

**Michigan
High School
Football Coaches
Association**

Newsletter



Volume 1, No. 30

SERVING MICHIGAN'S HIGH SCHOOL FOOTBALL COACHES

March, 1981

ARE YOU A MHSFCA MEMBER?

Are you a member of the Michigan High School Football Coaches Association? If you aren't you should be. We are now signing up members for the 1981-82 year and it is time for you to register if you did not attend the Lincoln Park Football Clinic.

Benefits of belonging to the MHSFCA are: (1) you will receive four Newsletters per year of which three will feature articles by outstanding high school coaches throughout the state, (2) a voice in the rules and other items involved with high school football, (3) a

chance to be a Regional and State Coach of the Year, (4) possibilities of your football players receiving a \$300 MHSFCA college scholarship, (5) a chance to coach in the annual All Star Game, (6) right to nominate your players for the All Star Game, (7) consideration to be a guest speaker at our annual clinic, (8) right to run for an office on the MHSFCA Board of Directors.

As one can see the benefits of being a member are numerous. Please give real consideration to the above information and we are sure

that you will find a membership to be very worthwhile.

The dues for MHSFCA membership is \$5 per year and \$9 for joint membership in the MHSFCA and Michigan High School Coaches Association. An application form is located on page 4. Please fill it out today and send the form along with the money to Curt Evans at Homer High School. It may be the best investment you ever made. We hope that you will help us to improve on our 80-81 membership record of 1493 members.

MHSFCA HALL OF FAME NEEDS YOUR HELP

Would you like the name of your school in the MHSFCA's Hall of Fame? A minimum donation of \$100 buys a Gold Brick with the name of your school to be inscribed on a large wall plaque of the state of Michigan in our Hall of Fame. All proceeds will go toward the display booths, decorations, furniture, and other items in the building.

You may want to solicit from your players, coaches, parent clubs, school boards, and other interested

people who are interested in donating to this worthy fund. All monies will be placed in escrow until needed by the committee which consists of Past Presidents of the MHSFCA.

Currently we have fourteen donations of \$100 and we are going to need considerable more money if we are going to have the Hall of Fame. It is up to the high school football coaches in the state of Michigan, like yourself, to round up the money. We need your help. Please

look over the Hall of Fame insert in this edition of the Newsletter and send in your \$100.

Our goal is to have our Hall of Fame in operation by March 24, 1982 which is our 10th anniversary. Make all checks out to: MHSFCA Hall of Fame and send to: Mr. Ron Holland, North Farmington High School, 32900 Thirteen Mild Road, Farmington Hills, Michigan 48018. Thank you for your help.

MHSFCA ALL STAR FOOTBALL GAME UPDATE

Yes, there will be a MHSFCA All Star Football Game this year. Mark Saturday, August 8, on your calendar and plan to attend the game at Michigan State University.

The coaches for the West Team will be: Jeff Smith of East Lansing, Tom Fagan of Ypsilanti, Ike Muhlkamp of St. Joseph and Pete Schmidt of Okemos. The coaching staff for the East Team will be: Al Fracassa of Brother Rice, Ron

Holland of North Farmington, Dave Snead of Detroit Central and John Herrington of Farmington Harrison.

Thirty-six players have been selected to participate for each team and a complete roster will be printed in the May Newsletter. The official release to the media will be on April 1. Irv Sigler of the Cheboygan will be the All Star Committee Chairman.

The cost per ticket will be \$3 and we are hoping to have a great turnout. Each head coach in the state will be contacted by his Regional Director on the different promotional ideas for purchasing your tickets. The All Star Game is a new item for the MHSFCA and we will need the help of all football coaches in the state of Michigan.

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Region 15

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Francis

Jerry Delling, Mancelona

Region 16

Jim Hilgendorf, Rapid River

Randy Neelis, Les Cheneaux

College Football Clinics

Central Michigan University Football Clinic; Saturday, April 11, 1981; 9:00 A.M. - 11:50 A.M. The CMU football practice follows the clinic.

Important Dates

August 6-7

MHSFCA Mini Clinics at Michigan State University.

August 8

MHSFCA 1st Annual All Star Football Game at Michigan State University.

August 10

1st day of football practice in UP.

August 17

1st day of football practice in LP.

November 13

State Football Quarter Finals.

November 20

State Football Semi Finals.

November 27

State Football Finals at Pontiac Silverdome.

January 29-30, 1982

MHSFCA Football Clinic.

MHSFCA Board of Director's Meeting

The following is a list of dates for the MHSFCA Board of Director's meetings: March 20, 1981; 5:00 P.M.; Board of Director's Annual Spring meeting at Ann Arbor Pioneer High School. August 4-5, 1981; (tentative); Board of Director's Annual Summer meeting at Michigan State University.

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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Hebda Service Printing
of Wyandotte, Michigan

Michigan State University Football Clinic; Saturday, May 2, 1981; 9:00 A.M.; featuring Coach "Muddy" Waters and the MSU Football Staff.

University of Michigan Football Clinic; Friday - Saturday, April 10-11, 1981.

Football Games WANTED

Pre-Season Scrimmage:

One team, "A" or "B" needed, call Gene LaFave, 475-9131, Chelsea High School.

1st Date:

Bay City John Glenn, Flint Southwestern, Brother Rice 647-2444, Southgate Aquinas, Allen Park Cabrini (C), Folwer (D), West Branch (B) (517)345-2481, Warren Mott, Muskegon Oakridge (1982)

2nd Date:

Redford St. Mary's (Varsity & JV), Hamtramck (C) Tony Marasco, Brother Rice 647-2444, Ann Arbor Gabriel Richard (D), Bay City All Saints (B), Highland Park-Nate Hampton 956-0110, Warren Towers (A), Inkster (B), Burton Bentley (C) (1982), Alpena JV.

3rd Date:

Onaway (C), Notre Dame (A) John Rinaldi (Dr-18965)

4th Date:

Madison Heights Bishop Foley (B) Home or Away, Grosse Ile (B) Jay Tissot (313) 675-1550.

5th Date:

Alpena (A) Varsity & JV.

6th Date:

South Bend St. Joe, Jackson Parkside East Lansing (A), Royal Oak Shrine (B), St. Clair (B), Jackson Parkside Frosh (Dennis Kiley), Traverse St. Francis.

8th Date:

Hamtramck (C) (Tony Marasco), Mona Shores (A) 1982 Home, West Branch (B) (517) 345-2481, Warren Mott, Bay City All Saints (B), Midland (A), Webberville (D).

9th Date:

Highland Park-Nate Hampton 956-0110, Grosse Ile (B) Jay Tissot (313)675-1550, Flat Rock (C), Bay City All Saints (B), Carsonville Port Sanilac (D), Michigan Lutheran Seminary, Romulus (A).

7th-8th Grade Football

Alpena Public Schools.

1981 LINCOLN PARK FOOTBALL CLINIC ROUNDUP



Walt Braun (left) 1980-81 MHSFCA President proudly hands the gavel to President elect, Jim Ooley of Traverse City. Thanks Walt for a job well done.



A truly great coach is Charley Jestice of Fordson H. S. Just check his record 81-15 in the last 11 years.

With deep emotion and sincerity Coach Muddy Waters of Mich. State addresses the 746 coaches that attended the Lincoln Park Clinic.



One of the young and talented coaches today in the state of Michigan is Terry Sayen of Munising H. S. Terry's 1980 team posted a perfect 12-0 record and was Class C State Champs.



Charley Jestice, Fordson; Terry Sayen, Munising; Steve Spicer, Fowler; and Pete Schmidt, Okemos proudly display their trophies for being selected Michigan's finest coaches for the 1980 season.



A very select group of men received their MHSFCA Honorary Lifetime Memberships at the Lincoln Park Clinic. They include (left to right): John Blackstock, Bad Axe; Ed Wolford, Pigeon; Wayne De Neff, Ann Arbor; Claude Marsh, Saginaw; Jay Tissot, Grosse Ile; and Dr. A. N. Saunders, St. John's. All of these men have made noteworthy contributions to the game of football.



One of the most knowledgeable men in the area of weight training and athletic conditioning is Mike Gittleson of the University of Michigan.



Coach Al Fracassa and his Brother Rice Warrior Football players give a spirited demonstration of their off season program.

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.	March 24 - April 24	3:30	Yes	April 14, 3:30	April 11, 8:30 AM
Eastern Michigan U.	March 12	3:30-5:30	Yes	April 11	
Ferris State College	April 20 - May 2	3:15-5:35	Yes	None	None
Grand Rapids Jr. C.	No Spring Football				
Grand Valley State	April 1 - 25	3:30-5:30	Yes	April 25, 1:00	Not set yet
Hillsdale College	May 14 - 18	All Day	Yes	May 18, 10 AM	None
Hope College	(No response)				
Kalamazoo College	No Spring Football				
Michigan State U.	April 6	3:30	Yes	May 9, 9:30 AM	May 2
Michigan Tech. U.	April 6 - May 9	4:00 PM	Yes	May 9, 1:30	None
U. of Michigan	March 17 - April 18	3:30wk.-2Sat.	Yes	April 18, 2:00	April 10-11
Northern Michigan U.	March 23 - April 25	3:00-5:00	Yes	April 25, 1:30	None
Northwood Institute	April 20 - May 6	4:30 PM	Yes	None	None
Olivet College	No Spring Football				
Saginaw Valley State	April 4 - 15	3:30-5:00	Yes	April 15, 3:00 PM	None
Wayne State U.	April 13 - 25	4:00-6:00	Yes	April 25, 2:00 PM	None
Western Michigan U.	(No response)				

Michigan High School Football Coaches Association APPLICATION FORM

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

CHECK ONE:

- ☐ MHSFCA ONLY — \$5.00
☐ JOINT — MHSFCA-HMSCA — \$9.00

NAME _____
 SCHOOL _____
 SCHOOL ADDRESS (Street) _____
 CITY _____ ZIP CODE _____
 POSITION _____
 HOME ADDRESS (Street) _____
 CITY _____ ZIP CODE _____
 MEA REGION _____ PHONE _____

MICHIGAN HIGH SCHOOL FOOTBALL COACHES ASSN.

Don Lessner, Secretary-Treasurer
 Riverview High School
 Riverview, Michigan 48192

Bulk Rate
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 MHSFCA
 Trenton, Mich.

Michigan High School Football Coaches Association

Newsletter

DRILLS & ARTICLES



Drill No. 5

SERVING MICHIGAN'S HIGH SCHOOL FOOTBALL COACHES

March, 1981

Scouting Assignments

by Lawrence D. Dugan
Flat Rock High School

Scouting is a very important part of every football coach's program and determining scouting assignments is a difficult task. We have a system for determining scouting assignments that we think is unique.

Below is a diagram of our scouting assignments, and how to determine who scouts when and where.

Diagram 1
Scouting Assignment
Diagram

PRE-SEASON SCRIMMAGE	GAME #1 DUNDEE	GAME #2 RIVERVIEW	GAME #3 CARLSON	GAME #4 GROSSE ILE	GAME #5 AIRPORT	GAME #6 MONROE C.C.	GAME #7 HURON	GAME #8 JEFFERSON	GAME #9 IDA
S T A F F			A B C	D A B	C D A	B C D	A B C	A B	A
D	C D	B C D							

Scout

Larry Dishaw	A.	Game - 5 Airport	Game - 9 Ida
Rick Stahr	B.	Game - 4 Grosse Ile	Game - 8 Jefferson
Dale Robinson	C.	Game - 3 Carlson	Game - 7 Huron
Jeff Moorhead	D.	Game - 2 Riverview	Game - 6 Monroe Catholic Central

Dick Sayre: Special Scouting assignments
1) Pre-season scrimmage
2) Scout 1st game opponent when we play our 9th game

Chuck Wright: Our chief scout - he will scout every team we play the week before we play that team with the scout (A-B-C-D) responsible for that assigned team.

Scouting Assignment Procedure

- 1) Diagram chart as shown above
- 2) List your schedule - including the pre-season schedule
- 3) 4 or 5 scouts are needed
Start with game 9 and work backwards 3 games with scout A (all scouts are determined at a later time) diagram II

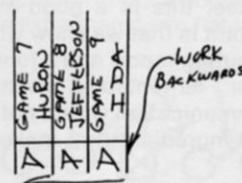


Diagram II

Word Backwards

- 4) Now do the same for coach B-C-D always starting backwards and one earlier game. Each scout will be responsible for 2 different teams
- 5) When the chart is finished (diagram I) one can determine who will be scout A-B-C-D
- 6) We have a chief scout, Chuck Wright, who will scout everyone of our opponents with the regular scout responsible (A-B-C-D) for the team the week before we play them

Our scouting goes something like this:

All Staff members will scout at the pre-season scrimmage, we usually take 8 people and the chief scout will give us our assignments. At this time scout D will be scouting our 2nd game opponent by himself at their scrimmage. When we play our first opponent scout D and the head scout are scouting our 2nd opponent. There are times in the season where scouts responsible for different

(Continued on Page 2)

teams can scout together because of our league schedule.

By using two scouts we get an independent look and Chuck Wright, our chief scout, can give us a good comparison of each team from week to week.

When we play our 2nd opponent, the scout, (D) will be in the press box with our main phone man, filling in charts, scouting our opponent, and scouting us as the game goes on. We want him on the phones to let us know of any changes by the other team so we are able to make adjustments as soon as possible on the field and at halftime.

What this system does is:

- 1) Use a minimum number of scouts
- 2) Spread out scouting responsibility
- 3) Shows a great sacrifice on one man's part (Chuck Wright) to make this system work
- 4) Can be done before school is out in June. Once this is done all scouts know well before the season when and who they will scout and are able to plan accordingly.
- 5) Most important, it lets the scouts see the varsity play at least 4 games and be a part of the entire program

Chuck and I have been together now for 13 years and we feel this is a good system for us. But more important is that we know what each other expects in a scouting report and a long time ago we established "our" terminology, which without this our lines of communication would not be open, that is the one main ingredient that makes this system work for us.

In closing, I would like to thank all those who have scouted for Flat Rock and those coaches that showed an interest in wanting to hear something new and innovative about our program.

If I can help anyone in any way, please contact me. Good luck and I wish everyone a very successful 1980 football season.

Teach The "Scoop" Offensive Line Play at Gabriel Richard

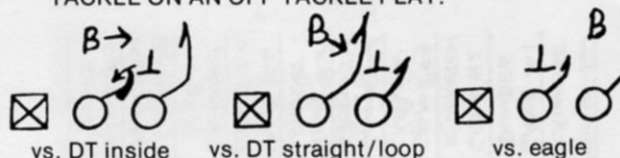
Riverview, Michigan
By Jim Clawson

The philosophy of the area block is certainly not new. At Gabriel Richard we try to present the area block to our linemen as an exciting scheme which will enable them to "beat the defense". Getting off the ball is our main concern. Anything that takes away from that goal is counter productive to our offensive line surge. Clouding the lineman's mind with assignments before he gets off the line of scrimmage is an unnecessary evil.

The kid who is naturally aggressive will be a great blocker no matter what concept of line play is employed. The average kid, however, has to be led to success by primarily using desire—not physical size or talent. By attacking an area, we are eliminating the problem of physically defeating a man. We stress the importance of getting the blockers body to a position on the field. This, we feel, will put the defender at a disadvantage. By using this position concept, the average kid can achieve success and contribute to the offensive effort. A defender can rarely "run through" an offensive block, this simple idea is a base for our philosophy. Position alone, then, can be a positive aspect of the block for the less talented athlete.

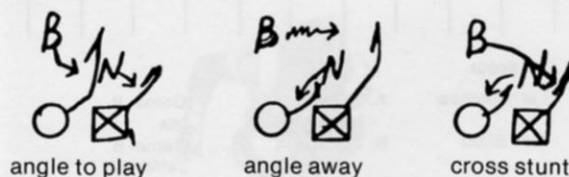
Since GETTING OFF THE BALL is so important in offensive line play, it seems to make sense to emphasize that aspect of the game. By using the SCOOP method we think we succeed in getting the maximum amount of aggressiveness from our linemen. The SNAP count and DIRECTION are the only things that need to be stressed. The near shoulder of our offensive lineman will always make contact with the correct man, if he scoops correctly. Once contact is made, the work of the lineman begins. We believe, however, that the positioning alone will make that work easier to perform.

SCOOP PLAYSIDE WITH THE GUARD AND THE TACKLE ON AN OFF TACKLE PLAY:



In these cases contact will be made with the inside of the guard and tackle; this provides for the body to be between the ball carrier and the defender. The main coaching point is simply, "get off the ball hard and beat the defense to a spot playside on the field", also, "someone will be there to make contact with".

SCOOPING PLAYSIDE WITH THE CENTER AND THE BACKSIDE GUARD:



We feel that by employing this scheme with the center and backside guard we can effectively block the backside linebacker (usually a problem). Since using this scheme the BSLB has not been a factor in stopping our inside running game. The backside linebacker often reads the scooping guard as a down block and steps up into the wash. This out-growth has been an unexpected plus.

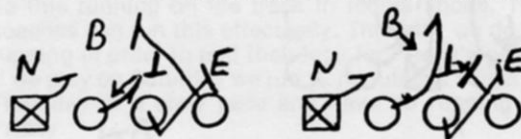
It must be remembered that we are teaching our lineman not to attack a MAN. When scooping, we do not step to the man, his foot, his hip, or anything else. We attack the area that could be considered the FIRST THREAT by the man. The center is a perfect example; he concerns himself with one thing, as far as assignment is concerned, and that is, DON'T GET BEAT PLAYSIDE BY THE SLATING NOSEMAN. Anything he does after he accomplishes that is easy. He must understand that the only thing that can cause a problem is if the nose beats him to his area. He eliminates the problem not by attacking the nose, but the AREA that the nose could occupy if he is to be a factor in stopping the play. This approach seems to allow more freedom in the movement of our linemen. They become more involved in the offense because they are participating in the flow of the play. A mistake in the defensive movement will allow an extra man playside for the offense. That extra man will not be idle, or "standing around" because he will be going playside with no hesitation.

It is important to point out that the scoop step is not a parallel step to the line of scrimmage. It is an upfield, near foot charge that best gets the lineman past the line of scrimmage as soon as possible in the direction of the play. The shoulders must get parallel to the L.O.S. immediately in a single movement as opposed to a "swivle" effect. We believe to be able to scoop in either direction effectively, the lineman must assume a stance that is as close to parallel as possible. Over extension of the legs is a problem too because it shortens the initial step of the scoop step as he explodes playside. This stance causes the butt to be a bit lower, but has the advantage of keeping the "head up". Fundamentals are extremely important. The scoop employs only fundamentals, that's why we feel it is easy to teach and that it reinforces the other things we do.

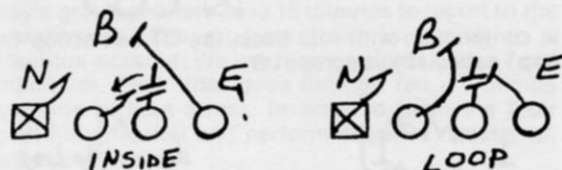
Since we are attacking areas, the percentage of missed assignments goes way down. The blocker can comfortably set himself and GET OFF THE BALL with a minimum amount of defensive recognition. THE FEELING THAT HE CANNOT BE WRONG WILL ALLOW ANY LINEMAN TO BE MORE AGGRESSIVE WHEN COMING OUT OF HIS STANCE. Being sure of an assignment versus multiple defenses can be difficult for many High School players, flying off the ball playside is not.

Another aspect of the scoop block is that scooping linemen go where the defense goes. When a kid looks at "his" man, he has a natural tendency to fire out "at" him (usually a LB). The scoop eliminates this problem, instead of arriving where the LB was, the scooping man meets the LB at a proper point of contact to effectively execute a block.

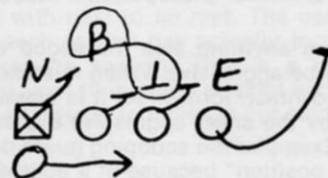
SITUATIONS WHERE THE SCOOP HAS BEEN MOST HELPFUL TO OUR BLOCKING SCHEMES:



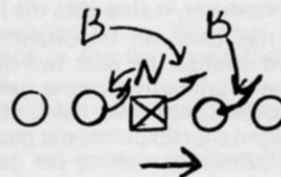
basic X block off tackle, scoop guard and down end can block slant and loop



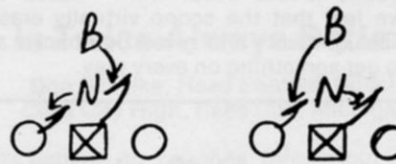
create automatic double team on tackle for off tackle regardless of DT play



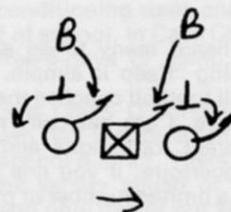
sprint option without a down block by TE gets extra man down field.



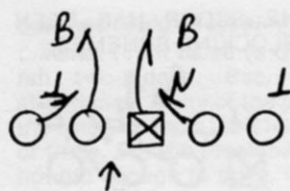
linebacker blitz - normal scheme picks up everyone (LB cross)



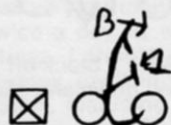
middle stack, read and blitz - no need to 3 on 2 block.



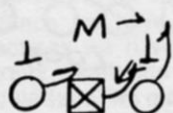
inside 4-4 stunts



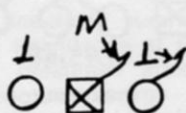
50 gap stack



in conjunction with fold back, the OT can scoop or trap - especially vs scrape LB

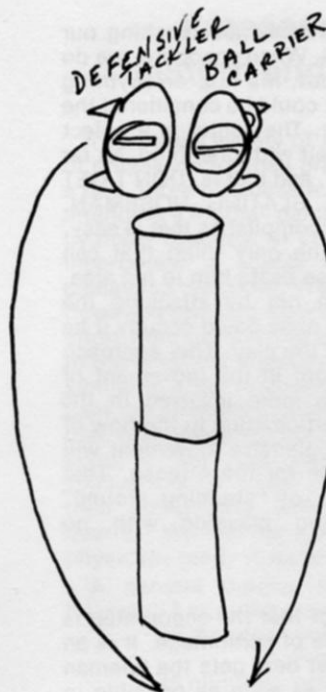


goalline - pickup MLB on scoop



More than anything else the scoop enables the lineman to be aggressive. When mistakes are made (improper contact, form-wise) it is usually compensated for by the sheer aggressive explosion by the lineman. Example: the scooping guard does not get his "great position" because of a poor angle on his initial step, his momentum into the nose will usually be enough to knock the nose off the play. This type of contact (block) is sometimes unexpected and not very beautiful, however, it sure gets the job done.

The scoop has been an important part of the Gabriel Richard offense the past two seasons. The Richard offense is primarily a power running attack, so we need consistency. We have, the past two seasons, averaged over 20 points per game. Also, we have averaged 220 yards rushing per game as well. We feel the scoop has given a consistency to our offensive line play which is reflected in a very high percentage of running plays that GAIN yardage. Most yardage losses occur from missed assignments; we feel that the scoop virtually erases the "blown" assignment, and gives our backs a great chance to get something on every play.



Hitting Drill Duel in the Sun

By Jack Koch
Parchment High School

PURPOSE —

To develop a good "Hitting" attitude. We have the entire team watching and encouraging each other. Each man gets one offense and one defense at each of our "Hit" practices.

BACK TO BACK —

One is a ball carrier and the other is a tackler.

On "Go" they both turn and get into the opening at the end of the dummy.

The tackler must hit and drive the ball carrier back and off the line.



Seaholm's Multiple Offensive Sets

Chuck Skinner
Birmingham Seaholm High School

We have all heard many times about the KISS principle, meaning "Keep it simple, stupid." But I would caution all football coaches that it is stupid to keep it too simple. I am basically referring to the number of different formations and the variety of plays in your repertoire. If you line up in only one formation, with a limited number of plays, it is much easier for your opponents to "zero in" on your two or three best plays and stop your offense cold.

When we plan our attack against opponents, we put our different sets down on paper against our opponents' different defenses. We then select the offensive game plan based on which formations and plays will cause adjustments that will make their defense most vulnerable to plays we want to run or to passes we intend to throw.

In Season Conditioning; a Mixture of Weights and Running

Rick Bye, Head Football Coach
Sterling Heights Stevenson High School
Macomb Athletic Conference

Up until the 1978 football season we at Stevenson provided very little pre-season conditioning and during the season we ran our interval training program. We also had not won a championship in our first four years. As we developed our facility for our weight program in 1978, our strength, team confidence, and depth took a major jump. We then decided that we did not want to lose our off-season strength progress during the season. At this time we implemented weight lifting into our in-season conditioning, along with our I.T.'s.

In order to run a weight program in-season you have to have a couple of things for it to work. First, you need an assistant coach who is willing to spend the extra time after practice and be enthusiastic about it, as I have in Jerry LaJeunesse. Secondly, you need a feasible method to lift so you can accomplish your need, maintain strength, and, at the same time, not be there for too long.

We lift in the weight room that will facilitate up to 32 players, so we have enough room, and we use basically a pin adjustable system for speed. We are able to run our circuit in 25 minutes because we don't take the time to change bars and plates.

We talked to Nautalis about theory and how to facilitate the program. They believe that a properly administered and supervised weight program cannot only improve cardiovascular endurance, but can be substituted for other conditioning involving running. We now also believe because it has worked for us.

The Program

We play most of our games on Friday so this program refers to a five-day format.

A. General Format - each day after practice

Monday - 12 minute run - linemen and backs, backs lift (10 stations)

Tuesday - Interval Training (10 - 220's) - linemen and backs, linemen lift (10 stations)

Wednesday - Interval Training (10 - 220's) - linemen and backs, backs lift (8 stations)

Thursday - No running, linemen lift (8 stations)

Friday - game

B. Breakdown of Running Program

The fact that we believe so strongly in our weight program as a conditioner has eliminated a great deal of post-practice running. The twelve minute run is more of a relaxing jog in order to get the previous game's soreness out. Tuesdays and

Wednesdays are hard work days. We run ten 220's within 35 seconds each with a 105 second rest. We do this running on the track in tennis shoes. Two coaches can run this effectively. Thursday we do no running in order to rest their legs for Friday's game. If we play on Saturday we run 12 minutes or 6 laps on Thursday at a slow pace and have no running on Friday.

C. Breakdown of the Weightlifting

On Monday through Thursday, immediately following the running portion of the workout, that day's group of lifters have 15 minutes to report to the weightroom. The program itself is similar to a Nautilus workout. We use heavy weights with a 7 rep minimum. Each lifter goes through ten - 1 minute stations without a rest. In order to push the lifter past his potential and perform negative resistance, we work in pairs.

After a 2 - 3 minute flexibility break the original partner becomes the lifter and the ten station cycle is repeated. The workout is not unlike sprinting for 10 minutes with next to no rest. The use of heavy weights at each station has actually increased our strength over the season. This is a tremendous workout. We work 10 minutes straight each group to keep the heart rate up to increase our cardiovascular system.

D. Conclusion

We feel very confident about our in-season program. Our players believe in the program because they feel stronger as other teams get weaker. It has helped us in the last half of the season when other teams are wearing down. We have also won two championships in the two years that we have run this program.

We would be more than happy to share any portion of our program with you. We also have a very effective off-season program that has great merit.

Thank you for this opportunity and for taking time to read my article.

Is Twice Always Better?

Don Schelke, Head Football Coach
Cass City High, Cass City, Michigan

While talking to coaches throughout the state about football programs the conversation usually gets around to two-a-day practices or conditioning camp. Some coaches even talk about three-a-days. This includes conditioning week and the other days before the start of school. In Cass City we do not run two-a-days, three-a-days or camp, we run one-a-days.

Cass City is a Class C school located in the thumb. The town has a population of about 2,000. We are a rural school district. There were only seven members of the varsity squad of thirty-three that lived in town, and only one of our six-man coaching staff lived in town. I am sure many of our rural

I was asked recently by a college coach what formation we use. After thinking about it a minute, I told him we use about eighteen different offensive sets. This may seem incredible but it really isn't that complex. Each week we will concentrate on only two or three of these formations and use a limited number of plays that we believe can best be utilized to attack the weaknesses of the defense we expect our next opponent to use against us.

With multiple sets we are attempting to confuse the defense, and expecting them to make some poor adjustments. This system also causes our opponents to work against so many formations and plays that they can't concentrate on just a few.

It should be understood that when we say we have many different formations, or sets, each could mean a very slight change. For instance, changing a Pro I formation to a pro formation with split back is only a minor adjustment. Another example could be a tight slot moving far enough outside to be a twins formation.

Each one of these alignments should cause the defensive end, linebacker, halfback, and possibly the safety or strong safety, to make some adjustment in their alignment or responsibilities, in addition they change their pass coverages, and option responsibilities.

You can see that because of the many adjustments the defense must make, there is a greater possibility for error. If they do make a mistake, you can immediately take advantage of it because you can run many of the same plays from different formations.

We also believe every team should have an option in their offense forcing their opponents to assign, keep, give, and pitch responsibilities. It will also keep opponents honest, so a team can't gang up on the inside running game, or blitz linebackers consistently. This flexibility also helps your passing game. Assigning option responsibilities to multiple sets can become very confusing to opponents.

We like to start out a game by calling the first six plays from different formations. We will be looking for soft spots in the defense for either the run or pass. At that time we will also be checking for mistakes in our opponents' defensive adjustments, and in the coverage used on our wide receivers.

It might be helpful for you to know that our basic three formations are the Pro I, the split back pro, and the full house used for goal line and short yardage. From these three, we teach other sets and gradually work in the complete system. We only add to our basic formations when we are certain we can muster them.

Actually, we did not start out with the intention of using all these sets. Rather, this system evolved because we could see many advantages to multiple sets. It should be noted that most professional teams run from many sets and one of the most successful teams, the Dallas Cowboys, use more sets than anyone.

They also change formations just before the snap of the ball on almost every play by shifting, jumping and using motion. We are not suggesting that the system should be used because Dallas uses it. Rather, we are suggesting that it has been very beneficial to them over the years, and I believe it has been helpful to Birmingham Seaholm High School. It is a model that has a record of success.

I will give you a specific example of how multiple sets have helped us. In a very big game last season we called a twins right formation with a fullback behind the center and a halfback on the left side. We ran a fullback isolation left. Our opponents' adjustment left a big hole off right tackle toward the twin side. The next play we called was twins right with the halfback right. We then ran the same isolation play off right tackle. Our fullback simply walked into the end zone untouched from the 11 yard line and we broke a scoreless deadlock.

If you have bigger, stronger and faster personnel than your opponents you won't need multiple sets. However, if your opponents usually have more talent, you should consider multiple sets which could give you an advantage against teams with superior talent.

In conclusion, here is a list of the advantages I believe you can gain from using multiple sets, either by lining up in them out of the huddle, or changing to them by motion, shifting or jumping:

1. They increase your opponents' preparation time so they must prepare for more offense and can't concentrate on your best two or three plays.
2. We see a different defense every week. By having enough plays and sets, we can attack any soft spots in the defense or concentrate on weak personnel in a defense.
3. By using certain formations we can force the other team to defend us in a way that is more predictable.
4. By showing different formations you will find that some of your opponents' defenses will be more vulnerable than others to the type of attack you want to employ.
5. Your opponents are more likely to be confused and make poor adjustments.
6. This system prevents defending your team by formation, especially if you shift from one to another.
7. Some plays work better from one formation than another. For instance, we would rather run an outside year from split backs, and we like the option pitch relationship out of I formation better than from split backs. But we run both plays from both formations.
8. You can prevent flip flopping defenses by using motion, shifting, and jumping to change your formations.

Multiple sets make coaching more fun and more challenging. The system gives you more opportunities to outwit your opponents, and in the close games it could give you the winning edge.

Clarkston Summer Team Conditioning Drills

Walt Wyniemko
Clarkston High School

Millage problems, possible athletic programs axed, pay as you play sports are alternatives now being talked about in more communities. I hope this article will help get your mind off the above problems, and focus on more pleasurable thoughts such as your summer football program. We at Clarkston conduct our summer drills for ten (10) consecutive days before the start of the State conditioning week. The practice session is conducted for about one and one half hour (1 1/2) to one hour and forty five (1 3/4) minutes Monday through Friday depending on the weather, heat and humidity.

All possible football candidates are invited to our workouts, ninth graders through varsity. Coaches are present and each man teaches a specific phase of the practice. Our turn-outs for this week is between 120-145 boys per practice.

Stretches start the workout, followed by strides, proceeded by agility exercises. Example: Carioca - pick up grass, seat rolls, palms down, etc. Each drill is started with a command and finished with a down up. From this station we go to the stadium and run Cowboys - (Cowboys are 4 X 440). The group is then broken into teams. The varsity will have four groups, junior varsity two groups, and freshmen two groups.

Varsity Linemen (Blue - Gold)
Varsity Backs (Blue - Gold)
Jr. Varsity Linemen & Backs
Freshmen Linemen & Backs

Coaches are located around the track to help the boys so they won't cheat, and help the boys out with encouragement, as well as watch for signs of fatigue or exhaustion. Other coaches are timing the quarter mile run and giving those times to the managers who record it on a sheet of paper. Another set of coaches are in the infield getting the next group of runners prepared to run.

A goal is established for each team.

Varsity Linemen (Blue 65 - Gold 70)
Varsity Backs (Blue 60 - Gold 65)
Jr. Varsity Linemen 75 - Backs 65

Freshmen - No times are set, we feel it's important for these young men to complete the task. We do keep records of their performance.

A decrease in the rest interval slowly takes place each day so that by the end of the second week we can do four 440's with one minute rest. When Cowboys are completed we go to the mental phase of the game and do quick cal's. Each practice session is charged to work on another skill that can be incorporated with football. Example: timed 40 yard dash - but, we always close with the cowboys and quick cal's.

Double Your Football Staff

Mike Nowicki
Quincy High School

If your football staff is like many throughout the state, you probably feel under-staffed for the job at hand. The present state of the economy will more than likely make this an even greater problem for the upcoming year. Now then can you take your present staff and offer your players the best possible instruction?

For the past four years we have been faced with the problem of utilizing our limited staff to the best of our ability. At Quincy, we have four paid positions and two volunteers for the J.V. and Varsity program. This staff determined that our most crucial time of the year was preseason. This three week period prior to the season is when the majority of all teaching occurs and requires the greatest effort by our coaches.

To best utilize our staff we decided that the entire staff would work with both teams during preseason. This procedure allowed us to double our staff for each team. Not only did we cut the coach/player ratio, but this arrangement allowed each coach to work within his strongest field. Our staff was divided as follows: one coach for quarterbacks, two coaches for running backs, one coach for centers and guards, one coach for tackles, and one coach for ends.

If you plan on combining your staff, then you must obviously stagger the time of your J.V. and Varsity practice. Our Varsity team practiced first in the morning session and last in the evening session. We arranged it in this manner so that the older boys who were working might still be able to fulfill their responsibilities. Between the Varsity and J.V. practices, we allowed a half hour for all kicking specialists from both teams. The specialty period proved effective because once again our coaches' abilities could be used to their fullest.

SAMPLE PRACTICE SCHEDULE:

8:00 - 9:30 - Varsity
9:30 - 10:00 - Kickers and Long Snappers
10:00 - 11:30 - J.V.

BREAK

4:00 - 5:30 - J.V.
5:30 - 6:00 - Kickers and Long Snappers
6:00 - 7:30 - Varsity

As you can see from the above schedule, our practices lasted only 1 1/2 hours. By having the additional staff, we have found you can accomplish more in a shorter period of time.

In closing, if you have an ice machine in your school, see if you can use it during the hot weather. Give your players ice cubes instead of water, you'll notice your team won't get the flu or viruses that usually attack in August. Best of luck in your coming season.

This concept of staff utilization can be very flexible and can be adapted to meet your needs. One year we had several sophomores we were considering for the Varsity team, and we divided our morning sessions 10-12 and 9th grade. By bringing the sophomores in with the upper classmen, we were better able to see which were Varsity material, as well as giving our freshmen some special attention by having one coach for every four freshmen. Another year we doubled our staff only during the morning session.

ADVANTAGES OF THE PROGRAM:

1. Smaller coach/player ratio.
2. More instruction and drill work for specific positions.
3. Practice more intense - less dead time.
4. Better communication among staff.
5. Head coach has contact with lower level players.
6. Policies and procedures become constant throughout program.
7. Better relationship between coaches and players.

DISADVANTAGES:

1. More planning required: Having more personnel is not better if not properly used. Plan as a staff and plan carefully.
2. Fatigue for Coaches: This is the greatest disadvantage. You are on the field for seven hours a day plus planning time and other duties which make for a very long day. Be prepared to feel every bit as tired as your players.

Preseason Team Meetings at C.H.S.

Jim Eurick
Chesaning High School

In my second season as head coach at Chesaning High School, 1977, I learned a valuable lesson. I found out halfway through our season that our players did not have the respect, love, and genuine good feeling for one another that we consider important as an ingredient for a successful team. This was never more apparent than the rift between our junior and senior classes.

As a coach, I had "assumed" that by teaching the game well on the practice field and showing a concern and interest in my players that our people would naturally develop an 'esprit de corp' within the group. When the going would get tough, I assumed that they would hang tough together. I was never more wrong! When the games were tight in the last quarter or the practice sessions got intense, our players started finding ways to give up on one another and fail.

Reflecting back on this problem at seasons' end, my biggest concern for our program was to make

sure that we didn't repeat this blunder in communication and feeling. It was decided that the coaching staff must foster this attitude of respect, love, and feeling of togetherness for our team. We decided to get them away from the practice field and into the classroom during our preseason, preschool, football practices in August.

It was decided that we would spend one hour each day discussing various topics in an attempt to get our coaches and players interacting with one another. An attempt would be made to "Pick their brains" to establish for everyone how people "feel" about athletics and life.

In order to meet my expectations for time well spent, an agenda of each day's topic was printed, in advance, for the entire three week preseason practice period. I counted on there being fourteen meeting dates. This forced me to organize the entire project by July, in order that all the topics for discussion were researched and the visual aids and papers were readily available when needed. The topic would be written out on paper just as a daily lesson plan might be drawn up for a teaching assignment.

Some of the topics that have been selected are:

1. Player and Coach Expectations
2. Personal Goal Setting
3. Team Goal Setting
4. Qualities for Leadership
5. Success - What is it?
6. Motivation - What for?
7. Promise Versus Commitment - Is there a difference?
8. The Value of Hard Work and Effort
9. Inventory of Player Beliefs
10. Discussion of our Theme of this Year
11. Discussion of Upcoming Season - Who will be Taught?
12. Importance of the Special Teams
13. Offensive Philosophy
14. Defensive Philosophy

With each of these topics, we attempt to provide variety in our approach. We make use of records, cassette tapes, 16mm films, game highlight films, personal reflections by our coaches, spontaneous statements by our players, and written questions for the players to respond to orally or in written form.

Personally, I had good feelings about our team meetings during the first year of its inception, even though I wasn't sure of our players' immediate impressions. I did not know at the time whether it would make the difference. However, for myself, I felt that I was "giving" of myself more than I had ever given before. I had a greater feeling for the boys because I had shared personal experiences. I had honestly opened up to them and they had done likewise.

In interviewing the players at seasons' end, most said that our meetings had set the tone for our twelve week experience together. They felt that all of

us had a greater awareness of other's feelings and a deeper commitment to our program.

A very positive outcome of these meetings has occurred. When our team is going through a rough period of the season - tough loss, big game coming up, practices are getting too long, too many players are injured, etc. When these times arrive, we talk as a team in the classroom or before practice and reflect back on the things that were discussed in August when everyone was fresh and excited. We find ways for this reflection to stimulate ourselves to get over the hurdles.

We have used the preseason team meetings for the past three seasons. Each season we have evaluated this part of our program. Each year we find ourselves saying how valuable this one hour per day spent in August has paid handsome dividends in September and October! Our people are sold on its worth. We feel, that as coaches, we must foster the communication between players and coaches by establishing trust and feeling early in our football season. We have accomplished this through our preseason team meetings!

Developing a Winning Tradition

Tom DePuit
Dansville High School

Having been involved in several programs that started on the bottom and have moved to the top we would like to show some of the things we feel helped us accomplish our goals.

"You have to pay before you reap", "Pain is a purifier", "You will pass out before you die", are all examples of slogans we lived by not just talked. Our staff knew we had some potential athletes but they had never known victory. As freshmen they had been outscored 273 to 22. This year we outscored our opponents 241 to 53 and made the playoffs.

We feel the difference was due to some basic beliefs:

A. Time Spent in Preparation:

1. Developing a sound philosophy.
We have used a veer offensive concept because we do not have the horsepower to go one on one in our league. We used the angle concept defensively because it fit our personnel.
2. Developing interest in weight program.
We tried to spend time with our athletes in P.E. class to let them get the feel of the weights and see results were attainable. The summer program was then organized to fit into three people working football - others weight lifting with a scheduled time for each.
3. Developing interest in attending camps.
We encouraged our offensive people to go to Grand Valley's camp that is oriented to

option and passing - it fits exactly what we do. We encouraged our defensive people to Michigan because it fit our defensive philosophy. There are many excellent camps - Michigan State University, etc., but encouraged our people to go where they would get instruction of our philosophy.

4. Go see each athlete.

We went to every boy in the school with T-shirts, shorts and sock packets, and talked football. Every coach went a different direction with cards of athletes to see. We had 90 boys in our program 9-12 grades.

B. Time Spent with Athletes:

1. Scholastically
We check athletes report cards to ensure questionable student athletes stay eligible. We try to encourage average students to apply themselves to be better. We see outstanding students get special recognition.
2. Socially
We try to attend most school functions where our athletes are likely to be - games, dances, and social events.
3. Camps
We attend both clinics we encourage our kids to go to and if they attend another camp, we make at least one visit.

C. Time Spent in Developing:

1. Community Interest
We belong to local Lions Club, J.C.'s and Athletic Boosters - they have all been great to our program. The Lions Club added lights and bleachers to make our facility one of the best in the league.
2. Parade
The football team is involved in the Memorial Day Parade and activities of the day.
3. Breakfast-Pizza
The town likes to do things like pitch in to have a pre-game meal or pizza after practice on Thursday. Special banquets, etc., are also held. We encourage it - it helps get everyone involved.

Our overall idea was to invest time and effort and go the extra mile everytime. We then expected the same from our top athletes. The first year we recommended the boys go to camp - we had only two participate. This year we have nineteen of twenty-five participating.

Tradition is intangible and does not develop overnight, but it will never develop if it is not fertilized and cultivated.

In Season Conditioning; a Mixture of Weights and Running

Rick Bye, Head Football Coach
Sterling Heights Stevenson High School
Macomb Athletic Conference

Up until the 1978 football season we at Stevenson provided very little pre-season conditioning and during the season we ran our interval training program. We also had not won a championship in our first four years. As we developed our facility for our weight program in 1978, our strength, team confidence, and depth took a major jump. We then decided that we did not want to lose our off-season strength progress during the season. At this time we implemented weight lifting into our in-season conditioning, along with our I.T.'s.

In order to run a weight program in-season you have to have a couple of things for it to work. First, you need an assistant coach who is willing to spend the extra time after practice and be enthusiastic about it, as I have in Jerry LaJeunesse. Secondly, you need a feasible method to lift so you can accomplish your need, maintain strength, and, at the same time, not be there for too long.

We lift in the weight room that will facilitate up to 32 players, so we have enough room, and we use basically a pin adjustable system for speed. We are able to run our circuit in 25 minutes because we don't take the time to change bars and plates.

We talked to Nautalis about theory and how to facilitate the program. They believe that a properly administered and supervised weight program cannot only improve cardiovascular endurance, but can be substituted for other conditioning involving running. We now also believe because it has worked for us.

The Program

We play most of our games on Friday so this program refers to a five-day format.

A. General Format - each day after practice

Monday - 12 minute run - linemen and backs, backs lift (10 stations)

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Wednesdays are hard work days. We run ten 220's within 35 seconds each with a 105 second rest. We do this running on the track in tennis shoes. Two coaches can run this effectively. Thursday we do no running in order to rest their legs for Friday's game. If we play on Saturday we run 12 minutes or 6 laps on Thursday at a slow pace and have no running on Friday.

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coaches could quote similar statistics.

When I first came to Cass City as a JV coach we ran two-a-days. But, we had a problem of attendance. Many of the players could get away from the farm, or their jobs for one practice, but not two or three. For the Freshmen and JV players that were not old enough to drive, it was very difficult to get a ride to and from practice twice a day. It was very difficult to get in good practices. I should mention one other aspect of controversy involving two-a-days. Part of our coaching staff, including myself, have summer jobs. If we went two-a-days we would be asking our coaches to give up three weeks of summer employment, (our contract does not provide for extra pay for summer football).

Since we have gone to the one-a-day summer practices we have nearly 100% attendance at the Varsity level and our JV and Freshmen attend regularly. The savings in time and energy of transportation are obvious. We also save in locker room time by only having to dress, tape and shower once.

I do not feel that we lose that much practice time. In effect we get two practices out of our team by bringing them in once, but for a longer period of time. Below are two practice schedules from my file. #1 is from conditioning week, #2 is from the first week of pads, neither is a complete schedule, but only the time schedule.

#1

6:00 - 6:10 - Flexibilities
6:10 - 6:50 - Circuit (conditioning drills)
6:50 - 7:00 - Specialties
7:00 - 7:15 - Group Offense
7:15 - 7:25 - Break
7:25 - 7:55 - Group Defense
8:55 - 8:25 - Team Defense
8:25 - 8:35 - Team Offense
8:35 - ? Conditioning

#2

6:00 - 6:15 - Flexibilities and Agilities
6:15 - 6:25 - Team Sled or Bags
6:25 - 6:55 - Group Offense
6:55 - 7:25 - Group Defense
7:25 - 7:35 - Break (specialties)
7:35 - 8:00 - Team Defense
8:00 - 8:25 - Team Offense
8:25 - ? Conditioning

Preseason Practice Length and Conditioning

There are a variety of ideas concerning the length of preseason football practices. Two short practices a day, three practices a day, an all day practice, or attending a football camp are some of the ideas used by many coaches. At White Pigeon High School we incorporate a couple of different ideas in our preseason practices. We practice one time a day for three and one half hours. We attempt to get a great effort from our players over a length of time similar to the length of a game. We even have a rest period similar to a half time rest during a game. Our players gain the strength to come back after a rest period in that first game of the year and work hard. Think about it, are your players accustomed to giving 100% effort for a half, resting for a half time, and then going back with 100% effort in the third quarter? We feel our players are more mentally and physically ready to handle the first game's intensity.

A general outline of our preseason practice follows: 5 minutes - stretch

45 minutes - conditioning, weights, repeats, ready drills, etc.

45 minutes - offense

10 minutes - sprints

15 minutes - halftime - usually we'll have popcicles

45 minutes - defense

15 minutes - 2 minute drill

30 minutes - kicking game

5 minutes - meet with team; do something quick and easy - "clap" drill on snap count, end practice on a happy, positive note.

Another different technique is that we run sprints in the middle of practice and not at the end. I have always believed in running lots of sprints. However, it has always bothered me that practice had to end on such a sour note. After practice the players were more interested in gasping for air than talking with the coaches. We've always felt that after practice is an especially important time to communicate with our players. We believe we communicate much more effectively when practice doesn't end with sprints. Also, we feel we get more effort from the players the last half of practice when they are not trying to save some effort for sprints. Presently, all practices end with a short meeting. Then players and coaches leave the field together. Players now are much more willing to discuss a question about football or a personal problem. The main result of easy communication with the players is to solve little problems before they become serious ones. Try conditioning earlier in practice, your locker room atmosphere will be a lot happier.

Marv Schneider
Head Football Coach
White Pigeon High School

The Inside Five On A 50 Defense

Jack Koch, Football Coach
Parchment High School

The 50 defense has had great success through the 1950's, 60's, 70's and now into the 80's. But it is impossible to just sit in the 50 with nothing else going for you and be successful - unless you have superior people, and then the kind of defense you choose to use is most immaterial. Therefore, adding variety to the 50 will create offensive blocking problems and an advantage to the defense.

The inside 5 of the 50 is the Left Tackle (LT), Nose Guard (NG), Right Tackle (RT), Lobo Linebacker (LLB), and Rat Linebacker (RLB).

Left Tackle - The LT will have five various alignments that he will use during the game. Number 3 is our most basic alignment.

O O O □ O O O

T
(1)

"One" - The LT will slide left one full man and line head-up. This is the LT's "one" set.

O O O □ O O O

T
(2)

"Two" - The LT will move into the gap on his left side.

O O O □ O O O

T
(3)

"Three" - Head up on the second man out from center. This is our most basic alignment.

O O O □ O O O

T
(4)

"Four" - Gap to the right side, the right side of our #3, since #3 is our basic alignment.

O O O □ O O O

T
(5)

"Five" - One full man to the right of our basic alignment.

Nose Guard - The NG will have five various alignments. Number three alignment is our basic set.

O O O □ O O O

N
(1)

"One" - The NG will slide left one full man and line head-up.

O O O □ O O O

N
(2)

"Two" - Nose into the left gap.

O O O □ O O O

N
(3)

"Three" - Head up on the center, our very most basic alignment.

O O O □ O O O

N
(4)

"Four" - Slide into the right gap.

O O O □ O O O

N
(5)

"Five" - One full man to the right and head up on him.

Right Tackle - The RT also has 5 various alignments with the number 3 being the most basic alignment.

O O O □ O T O O

T T T T T
1 2 3 4 5

"One" - One full man to the left and head up.

"Two" - Gap to the left.

"Three" - Head up on the second man out from the center.

"Four" - Gap to the right.

"Five" - One full man to the right and head up.

LT - NG - RT Alignment - When a defensive call is given in the huddle, the first thing called is the alignment.

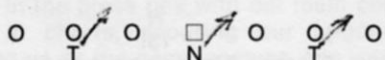
O O O □ O O O
T N T

"Three" - Each interior lineman is in a #3 set, our most basic alignment. LT is in a 3, NG is in a 3, and RT is in a 3.

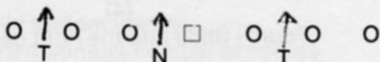
O O O □ O O O
T N T

"Two" - Each interior lineman will slide into the gap to his left of the basic alignment.

Call Rules - When the LT-NG-RT are in a #1, #3, or #5, they will also be given a direction that they will slant so that they will have a definite area of responsibility. But, if they are in a #2 or #4, they are in the gaps, and anytime they are in the gaps, they will gap fire.

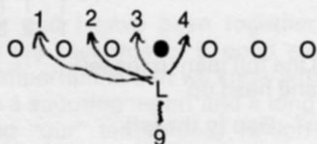


"Two" - The alignment is a #2, in the gaps, and when they are in the gaps, they will gap shoot.



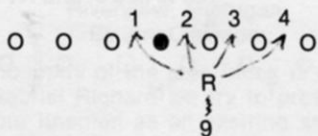
"3-Right" - The alignment is a #3 and they are going to slant to the right and cover the right gaps.

Linebackers - The LB stunts are also numbered.



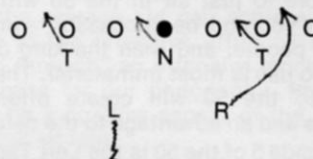
Lobo Linebacker (LLB) has five various possible responsibilities.

- #1 - Step left and shoot through the far left gap.
- #2 - Crowd the line and shoot the near left gap.
- #3 - Crowd the line and shoot the near right gap.
- #4 - Step right and shoot through the far right gap.
- #9 - No stunt call - Read and react to the "game key".



Rat Linebacker (RLB) has the same five possible responsibilities.

LB Stunt Calls - In the huddle, after the call for the interior linemen, the call will be given for the LB stunts. A 2 number system is used with the first number for LLB and the second number for the RLB.



3 Left 94 - The LT-NG-RT alignment is a 3 and they will slant left. The LLB will run a 9 (key and read), the RLB will run a 4 stunt (step right and come up the outside gap).



244 - The alignment is a 2 and in a 2 the linemen will gap shoot. The LLB runs a 4 stunt, the RLB also runs a 4 stunt.

Conclusion - No defense is full-proof. Techniques must play a major role in cementing any defense into a working and successful system. And, the "heart-root" of any defense is DESIRE. Getting players into areas to make tackles is one thing, and having the DESIRE to make the tackle is quite another.

