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Ability and Conditioning Will Determine Extent of Football Player's Success

By Charles E. Baer

Conditioning for football play:

for course, is a little stand have an opportunity to intercept good deting and a little stand have an opportunity to intercept good deting and a little stand have an opportunity to intercept good deting and a little stand have an opportunity to intercept good detings and the standard standard good for the standard good for the

the variety at Baldwin High lith the variety at Baldwin High lith stall and confidence than a 220-pounder with plenty of fight the variety at Baldwin High who figured he didn't have a chance.

All of which means that conditioning—both physical and mental—can mean the difference between a champlonably team or what system your coach or what system your coach

matter what system your coach uses: Rimmber — your legs are your most important assets. Keep them in shape. Keen sakes, Keep them in shape. Keen sakes strong and supple, so that they'll be able to support those ankles and knees when split-second stops and starts are necessary. Ask him to show you the precise maneuers— and show you the precise maneuers— and then practice doing those thing—not once, or a dozen times, but hundreds of these contracts and the strong the str Training Course Carl F. Thomas, Corporal Air Reserve, who resides at 504 Frank treet, has reported to the Topeka thus Army Air Field for a 15-day and the Air Reserve and the Reserve training Detachment at Topeka.

Approximately 250 officers and Approximately 250 officers and training means attending this training the air topeka.

Approximately 250 officers and Approximately 250 officers and training means attended Baldwidth and the Air Corporal Thomas attended Baldwidth, High School and Highland Park, He is a large in Highland Park, Medal, God Gonduct Medal and the American Theater Ribbon.

dozen times, but hundreds of times. Pactice your stance—both the property of t If you find a square, or Greek cross worked into the design of your Oriental rug, you will know that the rug was not woven by an orthodox Mohammedan.

Is and sections practice win S. Ball handling it especially portant for backs. Practice duling and catching the side. th your arms and fingers re-ed. Be able to handle the bal-d on those tricky reverses and on those tricky reverses and Many of the same exercises are for linemen, too. A few addi-nal drills will add to a lineman's ettiveness:

Stance Is Important
The most important w

Stance is important weapor the most important weapor has command of a defensive has command of a defensive must build up your line and a houlders, so you'll have to of muste to put behind you have to be to the to-st of the command of the and push-ups. A good exercise for linemen wing, either on the water or wing, either on the water or wing, either on the water or he exercise for the command of the hexarcise and it really builded ideas.

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