1921

Notre Dame Box

Knute Rockne
Property of
F.W. Thomas
Foot Ball
H.D. Style
1921
89 two plays
 Kick formation

83-82-95  X
59-53
Notre Dame Box

Articles from
Knute Rockne
THE FORWARD PASS

By K. K. ROCKNE

Mr. Rockne, who is Director of Athletics and Football and Track Coach at Notre Dame University, graduated from Notre Dame, where he competed in football and track for three years. He was chosen for a place on the All-American football team in 1912. He is one of the smartest and most successful coaches in the country, his name appearing in the world of sport. His success with the forward pass especially qualifies him to discuss this method of attack.—Editor's Note.

In the winter of 1906, the game of football was in a bad plight. Long lists of fatalities and injuries were a daily report in the press. The game was heavy, and it was very dangerous to play. The forward pass was considered very dangerous by all. However, there was a hue and cry against the game. Some colleges had dropped football and certain legislatures threatened to put a ban on the game. About this time a meeting of most of the large colleges was called and recommendations were passed about the game and sent to the Rules Committee. This meeting, by the way, was the start of the present National Collegiate Athletic Association.

As a result of these recommendations, the Rules Committee of that year initiated a series of radical changes, designed to open up the game and get away from the terrific mass plays which were not only uninteresting but were causing a great number of injuries. The rule changing for five yards in three downs was changed to ten yards. The outside kick and forward pass were introduced, the latter proving to be the vital innovation. True, it was hampered by a lot of restrictions, but nevertheless it offered great opportunity for inventive genius.

In the first few years, the forward pass was used only as a threat play. As one would expect, the execution was crude and haphazard. The ball was generally thrown with a stiff arm or with both arms and was caught in the stomach. In fact, little light football was handled very much as if it were a heavy medicine ball, from the gym apparatus. The number of completed passes was quite low, even in signal practice.

The fall of 1908 saw some innovations in the execution of the pass play. Three teams, St. Louis University, Carlisle and the University of Chicago used the pass successfully against all their opponents. They used the long spiral pass and the receivers caught the ball more as the ball is caught in baseball. The defense seemed absolutely unable to cope with this new weapon. The half backs appeared not to know what to do to defend against this pass and a running attack at the same time. The
passes in those days were all advertised in advance, but even so, they were successful. The end ran down the field, with no attempt at a change of pace or direction, but just apparently trying to out-run the defensive half back. Some teams still use these tactics today, but the passes are now easily broken up. In fact, the very next year, the defense caught up with the pass and the development of the pass was delayed for several years.

This retarding was due, however, as much to the rules as it was to the defense. In the fall of 1909, most teams made use of the fact that the rules still allowed pushing and pulling so that the game again became a brute strength proposition, with the pass being used only in a pinch and as a threat. The restrictions on the pass, limited its use any further than this. An increase in the number of injured men prompted the Rules Committee the following spring to make another attempt to eliminate mass play and its attendant casualties. They made what has since been shown to be the most radical change in football. They made it illegal for a teammate to help the carrier of the ball in any way except as an interferer. Pushing or pulling the man with the ball was eliminated and now for the first time, the knell of the mass play was sounded. The offense, however, found itself unable to advance against a determined defense, so in the next two years we saw most of the big games ending in a dead-lock, or being decided by goals from the field. Gaining ten yards, in three downs, against a team of equal strength seemed an impossible task. It became apparent that the offense would have to be strengthened, if the game were to hold the interest of the public.

Having in mind this strengthening of the offense, the Rules Committee the following spring made the last of the radical changes. The twenty yard restriction on the forward pass was removed, in other words, the pass could now be thrown an unlimited distance. Another change made it possible for one to catch a pass in a ten yard zone, created behind the goal line. The real development of the pass can truly be said to have begun in the fall of 1912.

The evolution of various kinds of passes has progressively since 1912. First we had the group pass, the fan pass and later, the spot pass. The screen pass, with its many modifications, began to be developed that year. Later we have come to witness tackle eligible plays, delayed passes, the use of men as decoys, the use of a screen for the protection of the receiver, the pass after an apparent line back, the optional pass, the bifocal pass—all these had their origin in the years following 1912 and have taken until today to be perfected.

If a forward pass is to be successful, the eligible man must be able to get away from the defensive player. No matter what kind of a pass is used, the method employed is one of six, which, briefly enumerated, are as follows: using a change of pace; using a sharp change of direction; faking as if to block or actually blocking for an instant, and then breaking fast for an open space; hiding behind a screen; following a decoy at the proper time; revolving completely around and having the pass so timed, that the ball is shot into a pocket at the proper instant.

The following diagrams of passes are pass plays which have been used by Notre Dame. They are not original, as some of the ideas have been borrowed from other coaches.
RUNNING PASS

The right end goes down and out. The left end goes down a few yards and then comes across the field fast. The line from tackle to tackle blocks. Back 1 fakes for the end, slips by and goes out into the flat zone for a pass. Back 2 blocks the end and back 3 blocks the tackle. The passer takes an off tackle play for three steps, drops back and passes to whomever of the three is clear. The right end and back 1 are in the same focus.

FAN PASS

Two ends go deep down the field and out. Five center linemen block. Back 1 cuts down the middle of the field. Back 2 checks the end, then drifts into the flat zone for a pass. Back 3 blocks temporarily to the left, then drifts out for the open space. Back 4 fakes a pass, runs and eludes the tackle, then passes. This pass demands a clever man in position 4, a man who can pass from any position and under any condition. If back 4 is not clever enough, back 2 will have to block.

CRISS CROSS PASS

The ends criss cross. All the line except the right guard block in the line. The right guard pulls out to the right and blocks. Back 3 blocks to the left. Back 2 blocks to the right. Back 4 gets the direct pass from the center, fakes off tackle and gives the ball to back 1, after which he blocks. Back 1, after receiving the ball from back 4, takes a reverse run and then passes to either end.

FAKE LINE PASS

Both ends block their tackles for two counts and then break for the open space. The line from tackle to tackle blocks. Back 4, the quarter, takes the ball and fakes it to back 3 taking a line back. Back 4 then pivots around and tosses the ball to back 3, after which he blocks to the weak side. Back 2 blocks to the strong side. Back 3 delays, receives the ball from the quarter, drops back a step and passes to either end.

(Continued on page 39)
The Forward Pass

(Continued from page 7)

In regard to the throwing end of the pass, no pass is going to be successful long unless the play is carefully covered up so that the intent is concealed until the moment of execution. The defense must be given no hint as to the nature of the play. The several methods by which the offensive team can cover up are as follows: one man may fake a line back and then shoot the ball back to another back, who forward passes; the passer may fake a run and then pass; the passer may fake a kick and then pass; the passer may fake a pass, then run a short distance as if panicky, and then pass; the passer may crouch down low as to be hid behind interference; one man may take an end run and then pass the ball back to another man, who passes. No matter which of these methods is used, perfection of execution is the thing which makes the play go. The receiver of the pass should run, relaxed from the waist up, and should catch the ball in his hands, like a baseball. The fingers of the hand should be spread wide, but not tensed. All the muscles of the hands and arms should be relaxed and they should give when the ball is caught. The receiver must run fast and, when turning to look for the ball, should turn his head from the neck only. It is not necessary to turn at the waist. The defensive back can sometimes be fooled by the receiver cleverly using his eyes to deceive. The passer must learn to throw a "light" ball, which is done by always throwing the ball over the shoulder, with the forward point up. The ball should not be spun and the passer must learn to follow through. In getting the ball and faking an end run, the passer must learn to adjust the ball in his hands, without looking at it. He must carry it in such a way that the ball can be thrown quickly. Most passers have a tendency to hold on to the ball too long. The passer must be a man who does not get panicky under pressure, but instead is cool, collected and decisive.

The forward pass as an offensive weapon is of itself not worth much. Mixed in with a versatile offensive, which includes strong thrust plays, powerful sweeps and a deep kicker, it may become an overwhelming factor.

Q. On a try for point after a touchdown the rules provide that if the team scoring the touchdown elects to rush or pass the ball, and "A fumble occurs and the ball is legally recovered by the team making the "try" play shall continue until the Referee declares the ball dead, as elsewhere provided in the Rules." The question raised is whether this also applies in the case of a drop-kick or place kick after a touchdown.

A. In case of a kick in a try for a point "if the kick does not score a goal the Referee shall declare the ball dead."

Charles W. Bachman

Football and Track Coach.
Kansas State Agricultural College.
Graduated from the University of Notre Dame; was All Western Guard in 1906; played on Great Lakes team in 1916; coached at Dalhousie University 1915; Head Coach of football and track Northwestern University in 1919.

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Field Tactics

by

K. K. Rockne

The following is a reprint of an article, which appeared in the October 1927 Athletic Journal. It is reprinted because there have been a number of requests for it and the supply of the number in which this first appeared is exhausted. Every Journal reader knows that K. K. Rockne is Director of Athletics and football coach at the University of Notre Dame. He is without doubt at the top of his profession.—Editor's Note.

Common sense field tactics are just as essential to a team as fundamentals. This may seem to be a broad statement, but the more I see of football the more I am convinced of the importance of generalship of the right sort. Every institution has at least one natural rival. The annual game between these institutions is probably the climax of the season so far as these two teams are concerned. On the average there is not much difference in the physique, physical condition, execution of fundamentals, and strength of these teams. What then is usually the deciding factor in these closely contested games? Is it luck as most spectators or the losing coach would have it? No, it is generalship or field tactics. The team which wastes no energy or yardage, takes no foolish chances, drives when it counts most, follows the ball, and outguesses the other is generally the winner, everything else being fairly equal.

On the day of the game it would be well for the coach, captain and quarter to take a trip to the field and look it over thoroughly. If a baseball park is being used, special attention should be given to the location of the infield in the gridiron. Weather, direction of wind, probable position of sun, physical condition of your own men, and of opponents, style of play of opponents, tactics your team has used in past games, mental condition of your own men and opponents, and what game follows, should all be borne in mind by the coach in planning his attack. He must, however, in explaining to his men, have certain basic principles on which to rely and on which to form his deductions and exceptions. With this in mind I have divided the gridiron into transverse divisions or zones and longitudinal belts. We will take up first map number one, which shows transverse zones.

Map number one is to be considered very elastic and to hold good only under conditions named therein. When these conditions change exceptions arise for every change. This map as shown will not hold good against certain types of teams. We will take up these changes of conditions and exceptional types of teams later. So first we will take up map number one under the conditions mentioned.

The team winning the toss should choose the goal with the wind behind them. The wind is a fickle element and by the second quarter may change direction or may die down altogether. So make the best use of it while you can. If there is not much wind, and particularly if the opposing team is strong defensively and weaker offensively, it might be best to choose to kick off. However, we will assume that there is a fair wind and that we have chosen to receive with the wind behind us.

If the ball is downed in the danger zone it is best to punt on first down. It is entirely too
dangerous to rush the ball in this zone even for one down. Any sort of a slip might be fatal as you must keep in mind that the opponents are within the shadow of your goal posts. So kick the ball out of there as quickly as possible.

In the transitional running kicking zone, it would be wise to try a play or two with two objects in view: one to find the opponents' weakness, and the other by means of a long run to carry the ball into offensive territory. By this I do not mean that the team should use the strongest plays here. I mean just the opposite. A team should conserve its strongest plays for the offensive zone, otherwise by the time it advances very far the defensive team will have become accustomed to these plays and can meet and stop them. What I mean is to use one or two simple plays in which the man carrying the ball might possibly get away for a run. Use a back who if he goes at all goes for a big gain. It is a great temptation for a quarter to start out from here for a touchdown, especially if one or two plays work fairly well. He must stifle this desire, for if the teams are evenly matched he will be stopped before he goes very far and he will not only have shown his hand, but he will have wasted a great deal of yardage for the other team upon getting the ball can kick it right back. So conserve your strength and use the kicking game with the wind as means of gaining ground. Kick at least on third down.

When the team gets the ball into the transitional forward pass zone, the quarter can begin to take more chances. If the first play fails and conditions are right a safe forward pass play might be tried on second down. If the first play goes well, straight plays should be used to make first down. Use a strong play on first down again and meet conditions as they arise. Kick on fourth down, however, even if you have less than a foot to go. In this case if you have a good kicker he should boot it out of bounds near the goal line or kick it extra high. If the defensive man back is weak catching punts choose the latter. The other team can only kick it back to you and as the wind is at your back and everything else equal, you should gain ground in the exchange. Besides, you will have first down again and can resume your campaign with a free hand.

When you get to the ball inside of the opponents' 40-yard line you are in offensive territory. Here the quarter should lay his plans to score as soon as possible. The plays should be run off quickly and every possible punch should be put into the attack. - Use your best play on first down so if five yards are gained you will have three downs to make the remaining five. If stopped here use a pass or trick play, depending on the personnel and disposition of the defense. Do not pass, however, if a running attack is working successfully. If forced to kick here, use a place or drop kick, but it must be kept in mind that it takes three goals from the field to beat one touchdown. If you see that you will have to try a kick, maneuver so as to get the best angle at the goal posts and the best footing.

If a team is able to get into the scoring zone there is no reason for not being able to cross the goal line. Every team should have three or four plays which are essentially scoring plays. They should not be used in the earlier part of a game unless this opportunity arises. The quarter, from previous experiences, will

(Continued on page 49)
Notre Dame Box

Forward Pass

Gus Dorais
The Forward Pass
And Its Defense

by
Charles E. "Gus" Dorais
Athletic Director University of Detroit

Published by
The Athletic Book Co.
Chicago, Illinois
To the memory of
KNUTE ROCKNE
my old pal and the receiver of many a winning pass, this book is affectionately dedicated.
POSITION PASS
A pass with many possibilities particularly good for position pass purposes.

1. All receivers are numbered.
2. Area into which pass is to be received is numbered.
3. These numbers are given by signal.
4. Example: Pass Number is 25. We want to throw the pass to the R.H. (No. 3) down and out. The play number is called first 2-5 then the receiver 3 then the area he is to go to 3 so the signal would be 2-3-3-3.
You can readily see that many combinations can be gotten of long, medium, short and delayed passes from this one play. The normal spread is as outlined. All men run normally in lane outlined unless the signal indicates one man is to take a different course.
CHOICE PASS

A good spread for choice pass, particularly against zone defense. Gives passer better chance by putting all receivers in one range.

A long shot choice for good passer. Three man spread giving more protection and more time for passer to single out which receiver can get in the clear.
THE FORWARD PASS

DELAYED PASS

L.H. to Quarter Delaying
Four spots are indicated to which the quarter after delaying 3 counts can go.

CHOICE PASS

A cross cross pass especially good against can to man defense.
R.H. receives ball from center, gives it to L.H. coming back.
L.H. has choice of three men.
SPLIT BUCK PASS

Quarter receives ball from center and fakes first to L.H. then to Full. Then runs back and throws to R.H.; R.H. has blocked end momentarily, then slipped off and goes down. Both guards out to protect. L.H. and Full both block after faking for the ball.

DELAYED PASS

L.H. to R.H.

R.H. holds four counts and five areas are indicated that he can go to on his option to receive pass.
DELAYED PASS

L.H. to L.E.
L.E. comes around behind his own line and drops in behind a screen of decoys sent out as indicated. Very effective.
MECHANICAL PASS

[Diagram]

PASSEr
MECHANICAL PASS

Double Reverse Pass

R.H. receives ball, fakes to full, then gives it to passer L.H. then blocks end. Full fakes for ball then blocks off L.E. R.E. straight down. L.E. cuts across, falls in behind R.E., receives pass. Quarter decoys fullback out.

Quarterback sneak pass. Quarter delays two counts. Good against box defense playing man to man.
MECHANICAL PASS

Two man spread. Tandem run splitting at halfback. Long pass with good protection.

SCORING PASS
THE MODERN NOTRE DAME FORMATION

The Notre Dame Box football formation, according to Knute Rockne, was the brain child of Amos Alonzo Stagg, coach at the University of Chicago from 1892 when the school first opened its doors until he reached retirement age in 1933.

Mr. Stagg made many contributions to the game in the way of new formations and plays. In the early 30's he originated the short flanker which was added to the Notre Dame formation. Mr. Stagg's theory with the flanker was to place the slotback in a flanking position outside of the defensive end or, as he used to say, "Under his Beav." From this position he could block the end in on the end run, pass him up and block the fullback on the off tackle play, or catch passes.

Notre Dame Formation 1913

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Jesse Harper, substitute for the immortal Walter Eckersall at the University of Chicago, came to Notre Dame as Head Coach of football, Director of Athletics and many other things in 1913 and he brought with him the formation he got from his old coach Mr. Stagg. It became the only formation at Notre Dame and it gradually assumed the name of the school. I played under this system for three years with Harper as Head Coach and Knute Rockne as assistant. Rockne succeeded Harper in 1918 and used it successfully until his tragic death in March 1931 during which he created one of the finest coaching records of football history. All the years that I coached college football I used the formation as did the Notre Dame graduates and many others in the coaching field.

Knute Rockne joined the faculty of Notre Dame in 1914 as an assistant in chemistry under Father Mekelburg, who invented synthetic rubber. He was also an assistant coach in football and also acquired the title of Head Coach of Track. Having been a 12-4 pole vaulter with a bamboo pole-a good performance in his day-and a 52 second quarter miler he knew the value of speed, and he was forever talking and preaching speed in football. From 1914 the Notre Dame shift was performed by backs who could block, run and think. The shift as employed by Notre Dame teams was a thing of beauty. One newspaperman in his enthusiasm said that Notre Dame backs worked under a ballroom director to give them their smooth, eye catching rhythm. Of course this was nonsense. At first the shift was fast and it involved only the backs and the ends.

It wasn't long before coaches playing against teams using our formation began complaining about the speed of the shift. Pop Warner, inventor of the single wing formation and at that time football coach at the Carlisle Indian School, assumed the head of the movement to slow it down.
After losing to Notre Dame, 25 to 2, Bill Roper, coach of the Tiptons said: "When you play Notre Dame forget the shift, but look out for the strong side end." Bill was right. This end on the fast shift would take out with the outside foot to draw the defensive tackle out on the inside of tackle play, then step back in leaving himself in his original position with a good angle to block the tackle out. On the off-tackle play, the end stepped out with the outside foot, then hopped to a position outside the defensive tackle. The theory behind the ends' maneuvers were the same as they are today—run the inside of tackle play to put inside pressure on the tackle, then go to the outside to block him in. On the off-tackle play Rockne, who was an end and a good one, spent many hours working with his ends teaching them head fakes, shoulder rolls and movements to get under the hands of those big tackles who stood ready to jab those hands forward aiming to hit the end on the helmet with the knuckles of the hand and elbows that locked on contact. Maneuvers to avoid those hands were important in blocking and also in getting our ends free of the tackles for passes.

In the original Notre Dame formation the players lined up in the regular or T formation from which a few plays were run with the quarterback handling the ball for the quick opening dive plays. From this formation the backs shifted to the right or left on a quick rhythm shift which involved the backs and both ends. (The backs concentrated on one side of center definitely made a strong side.)

With this concentration of strength on one side of center it became a rule that the defensive line had to move one half position in the direction of the shift. The defensive formation generally used was the 7-1 with the defensive linemen playing in a semi-crouch position and hitting their opponents with their hands, then sliding in the direction of the ball carrier. Notre Dame coaches used the 7-2 defense we picked up from Gil Dobie who at the time was the football coach at the Naval Academy at Annapolis. Both of these defenses were strong against running plays, especially the 7-2 which was almost a 9 man line. As long as teams were not passing very much these defenses were satisfactory, but later teams began throwing the ball and with such success that a change in the defense became mandatory.

The first move was to take the defensive center out of the line and to place him in a position one yard behind the line and inside his defensive tackle. The fullback moved over from in front of the quarterback and lined up one yard back and inside his tackle. The guards and tackles divided the space between themselves and now played low and covered territory.

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R S L
E T C G F T E
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Original 6-2 Defense

Harry Mehre, one of our Notre Dame men coaching at Georgia, when ranging from the 7 to the 6 man line, had simple instructions for his interior linemen. He said: "Line up fast and low with your noses on the ground. When the ball is snapped, charge low. After the game we'll tell you the score."
With the 7 man line, the defensive tackles usually were the biggest and the best men on the line. They were the key to the defense. The pass defense was man for man. The theory of the 6 man line was the guards and tackles were supposed to break up the interference while the linebackers tackled the ball carrier. Against the Notre Dame formation, this defense left big holes inside the strong side tackle and between the guards. Our fullbacks were having a holiday. Eventually, the standard defense against our formation was the overshift or odd defense, which tightened up the line and pushed the big line weaknesses to the space between the weak side tackle and end.

The strongest, most spectacular and most productive play in football is the off-tackle play—a play associated with such names as Jim Thorpe, George Gipp, Red Grange, Tom Harmon and many others. It is a powerful play, especially from the Notre Dame formation, because the ball reaches the line of scrimmage quickly with a mass of interference ahead of it. It meets Confederate General Nathan Bedford Forrest's theory of his offensive strategy, "To get there firstest with the moxest."

The Notre Dame system of play was built around the off-tackle play and our offensive strategy was also built on the theory of getting this play to work, then keeping it going. In the football jargon of that day it was called "The perfect play" because every player completed his assignment it was a touchdown. Every other play in our repertoire of plays had only one purpose—to keep the off-tackle play going.

With the overshifted defense, we also found, after we introduced the spinner attack, that we also had a strong weak side off-tackle play, which greatly strengthened our attack.

The original design of our off-tackle play called for the end to block the tackle alone, the slotback to block the end and the strong side guard to block the fullback. Some fullbacks began keying on the quarterback and then picking up the guard. Many times he met the guard in the hole with usually a loss on the play.

Every time the rules committee met, legislation was passed to take the teeth out of the Notre Dame shift. When they finally slowed the shift down to a one-second stop they killed the shift which helped the defense. Without the shift, the formation became set like the single wing and it lost most of its effectiveness.

About this time George Halas, owner-coach of the Chicago Bears, and his assistants Ralph Jones and Clark Shaughnessy began experimenting with a "T" formation featuring a man in motion. Don Faurot, coach at Missouri, came up with his version of a "T" formation based on speedy backs, the dive plays and an end run and end run lateral forward pass to the deep end.
In the summer of 1929 I was invited to join the teaching staff of the Northwestern University Coaching School conducted by Dick Hanley, Northwestern coach. The last day of the school Knute Rockne appeared on the program in a debate with Hanley on which football offense was the best, the wingback offense or the Notre Dame system. It was an interesting hour, but when it was all over most coaches still were convinced that the system they were using was the best.

Knute invited me to attend a banquet with him that night at which he was the principal speaker at a Motorola Sales meeting and to spend the night at Notre Dame and to talk football the next day. After we started toward South Bend, Knute told me that he received a check for $100.00 for his talk and a new Motorola radio. I wonder what big corporations would pay Rockne today, one of the great after dinner speakers of his time, for a similar talk. He also told me that he recently turned down the offer of an advertising agency of one of our big tobacco companies who wanted him to recommend their cigarettes. He said everyone knows I smoke cigars, and all my teaching career I have always preached good sportsmanship by saying one man practicing good sportsmanship is worth more than 10 men merely preaching it.

The next morning in his office he showed me a new spinner attack he planned to introduce that season. He diagrammed the plays for me then took the time to show me the footwork on the single and double spinner plays. This series of plays is just what our Notre Dame offense needed as football teams playing us were beginning to widely overshift us on the strong side and were forcing us to turn back to the weak side where we had the 25 play and the old half to half reverse with no Bergman to run it. The complete offense had plays for all of the defensive spaces, but the ones to the weak side were "worth their weight in gold". Notre Dame fans may remember this play with Joe Savoldi carrying the ball.

Notre Dame Fullback Spinner Reverse
change the play from the sweep to off-tackle when necessary. We made big yardage on this play and many touchdowns.

Notre Dame Reverse Sweep
Notre Dame Box

Charlie Bachman
Modern

Notre Dame Box

Charlie Bachman
PLAYS FROM REGULAR FORMATION
(Used with the shift)

The quarterback takes his position on this formation behind the center; the fullback directly behind the quarterback and about 4½ yards from the line of scrimmage. The halfbacks place themselves on a line with the fullback and behind their respective tackles. All of the backs, except the quarterback, have their hands on their knees.

**Play No. 1.**

Signal on left, 43.  
Signal on right, 46.

Right End and Right Halfback—block the tackle out.  
Right Tackle and Right Guard—take the guard straight back.  
Center—blocks the center to the left, then goes through for the fullback.  
Left Guard—goes through for the fullback.  
Left Tackle—blocks the guard.  
Left End—goes through and across for the defensive left halfback.  
Fullback—receives the ball from the quarterback and carries it between the defensive guard and tackle.  
Left Halfback—fakes to the right.  
Quarterback—receives the ball from the center, takes a step with his left foot to the right, and passes the ball to the fullback with the left hand.
Play No. 2.

Worked only on the right. Signal 74.

Right End—goes through to block the fullback.
Right Tackle and Right Guard—take the guard straight back.
Center—blocks the center to the right.
Left Guard and Left Tackle—take the guard straight back.
Left End—blocks the tackle out.
Right Halfback—blocks the tackle same as in play number one.
Quarterback—pivots on his right foot and takes a step to the right with his left foot, faking the ball to the left halfback. He then pivots around on both toes to the right and passes the ball to the fullback with the right hand.
Fullback—drops down on one hand, concealing himself until the quarterback has made the fake to the left halfback. He then starts forward to the left looking for an opening.

PLAYS FROM A SHIFT FORMATION
(Simplified Notre Dame Shift)

The shift is started from the regular formation. The formation number is any number in the 50's, the first number called, and the number, odd or even, shows the side to which the backfield will shift. The quarterback substitutes the word “hep” for the third number of the second series, then counts “one-two,” the ball being snapped on the two. All of the backfield men take two steps during the shift. When the shift is to the right the right halfback takes the diagonal shift forward and the quarterback the same shift backward, while the other two backs take the lateral shift. (See chapter on Exercises for Teaching the Fundamentals of Backfield and Line Play.)

If the shift is to the right the right halfback moves forward and comes to rest in the center of the space between his own right end and tackle, and 2 1/2 yards from the line of scrimmage. The quarterback moves backward to a point directly behind his right guard and on a line with the right halfback. The fullback shifts out laterally to the space between the right tackle and right guard, 4 1/2 yards from the line of scrimmage. The left halfback also moves laterally to the space between the left guard and center and on a line with the fullback. The ends shift out a yard along the line of scrimmage. All of the backs start with their hands on their knees and keep them in this position throughout the shift.

If it is desired to have the fullback or the quarterback carry the ball from the above formation, the change in positions should be made before the signals are called. Thus, if the quarterback wishes to carry the ball on 37, he takes the left halfback's position; calls his signals from this position, and moves the left halfback into the quarterback position.
Play No. 1.

Signal on left, 32. Signal on right, 27.

Right End and Quarterback—block the tackle in.
Right Tackle—blocks the guard.
Right Guard—comes around behind his own line and forms interference.
Center—covers hole left by the guard.
Left Guard—goes through to block the fullback.
Left Tackle—blocks the guard.
Left End—goes through and across for the defensive left halfback or safety.
Right Halfback and Fullback—shoulder-block the end out.
Left Halfback—receives the ball on the cross-over, shifts the ball to the outside arm, and starts slightly forward at about one-quarter speed. On his fourth step or outside foot, he either makes a right-angle turn between the defensive end and tackle, or continues on around the end, depending upon the way the end came in and was blocked.

Note: If the defensive end is playing extra wide, the right halfback can block him alone by using the rolling body block and the fullback will then turn inside and go down the field ahead of the man with the ball.

Play No. 2.

Signal on left, 33. Signal on right, 36.

Right End—blocks the tackle out.
Right Tackle and Right Halfback—block the guard to the left.
Right Guard—drives through the guard and blocks the fullback.
Center—blocks the center.
Left Guard—comes around behind his own line and leads the left halfback into the hole.
Left tackle—blocks the guard.
Left end goes through and across for the fullback.
Quarterback—delays to let the right halfback pass in front of him, then helps the end block the tackle out.
Fullback—blocks the end.
Left Halfback—receives the ball on the cross-over, takes four short running steps slightly forward and to the right, then makes a right-angled turn, carrying the ball between the defensive guard and tackle.
Play No. 3.

Signal on left, 44. Signal on right, 45.

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Right End—goes through for the fullback.
Right Tackle and Quarterback—block the guard out.
Right Guard and Center—block the guard to the left.
Left Guard—drives through the guard, then blocks the fullback.
Left Tackle—blocks the guard.
Left End—goes through and across for the fullback.
Right Halfback—blocks the tackle.
Left Halfback—leads the fullback into the hole.
Fullback—receives the ball on a direct pass, delays an instant and carries the ball between the guard and center.

Play No. 4.

Signal on left, 46. Signal on right, 43.

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Right End—goes through for the fullback.
Right Tackle and Right Guard—block the guard.
Center—blocks the center to the right.
Left Guard and Left Tackle—take the guard straight back.
Left End and Quarterback—block the tackle out.
Left Halfback—takes across in front of the fullback and blocks the tackle.
- Fullback—receives the ball on a direct pass, delays to let the left halfback pass in front of him and carries it between the defensive right guard and tackle.
Right Halfback—goes through for the fullback.
Play No. 5.

Signal on the right, 72.

Right End—goes through for the fullback.
Right Tackle—blocks the guard.
Right Guard—comes around behind his own line and forms interference for the runner.
Center—blocks the opening left by the right guard.
Left Guard—comes around behind his own line and helps his left end block the tackle in.
Left Tackle—blocks the opening left by the left guard.
Left End—blocks the tackle in.
Quarterback—blocks the right end out.
Fullback—blocks the left end.
Left Halfback—receives the ball on the cross-over, and carries it inside of the right halfback, at the same time handing him the ball. After passing the ball the left halfback continues and blocks the tackle.
Right Halfback—comes up to his normal position, then pivots on his right foot and faces in the opposite direction. The ball is handed to him and he carries it either inside or outside of the defensive right end, depending upon the way the end came in and was blocked.

Play No. 6.

Worked only on the right.
Signal 75.

Right End—goes through for the fullback.
Right Tackle and Quarterback—block the guard to the right.
Right Guard and Center—block the center to the left.
Left Guard and Left Tackle—take the guard straight back.
Left End—blocks the tackle.
Right Halfback—blocks the tackle.
Fullback—blocks the end.
Left Halfback—receives the ball on the cross-over, take one more step, hitting on the outside foot, and cuts back through center.
Play No. 7.

Running Pass

Signal on the right, 87.

Right End—goes straight down the field about 8 yards, then makes a right-angle turn to the right, looking for the ball.
Right Tackle and Right Guard—block the guard.
Center—blocks the center.
Left Guard and Left Tackle—block the guard.
Left End—goes down the field to receive the pass or to block off the safety after the pass is completed.
Right Halfback—goes out laterally along the line of scrimmage, looking for the ball.
Quarterback—blocks the tackle.
Fullback—blocks the end.
Left Halfback—receives the ball and fakes a run by starting out laterally, passing either to the right halfback, right end, or the left end, respectively.

Play No. 8.

Worked only on the right.
Signal 85.

Left End—goes straight down the field about 8 yards, and makes a right-angle turn to the right to draw the defensive left halfback away from the pass.
Right Tackle and Right Guard—block the guard.
Center—blocks the center.
Left Guard and Left Tackle—block the guard.
Left End—goes straight down the field about 8 yards then swings off toward the left to draw the defensive right halfback away from the pass.
Right Halfback—runs outside of the defensive tackle, takes about six steps straight down the field from the line of scrimmage, then cuts back diagonally over center. He should look for the ball and it should be passed to him on the run just as he turns toward the inside.
Quarterback—blocks the tackle.
Fullback—blocks the end.
Left Halfback—receives the ball on a direct pass, comes to a complete stop on the fourth step, and passes the ball to the right halfback.
Notre Dame Box

Notes from
Charlie Bachman
Hunk Anderson
Note Same Defense
1913 to end of Season
1931

Diagram:

Plays from T Formation

E T G C S T
15 man

31

ND 41 End Run

E T G C S T

Inside tackle 23

E T G C S T

E2 - fake

When to use in
See Book
7 to 2 degree from 1919 to 1930.

7 to 2 degree 1930 to 1946.

Due to N D and force with...
May 18, 1972

Dear Bill:

Enclosed find letter from Hunk Anderson. He still does not answer your question about the play between the def. left guard and center or the play outside the weak side tackle.

Here is the way I remember:

Dutch Bergman is home in Washington D.C. recovering from a heart attack. I will contact him again a little later. He says he has his play book of the plays of the 15-16 era.

Did you use any of the box formation plays last year. The so-called triple option—really only one option from this setup is terrific.

Let me know if there is anything else I can do. Best wishes for the coming season.

Sincerely

Charlie

[Handwritten note:]

RT Call wing end if def end came - deep. F.C. handed end out - reach an option play.
Cros back fake to L. H + Full B take delay to right
And get ball from A, B.

Off tackle

Off Tr End run direct snap from center with big lead.

Quarter back shifted back a little to
not scircle and spin on his leg foot.

Direct pass to F, B.
2. 1929-1930 Offense-Tailback

L.E. Halfback out of T
L.G. Tailback in End R

N. Fullback

Trap tackle with R.G. and F.B., then half back.

Trap guard:
L.H. Keep half
F.B. John End Pass
Bill L.G. + R.G. for trap
L. H. snap ball fades to F.B. goes to line of scrimmage
and turns to F.B.

Defender: 7-2-2 W. Single

If center passes ball to #3 F.B. he takes it to #2 L.H., played loose to left harmless. Revert back to regular on #1 G.B.

Tackles on traps turned in and dropped to ground.