

**Michigan  
High School  
Football Coaches  
Association**

# Newsletter



Volume 1, No. 27

SERVING MICHIGAN'S HIGH SCHOOL FOOTBALL COACHES

May, 1980

## M.H.S.F.C.A. To Sponsor All Star Football Game

For many years the Michigan High School Athletic Association forbid any type of high school all star competition. At the December meeting of the MHSAA Representative Council, the ruling was changed which now allows all star competition after the conclusion of the school year for graduated seniors.

Jack Hepinstall of Hillsdale High School has been appointed as the chairman of MHSFCA All Star Football Game and the target date for the first game is the Summer of 1981. President Walt Braun has indicated that the All Star Football Game may be the most difficult function in which our Association has been involved. Forty-eight states have been contacted and we have received numerous information about all star football games.

There are many questions that we must answer before the game can become a reality. Where will we play the game? Will we need a co-sponsor such as the Shriners? How will the coaches be selected? What will the geographic boundaries of the two teams? How will the players be selected? Will we have a clinic in conjunction with the game? In Illinois the game is sponsored by the Shriners, and in Ohio, the game is sponsored by the Ohio High School Football Coaches Association. As everyone can see, we must make several key decisions before we can have the All Star Game. It is very important that we are well organized if we expect the game to be a success. Contact Jack Hepinstall at Hillsdale High School if you would like to help with the All Star Game or if you have some ideas about the game.

### SCHOLARSHIP WINNERS

Arnie Besonen, MHSFCA Scholarship Chairman, announced the following four winners: **Albert Wesley** of Anchorville, **Daniel Saville** of Kalamazoo Central, **Brad Tomassucci** of West Iron County, and **Steven Hoffman** of Flushing.

Each of the four winners will receive a check for \$300 sent to the college that they will be attending in the Fall of 1980. Applications were sent to every principal in the State of Michigan and we received a total of 34 applications. This is the third year that the MHSFCA has sponsored the scholarships and the Board of Directors will decide this summer if we are going to continue the scholarships next Fall. The scholarships were originally paid for through a cooperative effort with the Kalamazoo Coach of The Year Clinic. As you may know, we are not receiving anymore money from Bud Wilkinson and Duffy Daugherty from the Kalamazoo Clinic. We must

### JIM CROWLEY MEMORIAL

In the February NEWSLETTER we sent an envelope to the 2000+ members and head football coaches asking for a donation to the Jim Crowley Memorial. So far we have received 19 contributions totaling \$162.00. At the end of this school year, we will forward a check to the Crowley family. We have also received another \$192.00 at our Lansing Sexton Clinic and through the Detroit Free Press article.

If you would still like to donate please make out your check to "Jim Crowley Memorial" and send to: Don Lessner, Riverview High School Riverview, Michigan 48192.

(Scholarship Winners Continued)

now decide if the MHSFCA is going to sponsor the scholarships. What do you think??? Contact Arnie Besonen at Owen Gage H. S. and let him know how you feel about the scholarship.

### NEWSLETTER UPDATE

Last year we started to print an insert for our NEWSLETTERS. It was the original intent to print one or two inserts per year. Some 50 letters were sent to outstanding coaches throughout the state and the response was tremendous. At the present time we have over 35 articles that have been submitted and all will be printed in the order that they were received. We thank those coaches who took the time to write an article, and the quality of work indicates that we have many outstanding high school coaches in the State of Michigan.

Thanks again for all your help.



## Officers

**President**  
Walt Braun, Marysville

**1st Vice President**  
Jim Ooley, Traverse City

**2nd Vice President**  
Tom Fagan, Ypsilanti

**Secretary-Treasurer**  
Don Lessner, Riverview

**Public Relations**  
John Herrington, Farmton. Harrison

**Membership Chairman**  
Curt Evans, Homer

**Historian**

## Past Presidents

Dave Driscoll, Jackson Parkside  
Dutch Schrottenboer, Alpena  
Bud Breed, Portage Northern  
Ron Holland, North Farmington  
Ivan Muhlenkamp, St. Joseph  
Jeff Smith, East Lansing  
Harley Pierce, Sturgis

## Directors

**Region 1**  
Dave Snead, Detroit Central  
John Dean, Detroit Northern

**Region 2**  
Ron Pascuzzi, Lincoln Park  
Tom Moshimer, Plymouth Salem

**Region 3**  
Chuck Ritter, Ann Arbor, Pioneer  
Larry Merx, Ann Arbor Huron

**Region 4**  
Jack Hepinstall, Hillsdale  
Denny Patzer, Reading

**Region 5**  
Terry Rose, Lake Michigan Catholic  
Dan Lauer, Benton Harbor

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

**Region 7**  
Dominic Livedoti, West Bloomfield  
Al Dickens, Orchard Lake St. Mary's

**Region 8**  
Pete Schmidt, Okemos  
Valdy Gailitis, Mason

**Region 9**  
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Lou Rollenhagen, Kenowa Hills

**Region 10**  
Mark Covert, Fenton  
Bill Tucker, Flint Powers

**Region 11**  
Arnie Besonen, Owen-Gage  
Dave Arnold, Alma

**Region 12**  
Dick Harris, Harrison  
Dick Look, Tawas

**Region 13**  
Dave Warmack, North Muskegon  
Doug Coe, Orchard View

**Region 14**  
Irv Sigler, Cheboygan  
Art Gillespie, Alpena

**Region 15**  
Roger Wood, Traverse City  
Don Glowicki, Elk Rapids

**Region 16**  
Jim Hilgendorf, Rapid River  
Randy Neelis, Les Cheneaux

## HIGH SCHOOL FOOTBALL COACHES ASSOCIATION

Would you like to be a member of the High School Football Coaches Association? If so, send \$5.00 to HSFCA, P. O. Box 647, Woodbridge, N.J. 07095. Newsletters are sent out periodically which includes job openings, All Star Teams, Coach of The Year Awards, football articles, etc.

## DIRECTORS AND ALTERNATES CHANGES

Chuck Ritter of Ann Arbor Pioneer is the new Director for Region 3 replacing Tom Fagan of Ypsilanti who is our new 2nd Vice President. Dominic Livedoti of West Bloomfield is the new Director of Region 7 replacing Ted Guthard who now is an Assistant Coach at Michigan State.

At the Spring Meeting of the Board of Directors, Larry Merx of Ann Arbor Huron was appointed Alternate for Region 3, and Al Dickens of Orchard Lake St. Mary's was appointed Alternate for Region 7. Best Wishes to our new Directors and Alternates.

## IMPORTANT DATES

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

## MHSFCA Board of Directors' Meeting

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

July 18-19, 1980  
Annual Summer Meeting at Traverse City, Michigan.  
November 26, 1980 - 10:00 a.m.  
Clare Meeting to select State and Regional Coaches of the Year  
January 30, 1981  
Clinic Meeting at Lincoln Park High School.

## NEWSLETTER

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

## OPEN DATES FOR 1980

The following is a listing of open dates for the Fall of '80 as prepared by Past President Dave Driscoll. They are listed by school, class, and person to contact.

### SCRIMMAGES

Romeo (A), Larry Dunn; Grandville (A); Sterling Heights (A), Mapl Valley (C); Zeeland (B); Otsego (B)

### 1st Date

Benton Harbor (A), Paul Berger  
Midland Dow (A), Al Quick; Portage Central (A), Bob Knight; Romulu (A), Bill Hardy; Detroit Central (A) Dave Snead; Allen Park Cabrini (C) Royal Oak Shrine (C), Jim MacDoggall; Howard City (C), John Goodin; Dearborn Divine Child (B), Wes Whart; Coopersville (B), Bob Fortin; Manistee (B), Dick Lindemann; an Royal Oak St. Mary's (D), Teri Urganhart.

### 2nd Date

Escanaba (A); Redford St. Mary's (C) Keith Froezich; Clarenceville (B) Ralph Weddle; Charlotte (B), I Yoderson; Lyon (B), Bob Keezer; Montrose (C); Carsonville (D), Ga Travis.

### 3rd Date

Birmingham Brother Rice (A), Al Francis; Redford C. C. (A), Tom MacShelby (C), Bob Brown; Saginaw S Stephens (C); Onaway (C), Jim Ha Southgate Aquinas (B), Bill Murra

### 4th Date

Midland Dow (A), Al Quick.

### 5th Date

Alpena (A), "Dutch" Schrottenboer Midland (A); and North Muskegon (D), Dave Warmack.

### 6th Date

Dowagiac (B), George Werner.

### 7th Date

Royal Oak Shrine (B), Jim MacDoggall; Traverse City St. Francis (C) Larry Selers; Flint Holy Rosary (C) Jack Daniels.

### 8th Date

Midland Dow (A), Al Quick; Lansing C. C. (C), Phil Booth; Saginaw Eisenhower (B), Hugh Matson; Spring Lake (B), Tom Grabinski; Highland (7-8), Nate Hampton.

### 9th Date

Midland Dow (A), Al Quick; Benton Harbor (A), Paul Bergen; Saginaw Carrolton (C), Lou Economod; Howard City (C), John Goodin; S Charles (C), Blake Erickson; South Lyon (B), Bob Keezer; Wyoming Rogers (B), Al Wier; Highland Park (7-8), Nate Hampton.

# The Winners Circle

MICHIGAN HIGH SCHOOL FOOTBALL COACHES ASSOCIATION

Join "The Winners Circle" by becoming a member of the Michigan High School Football Coaches Association. Curt Evans, Membership Chairman, has indicated that our goal for the 80-81 school year is to have 2,000 members. This is a very ambitious goal since we are now at a little over 1100 members. We ask **all head football coaches** to see that members of their staff are registered with the MHSFCA.

All Directors and Alternates have been asked to contact coaches in their regions and encourage them to join our Association.

Please check page 4 of this NEWSLETTER for an Application Form. Please do your part and join our Association.



Curt Evans of Homer High School is the MHSFCA Membership Chairman and he is continually working to increase our membership.

## MICHIGAN HIGH SCHOOL FOOTBALL RECORDS

### TEAM RECORDS

**Consecutive Wins** - 72, by Hudson from 1968-1976 with no ties.

**Consecutive Losses** - 46 by Pinckney from 1964-1970.

**Most Points in a Season** - 514 by Morenci in 9 games in 1949. They were coached by Bob Slovak and they outscored their opponents 514-0.

**Most Points in a Game** - 216 by Muskegon on September 28, 1912 when they beat Hastings 216-0.

**Longest Game** - 8 Overtimes with Detroit Southeastern beating Detroit Northeastern 42-36 in September 23, 1977.

### INDIVIDUAL RECORDS

#### Most Points in a Season

226 - Bill Santili of Crystal Falls in 1975 in 11 games. Bill averaged 20.6 points per game.

217 - Robert Jackson of Allendale 1976, 9 games, 24.1 per game average.

212 - Dan Lato of Crystal Falls, 1978, 12 games, 17.7 per game average.

206 - Dan Lato of Crystal Falls, 1977, 12 games, 17.2 per game average.

204 - John Waters of Hillsdale in 1972, 9 games, 22.7 per game average.

202 - Mark Flood of Crystal Falls 1972, 8 games, 25.3 per game average.

#### Most Points in a Career

522 - Dan Lato of Crystal Falls, 1976-77-78. Lato played in 34 games scoring 82 TD's and 15 two point conversions.

#### Most Points in a Game

54 - Fred Jacks of Muskegon, 1912, vs. Hastings.

54 - Francis Tallent of Menominee in 1929, vs. Kingsford.

#### Longest Field Goal

55 yards by Harold Moore of Dearborn vs Plymouth Canton, 79

The above records were provided by Dick Kishpaugh of Parchment. Mr. Kishpaugh is an Honorary Member of the MHSFCA and we thank him for his contribution.

## COMMITTEE ASSIGNMENTS

At the MHSFCA Spring Meeting, President Walt Braun appointed the following committees:

### Public Relations

John Harrington (Chairman), Ben Witukiewicz and Mark Covert.

### Finance

John Maxim (Chairman) and Dave Warmack.

### Honorary

Ron Pascuzzi (Chairman) and Mark Covert and Don Glowicki

### Clinic

Dick Harris (Chairman), Arnie Besonen, Pete Schmidt, Terry Rose, Chuck Ritter, Ron Pascuzzi, and Dave Snead.

### Rules

Dave Snead (Chairman), John Maxim, Jim Hilgendorf, Terry Rose and Dave Warmack.

### Playoff

Dominic Livedoti (Chairman), Jim Hilgendorf and Irv Sigler.

### Membership

Curt Evans (Chairman)

### Scholarship

Arnie Besonen (Chairman), Ben Witukiewicz and Pete Schmidt.

### Historian

Harley Pierce (Chairman)

### Jim Crowley Memorial

Chuck Ritter (Chairman), Jim Ooley and Tom Fagan.

### All Star

Jack Heppinstall (Chairman), Don Lessner, Dave Warmack, Irv Sigler, and Don Glowicki.

### Hall of Fame

Past Presidents Dave Driscoll, Dutch Schroetenboer, Bud Breed, Ike Muhlenkamp, Ron Holland, Jeff Smith, and Harley Pierce.

Please feel free to contact any members of the above committees if you feel that you have any noteworthy input.

## COLLEGE FOOTBALL DOUBLEHEADER AT THE SILVERDOME

Saturday, September 20, 1980  
12:30 Alma vs. Michigan Tech.

4:00 Northern Michigan vs.  
Wayne State

Special group rates will be available for high school football teams that would like to attend the college double header at the Silverdome on September 20. Both the University of Michigan and Michigan State will be playing away games. The group rate ticket may be \$1.00 per ticket, so contact any of the above colleges for more information.



## FALL FOOTBALL PRACTICE SCHEDULES FOR MICHIGAN COLLEGES

Name of College	First Fall Practice	Time of Workouts	Can H. S. Coaches Attend Practices	First Home Game	Cost for H. S. Coaches	Cost for H. S. Players
Adrian College	Aug. 14	9-11 & 3-5	Yes	Sept. 6, 8:00 p.m.	No Charge	No Charge
Albion College	Aug. 18	9-11 & 2-4	Yes	Sept. 6	No Charge	Free, Call First
Alma College						
Central Michigan U.	Aug. 14	3:15 p.m.	Yes,	Sept. 6	6.00 & 4.00	3.00 & 2.00
Eastern Michigan U.	Aug. 18	8:30 & 3:30	Yes	Sept. 20	Call First	Call First
Ferris State	Aug. 19	9-11 & 3-5	Yes	Sept. 6	No Charge	No Charge
Grand Rapids J. C.	Aug. 18	9:00 & 2:30	Yes	Aug. 30	Free, Call	Free, Call
Grand Valley	Aug. 15	10:00 & 3:00	Yes	Sept. 20	MHSFCA Card	\$1.50
Hillsdale College	Aug. 18	9:00 & 2:00	Yes	Sept. 6, Ashland	No Charge	No Charge
Hope College	Aug. 18	9:00 & 3:00	Yes	Sept. 6	Free, Call	Free, Call
Kalamazoo College	Aug. 25	7:00 & 4:00	Yes	Sept. 20, Ill. Coll.	No Charge	No Charge
Michigan State U.	Aug. 25	3:30	Yes, Call	Sept. 13	\$10.00	\$10.00
University of Michigan						
Michigan Tech. U.	Aug. 18	4:00	Yes	Sept. 13	Free, Call First	Free, Call First
Northern Michigan	Aug. 18	9:30 & 3:30	Yes	Sept. 6	No Charge	No Charge
Northwood Institute	Aug. 21	8:30 & 2:00	Yes	Sept. 6	No Charge	No Charge
Olivet College	Aug. 17	9:00 & 1:00	Yes	Sept. 6, Franklin	Call First	Call First
Saginaw Valley	Aug. 17	9:00 & 2:30	Yes	Sept. 27, Cen. State	No Charge	No Charge
Wayne State	Aug. 21	9:00 & 4:00	Yes	Sept. 20, N. Mich.	Undetermined	Undetermined
Western Michigan U.	Aug. 18	8:00 & 3:00	Yes, Call	Sept. 6, E.M.U.	Undetermined	Undetermined

### 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  
**PAID**  
 Permit No. 28  
 MHSFCA  
 Trenton, Mich.



## **West Bloomfield Aerobic Training Program**

by Dom Livedoti  
West Bloomfield High School

### **Introduction**

This interval running program, we feel at West Bloomfield High School, will provide an optimal conditioning level for our football athletes in a relatively short period of time. We also feel that the level and duration of stress placed on the athlete, through this program, more closely approximates scrimmage and game condition stress than any other program. In addition, we feel the program provides tangible evidence to the athlete that he is making steady progress and is moving toward the optimal conditioning level.

We have been working six years with this program changing and changing our procedures in an attempt to design a complete program which will meet the physical demands placed upon all of our football players.

### **Objective**

The purpose of the program is to get each one of our players to run a distance of 150 yards in a specific time.

### **Procedures**

All players are assigned a group according to times, *which have been developed prior to the start of the season*. Players who did not develop a time are divided accordingly:

	RUN TIME	REST TIME
Lineman	28 seconds	28 seconds
Backs	25 seconds	25 seconds

\*IMPORTANT: Your rest time equals your run time.

Players will run one sprint, rest, run a second sprint, rest, run a third sprint, rest, run a fourth sprint (which completes one set) and then rest two minutes. In other words, the player runs four sprints with a rest period between each sprint, then rest

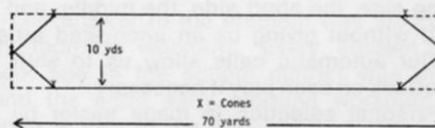
for two minutes after the fourth sprint. Then the procedure is repeated. We at W.B.H.S. run four sets of four sprints in the off-season and throughout the football season.

### **Testing**

The athletes physical conditioning is determined by pulse rate. Pulse rates are taken after every fourth sprint following the two minute rest period. Taking the pulse rate at this time determines how complete of a recovery rate the athlete has, which is directly related to his physical condition level.

<i>If pulse rate is:</i>	<i>Physical condition is</i>
15 beats or below in 10 seconds	Excellent
16-20 beats or below in 10 seconds	Good
23-30 beats or below in 10 seconds	Poor
30-35 beats or below in 10 seconds	Very Poor/Fatigue

The course is approximately 150 yards. Marking's are placed ten yards apart, 70 yards from start to finish.



## **The Unbalanced Line In High School Football**

by Dave Topping  
Lakeshore High School

A look at the changing picture of offensive football over the years readily indicates that most coaches are always eager to explore new or different approaches to offense. Although there is a tendency to follow popular trends, most coaching staffs eventually adopt current ideas to their own specific situations. We have noticed these past few seasons that some college and high school coaches have gone back to the unbalanced line, using it as a surprise weapon in their offensive attacks. We are

convinced that the unbalanced line, if properly utilized with imaginative planning, simplified teaching techniques, and an insistence on the proper execution of the fundamentals of football, can be highly successfully worked into your style of offense. We do not minimize the importance of DEFENSE, the kicking game and various intangible factors in coaching winning football. However, we are again convinced that much of whatever success we have had, is due to the unbalanced attack. While working, studying, copying and exploring with the unbalanced line these past ten years, our teams have won six conference championships in both Michigan and Indiana.

Let's examine the advantages and disadvantages in using an unbalanced line in high school football. We feel that these advantages are the important ones.

1. Its unfamiliarity and our offensive sets have a tendency to give a different "look" to our opponents, most of whom play and practice against balanced line attacks.

2. Our strong formations and varied backfield alignments force the defense to meet strength with strength immediately, or be outflanked.

3. The threat of our Open End that we like to use with our unbalanced line should occupy at least two defenders at all times, or it will give us the slant or sideline pass.

4. We have found that most teams use standard defensive alignments and just move over one man, or spend valuable practice time working on special defenses.

5. Standard defenses do not adequately cover the strong side, the short side, the middle, and the open end without giving us an uncovered area to attack. Our automatic calls allow us to shift the point of attack on each play if necessary.

6. Personal selection is made easier by the "Flip-flop" principle which necessitates learning only one position. Also, we have found that we can still have a fair amount of success if we are unfortunate enough to have only one big tackle, one quick guard, and one good back.

7. We can line up left or right to take advantage of either a strong or a weak defensive man who has to learn how to play defense against both the short side and the strong side.

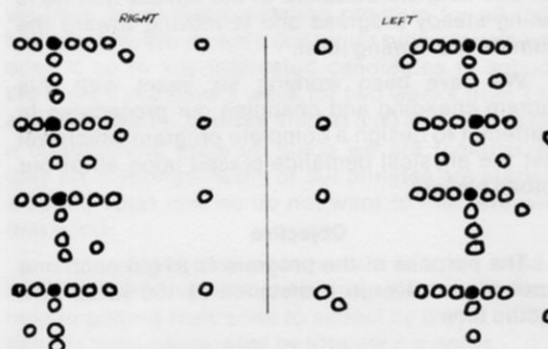
We know only of two main disadvantages to using the unbalanced line. These are:

1. It is hard to plan on what defense will be used against the offense from week to week. We have found, however, that most high schools do not use a special defense but adjust their basic defense to the offense.

2. It is sometimes difficult to "sell" the unorthodox approach of the unbalanced line or make sound believers of our style of offensive attack to the total coaching staff.

We face the first disadvantage by dividing our offense into the three areas of strong side, short side, and middle offense. In this way, we can work on each phase easier and learn to block most any variation. The second disadvantage can be greatly helped by hard work, teaching, and a lot of enthusiasm. But probably the best way to come across is to win. We still feel that we can expect to take advantage of the two most desired characteristics of our offense system—SIMPLICITY and FLEXIBILITY. However, success still breeds success.

To our knowledge, there is no "best" offensive system or formation. Each coaching staff, guided by available personnel, and past experience and background, must select its own style of offensive attack. Being aware of this and because of time and space, we will not try to cover blocking techniques or different series, but will list below some of the formations we have been using over the past few seasons. If you find this of interest to you and need more information or have any questions, please contact me at the High School or at home.



Finally, we feel that with this unbalanced line attack, we can move the ball against our opponents with reasonably able personnel, and competent coaching, better than we could with other systems. We are resigned to the fact that we can't expect to outmanpower most of our opponents, so we must resort to other ways to move the ball. We use, therefore, a flexible offense to get better blocking angles and to cause the defense to change their favorite alignments.

It is our hope that some of the ideas we have assembled, will be of value to those who might want to use the unbalanced line attack, or who will have to adjust their defenses to meet the attack.

In closing, we feel a quote by General George S. Patton sums up our feelings on offensive football. "In war, the only sure defense is offense, and the efficiency of offense depends on the warlike souls of those conducting it."

## Angle - Key Drills

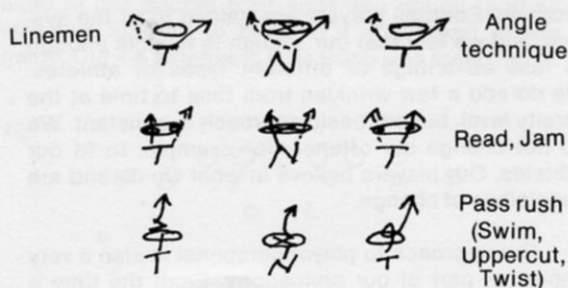
by Dick Koski  
Negaunee High School

Coaching in a small school with a small staff has its advantages as well as disadvantages. One advantage is that with a smaller (25-30) squad you can give more individual attention. However, you may also only have one assistant which I do, and thus, that individual attention can be minimized at times. We have found this to be especially true when it comes to breaking down into group work, particularly defensively. We have overcome this in part by limiting our defensive schemes, and thus the teaching of many skills, and by combining groups and drills.

Our base defense has been the 52 Monster, with the basic Read techniques and mixing in Slant or Angle, along with the usual stunts and offsets, with an occasional even look. With this in mind we have set up some basic drills incorporating true game conditions as much as possible and work a lot on the premise that repetition equals recognition.

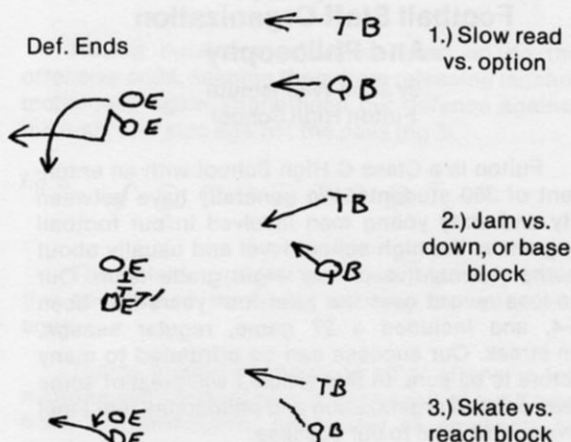
My assistant handles the defensive secondary while I work with the defensive line and linebackers. Ideally we would like to have someone working with the down linemen, someone with the ends, and another with the linebackers. Since that isn't possible we have devised what we call "Angel-Key drills". We will walk through with each group the basic skills we want worked on and then each group works separately at the same time with an assigned leader. I keep the groups close together so that I can walk from one to another to observe and coach. We will do this practically every defensive practice for 15 minutes.

### Angle-Key Drills



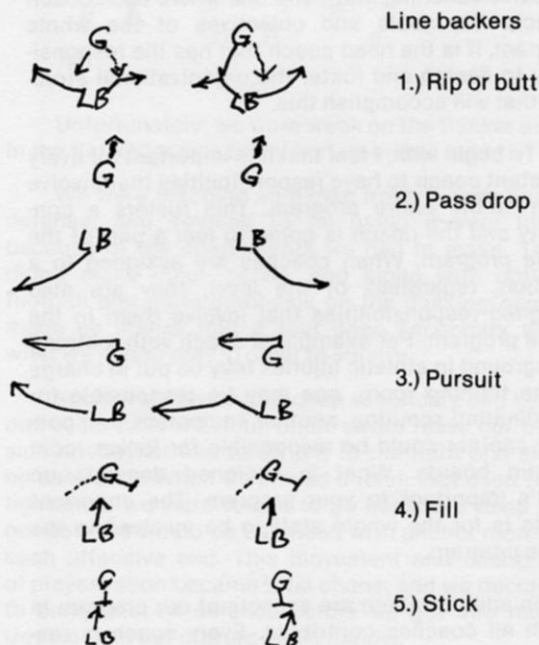
### Notes:

1. Offense fires out on command.
2. Defense executes the call.
3. Emphasize technique.
4. Begin with one technique and add others later. We work on all or some.
5. Stress alignment, stance, explosion, technique.



### Notes:

1. Depending on the opponent we will work on what they do most. Option, Sweep, Power?
2. Everyone rotates at all the positions.
3. If we have enough boys, two ends can go at the same time.
4. The move or play is predetermined.





## Notes:

1. As with the ends, everyone rotates at all pos.
2. The move is predetermined.
3. Mirror the first step and then find the ball.
4. Emphasize alignment, stance, technique, HIT.
5. This group spends a lot of extra time on this drill as they are the heart of the defense.

## Football Staff Organization And Philosophy

by John Wachsmuth  
Fulton High School

Fulton is a Class C High School with an enrollment of 360 students. We generally have between fifty and sixty young men involved in our football program at the high school level and usually about another twenty-five on our eighth grade team. Our win-loss record over the past four years has been 34-4, and included a 27 game, regular season, win-streak. Our success can be attributed to many factors to be sure. In this article I will present some ideas on staff organization and philosophy that I feel have contributed to our success.

At Fulton we have a total of seven football coaches. Other than the head coach, our staff consists of two varsity assistants, two junior varsity coaches, and two eighth grade coaches. In our situation, as with most, assistant coaches are primarily teachers with varied football backgrounds. We strive to function as a well-organized and cohesive coaching staff, and one where each coach reflects the goals and objectives of the whole program. It is the head coach that has the responsibility to design and foster the organizational structure that will accomplish this.

To begin with, I feel that it is important for every assistant coach to have responsibilities that involve them in the entire program. This fosters a continuity and the coach is going to feel a part of the whole program. When coaches are assigned to a position, regardless of the level, they are also assigned responsibilities that involve them in the entire program. For example, a coach with a strong background in athletic injuries may be put in charge of the training room, one may be responsible for coordinating scouting, another equipment, and possibly another could be responsible for locker room bulletin boards. What is assigned depends on what's important to your program. The important point is for the whole staff to be involved in the whole program.

In addition there are aspects of our program in which all coaches contribute. Every coach is res-

ponsible for supervising our weight training program at certain times during the off-season. Eighth grade coaches are utilized during pre-season two-a-day drills before their practice begins when school opens in the Fall.

When staff meetings are held each coach is responsible for presenting a portion of the meeting. For example, when we are going over our offense at our pre-season meetings, the eighth grade coaches might be responsible for presenting blocking techniques and blocking patterns, possible the junior varsity coaches would present something on backfield option techniques and strategy, and the varsity coaches could discuss some other aspect. Again, the important thing is to involve the whole staff. I might add here that each coach is issued a staff manual which contains everything relative to our program; such as offensive, defensive, kicking game, technique and drill notebooks.

When coaching assignments are made, two things are considered. First, is the individual coaches preference. If a coach is more comfortable on the junior varsity than at any other level, he will probably do a better job there. If possible he is assigned his choice. The second consideration is where the coach can be of most help to the program. It all depends on the needs of the program. I do not believe that the most knowledgeable assistant always belongs at the varsity level. He may be of more service on the junior varsity level. It just depends on your situation. The important thing is to get people in positions that will best serve the whole program. I think that it is important to note that all of our assistant football coaches at Fulton receive exactly the same salary. We attach no more importance to any one position.

We are system oriented in our approach to football. Every level of our program utilizes the exact same strategies, drills, and techniques. When a football player comes through our program, he will be developing the same techniques he is introduced to at the eighth grade level. Our eighth grade football team uses an abbreviated varsity offense, and then we add to it as the players progress through the program. The same holds true for all aspects of our program. Football players are trained to fit the system, and we feel that our system is flexible enough to take advantage of different types of athletes. We do add a few wrinkles from time to time at the varsity level, but our basic approach is constant. We do not change our offense, for example, to fit our athletes. Our players believe in what we do and are suspicious of change.

Our approach to player personnel is also a very important part of our philosophy. From the time a



player checks out his first uniform we stress that becoming a varsity football player is his main goal. We look at eighth grade and junior varsity football as pre-varsity football. We concern ourselves with the development of the individual for varsity competition. We do not concern ourselves with win-loss records at the lower levels, nor do we concern ourselves with "keeping a class together." When a player is ready for varsity, he is there and we believe he develops faster as a result. Anything else fosters mediocrity in our opinion.

Our junior varsity football coaches take pride in how many of their football players make it at the varsity level, and our sophomores work their tail off to get there. We have usually had a few sophomores on varsity every year.

We also feel that it is important to state our goals and objectives and what we are going to do to accomplish them. Therefore, the first order of business at our first staff meeting of the year is football program objectives. We outline the objectives for each level of competition. Every coach should understand exactly what we are trying to accomplish at each level. Too often we take this for granted and I feel that is a mistake. Below is an example of our objectives for our junior varsity for 1979.

The purpose of junior varsity football is to groom talent for the varsity level of competition. The objectives are:

1. Generate enthusiasm for football.
2. Develop a good attitude toward football and a winning attitude.
3. Participation.
4. Have fun playing football.
5. Teach sportsmanship and playing within the rules.
6. Teach fundamentals used at the varsity level.
7. Teach football system used at the varsity level.
8. Win — without sacrificing the above objectives.

In addition each coach's duties and responsibilities are outlined. We then have a plan and every coach understands his function.

These are a few ideas on how we organize. At Fulton High School I feel we have an excellent coaching staff. All of our efforts are directed toward winning at the varsity level. We have the same types of problems as everyone else, but I feel our organization helps in solving many of them.

## Weight And Agility Program

by James V. Bates  
Port Huron Northern High School

Our Weight and Agility Program will compare with any in the state. Team strength and quickness have helped us to compete in the tough Eastern Michigan League.

We started out like many other schools running a program after school for football players not out for other sports. We then progressed to a program held before school. The before school program did help build team pride and mental discipline, but did little for strength and quickness.

Our facilities and equipment were very limited. We claimed a storage area off our gym's upper level. It's a fair-sized room, but not very suitable for storage because it has a metal ladder of four steps up to the door. Our Booster Club bought a Universal, our Varsity Club bought a Knee Bench, some free weights were donated, and we were started.

Then a big break came for us that sets our program apart from others. Port Huron High School, also a Class "A" school in our district, got a Weights Class during school. We were then able to sell our Principal on a Weights and Agilities Class. However, it was open to everyone.

We, also, were lucky to have on our staff, Barry Armstrong, our great Defensive and Line Coach. Eight years ago, with his knowledge and experience on weights, he set up our program. Barry first talked to all our football players to get them in the class. Then for the first few weeks, he made the class very tough. They did a lot of running, so that the quitters and non-workers were weeded out. This also brought the class size down. We have found that the less than thirty students is best for us.

The Weights Class quickly became our top Physical Education class. Athletes from other sports started appearing in increasing numbers. More classes were added. Barry handled all classes until the numbers and his teaching schedule made it impossible. I then ran his program in first one class, then, finally, two classes.

We lift weights three days a week, on Monday, Wednesday, and Friday. Our program emphasizes the upper body. The Bench Press is still basic and we have a lift off on the Free Weights every nine weeks. Barry had wallet sized cards printed to issue to those students that were able to press over 180-220-260-and 300 pounds. The cards are in color with the top one in gold (also our school color).

If we have 27 young men in class, we will have three in a group and nine stations. Our classes are 55 minutes in length, so with time to change, shower and take attendance, we can figure on 40 minutes of lifting time. We can rotate through eight stations at 5 minutes a station. Our aim at each Basic Arm station is for everyone to do three sets of approximately six repetitions of each set.

The stations on the Universal we use are: 1. Bench, 2. Shoulder press, 3. Leg press, 4. LATS, and 5. Curls. Because our room is crowded, we also have some stations on our upper level. Sit-ups on the mat with knees up is the most common station. Other stations may include, the Knee Bench, Forearms, Chins, Leaper, Stairs, a Speed Bench, and Dips. The Speed Bench is with the Free Bar, using lighter weights and spotters. The set now should consist of 12-15 repetitions.

If a young man will work hard and consistently in the weight room, we find that his average improvement on the Bench Press, is about 25 pounds per semester and 50 pounds per year. We once felt that after a period of time, there would be a leveling off of improvement, but this has not been true. There will be leveling off periods, but an improvement spurt will follow.

During the summer, we have no organized program. Mentally, they need a break from our supervision. Many will continue to work out independently at some other facility. Those who do not work out at all, can expect to drop about 20 pounds on the Bench. When they resume work outs, they will gain it back quickly.

On Tuesday and Thursday, the Agility part of our program is held. Three types of movements are emphasized: 1. lateral, 2. backward run, and 3. sprinting. The running area used for Agilities is about 35 feet by 40 feet. Changing direction in all movements, quickly, is a point of concentration. Four lines are painted on the floor equally spaced, with the outside two near the ends. The Lats use the middle two lines. Lats are done twice with the fingers touching the lines. The back uses three lines and is a progressive type movement, back and forward. The sprint uses all four lines. The lines must be touched with the fingers and is a progressive movement. We call these three runs our "Big 3". Each set is usually run three times. After stretching or loosening up, the "Big 3" is run every agility day.

After the "Big 3", a variety of activities and movements are used. Some of the more common are: 1. Carioca, 2. Bear Crawl, 3. 10 Jumps, 4. Knee Turns, and 5. Step Overs, Tumbling, Jumping, form running drills, or some type of toughness game, like team wrestling, may be used. Some days, team com-

petition is used. We get a good work out on agilities day. Most students prefer the lift day's.

The lift-run routine can become boring, but repetition gives improvement. Motivation is important. Testing for progress is still our biggest motivator. Other things that have helped motivate are the Varsity Club donating some carpeting for our Weight Room, our Basketball Team buying a Leaper, our Electronics Class making a Sound System, decorating the room with football pictures, and our Shop teacher and Custodians helping to keep the room and equipment in repair. It is a total school effort.

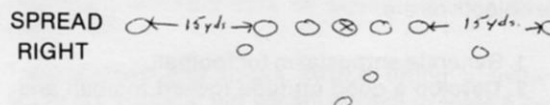
Even though our football players may be behind others in skill and techniques, we feel that our Weight and Agility Program has provided us with the team strength and quickness to be competitive.

## Alpena's Two Minute Offense

by Dutch Schrottenboer

I feel this is one of the most neglected areas of High School Football. The two minute offense has been very effective for us over the years. It is very easy to put in and can be incorporated into practice sessions as wind sprints, pass offense, or during any other type of drill scheme that you use.

The basic formation:

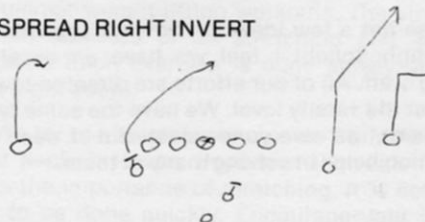


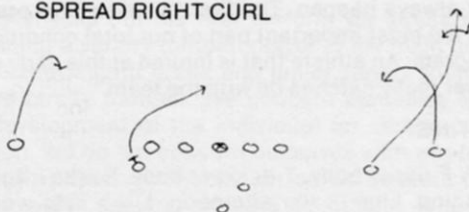
In the Spread Right formation the Fullback goes to the right side and slot on that side splits the difference between Tackle and Split end. Slot on backside is one (1) yard by one (1) yard from offense tackle and blocks for two (2) counts then releases over middle. Quarterback lines up seven (7) yards deep and Fullback lines up five (5) yards deep. Spread left would be mirrored.

All plays are called from line of scrimmage except when the clock stops.

For example:

### SPREAD RIGHT INVERT



**SPREAD RIGHT CURL**

There are as many patterns as you can imagine. We also run screen and draws from this. If you are interested, I can go over this in greater detail. You can contact me at Alpena High School.

**Blocking The Inside Trap**

by Jack Castignola  
Trenton High School

Running the trap series at Trenton High School is a major part of a philosophy that has evolved over many years. The key part of this philosophy is stated as follows: I want to have an offense that is simple yet affords the greatest amount of action possible. Trenton's 22 Trap is the epitome of that philosophy.

There are three major areas of consideration that need to be looked at in preparing a team to trap successfully.

- 1.) Personnel
- 2.) Trap hold definition and trap rules
- 3.) Trapping techniques

At Trenton there have been many years that our best football players were our center and two guards. I feel that quality football players in these positions is a must and something I try to secure right away. To play center or guard for me a player must first of all have good football "sense" and be willing to devote a great amount of time to technique work. Secondly, he must be quick and agile. In other words a good "athlete". Traditionally Trenton has been blessed with this kind of athlete.

We define a hole called as the area between two linemen. In the case of the 22 Trap it would mean that the left halfback is going to carry the ball through the area between the center and right guard. The center and two guards must follow a comparable set of rules. While trapping they always work as a unit. The trapping or offside guards rule states that he must block the first man, usually the linebacker, outside the hole called. The center and onside guard block back to the weakside. The right guard blocks the first man inside the hole called and the center blocks the second man inside the hole called. This gives us action at the line of scrimmage and maintains simplicity.

The specific techniques for trapping must be looked at individually. The center, in one motion, must snap the ball and take a six inch lead step with his left foot. This step should align him to the outside shoulder of the man he is blocking, usually a linebacker. He must have a quick recovery step with his right foot. This accomplishes two things. It gets him on his man quickly and makes him vacate his area quickly. The right guard has the same basic technique except his angle will usually be slightly different because he is blocking a down lineman. Both should hit face up and slide to a left shoulder block. This allows the defender only one avenue of release, into the backfield. The action in the backfield is fast enough that the defender will be taking himself out of the play if he takes this route. The trapping guard must have total coordination with the center. On the snap of the ball he must take a lead step with his right foot. This step will approximately replace the center's left foot with the guard's right. At the same time he should be reaching with his left hand to try and grab the right buttock of the center. These actions will force the pulling guard to be moving upfield, help maintain balance, and help keep him low to the ground. Continuing upfield to the defender the trapping guard must maintain control. At this point control is more important than speed. On approaching the defender the trapping guard must breakdown into a hitting position, make contact at the numbers and slide to a right shoulder block. His feet must never stop moving. If he doesn't take the defender down the line of scrimmage he will be in the ball carriers way.

**Fit To Win**

by Morley Fraser  
Mendon High School

At Mendon High School, our number one concern is the physical condition of our athletes.

A football team that is in top physical condition has several advantages over opponents who are in less than top shape.

Over the past two years we have had only one lost game-time injury (broken wrist). We have had only two twisted ankles and no pulled muscles. Surely some of this is pure luck. However, the Hor-net coaching staff feels much of this can be attributed to our conditioning and stretching program.

Our program is broken down into three areas: Pre-season, two-a-days and the regular season. Most of our players participate in winter as well as spring sports so we run a limited program during the school year.



### Pre Season Conditioning

We open our weight room three days a week starting during the second week of June. Each athlete is tested on his maximum strength. A program is then set-up for each athlete according to his strength. We also attempt to group athletes together according to strength.

After we test each athlete for his total single-lift maximum we only max out once a month until the season begins. We encourage our athletes to increase their weight each week, however not so much that they cannot perform the lift five times on their final set.

#### LIFTS

Squat, Bench, Clean and Jerk, Curls.

#### SETS

5 sets with 5 lift attempts in each set. Work from light to heavy.

#### DAYS

Monday - full maximum. Wednesday -  $\frac{3}{4}$  maximum. Friday -  $\frac{1}{2}$  maximum.

**Important Tips:** Encourage athletes to move from station to station as fast as they can. This in itself is a great conditioner. Keep a record board of each lifter's maximum. Note dates (once a month) when athletes will be tested for a single-lift maximum. Safety is very important in the weight room. Make sure each athlete is taking his workout seriously.

#### Running

June and July are endurance months. We encourage our athletes to run one to three miles four times a week. Starting on August 1 we drop the endurance training to two miles twice a week. We then add two days a week of 440's. We encourage at least 8-10 440's at  $\frac{1}{2}$  to  $\frac{3}{4}$  speed.

#### Agility/Activities

Most schools run summer baseball and basketball programs. We encourage our athletes to participate in one of these programs. Starting the second week in July we stress total dedication to the football program. Along with weight lifting we have ball handling, pass catching and line drills. Our captains are in charge of these programs. It is up to them to call each teammate and make sure they are attending our summer workouts.

#### First Two Weeks (two-a-days)

Every coach wishes each player will come to football camp in top condition. However this does

not always happen. The first two weeks of practice are the most important part of our total conditioning program. An athlete that is injured at this early stage never really catches up with the team.

#### LIFTING

M-W-F upper body. T-th lower body. Backs lift in the morning. Line in the afternoon. Lift 5 sets working up to maximum.

#### RUNNING

Many athletes are not prepared to run full speed sprints for at least one week. We run 8-10 440's at  $\frac{1}{2}$  to  $\frac{3}{4}$  speed for the first week. The second week we work some  $\frac{3}{4}$  speed 40's in with our 440's.

#### GRASS DRILLS

Circuit Conditioning 4 stations: sit-ups/push-ups, log rolls, stance and starts, ball handling.

### Season Conditioning

Many coaches make the mistake of dropping all weight lifting once the season starts. We have found that running a lifting program after practice maintains and in some cases increases the strength of our athletes. The program is explained below.

#### LIFTING

Monday-Line does 5 sets on bench working up to maximum. Backs 5 sets on squats working up to maximum.

Tuesday-Line and backs switch lifting activities. Curls are optional but we encourage at least 5 sets a week.

Wednesday-Optional workout. 5 sets of clean and jerk.

#### Stretching

Stretching is the most important part of our conditioning program. A muscle that is not properly stretched is easily injured and can hinder an athlete's performance.

We go through a complete twenty minute stretching program before each practice and game. We also stress stretching before, during and after our summer weight lifting workouts. The stretching program consists of 35 stretching and warm-up exercises. Each exercise is done slowly and held for an eight count.

We try to stretch every muscle from our ankles to our neck. It is very important that each athlete knows the importance of stretching. It is not something to be done quickly. Encourage your football

players to take their time. (Because of limited space I cannot describe all 35 of our exercises. If you want a copy of our complete stretching program send me your name and address and I will mail you a copy.)

### Conclusion

I'm sure most coaches agree that an athlete that is in top condition will perform much better than one that is not. However, its up to each coach to install a first class conditioning and stretching program. If a coach does not place great importance on this area of football, neither will his ballplayers.

## The Making of a Defense

by Don Blanchard  
Loy Norrix High School  
Kalamazoo, Michigan

When I was asked to write this article, I started looking at our football program at Loy Norrix High School to try and find something that was innovative and different. I looked at our organization, but most programs today are well organized and show a real concern for the young men participating in them. I thought of writing about our offensive team or kicking game, but feel they too are similar to many programs throughout the state. This left me with our defense. I feel we do something defensively that is unique, and it has been very successful for us. We run one defense! We will use the 50-Gap Stack on short yardage, long yardage or goal line. It makes no difference.

It is not the purpose of this article to outline and go through individual techniques of each position on our defense. To do that would require writing a book, not an article. I would rather like to show you how and why we decided to run the 50-Gap Stack defense as our *only defense*, and why we feel it is unique.

Ten years ago we were using a 4-4 defense and had been very successful as a defensive football team. Teams at that time did not pass a great deal, liked to use double tight ends and option football was just starting to become a major part of the game. Our 4-4 defense (8 man front) was ideal (fig. 1).

fig. 1



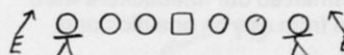
Having four defensive men over three offensive men between the tackles gave us a real advantage against the inside running game (fig. 2).

fig. 2



Having outside Linebackers head up on the offensive ends, keeping them from releasing (anchor technique), again strengthened our defense against the rush, and also against the pass (fig 3).

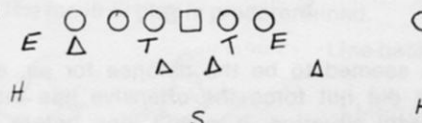
fig. 3



The outside running game was not very effective because of the quick force by our defensive ends.

Teams started changing to other offensive formations and styles of play to get us out of our 8 man front. Pro formations, twins, and an emphasis on the passing game soon made us realize that the 8 man front was not the ideal defense. When a team did not have two tight ends, one of our outside linebackers was not playing an anchor technique, and was forced to drop off the line. This almost gave us a four deep (invert) look in our secondary on the split end side (fig. 4).

fig. 4



Unfortunately, we were weak on the flanker side in the flat and teams really hurt us in that area.

We were teaching an 8 man front, 3 deep basic defense, and seemed to be using it very little because of the adjustments we had to make. This didn't make much sense, and along with option football and more emphasis on the passing game, made us realize that a four deep secondary was what we had to play in order to survive.

In order to have a four deep secondary and keep our basic look with our other seven men, our outside linebacker had to switch to the tight end side on each play. When we played a team that used two tight ends we were forced to go back to 3 deep so our defense would be balanced with anchor men on each offensive end. This movement and changing of players soon became total chaos, and we decided to dump the 4-4 defense before we got into more trouble than our players could handle.

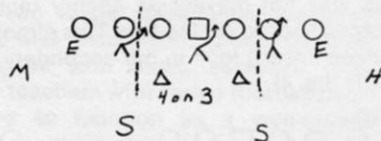
Our problem now, was to find a replacement. We were committed to a four deep secondary and were looking for a defense that incorporated as many of the advantages of the 4-4 as we could find. The following list is what we wanted in our defense:

1. A four deep secondary
2. Four defensive men vs. three offensive men inside the tackles.
3. An anchor end whenever the offense had a end.
4. A defensive tackle over the offensive tackle to keep him off our linebacker.
5. Force the offensive line to double team our down lineman so our linebackers were protected from one on one blocking.

We looked at many different defenses, but none of them filled our five prerequisites that we had established. We were running out of options, and decided to look at the angle five defense that is being used by many of the teams today.

The angle five did give us a four deep secondary, an anchor end on one side, a tackle over an offensive tackle, and after the angle was made we did have, to some degree, a four on three look inside (fig. 5).

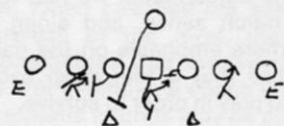
fig. 5



This seemed to be the defense for us, even though it did not force the offensive line into a double team situation. It wasn't long before problems began to surface. We found three major weaknesses in the angle five defense:

1. Teams would run the isolation away from the angle and double team out on our tackles (fig. 6).

fig. 6



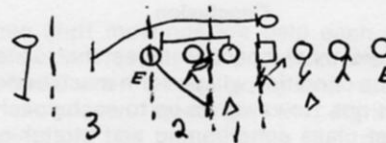
2. Teams started using a controlled fullback dive play where the fullback would come under control and read the nose guard. He would then cut off our centers block (fig. 7).

fig. 7



3. Offensive teams started blocking two or three lanes and not just a hole. This gave their backs more options to read the defense and run to daylight (fig. 8).

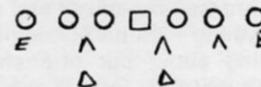
fig. 8



We also found that our angle was going the wrong way about half of the time. Many times it was more than half, because the angle does become predictable. We decided to go one step further, and that is how the 50-Gap Stack developed into our defense.

We decided to show our angle before the ball was snapped, by sliding to the gap, and reading from that point. This gave us a four on three look inside, forced the double team on our down lineman, gave us a defense tackle on an offensive tackle, kept the anchor end on a tight end, and allowed us to be in a four deep secondary (fig. 9).

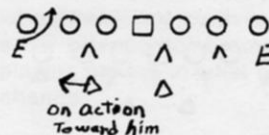
fig. 9



We now had the things that we wanted in a defense, and after playing it, found that there were many more advantages to the Gap Stack than we had realized. It was very difficult for the offense to block a stacked linebacker. The linebacker does not have to worry about one on one blocking and has more time to get ready for the fullback isolation block. This freedom for our linebackers turned out to be one of the major advantages in the defense. It was also very difficult to block lanes unless you use an overblock technique which is not an easy thing to do. It is also fairly easy to teach defensive linemen not to be overblocked.

One more major area of strength we found the Gap Stack had over the angle five was in the off tackle hole away from the angle. Using a cross technique really gave us more strength away from our slide that toward the slide (fig. 10).

fig. 10

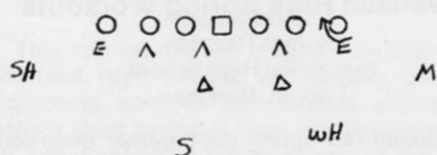




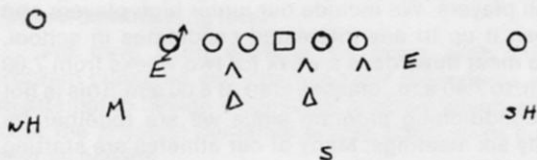
We have used the Gap Stack for 9 years, and have no intention on changing in the near future. We have given up less than 100 yards rushing per game average over that 9 year period, and feel that a team will have trouble beating you if they can't establish a rushing game. Since we use only one defense for all situations, our team does not have many different techniques and adjustments to learn. We must make some adjustments, but are always in our basic look.

Time and space will not allow me to go into all phases of the Gap Stack, but I would like to show you four basic adjustments we make against the most common things we come up against.

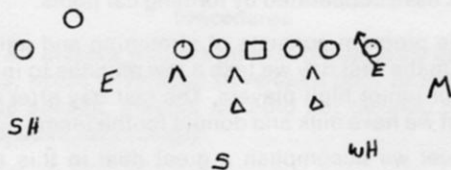
1. Double tight end formations (we like to slide away from our monster).



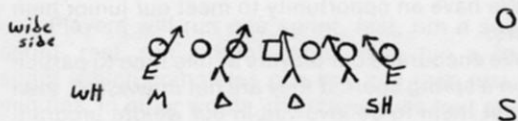
2. Double width (pro) formations (we like to slide toward the split end).



3. Twins into the short side of the field (we again like to slide toward the split end (twins) side).



4. Goal line situations (we pinch our line and slide the same as 1, 2, or 3 above).



I hope you have enjoyed reading how we came about using the Gap stack and why we feel it is a unique defense. It was not the purpose of this article to try to convert everyone to my style of defensive thinking, but I do hope I have been able to give you some ideas you might be able to use in your programs. It's great to be a part of an organization like we have, and I really appreciate being given the chance to present this material to you.

## The Great Eight

by Jim Buttson  
Woodhaven High School

Looking back upon my first two years as head coach, it is difficult to attribute the success that we have enjoyed over the past two years (15-3 record) to any one particular aspect of the program. Ostensibly, the turning point in my mind can be highly attributed to the off-season weight program and in particular to the eight day early morning workouts called the "Great 8".

Taking over a program that had just finished one and 27 in a three year program is not an ideal situation to say the least. The attitude was very poor and losing seemed common place. Our task seemed obvious—change the environment and create a positive image that the athletes could believe in. Our main objective was to generate enthusiasm and pride and to make the athletes aware of the "little things" that are necessary to become a winner.

Our answer to the problem was the "Great 8" early morning workouts. Every student of high school age in the school district was invited to attend the eight early morning workouts and to become a part of the new tradition. The coaching staff was very skeptical at first, however, the first morning 65 students showed up at 6:00 a.m.; 58 of them never missed a morning workout. The second year the number rose to nearly 100 participants and 89 never missed a workout. I believe that these morning workouts marked a turning point at Woodhaven that helped the football program grow.

### "Objectives of the Great 8"

- to believe in yourself and in your fellow teammates
- to improve agility, strength, flexibility and speed
- to improve mental and physical awareness
- to learn the leadership qualities and competitiveness of each student athlete
- to help each student athlete better understand what it takes to be a winner

The program is comprised of eight hard, enthusiastic, fast workouts. It is obvious that a student athlete cannot get into top physical or mental condition in just eight days, however, it is a good starting point. The young athlete establishes a sense of pride and enthusiasm about athletics and begins to understand the "little things" that are necessary to get that competitive edge.

If you are interested in starting your own early morning workouts, here are a few suggestions to keep in mind before you begin:

- you will need four or five coaches who are enthusiastic and willing to donate their time on eight consecutive mornings
- publicize the workouts a month in advance
- type an expectation sheet and have each student athlete and his/her parent sign and return the sheet.
- keep students in a state of anxiety (don't tell them too much about what is going to go on at the workouts).
- create a very disciplined atmosphere during the workouts
- must be super enthusiastic—show them by example how enthusiasm can be contagious.

#### Typical Workout (Tuesday and Thursday)

1. Five minute talk (guest speaker, other coaches in area)
2. Flexibility - 10 minutes
3. Push-ups for five minutes
4. Strides for five minutes
5. Sit-ups for five minutes
6. Jumping rope for five minutes
7. Twenty minute various types of agility running
8. We end every workout with step-overs into down-ups. We start with 13 the first day and work our way up to 100 by the last day.

#### Typical Workout (Wednesday and Friday)

1. Five minute talk (guest speakers)
2. Flexibility
3. Strides
4. Push-ups
5. Sit-ups
6. Jumping rope
7. Combative Stations
  - (a) wrestling for basketball
  - (b) wrestling for a takedown
  - (c) wrestling with man on his back, fight to get free
  - (d) rooster fight
  - (e) two man tug-of-war with a rope
8. Step overs into down-ups.

The eighth workout, the final session, begins one hour earlier than usual. This workout is accelerated to accommodate the agility and com-

bative programs. The workout culminates with each athlete completing 100 down-ups. After the final workouts the Booster Club hosts a pancake and sausage breakfast for the coaches and athletes. Special awards for "most enthusiastic", "hustler" and "best jump rope artist" are distributed among the athletes and "Great 8" t-shirts are presented to those who attended all eight sessions.

Enthusiasm and pride in yourself and in your school is an essential ingredient for success. After completing the workouts, the athletes have a great feeling of pride and accomplishment. Hence, a tradition has been established and combined with pride, will inevitably lead to success.

#### TRADITION + PRIDE = SUCCESS

### Stevenson High Spring Workouts

by Jack Reardon  
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We began our spring get-together program in 1968. We were looking for a way to bring all our football players together before they began spring sports.

When our winter sports are through in March, we have a two week morning program for all football players. We include our junior high players and open it up to any interested candidates in school. We meet three days a week for two weeks from 7:00 a.m. to 7:40 a.m., classes start at 8:00 a.m. This is not a conditioning program since we are together for only six meetings. Many of our athletes are starting a spring sport and we do not want to interfere with that sport.

Our parents play an important role, we send a letter to them explaining the program and ask their help in getting their sons to school by 6:45 a.m. The parents have cooperated by forming car pools.

The program consists of stretching and agility drills. On the first day we take a few minutes to introduce our junior high players. The last day after our workout we have milk and donuts for the team.

I feel we accomplish a great deal in this two week program:

1. Because of jobs and other sports this is one time we can have *all our football players together as a team.*
2. We evaluate our players agility and quickness.
3. We have an opportunity to meet our junior high players.
4. We encourage our players at this time to participate in a spring sport. If they are not interested, then we want them to be involved in our weight program after school.