

Legs Overhead: Lie on back, raise legs upward and touch toes to floor behind the head. Return to position. Keep legs straight. Continue.

Legs right and left: Lie on back, arms sideward, palms down, legs raised straight up. Swing legs vigorously sideward right until legs practically touch the ground. Same to left.

Front leaning rest: Place hands on the floor in front of feet, bending knees. Thrust feet backward to front leaning rest position. Return in reverse order. Slowly at first, and gradually speed up.

These exercises are of such value that they may be practiced individually or in groups.

Suggestions. The grass drill does not demand the same precise performance required in the conditioning drill. It may be modified for use indoors. The teacher must change the exercise or stop the drill before the class is unduly fatigued. Care must be used in adding exercises to the grass drill. Select only a few, in order not to make the drill too strenuous.

Response Drills. Response drills are valuable in the practice of skills which are needed in combat. They develop an ability to respond accurately and quickly to commands.

Go - Stop

At the command "Go", the boys spring forward as a football team does in running signals. At the command "Stop", they drop to the lineman's crouch. At "Go", they again sprint forward. This may be varied by the command "Drop", (i.e., fall to the ground face down as in grass drill). At the command "Right", they turn and sprint to the right at an angle of about 45 degrees. If the command is "Left", they run to the left at a 45 degrees angle. "Go", in each case means sprint straight forward. "To the rear" means reverse the direction. Whistle signals may be substituted. 2 to 5 minutes.

Zigzag Run and Drop

Upon the signal to go the boys run fast at an angle of about 45 degrees to the right, and at the whistle signal, zigzag to the left at about 45 degrees, and on the whistle signal, drop to the ground. At the next whistle, spring to the feet and repeat the zigzag run and drop. Continue until signal is given to halt. 2 to 5 minutes. This is similar to the manner in which men advance under fire.

Suggestions.

1. Teach the boys how to "drop", first by breaking the fall with the hands and then without the use of the hands.
2. The boys must know exactly what is expected of them.
3. The time between signals must be varied to develop the quick reactions desired.