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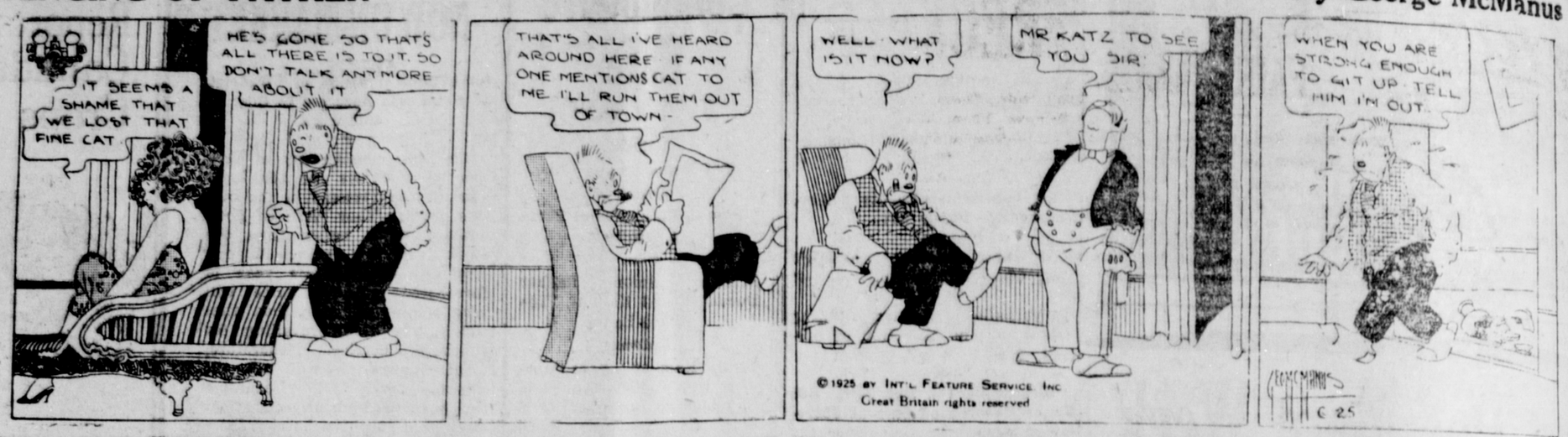

HOW TO PLAY FOOTBALL

Individual training and ball practice---various methods of getting it

(By "Andy" Ducat, Manager of Fulham Club.)
(Reprinted from "Greenock Herald")

A team's success depends largely on the spirit the team shows in getting on with the serious matter of training.

Amateur teams rarely train enough. It is often left to the individual player to train himself. This is not a matter of negligence but one of necessity.

Here is some advice for the player who wishes to train himself. The first step is to get a brother enthusiast to train with you. That may sound a contradiction of terms, but training all alone is a heart-breaking business. The competitive spirit is entirely lacking.

Runs two or three miles long provide the best way to improve stamina and wind. Sprinting practice is equally important for speed.

You must never crouch when starting to sprint. Track athletes always jump away from a crouch, of course, but how often on the football field are you crouching when you have to sprint for the ball

Sprinting must start from nearly an upright position.

Sprinting and Running

Another way is to jog along, and then on the word "Go!" jump into a 20 yards dash. If you have a track to run round you can do it at a comfortable pace broken up by sharp sprints.

This is fine practice for the half-backs. They need the stamina that is thus produced. Many trainers recommend gymnastic exercises in addition for the full backs. Hard kicking must form part of his training.

Walking is as good a training as you can get, providing you do enough of it—and at a speed great enough to induce free perspiration.

The football season is a long one, however, and care must be taken not to overdo private training at this time of the year. You may easily grow stale and go right off color altogether. Watch your weight. That is a safe guide as to whether you are training too hard.

Dribbling Through Poles

Forwards who wish to improve at dribbling should practice with poles and the ball. Take a dozen poles or sticks and place them in a line about five yards away from each other. The thing to do is to dribble zig-zag through them. Keep the poles at uneven distances apart so that a man does not swing in and out mechanically.

Increase and reduce the distances between the poles frequently, so that a forward gets the knack of turning at all sorts of times.

Another method of placing the poles is in two lines instead of one line. All the poles are at different distances apart.

When the men have all practised in pairs or in threes, combining them into a team comes much easier. Frequently the amateur captain is compelled to combine his team while matches are actually in progress.

It is bad to chop and change the places in an amateur team too frequently. The men get very little chance of knowing each other at the best of times, and constant changes only makes things more difficult.

A form of practice that is favored by many teams, but which strikes me as being almost useless, is that in which the goalkeeper stands in the goal while the rest of the team take shots at him. This is good for the goalkeeper, but I doubt if it improves anybody else.

After all, if you have six or seven men in front of the goal, it stands to reason that some hardly touch the ball at all during an hour's practice.

That is why individual training can sometimes do more good than the training of the whole team together. Two people with one ball get a lot more practice than eleven with one ball.

Your practice should always posses some definite plan behind it. Full backs practising together would stand some 40 yards apart and kick the ball to and from each other. Three inside forwards, on the other hand, would practice short passing and shots at goal.

Practicing Passes

Wing forwards should sprint along together with the ball while practising brisk passes in the direction of centre.

They should also practice corner kicks. It is surprising how many badly placed corner kicks occur during a game.

Note that there are two kinds of passes; forward passes, which are used to run the ball up, and square passes which are used to put the ball across right in front of the goal.

The best ball practice for general play is to be had in a walled court with an asphalt surface. Here the ball can be kept on the move all the time without the fatigue of chasing it on long journeys.

When practising between walls a tennis ball is as good as a football. Light shoes should be worn.

Sport Chat

Eyes of the local sporting public are now turned towards Dominion Day when the Sons of Canada are to present a celebration program that will contain attractions for all fans—old and young. The two big attractions will be the Ketchikan-Prince Rupert baseball series and the football final for the Dominion Day cup between the Callies and Great War Veterans. In addition to these features, however, there will be children's sports, Junior baseball game and the usual events of the day. The committees in charge have their arrangements well in hand and there will be no reason for anybody to go out of town to get a day full of fun.

The Gyro Club is making a determined effort to bolster up its team in the Senior Baseball League and, by the time the schedule is resumed after the Ketchikan-Prince Rupert series, the management expects to have a team that will be second to none in the city and one that will be well able to take care of itself against the Sons of Canada and Sawmill. The next time the Gyros play they expect to have a new pitcher on the mound. Fred Henning has retired as captain of the Gyro team and has become assistant manager to Morton MacLachlan. S. Moran, short stop, is to be appointed captain of the Gyro Club team.

Burns Lake is to have a celebration on Dominion Day and many interesting events are being placed on the program. The headline features will be a baseball game between Burns Lake and Vanderhoof. Another interesting event will be a tug of war tournament for which Andy Ruddy is hanging up a prize of $20 for the winning team providing at least four teams of eight men each compete. Suggested teams at present are Decker Lake, Palling, Rose Lake, Francois Lake and Burns Lake. Preparations are being made to accommodate a large number of visitors at the celebration and the day will be concluded with a bowery dance in the evening.

The Cold Storage team in the football match tomorrow evening against the Callies will be G. Hills, C. Whatman, H. M. D. Lamb, H. Carson, J. Sims, R. Mathieson, S. Darton, B. Walkland, S. Elder, E. Bye, F. Hardy. Reserves: J. Thorney and M. Lamb.

The Callies team are E. McLean, W. E. Williscroft, M. Andrews, A. Harris, S. Currie, R. Woods, A. Mitchell, R. McDougall, Wm. Mitchell, Wm. Hamilton and James Andrews.

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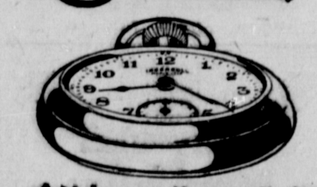

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In the Letter Box

POACHING FOOTBALL PLAYERS.

Editor, Daily News.

Will you allow me to reply to "Footballer" in your issue of Wednesday.

Undoubtedly what he complains of is true, and I am glad to see that the public is alive to it, but the officials can do nothing in the matter until a complaint is laid by an individual or club. It is impossible to act without definite proof.

I can assure "Footballer" that the officials will act without fear or favor if a complaint is laid, and any club guilty of poaching will possibly find that while they may have a team composed of such players, they will not be allowed to play in organized football.

All players and club officials know the rules governing the sport, and any official or player who breaks those rules must answer to the association. A player must obtain his release from one club before signing on with another club, and the club that has the player signed, can refuse to transfer if they think they have good grounds for it, and the matter must then be brought before the executive. There is a delegate from each club on this executive, so that the true facts of the case can be brought out.

I can assure "Footballer," that the Prince Rupert Football Association is out for the good of the game, and any player or club breaking the rules will be dealt with, but they cannot take action on every rumor that originates, often from someone with an axe to grind. The players themselves are entitled to fair play and a player should not be expected to turn down a chance of bettering himself because he is engaged in sport.

Thanking you for the space.

Yours, etc.
GEO. HILL,
President P.R.F.A.

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FOR RENT.—Five roomed house furnished, for July and August. Phone Green 186. 149

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FOR RENT. — Clapp apartment Westenhaver Bros. tf

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Thursdays ..... 9:15 P.M.
Sundays ..... 9.15 P.M.
From Vancouver—
Sundays ..... P.M.
Wednesdays ..... 10:30 A.M.
Fridays ..... A.M.
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C.P.R. May 8, 18 and 29.
To Anyox, Alice Arm—
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To Port Simpson and Naas River Points—
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From Port Simpson and Naas River Points—
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To Alaska Points—
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	A.M.	P.M.	Sundays P.M.
Graham & Atlin Aves.	9.00	7.30	7.30
1st Ave. & 8th St.	9.05	7.35	7.35
6th Ave. & Fulton St.	9.10	7.40	7.40
8th Ave. & Thompson	9.15	7.45	7.45
11th & Sherbrooke Aves.	9.20	7.50	7.50
11th Ave. & Conrad St.	9.25	7.55	7.55
6th & Hays Cove Ave.	9.30	8.00	8.00
6th & Hays Cove Circle	9.35	8.05	8.05
8th Ave. & Cotton St.	9.40	8.10	8.10
5th Ave. & McBride St.	9.45	8.15	8.15
Pro. Govt. Bldgs.	9.50	8.20	8.20
Pro. Govt. Wharf	9.55	8.25	8.25
G.T.P. Wharf	10.00	8.30	8.30
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2nd Ave. & 2nd St.	10.10	8.40	8.40
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