

Obstacle

Obstacle running may be done either indoors or outdoors. Each school may set up its own course using any available obstacle. Indoors, the horse, parallel bars, buck, benches, ropes and ladders, are usable. Outdoors, the obstacles may be hurdles, fences, ditches, walls and posts.

Relays

Relay races add interest and competition to the program as well as vigorous exercises. Teams should not number more than nine members so that few will be standing idle. The distances in the relays should be long enough to require the players to put forth sustained and vigorous effort. The distances involved in the different relays may be progressively increased as the boys improve in physical condition.

Rather than disqualify a team when infractions occur, such as running out to meet the next runner, it is better to charge a foul and then add the number of fouls to the team's order of finish.

There are eight types of relays used: Shuttle relay, Jump Stick relay, Duck Waddle, All Fours, Crab Walk; Wheelbarrow, and Horse and Rider.

Conditioning Exercises

Three types of conditioning drills are given here: A general conditioning drill; a grass drill; and ranger activities. They can be adapted to indoor or outdoor use in limited space and require no equipment. Strength and endurance are developed quickly through regular use of these drills, especially if there is a steady increase in the number of times each exercise is performed.

General Conditioning Drill. To be most effective and to reach the objectives for which the drill is designed it is imperative:

1. To do the exercises in good form, i.e., exactly as described and with energy in each movement.
2. To increase the number of times each exercise is performed, as the capacities of each individual develops.
3. To maintain sustained effort without rest or pause between exercises. Each exercise must be thoroughly learned before going on to the next one. When the drill is memorized, then all the exercises should be done without stopping.
4. To master unit number one before going on to unit number two, and likewise units one and two, before going on to unit number three.
5. Finally, to perform each exercise the maximum number of times indicated.