

**Michigan
High School
Football Coaches
Association**

Newsletter



Volume 1, No. 34

SERVING MICHIGAN'S HIGH SCHOOL FOOTBALL COACHES

March, 1982

MHSFCA & COACH OF YEAR CLINIC TO JOIN

In order to bring the high school coaches in the state of Michigan the very best in football clinics, the MHSFCA and Champion Coach of The Year Clinics will join efforts. The last week in January will be the permanent date for the annual MHSFCA Clinic in Battle Creek and the Champion Coach of the Year Clinic will be the last weekend in February in Grand Rapids. Information about these two great clinics will be sent out four times per year.

Everyone seemed to be very satisfied with the new facility at the Stouffer Hotel in Battle Creek. This Past MHSFCA Clinic marked the first time since the beginning of our Association that the annual clinic was not held at a high school. There was a very favorable response by the 772 coaches in attendance and the 11th Annual

MHSFCA Clinic will again be in Battle Creek on January 28-29, 1983.

The Champion Coach of The Year Clinic will return to Grand Rapids where it started 29 years ago. Duffy Daugherty and Bud Wilkinson are very anxious to work with the MHSFCA and they are willing to bring in any speakers that MHSFCA members would like to hear. The MHSFCA will be given \$1.00 for every coach that attends the Coach of the Year Clinic and there is a great amount of enthusiasm about the clinic returning to Grand Rapids.

The Marriott Hotel will be the site of the clinic in Grand Rapids and it is located $\frac{1}{4}$ mile from I-96 and five miles from Grand Rapids. Every effort is being made to keep the cost of the clinic to a minimum since many coaches have to pay

their own clinic expenses. Since there is a period of thirty days between the two clinics, it should ease the financial crunch.

Duffy and Bud have been very cooperative to say the least. They moved their Chicago Clinic to another date so that it would not interfere with our Battle Creek Clinic and they were receptive to moving their clinic back to Grand Rapids from Southfield at our request. We will also be able to name speakers and the MHSFCA will share in the profits.

We hope to make the MHSFCA and Coach of The Year Clinics the very best possible. So mark the last weekend in January on your calendar for the MHSFCA Battle Creek Clinic and the last weekend in February at Grand Rapids for the Champion Coach of The Year Clinic. No one will want to miss these two outstanding clinics.

President's Report



by Tom Fagan

"Hall of Fame Opening to commence 10th Year Anniversary of M.H.S.F.C.A."

The MHSFCA Hall of Fame will officially open on April 16th and will be celebrated in conjunction with University of Michigan Football Clinic.

The new Hall of Fame is located in the Lobby of the new U. of M. indoor football practice facility. The Hall of Fame display is very attractive and is highlighted by a large 10' high map of the state of Michigan with the Association's seal and beautiful display cases of Michigan high school football memorials.

The Hall of Fame Committee under the skillful leadership of Ron Holland assisted by Chuck Ritter and MHSFCA Past Presidents can

be congratulated for making the Hall of Fame a reality. The Hall of Fame will open on the 10th Anniversary of the founding of our coach's Association and it is appropriate that the first Officers and Board of Directors who supplied the leadership for the MHSFCA in 1972 will be the first inductees.

The formal ceremony will take place after the last clinic speaker on Friday, April 16, and will be followed by a Beer Bust where a special table will host the 22 inductees.

We hope that you will join us on April 16 at the U. of M. for another milestone in the history of the MHSFCA.

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Dick Harris, Harrison

2nd Vice President

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Chuck Miknis, Alcona

Region 15

Larry Sellers, Trav. City St. Francis

Jerry Dellling, Mancelona

Region 16

Jim Hilgendorf, Rapid River

Gary Glowacki, Sault Ste. Marie

HEAD FOOTBALL OPENING

If you are interested in the head football position at Three Rivers High School, contact Mr. Jeff Zonky, A.D., (616) 273-1115, Ext. 234.

SCRIMMAGE NEEDED

Milford High School in Lakeland needs a scrimmage this fall for their Varsity and Junior Varsity. Contact Ken Griffiths, 685-1511.

IMPORTANT DATES

August 6, 1982

MHSFCA All Star Football
Banquet at Kellogg Center
Cocktails 6:30, Dinner 7:30 p.m.

August 7, 1982

MHSFCA All Star Football Game
at Michigan State,
Spartan Stadium, 1:30 p.m.

August 9, 1982

First day of football practice in UP

August 16, 1982

First day of football practice in LP

November 13, 1982

State Quarter Finals

November 20, 1982

State Semi Finals

November 27, 1982

State Finals at Silverdome

January 28-29, 1983

MHSFCA Football Clinic at
Battle Creek Stouffers

February 25-27, 1983

Champion Coach of The Year
Clinic at Grand Rapids
Marriott Motel

MHSFCA BOARD OF DIRECTOR'S MEETING

The following is a list of dates for the MHSFCA Board of Director's meetings:

March 26, 1982

MHSFCA Spring Board of Director Meeting at Ann Arbor Pioneer starting at 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



Dick Lowry of Hillsdale College diagrams plays that have been so successful for him at the MHSFCA clinic.

The Soccer Question

by Larry Merx
Ann Arbor Huron

Some concern has surfaced over the fact that soccer is becoming more of a factor in the scheduling of fall practice facilities and that athletes who might play both soccer and football are being limited to just one of the two.

In an effort to establish the extent and depth of this problem, the political action committee of the MHSFCA is attempting to gather information. The initial step in this effort was a survey at the Battle Creek Clinic. Results of that survey were far from conclusive, only 16 of the survey forms were completed. Ten indicated a preference for soccer being moved to a spring sport, while six indicated that they had no problem with soccer remaining a fall sport.

If your school plays either club or varsity soccer and you would like to share your feelings on the topic: "Should Soccer be a Spring or Fall Sport?", we would like to hear from you. Contact: Dave Price, Lakeshore High School, 5771 Cleveland Avenue, Stevensville, Michigan 49127, telephone (616) 429-6131. Let's hear your comments about soccer!

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With 34 years of coaching and 193 career wins, Jack Streidl of Plainwell is well qualified to speak on coaching high school football.

NOTICE TO ALL STAR BANDS AND CHEERLEADERS

The 2nd Annual MHSFCA All Star Football Game will be played at M.S.U. on Saturday, August 7, starting at 1:30 p.m. If your band or cheerleaders at your high school would like to be a part of the All Star Game, it is possible for them to do so.

Mr. Charles Purcell of Alma High School is the All Star Band Director and Mrs. Mary Flynn is the All Star Cheerleading Director. The telephone number at Alma High School is (517) 463-3111 and Mrs. Flynn's address is 1812 Woodland, Mt. Pleasant, Michigan 48858.

Please inform your band director and cheerleading sponsor about the above information. They may be very interested in participating.



One of the most respected coaches in the Detroit Catholic League is Bob Scheloske of Aquinas High School who speaks on "Updating the Veer Offense."

1982 ALL STAR COACHES

EAST TEAM

Jack Castignola

HEAD COACH
Trenton High School

Charles Jestice

DEFENSIVE COORDINATOR
Dearborn Fordson

Walt Braun

Marysville

Paul Temerian

Royal Oak Kimball

Jim Whiteside

Trenton

Dr. George Lewis

Dearborn Fordson

WEST TEAM

Jim Ooley

HEAD COACH
Traverse City

Jerry Cvengros

DEFENSIVE COORDINATOR
Escanaba

Harley Pierce

Sturgis

Jack Streidl

Plainwell

Roger Wood

Traverse City

Dan Flynn

Escanaba



Morley Fraser of Albion College makes a point on motivation with the large turnout at the Battle Creek Clinic.

JOB OPENINGS

Although it is almost impossible to get a coaching and teaching job in the state of Michigan, there are several states still hiring teachers and coaches. Larry Merz of Ann Arbor Huron is our new Placement Director and he is in communication with several different states about teacher positions. If you are looking for a job or know of a school looking for a football coach, contact Larry at Huron High School. There will be periodical listings of job openings in the NEWSLETTER.

MHSFCA AND ALL STAR SUPPLIES

If you would like to order MHSFCA or All Star shirts, jackets, caps, gym bags, sweaters, etc., please check the enclosed order form from Melville Emblem, Trophy, and Uniform, Inc. Any order purchased from Melville using the enclosed form will profit the MHSFCA by 10%. All of the merchandise is very attractive and well worth the money.



Flint Powers is always a state ranked team in football and head coach Bill Tucker is the main reason.

SPRING FOOTBALL PRACTICES

<i>Name of School</i>	<i>Dates of Practices</i>	<i>Time of Practices</i>	<i>Open Practices</i>	<i>Spring Clinic</i>
Adrian College	No Spring Football			
Albion College	No Spring Football			
Alma College	No Spring Football			
Central Michigan U.	March 29 to April 30	3:30 p.m.	Yes	April 17 - 8:30 a.m.
Eastern Michigan U.	March 22 to April 24	3:20-5:20	Yes	
Ferris State College	No Spring Football			
Grand Rapids Jr. C.	No spring Football			
Grand Valley State	March 31 to April 16	3:3;-5:30	Yes	
Hillsdale College	May 14 to May 17	9:00 & 3:00	Yes	
Hope College	No Spring Football			
Kalamazoo College	No Spring Football			
Kalamazoo State U.	April 5 to May 8	3:30	Yes	May 1, 9:00 to 5:00
Michigan Tech. U.	April 19 to May 7	4:15 to 5:45	Yes	
U. of Michigan	March 15 to April 17	3:30 p.m.	Yes	April 16-17
Northern Michigan U.	(No response)			
Northwood Institute	April 19 to May 5	4:00 p.m.	Yes	
Olivet College	No Spring Football			April 3, 9:30 a.m.
Saginaw Valley State	March 27 to April 3	3:00 to 5:00	Yes	April 3, 1:30 p.m.
Wayne State U.	April 5 to April 24	4:00 to 6:00	Yes	
Western Michigan U.	March 20 to April 17	3:00 to 5:00		April 23-24

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
 U.S. Postage
PAID
 Permit No. 28
 MHSFCA
 Trenton, Mich.

**Michigan
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Association**

Newsletter
DRILLS & ARTICLES



Drill No. 6

SERVING MICHIGAN'S HIGH SCHOOL FOOTBALL COACHES

April, 1982

Beal City Early Practices

by Tom Atkinson, Beal City H.S. MT Pleasant, MI

At Beal City High School, we take a somewhat different approach to early season practices than do most schools in our area. Rather than two distinct practices with several hours in between, we use an hour and 15 minute break between our sessions, and shorten the build up and stretching period needed during the second practice.

Many rural communities have a problem during late August with various harvests as well as the usual farm chores. We try to accomodate those needs without cutting back on practice efficiency. The program we have devised has met with overwhelming popularity among parents and players. Obviously, there are always some inconveniences and problems, yet they are less than under a traditional two-a-day program. I will outline a practice plan for the middle of the first week of conditioning and also of the first week of full-pads.

Practice Wednesday Conditioning Week

6:30 A.M. On the field

Build up, Laps, Stretching, Cals, Side Hops, Over/Under

6:50 Conditioning

Up - Down, Horse and Rider, Wheelbarrow

7:00 O Breakdown

Fundamentals, Stance, Plays, Blocking Combinations, Drills for Quickness, Execution and Timing

7:45 Grass Drills, Competition Groups

8:00 - 8:25 D Breakdown

Stance, Drills, Alignment, Techniques

8:25 Form Running

8:35 Group Offense vs. 5-2, 6-1, 4-4 Stack

8:55 20 x 30 yard Sprints

Rest Period

10:15 Specialty Period (Individual, Group Stretches)

1. Punters, Kickers, Passing Game, Centers
2. Linemen technique work in West End Zone and Weight Lift Work in Weight Room

10:45 Vince Lombardi Tribute

60, 80, or 100 Up - Downs

10:55 Defensive Group

Adjustments, Alignments

11:15 Kicking Game - Extra Point, Field Goal
Today - also fakes. Work hash marks

11:25 Form Running

11:30 Offensive Group

Execution vs. Dummy defense

4-4 Stack, 5-2, 6-1

11:45 Team Talk, Cover next days schedule

11:48 12 Minute Run - All players must complete minimum 6 laps even if they go over time limit

Second Week - First Week of Contact

6:30 - On the field

Build Up

Laps, Stretching, Cals, Side Hops, Over/Under, Up - Downs, Horse and Rider, Wheelbarrow

7:00 Team Sled Work

Forearm Shiver Technique, Rt. and Lt., Hand Shiver, Shoulder Pop - Seat Roll - 4 Hits, Form Tackling

7:30 Offensive Breakdown

Linemen Chutes and Planks, 16 Reps, Rope, Sled, Technique

7:45 Group Tackling, running

1 on 1, Nut Cracker, Shuffle Tackle Drill

8:00 Form Running

Grass Drills

8:12 A. Ends and Tackles work on off tackle blocking

B. Centers and guards work on quick trap vs. even and odd looks

C. Backs drill on spinning and the gauntlet drill

8:20 X-tra Point Team - Live

8:25 Defensive Breakdown - Review goal line assignments

8:40 Goal line "O" live - 6 plays

8:45 Goal Line "D" live - 2 series from 7 yard line

8:50 Wind Sprints 8 x 60

Second Session (no pads)

10:15 (Stretch out legs, body neck)

1. Punters, kickers, kick returners, passing game, centers

2. Linemen working on weights and on technique for passing game. (Drop back, roll out, sprint out, boot leg action)

- 10:35 2 groups, 2 minute offense and all audibles we will use
- 10:45 Practice quick kick
Punt team, punt fakes - audibles
- 10:55 Lombardi tribute
100 Up - downs
- 11:00 Defensive breakdown
- 11:10 L.B. and Line coordinate stunts
- 11:20 L.B. and D. backs vs. skeleton perimeter
- 11:30 Offensive Breakdown
- A. Technique on pulling for line
 - B. Ends work on double team down, hooking end
 - C. Backs review quick pitches, power sweeps
- 11:40 3 Groups Grass Drills
- 11:50 Form Running
- 11:55 Wind Sprints
4x20 yds., 4x40 yds., 4x30 yds., 4x20yds.,
2x100 yds.

These days are typical of the first two weeks of practice. We usually run the twelve minute run on Monday, Wednesday, and Friday of Week One and Tuesday and Thursday of Week Two. We always run it at the end of the second module and never with pads on.

Water breaks fit into the breakdown periods. One problem we face with this format is that we don't get a great deal of work in hot weather during the first two weeks. We do, however, start school the week of labor day, so that we have two weeks of hot weather before our first game.

During the break between the modules the players can buy soft drinks at a nearby store, lay on mats in the gym, or work on specialties on their own. The coaches meet over breakfast during the break and discuss the practice, then check on injuries and incidental business before the next practice module. At the end of the second module the coaches do training work and review the next days script for practice.

We are very happy with the results of the past two seasons early practices, and plan to continue this format next season. It makes the first two weeks go much faster for everyone, yet still allows us to accomplish our daily and weekly goals.

**Good Sportsmanship
is
Contagious:
CATCH IT!**

Who said . . . It Couldn't Be Done?

BILL FRIBERG
Allendale High School
Class "D"

With only **14 players** on the squad during the 1981 season (including one Japanese foreign exchange student who never played any football before), the Allendale Falcons finished their season with a 7-2 record. Seven wins probably doesn't seem like much, but the odds were against this team to do as well as they did with so few players on the squad.

The season was unique in that at least one player or another, was injured during the first seven games. Ironically, we had only 5 interior linemen after the first game — thank goodness they lasted the entire season without getting injured!

Have you tried having only 1 or 2 replacements along the sideline (plus a foreign exchange student who can't speak much English)? Quite a dilemma .

Practices were quite unique in that we couldn't do much more than play mental games with the players. We would constantly go over our defensive schemes and quiz the players as to where we could be hurt by various formations and against the various defenses we would run.

We constantly worked on distance (3-5 miles) running daily. In addition to the distance runs, we would have the players run sprints (10-100 yards) while they were exhausted from the distance running.

We reminded the players that we must keep them in shape in order to "stay" in every game because we weren't afforded the "luxury" of lots of substitutes. We also reminded the players that they were free to take a break if they felt like they couldn't go on. We tried to emphasize that this was not a punishment of any kind! The players realized the importance of being in shape.

After our initial pre-season scrimmage, we knew we would have a good team. We did extremely well, so we pointed out to the players how proud we were of the "14" players. The players, themselves, were proud of how well they did.

We started promoting booster buttons with "14" on them. They caught on like wildfire — quite a boost to the morale of the team.

Even after we lost one game we emphasized our pride in the "14." We decided to go for "pizza" and treat our cheerleaders. We wanted to stay close and not give up on each other. It paid off in the end. Fourteen players learned that even though the odds may be against you, you can still come out on top if you work a little harder than your opponent and believe in yourself.

The players believed in themselves so much that after every victory they would run "14" sprints. How about that for determination?

Computer Card Scouting Report

BOB STASKIEWICZ
Deckerville High School

After using the sheet system of scouting and the problems and inconveniences we faced, we decided to use the following card system.

The size and information on the cards are of your choice. It can be made as simple or as complicated as you please. Below is an example of a card we use at Deckerville.

We had 600 cards printed at the local Career Center for less than \$20.00. Our scouts will take 60 cards for each game and each card is numbered and placed in a folder, which can be quickly flipped.

Prior to each play the scout makes a pencil mark over the following information - quarter - hash - down - distance - and fills in the formation as soon as possible. After the play is run, he quickly draws it in and records approximate yardage, run or pass, and who carried the ball. He then flips the card and prepares card two.

We also have another scout with a tape recorder, picking our specific blocking schemes, odd alignments, special plays or patterns. The important thing is when he talks about any play he must refer by number to the specific card, so we can later see any relationship between down, distance, or hash mark.

Once the report is completed we cut out all pencil marks made on the cards. We then stack them up and insert a wire through the hole where we're seeking information. The available information then falls and the separation process begins.

We have a four page recap sheet which allows us to organize hash mark, down distance, formations, ball carrier and type of plays he ran, plays inside the twenty and several other needed combinations.

We also keep one card laminated to the clip board in the event of rain. This way we use our tape recorder and can still give all of the information in an organized way. Later we transfer the information from the tape to the card and start the process again.

We scout each team twice and our cards are put on file and added to each year's report. Many of our defensive players find it helpful to go through these cards each week reviewing the opponents plays and checking tendencies.

During the off-season, we use our film and cards and chart each game played. This allows us to check our tendencies and see what tendencies our opponent used in our game.

The card system has kept us more organized, simplified our system and saved us many hours of work.

Needing A Boost And Getting One

JERRY GOOSEN
Head Football Coach
Coopersville High School

Three years ago Coopersville schools experienced a financial crunch that nearly cost us our entire athletic program. After suffering through a semester of no sports and declining attitude, a group of concerned citizens rallied to the aid of our athletic program. Organizing a broad based athletic booster organization, this group of dedicated parents accomplished something we never dreamed possible. Our entire athletic program was funded, I mean everything, uniforms, transportation, salaries, officials, etc. They have even managed to make purchases of weight lifting equipment and other equipment that we had been asking for, for years.

I'm sure this story is happening all over the state of Michigan. I'm also sure that many HEAD FOOTBALL COACHES like myself have been very

pessimistic over the ability of a booster club to year after year support an athletic program. However, as I look at our program and all the good things that have come from this organization, I would strongly urge all schools to form an organization and let the parents and players help support their program. It has built a very strong unity in our community and right now there isn't a stronger program in our system than athletics. I'm willing to predict that our booster club will remain an important part of our funding in future years, even if the school starts picking up the tab. This organization can possibly work in the future to provide additional equipment and the little extras that make for a better program.

I find the role of the boosters is not just a financial base but they have helped by their enthusiasm to influence their son's and daughters to work a little harder at their sport. I know our football program has benefitted both financially and motivationally from our booster club.

We have been the smallest school in the Tri-River League for the past six year, and yet four of those six years we have won league championships in football. I know as well as every football coach that there are a lot of factors involved in winning or

being successful. However, I think most coaches agree that willingness to work hard, sacrifice and team unity are some of the most important ingredients. Those have been some of our biggest strengths the last few years, and I believe our boosters club has helped instill these qualities. The boosters have demonstrated that through hard work, dedication and sacrifice, you can achieve great things. As head football coach I have seen the son's of these booster parents work harder and make more sacrifices than any team in the past decade at Coopersville. They have been justly rewarded with back to back 8-1 seasons, but I've found hard work is the difference between a winning season and a losing one.

People have asked me a lot about what we do offensively and defensively and to no ones surprise it's the same as most of you are doing. The difference is how hard our kids are working at doing it better than most others. My recommendation to you football coaches, especially the young ones just getting started, is to use your booster club, not just their money but more importantly motivate with their message. I appreciate this opportunity to share with you one thing that maybe makes us a little different than you.

Trap Blocking

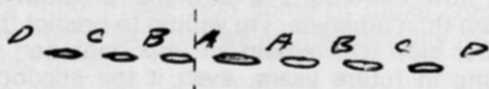
DICK KOSKI
Negaunee Miners

Vs. 52



The above illustration demonstrates our basic rule blocking and can be adapted to just about any defensive look. Our rules are as follows:

Backside Guard — Trap the first man **BEYOND THE "A" gap.** (We letter the gaps as follows:)



Backside Tackle — Release at a 45. Block the first man to show.

Backside End — Inside release to the middle third. Block the first man downfield.

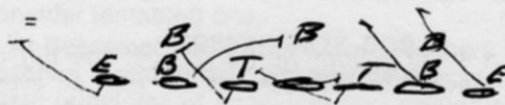
Center — 1. Nose, 2. Opposite (fill).

Onside Guard — 1. Nose, 2. "A" gap, 3. Out.

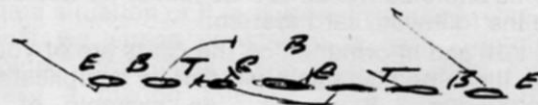
Onside Tackle — First inside linebacker. If you can't release inside, switch with the end. Call it. (Both tackles make live and dummy calls on the line on every play)

Onside End — 1. Arc release on the corner. (Sets up the option), 2. Switch with the tackle if the call is made.

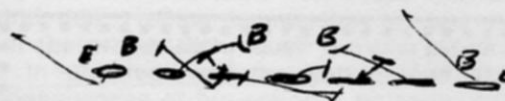
Vs. a 43 —



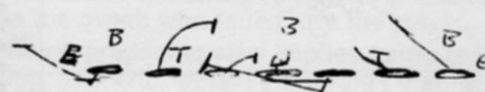
Vs. an 8 or gap —



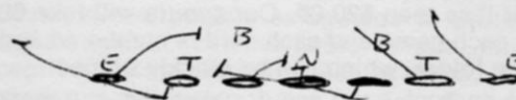
Vs. a 60 —



Vs. a 53 —



Vs. a 52 —
(Alternate Blocking)



Player — Coach Relationship

BILL CARR
Head Football Coach
Baraga Area Schools

When asked to write an article for the newsletter I was extremely honored and pleased; it was suggested that the article concern something "innovative" or different about our program. I must honestly admit that at first thought a few catchy topics came to mind, because we had a strong inside running game and outscored our opponents 379-42 I thought of "opening the inside" or "Running the Guts" or even something on our defensive techniques. In reality it is believed that we did the same things that many of you other coaches would have if you had a TB who rushed for 1960 yards and scored 30 TD's and 185 points, a 185 pound WB who had over 1100 yards running and catching the ball, a 195 pound bruising FB, and above average QB, and tackles who went 6'3" - 240 and 6' - 225 plus other team-mates who were average to above average. For a class "D" school in Michigan there is no doubt that we simply had the talent and were at the peak of our cycle.

The one thought or topic which did keep coming back into my mind was simply Player-Coach Relationship. How innovative or different this may be will largely depend on the reader, yet it is a big

part of our philosophy and a topic which every coach should consider when evaluating his overall program.

Being a small school we do not get the big or talented players in numbers every year or every three to five years, so like many of you we have to get the most out of every player we have, I feel that player-coach relationship is a determining factor in that quest. I think that most coaches would agree that "getting the most out of each participant" is one of their primary goals for that is what makes their programs work.

A few of the things which we, and I'm sure many others, do to enhance player-coach relationship, and hence our entire program will be presented; it may not be innovative yet it is a worthwhile thing for us all to consider. We have also found that this has been an instrumental factor in the positive view the community has of our program.

Our first goal is to make football a good experience for the players. We realize that winning is instrumental in a "good experience" but we also realize that, that comes from hard work on fundamentals, knowing your X's and O's, and a tough and positive attitude. Like the rest of you we work extremely hard on the X's and O's and fundamentals but we place an abnormally high value on the development of that positive tough attitude.

To make football a good experience for the players we start before the season begins. We make an effort to write each player a personal, not mimeographed, letter in the summer to let them know that we are looking forward to working with them in August. This gives each player a feeling of worth and value and lets them know that we care about them as individuals.

We begin on the first day of practice in August positively reinforcing our belief that each player knows that he is an integral part of our entire team and that each has value and worth to the team. We know that we cannot win consistently with just 11 men so we need every other member of the team ready to step in and do their best because they are playing for something which they are a part of. We don't want them feeling that they are "just a sub" who gives someone a rest or plays for another player only because he is injured; people can't and won't do their best with those negative thoughts. We make a point to talk to the team as a group and individually about this throughout the season. A few words in the hall to a player or a phone call means more to the self-image and confidence of a player than many of us realize.

I try to let the players know that I care about them personally. I show concern over a player's health and any personal problems he may have. Again, it doesn't take much time to talk with a player in school or to give him a call in the evening. Naturally both players and parents appreciate this concern for the players and their health.

Make a special effort to commend players when they do something well. If they play their position the way you want them to then don't feel that they have simply "done their job," let them know that they have done something good. Praise breeds pride and desire to excel. Of course we must be careful to give the same treatment to everyone whether they are the top player or the last sub on the bench; if they perform well for their potential then let them know it — everyone must feel like a valuable asset to his team.

I also feel that the program must show the player how to have pride in himself, a little praise when deserved helps here again. If a player has no pride in himself then he cannot feel like a valuable team member and if you don't have that, then how can you be proud of your team? I feel that team pride comes from and after individual pride.

We do our best to help the individual player develop himself. We stress individual physical (through weight training) and academic development, but we are quick to tell the player that this is for both his betterment **and** the betterment of the "team." Lifting is generally a real hassle in a small school where athletes participate in many sports and for coaches like myself who also coach basketball. But if players want to lift we work it out to make it available and to be there ourselves if humanly possible.

I personally feel that perhaps the greatest contribution to a player's experience in football is through the model we present ourselves as to the players (I also feel that we should view our programs as to what they can contribute to the player, not as what the player can contribute to our programs). We, as coaches, have a high impact on these young men at their age. If we want a positive attitude then we of course must have it ourselves. If we want players who are disciplined and under control on the field then we must also be the same. It's important to show players that emotions are good things that we must have, but that there is also a time and a place for those emotions. We were 9-0 this past season and like others in a similar situation, we missed the playoffs by .001 of a point, we had real emotions which we had to deal with. When we received the message that we did not make the playoffs I was pleased that the players were able to show and deal with those sad emotions. I truly feel that this is an area where we as coaches can help prepare young men for life whereas in a setting such as my English class, this is impossible. This is only one of the true values of high school athletics.

I have mentioned how we try to make every person on the team feel as though he is a valuable part of the team; we continually stress that every time a player scores, catches a pass, gets a sack, or whatever, every person whether in the game or not should feel personally responsible for that play. Those are only made possible through teamwork learned in practice and everyone on our team is involved in every practice. Being a part of it — that's

The 5 - 3 Defense

GAIL PERSONS

Lawton High School

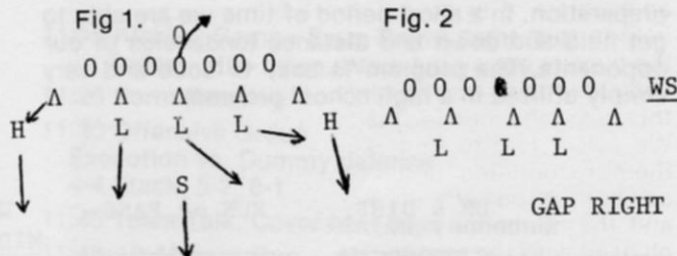
Five years ago, the number-one challenge facing the football coaching staff at Lawton High School was to change our program into a winner. Changing the negative attitude of some of our athletes into a positive one was certainly our first priority and required immediate attention. During the spring and summer of 1977, we took a long look at our offense and kicking game, and felt that by making some slight modifications, they could become much more effective.

The one area that seemed so troubling to us was our poor defensive play. We had to develop or utilize a defensive system that gave us a maximum amount of protection for the minimum amount of talent available (our linemen weigh an average of 160lbs.). Having experimented with the popular 5-2, we discovered that:

1. Problems arose with our defensive backs incorrectly rotating, and easily becoming confused on their run/pass responsibilities;
2. Our tackles were inconsistent at stopping the off-tackle running plays;
3. We couldn't find two outstanding linebackers, due to the small number of athletes we were working with; and
4. If a playside linebacker got blocked, then the play usually resulted in a long gainer.

There were certain characteristics about the 5-3 defense that intrigued us, so in the fall of 1977 we incorporated the 5-3 as our basic defense. Five years later, we are still very sold on it and have found it gives us the following advantages:

1. An Eight-man front against primarily running opponents;
2. Pass protection is simplified with a 3-3 type zone coverage;
3. Against passing teams we can drop an end back to add to our existing 3-3 coverage (Fig. 1);
4. Our defensive tackles now work with a line-backer, so that errors made by the tackle are minimized;
5. We can show different alignments by either gapping or slanting our interior linemen (Fig. 2);



6. On outside runs the defensive end is easily assisted by the playside linebacker; and
7. By placing our best linebacker at middle-line-backer, we allow for greater mobility at a critical position.

Our defense is by no means a perfect defense. We unfortunately make mistakes with it; yet, over the last few years, our defensive teams have developed a great deal of pride in their unit, and feel very comfortable and confident about the simplicity of the defense. I feel that if you are coaching at a small school with very limited personnel, then the 5-3 defense may be the appropriate defense for your team, as it has been for ours.

"Looking Back"

DAVID SNEAD

Detroit Central High School

As you know, I've retired from my football coaching duties to devote time to study towards a doctorate in education. The following are some thoughts beneficial to individuals getting started in coaching:

1. Establish a study table for one hour each day, prior to practice. Obtain tutorial help from other teachers and students.
2. Have athletes turn into me a weekly academic progress report.
3. Make weight training and speed and agility drill mandatory year-round.
4. Conduct periodic meetings with parents of athletes to apprise them of our objectives and to encourage their help.
5. Send a letter to each parent before August practice begins, outlining these objectives, practice times, schedules, etc. I'd also ask, in this letter, for parental help in achieving these goals.

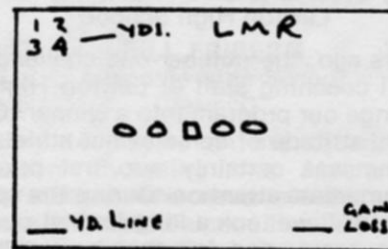
6. Make mandatory all practices. Any missed practices except those excused by me will cause failure to participate in the game.
7. Win or lose, install the two platoon system and stay with it.
8. Make no promises to incoming Freshmen that can't be kept.
9. Write a play-book each year that makes use of the types of skilled athletes available to me. distribute these books to key personnel and players in time for study.
10. Include in the play book a time schedule for daily practice and the drills to be used according to position. It is easier to coach, and participate as a player, when everyone is aware of what is to be done and what is expected of them.
11. At the beginning of the season, test every player for physical ability. I guarantee you will find some surprises.
12. Be careful about moving players to the varsity too soon. I've found that too much success too soon can often create a monster that is uncoachable in later years.

Computer Usage in High School Defensive Preparation

JACK RUNCHEY
Head Football Coach
Comstock High School
Comstock, Michigan

With the excellent help of our Mathematics Department at Comstock High School, we have developed a scouting program which has proved to be very simple and helpful to our defensive preparation. In a short period of time we are able to get field and down and distance tendencies of our opponents. The program is easy to code and very simply utilized in a high school program.

From our Scouting Report we record each play on the following diagram:



From this diagram our code lists down and distance, run or pass, area of field attacked, gain, and next year we will add strong or weak side. A sample code would look as follows:

DN & DIST.	RUN or PASS	WIDE - SHORT MIDDLE- LT. or RT.	FORM.	GAIN
1 - L (long)	R(run)	W(wide)	S(strong)+3	
2 - L	P(pass)	MR	S Inc.	
3 - L	P	W	W(weak) +9	
1 - L	P	ML	S +7	
2 - S(short)	R	S (short)	S +1	
3 - S	R	W	S +18	

In the gain column we obtain an average yardage for each particular down and distance play and opponent runs. However, we set \pm yards as a limit to receive an honest average.

After coding in each of the opponents plays for as many games scouted, and for each separate game, our print-out gives us the following information:

SCOUTING SUMMARY VS. COMSTOCK, 2 GAMES

DN & DIST.	WIDE RUN	WIDE PASS	SHORT RUN	SHORT PASS	M.R. RUN	M.R. PASS	M.L. RUN	M.L. PASS	STRONG	WEAK	AVG.
1 - L	8	3	2	0	1	0	4	1	12	7	5.2
1 - S	1	0	0	0	0	0	0	0	1	0	4.0
2 + L	3	1	7	2	1	3	5	0	11	11	6.1
2 + S	6	0	2	0	2	0	3	0	9	4	3.8
3 + L	1	6	2	3	2	4	1	0	15	4	5.0
3 + S	1	0	5	2	0	0	4	1	4	9	7.2
4 + L	0	1	0	0	0	0	0	0	1	0	0.0
4 + S	0	0	1	0	0	0	2	0	1	2	3.3
Total	20	11	19	7	6	7	19	2	54	37	4.8

From the print-out a few of the things we can see are that there is balance overall in terms of wide and short side attack but a definite tendency to run to the left and to formation. On first downs this team will usually run or pass to the wide side of the field. Also, on third and short this team will run to the short side or the left. From the average, a gain of 5.2 is excellent on first and long and must be countered by our defense.

This information is added to the rest of our scouting report and from this our Defensive Coordinator, Tim Cashen, and myself will make up

our Defensive game plan. Our J.V. Coach, Ken Christensen, is our chief scout and is responsible for getting all information to me. Running this information through the computer takes about twenty minutes and is done by the Head Coach.

Although this program is far more simple than those used at other levels of competition, it affords us a tremendous time-saver. Our players take pride in the means of preparation, and since we started to use it four seasons ago we have recorded 10 shutouts, allowed only 148 points, and won three Wolverine Conference Championships.