

In the Realms of Sport

TRAINING FOR FOOTBALL.

By An Expert Soccer Player.

When in the defence the centre-half is called on for almost unlimited assistance. He may have to tackle the opposing centre-forward, or either of the inside forwards, and then if beaten on for the ball, attempt to recover quickly and run back to help his full-backs. It is here where the speedy centre-half is such an asset, as he gets, so to speak, a couple of chances against the one of the slower player, who takes time in recovering and turning. There is a tendency today among even some of the best-known centre-halves to make defence their chief consideration, and perhaps the reason for this is that first class football has lately developed more towards preventing goals than getting them, at the same time there is no need for the young and aspiring player to show the same concern as, after all, while he may strengthen the defence, the centre-half who is prone to hang back and rigidly mark the opposing centre-forward, can obviously not assist in the attacks of his own side as he should do. Proficiency with either foot and skill with his head are essential to the centre-half; and if he has these allied to size and height so much the better. I have nothing to say against the small centre-half, since one or two of the greatest players the game has known have been comparatively small men; but it stands to reason that physique, when accompanied by skill, must tell its tale. In the first place, a centre-forward is just as likely as not to be intimidated by a centre-half weighing, say, a couple of stone more, even if the latter's size and extra weight be used fairly and squarely, while it is equally clear that a tall centre-half is going to get his head to the ball more frequently than a smaller man. As I have said before, this does not always apply, because some small players are wonderfully agile, but I should advise young players who are attempting to build up a team to prefer a big centre-half to a small one, always providing their general skill is somewhere about the same. Among the leading clubs of the day I should think one would find that ninety per cent. of the centre-halves are men of round about six feet high and well over twelve stone in weight, and this only goes to show that our big team builders have discovered by sheer experience the value of the big man is a "stopper", even if he may be a bit lacking when it comes to the assistance of his own forwards.

(To be continued.)

LAWN TENNIS.

(By an Exponent of the Game.)

VOLLEYING.

There is nothing more satisfactory to a lawn tennis player than to be a good volleyer; ground shots are absolutely necessary, otherwise if you are a volleyer purely and simply you go to the net on such "poor stuff" that the other fellow has an easy mark. Ground strokes and volleying go hand in hand; the former pave the way to the net, but the right time to advance must be judiciously chosen. When you have your ground strokes and volleying going well, the same self-satisfied feeling comes over you that you experience at cricket when the ball looks as big as the moon and runs are made of any class of bowling with the greatest of ease. I wish to emphasize the point that ground shots must be well established in order to get the maximum effect from your volleys. Volleying requires anticipation, quickness of decision and a supple wrist. It will be well to remember these three requirements, for as your progress you will see the necessity for these attributes. In a single volleying is the finishing of a shot. Having played a series of ground strokes, each one with the object of putting your opponent into difficulties or of getting out of them yourself, your ultimate aim is to win the point, and the best way is to go up on the correct stroke and win it by a volley. In the doubles game—with the exception of the return of service—the whole object of your game is to volley everything, therefore ground shots are only resorted to on as few occasions as possible. Volleying may be divided into three categories, viz. the low volley, the high, and the smash or kill. The low volley is that when the ball is hit up from below the top of the net. The high is one that is hit when the ball is alone above the top of the net, but not above your head. The smash or kill is the overhead volley. Wall practice is the best method of learning to volley you are able to regulate your own pace and, later, your own direction so as to strengthen your weakness. You are also enabled to make variations at will.

(To be continued.)

BOGASH KNOCKED OUT.

Bridgeport, Conn., May 20.—Frank Moody, of Wales, knocked out Lou Bogash, of Bridgeport, in the eleventh round of scheduled 12 round bout here last night. It was the first time in his career of more than 175 fights, which included battles with five champions that Bogash was ever knocked off his feet. A right over the heart followed by a left to the chin sent Bogash reeling to the ropes in the eleventh. Moody followed with

a slashing attack which knocked Bogash down for a count of six. The Bridgeporter arose and after a severe milling, Referee Calvin stopped the bout.

JUNIOR FOOTBALL LEAGUE.

A special meeting of the Newfoundland Junior Football League was held on Saturday night when matters pertaining to the approaching season's games were finalized. The committee on revision of rules reported and the new rules were discussed and adopted with some amendments. All the clubs were represented and registered their players for the season. In the list several new players comprise each team and it is forecasted that an excellent brand of football will be exhibited. The first game takes place on Wednesday next when the Cadets and T. A. will line-up for action.

PREPARATIONS FOR HAIG REGATTA.

Three boat clubs begin their preparations this morning for the Haig Regatta. It is understood that their practice boats are already in condition and that the work of putting the wharves in position will be completed to-morrow. Before the end of the week a number of crews will be practicing. Judging by the interest taken by the spectators, the regatta will, without doubt, be more keenly contested and excite more interest than any regatta that has ever been held on Quidi Vidi.

BASKETBALL MATCH.

On Wednesday 28 ult., at 4.30 p.m. a return match was played between the basketball teams of Bishop Spencer and Methodist College on the Ayre-Athletic grounds.

The game was fast and clean throughout and proved keenly interesting to the spectators. The goalkeepers during the game were: Misses D. Sellers and Marion Wood for Bishop Spencer and Misses Muriel Lawrence and Marguerite Ross for the Methodist College.

At the end of the first period, the score stood 6-6, the teams being very evenly matched. When the final whistle sounded the score was 12-10, in favour of the Collegians.

Miss Nash of Bishop Spencer College refereed the game. Among the spectators were: Miss Cherrington and Mr. Harrington and teachers from both colleges.

Refreshments were served after the game by the winning team at the residence of Mrs. H. G. Christian.

As the teams are now on an equal footing, an interesting return match is hoped for soon.

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- 5.—"LINGER AWHILE"—(Request).

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