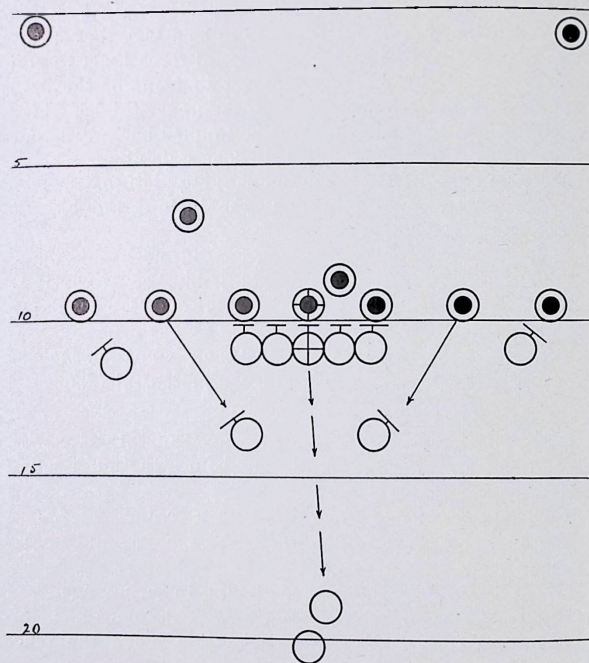
Place and Drop Kick Formation. This place kick formation becomes a drop kick formation when the place

kick holder takes a protecting position about $4\frac{1}{2}$ yards back of the scrimmage line.

The near backs should constitute a threat at the line, and, if the play is a kick, block the tackles.

The ends are wide to lure opponent's tackles wide and to block the defensive ends. This is a more advantageous position from which to operate, should the play be a run or pass from a fake kick.

The defense, who appears to be using the block defense, has sent one of its secondary close to the line in an attempt to block the kick. This would be a dangerous procedure, except when conditions make a kick certain.



III

THE DROP KICK

The ball may be held in the same manner as for a punt, except that it is dropped with the long axis perpendicular to the ground rather than horizontal. Another method is to hold the ball with the finger tips, one hand on either side.

In either case, the ball must be held as closely to the ground as possible in order to shorten the distance the ball must drop, thus reducing the chance of any wind to deflect it from a true course. The ball should be held squarely in front of the right leg and released by both hands simultaneously. It should strike the ground in an almost upright or perpendicular position.

If the ball is dropped with its long axis in perpendicular, the ball will bounce up on that perpendicular line. If the ball is dropped with the axis out of perpendicular, the ball will bounce back toward the foot and cause inaccuracy in kicking.

The number of steps used is the same as in the punt, with the one and one-half step method favored because accuracy and not excessive distance is the thing to be desired.

The toe should be firm. It should meet the ball just below the center as the ball strikes the ground. The leg swings mostly from the hip and should follow through after the ball. In its swing the leg must not describe a lateral arc.

All sighting should be done before the play begins, so that the kicker may concentrate on the ball. It is essential to watch the ball until after the kick is made. His teammates can follow the flight of the ball.

The two most difficult elements to perfect are to get a true drop and to time the kick. Only continued and faithful practice will accomplish this end.

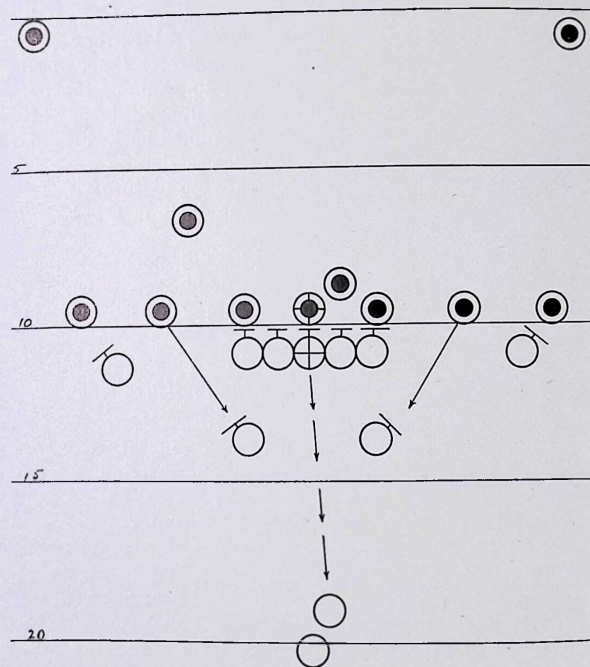
If there is a good drop kicker on the squad, no time should be lost in making use of him.

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CHAPTER VII PUNT DEFENSE

BIG BLOCK FORMATION

A team on the defense against a punt should be drilled in several of the following arrangements. I recommend Arrangements I, II, and III. The first is for the average, the second for the sideline defense, and the third for effective use against an opponent backed up in a bad corner near his own goal. The latter formation may consist of an alignment for the purpose of putting extra pressure on the kicker (see Arrangement III), or line up to give better protection to the receiver for the purpose of making a long return (see Arrangement IV).

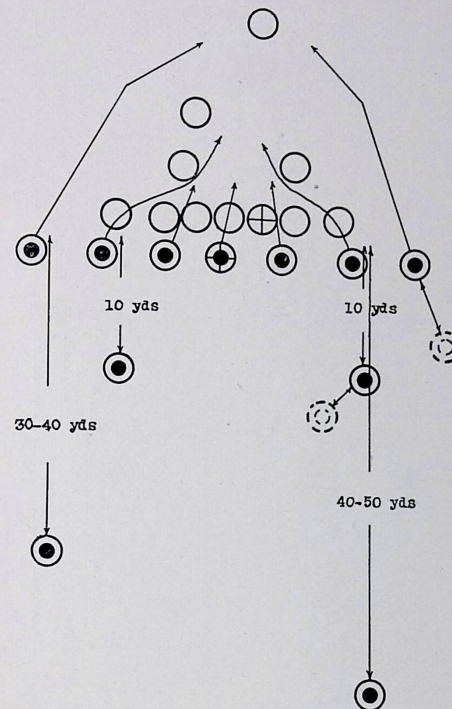
Arrangement I

Seven men are on the scrimmage line, four in the backfield. Either the seven linemen hurry the kicker, or four hurry, and the three middle men hamper their respective opponents from going down the field. If the ends hurry the kicker, they should be careful to flank him. The tackles may converge to a point in front of the kick. If deemed advisable to play safe, the *tackles flank the kicker and the ends delay for a moment and attempt to block the belated opponents.*

Arrangement II

Six men are on the scrimmage line; right end six yards out and six yards back. Five linemen hurry, the center plays conservatively, and the left end, after he has made sure that no run is intended, either blocks opponent's end or hurries the kicker. Four men are in the backfield; on the left, let us say, are the fullback and deep halfback for the purpose of blocking opponent's right end; on the right

PUNT DEFENSE

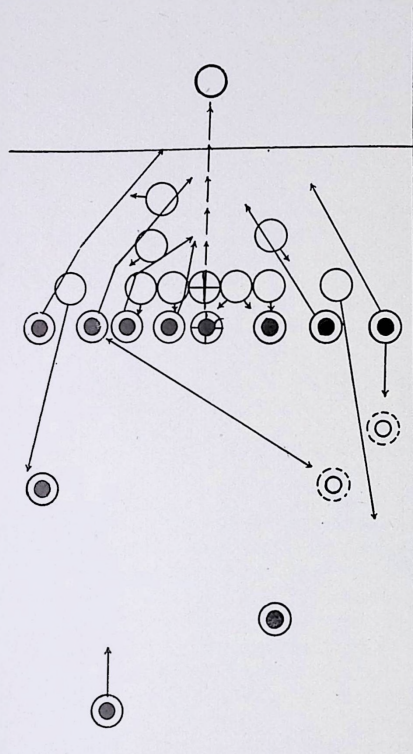


side are the end and halfback for the purpose of blocking the opponent's left end, thus forming a double check on both ends. (See dotted positions in diagram under Arrangement I).

Arrangement III

Eight men are on the scrimmage line. One of the backs goes into the line on the left side to help to hurry the kicker. All of the eight men attempt to block the punt.

Note—The defense for the punt should provide, when—

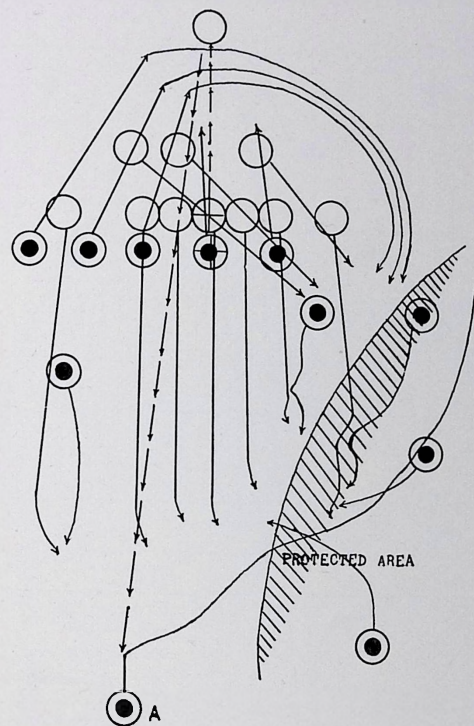


ever possible, for a double check upon the opponent's ends as described in Arrangement II.

Arrangement IV

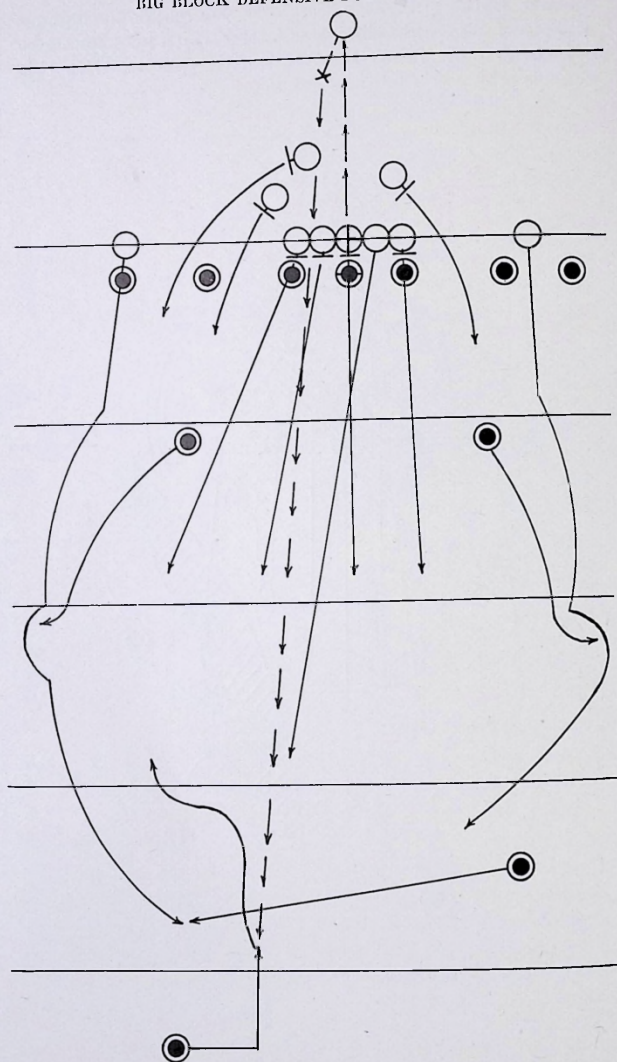
Five men line up on the scrimmage line strong to their left. Right tackle and right end are back. They aid the four backfield men to make a special play by returning kicks for long runs. This becomes very effective against a long low punt. "A" starts up the field until the fanned out

linemen start to converge upon him, whereupon he changes his course to the protected area, along which his teammates are on duty for interference. A little practice with this defense may win a football game.



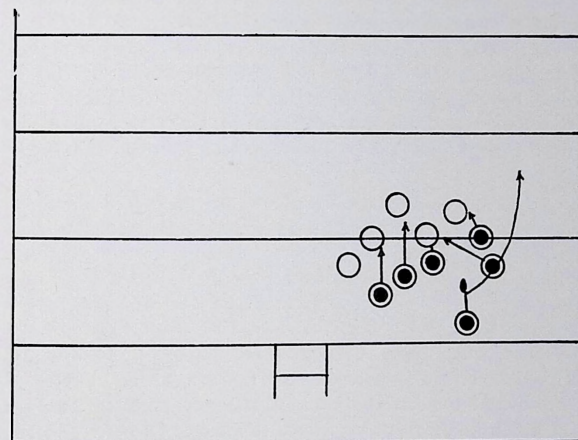
FOOTBALL. TECHNIQUE AND TACTICS

BIG BLOCK DEFENSIVE FORMATION



The Big Block formation is probably the best defensive formation that may be employed when a punt seems certain. The drawing illustrates a good blocking system that should give the receiver a maximum return. Notice the three wave arrangement of the kicking team.

Oftentimes a punt rolls close to, but stops before crossing the goal line. Should the players of the kicking side carelessly stand around the ball exposing themselves to be blocked, the following play may be successful for a good gain; the defensive players, station themselves in positions favorable for blocking purposes similar to the accompanying diagram; the safety delays long enough to allow this formation to form, then scoops up the ball, and breaks through with the aid of his interference.



CHAPTER VIII

THE FORWARD PASS

When the rules committee added the forward pass, they built up the game with a new series of constructive fundamentals. They added new duties for the players as well as for coaches in both mechanical fundamentals and generalship. The fact that a team may throw a forward pass, whether or not it does, projects the offense many yards over and beyond the scrimmage line at the time of the lineup.

The mere punter or hard running back has ceased to be the most useful player. His place has been usurped by what is known as the "four threat" man,—the man who from a certain lineup may do any one of four things, namely, run, throw, punt, or drop kick.

If a team is fortunate enough to possess such a player, it at once is able to affect not only the stance of the defense, but also the mental attitude of its individuals. The team has the inherent strength to tire the opponent's power of sustained attention and to tax their morale to the utmost.

A few successfully executed forward passes at a critical time in a very tense or tight game may demoralize the best drilled defense and for a few moments detract its individuals from their specific and appointed duties and make them act like a leaderless mob. These forward pass plays are apt to make the forwards' fear of what may happen interfere with their concentrated attention to the restricted territory in front; there is always that danger of a catch and run on the part of a receiver of the pass in that much larger territory back of them. In other words, a series of successful forward passes may drive the defense back and further the successful execution of the ordinary

slants and straights of the hard running plays. In order to accomplish this result, it is very important that the forward pass and running plays be constructed in such a way that the defense cannot detect, from the formation or the stance, which of the two to expect.

I

FORWARD PASS TECHNIQUE

(A) *Forward Pass*

(1) Non-grip Pass. The ball is laid on the palm of the hand, tips of the fingers on the lace, and is thrown from over the shoulder much like a baseball. At the end of the forward swing, the fingers "rip" underneath the ball giving it the spiral motion. The nose of the ball should be kept up.

This pass has a downward hop near the end of its flight which is deceptive to receivers.

(2) Grip Pass. The ball is gripped with either the thumb or fingers on the lace, just back of the center. The throw is made by snapping the ball forward from the ear, and bringing the arm down across the body on the follow through. The spiral movement is imparted to the ball by whipping it off the fingers at the end of the throw.

The pass should be fairly fast, and as nearly parallel with the ground as possible, rather than a high "lob," which affords the defense ample time to cover the receiver.

It should lead the receiver and reach him head high or higher to preclude any possibility of interception, or at least to make the interception as difficult as possible. If the ball is so high that a tall receiver must jump for it, then the shorter defensive back can only attempt to knock it down.

(B) *The Passer's Fundamentals*

A short pass must be more accurate than a long pass.

The passer must be able to get the pass away quickly and accurately, even when hurried.

The thrower must not use a long motion, i.e., in slang,

he must avoid "pulling the ball out of his hip pocket."

He should learn to throw with a short motion, starting from behind the ear.

The thrower should avoid throwing with his body as that extra weight behind the throw causes what is known as a heavy ball, one easily fumbled.

The passer should avoid jumping as he throws, as this may lay himself open to a severe jolt from opponents; few passers throw accurately from a jump.

If he has the ability to fake a run and then throw a pass, or fake a pass and then run, he can disconcert the opponents and cause them to hesitate or "squat," and to tag or hug rather than tackle properly.

On running passes the thrower should float the ball if passing in about the same direction as he is running; a pass in the opposite direction should be hard and high.

If the thrower in running to the right is forced to halt, he may obtain a good throwing balance by stopping with the left foot forward, stepping back with the right, then forward on the left again as he throws; in baseball parlance, he places his right on the rubber and steps into the throw. He should not throw with his weight on his back foot.

Most passes are made from runs to the right, because it is more difficult to throw when running toward the left, unless the back is left-handed. There are, however, two good methods used in throwing from the left: *the simplest and best is to stop with the left foot forward and swing the right foot back, a movement which develops a good throwing position*; the other involves a pirouette to the left, which has the disadvantage of momentarily taking the passer's eyes from the receiver as well as opponents.

It is probably best for the passer to step or run back, as this will give him more time in which to locate a free man and will not endanger the legality of the pass; it also enables a receiver to get farther down the field or more time to pick the opening.

The passer must avoid telegraphing the direction of the pass by immediately watching the spot to which the pass will be thrown.

The player who labors to throw is less effective than

the easy thrower.

The player should not throw the ball blindly, i.e., throw the ball away, especially if he is completely covered by opponents.

After the pass the thrower should protect the play by immediately freeing himself from the defensive players and hurrying toward the proper sideline.

(C) Catching Forward Passes

The receiver must keep running and must fight desperately to catch the ball. *Should the pass be short, he must hurry back in an attempt to catch it or to tackle the opponent who may have intercepted the pass.*

The ball is caught in any position from a run or jump with hands alone, or hands and body. The player should practice catching the ball both with his hands and with the body. The receiver must have the determination to hang onto the ball, whatever the consequences may be.

Immediately following the catch, the ball should be placed in the carrying position and a start made down the field. Tacklers are often fooled if the receiver quickly wheels into the field the moment the catch is made, especially if the ball is caught while standing still.

He should also practice feints to draw the opponents away from the spot at which he intends to catch the ball. The important fundamentals in making the catch are to watch the ball and relax the hands and arms or let the hands give as the ball strikes them. Fumbles are usually caused by taking the eyes from the ball and by "fighting" it, i.e., attempting to catch the ball with taut muscles, or by trying to run for a touchdown before the catch is really made.

Poor receivers lack the rhythm to time themselves and jump high on short notice.

It is important to keep the body between the defensive man and the ball, i.e., turn the back to the field and catch the ball facing the sidelines.

Against opponents who are coached to hold eligible men, the receiver must be alert and dodge from the beginning.

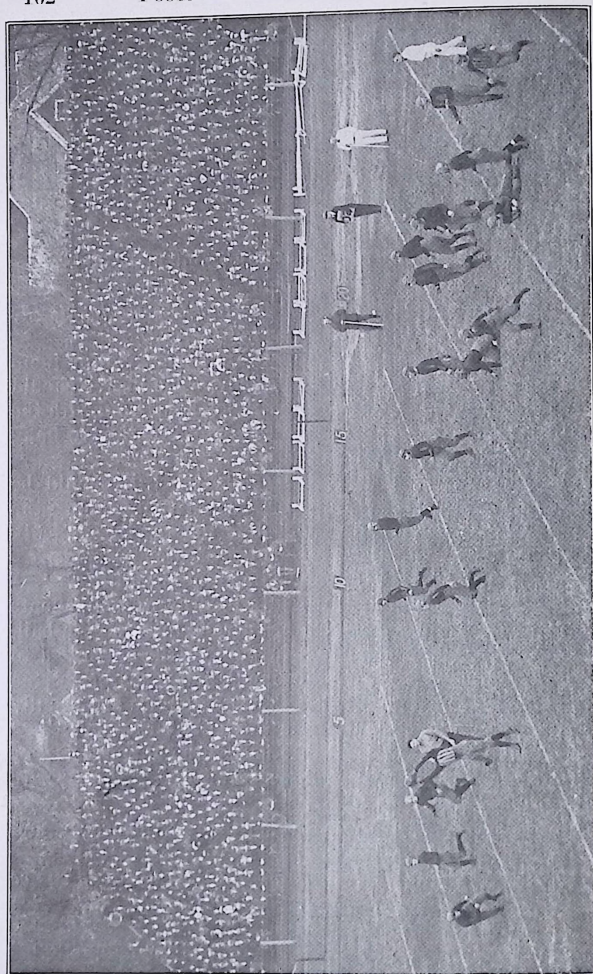


PLATE XXXII

PLATE XXXII

A Walquist-to-Carney Pass, Illinois *vs.* Minnesota, 1920

The photographer has succeeded in catching "Chuck" Carney, All-American end, while in the air snagging a pass which an ordinary end would have given up as hopeless. The play resulted in a touchdown.

Coaching Points: (1) A receiver should learn to break into open spaces for a pass. The secret lies in staying out of that space until the last possible moment, then dashing quickly into the opening for a pass.

(2) A good receiver should also be able to take a pass out of a group of players; he should stretch or throw himself in any direction and if able to touch the ball, hold it.

(3) Determination to get that ball, to try harder, to stretch or jump farther helped Carney to catch many passes which seemed out of reach.

(4) The ball should be caught with the hands, and tucked instantly into the proper carrying position.

(5) In alighting after a catch, the receiver should reverse the tacklers and yell, "Block," to signal his teammates that the pass has been completed, and that the interference should get busy.

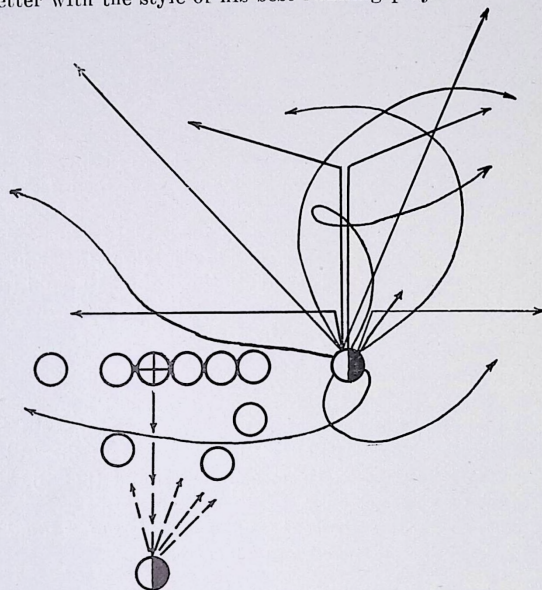
"The ability to stretch at crucial periods shows the difference between mediocrity and success."

II

FORWARD PASS PLAYS

In the following pages I aim to discuss the possible directions the receiver may take in his attempt to catch a forward pass. A signal is necessary to notify both him and the other members of the team of the direction he is to take, so that the thrower will know where to locate the receiver and the other men will know where to follow the ball and how to protect the thrower and also the play, if the pass is intercepted. The drawing shows the various paths the receiver may take. No coach will have the time to teach all of these movements to any one man in one

season, but he can select those which he thinks will fit in better with the style of his best running plays.



There are two good methods of attempting to complete the forward pass play; in the first, the signal designates the approximate distance and direction of the receiver. The ball is thrown ahead and to the outside of the receiver at a moment when the thrower thinks the receiver can make a successful catch; in the second, the signal designates a limited zone toward which the receiver runs and in which he attempts to catch the ball. The thrower fixes his attention on that zone and may actually throw before he sees the receiver.

In the first method the ball is thrown to the man, in the second into a zone.

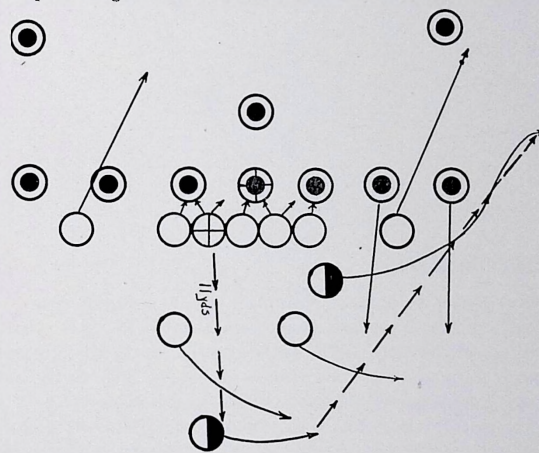
The receiver should run under a pass with the determination to catch that ball, preferably with his back turned

toward the defensive player. In running to the spot designated by the signal, he should run so as to help the decoy to draw the tertiary away from that particular spot. If the receiver reaches the designated spot before the ball, he should keep on running, but also be ready to turn back in case the pass falls short. *Many receivers sulk as soon as they notice a short throw and give up coming back to recover the ball.* This sulking attitude may be fatal, for the failure to come back may allow the man intercepting to get away.

In the scheme of attack as described and grouped in the following arrangements, I am discussing only those systems which I have seen executed successfully in fast company and in close games. These arrangements are diagrammed from the receiver's point of view.

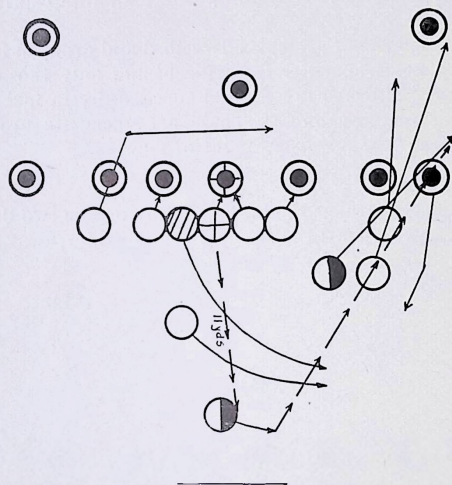
Arrangement I

The receiver takes the pass aided by one or two decoys who attempt to draw the secondary or tertiary away from the spot designated for the catch.



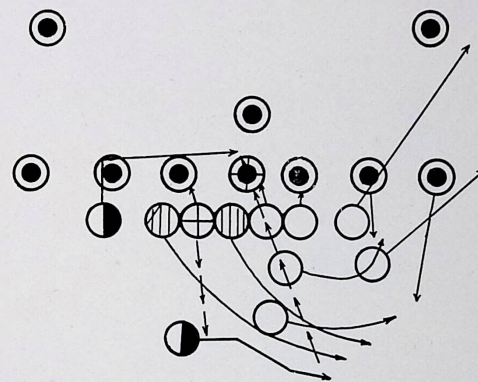
Arrangement II

Three eligible men run down the field in a group, with one of them designated by signal to receive. All three run toward the tertiary, making it difficult for him to select the intended receiver and causing a fatal hesitation in his play for the ball.

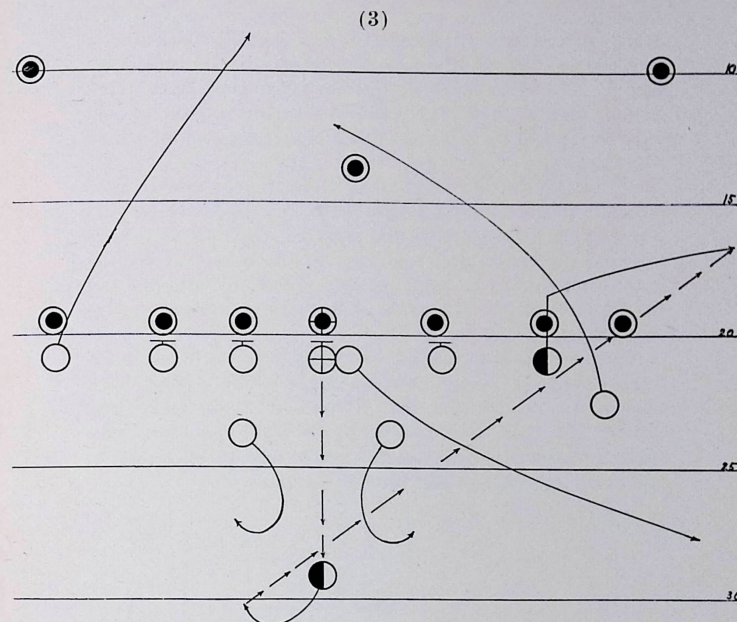
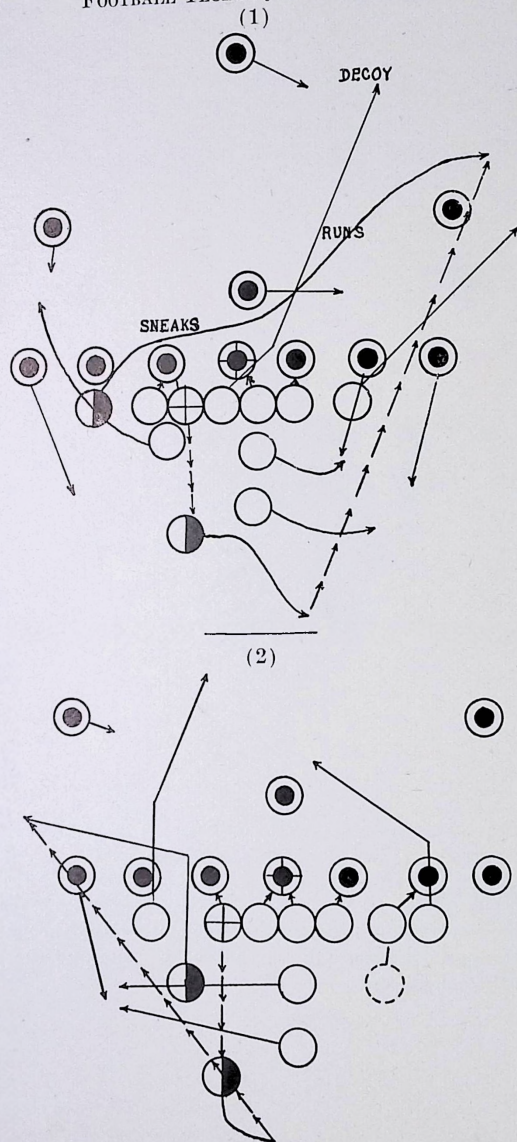
*Arrangement III*

The receiver delays watching the opponent who is backing up the line, and then sneaks into the spot which the opponent vacates. The end fakes to block, then jumps to catch a pass, or a back fakes to block, then darts out into any open space to receive the pass.

If guards come out as if for interference, the opponent's center or guards are not so likely to run back to knock down passes.

*Arrangement IV*

The receiver and decoy cross each other's path, starting together with the ball, or the decoy leads and the receiver delays his start.



This spread play pass scored a touchdown from the 20 yard line which helped to pave the way for the Big Ten championship in 1918.

The receiver is the tackle; when the offensive team runs into their spread positions, the end stays a yard back and the back who acts as safety goes into the line next to the center.

Deception is added to the play when the passer runs to the opposite side.

Arrangement V

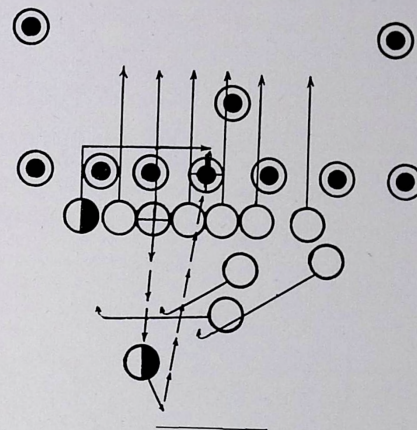
Screened Pass. The screened pass, not, however, as it is built up now, was played as far back as 1906, and was the result of the ignorance of coaches as to how much

blocking the linemen ought to do to protect the thrower. Many passes were intercepted and carried back for a touchdown. Today the screened pass is better protected and is used with more discretion. The Oak Park High School teams, 1910-1912, used the screened pass almost entirely and quite often from a double pass, one of which was lateral.

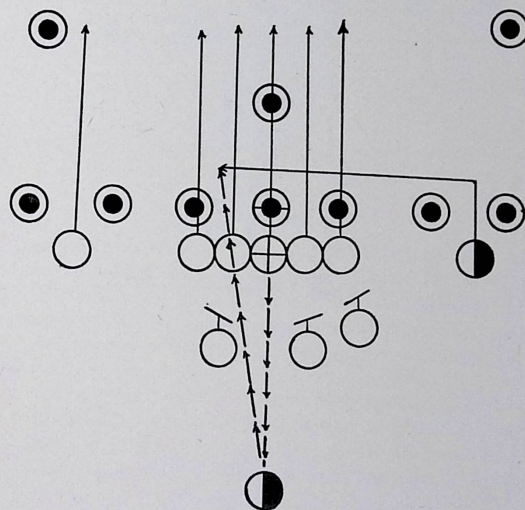
With the snap of the ball certain players mostly linemen run down the field, not to block any defensive players who in this instance have the right of way, but as decoys to cause confusion and hesitancy in the minds of the defensive players as to whom of the offense are eligible and should be covered. This loss of decisive action may prove disastrous.

The second purpose of the decoys is to form interference as soon as the catch is made. The end or back selected to receive the ball follows in their wake and catches the ball behind their protection. Two or three backs remain to protect the thrower and to be ready to tackle the possible interceptor of the pass.

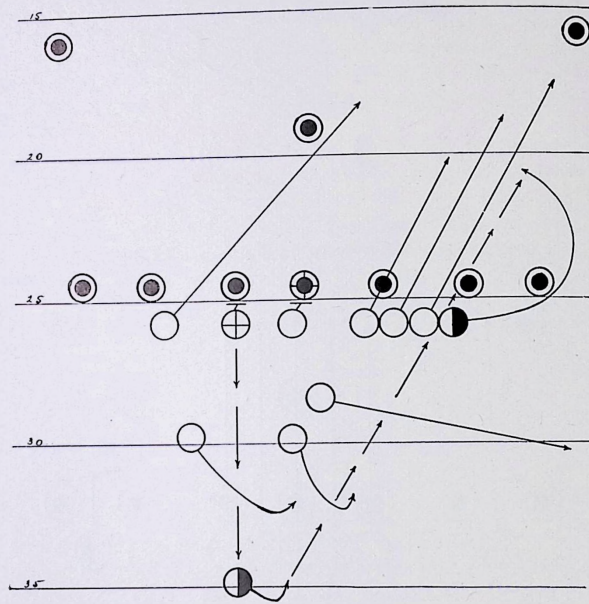
SCREEN PASSES



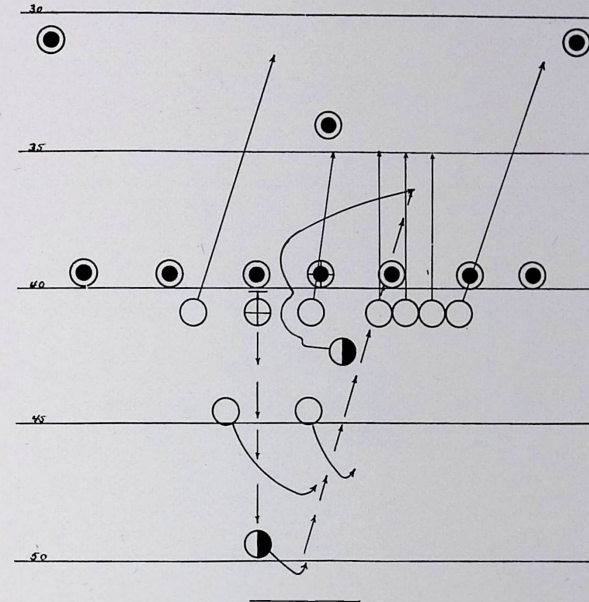
Screen pass from punt formation. Ends wide.



A Lateral Screen. This play attempts to give the ball to a receiver who is behind a screen and also out wide on the flank away from a majority of the defensive players.



A Famous Screen Play. This play deprived Ohio State of the Western Conference Championship in 1921. Walquist, Illinois half, caught the pass and made a 37 yard run to a touchdown.

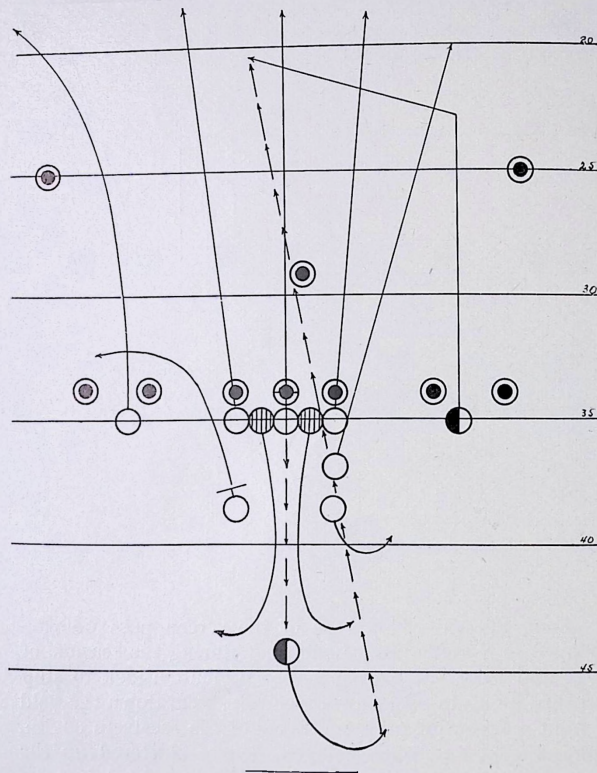


Long Screen. This type of the screen pass was developed to a high state of efficiency during the seasons of 1921 and 1922. It proved a very difficult attack to stop because four, sometimes five receivers, went down the field behind a screen of players. Some of the receivers cut in, some angled out, some delayed, decoys cluttered up the field, all of which added to the troubles of the defense.

The drawing shows a long screen to the right end in deep center. There are three teammates in front to block off the safety as soon as the catch is made, an eligible man

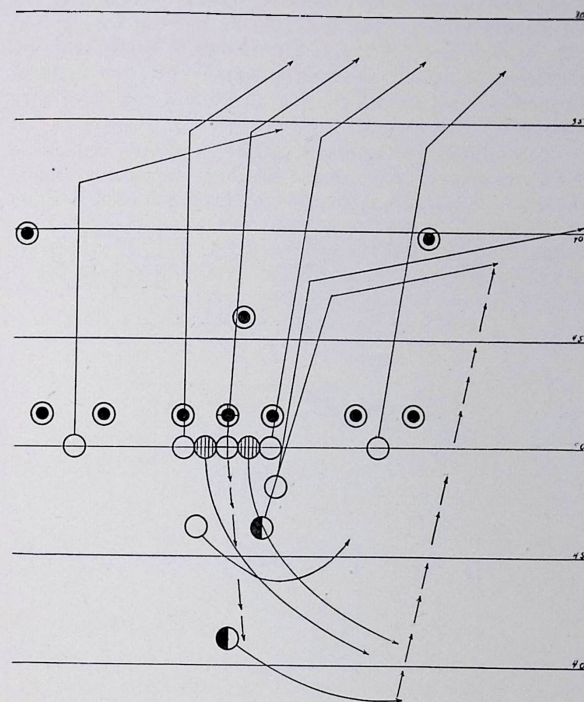
has gone deep and wide to either side to draw away the defensive halfbacks, and another possible receiver, after blocking momentarily, goes out shallow to the left.

The passer runs deep to give his receivers time to reach their allotted positions.



The right end and a back are sent out to lure the half-back deep or wide; a second back trails 10 yards behind the first back and catches the pass close to where the de-

fensive back had been. There are four possible receivers, each in an excellent position for a pass.



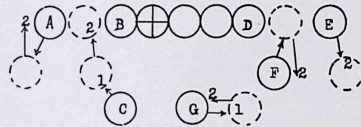
The above passes were not allowed early in the game, because the ball could not be thrown over the scrimmage line within five yards of either side of the center. The screen had to be built up on one flank or the other.

Arrangement VI

The men on ends of the line and one or two backs jump back and forth, the first "hep" making two or three eligible on one side, and the second "hep" making two, three or

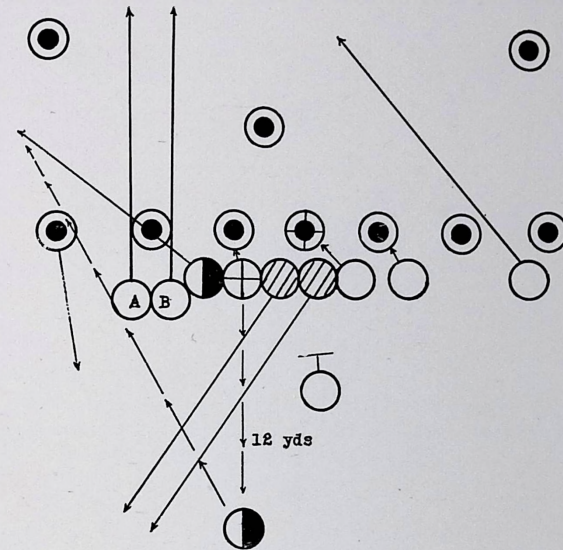
four eligible as receivers on the other side. Jumping back and forth several times has the tendency to confuse the defense and to hide from them the ultimate direction of the impending attack. The backfield on defense will be unable to rearrange itself quickly enough to concentrate on the point of attack, because it cannot tell from moment to moment just on which side an eligible group of men will be.

The following diagram illustrates a simple scheme of the above attack. Arrows and numbers show directions of the first and second jumps. The ball is snapped sometimes immediately after the first "hep" and sometimes after the second "hep." After the first "hep," A, B, C, E, and G are eligible to receive a forward pass. After the second "hep," A, D, E, F, and G are the eligible men.



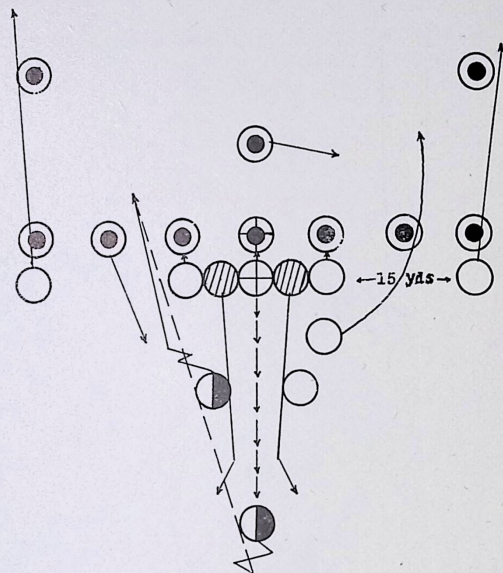
VARIAION OF ARRANGEMENT VI

As the rules read today, the left guard is eligible for a forward pass, because the two men next to him on the outside are not on the scrimmage line nor one yard back and, therefore, are ineligible to receive the pass. These two may be used as decoys or screen. The defense is apt to assume, because of appearances, that the guard is not eligible. A and B mask the intended receiver.



Arrangement VII

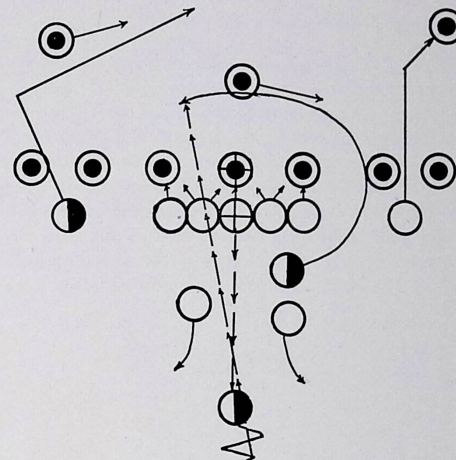
Very Short Forward Pass. The receiver shifts back and forth, pretending to block onrushing linemen, then darts forward just beyond the scrimmage line into vacant space. This play may be used to advantage with the screen.



The following arrangements diagram the play and protection of the thrower:

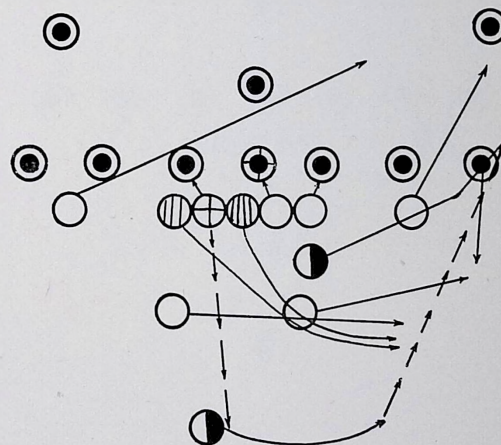
Arrangement (A)

The thrower shifts about in a very restricted territory so as to be able to throw in any direction. Five linemen block and two backs run back to protect him or pay special attention to men of the defense pointed out to them during the week or during the progress of the game. This leaves three men to go down the field.



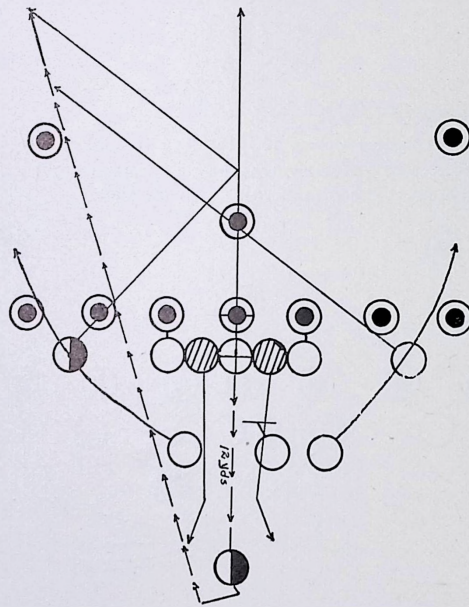
Arrangement (B)

The thrower runs as if intending to make a sweeping end run. The interference forms as usual, but runs a little deeper. Three men run down the field.

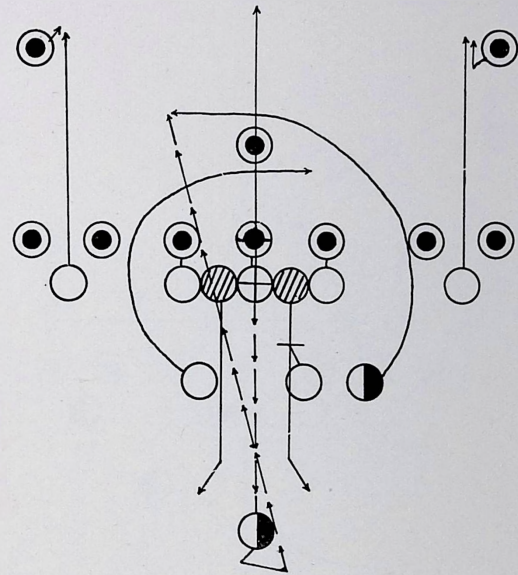


Arrangement (C)

The thrower shifts about in a very restricted area. The guards come back deep, one to each side of the thrower, cutting off the incoming defensive tacklers just about as they are ready to tackle or hurry the thrower. The tacklers block the defensive guards, one back takes care of opponent's center, if he is coached to come in to hurry, or goes through the opening, if that center is coached to run back. Four men, and sometimes five, fan out into the field as receivers or decoys. On this play the thrower will have two men in the same line of vision and may throw to either.

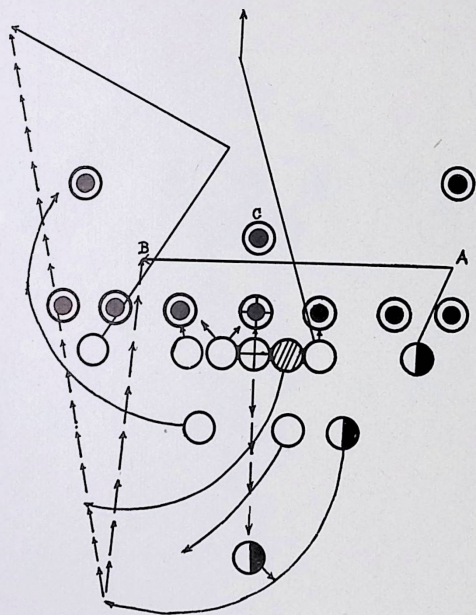


A more daring scheme is also to send the tackles down the field instead of having them block. They will litter up the field with decoys and add to the confusion of the tertiary, but on the other hand, the thrower will more easily be hurried by the guards whom they did not block and make the execution of the play more of a risk.

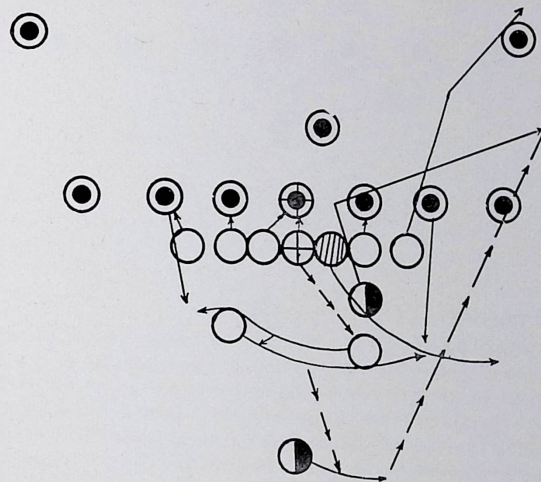


Arrangement (D)

The Platter Play. The usual thrower makes believe he is about to throw, holding the ball up and back of him somewhat as a waiter holds a platter, and another back, running around to the rear of him, snatches the ball for the purpose of encircling the drawn-in ends and tackles of the defense or actually throwing it to a designated receiver. The direction of the run from A to B is determined by the position of defensive back C.

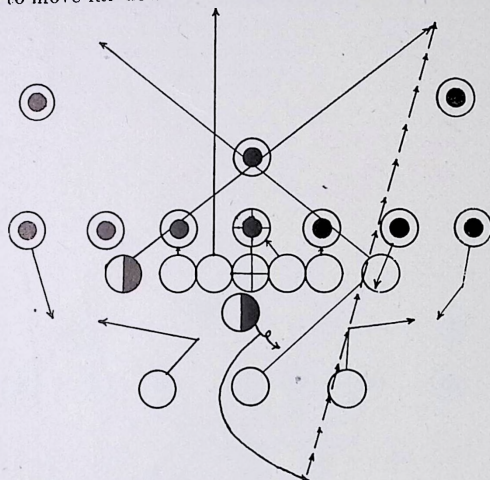
*Arrangement (E)*

The forward pass is thrown after a double or triple pass. This can be explained better by the following drawing of a successful play. The right guard comes out as a delayed safety.



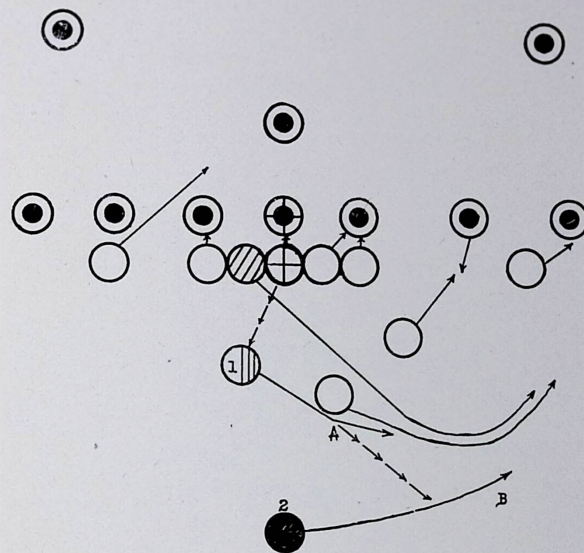
Arrangement (F)

The forward pass is thrown after the thrower from the quarterback position has faked a pass for a slant into the line. This will have the tendency to draw up the secondary and tertiary to back up the line and permit the offensive ends to move far down the field.

*Arrangement (G)*

Two Throwers. If a coach is fortunate enough to have two men who can throw, he may devise a scheme of attack for the purpose of employing both in such a way as to deceive the defense and to destroy their intended concentration on the one individual. For example, one thrower can line up somewhere six yards back of the center, while the other lines up from ten to twelve yards directly back of the center. Since the center can pass to one or the other for the purpose of throwing the ball, the defense, although knowing a forward pass is contemplated, cannot concentrate on one man, and this produces hesitation on their part and assures the designated thrower a little more time for the execution of the throw.

No. 1 back may throw a forward pass from point "A," or may make a lateral pass to No. 2 back, who may throw a forward pass from point "B," or run.



Caution: Special emphasis should be placed on the protection of the play. The men protecting the thrower should immediately be alert to the possibilities of interception of the throw; and the thrower should immediately free himself from the opponents about him. One or two fleet linemen should be coached to run back and deep from the scrimmage line after they have blocked an opponent's lineman a sufficient length of time, rather than follow the ball down the field. If these men follow instructions, an opponent intercepting the pass will find it difficult to get very far.

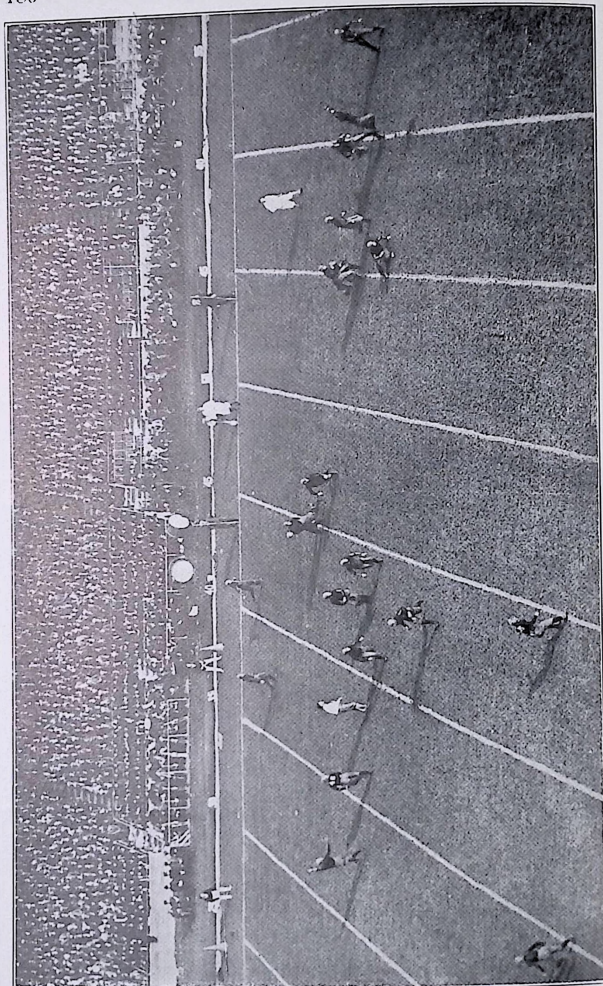


PLATE XXXIII

PLATE XXXIII

A Successful Pass, Illinois vs. Opponent, 1923

The pass was completed for a 23 yard gain by the player who has outdistanced No. 46, a defensive lineman. The receiver was downed by the safety (not shown in the picture, on the 25 yard line).

The offensive strategy separated the defense by sending the two ends wide; one is seen in the left foreground, the other is on the 41 yard line near the sideline. A third receiver then went into the middle area behind the defensive fullback for the pass.

Although protected by two guards and a back, the passer has dropped back 15 yards behind the scrimmage line before passing. This allows him more time to pick a free man, gives his receivers time to get far down the field, and renders it more difficult for the defense to hurry the throw.

Several linemen may be seen scurrying out as protectors of the pass. Linemen, particularly tackles, should be taught to hasten out toward the sidelines as pass protectors as soon as their blocking duties have been performed.

The players who shield the thrower also have double duties; first, to protect the thrower, and second, to protect the throw.

Defensive linemen can do a great deal to obstruct perfect execution of passes by stiff arming or blocking eligible players as they cross the line of scrimmage.

"Back up the play. It is better to play safe than to be sorry."

CHAPTER IX

FORWARD PASS DEFENSE

The men on defense against the forward pass should in some circumstances, play the ball, and in others, the man.

The coach should have enough information regarding the peculiarities of the opposing players and the style of their forward pass attack to be able to determine just how to employ his men to the best advantage. Usually the opponents have one or two players who need special watching, and the defense should know that at a critical time the quarterback, if he throws at all, is likely to throw the ball to one of the two stars. But under no circumstances should it be forgotten that a successful defense begins by hurrying the thrower.

I

THE DEFENSE OF THE INDIVIDUAL AGAINST
FORWARD PASSES

The golden rule for the defense is to prevent the completion of all long passes. A completed long pass may mean a touchdown. It also should be remembered that the defense has as much right to catch the pass as the offense.

The defensive back must start before the offensive player reaches him, so that he may keep between his goal and the receiver. *He "plays" the receiver until he sees the ball and then plays the ball.*

The defensive back should move in such a manner that he not only may cover the prospective receiver, but also can make a play for the ball the instant the direction of the throw is revealed. A common fault of a defensive

player is to waste valuable time by starting for the receiver or ball in too leisurely a fashion; he should be taught to start fast and run with speed and determination in the direction of the play as soon as it is revealed.

If two receivers come down the field one deep, the other shallow, the defensive player should play the long pass, but if he sees that the thrower intends to pass short, he should change his mind quickly and play the ball for all that is in him.



PLATE XXXIV

Is It a Foul? Illinois vs. Wisconsin, 1920

Individual defensive tactics against a forward pass are clearly illustrated by the picture. Carney, All-American end, is prevented from catching a forward pass. One cannot tell from the photograph whether the defensive back has jerked Carney's arms away from the ball after it had struck his hands, which would be legal defensive tactics, or, whether the back is holding Carney's arms so he cannot reach the ball, which of course is a foul.

Correct defensive tactics are being employed by the defensive back; he is between the receiver and his goal, and when he, the defensive back, saw that it was impossible to intercept or bat the ball down, he struck or jerked the re-

ceiver's arms to cause a fumble. Whether he erred in his judgment of time was another matter.

Legality of the defensive play depended on whether the defensive back interfered with the catch before or after the ball was touched by Carney. The play was ruled to be an incomplete pass, so probably the ball dropped because of the jerk on the arms at the moment of the catch.

If players of both teams are jumping for the ball, it is much safer for the defense to knock it down. The offense retains a tie catch. If opponents are not too near, it is better to try to intercept it, except on the fourth down. If the defense intend to knock the ball down, they should knock it down decisively, so that the ball will not float in the air and be caught again by the offense.

Should it appear certain that the offense will complete the pass and the defensive player is not near enough to knock the ball down, he may strike the arms of the receiver from behind simultaneously with the catch. This will either cause a fumble or stop the receiver from running with the ball, as he is already in the arms of the defense.

Another way to attack the receiver and cause a fumble is to strike across the ball with the right arm if the receiver is to his left, so that the defensive player is in position to bring his left arm into play for a tackle, should the receiver succeed in holding the ball. In the above case, if the back lunges forward to knock the pass down with his left hand and fails, he may be thrown out of the play entirely or enough so that he cannot recover himself in time to make the tackle.

The defensive back must be drilled to be alert to anyone's getting behind him and must not go forward until he sees the ball.

Scouts should observe indications of such carelessness.

He should start back as soon as he notices an eligible opponent running hard toward him. A pass caught behind the defensive half may mean a touchdown.

The defense must learn to watch the fastest or the eligible man with the most determination, for he is the one most likely designated by the offense to receive the pass.

He must not allow a possible receiver to outrun him.

Practice: A center, two passers, six ends or backs, and two defensive backs may be lined up to practice forward passing.

Defensive backs alternate knocking down the passes. Offensive ends or backs take turns at catching, starting from their own positions with the snap of the ball. To save time and avoid confusion, the offense should practice this with signals.

As soon as each throw is completed, the passer prepares for his next turn while the alternate passer is making his play. This will save time.

Several footballs should be available to keep men from standing around. The reason for having several players on offense against one defensive player is that the offense will tire more quickly than the defense.

The center, passer, receiver, and defensive man may each practice correct fundamentals and receive individual coaching in their various duties.

An end and a back should go down on each throw, one running short and the other "deep," to teach the defensive back to cover the deep man, watch the passer, and change his direction quickly if he sees a short throw being made.

II

DEFENSE AGAINST COMPACT FORMATION

(A) Primary Line

As a rule, the end should hurry the thrower, being careful to go at him from the outside and with particular intent to tackle him, so that, should the thrower fake and run, the end at least will not be caught standing up and thus be eluded.

The tackle should try to hold the man on the end of the line or any backfield man who comes within his reach, or

throw either one or the other forcefully off his balance so that he cannot get out into the open in time to receive the pass or get down the field too far to draw the tertiary away from attacking the pass if it is short. The tackle in this case should, as soon as he is forced to let the man go, try to play safe and work his way toward the sidelines, assuming that the end may fail to tackle a thrower who has faked and started to run.

The guards should try to drive through to hurry the thrower, being careful not to be caught flat-footed and off guard, should the would-be thrower make a sudden plunge forward.

If the diamond defense is used, the center must cooperate with the fullback, for in reality, as far as the defense for the forward pass is concerned, the center belongs to the secondary. He and the fullback should have an understanding as to the direction each is to run so that both do not run to the same place and leave some other part of the field uncovered. After the center has assured himself that no line smash is intended, he should run straight back, let us say, about ten or more yards and allow the fullback to run toward the sidelines.

General Rules. Tackles should hurry the thrower on all plays and formations.

Ends should hurry the thrower on all plays from compact formations and vary their attack on open formations.

Guards and center may vary their attack according to the style of play of the opponents. Against one opponent the guards may hurry the thrower; against another they may drop back to intercept. The center's activity against a forward pass may vary in the same manner.

(B) The Fullback

This back cooperates with the center. In a particular game he may be coached to cover the halfback who has a reputation as a star receiver and let his center cover the spot he leaves vacant in his eagerness to get to that man. As a rule, it is much better for the fullback to play the ball instead of the man.

(C) The Tertiary

The tertiary is composed of the two halfbacks. The following discussion deals with one, but the same rules are applicable to both.

This man represents the conservative part of the defense. He must not allow himself to be drawn from his correct position too soon, either forward into the play, or in toward the other tertiary. He must be coached not to let a long pass be completed, and, therefore, should not allow any one individual to run past him into the open. He should play the man until he sees the ball, then should be quick enough to change his mind and play the ball. If he sees the opponent's end on his side of the line cross over on the run toward the other tertiary, he should yell, "Man across." The tertiary must cooperate with his own end, for if that man drives in to hurry the thrower, he must be prepared to help him, should the thrower fake and elude the end. In this case he should take a position several yards outside of the end and about eight yards back. If he intends to cope with the short forward pass, he should so signal to the safety, who will look after the end. The weak side tertiary should be very careful to notice any backfield man who may sneak out to his side following an attempt by the weak side end to attract the tertiary's attention by racing diagonally across the field.

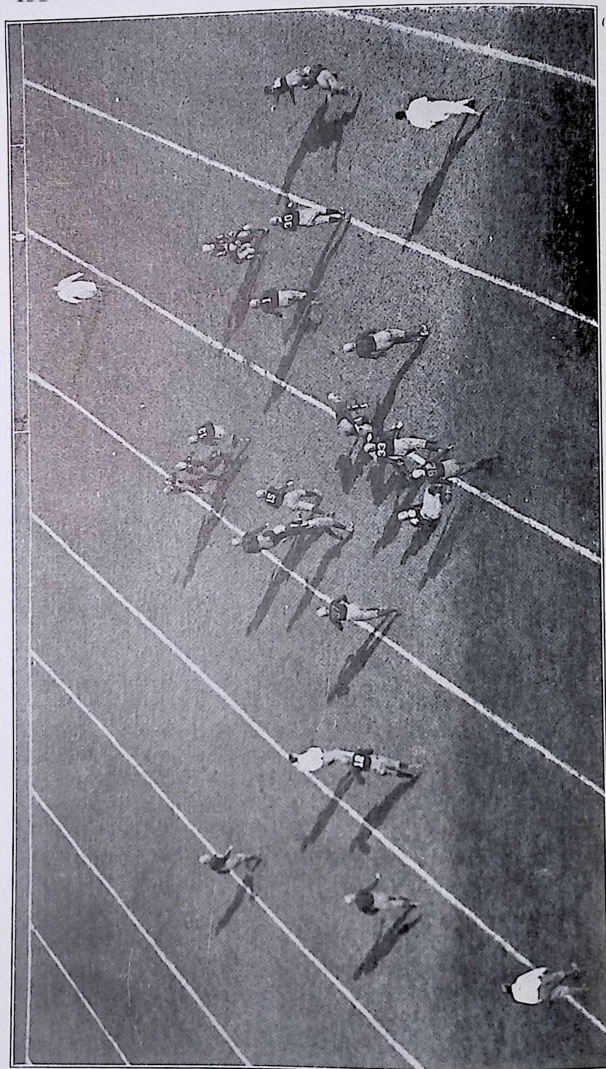


PLATE XXXV

PLATE XXXV

An Unsuccessful Pass, Illinois *vs.* Opponent, 1923

The offense is attempting an advance by throwing a quick "flat" pass to the right end or fullback No. 13. No. 12, left end, and No. 15, center, have started down the field as possible receivers or decoys. Nos. 1 and 30 and the quarterback, who is blocking the defensive left end, seem to have been used as protectors for the passer.

Defense. The right end and tackle are behind and to the right of No. 33, respectively. The left tackle in attempting to stop what appeared to be a run has tackled the passer. The guards and fullback are almost in a line just behind No. 15. The right half, after playing his end, is going back toward the safety who is moving forward to assist the left half in breaking up the pass.

Coaching points: (1) The fact that only three receivers have gone down the field and two of them are covered by one defensive player, has made it very easy for the defense to break up this pass.

(2) Whenever several players are fighting for the pass, the defense should not attempt to intercept but should smash it to the ground.

(3) Suppose the offense had sent its right end down the field hard, the fullback out sharply to the right, and one or two other players either as receivers or decoys. The defensive play, then, becomes a much more difficult matter. Two suggestions are offered: first, the fullback and end may be covered by the defensive end and halfback respectively; and second, the defensive halfback may advance to cover the fullback, leaving the end to be covered by the safety.

(4) A system of forward pass defense depends for success on coordinating the individual defense of the backs and the linemen designated for that purpose. The system should not be blamed if failure is the fault of the individual because the foundation of a successful system is the individual player.

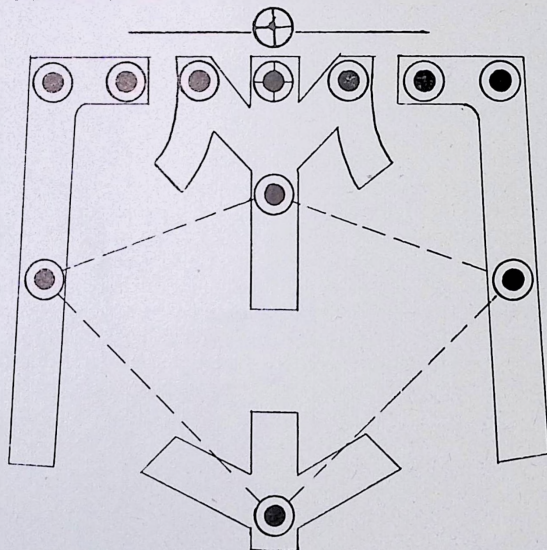
(5) No. 13 errs in not watching for the pass. All receivers must be alert, because the specified receiver may be covered.

(6) All passes should be protected against possible interception.

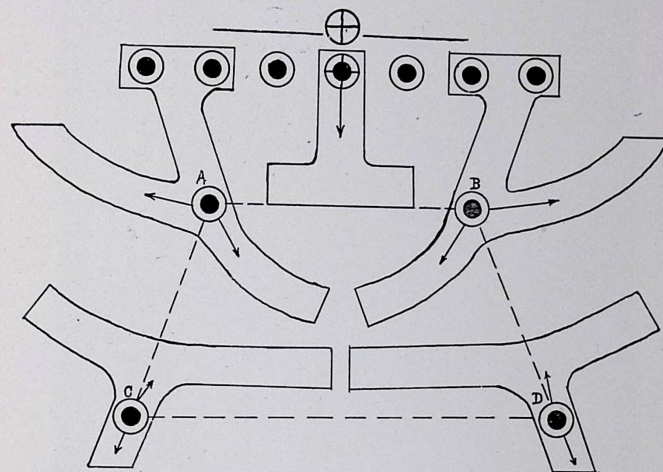
"He makes good who is game enough to come back."

(D) The Safety

The safety takes a position about eighteen yards back and is responsible for any man coming straight down the middle of the field. He should not allow any man to roam unnoticed between himself and the goal posts. If that situation does not develop, he should help out either of the tertiary. If the tertiary on the strong side is needed to cope with short forward passes, the safety should be responsible for the opponent's end who may be lined up on the strong side. The safety always plays the ball on long passes, because he is in a position to move to the point of attack. The following diagram illustrates cooperation of the various divisions.



If the block defense is used, the fullback and hardest tackling halfback form the secondary and back up the line and guard against short forward passes. The other halfback and the quarter, combining the duties of the tertiary and the safety, are held responsible for long forward passes.



The center supports A and B in the territory back of him. A and B watch for short forward passes. They play either the ball or "short" men. If A is forced to run to the left, B acts conservatively and moves deep. C and D watch the ends or fleet man, and guard against completion of all long passes.

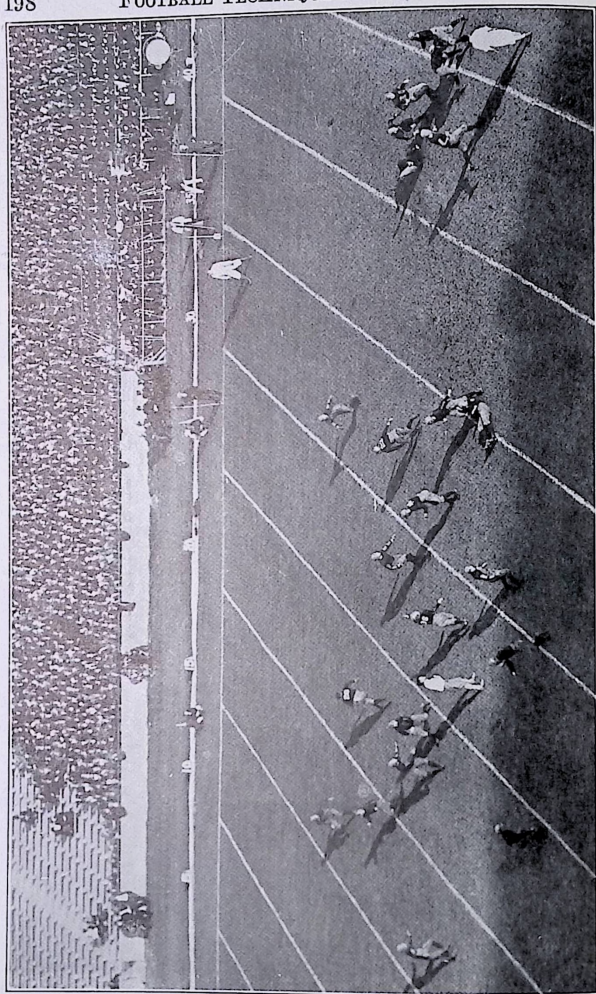


PLATE XXXVI

PLATE XXXVI

Forward Pass Defense, Illinois vs. Opponent, 1923

The offense, in attempting quite a clever forward pass play, has sent out five possible receivers, which complicated matters for the defense, who, however, by perfect adjustment were able to cover each man and cause an in-completion.

The ball, seen on about the 41 yard line, was thrown toward No. 26, only to be batted to the ground by the left defensive halfback.

Three receivers, right end and two backs, went down the field together to the 25 yard line where they separated. No. 26, covered by the left defensive halfback, turned to the outside. The right end, covered by the safety, continued straight. And another back, covered by the defensive fullback (player with outstretched arms behind the umpire) has turned to the inside. Two additional receivers, the left end and No. 36 the quarterback, have gone out late but each is menaced by a defensive player.

Notice the play of the defensive ends; each has dropped back slightly but is alert for a run or a short pass. The right end is making sure that the opposing end is covered and the left end has started back for the pass as soon as its direction was revealed.

All defensive players are intently watching the passer and the ball, a cardinal principle in forward pass defense. Each must play his man until the ball is seen, then play the ball.

"The best forward pass is the one thrown by the best thrower to the highest jumper who has the rhythm to time his jump and can hang onto the ball."

III

DEFENSE AGAINST OPEN FORMATION

(A) The Primary Line

Should the opponents in spreading out force the defensive end so far out of his usual position that it will not be practical for him to hurry the thrower, then the defen-

sive end on the strong side of the opponent's offense should play a waiting game on the line of scrimmage ready to take care of an impending end run or a short wide forward pass, while the end on the weak or short side can take up his position five yards back. If that situation develops, the tackle must hurry the thrower. He should come at the presumable thrower from the outside and go in with the intent to tackle him.

As a general rule, the guard should drive in to hurry the thrower, but should not previously assume that a throw is intended. With his eyes on the offensive backs near the line, he does not go in recklessly until he sees the ball go back to the man in the punter's position. Should the guard be a fast and exceptional man, alert and wide awake, he can be employed in place of the center of less ability to come out of the line to help knock down forward passes.

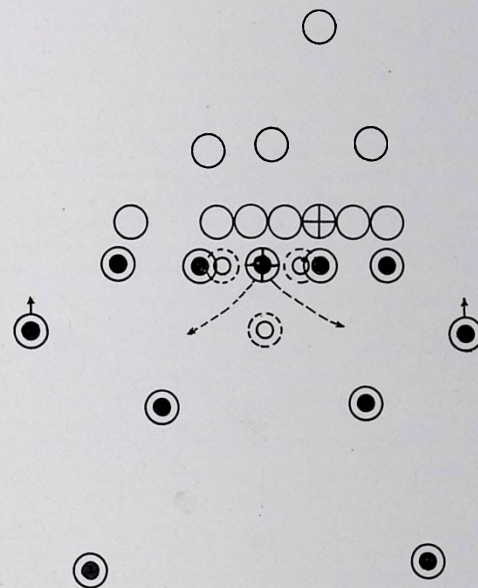
Both guards and center may be employed to knock down forward passes, but not all of them at the same time or even in the same game. Against certain opponents the center only may be employed; against others, one or the other guard and center; then again, both of the guards and not the center may be utilized.

(B) *The Backfield*

The backfield will line up either in a diamond or in a block formation. In the former, their duties will be exactly as described in "Defense Against Compact Formation," except that each will line up farther away from the scrimmage line,—the fullback about ten yards back, while the tertiary takes a position about twelve yards from the scrimmage line. In the block formation, one of the tertiary becomes with the fullback a member of the secondary, while the other back operates with the quarterback as the tertiary. The secondary will line up about eight yards back of their respective tackles, while the tertiary will shift their position back and forth, adapting their course of action to the exigencies of the moment, e.g., nearer to the scrimmage line when not expecting a punt. The secondary will attempt to knock down or intercept the short forward passes, while the tertiary will

cooperate in the attempt to do the same to the long ones. Should it be necessary to require the center to line up with the secondary, then the fullback and halfback can play a little deeper and wider.

Should the opponents be behind with a few minutes left to play, it may be advisable for the defense to coax the offense into a running attack. This may be accomplished by either leaving but five men in the primary line, the ends dropping back, or four men in the primary line, the center and ends dropping back.



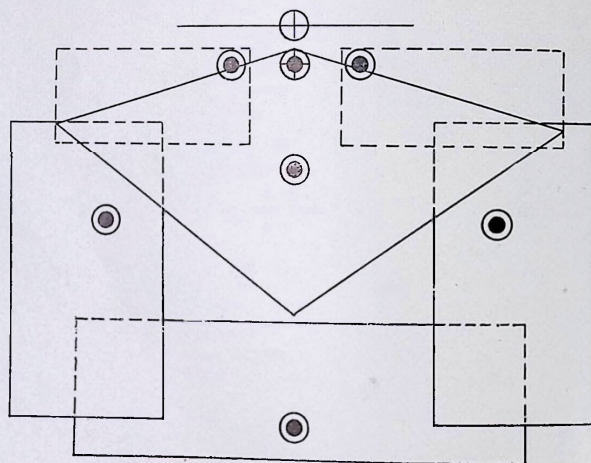
NOTE:—The positions which the men assume on the defense against the punt or forward pass attack from open formations, serve equally well against the running attack.

IV

ZONE DEFENSE

In this defensive scheme, each man is responsible for the completion of any passes in his zone. The center may cover the weak side and the fullback the strong side. The safety is responsible for passes in deep center, and in all cases plays the ball.

This defense may be used against either compact or open formations.



CHAPTER X

THE "GET SET AND GO" vs. THE "'HEP' AND GO"

I

THE "GET SET AND GO"

This is a very deliberate attack. It calls for organized concentration against an organized defense. The man of the offense knows, because of the time he has for orientation, just where and how his opponents stand. While the opponent watches the ball, in order to be able to start forward with its slightest movement, the man on the offense can time his charge by the rhythm of the signal. The fact that this man knows exactly when to charge gives him a decided advantage over his opponent.

Since the men of the team take their respective stances with deliberation, they can set themselves to advantage, dig their cleats into the sod, listen to the signals and time their charge, consolidate their movements, and as a team act almost as deliberately as an individual. The quarterback may study the opponents, listen to their talk and mutual suggestions, and gather hints valuable in the guidance of his team later in the game. In this style of attack there are two methods of using signals.

The first is to line up the men in the formation from which they intend to play. Then study the opponents prior to calling the signals. As soon as the men are ready to concentrate their attention on the signals, the quarter calls a series of numbers including the play, the key to the charging number, and the charging number.

The second method is to call the play, ask the men if

they are sure of the signal, then have them get set and listen to a series of numbers containing the charging number upon which the play starts. In this second method the quarterback cannot study the opponents so effectively and then decide upon the play. He determines the play while both his team and the opponents are in a semi-organized state. While the offensive team retains the advantage of a deliberate orientation, the opponents have less time than in the first method to observe the player for telltale mannerisms.

II

THE "‘HEP’ AND GO," OR THE SHIFT

The shift to be successful must contain the element of surprise. Its success hinges upon disorganizing the primary line of the opponents. It hopes to catch the opponent's individual linemen off balance and, so to speak, each on one foot. Since the members of the shifting offense know by signal which way they are to "hep," they have the advantage of time. On the other hand, they are at a disadvantage, because they cannot know whether their respective opponents will be lined up slightly to the left, directly in front, or slightly to the right, or with six or seven men on the primary line. Therefore, while the shift has a tendency to disorganize the opponent's line by keeping its members guessing as to where to expect the attack, it also has an inherent disorganizing element of uncertainty concerning the exact duties of its own individuals, should they not meet the opponent's defense lined up as anticipated. A defense that does not take advantage of that weakness of the shift by varying its own defensive lineup from down to down to break up consistency of the opponent's attack, has failed to make use of one of its greatest assets.

If the shift by its maneuvers can cause the defense to focus its attention on the evolution of the men rather than on the ball, it will catch the opponents off balance and not quite ready to charge into the core or brace themselves to

resist the attack. Against a well oiled shift the defense has little time to diagnose the attack.

My experience with the shift convinces me that it will help to run up a larger score against ordinary opponents than the "get set and go" method, and that it may bother any opponent early in the season. As the season advances, however, neither method has the advantage in games in which the personnel of both teams is of equal ability and under the tutelage of able coaches. But since it takes much more time to drill a perfect rhythmic shift attack, many defensive details may have to be neglected for lack of time.

Should a coach, however, find himself with a personnel eager to shift and one that has the sense of rhythm, then he can to advantage contemplate the building of a shifting offense. But, should some of the men lack that sense of rhythm and prove themselves too cumbersome and heavy with the "hep," he should avoid its use.

The shift appeals to the imagination, and if it uncoils itself in rhythmic evolutions, it may become very disconcerting to the defense. I believe that the shift, as yet, has not reached its highest development.

III

SHIFTS

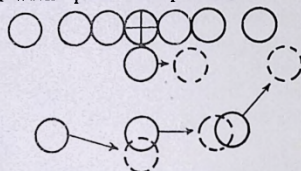
A starting signal is not necessary. In fact, with the quick shift, it is an encumbrance; the ball is snapped on the completion of the shift and the charge made with the ball.

In these diagrams the men designated by solid lines do not "hep." These shifts may be completed by one "hep," or may be divided into two "heps."

ARRANGEMENT (A)

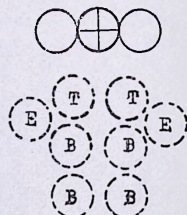
Backfield Shift. The line does not shift, but the backs do. The champions of this shift claim for it a better organized line attack. The lineman knows just where his respective opponent is and, therefore, will be able to attack

him properly. It is claimed that the backs can perform the shift more quickly and with less waste of energy because of their superior nimbleness and fleetness of foot. The theory is advanced that the defensive linemen cannot shift to meet this attack and retain their ability to charge decisively and with speed and power.



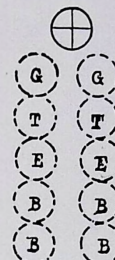
ARRANGEMENT (B)

Tackles Back. All of the men "hep" into their final positions and go with the snap of the ball, or, the tackles and ends jump into the line on the first "hep," while the backs rearrange themselves in a false position to get ready to jump to either right or left on the second "hep," and then go with the snap of the ball. (Similar to the Minnesota shift.)



ARRANGEMENT (C)

"U" Formation. (Similar to the Chicago formation.) The linemen "hep" into the line on the first "hep," then delay. In the meantime the backs either remain stationary or "hep" into a false position to mask further their ultimate intentions. On the second "hep" the backfield "heps" into a final position and together with the line charges with the snap of the ball. This system can be complicated by having one man in motion obliquely toward his own goal at the snap of the ball.

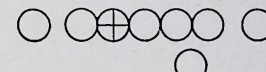


ARRANGEMENT (D)

The shift is divided into three parts. It was originated and used with great success by Illinois. The team can play on the first "hep" from position "A," or move into another formation at command of the word "hep" into "B." From this position they again can play on command of the word "hep," or the backs can "hep" into a box formation either to the strong "C" or weak side "D," and then go with the snap of the ball. Many series of plays may be used from any of these formations.



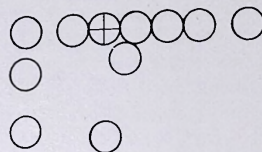
POSITION "A"



POSITION "B"



POSITION "C"

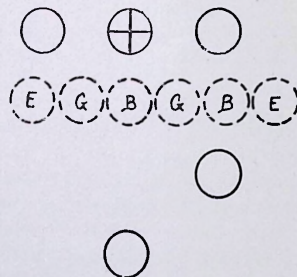


POSITION "D"

NOTE:—If the linemen "hep" first, they can get set and also orientate their respective opponents during the time the backs get ready to "hep."

ARRANGEMENT (B)

Guards Back. The center, fullback, and "three threat man" do not "hep." They line up deliberately in the position of the diagram previous to the "hep" so as to conserve their energy. The tackles are on the scrimmage line and the tackle who will be on the short side shifts toward the center, while the tackle on the strong side retains his position. The guards, ends, and two backs carry the burden of precise "hepping" to make the play successful. This is a one "hep" shift. A similar one was employed by Iowa in their drives for the Western Conference Championship in 1921 and 1922.



CHAPTER XI

GENERALSHIP

The generalship employed in a football game should be a result of the history of played games, the experiences and study of the coaches, and the mastery of a sequence of plays. The experience of coaches, the style of offense and defense, the relation one play bears to another, and the formations which contain the various plays, make up the system previous to each game. The system determines the tactics and strategy to be employed.

The average spectator at a game is of the opinion that the quarterback does all of the thinking for the team as far as the selection of plays on the field is concerned. Superficially speaking, he does; he, with the captain, guides the offense. The spectator forgets, however, that the quarterback in turn is guided by the system and that all of the men plus the coaches are part of that system. The system develops football brains, controls the football thought of the quarterback, and furnishes him the data on which to base his generalship.

No young man with but few years' experience in football can be expected to be a first-class field general. While the system represents many years of successful football, the quarterback and captain have had at best but a few seasons of competition. The coach must furnish the experience which, together with his intensive study of the game, provides the background from which the quarterback borrows. The history of successful games should be studied and both successful and disastrous leadership should be analyzed. The coaches must compel the quarterback to respect the law of averages and teach him discrimination between sound football and the "go as you please," hit or miss kind. They should assist him in select-

ing the plays not by merely telling him what and when to choose, but by fortifying him with a group of formations and a cycle of plays which, because they are related, implant themselves firmly in his memory. The personnel of the coaches, plus the character of the plays, should be sound enough to permeate the quarterback's very nature with confidence in the infallibility of the system and its superiority to any other scheme. He should realize that as soon as he tries to be superior to the system, he will prove himself a disorganizer apt to guide his team to defeat.

The kind of play that is taught, the way it is taught, the time the play is drilled, the part of the field it is practiced on, the backfield man whom the play emphasizes, and the number of plays, are all cogs in the wheel that operates the football machine.

This system should not be so rigid in its demands that the general cannot extricate it from a groove, but should be flexible enough to allow him to utilize his native shrewdness.

In building up a system the coaches must remember to rear a simple structure but based upon football fundamentals flexible enough to be varied from year to year because of the varying ability of the players.

The system must not be so overpowering that it obscures the individual entirely; yet it should be strong enough to develop a feeling of loyalty toward it so as to encourage the virtue of self-abnegation so necessary to the successful development of team play. It should create such a feeling of *esprit de corps* that "he that believeth not shall be damned."

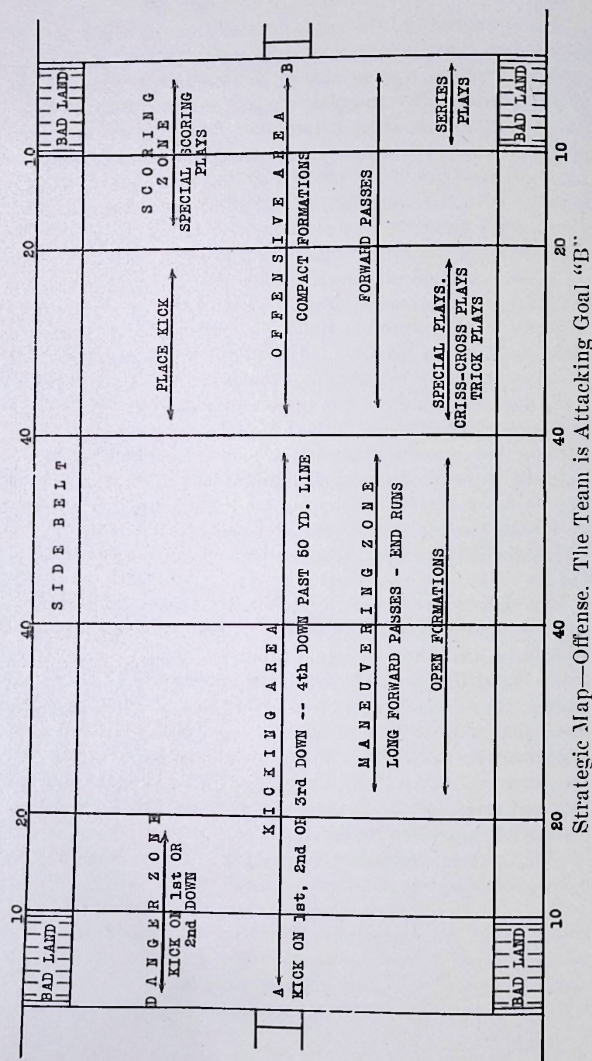
The system must have vision in order to anticipate the future possibilities of the game. It must not be so stubborn and set in worship of its own traditions that it cannot lend itself to the spirit of evolution and so become deficient in resourcefulness and adaptability. It must take into account that it deals with human nature, a variable quantity which often refuses to stay "put." It should be able to profit by the weaknesses discovered here and there in the personnel of the opponents.

The quarter and the captain must be so much a part of the system that they understand the true meaning of every play and the part each man of the team is to play. They must know the why and wherefore of every move which the coaches make, such as using play "A" in preference to play "B," and why back No. 2 is used so much more than No. 3 or No. 4; and why one should punt on the third down nearly all of the time against certain opponents, and why one should punt half of the time on the second and the other half on the fourth against other opponents.

A good system teaches its quarterback and captain that the punt is its greatest play, and encourages the quarter to punt when in doubt; that on every perfectly executed punt, backed up by a well drilled team, the ball is given to the opponents in exchange for forty yards of valuable territory; that, should the opponent's receiver prove himself a trouble maker, it is much better to kick out of bounds, but, on the other hand, should the receiver allow himself to be easily worried and tackled, it may prove profitable to encourage the punter to kick the ball as high as possible so as to increase the chances of a fumble for which the system has prepared its ends to be on the lookout.

On defense the system teaches its quarterback to signal for a fair catch if the punt is high and the opponent's ends close, or, if he can catch it on or within the opponent's thirty yard line, in which case the rules allow a choice between a free kick for goal and a scrimmage. It teaches its men what to do with a loose ball, the result of a punt that is allowed to roll. The quarterback is taught when to call for a drop or place kick in preference to a running play or forward pass, how to protect the play on offense, and how to break it up when on defense.

The system provides the quarter and the captain with a map showing when to use a punt.



Strategic Map—Offense. The Team is Attacking Goal "B".

The system should prove to the team that as a rule it is far better to kick off than it is to receive the ball at the start of the game and that a team should not choose to receive the kick-off unless seven points behind with approximately five minutes left to play.

A team guided by such a system takes less risk than one depending upon the whims and guesses of the average quarterback.

Finally, the quarterback should be provided with some definite suggestions which should be phrased somewhat as follows:

I

QUARTERBACK

(1) When in doubt, punt. The punt is the strongest offensive as well as defensive play.

(2) Don't give up the ball on the fourth down, except in the last ten yards or scoring zone.

(3) In the danger zone, punt on the first down. Exceptions: when opportunities arise in which delay is discretion, such as playing against the wind or against time, then have a reliable man carry the ball.

(4) If the quarterback discovers that his team is out-classed in punting, he should punt only when forced to, except when in the danger zone.

(5) In the kicking area, punt on the second or third down. Do not wait for the fourth down, because opponents can set themselves for it, i.e., charge or block according to preconceived plans. Also, should there be a fumble or misplay, you may recover the ball and have another chance to kick. Should the going be good and $1\frac{1}{2}$ yards remain to complete a first down, try for it and kick on the fourth down if the attempt fails.

(6) If ahead, use the punt to keep the opponents in their kicking territory.

(7) Encourage the punter to kick high, especially to an erratic receiver of punts so that your ends can cover the distance and be alert for fumbles; encourage the punter to

kick out of bounds to a dangerous receiver and when approaching the offensive area.

(8) Avoid lining up near the right-hand sidelines when forced to punt.

(9) In the kicking area, play as much as possible from the open formations; gamble for big gains. This will avoid allowing the opponent to analyze your close formation plays.

(10) Should an occasion arise for a forward pass in the kicking area, select a long forward pass which may be called a punt pass, so that in case it is intercepted it will have the value of a punt, namely, an exchange of the ball for yardage.

(11) Do not chase your ends down the field on long forward passes just previous to a punt.

(12) Better play safe than be sorry. Keep your opponents in the shadows of their goal. Sooner or later they will crack.

(13) Let them earn their distance, i.e., force opponents to gain ground, if they can, by the merits of their own offense.

(14) If ahead, never take a chance. Avoid lateral passes.

(15) Always see that your men are in their positions before you call the signals.

(16) Direct your team intelligently, i.e.:

- (a) Keep hitting an opponent's weak spot.
- (b) Before calling a sweeping play, note the distance from the sidelines.
- (c) Do not insist on repeating plays that do not work.
- (d) Do not call for fullback smash on the third down, eighteen yards to gain.
- (e) Do not forget the play that is working; if a criss-cross gains seven yards the first time, use it; it will make other plays good.
- (f) Think of your successful plays in the pinches, i.e., not preconceived as success-

ful plays, but the plays that are actually working against this particular opponent.

- (g) Save your fullback for necessary short gains.
- (h) Throw a long forward pass from the close formations, say, third down on the thirty-five yard line. Should it be incomplete in the end zone, you gain fifteen yards on the touchback.
- (i) Keep your team away from the sidelines; instruct your backs either to run out of bounds or cut back into the field.
- (j) Select your plays in such a way that, should an opportunity of a place kick arise, your team will find itself on the crest of the field in front of the goal posts.
- (k) If you notice the opponent's end coming in, call a play that draws him in but circles the end.
- (l) Pay special attention to the opponent who breaks up the play. His actions may suggest to you the play that ought to be called.
- (m) Organize against an opponent who is continually breaking through.
- (n) Mix your plays and vary your attack to keep opponents guessing.
- (o) When the opponent's 30 yard line is reached and their defense grows tighter, it is time to open up the bag of new plays. Give them something they haven't seen or haven't been coached to stop. It will worry them even if it doesn't gain and in that way may react favorably on the main attack.
- (p) Don't use a forward pass on a third down before trying for a field goal, that is if 3 points will win. It gives the opponents a chance to intercept.

- (q) When a passer is not throwing accurately, try someone else.
- (r) The quarterback, together with the captain, should be in complete control of signal calling and permit no interruptions other than advice concerning weaknesses of position or play of the defense.

The captain may also be guided by some definite suggestions by the coach, which I give in the following form:

II

CAPTAIN

- (1) Elect, when possible, to kick-off. Exception: with a few minutes yet to play, receive the kick-off. Choose to defend the goal that puts the strong wind at your back.
- (2) Lead your men. Don't be afraid of the officials. Be aggressive but not pugnacious. It will keep your men in the same spirit.
- (3) Inform yourself concerning the value of penalties, i.e., when to decline or take the penalty.
- (4) Instruct your men as follows:
 - (a) Don't wrangle with officials.
 - (b) Keep fighting for every inch.
 - (c) Don't let the ball roll out of bounds at any time except when the opponent punts.
 - (d) Don't let a punted ball bound back.
- (5) Do not let the quarter repeat plays that are not gaining. Keep tab on successful plays and discuss same with the quarter at opportune moments, but not when he is calling signals.
- (6) Study the strategic map and quarterback's generalship.
- (7) Don't let the quarterback call for a dangerous play in the kicking area, i.e., lateral forward passes, etc., unless you are behind with ten minutes left to play.
- (8) Take out time when your opponents are gaining consistently, or when you think your style of defense

should be changed. Do not take out time when you are going good.

(9) Be sure that every forward pass you throw is properly backed up.

(10) See to it that your interference men are doing their work thoroughly,—knocking down the defense, not merely touching them. Block until the whistle blows.

(11) Make your backs run hard and low; lunge, plunge, squirm, and twist, to gain every inch possible. Remind a back that he must not be thrown back.

(12) Keep digging.

(13) Demand that more than one man tackle an opponent.

(14) Check up your defensive formations; backs should not be too close.

(15) Don't stop at the sound of the horn.

(16) Tackle and paw the ball. There is no such thing as stealing the ball while the ball is in play. If you get it, it is yours.

(17) Be alert for fumbles.

(18) If an opponent signals for a fair catch, be ready to recover a fumble.

(19) Encourage your linemen on offense to block the secondary.

(20) Encourage your linemen, after the play has gone by, to try to form interference for the runner.

(21) Take risks to stop excessive gains. If you can stop the best ground gaining plays of an opponent, you ought to stop his weak ones.

(22) After a touchback select firm ground on which to put the ball in play.

III

GAME TACTICS

The diagrams chart the play in each quarter of a game between two leading universities in the "Big Ten," played during the season of 1921. "A" won the game, 7-0, after

a bitter and exciting struggle featured by many forward passes.

This explanatory note is a supplement to the key given on the diagram of the first quarter. In most cases the path of the runner in short gains is marked merely by a line. The direction of the run may be ascertained by a glance at either preceding or succeeding plays. The initials KO represent kick-off; OB, out-of-bounds; TD, touchdown; FC, fair catch; INT, intercepted; F, fumble; PKB, place kick blocked; DKB, drop kick blocked; P, penalty; TB, touchback; the number 1, when near a down, denotes that the play was made from a compact formation; the number 2, from a punt formation; and, a number inside a circle marks the spot of a first down and determines the number of such downs made by that particular team.

(A) Statistical Summary of the Game

FIRST DOWNS

	"A"	"B"
1st Quarter.....	0	5
2nd Quarter.....	1	2
3rd Quarter.....	2	3
4th Quarter.....	6	4
Total first downs.....	9	14

YARDS GAINED FROM RUSH ATTACK

	"A"	"B"
1st Quarter.....	15	51
2nd Quarter.....	24	39
3rd Quarter.....	24	65
4th Quarter.....	71	9
Total yards gained....	134	164

GENERALSHIP

YARDS GAINED FROM PASS ATTACK

	"A"	"B"
1st Quarter.....	0	56
2nd Quarter.....	2	11
3rd Quarter.....	25	0
4th Quarter.....	52	72
Total	79	139

FORWARD PASSES

	"A"			"B"		
	Comp.	Incomp.	Int.	Comp.	Incomp.	Int.
1st Quarter...	0	1	0	6	3	0
2nd Quarter...	1	2	1	2	6	0
3rd Quarter...	2	2	0	0	0	0
4th Quarter...	5	4	0	5	7	1
Total	8	9	1	13	16	1

"A" gained 79 yards in 8 passes completed of 18 attempts
 "B" gained 139 yards in 13 passes completed of 30 attempts

YARDS GAINED FROM RETURNED PUNTS

	"A"	"B"
1st Quarter.....	0	10
2nd Quarter.....	4	64
3rd Quarter.....	0	17
4th Quarter.....	20	0
Total	24	91

SUMMARY OF YARDS GAINED

	"A"	"B"
Rush attack	134	164
Pass attack	79	139
Returned punts	24	91
Blocked place kick..	19	0
Total	256	394

PUNTS

	"A"	"B"
1st Q.	4 punts for total of 101 yds.—3 punts for total of 95 yds.	
2nd Q.	6 punts for total of 206 yds.—4 punts for total of 109 yds.	
3rd Q.	3 punts for total of 96 yds.—2 punts for total of 99 yds.	
4th Q.	1 punt for total of 29 yds.—2 punts for total of 48 yds.	
Total	14 punts for total of 432 yds.—11 punts for total of 351 yds.	

PUNT AVERAGES

"A" averaged approximately 31 yards in 14 kicks.

"B" averaged approximately 32 yards in 11 kicks.

NOTE: The average distance was short because several kicks were partially blocked.

LOST GROUND

	"A"	"B"
1st Quarter	11 yds. in 1 down	13 yds. in 3 downs
2nd Quarter	7 yds. in 3 downs	1 yd. in 1 down
3rd Quarter	7 yds. in 2 downs	2 yds. in 1 down
4th Quarter	19 yds. in 2 downs	0 yds. in 0 downs
Total	44 yds. in 8 downs	16 yds. in 5 downs

"A" was thrown for a loss of 44 yards in 8 downs.

"B" was thrown for a loss of 16 yards in 5 downs.

PENALTIES

"A" was penalized twice for 10 yards.

"B" was penalized three times for 25 yards.

(B) Tactical Summary

(1) Punts.

"A" deviated somewhat from the general rules for kicking (see Offensive Strategic Map) as punts were made on the fourth down in both the Danger Zone and the Maneuvering Zone throughout the game.

"B" usually observed conservative tactics until the fourth quarter, when, because both teams were trying desperately to score, all punts were made on the fourth down. For example, in the first quarter "B" punted on the first down on own 13-yard line (Danger Zone); on the

third down on own 47-yard line (Maneuvering Zone); and, on the fourth down on "A" 's 37-yard line (Offensive Area).

(2) Rush Attack.

1st Quarter	"A" gained 15 yds., an average of 1 yd. per down
1st Quarter	"B" gained 51 yds., an average of 4 yds. per down
2nd Quarter	"A" gained 24 yds., an average of 2 yds. per down
2nd Quarter	"B" gained 39 yds., an average of $2\frac{1}{4}$ yds. per down
3rd Quarter	"A" gained 24 yds., an average of 3 yds. per down
3rd Quarter	"B" gained 65 yds., an average of $3\frac{1}{4}$ yds. per down
4th Quarter	"A" gained 71 yds., an average of $6\frac{1}{2}$ yds. per down
4th Quarter	"B" gained 9 yds., an average of $2\frac{1}{4}$ yds. per down

(3) Forward Pass Attack.

1st Quarter. "A." Attempted one pass on third down, incomplete.

"B." Completed six of nine attempted passes for 56 yards, an average of 6 1-3 yards per pass. Five completed and one incomplete pass were made on third downs; one was completed and one incomplete on second downs; and, a pass, attempted on the first down on "A" 's 10-yard line (Scoring Zone), went over the goal line for a touchback.

2nd Quarter. "A." Completed one of four attempted passes for 2 yards. A first down pass was intercepted; one was incomplete on the second down; one third down pass was completed, and another incomplete.

"B." Two of eight attempted passes were completed for a gain of 11 yards, an average of 1 1-2 yards per pass. Three passes were attempted on second downs; two of four attempted passes were completed on third downs; and, one was attempted on fourth down.

3rd Quarter. "A." Completed two of four attempted passes for 25 yards, an average of 6 1-4 yards per pass. One of two passes attempted on both first and second downs was completed.

"B." No passes attempted.

4th Quarter. "A." Completed five of nine attempted passes for 52 yards, an average gain of nearly 6 yards per pass. Passes were attempted on all downs.

"B." Completed five of thirteen attempted passes for

72 yards, an average of 5 1-2 yards per pass. Passes were attempted on all downs.

(4) Tactical Errors.

"A"'s fourth down punts in Danger Zone causing hurried short punts.

"B"'s forward pass play, first down, in Scoring Area.

"B"'s loss of the ball on downs three times near "A"'s 25-yard line, when field goals might have been attempted.

"B"'s continued use of a compact offense in all zones and the same style of attack from beginning to the end of game.

(5) Successful Tactics.

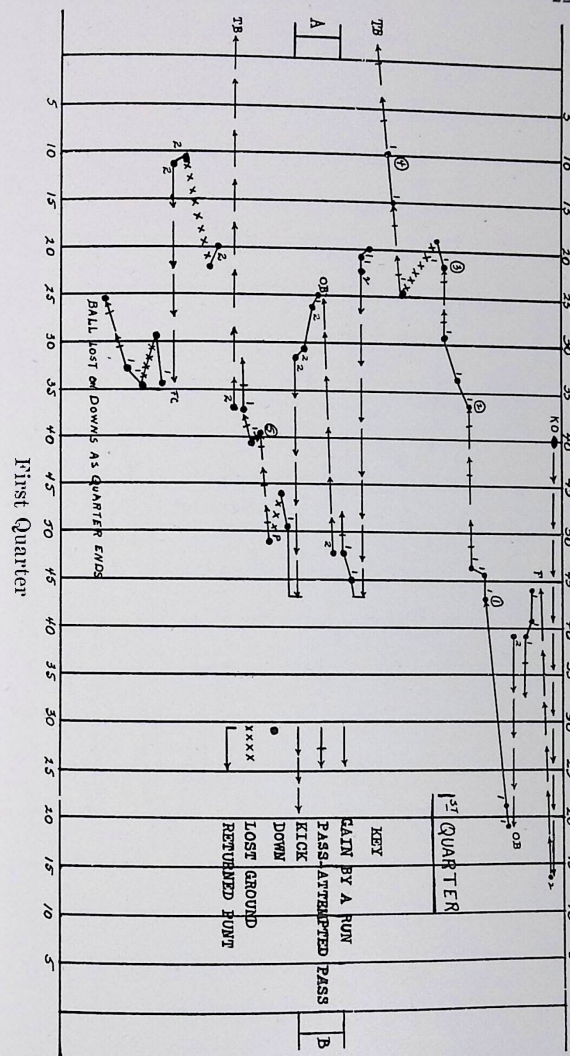
"B"'s excellent mixture of running and pass attacks during first quarter.

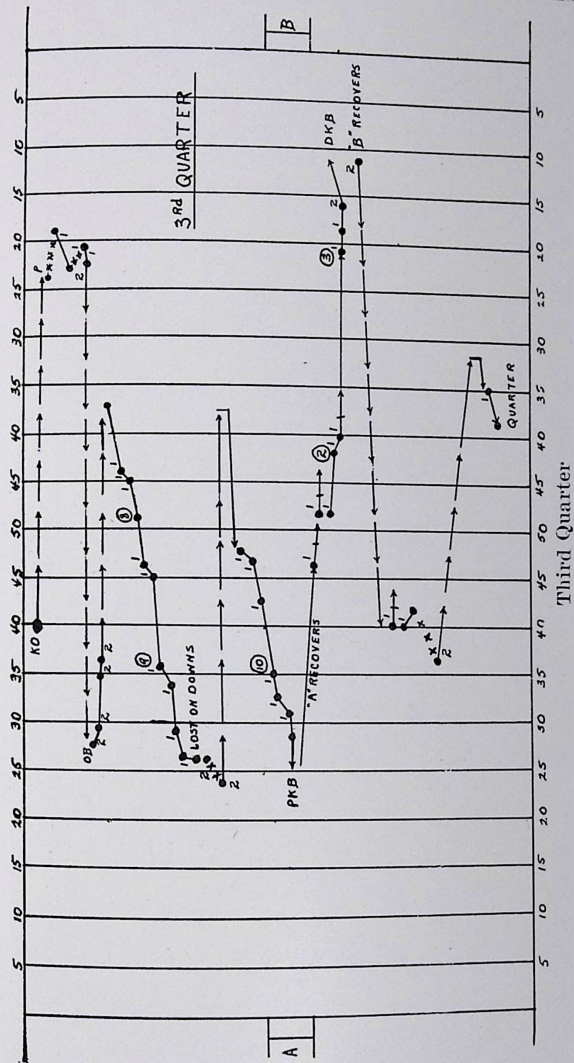
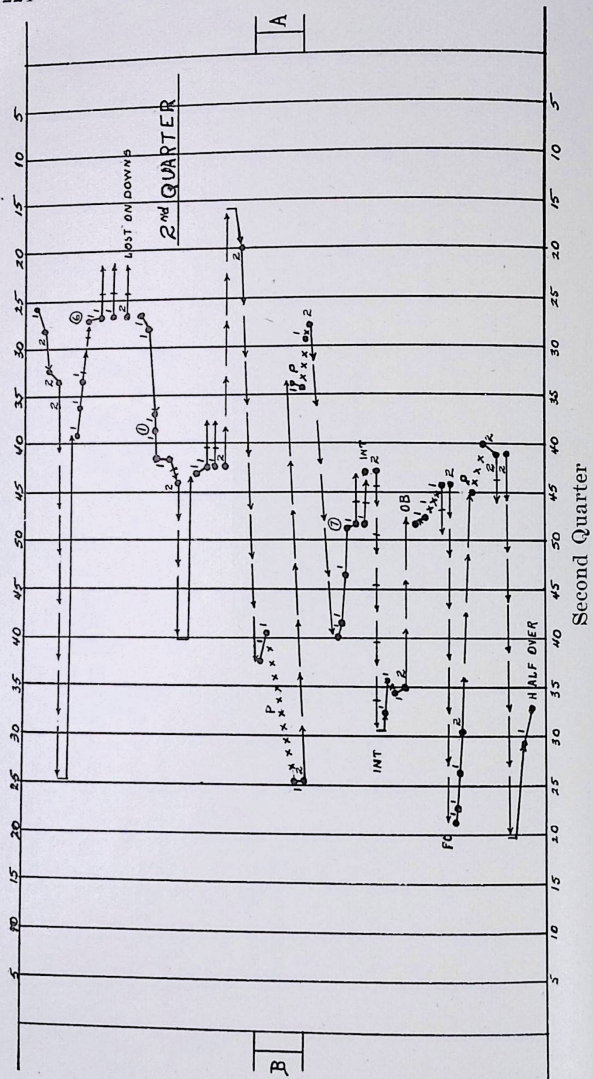
"A"'s varied, although not very consistent attack, causing confusion in the ranks of the opponent. The employment of both compact and open formations for running and forward pass attack.

"A"'s ability to destroy the defensive morale of "B"'s team with the aid of a double backward pass ending in a forward pass or run, to such an extent as to enable "A" to march 64 yards for a touchdown.

"A"'s very conservative and careful behavior in the kicking area for three quarters as far as complicated plays were concerned.

MORAL: "A"'s determination on defense in "B"'s Offensive Area and aggressive spirit on offense in own Scoring Zone.





Interferers are inclined to run aimlessly and to take a short cut over the positions the other linemen have left. The following remedy is suggested. The linemen who are to block on the different plays should not rush forward but mimic a blocking performance on the spot. This will teach the linemen who are coming around for interference to hold themselves to a path which they will have to use in scrimmage and will avoid acquiring bad habits which will be difficult to get rid of later.

The runner may be taught to adhere to a correct path and proper timing in approximate game conditions, if the backs, who block the end, imitate their blocking feat on the spot at which they anticipate meeting the end.

The interference, used to block the secondary, should also simulate that act by hurling themselves at imaginary tacklers, rolling over and over, which hardens their bodies and forces the runner to step in and out among them, which practice assists in developing broken field running.

II

THE "HUDDLE"

Illinois introduced the "huddle" for convenience in signal calling. It was first used as a principle and method in the game against South Dakota early in October, 1921. Opposing teams' scouts took note and as a result others copied this method, and its use became popular.

The noise of the large crowds in the new stadia makes it more and more difficult for players to hear their signals unless they collect in a group about the quarterback. This grouping for signal conference is now called the "huddle."

The weakness of the huddle lies in the fact that it is possible for those so inclined to voice their opinions, continuously suggesting this or that, which interferes with the quarterback in calling signals. This interference may be curbed by training all members of the team to remain quiet.

Delay of the game, caused by useless conferences and

tardy signals while in this head to head formation, may be eliminated if the quarterback waits until his men are together, then steps in, calls the signals and follows up with a command for his men to "hurry" into their assigned positions. The word "hurry" is a good command.

The head of the group in the huddle, which is usually the snapper back, should not be more than two yards back of the ball. The quarterback should be somewhat detached from the group to be able to note the defensive positions and to see that all stragglers, especially after a punt or long incompleting forward pass, are in the huddle.

Points in favor of the huddle:

Improved audition for signals.

Fewer numbers necessary to call plays.

The possibility of opponent's diagnosing the play by interpreting bad habits or faulty stances is decreased, because they are practically eliminated.

The players can run into their positions with rapidity which increases the likelihood of throwing off the defense from their coached stances.

A well drilled huddle takes less time or, at least, no more time than the old method of calling signals.

It hides the intentions of the offense until the last moment.

III

SIGNAL SYSTEMS

The quarterback is a much more commanding person if he has a strong voice. The signals must be injected, so to speak, into the marrow of his men. Deep-rooted confidence in himself and his ability creates a positive personality which will lead the other men to acquiesce in his decisions.

Before calling a play, he should take care that his men are ready to listen to his signals and that one is not ten yards away lying injured on the field.

There are several excellent signal systems. In one system the linemen and backs are numbered; in another,

the spaces between the linemen are numbered and the backs are numbered; in the third, the play only is numbered.

After having experimented with the three systems, I am firmly convinced that numbering the play is the simplest and therefore the best system. In numbering the men or spaces between the men, the coach will be forced to adopt exceptions as soon as eccentric formations and a forward pass attack are developed.

(A) Numbering the Men

The linemen to the left will be numbers 1, 3 and 5; the linemen on the right side will then be numbers 2, 4, and 6.

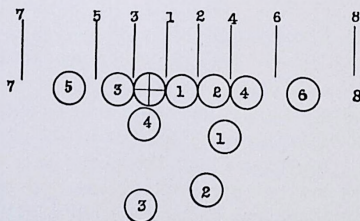
The backs are numbers 1, 2, 3, and 4, arranged in any order, or the different positions may be numbered and the back in that position will then hold that specific number; for example, the fullback position is No. 2; any back in that position will play as No. 2.

In this scheme each play is called by two digits. The right tackle is No. 4 and the fullback No. 2; a fullback smash over the right tackle will then be Play 2, 4.

This method of numbering plays is well adapted to the wedge line plays, because the leader of the wedge is specifically named. In the above play the right tackle would lead the wedge.

(B) Numbering the Spaces

Another method involves numbering the spaces between the offensive linemen,—odd numbers to the left, even numbers to the right.



No. 1 is always to the strong side with an unbalanced line; with a balanced line it is on the left of the center.

Complications arise when, for example, a straight and a cross buck are attempted by the same back into the same opening; therefore, a key must be introduced to clear many such complications; the different kinds of plays may be numbered; for example, the number 5, when used to begin the signal series, means that the system refers to running plays, or, if the number 4 is used, a forward pass is called for, and if the number 8 is called, the play will be a forward pass after a double pass.

Examples: 5, 3, 6. 5 means a running play, and that back No. 3 will carry the ball inside end No. 6, or through the space between the tackle and the end, as the case may be.

4, 3, 6. 4 means a forward pass, and that No. 3 will throw to No. 6.

8, 3, 6. 8 means a forward pass after a double pass, and that No. 3 is given the ball by another back, say No. 2, and will throw to No. 6.

Other types of plays, as criss-crosses, sneaks, cut-backs, etc., may have similar keys.

(C) Numbering the Play Only

By numbering the play alone, complications and complex numbering may be avoided. The play number 23 may be an end run, but number 27 may be a forward pass.

It is a very simple matter to disguise the play number so that the opponents cannot figure out the signals. The number may follow a key number or be broken up into digits. The signal 23 may be composed of the last digit of the second number and the first digit of the third number; example, 26, 42, 38, 73. Again, it may be placed in the first digits of the second and third numbers; example, 26, 24, 38, 72.

Another system numbers all plays to the left below fifty; plays to the right, above.

Still another method is made by arranging plays in blocks of numbers; for example, odd numbers between 100

and 110 are a mass on tackle to the left, and the even numbers are a mass on tackle to the right; 101, 103, 105, 107, and 109, would be mass on tackle to the left; 102, 104, 106, and 108, would be the mass on tackle to the right. All numbers from 110 to 120 could be fullback plunges; 120 to 130, end runs; 130 to 140, split bucks, etc.

(D) Charging Signals

A charging number gives the offense an advantage in that they do not have to watch the ball, but can watch their opponents; it also helps all of the offense to charge together and assists in getting the first yard because they can anticipate the number and go with the ball.

The charging number may be a certain number to appear after another in the second series; example, 6 is the key to the charging number, the team charging on the first number or second number after the key; the second series may be 75864—. It may be the second number after a certain key; for example, 6 is the key; the second series may then be 75634—. The latter scheme is better, because a team may time its charge by the rhythm of the numbers called.

The last number of the first series could denote on what digit of the second series the charge is to be made; for example, the last digit is 3, the charge will then be made on the third digit of the second series.

Each formation may also be numbered; the first series of numbers called by the quarter may then contain the formation, the play, and the starting signal if one be used.

Charging signals should not be used in quick shifts.

The players will readily become accustomed to any one system if it is simple.

CHAPTER XIII

KICK-OFF AND FAIR CATCH

I

THE KICK-OFF

(A) The Kick-off Technique

A good kick-off goes high and far, coming down near the goal line. It may roll across the line for a touchback or touchdown, depending on which team recovers, or force the receiver to start his return from near the goal line with the kicker's side closely upon him.

The manner in which the ball shall be set up depends on each individual kicker and the weather conditions. The essential feature of each method is the possibility of getting a high kick.

The new rules permit making a groove in which to place the ball—probably the best kicks would result when the ball is set on end or at an acute angle, in which cases the toe should strike the ball just below the center.

A short run aids in getting the necessary kicking speed. The kicker should run straight with an even stride, striking the ball with the toe at the time of the greatest momentum. He must keep his eyes on the ball until the kick-off is made.

A team often is forced to kick off against a strong wind; because of this probability, it is necessary to practice against the wind.

(B) Offense

While the kicker sets up the ball, the other members of his team arrange themselves at equal distances on a line

across the field five yards back of the ball, so that they may get a flying start with the ball. The guards are usually stationed next to the center; outside of the guards are the tackles, then the backs, and near the sidelines are the ends.

They must run hard and remember that they are inside with the same right as their opponents to recover the ball. Most linemen going down under a kick-off have a tendency to loaf because of excessive caution; they wish to avoid being blocked and fooled by the back returning the ball. A slow run down the field on the kick-off is dangerous; and, as this is a natural inclination, a coach must effectively warn his men to use their speed.

The duties of each player are similar to those when going down under a punt.

Some coaches encourage all the eleven players to run down under the kick-off. I disagree with them, because I believe that for two reasons it is safer to have the safety play back; first, the opponents may return the kick-off with a punt, second, the receiving back may break through.

If the kicker can control the ball on the kick-off, he should kick a high ball toward the weak back. In this case five or six men may line up on that particular side.

The kick-off must be high that the kicking team may get under it, or, if low, long enough to carry over the goal line. The opponents should be given little opportunity for a long return.

The ends must not permit the receiver to run up the field along the sideline.

Short angular kicks to the area in front of the kicking side's fast runners are apt to be successful. One or two players may be used to block the near opponents while a teammate recovers the ball.

The kicking side may use their hands going down under a kick-off.

(C) Defense

The men lined up near the kicker should not try to catch or block a fast coming ball; the chances are it will

rebound from the body, or, because of its speed, be fumbled.

The defensive men should avoid positions too near the sidelines.

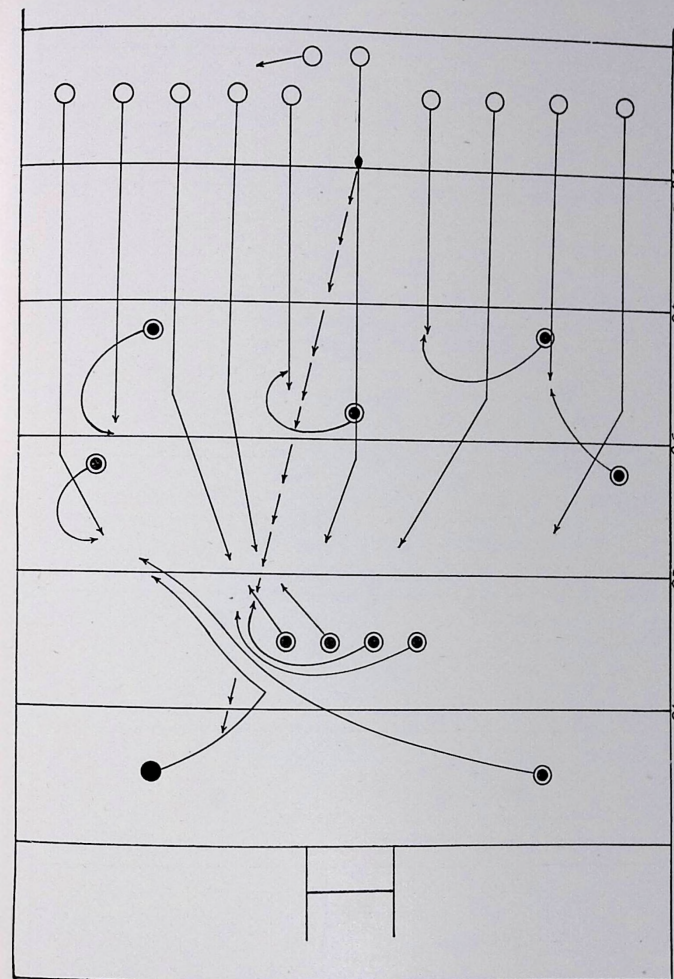
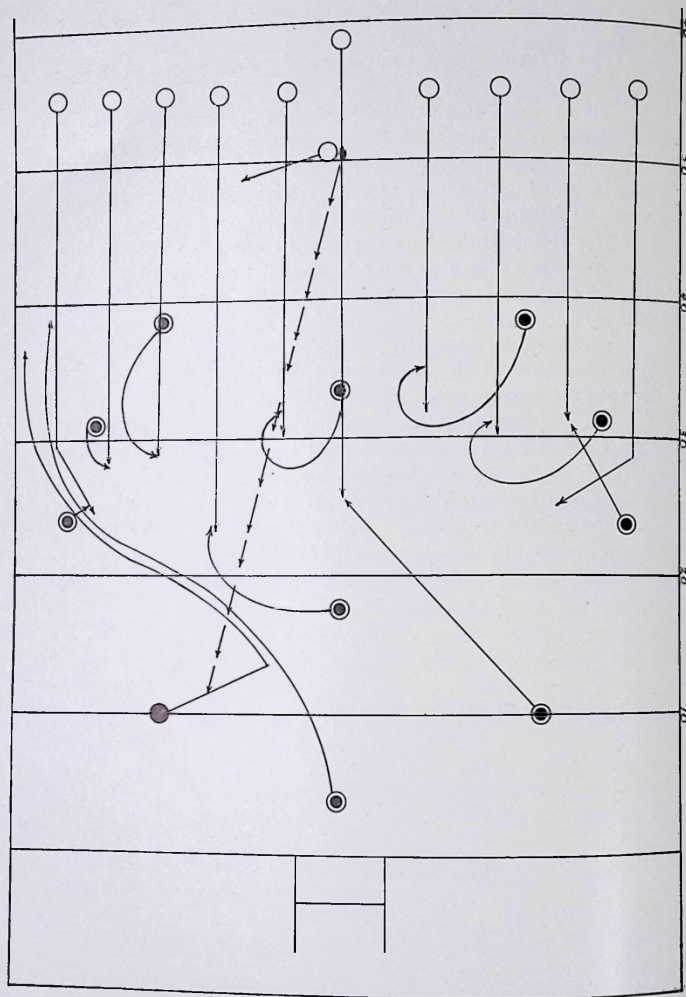
All of the defensive team except the receiver should concentrate on blocking. There are two methods of meeting the onrushing opponents. They may rush forward and use the rolling block, or run back with them, selecting the proper moment in which to block.

The defensive backs must bear in mind that the ball is free and that it is necessary to field it properly to prevent the kicking side from recovering it for a possible touchdown.

The receiver must run hard and not sneak up the field. The direction of the return and development of the play should be prearranged and practiced.

This is a conservative scheme in which each player of the receiving team moves toward the side of the catch to make it easier for him to block his opponent in away from that side line up which the receiver attempts to run.

The receiver hides his ultimate path for a short time and aids his blockers by a start into the field.



Ohio's championship team of 1920 used a similar play and formation for long gains. Five determined blockers ahead of the receiver may cause trouble for any team.

CHAPTER XIV

TEAM DEVELOPMENT

I

PRELIMINARY PRACTICE

(A) *First Week*

- (1) Morning Practice Periods.
 - (a) Discussion and careful illustration of offensive and defensive duties of each man on a punt.
 - (b) Discussion and careful illustration of place and drop kick formations.
 - (c) Introduction of a cycle of plays from punt formation for the purpose of pointing out the relation one play bears to another and the points in which they are similar.
 - (d) Walking through the plays so that each man will know just how and against which opponent he is to play.
 - (e) Signals.
- (2) Afternoon Practice Periods.
 - (a) Drill for condition and form.
 - (b) Tackling and blocking dummy.
 - (c) Tackling and blocking players. Not too strenuous.
 - (d) Special blocking for linemen—two on offense against one on defense.
 - (e) Correct stances for linemen and backs.
 - (f) Correct starts for linemen and backs.
 - (g) Punting and catching punts.
 - (h) Throwing and catching passes.

- (i) Knocking down and intercepting passes.
- (j) Signal drill.
- (k) Wind sprints.

(B) *Second Week*

- (1) Afternoon practice only during remainder of season.
 - (a) No let up in the essentials of punting and goal kicking.
 - (b) Reiteration of details of the first cycle of plays from punt formation.
 - (c) Repetition of all of first week's fundamentals.
 - (d) Plenty of starting practice with the snap of the ball. Special drill for keeping the eye on the ball when on defense.
 - (e) Friday. Introduction of a cycle of plays from a compact formation.
 - (f) Signal drill using all plays.

(C) *Third Week*

- (1) Repetition of all fundamentals.
- (2) Combine the cycles of plays from each formation.
- (3) Scrimmage. Each man should know his duties.
- (4) Special attention to organization of defense. The defense can now study an organized offense.
- (5) Introduction of special systems of defense.
- (6) Introduction of forward pass defense.
- (7) Plenty of signal practice.

At the end of three weeks a team should have the punt, a line smash, an end run, and three forward passes from the punt formation; a line smash, a tackle smash, a criss-cross, and two forward passes from the compact formation.

II

PLAYING SEASON

(A) Fourth Week

- (1) The introduction of the playing season is featured by a study of one opponent's offensive tactics.
- (2) Scrimmage. Careful organization on both offense and defense;—two-thirds of time on defense.
- (3) Tackling and blocking the dummy.
- (4) Wind sprints.
- (5) Thursday should be devoted to a careful study of opponent's tactics and strategy. This must not be carried out to physical exhaustion; it may be interspersed with skull practice.
- (6) Careful study of own tactics and strategy. Review of important and essential rules. Another review of opponent's offense. Punting, kicking for field goals, and light signal drill.

(B) The Remaining Weeks

The remaining weeks will be a repetition of the fourth week with constant drill in fundamentals, scrimmage and signals in the early part of the week. Emphasis may be laid on skull practice during the latter days of the week.

As the season progresses a team should show a steady improvement in physical and mental condition and alertness.

Monday. Limbering up exercises. The coach and scout should present the lesson for the week and inform the players about the essentials of the opponent's offensive and defensive play. Light signal practice with possible introduction of a new play especially adapted for the coming game.

Tuesday—Wednesday. Scrimmage. Two-thirds on defense, one-third on offense. The second team or freshman team should represent the opponents, using the opponent's plays and style of football. Punting and signal practice will complete the day's work.

Thursday—Friday. Described above

CHAPTER XV

SCOUTING

Purpose

To collect information about opponent's personnel and system.

Value

Scouting enables a team to play a much more intelligent game. It assists in determining how, what, and when to play; in brief, develops strategical judgment. It gives a team a broader knowledge of the game.

Ethics

Scouting at public exhibitions or games bears the stamp of popular approval. Underhanded, sneaking methods should be tabooed. Coaches should always be advised by the scouts of their presence.

Qualifications of a Scout

He must understand football and know what he is looking for. He must be able to apply himself to his task, to concentrate on any part of a play or any individual player, rather than allow himself an enjoyable afternoon watching the game. He should have some judgment of speed and ability and be able to establish comparisons.

Players, because of immature judgment, do not as a rule make good scouts, as they may fail to see the important things, may underestimate, or become awed.

Equipment

Sharp pencils, writing pad, and field glasses.

Technique

Two scouts working together, one for the line, the other for the backs, make a good combination.

They should make a review of past seasons to refresh their memories concerning the style of play and veterans. Lineups, individual facts of weight, height, age, speed, position and ability may be gleaned from newspaper stories during the early season. Players may be identified during the game by their numbers.

Immediately after the game a complete write up should be made. After the season this information, together with what was obtained during the game with this particular team and whatever information may have been secured during the remainder of the season, should be put on permanent forms for filing.

Offensive details may be secured best at an easy game, while the reverse is true of defensive tactics.

Systems

Various scouting methods are employed. Below are three:

(1) Key System. A key is devised or shorthand may be used to put down each play with brief description.

(2) Chart System. A very good statistical summary may be obtained by charting the game as was done in the chapter on Generalship. Terse notes beside each play adds greatly to the value. However, important details of play may be lost while completing the chart, which, of course, may also hold true for the key system.

(3) Note System. A freehand system. Notes, diagrams of plays, and estimates replace statistics. The scout is at liberty to study essential details.

Information Desired

(1) Greatest Offensive Strength—Most Dangerous Threat.

Accurate diagrams of these plays should be made and the tactics of each offensive player analyzed. Whether the

success of the plays is due to offensive strength or defensive weakness should be determined.

(a) Running Plays.

Who are the most dangerous runners? Approximate yards gained.

What are their tricks?

To which side and through which defensive players are the plays sent?

What are the blocking assignments?

Shift—fast or slow? In what rhythm is the ball snapped? Or, is a charging number used?

Do they attempt to block the secondary on each play?

How may these runs be anticipated? Are there any changes in formation, or peculiar lineup or stances?

(b) Passing Attack.

Who passes?

To whom do they like to throw and to whom do they throw in a pinch?

Are their most successful passes long or short? Fast or slow?

Is the thrower deliberate? Can he be hurried? Is he also a fast runner?

As a general rule how many receivers go down under each throw? Any ineligible decoys?

The paths of all receivers should be diagramed.

Is there any cue as to when these plays are to be used?

On what downs do they pass?

(c) Punt.

Any quick kicks?

Who does most of the tackling under punts?

On what downs do they punt?

How many steps does the punter take? Does he get them off fast or slow?

What is the general direction and distance of the kicks?

The formation should be diagramed. The number of men who go down under the punts and the play of the protecting backs should be noted.

The important thing about the offense that must be determined is the greatest threat whether run, pass, or kick, how and by whom it is executed so that a defense can be built for it.

(2) Defensive Weakness, and Strength.

The important information to find out about an opponent's defense is his greatest weakness so that an attack may be adapted to it. Should the team have a particularly strong running attack, the weakest spot in an opponent's line should be found so that this attack may be used to the best advantage, or, if a running attack succeeds well in a certain spot, the scout should attempt to discover how those defensive men may best be handled.

(a) Defense against Running Attack.

What stances do the defensive linemen use? What positions do they assume against various formations?

How do they line up against and meet shifts?

Does the whole line charge with the ball, or do some wait?

Were any forced back?

Is their charge high or low?

Do they knife and slice?

How do the weak side tackle and end play?

Does the fullback back up the line well and how near to the line does he take his stance?

Through what part of the defensive line were gains made?

Who of the tertiary is a weak tackler or an injured player?

(b) Defense against Passing Attack.

Defensive formations with distances should be diagramed and the system of defense analyzed.

Who appeared weak against passes? Where were the passes completed?

Were the incompleted passes due to the defense or to faults by the thrower or receiver?

Who sucks out of position?

What linemen drop back for passes?

The play of the defensive ends should be studied carefully.

Do they hurry the passer fast?

(c) Punt Defense.

Do they double check the offensive ends?

Who rushes the punter?

What is the receiver's first move? Does he have a tendency to fumble?

(3) Strategy.

What was their general style of attack?

What was their style in the maneuvering zone and in the scoring zone?

Could punts or passes be anticipated?

Did they return any punts or kickoffs by a punt?

Any short kick used on the kickoff?

What plays do they rely on to score or gain in a tight place?

The scout should remember to take nothing for granted. Just because a man is written up as a star is no indication he is strong in all departments and has no weakness? He may be a star on offense but poor on defense. We were able to win a game last season because we found that we could drive back a star lineman who weighed over 200 pounds and circle a star end who weighed 190 pounds, each of whom appeared weakness-proof by the newspapers.

CHAPTER XVI

RULES EXAMINATION FOR PLAYERS

A concise conception of the salient rules is a very necessary part of a football player's training. A smart team knows the rules.

The best method of teaching rules is to call fouls, inflict penalties, and give interpretations during the practice scrimmages. This method may be supplemented with rules meetings and examinations.

RULES EXAMINATION

Answer explicitly:

- (1) Substitution: How and when made? Penalty?
How may information be sent in?
Penalty?
- (2) Define a safety; touchback.
- (3) When is a player said to be on the line of scrimmage? How many must be on scrimmage line of offensive team?
- (4) Under what conditions may a guard carry the ball?
A tackle? An end?
- (5) What choices does a captain have after a fair catch?
- (6) How many times out may be taken without penalty?
Penalty?
- (7) When is playing time going on?
- (8) Explain legal and illegal use of hands by offense;
by defense.
- (9) What requirements must a shift meet to be legal?
- (10) Under what condition can you clip from behind?
- (11) When would you decline a penalty?
- (12) A ruling should include score if any, penalty, when,
how and by whom the ball shall be put in play.
Give rulings on the following plays:

On Kicks:

RULES EXAMINATION

- (a) Kickoff—Blue team kicks over goal line; Blue end recovers.
- (b) Punt—Blue team punts; Blue right end tackles Orange receiver before he catches catches ball causing a fumble; Blue left end recovers and scores.
- (c) Any kick from field of play hits goal posts before being touched and rebounds into field.
- (d) Punt after fair catch goes over goal line before being touched, and is recovered by kicking team.
- (e) Blue team punts from behind goal line; blocked by Orange but Blue recovers behind goal line; Orange recovers behind goal line.
- (f) Blue team's punt from behind own goal is blocked by Blue player behind goal line; Blue recovers behind goal; Orange recovers behind goal.
Same punt is blocked by Blue player in field of play; Blue recovers; Orange recovers.

On Passes:

- (a) Eligible man interfered with by defense; however he caught pass and scored.
- (b) Offense interferes with defense on pass.
- (c) Guard, ineligible, is hit in back by a pass.
- (d) Right end touches ball but left end catches ball.
- (e) Pass goes over sideline extended on the fly and is completed.
- (f) Pass is completed over end zone.
- (g) A forward pass made by Blue team from Orange 15 yard line strikes a Blue guard before being touched by any other player; the guard was on Orange's five yard line when struck. What should captain of Orange team elect?

(13) What penalties are provided by rule for the following violations?

- (a) Failure to report.
- (b) Violation of offside rule.
- (c) Attempt to draw opponents off side.
- (d) Unreasonable delay.
- (e) Holding by defense.
- (f) Communication by substitute before ball is put in play.
- (g) Interference with fair catch.
- (h) Throwing player who has made fair catch.
- (i) Pushing, holding by offense.
- (j) "Roughing" the kicker.
- (k) Tackling out of bounds.
- (l) Swearing; abusive language.
- (m) Flagrant roughness.

