

If the guard is successful in breaking up the play of the two offensive men without a field goal being scored upon him, the guard wins. If the offense scores two goals out of the five, the offense wins. A tie score would be when the offensive side scores one goal out of five tries. Naturally the more goals scored by the offense the more emphatic would be the offensive victory in the five tries.

The men are rotated, each man on the squad taking the guard's position. This rotation also includes the offensive men until every man on the squad has had both offensive and defensive training on attack and defense. The scores of each performer's effort should be recorded. Consistently outstanding performers will invariably attract attention. There is no better method of teaching team fundamentals than through such competitive practice drills.

During the defensive drills the coach centers on defensive pedagogy teaching that the defensive guard is a wary performer. Never will he let either of the two forward slip in behind him, nor will he go out too deep and leave his goal undefended. As new situations arise he will know just when to advance or to retreat. Should the offense attempt a shot from out in front he will constantly project his physique and his personality into both the visual and the mental paths of the shooter. Neither will he ever turn his back upon either opponent for a moment. As an aid to efficient footwork he will interchange between the first baseman's step and the boxer's stance, as occasion demands.

The plan of teaching defense using five separate competitive scrimmage tries conforms with recognized principles of teaching, and it is consistently carried out in each of the following set-ups.

Diagram 2. Second stage, three offensive men on two defensive men. In this situation the two defensive men are being opposed by three offensive players, according to the principle of a strata of man-for-man defense and a