



PROBLEMS WITH COLLEGE RECRUITING???

Have your players been promised certain things by college recruiters which never materialized? Have you as a coach been told certain things about your athletes and then you never heard from the college coach again? At the March meeting of the MHSFCA Board of Directors this topic was discussed and it is the feeling that there have been some problems with college recruiters. Five members of the Board mentioned that they had specific problems in this area. The question now is how many other coaches are also having problems.

1979 SCHOLARSHIP WINNERS

For the last two years the MHSFCA has awarded four \$300 scholarships to graduating high school seniors. The money is raised through our cooperative efforts with the Kalamazoo Kellogg's Coach of the Year Clinic.

This year's winners are: **Kevin Young of St. Clair, Kent Striker of Cheboygan, Dick Glidden of Owendale, and Sam Brown of East Lansing.**

Sorry to say this year we had only a total of 20 applicants compared to the 79 we had last year. At the start of the school year applications were sent to all the high schools in the state. Any coach who is a member of the MHSFCA can nominate a deserving senior. The person can be a player, manager, or any team member. Please keep it in mind for next year to have any outstanding seniors fill out the applications. We owe it to our players since they give so much of their time to the game of football. Let's do our job as coaches and help our deserving athletes.

There are certain rules and regulations which college recruiters must follow. There should be an ethical relationship between the high school and college coaches. If a coach says that he is going to offer a scholarship, his word should mean something. At no time should promises be made and then broken. As high school coaches we should make every effort to explain to our athletes just what college coaches can offer them. They should also be made aware of the limitations in visiting colleges. If you feel that there is a recruiting violation, please contact President Harley Pierce at Sturgis High School or your Regional Director. We will discuss violations at our summer meeting and what action we might take if any. There is no doubt that recruiting is probably the most important part of college coaching. However, our Association feels that we must protect our athletes and coaches against irregularities.



The NCAA publishes a booklet on the rules of regulations regarding recruiting called "A Guide for the College-Bound Student-Athlete" and you may obtain copies by writing to The N.C.A.A., U.S. Highway 50 & Nall Avenue, P.O. Box 1906, Shawnee Mission, Kansas, 66222.

JOHN BLACKSTOCK A CLASS PERSON

At the Feb. 23 meeting of the MHSFCA Board of Directors, John Blackstock of Bad Axe submitted his resignation as Secretary-Treasurer. John has been an original member of the Association serving also as a Director for Region 11. It would be difficult to list all of the things that John has done for the Association, but two of the most noted are his organization of our financial structure and his contribution as the originator of the MHSFCA NEWSLETTER. John's comments about the MHSFCA are, "I am proud to say I was in the organization since it was founded some six years ago."

For the last 15 years John has coached football at Bad Axe High School and his record of 78-35-1 as head coach for 14 years speaks for itself. He is well accepted by his peers as being an outstanding coach as well as being an outstanding person. His 1978 team posted a record of 11-1 and a trip to the Silverdome. He contributes most of his team's success to having class players which we all know is a reflection of their coach.

John's future plans are "to coach at home" and to spend more time with his family. We surely wish John the very best and we are most thankful for all of his time and effort in the development of the MHSFCA.

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Region 15

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Region 16

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Jim Hilgendorf, Rapid River

COACHES VACATION EXCHANGE SERVICE

We are trying to establish another service for our Association members. We would like to put together a listing of cottages, homes, apartments that a fellow coach would rent at a reasonable rate. Maybe 2 coaches could work out a vacation swap. If you feel that you have such a place to rent or exchange, please fill out and return the following information.

Name _____

Address _____

City _____ State _____

Phone () _____

Send a brief statement explaining what you have to rent or exchange. Send information to: Dave Driscoll, Parkside High School, Jackson, MI 49203.

IMPORTANT DATES

August 13 Start of Football practice in State of Michigan

September 7 First Football Game

November 10 Quarter Finals

November 17 Semi Finals

November 24 Fifth Annual Final at Pontiac Silverdome

January 25-26 8th Annual MHSFCA Football Clinic at Lansing Sexton

February 22-24, 1980 Kellogs Coach of the Year Clinic at Kalamazoo

MHSFCA Board of Directors' Meetings

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

July 20-21 Summer Meeting at Sugar Loaf Lodge located near Traverse City

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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THREE MAN RULE

Do you know what the "3 Man Rule" is all about? The three player rule outlined in Regulation II, Section 11(B) states, "During the school year, a coach may coach a maximum of three individuals at a time except from the beginning day of practice to the end of the season as indicated in Regulation II-8 and 9. Football season begins and ends as described in Regulation II-8."

The above regulation, which is stated in part, is to protect the coach and the athlete and to provide equal competition among schools. A coach may work with a maximum of 3 players at any one time. It would be a violation for a coach to work with 3 individuals at one end of a gym or field while 3 others worked out at the opposite end.

The rule is intended to prevent the coach from working with more than 3 players within that facility. It is also a violation for one coach to work with 3 players at one end of the facility while another coach works with 3 others nearby. It is a violation for 2 coaches to work with 6 athletes at the same site. It is not a violation for a coach to work with 3 athletes while others work in a weight room or conditioning room in another location.

Observance of the "3 Man Rule" is in compliance with the MHSAA and it is the responsibility of the coaching staff to work within the rule.

MEMBERSHIP REPORT

Mr. Curt Evans of Homer High School is the Membership Chairman for the MHSFCA. As of March 23, Curt gave the following comparisons between the year's membership and last year's.

Region	1978	1979	Region	1978	1979
1	34	34	10	86	66
2	154	64	11	102	89
3	142	73	12	84	68
4	47	33	13	63	36
5	99	73	14	25	16
6	93	104	15	19	10
7	93	89	16	18	8
8	78	53			
9	116	97	Total	1261	877

As one can easily see our membership is **down**. It is the responsibility of **every head coach** to see that his assistants are members of the MHSFCA. We have a great Association, but we need your help to see that our membership remains active. Please do your part!

MHSFCA HONORARY MEMBERS

One of the functions of our Association is to select deserving people as honorary members. Any member of the MHSFCA can nominate. The criteria for membership is that the person gave 20 years of dedicated work to high school football. One could have served as a coach, writer, announcer, team doctor, etc. We want to reward individuals who have contributed to high school. If you know of any person that you feel has the qualifications for such an award, please contact Ron Pascuzzi at Lincoln Park High School.

Current lifetime members and the years that they were inducted are:

1973-74 — Ken Bell of Traverse City, Seton Bovee of Coldwater, Paul Carey of Detroit, Hall Schram of Detroit, Tom Smith of Flint, and Donald Stamats of Caro.

1974-75 — Jim Porter of Mt. Clemens.

1975-76 — Robert Stoppert of Midland, Earl Lancaster of St. Johns, & James O'Toole of Lincoln Park.

1976-77 — Frank Connolly of Detroit, All Cotton of Farmington, F. Allen Kennedy of Benton Harbor, Steve Sonoga of Tawas, Paul Vandam of Detroit, and Chester Zwissler of St. Joseph.

1977-78 — Elmer Engel of Bay City, Dick Kishpaugh of Parchment, Marvin Mittlestat of Flat Rock, & Ray Rynberg of Grant.

1978-79 — Pete Sark of Flint, Claude Stevens of Owendale, & Walt Bazylewicz of Detroit.

Past Presidents — Dave Driscoll of Jackson, Dutch Strottenboer of Alpena, Bud Breed of Portage, Ron Holland of North Farmington, Ike Muhlenkamp of St. Joseph, and Jeff Smith of East Lansing.

CLINIC REPORT

Dick Harris, Chairman of the Clinic Committee, reported that next year's clinic will be at Lansing Sexton High School on January 25-26, 1980. There were 903 coaches at the 1979 clinic at Warren Woods and comments by coaches in attendance was very favorable.

You might also want to keep in mind that the Kellogg's Coach of the Year will be in Kalamazoo February 22-24, 1980. The MHSFCA helps in the coordination of this clinic and we receive a share of the profit for each person in attendance.

RULES COMMITTEE QUESTIONNAIRE

At the Warren Woods Football Clinic, a questionnaire was passed to those in attendance. There was a total of 444 responses as reported by Dave Snead, Chairman of the Rules Committee. The results of the questionnaire is as follows:

1. Should the optional week of conditioning be eliminated thereby reducing pre-season workouts from 4 weeks to 3 weeks? **Yes 106 No 338**
2. Should the overtime rule be changed to sudden death such as the pros, thereby eliminating excessive overtimes? **Yes 101 No 343**
3. Should spring practice be allowed during the last 20 days of spring semester? **Yes 136 No 308**
4. Should a visible clock be required on the field before any game is played? **Yes 309 No 135**
5. Should the 3 man rule be increased to a more reasonable number? **Yes 301 No 143**
If yes, please indicate the number: 4-7, 5-35, 6-59, 7-62, 11-138
6. Should dummies be allowed during the week of conditioning? **Yes 361 No 83**
7. Should the limited number of scrimmages be increased from 3 to no limit? **Yes 169 No 275**

If you have any comments about rules, please contact Mr. Dave Snead at Detroit Central High School. Our Association is very interested in finding out what our coaches feel about the rules. We make every effort to get rules changed when we feel there is a need to do so. Of course it takes time to get rules changed and sometimes the MHSAA Representative Council is not in favor of the change.

CHICAGO SUMMER CLINIC

There will be a summer football clinic in Chicago at the Pick Hotel July 27-28 sponsored by Scholastic Coach. The "First Annual Scholastic All Star Clinic" will feature college and pro speakers plus the Notre Dame coaching staff. The cost of the clinic is \$20 if pre registered or \$30 at the door. Included will also be an All-Star Game between the Chicago Catholic All-Stars and the Chicago Public School All-Stars. Contact Jim DeLisa, 400 N. Michigan, Chicago, Ill., 60611 if you are interested in attending.

COMMITTEE APPOINTMENTS

At the March meeting of the MHSFCA Board of Directors, President Pierce appointed members of committees for the 1979-80 school year.

The Standing Committees are as follows:

1. **Public Relations:** John Herrington (chairman), Ben Witukiewicz and Ted Guthard
2. **Finance:** John Maxim (chairman) and Dave Warmack
3. **Honorary:** Ron Pascuzzi (chairman), Fred Rademacher, & Dave Driscoll
4. **Clinic:** Dick Harris (chairman), Terry Rose, Tom Fagan, Chuck Ritter, Dick Look, Dennis Zbozen, & Ted Nixon
5. **Rules:** Dave Snead (chairman), John Dean, Phil Booth, Randy Neelis, and Jack Hepinstall

6. **Membership:** Curt Evans (chairman)

The following are Special Committees:

1. **Scholarship:** Jeff Smith (chairman), Arnie Besonen, and Dave Driscoll
2. **Playoffs:** Art Gillespie (chairman), Roger Wood & Fred Rademacher
3. **Historian:** Dave Driscoll (chairman)
4. **Task Force:** Walt Braun (chairman), Jim Ooley, Art Gillispie, and Dave Driscoll

If you feel that there is a need for improvement in any of the above areas, please contact members of the committees. Their job is to work for the betterment of high school football in the state of Michigan.

SUMMER FOOTBALL TRIP

Are you looking for something different to do with your football team? Why not plan a trip to the Football Hall of Fame in Canton, Ohio. The well organized trip includes chartered bus service, all meals (3), overnight lodging, and tickets to the Hall of Fame for a total cost of \$52 per person. This trip may be taken at anytime of the year.

Contact John Herrington at Farmington Harrison High School for more information. His phone number is: School 477-3311 and Home 681-1578.

FALL FOOTBALL PRACTICE SCHEDULES FOR MICHIGAN COLLEGES

Last month a questionnaire was sent to the twenty different colleges in the state of Michigan that plays football. The following is the results of the questionnaire:

Name of College	Date of First Fall Practice	Time of Workouts	Can H.S. Coaches Attend Practices	First Home Game	Cost for HS Coaches	Cost for HS Players
Adrian College	August 20	9-11 & 3-5	Definitely	Sept. 15, Wooster	Free, call first	Free, call first
Albion College	August 20	9-11 & 2-4	Yes	Sept. 15	Free	Free, call first
Alma College (No Response)						
Central Michigan U.	August 13	3:15-	Upon request	Sept. 8, W.M.U.	\$3.00	\$1.50
Eastern Michigan U.	August 13	8:30 & 3:30	Yes	Sept. 29, Toledo	Call	Call
Ferris State	August 25	9-11 & 3-5	Yes	Sept. 15, Mich. Tech	Free	Free
Grand Rapids JC	August 14	9:00 & 2:00	Yes	Sept. 1, Grand Valley	Free, call	Free, call first
Grand Valley	August 24	9:00 & 3:30	Yes	Sept. 15, North Mich.	MHSFCA Card	Free, call first
Hillsdale College	August 16	3:15	Yes	Sept. 15, Butler U	\$3.50	Free, call first
Hope College	August 20	9:30 & 2:40	Yes	Sept. 15, Wabash	Free	Free
Kalamazoo College	August 27	7:30 & 3:30	Yes	Sept. 29, Kenyon	Free, call first	Free, call first
Michigan State U	August 20	3:15	Yes, unless closed	Sept. 8, Illinois	\$4.50	\$4.50
U. of Michigan	August 20		Closed Practices	Northwestern	\$9.00	\$9.00
Michigan Tech. U.	August 22	9-11 & 3-5	Yes	Sept. 8	Free	By previous arrangement
Northern Michigan	August 14	9:00 & 3:20	Yes	Sept. 1, Eastern Mich.	Free, call	Free, call first
Northwood Institute	August 22	3:30-5:30	Yes		Free	Free
Olivet College	August 20	8:30, 10, 2:30	Yes	Sept. 15, Taylor U	Free, call first	Free, call first
Saginaw Valley	August 20	8:30 & 3:00	Yes	Sept. 8, N.E. Ill.	Free	Free
Wayne State (No Response)						
Western Michigan U.	August 20	8:00 & 3:30	Yes	Sept. 22, N. Illinois	Free, call first	Free, call first

Michigan High School Football Coaches Association APPLICATION FORM

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

CHECK ONE:

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

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
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MHSFCA
Trenton, Mich.



Editor's Note: Through the direction of Past President Jeff Smith, an attempt will be made to supplement the NEWSLETTER with articles from outstanding high school football coaches in the State of Michigan. We wish to thank the following coaches for contributions. If you would like to have an article published which you think would be of interest to high school coaches, please send it to Don Lessner, Riverview High School, Riverview, Michigan 48192.

SPREAD PUNT FORMATION

Fred Rademacher
Flint Powers — Class B

The spread punt formation is used with minimum blocking at the line of scrimmage and maximum coverage on the punt receiver downfield.

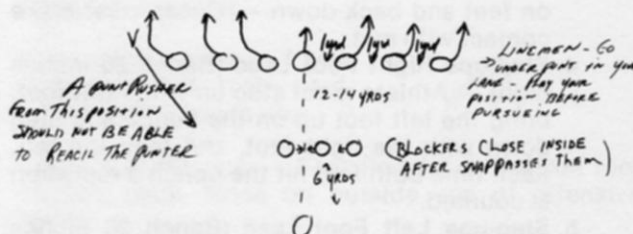
The punter will receive the snap 12-14 yards behind the line with three blockers lined up about 6 yards in front of him. These are our biggest and strongest players (usually linemen), who must be able to take on the rushers head-on. Two of these blockers will overplay the kicking foot of the punter. They cannot release to block an outside rusher and leave a lane open inside. The snap should be strong enough, the punter deep enough and quick enough with his punt so that defenders rushing from outside the ends will never reach the punter.

Offensive linemen are made up of the surest tacklers, best hitters and fastest players. The assignment for these linemen is to "run through" the man to their outside. This will hold up some defensive men and take off some of the pressure on the three blockers in the backfield. These linemen get downfield as quickly as possible and staying in their lanes. They should not leave their downfield lanes unless they are positive they can cover the ball or punt receiver without being fooled by a reverse or the punt receiver getting to the outside.

Variations of this punt formation will have to be adopted because of different game situations (1. Punting from near your goal-line, 2. Scouting reports indicate a particular rush, 3. Minimum or "prevent" coverage is suitable because score, time remaining etc.).

In a short article we have tried to give you a brief rundown on our punt formation. Much remains to be said about the snap, snapper, punter other fundamentals involved in the kicking game.

It might be added that in our punt formation no signals are called or cadance called or words exchanged prior to the ball being snapped. The punter will indicate by a hand signal to the center when the rest of the team (two point stances) and himself is ready. The center will snap the ball when he is ready to put the ball in play.



Blockers and punters are safetymen and take a deep and cautious angle of pursuit after punt is in the air.

An important person on our punting team is our special team's captain. He is responsible for having the team ready, (on 3rd down he is getting "his" team together) and will check with the coach for any specific information to take to the huddle before lining up for the snap.

CIRCUIT TRAINING CHEBOYGAN STYLE

Irv Siglee
Cheboygan High School

During the 1977 season the Cheboygan High Football Team suffered numerous and serious injuries. At the conclusion of our season, we tried to evaluate our methods of training and, in particular, what areas needed improvement. Our athletes had made great strides in improving upper body strength, but outside of quickness tests, we had no measurement of the amount of improvement our athletes made in leg strength or prolonged effort. We wanted something we could measure statistically; something that would not require a large area; a system that would allow for day-to-day improvements; and something that would indicate total fitness and motor control.

We developed what we call the "Michigan Huron Shores Circuit." The athlete does a series of 10 exercises. Each exercise lasts for 30 seconds

with a one minute rest between exercise periods. For one athlete, start to finish lasts 15 minutes. Since one person goes right after the other through the series, we can get very effective training for 30 athletes every half hour.

The Exercises:

1. **Leaper** (Mini Gym. Heavy resistance — from half squat to full military press.) — Each full range counts as one repetition. Both leg and upper body strength are enforced.
2. **Ladder** (Overhead ladder, 15 rungs) — Player goes hand to hand each consecutive rung. Each time he grabs one rung we count one repetition. Great for upperbody strength and body control. (We have had great success convincing overweight players the need to remove adipose tissue, simply on the basis of this exercise.)
3. **Down-ups** — Athlete derives upper body strength as well as cardiovascular benefits. Athlete must spring-up to have main weight on feet and back down — *Chest must make contact with mat.*
4. **Step-ups Right Foot Lead** (Bench 20 inches high) — Athlete must step up with right foot, bring the left foot up on the bench and step down with the right foot, and then the left. Each time both feet hit the bench a repetition is counted.
5. **Step-ups Left Foot Lead** (Bench 20 inches high) — Athlete must step up with left foot, bring the right foot up on the bench and step down with the left foot and then the right. Each time both feet hit the bench a repetition is counted. (Every position we have requires a player to step with outside or inside foot, depending on his technique. We were amazed to find a significant number of players who had great difficulty stepping, unless leading with the dominant foot. After one year of the M.H.S. Circuit, we have greatly minimized this difficulty.) We feel step-ups are important in the development of foot quickness, body control, and cardiovascular fitness.
6. **Sit-ups** (Bent leg with feet held stationary) — Not only do we want the athlete to improve his abdominal strength, since this is not a strain on the cardiovascular, but get a chance to "catch his breath in the middle of the Circuit.
7. **Jumping Jacks** — Emphasizes *quick feet* and is a great cardiovascular conditioner if done right.
8. **Bench Jumps** (18 inch bench) — Player starts on one side, each time both feet land on either side of the bench after crossing over, one repetition is counted. Great leg conditioner for explosive power and excellent for Cardiovascular system.
9. **Push-ups** (Upper Body Strength) — By this time the athlete should be reasonably fatigued, but we want continuous push-up movement (not necessarily perfect push-ups). Even imperfect push-ups are counted as a repetition.

10. **Cone Crawl** (Upper Body Strength, Quick Feet, and Cardiovascular Quickness) — Four cones are placed at each corner of the foul lane on the basketball court. The player starts at one corner and is awarded one repetition for each cone he passes as he circles the foul lane on all fours.

NAME _____ M.H.S. CIRCUIT

TRAINING AND CONDITIONING

DATES.....	_____	_____	_____
LEAPER	_____	_____	_____
LADDER	_____	_____	_____
DOWN-UPS	_____	_____	_____
RT. STEP-UPS	_____	_____	_____
LT. STEP-UPS	_____	_____	_____
SIT-UPS.....	_____	_____	_____
JUMPING JACKS.....	_____	_____	_____
BENCH JUMPS.....	_____	_____	_____
PUSH-UPS	_____	_____	_____
CONE CRAWL	_____	_____	_____
TOTAL	_____	_____	_____

WEIGHT PROGRAM

BENCH SET ONE.....	_____	_____	_____
PRESS SET TWO	_____	_____	_____
KNEE SET ONE	_____	_____	_____
THIGH SET TWO	_____	_____	_____
UPRIGHT SET ONE.....	_____	_____	_____
ROW SET TWO	_____	_____	_____
LOWER SET ONE.....	_____	_____	_____
LEG SET TWO	_____	_____	_____
LAT SET ONE	_____	_____	_____
PULL SET TWO.....	_____	_____	_____
MILITARY SET ONE	_____	_____	_____
PRESS SET TWO	_____	_____	_____
HAM SET ONE	_____	_____	_____
STRING SET ONE	_____	_____	_____
CURL SET ONE.....	_____	_____	_____
SET TWO	_____	_____	_____
UPPER SET ONE	_____	_____	_____
LEG SET TWO.....	_____	_____	_____
DIPS.....	_____	_____	_____
TOTAL	_____	_____	_____

THE SHORT TRAPPING GAME

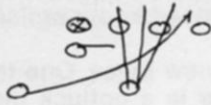
Terry Rose

Lake Michigan Catholic High School

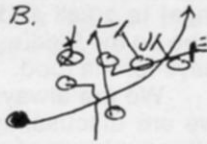
In our coaching we have been very fortunate to have been taught by such great coaches as Ted Sowle, my Head Mentor; Don Lennon and Joe Godleski, the magician with our quarterbacks; Hank Stram; Bob DeMoss and Wally Moore who have or will be Hall of Famers some day. From their wisdom we know that little offensive linemen given angles can be very good blockers.

In our Trap we set it up with dives over G-T- on our right side (A) when the defense moves to shut off, we move to our Trap (B) which is from 5 different formations.

A.

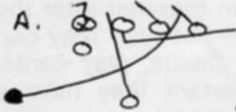


B.



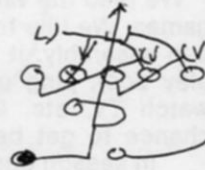
In our 2nd Trap we use the 1st Trap (a) to come in over the right guard and we actually come up with four Traps (B).

A.



(B)

1. RE LT SLB
2. RT RISLB
3. RG-LDE
4. LG LDT

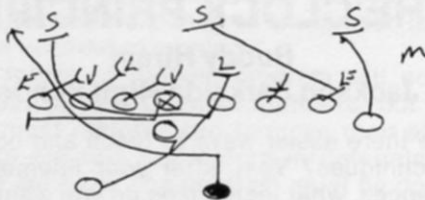


This is set with cross fire action and quick pitches.

In Trap 3 we find we are a very right handed team. Too much so, we sometimes regret this but sometimes it works to our advantage. Such as the following Trap:

The F.B. drives at the R.G. and holds one count, allowing the H.B. to cross in front of him into the R.G. hole to block the L.B. Now the F.B. cuts left in front of the Q.B. and follows the R.G. up the field. The Center has already pulled and traps the 1st man to show outside the off left Tackle.

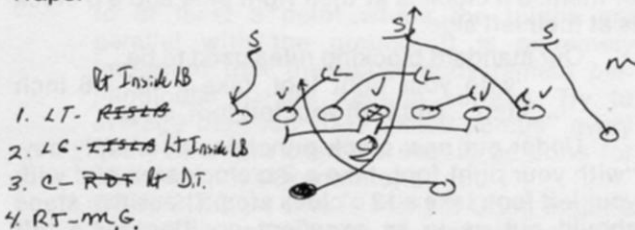
It looks like this:



In our offense we call our Center the "Rock of Gibraltar" so we will often refer to this as Gibraltar right or left.

This last Trap has always been a favorite of mine called the 1 Cross. It is a tackle Trap using the Gibraltar Trap to set it up. Again we have 4 legitimate traps.

This last Trap has always been a favorite of mine. It is called 1 Cross. It is a tackle Trap using the Gibraltar Trap to set it up. Again we have 4 legitimate Traps.



All together in our offensive system we use twelve different short traps. But these four are the most popular with our linemen.

PLAY ACTION PASSES

Jim Crowley

Jackson Lumen Christi High School

Our philosophy of football at Lumen Christi High School is to control the football as much as possible. We use twenty-four (24) different formations and eight (8) basic series.

We feel to have a well balanced running attack you must be able to throw the Play Action Pass from every series and formation that you have in your offense. Statistics have shown us that our running offense has been very effective off-tackle, from the power I and more recently from a slot and wing formation, running to the strong and weak sides.

The majority of our passing offense is play action--with all plays starting from the run to permit us to throw on any down.

The objectives of the play action pass are as follows:

1. Complement and supplement our strong running offense.
2. Make the big first down play.
3. Attack the linebackers--make them think that you are running at them.
4. To provide misdirection (throwback).

All patterns are predetermined to the play, but can be changed during the week according to the opponents' defensive tendencies, frequencies, strengths and weaknesses. Our scouting reports give such information.

Important Coaching Points For Play Action

PASSES

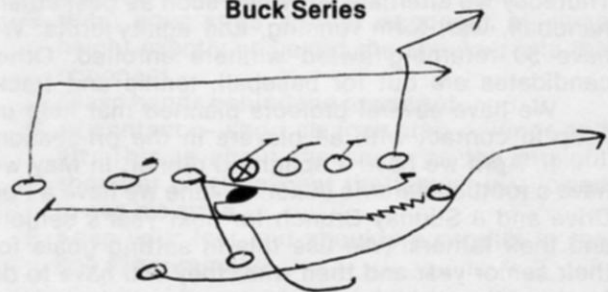
1. The quarterback and halfback must execute a good running fake to hold or commit the linebackers.
2. The linemen must hit out low and make the play look like a run.
3. The receiver must look like he is going down-field to block.
4. The guard or center who ever is free must pull back along the line to seal off the back-side defense.

Basic Play Action Plays

Diagram 1

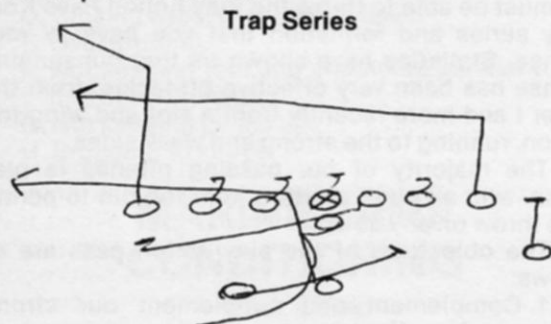
Buck Series Pass Right

Buck Series



QB. Fake to FB. over left guard and also fakes to WB. coming across and rolls to the right and sets up over the right tackle.

- FB. Fake the dive over the LG. and fills.
- RH. Goes in motion and fakes the hand-off and blocks the flow side end.
- LH. Fake right and goes into the shot flat.
- RE. Runs a flag pattern.
- LE. Runs a drag pattern eight (8) yards deep.

Diagram 2**Fake Trap at 2 Pass Left**

- QB. Fake to FB. and left halfback and rolls left his read is deep first.
- FB. Fakes over left guard and runs a short flat pattern.
- LB. Fakes the trap at 2 and blocks the flow side end.
- RH. Lane blocks like the trap play.
- LE. Runs the deep flag pattern.
- RE. Runs the Drag at eight (8) yards.

These are just two of our play action passes that have been very good for us over the last four years.

THE TRAVERSE CITY YEAR AROUND PROGRAM

Jim Ooley
Traverse City High School

The main purpose of our year around program is to motivate the players in the off-season by having periodic contact with them.

One of our efforts that has helped tremendously is our last hour conditioning class. We lift weights on Monday, Wednesday and Friday. On Tuesday and Thursday we alternate activities such as basketball, handball, war, form running, and agility drills. We have 50 returning award winners enrolled. Other candidates are out for baseball, tennis and track.

We have several projects planned that help us keep in contact with all players in the off-season.

In April we have a spaghetti dinner. In May we have a football parents mixer. In June we have a Pop Drive and a Sunday Brunch for next year's seniors and their fathers. (We use this in setting goals for their senior year and then what they will have to do to attain them.) In July we have a six week summer touch football program. The last weekend we have an overnight campout that helps the team get better acquainted.

In-season we have a training table during the second week of practice. We report at 7:30 and are with the team until 7:30 in the evening. We feed the players at noon: soup and sandwiches. The evening meal is steak and salad. The parents are the ones who do the feeding and money raised by our projects pays for the food.

We are always looking for new ideas. One that we are discussing for next year is a potluck meal after our intersquad game for all players, parents and friends. This will be at the end of our first week in pads. Sounds like fun!

We feed the varsity at the Youth Center for home games. We like to keep the team together after the pep assembly. It is a nice place because they can play pool, ping pong, listen to music, play cards, watch TV, etc. But most important they have a chance to get better acquainted with each other.

In season our 6th hour class is used for viewing films, reviewing the closed circuit TV of practice, or getting taped early for practice.

One area we need to allow a higher priority is our in-season weightlifting program. We will develop this area more next year.

We believe that there is very little difference between those who win and those who almost win. We want our young men challenged by doing things they might not like to do, but have to be done. Hopefully, this attitude will be reinforced by our total program and that our young men will be proud to be a Traverse City Trojan and will therefore do their very best.

THE CLOCK PRINCIPLE

Buddy Hiram
Jackson Parkside High School

Are there easier ways to teach and coach linemen techniques? Yes! After your linemen master their stances, what techniques do you want to teach them? I'm sure we each have our blocking rules and blocking systems, but I'd like to share a simple technique that is applicable to any system.

From a stance, your linemen must take a lead step, position step, lateral step, drop step and indeed, they must move their feet. How do you coach this "feet movement"?

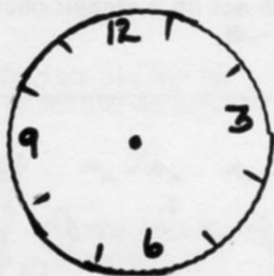
The technique we use is simply known as the **CLOCK PRINCIPLE**. We tell our linemen that they are standing on the face of a clock, with 12 o'clock being straight ahead, 6 o'clock being directly in back of them. 3 o'clock is at their right side and 9 o'clock is at their left side.

Our standard blocking rules used to be:

"with your right foot, take a 40° - 6 inch step...and with your left foot, step..."

Under our new **clock principle**, we simply say: "with your right foot, take a 2 o'clock step and with your left foot, take a 12 o'clock step. These two steps should put us in an excellent position for a left shoulder block. Consequently, with your left foot, take a 10 o'clock step and with your right foot, take a 12 o'clock step for a right shoulder block."

This system is also applicable to: GAP BLOCKING, TRAP BLOCKING and PASS PROTECTION techniques. We have found that it is easier to coach, easier for kids to understand and that this principle is adaptable to every position on our football team. Try it on your Quarterback, he'll like it too.



OFF SEASON RUNNING PROGRAM

Dick Flynn
Central Michigan University

Football is a game that demands a high degree of movement as well as strength. The better the player's ability to move, the greater the likelihood he will make a significant contribution to the team. As with strength which can be improved with a strenuous weight program, the ability to run can be improved with a conscientious off season running program. This is especially true of the young athlete who has not been exposed to the proper form and technique involved in running.

The following running program will not make any of your players Olympic sprinters, but if done properly most athletes can improve their ability to run. There are two key factors in determining the degree of success. The program must be done on a frequent and regular basis not haphazardly. Secondly the coach must stress proper form and technique and not let the program evolve into a conditioning program per se.

The running program is as follows:

1. **ARM SWING** — Have the players walk 20-30 yards pumping their arms from their hips to their shoulders. This will help develop proper arm technique, keeping them relaxed and create a faster rhythm for arms and legs.
2. **KNEE PUMPS** — Do "knee pumps" at top speed bringing the knees as high as possible to at least a point where the thighs are parallel with the ground. It is extremely important that the upper body remain perpendicular to the running surface. Try to average between 10-12 "knee pumps" every five yards. The exercise should be done for 50 yards with 4-6 repetitions.
3. **BOUNDING** — This is really a Drum Major's Strut. The upper trunk of the athlete leans backward as far as possible with leg and arm action exaggerated. The exercise will improve knee action, stretch the thigh

muscles and hip joints. A distance of 50-75 yards should be covered each time.

4. **STRIDES** — Have the athlete stride for 120 yards a number of times. Start them with small strides increasing them to where they are actually jumping stride to stride as they improve their technique. Emphasize running as they improve their technique.
5. **STARTS** — From a good three or four point football stance explode low and forceful out of this position for ten yards. Work up to a point where 10 are done each workout.
6. **SPRINTS** — Spring 40 yards emphasizing a good starting position and proper form throughout the 40 yards.

Since motivation is an important factor in any program of this nature you will want to time the players every two to three weeks. This allows them to see the progress they are making and provide them with goals and incentives for their hard work. I have found this program to be very successful in improving the running ability of the player's I have been associated with.

TEACHING PROGRESSION FOR TACKLING

Harley Pierce
Sturgis

- I. First teach a perfect stance. (the hitting position the instant before contact)
 - A. Good base. (feet at least shoulder width apart)
 - B. Bend your knees. Drop your seat.
 - C. Back at 45 degrees.
 - D. Head up, eyes open, bull your neck, eyes on belt buckle.
 - E. Center of gravity must be low.
 - F. Keep your feet working, feet moving with short choppy steps.
 - G. Keep the arms and hands extended out perpendicular to the body, shoulder high, palms up, gorilla fashion.
- II. Second teach contact.
 - A. Drive your forehead through the ball.
 1. This will insure a solid shoulder hit instead of an arm tackle.
 2. It may cause a fumble.
 - B. Wrap your arms around opponent at same height exactly as height the shoulder hits the opponent.
 - C. Clasp hands behind the opponent.
 - D. At contact — short six inch step — lunge and lift. This is about the same as the straight shoulder block, except the tackler is allowed to use his arms.
 - E. Keep your feet and shoulders parallel to the line of scrimmage.
- III. Third teach follow through.
 - A. Drive with short choppy steps.
 - B. Pick up ball carrier and slam to ground.
 - C. Never permit ball carrier to fall forward.

IV. Drills.

- A. Form tackle.
- B. Tackle dummy.
- C. Tackle sled.
- D. Live open field tackling.

V. Reasons for missed tackles.

- A. Not close enough to ball carrier.
- B. Leaving feet too soon.
- C. Not locking wrists.
- D. Closing eyes, or dropping head.
- E. Over striding.
- F. Not keeping feet and shoulders parallel to the line of scrimmage.
- G. Not keeping palms up.
- H. Dropping to knees.

MARINE CAMP CONDITIONING

Dick Look
Tawas Area

At Tawas Area we are not blessed with outstanding equipment or space for conditioning. However, nature provides us with a setting ideal for physical development.

Our goal is to have players in excellent physical condition. We seek to accomplish this goal by making conditioning challenging and *fun* for kids. The players enjoy the Marine Camp.

In the woods next to the school, we have laid out a scenic two mile course everyone must jog for time. Next, we have set up an obstacle course through which the athletes are also timed. Freshmen and sophomores run the 2-mile course while juniors and seniors go through the obstacle course. After each group is finished they switch courses. This program can be followed for one, two, or three weeks. The final day, each class selects their 6 best athletes to compete in the 2-mile run and the obstacle course relay. Winning class is rewarded.

Obstacle Course through the woods

- A. Bat Spin — Athlete spins in a circle, forehead to the bat handle, fat end touching the ground.
- B. Cone Maize — Bear crawl through staggered cones.
- C. Live Fire — Athlete crawls on stomach under 18" obstacle bars while hearing tape recorded gun fire.
- D. Up and Over — Climb rope suspended from a board nailed between trees—must go over board wrapped in carpet.
- E. Grenade Toss — Must throw a deflated football through a swinging tire.
- F. Mine Entrance — Lift, stand on end and crawl through a road grader tire.
- G. Hand Crawl — Walk across by hands a 2" pipe 10-12' long suspended between two trees.
- H. Creek Jump — Run through or jump a 6-8' real or man-made creek.
- I. Rope Swing — From an elevated platform, grab a rope and swing out and over a 15-20' obstacle—alligator pit, swimming pool, etc.
- J. Jump the Fence — Sprint to freedom while jumping a succession of saw horses.

- Each obstacle can be named for or about a coach!
- We have also set up a similar obstacle course in the gym!



COMPARING THE WISHBONE AND THE VEER

Jack VerDuin
Wyoming Park High School

We work very hard at trying to attain consistency. By consistency we do not mean "four yards and a cloud of dust", but rather a winning season year after year (8-1, 7-2, 9-0). To gain this consistency we feel it is important to utilize an offense that will allow you to win some years even though you do not have the talent. For this reason, we have employed some form of triple option since 1969. We have run the "triple" from the I, Houston Veer, Twin Veer, and this last year we ran from the Wishbone.

We found that there are some distinct differences between the Wishbone and the Veer. By the very nature of the formation, the Wishbone tends to lean heavier on the running game, whereas from the twin and pro sets we seemed to throw and automatic more. Consequently, we found people cheating on us (10 men within 2 yards off the L.O.S., playing halves or man and inverting their safety from a 3 deep). The manner in which you control the corner varies considerably also. In the Veer, you rely on the threat of the seam pass to cut down on the corner stunts. With the Wishbone the lead blocker is 5 yards off the L.O.S. and 2 or 3 yards in front of the ball carrier, which puts him in an excellent position to block any corner stunts. One of the main differences that we noticed, however, was the various

ways in which the fullback in the Wishbone could be used as a blocker to help seal the inside. The reason for this can be found in the angle of the diveback. The diveback in a split backfield hits the line at an angle almost perpendicular to the L.O.S. while the fullback from the Wishbone hits the line at about a 45° angle. Now, running a double option that looks like a "triple" to the defense, the fullback can be relieved of his ball carrying duties and concentrate all of his attention on helping to seal the inside. His read may call on him to block the tackle, linebacker, or even take his block all the way to the safety.

Through the years we have found the triple option has provided us with the consistency that we are looking for. The form that the triple has taken has depended on the type of material we felt that we had available in our program.

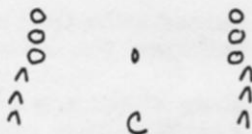
DEFENSIVE END AND LINEBACKER REACTION DRILL

Ike Muhlenkamp
St. Joseph High School

To Set up Drill.

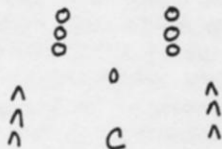
NO. 1

LBers will be the offensive ends. The coach gives the signal for offensive ends to react and then the defensive ends react to the offensive ends.



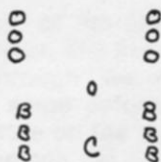
NO. 2

LBers will be the offensive HBs. The coach gives the signal for the HBs to move and the Defensive ends react to them.



NO. 3

Defensive ends become HBs. The coach gives the signal for the HBs to move and the LBers react to the HBs.



Defensive End — 2 pt stance-inside foot up — on outside shoulder of off. end. Key FB or Nearside NB through Offensive end.

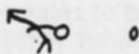
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Keys on Offensive end.

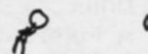
1. If offensive end blocks down fill on his back side.



2. If offensive end hook blocks — get inside forearm in deep across chest and fight up field.



3. If offensive end blocks straight on, take him nose to nose with inside forearm keeping outside arm free.

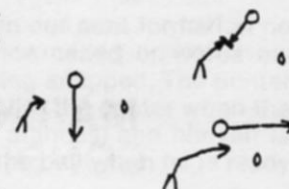


To use for traditional offenses. Against a veer offense adjustments must be made in keys to fit assignments.

NO. 2 above

Defensive end's keys on near side HB or FB in I.

1. He come — I come. Take HB nose to nose with inside forearm with outside arm free.



2. He dive — I check 2nd man.

3. He goes away — I check reverse and trail.

4. He shows pass — I yell "pass" and rush hard and get my hands up.

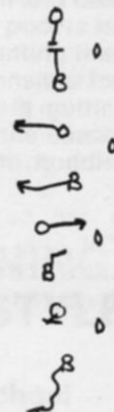


LBers 2 pt. Stance — Feet Parallel or outside foot slightly back. Nose on outside eye of offensive guard.

NO. 3 Above

LBer keys on HBs or FBs in "I" through the guard.

1. If HB come — I come through guard to stuff hole.
2. If HB flies to outside — I go with him.
3. If HB goes away check 2nd man and use Tennessee fast and slow reads.
4. If HB shows pass drop to coverage area.



TENNESSEE READS

All backs in same direction. (Fast Read)

1st LBer take 1st back.

Backs go in opposite directions.

LBers check and play football.

