

FOOTBALL FROM THE INSIDE

He bounded away from him. He is now how to fall on it—and hold it—so you means easy feat. It is relied upon to be a sure thing, and a comfortable angle, and then ahead of him so that he must run after it before falling upon it. During the entire performance, the coach's constant admonition: "Keep your eye on the ball!" The entire afternoon, and a portion of every other afternoon, he has been devoted to this essential feature of training.

This fundamental point must be mastered. A man who retrieves a ball from the hands of another who has just died into victory for his own team. The coaches explain this to the candidates and insist that they read, mark learn and inwardly digest the words of the first day's practice everybody jogs around the running track which generally incloses the gridiron, and get "heated" for the afternoon's work.

The second day's work seemed a trifling

candidates for the team, who have

aches watch anxiously for the display of unexpected attitude in this respect on the part of the man who is to be one of the opposing lines "snaps back" the ball which he holds on the ground and immediately charges his opponent. All lines are urged to keep their eyes on the ball and charge the precise second it is snapped.

The struggle lasts but a minute, each man doing his level best to dislodge or hold the ball. The man who is to be on offense or butting him out of the way; he cannot seize him and hold him, but can only hold him short, and then pass the ball to his fellow players. The coach instructs the candidates how to accomplish this without holding and criticise them for bad technique. The man who is to be on defense men are speed and low charging, while the fellow who hesitates about hurting himself is criticised. The man who is to be on offense is snapped is warned to get rid of his "yellow streak" or to off the field.

The candidates who have survived the challenge are then divided into two teams, the "dummy" or tackling machine. This consists of a stuffed football suit made in the shape of a man, with a head, arms and legs, of course. It is suspended between two staunch uprights, deeply set in the ground, and is pulled up and down by a trolley between uprights. It can be drawn rapidly or slowly to represent a man running.

When the player stands back a half dozen yards from the dummy, runs to it at full speed, throws himself at it and tries to get it down. The dummy, when an opponent is running with the ball. If in his tackle he hits the dummy

career, the game is well worth the effort, for players on the lowly "scrubs" possess some merit or the verity

A week of this sort of training has gotten the men into fairly good condition. The coach allocated the players into two separate squads, the "scrimmage" practice between the first and second squads. From each a team is picked to play a game. The first game is begun. Every man of any promise is given a chance to get in the game on one stand or the other. The coaches are constantly men being tried in several different positions before being weeded out as not worth developing. The coaches are very particular while the coaches have two teams of picked men with substitutes for every position on both of them.

After a training table is set up, a full swing. The candidates eat their meal together, where their diet is carefully watched by the coaches and trainers. The candidates are not allowed to calculate to build brain and increase their weight, as they want, but desert to eat and get on with the work.

Soon after the first game of the season rolls around. The manager of the team, elected by the players the previous day, is the one who chooses the other colleges so that his team plays the weaker opponents first, gradually working up as the season progresses until the end of the schedule when the team is logically in its best form.

Gray hair is an unnatural disfigure-

At last the great day—the day of the contest with the star rival—is at hand. The players are sent to bed early and instructed to forget all about the game until tomorrow. They go to bed, but for-



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