THE OPERATION OF THE T FORMATION IN FOOTBALL
AT NORTH TEXAS STATE COLLEGE

THESIS

Presented to the Graduate Council of the North Texas State College in Partial Fulfillment of the Requirements

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CHAPTER I
INTRODUCTION

Statement of the study. -- The author undertook to present the system of football used by North Texas from 1940 through 1950, the T formation, which he has used since 1941.

Purpose of the study. -- The purpose of the study was to present the T formation as we use it, in the system of football we endeavor to coach. A further purpose was to organize the data in such a way that they would be available for use by the Physical Education Department of North Texas State College, and perhaps be helpful to men working in the field of football coaching.

Procedures used. -- The material was presented as I think I should have liked similar information when I started in the coaching field. It is a definite offensive system that has been fairly successful both in high school and college and presented with only that which is necessary for a versatile attack from this formation. The data used come from twenty-five years of coaching experience by the author and by persistent and continuous study with the best coaches in the field the past quarter century.

Limitations of the study. -- This study has dealt with the T formation used at North Texas State College, and has made no attempt to present other versions of this system.
of football as used by other coaches. Also there was little space given to defensive tactics.

Source of data. -- The data for the study were secured from several sources but most of them come from years of coaching experience. Studying with the greatest coaches of the past quarter of a century in coaching schools has been invaluable to the author in gaining experience and data presented in this paper. Books and articles dealing with football and written by the best coaches in the United States were another valuable source of the data.
CHAPTER II
GROWTH OF T FORMATION

The T formation has enjoyed unusual success since 1940. The use of this modern version of the T formation has gradually increased since the football season of 1940 and the Rose Bowl game January 1, 1941, until now it is the most widely used formation in existence.

However, the type of T formation employed by one coach will differ from that made use of by another coach. Very few T formations employed by our high schools or colleges today are identical in play patterns, signal calling, and maneuvers of personnel. This, of course, is as it should be, for just as coaching individualities are distinct, so will the product of their coaching endeavor likewise bear dissimilar characteristics.

There is no question but that the enthusiasm being displayed for the present day T formation must be attributed to the work and success of three coaches that spent years developing the modern day T formation, namely, George Halas, Clark Shaughnessy, and Robert Jones.

The season of 1940 was highlighted by phenomenal play on the part of the teams under the direction of these three coaches: Lake Forest College under Jones; Leland Stanford University under Shaughnessy, and the Chicago Bears under
Halas. The most remarkable achievement was accomplished by the Stanford T Team. Playing under a new coach for the first time, Shaughnessy, with an entirely new formation, the T, and with practically the same personnel that in 1939 had won but one game out of nine, this team went through a tough season unbeaten and untied and climaxed a remarkable high scoring year by winning over Nebraska in the Rose Bowl, 21-13. The 1940 record of Lake Forest and the Chicago Bears from a won and lost standpoint was almost as impressive but not quite as "Cinderellic" as was the Stanford team.

Following a season that was decidedly highlighted by the offensive performance of these three T formation teams, anyone in the coaching profession could not help concluding that the modern T formation must be based on principles radically different from those underlying the common style of offense; i.e., the Notre Dame box or Warner's double or single wing.

It is true that quite a few coaches were of the opinion that the prime reason for the outstanding success of the Stanford and Bears teams was due to exceptional personnel rather than the T. This claim was that the personnel possessed by these teams would make any system work against any opposition. Of course there is no way in the world of definitely settling such an argument, but an examination of the facts could not help leaving one with the opinion that the T formation as an offensive system was superior to the
other systems in at least this respect; that by its use the
same personnel would score quicker, more often, and with
greater ease than it would by employing a different system.
The 1940 Stanford team might have gone through an unbeaten
season by use of the single wing back but it is not likely
it would have had such a scoring record. Likewise the 1940
Chicago Bears may have won as many games by employing the
Notre Dame box instead of the T, but who could believe they
would have trounced the Washington Redskins in the East-West
play-off game 73-0 by the use of any other system but the T?

Besides Jones, Halas, and Sahughnessy immediately
following the 1941 Rose Bowl game there were practically no
coaches either in high schools or universities that had more
than the slightest knowledge of the working of the T formation
as they employed it. As to be expected many a coach shouted
that he played under such a system years and years ago and
that it had become obsolete. Many a spectator claimed like-
wise and derived an enormous amount of satisfaction out of
his claim of being well versed in the operations of such a
formation. Many took it for granted that the modern T was
merely a revival of the old, but as time has gone by and
the operations of the modern T are more universally under-
stood, it is known that the one resemblance of the old and
the new is the fact that the initial formations were the
same, namely, seven men on the line and the backs arranged
in a letter T with the quarterback under the center. Outside of this similarity the operations of the two are as dissimilar as day is from night.

The adoption of the T into general high school and university play received a slow start. The main reason was the fact that few coaches knew anything about it. From the standpoint of high school play it was at first implied, by those who knew, that the successful operation of the T was too intricate for high school boys to master. The other main factor in retarding the general usage of the T was perhaps World War II. In peace times the coaching personnel throughout the country is swelled each year by young enthusiastic coaches who have just graduated from college. Because of the National Draft Legislation (1940) many young men who were T trained were unable to enter the coaching field.

By means of several Shaughnessy sponsored coaching schools held in the spring and summer of 1941, many high school coaches were afforded the opportunity of becoming acquainted with the operations of the modern T formation. The only other instrument available for the average coach to make use of was a book entitled "THE MODERN T FORMATION WITH MAN IN MOTION" published by Shaughnessy, Jones, and Halas early in 1941.

Coaches, as was to be expected, were slow to go overboard for a system they knew little or nothing about.
However, some, including myself, definitely made up their minds to go all out for the T, regardless of results. Some reasoned that because of inferior personnel and the necessity of playing tougher opponents they did not have much, if anything, to lose. They reasoned, and correctly too, that their defensive play would not be affected by using the T offensively and since their offense in the past had not been too successful they were not taking much of a chance in changing over from their previous styled offense. If they could not score with the box or single wing, they could at least do as well if not better with the T formation.

It was this type of coach that really gave the T its wide scale impetus the first years following the Stanford-Nebraska Rose Bowl game New Year's Day, 1941. The big name coaches did not belong to this category. Without knowledge of just how the T formation operated, they could in no way justify giving up a system that for years had proven successful for them for a system that might not produce any such measure of success.

With the exception of coaches who introduced the T formation on the basis that it would score as many touchdowns as did the system that they had been using, the over all swing to the T formation was brought about in a negative manner. A great many coaches experimented with the T practice sessions for the purpose of setting up defenses that would cover the various attacks of the T.
They were not as interested in its offensive possibilities as they were in stopping it. Enormous concern was generated through the inability to defense the T to an extent that even approached that set up against the customary offensive formations. And today the concern for defending the T has far exceeded that for defensing all other formations combined.

It was through these practice sessions that a lot of coaches sold themselves on the potentialities of the T formation.

Coach Ray Elliot of Illinois University told the coaching school at Corpus Christi, Texas, in August, 1946, how he got started using the T formation. Until the season of 1943 his basic formation was the single wingback. He said he thought he had something very fine in his formation, and stated he still believes the single wing is a good formation. However, during the pre-season period of training in 1943 he found himself in the same condition as most other college coaches. Most of his players were young, inexperienced seventeen-year old boys who in normal times would have been in high school. According to Coach Elliot at the end of a short training period an intra-squad scrimmage was held in an effort to give these boys a little game experience and also to get a perspective of the relative strength of the players before the first game. The scrimmage was disappointing to the coaches and to the boys. One team scored one touchdown and the other one scored two touchdowns.
Since the exhibition was such a disappointing one, and since Illinois' opening game with Purdue was only two weeks away, Coach Elliot and his coaching staff decided to give the T formation a trial.

They reasoned that if other coaches with limited material could be successful in using this formation, they might be able to do the same thing. They decided to use ten simple running plays, five going to the right side of center and five to the left side of center.

On Monday of the first week the coaches worked in groups teaching plays. The backfield coach worked with the backs. The line coach worked with the line on ten plays. On Tuesday the entire squad was divided into two groups and spent two hours on dummy scrimmage work to learn plays and timing. On Wednesday the two teams engaged in a regulation game scrimmage. The teams were permitted to use any defense they chose since they had not had time to develop any defensive play. To their surprise one team scored eleven touchdowns and the other one scored ten touchdowns.

After the fine showing of the T formation in the scrimmage Coach Elliot said his staff and the boys were so enthusiastic about the possibilities of the formation they really started working to develop it. At the end of two weeks of work on the formation, Illinois scored four touchdowns on a very strong Purdue team. The team improved as the season grew older, and finished very successfully.
In 1944 a few new plays were added, and a few changes in the old ones were made. And with twenty-one freshman boys on a small squad, Illinois went through a schedule of nine hard games to finish as the third ranking team in the nation behind the great Army team and the powerful Randolph Field squad.

There are those who say the formation is fine for weak material and coaches will get away from it as fast as their personnel becomes strong.

Such a theory, I believe, will be disproved if we stop to consider such teams as Notre Dame, Texas University, Georgia University, Oklahoma University, Missouri University, Oregon University and other college teams who have the best football players in the nation and all of which are enjoying marked success. In fact, four out of the above named six schools were chosen for bowl games played January 1, 1949. And better than ninety per-cent of teams playing in bowl games New Year's Day, 1949, were T teams.

Not only are the strongest college teams using the T formation but such pro teams as the Chicago Bears, the Cleveland Browns, the Baltimore Colts, all of which were in play-off games for championships the past season, and many others, use the T formation with outstanding success.

There were also theories in the opposite direction. Early in 1941 theories were first advanced that the operations were too complicated for high school consumption,
and that the personnel had to be made to order. These theories have certainly been disproven in the past few years. The fact that so many high school teams in all sections of the country have adopted this style of play with such good results can only lead to the conclusion that of all the offensive formations, the T is the most successful and practical for high school play. The majority of coaches, it is true, have played safe in keeping a hold on their basic formation, while experimenting with and adding parts of the T. Even then if the T formation had been added to any extent at all the coaches found that the boys insisted on making use of it rather than the basic system. High school boys really display enthusiasm when it comes to running and throwing from the T. This formation tends to make fun out of work, it elevates the duties and responsibilities of each lineman to an equal plane as found with the backs and it affords the opportunity for not only the signal caller to be a "thinker," but each member of the team as well, be it the center, guard, tackle, end or back.

The theory that the personnel had to be made practically to order for the proper functioning of the T plays was highly exaggerated. It just doesn't seem consistent to demand perfection of material for the successful operation of the T and not demand the like for the same success in running the single wing. Regardless of comment and utopianistic ideals most material is made to fit the system and not the system
the material. Very seldom do you hear of a college coach turning down a number one all state back or lineman for the reason such a boy is talented under the Warner System and not under the Notre Dame System.

Not only do high school boys like to run and pass from the T formation, but college boys as well. Coach Jeff Cravath of the University of Southern California told a coaching school at Wichita Falls, Texas, August, 1945, that he was forced to use the T. His basic formation was the late Howard Jones' single wing until the Spring of 1944. He gave his boys some T formation plays just to break the monotony and lessen the drudgery of Spring practice. The plays were so successful and the boys enjoyed them so much they demanded they be permitted to use them the next Fall in their regular season. Southern California has been using the T ever since, and with marked success.

The Texas High School Coaches Association sponsors each year a coaching school. The school has grown until it is now the largest in the world. At the close of the school each year an all-star game, the North vs. the South, is played. The boys who participate are graduating seniors from the high schools over the state who have been outstanding players in their positions. With the growing popularity of the T there came a demand for instructors in this system of play. Therefore it has become a policy of the school to have a T formation instructor to coach either
the North or the South all-star squad and to have a specialist in some other system to coach the other all-star squad. Thus the high school and other coaches who attend the school see the T formation in competition or comparison with other systems. For the first few years after this was started the T formation teams were defeated. However for the past several years the T formation team has consistently won.

There are several reasons for this turn in results. One is that the instructors or coaches who direct these boys are better versed in the operations of the T formation. Another important reason is that the boys have been instructed by high school coaches who know the T formation, and the boys themselves have workable knowledge of the T when they get to the school.

In 1933 and 1934 few boys who were selected for the all-star game had played under a T formation coach in high school. Therefore it was difficult for the boys to master the operations or the system in one week, which was the length of the school. The past four or five years, however, it has been just the reverse; i.e., it is just as hard to find boys now who have played anything except the T as it was then to find them who had played on T teams in high school, and the instructor at the coaching school who tries to use the single wing or any formation other than the T is now handicapped because within one short week, the duration of the school, it is difficult to install a system composed of boys who have
been brought up in something different. This proves to me the T formation has been adopted almost completely by the high school coaches of Texas.

We have talked mostly of Texas high schools. There are, of course, some states who have not gone all out for the T. Usually the high schools of a particular state follow somewhat in the footsteps of their respective state universities or better schools in their state. Of course in the case of Texas the high school coaching school has been very influential on the high school coaches of the state. And as the school for several years has had outstanding T men as part of the instruction, the T system has been pretty thoroughly sold to this state. Arkansas University to date has not used the T formation. As a result the high schools in that state have been a little slower to change over to the T system. However, in Spring practice this year, (1949), the University of Arkansas switched to the T and it plans to use it next Fall. It is my prediction that most of the high schools that have not already adopted the T as their basic formation will soon try to do so.

When the most noted of all football offensives, the Notre Dame System, was changed to the T formation, and by one of the late coach Rockne's own players, Coach Frank Leahy, it left no doubt in my mind but that the T must be the best of all formations.
Coach Leahy said he thought over the situation a long time before definitely deciding to install the T at his Alma Mater. Some people went so far as to say that in so doing he was disrespectful to the greatest coach of them all, Knute Rockne. Coach Leahy says, however, that having played under Coach Rockne, he thinks that if Rockne were living today he would have been one of the first men to install the T formation in College football.

Coach Leahy also says he made a very thorough study of this fast striking formation, and after making a list of all the advantages of the T and comparing them with the old Notre Dame system, he decided it would be wise to change his offensive set-up. The authorities at Norte Dame agreed with him and so we no longer have Rockne's famous Notre Dame box, but in its place a Notre Dame T.

I believe the content of this chapter has shown the rapid growth of the T formation the past ten years, even though it started slowly. The universal use of it at the present time is evidence, if not proof that it is one of the most versatile and most successful offenses ever used in the history of the game of football.
CHAPTER III
RUNNING GAME FROM THE T FORMATION

As has been said in the preceding chapter, there are as many versions of the T formation as there are coaches using the T. It is certainly not our purpose to try to prove that our T is the best in the country, but rather to give to those, if there be any who may be interested, the material that we give our players. We like to feel that this information may be of some interest to coaches using the T formation and perhaps might be of some help to young coaches just starting a career of coaching.

The play patterns herein and the necessary instructions are results of several years of experience, and hours upon hours of study, with many of the greatest coaches in the profession the past twenty years. Beginning with Knute Rockne and Pop Warner and coming on through the years to include such coaches as Fritz Crisler of Michigan, D. X. Bible of Texas University, Lynn Walford of California University, Wally Butts of Georgia University, Bobby Dodd of Georgia Tech, Clark Shaughnessy of the Los Angeles Rams professional team, Carl Snavely of North Carolina University, Don Faurot of the University of Missouri, Jess Neely of Rice Institute, Blair Cherry of Texas University, Matty Bell of S. M. U., Bernie Moore formerly of L. S. U, Jeff Gravath
of Southern California, Skip Palrang of Boys Town, Nebraska, Jim Aiken of Oregon University, Bud Wilkerson of Oklahoma University, Frank Leahy of Notre Dame, and many others who have conducted coaching schools over the country or have permitted me to observe their practice sessions, I am indebted for what little knowledge I may have of this business we call football.

In 1928, I wrote Coach Pop Warner and asked him what he thought of my high school team trying to use the double wing-back formation. He answered my letter promptly and I felt highly complimented to have a letter from him. But I think the advice he gave me was wrong. He told me the double wing formation required so much ball handling, so many reverses, spins, and half spins that it was too complicated for high school teams to use - and that we would probably be better to use the single wing as a major formation with perhaps a few simple plays from the double wing-back formation.

We started using a few simple plays from the double and added a few less simple ones along during the entire season. At the end of the season we had not had time to put on any single-wing stuff. In fact, we did all of our punting from our double wing-back formation. If it was fourth down we just backed our tail-back up to about ten yards and punted.

The next year we stayed with the double, and the double only. We lost one game, a 2-0 decision to a team that went to the finals in the state race.
In 1941, I began to study the T formation. Again I asked for advice on how to use the new formation or the modernized formation. On every hand I had the same advice, start by using a little of it in with the formation already in use. Again I decided to go whole hog or none. So I tried to install the T formation. Since that time I have been trying to exhaust the possibilities of the T so have not had any time to put on any other formation.

Perhaps there are some things that cannot be done from the T. But I do believe time spent on other formations to supplement the T would pay better dividends if spent to further the possibilities of the T. I had rather try to defend against an opponent who is using a few favorite plays from each of several formations than one using every type of offense from one formation. Therefore, we try to use the T, the whole T, and nothing but the T.

**Blocking.** -- Football's tritest axiom is: You can't win without scoring. To that we may add, with only the slightest reservation, you can't score without blocking. Whether the play is a run, a kick, or a pass, the team with the ball has to concern itself eternally with moving opponents out of the play and keeping them out.

A player who wants to improve his blocking (and there is always room for improvement) does four things; (1) He studies the technique of blocking - learns to utilize his
physical equipment, whatever it is, to the fullest. (2) He practices hard and regularly, establishing good blocking habits in blocking drills, on the blocking dummy, in scrimmage and, whenever opportunity affords, in games. (3) He works to improve his mobility - by taking starts, by running hard in wind sprints and with appropriate exercises and drills. (4) He keeps himself in condition to absorb hard knocks by observing sane living rules.

In general, the purpose of the block will be: (1) To move an opponent out of the play or (2) to keep him from moving into the play. For these general purposes there are two primary blocks: (1) The shoulder block, and (2) the cross-body block.

Numerous variations of the primary blocks have been developed to fit different situations and specific purposes but they are all offshoots of the shoulder and cross-body blocks.

The fundamentals of blocking will be discussed in detail later, but at this time it is well to say to the blocker:

(1) Unless your blocking charge is hard and vicious your opponent will overpower you and shove you back into the ball-carrier's path.

(2) If you lunge blindly and out of control, he will shove you aside or into the ground.

(3) If your charge is too high, he may bowl you over with his own shoulder or fight you off with his hands and
move into the ball carrier's path; if too low, he may reach or climb over you and make the tackle.

(4) If you do not establish firm and proper contact, he will slip off your shoulder and be in position to make the tackle.

(5) When employing the shoulderblock in the secondary or after pulling out of line, if you do not time your advance so as to "meet the opponent at the crossroads," you will be ineffective. A common error is to throw the block from too far away; run through the opponent.

(6) If you don't want to block, you can't. Blocking is seventy-five percent desire.

Various blocking devices from simple dummies to complicated patented machines are on the market and almost all of them may be used to advantage in training players to block. The blocking dummy is especially helpful in teaching and learning correct form.

But, in the end, there is no substitute for the moving, live target. The coach should see that his players are properly protected, that they know the rudiments of blocking and evading blocks, and that they are in physical condition to withstand a few hard knocks. Then they should be allowed to practice what they have been taught under conditions similar to those they will encounter on the playing field.

Signal System. -- We have used every suggestion encountered that we thought would simplify our signal system
and by so doing lessen the likelihood of a mistake being
made in the execution of the play called.

Since the center is our pivot man, that is the spot
where we start numbering our holes. The right hip of the
center is hole number zero, right hip of right guard is hole
number two, right hip of right tackle is hole number four,
right hip of right end is hole number six, while hole number
eight is far outside the right end. Starting again with
the center, we number our holes on the left side with odd
numbers. The pivot's man left hip is number one, and so on
out to number nine, which is far outside the left end.

We give numbers to our four backs and to our ends, the
potential ball carriers on the team. The quarterback is
number two, the left halfback three, the fullback four, the
right halfback five, and the ends six. Our right end runs
only to the left and our left end to the right. As a result
of the given numbers, when the quarterback calls play number
"52" it simply means the number five back carrier the ball
through the two hole. Likewise number "14" would mean the
four back would carry the ball through the four hole and so
on.

Most coaches, I believe, have the quarterback call a
number to indicate which man goes in motion and also to
give the snap signal. For instance, if the quarterback calls
"52-36" it would mean the five back would carry the ball
through the two hole, the three back would go in motion,
and the ball would be snapped on six. We do not use this method because we think it a little less likely we make a mistake doing it our way. If our quarterback wants the left half or the number three man to go in motion he says just that. To run the "52" play as described above, our quarterback would say in the huddle "left half in motion '52' or six." Each person is told exactly what to do by those few words. We feel that the less we have to concentrate on what we are supposed to do on a particular play the better we can concentrate on how to do the assignment. The left half goes in motion to the right every time he is sent in motion unless the quarterback says "left half in motion," opposite which means he goes to his left. The snap signal may also indicate where the man in motion will be when the ball is snapped back by the center. Two would mean he starts in motion parallel to or back from the line of scrimmage fast and will "just be a few steps" away when the ball is snapped; four means he is ten or twelve yards out, six would mean he just gets set outside the defensive end and eight would mean he sets twenty yards out from his own end.

We do not snap the ball on odd numbers. We call our numbers in pairs as 1-2, 3-4, 5-6, etc. with a little pause between two and three, four and five, and so on. We think this rhythm gives us a little advantage in starting.
Since we began using this way of counting for our snap signals we have had fewer penalties for offside, and I think our team gets off together better than by any method we have ever used.

After our quarterback has called his play—as, lefthalf in motion "52" on two, the team comes to the line of scrimmage in a preliminary stance, feet parallel and comfortably wide, weight equally distributed on the balls of the feet. The knees are slightly bent and the hands rest on them, arms straight. We can run a play from this position, but we only do so often enough to keep the defense on edge all the time, or if the defense relaxes we run from this position to hit them while they are off guard. Our quarterback now says: "Ready; signals; 1-2, 3-4, 5-6," and so on to the snap signal.

On "ready" the line goes down to its regular three point stance. When the quarterback says "signals" the lefthalf starts in motion, then the ball is snapped in motion on the number, as per given in the huddle. In the above play it was two.

There are several advantages of the preliminary stance. Besides the ones given above it affords a thinking period for the entire offensive team while they look the defense over; and secondly it gives the line an opportunity to gain a little better blocking angle, by moving right or left a little as they go down into their regular stance. This is not a "give away" because a linesman may move out a little as if he
were trying to get an angle to block his opponent in and the play would be going around end in the opposite direction. Therefore, the defense would only be trying to outguess the offensive maneuvers, and such strategy by the defensive team, or parts of it, would probably be helpful to a smart offensive team.

Now suppose we come out of the huddle and as we line up in our preliminary stance we see there is no chance for the play to succeed that has been called, because of the defensive set-up. There are several ways to cope with this situation, two of which we have used, with fairly good success. One is to let the quarterback change the play after he sees the defense. This can be done by letting the quarterback call out two numbers as "2-3." This would mean if we had called play 52 in the huddle we would change the two to a three which would cause the play to hit the three hold. However, if the play called in the huddle was not a two play then the "2-3" called by the quarterback would mean nothing, it would only be for decoy purposes. In other words, if the first number called by the quarterback after the team was on the line of scrimmage repeated the number calling for the hole, we were supposed to hit; then the next number called by the quarterback named the new spot we would hit. If the first number did not repeat the hold number as called in the huddle, the original play would be run.
Another method, and perhaps less confusing, is to have the tackles call the blocking assignments. Both tackles call an assignment immediately after the quarterback says "ready," but naturally the onside tackle is the only one the players listen to, the other being for decoy purposes. If the tackle sees that the hole is clogged up he may say "up two," or some similar phrase, which would mean that a "52" play would become a "54" play. If the defense shifts to the play side he might call "cancel," which would cause the quarterback to call "opposite" or some code name that would run the opposite of the original play. The opposite of our "52" play is "33;" that is, instead of right half hitting off right guard, our left half would hit off left guard. It is well when teaching plays to give the two plays at the same time, if this method is to be used. This will cause the team to think of the two plays on the same plane at the same time.

The T formation is based on the element of surprise; there is probably no better way to capitalize on this element than to have an operation completed before the enemy realizes what is happening. This is what our quick openers are designed to do. Some coaches, I believe, look upon this type play as being too elementary for them to waste their time on. In order for any other plays to work successfully from this formation, we believe that it is absolutely essential that the opponent always be tensed to expect a
quick opener. If you have the opponent in this frame of mind, you will find it much easier to make them go after a good fake. If we can fake a quick opener well enough to have the linebackers or lineman tackle the faking halfback then we feel certain that our other plays of the same pattern will succeed.

We will diagram our most used quick opener, play number "52", and its opposite, play number "33".

On these plays we have a set pattern for our halfbacks to follow after they go through the line. Naturally they may deviate from this plan if circumstances cause the need for change, but we ask our ball carriers, if possible, to go through the line for approximately five yards and then cut away from the hole side of the line. That is on a "52" the halfback would cut to his left, and on a "33" he would cut to his right. The reason for this is to permit the offside tackle and end to get down field ahead of the man with the ball, and give him some assistance with the enemy backfield men.

Play "52", as mentioned earlier, means the number five back through the number two hole. This play may be run with either left half or the fullback in motion or out in a flanking position. Or the quarterback may choose to spread an end just to disconcert the men across the line. The success of this play depends mainly in the timing that is employed by the quarterback and the ball carrier. It works
so fast that they must meet perfectly in order to avoid a fumble. Much practice is required to perfect the exchange from the quarterback to the halfback.

Since the defense we most commonly face is the normal six man line we shall diagram play "52" first against this normal 6-2-2-1 showing the blocking we use when we run up against this defense.

Play "52" against a normal six man line is shown in Figure 1:

![Diagram](image-url)

Fig. 1.--Play "52" against a normal six man line.
On this play we ask our right tackle to drive the
defensive tackle toward the sideline with a high shoulder
block. Our right end comes back behind our tackle and drives
to meet the linebacker. This may look as if he would have
trouble getting ahead of the ball carrier but it is not a
hard block. It not only gives the end a good angle on the
linebacker, but it gives him an opportunity to help open the
hole if our tackle and guard have not been successful.

Our right guard must get a fast hard charge at the man
on his head and drive him away from the hole. His is one of
the hard and most important blocks on the play. A good
blocking guard is essential. He should be careful not to
let the man pivot away from him or he may close up the hole.
This defender is the closest man to the hole, and we want
him to have to go across the line of scrimmage in order to
get away from our guard's blocking.

The center starts to sprint as soon as the ball leaves
his hands. He sprints through the line until he is a little
bit deeper than the offside linebacker. As that man starts
to move over into the play, our pivot man blocks him back
toward the line of scrimmage. The reason for this maneuver
is that the play is coming in his direction, so the center
must make certain that this man is kept out of the play for
a length of time sufficient to allow the halfback to be on
his way.
Our left guard blocks the defensive guard away from the hole. He may release his block after three counts and get on down field in the general direction of the ballcarrier and possibly aid in clearing the way for his teammate.

The left tackle is a down field blocker on this type play. We ask him to check the defensive tackle before he leaves, then head down field just inside the defensive halfback. He should be there just ahead of the ball carrier, being careful not to throw his block too soon.

The left end is also a downfield blocker. We like for him to fake a block at the linebacker before he goes. This fake will delay him enough so he will not get to the safety too soon. It is important that he blocks the safety to his own right if possible as we try to cut back behind him and go between the safety and the defensive right halfback. We like to stress downfield blocking by these two men, as their success may determine whether our ball carrier goes all the way.

The quarterback is a key man on this play as he is in most all T formation plays. We will discuss quarterbacks in detail in another chapter. Upon receiving the ball from the center, the quarterback should make a reverse pivot or do the cross over and feed the ball to the halfback. As soon as the halfback passes him, the quarterback takes two short steps as shown on the diagram and fakes a pitchout to his other halfback. The little marks on the line indicates
the fake pitchout. After faking the pitchout to the left halfback, he then fades back and fakes a forward pass. All of this time he keeps his back at least partially facing the line of scrimmage so the opponents cannot see what is going on.

The left halfback steps off with his left foot and sprints straight toward the side line until he is about behind the center and then starts to veer back. When the quarterback fakes a pitchout the number three back must fake with him in order to confuse the enemy. Note the two little lines crossing his path. It is necessary to spend a lot of time on good faking in order for these maneuvers to become so ingrained that there will be no danger of forgetting these fakes during the heat of a game when pressure is on.

The right half must start very fast. He eyes the ball with split vision until he is ready to receive it, then watches it into his grasp. We ask our ball carrier to take the ball from the quarterback. Another version is for the quarterback to give the ball to the ball carrier while he looks only at the spot of attack. After the ball carrier has the ball in his possession, he bolts through the line for about five yards then cuts to his left and picks up his blockers.

Our fullback must "fly" out toward the sideline to his right, keeping an eye on the defensive end and other enemy
players to see their reaction. He should do this to learn what play similar to "52" would work out in that direction.

Play "33" against a normal six man line is shown in Figure 2:

Fig. 2.—Play "33" against a normal six man line.
The opposite of "52" which is "33" should be taught at the same time. In this play one can see by the diagram the assignments are identical except the play is to the opposite side. Now the left end gets the linebacker on his side using same technique as did the right end on "52" to get the linebacker on his side. Likewise our left tackle gets the defensive tackle away from the hole and the left guard shoulders the defensive guard to the right. The center gets the linebacker away from the side the play is on just as he did on "52."

The left half now goes through as did the right on the "52" play. The fullback heads for the sideline to his left, keeping an eye on the defense to that side of the field, and the right half speeds to his left parallel to the line of scrimmage until he is behind the center; then he fades back so he can be in good position to receive a pitchout from the quarterback who fakes to him just as he did to the left halfback on play "52." The quarterback technique to this side is just the same as to the other side except he pivots out in the opposite direction and will need to take an extra step to carry out the fake to this side.

This defense is a popular one with most coaches. We meet it with "52" exactly as we meet the normal six man line except the right tackle and right end exchange assignments. Our right tackle calls the blocking pattern against this defense, the offensive right tackle heads straight across the
line of scrimmage, then cuts to the right to keep the linebacker out of the play as shown in the diagram. The right end shoulders the defensive left tackle away from the hole. The defensive tackle is not as hard to keep out of the play as when he plays in the slot.

All other assignments are exactly the same as against a normal six man line.

Play "52" against an open six man line is shown in Figure 3:

Fig. 3.--Play "52" against an open six man line.
Play "33" against an open six man line is shown in Figure 4:

Fig. 4.-- Play "33" against an open six man line.

The same change is made on "33" against a wide six as was made on the "52" play; namely, the offensive end and tackle on the side the play is going change assignments. All other assignments are the same as against the normal six man line.

We think we have a very simple way to handle a five man line. We tell our boys that when there is a 5-3-2-1 set-up against them there is only a minor change in the blocking
assignments from that of a regular 6-2-2-1. That change is that the offensive man who gets the third defensive man from the end on the side the play is going, now gets the middle linebacker, and the center gets the man on his head. All other men get the same men as in the normal six.

Play "52" against a 5-3-2-1 defense is shown in Figure 5:

Fig. 5.-- Play "52" against a 5-3-2-1 defense.

The diagram of the play "52" shows our right guard, who is the one who got the third defensive man from the end on this play against the normal 6-2-2-1 defense, getting the middle linebacker. The center is shown getting the man on his head. The right end still gets the linebacker to his side.
The left guard is left without a man so uses his judgment as to who needs him most. He can help the center, the right guard, or go on down and be a general blocker for the ballcarrier and pick up anybody with the wrong color jersey on that looks as if he might be in a position to interfere with the progress of our ballcarrier. Our left tackle and left end still go down field for their same blocking duty as on the six man line.

Play "33" against a 5-3-2-1 defense is shown in Figure 6:

Fig. 6.-- Play "33" against a 5-3-2-1 defense.
Again the only change is for our left guard, instead of getting the third man from the end on the side the play is going as he does on the normal six man line defense, to get the middle linebacker.

This is the opposite play to "52" and both plays should be given against the five man line at the same time.

Play "52" against seven diamond defense is shown in Figure 7:

![Diagram](image)

Fig. 7.-- Play "52" against a seven diamond defense.
Play "52" against an over-shifted six man line defense is shown in Figure 8:

Fig. 8.-- Play "52" against an over-shifted six man line.
Play "33" against a seven diamond defense is shown in Figure 9:

Fig. 9.-- Play "33" against a seven diamond defense.
Play "33" against an over shifted six defense is shown in Figure 10:

Fig. 10. -- Play "33" against an over shifted six defense.
"52" and "33" are two plays used most of any plays we have. Therefore we want to be sure they will work against any defense we meet.

We have diagrammed them against a regular six, an open six, a 5-3-2-1, a 7-1-2-1, and an over-shifted six with very little change in assignments. Against the 7-1-2-1 we block as if the defense was a 5-3-2-1. We tell our boys the two outside linebackers on the five man line moved up to the end positions on the seven man line and just pushed everybody in a little, not enough to cause us to change the assignments from the five man line. Our right end on "52" and our left end on "33," who gets the outside linebacker against the five when the play comes his way, checks the man in front of him and moves across the line of scrimmage and gets ready to block anybody who might be coming back into the vicinity of the play. Everybody else on the team has the same assignment as on the five man line.

The over-shifted six is no different from the seven on the side the play is going, and is practically the same as the five on the other side of the line. Therefore we have no extra assignments to learn to meet this defense. There are two linebackers behind the over-shifted six but one of them is usually so far away he is out of the play; but if he is not, our offside guard on the five man line assignments is still available to get the defensive man who is in position to get into the play. The diagram shows him faking at
defensive center, middle linebacker and then going on to make ready for any dangerous opponent down field.

These four plays, "50," "31," "40," and "41," are also quick openers. They may be run with man in motion. The wavy line indicates the man in motion.

Play "50" against a normal six man defense is shown in Figure 11:

![Diagram](image)

Fig. 11. -- Play "50" against a normal six man defense.
Our ends go down field for halfbacks as shown, our tackles dart through the line to position between the linebackers to keep them from closing in on our ball carrier.

The left guard and center double team the defensive right guard edging him toward the side line. Our right guard may have to use some head faking and good blocking technique to get an angle on the defensive left guard and be able to move him toward the opposite sideline.

The right half darts through the line as he is fed the ball by the quarterback, and heads straight at the safety. It is important that the ball carrier on this play does not veer toward the sideline or he may be stopped by a defensive halfback. It is also easier to dodge the safety man by going directly at him as this affords the possibility of side stepping to either side. It is always easier to dodge a man by heading directly at him than to run at an angle away from him, and have him come up on you and drive you to the sideline.

The left half goes in motion parallel to the line of scrimmage or slightly backward from the line of scrimmage as shown by the wavy line. He may get set outside of defensive end on given signals by the quarterback. Whatever he does it is important that he watch the defensive end, linebacker, and halfback on his side of the field to determine what play starts the same as "50" and will end up as an end run, off-tackle play, or forward pass.
Our fullback sprints fast to his right as shown and fakes for a pitchout by the quarterback. He may also concern himself with the reaction of the defense to make ready for the pitchout play when it has been set up sufficiently.

The quarterback handoff and fake pitchout is the same technique as in play "52." The only difference is the footwork which will be explained in detail later.

Play "31" against a normal six man line is shown in Figure 12:

Fig. 12.-- Play "31" against a normal six man line.
"31" is opposite to "50" and the assignments are practically the same. The left half carries, the right half is in motion. The center blocks to his right helping our right guard, and the three back hits the one hole as shown. The fullback's duty is the same as on the fifty play except to the opposite side. All other assignments are the same as on "50."

Play "40" against a normal six man defense is shown in Figure 13:

![Diagram](image-url)

Fig. 13. -- Play "40" against a normal six man defense.
This play is exactly the same as "50" except the four man carries and the five man heads wide in the fullbacks place.

Play "41" against a normal six man defense is shown in Figure 14:

Fig. 14. -- Play "41" against a normal six man defense.
Play "41" is the same as "31" except the fullback and left halfback change assignments, as shown by the diagram. These four plays are only used against a six man line. If one of them is called in the huddle and we come out and find the defense set in a 5-3-2-1 or a seven man line, the play, if "31" or "41," automatically reverts to "33." If the play is "50" or "40" it automatically changes to "52." This enables us to hit quickly at the middle of the line and we are not disconcerted by changing defenses.

Our Off-tackle Plays. - When I first began to use the T formation, I became deeply concerned because we could not get our off-tackle plays to go. I am not sure that we have better off-tackle plays now. I think perhaps the success of the formation just inside tackle caused the defensive tackles to adjust in an effort to stop the inside stuff to the extent they have left themselves a little more vulnerable outside. Therefore the T formation users are now enjoying a lot of success with their off-tackle plays. We feel that these are very important and basic to our offense.

On play "36" our right end must handle the defensive left tackle who is usually big and strong, but if our right half fakes well as he plows inside the defensive tackle he will help pull him in and make him easier for our end to handle.

Our right tackle must pull out behind the line and take the defensive left end away from the six hole. He
should use his right shoulder and force the end deeper into our territory or carry him out of the play.

Our right guard should take the defensive right guard toward the center. Care should be taken that he does not pivot out into the path of the ballcarrier.

Play "36" against a normal six man line is shown in Figure 15:

Fig. 15. -- Play "36" against a normal six man line.
Our center has a very important assignment on this play. He must get down the field fast in order to get ahead of the ball carrier. The defensive halfback will be coming up fast so the center will need to go nearly down the line of scrimmage to meet him at the "cross roads."

The left guard needs only to keep the man on his head from getting to the quarterback before the ball is handed to our left halfback.

Our left tackle and left end block down field just as on "52" or "50."

The quarterback fakes a hand-off to our right half and then hands to our left half who follows our fullback through the six hole. The fullback gets the linebacker who may or may not have been sucked in to try to stop the faker. Again a good fake by our right half is a big factor in the success of the play. The right half should drive on through the line and look to his left for the opposite line backer who might be trying to get into the play.

The left half should cut back after he has passed the linebacker and pick up his blockers down the field. This is one of our most successful plays.

Play "57" is the opposite to "36." The five man carries through the seven hole. Since we have explained other opposite plays, it should not be necessary to do more now than diagram the opposites.
Play "57" against a normal six man line is shown in Figure 16:

Fig. 16. -- Play "57" against a normal six man line.
Play "36" against a 5-3-2-1 defense is shown in Figure 17:

Fig. 17. -- Play "36" against a 5-3-2-1 defense.
"36" works just as well for us against a five man line as it does against the six. The defensive tackle is easier to handle and the defensive end may be a little harder to take out of the play. However an offensive tackle is usually larger than the defensive end so we have not had too much trouble with this assignment. The linebacker may give us a little more trouble than the linebacker on the 6-2-2-1 defense. It may even be necessary for our ball carrier to cut inside of him if he is playing wide and our fullback finds it necessary to block him out instead of in.

Our right guard, who gets the third man from the end on the six, knows from our system of blocking against the 5-3-2-1, that he is to get the middle linebacker and the center knows to get the man on his head. Our left guard carries out the assignment the center had on the six and gets the defensive left halfback. All other assignments are the same.

"57" is the opposite to "36" and the diagram should be sufficient explanation of the play.

As explained before, our blocking pattern against the seven is the same as against the five except we tell our boys the two outside linebackers have moved up on the ends of the defensive line and the same men get them.

Play "57" against a 7-1-2-1 defense is the opposite to "36."

The overshifted six is the same as a seven man line on the strong side and a five man line on the weak side.
Play "57" against the 5-3-2-1 defense is shown in Figure 18.

Fig. 18. -- Play "57" against the 5-3-2-1 defense.
Play "36" against the 7-1-2-1 defense is shown in Figure 19:

Fig. 19. -- Play "36" against the 7-1-2-1 defense.
Play "57" against a 7-1-2-1 defense is shown in Figure 20:

Fig. 20. -- Play "57" against a 7-1-2-1 defense.

Against the seven man line we like to throw passes rather than try to run.

Sweeping the Ends. - Our end runs are our number "8" and "9" plays. These plays produce a lot of thrilling moments for our fans. For one reason they are out in the open and, too, they are designed to be long runs. The success of the "38" play depends very much upon the ability of the right half to execute a perfect "52" without receiving the ball.
Likewise on the "59" play the left half must execute a perfect fake "33".

Play "38" against a normal six man line is shown in Figure 21:

Fig. 21 -- Play "38" against a normal six man line.
Against a 6-2-2-1 our right end should brush block the defensive left end and then lope on downfield, getting himself a good angle on their defensive left halfback so he can stop him as he attempts to come over and slow down the man with the ball. He should make sure the defensive end plays him a little before he moves downfield.

Our right tackle, keeping high, pulls around the spot where the right end was lined up. He makes it appear as if he were going past the linebacker and then cuts back on him and drives him in toward the line of scrimmage. We ask our right tackle on this play to do an unusual thing, that is to stay tall as he pulls around for the linebacker. The reason for asking him to come up tall is so that he will screen the quarterback’s activities behind the line, thus making it that much more difficult for the defense to determine whether or not the ball is given to the right halfback.

The right guard has a man on his head, and he is asked to block this man away from the hole. He should scuffle with his man for at least three full counts and then move into the front lines. As soon as the ball leaves the center’s hands, he should take about three steps straight forward and cut on a ninety degree angle toward the sidelines. When he gets outside of their left end he cuts back and blocks anyone who is approaching from the rear. Ever so many times opposing linemen who have been fooled by the fake are in an advantageous position to come up on the ball carrier from the rear.
Hence we ask our center to see to it that no one enters his area. The left guard blocks his man very hard but wastes no time with him. After he has made his contact with his man, he should streak for the sidelines and see of what assistance he can be to the left halfback as he heads for the goal line.

The left tackles job can be simple if he works at it correctly. He must keep the offside linebacker from crossing over toward the line of fire. A thing to be remembered is that linebackers are usually fairly fast, and that quite a bit of time elapses while the ball is in the backfield, which may allow this man to move over toward the ball. Therefore, we ask our tackle to stick with him until he is positive that he cannot be of any danger to the ballcarrier. The left end must go fast in order to get downfield to block for the ball carrier. He should try to make the linebacker think he is coming at him, making things easier for our left tackle.

The quarterback must fake perfectly to the right halfback after making a reverse pivot or a cross over. He carries out every minute detail of play "52" until it comes to the actual releasing of the ball. He does all of his faking close to the line of scrimmage. He rides the ball into the halfbacks stomach, staying low for leverage and deception. As he pulls away from the halfback, he brings his left shoulder high to cover the movements of his hands.
While he is making the fake his left foot will be advanced. As soon as the back has passed, he takes two steps and laterals out to the left halfback. It is better to pass the ball out with lots of wrist action and very little arm energy. The quarterback should stand tall when he releases the ball, because this will tend to send it on a straight path rather than an upward trend. Fast steps will put momentum into the lateral without the use of any arm movement. The ball should be released from the man's waist.

As soon as the ball is snapped, the left halfback should start to sprint toward the sidelines. When he gets behind the center he should start to veer back and get as far away as possible before the quarterback laterals the ball. The halfback should watch the ball into his hands then tuck it away and pick a field that will allow him to cross the goal line.

A good right halfback can contribute more to the success of this play than can be imagined. When he comes in to fake with the quarterback he should turn his body to the left to screen the maneuvers from the defensive end and tackle. As soon as the signal caller pulls the ball away he should double up and start churning through the line. We like to see our faking halfback tackled, since whenever he is stopped the ball carrier usually gets away for a long gain. The fullback sweeps toward the sideline, blocking the first enemy out of the path. If the defensive end has gone for our ends fake
our fullback goes right on past him. We may also run this play with the fullback out as a flanker. He is then in a good position to block the defensive end, and he is a pass threat that must not be overlooked, or we will throw to him.

Play "59" against a 6-2-2-1 defense is shown in Figure 22:

Fig. 22. -- Play "59" against a 6-2-2-1 defense.
"59" is the opposite of "38" and the change on it is made the same as usual. The only difference is that some quarterbacks will need three steps instead of two to be able to get the ball accurately to the halfback. Our present quarterback, Zeke Martin, laterals left handed on play "59" and right handed on play "38," thus his steps are the same for both plays.

Play "38" against the 5-3-2-1 is shown in Figure 23:

Fig. 23. -- Play "38" against the 5-3-2-1 defense.
The usual change for the five man line is applicable to this play just as in the previous plays diagrammed.

Play "59" against the 5-3-2-1 defense is shown in Figure 24:

Fig. 24. -- Play "59" against a 5-3-2-1 defense.
I think we can still use our general plan for blocking assignments against a seven man line. That is we consider the men at the ends as the outside linebackers from the five who have moved up on the line of scrimmage, and we block them accordingly. The other five men on the line and the linebacker are blocked as if they were in a regular five man line defense.

Play "38" against a seven man line is shown in Figure 25:

Fig. 25. -- Play "38" against a 7 man line.
Play "59" against a 7-1-2-1 defense is shown in Figure 26:

Fig. 26. -- Play "59" against a 7-1-2-1 defense.
"59" is just the opposite to "38."

"38" and "59" against an overshifted six are run as if running against a seven man line on the strong side and a five man line on the weak side.

**Trap Plays.** - The T formation is truly not the best formation for trapping. In order to successfully trap a defensive man we must have him in an aggressive state of mind and charging hard across the line of scrimmage. The biggest reason trap plays are not too successful from the T formation is that the defenses are nearly all trained not to charge across the line of scrimmage. Many T formation coaches do not attempt to use traps or as we call them, "sucker plays."

We have had much better success with trap plays from the T formation in high school than we have had since moving to North Texas. This is due of course to the fact that high school boys are more eager and like to charge hard and get at the ball carrier. College boys with more experience and in the hands of better coaching staffs, where they get more detailed training, are just not as susceptible to a trap.

We think however that these plays have a definite place in our offense, especially if we have a good passing attack. A team with a good passing attack will naturally be rushed more than one who does not pass much because rushing the passer is a good defense against passes. So we like to use this type play.
Play "34" sucker against a six man line is shown in Figure 27:

Fig. 27. -- Play "34" sucker against a six man line.
This is one of our most successful trap plays. Our right end fakes at the defensive left tackle to help keep him wide and thinking perhaps the play is going to the six hole. Our right tackle and right guard double team the defensive left guard and take him in. We use a post and pivot block on their guard, with our guard acting as the post blocker and our tackle doing most of the work. Our guard should hit and help raise the defensive man up as the offensive tackle hits simultaneously and drives the opponent to the inside. We must not let him get away and move into the play because the play develops slower than ordinary plays which might allow him to stop us for a short or even no gain.

We like to pull our center to do the trapping. We pull him to block for most of our passes and we think the trap play might look a little more like a pass with the center pulling. The linebackers will probably be alerted for a pass and retreat a little thus giving us a better blocking angle on them as we try to take them out of the play.

Our left guard takes the defensive right guard away from the hole. We want him to keep contact a little longer than usual as the delay in the backfield might allow enough time for this opponent to get in position to interfere with the success of the play. Our left tackle cuts through the line and takes care of the linebacker to see that he does not get across into the path of the ball carrier. He can best do this by making his opponent think he is going by him, then turn on
him and drive him back toward the line of scrimmage and away from the play. Our left end must keep the defensive right tackle from stopping the play before it gets to the line of scrimmage. This tackle may go down the line of scrimmage into our backfield and cause us some trouble. Therefore our end must move quickly in order to be in position to prevent such a move by this burly fellow. It is often necessary to throw a rolling block across the legs of this man if he moves so fast the end is unable to get between him and our ball carrier.

We ask our right halfback to head fast toward the sideline and look back, faking to receive a pitchout from our quarterback. Our fullback steps forward with his left foot then angles for the six hole as the quarterback fakes a handoff to him. He must drive hard and help pull the defensive left tackle into an easy spot to be trapped.

The quarterback has a big job on the play. He does a good deal of moving around in the backfield prior to handing the ball off to our number four back. All of this maneuvering must be carefully screened to avoid detection. We ask him to reverse pivot and take two steps at an angle to the scrimmage line of about forty-five degrees. This brings him in a position where he is met by our fullback who is slanting off toward the six hole. A complete fake is executed at this point, with the quarterback pushing the ball right in until it touches the fullback's stomach. He then rides the ball
back into his own stomach. At the same time he is shielding the activities by raising his left shoulder while he turns away from the line. As soon as the fullback is past, the quarterback takes one step parallel to the line of scrimmage then one step back from the line which brings him to a point about three yards behind our right tackle. Here he is met by the left halfback, who takes the ball on his right hip, grasps it, and moves in through the number four hole. Immediately after the quarterback releases the ball he should fade back and fake a forward pass. Besides adding deception to this play, this maneuver puts our signal caller in a spot where he can analyze just what is going on in the front line.

The left halfback, being the ball carrier, is the man we are most concerned with on this play. As soon as the ball is snapped he steps off, with his right foot, toward the sideline. After taking three short steps, he commences to veer toward the four hole. When he has taken one more step he should be in a position to receive the ball from the quarterback. At this point his right leg will be back to avoid a fumble. As soon as the pigskin is in the pocket he must start to churn his legs and head for pay dirt. He should head straight at the safety which will probably get him by the defensive halfbacks before they can diagnose the play and get in position to make the tackle. We tell our ball carrier if he gets to the safety with only that one
man between him and the goal, certainly he should be able to dodge well enough to go the remaining distance.

Play "3½" sucker against a 5-3-2-1 defense is shown in Figure 28:

Fig. 28. -- Play "3½" sucker against a 5-3-2-1 defense.
This play is another of our plays which can be run against a five man line defense with only minor changes. These changes have been explained and should be obvious from the diagram.

Play "55" sucker against a six man line defense is shown in Figure 29:

Fig. 29. -- Play "55" sucker against a six man line.
"55" sucker is opposite to "34" sucker, and can be run accordingly.

Play "55" sucker against a 5-3-2-1 defense is shown in Figure 30:

Fig. 30. -- Play "55" sucker against a 5-3-2-1 defense.
"55" sucker against a five man line is executed as the opposite to "34" sucker against a five man line.

Play "30" sucker against a 6-2-2-1 defense is shown in Figure 31:

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Fig. 31. -- Play "30" sucker against a 6-2-2-1 defense.
Play "40" sucker against a six man line is shown in Figure 32:

Fig. 32. -- Play "40" sucker against a six man line.
The two preceding diagrams show how we run a trap play through the zero hole. "30" sucker is with the left half carrying. "40" sucker shows how we run it with our fullback carrying through the same hole. No change is required in the line assignments to run this variation. We try to design our plays so any man in our backfield can be the ball carrier on every play, with only a very slight change. In most cases the ball carrier can change assignments with any man in his backfield and the teammate will become the new ball carrier, and no one else need make a change. For example on the play "52" our right half carries the ball through the two hole and the fullback goes for the defensive right end. We can run play "42" only by asking our right halfback to go for the defensive left end and have the full hit the two hole as a ball carrier.

It will be noticed the assignments against a five man line for these plays are the same as the "34" sucker and "55" sucker against a five man line defense. If we call a zero or one trap play and come out of the huddle to the line of scrimmage and find a 5-3-2-1 defense against us the play is automatically changed to a "5" trap or "4" trap with the one being changed to a five and the zero to a four.

Likewise we run our zero traps and one traps against the seven man line and over shifted six as if they were five man defensive lines.
Play "51" sucker against a 6-2-2-1 defense is shown in Figure 33:

Fig. 33. -- Play "51" sucker against a 6-2-2-1 defense.
"41" sucker can also be run from this same set-up with only the usual minor changes. We often put the right half-back in motion as shown.

Play "41" sucker against a 6-2-2-1 defense is shown in Figure 34:

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Fig. 34. -- Play "41" sucker against 6-2-2-1 defense.
Play "51" sucker against a 5-3-2-1 defense is shown in Figure 35:
Play "30" sucker against a 5-3-2-1 defense is shown in Figure 36:

Fig. 36. -- Play "30" sucker against a 5-3-2-1 defense.
Special Plays. - We always have several plays that call for a particular maneuver in the backfield, or a special block in the line, that is different from our standard method, that we call special plays. We like to remind our team of this different duty as a precaution against a mixup on assignments. We might also have special plays for scoring effort near the goal line where the defense may be most unusual.

Play "442" special against six man line defense is shown in Figure 37:

Fig. 37. -- Play "442" special against six man line defense.
This is one of our most successful plays. The right end gets quickly between the onside linebacker and the play. The right tackle and right guard cross block the defensive left guard and left tackle. Our tackle goes first on this block and hits with his right shoulder. Our guard steps behind the tackle and drives down the line of scrimmage to hit the defensive tackle with his right shoulder driving him toward the sideline. The center goes through and picks off the linebacker just as he does on many other plays. The left guard pulls and gets the right defensive end. He does this only because we want this play to look exactly like another play we run that hits the seven hole. Our left tackle and left end have their usual downfield blocking chores.

The quarterback must do a bit of neat ball handling. He must not let the defensive know whether he gives the ball to the fullback or the right halfback. It is very necessary for the right halfback on this play to execute a good fake. The fullback is given the ball as he drives between our guard and tackle. He should not expect a big hole to open up. Often when he reaches the point of attack there will seem to be no chance to get through yet if he will keep driving he may be surprised that the hole opens just as he hits it. The cross blocking is not as quick as the straight block, but allows for good blocking angles, which are often necessary to move a strong opponent. Our left halfback also fakes into the line. He does not go far, however, as he is asked to
block the defensive right guard who has been turned free to come through our line. This is asking quite a lot of a small halfback, as the defensive guard usually outweighs him fifty or more pounds. We have had good success with this block, however, and I believe it is probably due to the surprise the guard gets when this little halfback heads straight into his midsection with a shoulder.

Play "45" special against a 6-2-2-1 defense is shown in Figure 38:

![Diagram](image)

**Fig. 38.** -- Play "45" special against a 6-2-2-1 defense.
"45" special is the opposite to "44" special, the assignments are accordingly.

Play "36" special against a 6-2-2-1 defense is shown in Figure 39:

Fig. 39. -- Play "36" special against a 6-2-2-1 defense.
This is a companion play to "45" special. We try to have the execution so near the same, the defense cannot distinguish one play from the other until it is too late.

Our right end drives the defensive tackle in with a high shoulder block. Our right tackle goes for the linebacker in such a way as to drive him away from the play. He may have to pull out behind our end if the linebacker is playing too wide for him to handle properly by going straight through. Our right guard pulls behind the line of scrimmage and drives their end toward the sideline. The center goes straight through for about four yards then cuts toward a spot slightly in front of the defensive left halfback, where he is likely to meet him when the halfback sees the play and comes up to meet it. Our left guard and left tackle are permitted to cross block or straight block their defensive guard and tackle on that side of the line depending on positions taken by defensive men. Our men have their own signals worked out so they know which block is to be used. Our left end fakes at the linebacker and goes on downfield to help the ball carrier get by the final obstacle between him and a touchdown.

The backs maneuvers are the same as in play "45" special except on this play the left halfback hits the six hole and the fullback fakes to hit the five hole.
Play "57" special against a 6-2-2-1 defense is shown in Figure 40:

Fig. 40. -- Play "57" special against a 6-2-2-1 defense.
This is a companion play to "\(\frac{1}{4}\)" special, and the opposite to "3\(\frac{3}{4}\)" special.

We will not diagram these plays against other defenses as they can be run with the same changes that have already been explained several times.

We think the importance of good faking in the execution of these running plays cannot be overstressed. Good faking makes the assignments much easier for all hands. We would rather see two men following one of our fakes than to see the same two men blocked out of the play. If they are blocked out, they will react faster because they know where the play is going, but if they are faked out they are lost temporarily. One of the greatest signs of a good faking job is when the quarterback is tackled as he fades back to pass. Without sufficient fortitude, he is likely to tip his hand, but the great ones will lead the enemy all the way back with him.
CHAPTER IV

THE PASSING AND KICKING GAME

First let us discuss the passing game. In relation to the running game, a team's passing game may be (1) its primary weapon, (2) a supplementary weapon or (3) a complementary weapon.

To say it another way, some teams use the pass as their principal means of moving the ball, mixing in enough runs to keep the defense unsettled. Others reverse that method, employing enough passes to keep the defense from "ganging up" against their strong running plays.

The best balanced team is one that is equally dangerous through the air and on the ground. The defense can never get set against such a team; it cannot afford to guess but must be ready for everything. Consequently it will never be entirely ready for anything.

It is not possible for every team to have a perfectly balanced attack. A team's scheme of attack will be shaped by its personnel and tempered by the coaches' theories. Most of the pro coaches like to throw the ball. Therefore they make sure they have the personnel suitable for such a game.

In a certain college game a few years ago the quarterback was doing a lot of passing, even from behind his own goal. The coach took him out for a little conference about
these tactics. After telling the boy he was taking too many chances and that he wanted him to do more running when he was backed up so near his own goal line, the quarterback replied, "OK, coach, but that's a mighty hard way to advance the ball." That quarterback is now an outstanding passer in professional football.

One of the greatest features of the T formation is that there are so many passing possibilities from each running play. The opponents never know whether the man who is coming at them is a decoy, a blocker, or a pass receiver. With this element of surprise on his side the intended receiver should be able to "shake" the man who is guarding him.

Great passers are born, not made. Most boys can throw a football, but most boys are not passers. The coach can help develop a passer with constructive advice, and the passer can improve himself with study and practice.

The fact remains, however, that unless the boy is blessed with certain natural qualities, he will never be a great passer. He may be a thrower. There is a difference.

Some of the qualifications of a top flight passer are as follows:

1. He must be able to throw the ball accurately at close, medium and long ranges, and his passes should be light and easy to catch. Large hands and, particularly, long fingers are essential, and above average height is desirable.
2. He must have "split vision." The natural passer can see all of his receivers simultaneously.

3. He must be calm and well poised at all times, yet quick of mind and action. He will be harried and punished by rushing opponents; yet he can't afford to let this affect his aim and judgment.

Passing Technique. - In order to become an excellent passer, the quarterback must master certain fundamentals. They must become just as much a part of him as are his walking and talking methods.

If a player throws the ball freely and accurately, his coach will not be worried about his method of holding it as in the execution of other fundamentals, results count.

Most passers hold the ball slightly to the rear of its middle. The passer's fingers and thumb are well spread and he grips the ball lightly. Some place the thumb on the lace; some place the fingers across the lace; some disregard the lace.

If the passer finds his passes are "heavy," that is, hard to catch, a variation of the above grip may be used. By placing the index finger parallel to the long axis of the ball so that its tip almost lies on the rear point, the front point of the ball will be elevated and the pass will tend to float, which will make it much easier to catch. I do not think, however, a passer should sacrifice any degree of
accuracy in order to throw a pass easy to catch. I think it is much easier to develop receivers than it is passers.

When the passer raises the ball to pass, he should hold it with both hands as long as possible. He should hold it high over his right shoulder (right handed passer) and when he throws he must throw high with a straight goalward motion. He should throw the ball as if it were a dart, turning his wrist inward so the ball will go in a perfectly straight line. It is a good drill to have passers start their passing down on one knee. From here they pick the ball up, raise it over the shoulder and throw it. Two passers playing catch from this position, with each holding his hands as a target for the other will soon develop accuracy, and the habit of throwing from a high angle. They may not like it at first, but all great passers throw in this manner.

Prior to throwing the ball, the passer's feet should be rather close together. Close enough so that he is comfortable while standing as tall as possible. As he begins to raise the ball to pass, he should gradually shift his weight over to his right foot. His left foot should be pointed directly at this receiver. The ball should not be released until the fingers of the passer are as close to the receiver as they will be. Many of the game's best passers like to fake at least one throw before they release the ball. The best method for a passer to employ when he decides to do this is to bring the ball down hard into the palm of the left hand.
This will complete the maneuver and he will have the ball back in both hands ready to start all over again. An experienced passer may make one of these good hard fakes in one direction and then pivot out and pass out to the other side of the field. Bobby Lane of Texas University fame was outstanding with this phase of the passing game.

Side arm passes are not good because they cannot be accurate, nor can the passer throw them over an onrushing line. The passer should spend a lot of time standing close and throwing over a cross bar that is suspended a few inches above the man's head. This practice will soon accustom him to releasing the ball from the high position.

Accuracy is the sign of a great passer. It is well to have the passer always throw at a target on the receiver, usually the eye, or ear, or if it is a stop pass, throw at the receiver's belt buckle. Constant work throwing at these targets will lessen the chance of a passer going wild in the heat of a game.

All of our passers are not as sure of themselves as that one who, when told by his coach to hit the receiver in the eye said, "Which eye, coach?"

Pass Receiving. - Pass catching is an art that can be developed in a ball player but is much more natural to some than to others. The boys should be trained to "look" the ball all the way into their hands. Just as in golf the player must keep his eye on the ball. The pass receiver is tempting
lady luck if he does not keep both of his eyes on the ball every second until it is tucked under his arm. At this instant the receiver should sprint fifteen yards at top speed. This is important as it gets the boys in the habit of turning on the speed as soon as they have the ball tucked away safely. The player must catch the ball with both hands rather than against the body, and be as relaxed as possible when taking the ball.

If he is running away from the ball, he takes it with thumbs out. If he is running at a square angle to the ball's path, he takes it with the thumbs in, unless it is a low pass. If he takes the ball while facing the passer, he catches a high ball with thumbs in, a low ball with thumbs out. (Baseball players will have no difficulty remembering these natural laws). In catching the ball, a player must have the hands in front of the body if possible. Before catching a pass, the receiver must get into a designated area and away from the defenders.

Depending on the opposition's defensive tactics, a player is likely to encounter his initial trouble on the line of scrimmage. Opposing linemen may attempt to shove him backward or jam him in. Then one of the line backers may work on him. (Potential pass receivers may be shoved until the ball is thrown).

To elude a lineman trying to hold him up, the end or wing back may fake with head and shoulder in one direction, go another, fake a block on the lineman, drop low and quickly move out; pivot on the line of scrimmage, move out and around
the "holdup artist." He should not offer a broadside to the defense; rather he should turn sidewise and slip or slice through.

A pivot or quick direction change should free the receiver from the line backer.

In the secondary there are two general methods of shaking a receiver into the open. One entails the use of individual stunts to deceive an individual opponent. The other brings in the teamwork of two or more eligible receivers, the object being to confuse or outnumber the defenders so that one receiver will be left unguarded. A combination of these two methods are used on most of our pass plays.

The maneuvers most helpful in getting loose for short passes are the quick change of direction and the reverse pivot. When more depth is desired, the change of pace and the stop and go are valuable.

At all times the pass receiver must be a good actor. His cue is to convince the opponent, by head and shoulder faking or other action, that he is about to do something quite contrary to his real intention. A good pass defender cannot be shaken off by speed alone. The receiver must trap him into making a false move, then break him. Decoys must help by acting and running as if they were actually attempting to catch the ball.

Protecting The Passer. - The best passer and receiver in the country cannot operate successfully if the passer is
not amply protected against rushing. Except for the very shortest passes, a successful forward pass requires time in its execution, time for the receivers to get loose and time for the passer to locate them. A prime requisite for successful passing is for the passer to have confidence in his teammates. He must feel certain that he is going to have time to get the ball away and that the potential tacklers will not get to him soon enough to ruin his accuracy. To develop this assuredness requires a great deal of time and hard work during the practice periods.

Protecting passer against a six man line is shown in Figure 41:

Fig. 41. -- Protecting passer against a six man line.
This basic plan is used for most of our passes. For our even passes, our center pulls to take care of the defensive right end and our backs handle the defensive left end. We usually employ two backs for this purpose as they are always so much smaller than the end. However, if we are fortunate enough to have a big fullback that can handle the end we then send the right halfback through as a faker. This helps the deception on the play.

Our ends sprint to their designation along with our left halfback who is in motion on most of our even passes. On our odd passes the center and backs switch assignments, and our right half is in motion to the left.

Our right tackle should try to make one fast step across the line and then start to come up high for his block. A pass block should always be high because it screens the passer and allows the blocker to keep working on the enemy until the ball is thrown. The offensive man should always block his opponent out from the center. If the defensive man gets to the inside, he has too great an opportunity to fake the blocker and knife in toward the passer. A cardinal rule for pass blockers is never to allow the defensive man to get behind them or inside of them, either by charging or by means of a fake. The lineman has time and, if necessary, it is all right for him to give ground to the enemy, so long as he does not penetrate all the way back to the passer. The blocker should start working high on his man and just keep
scuffling with him until the ball has been released by the passer. The right guards assignment is similar to that of the tackle on the same side provided he gets the initial jump on the man across the line, he should be able to keep bumping him until the play is all over. The left guard and left tackle have similar assignments. They work their defensive men to the left, making sure they do not get loose up the middle. This general pattern can be changed to meet varying situations. We may keep the off side end back to block for the passer on a long pass to our deep right. This gives us more protection which is needed since the passer must hold the ball longer to allow the receiver time to get down field farther.

Protecting passer against a 5-3-2-1 defense is shown in Figure 42:

![Diagram showing protection against a 5-3-2-1 defense](image)

*Fig. 42. -- Protecting passer against a 5-3-2-1 defense.*
From the above diagram it can be seen the assignments are almost the same as against the six man line. The tackles get the tackles, the center pulls right or left, depending on the play called to get the end. The back field blocks accordingly. The only change is that both guards work on one man, the middle in the five man line.

Protecting passer against a seven man line is shown in Figure 43:

Fig. 43. -- Protecting passer against seven man line.
We have no trouble against a seven man line. Our center gets the center man, our guards the guards, our tackles the tackles, and we handle the ends with our backs.

If we need to do so we keep the off side end for protection and use two backs on the other defensive end. Another method is to have the fullback block the end alone and use the halfback as an extra blocker. Then in case some defensive man gets loose from the blocker who has been assigned to get him and gets back at our passer we will have somebody there ready to take care of him.

Pass Blocks: Ten Essentials. - The following requirements should be adhered to by every member of a team who expects to get anywhere in the air.

Every man must possess that burning desire to block the opponent. Without that willingness to scuffle with the man across the line, no man will ever be of much assistance to his teammate who is trying to pass.

The blockers should not become aggressive too soon. The lineman who is too aggressive is likely to go past his man and thus leave the path clear all the way to the passer. It is better to make the first move then retreat a little.

There must be no tip offs. Too many lineman prefer not to get all the way down if they are going to use a pass block. Every man should go through the exact same motions on every play until the actual second when he must make his vital move.
We like to have the enemy show his hand first. It is easy to discover whether the man plans to crash or wait. As soon as our man sees this he works accordingly; that is, he should stop a crashing man with a hard shoulder block and then come up tall, ready to scuffle with him. A waiting tackle will be slow coming across, and it might be well to jump at him and then spring back into a retreating stance.

It is possible to take the charge out of your opponent. As soon as he starts, hit him. Once he has lost his initial charge it will take him a few seconds to start a second drive, and by this time you can be ready to hit him again.

All men should recover quickly. In case of a mistake, get right back into the fight and put the whole body into an effort to protect the passer.

Each man should keep fighting his opponent until he is absolutely sure the pass is away. No matter how long the passer takes, his teammates should stick with their men.

Each and every blocker should be relaxed. This is one play where the enemy must come to you. Just wait for him and block him.

Change of tactics makes things a lot easier. Variety is difficult to cope with. Don't let your opponent know how you plan to block him.

All blockers should try to "ride" their opponents out and back from the passer. They should form a pocket and not let anyone inside of it.
Pass Plays. -- Most of our pass plays are numbered in the seventies and eighties. We number spots in the defense so that every man on our team will always know as soon as the pass is called just where it is likely to be thrown. This makes it much easier for us to cover passes and prevent long runbacks in case of interception.

Our number six passes are in left defensive halfback territory; five indicates a pass in defensive right halfback territory. Our four pass is flat to our right, and the three is flat to our left. A two pass is just to the right of center about eight yards deep. The eight pass is deep just to right of safety, and our nine pass is deep to the left of safety. All of our even numbered passes are to our right and the odds are to our left. We feel that this method of numbering our passes has made it easier for the passer as well as other members of the team to always know just where the pass is to be thrown.

The pass blocking has been explained. The six indicates the pass is to work on the defensive left halfback. The number "76" means a certain pattern. The right end button hooks in front of the halfback. The left halfback veers right, then puts on a burst of speed and tries to go by the defensive halfback. If the defensive halfback goes with our halfback and tries to cover him, we throw to our right end, which is usually open. Our left end
runs through the safety position and tries to keep this
defensive man at home.

**Pass Patterns.** - "76" pass play is shown in Figure 44:

![Diagram of Pass Play No. 76](image)

Fig. 44. -- Pass play No. 76.
Pass play number "76" is shown in Figure 45:

Fig. 45. -- Pass play No. 76 end deep.
This play is same as "76," except the halfback hooks in front of the defensive halfback and our right end veers left then sprints behind the defensive half. The pass is thrown to the man the defensive halfback fails to cover.

Pass play number "76" end flat is shown in Figure 46:

Fig. 46. -- Pass play No. 76 end flat.
This is the same pattern except the end cuts to the flat. We also run it "76" halfback flat, which means the end post and the halfback goes flat.

These are all plays designed to concentrate on the defensive left halfback. They can all be run with no extra assignments for anybody except the two optional receivers.

"75" pass is shown in Figure 47:

![Pass No. 75 Diagram]

Fig. 47. -- Pass No. 75.
"75" is just the opposite to "76." The blocking assignments and maneuvers of our receivers are obvious. All the variations from the "76" pass are easily run from the "75" pass.

"86" pass is shown in Figure 48:

Fig. 48. -- Pass No. 36.
Our "36" pass also concentrates on the defensive right halfback. We think on this pass our left end is the number one choice. The defensive halfback usually turns our right end over to his teammate, the safety then checks our right halfback closely. This gives our left end a good opportunity to slip in behind their halfback for the catch.

This play to the other side is "85" pass.

Counter "86" pass is shown in Figure 49:

Fig. 49. -- Counter "36" pass.
Counter "86" is caught on same locality as "86," but by the halfback instead of the end. The pass blocking for the counter plays are different in that the center blocks to the right on the even number instead of the left, and the backs take care of the defensive end to our left. The right half is in motion on even plays instead of the left half.

Counter "85" pass is shown in Figure 50:

Fig. 50. -- Counter "85" pass.
This is opposite to counter "36." It concentrates on the defensive right halfback.

Fake "52" is shown in Figure 51:

Fig. 51. -- Fake "52."
Fake "52" is a quick pass that should at first look just like the running play "52." The line uses an aggressive block on this pass in order to prevent the defensive line from raising up and interfering with our passer's opportunity to throw a quick bullet pass to one of our ends. Our left end is considered our number one choice.

We also run fake "33" which is the opposite to this, and looks at first just like our play number "33."

A good passing attack will have a pass from each running play pattern. It is necessary also to hit all spots in the defense. Much time is required to develop such an attack, but the time spent on this phase of the game usually pays big dividends. Not only do most opponents fear a good passing attack, but it also substantially helps the running game.

The Kicking Game. - The kicking game may be broken into two parts: the punt and the kickoff.

The Punter. - In a closely contested game each team will punt eight or ten times. If a team can gain five yards on each exchange of punts it may mean the difference between victory and defeat. Thus the punt has a tremendous offensive value over and above its value as a defensive measure.

With a punter results count more than style. If a punter can kick reasonably far, get it away fast, place his kicks fairly well, and be consistent, the coach will be wise to let well enough alone.
Few punters are so proficient, however, that they cannot profit by an occasional brushing-up on fundamentals. Like baseball sluggers, some punters are subject to slumps. What they must do then is to start all over and correct the faulty footwork, poor timing or what-not that is causing the trouble.

**How To Punt.** - A punter should stand at least ten yards behind the line of scrimmage. If he is slow, he should make it eleven yards, provided his center can make a fast, accurate pass at that distance.

The feet should be fairly close together and about on a line. Some like one foot a bit advanced.

The weight should be evenly distributed on the feet. The body is slightly inclined from the waist. Hands are comfortably extended at waist height ready to receive the ball. He should never take his eyes off the ball from the time it is passed by the center until his kick is away.

The punter takes the ball with relaxed hands in a flowing motion and immediately shapes it for dropping. The front end of the ball is held over the kicking foot. The ball should be dropped so that the outside instep may strike it at the center of the long axis. As the leg swings into the ball in a perpendicular arc along the line of intended flight, it should not be stiff. At the instant of contact the ankle and knee are locked. A good golfer puts punch into his drives with last second wrist snap. The locking of his ankle and knee at the impact serves a similar purpose.
The leg is swung through with force, and the foot finishes up higher than the head in continuation of the kicking arc. Timing is more important than force. The punter should not try to overpower the ball, but develop kicking rhythm.

Protecting the punter is shown in Figure 52:

Fig. 52. -- Protecting the punter.
From the diagram above we note the five middle men form a wall against the defense and try to prevent any man from breaking through. The two backs on the right and one on the left help protect the spot from where the ball is kicked. The ends may be called on for help if the punter sees too many defensive men crowding into the line of scrimmage. We do not allow more than two defensive men between our offensive right end and our right tackle, and only one defensive man between our left end and left tackle. If our punter sees too many opponents trying to edge into position to block the punt, he calls for help from his ends.

Covering The Punt. - By "covering the punt" we mean going down under the punt to prevent a run-back by the opposing team. We try to go down in three waves. The ends get down fast, and the center, if nobody is in front of him, in the wave. Then our linemen go immediately upon hearing the punter's foot hit the ball, as our second wave. And our backs fan out one down each side and one down the middle as the third wave. Our kicker stays back for safety. There will be few, if any, punts returned against us for touch-downs if we can get our men to their respective places at the correct time. Many coaches fail to realize the value of drill on punt coverage. Especially with the rules in effect so an opposing team can get their "specialty" ball carriers in for the punt return.
We have about three methods for returning punts. We change from week to week to prevent the scouts from knowing exactly what our plan is. We will diagram only one pattern. The X's indicate our team or the receiving team.

Returning the punt is shown in Figure 53:

Fig. 53. -- Returning the punt.
When the punt is made our right end starts in and returns to follow the kicking team's left end down the field. Our left linebacker also comes over after this same opponent. As our linebacker takes a cut at him we want our right end to be standing by ready to hit him from the other side if he recovers in time to get at our ball carrier. Our right halfback fades to receive a handoff from our safety as they pass each other just before the opposing end gets there. Our linemen hit, delay their opponents for two or three counts, then turn back to meet our safety man and cut off any opposing members that seem to be in position to hamper our trek to the goal line with the ball. We like for our left end and left tackle to rush hard and try to make the punter kick the ball in the direction we plan to run. Our left guard cuts to his right and cuts off the opposition's left halfback should he be trying to move in on the ball carrier. Our left end lies in waiting for the punter to prevent him from getting a last second tackle on our safety man, who by this time should be well on his way for a touchdown.

The Kickoff. - A team superior to its opponent in kicking off and returning kickoffs is likely to pick up a decided advantage during an evenly matched ball game.

The kickoff is a glorified place kick. The kicker backs up about ten yards to muster power and momentum. He adjusts his stride so as to run through the ball without
slowing up or chopping his stride. The kicker's left foot should be planted almost even with and about four inches to the left of the ball. He swings his kicking leg through a perpendicular arc. Most of the impetus comes from the straightening of the kicking leg, which is well bent at the knee as the swing starts. The kicker's toe should hit the ball about three inches from the ground. Many kickers hit the ball too low.

The kicking surface on a hard-toe shoe can be improved by kicking it against a concrete wall.

It is very important for the place kicker to keep his "head down," and "eyes on the ball." He must line up right; hit the ball right; and follow through right.

**Covering The Kickoff.** - It is advisable to cover the kickoff in two waves. We like to have two fast men as the two outside men on each side and at least two fast men down the middle. More often than not the kickoff receivers will start up the middle of the field. The fast middle men will force him to "show" quickly.

We place our ends as the outside men in the first wave. They are accustomed to protecting to the outside, and are usually the fastest linemen we have. We place a back next to each end because we want speed in these positions. Our slowest two men are placed just inside these backs. We want fast men immediately on either side of our kicker. This method of covering kickoffs seems to make long returns less
likely, thus causing us to prefer it to the method where all men try to go down in one line.

The kickoff return is one of the most important and most exciting plays in football. It is a phase of the game neglected by too many coaches.

The kickoff return that we will outline can of course be run to the other side of the field with obvious changes in assignment. There are also patterns that are designed to run up the middle of the field. As in punt returns, to prevent opposing teams from becoming too familiar with our intentions we change our pattern from week to week.

Our right tackle gets number two man in with the help of our end. Our next man gets number three, center gets four, left guard gets five, left tackle six, and our left end gets their kicker. Our fullback and one back, depending on who receives the ball takes their left end out toward the sideline. The other back who does not receive the ball runs interference for the back who gets the ball. In this diagram the safety is running interference for our left halfback. The ball carrier starts up the middle then cuts sharply to his right and speeds between their left end and left tackle.

A long kickoff return is certainly demoralizing to the opposing team. If the coach could only know that such a return would be made only by his own team his seat on the sideline would be much more comfortable.
Returning the kickoff is shown in Figure 54:

Fig. 54. -- Returning the kickoff.
CHAPTER V
PLAYING THE POSITION

Quarterback Play. - Probably the most valuable asset to any football team is a cool, confident, brainy and resourceful field general. He is the man on whom we depend to call the right play at the right time; unless he does a good job, all our best laid plans and preparations will go for nothing.

Requirements For Quarterbacks. - One of the most important requisites of a quarterback is character. The boy running the team should be a person looked up to wherever he is seen. We feel that it is an honor to be a quarterback on a football team and we would like to have a boy deserving of such honor. In this man must be that inherent desire to win ball games. His spirit will permeate the entire squad. If he thinks only in terms of winning, then such a thought will be in the minds of every member of the team.

A good quarterback is one with a lot of analytical ability. He is self confident, not to the extent of cockiness, but enough so that all the members of the team will hold him in their esteem and be ready to hop the moment he calls the signal. Intelligence goes hand in hand with confidence, because he must know what to do before he can know that he is doing the right thing. He should study the team thoroughly and know each and every player. If he knows
the capabilities of every member of his team, he will know also how much he can get out of each one when things are going rough in a big game.

Leadership and poise must be notable qualities in this boy, since it is his task to lead a group of educated, talented young men through about ten difficult ball games.

In looking for a man to fill this position, the coach should take into consideration ball handling, faking and passing ability. It is true that much hard work might develop some of these qualities, but as a rule, there are a few members of the squad who possess such attributes; the best way is to capitalize on the natural ability that is inherent in these men.

When the quarterback is not in the practice scrimmage, he should stand by and study his teammates. By doing this, he may notice, for example, that the right tackle has exceptional ability when blocking to his right but is a little weak when operating to his left. Some time in a game when things are mighty tough it might pay touchdown dividends to have such information at his finger tips. At every opportunity he should think in terms of what he would do under various game conditions. Who is the best pass catcher? Who is the fastest starting back? Who runs the hardest? All of these things will be very helpful to the quarterback if he has them in a mental notebook before the first game of the season. A coach can teach for hour after hour, but once the
eleven men go on the field, their success lies completely in
the hands of the man calling the plays.

A quarterback must know when to pass. The following
tips are good:

A. Occasionally on first down.
B. When there is a big yardage situation.
C. When there is a concentration of powers in the line.
D. Any time there is a glaring weakness in the pass
defense.
E. When our running attack is stalled.
F. When it looks as if the opponent is tiring.
G. Against a young pass defender.
H. If the wind is behind us.
I. With thirty or forty seconds and we are in striking
distance of the goal line.

When it is second down and one yard to go, we like to
have our quarterback use a long gainer play, such as our
"38" play or our "59." We like a quarterback who is daring,
one who has imagination and likes to use it. Initiative
and willingness to make an outstanding move are desirable
attributes in a field general.

A mixed offense is a hard one with which to cope. Too
many signal callers will continue to run the same plays if
they are working satisfactorily. This is a mistake, be-
cause they may be our "bread and butter" plays, and by the
time we get down to the goal line where we really need them
the defense will have figured out a way to stop them. Common sense should guide the signal caller. He should listen to his teammates who have gone out as decoys and be receptive to their suggestions. Of course, the quarterback must run the team but special attention should be given to those who have information that might be of some help.

Stance. - We like to have our T quarterbacks stand rather tall because they can observe more easily. They should be loose and relaxed at all times. If they tighten up the entire offense chokes. Their knees should be bent slightly, and pointed inward, to help them move faster on their spins.

The Hands. - We are not particular about the way the quarterback takes the ball from our center. We have yet to find two boys do it exactly alike. One may like the left hand on top and another the right. And we are getting boys now who have played under coaches who put both hands about even and back a little which varies from the earlier methods. We think the most important thing is practice with the centers. The two boys will probably work out the best way for them to make the exchange.

Pivots. - We teach our quarterbacks the cross over and the reverse pivot. To execute the cross over for our play "52" he steps with his left foot across in front of the right, twisting his shoulders fast so that after he has taken his step he will be facing slightly backwards almost
directly toward the original position of the right halfback. The left toe should be pointed in slightly as this foot lands on the ground, to aid in keeping balance. It is important that the foot is moved as near as possible in a straight line from its original position to the position desired after the pivot is completed. Not up and over, nor out and around. In other words, the shortest distance between two points is a straight line. In starting the pivot, whether a forward or reverse, by twisting the shoulders forcefully in the desired direction, a quarterback can add more speed to his pivots.

**Handing Off.** - From this position the quarterback is ready for the handoff. On receiving the ball from the center the first move is to pull the ball in close to the stomach, then make the pivot, and hand off or fake a hand off as the case may be. The ball should be held out with the feeding hand on the bottom. The reason for this is that if the feeding hand is so placed it is impossible for the quarterback to slam it into the ball carrier's midsection. As the runner comes in to take the ball, the feeding hand should give about six inches with the ball carrier.

On our play "38" the quarterback must make a complete fake of "52." He should make each move exactly as described for the quick opener. As the halfback comes by, we want the ball to be pushed right into his stomach and then drawn back easily. Then as the halfback hunches over to shield
the pocket, the quarterback should step out in the direction of the left halfback. He should be standing rather tall when he releases the ball, since this tends to send it on a direct route to the receiver. We do not want our quarterback to take so much as one peek at the ball carrier after the latter takes the ball. Too much stress cannot be put on this phase of the game. The more the center and the individual backfields work together and is checked on the correctness of their every move, the better and more deceptive will be the offense.

**Blocking.** - The T formation quarterback is seldom asked to block. Therefore we do not spend any time at all teaching our signal caller blocking technique.

**Halfbacks and Fullback Play.** - We shall discuss the fullback with the halfbacks since the technique for playing each of these three positions is so nearly the same. One of the best high school teams it has been my privilege to coach had the smallest backfield man at fullback position. This boy was selected on the all-state team and weighed only one hundred and thirty-nine pounds at that time. We used him at fullback because he was a great runner and we reasoned that he could run both to the left and to the right better from the fullback slot than from either halfback position. However, if we have a good passing game we like to have a large boy at fullback position to be used as a blocker in
our pass protection. Thus the type offense to be used might determine the way we would place our backfield men.

Qualifications of Halfbacks and Fullback. - The most necessary quality of a ball carrier is probably desire. Often times we have seen a good back surrounded by a wall of tacklers, and before we knew how or why, he was free again. It is very important to instruct the ball carriers to think in terms of not being tackled and never being stopped until the whistle blows.

Good backs are light on their feet, quick motioned, and fast. I believe speed is more essential to the success of the T formation than any formation in use today. We are willing to sacrifice size for speed in any of our backfield candidates. Of course the big fast boy is likely to be better than a little boy of the same speed.

Handling the Ball. - Our ball carriers take the ball from the quarterback differently from most teams. We ask the man coming by for the ball to make certain that his hand next to the quarterback is down when he receives it. We believe we have had fewer fumbles since we started using this method, and we think it helps with the timing. One main advantage of the ball carrier having his inside hand down develops when the quarterback's spin is a little slower than usual. By having his inside hand down, the back has formed a pocket that will remain available to the quarterback until the runner is almost up to the line of scrimmage.
This situation comes up often due to a slow spin by the quarterback or an exceptionally fast starting halfback.

Our halfbacks and fullback line up with one foot slightly back, hands on the knees. The reason for our requiring one foot back is to avoid their taking a false step backward before starting in the direction of the goal line. Invariably a boy will take one step backward before he starts to run, unless he has one back to begin with. Such minor details may seem unimportant, but to include countless details in one simple play, means the difference between a good play and a great play.

The ball carrier's inside leg should always be on its backward stride when he receives the ball; that is, the hip on which he receives the ball should never be coming forward. A good back with a lot of knee action is very likely to knock the ball out of the quarterback's hands if he comes in with the inside leg moving forward. The time spent on drill to perfect this phase of ball handling pays dividends by preventing fumbles.

**Running With the Ball.** - A good ball carrier is one who runs hard, fast, and cleverly. Cleverness includes the ability to take advantage of interference and perform individual stunts to elude tacklers.

He keeps his head up and his eyes open as he runs with high knee action and forward body balance. A good ball carrier does not jig around behind the line of scrimmage,
or perhaps run toward his own goal line, but heads sharply
toward the opponent's goal line. He never quits digging until
the whistle blows or he is on the ground. When trapped, he
isn't afraid to lower his shoulders and drive for that extra
yard. If tackled he spins and churns in an effort to get
away.

To elude a tackler in a broken field, the ball carriers
best weapon is speed, another good one is the change of
pace. Good runners are blessed with that sense of timing
that enables them to confuse tacklers by retarding or
accelerating their pace. The change of pace usually is
through a momentary checking then a quick burst of speed.
The change does not have to be pronounced; it may not even
be noticeable from the stands, but it will disrupt the
tackler's timing.

We stated earlier that it was a good idea for a runner
to run straight at a lone defensive man, rather than try to
run away from him when he has the advantage. This sets him
for various stunts, one of which is the side-step.

The side step is a quick lateral movement, sometimes
aided by application of a stiff arm. The ball carrier
attempting to side step to the opponent's right should have
the ball under his own left arm. He offers the opponent
his right leg as a target, and as the opponent launches his
tackle, the ball carrier springs to the left.
As the ball carrier springs to his left he may cross over with his right leg, fade away from the tackler and break at a slight left angle from his original course. The cross over can also be an original stunt in itself. Sometimes the ball carrier finds that he is too close to the tackler to advance his right foot and side step in the prescribed manner. In this case he may simply change direction by crossing over the right leg. This tactic is also used in reversing the field.

If speed, change of pace, and the side step fails to keep the runner out of contact with the tackler, he may apply the stiff arm. This tactic may be co-ordinated with stunts already described at close quarters. It has the double effect of shoving the tackler away and giving the ball carrier a boost in the opposite direction. The arm should be held low and close to the body until the runner is ready to apply the stiff arm. At the proper instant he should stiffen the arm, plant the heel of the hand on the tackler's headgear or wherever he can get contact and shove hard, at the same time he should swing his legs and body out of the tackler's path.

If in spite of the runner's best stunts the tackler has caught him, he should attempt to jerk, whirl, or spin out of his grasp. As a final gesture he should lunge and twist in an effort to make another yard, foot, or inch, and then fall forward.
The ball carrier clutched by one foot or lower leg from the rear or side often can clear himself with a sharp upward jerk of the leg. The knee should be snapped up forcefully.

As the ball carrier bursts across the line of scrimmage a linebacker is likely to loom up in his path. He should lower his forearm and shoulder on the linebacker, then pivot and spin away.

If he has time a quick change of direction or side step accompanied by a stiff arm may get him into the deep secondary. Feinting with eyes, head and feet is as important in football as in boxing.

The knack of utilizing one’s blockers to the utmost is partly a natural asset and partly the result of experience and cool, quick thinking. It is difficult to give a rule, general or specific, for following interference. Leaving the interference too soon is a more common fault than staying with it too long. Good advice to give boys is: Don’t leave your interference as long as you have any. Really, if the interference is not blocking out the nearest tacklers, it is not interference.

The ball carrier near the sideline should make every effort to get the ball out of bounds if the time element is valuable. He may even have to pitch the ball out of bounds, but this should be done if stopping the clock will give his team an extra play or a better chance to win.
Blocking. - We do not ask our backs to do much blocking, principally because of their physical stature. However, sometimes it is necessary to call upon the backfield to handle a blocking assignment. Therefore we like for our backs to be well versed in the fundamentals of blocking. Quite often an intelligent back can outsmart a hard charging lineman if he really works at it. When the opponent is coming in speedily, he is susceptible to most any kind of a fake. If the back will fake very hard with his head to one side of the enemy and then block for all he is worth on the other side before the opponent regains his poise, he should be able to remove him from the play. Our fullback is often called upon to block an end on pass protection. We spend quite a lot of time teaching him to get good position on the end so the defensive man's own momentum will help carry himself out of the play. We merely try to guide him by our passer and not allow him to apply his force on our blocker. If the fullback is small we design our pass blocking so we can use a halfback to help him with his assignment. This usually gives us sufficient protection for our passer without making it too tough on our small backs.

The blocks we emphasize for backs are the shoulder block and the cross body block. They are just what their name indicates. A picture of a well executed shoulder block, snapped at the instant of contact will show the blocker with:
1. Leg opposite blocking shoulder thrust forward, back leg ready to drive under opponent, feet well put with toes turned slightly in, body definitely slanted forward but with feet well under and balance retained.

2. Shoulder slammed into opponent's midsection, flush from point to neck and with side of neck and head flush against opponent's side.

3. Back straight, tail low, feet and body squared away.

As the name implies, in the cross body block, the body is thrown across between the defensive man and the ball. The mechanics are uncomplicated. Closing in on the opponent as if to run through him, the player should throw his body across his thighs snapping the hips, knee and upper leg hard against him. At the instant of contact the blocker's head should be on one side of the opponent as his inside knee hooks him on the other. The blocker should apply the force by driving off his outside leg.

By putting sufficient snap into the block or catching the opponent by surprise it is not unlikely that he will be knocked to the ground. More often, however, he will retain his feet and fight hard to get around the block into the play. By anticipating this the blocker should land on hands and feet in a bridge-like position. From this position it is necessary to keep contact, keep the back high and keep hunching sidewise, crab fashion, to sustain the block, and stay between the opponent and the ball.
An effective variation of the cross body block is the reverse cross body. The blocker pivots and executes the cross body block with his head pointing in the direction of his own goal. He just "swaps ends" as compared with the regular cross body. This block has deception value in that the defensive man is given reason to believe that the blocker is going to pass him up for a deeper defender. We like for our backs to use this block on a defensive end who is charging at a sharp angle. It is also very useful to keep an opponent from doubling back into a play that is passing behind him.

**Backfield Defense.** - Today with so many defensive specialists in the game we no longer call them quarterbacks, fullbacks, and etc. Instead we list the defensive positions as linebackers, the halfbacks, and the safety man. Of course, most teams will have a fullback who will back up the line on one side and a center to back it up on the other. Probably a guard will be out of the line as a middle linebacker for the five man line defensive set up. We seldom use our fullbacks for linebacking. The reason for this is that we so often have small fullbacks, who are good ball carriers and we do not like to expose them to all of the head knocking that goes on from these positions. We prefer to use two centers for these two jobs.

For clarity's sake we will call our left linebacker the fullback. It is his duty to watch closely all movements of the opposing right end and right tackle. That is his zone
and he is held responsible for it. He should not leave it unguarded until he is absolutely certain the play will not come through that space. He should move like a cat at all times, going either to the right or left, but always being ready to spring after the ball carrier when he sees an opening for a definite move. He should never allow a back to run outside of his end, except when the defensive set up calls for the end to take care of the wide stuff while the fullback stays in for the off tackle or guard plays. On passes his regular assignment is usually to take care of the left hand flat, and be on the lookout for passes like our number four pass.

The distance away from the line that the halfbacks should play is determined by the situation. On a short yardage situation they should play up rather close to the line, moving back on each play that increases the distance that the opponents must gain to reach their objective. They should never let a man get behind them, nor should they ever leave their zone when a pass is in the offing. When they are absolutely certain that the enemy is going to run the ball, the halfbacks should sprint up and aid in the tackling. A halfback can be especially helpful on end sweeps because usually he is about as tricky as the ball carrier and it is easier for him to bring this man down in the open.

The safety man should be the best defensive back on the field. He should be able to diagnose plays as soon as they
start to operate. The safety man has a very fine vantage point from which to see what is going on, and as soon as he sees the hole open up and the ball carrier headed toward it, he should rush right up and make the tackle. When facing a good T outfit the safety will have to make a great many tackles. This is brought about by the split second timing that makes it possible to hold out even the greatest linemen long enough for the ball carrier to get through the hole. A good safety man usually gets as much enjoyment out of making a good, solid tackle as he does out of scoring six points.

End Play. - Modern end play probably requires more versatility than any other position on the team. The end of today must be classified as a semi-lineman and semi-back, since at times he is called upon to perform duties familiar to both these positions. In order to be a great end, a boy must excel in blocking, tackling, receiving passes, carrying the ball, covering punts, and should also be one of the first to analyze each and every play. Speed, ability, strength, and endurance, along with height and weight will better equip the end for the tasks he is called upon to perform. It is seldom that we run across a man with all of these characteristics, and most of the truly great ends will make up on desire what they lack in natural assets.

The end on offense must be an excellent blocker. His line blocking is much more difficult to perform than that of any other man on the team. The reasons for this are: first,
the end must face the toughest defensive lineman, the tackle; second, his blocks must be held longer than those applied by the men in the middle of the line; and third, his target is usually farther away. Many of his line blocks are actually semi-open field blocks, and most of the blocks a T end makes must be open field maneuvers.

We are not so exacting regarding stance as most coaches. The blocking stance we like for our ends to assume is the tripod position; that is, with one hand resting on the ground and the two feet parallel to each other. All men are not alike however, and some can charge faster with one foot placed slightly behind the other. The shoulders should be square with the line of scrimmage and each the same distance from the ground. The hips should be slightly lower than the shoulders; the back must be firm and fairly straight. The head must be up and the neck "bulled." The free forearm rests on the adjacent knee. From this stance a lineman should be able to start to his left, his right, or forward with equal speed and agility.

The normal location of the end in our T formation is about one yard out from the offensive tackle. On any play where the end is not concerned with the actual running of the play, he should vary his position in a manner that will help conceal his intentions on the important plays.

Good blocking, which is the essence of offensive football, results from aggressive determined effort and desire
on every player plus perfection of the mechanics. The mechanics of good blocking are: (1) head up, (2) bull neck, (3) eyes on target, (4) back straight, (5) weight concentrated on balls of feet, (6) feet wide spread, (7) forearm up close to body, and (8) body control.

The shoulder block is the number one weapon for the offensive end. To execute a straight shoulder block, the end, from a tripod stance, should drive forward with a well controlled, low, hard charge, aiming for the thigh of the opponent. He must govern his charge so that he will be at his maximum momentum when the contact is made. The initial contact is made with the opponent's thigh, and as the blocker takes his short, digging steps he slides his shoulder on up toward the midsection of the target. As he comes up, he should raise the arm of the blocking shoulder so that the elbow is up to shoulder level, thus giving more with which to block. The free hand may be dropped to the ground for support if necessary.

The reverse shoulder block is made to look as if it were to be a straight shoulder block, but just before contact is made the end reverses and hits the enemy with the opposite shoulder. This block is used frequently against slicing linemen or against men who have penetrated too deeply into our backfield.

The mechanics of the body block and the reverse body block have been explained under backfield play. These blocks
do not play such an important part in the play of the offensive ends, but they should know the fundamentals of this maneuver in order to vary their tactics. The body block should not be applied in the open field when the opponent is moving straight at the blocker, but rather when the potential tackler is coming in from the side. The most common use the end has for the reverse body block is to remove the far linebacker on trap plays.

The main task of an offensive end is to block the defensive tackle. When the end faces a "straight hard shoulder charge," he should meet the enemy with a straight shoulder block. Against a "slicing charge" the reverse shoulder block should be employed. If the enemy goes into a "high retreating charge" the end should employ a high shoulder block, keeping his feet and applying hard, steady pressure. The "waiting forearm shiver charge" is combatted with a fierce shoulder block and the use of the head fake to throw the opponent's arms out of the path.

In blocking linebackers, the body blocks are usually the most effective because by their use the end can keep the enemy out of the play longer. The downfield block may be a shoulder block or a body block. The shoulder block may be used if there is more than one potential tackler in the path of the ball carrier, but in most cases the body block is preferable.
Pass Receiving. - Catching passes is one of the most im-
portant functions of the end.

When a pass is likely the opponents are quite apt to try to "jam" the end as he attempts to get clear. If such is the case, he must trick them into thinking that he is going to block the tackle by giving him a good, solid head fake. As the man reacts to the fake the end should be on his way. Once through the line the end should try to steer clear of the linebacker if at all possible. This probably is the most difficult obstacle between the end and his des-
tination. A good shoulder and head feint then a side step will usually put the offensive man free.

The technique of catching the ball has been discussed. There is a point or two that may need re-emphasizing. The receiver should keep his eyes on the forward point of the ball after he has committed himself and is about ready to make the catch. As the ball approaches the end his stride should be short, if possible, to avoid jolting of the head. Many receivers like to leave the ground in one long step so as to avoid this jolting when the ball arrives.

The ability to get free of the defenders is every bit as important as being able to catch the ball. Some of the most important tricks are: First, the fake and break method, in which the end runs directly at the defender, feints his body and head sharply in one direction, and cuts away to the opposite side. Second is the buttonhook, which calls for
the receiver to start down the field as if he were on his way
to receive a long pass. Instead he stops suddenly and turns
to face the passer while a bullet pass is approaching.

Third, the pass receiver employs the change of pace to get
free. In this maneuver the runner puts on a pretense of
running at full speed but keeps a considerable burst of
energy in reserve. And just as the defender turns to keep
pace the receiver turns on the speed.

One of the most important and at the same time one of
the most neglected phases of the passing game is the work of
the decoys. We instruct our passer to sometimes throw to the
decoys. They must always be looking for a pass and should
execute their fakes and feints just as perfectly as decoys
as when they are going out as the choice receiver. A decoy
who goes down the field and does not look back for the pass
is wasting time and energy.

**Defensive End Play.** - The type of defensive end play we
ask our end to use depends on the end himself. Probably the
most effective, as well as the most difficult type of end
play, is the smash and drift technique. This method has the
end crash to meet the off tackle plays and drift when a wide
play is formulating. This type of end play can be improved
by hard practice on full squad defensive drills, but not all
ends will be able to successfully use it. Some ends can
drift well; others are better at smashing. We must coordin-
ate our team defense to make use of each man's capabilities.
The pass defense of a team depends heavily on the ability of the ends to rush the passer. It is imperative that the end rush without opening the way for running plays on fake passes. He should go in on the passer high with hands in the air to obstruct his vision as much as possible. He should tackle the passer high if the pass has not been thrown when he arrives.

When opposing a punt formation the end should be cautious in rushing unless it is a sure kicking situation. When he does rush the kicker, he should move quickly and along the shortest path to where the kicker's foot will meet the ball. He should leave his feet in a high diving attempt to clutch the ball as it leaves the kicker's foot.

Tackle and Guard Play. - Since the tackle and guard play is so near the same in the T formation we shall discuss them together.

Offensive Blocking and Charging. - The "step-in charge" is advocated for these lineman. It is imperative that the foot that is in front and the full body charge be moving together in a straight line in order to obtain maximum momentum. It is important also that the initial step in the line blocking must carry the blocker to a point where he can intercept the charge of the defender, absorb his shock, and still be able to follow through with his movement. The same types of blocks as given our ends are taught our tackles. These linemen do not have as much use for the body blocks as
do the ends, but since our offside linemen do considerable downfield blocking, we want them to be able to execute the open field blocks.

For a guard or tackle to be successful at mousetrapping an opponent he must have speed, but at the same time have body control. This is necessary because it is so unpredictable as to whether the trapped man will be in the hole, just across the line of scrimmage, or whether he will be deep in the backfield. The shoulder block is the most common weapon for the offensive man to use on this opponent. However, if the trapped lineman has penetrated deep into the backfield a reverse shoulder block, or even a reverse body block may be used.

The offensive tackles or guards should never charge on pass plays. Their purpose is to protect the passer, not to move an opponent. The blocking technique for protecting the passer and the punter was discussed under the chapter "The Passing and Kicking Game."

In pulling out of the line to the right, the lineman should push hard with the hand resting on the ground (tripod stance), and without raising up, turn rapidly to the right, pivot on his right foot on an angle of about 100 degrees. At the same time he crosses over with his left foot to a point slightly behind and to the right of the original position of the right foot. When he starts to move out he should move parallel to the line of scrimmage. Pulling
lineman must be very careful not to tip off their plans. Long, tedious hours of practice are necessary to perfect this phase of the offense.

**Defensive Play.** - The four point stance, which can be likened to a sprinter's start, with the exception of the weight, balance, and the wide base of the feet and hands is better for guards. In this stance the back is straight and parallel to the ground, the weight is concentrated well forward, and the head is up. The three point stance is similar to the offensive tripod stance, except the feet are spread wider and more weight concentrated forward. This stance is generally recognized as the best over-all position for general defensive line play. Both of the above stances may be used by guards and tackles. The crouch stance is an upright stance suitable only for tackles. The body is crouched, knees bent, arms extended out in front and slightly bent at the elbow, weight evenly distributed, and feet either staggered or square. This stance is effective for holding up ends and when facing mousetrap plays. This stance is particularly suitable for large rugged tackles.

There are two kinds of defensive tackles: the "charging" and the "waiting" tackles. The charging tackle's main objective is to drive across the line of scrimmage in a low forceful movement, striving either to tackle the runner or strip him of his interference. He must keep the blockers away from his legs, and fight through, not around the
interference. The initial charge must be made for the purpose of wholly overcoming the opponent and then recovering immediately to control possible resistance from another angle.

The waiting tackle may operate from either a three point or a crouched stance. His main objective is to let the opponents declare themselves; through the use of strength and clever hand and footwork he maneuvers himself into an effective defensive position. This type tackle is difficult to power block, but is less effective in rushing the passer.

The guard's stance on defense is lower than the tackles. As the guard waits for each play, he should eye the ball with split vision. As soon as it is snapped he should start moving. The guards should be able to use the forearm shiver, carried out in the same maneuver as was outlined for the tackles. The submarine charge is very valuable to use on short yardage situations. This is a charge underneath the immediate opponent. The feint and step charge may also be used by the guard. This charge consists of taking one step and pulling that leg back immediately. As soon as the opponent goes for that leg the guard should step in with the other. This feinting or drifting is good on long yardage situations, since it allows the man to get up to the line but not much farther. The straight shoulder charge is best executed from the four point stance in the middle of the line. The object of this charge is to drive through the opponent and across the line of scrimmage.
Center Play. - The center is without a doubt one of the most valuable men in the whole offensive set-up of the T formation. A center must be willing to pay the price for success; that is, work tirelessly hour after hour to perfect the mechanics of this position. One must really want to be good before he can be good.

Until the center and quarterback function properly together we cannot expect one to have much success with the T formation. They are heart and soul of the system. And only when the automatic exchange becomes as natural as their breathing will we have the correct combination.

We want our center over the ball with feet spread comfortably wide, and not too low. If he spreads his feet too wide, he will not be able to start quickly, and he will be so low over the ball the quarterback may have trouble receiving the ball on the automatic exchange. The center's toes should be pointing straight ahead at all times, and he should have his left foot flat on the ground. As to the right foot, the heel should be lifted about two inches, and all the weight should be directly on the ball of the foot.

The center should hold his head as high up as he can. By exaggerating this high position of the head, the center soon is able to keep his head up while he is charging forward, and thus becomes a 100 percent blocker.

There are two methods of grasping the ball and handing it up to the quarterback for the plays. One method is to put
plenty of weight on the ball, with both hands grasping it. The left hand should be back toward the rear tip of the ball and the right hand away out in front. The right hand should be placed up on top of the ball rather than underneath it.

The other method calls for the ball to be handled with only one hand, and this hand placed underneath the front part of the ball. It is yet to be proven which method is better, but the two handed pass back is gaining popularity among the T formation coaches.

A very natural fault in beginning T formation centers is that they have a tendency to left the ball and then start after their opponent. That is a little too late to start doing business. It is important that the center go forward as he starts to drive the ball back. This can be worked into one very smooth maneuver if the center will only put in the required amount of time to perfect it.

The center should be the best blocker in the entire line. One reason he should be an effective blocker is that he knows better than anyone else in the entire stadium when the ball is going to be snapped, because he is doing the snapping.

Speed is an asset we like to find in our centers. We use our centers so much in our downfield blocking we would like for them to be able to run like a backfield man. Often fullbacks are converted into good centers. A good rule for a center, or any other blocker, who is about to throw a block
at a defensive back, is to take one more step after he feels
he is ready to make contact. This extra step brings him close
enough really to halt the opponent when he applies the pressure
to him.

The center will probably need to be able to use three
types of blocks: the shoulder block, the cross body block,
and the reverse body block. In the T formation line the
shoulder is far the most important. The shoulder block is
used on all our quick opening plays. By use of head fakes
the center can become very effective in forcing the defensive
man into an advantageous blocking angle. The cross body
block can be used frequently on the linebackers. When a
shoulder block has been applied and the defensive man is
about to get away it is time to go into a reverse body block
to check the opponent.

The pass block might be considered another type block
the center must master. Certainly the center is called upon
often to help protect the passer. This block has been dis-
cussed under "Passing Game."

Not only centers, but all blockers must master the
technique of blocking; they must know exactly what is to be
accomplished; and they must make a determined and aggressive
effort to accomplish it.
CHAPTER VI

SUMMARY AND CONCLUSIONS

Summary. - To summarize material presented in earlier sections of this thesis, I should like to give some distinct advantages of the T formation as we use it.

One of the greatest advantages of the T formation is that the center becomes 100 percent a blocker. He actually is into the play before any other lineman because he knows exactly when the ball is going to be snapped, and he starts to operate accordingly. The T center gives no tip-off to the opponent, since he does not have to look through his legs to see where his target is. He can feel him.

The plays strike much more swiftly from the T, thus allowing the coach to use the element of surprise more effectively. The fact that the quarterback is partially covered by the center permits greater deception. Although there is but one basic formation a maximum number of variations can be formulated without trouble to anyone except the opponent. Such movements as sending a flanker, or a man in motion, or spreading the ends are very disconcerting to the enemy. When the man goes in motion the opposition must send a man out to guard him. This automatically gets the defender out of the play. The flanker who goes wide can never be held in on a pass play, and he has many chores to perform.
He may be a pass receiver, a decoy, a blocker, or a lateral pass receiver. Perhaps he is not being well guarded when he goes out in the flat, or perhaps two men are moving with him and leaving a spot for an end to catch a short pass.

The backs arrive at the holes exactly when the linemen initiate the contact. Since this is true, it is not required that the holes remain open for long. Thus we can employ man for man blocking and allow the linemen on the opposite side of the line from the hole to release their blocks and head downfield to remove the linebackers and safety men from the scene of activities. Man for man blocking enables blocking assignments to be switched very quickly at the line of scrimmage with a minimum number of men having to make the change.

Lucrative awards result from perfect timing and faking. Our men learn that it is much easier to fake a man out of position than to block him out. The linemen soon know whether or not their backs are faking correctly. If the back makes a good fake the defensive lineman is drawn out of position and is much easier handled.

In the T, less wear and tear on the personnel is evident in view of the fact that each play is over in such a short space of time. Our offensive is arranged to function regardless of the defense, since we find that a different defense faces us almost every Saturday.
The T is a democratic formation that utilizes all of the backs at all times. Because of its flexibility the T pays large dividends on good quarterbacking. The field general has an opportunity to use to a greater advantage the outstanding characteristics of all the players at the same time. For instance, one backfield man may be a terrific faker and another a very good runner; by utilizing these two assets in one play, the signal caller can definitely confuse the opponents and make it easier for his own linem- 

Conclusions. - As football coaches, we do not all teach the T formation but we do all teach the game of football. As no other sport or pastime, football teaches a boy in his formative years to control and command his own powers, to focus them upon a single end, and to mobilize them quickly and completely. Football teaches him to think fast and realistically, to disregard pain and risk in pursuit of a desired end.

Football not only teaches a boy the will to win and the way to win, but something else - it teaches him how to meet defeat. (It does not teach him to be a good loser, as we do not think there is a place on a football team for a boy who thinks it is good to lose). When he is defeated what is his attitude? Does he curl up and quit? Does he whine? Does he attack the sportsmanship of his opponent? In foot- 
ball a boy will learn to consider defeat merely as a
temporary setback, and in his heart he will echo the words of a brave old Scotchman wounded in battle:

"Fight on, my men," Sir Andrew said,
"A little I'm hurt, but not yet slain;
I'll just lie down and bleed awhile,
And then I'll rise and fight again!"

This is training that should turn a young man toward good and useful citizenship. Then football must be a game worth playing, worth playing well, and it cannot be played well unless it is played hard. As coaches of such a game we should strive to be worthy of our profession.

We all know that we live in the world's greatest democracy, but how often do we stop to think why America stands so far ahead of every other nation in the world. Is it because of the fruits of our large scale productive efforts? We think that the fact that the United States has never lost a war is the main reason why she is the most respected country in this troubled world. Certainly there are some nations that would like very much to take our unparalleled sources of supplies, but why is it they do not? Many have tried, yet because of something known throughout the world as the "American spirit," the Stars and Stripes have never taken second place on any battle field. With this in mind we would try to think where our young men developed the qualities that go to make up a good fighting man. Where did they learn loyalty? Where did they acquire the burning desire to stay in there and fight until ultimate victory was
achieved? These traits are something that cannot be found in textbooks, nor can they be learned in a lecture room. It is on the athletic fields that our boys acquire these winning ways that are as much a part of the American life as are freedom of speech and of the press.

On Saturday afternoons in the stadium where the football games are played there is always a thrill even greater than the football game, and that is when the band marches to the flag pole and while thousands stand with head bared, our grand old flag is unfurled; then the crowd settles back to the business of the afternoon, where the skills and competitive spirit of young American boys are pitted against each other in a wholesome contest that demands the same alertness and courage and persistence that will be required of them when their college days are over and they step out into the business world.

There is no room for "isms" at a football game. I can think of no one more out of place at a football game than a proponent of one of these isms. He would not understand the cheering thousands. He would consider it a waste of time. The enthusiasm of the players as well as the spectators would grate on his nerves. People of all classes, religions, and races being there together for the common purpose of enjoying themselves would make him very unhappy because it is his creed to sow seeds of discontent and dissatisfaction with what we have, as one subversive foreign agent reported to his
leader, when asked why he was unable to overthrow the democratic way of life, "The trouble with that country is that there are too many Americans in it." All of the things that go together to make this country great must continually be defended from any attack. Youth movements do not strengthen a country, either militarily or athletically, as was conclusively proven by the smashing American victories in World War II and in London at the 1948 Olympics. We must always preserve the great sporting spirit of the American people. It is part of our nature to be competitive. Through this medium we have become the greatest nation in the world; we will continue to be so long as we preserve our rights, meet our problems as individuals, and avoid being fettered by regimentation and standardization of our abilities. The persons charged with the responsibility of our ship of state might well agree with him who wrote, "There is place more destructive of manhood, more destructive of living men, than war is destructive to his material body. Chains are worse than bayonets."

It is our duty to defend the qualities that have made our country superior. Not long ago thousands of young Americans made the supreme sacrifice for the sake of a finer America and a better world. The least we can do is to vow solemnly that we will at all times strive diligently to make America the kind of nation that they wanted it to be, for all time to come.
APPENDIX

Coaching Experience

1925 - 1926, Post High School, Post, Texas.
1926 - 1927, Childress High School, Childress, Texas.
1927 - 1928, Slayton High School, Slayton, Texas.
1928 - 1941, Pampa High School, Pampa, Texas.
1946 - - -, North Texas State College, Denton, Texas.

Coaching Schools Attended

Aiken, Jim; University of Oregon.
Allison, "Stub;" University of California.
Anderson, Hunk; Purdue University.
Baugh, Sammy; Washington Redskins.
Bell, Matty; Southern Methodist University.
Bible, O. W.; University of Texas.
Bierman, Bernie; University of Minnesota.
Butts, Wally; University of Georgia.
Cawthorn, Pete; Texas Technological College.
Cherry, Blair; University of Texas.
Cravath, Jeff; University of Southern California.
Crisler, Fritz; Princeton University.
Davis, Joe; Rice Institute.
De Grossa, Ox; Temple University.
Dodd, Bobby; Georgia Technological College.
Elliott, Ray; University of Illinois.
Faurot, Don; University of Missouri.
Frnka, Henri; University of Tulsa.
Gilstrap, Bully; University of Texas.
Jones, Howard; University of Southern California.
Jones, Ted; Yale University.
Kerr, Andy; Colgate University.
Kipke, Harry; University of Michigan.
Leahy, Frank; Notre Dame University.
McMillian, Bo; University of Indiana.
Moore, Burney; Louisiana State University.
Morrison, Ray; Vanderbilt University.
Myers, Dutch; Texas Christian University.
Neely, Jess; Rice Institute.
Palrang, Skip; Boys Town, Nebraska.
Rockne, Knute; Notre Dame University.
Russell, Rusty; Southern Methodist University.
Schmidt, Francis; Ohio State University.
Shaughnessy, Clarke; Chicago Bears.
Snavely, Carl; University of North Carolina.
Stuhldreher, Harry; University of Wisconsin.
Sutherland, Dr. John; University of Pittsburgh.
Thomas, Frank; University of Alabama.
Wade, Wallace; Duke University.
Warner, Glenn S. "Pop;" Stanford University.

Wolf, Raymond "Bear;" University of Florida.

Interviews

Wilkinson, Bud; Oklahoma University; "Coach of the Year," 1949 - 1950.

Woodruff, Bob; Baylor University.
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