

Performance Notes for "1st & 10"

Players should be dressed in football uniforms with pads. Helmets are to be placed on the floor before the performance in an arc. The coach should be dressed appropriately, complete with whistle and clipboard. The ref is wearing a ref jersey, has a whistle, and at least one yellow flag. (The coach can also double as the ref if needed. If one player is used for both, he or she will have time to quickly change shirts in the middle of the piece.) No football is used during the piece; all players should pretend that a football is being used. A thin piece of wood can be laid on the stage if there is a possibility of damaging the stage with the helmets.

Intro - The ref comes out on stage and calls out the team (first measure). The team then wanders out on the stage from various areas (stage left, stage right, from behind the back curtain, if possible) while “beating” the groove beginning in measure 2.

Letter A - Players should be set up in a line. Arms should be spread, knees slightly bent. Turns are added after some figures. These are accomplished by turning the lower half of the body 90° to the right while the upper torso remains facing front. The second turn brings the lower half back. The fermata should be performed with the feet moving as fast as possible.

Measure 16 - Players get down on one knee while the coach gives the speech (1). The coach should either stand to the side of the players or pace behind them to maximize voice projection. The players should be behind their helmets in the following order from stage right to stage left: WR, RG, LG, QB, C, LT, RT

Following the speech, the coach should change to the ref if one person is playing both parts. If not, the ref can come on stage and the coach can move aside and become an actor for the rest of the piece (and join in on the ref's stomp/clap patterns).

Measure 30 - The ref blows the whistle and gives the speech (2). The ref should be facing the audience in the center of the stage. The players should face the ref (backs towards the audience) and should leave space in the center where the ref can be seen. When the players cross their fingers behind their backs, it should be exaggerated to where the audience sees what is going on.

Letter C - After the speech, the ref calls for the game to start. Players spin around, slap their hands over their hearts, and sing. Helmets are put on. The ref calls for the start of the game, and the QB calls for a huddle. Players huddle up in a circle with arms interlocked, one over each shoulder of the adjoining players in this order: WR, RG, LG, QB, C, LT, RT, (WR)

Letter D - Following the QB's speech (3) and the break, players line up on stage right as if on a line of scrimmage. This needs to be set at an angle where all players can be seen and in this order from stage right to stage left: LG, RG, C, LT, RT, with the QB behind the C, and the WR stage left of the QB. The ref and/or coach should be stage left of the line of scrimmage and remain upstage of the players.

When the C hikes the imaginary "ball", the players move in formation as if they were in a game. The LG, RG, LT, RT, and C form a blocking formation in front of the QB. The QB drops back and acts as if he or she has the ball and is looking for someone to throw it to. The WR can slowly move forward during the first four measures, then should move "downfield" towards stage left. After the WR claps and yells that he or she is open, all players watch the QB throw the "ball" through the air in a high, wide arc and the WR makes an imaginary catch with the audible aid of a foot stomp. After the ref whistles and calls, "Touchdown!" all players celebrate while moving to an arc in the center of the stage. Guards and Tackles pair up. The ref (and coach) should be behind the players.

Measure 62 - The QB starts the fast tempo (measure 62). The WR should be doing an exaggerated victory dance. RG and LG should give high fives for the first four claps and then a low five for the last clap. RT and LT should play on each other's shoulder pads and then smack their helmets together (not too hard). At the end, all players should strike a victory pose, Heisman trophy-style. The ref moves up in front of the players, blows the whistle, throws the flag, and gives the speech (4). Following the speech, the players are upset and grab the ref and take him offstage while he or she blows the whistle and throws more yellow flags (if available).

Speeches

Speech 1 - (Coach) "Take a knee. Alright, ladies. I want you to go out there and move your feet! Dribble fast! Set up good screens! Drive to the basket! And get those rebounds!" [Players nod at first but then become more confused as the coach speaks.]

(One player) "Uh, coach? This is football. You're talking about basketball."

(Coach) "Oh. Well, then let's go out there and HIT SOMEBODY!"

[Players cheer]

Speech 2 - (Ref) "We need a good clean game here, folks, right?"

(Players) "Yes." [players can improvise dialog; fingers crossed behind back]

(Ref) "We're going to follow all the rules?"

(Players) "Yes" [fingers cross again]

(Ref) "We're going to be good sports?"

(Players) "Yes" [fingers cross again]

(Ref) "Great!"

Speech 3 - (QB) "Trips right white, Z motion, Y flex, 426 counter boot on 'one'." (This can be rapped or said out of rhythm.)

Speech 4 - "Personal foul. Unsportsmanlike conduct. Excessive celebration. 15-yard penalty to be assessed after the kickoff..." [Players carry ref offstage.]

Check-out a full video performance of "1st & 10" at www.rowloff.com

1st & 10

for Coach Jeff Lee
Blackman High School, Murfreesboro, TN

by John R. Hearnese

$\bullet = 95$ *con molto gridiron*

COACH *vocal*

Coach / Ref

f Team!
× = short whistle

Quarterback

Center

Left Guard

Right Guard

Wide Receiver

Left Tackle

Right Tackle

2 3 4

f

1st & 10

pg 2

faster ♩ = 110 - 120

A

5 6 7 8

Coach / Ref

1. 2.

Quarterback

1. *stomp* 2.

Center

1. *stomp* 2.

Left Guard

1. *stomp* 2.

Right Guard

1. *stomp* 2.

Wide Receiver

1. *stomp* 2.

Left Tackle

1. *stomp* 2.

Right Tackle

1. *stomp* 2.

Fast Feet Drill

both feet stomp (and out to fast feet drill position)

vocal

R L

R L

R L

R L

R L

R L

R L

R L