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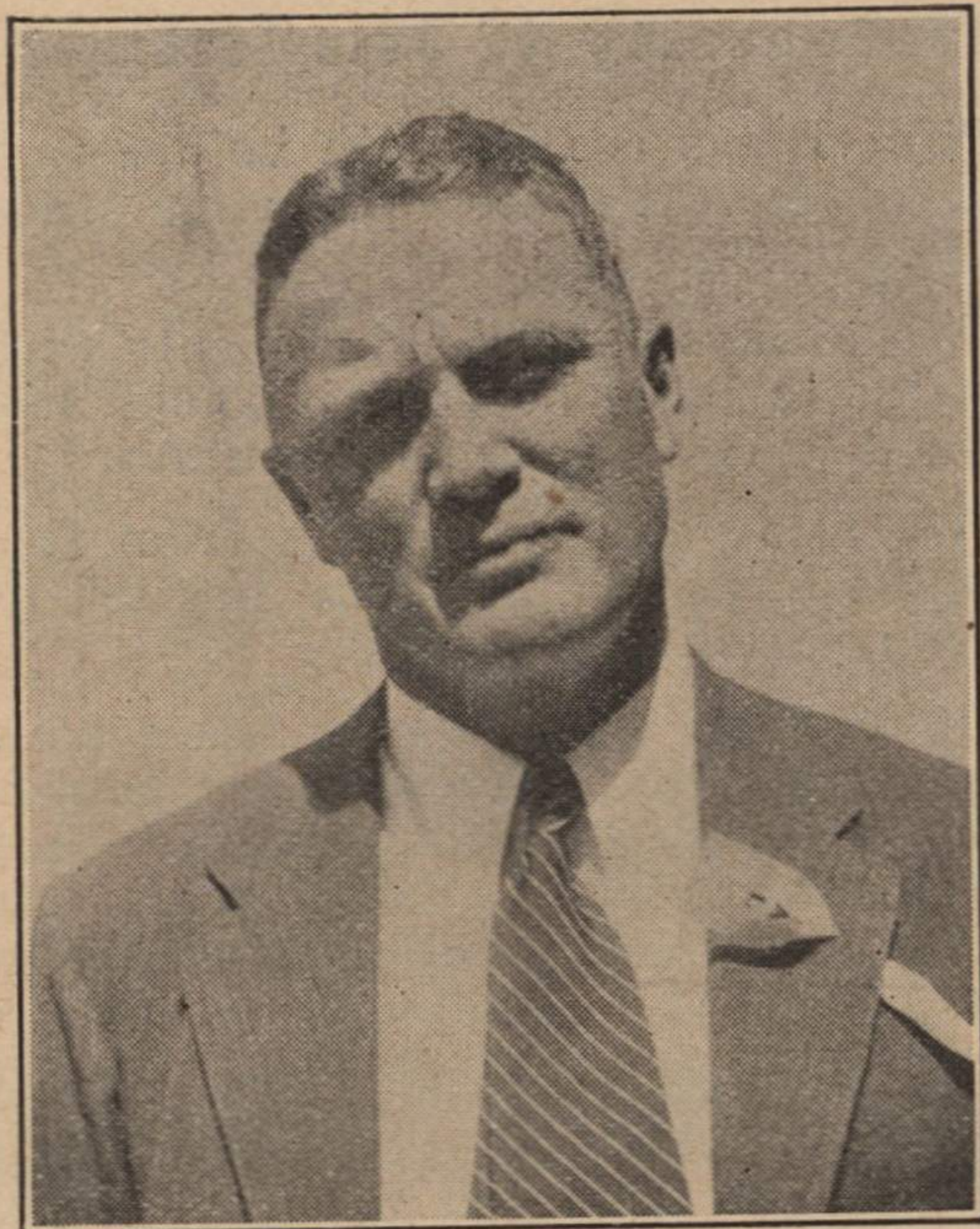
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Opening Football Practice

By H. D. Drew, End Coach, University of Alabama

Every coach in the United States is acquainted with the marked success of Alabama teams. For this reason Coach Drew's short story on "preliminary practice", carries much added interest.



Harold "Red" Drew

The first three days of football practice are important, and we feel that this period may be the time that makes or breaks the entire season.

There are a great many methods employed in conditioning football

teams during this period, and we do not say that ours is the best, but over a period of years we have found that it suits our conditions.

In our conference, fall practice starts September first. About three weeks before this Coach Thomas sends out an individual letter to each man, going over with him exactly the things that the man should do prior to his returning here September first. For instance, a man who is a great deal over-weight must work very hard to get down near playing weight. On the other hand a boy who may have worked hard during the summer is already down to playing weight. He should let up and try to put on weight.

Our men seem to take enough pride in their football to follow these instructions, and consequently report here in about the condition we want them. The first three weeks here are important as the body is full of pep. The whole season may be ruined by injuries, unless the coach definitely decides that—regardless of circumstances—there will be no scrimmage for the first ten days. During the first ten days particular emphasis is

placed on hardening the players so that they can stand the rough work that is to come.

We believe that football should be divided into three parts. First, getting a man into condition to play, second, teaching a man what to do, third, the actual performance. As these first ten days are before the opening of school, we practice twice a day; about an hour and a half in the morning starting at 9:00, and for the same length of time in the afternoon starting at 4:00.

At all morning sessions we practice in shorts and this work consists of calisthenics that have been especially prepared for football players, also a lot of passing and kicking and dummy scrimmage, or any other phase of football that can be accomplished without contact.

In the afternoon session we dress in complete uniform and start some blocking and tackling in addition to more passing and kicking. We do not use many mechanical devices, but at this stage of the game we think that the use of the tackling dummy and the blocking sled is very important. There is no exercise invented that will harden a man better than by hitting the ground, and we get this by using the tackling dummy. The charging sled is used to build up the legs and backs of the men, and is used most at just this time, rather than later in the season.

All this work is done on a time schedule of fifteen minute periods, and in this way we do not stay at one thing too long, but are able to work at high speed all the time. A careful check is kept on each man's weight



GEORGE GRIFFIN

Genial and Successful Track Coach of Georgia Tech.



WES L. FRY

Head Football Coach, Kansas State College. His teams are an excellent recommendation for his ability.



BLAIR GULLION

Basketball and Track Coach, University of Tennessee. Gullion always has outstanding teams.