



MHSFCA ALL STAR FOOTBALL GAME - AUG. 8, 1981

It has been decided by the MHSFCA that they will sponsor an All Star Football Game on Saturday, August 8, 1981. After six years of intense work and negotiations with the Michigan High School Athletic Association, the All Star game is finally becoming a reality. A lot of cooperation is needed from every high school in the state of Michigan to make the game a success.

The All Star Committee consists of President Walt Braun, 1st Vice President Jim Ooley, 2nd Vice President Tom Fagan, Secretary-Treasurer Don Lessner, All Star Chairman Irv Sigler, Jack Hepinstall, and Don Glowicki. Mr. Tom Moore, a retired Traverse City lawyer, and Mr. Bob Andrew, a Traverse City businessman, are also assisting the MHSFCA with the administration part of the game.

Amway and the Shriners have been contacted and asked to take an active part in the game as backers and promoters. At this time the site of the game has not been determined, but the date is definite. Different colleges have been contacted about hosting the game along with the Silverdome and all seem interested. Many decisions have already been determined about the mechanics of the game. Meetings on the All Star Game were held in Traverse City on July 17-18, and much was accomplished.

Two important things were noted by the All Star Committee: (1) There is no way of dividing the state into two teams along with the selection of players and coaches that will satisfy everyone. There will be complaints, and (2) Mr. Hal

Schramm of the Detroit Free Press will be contacted for football stats since he is responsible for an extensive coverage of high school football.

It has been decided that the state will be divided into an "East - West All Star Game" with the basis for the decision being student population. The All Star Committee noted that the division of the state was the most difficult problem.

The East All Star Team will consist of schools from the following counties: Wayne, Oakland, Monroe, St. Clair, Lapeer, Sanilac, Macomb, Huron, and Tuscola. This represents some 229 schools and 269,300 students.

The West squad will consist of students from high school in the counties not listed above and some 277,900 students are represented from 418 schools. Each team will have 36 members with 8 players being selected from Class A high schools, 6 from Class B schools, 4 from Class C, 2 from Class D, and 16 players selected at large.

Two platoon football will be played and the selections will be made as follows for Offense (2 centers, 3 guards, 3 tackles, 3 ends, 2 quarterbacks, 3 running backs and flankers, 1 punter, and 1 placement kicker). The selections for Defense will be: 3 ends, 4 down linemen, 3 linebackers, and 6 defensive backs.

Thirty schools must be represented on each team and no one high school may be represented by more than two players. *No player will be selected if his coach is not a member of the MHSFCA!*

A nomination sheet will be sent to

coaches who are MHSFCA members in this Newsletter. Coaches are asked to recommend no more than 2 players and the nominations must be sent no later than February 15, 1981, to Don Lessner, Riverview H. S., Riverview, Michigan 48192.

The selection committee for the All Star Players will consist of the MHSFCA All Star Committee and the four head coaches for each squad. The selection committee will select 36 players plus double the number of alternates for each position in order. In case one of the original 36 players does not want to participate, the next player at that position will be selected.

The selection meeting will take place at Michigan State University on March 6 and Saturday, March 7.

The coaches for the All Star Game will be selected at the Annual Clare Meeting in November. The All Star Coaches will be selected from the top 16 from each of the four regions in the Coach of the Year balloting. The top vote getter is the head coach. There will be 6 coaches selected for each All Star Team and the top two vote getters will be the Offensive and Defensive Coordinators. *The coaches selected must be MHSFCA members.* Each of the coordinators may select one of their high school assistant coaches to work with them as long as the assistant is an active member of the MHSFCA.

The All Star Game will be sanctioned by the NCAA and a letter will also be sent to the MHSAA giving information about the game. Many decisions still have to be made such as how to house the

Continued on Page 2

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Region 12

✓ Dick Harris, Harrison

Dick Look, Tawas

Region 13

✓ Doug Coe, Orchard View *Willard West OT Tawas*

Region 14

✓ Irv Sigler, Cheboygan

Art Gillespie, Alpena

Region 15

✓ Don Glowicki, Elk Rapids

Region 16

✓ Jim Hilgendorf, Rapid River

✓ Randy Neelis, Les Cheneaux

MHSFCA Projected 1980-81 Budget

The following budget was adopted by the MHSFCA Board of Directors at the Annual Summer meeting at Traverse City:

All Star committee	\$1,000.00
Annual Audit	150.00
Association Dues	600.00
Clinic	6,000.00
Coach of The Year	800.00
Director Expenses	4,500.00
Historian	50.00
Honorary Membership	150.00
Membership	600.00
Newsletter	3,500.00
Playoff Committee	25.00
Political Action	200.00
Public Relations	1,350.00
Rules Committee	50.00
Scholarships	1,400.00
Sec-Treasurer	650.00
Total budget for 1980-81	\$19,675.00

Mr. John Maxim is head of the Finance Committee.

All Star Game

[Continued from page 1]

athletes and coaches, supervision of players, game programs, officials for the game, financial arrangements, etc. It has not been determined yet if there will be a clinic in conjunction with the game.

The All Star Committee has determined under "Coaching Philosophy For The Game" that our objective is to showcase the players, not the coaches. Scrimmages may be limited and it is important that the coaches adapt their philosophy to his players and the philosophy of the game. There will be limitations on defensive stunting and number of plays for the offense. Every effort will be made to keep injuries to a minimum. The players must be a high school graduate and not attended a college at the time of the game.

Irv Sigler is the All Star Chairman. Please contact him at Cheboygan H. S. if you have any ideas which may be an asset to the game. *We need everyone's help if the game is going to be a success!* President Walt Braun summed it up very well when he said, "The all Star Football Game is a large undertaking and no piece of cake."

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SILVERDOME PLAYOFF BUFFET

The MHSFCA has once again scheduled a between-game buffet at the Pontiac Silverdome on State Finals day. All coaches, wives, friends, and guests are invited to attend the buffet in the "Main Event" banquet room between the Class A and Class C Championship games (approximately 3:00 p.m.). Silverdome offices promise they will show us how to get in without walking around the building three times!!!

The cost of the buffet is \$10.00, which gives us the best buffet offered, and includes tax and tip. A cash bar will also be available. Make your reservations as soon as possible as we must give the Dome an accurate count.

Checks should be made payable to the MHSFCA and sent to Dom Livedoti, West Bloomfield H. S., 4925 Orchard Lake Road, Orchard Lake, Michigan 48033.

No tickets will be mailed to you. Your tickets will be held at the door at the time of the luncheon.

It would be a great help if your whole group would enter together as there was some confusion with tickets last year. Also, you should have your tickets for the second session of the finals, if possible before attending the buffet.

Important Dates

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:

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.

Are You a MHSFCA Member???

Are you a current member of the MHSFCA? If not, please give consideration to the following:

1. Only active members may be selected for Regional and State Coach of The Year Awards. In past years, we contacted those coaches who were selected for special awards if they were not members and asked them to send in their \$2.00 membership. This will not happen this year. If you are not a member you will not be selected even if your team is 12-0 and state champs.
2. Only active members will be speakers at the Annual Clinic which is at Lincoln Park H. S. this coming January.
3. Only active members will be selected to coach in the All Star Game scheduled for August 8, 1981.
4. Only active members can submit the names of their players for the All Star Game.

If you evaluate the above, it is well worth the \$2.00 membership fee. Don't be left out! Complete the Application Form and send \$2.00 to Curt Evans at Homer H.S. if you are not an active member. Take pride in the high school football in the state of Michigan.

Hall of Fame Nominees

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

MHSFCA CLINIC UPDATE

This year's football clinic will be at Lincoln Park H. S. on Friday - Saturday, January 30-31, 1981. Dick Harris, Clinic Chairman, has promised us that the clinic will be a real success. The first 550 registrants will receive a free meal on

Saturday, so it is important to register early. Application forms will be sent to all high schools the first week in December. The cost for the clinic will be \$15.00 pre sale and \$20.00 at the door.

Noted high school coaches in the state of Michigan will serve as guest speakers, and as custom, a college coach will also be selected as a guest speaker. A top high school coach from another state may also be on the panel along with strength and conditioning experts.

Don't miss the MHSFCA Football Clinic. Without a doubt, it is the *Number one football clinic in the state.*

Hall of Fame Update

Every effort is being made to have a MHSFCA hall of Fame. Past President Ron Holland of North Farmington H. S. has been appointed to head up the project and we are very fortunate to have a man of Ron's capabilities and dedication. There is a strong indication that the Hall of Fame will be housed at the new football building at the university of Michigan.

The Hall of Fame would honor: past MHSFCA officers, honorary members, playoff teams, Coaches of The Year, and any other noteworthy achievements such as Hudson High School's national record of 72 consecutive wins. Coaches with over 100 wins and 20 years of service would be honored.

In order to finance the project, Dick Look of Tawas High School had come up with the idea to have the "Gold Brick Award." Each school sending \$100.00 would have their name placed on a gold brick and a display would be a center of attraction at the new Hall of Fame. Ron Holland has sent a letter of explanation on the "Gold Brick Award" and each coach is asked to help finance the \$100.00 project. Everyone must do their part so we can have the money needed for the project which will be a real boost to high school football in the state of Michigan.

EDITOR
Don Lessner
Riverview High School
Riverview, Michigan 48192

Jim Crowley Award

Jim Crowley demonstrated a commitment of excellence over many years of coaching. The recipient of the Jim Crowley Award should be measured against the following criteria:

- In the community by taking an active part in civic affairs.
- In the Michigan High School coaching ranks including active participation in the MHSFCA since its inception.
- In the service of his players by exhibiting continued concern for their success in life.
- On the field by preparing teams to consistently demonstrate their commitment to excellence.
- In life by maintaining moral and ethical standards above reproach.

Jim Crowley's name will always stand as an example for his players, his community, and football coaches throughout the state.

Nominations for the Crowley award should be made by coaches through Regional Directors. Nominations should include a brief biographical sketch, and should be to the November 26 "Clare Meeting." The award will be presented at the MHSFCA clinic at Lincoln Park H.

"State Assessment of Michigan High School Football"

At the Summer Meeting of the MHSFCA, F. Sible of the MHSAA made a presentation on Michigan High School Football. He stated that 1979 was a very successful year in regard to finances, players, fans, and the MHSAA. Football, basketball, wrestling, and hockey operated in the black and they supported the other 21 sports sponsored by the MHSAA and the total athletic program.

Last year was the safest year in the last 35 years for high school football with only 4 youths dying from direct injuries from football.

High School coaches, officials, and rule changes have helped in decreasing the deaths. Don't teach the use of the head in blocking or tackling. In 1980 the NOSCAE helmet standard will be in effect and it is hopeful that this will aid in eliminating head and neck injuries.

POTENTIAL COLLEGE FOOTBALL PLAYERS

For the third year we are asking all football coaches in the state of Michigan to send a list of their seniors who have the potential to play college football. The following form should be filled out and sent to Don Lessner, Riverview H. S., Riverview, Michigan 48192, by November 15. All of the names that are recieved will be compiled on one

form and sent to the twenty colleges and universities in the state of Michigan that play football. It is the feeling that this service will aid in getting recognition for our top football players and it should also make it easier for the college coaches to know who are our best players. Please make sure that you take time to fill out this form since

it is very important for your players. Last year we had only 99 coaches send in information for their players. This is a poor showing since there are 650 high schools playing football in the state of Michigan. DO YOUR PART FOR YOUR PLAYERS!

High School _____ City & Zip _____

Head Coach's Name _____

	Player's Name	Height	Weight	Off. Pos.	Def. Pos.
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____

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

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Coaching Principles For A Successful Football Program

by John F. Dean
Detroit Northern High School

There are many approaches to having a successful football program in high school or at any level for that matter. At Detroit Northern High School, I believe that there are five areas or keys to having a successful program. They are personnel or manpower; methods; motivation; organization and management; and morale.

Personnel

There is no doubt that the number one key to any successful program is the availability of good personnel. Without quality players the finest coach may not achieve a winning season. There are, in almost every high school in the country, some gifted athletes. But it is the duty of the coach to develop the talents of these players to their maximum possibilities. To do this, proper coaching methods, techniques and the players' own personal desire must be developed to obtain ultimate success.

Methods

At a coaching clinic some years ago, I heard Ara Parseghian say that "you cannot teach all the football that you know." It really doesn't matter how much football a coach knows if he cannot put his philosophy, methods, and techniques over to his players. As a coach, one must be cognizant of the fact that his study and knowledge of football is not an end in itself, but only a means to an end. Whatever methods are chosen should be simple enough, yet comprehensive enough for the young athletes, so that they are able to visualize the total picture of what you are attempting to teach.

Motivation

There are many incentives to motivate the coaches and the players to victory, however, the most significant factors must come from the players themselves. Sacrifices, dedication and self-discip-

(Continued on Page 2)

Organizing A High School Staff

by Ken Semelsberger, Coach
Port Huron High School

One of the most important areas of coaching is the administration of your staff. We feel it is important to keep all of our coaches involved in what is happening on the Varsity level and what you want and expect of them on the Junior Varsity and Frosh levels. To do this the staff must be organized in such a way that each coach feels he has input into the entire program. In order to best accomplish this we have divided the responsibilities that we feel must be accomplished both on a day to day, weekly, and seasonal levels. The following is an example of our organizational procedures.

Port Huron High Coaching Responsibilities

A. Head Coach

1. Practice schedule and organization
2. Off-season program
3. Game plan—offense, defense, kicking game
4. Scouting assignments
5. Paperwork—physicals, eligibility, insurance, rosters (etc)
6. Special teams
7. Kicking game - Scouting report
8. Buses
9. Rate officials
10. Films
11. Ordering equipment
12. Conditioning - in and out of season
13. Clinics

B. Line Coach

1. Practice drills - Line
2. Defense scouting report on opponent
3. Equipment
4. Injury reports
5. Scouting
6. Grade linemen on films
7. Field equipment - sleds, sledpads, dummies, field markings, tees, footballs (etc)
8. In season lifting

(Continued on Page 2)

(Coaching Principles continued from page 1)

line on the part of the players and the coaches must be acceptable in order to win. The football coaching profession, while it may seem to be a glamorous occupation is a demanding job which calls for plain hard work and long hours. Coaching today is not a part-time job, but in reality, a year-round occupation. If the coach is to be successful in motivating his team this must be evident in his own personality.

Organization And Management

The coaches' over-all organizational program is necessary in producing a successful football program. A poorly organized and managed program results in disarray and non-progressive situations. Skill in management is essential in any enterprising organization. In the football program, proper management enables the coach to predict future results in day to day and long range planning. Continual observation, experimentation, and evaluation of past situations are important fundamentals in the formation of any strategic plan. The coach must desire to continually improve his methods, construct and carry out plans, and finally, evaluate and attempt to improve on the previously constructed plans.

Morale

To consistently be "a winner," your overall squad morale must be near a high level of perfection. Individuals must believe they can win, both players and staff. This winning attitude must be radiated throughout the program. The team's morale must be more important than any individual's morale. This sincere and honest desire to win must first be exemplified by the coaching staff. The players will sense this quickly, and try to emulate their coaches example. "Desire is not taught - it must be caught!"

(Organizing A Staff, from page 1)

C. Backfield Coach

1. Practice drills - Backs
2. Offensive scouting report on opponent
3. Press box - check phones, set up phones (etc)
4. Scouting
5. Train room and taping
6. Training supplies
7. Grade films—backs
8. Scout teams

D. J.V. Head Coach

1. Scouting
2. Grade films (with linecoach)
3. J.V. Equipment
4. J.V. Practice schedule
5. Press box for Varsity games

E. J.V. Assistant

1. Co-ordinate scouting report
2. Grade films - defensive backs
3. J.V. field equipment - sleds, FB's (etc)
4. Prepare scout cards for Varsity practice

F. Head Frosh Coach

1. Scouting
2. Assist in training room
3. Frosh practice schedule and organization
4. Grade films - receivers
5. Frosh buses

G. Assistant Frosh Coach

1. Scouting
2. Frosh equipment
3. Grade films - special teams
4. Pick up and deliver films from media service

We feel that by dividing the staff into this type of organization we can get 1) all coaches making an input into the total program and 2) unity among the coaching staff.

Southfield Lathrup Spring Practice

by Robert M. Marten
Lathrup High School

At Southfield-Lathrup High School we run a spring practice that we call Charger Challenge. This year it begins on May 5th and ends on May 23rd. It runs three days a week for three weeks, a total of nine days. We begin at 7 a.m. sharp and end at approximately 8 a.m. on Monday, Wednesday, and Friday. In this time period we try to motivate our players, create enthusiasm and get them prepared for their summer workouts.

If a player attends all 9 sessions they are awarded a Charger Challenge T-shirt. As long as they are in school they are expected to attend. If they are absent from school, it does not count against them. If there is a player who is on the track team or the baseball team and they have a meet or a game that evening, they are still expected to attend but the extent of their participation is up to that individual.

We begin our Charger Challenge with running, which may consist of a 5 min. jog, an 880 jog, etc. Next we make any necessary Announcements and begin cal's (during cal's we take attendance so we don't waste any time).

After cal's, if we are inside, we divide into 3 groups, HB & FB, G & T, and C & QB & Ends. Each group begins at one of three stations. One third of the players are working in the weight room working a 30 second circuit and being tested. We test them on the bench press and the leg extension

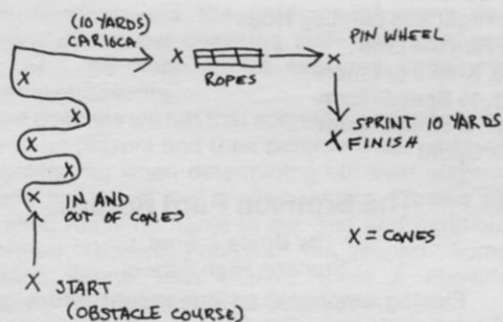
machine, also on the number of push ups and sit ups they do in one minute (We expect them to improve these test scores by the time summer workouts are done). Another third of the players are working on agilities and the last third are working on Form Running. The groups work for 10 minutes, and then on the whistle, move on to another station. They work all three areas every day we are inside.

The final minutes we work on STP (Strength, Toughness, and Pride). This section takes 12 minutes to complete, and each section is equal to 1 quarter of a game.

STP Schedule:

- 1 lap around the field (goal times: Backs-55 sec.
Line-70 sec.)
- 20 - 10 yd sprints on varied number (offense)
- 20 - 10 yd sprints on movement (defense)
- 20 - 20 yd Horse and Riders (Charge)
- 20 - 10 yd crab
- 20 - 10 yd Horse and Riders
- Down-ups 30 - 65 (start with 30 and add 5 each day)

When we can get outside, we time players in the 40 yd dash and obstacle course. The obstacle course set up is:



The best two times for these events (Backs, Line, and Ends are separate) receive a "Skull & Cross Bones" award for their helmets for the first game.

The above program has been very successful for the Chargers the past 3 years. Even more than the physical advantages is the fact that it promotes "ESPIRIT De CORPS".

I hope this idea if used by any other schools is as helpful and successful for them as it has been for us. If you have any questions please feel free to write me at S.L.H.S. 19301 West 12 Mile Rd., Lathrup Village, Mich. 48076 or call me at home at 928-3436.

Here are some examples of workouts inside (without the use of the gym) and with use of the gym. Outside workouts, and a list of agilities and form running are also included.

Charger Challenge

Can not use gym!

"Inside"

- 6:55 - 7:00 1.) Jog - halls - 5 minutes
- 7:00 2.) Announcements
- 7:10 Attendance
- Cals - 1/3 in wt room
- 1/3 in gym (if possible)
- 2/3 or 1/3 in halls (D wing)
- 7:10 - 7:40 3.) Stations - 10 minutes
- A.) weight room
- B.) agilities - wrestle room or combatives
- C.) Form running - halls (D wing)
- 7:40 4.) Enthusiasm
- Talk
- Cals

Can use gym!

"Gym"

- 6:55 - 7:00 1.) Jog - 5 minutes - 2 1/2 min. clockwise
- 2 1/2 min. counter clockwise
- or jog, and stop and go
- 7:00 - 7:10 2.) Announcements
- Attendance
- Cals
- 7:10 - 7:40 3.) Stations - 10 minutes
- A.) weight room - circuit 15 seconds
- B.) agilities
- C.) form running
- 1.) Obstacle course
- 2.) Combatives
- 7:40 - 4.) Enthusiasm
- Talk
- Cals

Example of 3 days outside

Monday

- 6:55 - 7:00 1.) Run 880
- 7:00 - 7:25 2.) Announcements
- Attendance
- Cals
- 7:25 - 7:45 3.) Stations - 6 minutes
- A.) Bleachers
- B.) Agilities
- C.) Form Run
- 7:45 - 7:50 4.) Enthusiasm
- Talk
- Cals

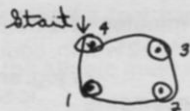
Wed.

- 1.) Same
- 2.) Same - 15 minute cal.
- 3.) Same - 10 minutes at each station
- 4.) Same

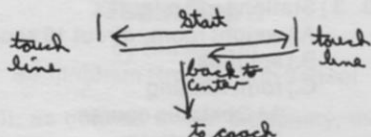
Friday

- 6:55 - 7:00 1.) Run 880
 7:00 - 7:15 2.) Same
 7:15 - 7:45 3.) Stations - 10 minutes
 A.) Bleachers
 B.) Agilities
 C.) Timed for 40
 1.) Forward
 2.) Backward
 7:45 - 7:50 4.) Same
 "Agilities"

- 1.) Log Roll - mats in gym - 3 men hit and roll;
 Calls - ready ready
 sprint
 roll
- 2.) Pin Wheel - sprint - right hand down and around;
 left hand down and around.
- 3.) Pin Wheel Squares -



- 4.) Navy -



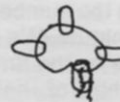
- 5.) Green Bay Crab - start on all 4's - (seat rolls) turn right, turn left, up in ready ready, hit ground, up with hands in air, ready ready, sprint, forward roll, ready, ready, brake.
- 6.) Iowa - 1/4 turns, right, left, jump up, down on all fours, up ready ready. (forward roll, ready ready, brake)
- 7.) Wave Drill - backwards, right, left, repeat, sprint to coach. ready, ready - brakedown.
- 8.) Crab - all 4's, right, left, repeat, forward, backwards, roll up and sprint.
- 9.) Dummy Jump -

side to side

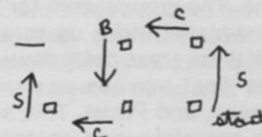
- 10.) Wave over dummies -

□ x □ x □ x □

11. Star Dummy Drill -



- 12.) Hollywood Squares -



- 13.) Whistle Drill - stance, sprint, roll, get up and turn around, stance.
- 14.) Defensive Running
 A.) back and up
 B.) back, open, up
 C.) back, open, lateral, up
 D.) back, open, whip and up

Form Running

Combatives

- | | |
|----------------------------|--------------------------|
| 1. Exaggerated stride | 1. Tractor Pull |
| 2. Backwards | 2. Tug of War |
| 3. Zig Zag | 3. 4 Point Head Lock |
| 4. Spinner | 4. Rooster Fight |
| 5. Crossovers | 5. Indian or Leg Wrestle |
| 6. Left Overs | 6. Arm Wrestle |
| 7. Carioca | |
| 8. Right and Left Leg Hops | |
| 9. Run the Line | |
| 10. Killers or Liners | |
| 11. 1/2 Speed - form | |
| 12. 3/4 Speed - form | |
| 13. Sprint | |

The Bronson Punt Return

by Bruce J. Ford
 Bronson High School

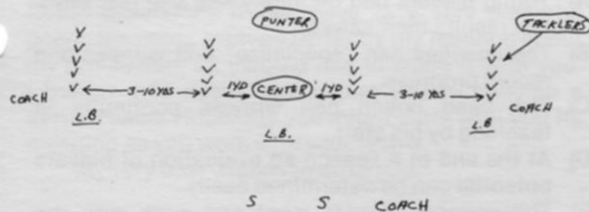
Placing emphasis on one's punt return game can definitely make the difference between winning and losing football games. At Bronson we spend a definite part of each day on punt return, but in a little different way than most schools. Instead of perfecting the peeling of blockers or the forming of a wall, we believe that fielding the ball clearly is our biggest concern. We have found that catching the ball in the air before it hits the ground, and not fumbling the ball are skills that will not be performed properly without practice.

A drill we use to help our punt return, can be done in 7-10 minutes, and uses as many players as you want. In the three years we have used the drill, we have had no injuries that have sidelined a player from a game. We feel the drill practices game-like conditions, teaches blocking and tackling techniques, and gives our punter and centers a chance to practice their skills.

The drill can be varied depending on the type of defensive front you use. We run a fifty front normally, but on a punt return, will rush anywhere from six to nine people. Most of the time we rush six people, have three L.B.'s, and have two people back to return punts. The L.B.'s and punt return people are the players that the drill is mainly designed for.

On fourth down situations we feel we must block anyone who will be releasing quickly, if we are to give our punt returners a fair chance at catching the ball. We feel that to adequately block our front people, it will be hard to release more than one middle man, or one outside man from each side. Our L.B.'s thus are responsible for any man releasing into their area. We also tell our L.B.'s that they must be aware of the fake punt.

The outside L.B.'s in our punt return defense, line up, to the inside eye of the widest man on their side of the field. We may vary their depth from tight to 5 yards, depending on game situation. The middle L.B. plays in the middle at a depth of about 5 yards. Our ends are always on an outside rush technique, and we vary our interior people depending on scouting reports.



In our punt return drill we will have a center (normal punt snapper) and two lines of tacklers on each side of him. Our coaches will decide on what splits our outside tacklers should be. On the snap of the ball the tacklers head downfield to cover the punt. If the snap or handling of the ball is not smooth we whistle the play dead, and start over. The tacklers have to jog back and go again, and this adds pressure to our center and punter to do well.

Once the tacklers have released, it is our L.B.'s job to block one man and stay with him as long as he can. Our safety's have to work together because one of them becomes a blocker. The safety that catches the ball is allowed to fair catch, if he feels pressure is too great. The coach assigned talks to the safeties quickly after each catch to insure proper understanding of who should have caught the ball, and whether it should have been "fair" caught.

By getting 12-15 punt receptions in each day, we have found that our punt return game is a real offensive weapon. If we have our punter run one or two fakes each day, we have also found it has helped our players to be aware of fakes in the games.

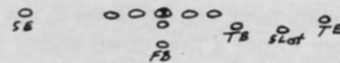
The Two Minute Drill For Preps

by James Reynolds, Jr.
Detroit Martin Luther King High School

There are times in every season where we need a Two Minute Drill. Either, to utilize advantages at the end of the half or to save a game in the fourth quarter.

In developing a two minute or "hurry-hurry" offense, there are certain considerations. 1. Is the system easy to teach? 2. Is it multi-purpose? Good against both the zone and man for man. 3. Can the offense be run both with and without timeouts? 4. Will our alignment force man on our best receiver.

We run the two minute offense from the Trips-Split formation. Three receivers to the wide side of the field with the split end wide backside.



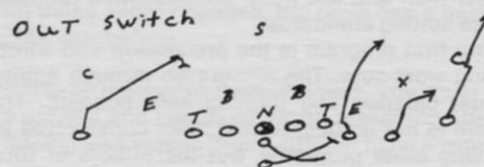
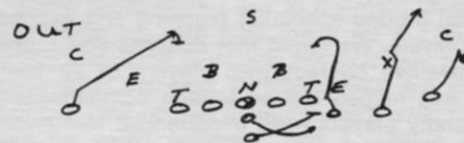
The split end will run a post route, reading the safety. If the safety stays home, the split end curls. When the safety shows rotation, he runs the post. The split is, always, looking for the ball, as well as setting up the corner route backside.

Our tailback lines up one yard outside the wide tackle and one yard in the backfield. He, either runs the streak or the curl routes.

The slotback lines up on the hashmark. His assignment(s) are simple in that we run the same patterns in trips as in our sprintout series. Adding the tailback to the formation strength side is the only difference.

The wide receiver to trips aligns six yards from the slotback. He and the slot are basically executing their two man sprintout patterns.

In the sprintout series we run the Out, Out Switch, Post and Fullback Slide. They are run in this sequence for sake of teaching and learning. The series is, Automatically, started over after the Fourth play.





Motivation

by Al Fracassa

Birmingham Brother Rice High School

The single, most important characteristic of a good high school football coach is his motivational ability. Any coach must work to improve this ability to achieve success.

Teaching sound fundamentals is important. The best football teams always block and tackle better than their opponents. However, fundamental success depends on motivation. The best teams have the *will* to be the best. Knowledge of the game is fine. A coach who knows all the defenses and offenses is fine. But a coach cannot substitute *desire, intensity*, and the *will* to be the best.

Describing and communicating means of motivation is a difficult task because we all have different personalities. Methods differ with each particular coach. Recently, a friend sent me a poem, which is framed beautifully and hangs on our coaches' office wall for me to read every day. Roelif Loveland's *If For Boys* is a very powerful poem. Its words express perfectly my feelings about my profession, so I would like to share it with you. I believe this poem can inspire you to become a better coach. Hopefully you might carry with you its meaning as you work with your teams.

My very best wishes to all of you.

If For Boys

*If you can take
the knowledge you have gathered
through years of study, work and school
and turn it into living acts of kindness
through a life that keeps the golden rule . . .*

*If you can give a little more than other fellows
and keep on trying though you're tired
yet, make not public all your efforts
nor hold them of account to be admired . . .*

*If you can keep on working toward the future
holding fast to all your secret goals
though time and circumstance may slow you
and even strew your path with burning coals . . .*

*If you to win a war, must lose a battle
then lose it, but let no one see you cry
let sympathy be saved for those who need it
not for those who have the will to try! . . .*

*If you can keep your trust in all things holy
remembering, too, that high above
the power which made man still directs him
with infinite patience and with everlasting love . . .*

*If you can dream and plan and struggle
and keep on when lesser men give in -
you will, have learned the noble art of manhood
and what's more, my son, you're bound to win!*

Roelif Loveland

Vassar Football Program

by Walter Purigroski - Head Football Coach
Vassar Public High School

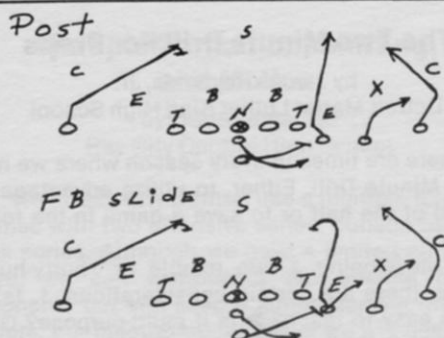
Up until seven years ago, Vassar football was ailing. Since then we have had three league championships and have been close a couple of times. We feel the change around came when we introduced the 44 struck defense.

Being a small rural community, we have many players come out in all shapes and sizes. Most are compared to other communities. With this defense, we can utilize these players throughout our defense.

Our number one goal at the beginning of the season is to pull all our players together as a team, emphasizing that no one person wins or loses a game. It is a team win or loss. Number two priority is our defense, which has proven very successful for our needs.

Other techniques I use to maintain interest is try to come up with new ideas for our players' practice and game uniforms. For example, practice jerseys with the year in which they are playing imprinted, new helmet markings, new awards, new socks for game uniforms, and a crusher award shirt for the outstanding defense player of the week. With these slight changes, the team has a new look for the year before.

I truly believe to have success, you must have the players and community with a winning attitude. Anything less makes it very difficult to be a winner.



Any time the coverage becomes overloaded to the strong side, we have the quarterback to throw the corner pattern to the split end.

Our quarterback is instructed to sprint looking to throw the ball. He wants outside and deep, then the inside seam routes. When the safeties cheat he is to go to the split end. The QB is not to run, unless, it is necessary to get a first down and/or the play totally breaks down.

Ten minutes a day using your favorite sprint out patterns can give any team an added dimension to its offense and preparedness.

Jim Cole-Anchor Bay High New Baltimore 2-Years

In 1978 we introduced a new system and program at Anchor Bay. Looking for student, parent and civic involvement we set out to establish a system of P.R.I.D.E. in our football. Program Respect Intensity Development Enthusiasm.

We feel that to include our entire football program as often as possible will reap tremendous benefits. The exposure of the positive over-all experience will encourage long term involvement from players, parents and fans. We use special events such as photonight, program night, lift-a-thon and a season ending banquet to create a strong foundation.

The key to our total "Tar" P.R.I.D.E. lays in fine, improving staff and two new programs. These are centered around specialist teaching and exposure to all players. We found that coaches had tremendous positive contact with players of all levels, which has helped our off-season communication. Our Varsity players have experienced tremendous pride and two-way respect through working with the younger men and are more intense when realizing they are setting standards.

Our first program is the pre-season and winter morning work-outs. The players go through agility, weights, balance and running skill builders. The program is not unique, having been constructed by observing other programs, but the effects of total group exposure, and shared successes and failures is providing the little extra we look for. The young

players see and work next to positive examples of mental and physical aspects of football.

The second special program is our "Player Clinics." Three times during the season we combine the Freshmen, JV and Varsity players for two, thirty minute clinics.

Each Coach is assigned an offensive and defensive area of instruction. For the offensive period our seven man staff breaks down with quarterbacks (1), ends and tackles (2), guards and centers (1), halfbacks (2), and flankers (1). After 30 minutes the defensive assignments, include weak side secondary (1), strong side secondary (1), defensive ends (1), line backers (2), nose guards (1) and interior (1).

The players from all three levels work together on the skills of their position. The first clinic is very basic review and emphasis is placed on understanding how the skills relate to being successful at their spots. The second and third sessions, are progressive and add to the number of skills and techniques they can use, master, and very importantly—Understand. Clinic two also includes goalline concepts. Clinic three adds specialist techniques. We believe in the effectiveness of the clinics for these reasons:

- A) Young players can definitely see and feel physical results themselves.
- B) The coaches can "specialize" and witness and record progress.
- C) The head coach can witness continuity in teaching by his staff.
- D) At the end of a season an evaluation of players potential can be determined easily.
- E) The younger players meet and work with the Varsity Coaching Staff.

And most importantly...

- F) The younger players meet and learn from the Varsity players who, they look up to as achievers.
- G) Our Varsity players take tremendous pride in working with the younger players and take advantage of the opportunity to expose their skills and knowledge. Given a chance they make excellent assistant coaches and expose understanding of what we are attempting to do.

During the 1979 season we expanded to two, one-hour clinics for our 8th grade team. Again our players took great pride in working with the younger people and the 8th grade team showed great enthusiasm toward the Varsity!

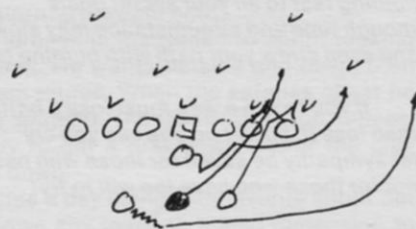
We are finding parents and administrators receptive to our total program, younger and older players enthusiastic about their contact and development and coaches pleased with the results, top to bottom. Our progress in 18 short months has been encouraging and gives us definition P.R.I.D.E.

Multiple Formation, Shifting, and Motion

by Oarie Lemanski
Bay City Central High School

We at Bay City Central use a multiple formation offense with two offensive series, outside belly and buck series. Although we have a limited number of plays, we can complicate the offense for our opponents but still keep it simple for our offensive players. For illustrating purposes we will use one of our outside belly plays to the right, the fullback off-tackle.

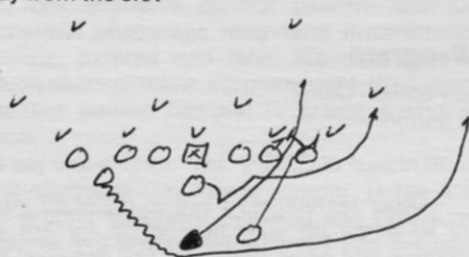
T-Formation



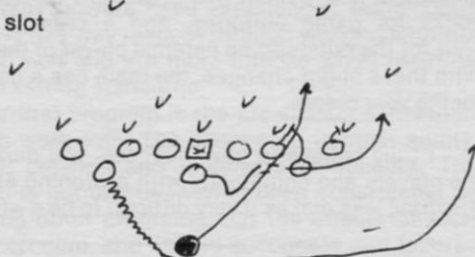
Play toward the slot



Play away from the slot



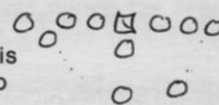
Double slot



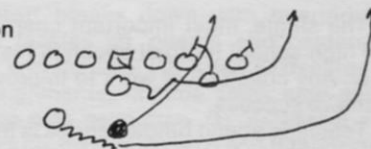
To complicate the offense more for our opponents, we can shift from one formation to another before the ball is snapped.

Example:

Shift from this formation to



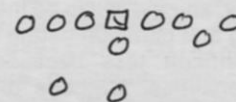
This formation



On occasions we will shift and then bring back our slot in motion.

Example:

Shift from this formation to



this formation



By utilizing different formations, the shifting and sending players in motion, we can force the defensive team to make as many as three adjustments before the ball is snapped. By doing these simple maneuvers, you make defensive players think; and when players think, their concentration is broken. As a result mistakes will occur by members of the defensive unit.

Shifting also takes some of the aggressiveness from the defensive linemen, due to the movement of the offensive backfield and ends. The shift keeps the defensive players from teeing-off. If they do, you get easy five yards on a penalty.

The players enjoy this type of an offense because they watch the pro teams who do a tremendous amount of shifting and sending players in motion.

By utilizing the multiple formation approach, we feel that certain formations enable us to attack certain types of defenses, thereby giving us another advantage.

By using the multiple formations, shifting and motion we have added an additional dimension to our offense with very little learning on the part of our offensive players. These added maneuvers create new problems for the defense, giving an advantage to our team.

HEY COACH! WHY DON'T I PLAY MORE?

by Carl H. Charon
Gladwin H.S.

Gladwin High School is a small class "B" school of about seven hundred students in grades nine through twelve. Our football program has run smoothly with good turn-outs for the past eleven years. Each year we have close to one hundred boys out for football and most of them finish the season as a participant in our program.

We had some problems in past years with players, their parents, and playing time. Many parents and players were not aware of all (or any) of the reasons someone was not starting or receiving more playing time. Sometimes this led to serious problems.

As coaches, this is a problem that has been with us from the start and will remain with us. Recently, the coaches in Gladwin have tried something a bit different in our football program. We are convinced that communication with players and parents is the key to understanding. With this in mind, we developed the following format for our football program and players.

We have three handouts that are given to players and parents at the beginning of the season. These handouts are the products of many discussions during our coaching staff meetings, and with them we hope to let everyone know our coaching philosophy.

As coaches we felt that something needed to be done to let players and their parents know what we are looking for when determining our best players. I finally sat down and started writing. I came up with what really hit home to me. The first hand-out is entitled "Gladwin Football," the second "Some Common Faults That Detract From A Player's Success," and the third "The Coaches' Athlete."

After one season using the handouts, the handouts, the players and parents were able to better understand why certain players were playing more - or less. The job is by no means complete, but we can add and delete if the situation can be improved. I think the system has merit and in years ahead we will be able to close the gap in the area of communication.

Gladwin Football

We select the top 15-22 players for the varsity team. These players will be the heart of our team and receive almost all of the playing time. The players not making the top 15-22 will make up the scouting team roster. These players will spend most of their time running the opposing team's offense, defense and working on special teams. Their amount of playing time will be very limited.

As everyone know, it takes a total team effort from all players on a squad. Those players not in the top 15-22 are just as important as our best players. The way we practice, the harder we are forced to work, the better each player becomes. If a player is selected as one of our 15-22 top players, it does not mean he stays there. Changes can and will be made as the season progresses. Players not making the top 15-22 player's list, have little chance of being a starter or seeing a lot of playing time. However, some of them may work very hard and improve a great deal and earn one of those top spots. So, if they enjoy the game and have a good attitude - things may change for them.

All players grades 9-12 will be evaluated according to our accompanying two handouts. Each player is then assigned to either the Varsity, Junior Varsity, or Freshman team from his evaluation. We wish all players good luck and hope you have a prosperous year.

Some Common Faults That Detract From A Player's Success

1. Lacks good practice attitude - remember: players play the way they practice.
2. Misses practices - Players cannot afford to miss practice: football is a team sport and eleven players must work as one unit. One missed practice, especially during the season, is detrimental to any player and even more so to a marginal player.
3. Is late - Many players seem to never be on time. This can become a real problem especially if the player is more than a couple of minutes late. These players tend to become very undependable.
4. Does not communicate - Many players listen to a coach and are able to translate the talk and perform the task. However, coaches have seen all too many players who listen (in one ear and out the other) and never change their performance. Unfortunatley, we have many players who can never improve their particular task.
5. Doesn't care - Players who don't care are never wrong and always know more than the rest of the players and coaches. These players are almost always interested only in themselves and generally care little about their team or teammates.
6. Is lazy - Some of our most talented players never become successful athletes because they always are looking for the easy way out. When told to run, they jog - or when practicing, go only half speed. Lazy players tend to influence the attitudes of others and will not be tolerated.

The Coaches' Athlete

The athlete that is out for football should be well aware of what the coaches are looking for in order to play and be successful as a football player and team member.

We strongly feel, as a staff, that you must possess the following qualities or work hard to acquire them. You must have:

- a. A Positive Attitude - A good athlete must be able to accept criticism and enjoy being coached. Too often athletes with great potential lack this most important quality and never reach their potential. We feel coachability or attitude is the single most important ingredient of a good athlete.
- b. Quickness - "Quick Feet" Size and strength mean nothing on the football field if the player cannot cover his assignment or area. The small, quick player can almost always outperform the big, strong, slow player. Quickness should not be mistaken for speed, because a player can be fast and lack quick feet.
- c. Aggressiveness - "It is not the size of the man in the fights, but the size of the fight in the man that counts." This quote suggests that the small can overcome the large by becoming the aggressor. Many times we have seen the big, strong fast player made a fool because he lacked the intestinal fortitude to hit or get hit. In order to play a lot, the athlete must work hard to become the aggressor.
- d. Communication Skill - This is the ability to understand what the team is trying to accomplish. Each player must understand what is going on around him as well as his own job. The good athlete is one who constantly talking on defense and makes adjustments with teammates, or on offense with the coaches or quarterbacks. Understanding what is being told and carrying out the verbal command is extremely important.
- e. Strength - Being able to hit and get hit and still be successful in carrying out your assignment requires one to have body power and strength. Using the strength you have in the correct manner is more important than just being strong and powerful.
- f. Speed - Possessing overall speed, such as being a good sprinter, becomes very important to the overall success of a football player. The backs and receivers must not only be quick but know that having speed can make up for some other errors or lack of ability. Knowing how to use speed is not always easy for some athletes to comprehend.
- g. Agility - Being able to make many motions and changes in direction becomes necessary for one to become a good football player. Outmaneuvering your opponent can give you a decided advantage in defeating your opponent. Balance, control, and rhythm all lend themselves to characteristics of a good athlete.

Team Spirit

by Bill Rankin

Birmingham Groves High School

Spirit, as defined in the dictionary, means full of life, courage, or enthusiasm. Team spirit in football then would mean a team which looks alive, one which shows enthusiasm for the game of football in every exercise, drill, and one with the courage to meet all the obstacles associated with the game of football.

Many average teams have become Championship teams because of the underlying feeling of SPIRIT which was present among the players on that team.

Spirit just doesn't mean yelling or talking it up. These are easy to do. The pep or talking it up which athletes resort to in practice and in games may be a result of good team spirit.

Team spirit includes the attitude, the desire, the cooperations, the self-discipline, the sacrifice, the willingness to work, and the will to win of each and every young man out for football.

If these things are present then we will never be late for practice, never miss practice, take our

calisthenics without trying to dog them, practice, all out for every second, try and help those players who need aid, root for each and every player in the game . . . including that player who may be keeping you on the bench, never look for excuses to get out of doing something, obey all training rules, and determine that no football team except a very superior team shall ever beat us.

Football is a rugged game. There is no other way to play it but rough and tough. If you do not possess a genuine love for all the hard and dirty tasks connected with football, you will be doing yourself and the coaches a favor by not coming out for football.

A team with football spirit should always want to HUSTLE and RUN, HIT HARD, BLOCK HARD, TACKLE HARD, and TALK IT UP in practice, in games and on the sideline.

If we can generate team spirit this year, enthusiasm for the game, a desire and determination to always practice and play hard, NO ONE WILL BEAT US.

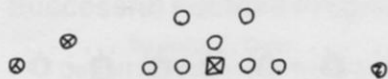
POISE AND PRIDE AND CLASS = CHAMPIONSHIP

South Haven Passing Attack

by Gary Steudle
South Haven High School

During the past 4 seasons South Haven passing attack has averaged 1,500 yards. We have been very successful through a combination of the Triple Option (Play Action) and Drop Back Passing attack. While we have used different back field techniques we have managed to keep the basic pass routes for our receiver to a minimum.

From the twin set our positions are as follows;



- Z- is our split left end
- Y- is our power side end-usually split
- X- is our inside receiver in twin set
- X- is our flanker in a pro set

Z + Y - always run the same pattern

X - runs safety deep middle unless a route is called for him

Pattern # 1

Z + Y - run a 12 yd. curl in



Pattern # 2

Z + Y - run a 10 yd. post



Pattern # 3

Z + Y - run a 15 yd. out



Pattern # 4

Z + Y - run a flag



We can incorporate additional patterns by changing our X - man's (slot) pattern. We also will motion the X man to either side.

The 5 basic routes for our X man are as follows:

1. Side line 5 yards



2. Circle



3. Flare



4. Banana



5. Flag



Our main objective is to try to compliment the basic pattern being run by our wide receiver with the pattern being run by the inside receiver.

The following diagrams will illustrate what we have covered.

1. Play action pass with triple option look. Red - 22-X sideline
2. Roll out pass to split end side 71-X- flare (in 70 series the pitch man becomes the X receiver).
3. Drop back pass 82 (80 series- pattern 2) no call for the X man. He will go deep middle.

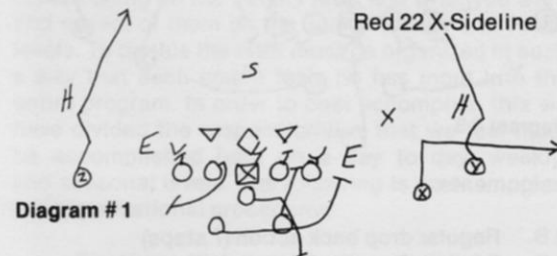


Diagram # 1

Assignments:

- Q.B. Good fake to dive-drop 5 steps behind tackle-set up
- D.B. Fake dive-fill gap
- P.B. Run open defensive end
- X Run a 5 step sideline cut-stay open
- Y. Run a 2 pattern (Post cut)
- Z. Run a 2 pattern (Post cut)
- C. Play side gap-stay with your man
- P.G. Red block
- P.T. Red Block
- Q.G. Check for firing L.B.-check backside end
- Q.T. Red block

71 X Flare

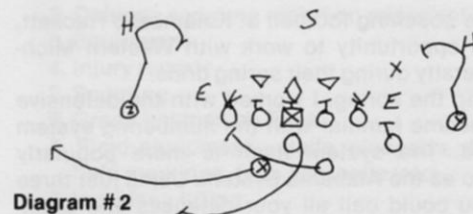
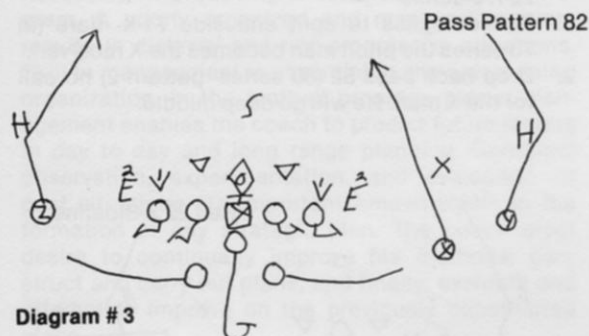


Diagram # 2

Assignments:

- Q.B. Roll out left-read coverage
- D.B. Roll to outside leg of quick tackle-block
- P.B. Run route call-(flare)-get width
 - X. Stay in for pass block on end
 - Y. Pattern number 1
 - Z. Pattern number 1
 - C. Playside gap
- P.G. Red block - Pass protection
- P.T. Red block -
- Q.G. Red block -
- Q.T. Red block -



Assignments:

- Q.B. Regular drop back action (7 steps)
- D.B. Power L.B. - end - flare
- P.B. Quick L.B. - flare (versus wide-6 - block end man)
 - X. Streak (unless Q.B. calls a route for you)
 - Y. Outside release - after 7 steps make post cut - score
 - Z. Outside release - after 7 steps make post cut - score
 - C. No. 0 - Quickside L.B. (man in both gaps - block quickside gap)
- P.G. First man on L.O.S.
- P.T. Second man on L.O.S.
- Q.G. First man on L.O.S.
- Q.T. Second man on L.O.S.

Easy As One, Two, Three

by Phil Booth
Lansing Catholic Central High School

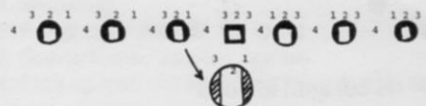
While coaching football at Kalamazoo Hackett, I had the opportunity to work with Western Michigan University during their spring drills.

During the spring, I worked with the defensive staff. I became familiar with the numbering system they used. The system itself is more popularly referred to as the Alabama System. Using just three digits, you could call all your defenses and alignments in your package.

At the high school level, I felt practice time, two way players and staff size dictated modification of this rather complicated system.

With this problem in mind, the system we now use has been a great teaching technique for us at Catholic Central. I have used it for ten years with great success.

We simply number each offensive player (inside to outside) one, two, three and four. The center is the only exception, he has a nose technique (two) and two outside techniques (three). Everyone else has the four number system applied to them.



ONE TECHNIQUE - Inside arm control. Hit with outside arm, step with outside leg, come under control and keep inside arm free. (This technique used mostly in our 4-3 & 6-2 package.)

TWO TECHNIQUE - Nose technique; slant right or left (to call) head step to hole, drop backside shoulder and "grab grass". Dropping shoulder and firing arm through gives the body and legs protection from a block. Bring backside foot into hole. (Slant defense package.)

THREE TECHNIQUE - Opposite of one technique. Hit with inside arm, step with inside leg, come under control and keep outside arm free (5-2; 6-1 & 6-2 package).

FOUR TECHNIQUE - This is simply a gap charge; "down, dirty and grab a leg". Mandatory four point stance. Hard low charge. (6-5 Goaline package.)

We have found these techniques to be a great time saver and teaching tool. We apply one or all to our many and varied defenses off our basic 5-2 front.

We review all of these techniques everyday and find it easy for the players to learn and apply them.

It is easy to move (if we have to) players from one position to another. They have a total understanding of each technique. We can easily send a player into a game to play a one, two, three technique, "on their center, guard, etc." We also found this gives us added depth since players learn general techniques that are applied to all line, end and linebacker positions.