

NFL Extra

Week 12

Segment	TRT
Rex Ryan	1:35
Ken Swilling	5:40
Perfect Spiral	7:45

02:02:12 – REX RYAN

I'LL TELL YOU WHAT. THIS ONE'S GONNA BE A DOUBLE-CHINSTRAP GAME. (ABSOLUTELY) I MEAN IT'S ON, BABY. HEY, I'M GONNA GO CHUCKIE SPARK OR WE CAN GO SPAGHETTI RIGHT. IT'S GONNA BE CRUNCH! CRUNCH!

RADIO – SMITH UNDER SOME PRESSURE. ESCAPES THE RUSH. RUNS TO THE NEARSIDE LEFT. BROUGHT DOWN AGAIN!

BOOM! THERE WE GO! SPRINT PASS! COME GET HIM! THROW BACK. KNOCK HIS FACE OFF! GOOD JOB BURT. LET'S GO BABE. LET THIS TEAM RUN THE ...

RADIO – KAPERNICK TAKES THE SNAP. HE'S GONNA RUN TO HIS LEFT.

SOMEBODY GET SOME PUSH.

RADIO – GONNA RUN AN OPTION. HE'S GONNA KEEP IT TO THE 5. KAPERNICK LEFT IS IN! TOUCHDOWN 49ERS!

MAKE THE TACKLE! ARE YOU KIDDING ME?! MOMENTUM'S COMING OUR WAY, O.K. YOU GOTTA BELIEVE IT. LET'S GO BABY. COME ON NOW.

RADIO – SHOTGUN SNAP TO SANCHEZ WITH TIME. GONNA PUT THE BALL DOWN.

WATCH OUT! WATCH OUT!

RADIO – HE'S GONNA GET HIT FROM BEHIND. BALL FUMBLED! DO THE 49ERS HAVE IT?! YES THEY DO!

GOAL LINE. GOAL LINE. GOAL LINE. COME ON D, MAKE A PLAY DOWN HERE.

RADIO – GIVES TO GORE. GORE RUNS LEFT AND HE'S IN. TOUCHDOWN 49ERS!

COME ON, RAISE YOUR HEAD. LET'S GO! THAT'S AS BAD AS IT GETS RIGHT THERE BOYS.

RADIO – SANCHEZ BACK TO THROW. SWINGS ONE RIGHT. CAUGHT BY SANTONIO HOLMES! HE SIMPLY THROWS THE BALL UP AND IT'S PICKED UP! RUNNING DOWN THE SIDELINE WITH THE FOOTBALL IS CARLOS ROGERS AT THE 10, 5! INTO THE END ZONE FOR A TOUCHDOWN!

NEVER THOUGHT IT COULD GET WORSE. IT JUST DID.

02:03:55 - KEN SWILLING

IN HIS LONG AND STORIED CAREER, RAY LEWIS HAS BEEN THE DEFINITION OF INTIMIDATING ON THE FIELD. SO WE ASKED HIM WHO HE THINKS IS INTIMIDATING. HIS ANSWER MIGHT SURPRISE YOU.

LEWIS – I PROBABLY HAVE TO GO WAY TOO FAR BACK AND I MIGHT HAVE TO SHOW MY AGE A LITTLE BIT BUT ONE OF THE MOST INTIMIDATING PEOPLE THAT I EVER SAW WAS THIS GUY WAY BACK IN THE DAY. HE PLAYED FOR GEORGIA TECH NAMED KEN SWILLING. HE PLAYED SAFETY. 235 LB. SAFETY. WHEN I TELL YOU INTIMIDATING. HE HAD A GOLD SHIELD ON SITTING BACK THERE AT THAT SAFETY POSITION; AND I THOUGHT THAT WAS ONE OF THE MOST INTIMIDATING THINGS I'VE EVER SEEN FROM A DEFENSIVE PLAYER.

SO, WHO IS KEN SWILLING, YOU ASK? BESIDES A GUY WITH A COOL VISOR THAT SCARES RAY LEWIS? WELL... HE COULD HAVE BEEN A HOUSEHOLD NAME HAD THINGS GONE DIFFERENTLY.

THE REASON THE NAME MIGHT SOUND FAMILIAR IS THAT HIS COUSIN IS PAT SWILLING, FORMER ALL PRO LINEBACKER FOR THE SAINTS.

WE ACTUALLY LIVED ABOUT A MILE AND A HALF APART GROWING UP. THERE WAS ALWAYS A GAME GOING ON IN SOMEBODY'S YARD. I ACTUALLY STARTED LIKING GEORGIA TECH BECAUSE HE WAS AT GEORGIA TECH. AND EVENTUALLY THAT'S WHY I ENDED UP HERE. I ALWAYS FELT THERE WAS SOME PRESSURE BECAUSE HE DID SO GREAT.

KEN MADE HIS OWN NAME AT GEORGIA TECH, RISING TO ALL-AMERICAN STATUS HIS JUNIOR YEAR.

RADIO – LOOK HOW BIG HE IS FOR A SAFETY.

HE WAS ABOUT 6'2. WEIGHED ABOUT 210 LBS. AND COULD RUN LIKE A DEER.

RADIO – WE COULD RUN INTO HIM AS A SAFETY AND THINK, “MY GOSH, WHO IS THAT?” IT’S GOTTA BE A LINEBACKER.

HE WAS A GUY THAT GREW AND KEPT GROWING AND KEPT GROWING, AND JUST KEPT GETTING BIGGER AND THICKER AND STRONGER.

STRONG ON THE FIELD, STRONG CONVICTIONS OFF IT. IN 1990, HE MADE HEADLINES BY PREDICTING AN UNDEFEATED SEASON.

WE TALKED ABOUT BEING UNDEFEATED. AT OUR ANNUAL PRESS CONF. SOMEBODY ASKED ME THAT SAME QUESTION AND I SAID, “YEA, WE CAN WIN EVERY GAME THIS YEAR.” AND, OF COURSE, I GET A CALL THE NEXT DAY TO COME AND SEE COACH ROSS, AND HE’S LIKE, “KENNY, YOU CAN’T SAY THAT. YOU CAN’T SAY THOSE THINGS.”

SWILLING PROVED A PROPHET, AS GEORGIA TECH WENT UNDEFEATED AND WON A NATIONAL TITLE.

IMMEDIATELY AFTER THAT I BEGAN TO GO INTO THE PROCESS OF, “WELL, SHOULD THIS BE MY LAST YEAR? SHOULD I COME BACK?” I WANTED TO LEAVE. MY PARENTS WANTED ME TO STAY. SO I TOOK THE ADVICE OF MY PARENTS AND I STAYED. OF COURSE, THE NEXT YEAR I ENDED UP GETTING HURT. MY DRAFT LIST STARTED TO DECLINE, AND I GET DRAFTED IN ABOUT THE 7TH ROUND.

LOOK AT THE TOP GROUP RIGHT NOW. YOU SEE THE PLAYERS RIGHT THERE. DEF. BACKS, DARRYL WILLIAMS STILL THERE. THESE ARE SAFETIES. PURE SAFETIES.

I WAS TRYING TO FIGURE OUT HOW COULD PEOPLE SAY THEY LOVED ME SO MUCH AND THEN, ALL OF A SUDDEN, NOBODY’S INTERESTED ANYMORE? YOU WENT FROM BEING A MILLIONAIRE TO ARE YOU GOING TO MAKE THE TEAM?” IT WAS KIND OF SURREAL TO ME AND VERY VERY DISHEARTENING.

SWILLING WAS DRAFTED BY TAMPA BAY. LIKE RAY LEWIS HAD DONE AFTER HIGH SCHOOL, HE WAS ASKED TO MAKE A POSITION CHANGE FROM SAFETY TO LINEBACKER.

I WANT TO KNOW ABOUT KEN SWILLING PLAYING LINEBACKER. KEN, WHERE ARE YOU? YOU WANT TO PLAY SAFETY OR LINEBACKER? DO YOU WANT TO PLAY SAFETY OR LINEBACKER? DON’T SCREW THIS UP.

I WANT TO PLAY LINEBACKER.

HE ENDED UP PLAYING NEITHER. THE BUCS RELEASED HIM PRIOR TO THE SEASON.

THE DAY THEY CUT ME, OF COURSE HE CALLED ME IN THE OFFICE AND HE WAS LIKE, "YOU'RE A GOOD BALLPLAYER. YOU JUST NEED TO FOCUS JUST A LITTLE BIT MORE." I HAD A LITTLE BIT OF DISGUST, AND INSTEAD OF USING THAT DISGUST TO BE ORNERY AND PLAY WITH A LITTLE EDGE, I DID THE OTHER THING. I WALKED AWAY. I WAS LIKE, "I DON'T THINK I WANT TO DO THAT." I WAS REALLY THINKING ABOUT HOW MUCH I'VE LET OTHER PEOPLE DOWN. HOW MUCH I'VE DISAPPOINTED MY FAMILY. HOW MUCH I'VE LET THE SWILLING NAME DOWN.

AFTER SUFFERING A POTENTIAL SEASON-ENDING INJURY IN WEEK 6, RAY LEWIS FACES THE POSSIBILITY OF LIFE WITHOUT FOOTBALL. IT IS SOMETHING KEN SWILLING WAS FORCED TO DEAL WITH TWENTY YEARS AGO. INSTEAD OF BECOMING THE NEXT GREAT INTIMIDATOR, HE NEVER PLAYED A DOWN IN THE NFL.

WHEN YOU HAVE THE ADULATION OF A LOT OF PEOPLE, IT'S NOT EASY SOMETIMES TO, TO HAVE SOMETHING THAT YOU LOVE TAKEN AWAY FROM YOU. FOR ABOUT 5 YRS. I WOULDN'T GO TO A GEORGIA TECH. FOOTBALL GAME BECAUSE THE QUESTION WOULD BE, "WHAT ARE YOU DOING HERE? WHAT HAPPENED? WHAT HAPPENED?" AND I GOT TIRED OF ANSWERING THAT QUESTION. PEOPLE TO THIS DAY STILL TELL ME, "YOU SHOULD'VE LEFT SCHOOL WHEN YOU WERE A JR." I'M LIKE, "YEA, I KNOW!"

TODAY, KEN WORKS IN A PAINT STORE AND IS ACTIVE IN THE CHURCH. HE IS A PROUD FATHER. IT'S NOT THE LIFE HE DREAMED AT ONE POINT, BUT IT'S ONE HE WOULDN'T TRADE.

SOMEBODY COULD COME TO ME RIGHT NOW AND HAVE A CONTRACT ON THE TABLE FOR 10 MILLION DOLLARS AND GIVE IT TO ME 20 YRS. AGO. KNOWING WHAT I KNOW NOW, I COULDN'T TAKE IT. I COULDN'T TAKE IT. I WOULDN'T WANT TO RISK LOSING WHAT I HAVE NOW.

02:09:44 - PERFECT SPIRAL

EVER SINCE SAMMY BAUGH STARTED SLINGIN' IT...

AND THE WRIGHT BROTHERS WENT AIRBORNE AT KITTY HAWK...

MAN HAS BEEN FASCINATED WITH FLIGHT.

WHEN IT COMES TO AERIAL ARTISTRY, THERE'S NOTHING PRETTIER THAN A PERFECT SPIRAL. IT'S BEEN THE SIGNATURE SHOT OF NFL FILMS FOR 50 YEARS.

SO TODAY, WE GO TIGHT ON THE SPIRAL.

WHAT IS THE KEY TO THROWING A PERFECT SPIRAL?

YOU'RE ASKING THE WRONG HARBAUGH. THE OTHER GUY...ALTHOUGH SOME WOULD SAY JIM DIDN'T THROW A PERFECT SPIRAL EITHER.

GOOD TO SEE YA. YOU STILL THROW A PRETTY GOOD BALL. THANKS! I NEVER LOST IT. NICE!

MOST NFL COACHES THINK THEY CAN THROW IT WITH THE BEST OF THEM....

I CAN LAY IT OUT THERE ABOUT 35 YDS. ON A GOOD DAY.

I THINK THE H.S. COACHES MISSED MY CALLING. I THINK I SHOULD'VE BEEN A QB, AND I'D PROBABLY STILL BE PLAYING YOU KNOW BACKUP ROLL. I JUST THREW THE BALL ABOUT 80 YDS. DID YOU GUYS CATCH THAT? YOU MISSED IT.

OK, REX, SO HOW DO YOU THROW A SPIRAL?

YOU JUST LET IT FLY. I HAVE NO IDEA. YOU GRAB IT AND YOU LET IT GO.

ONLY THREE CURRENT NFL HEAD COACHES ACTUALLY PLAYED QUARTERBACK IN THE LEAGUE. SO TO LEARN HOW TO THROW A SPIRAL WE GOT SMART, AND ASKED THE PRINCETON GRAD.

WOW, HOW YOU THROW A PERFECT SPIRAL STARTS WITH THE GRIP. MY DEAL WAS ALWAYS TO GET AS MANY OF THESE LACES AS YOU CAN GET. SO I PUT 2 FINGERS ON THE LACES. I ALWAYS TRIED TO GET THAT FINGER IN THAT SEAM RIGHT THERE. IT'S A LITTLE BIT LIKE PROBABLY THE GOLF SWING. PEOPLE SAY, "DON'T HOLD IT TOO TIGHT. DON'T HOLD IT TOO LOOSE." WE ALWAYS TALK WITHOUT QBS ABOUT HAVING THE ELBOW ABOVE THE SHOULDER AND MAKING SURE YOU'RE COMING DOWN. OFTENTIMES PEOPLE, WHEN THEY TRY TO THROW A SPIRAL, THEY TRY TO DO THIS. YOUR HAND HAS TO COME DOWN, AND DIFFERENT PEOPLE WILL TELL YOU DIFFERENT THINGS WHETHER YOU NEED TO REALLY PRONATE YOUR WRIST OR JUST BE DOWN WITH YOUR WRIST. BUT THE BALL ALSO COMES OFF OF THESE LAST 2 FINGERS AND THEN, HOPEFULLY, YOU HAVE THE RIGHT GRIP

AND THE RIGHT CONTROL, AND A CONSISTENT, CLEAN MOTION WITH THE SPIRAL.

AS TROY AIKMAN'S LONGTIME BACKUP, JASON GARRETT SAW A LOT OF PRETTY SPIRALS.

THE BALL CAME OUT OF HIS HANDS THE WAY HE WANTED IT TO OVER AND OVER AND OVER AGAIN. I TELL OUR QBS NOW, WE'D GO DAYS WITHOUT THE BALL EVER HITTING THE GROUND WHEN HE THREW IT. IT WAS A GREAT CHALLENGE FOR ME AS A QB WHO WAS THROWING NEXT TO HIM ON A DAILY BASIS, TO JUST PROVE THAT I WAS IN THE SAME BALLPARK; AND CLEARLY I WASN'T BUT HE CERTAINLY MADE ME BETTER JUST WATCHING HIM.

WATCHING THE GREAT ONES THROW A PERFECT PASS IS A PRIVILEGE. AND THOSE WHO HAVE MADE A CAREER IN COACHING ALL HAVE THEIR FAVORITES.

I'VE BEEN AROUND SOME GOOD ONES NOW SO I'VE BEEN LUCKY ENOUGH TO BE AROUND BRETT FAVRE WHO HAD AN ABSOLUTE RIFLE. THERE'S THIS LITTLE ... THAT COMES OFF THE ONES THAT HAVE A GUN; AND DONOVAN AND BRETT BOTH HAD THAT.

SO DID THIS GUY...THOUGH HE WASN'T EVERYONE'S FAVORITE.

WELL JOE NAMATH'S BEEN SO CRITICAL OF US LATELY, I'M NOT GONNA SAY HIM. SORRY JOE. A LITTLE PAYBACK ON YOU BUDD. NO, HE WAS PHENOMENAL. HE REALLY DID. HE COULD REALLY THROW IT. I DON'T WANT TO MENTION A DOLPHIN. IT'S EASY TO SAY MARINO BUT HE'S A DOLPHIN SO NO.

RADIO – PERFECTLY THROWN PASS BY MARINO.

WARREN MOON COULD REALLY SPIN IT. WHEW, HE COULD SPIN IT.

RADIO – ANOTHER PERFECT PASS BY WARREN MOON.

THAT'S A GOOD BALL. WAY TO SPIN IT KID.

THAT'S THE WAY TO SPIN IT!

FEEL GOOD? SPINNING IT GOOD.

LET'S GO FRIGGIN...SPIN HIM, O.K.?

IN CASE YOU HAVEN'T FIGURED IT OUT, COACH-SPEAK FOR SPIRAL IS "SPINNING IT." AND THE GREAT ONES SEEM TO SPIN IT MORE THAN THE REST.

TOM CAN REALLY SPIN IT. THAT GUY IN N.E. HE SPINS IT REALLY WELL.

JOE FLACCO CAN SPIN IT. HE'S ONE OF THE GREAT THROWERS IN FOOTBALL.

I THINK GUYS WHO REALLY SPIN IT WELL HAVE VERY GOOD WRIST ACTION BECAUSE THE MORE TIMES YOUR SPIRAL ROTATES THE EASIER THE BALL IS TO CATCH.

RADIO – A BEAUTIFUL SPIRAL OVER THE MIDDLE! YOU CANNOT THROW A BALL MORE ACCURATELY THAN THIS. ABSOLUTELY PERFECT.

THE MORE YOU SPIN IT THE EASIER IT IS FOR THE GUYS TO SEE IN THE AIR AND ADJUST TO THE SPEED OF THE BALL, AND ALSO IT HITS THEIR HANDS SOFTER. I'M NOT SURE WHAT THE PHYSICS IS EXACTLY ON THAT. I'M NOT A PHYSICS MAJOR BUT I CAN PROMISE YOU THAT A BALL THAT SPIRALS MORE IS A LOT EASIER TO CATCH.

THIS MAN WOULD AGREE.

BECAUSE OF CENTRIFUGAL FORCE, A SPIRAL'S GONNA BE FAR MORE STABLE AND EASIER TO PREDICT FROM A RECEIVER'S POINT OF VIEW BECAUSE IT'S GONNA HOLD ITS POSITION. SO YOU'VE GOT...IT'S A LITTLE BIT LIKE A BICYCLE WHEEL. THE FASTER IT'S SPINNING THE MORE STABLE IT IS.

AND WHEN IT COMES TO OBJECTS IN FLIGHT, HE'S AN EXPERT. SINCE HE WAS A LITTLE BOY JOHN COLLINS HAS BEEN FASCINATED WITH PAPER AIRPLANES. NOW HE'S KNOWN AS THE PAPER AIRPLANE GUY.

SO, IN A PERFECT WORLD, IF YOU HAD A PLANE WITH PERFECTLY FLAT DIHEDRAL...

HIS GOAL WAS TO SET THE WORLD RECORD FOR DISTANCE WITH A PAPER AIRPLANE.

...THAT'D BE THE MIRACLE PLANE. THAT'D BE THE PLANE YOU WANT, RIGHT?

BUT IT TURNS OUT JOHN WAS MUCH BETTER DESIGNING PLANES THAN THROWING THEM.

CRASH AND BURN RIGHT BEHIND YOU!

SO HE WENT IN SEARCH OF A QUARTERBACK.

JOE AYOOB IS MY FAVORITE QUARTERBACK!

NEVER HEARD OF JOE AYOOB? WELL HE PLAYED QUARTERBACK AT CAL AFTER A GUY NAMED AARON RODGERS. AND IF FILLING THOSE SHOES WASN'T ENOUGH OF A CHALLENGE, AYOOB HAD TO FIGURE OUT HOW TO GO FROM THROWING SPIRALS, TO THROWING A PIECE OF PAPER.

THE KEY TO THROWING A PAPER AIRPLANE REALLY WELL, BRUTE FORCE COUNTS. I MEAN YOU'RE THROWING 75 YDS. THAT IS A MONSTER THROW. A LITTLE BIT THIS WAY, AND IT'LL PROBABLY DRIFT BACK A LITTLE BIT. YEA, WHICH IS WHY I HIRED A QB TO DO IT BUT IT'S ALSO HOW YOU GRIP THE PLANE, HOW YOU HOLD THE PLANE. (NICE) AND JOE ACTUALLY PIONEERED A WAY TO HOLD THE PLANE SO HE CAN COMPENSATE FOR THE ANGLE OF HIS RELEASE.

SO I HAD TO FIGURE OUT A WAY TO GENERATE THE MOST POWER WHILE STILL BEING ABLE TO KEEP THIS PLANE ON A STRAIGHT LINE; AND THE ANSWER FOR ME WAS DROPPING MY ELBOW WHICH WOULD PROBABLY MAKE A LOT OF MY COACHES CRINGE. GOAL POST. (JUST GO RIGHT FOR THE GOAL POST.) AND POWERING THROUGH WITH THE STRAIGHT ARM ANGLE.

HE DID A LOT OF WORK ON THIS THING WHICH I THINK IS UNDERAPPRECIATED. MOST PEOPLE HAVE THIS IDEA THAT I JUST BROUGHT IN A RINGER AND HE JUST THREW THE PLANE HARD. WELL, THAT'S TRUE BUT HE PRACTICED FOR 18 MTHS. WITH ME.

AND, EVENTUALLY, ALL THE PRACTICE PAID OFF.

STAY IN YOUR ZONE. DON'T OVERPOWER. 95%, 97. STAY RIGHT THERE. THERE IT IS. THERE IT IS. WE ARE ALL OVER THAT ONE. THAT'S GONNA DO IT. GET UP THERE. GET UP THERE. GET UP THERE. GET UP THERE.

SO THE NEXT TIME YOU'RE SITTING IN A STADIUM AND YOU SEE THAT PERFECT SPIRAL...OR A PAPER AIRPLANE IN FLIGHT...REMEMBER WHAT LEONARDO DA VINCI SAID: "ONCE YOU HAVE TASTED FLIGHT, YOU WILL FOREVER WALK THE EARTH WITH YOUR EYES TURNED SKYWARD, FOR THERE YOU HAVE BEEN, AND THERE YOU WILL ALWAYS LONG TO RETURN."

YOU KNOW, IT IS A RIDICULOUS AMOUNT OF WORK FOR AN ADULT THAT HAS A REAL JOB AND STUFF...BUT...IT'S CRAZY FUN. IT'S A REAL CHALLENGE.

(END)