FOOTBALL TACKLING AND BLOCKING TRAINING APPARATUS

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ABSTRACT

Apparatus for improving and training football players in blocking and tackling employing an elevated horizontal member rotatable in a horizontal plane about a point intermediate its ends. One end of the member is spring loaded and a counterbalanced tackling dummy hangs on pulleys below the opposite end of the member.

4 Claims, 2 Drawing Figures
FOOTBALL TACKLING AND BLOCKING TRAINING APPARATUS

SUMMARY OF THE INVENTION

My invention is directed toward apparatus that:

a. will simulate the actual football game situation of blocking and tackling an opponent;
b. will condition the athlete to hitting to avoid injury while accomplishing this;
c. will give the athlete confidence to carry into the game situation; and

d. will develop tough football players.

To this end, I provide a first vertical post rotatable about its axis, the top of the first post being secured to a point on an elongated horizontal member intermediate its ends but adjacent one end. This one end is connected by cable disposed around a vertical rotatable pulley secured in vertical position and connected to a vertical raised weight.

The member intermediate the post and the other end carries two spaced vertical pulleys. A cable extends along the pulley dropping at an end adjacent the post to a counter weight and dropping at an opposite end to a counterbalanced tackling dummy.

As a player tackles the dummy, it moves with him in the same direction and approximately in the same plane. Simultaneously, the horizontal member rotates with the post in a horizontal arc and allows the dummy to extend and move whereby the player has followed in exactly the same position and fashion that he would have tackled an opponent with no hypertension of spine or back. Once the player releases the bag, the member and bag automatically return to the original position for use by another player or a repeat by the same player.

BRIEF DESCRIPTION OF THE DRAWINGS

In the drawings:
FIG. 1 is a side view of my apparatus; and
FIG. 2 is a top view thereof.

DETAILED DESCRIPTION OF PREFERRED EMBODIMENTS

Referring now to FIGS. 1 and 2, a first vertical post 10 extends upward from the ground and is rotatably disposed in a hollow vertical sleeve 12 buried to its top end in the ground. A second vertical post 14 spaced therefrom is nonrotatably held in position.

An elongated horizontal member 16 has two opposite ends 18 and 20. End 18 is adjacent but spaced from post 14. Member 16 at a point 22 closer to end 18 then end 20 is secured to the top of post 10.

A rotatable brace 24 on post 14 supports a pulley 26 vertically, the pulley being rotatable about a horizontal axis. A first cable 28 secured at one end to an eye 30 at the bottom of end 18 extends around pulley 26 and drops downward to weight 32 always held vertically above ground.

Member 16 supports on its bottom side two aligned vertical pulleys 34, each rotatable about a horizontal axis, one pulley being adjacent end 20, the other being adjacent the post 10. A second cable 36 extends between and around these pulleys, one end extending downward to tackling dummy 38, the other end extending downward to counter weight 40.

The two weight systems normally hold the member and dummy in the position shown in solid line in FIG. 2. When a player 42 executes a tackle, these parts move as shown in phantom in FIG. 2. After the player releases the dummy, the parts return to original position.

While I have described my invention with particular reference to the drawings, such is not to be considered as limiting its actual scope.

Having thus described this invention, what is asserted as new is:
1. Football training apparatus comprising:
   an elongated horizontal member disposed above ground level and pivotable about a vertical line extending through the member at a point intermediate its ends:
   means exerting a force on one end of said member end tending to hold said member at a zero pivot angle; and
   counterbalanced tackle means coupled to the other end of the member whereby when a player tackles said means, the player and means move in the same direction and the member pivots in a horizontal plane to a desired pivot angle, said member returning automatically to zero pivot angle when the player releases said means.
2. Apparatus as set forth in claim 1 further including a vertical post rotatable about a vertical axis, said point of said member being affixed to the top of said post.
3. Apparatus as set forth in claim 2 wherein said weight means includes a second non-rotatable vertical post adjacent but spaced from said one member end.
4. Apparatus as set forth in claim 3 wherein said point is closer to said one member end than to said other member end.

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