

- c. Keep the class working together by counting. Exercises may vary in number of counts. "1-2-3-4, 1-2-3-4," or "1-2, 1-2" may be used. Directions may be indicated by "up" - "down" - "left" - "right". Clapping the hands, beating time with the heel on the floor, or using the tom-tom or drum may be substituted for the voice.
- d. The teacher should not perform with the class at all times because he must be free to observe and correct faults. He should observe from front, side and rear, commenting on the good performance, correcting the faulty one, urging all to better performance.
- e. The boys should be encouraged to improve their performance by individual practice at home.

Grass Drill

The grass drill was originally used as part of the training for football squads to develop agility and endurance. The exercises are given in varied order, at the will of the instructor, and upon his command.

Formation: Open order. See description under "conditioning drill".

Front - Up - Back

At the command "Front", the boys fall to the ground quickly, face down, breaking the fall with the hands. On the command "Up", they bend forward and fall back, breaking the fall by rolling to a seat, then lie on their backs. On the command "Front", they change to a position of face down, hands toward the front of the class. If the command "Back" is given when boys are face down, they squat through (i.e., support the weight on the hands and extend the legs through the arms and lie down). Vary the order of the commands so the boys cannot anticipate the next movement. 2 to 5 minutes.

In order to round out the grass drill, additional exercises to develop the shoulder and abdominal muscles should be inserted at the will of the instructor. Some of these exercises are:

Sit up: Lie on back, hands behind the head, raise the trunk and twist so that the left elbow touches the right knee. Return to lying position. Repeat with right elbow touching left knee. Continue.

Push up: Lie face down, place hands on floor, shoulder width apart. Push up, keeping back straight so that weight is supported on hands and feet, arms straight, return to starting position. Continue.

Bicycling: Lie on back, raise legs and hips high. Imitate movements of riding a bicycle.

Deep knee bending: Place hands on hips, bend knees deeply, back straight, until sitting on heels. Return to standing position. Continue.