

6) When a man is on offense he keeps his legs bent so he can move quicker. His eyes should be able to tell him what his team mates are doing. He is ready to catch the ball any time the ball is thrown in his direction. He is always on the alert to break to an open spot. He is in a partial crouch. This enables him to move easier & quicker.

When a man is on defense his legs (feet) are as far apart as possible, but close enough to let him move quickly. One foot is slightly forward from the other. The arms are extended to keep the man with the ball worried & to attempt to stop a pass. The body is slightly crouched as a ~~that~~ boxer. The feet ward in but is much like a boxer. Never crossing the legs. Far enough apart to make you solid but close enough to enable quick movement.

7) The coach must see that all equipment is ready before practice ever starts. He should see that all of the boys are in good physical condition. He must make clear to them the value of training. The coach should have many ideals & bring them across to his players. He should show them the value of the game other than winning a game. He show them the value they will receive in later life from the game. The coach, if possible, should keep all the men out. This often fails because of lack of room, or friction from some of the boys out. The coach should show his players the value of education. He