



Walt Braun of Marysville Named M.H.S.F.C.A. President



Harley Pierce (left) of Sturgis passes the gavel to Walt Braun of Marysville who takes over as President of the MHSFCA for 1980.

At the Annual Clinic Luncheon Walt Braun of Marysville became the 8th President of the MHSFCA taking over from Harley Pierce of Sturgis. Harley provided excellent leadership in his year as President and we are looking forward to continuing progress under the reign of Walt Braun. Both men have been very dedicated to the MHSFCA and we are thankful for their time and effort. It has been men of their quality that has made our Association what it is today.

THANK YOU LANSING SEXTON

Everyone concerned would like to wish the Lansing Sexton administration, coaching staff, and especially Mr. Ted Nixon, head football coach, a very sincere thank you for hosting the 8th Annual MHSFCA Football Clinic. Needless to say the Clinic was a huge success, and Ted and his staff provided our Association with an excellent facility and many hours of hard work.



Dave Snead of Detroit Central explains his Wishbone Offense and why his teams have posted a 67-17 record under his leadership. The Trail Blazers are a yearly threat to win the Detroit City League.



One of the best coaches on the college level today is Herb Deromedi of Central Michigan University. His Chips have posted an overall record of 19-2-1 in the last 2 years and have received national recognition.



One of the truly great coaches in the state of Michigan is Jack Ver Duin of Wyoming whose teams have posted a fabulous 123-31-6 record. His presentation was on "Everyone's 52 Defense."



Do you want to know why Cheboygan has been undefeated the last 2 seasons? Head Coach Irv Sigler gave an excellent presentation on his "Change Up Defenses and Stunts From The Angle Defense" at the 8th Annual MHSFCA Football Clinic.

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Randy Neelis, Les Cheneaux



Michigan's finest high school football coaches proudly display their awards at the MHSFCA Football Clinic at Lansing Sexton High School.

HALL OF FAME NOMINEES

MHSFCA needs your help! If you know of a coach that has been coaching 20 years or more and has 100 or more wins, please send his name to: Harley Pierce, Head Football Coach, Sturgis H. S., Sturgis, Michigan 49091. We are updating our files to help prepare for our Hall of Fame. Please take the time to help us honor any deserving coach.

IMPORTANT DATES

August 11 Start of Football Practice in the State of Michigan
September 5 1st Football Game
November 8 Quarter Finals
November 15 Semi Finals
November 29 6th Annual Finals at Pontiac Silverdome
January 30-31, 1981 9th Annual MHSFCA Football Clinic at Lincoln Park

MHSFCA Board of Directors' Meeting

The following is a list of dates for the MHSFCA Board of Directors' Meetings:

March 21 Annual Spring Meeting at Ann Arbor Pioneer High School, 5:00 p.m.

NEWSLETTER

The Newsletter is the official publication of the Michigan High School Football Coaches Association with the expressed aim of keeping the membership informed.

EDITOR

DON LESSNER
Riverview High School
Riverview, Michigan 48192

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1980 CLINIC REPORT

Some 1022 coaches attended the MHSFCA Football Clinic at Lansing Sexton High School on January 25-26. This is some 155 more coaches in attendance over last year and much of the credit must go to Dick Harris of Harrison High School who is our Clinic Chairman. As usual Dick did another great job! Next year's clinic is at Lincoln Park High School.

At the 8th Annual MHSFCA Football Clinic, the general membership voted on Directors and Alternates for the even numbered regions. The following is the results of the vote:

Region 2
Dir. Ron Pascuzzi, Lincoln Park
Alt. Tom Moshimer, Plymouth Salem

Region 4
Dir. Jack Hepinstall, Hillsdale
Alt. Denny Patzer, Reading

Region 6
Dir. Ben Witukiewicz, St. Clair
Alt. Dennis Zbozen, Warren Woods

Region 8
Dir. Pete Schmidt, Okemos
Alt. Valdy Gailitis, Mason

Region 10
Dir. Mark Covert, Fenton
Alt. Bill Tucker, Flint Powers

Region 12
Dir. Dick Harris, Harrison
Alt. Dick Look, Tawas

Region 14
Dir. Irv Sigler, Cheboygan
Alt. Art Gillespie, Alpena

Region 16
Dir. Jim Hilgendorf, Rapid River
Alt. Randy Neelis, Les Cheneaux

Please contact your Director or Alternate if you have anything pertinent to the Association. Voice your opinion!



JIM CROWLEY

Photo courtesy of:
The Jackson Citizen Patriot

JIM CROWLEY Jackson Lumen Christi High School

The MHSFCA and coaches throughout the state have lost a great friend - Jim Crowley of Jackson Lumen Christi. On January 4, an assassin took his life and we wish our sincere sympathy to his family and members of Lumen Christi High School where he coached for 17 years since the start of the high school.

Although Jim's career record was a phenomenal 127-34-6 including State Championships in '77 and '79, he will always be remembered as an outstanding person and a leader of men. His 1979 team scored 385 points while giving up only 13 points as they shut out 10 opponents.

Jim was quoted as saying, "We have fun playing football at Lumen Christi. That's what it's all about. If you don't have fun, it isn't worth it." But his Falcon teams were always noted for precise execution, determination, and an extreme desire to excel.

The Detroit Free Press and the MHSFCA have jointly announced that they will sponsor a "Jim Crowley Coach of The Year Memorial Award." If you would like to donate to the fund, please send a check in the envelope enclosed in this Newsletter to Don Lessner, Riverview H. S., Riverview, Michigan 48192. The money will be forwarded to assist Jim's three school aged children and his widow. At the present time we have \$194.00 with donations ranging from \$1.00 to \$100.00.

Congratulations — DAVE DRISCOLL TED GUTHARD & DICK COMAR

Last month Michigan State named a new head football coach in Muddy Waters who has coached on the college level for the last 30 years in the state of Michigan. One of his first moves as the new head coach at MSU was to hire Dave Driscoll, Ted Guthard, and Dick Comar as assistants. All three men have strong ties with our Association and we wish them the very best.

Dave Driscoll was the first President of the MHSFCA and he served for the first two years of our existence. Dave was one of the original members and he has served as Placement Chairman, Historian, and Past President until selected to his new job at State. We will really miss Dave and no doubt we will have a most difficult time replacing him.

Ted Guthard, former head coach at Bloomfield Hills Lahser, was Region 7 Director and a member of the Clinic Committee. He has been assigned as Defensive Line Coach at State.

Dick Comar has also been very active in the MHSFCA serving as Region 2 Director and Public Relations Chairman before taking a coaching position at Wayne State University in the Spring of 1977. He served at Indiana State before taking over as Offensive Line Coach at MSU.



Ron Pascuzzi, Honorary Chairman for MHSFCA, presents Lifetime Honorary Memberships to Mr. Bob Cartwright (left) of Unionville High School and to Mr. Bob James, Athletic Director for the Warren Schools and currently Executive Vice President of the Michigan High School Coaches Association.



The 1979 MHSFCA Coaches of the Year are: (left to right) Robert Giannunzio of Norway with a 5 year record of 34-12-1, Jerry Cvengros of Escanaba with a 22 year record of 121-31-3, and Robert White of Middleville with a 21 year record of 130-26-6. Jim Crowley of Jackson Lumen Christi was the Class "B" Coach of the Year.

— SPRING FOOTBALL PRACTICES —

Name of School	Dates of Practices	Time of Practices	Open Practices	Spring Game	Spring Clinic
Adrian College	No Spring Football				
Albion College	No Spring Football				
Alma College	No Spring Football				
Central Michigan U.	(No response)				To be Announced
Eastern Michigan U.	Mon., Tues., Fri., Sat.	3:15 - 5:15	Yes	None	None
Ferris State College	April 7 - May 2	3:45 - 5:35	Yes	May 2, 7:30	None
Grand Rapids Jr. C.	No Spring Football				
Grand Valley State	April 14 - May 10	3:30 - 5:30	Yes	May 10, 1:00	May 3, 1980
Hillsdale College	May 15 - May 19	All Day	Yes	None	None
Hope College	(No response)				
Kalamazoo College	No Spring Football				
Michigan State U.	(No response)				
Michigan Tech. U.	April 7 - May 10	4:00 p.m.	Yes	May 10, 1:00	None
U. of Michigan	(No response)				
Northern Michigan U.	March 24 - April 26	3:00 - 5:30	Yes	April 26, 1:30	None
Northwood Institute	April 14 - April 30	4:30 p.m.	Yes	None	None
Olivet College	(No response)				
Saginaw Valley State	(No response)				
Wayne State U.	April 15 - May 17	4:00 - 6:00	Yes	May 17	None
Western Michigan U.	March 12 - April 12		Yes	April 12, 1:00	None

Michigan High School Football Coaches Association APPLICATION FORM

Send to: Curt Evans
Homer High School
Homer, MI 49245

CHECK ONE:

- ☐ MHSFCA ONLY — \$2.00
☐ JOINT — MHSFCA-HMSCA — \$5.00

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 SCHOOL ADDRESS (Street) _____
 CITY _____ ZIP CODE _____
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SECONDARY PLAY USING 4 DEEP INVERT COVERAGE

by Dick Harris
Harrison High School

At Harrison High School we play the 4-3 defense, but any 7 man front defense could use this secondary approach. The invert is not our complete secondary coverage, as we use man, rotation, monster, etc. But in our secondary scheme we have found that invert play has become essential against certain teams who use a Pro Style Offense because we're spread out too far to use a regular rotating corner coverage. We also feel that the invert gives us a different look which is sound against almost every offense we play.

REASON WHY WE PLAY INVERT

1. It's strong against Pro Style Offenses.
2. We get excellent Flat coverage.
3. It gives strong run support to both sides of the field.
4. It gives 4 deep coverage against dropback passes.
5. We get excellent pass coverage against sprint out or roll out passing attacks.
6. It can be adapted to the 4-3, 5-2, or 6-1 defenses.

BASIC ALIGNMENT

Our basic alignment against a tight set is shown in Figure 1. Our Safeties (Inverts) align 7 yards off the ball head up on the offensive ends, with their outside foot back. In a tight set our corners align 4 yards off the ball and 4 yards outside of the offensive end.

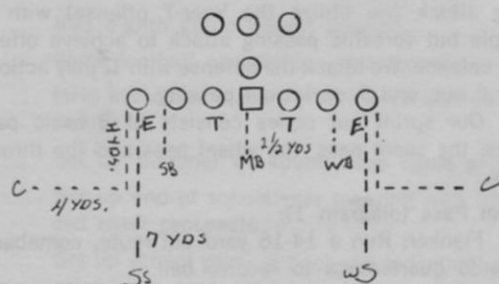


Figure 1

If a tight wing is present, our corner to the wing side would adjust his alignment to 3 yards off the ball and 3 yards outside of the wing. Refer to Figure 2. If there

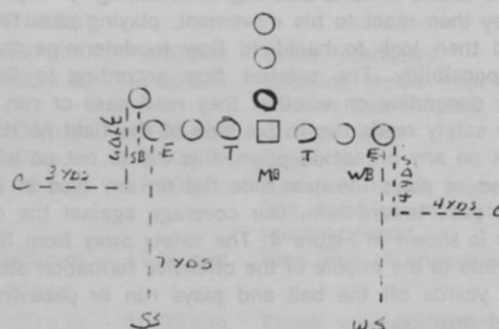


Figure 2

is a split or split receivers, our corners play the inside shoulder of the receiver 8 yards off the ball with their inside foot back. Refer to Figure 3. Linebackers align

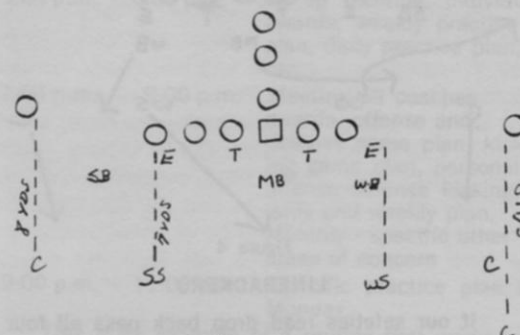


Figure 3

in a two point stance 2 to 2½ yards off the ball. Our middle linebacker, Mike, aligns head up the offensive center. Our weak linebacker, Willie, aligns outside shoulder of the offensive tackle to the weak side of the formation. Our strong linebacker, Sam, aligns the same as Willie, but to the strong side against a full house, wishbone, or power "I" formation. If the offense uses a wing back our Sam linebacker will play him head up and one yard off the ball. We ask him to deliver a blow to the wing and not to allow himself to be blocked to the inside. Sam linebacker will fol-

low this rule up to a 5 yard split by the wing. If the wing splits farther than 5 yards, Sam will then split the difference, within reason, between the wing and the tight end.

PERSONNEL

Our Safeties (inverts) have to be two of our best athletes. They have to be intelligent and possess quickness and speed. We also need tough athletes to fill the corners and linebacking positions.

SAFETIES

Our two safeties flip flop to the strength of the formation. They key the tight end to their side of the field to see if he is blocking or releasing for a pass. They then react to his movement, playing pass first, and then look to backfield flow to determine their responsibility. The safeties flow according to their key depending on whether they read pass or run. If the safety reads run to his side of the field he then fills on any off tackle plays, fills inside out on wide plays or plays the near side flat on any type of roll out pass toward him. Our coverage against the roll out is shown in Figure 4. The safety away from flow sprints to the middle of the offensive formation about 12 yards off the ball and plays run or pass from that position.

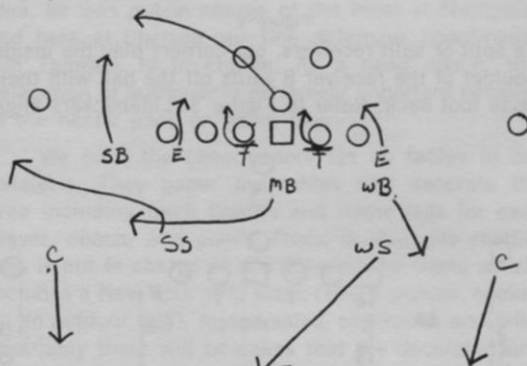


Figure 4

LINEBACKERS

If our safeties read drop back pass all four of our secondary people drop and cover the field in quarters, see Figure 5.

Our linebackers are very important in our basic coverage. We flip flop our outside linebackers to the strength of the formation, as I explained in our basic alignment. We call our strong linebacker, "Sam" our middle linebacker, "Mike", and our weak linebacker, "Willie."

Note: In case of a drop back pass Sam linebacker is responsible for the strong side hook zone at a 10 yard depth. Mike linebacker is responsible

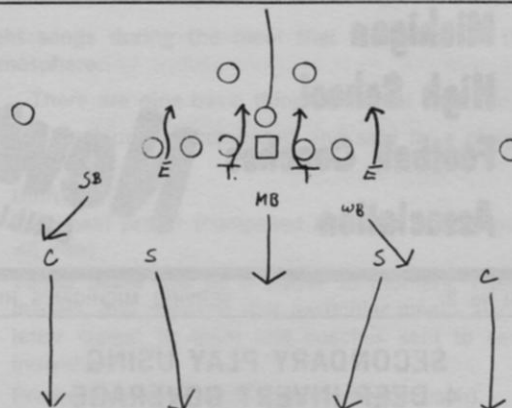


Figure 5

for the middle zone at a depth up to 10 yards, and Willie linebacker is responsible for the weak side hook zone at a depth up to 10 yards.

If we see a roll out pass to strength our Sam linebacker begins dropping to his hook zone, but if the quarterback crosses his face he then becomes part of the force unit. Mike linebacker drops to a depth of 10 yards and mirrors the quarterback. Willie linebacker begins dropping to his hook zone and looks for reverse, throwback, and receivers coming across the middle.

COACHING POINTS

These are the coaching points we stress for good secondary play.

1. Know your coverage.
2. Know your Keys.
3. Identify the formation.
4. Communicate loudly.
5. Stay home in your zone.
6. Never let a receiver get past you, your deep as the deepest and wide as the widest in your zone.
7. When the ball is in the air go after it. We want it.
8. Never get beat deep.

SPRINT PASSING GAME

by Bruce Bendix
Otsego High School

at Otsego we believe in complementing our running attack (we utilize the Veer-T offense) with a simple but versatile passing attack to achieve offensive balance. We attack the defense with 1. play action, 2. roll out, and 3. sprint out passing.

Our sprint out series consists of 3 basic patterns: the seam pass, the wheel pass and the throwback.

Seam Pass (diagram 1):

Flanker: Run a 14-16 yard out route, comeback towards quarterback to receive ball.

Tight end: Read coverage - if zone, curl at 17

yards; if man-to-man, run flag route.

Split end: Curl vs. zone, cross vs. man-to-man (sets up throwback).

Quarterback: Throw to FL out unless covered from underneath - then look for TE or run the ball.

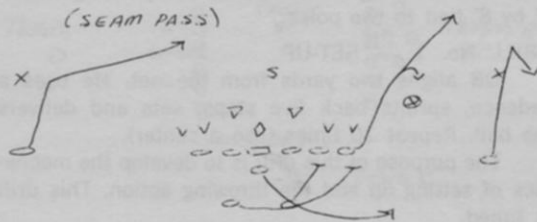


Diagram 1.

Wheel Pass (diagram 2):

FL: Run curl route, come back and ask for ball.

TE: Release straight toward sideline, look for ball quick. If covered turn up outside FL and streak.

SE: Post (will tell us if free safety is cheating to help on TE so we can throwback off our roll out out).

QB: If TE is open immediately give him the ball on your third step. If covered, think curl. If curl is covered look for TE deep or run.

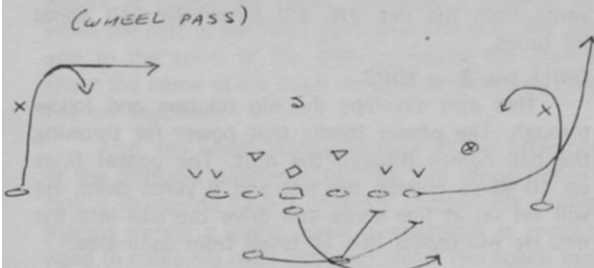


Diagram 2.

Throwback Pass

FL: Same as seam pass. Make defense believe you are the receiver.

TE: Run flag route hard to draw free safety's attention.

SE: Curl. Expect ball as soon as you turn around, come back toward quarterback.

HB: Run under control to sideline looking for ball over inside shoulder. If not thrown turn up outside the SE and streak.

QB: Sprint hard as on seam and wheel passes. Stop and set up behind the tackle. Read offside LBer, if he covers curl hit HB on flare. If LBer runs with HB hit SE on curl. If LBer flies and corner folds in with SE, hit HB on streak.

This series has proven very effective for us in terms of attacking all coverage and allowing us to take advantage of our personnel to the maximum.

TRAINING TECHNIQUES FOR QUARTERBACKS AND RECEIVERS

by Ernest Hoffman and Rick Addy
Dundee Community Schools

Over the past four years Dundee has developed a fine offensive passing attack. The success is due to the off season program and the special drills used during the season. In diagram 1, is shown the stats from 1976-1979. Perhaps the most important are the pass percentage, interceptions, quarterback sacks, and yards per catch.

When I began my coaching career 10 years ago I was always told that in the passing game there was only **one** good thing and **three** bad things that can happen. As years went by I became more and more frustrated because the running game did not provide the type of offense to keep pressure on the opponents defense. With the help of my fine assistant coach Rick Addy (by the way he did a great job on selling the passing game to me) we developed our passing game. It was our belief that the passing game could be just as sure as any running attack. Plus, the passing attack could always keep us in the ball game with the threat of the big play and could be used to control the ball and run the clock. If you look at diagram 1, the stats will bear this out.

Year	Games	Comp.	Percentage	Yds.	TD	Int.	QB Sacks	Yds. per catch
1976	94	51	54	750	10	2	3	15
1977	102	64	62	910	14	3	2	14
1978*	140	72	51	1000	14	7	2	14
1979	200	93	49	1290	12	10	6	13
Total	536	280	53	3950	50	22	13	14

* 3 game streak

Diagram 1.

This article will explain our off-season program for our receivers and quarterbacks.

Training the quarterback involves many intricate procedures. In the off season program the mechanics are drilled. During football camp the strategy of running the offense and reading defensive secondaries are studied.

One thing the coach must keep in mind: work as much individually (technique) with each quarterback as possible. Each quarterback will be different and needs separate instructions and learning habits.

GRIP: First watch the passer's natural way of passing. If the end results are good then leave the situation alone. However, if the passing is not good check the following:

1. All four fingers will cross the strings with the index finger pointed slightly toward the end of the ball.

2. The smaller the hand, the closer the fingers should move toward the end of the ball.
3. There should be a space between the palm of the hand and the ball.

SETTING ACTION: This requires getting away from the center quickly and setting up at a depth of five steps.

1. Toes must be digging into the ground like an anchor. This will eliminate the false step that often occurs and slows the setting action.
2. Just as the snap is delivered the QB should drop step his right foot straight back. This will give the QB depth and movement away from the center quickly. It must be remembered that the cadence is a true reaction sound. Thus, the QB must keep his weight on his left foot and keep his hands under the center for the snap. As the ball hits his hands he must push off the left foot transferring the weight to the right foot. So the QB does not pull-out remind him to keep his eyes straight ahead as he dropsteps. This will help greatly in keeping him under the center.
3. As the QB moves away from the center, he must turn his hips toward the opponent's goal line and keep his head turned downfield toward his own goal line so he can make his reads. He uses a drop step, crossover method to reach the fifth step.
4. Setting action should be timed to give the QB an idea of his progress. The QB should set-up at five steps in 1.5 seconds or less.

THROWING ACTION: This motion actually begins when the QB reaches his fifth step in which he will end up on his right foot.

1. The QB should use the fifth step like a brake to stop and stand tall. The feet should be slightly spread with the ball in both hands chin high. The ball should be drawn back past the ear. As the forward motion begins the wrist will snap downward with the thumb turning down and the small finger turning up. The index finger should point toward the target. The next point is very important. The front foot must point the target to prevent the passer from throwing across his body. Also the stride step should be short. This will force the hips to come through and provide more power in the throw.

The following drills are used in our Summer program to develop the mechanical skills needed to be a good quarterback. The drills we use were given to us from Homer Rice who has coached at the college and professional level.

FANCY DRILL: This drill is to help the quarterback develop a oneness with the ball. — Jog 2 or 3 laps dropping and catching the ball, throwing behind the

back, switching ball back and forth between the legs etc. The jogging warms up the body and creates a belonging to the ball. The players really enjoy this drill. Following this we do a number of flexibility exercises.

The following drills are done by using a net 6' by 8' tied to two poles.

DRILL No. 1 — SET-UP

QB aligns two yards from the net. He uses a cadence, sprints back five steps, sets and delivers the ball. Repeat 10 times (use a center).

The purpose of this drill is to develop the mechanics of setting up and the throwing action. This drill is timed.

1.5 sec. for five steps
1.5 sec. for the release of the ball
<hr/> 3.0 sec. total

DRILL No. 2 — ARCH

The passer starts five yards from the net and takes one step to set up and throw. The passer should arch the ball so it barely misses the top of the net. The ball should land close to the net on the opposite side.

The passer throws two passes and then moves five more yards back. He does this until he is 40 yards from the net. He will throw the ball about 20 times.

DRILL No. 3 — HIPS

This drill develops the hip rotation and follow through. The passer learns that power for throwing the ball comes through the hips. The passer lines up 10 yards outside the net and 5 yards deep. He will set up at five steps and drive the ball into the net. He will repeat this 10 times from each side.

DRILL No. 4 — CONCENTRATION

A mark is placed on the inside part of the net for the circle route about the height between the chest and the head of a receiver. Another mark is placed on the outside part of the net for the bend route. This should be about belt buckle high.

The net should be placed on a hash mark. The passer lines up 10 yards from net and drops five steps, sets, and throws 5 passes into each area. Then the passer moves to the far hash and repeats the drill. The last part of this drill places the passer between the far hash and the sideline. This really tests the strength of the passer. If the passer can not handle this last part of the drill drop it until he develops the strength to perform this drill. Finally, repeat this drill from the opposite side of the net.

After the quarterbacks have completed this part of the program they will have thrown over 150 passes. Some other drills used in our program required two passers throwing to each other.

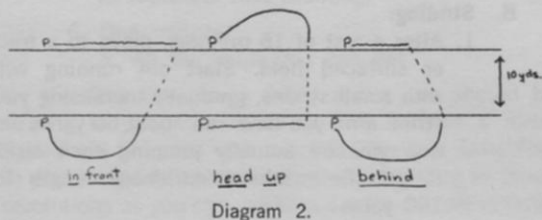
DRILL No. 1 — STATIONARY

The feet are parallel and the QB can not move them. This helps develop good wrist snap and arm strength. Repeat 15 times.

DRILL No. 2 — SPRINT-OUT

Place two passers 10 yards apart. The passer sets up in his sprint pattern. His shoulders should turn square to the LOS and throw off his back foot. The two passers alternate turns. The passer who is the receiver should vary his position. Diagram 2.

1. In front, 2. Head up, 3. Behind.

**RECEIVERS**

The most important thing we have done at Dundee to help our receivers was to change their stance and to break down the pass route techniques into segments. The following information covers the Dundee Pocket Pass Techniques, the receivers.

STANCE:

1. Left side of field, left handed stance, left foot back.
2. Right side of field, right handed stance, right foot back.

The receiver must turn head in slightly toward the ball. Weight should be forward ready to roll off the LOS. The three point stance enables the receiver to get off quicker. To often players in a two point stance will drop step first. This loss of time can mean the difference between the pass getting off or a sack. The outside foot back is necessary to coordinate the step count method.

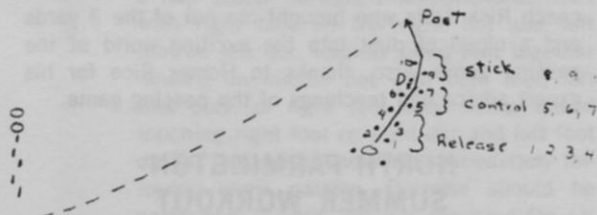
RELEASE:

1. Four step burst of accelerated speed. Close the distance between you and the defender. Force the defender to step back. The fourth step is the inside foot.
2. Outside release, aim two yards outside the defender.
3. Inside release, a six step maneuver to the inside of the defender. The six steps are taken before the stick.
4. Controlled area, steps 5, 6, 7,. The receiver sinks his hips low to enable him to make a cut on his 7th step.

5. Stick, This is a sign for the QB to start his throw to the point the receiver will come open. This is a 3-step move. After the stick there are three basic cuts. We will explain one of these basic cuts the post.

POST PATTERN:

This is a 7 step route with an outside release. On the 7th step the stick starts for 3 steps. (stick, the receiver goes straight up the field) After the stick a slight angle toward the goalpost is made. The QB is not to underthrow.

**RECEIVER DRILLS****DRILL No. 1 — AROUND THE CLOCK**

This drill enables the receiver to learn the correct technique to be used for catching the ball low, high, chest, outside, etc. The coach throws the ball at different heights while the receiver checks the placement of his hands. Above the waist thumbs together. Below the waist and over the shoulder little fingers together.

DRILL No. 2 — WET BALL

Every once in a while bring an old ball out with a bucket of water and work on catching wet ball, so that if a wet game does come up, your receiver will have an advantage in that he has worked with a wet ball, and he will have more confidence in catching it.

DRILL No. 3 — TUG-O-WAR

Have two receivers facing each other, holding a ball with one hand between them and attempt to pull it out of the other's hands. This helps to develop hand strength.

DRILL No. 4 — BLIND MAN

This is a reaction-type drill. Place the receiver behind a wall of some type and give a signal and try to throw the ball as soon as he appears. It is similar to catching just as brushing past a defender.

DRILL No. 5 — CHALK

We use this drill on beginners. Take some type of chalk, paint, or markers and lay out on the field

exactly how you want the pattern run and have the receiver run on that chalk until he runs it exactly the way you want it.

DRILL No. 6 — SHAKE

The shake drill is driving to one side with a defensive man playing man-to-man and watching his foot. Once that defensive man is turned and running with you and is about to pick up his back foot, then you cut in the other direction. You can use the shake in almost all pattern stems that you have. In fact, this could be included as a pattern by itself.

Finally, my personal thanks to my fine assistant coach Rick Addy who brought me out of the 3 yards and a cloud of dust into the exciting world of the passing game. Also, thanks to Homer Rice for his expert advice and teachings of the passing game.

NORTH FARMINGTON SUMMER WORKOUT

by Ron Holland

June, July, and August for quarterbacks, running backs, receivers, and defensive backs. The following drills should be done three (3) days a week:

I. WEIGHTS:

A. Bench Press:

1. First goal-your body weight
2. Second goal - 275 lbs. (minimum of 250)

B. Squats:

1. Thighs parrallel to floor
 - a. Bodyweight
 - b. 250 - 275 lbs. or greater

C. Reverse Curls:

1. Goal - 85 lbs. standing

D. Triceps Curl:

1. Elbows pointed to the sky (vertical)
 - a. Work up to 50 lbs. on dumbbells
 - b. Nautilus, work up to 60 lbs.

E. Wrist Curls Over Knee:

1. Sitting position
 - a. Palms up
Roll bar to finger tips and flip it back up
 - b. Palms down
Goal 75 lbs.

F. Dips:

1. As many as possible

II. SPRINT AND RUNNING DRILLS:

A. Knee Pumps:

1. Start "knee pumps" at top speed. Bring the knees as high as you can and with enough gradual forward movement until you reach 50 yards; then stop and walk back. You should average about 10 or 12 knee pumps

for 5 yards; or 100-120 for 50 yards.

2. After completing the first 50 yards, repeat. Bring those legs up as high as you can and as fast as you can. This is to be done three times.
3. It takes about 20 seconds for each 50 yards. The time between each run should not exceed 2 minutes.
4. After you have mastered the 50 yards, then increase it to 75 yards.
This part of the workout should be only 10 minutes

B. Striding:

1. After a rest of 15 minutes, move to a track or surfaced field. Start out running with small strides, gradually increasing your stride until you have run about 60 yards and now you are actually jumping each stride to get the maximum strideage length for 100 yards.

C. Carioca:

1. Run 5 - 50 yard dashes side ways to the left and 5 - 50 yard dashes side ways to the right. If stiff and sore only run 6 - 10 yard carioca.

D. 40's

1. Four sets x 4 reps. x 40 yards
 - a. Stress high knee, fast legs, proper leg reach, and total relaxation

E. Stadium Steps:

1. Run 50 steps each
 - a. Regular
 - b. Double Leg Hops
 - c. Left Leg
 - d. Right Leg
 - e. Power

F. Mile Run:

1. Run it in about 8 minutes working down to 6 minutes by August 15

The following drills are to be done a minimum of five (5) days in conjunction with the weights and running drills.

III. ROPE SKIPPING:

(Total time 6 minutes and 40 seconds)

A. Objective:

1. Quickness
2. Agility
3. Coordination
4. Endurance

B. Procedure:

1. Good erect stance
2. Feet close together
3. Rope firmly held in each hand

C. **ROPE JUMPS** (with 20 second rest between)

1. One minute
 - a. Regular jump (jump every swing, no skip between)
2. Thirty seconds
 - a. right foot only
3. Thirty seconds
 - a. Left foot only
4. One minute
 - a. Double jump (two jumps per revolution)
5. One minute
 - a. Alternate feet (walking)
6. One minute
 - a. All the skips you can get

On the **first five** jumps listed above you should be striving to jump for specified time without a miss. Speed will increase with practice. The last jump (no. 6) you should be concerned with completing as many revolutions as you can, without a miss, in one minute. The following table will give you an idea of how you rate with revolutions/minutes.

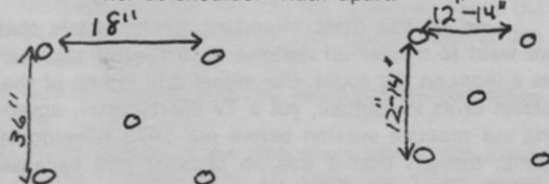
Revolutions/Minutes	Rating
Less than 150	Poor
150 to 159	Fair
160 to 169	Average
170 to 179	Good
180 to 189	Very Good
190 to 199	Excellent
200 Plus	Super Star

IV. **SPOT DRILL:** (Total time 5 minutes)A. **Objective:**

1. Quickness of feet
2. Agility
3. Balance
4. Timing
5. Endurance

B. **Procedure:**

1. Six different types of exercises on the spots.
2. Five spots are painted on the floor in a rec- with one in the center in the following manner at shoulder width apart.



3. Perform all exercises as fast as possible, maintaining good body balance.
4. Drills begin with players standing tall!
5. On "set" players take positions
6. On "hit" players begin drill

7. Keep head up at all times
8. Flex knees
9. Eyes are directly on coach's eyes
10. **Do not bounce high**
11. Use quick, low, and smooth movements with feet
12. Do not look at dots!
13. When finished with each drill raise your hand
14. When everyone has finished, coach gives "up" and players stand tall.

C. **Drills:**

1. **IN-OUT-IN** Open close with both feet, like a hop scotch forward and backward. Start with right foot on the right dot and left foot on left dot. Rapidly bring feet together landing on middle dot with both feet, left foot only, or right foot only. Jump ahead touching right foot on right dot and left foot on left dot. Jump backward immediately following same pattern. Exercise should be performed fluently without stopping for six (6) repetitions or 30 seconds. One repetition is counted each time you return to the starting position.
2. **IN-OUT-JUMP-SPIN** Perform in and out movement as described in no. 1 above. After landing on out movement jump, spin, and land facing middle dot. Proceed in and out with jump spin at starting point and continue until (6) repetitions are performed or 30 seconds. One repetition is counted when you return to the starting position.
3. **RIGHT FOOT** On right foot jump in figure eight pattern, landing on dots with right foot only. Lock left toe behind right heel. **Stress** landing on dots with the body facing towards the dot you are next jumping. Continue until six repetitions are performed or 30 seconds. One repetition is counted when you return to the starting position.
4. **LEFT FOOT** Same as right foot except use left foot exclusively.
5. **BOTH FEET** Hit each dot including middle dot with six (6) repetitions or 30 seconds.
6. **COMMAND DRILL (Movement Drill)**
On verbal command "**set**" players take position. Second command "**hit**" feet are dancing. "Right" means right foot will hit center dot and end dots. Players stop at end dots; give right call again and players back thru drill. "Left" same as above. A 30 second drill.

These drills with the rope jumping and dots are designed to improve your speed, quickness, and agility to move your feet. Your efficiency in each of these areas is

somewhat limited according to individual characteristics.

It is our feeling that by using these two drills, which consume approximately 11 minutes a day, you will definitely improve your foot quickness, hence improving your speed and quickness. These drills are great for Summer conditioning programs, because every athlete can find some rope for a jump rope and paint 5 spots on his sidewalk at home.

V. BODY BUILDING

(Before bed or while watching TV)

A. Push-ups (Work up to 2 sets 25 each way, 250)

Five ways:

1. Hands in
2. Hands out
3. Hands straight ahead
4. Finger tips
5. Triceps pushups

B. Sit-Downs:

1. 50 before bed at night

VI. FLEXIBILITY

A. Arms:

1. Hands behind back
2. Arms crossed in front of chest touching scapulas
3. Hanging from a bar

VII. THROWING

A. 500 Throws a Day Minimum

1. Circle Drill
2. Line Drill
3. High release, if needed
4. Play action
5. Pull right and left
6. Sprint out
7. Drop-pocket

GRAND RAPIDS CATHOLIC CENTRAL HIGH SCHOOL

by Fred Jamroz

Our football program has an ultimate goal to provide our players with a "Great Educational Experience." You'd like to think that with all the sweat and hard work that the players go through that they'd look back on playing football as a worthwhile experience—something they are happy they did.

It also helps to have a winning experience. Many people criticize the idea of placing too much on winning—but our society was built on success. You

hope that your doctor "wins" when he operates on a patient; or an engineer "wins" when he solves a construction problem. In order to promote a "winning" football program there are certain principles that we try to emphasize.

The 1979 World Champion Pittsburgh Pirates considered their team a family. We like to regard our team as a family. We work together - pray together - eat pizza together - win or lose together. We hope that each player cares about each other as members of the Catholic Central Family.

A few other principles that we emphasize (including one of our drills) is as follows.

We believe that a team should be well-drilled. A well-drilled team will win its share of games. We tell the players that if they look like football players then people will think that they are football players. They get this look by being well-drilled especially in the fundamentals. This look has to start in the Freshman year and carry on through the J.V. year. It is a waste of time to have to teach a varsity player how to take a stance.

Another principle is consistency. Coach Al Fracassa (Brother Rice) has a favorite Lombardi quote, "Do it right—not some of the time—do it right all the time." This takes discipline. We try to sell the players the concept that if you are going to do something then don't just go through the motions. Try to improve every day — get stronger, quicker, better through effort and concentration.

Morale is probably the most important ingredient in a successful program. We try to be positive in teaching football; it helps to have drills that involve the greatest number of players. We want to cut standing around to a minimum. Usually, the more a player is involved the more he is motivated to work.

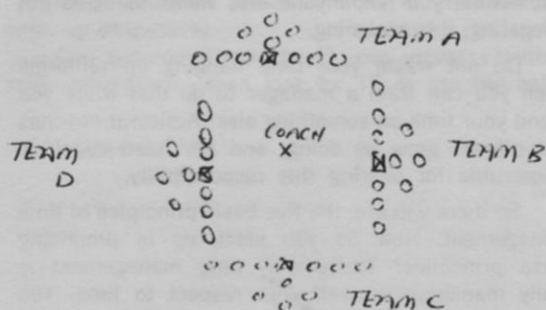
Finally, a spirited effort really makes the difference. We feel that it is important to get the "adrenalin flowing" to play football. Usually we are not the biggest team on the field so we try to play with "intensity."

Our drills are designed to produce the effects that we want in a game, for example, our signal drill.

One of the most important fundamentals that we want to master on defense is to fire off together as a team on the count. Our signal drill is one of the oldest drills in football, yet a TV sportscaster, covering our practice session before our 1978 Silverdome game, thought that it was an unusual drill because he had not seen it before.

We usually run the Signal Drill every practice right after a strenuous conditioning session. The players get a little breather, yet they must still concentrate on what they are doing even when tired.

The players line up in a four team square:



If there are only enough players for two teams, they can line up facing each other. If there are more than forty-four players, then the extras can line up on the ends or in the backfield.

Each of the centers has a ball and snaps on the count to his quarterback. All of the players fire off low with one jab step. Each of the quarterbacks get to call the snap five to eight times. The entire drill takes about five minutes.

Several things are accomplished by this drill. The entire team fires off on the count. If a player moves or jumps the count, he takes a penalty lap while the rest of the team continues the drill. We can add to the spirit of the drill by having the players shout the name of the team we want to defeat as they fire off together.

Also, the whole team gets used to the cadences of the different quarterbacks. The first string doesn't find it strange to have a different quarterback calling signals during a game. Each quarterback is encouraged to make his calls loud and clear. The coach can check stances, quickness, etc. at this time.

This drill is an example of how we try to get a sharp, consistent, well-drilled look.

TIME MANAGEMENT FOR THE FOOTBALL COACH

by Ron Labadie
Marshall High School

Have you ever said, "I don't have enough time to get things done?" If you have, we think we have some ideas that might help you. These require the development of no new talents — simply the more intelligent use of talents you already have. It is important to remember that you have exactly the same amount of time that your opponent has; some coaches just get more done. You should also be aware that adequate planning consistently produces better results than poor planning.

Our experience and research reveals that there are five basic principles of "time management." They are often so simple but only a few people know, apply, and practice them effectively in their everyday lives. Are you one of these effective managers of time? Read and find out.

THE "DO LIST"

The football coach needs a game plan for each day of the year. Studies show that the more time we spend planning a project the less time we require to complete it. Therefore, effective planning is important.

A daily list of things to do should be made the night before or the first thing in the morning. You must get in a habit of taking five to ten minutes to make your list daily. Things that are scheduled to happen are more likely to happen than things that are not scheduled. Priorities are important. It is a good idea to get the toughest job done first because if you leave the toughest for last, then it seems you are fighting an uphill battle all day. You should also be flexible enough to handle the unexpected things that come up during the day. Do not plan such a tight schedule that you cannot handle these things.

Since the "do list" is the simplest form of planning, then higher forms would be weekly lists, monthly lists and yearly lists (in-season and out-season).

Remember, if we take time to plan, we will have more time.

PARKINSON'S LAW

Dr. C. Northcoti Parkinson's widely accepted principle states that "work expands to fill the time available for its completion." An example would be if you are in the habit of having three hour practices, then you will find enough things to coach during that time. On the other hand, if you are limited to just two hours for a practice session, then you are forced to complete your coaching within that time limit. The latter will require better planning to accomplish your priorities for the practice session.

The solution to working with Parkinson's Law is to set deadlines. It is amazing how various projects can be completed within a specified time limit. The Sunday scouting report may drag on for hours because you let it. Get organized, plan your time, delegate some responsibility, and get it done in two hours, instead of four or five.

THE 80/20 RULE

Vilfredo Pareto developed a principle called The 80/20 Rule, which suggests that in a list of ten items doing two of them will yield most (80%) of the value. In football terms, the following could apply:

1. On your team, 80% of the talent will come from 20% of the players.
2. On your team, 80% of the attitude problems will come from 20% of the players.
3. On the practice field, 20% of the players will require 80% of the coaching time.
4. The coach will receive 80% of the criticism from 20% of the alumni or fans.

Use this basic time management principle to help you plan, priorities and deal with the problem faced by the football coach. You should be aware of how the 80/20 works in your football program and then decide if it works for you or against you. You may not realize that you are spending 80% of your coaching time with only 20% of your players.

HABIT PATTERNS

It is said that we are creatures of habit, and most of what we do is the result of habits. Dr. Merrill E. Douglass says, "Since most of our time is consumed by habitual behavior, it is important that our habits work for us instead of against us."

A football coach must evaluate whether his habits are good or poor. Two examples of good habits are thorough planning of each practice session and delegating responsibilities to subordinates. Examples of poor habits are procrastination and doing all the work yourself and not delegating.

A good way to review and constantly evaluate your habits is to ask yourself, "What is the best use of my time—right now?" There is a time for relaxation and a time for work; you must determine what is the best for you at that time.

DELEGATION

A football coach has five basic functions which he must either do by himself (probably not possible) or delegate to others. These functions are:

- PLANNING—Determine the direction of program
- ORGANIZING—Selecting the structure to be used
- COORDINATING—Secure cooperation of all concerned
- DIRECTING—Teaching and/or coaching
- CONTROLLING—Continuously monitoring and evaluating

DELEGATION — is a very important concept in our overall program. Do not waste your time, time doing things that other people could be doing for you. Delegation means giving responsibility to competent people who can handle it — assistant coaches, athletic directors, managers, and players. It is important to explain to them exactly what you want done and then trust them to do it.

On the other hand, giving subordinates jobs that neither you nor anyone else wants to do is not delegating; it is assigning.

Do not waste your time hanging up uniforms when you can train a manager to do that while you spend your time on something else. Assistant coaches and players grow by doing, and the head coach is responsible for sharing this responsibility.

So there you are, the five basic principles of time management. How do you stack up in practicing these principles? Remember, time management is really managing yourself with respect to time. You must be in control of your time to be a successful coach.

The coach on the other side of the field does not have an edge on time; the truth is he has the same number of seconds, minutes, and hours each day. He may have more player talent, but the fine line between winning and losing might come down to who planned, organized, coordinated, directed, and controlled better. Sometimes these will help tip the scales in your favor. Get the jump on your opponent—**Manage Your Time!**

In "Time Management For The Football Coach," we emphasized the principal that "adequate planning consistently produces better results than poor planning." We will now give you ideas and suggestions on why and how to properly plan the out-of-season and in-season.

For the head football coach, planning is probably his most important responsibility. Planning is simply describing what we want to accomplish in the future and agreeing on the means for achieving it. Planning enables the coach to combine knowledge with power in order to achieve the objectives of his program.

OUT-OF-SEASON PLANNING

During the off-season you should have a check list of exactly what you need to accomplish. This list should be in order so that one step will help you accomplish the next step. For example, it is wise to analyze your film of why plays worked and why plans did not work before you review and revise your notebook. Some people will divide their list into months and set goals to get so much accomplished each month. What ever you do, don't let it pile up on you having to do it all just before the season starts. Another point here is to be sure to delegate to responsible people tasks that they handle, have assistant coaches help in film analysis and notebook revision; have students to the typing, don't waste your time with projects others can do.

Following is a checklist of "out-of-season" activities that must be accomplished by our staff:

OUT OF SEASON CHECK LIST

EVALUATION PROCESS

- Player Evaluation
- Coach's Evaluation
- Self Evaluation
(Immediately after season)
- Analysis of game film
 - Offense - Plays that worked and why, plays that did not work and why
 - Defense - Technique work, defense that was effective and why, defense that was not effective and why
 - Kicking - Positive and negative aspects
- Scouting of opponents from film
- Total Program Evaluation - Anything else not covered above (Scouting, Meeting Procedures, Coach's Responsibilities, etc.)

PLANNING PROCESS

- Revision of Notebook
 - Offense - Update all material, go over everything to be sure it is sound
 - Defense - Update all material and revise
 - Kicking - Game review and update all material, change what needs to be changed
 - Philosophies - Staff assignments and other parts of notebook, review and revise
- Weight Program - Plan and be sure everyone is involved, measure kids, set goals
- Clinics - Use clinic information to our benefit, list material or questions we need answers to and get them
- Encourage football players to participate in other sports
- Run eighth grade weight program
- Write football newsletter - late spring
- Help individual players enroll in various summer camps
- Set up Summer workouts, have cards printed
- Set up end of school year meeting with interested team prospects
- Set up school year, school end individual evaluation with each player

If you have spent your time wisely in the off-season and completed all your goals, you should have more time during the season to get to the heart of this job and that is coaching football. An example of this might be having all your scouting sheets made up in the off-season and now this is one less thing you have to do during the season.

During the season it is so important to get into a regular routine. If you plan a good routine to happen it will almost become automatic as the season grows on.

An example of routine during the season might be our weekend situation. This routine does not vary unless we scout on Saturday night or something unforeseen comes up.

SATURDAY

- 7:30 a.m. - 9:00 a.m. Radio Interviews
- 9:00 a.m. - 11:00 a.m. Scouting report from coaches that scouted
- 1:00 p.m. - 5:00 p.m. College game
- 5:00 p.m. - 7:00 p.m. Grade film
- 7:00 p.m. - 9:00 p.m. Assistant coach grades film, head coach starts scouting report
- 9:00 p.m. - 11:00 p.m. View film of opponent

SUNDAY

- 7:00 a.m. - 10:00 a.m. Finish scouting report, run off copies
- 10:00 a.m. - 12:00 p.m. Assistant grades film, offense and defense game plan
- 12:00 p.m. - 3:00 p.m. Family
- 3:00 p.m. - 6:00 p.m. Set up meeting, individual awards, weekly practice plan, daily practice plan, etc.
- 7:00 p.m. - 9:00 p.m. Meeting all coaches, awards, offense and defense game plan, kicking game plan, personal offense/defense kicking, daily and weekly plan, Monthly - specific other areas of concern
- 9:00 p.m. - 11:00 p.m. Specific practice plan for Monday

This is an example of a routine that works well because it is followed every week. Each coach has specific duties, knows when they are due and can plan his weekend around these things.

The same kind of thing can be done for week-day routine to set up practice plans with other coaches or to get players scouting reports and film showings. If a player knows every Monday after school there is a scouting report, then he will be there without excuse, but if it is changed from week to week he may miss an announcement, then he has an excuse.

CHELSEA TEAM MEALS

by Gene LaFave
Chelsea High School

While at Memphis, a member of our coaching staff, Harvey Vermeesch, recommended that we consider initiating a pre-game team meal. Our total staff thought it was a great idea and put me in charge of soliciting the funds. There were many reasons that we thought a pre-game meal would be beneficial such as team unity, good nutrition, and simply to control the environment between school dismissal and game time. Once we entered into this project we found that there were many other positive things that happened; the most important being player involvement.

To obtain funds, I have called on parents, businessmen, and community groups. To provide the setting we now have at Chelsea, it costs approximately two hundred and fifty dollars to feed fifty-five people per week. There are many of you reading this that will think "I can't do this" and that is exactly the reason you won't. Think positive, **be bold**, and **ask for the money**; people are willing to contribute to a good cause.

Because this was originally Harvey Vermeesch's idea, he was put in charge of the meal at Memphis, and here at Chelsea our fine defensive coordinator, Jim Tallman, is in charge. As a head coach, this delegation of authority is extremely important because of the hectic pace on game day.

We have the cheerleaders set up tables in our cafeteria. They paper the tables and decorate the area including fresh flowers and name tags for each player, coach, and guest. There is also one mother who is put in charge of coordinating the menu which includes a New York strip steak (10-14 ounces, cooked on an outdoor grill), tossed salad, vegetable, and jello. Invariably there will be cakes that are decorated and other assorted extras. Because of these extras and the time prior to the game, we limit the players' intake.

Our meal begins three and one-half hours prior to game time and many would argue that a heavy carbohydrate meal would be appropriate. Physiologically, the above statement is true, but, psychologically, players and **coaches** like steak more than a big plate of spaghetti. Players all come dressed for the occasion: shirt, tie, game jersey, non-Levi'd pants, and hard shoes. Looking good and eating well are both important.

The tables are arranged in a "U" shape with the head table at the top of the "U." The cheerleaders and mothers eat at adjacent tables. We play college

fight songs during the meal that also adds to the atmosphere.

There are nine basic things we do at each meal:

1. Pre-meal prayer (composed and said by a player-all rise).
2. Dinner.
3. Post-meal prayer (composed and said by a player-all rise).
4. Verbal thank you by a player to mothers, cheerleaders, and donor of that particular meal - also a letter signed by team and coaches sent to each individual.
5. Present player of week awards (head coach).
6. Read poem about our opponent (composed and read by a player).
7. (a) Captains or senior comments.
(b) Guest speaker (not weekly, community mem.)
8. Everyone recites our "pledge to the defense" (led by a player).
9. Players come together to give three cheers for Chelsea.

The entire team meal and program will be completed in approximately one hour. This gives the players time to walk around the grounds and then rest for one-half hour prior to getting ready for the game — together. All of the above-mentioned things make the setting awesome. Our players are very involved in making poems and prayers and then reciting them. This meal is a very motivating factor in our program.

If you would like further information, write to: Gene LaFave, Chelsea High School, Chelsea, Michigan 48118

ONEKAMA HIGH CONDITIONING WEEK

by Jim Taylor
Onkama High School

We believe that our Conditioning Week at Onkama is a very special time for the football team. We practice two hours each evening, the weight room is open, and the practice field and hill are all used. What makes this week unique, we believe, is that the boys work out on their own. They set their own pace—resting if they feel the need, taking a break for water, or maybe just talking to a coach for awhile. The coaches are present, offering encouragement when needed or helping some of the new athletes.

I realize that several hours of coaching is lost using this method, but the development of leaders, and the team unity and togetherness has more than made up for it. The physical condition has also improved year by year as each group strives to get in better shape than the previous team.