

Diagram 5.

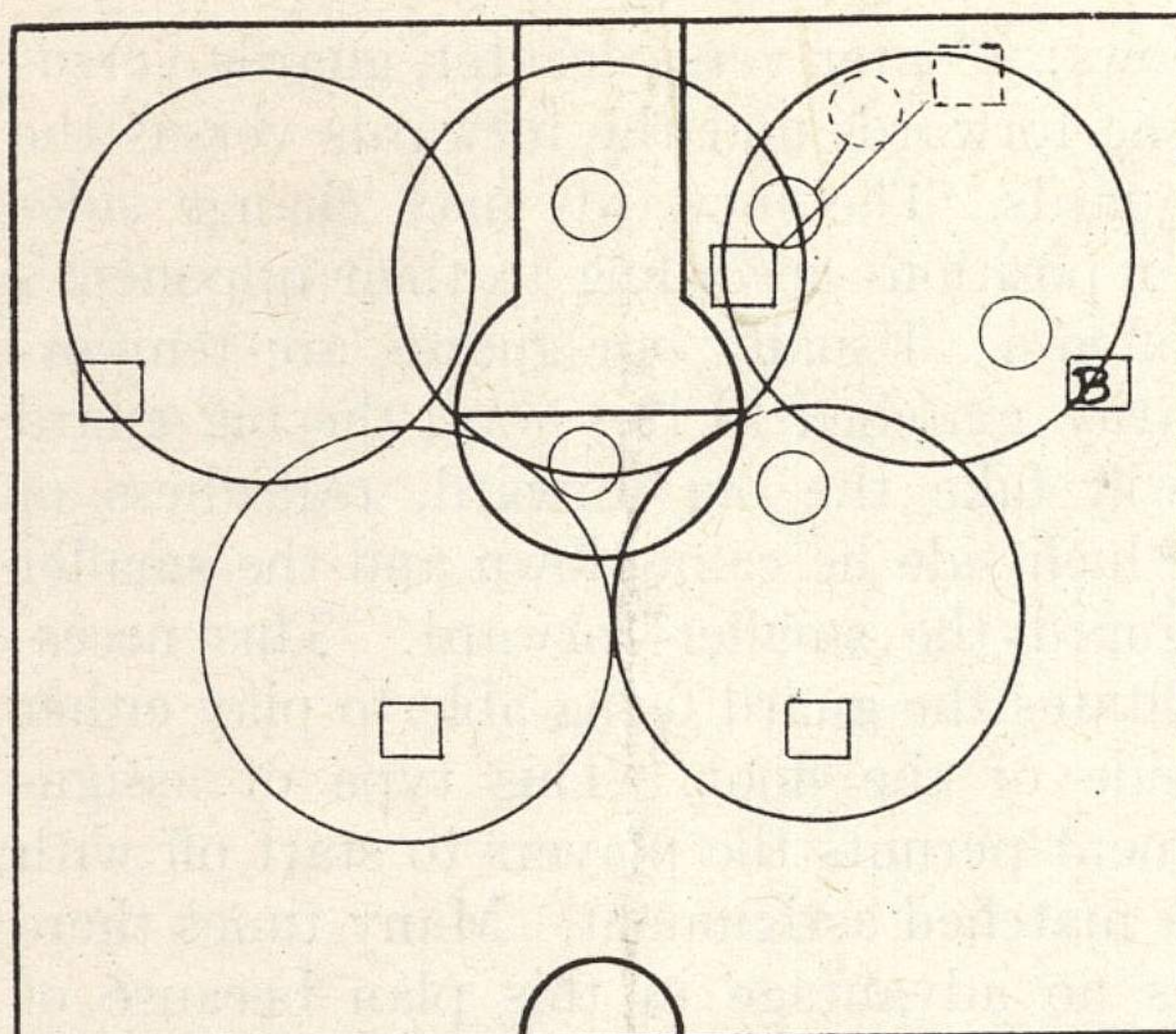


Diagram 6.

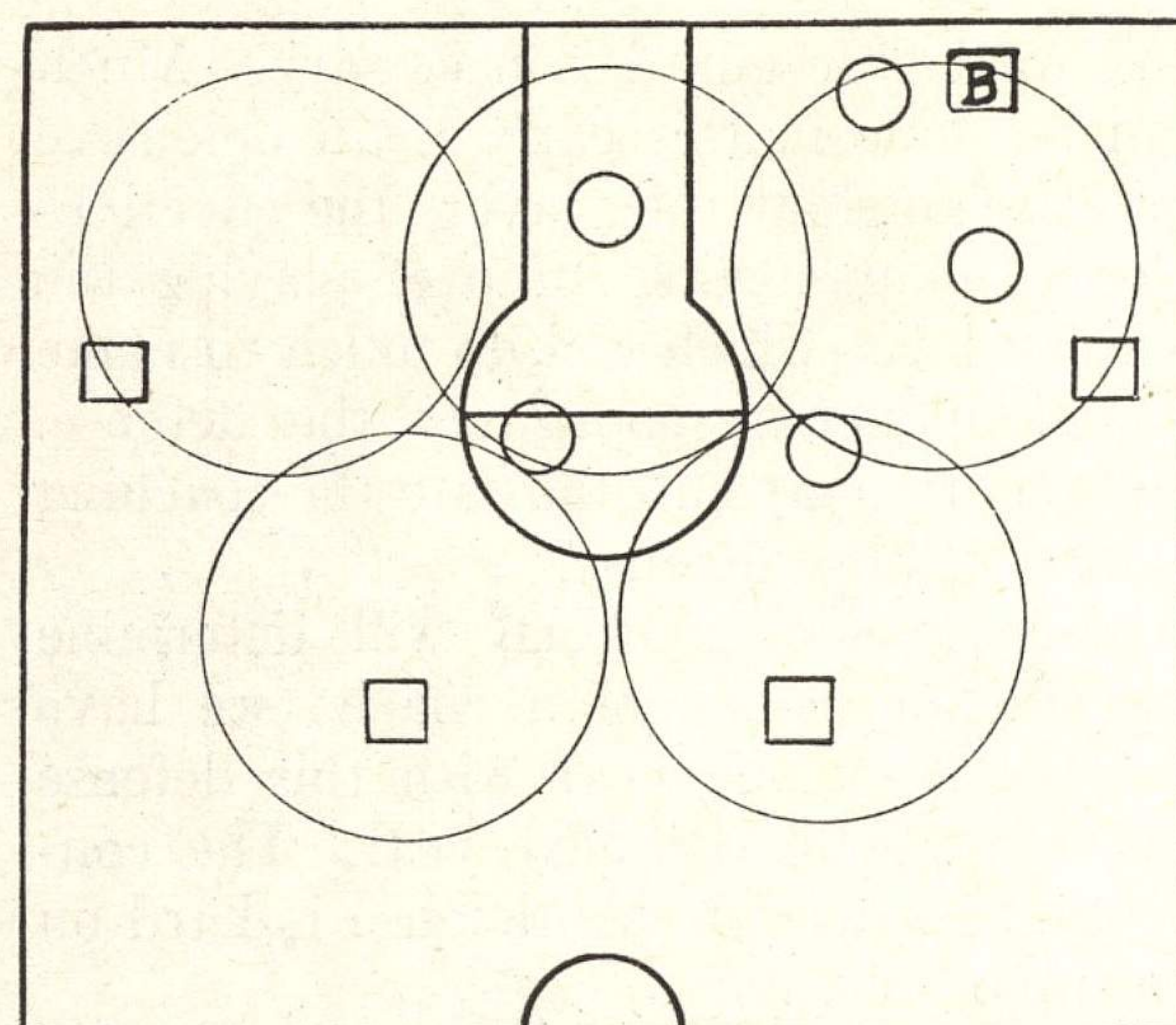


Diagram 7.

Advantages: 1. Stops a blocking game. 2. Saves energy of players. 3. Presents strong rebound positions. 4. Makes for a good fast-break formation. 5. Playing the ball makes for pass interceptions. 6. Especially effective on narrow floors. 7. Especially effective against weak-shooting guards. 8. Easy to coach. 9. Conducive to team play. 10. Big, tall, slow, defensive men can be developed into an effective

zone team, whereas in other defenses they would be less effective. 11. Less fouling means keeping the line-up intact longer, and less free-throws for the opponents. 12. Develops ball "hawks." 13. A strong defense against short shots. 14. A strong defense against a driving team.

Disadvantages: 1. Weak against a good-shooting team. 2. Weak against good side-shots and long shots. 3. Weak

against two men in one zone. 4. Weak against a delayed offense. 5. Requires more team play than man-to-man defense. 6. Prevents two-timing the opponent's star player. 7. Becomes less effective on larger floors. 8. Clever passing teams find the weak spots. 9. The type of player used in this defense is often very weak in the man-to-man defense.

It Can Be Done, It Is Being Done!

The Objectives of the South Carolina Physical Fitness Program

By John K. Cauthen

Director of Publicity, South Carolina Council for Defense

STARTING from scratch about six months ago, South Carolina has advanced its college and public school physical education program to the extent that it, today, includes seventeen colleges and three hundred and fifty high schools in which *compulsory physical training* has been inaugurated.

Special instructors, brought up to date at training clinics conducted by the army and navy, are directing the work in all forty-six counties of the state under the general supervision of the state director, A. P. (Dizzy) McLeod, football coach at Furman University, Greenville.

The first state in the union to adopt a compulsory program, South Carolina's efforts are being sponsored by the State Council for Defense and the State Department of Education.

Fifty-five South Carolina instructors, including Director McLeod, attended the recent clinic held by the naval pre-flight school at Athens, Georgia. The pre-flight methods of training have been adopted as official for South Carolina schools and colleges.

Aims and objectives as listed by Di-

rector McLeod follow:

"To give a well-rounded program in physical training and conditioning for all high-school and college boys of the state; to develop in every boy co-ordination, sense of timing and sense of balance so that he will be able to handle himself under the most trying conditions.

"We are resorting to various forms of athletics, such as boxing, track, natural gymnasium tumbling, wrestling, football, basketball, hand-to-hand and military drills, first-aid, calisthenics and other skills.

"Our plans have the full approval of the State Department of Education and of individual school and college heads throughout the state. Public school superintendents and principals readily adopted resolutions endorsing the physical education program, which calls for *an hour a day, five days a week.*"

McLeod said that a special program now is being arranged for girls, which will place emphasis upon nursing, first aid and hygiene in addition to physical training.

"So many girls and women are being called upon in various ways to win the war, that we want our school and college girls in South Carolina prepared for future emergencies," McLeod explained.

The work so far has been largely voluntary on the part of instructors, with the State Council for Defense financing incidentals, but it is planned at the January, 1943, session of the State Legislature to propose special state appropriations, so that the director and his chief assistants may devote their full time to the program.

Enthusiastic support has been given the program by Dr. William P. Jacobs, chairman of the State Council for Defense and president of Presbyterian College, of Clinton.

Dr. Jacobs commended the "excellent progress already made" and paid tribute to "the unselfish work of Dizzy McLeod."

McLeod, who was a football star at Clemson College, has been head football coach at Furman for the past ten years and has been eminently successful. So great has been his personal enthusiasm for the work that he has taken special physical training courses to become better prepared for the vigorous campaign he is conducting throughout the state.

McLeod is among those who believe that the program should include boys and girls of thirteen and fourteen years of age who are still in elementary schools. In this connection he states:

"The younger we start teaching them the right kind of exercise and habits, the better men and women they will make, whether or not they are ever needed in winning the war. I think, as a matter of fact, that the physical training program should be continued as a permanent policy in our schools and colleges.

"We have in this country put much emphasis on 'spectator' sports. I think it is great to have enormous crowds enjoying football, baseball and the other sports as spectators, but at the same time we should encourage participation in actual play by more of our boys and girls. I believe that the program we are now getting under way as a war measure