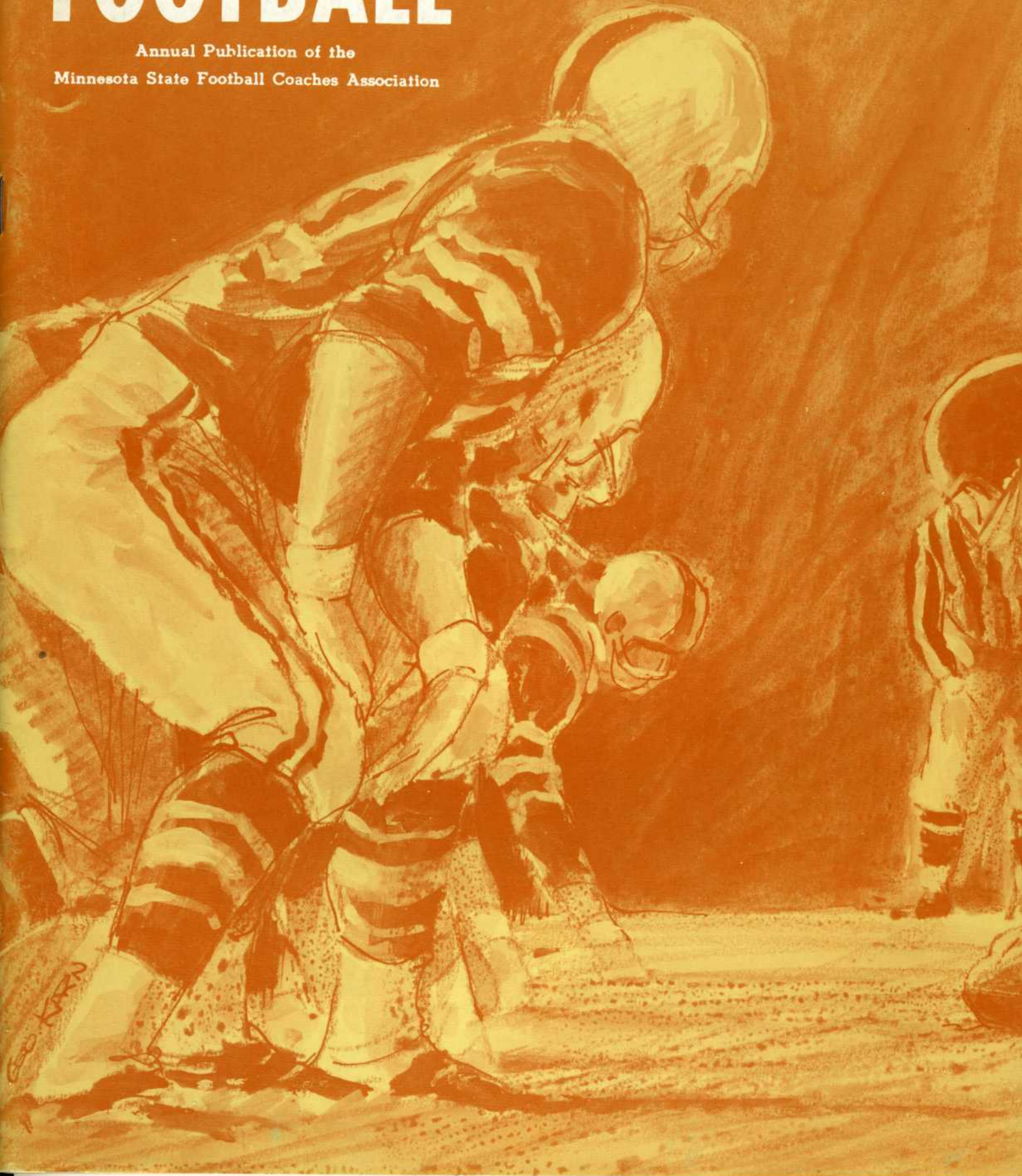


1966

PRICE 50c

FOOTBALL

Annual Publication of the
Minnesota State Football Coaches Association



1966

FOOTBALL

ANNUAL

**Minnesota State
Football Coaches Assn.**

6041 14th AVE. SO.

MINNEAPOLIS, MINNESOTA 55417

This publication is issued annually by the Minnesota High School Football Coaches Association as a media for the exchange of ideas and technique in the game of football.

●
Editor — Dwaine Hoberg, Moorhead
State College

●
ORGANIZATION OFFICERS

BILL HANSON, Willmar
President

RON MASANZ, Morris
Vice President

BOB ROY, St. Louis Park
Vice President

CHUCK ELIAS, Minneapolis Central
Secretary-Treasurer

●
REGIONAL REPRESENTATIVES

- 1 — Marv Gunderson, Winona
2 — Milt Osterberg, Worthington
3 — Dale Scholl, Redwood Falls
4 — Ron Raveling, Columbia Heights
5 — Bob Collison, Richfield
6 — Ron Masanz, Morris
7 — Stan Peterson, Forest Lake
8 — Ken Wilson, Bemidji

●
Published Annually By The
LAKES PUBLISHING CO.
Moorhead, Minnesota 56561

**Table Of Contents**

President's Message	2
"Core of Belly T".....	3
"Simplified Offense".....	6
"Reflections of a Winner".....	8
"Junior High Football".....	12
"Training Program".....	24
Hall of Fame	28
9 Man Football Defense	21
Regional Coach of the Year	24
Sports Personality.....	26
Football Action Pictures	29
The Winning Edge	38
Selecting the Quarterback.....	41
Multiple Offense	46
Bucko	50
Around the State	52
More Football Pictures	56
Hijinx in the Huddle	61
Membership Forms	64

**AN ATHLETE'S PRAYER**

Help me to play the game, dear Lord,
With all my might and main;
Grant me the courage born of right,
A heart to stand the strain . . .

Give me the grace to follow rules,
To 'fess up when I'm wrong,
When silence or the other thing
Wins plaudits from the throng . . .

Send me a sense of humor, Lord,
To laugh when victory's mine—
To laugh, if I should meet defeat,
Without a fret or whine . . .

When foes are tough and fighting fierce
And I am getting weak,
Dear God, don't ever let me show
A broad, bright, yellow streak.

And teach me, Lord, life's game to play
Just one day at a time—
With Thee as coach and trainer, Lord,
Real Victory must be mine.

The President's Message

"ANOTHER STEP FORWARD"

Our football division has made great strides forward in just a few years since its origin. Let us take a few moments to mention and discuss briefly some of the accomplishments that have greatly promoted high school football in the State of Minnesota. The order in which these will be mentioned have been placed at random.

One of the more recent accomplishments has been the authorization of the tenth game which gives permission to play a championship game between the winners of two conferences of sections of an officially organized conference. To my knowledge very few schools have taken advantage of this opportunity. It is well to admit that there are problems involved in some areas of the state with a plan of this type and consequently reasons for the administrators to go slowly with their affirmation. It perhaps is not a matter of convincing the administrators of the merits of the game, but more a matter of assisting them in working out the problems involved—certainly there can be nothing wrong with one additional championship game.

Last year our organization under the very able guidance of Dale Scholl, of Redwood Falls, established the Hall of Fame. The purpose of establishing the Hall of Fame is, to quote Dale, "To honor those who, by outstanding achievement of service, have made lasting contribution to the cause of High School Football in Minnesota, the nation, and the entire world." Honored as chartered members were Bernie Bierman, Bernie Cole, Vern Morrison, Bronko Nagurski, Frank Cleve, Jake Christiansen, Ted Peterson, and Lew Swearingen. This year Bob Collison, of Richfield, was appointed chairman of the Hall of Fame Committee. An additional part has been added to the recognition program. Thirty-two district or area coaches have been selected. From these thirty-two coaches, eight Regional Coaches were chosen and from these eight Regional Coaches a "Coach of the Year" will be selected and announced at the banquet. The regular selections of the Hall of Fame will be continued as usual.

One of the basic and finest contributions that our organization puts out is this magazine. The many fine articles that appear certainly is a tribute to the high caliber of men we have coaching in the State of Minnesota. The organization of the magazine itself is due to the work of Dwaine Hoberg, football coach at Moorhead State College. Mention must also be made of those who see the value of our magazine and therefore find it profitable to advertise and be recognized and associated with High School Football.

The recognition of our organization by the Minnesota Vikings has been another accomplishment which is very much appreciated by our members. The granting of free tickets with a few stipulations has been well received and well respected. It is hoped that if you are one who is receiving a free ticket

that you remember you are a guest. Chuck Elias, our Secretary, has a tremendous job in administering these tickets, so your wholehearted cooperation and patience are requested.

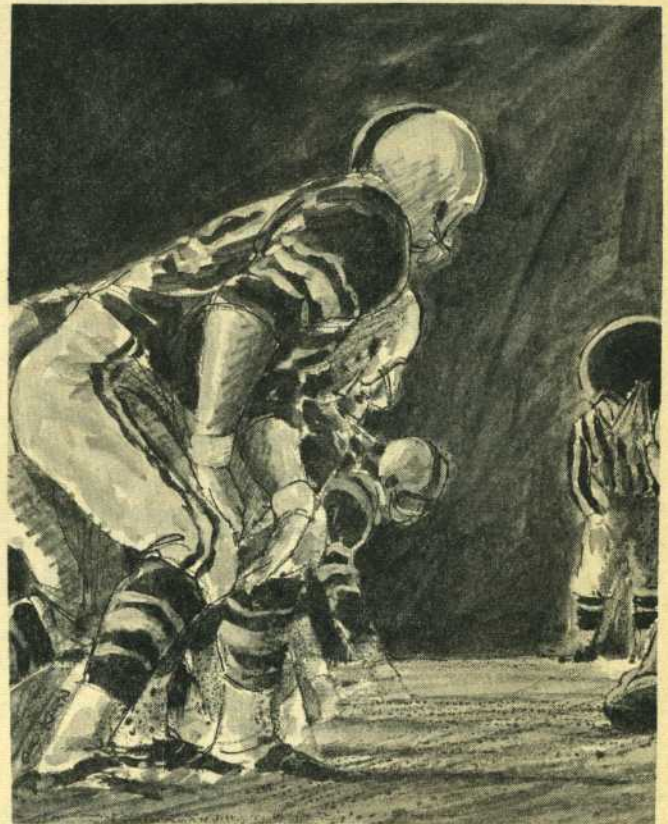
The cooperation of the University of Minnesota and the "M" Club in our spring clinic and banquet has been another fine relationship.

It is a personal opinion that in the future work should be done on an All-Star Game and more organizational effort be put forth throughout the state at the district level.

Through this office I have made many new acquaintances throughout the state and it has reassured me that this greatest game of all — Football, will continue to progress in the State of Minnesota.

Bill Hansen

Pres. Minn. State H. S. Football Assoc.



COVER ARTIST — The striking front cover artwork is the work of one of the nation's outstanding young commercial artists — George Karn of Minneapolis. Karn, a former professional hockey player with the Minneapolis Millers, coached hockey and served as an assistant in football at South St. Paul High School. For the past eight years he has been devoting full time to his career as a commercial artist.

"CORE OF BELLY-T"

by HERB CLAFFY

I know that as I start to write this article on our Belly-T that I might be giving some comfort and aid to some of our worthy opponents; but at the same time maybe I can give a helpful hint to some other Belly coach, so here goes.

First I should explain that for the first six years at Milaca we ran many different offenses including some Belly-T (mostly inside Belly), but we felt we were not consistent enough in our offense to stay with what we were running at the time. After reviewing our previous six teams, we decided that they all could have run the outside belly, but some couldn't have run some of the other offenses we had used. We then concluded that our type of players were best suited for the outside belly.

Here I should point out that Milaca is a farm community of 1821 population, drawing 70% of its student body from the rural area. The Senior High School has 520 students and is a member of the Rum River Athletic Conference. This past season we started the initial day of practice with 62 boys drawing equipment. Of this group 40 boys were from the country. The fine turnout of rural squad members can be directly attributed to the Milaca Chamber of Commerce who provides eight cars daily to insure a ride home for each country boy. (Our longest run is a 56 mile round trio.) I would like to take credit for this fine community gesture, but I can't. I inherited this pleasant arrangement from the former coach, Ralph Skay, who is now the athletic director of Thief River Falls High School.

Having reached the decision that we would run the Outside Belly, we then boiled the offense down to five basic plays that we felt we could teach our team to run against any form of defense. These five plays make up the core of our offense.

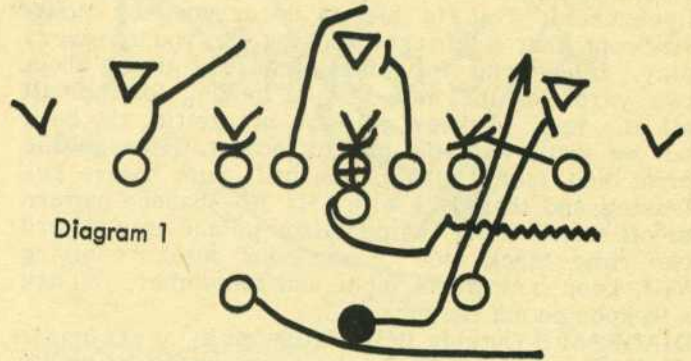
No matter what offense a team runs, it is a known fact that you have to have a core of plays that your offense is built around and we also know that from year to year there are plays that you are going to add to your offense and some plays you have to drop according to your players' abilities; but the core of your offense has to stay the same. The plays that are the core of our offense are the five I have diagramed here and our game charts over the last eight years show that these plays consisted of 60% of our offense in each game.

I remember reading an article a few years ago in this magazine by Butch Larson, football coach at International Falls, on how they try to eliminate the low years in the ability cycles due to graduation. Well, here at Milaca we feel that the core of the Belly series is our answer to the down years; with the exception of one year 3-5-1 in which we lost our fullback, quarterback, and right half by the third game. Our record with the belly series 54-11-4 seems to bear this out.

Here is the way we explain these five plays to our athletes.

DIAGRAM I Outside Belly, Fb7 (we run this play on the average of 12 times each game)

LE--start at linebacker then break to safety area. LT--hit tackle hard then release to safety area. LG--release to defensive LH area. C--block



point. Rb--intercept center line backer. RT--hit tackle with everything you've got. Get his attention right now. Remember, you're getting help from

Continued to page 4



HERB CLAFFY

Coach Herb Claffy, a graduate of Thief River Falls High School. A graduate of University of North Dakota. Regular left half for three years and captain of the 1950 team.

First and only coaching job has been at Milaca High School, coming here in 1962. We have won six titles with a win and lost record of 89-23-4. The 1965 team ended with a 9-0 record.

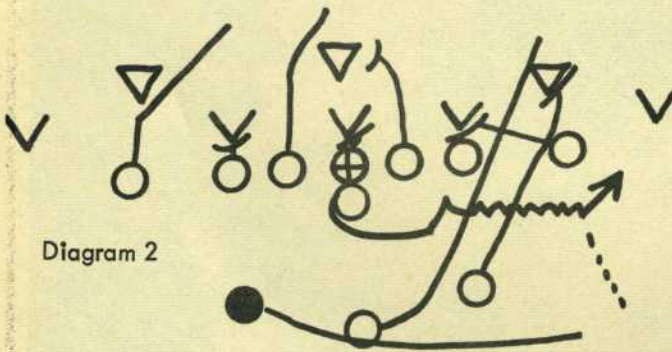
Thirty-eight years old. Married with four children; one athlete and three cheerleaders.

Continued from page 3

your end. RE--hit tackle with everything you've got. This play is going to make or break us for the year; so if you and the tackle can't handle one man, we're going to have either or both a new tackle and end. RH--bust into off-tackle hole and block the man with inside responsibility (usually linebacker). This is also a do or good-by block, we want that linebacker looking for you on every play. LH--sprint for pitch out area, giving about two yards on the way, and be looking for the ball all the way, we know you are not getting the ball; but we don't want the end to know it. QB--reverse pivot and ride fullback one full count before releasing and then fake with LH. Fb--banana pattern to off tackle hole, inside elbow up and stay toward two time block side of the hole. After receiving ball, keep both arms on it and remember, you are a weapon so act the part.

DIAGRAM II Outside Belly Pitch out 9

LE -- start at linebacker then break to safety area. LT--hit tackle hard then release to safety area. LG--release to defensive LH. C--block point. RG--intercept center linebacker. RT--hit tackle hard. RE--two time with tackle. (We have found that if we stay with the two time blocks on this play that the defense fights in and helps us to get outside.) RH--go at linebacker hard, but make poor contact. Fb--here is where you earn your money. Fake hard and remember that a good fullback gets tackled on a fake. Qb--ride fullback for one full count, then pitch or keep whatever has been called. LH--sprint for pitch out area, receive pitch or turn up and stay within five yards of Qb if he is keeping. Here we should state that we call either the pitch or the keep



in the huddle, according to how the defense has been playing us. We have learned from sad experience that it is better to do it this way, rather than give the Q the option.

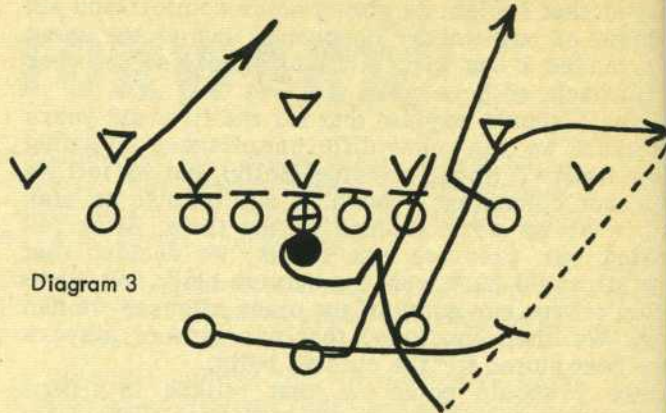


DIAGRAM III Outside belly right pass

This pass sets up with the same belly action. LE--sprint at safety area. LT--hit and hold block. LG--check for red dog. If no red dog, drop back and protect left side. C--hit and hold RG. Check for red dog and protect front. RT--hit and hold, fullback fake should help. RE--one step toward two time blocks and then sprint for defensive left half. LH--sprint toward pitch out or a faking run first, then peel to protect against first man to read pass. (This is the hardest block; but can be made by even a small back if he will fake run first.) RH--must fake block on linebacker, make him fight clear of you then sprint for right flat. Qb and fullback make usual fake. Qb then gives ground to an area behind his right end position about five yards deep. While moving to this area ball should be held low and he should be looking for deep receivers. If none are open by the time he reaches passing area, the right half should be breaking into the open. We find that 9 out of 10 times he is; if this is the 10th time there is an old saying that "God helps him who helps himself".

Continued to page 5



"The Finest In The Field"®

Represented by

RED MALCOLM

Continued from page 4

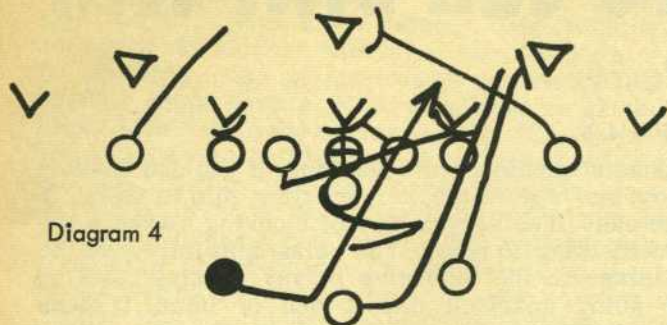


Diagram 4

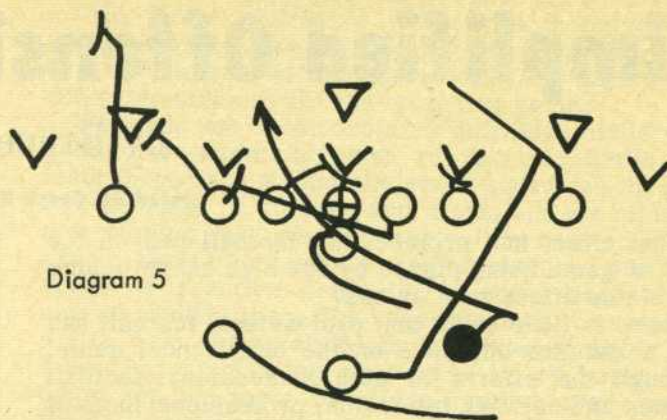


Diagram 5

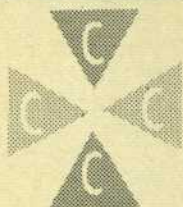
DIAGRAM IV LH Trap 5

LE--faint at linebacker sprint for safety area. LT--hit and hold. LG--trap block on tackle. C--two time block. RG--two time with center. RT--must check tackles' charge before releasing. RE--start like two time block with tackle and intercept linebacker, must move quick. RH--block linebacker and let him know you're around. Fb--run fake pattern. We preach to our fullbacks that a fullback that doesn't get tackled on a fake is a poor excuse for a fullback. Qb--make a good fake with fullback pivot inside to hand off to LH. LH--start for pitch area two-thirds speed and cut in five area receive hand off pick hole. (The LH is responsible for receiving hand off because he has the Qb in view at all times.)

DIAGRAM V RH Trap 2

LE--break for left flat area faking pass. LT--will block inside linebacker if his tackle is playing out side and holding, but if his tackle is a crasher, he must stop tackles charge. If tackle plays head on, tackle releases outside and goes for defensive RH. LG--two times on point. C--two time on point. RG--make trap block on tackle and must get into hole before looking for tackle. RT--hit and hold. RE--one step at two time with tackle and release for safety and defensive LH area. LH--sprint for pitch area faking run. Fb--run fake for off tackle hole. Qb--inside hand off to RH, then run fake out with Fb. RH--run to spot where the Qb started then turn

Continued on page 55



College City Coaches Clinic

SPONSORED BY CHAMBER OF COMMERCE

NORTHFIELD, MINNESOTA

Home of: Carleton College - Northfield High School - St. Olaf College
August 4-5-6, 1966

FOOTBALL * BASKETBALL * WRESTLING * SWIMMING * TRACK

Dave Nelson, Delaware - Charlie Shira, Texas - Joe Vancisan, Yale

Duane Baglren, Edina - Jack Thurnbald, Carleton - John T. Powell, Ontario

Butch Nash, Minnesota

PLUS A HOST OF OTHERS TO BE ANNOUNCED

EXTRAS: FOR COACHES

- Smorgasborg, Northfield Chamber of Commerce
- Banquet, St. Olaf College
- Informal get-to-gethers Thursday and Friday Nights
Wives Invited
- Free Golf

FOR FAMILY

- Special Dormitory
- Recreation! Free swimming, Indoor and Outdoor.
Theater tickets for the children. Baby sitters, night & Day.
- Courtesy cars for transportation

TUITION \$15

DORMITORY ROOMS \$2

Simplified Offensive Can Still Win

by Bruce Perry

Head FB Coach Renville H. S.

What effect has professional football had on the type of game being played by our high school teams and is this effect good or bad?

There is little doubt that professional football has had a definite influence on the high school game. Through the efforts of both professional football leagues and network television, professional football has become an intricate part of the life of all sports minded individuals from August through the middle of January each year. The expansion of the National Football League, the start of the American Football League and the coverage given both leagues by network television has made it possible for anyone, who would like, to see at least one professional game per week. The result is that spectators, coaches and players have become accustomed to the wide open style play of the professionals. They feel if the local high school team does not play the same type of game the season will be a failure. What is often forgotten is that the professionals are not only specialists of the game but specialists of one position on either the defensive or offensive unit.

Every year we find more and more high school teams using a multiple offense, varying from formations to many unorthodox formations of their own. All of these formations are designed to spread and isolate the defense so that the offensive players will have good blocking angles or be able to outmaneuver and outrun the defensive men. The philosophy of a team employing such tactics is to outscore the opposition, not necessarily outplay them. A game between two teams having this philosophy is indeed an interesting and exciting contest, usually resulting in high scoring and little defense.

We high school coaches are working with boys who are not ready either physically or mentally to play the same type of game played by the pros. Our boys are concerned with problems in their school and social life and are unable to concentrate on football as much as we would like. Regardless how complete your football program, very few boys ever develop to the point where they have mastered all the fundamentals of the game.

My prime objective in coaching football, next to winning, is to develop the basic fundamentals in as many boys as possible. To develop these basic skills we must of course employ a well planned schedule of work and drills, then put them to use in actual competition. It does little good to teach the fundamentals then do nothing to develop them. The use of a basic offense will speed the development of these fundamentals more than any multiple offense. I will agree that a multiple attack will produce more points but feel that when using a basic offense scoring many points is not a necessity. There is a direct correlation between a good basic offense and a strong defense, and as we all know, having a strong defense is the key to any successful season.

Blocking and tackling are said to be what it takes to produce a good ball team but I feel that the

emphasis should be on blocking. If you can develop a boy into a good blocker, teaching him to tackle is quite easy. The very nature of blocking makes it the hardest thing to teach. The rules definitely give the advantage to the defensive player, making blocking like going unarmed into a den of lions. It takes real confidence on the part of the blocker, whose only weapons are his shoulders and body, to go after an opponent armed with hands and forearms. Confidence is what I try to instill in all of my boys when it comes to blocking. They must be certain that whatever their blocking assignment, if they have perfected the basic fundamentals of blocking, nobody can deny them of getting the job done.

In developing this positive attitude I have found it helpful to work with blocking drills on the heavy bags and sled until the boys feel that they can deliver a blow with authority and still maintain a great deal of control. To further develop the control aspect of blocking we go to the use of air bags and then follow it with one-on-one drills. When working one-on-one, you must start by placing some limits on the action

Continued to page 7



Bruce Perry, 25, is married, and has one daughter. He graduated from Mounds View High School, New Brighton, Minn., in 1958, and graduated from College of St. Thomas, St. Paul, Minn., in 1963.

He teaches Math and Business.

He has held coaching positions at Okabena, Minn., 1963-65, Football (8-man) with a record of 1-8; 5-4; Renville, Minn., 1965-66, Football-(7-1-1) Wrestling-(3-7) First Year for wrestling in school.

Continued from page 6

of the defensive man or you may destroy the confidence you are trying to build in the blocker by his taking a real beating from the defensive man. When starting the one-on-one drill I have the defensive man act as if he is a live dummy, only catching the charge of the blocker with his hands, letting him get to his body, then giving enough resistance so the blocker must keep a good wide base to drive him back. Slowly give the defensive man more leaway in his actions and before long they will be going at it full tilt. By this time the blocker will have his confidence built and be able to take an occasional beating by the opponent. If the blocker can maintain his confidence in one-on-one drills there is no question that he will have it when it comes to team competition.

Once this confidence is achieved a basic offense will go against almost any opponent regardless of their size. A good example of this was a game this past season played against the eventual champion who had us outweighed by 15 pounds per man. We were 3-1-1 at the time, but I could see our confidence developing. The week of the game I stressed that our offense would be able to move the ball without any trouble and that every one of our boys could handle any one of the opposition. By game time on Friday each boy felt he could handle whoever got in his way. We moved the ball very well (10 first downs to 4) but unfortunate breaks kept us from scoring until the fourth quarter. They scored with 25 seconds remaining on an 85 yard pass play, missed the extra point try, and we won 7-6. I only bring this instance up to point out that this confidence will not come immediately but will take some time to develop.

When the offensive confidence starts to build you will see a noted change in the defensive play. With the use of a basic offense the player becomes accustomed to a real hardnosed brand of ball which carries over to make your defense rugged and aggressive. My experience this last season has convinced me there is a definite correlation between a basic offense and a strong defense.

Since it was my first year at Renville the only thing I knew about the personnel I would have was their height, weight and the number of years experience each boy had. With this limited information I talked with various people and learned that in the past the teams ran from a wide open multiple offense and had less than a .500 won-lost record over the past ten years. They seemed capable of scoring but showed only a mediocre defensive record. After weighing the information I decided to simplify the offense to the point where we could spend less time with it and devote more time to working to improve the defense.

After a couple of days of practice I discovered our boys were quite sound fundamentally but they found it hard to adjust to a basic offense where they had to handle a man nose to nose. Once they accepted the fact they could, and started to gain confidence in what they were doing, we were able to spend more time working on defense. Following two scrimmages during the first two weeks of practice our boys became confident they could score with the new offense and became aware of their improved defensive play.

We ran from a straight "T" formation with man for man blocking and played our first two games using only five running plays to each side and two

pass plays. By the fourth week of practice we had added a few more plays and polished off the offense to the point where we worked on it only half a practice, twice a week. This left the remaining time to work on defensive fundamentals and setting our defensive strategy for the upcoming game.

We made use of the ordinary defensive drills with particular attention given to reaction drills. At least three days a week the whole squad ran through five minutes of stances and starts and ten minutes of a running reaction drill where they reacted to the hand signals of a coach. Considerable time was also spent on reaction drills for linemen, linebackers and secondary men. The added work on the reaction drills paid many dividends and was probably the most important thing we worked on all year. You could see the boy's reactions improve every week, not only on defensive pursuit but reacting to the snap of the ball and a much better start on the offensive

The outcome of our putting together a simple offense and developing a strong defense was a very successful season. Although we scored only 102 points in nine games we allowed but 12 points to be scored against us and had a 2-1 edge in first downs and net yards gained.

In summary, too much emphasis is being placed on the importance of having an offense that will produce a multitude of points. Let's leave all the scoring and spectacular plays to the university and professional teams and teach our high school athletes a game of basic fundamentals. A basic offense and strong defense go hand in hand, each will be an asset to the other, and produce a very successful season

In Minneapolis


STOP

at the

ANDREWS

Hotel

you'll be glad you did



In the very center of the city—
near depots, theaters, wholesale
district and all shopping.

Air-Conditioned Rooms —
Radio — TV
Dining Room, Coffee Shop,
Cocktail Lounge,
Garage Service.

350 modern rooms,
moderately priced

Leslie F. Long, Mgr.

4th Street at Hennepin

MINNEAPOLIS

Minnesota

REFLECTIONS OF A WINNER

by Bill Severin

Forty-seven straight games without a loss is an awful lot of kickoffs to go through and not be disappointed. I might add that before we started the present string, we had won seventeen straight and had dropped one and now have enjoyed unparalleled success for our school.

One feels mighty proud of the success, but it sometimes is almost embarrassing to win so often because I really can't say why we do.

Some who have not watched our teams perform contend that we do not play a tough schedule. True, we are not playing schools five or six times our size, but five of the eight schools we have played in this period have larger enrollments than we have. Several schools are three times our size. We have scrimmaged one of the top Big Nine schools for the past seven years. We kind of get dusted sometimes, and sometimes we've looked very good. We had seven former players on college teams in the MIAC and NIC this past season.

In the last eight years there have been games in which we were not the best team on paper, but because the desire that teams sometimes get in wanting to keep something going or winning a certain game, we were able to continue our string. Thank the good Lord we haven't been on the receiving end of any of these upsets in this string. It takes a lot of luck to keep something going that long. I'm certain Bernie Cole and his great Marshall teams back in the early 40's had some pretty uncertain moments when it didn't look like they could win a certain game, yet the boys came through. In one game we had only five first downs and our opponents had seventeen. They out-rushed us by better than 200 yards, yet we won 13 - 6.

We do not use anything special or different for drills that others don't use. Most of our ideas are picked up at football clinics such as the U of M and in talking with other coaches. From these I have been able to select the drills which I think are best for my coaching abilities and our boys. The offense we use is that of Ohio State and Woody Hayes "three yards and a cloud of dust." We have been blessed with good passers



Bill Severin is a graduate of Waseca High School and Mankato State College where he was a three-year letterman. He is a veteran of WW II and Korea. He is married and has five children. Bill has been head coach at Grand Meadow for ten years.

and good speed. There have been few games that passing did not get us a touchdown. Basically we run about four plays each way and about three pass patterns, and we never scrimmage after the start of the season. We can't afford the injuries and we would frequently be mis-matching players.

Getting back to defense, we use the basic 5-4 of Oklahoma with some stunting. I figure our middle guard is our key man. It has never seemed to make much difference what his size was or

Continued to page 9

"For the Promotion of Athletics in Minnesota"

- Eugene Rodgers
- Harold Van Every
- Bill Stevenson
- Phil McElroy
- Henry Ernst
- Norb Koch
- Bob Krieger
- Ron Smith
- Carl Hafften
- Jack Holt
- Allan Horowitz

MINNEAPOLIS AGENCY
Suite 1120
Builder's Exchange Building

- Babe LeVoi
- Andy Fraser
- Harold Mortenson
- Bob Roetman
- Gene Flick
- Butch Levy
- Bill Reed
- Dick Reed
- Les Schugg

BANKERS *Life* COMPANY

EARL BUCKNELL - President HOME OFFICE - Des Moines, Iowa
Bob Bjorklund, Agency Manager

Continued from page 8

speed, but he has to be agile, hardnosed and quick reacting. Two of the best middle guards I've had, Jim Glynn and Dennis Lorenzen weighed less than 130 pounds. My next two who also meet the qualifications of a middle guard are placed in the linebacking positions flanking the middle guard. The next in line I place in the outside linebacking positions. Then I go back to the tackles and try to find tall boys with size so they can help our secondary by making the passer throw the ball higher. We usually have one of our faster boys playing the safety along with our quarterback. It seems more by luck than anything else that our QB ends up back there but it kind of gives him a chance to survey the situation a little better, and we almost always have to find a spot for our QB to play because we don't have an abundance of firstline players.

We have a sign in our dressing room that reads, "If they don't score, we don't lose." In the past sixty five games we have had thirty-seven games in which the opponent did not cross our goal line, and our defense in this stretch has given up an average of 3.1 points per game. In the past forty games the defense has given up one extra point after seventeen touchdowns.

One motivating device that we use and I am sure others also use something similar, and that is a defensive point system. We started this about the same time we started winning. As I recall, it was the idea of our line coach, Bill Christopherson, now at Albert Lea. Our next line coach, Paul Austinson, broadened it out, and three years ago it was introduced to our Southland Conference coaches and has been used ever since. The conference uses it as an aid in selecting all-conference teams. To keep a record of defensive points we use several boys who have just recently graduated and have had football experience. On Monday morning the defensive and offensive statistics are posted on our bulletin board in the locker room and also in the main hallway of the school so the rest of the student body can follow along.

After each game the boys all gather around the coaches' office to see their evaluation. The system of evaluating the boys has room for improvement, but it can give a pretty good picture of the boys I might want to put in the key defensive positions. For the past three seasons we have had a new school record established. Orin Olson, set a record in 1963 and broke his own record in 1964, now plays middle guard at Mankato State. Glenn Simes broke that record in 1965 and became the first boy from a position other than middle guard to lead the rest of the team. Glenn played a middle linebacking position. I hope this record won't continue to be broken, because I think that might be an indication of team weakness. The top two boys each week with defensive points are awarded blue stars to place on their helmets for the remainder of the season. Just keeping track of these results from week to week adds a lot of incentive. At the end of the season the boy with the highest total is awarded a trophy. I wish that I could come up with a comparable type of evaluation system for the offensive linemen.

Continued to page 10

ROYAL ATHLETIC COMPANY

RECONDITIONERS AND SUPPLIERS
OF ATHLETIC EQUIPMENT



● HOCKEY

● BASEBALL

● FOOTBALL

● TRACK



Need Equipment Repair?

Contact

ROYAL ATHLETIC CO.

204 Walnut 665-7429
Yankton S.D. 57078

Continued from page 9

Below is an example of our total defensive point

tabulation. We had twenty seven boys that scored points under this system in 1965.

**DEFENSIVE POINTS
GRAND MEADOW HIGH SCHOOL**

Rank	Name	Pts.	Pos.	Class
1.	Glenn Simes	239 $\frac{1}{2}$	LB	Sr
2.	Dennis Baldus	161 $\frac{1}{2}$	MG	Jr
3.	Sheldon Burns	140 $\frac{1}{2}$	LB	Jr
4.	Dana Babbitt	119 $\frac{1}{2}$	T	Sr
5.	Russ Jacobson	118 $\frac{1}{2}$	LB	Jr
6.	Leo Baldus	116 $\frac{1}{2}$	E	Soph
7.	Dan Sween	103 $\frac{1}{2}$	T	Sr
8.	Jim Kennedy	92	LB	Soph
9.	Gary Gilbert	82	E	Jr
10.	Bruce Johnson	80	S	Sr
11.	Curt Palmer	80	S	Sr

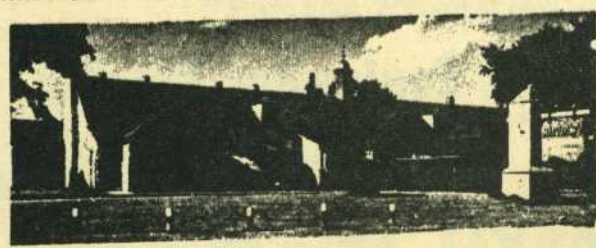
Listed below is the guide system that we use.

<u>MAKING A TACKLE BEHIND THE LINE</u> Single-----5 points Double-----2 $\frac{1}{2}$ points	<u>MAKING TACKLE ON PUNT OR KICKOFF</u> Single-----3 points Double-----1 $\frac{1}{2}$ points
<u>MAKING A TACKLE FROM 0 TO 2 YARDS GAINED</u> Single-----3 points Double-----1 $\frac{1}{2}$ points	BLOCK A KICK-----7 points RECOVER OPP. FUMBLE-----7 points PASS INTERCEPTION-----7 points PASS INTERCEPTION OR RECOVER A FUMBLE FOR TOUCHDOWN---10 points
<u>MAKING A TACKLE FROM #3 OR MORE YARDS GAINED</u> Single-----2 points Double-----1 point	

GAME Adams VS Grand Meadow
DATE SEPT. 24, 1965

NAME	JERSEY NO	DEFENSIVE POINTS
CURT PALMER	11	1-1 $\frac{1}{2}$ -3-7
DENNIS BALDUS	20	5-2 $\frac{1}{2}$ -3-1 $\frac{1}{2}$
RUSSELL JACOBSON	21	3-5-2-1
JIM KENNEDY	22	7-3-1

Continued to page



Liberty 5-8866
Reservations Before 7 o'clock advisable.

McCARTHY'S

5600 WAYZATA BLVD.

5 Minutes from the Loop....West on Wayzata Blvd

AIR CONDITIONED

Aged Steaks + Seafood + Southern Fried Chicken

FREE PARKING



Grand Meadow's Glenn Simes makes tackle with Dale Bush (76), Dan Sween (74) and Russ Jacobson (21) pursuing in 20-0 victory over Spring Valley.

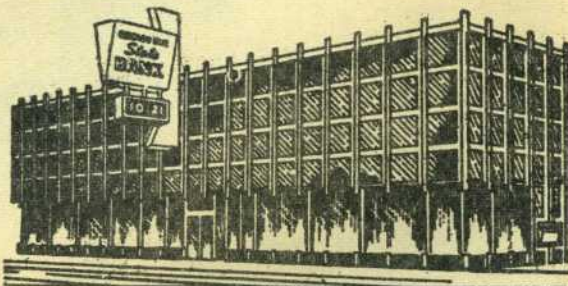
Continued from page 10

These are some of my personal guidelines I try to observe in my coaching:

Be concerned about the boy. Use every minute of practice. Don't let any boy sit around too long without using him in practice. If you don't have time to work with him, I suggest that you have a good reason to ask your supervisor for an assistant coach. Don't tolerate abusive language by the players. If you suspect a boy is getting a little hot under the collar, get him out of there for a few plays. Treat each player like a young man. He knows this is a man's game - that's why he wanted to be associated with it. He will respect you for it. You will know in the future whether you are getting to them. The greatest satisfaction you will experience will not come from winning a certain game but will come from these boys that played for you and had enough pride to thank you when they were a little more mature. Most players are physically mature in high school, but very few are emotionally mature. If anything of value I have passed on to the players I have had, I would have to thank some of my coaches, such as Lee Krough, Lloyd Hollingsworth, Whitey Aamot, C. P. Blakesly, and others. On our present coaching staff are Jerry Wedemeier, Ed Draheim and Roger Peck, I would like to especially mention Peck. He came to Grand Meadow at the same time we started winning and does all our scouting.

In closing I would like to add that almost every school has a different situation. In a small school the problem of getting organized is not nearly as time consuming as the problem the coach of a larger system has. It seems that the longer a coach stays in a system, the better is able to use his material. He knows the kids from the time

they grow up. He doesn't need a card system to screen them out. I make it a point to get to know the parents. Idle talk behind one's back can do much to tear the confidence of a good coach down if the parents do not understand what he is trying to do. Get the confidence of the players, treat them fairly, and fine your best player the same type of punishment you would give a "bomber" if he becomes a problem. Get to know the people in your town, mix with them, and be interested in their problems, instead of using them as a crying towel, and by all means, don't lose any games.



The Bank Built on Customer Service
WE SPECIALIZE IN AUTO LOANS
and F.H.A. HOME IMPROVEMENT LOANS

Longer Hours Too!
Open 9:00 a.m.—4:00 p.m. DAILY and UNTIL 7:30 p.m.
Monday and Friday

Chicago-Lake STATE BANK

Call 827-2691

825 E. Lake St.

Minneapolis, Minn.

Junior High Football

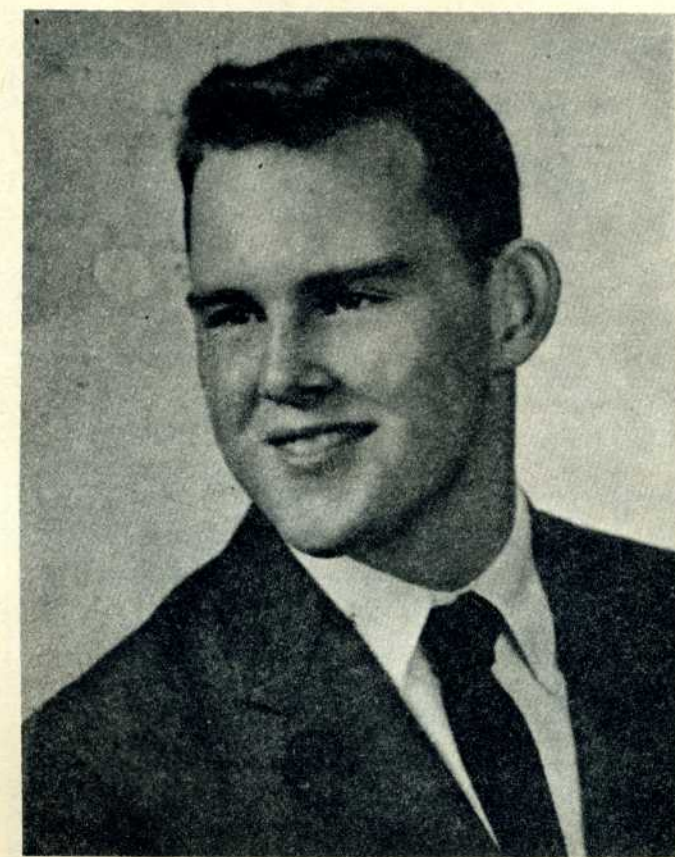
by Howard C. Schultz

I think that the most important aspect of any sound football program is a feeder system or a program in which young boys can partake in football early enough to understand and profit from it. This is truly the case in Bemidji.

Under the capable guidance of Head Football Coach, K. E. "Red" Wilson, Bemidji must rate high on the list as a school that has a large but sound football program for boys from the fifth grade to boys of grade twelve.

Boys may go out for football in Bemidji when they reach the fifth grade. This type of football is the "touch" type and continues as such until the boy enters the seventh grade.

When a boy enters the junior high and shows an interest in football, he is encouraged to take part in the seventh grade football program which is his first real look at "tackle football". It is during the seventh grade year that a future Bemidji Lumberjack gridiron great is getting groomed.



Howard Schultz, a native of Chisholm played varsity football at that school and then attended Bemidji State College where he played varsity ball and wrestled for Chet Anderson.

He joined the coaching staff at Bemidji High in 1962 and serves as an assistant wrestling coach under Ken Schmoker. Howard is also in charge of the seventh and eighth grade football programs.

It is in the seventh and eighth grade program that a boy learns the same basic patterns of football that he will eventually use when he reaches the varsity team at a latter date. It is at this level where a boy spends a great deal of time working on blocking, tackling, punting, and other types of football drills.

I think it might be worthy to mention that of all the drills we use in the junior high program, we spend a great deal of time on defense. It seems to be one area you can get a great deal done plus the fact, the kids seem to enjoy it.

Many coaches are not really sold on the idea of junior high football. We here at Bemidji feel it is one of the most important contributions to our winning teams.

I personally feel a junior high football program is important for two major reasons. The first is that a football team, any football team, may now have on their roster boys playing that might not have otherwise played at all unless they were first allowed to play in the lower grades, thus proving the merits of football to the parents or to anyone else who might not have condoned the game up to that time.

Secondly, I think football at the junior high level serves as an adjustment outlet for young boys as they make the strenuous adjustment from the elementary grades to the junior high level. Football helps to coordinate the overall adjustment of any individual. It is also a place where a boy can receive personal help in a world of systematic teaching.

As stated before, much of our time is spent in the teaching of basic football drills, formations, and patterns. What do we do in Bemidji to create and sustain interest? Actually we are very lucky in that respect, mainly because we live in a community that loves sports and because of the close cooperation with Bemidji State College.

When a boy participates in the junior high program he knows in advance that he will not participate against other towns. The main reason for this is to keep the cost of football insurance down low enough so that more boys will be able to take part in the program.

Although the youngsters know that there will be no games against other towns, they do know that there will be games, and these games are at the college field "under lights", which in itself is one of the great contributing factors in the success of this program. We are very fortunate in being able to work with a courteous and understanding representation of sporting people at the college who set aside the college field each Tuesday evening in order that these young football players may be able to compete in "game uniforms" before a growing crowd. This type of thing plus terrific sports coverage from radio station KBUN and the Bemidji Pioneer help to create and sustain enthusiasm needed in such a program as ours.

It is my personal belief, that in order to have a good junior high football program, you need a little

Continued on page 13

Continued from page 12

color, definite goals, and enthusiasm. We hope we have all three at Bemidji.

We, the members of the coaching staff, hope that every boy who puts on a uniform in the seventh grade will still be an active participant in the twelfth.

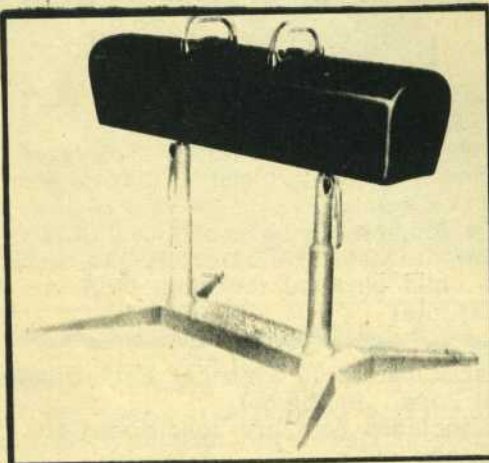
In reality this is not possible but if the boy does drop out, the cost, the time, and energy spent on the junior high program was worth it because what the boy learned or didn't learn can never be taken away from him but used as a stepping stone to success later in life.



Left to right, Front Row: Bob Johnson R. End, Gary Blash III R. Tackle, John Marks Center, Howard Hoganson, L. End, Second Row: Larry Donat R. Guard, Jim Ritchie L. Guard and Mike Sandberg L. Tackle.

The Bemidji High School Offensive Line that is considered one of the finest lines in the history of Bemidji high school football. From End to End it averaged 194 lbs. It was one of the big reasons why Bemidji High School had an undefeated season and run its undefeated string to 35 straight.

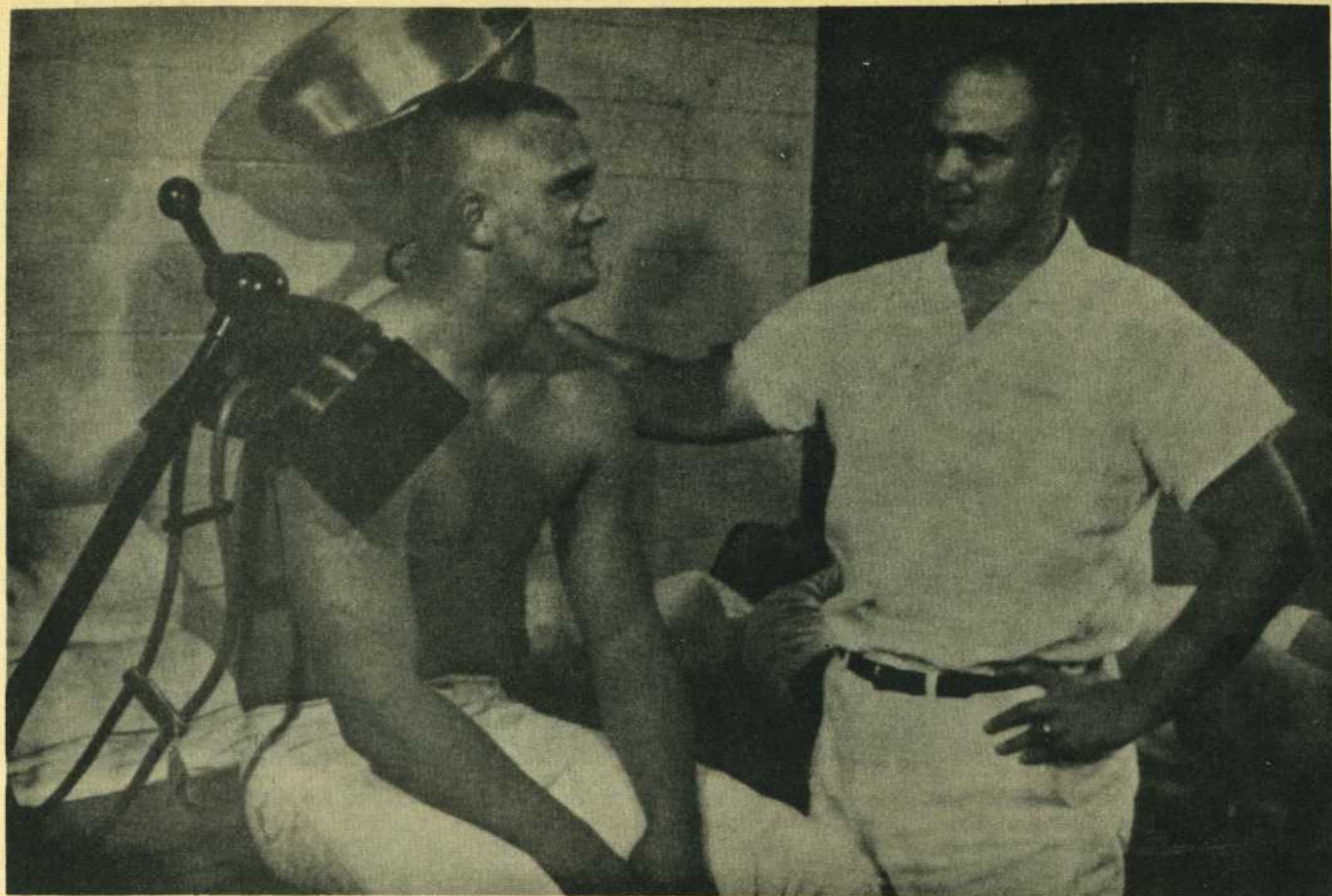
PORTER GYM EQUIPMENT
FROM **FARNHAM'S**



Exclusively from Farnham's...the exciting new Porter Line with built-in, body-building fun! Write or call Farnham's for complete Porter catalog.

FARNHAM'S

301 South Fifth St., Minneapolis • First National Bank Building, St. Paul
SOUTHDALE APACHE PLAZA MIDWAY
HOPKINS ST. LOUIS PARK ROCHESTER



Training Program:

The Need for Re-evaluation

The days of using conditioning exercises as perspiration producers should be over. Calisthenics without a specific purpose should be disappearing from the coaches' training schedules. It is now generally agreed that the best conditioning activities, except for those to increase general power and endurance, are exercises specifically designed to strengthen those body parts most used and most subject to injury in a particular sport.

Coaches may find many different calisthenics in several standard references on fundamental conditioning exercises. The real task for the Coach or trainer is one of selection. With his basic knowledge of anatomy, physiology, kinesiology, and of the fundamentals of the activity, the coach or trainer must choose those exercises that will help his players obtain maximum efficiency. Needless to say, efficiency should never be obtained at the expense of safety.

In 1962 a group of specialists in physical medicine from Mayo Clinic made a study of pre-conditioning exercises as related to physical performance, involving a group of high school athletes from Minnesota. This study is reported in Volume # 43, Issue # 2 of the Archives of Physical Medicine and Rehabilitation. ("Effects of Training and

by Jack Goodman

Jack Goodman, age 30, 3022 8th St. N., Fargo, is married and has one child.

He received his Bachelor of Science degree from Arkansas State, his MS in physical therapy from the University of Kansas.

He was a former high school coach in Missouri before coming to Moorhead State College as a trainer. He is also chief physical therapist of Neuro Psychiatric Institute.

Athletic Participation on Physical Performance of High School Boys," pp. 51-56).

The study included both pre-conditioned and non-conditioned individuals.

An unexpected finding occurred during the course of the study. It was found that during September, those athletes who had received only three weeks of practice before their first game actually decreased in work output from the first day of practice through the first game. The group of doctors found no data to explain this decrease of perfor-

Continued on page 15

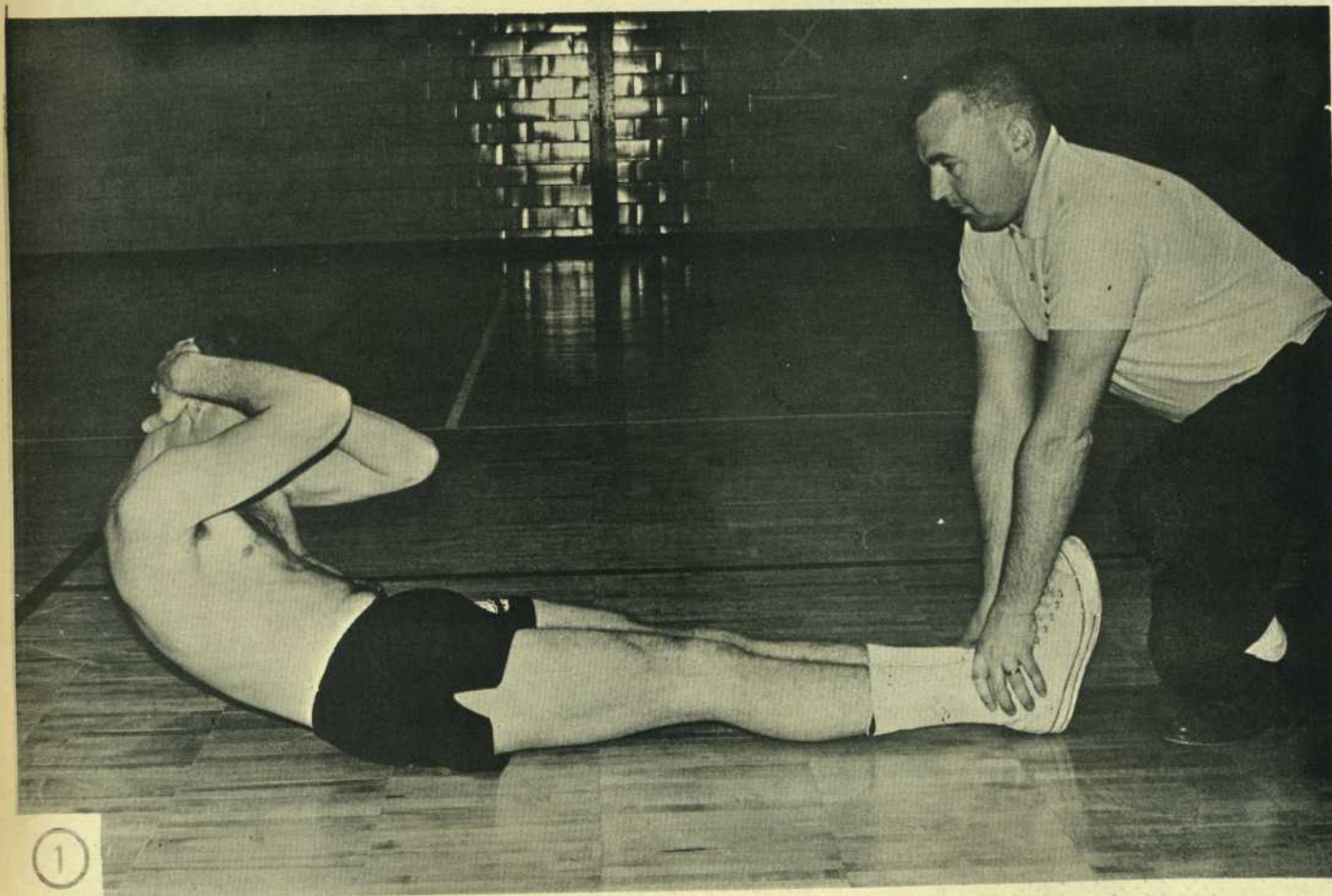
Continued from page 14

mance. I feel, however, that the decline of maximal work rate of the non-conditioned group during the early part of the football season indicates the need for reevaluation of the effectiveness of our currently used conditioning exercises.

This article shall now proceed to examine and discuss a few common calisthenics that I feel are not accomplishing the real objectives of the coach or trainer.

Sit-up. The sit-up will be examined first, because it is the most universal exercise athletes perform. It is included in almost every coach's conditioning program. Let us keep in mind that the purpose of the sit-up should be to strengthen the abdominal muscles. There are two ways of

doing sit-ups: with the back curled and with the back arched. In each method there are two starting positions, one with the hips and knees straight and the other with the hips and knees flexed. Regardless of which method is used in the above-mentioned positions, the value of the sit-up as an exercise for abdominal muscles is dependent, to a large extent, on whether or not the feet are held down. When the feet are held down and the knees are straight, a sit-up is done in two phases. In the initial phase, the abdominal muscles lift the thorax in flexion on the pelvis. Once the trunk flexion is complete, the second phase begins; that is, the reverse action of the hip flexor muscles raises the pelvis and trunk in flexion on the thighs to complete the sit up movement. (See figure # 1: sit-up done incorrectly.)



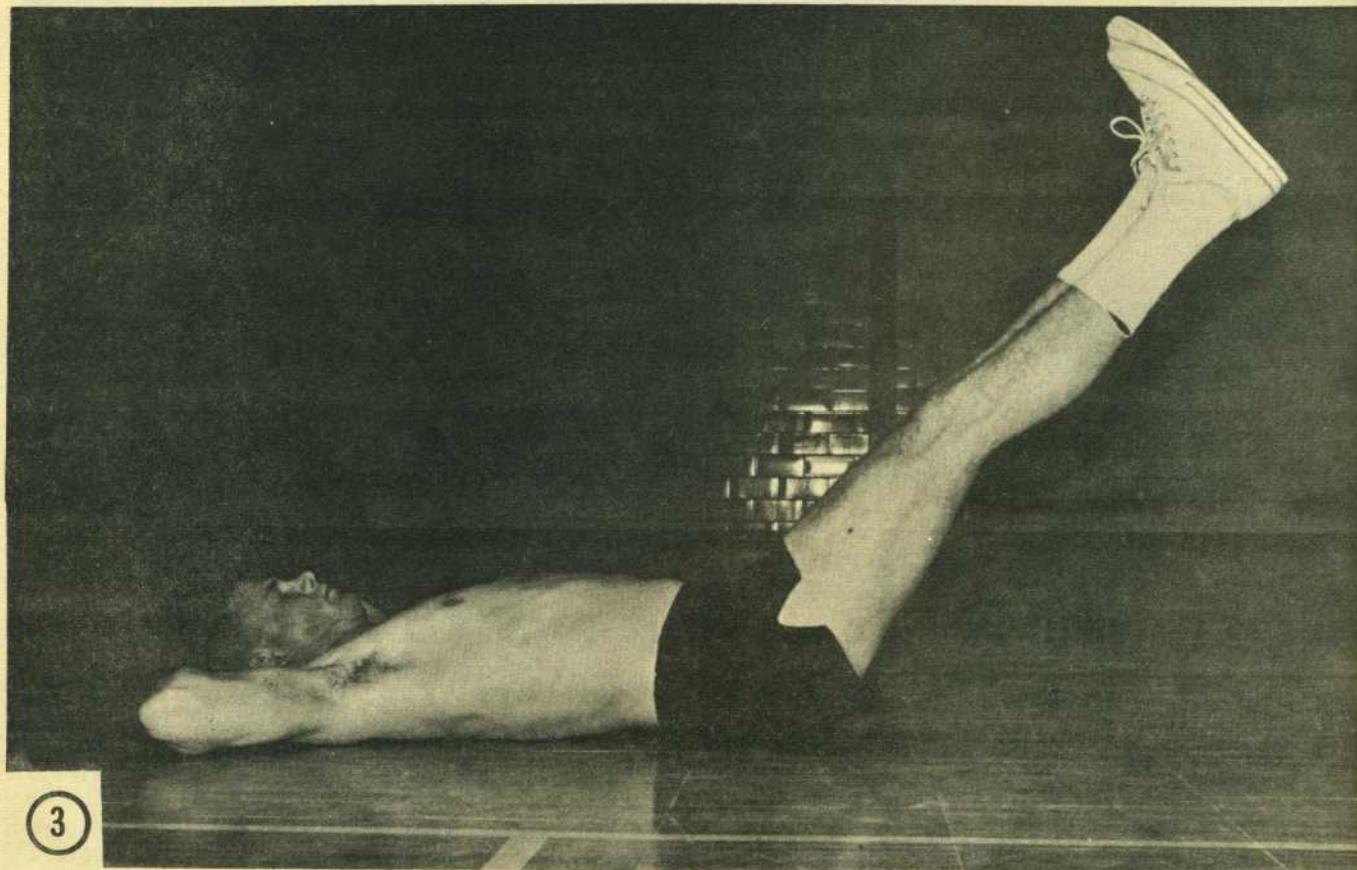
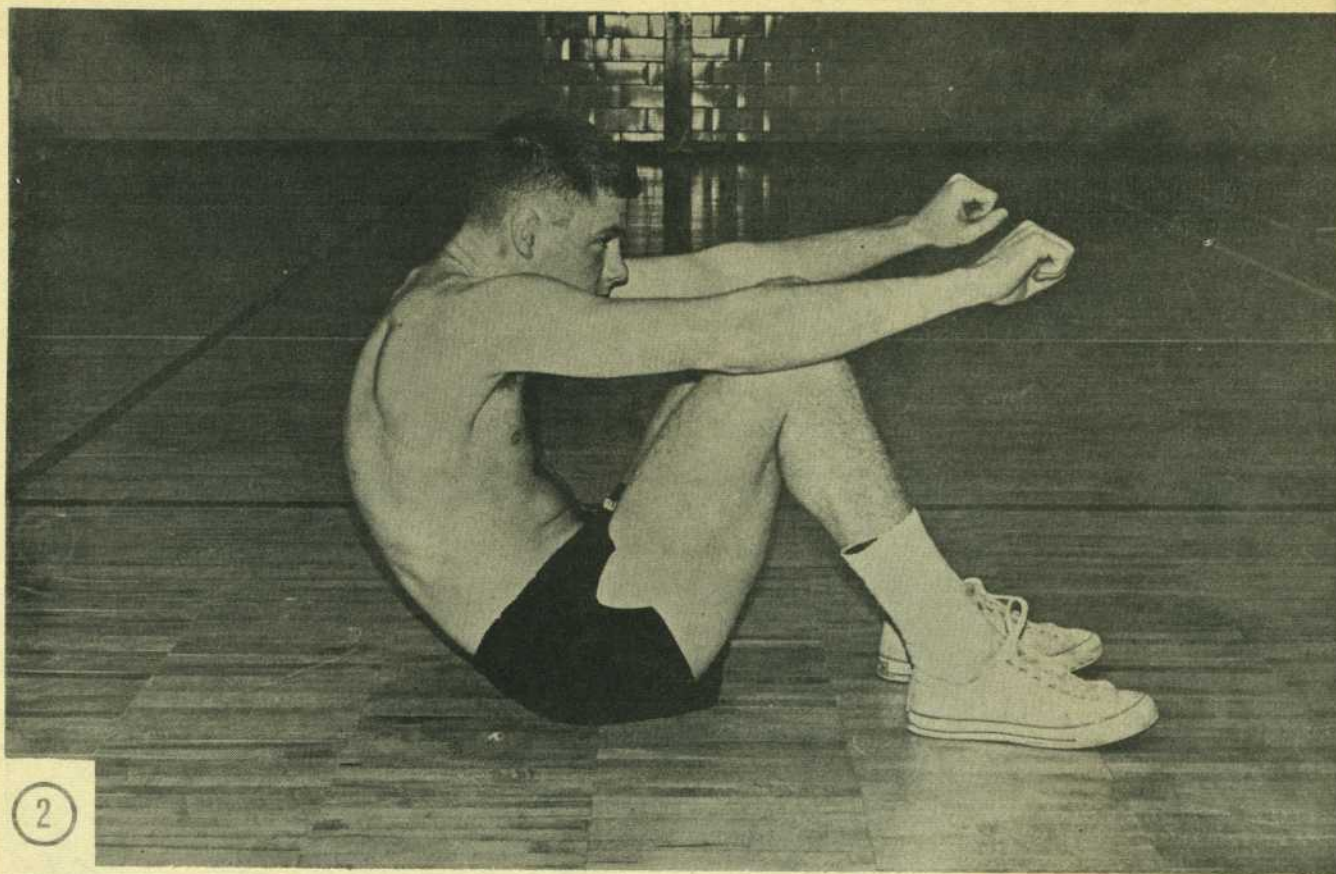
The same two muscle groups act when sit-ups are done with the knees bent. The difference in muscle action between coming to a sitting position with the knees straight and with them flexed, (feet held down in both instances,) is simply that the hip flexor muscles are working through a different arc of motion. Stated simply, a sit-up done with the feet held down does little to strengthen the abdominals. (See figure # 2: sit-up done correctly.)

Straight-leg-raising. Straight-leg-raising is a common exercise used by many coaches. There are many variations to this exercise. Some may have the athletes hold the legs at certain heights (the most common is about six inches,) and also

have them spread and close the legs. (See figure #3.) The exercise is believed to be a developer of the abdominal muscles. Actually, the performance of straight-leg-raising or of holding the legs in a raised position is not a test of the abdominal muscles at all. Rather, this action is entirely dependent upon the action of the hip flexor muscles. Straight-leg-raising actually tests whether the abdominal muscles can maintain the posterior pelvic tilt to keep the low back flat, while the legs are raised. To use straight-leg-raising to strengthen abdominal muscles the legs should be raised to a 90 degree angle and slowly lowered.

Continued on page 16

Continued from page 15

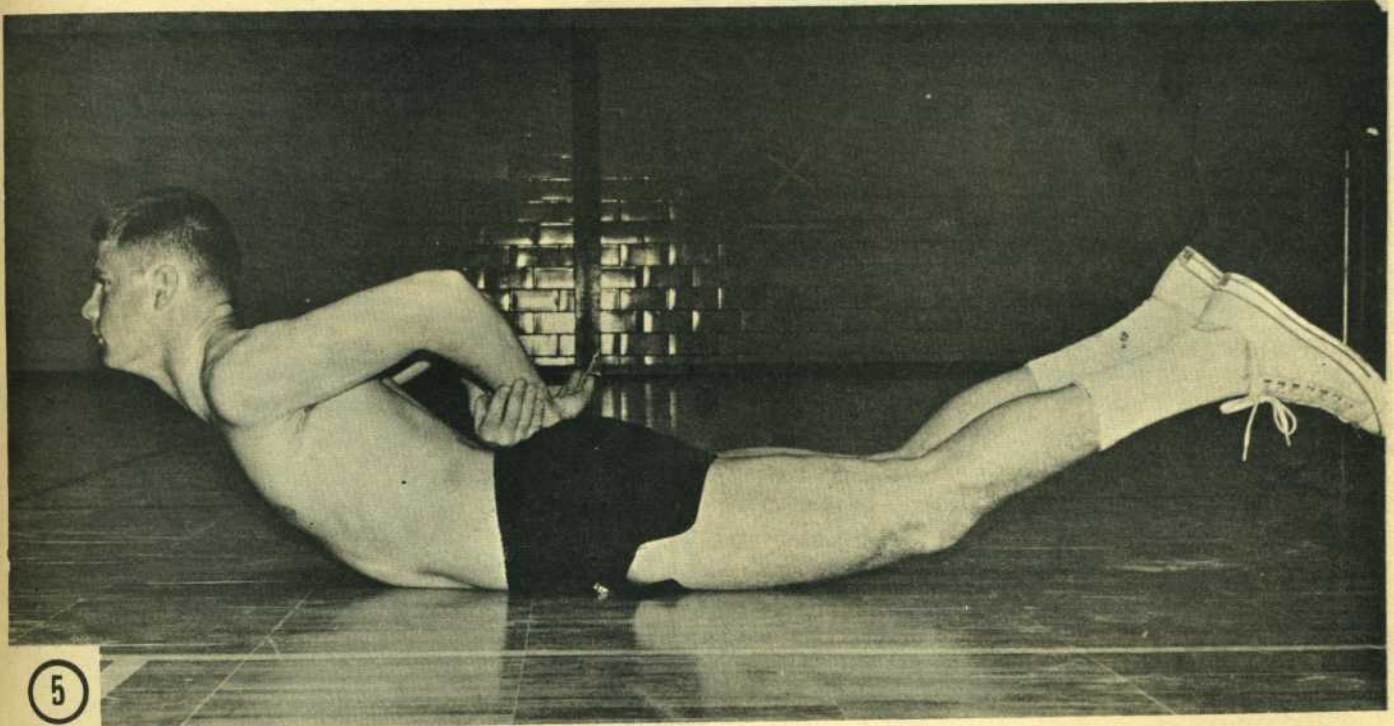
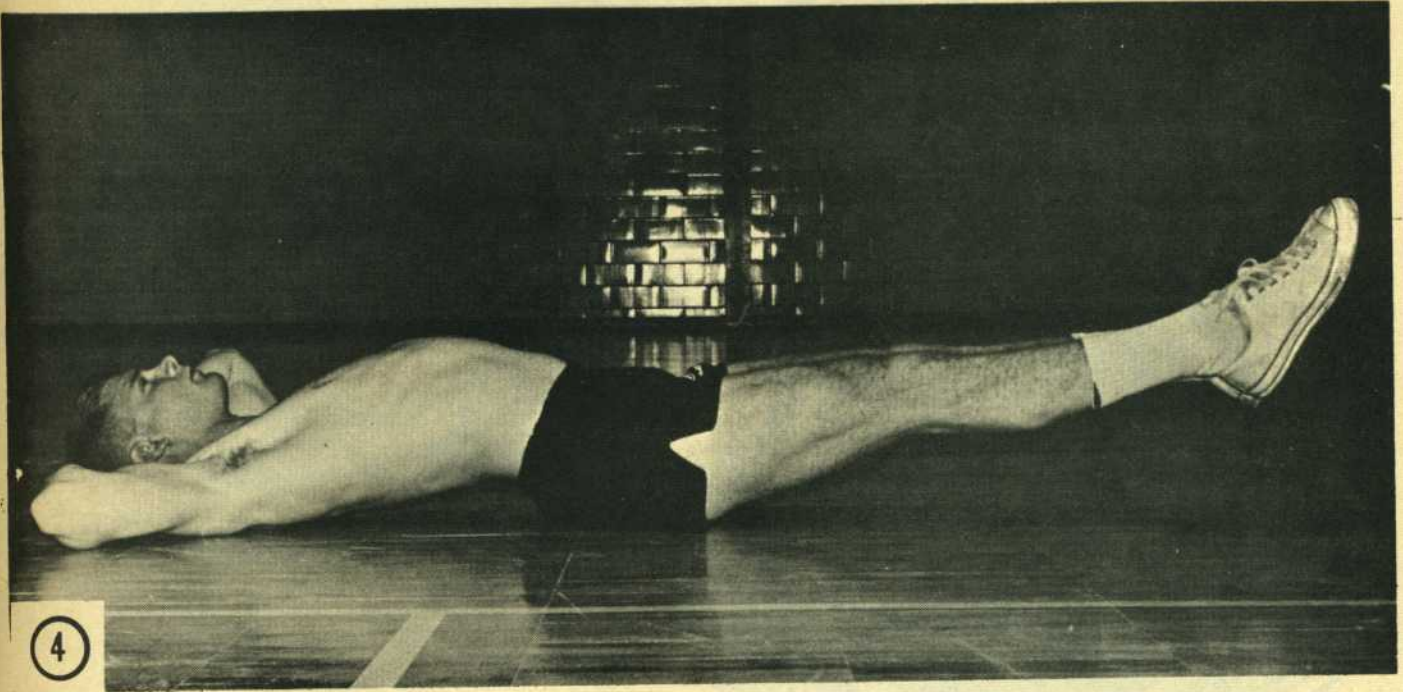


Continued on page

Continued from page 16

The subject should direct his attention to holding his low back flat. (See figure #4.) The instant the low back starts to arch, the abdominals are not functioning, and, as a matter of fact, are actually being stretched.

Rocker. This exercise is another one of the so-called "tummy toughening" exercises. It is done by having the subject lie on his stomach and raise the legs and chest from the ground as high as possible. The subject then tries to "rock" on his abdomen. One of the first basic concepts



in this exercise is that a muscle cannot be strengthened unless it is performing actively. The "rocker" is actually a back hyperextension exercise, and does nothing to the abdominals except to stretch them. (See figure #5: poor abdominal strengthener.) In my opinion, this is not even a

good back extension exercise, since it places too much stress on the low back. I prefer to have the subject raise only the chest from the ground, leaving the legs flat. It is important to remember that rocking, massage, beating, etc., do nothing.

Continued on page 58

STATE OF MINNESOTA

“FOOTBALL HALL OF FAME”



General Division
Bert Baston



High School Division
Lester S. Barnard



High School Division
Red Hastings



Citation Award
John Gagliardi



Citation Award
Lefty Ranweiler

(CONTINUED ON FOLLOWING PAGE)

SECOND ANNUAL

Minnesota High School Football Coaches Association

"Football Hall Of Fame"

BERT BASTON

Mr. Baston was a great end at the University of Minnesota prior to World War I. He won letters in 1914, 15, and 16, and captained the team in 1916. During the year he was captain, Minnesota outscored the opposition 348 to 28. This included a 67-0 victory over Iowa as well as large scores against other Big Ten teams. The team's only loss that season was an upset victory by Illinois. Much of the success was due to the famous Pudge Wyman to Bert Baston pass combination.

Mr. Baston was later elected to the National Football Hall of Fame. Many of you will remember him as the very personable end coach at the University. He served in that capacity from 1924 to 1950.



the state championship.

Besides football and track, Mr. Barnard coached gymnastics for two years, 1929 and 1930. This gives you an idea of what a terrific worker and lover of athletics Mr. Barnard is."

Mr. Barnard retired June 1958.

RED HASTINGS

Red coached at high schools in Glenwood, Detroit Lakes, Alexandria, Fari bault, and Austin. His over all record in the five schools was 149 won, 31 lost, and 12 tied. His longest stay was Austin, 1939-1952, as football coach where he had a 92 won, 17 lost, and 5 tied record. In seven of the four-teen years, Hastings coached teams that won the Big Nine title. Three times, 1947, 1950, and 1951, his teams won the mythical state championship. He is the only coach in the state with such a record.

Red currently is athletic director at Austin High School and Junior College.

JOHN GAGLIARDI

John has given small college football in Minnesota tremendous national prestige by coaching St. John's to its second N.A.I.A. National title. John has developed tremendous defensive football teams. His overall record at St. John's ranks him as one of the top winners in the nation among college coaches.

Individual honors: Knute Rockne "Coach of the Year" Award, 1963, Catholic Coach of the Year, 1962, 1963 and 1965, Minnesota College Coach of the Year, 1962, 1963 and 1965, NAIA Coach of the Year, 1965, College record ranks ninth best in the nation.

LEFTY RANWEILER

Lefty has been a particularly aggressive sports writer, a trait we as coaches can readily appreciate. He has given football in his area tremendous newspaper coverage. His assistance in keeping records and statistics have brought many words of praise from coaches in this west central area. His "top notch" sports reporting has given football and the boys participating in the game a big boost.



LESTER S. BARNARD

"Mr. Lester S. Barnard, born in Rogersville, Missouri, went to Missouri Teachers College, Northwestern, Notre Dame, and the University of Minnesota. He came to South 30 years ago, and since he's been here, he's established a name and reputation that'll be remembered for a long time to come.

When he came to South, he was hired as a basketball coach; since then he's branched out into other sports and has coached nine football teams to championships, three in track, and one in basketball, 13 in all.

(This was on the sports page)

Mr. Barnard came to South in the fall of 1928. He was originally hired as basketball coach, after winning championships at Kalamazo college. Mr. Barnard coached the last championship team at South in 1934. Mr. Barnard, liking football, changed coaching jobs with "Doc" Williams, football coach at that time (1928).

Football was soon the sport heard of by all, for Mr. Barnard went on to win the championship four years in a row, 1928-1931. He then won championships in '34, '36, '43, '47, and 1958. In his last year Mr. Barnard coached his team to the city and twin city titles.

Mr. Barnard also became a successful track coach, winning championships in 1932, 38 and 45. In 1945 they won

"Defense In 9-Man Football"

by Gordy Nichols

Head Football Coach at Borup

Defense is the backbone of a good football team whether it plays 8-man, 9-man or 11-man football. A championship team must have a good sound defense, if it is to end up on top. This is the philosophy that I, my assistant coach, and the entire football team adopted when we started practice for the 1965 season. I have always felt that a good defense would win more games during the season than a good offense would. There will be days when your offense will not be able to move at all and then your defense must stop your opponent for you or else your chance of winning is very slim. If you cannot stop your opponents from scoring it will not do you much good to have a potent offense because you will never be able to win the big game or games. After going over our team statistics for the season I am more convinced than ever that to win consistently you must have a good defense. Our team figures seem to prove this point also. Offensively we scored 199 points in the conference, tie for the top. Defensively we gave up just 57 points in the conference and 27 of these were in our last game when we had the title already clinched, this was the top defensive mark in the conference. The second place team in the conference allowed 117 points which gives us a big edge defensively. We shut out three of our opponents and two others scored just one touchdown. We intercepted 16 passes and recovered 16 fumbles in conference play which helped us tremendously also. In all but one of our games we opened the game by kicking off and in each one of these games our defense either scored for us or else put the opponent in such a hole that we were able to receive the ball in good field position and march right in to score as soon as we got the ball. We feel that our defense accomplished its goal and without this success we would not have had the season we had.

As our practice started in the fall for the opening game we were well aware of the fact that we had to cut down on the number of defensive mistakes which we had made the year before. We were starting the season with almost the same group of boys that had ended up sixth in the conference the previous season and for many of them this would be just their second year of football so we did not have a great deal of experience to work with. We felt that if we could cut down on the

number of mistakes and also prevent the opposition from controlling the ball and being able to march from their goal and score that we would be able to attain the goal that we had set for ourselves, that being conference champs. Also, being the smallest school in the conference we knew we would be outnumbered by many of our opponents and realized we would have to stay away from injuries so we could keep our better players on the field when we needed them. With this in mind we spent a great deal of our early practice time on drills designed to give us a squad of well conditioned athletes. We wanted our boys to be top notch condition to be able to play a strong second half and particularly a good strong fourth quarter because we felt that many games are won and lost in this quarter due to poor conditioning. Also we wanted a fundamentally sound offensive and defensive squad without having our practices becoming dull and routine. We wanted our practices to be something that the boys would look forward to each day so we spent a great deal of time devising drills which would help us gain these goals.

Some of the conditioning drills we used not only helped to get the boys in shape but also helped us to attain the speed and agility we needed in our defense, especially in our interior linemen and linebackers. Here are a few of the drills we used during the season:

1. We would place the entire squad down on all fours with their knees off the ground. The captains would be in the front, facing the squad, moving on their hands and feet the captains would move ahead, back or sideways with the squad moving with them. Ex. If the captains moved toward the squad they would move back, if the captains moved away from the squad they would go toward the captains.

2. We used tire drills a great deal during the early part of the season and then a short drill for conditioning and agility every day afterwards. We would place the tires in various spots and have the players running through them with emphasis on speed and agility. We also emphasized highknee action for our offensive backs. Occasionally we would time each player going

Continued on page 22

CORRIE'S ATHLETIC GOODS, INC.

Outfitters For Rawlings, MacGregor

Wilson

Spalding

Sports Equipment

921 Marquette

335-2066

Minneapolis, Minn.



Continued from page 21

through the tires and this seemed to give them added incentive to work a little harder.

3. Leg lifts which are designed to strengthen the leg muscles as well as the stomach muscles were used every day.

In addition to these we also used wind sprints and isometric exercises as well as other conditioning exercises.

Some of the defensive drills we used are as follows:

1. One on one--Space two dummies about two yards apart with one boy on offense and one on defense with a ball carrier behind the offensive player about four yards. On a given signal it is up to the offensive lineman to move the defensive man so the ball carrier can get through and it is the responsibility of the defensive man to make the tackle. All play must be within the dummies. As the season progressed we increased this drill to two on two and three on three. Not only is this a good defensive drill but we also found that it is a good offensive drill as fundamental of blocking, line charge and etc, can be effectively taught and mistakes corrected in this drill. This drill also relieves the feeling of doing the same thing over and over again that you have with many other dummy drills on blocking and tackling because here you have real contact and that is what the boys want.

2. Cat drill -- Place two dummies about four yards apart with one player in between them laying flat on his back with his arms stretched out and knees up. Place a ball carrier behind about 4 yards. On a given signal the player on the ground must get up into the correct position for making the tackle on the ball

carrier coming at him. The object of this drill is to develop quickness and agility in a boy needed to get up off the ground and turn around and still be in position to make the tackle, thus the name cat drill.

3. Pass defense -- This gave us the most trouble as it seems to be the hardest to teach and get across to the boys. We seemed to have good success with the following drill however. In our early season practices we would take our backs and ends and work them together on pass defense and offense. We would divide them into two teams, one on offense and one on defense. One back would be the passer and the receiver would go out for the pass with a man assigned to guard him and try to prevent him from catching the pass. No one would be allowed to rush the passer but we allowed the passer just a few seconds to throw the ball. The receivers would check with the passer on the pattern they were to run. To make it more competitive we used a point system where we gave points for the following:

Completed pass 2

Intercepted pass 2

Incomplete pass 1

If the passer did not throw in the allotted time one point was deducted from his team's total. The passer was instructed not to throw unless the receiver was open, two points were deducted from the team's total if he threw when the receiver was covered. The teams would change positions whenever a pass was intercepted. When we felt that we had progressed far enough in this drill we would use the entire team. As the season progressed especially before a game with a pass minded receiver

Continued on page



the Radisson hotel

Radisson Hotel

**In The Heart of Downtown Minneapolis and
Home of the Magnificent Golden Strings**

Continued from page 22

we would use this drill involving the whole team, then we awarded points for an interior lineman knocking down a pass or preventing the passer from getting the pass off.

During the season we used some of these drills everyday and some of them just when we felt we needed to. In our scrimmages we emphasized certain points which we felt we needed in our defensive game plans. Some of them being:

1. A good line charge, both offensively and defensively. We wanted to get a strong initial thrust by our defensive line before the opponents could get their offensive pattern into operation thus taking their advantage away from them and disrupting their plan of attack.

2. Good defensive pursuit, We were constantly on our boys never to let the offensive man get to the outside but to always turn him into the middle so that we would prevent the long gainer. Our ends were instructed never to let the ball carrier get outside them and also never let the blocker get outside them so he could crack back the easy block which would give the ball carrier the outside path down the sideline.

3. To help our linebackers and secondary defenders we had our linemen yell "pass" whenever the play was developing into a pass play. This usually would give our secondary an extra second or two to cover their man or plus a weakness which may have developed in our secondary. We are positive that this helped us this past year and we intercepted 16 passes in our conference games and at least two of our games were decided early in the first half because of intercepted passes.

We kept defensive charts of our games as well as offensive charts. Both of these charts were posted on the bulletin board the morning after the game and the defensive charts always attracted most of the boys and this helped to develop the desire to play defense and the pride in defensive football which is important to any football team. Some of the items we charted were:

1. tackles
2. intercepted passes
3. recovered fumbles

4. passes knocked down

5. blocked punts

We used the basic defenses you see in any football game, a 5-3-1, 5-2-2, 4-3-2 with a 6 man line for goal line stands. In passing situations we primarily used a 4-3-2 and when we were positive that the opponents were going to pass we went into our prevent pass defense which was a 4-3-2 or a 3-3-3. The accompanying diagrams show the defenses we used during the season.

We know that for the oncoming season we will be making changes in the drills and the defensive patterns that we used for this past season but basically our defensive outlook will remain the same.

ROYAL ARCANUM
AN INTERNATIONAL FRATERNITY  PROVIDING FAMILY PROTECTION

**A FRATERNAL BENEFIT
SOCIETY**

INTERNATIONAL IN SCOPE

SPONSORS OF COMMUNITY SERVICE
PROGRAMS

STRONG INTEREST IN ATHLETIC
PROMOTION

FOOTBALL COACHES INTERESTED
IN JOINING LOCAL COUNCILS

CONTACT

Sid Sivertson

3501 - James Ave. No., Minneapolis

THE ST. PAUL OFFICIALS ASSOCIATION

- Providing Football, Basketball, and Baseball Officials for over 42 years -

Jerry Flathman, Secretary
557 City Hall, St. Paul, Minn.
55102

TELEPHONE
area code - 612
Business - 233-4735
Residence - 776-2154

- Congratulations to the Minnesota Football Coaches Assoc on their continuing efforts in developing the football program of the state -

Regional Coaches of the Year

A selection meeting was held Saturday, March 19, 1966 at 7027 13th Avenue South, Richfield. Selections for the Hall of Fame general and high school divisions, citations for 1965, and eight regional coaches of the year were made. The final selection-state coach of the year is yet to be made. This should take place at the March 26, 1966 meeting.

The following choices were made at the meeting:
General Division

- Bert Baston
- High School
- Les Bernard-retired
- Red Hastings - Athletic Director - Austin Public Schools

Citations

- John Gagliardi-St. Johns University
- Lefty Ranweiler-Willmar paper

Regional Coaches of the Year

- Region I - Bill Severin
- Region II - Cy Champa
- Region III - Dave Hauck
- Region IV - Steve Silianoff
- Region V - Chuck Elias
- Region VI - Ron Masanz
- Region VII - J. Paul Richards
- Region VIII - Howard Emerson
- Grand Meadow
- Blue Earth
- Madison
- South St. Paul
- Minneapolis Central
- Morris
- North Branch
- Warren

The State Coach of the Year will be chosen from this group.



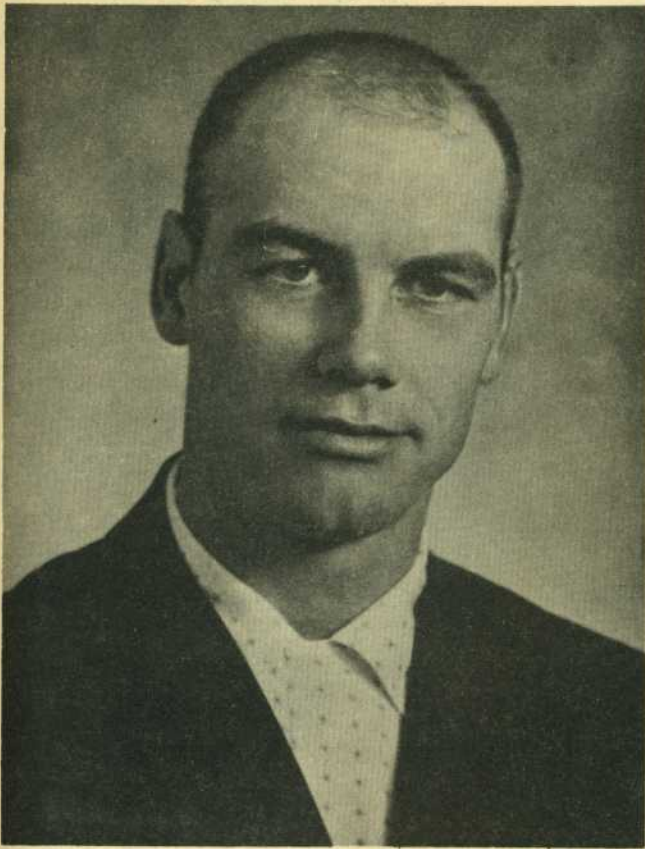
Region II
CY CHAMPA BLUE EARTH

Cy is a graduate of Bemidji State College and has been coaching at Blue Earth the past two seasons. Football interest and success have soared upward at Blue Earth under Champa. His successes include a two year record of 16 wins, 1 loss, 1 tie, and two South Central Conference championships. The 1965 record was eight wins and 1 tie.

Region I
WILLIAM F. SEVERIN GRAND MEADOW

Bill is a graduate of Mankato State College, has spent all of his 14 years of coaching at Grand Meadow, Minnesota. His record over the years has been fantastic and includes a 49 game streak without a loss. The Severin coached, Grand Meadow "Larks" had a 1965 season record of eight wins and no losses.





Region III
DAVE HAUCK MADISON

Dave graduated from high school in 1949 at Madison, went on to Gustavus where he graduated in 1953. He participated in football his freshman year but was a varsity swimmer for four years and set several records in both individual and relay events.

His first job was as head football coach and track coach at Henderson where he taught for three years before coming to Madison in 1958 as varsity assistant football, gymnastics and track coach. In 1962 he became head football coach and gymnastics coach which he is presently engaged in.

He is presently completing work on his MA from Bemidji State College.



Region IV
STEVE SILIANOFF SOUTH ST. PAUL

Steve is a graduate of the U. of M. and has been coach at South St. Paul since 1952. Steve's 1965 team was one of the finest in South St. Paul's history. It included probably the outstanding football player in the state in Jim Carter, his great 215 lb. running back. Steve's 1965 record is exceptional particularly when you consider that they have one of the smaller schools in the conference.

Region V
CHUCK ELIAS MINNEAPOLIS CENTRAL

Chuck is a graduate of Coe College and has coached at Minneapolis Central the past thirteen years. His 1965 record included the Minneapolis and Twin City Championships, a 9-0-1 record. The tie came in the Central-Roosevelt game which ended 0-0. Central is one of the smaller schools in the Minneapolis league but Chuck has kept them on or near the top year after year.



Silianoff's 'Tough Policy' Brings Respect



By Ted Peterson
Minneapolis Tribune Sports Writer

Square-built, square-shooting and soft-spoken Steve Silianoff of South St. Paul never has been anything except a true gentleman, a person of warmth, sagacity and success to achieve a distinction of being one of the state's most respected high school football coaches.

That's quite a mouthful of adjectives to describe a former University of Minnesota center, whose original association with football was because he got a big thrill in knocking down and bruising his opponents.

As far as Silianoff is concerned that's what this game of football is all about and his application in teaching fundamentals is directed toward a proved theory that a good opponent is one who has been reduced to a prone position on the field.

There have been a lot of so-called "new" formations come along and Silianoff has been aware of them all, but he basically still retains the old single wing with an unbalanced line -- power football that places the emphasis on blocking.

Silianoff is convinced the drop in popularity of the single wing is because it is the hardest to teach. "All the hard work comes first, notably a thorough application of the fundamentals. If your players adapt to them and particularly blocking, which is hardest to teach, the rest comes easy and a coach is able to get a little tricky."

There is another reason why Silianoff remains with the single wing at South St. Paul and that is lack of speed in his Packer squads. He believes the fact South St. Paul never has been very strong in track is a contributing factor and he says progress is being made in strengthening participation in that sport.

"We have real fine hockey," Silianoff says, "but skating doesn't teach boys to run and that's what we need. When you don't have speed it becomes necessary to convince your boys that methods of winning football games lie in another direction."

That Silianoff has done well is attested to by a record of approximately 75 victories and 30 losses since he took over in 1952, several unbeaten teams and Suburban Conference championships.

Silianoff had quite a complicated start in football and is a graduate of Wilmerding, Pa., High School. He competed at the University of Richmond in 1941 and 1942 and made his appearance at the University of Minnesota in 1943 as part of a U.S. army specialized training program.

Marsh Ryman, now director of athletics at the University, was physical education director of the group and got Silianoff interested in Gopher football to point he was on the squad--illegally since that activity wasn't open to an army recruit.

That was all resolved when Silianoff was sent overseas in special intelligence work in the Balkan countries and other Middle East areas.

Silianoff finally got back to the University in 1946 and played two years under Bernie Bierman and Dr. George Hauser and remained in school thereafter to get his master's degree.

He jokingly remarks concerning the four year break in his career as a player, "I had to win a war first." In 1950 he again was sent to the middle east for intelligence activity and on his return joined Minneapolis Honeywell as a supervisor.

Continued to page 63



Sporting Goods

* Team Outfitters

* Athletic Equipment

* Wholesale & Retail

Rawlings & Spalding

STAN KOSTKA, Manager



7 So. Broadway
FARGO, NORTH DAKOTA

SPORTS'

PROFILE

STEVE
SILIANOFF



...STEVE'S TEAMS HAVE A RECORD OF 75 WINS AND 30 LOSSES !!



STEVE SILIANOFF

...SOUTH ST. PAUL'S SOFT SPOKEN SUCCESSFUL SINGLE-WING STRATEGIST !!



...THE FORMER UOFM CENTER HAS HIS TEAMS "EMPHASIZING" BLOCKING !!

-JIM NELSON



By
Ted
Peterson

Cartoon By JIM NELSON, Wrestling Coach, Carleton College, Northfield, Minnesota

NEW

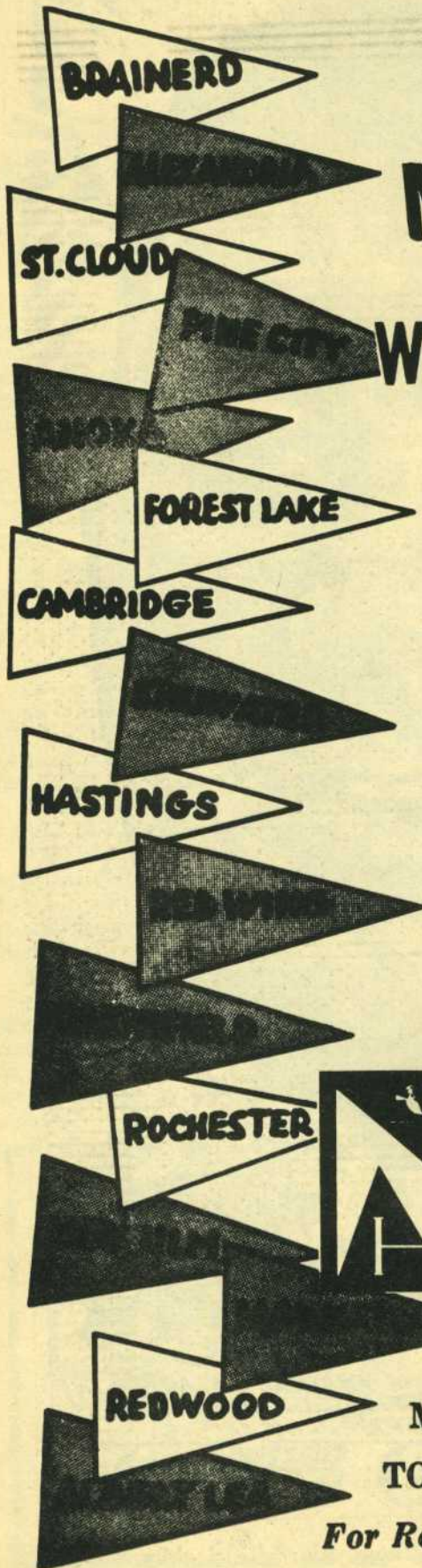
Maryland Motor Hotel

WANTS High School Business....

Let Us Prove It To You . . .

With These Features . . .

- **DOWNTOWN LOCATION**
The Maryland is located but minutes away from worthwhile things young people wish to see in Minneapolis.
- **RATES**
Young People Can Afford, Teachers, Too! Our rates are but \$2.50 per student when three or four students occupy a luxuriously beautiful room. Also Special Low Rates for Chaperons.
- **BEAUTIFUL MODERN ROOMS**
Enjoy spacious rooms, with that "Southern Style" charm that is only yours when you make your stay at the Maryland.
- **TASTE TANTALIZING FOODS**
Delight in eating sumptuous meals in the fabulous Orleans Room, or in one of the Maryland's party rooms.
- **PLANNED TOURS —**
Tickets Secured for Shows. The management will be glad to help any group in planning a well-rounded educational and fun tour of the Twin Cities.
- **FREE PARKING FOR SCHOOL BUSES!**
Why not join the band wagon and head for Maryland Motor Hotel?



**MAIL
TODAY!**

For Reservations

Maryland Motor Hotel
LaSalle at Grant Street
Minneapolis, Minn.

My team will be in Minneapolis
(Date)

Please make reservations for

Name

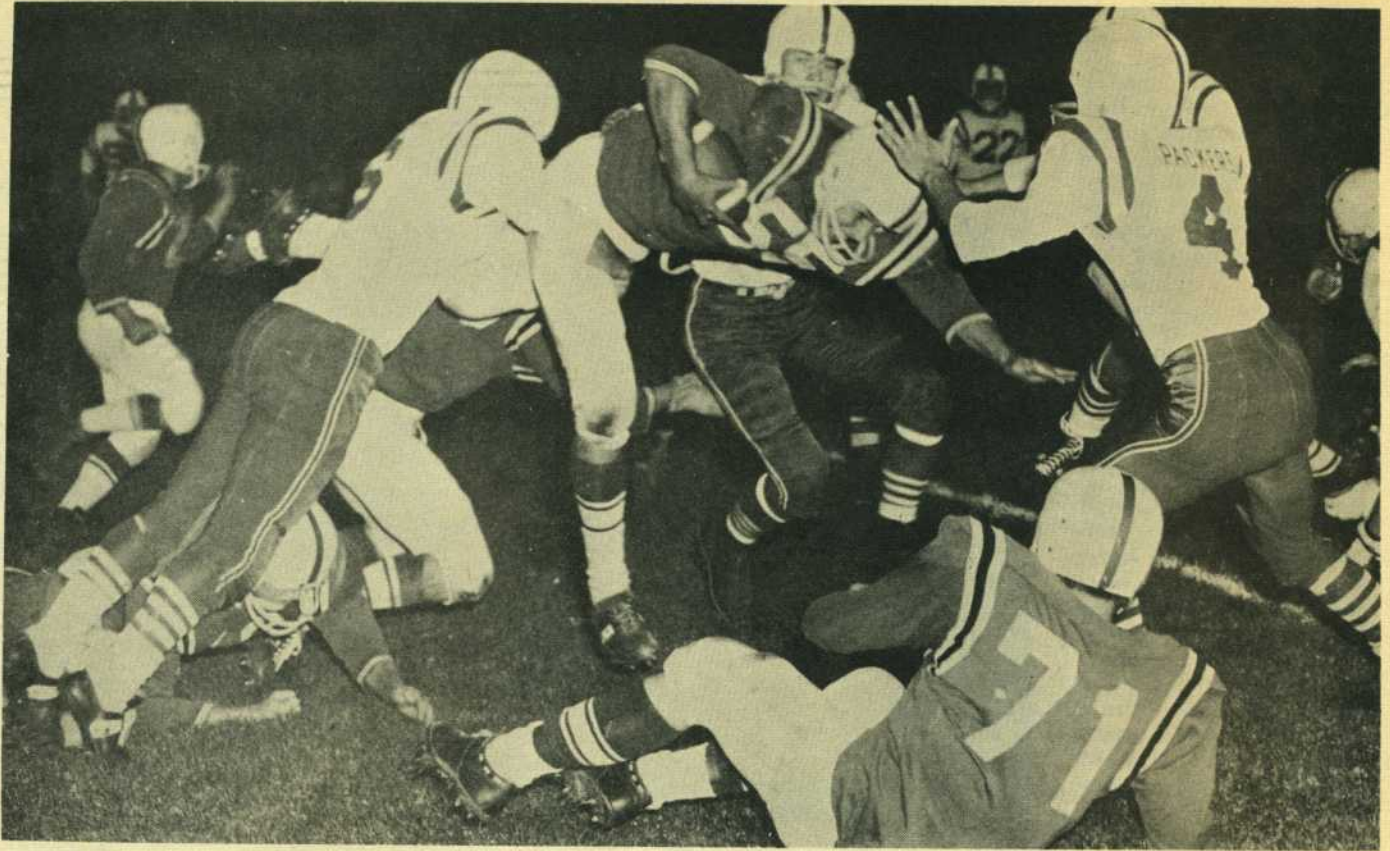
Address

School

Above rates do not apply during
state highschool basketball tournament.

The young man's name is David Sandberg. He is a senior honor student. He is 5'9" and weighs 180 pounds. He has lettered the past four years in football. His offensive statistics for the past year were as follows: Games 8; total number of carries 182, for 1266 yards. He completed 30 of 69 passes for 520 yards. This brings his total offensive contributions to 1786 yards or 223+ per game. This was compiled despite the coverage of opponents and aided the rest of our squad to average another 100 yards per game. This does not include 17 punts and kick-off returns at which he averaged 29 yards a carry. This does include what has to be the longest run from the line of scrimmage, he recovered a fumble on our 3 inch line and on the next play turned right end for 99+ yards. David was also one of outstanding qualities at linebacker.





Faribault (dark) runs kick-off return against Austin.



Dodge Center's Steve Nelson (42) applies a stiff arm to would-be West Concord tackler Bill Smith. West Concord won 13-7.



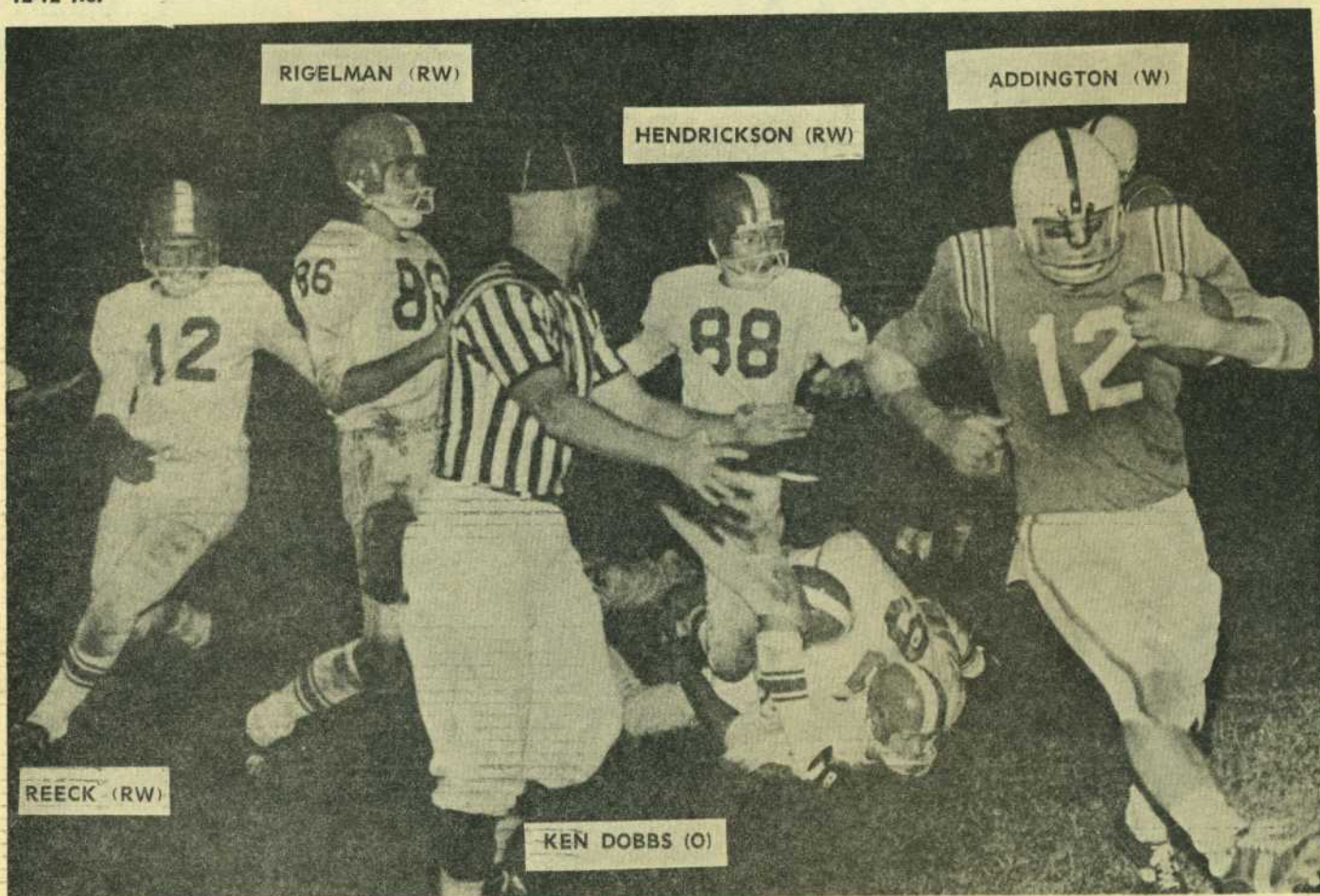
Blue Earth's John Anderson (dark) with ball as Duane Brownlee (61) leads way. Clancy Gyerstad of St. James (white) is being blocked.



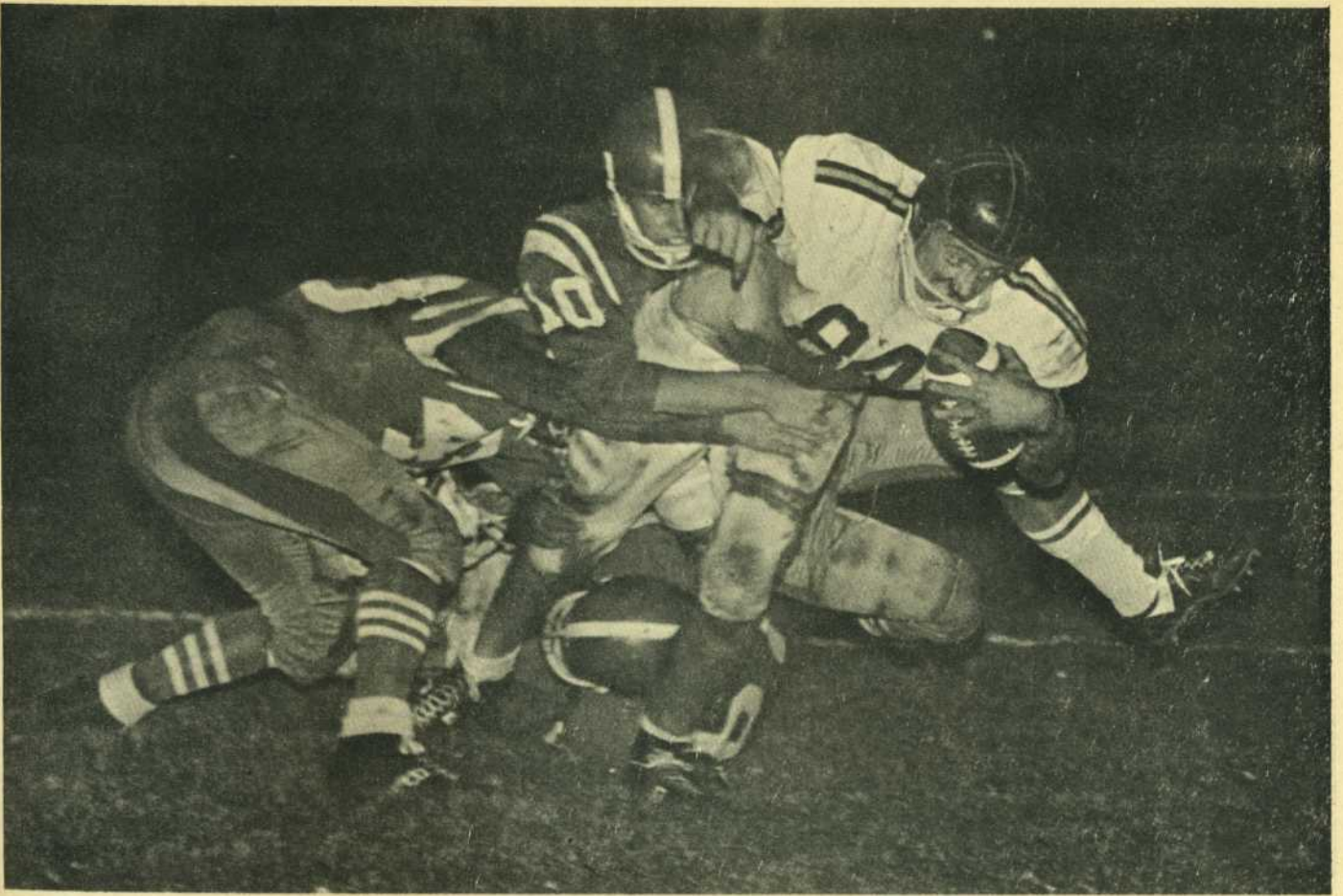
A Most Valuable Football Player Trophy was presented for the first time this past season at Arlington-Green Isle High School. The award will be made annually. Athletic Director Stan G. Cina presents the trophy to Co-Captain Joe Noack.



Junior tackle Doug Drexler leads the Alexandria defense in stopping a Breckenridge ball carrier. The game ended in a 12-12 tie.



Gary Addington, quarterback for Winona goes 8 yards on an option play to score against Red Wing.



Jim Carter, South St. Paul in Alexander Ramsey Game.



The Arlington-Green Isle High Indians had one of their best seasons in recent years with a 5-2-2 record in 1965.



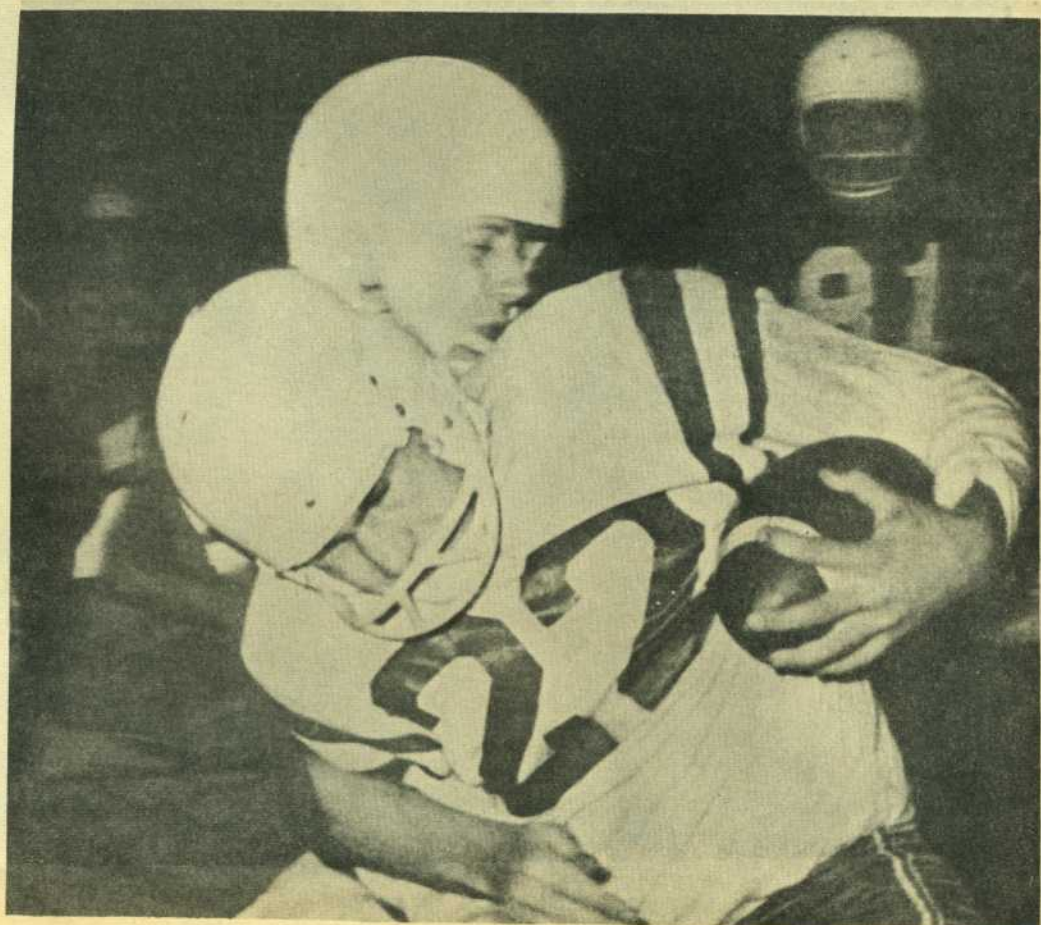
Number 82, Duane Grant, 200 lb. end for St. Cloud Tech's undefeated team in 1964 running with ball after receiving pass.

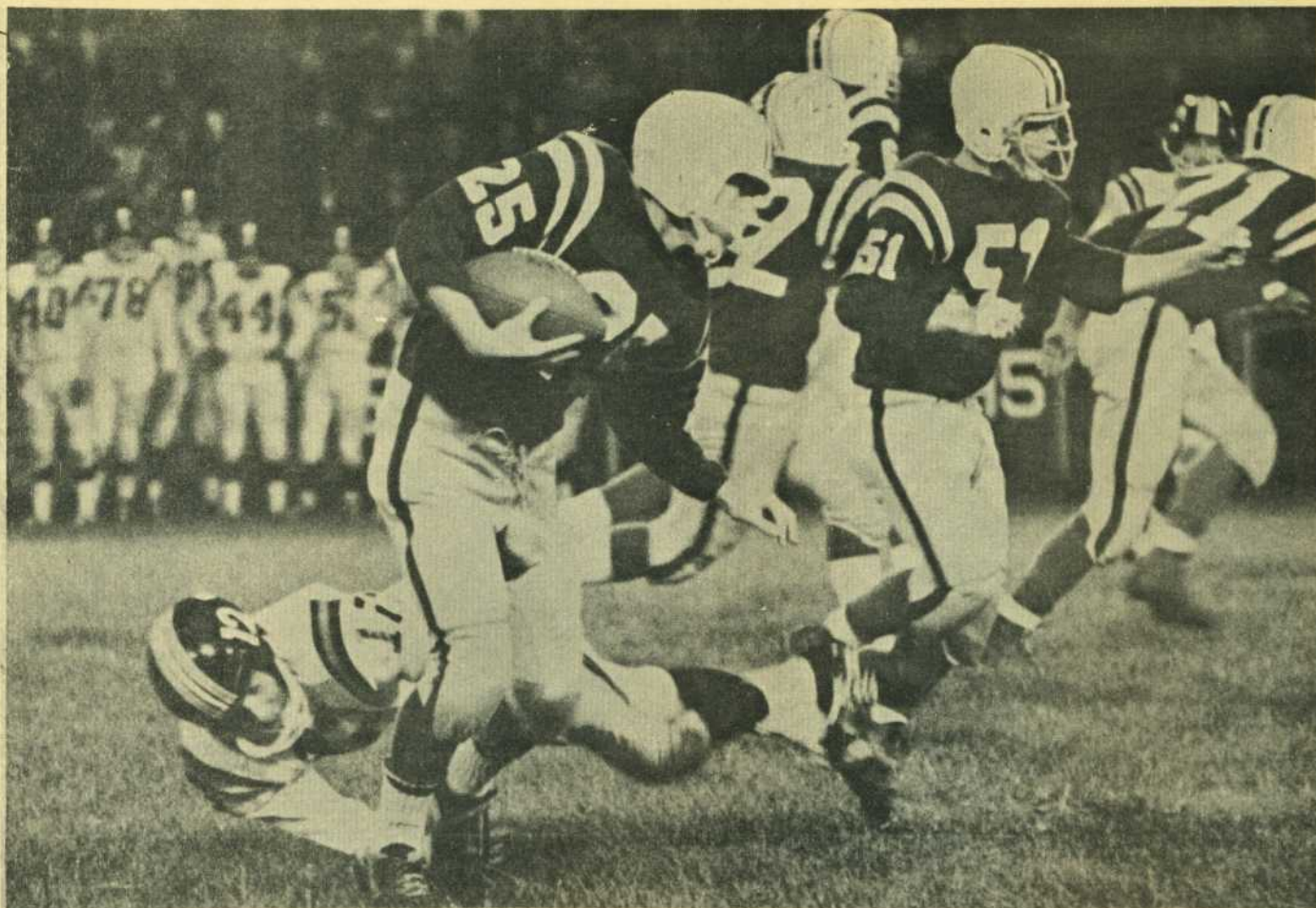


Bob Patton (25) of Hopkins is tackled by Pat LaDue of Bloomington Lincoln in Hopkins 32-7 win over Lincoln.



Grand Meadow's Jim Kennedy (22) puts his head down for extra yards in a 20-0 win over Spring Valley.

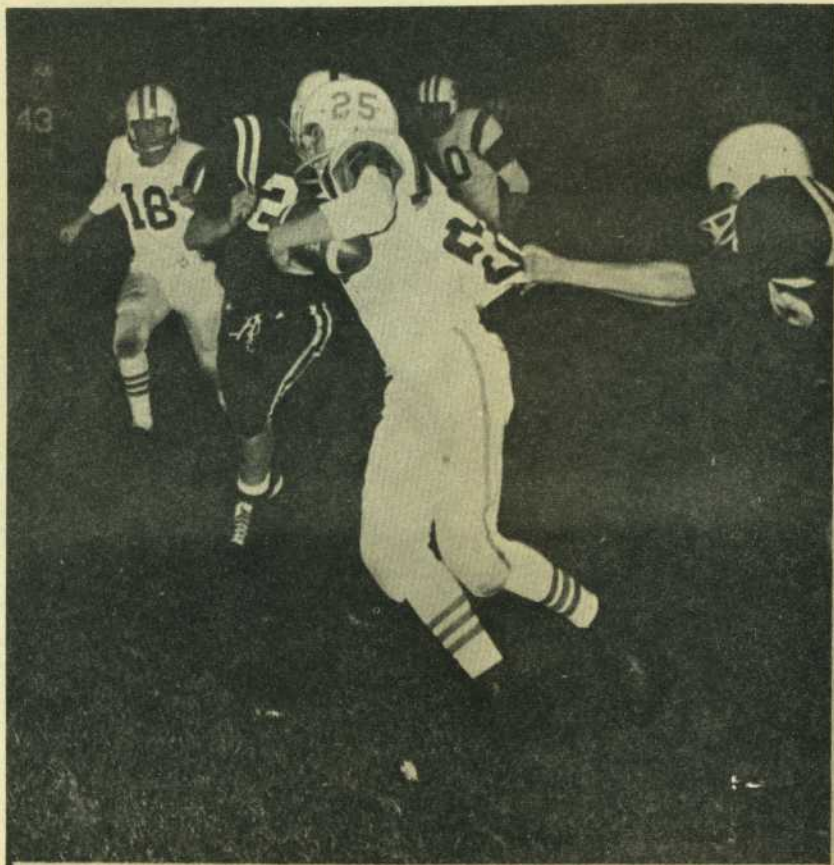




Humboldt's No. 12, Jim Tischler, HB, makes a "shoe-string" tackle on Monroe's No. 25, Jeske "HB". Note the host of blockers (Monroe).

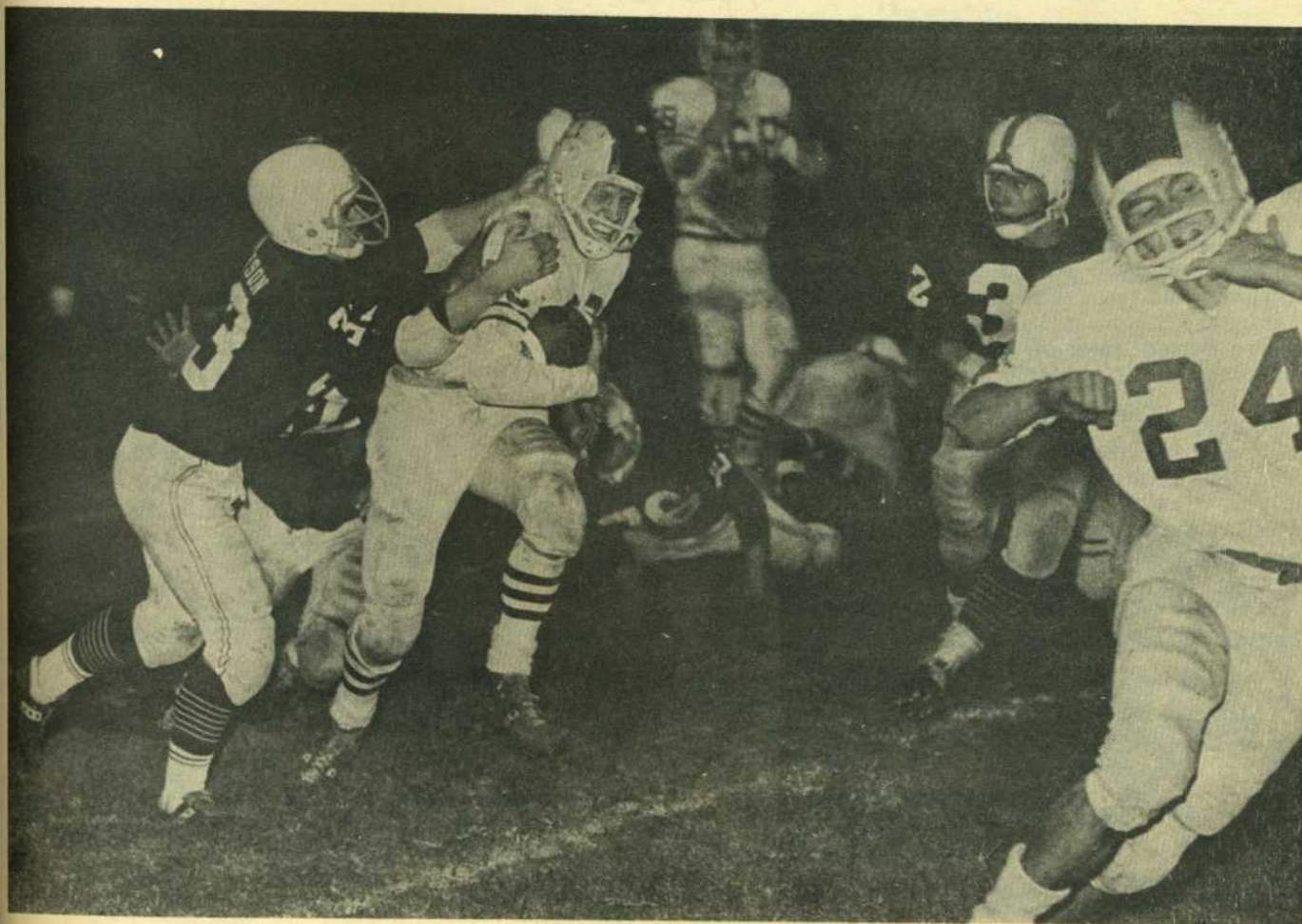


(4) Jim Beck shows determined running for Lake City in its 20-7 win over Kassimantorville.





Greg Lokken, state 100-yard dash champ, streaks for TD against Fargo Central.



NESS GAINS. Harding fullback (light) is hauled down by a Johnson tackler after a short gain in the Knight-Governors City Conference Football game at Central Stadium Monday night. Halfback Bob Alle (24) is leading interference.



Larry Herrmann (27) goes for good yardage against Robbinsdale. The Robbins won 20-14.

"The Winning Edge"

by BOB ROY
St. Louis Park High School

At St. Louis Park we've found something that has really helped our football. It's that something that gives a team that little extra in the last quarter of a football game. Many coaches would call it endurance, some would say conditioning, but at Park we call it "our winning edge." Last year we scored 40 fourth quarter points to our opponents 6 to prove our point.

A few years ago if anyone ever told me that I'd be running a football practice without calisthenics I would have said they were crazy. Now if asked about the standard calisthenics I'd have to say that I feel there are better ways of conditioning. Not that the calisthenics aren't valuable, but that valuable time can be used to accomplish more things than just conditioning.

We developed our 'winning edge' from ideas picked up at various clinics and ideas that we have developed ourselves. Having an excellent coaching staff that believes in the things that we are doing also helps. If kids can be sold on any phase of the training program they will put out that little extra and then it will eventually pay big dividends. The coaching staff

can be a terrific bunch of salesmen. Having enough equipment to do the things you want to do is also important.

Our practice field is a very large area right next to our high school. We have it stationed into five areas. These areas are (1) the kicking area, (2) the line area, (3) the snap area, (4) the passing game area and (5) the equipment area. (Figure 1).

After our boys are dressed they run directly to the equipment area where they go through the horizontal ladder and do pull ups on the pull up bars. We feel that this run of 200 yards starts to stimulate the cardiovascular and respiratory systems and the ladder helps to develop enough muscle work to enable the athlete to start specialty work. Then they go to the specialty area to which they are assigned. Centers and quarterbacks must report five minutes early to go over snaps before they go to their specialty area.

The most important part of this early 10 minute

Continued on page 39



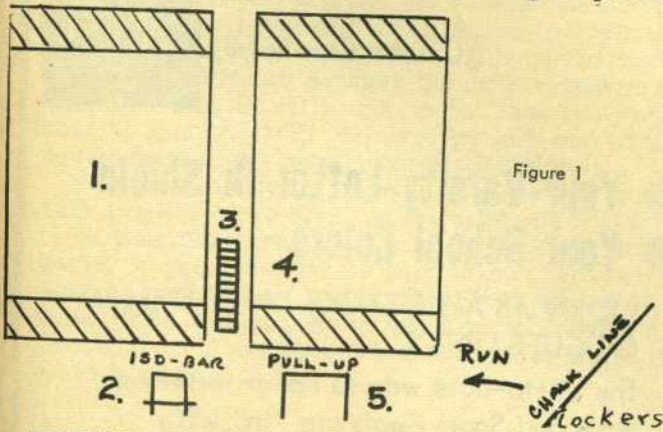
SPOT BILT
ATHLETIC FOOTWEAR



"Top Quality Line of Athletic Footwear for Football, Baseball and Track"
MILT GRIMSRUD, Factory Representative

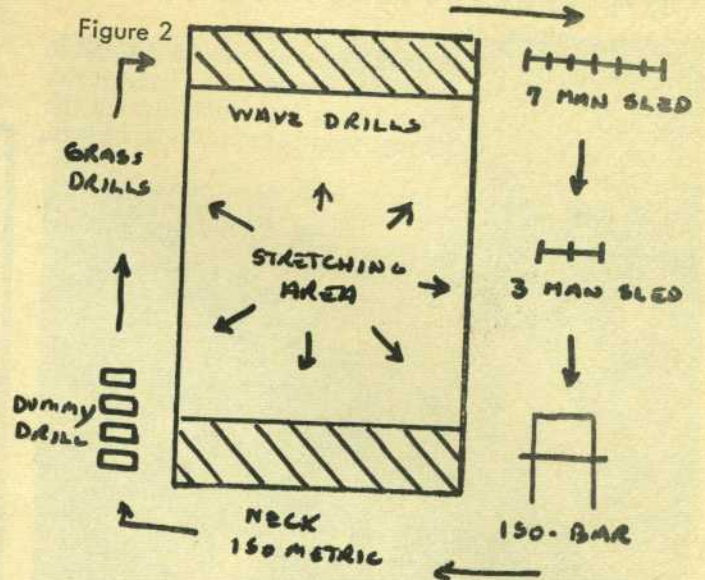
Continued from page 38

period is to have coaches assigned to the areas with certain responsibilities. They should be at their station when the kids hit the field. We're lucky at Park in having an excellent coaching staff. Cliff Bohmbach our Backfield Coach works with the kicking game. Lyle Hanks our interior Line Coach and Jack Willhite our B Line Coach work with the linemen. Rollie Hanks our End Coach and Pete Zanna our B Backfield Coach work with the passing game. As Head Coach I work with the quarterbacks and centers and then the passing game Gordy Weirauch our Defensive Line Coach is busy during this time in the training room. During this short period we feel we accomplish a lot. The key is preparedness. The coaches and boys must know what they are going to do before they go on the field. For example with the passing game; the type of patterns, the defensive back assignments, the centers being used with that group etc....Then this specialty period can be used as a teaching station and not a goofing off period.



After this so called free period a whistle is blown and the captains lead the team around the field to a stretching area. Here the captains lead the team in a two minute stretching period with stretching exercises designed to further loosen up the athlete and to prepare him for the winning edge. After the stretching period the players gather around the captains and the head coach for any information he has to give them. The other coaches are getting prepared at their station. It is at this time when we have our weekly award session in which helmet awards are given to the players that earned them the previous week. Upon the coaches signal the players sprint to a designated station. (Figure 2). The seven separate groups are made up with a leader the first day of practice. The head manager stands in the middle of

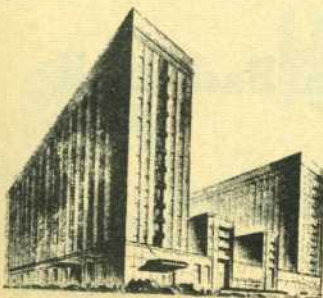
the practice area with a stop watch and a horn. After the groups have reached their station the manager blows the horn and the winning edge begins. Every two minutes he blows his horn again and the boys at each station sprint to the next station. This means 14 minutes of solid running, strength building, agility work and football drills. When your team can hustle through this, they're in shape. After this we split up into our group or position work.



This whole period will take about 30 minutes, but we feel it is worth it. We save time in using some of the drills we would be using later. The stations are as follows:

1. 7 Man Sled - 1. Right and left shoulder block. (Coach Roy) 2. Right shoulder and spin and left shoulder and spin.
2. 3 Man Sled-Defensive drills: 1. Fire out and drop. 2. Fire out and spin. 3. Fire out, shiver, react...
3. Isometric bars - Isometric exercises. (Coach Willhite)
4. Isometric head and neck exercises. (Coach Weirauch)
5. Dummy side straddle and hit - (Coach Hanks)
 1. Coach holds dummy while player must move laterally stepping over dummies.

Continued on page 40



THE **CURTIS HOTEL**
AND MOTOR LODGE
MINNEAPOLIS

TOURNAMENT HEADQUARTERS

Continued from page 39

body facing ahead.

2. Coach chooses anytime to rap him with dummy.
3. Player must be prepared to fire forearm at dummy while on the move.

6. Grass drills.
(Coach Zanna)

7. Wave drills.
(Coach Bohmbach)

(on chalk lines)—We use a defensive movement. Player runs backwards crossing legs from one side to the other constantly straddling the line.



Coach Bob Roy talking things over.

Our coaching staff feels that this 'winning edge' is greatly responsible for our fourth quarter condition. The main thing is that our kids are sold on it. This next year we have hopes of adding a 'Blaster' to the

drills. I do feel that regardless of the equipment there are many things that could be used in this station method. The school that lacks equipment can substitute dummies for the sleds for example. It's nice to have a coach for every station but if a school is lacking in numbers and coaches, the coaches available could lead each group to a different station and just stay with that group until all stations have been covered.

It is a real pleasure to write another article for our state journal. If anyone has any questions about this station method, I would be glad to answer any letters.

LETTERMAN CLUB AWARDS

Custom Created By



- ☀ Your Varsity Letter Or Shield
- ☀ Your School Colors

WORN AS A TIE TACK, LAPEL EMBLEM
OR CUFF LINKS.

The up-to-date way to honor lettermen.
Suits and Sport Coats are "in" with
athletes. Letterman jewelry gives
recognition when letter sweaters and
jackets are not worn.

Let us sketch a beautiful proposal
in gold...No Charge!

SCOTT ANDERSON
OF JOSTEN'S

Foshay Tower
Minneapolis

Minneapolis Officials Assn. Est. since 1920

We Provide Officials for both Football and Basketball



Address Communications To George Spano, Sec.

1828 40th Ave. N. E.
Minneapolis 21, Minn.

Res. SU 8-8435
Bus. FE 2-5275 Ext. 267



SELECTING THE QUARTERBACK

One of the most important phases of high school football, though often overlooked, is the training of the quarterback. At White Bear Lake it is our belief that the quarterback, not the coach, should call the plays. Our premise for making this statement is dependent on two factors. First of all, we think the quarterback is in the best position during a game to observe the "changing" defense and, therefore, attack the defenses at their weakest link. Secondly, we are providing an opportunity for leadership. Some of the most effective teaching takes place when you can teach people basic principles and then provide the opportunity for these people to apply these principles in "real" situations. This type of learning is the most difficult because the development is slow and uncertain initially, but in the long run you will develop quarterbacks who are leaders and tremendous assets to the team's morale and spirit.

Needless to say, training a high school quarterback implies more than just selecting one or two boys to be your quarterbacks and calling the plays during a game. It requires, on the part of the coach, a great deal of preparation and teaching both on and off the field. It is the purpose of this article to explain the procedures of training a quarterback at White Bear Lake High School.

SELECTION OF THE QUARTERBACK

For the most important criteria for a quarterback at White Bear Lake is the fact that the boy must be a leader. He must have the ability to inspire or at least instill the confidence of his teammates in himself. Other factors a quarterback must possess is a competitive spirit (he must have a tremendous desire to win) and a proper attitude, (the willingness to work will certainly be indicative of his competitive spirit). These things we look at before we evaluate his physical and mechanical abilities.

BASIC CONCEPTS OF OFFENSIVE FOOTBALL

There are certain basic concepts upon which quarterbacks must rest. The first concept is that of field position. Football is much like the game of



DUANE DEITZ

Duane was head coach at Marshall High School, Minneapolis, 1958-1961 and was named coach of the year in Minneapolis in 1961. The past four years he has been head coach at White Bear Lake where his overall record has been 22-12-2. His team finished second in the Suburban Conference in 1965 and third in 1964. Their record in 1965 was 7-1-1.

Chess--you must maneuver for position. Generally speaking, an extended drive of 40-50 yards is rarely successful due to penalties, missed assignments, etc. It is of the utmost importance that a quarterback understands this concept and, therefore, try to maneuver his team into a favorable "field position" where their chances of scoring are greatly increased.

A second basic concept of offensive football is never lose the ball on downs. Always punt on fourth down regardless of the yardage necessary for a first down (the tactical situation may occur).

Continued on page 42



Hampshire Arms Hotel

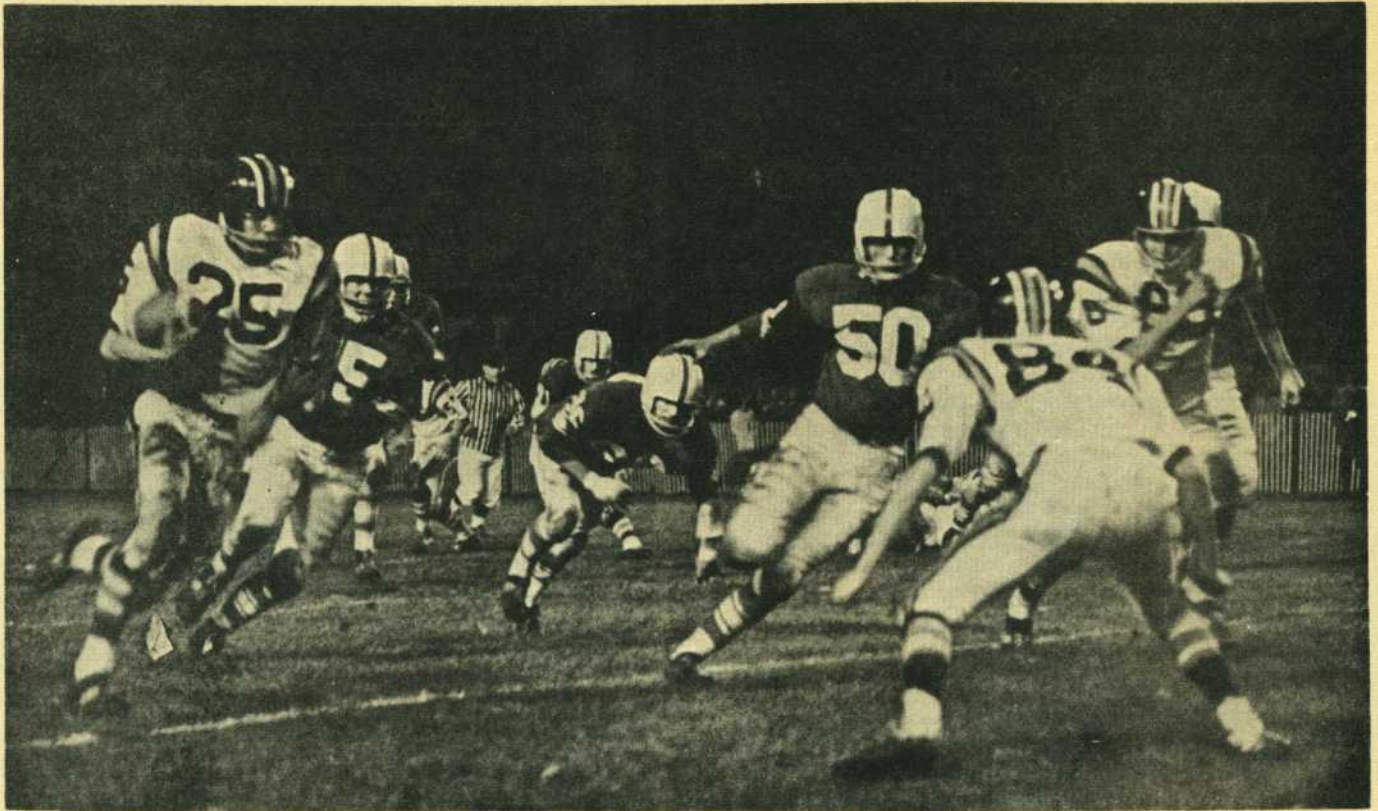
"THE HOTEL WITHOUT LIQUOR"

Transient and Residential
Rooms and Apartments

WE CATER TO SCHOOL GROUPS!

— Write for Particulars —
900 Fourth Ave. S. — Minneapolis 4,

Phone FE 2-1451



White Bear halfback, Warren Dufresne (#25) breaks loose for a long run against Coon Rapids. Note that #84 Jon Latcham is set to block for the Bear halfback. Final score White Bear 21, Coon Rapids 6.

Continued from page 41

sionally dictate otherwise). The only exception to this rule would be when the ball is inside the scoring zone.

A third concept of offensive football is to play for the breaks. The quarterback must make his opposition respect his basic plays before he can employ his deceptive plays (traps etc.) The element of surprise cannot be attained by a radical departure of the principles of quarterbacking. The element of surprise can only be attained by adhering to conservative methods of play with careful planning for a situation where a radical departure from such tactics will yield profits.

General Principles of Quarterbacking

We have discussed the basic concepts of offensive football. In addition to these concepts, the quarterback must be instructed in the general principles of quarterbacking. We have constructed a guide, in outline form, that has been most useful in achieving this objective. It is as follows:

General Quarterbacking Principles

A. The Tactical Situation

1. Factors which are included in the tactical situation.

- a. The down
- b. The yardage to be gained for a first down.
- c. The position of the ball on the field
- d. The time left in the game
- e. The score
- f. The weather-wind etc.

B. Classification of plays in the Offense

1. Direct plays.

a. Straight ahead power plays and direct line plunges (also slants) where the probability of at least a small gain is a certainty. The long gain is not too probable because the interference does not have time to develop.

2. Delayed plays - these plays develop more slowly with the object to draw the opponent out of position or to give the blocking time to develop.

a. Wide plays such as sweeps, traps, pitchouts, option run or pass, and reverses may be classified as delayed plays, where the probability of a loss is great but so is the gain.

C. Selection of plays

1. First down plays

a. You should use the best ball carrier and the best play on first down. With the idea that he will make at least 4 yards on this play. Off tackle plays, end runs and traps in the middle of the line are good. These plays offer the possibility of breaking a fast man loose for a long gain or touchdown.

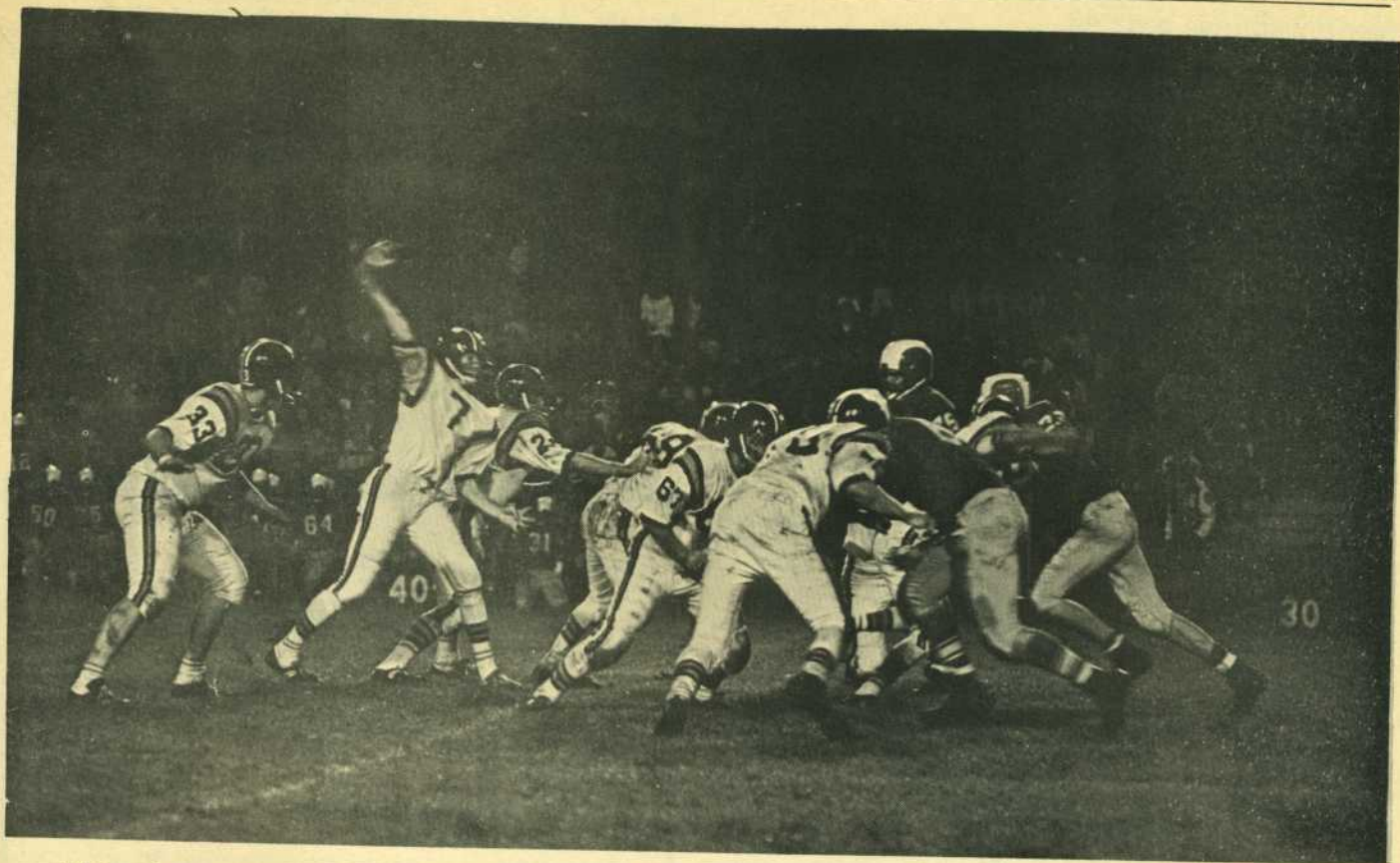
2. Second down plays

a. Selection of second down plays depends on whether there is short yardage, less than three yards to go for the first down, or more than three. If short yardage is necessary, consider this a long gainer or pass situation when not in dangerous territory. You cannot take a loss of yardage in this situation. If we do not gain the short yardage, we are still in a favorable position to punch out the remaining necessary yardage on third down.

3. Selection of third down plays

a. On third down and short yardage to gain, the quarterback should get the first down with a quick

Continued on page 43



White Bear quarterback, Lauran Hegerle (#7) attempts a pass against No. St. Paul. Final score White Bear 13, No. St. Paul 13.

Continued from page 42

hitting sure gainer or a power play off tackle. Do not run a trap. If the defense is tight inside. You might have to go outside. However, you should fake inside first.

4. Fourth down plays

a. Don't lose the ball on fourth down by using a running play or pass unless you are inside the opponent's 25 yard line. Always punt on fourth down unless directed otherwise by the coach.

D. Principles for the running game

1. Try basic plays first -- see how they work-- if they fail, find out why.

2. Third down long yardage--the defense will be looking for a pass--so run a trap or throw a spot pass.

3. Third down short yardage--use quick hitters--surest ball carriers--backs who can get the yardage

needed without fumbling.

4. First down is a good time to run a trap especially early in the game or when a pass has been intercepted or a fumbled ball recovered.

5. If it is late in the first or second half and we are ahead, don't call a pass-run "safe" plays (on the ground) to run out the clock.

6. If we have a lead in the second half, stay on the ground as much as possible to consume time and insure victory.

7. If we have a lead in the second half, for as many first downs as you can to control the ball.

8. Occasionally run a counter back to the weak side (the short side of the field).

9. Find an opponent's weak spot--don't run it to death--save it until you need it.

10. Know your best blockers and ball carriers when

Continued on page 44

FOR YOUR ATHLETIC NEEDS SEE

Ernie Ellenson - Chuck Crepeau

We Support Growing Minnesota Football

Continued from page 43

you need a clutch play.

E. Principles of the passing game.

1. When not to pass
 - a. When in your own territory early in the game with the score even, don't pass until you are beyond your 30 yd. line and then only call the safe passes.
 - b. When we are ahead late in the game
 - c. Don't throw long into a wind.
2. When to pass
 - A. Use an element of surprise following a blocked punt, intercepted pass, recovered fumble, or the removal of an injured player. Keep in mind the tactical situation.
 - b. Second down and short yardage beyond our 35 yd. line-remember the defense may be thinking the same thing.
 - c. Fourth down more than 4 yds. to go inside the opponent's 25 yd. line and your running game is stopped. Outside the opponent's 25 yrd. line PUNT.
3. Additional principles
 - a. Find out how the defense is covering the receivers. There is always a weak spot-find it as soon as possible.
 - b. Every completed pass makes the running game more successful.
 - c. Instruct your blockers to cover the pass after it is thrown
 - d. You should know the following:
 - 1). Who is the best receiver?
 - 2). Which receiver is the best competitor?
 - 3). Which pattern does a particular receiver run the best.
 - 4). Which backfield men are the strongest blockers? Linemen?
 - 5). When does the draw play work the best-personnel wise?
- F. Principles for the kicking game
 1. Always kick on fourth down unless you are inside your opponent's 25 yd. line.
 2. When in doubt, PUNT
 3. In wet weather it is best to kick often and let your opponent's handle the ball.
 4. You should use the wind to your advantage by kicking with the wind.
 5. When deep in your own territory, check your punt protection to make sure the punt will not be blocked. If a punt is almost blocked check the protection again even if you have to call time out.
 6. Remind the punter to be 12 yds. deep.
 7. In the huddle, remind everyone to block hard

for the punter, be alert for red dogging, and cover quickly. Also tell the punter where you want the ball kicked.

8. You should avoid calling for your kicker to carry the ball on the play preceding a punt situation. If you do so, he may be tired or dazed which will have an adverse effect on his punting.

TECHNIQUE OF TRAINING THE QUARTERBACK

The concepts and principles of offensive football are the basis of sound quarterbacking. The techniques used are of critical importance in the proper development of your quarterback.

Early season - "skull sessions" begin on the first day of practice and continue, on a daily basis, until school starts. Initially, we discuss the quarter-

Continued on page 45

When In Minneapolis

VISIT

The

Minneapolis Elks Club

BEST WISHES TO YOU ALL.



14 North 5th Street
Minneapolis

Minnesota's Leading Team Supplier

**ALDRITT
ATHLETIC GOODS CO.**

Phone (612) 336-5514

308 Washington Ave. No.

Minneapolis, Minnesota, 55401

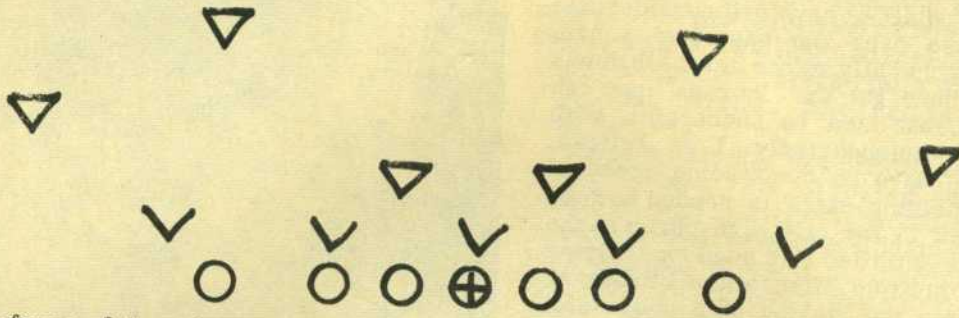
Continued from page 44

back's guide, and then, an analysis of our offense.

Defensive recognition an asset all quarterbacks must possess. A specific amount of time is set aside for defensive recognition during our skull sessions.

Overhead transparencies are made of the various defenses our opponents have employed against us in the past. These defenses are then shown on an overhead projector for 30-60 seconds. After viewing the defense, the quarterbacks must fill out the quiz sheet. See figure 1.

Diagram the defense



- Identify the defense - 2 deep, 3 deep, odd, even, or gap spacing
 - Strength of the defense
 - Weakness of the defense -
 - Plays to employ against the defense -
- Figure 1

works from every possible tactical situation on the field. Consequently, the quarterbacks are provided the opportunity to apply the principles of offensive football to real situations.

Game preparation - Once the season begins, the quarterbacks meet once a week to discuss game plans. The previous week's game films are reviewed. Our statistics are analyzed. The plays are recorded in chronological order so that the sequence of play selection can be properly evaluated. At this juncture, we are also concerned with the consistency of the plays used as well as the ball carriers.

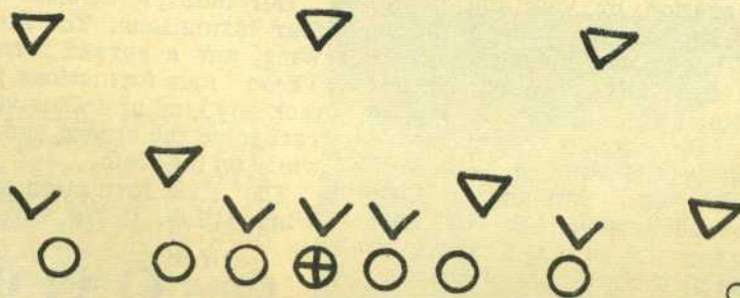
The scouting report is an invaluable teaching aid. The defensive alignments, along with our opponent's personnel, are carefully evaluated. Finally, a game plan sheet is made out by each quarterback on the basis of the scouting report. See figure 2.

Game films are a valuable teaching aid. A review of the previous years game films will illustrate the techniques of defensive recognition and play selection. A good sequence of play selections is worth a thousand lectures.

The opportunity to apply the principles of quarterbacking is essential. Every dummy or full scrimmage is conducted with the down marker and chain. We stress the importance of going for that first down and maintaining ball control. The quarterback

Game Plan - White Bear Lake vs. Hill Date 9-10-62

Basic Defense



Continued on page 62



Represented in Minnesota by
STUART GROSSFIELD

Smartly Dressed Teams Wear CHAMPION KNITWEAR

CHAMPION KNITWEAR CO., INC.
115 College Avenue Rochester, New York 14607

"We Are Manufacturers And Sell Direct"

Write for New Catalogue

Multiple Offense Spells Success

by Dave Hauck, Madison

In the past years there has been a multitude of pros and cons brought out in regards to the use of a multiple offense in high school football. I feel justified in speaking out in favor of the multiple offense primarily because we have had considerable success with its use over the past five years.

Football coaches generally agree that, all things being equal, if you have got the "horses" you can run any type of offense and be successful. With this I agree most wholeheartedly. I do believe, however, that if you have an outstanding group of football players something extra is needed to keep these boys interested in the offensive phase of the game. I feel that we satisfied this need by applying our version of the multiple offense to all the other variables that go into the making of a successful team and season.

Many books have been written listing the advantages of the multiple offense, but I would like to discuss just those in which I believe have influenced our decision to stay with this type of offense.

First of all let me say that it has tremendous versatility. We can have power, speed, deception, and the ability to attack any given part of the defense from any of these formations.

Secondly, our multiple offense is able to run any offense using one set of blocking rules, while attacking any area out of several different backfield formations, using different methods of ball handling.

Thirdly, the variety that it provides for the squad. It is an extra challenge without question, but at the same time the variety keeps the practices from becoming sheer drudgery.

Fourth and most important of all it requires special defensive preparation by your opponents. Most teams we see today use the wing T and its variations. To prepare for us they must alter their standard defenses and specially prepare for our variety of offenses. This, I feel, gives us an edge for Friday's game.

One of my firm beliefs regarding a successful offense is whether or not your team and staff believe it can and will be successful. Our boys have shown great respect for the diversification and change of pace provided by the multiple offense and once this interest is developed in your boys there are really no limits as to the steps of your offense. This point can best be illustrated by an example from this year's championship team. Most of the boys had been using our standard offense for three years, and so in preparation for one of our late season games, we decided it was time for new material to give us a pick up in our practice routine. We initiated a few plays from the "I" formation. The boys worked hard on these several plays and thus provided us the extra practice incentive. Now two things are important here: First, that these formations were not injected to fool the defense but primarily to get that something extra from the boys during their practice sessions, and Secondly, I would like to emphasize the word few because at no time can we afford to employ too many plays in these offensive formations. The



Duane Christopherson
Asst. FB

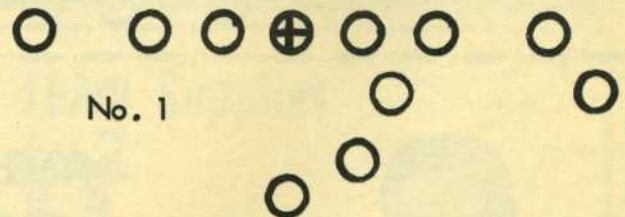
Dave Hauck
Head FB

number of plays introduced will largely depend upon the ability of the squad. Some years we may not be able to utilize nearly as many plays as in other years.

Upon the initiation of our multiple offense we decided on the balanced line opposed to the unbalanced line because of its versatility and the simplicity of the blocking rules. We use the balanced line regardless of the formation which results in the same blocking assignments for our line in nearly every situation.

Our multiple offense here at Madison consists of four formations: The Single-Wing, Wing T, Double Wing, and a spread formation we call the Bazooka. These four formations provide us with plays to attack any kind of defensive alignment providing we can recognize the strong and weak points of that defense while on the field.

The first formation we began with was the Single Wing. (Illus. 1) We have run the basic single wing



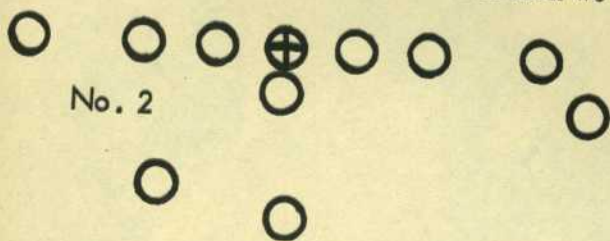
and its variations for eight years, so we feel that it is really our primary offensive alignment. From this formation we can run the power off-tackle series, reverses, traps, and the spinner series which provides needed deception. Overall we have approximately eight plays that can be run to the right or left depending on which way the backfield is shifted. We have also found that by using the same boy at the

Continued on page 47

Continued from page 46

tailback and wingback regardless of which way we shift minimizes the number of play assignments for the two backs. We also feel that by using our quarterback as a blocking back he develops into the most outstanding blocker on the team enabling us to use him as a blocker in all of the other formations. This, however, may not always be the case because he might be the best back suited to run from the tailback position.

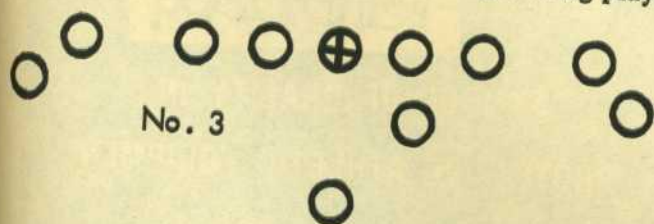
Our second primary offense is the Wing T which is probably the most common version of the T formation today. (Illus. 2) From this formation we run



No. 2

many of the same type of plays that we do in the Single Wing with different types of ball handling, more quickness, and much more deception. To these power plays we can now add rollouts, sweeps, bootlegs, crossbucks, pitchouts, and the belly series. The approximate number of plays that are run from this formation is ten to twelve depending on the year. All of these plays are designed to be run from the wing right and wing left formation.

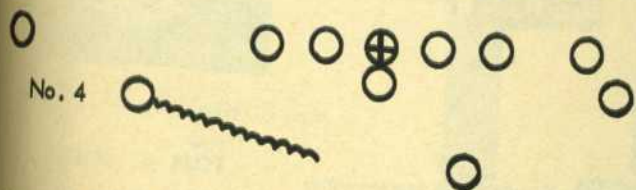
The Double Wing formation is a simple variation of our Single Wing and most of the Single Wing plays



No. 3

are used as a result. This formation actually accomplished three things: (1) It provides for the deception of the double and single reverses, (2) makes the defense react quickly to a new alignment, and (3) provides us with four quick pass receivers. When using our regular play series in the Double Wing, we will often times bring one wingback in motion back into the formation to provide the necessary ball handling and deception.

Our fourth formation is our version of a spread. (Illus. 4) We started using this formation as a passing



No. 4

formation but found that its few running plays became very successful. We use this formation only to supplement our primaries and to provide the 'wide open' touch to our offense. In looking at the illustra-

tion you will note that the slot back almost always comes in motion back into the formation and is used either as a ball carrier, a blocker, or a pass receiver. We have enjoyed the Bazooka very much because of the diversification that it provides.

In simplifying our signal calling we have found that by using as many names as possible in referring to the individual plays the boys have been able to learn their assignments much quicker. The linemen are not affected as their blocking assignments do not change with the formation excepting on specials like traps, etc. By calling a signal such as, Single Wing right, 45 spinner reverse tells the backs the formation, ball carrier, hole number, and type of ball handling.

We have also had excellent success using audibles in our offense. This, of course, depends on the intelligence of your quarterbacks and their ability to recognize the weakness of the defensive alignment. Our only problem in using the multiple offense was that the team had to learn that when a play change was made, the formation could not be changed from the one called in the huddle. After this is accomplished the quarterback can change anytime he wishes.

In the development of our passing game we have tried to organize this phase in such a way that most of our passes can be thrown from either of our primary offenses, thus again simplifying assignments. We do have special pass plays for these formations as well as the spread but we have tried to keep them to a very few in number. Fortunately we have not had to depend on the passing game as a rule, but we feel that it is a good one when we find it necessary to put into use.

In conclusion I would like to say that development of this type of offense has been a challenge to our entire staff as well as the players themselves. We feel that the multiple offense has put a lot more enjoyment into the game as well as providing us with the measure of success that we have enjoyed in the past.



Madison's big fullback Duane Kise powering for yards in their 35-0 victory over Granite Falls.



Madison's Roger Olson (no. 42) turns the corner in their 20-7 victory over the Clarkfield Cardinals.

Yours Free...

"How to Make Good Coaching Movies"

This excellent Kodak publication is packed with information and photos that will help you get the most out of your coaching films. Ask for your FREE copy at any Minnesota coaching clinic, or drop us a card. We'll send by return mail.

SAME-DAY PROCESSING SERVICE
MONEY - SAVING PACKAGE PLANS

COMPLETE LINE OF PHOTO EQUIPMENT
FROM CAMERAS TO PROJECTORS

Sly-Fox Films, Inc.

1025 Currie Avenue
Minneapolis, Minnesota 55403

336-6777



RIDDell.

SYMBOL OF QUALITY IN
PROTECTIVE ATHLETIC EQUIPMENT

Safety Suspension Helmets

Shoulder Protectors

RIDDell

Athletic Shoes

Face Guards

Hip Pads



Write Manufacturers Representative



RIDDell.

TOM A. SMITH

7108 Bristol Blvd.,
Minneapolis, Minn. 55424

SPORTS FILMS by **GALAXY** FILM SERVICE

102 2nd Ave. South, Minneapolis, Minnesota

We give sports film
top priority - Fast
processing and de-
livery - Geared to
meet your schedules

Basketball

Tech. Assist. if
you're having pro-
blems with your
Filming or Equip-
ment. Ask us, we
will be happy to
advise you

Hockey

Both 18 mm
and 8 mm

Football

Film Sales - We
offer both DuPont
and Kodak Motion
Picture Products

Track

Equipment Rental
and Sales
Camera and Projectors
Lenses, Etc.

Wrestling

FOR INFORMATION ON FILM AND PROCESSING CALL COLLECT (Mc 612-335-0901)

Here's a Winner!

by Carl Nystrom

The "Bucko" is one of the finest football machines ever developed. North Dakota State University presently possesses the longest winning streak amongst all NCAA Colleges. (17 straight) The "Bucko" has become an integral part of our practice sessions

being used daily for teaching blocking and tackling fundamentals. In addition to being named No. 1, amongst the small college NCAA division teams, we were the first to use "Bucko" on an experimental basis. We are sold!



This revolutionary device includes several outstanding features designed to develop sound blocking and tackling techniques.

As illustrated, it is readily observed that the blocking pads are attached to a mobile base. The "Bucko" is far superior to any other blocking or tackling device because of its mobility. The blocker cannot possibly stay with "Bucko" unless he maintains correct blocking technique and does so in a vigorous and aggressive manner.

Each wheel is braked independently while the amount of resistance is controlled by the operator, seated most comfortably in a position enabling a complete view of each would-be blocker or tackler.

The operator can simulate live-action experiences with relative ease by merely applying brake action to either or both wheels. The rear or pivotal wheel, permits the device to swing in either direction providing there is greater force exerted on one of the two blocking pads. Pivotal action can be self directed by the operator braking one wheel while allowing the other free wheeling. This condition can be quickly reversed by switching the brake levers. This controlled pivotal movement is conducive to the many skills and techniques demanded of the modern athlete such as correct execution of the post and lead block and basic tackling fundamentals.

The time span reserved for each pair of participants will vary with the individual. Sprint out action required to keep "Bucko" moving places great stress on endurance as well as correct form and technique.

The coach who is familiar with the exergenic

Continued on page 51

17th Annual Coaching Clinic

JUNE 9-10-11, 1966

FEATURING

Duffy Daugherty - Football
Michigan State

Ted Owens - Basketball
University of Kansas

Fritz Knorr - Wrestling
Kansas State

Dick Siebert - Baseball
University of Minnesota

PLUS

Smorgasbord, Golf Tournament, Movies
Headliners Luncheon

**WISCONSIN
STATE UNIVERSITY
RIVER FALLS, WISCONSIN**

For Details and Information - write -

O.B. Bergsrud

Director of physical Education and Athletics

Continued from page 50

values of conditioning will readily see the correlation in drilling with "Bucko". In addition "Bucko" simultaneously provides the life like conditions not found in any of the current two man sleds on the market. Any of the drills or values received through the usage of the stationary or semi-stationary sleds now available can be duplicated by "Bucko" if both wheels are securely braked.

Another great advantage and one of the featured patents can be detected from the photo in the form of the arms supporting the blocking structure. The pads are directly affixed to a telescopic spring action which serves as an absorbent agent. The spring action resistance can be adjusted to meet varied requirements by a simple set screw operation. This Buckomatic resistor not only cushions the initial shock of each explosive charge (of direct benefit to the coach seated in the operators position) but also permits the dummy to return to its original position unless a continued force is applied.

A connecting bar, completely padded and easily attached, serves as an ideal supplement for usage in developing the forearm shiver and flipper.

The recoil from the "Buckomatic" resistor fires back immediately and can be set for ideal resistance. Drills to provide defensive forearm lift are ideally suited to the pad angle (Note photo).

The finger tipped brake control levers are accompanied by an adjustable cushioned seat, wide enough to accomodate the usual axe handle dimensions of the line coach.

Bucko is also the only known device that performs as well indoors as out. It is conductive to any surface and can be used year around.

Further information is available on "Bucko". Write to

Bucko
Box 663
Moorhead, Minnesota

and secure the brochure, drill sequences or 16 mm film.



Carl Nystrom is an ex All-American Guard from Michigan University. Carl served as line coach under 'Sonny' Grandelius at Colorado University and as head Coach at Wisconsin Rapids High School prior to being named line coach at NDSU. Nystrom coached teams are explosive!

In just three years, NDSU went from a 0-10 record to an 11-0 mark. A great deal of this success has been accredited to Nystrom.



**B
E
M
I
D
J
I

M
I
N
N
E
S
O
T
A**

12th Annual
**ALL-AMERICAN
COACHING CLINIC**

August 8, 9, 10, 1966

FOOTBALL

- * BOB BLACKMAN, DARTMOUTH
- * EDDIE CROWDER, COLORADO UNIVERSITY
- * MARV HELLING, NORTH DAK. UNIVERSITY

BASKETBALL

- * JIM OWENS, KANSAS UNIVERSITY
- * DON DONOHER, DAYTON UNIVERSITY

WRESTLING

- * HAROLD NICHOLS, IOWA STATE UNIVERSITY
- * NORVARD NALAN, GRAND RAPIDS HIGH SCHOOL

MAKE IT A VACATION: BRING THE WIFE AND FAMILY. SWIM, GOLF, AND FISH. THE SMORGASBORD ON MONDAY AND FISH DINNER ON TUESDAY NITE ARE INCLUDED IN THE TUITION.

TUITION: \$15
CLINIC DIRECTORS: C.A. "Bun" Fortier
K.E. "Red" Wilson

For Reservations and accomodations write or call

K.E. WILSON
1428 Bixby Ave, Bemidji, Minnesota



AROUND THE STATE...

Ron Masanz, head football coach at Morris High School, has retired from the coaching ranks. Masanz has been coaching for 12 years, the last 10 at Morris. He will remain as Athletic Director. Masanz has finished as conference champion twice in the West Central Conference.



Bill Hanson of Willmar is the out-going president of the State High School Football Coaches Association.



Moorhead, under coach Jim Gotta won the Resort Region football title with an undefeated season. Jim Henkes of Wheaton finished second in the Resort Region race.



Alexandria High School will become the eighth member of the strong West Central Conference in 1966. This Resort Region Conference team will join Montevideo, Morris, Benson, Litchfield, Willmar, Glenwood and Sauk Centre.



Edina's unbeaten football team was rated No. 1 in the state by Ted Peterson and the Minneapolis Tribune. It's basketball team won the state title and the Edina hockey team was unbeaten in the Lake Conference. Quite an accomplishment for one school.

Tom Carlson, head football coach of Cokato, will become an assistant at North St. Paul.



Chuck Elias of Minneapolis Central's undefeated football team is the Region 5 entry for Coach of the Year. Chuck has produced many outstanding teams and players during his tenure at Central.



William Severin of Grand Meadow, who has coached his teams to a record of 49 straight games without a loss, is the Region 1 selection as Coach of the Year.



Blue Earth, winner of two straight South Central Conference titles, has it's coach Cy Champa up for the Region 2 entry as coach of the year.



Menahga, who's team went undefeated during the 1965 season will lose Stan Hoaglum, head coach, to a school in Idaho.



Henning will lose it's fine football coach Tom Nohre as well as its champion basketball coach Dave Opheim, who is leaving for a position in the metropolitan area schools. Henning finished the 1965

Continued on page 53



"Everything in Team Equipment"

ANOKA
87 W Main
HA 1-3856

A & B

MINNEAPOLIS
828 Hennipen
FE 5-5135

SPORTING GOODS CO.



Open M + Th Eve Till 9 p.m.

Continued from page 52

campaign with an 8-1 record. Gerald Brutlag, also a member of their fine basketball team, was one of the standouts in the Henning backfield.



Pine River, under coach Richard Pazinka, was undefeated in the Northern Lites Conference in 1965.



Starbuck High and coach Julian Gulsvig won the Pheasant Conference in 1965 with a fine Quarterback in Rick Anderson leading the attack. He carried for 923 yards during the past season and scored 83 points.

Paul Ramseth, University of Minnesota graduate, will be added to the football coaching staff at White Bear Lake. Fred Konrath, St. Cloud State graduate, will also assume an assistantship at White Bear Lake.



Jim Carter, an outstanding South St. Paul fullback, has been named to the 18th annual All-American high school football team. The team is selected by Coach and Athletic magazine and the Royal Crown Cola Company. Carter had over 2 miles in rushing yardage in his high school career.



Dave Hauck, head football coach at Madison, finished the 1965 season undefeated. Madison is in the Little Sioux Conference. Hauck has also been selected as Coach of the Year in Region 3. Senior tackle Doug Peterson of Madison was selected as an all-stater during the regular season.



Alexandria had an unusual season by playing in four consecutive tie games. Willmar, St. Cloud Tech, Breckenridge and Glenwood were the winless foes.



Ada propelled it's winning streak to 22 games while winning it's second Pine to Prairie conference title in a row. Borup, which is only 8 miles down the road, captured it's first Lake Agassiz Conference nine man title.



Jim Ahlorfs, Alexandria's outstanding back, led the Cardinal's scoring during the past season with 42 points. He ran 54 times for 308 yards and completed 41 of 97 passes for 224 yards.



Wheaton placed second in the Resort Region Conference in 1965 and they outscored their nine foes by 153-90.



Continued on page 54

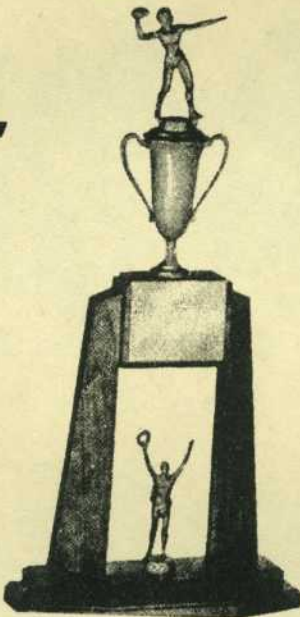


931 Lake Ave.
Fairmont, Minn.

★ Trophies

★ Plaques

★ Medals



Finest Walnut Bases
Figures For All Activities
WE SPECIALIZE IN CUSTOM
TROPHY AND AWARD DESIGN

WE'RE PROUD TO HAVE BEEN SELECTED AS THE PRINTER OF YOUR "FOOTBALL JOURNAL"



Lakes Publishing Co.

P.O. Box 857, Moorhead, Minnesota 56560

PRESENTS ..

a Winning Lineup

In Printing of Booklets, Catalogs, and Brochures!

Continued from page 53

Terry Smith, fullback from Moorhead State College High, won the Little Valley Conference scoring title in 1965 with 109 points.



Felton ended one of the longest losing droughts in the state by defeating Hitterdal, 32-20. It was Felton's first win since 1959, some 40 games ago.

Rothsay, under coach Gerhard Meidt, finished the 1965 season unbeaten. This eight man football team established a flock of school records during their 8-0 season.



A.R. Ehrnst, coach of the Detroit Lakes football team, has been in the coaching ranks for 40 years. Now 63, Ehrnst is in his ninth year at Detroit Lakes.



Wilmar's West Central All-Conference Back Allan Brunswald Circles Glenwood End.
Glenwood Beat Willmar 19-14



Left to Right Coach Claffy, No. 13 QB Don Trimble and No. 44 FB Terry Wirz at half time of Cambridge game.

Continued from page 5

up for hole. Responsibility for hand off is with the right half.

These five plays are our core. They are diagramed against a standard 5-3-3, showing how we would block it. We spend 60% of our offensive practice on these plays, more if we have to. We will, of course, flank or split on any of these plays. I might add here that we have used fullbacks that

varied in size from 155 pounds to 200 pounds with the same degree of success.

Last, but not least, we chalk talk our players every day the first three weeks of practice to explain our plays and what we are trying to accomplish and expect that each player knows what every other position is doing.

Well gang, I hope your core will bring you through this next season with a 9-0 record and a No. 1 rating,

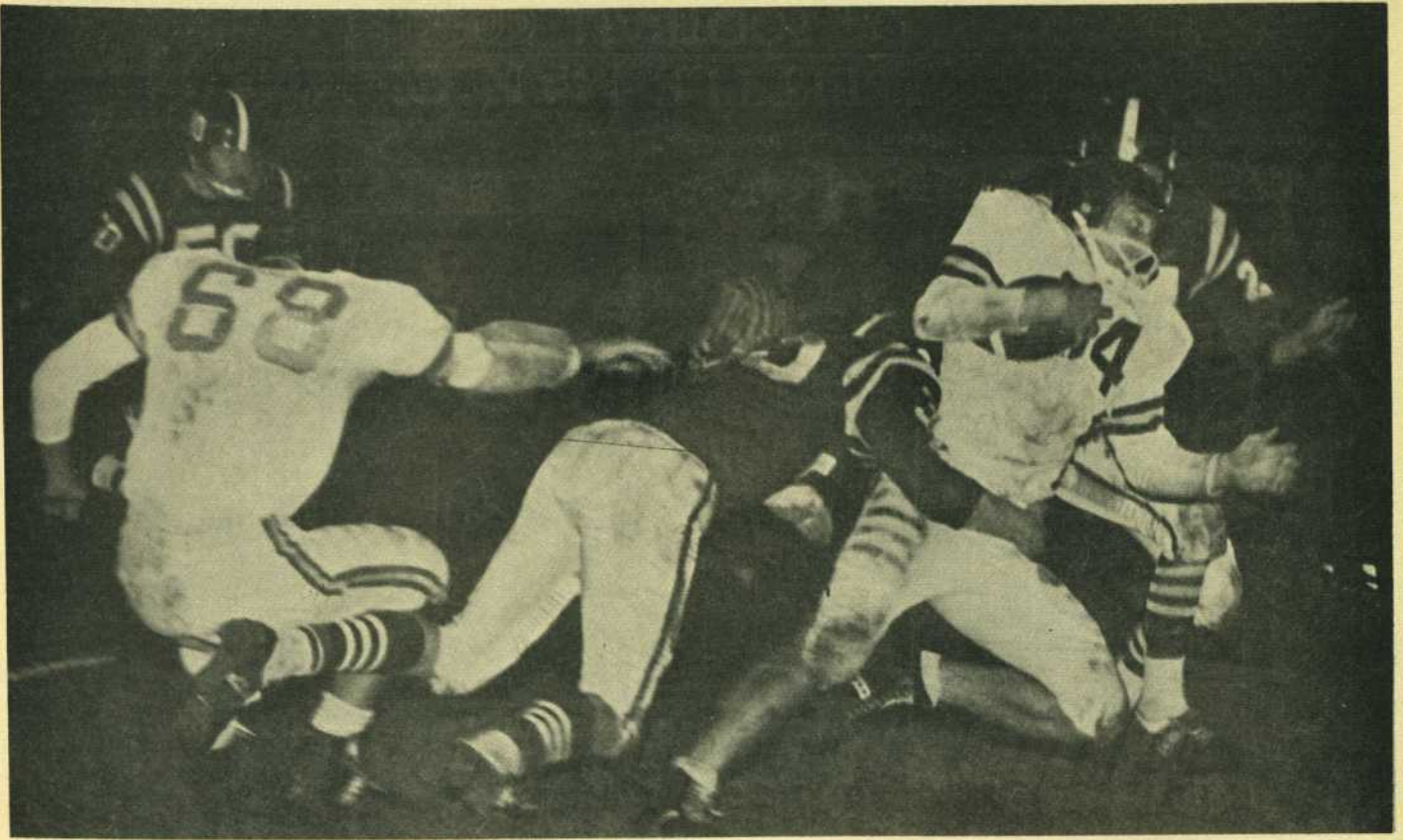
THE MILL CITY OFFICIALS ASSOCIATION

Wish The Minnesota State H.S. Football Coaches The Best of Luck

For Top Officiating Contact Mill City

Dom Krezowski, Secretary
4610 Osseo Road N.
Minneapolis 12, Minn.

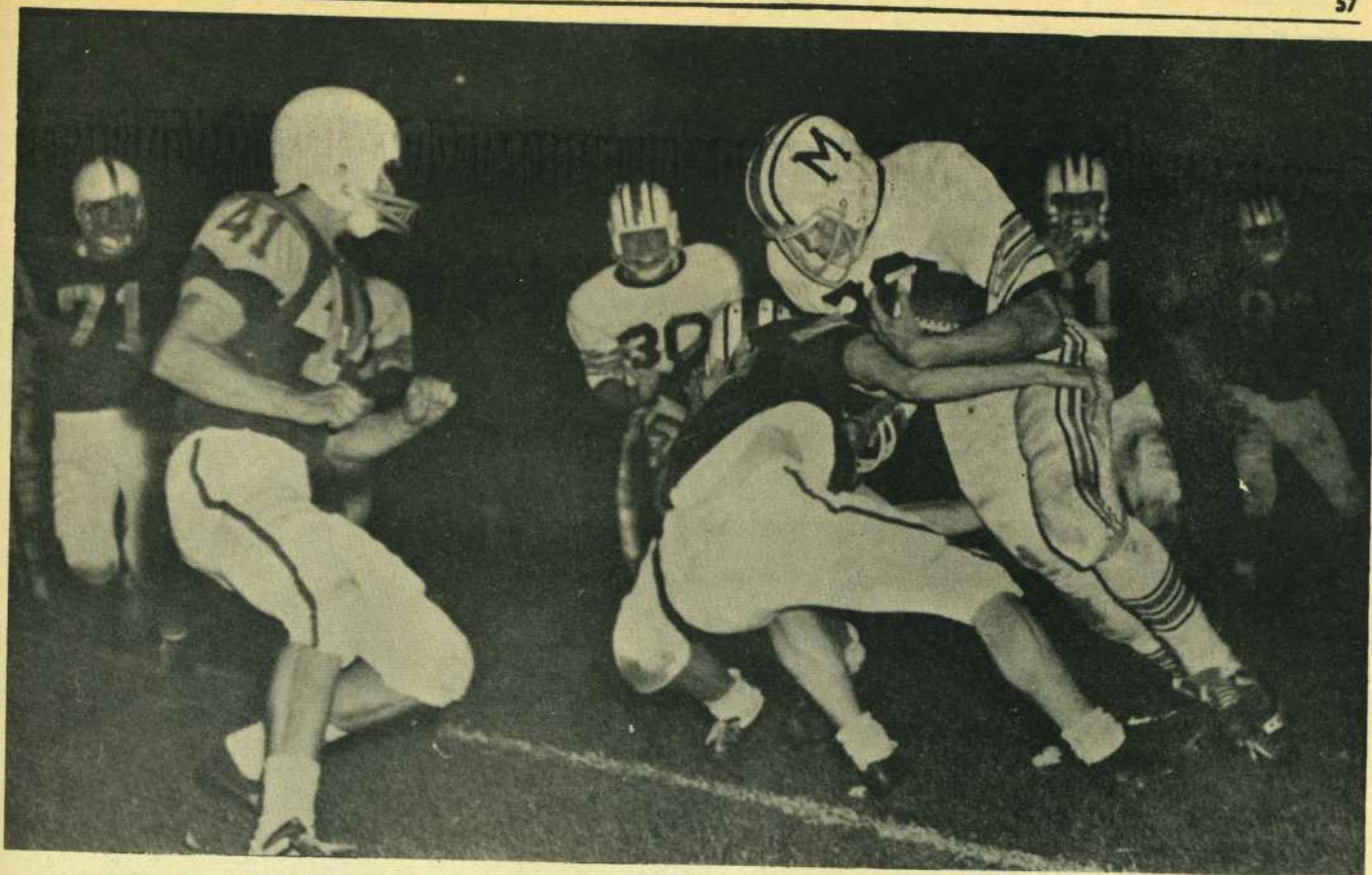
941-2660 — ST 9-2612 — JA 1-3132



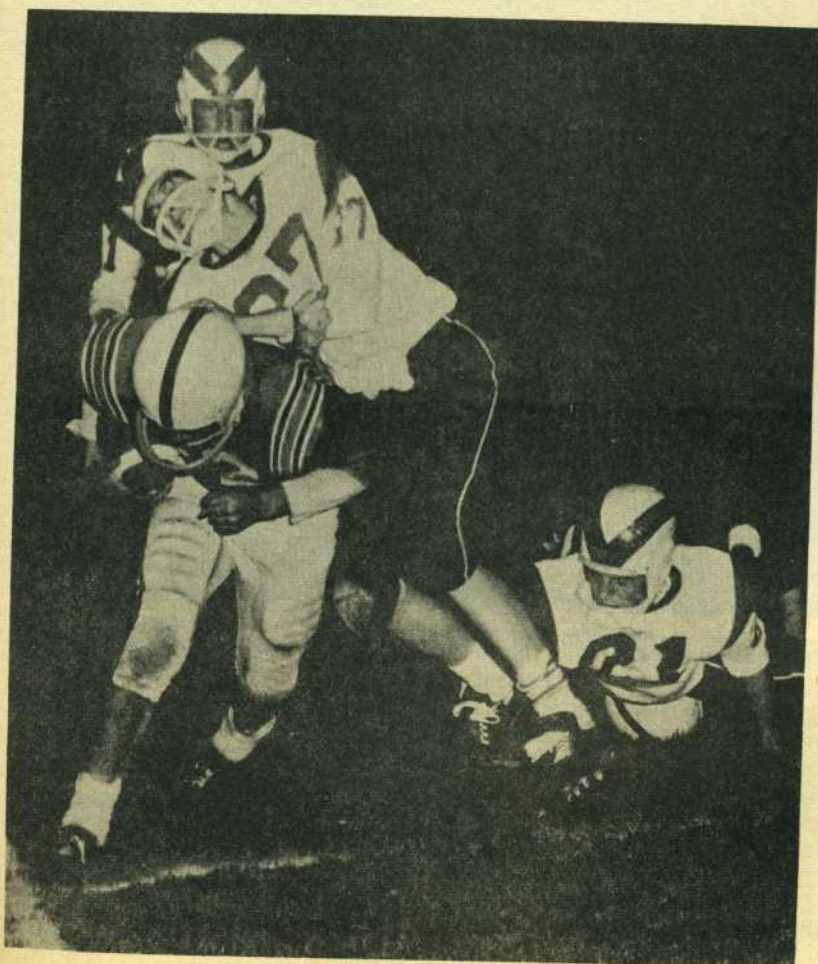
Jim Carter, South St. Paul, shown fighting for yards and inches against Alexander Ramsey.



A field of dark jerseys closing in on Perry Schroder of St. James. Initial tackle made by Paul Drexler of Blue Earth.



All-State fullback Paul Kelly (white) of Morris, blasting for 7-yard gain in his teams 19-14 victory over Benson. Tackled by Harlan Krupke.



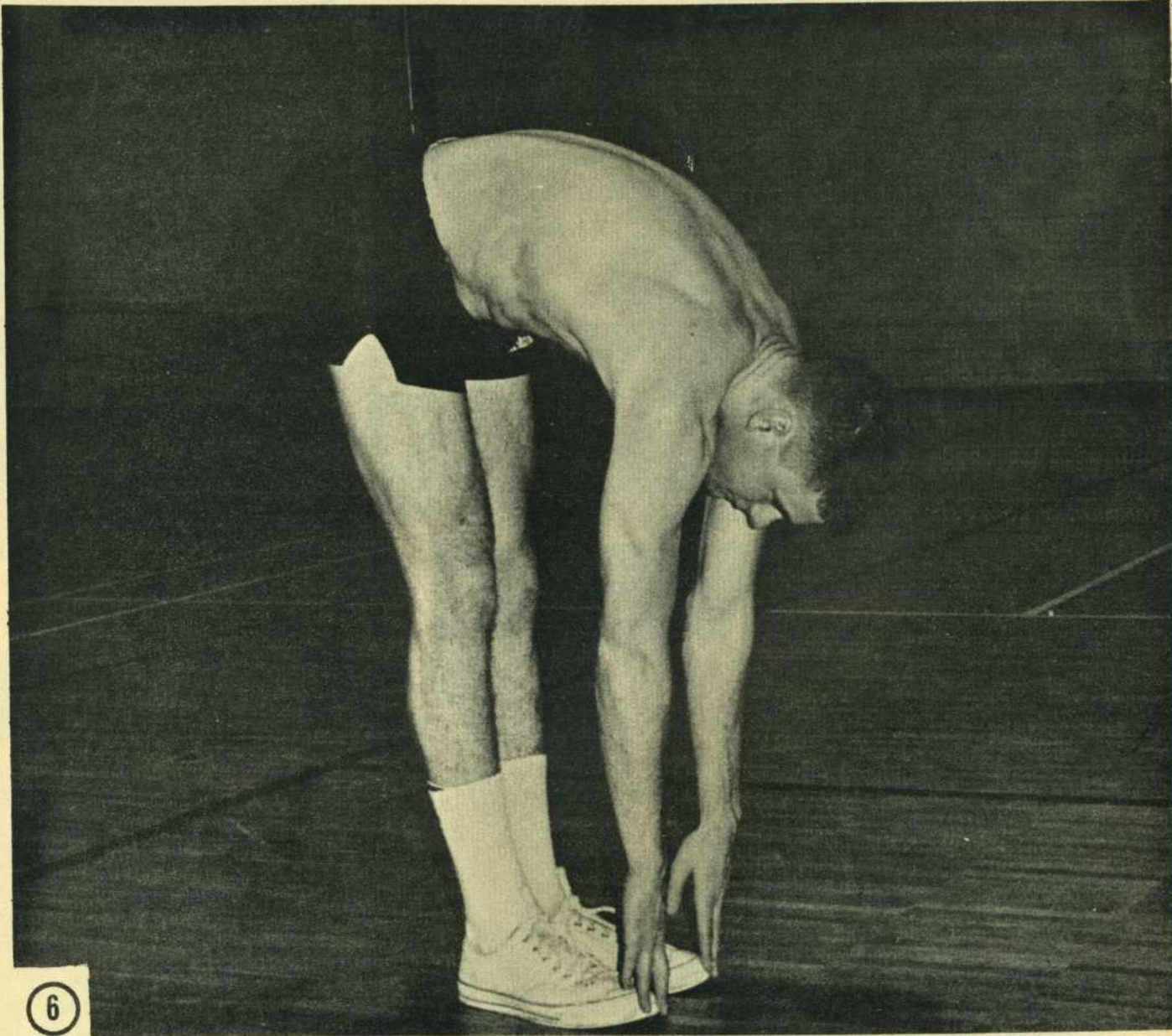
Gary Addington, Winona quarterback goes for yardage against Mankato.

Continued from page 57

ing to "toughen" a muscle.

Toe Touch. I have chosen this exercise because even though it is simple to perform, it is very easily misunderstood. This exercise is done by having the person, while standing with his feet flat on the ground, reach for his toes while keeping his knees straight. (See figure #7). This exercise is occasionally performed with the idea

of strengthening the abdominal muscles. This is very incorrect. All one has to do is relax at the hip and gravity will take you down. The abdominals work very little. The part of the exercise in which the subject returns to a standing position can be used for back-strengthening. Some coaches may use this for a loosening-up exercise, or to stretch the back and hamstring muscles. This is correct; however, the best results may



6

not be obtained in this position. The reason for this is that the lengths of two different muscle groups, the back and the hamstrings, are being tested. Either group may be short and need stretching, but this may be hidden because the other group has compensated by elongating. It is not uncommon to find a subject who can stand and touch his toes, yet not be able to touch his toes in a long-leg sitting position. This position helps stabilize the pelvis and gives a better picture the tightness of the back and hamstrings. (See figure #7.)

I have tried, by discussing some common conditioning exercises, to show how carefully the training program must be planned. I have tried not to criticize programs in general.

Many of these exercises have been handed down year after year. Some of these exercises are even included in books written by so-called authorities. I would say that almost every coach has the same background in anatomy and kinesiology. The coach must therefore decide which muscles are especially

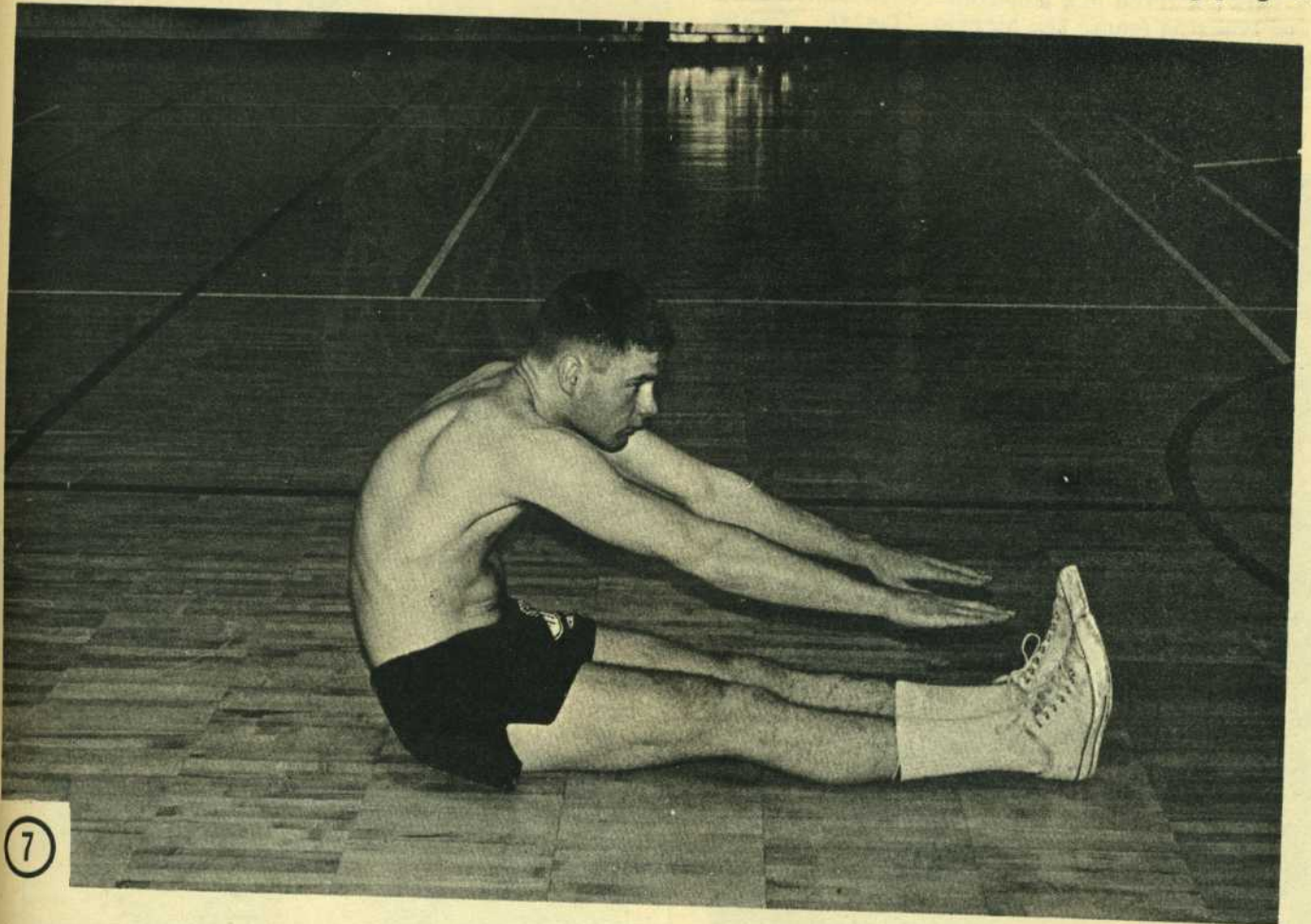
Continued to page 59

Continued from page 58

important to the sport involved. He must consider the action of the particular muscle and how best to strengthen it. If muscles need stretching he must be positive the exercises he is using

are stretching muscles and not ligaments.

Reevaluating a training program by utilizing the basic concepts of kinesiology may be time-consuming, but will, in the long run, result in greater efficiency throughout the conditioning program.



GOPHER ATHLETIC SUPPLY

SEVEN SALESMEN TO SERVE YOU

We strive for good pursuit and downfield coverage in business as you do in football



TWO STORES, FIVE PHONES
We think that we carry the best and most complete football line in the state



Main Office
213 South Oak
Street
Owatonna,
Minnesota

Metropolitan
Office
3653 Cedar Ave.
South
Minneapolis,
Minnesota

Region VI

RON MASANZ MORRIS

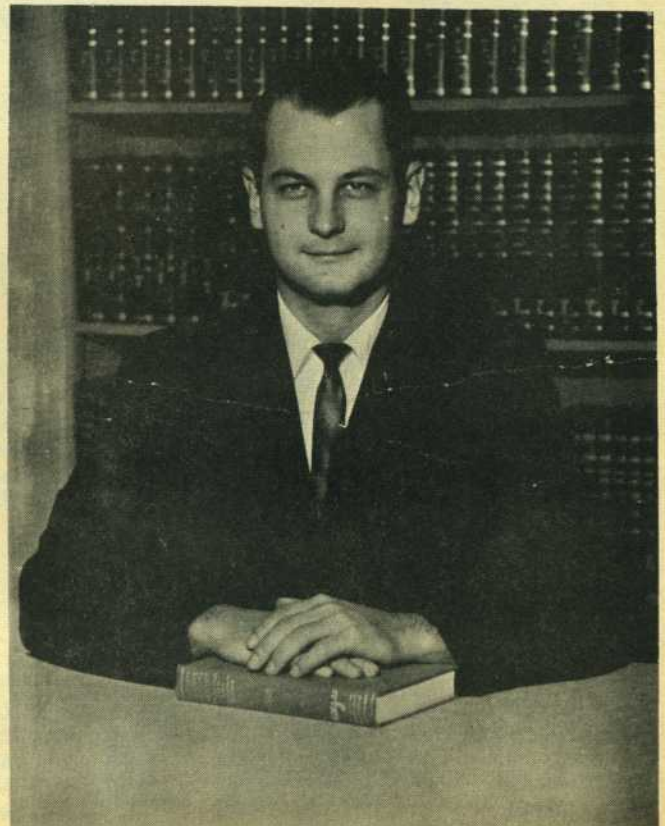
Ron is a graduate of the U. of M. and has coached at Morris for ten years. Ron coached a team composed of primarily underclassmen to the West Central Conference Championship with an 8-0 record. His only loss occurred in a non-conference game with a strong Wheaton team. The Morris "Tigers" were an exceptionally strong and well-coached offensive team.



Region VII

J. PAUL RICHARDS NORTH BRANCH

Paul is a graduate of Upper Iowa University and has been at North Branch six years, three as head coach. His 1965 record included an undefeated season and a District 25 Championship. This gave North Branch their first outright Championship. Paul took over this Viking team three years ago and has a 21-4 record. They had not won more than four games a year since 1955.

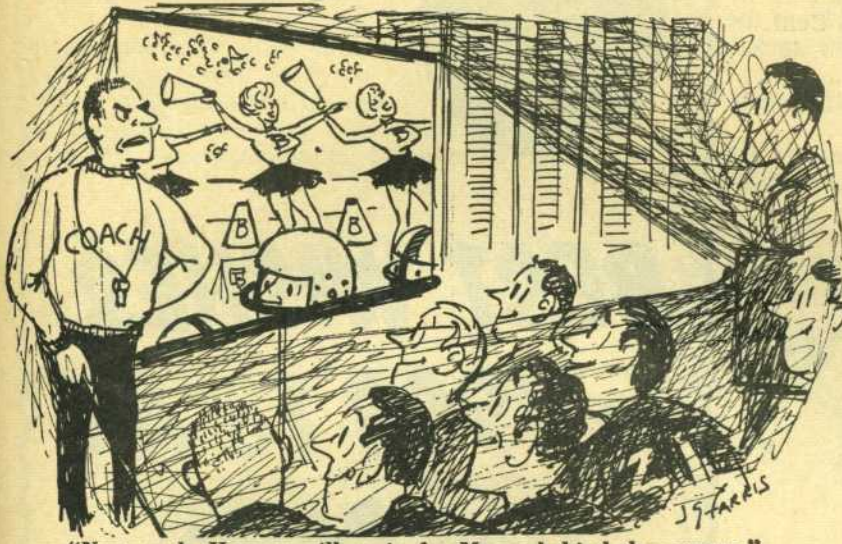


Region VIII

HOWARD EMERSON WARREN

Howard is a graduate of Jamestown College and has coached at Warren for three years. During the past three years, he has built Warren into a football power even though they consistently play the large schools. His team record for 1965 was 8-1. His only loss was to a strong Ada team 20-6.

"Hijinx in the Huddle"



"Next week, Hannan will go in for Mason behind the camera."

LITTLE MAN ON CAMPUS



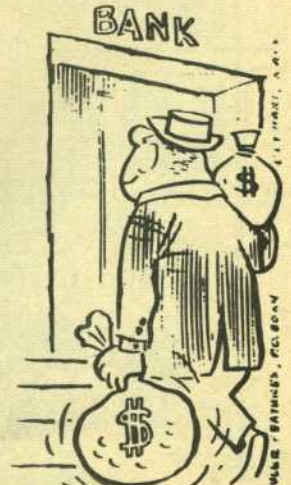
GRIN & BEAR IT By Lichty



"He was very frank! . . . Said that if we could get 50,000 people to cheer our Greek literature classes he'd pay us as much as the football coach!"



The STUDENT BODY----THE TEAM-----The FACULTY



Continued from page 45

#21 weak on pass coverage, hook patterns.
Strength of the Defense Inside - from tackle to tackle #65 very aggressive.

Weakness of the Defense Outside - away from the monster outside shoulder of the defensive tackle

Possible variations of the defense (including goal line)

On 3rd down short yardage, they will go into a 7 diamond. The same defense will be used inside their 10 yd. line.

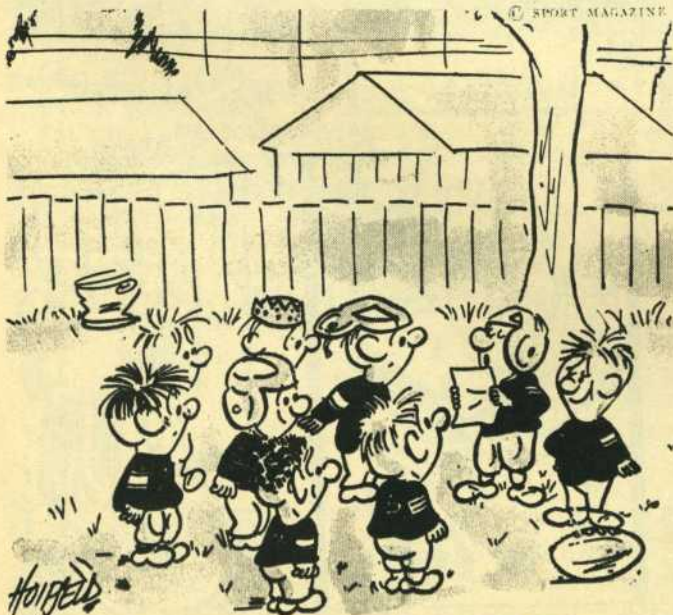
Personnel Strengths and Weaknesses
John Smith #65 - Defensive right tackle - big, strong, agile. He can be trapped
Joe Doaks #21 Defensive left halfback - slow, weak covering receivers on hook pattern.

Plays to be used against this defense

40 SERIES	60 SERIES	20 SERIES
45	60	23
46	61 TRAP	24
47	62 TRAP	25
48	63	26
	64	
	67	
	68	

CONCLUSION

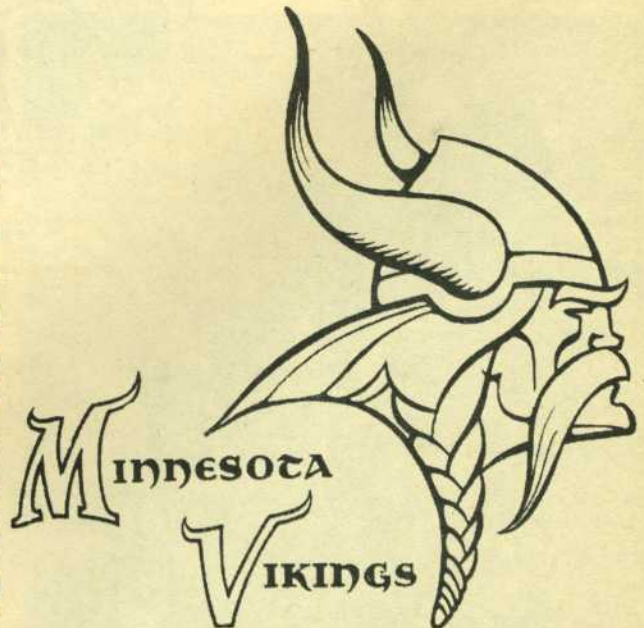
Training the quarterback is one of the most important phases of high school football. The proper development of a quarterback is dependent on the teaching of concepts and principles, which, in turn, must be applied to "real" situations. To accomplish this goal, many hours of study and drill must be spent by the coaching staff and the quarterbacks. The dividends received will be of lasting value to the team, to the quarterbacks, and to the coaching staff.



"On Saturday the team goes to the next block to play the Tremont Street Tigers. The following men will make the trip. . ."



BEST WISHES
in 1966 To All
Our State
High School
Coaches!



Football Club

Southtown Center -- 78th and Penn South
BLOOMINGTON 31, MINN.

Continued from page 26

But always Silianoff had a yearning to get in coaching and when the opportunity developed at South St. Paul it took little convincing.

"Playing football gave me my break in life," Silianoff says. "I was lucky to have tough coaches all through college and high school, and they taught me discipline while keeping me from looking for the easy way out. They demanded no less than my best effort.

"But more than that," Silianoff continued, "they were responsible to bringing me in contact with people who follow the same principles and I enjoy their association.

Silianoff had an undefeated season in 1965 and one of the most discussed prep players in the state in Jim Carter, 6-foot-4, 215 pound fullback.

As of late March Carter hadn't decided on what college or university he now will attend, but Silianoff is convinced he has the "potential to be a great player with size, quickness, mobility and good hands." He could be a good end or a running back, Silianoff states.

Silianoff's wife is named Ruth, "a Minneapolis Scandinavian," and they have three children--Cynthia, 17; Stephanie, 13 and Mark, 12, a "tow head," who "looks like he's going to be an athlete and I certainly hope so."

GENERAL SPORTS CORP.

4942 France Ave. So.
Edina, Minn.
926-7454



OUTFITTERS FOR

Wilson, Southern Rawlings -

K-Sports - CCM Northland -

Adidas- Converse Top Star



TOP ROW: Jerry Zimmerman c - Frank Quilici if - Camilo Pascual p - Bill Pleis p - Rich Rollins if - Earl Battey c - Zoilo Versalles if - Joe Nassek of - Jimmie Hall of - Harmon Killebrew if - Tony Oliva of.

MIDDLE ROW: Jerry Kindall if - Dave Boswell p - Jim Merritt p - Andy Kosco of - Jim Kaat p - Don Mincher if - Dick Stigman p - Jim Perry p - Jim Grant p - Al Worthington p.

BOTTOM ROW: Ray Crump equipt manager - Sandy Valdespino of - Bob Allison of - Mel Nelson p - John Sain Coach - Hal Naragan coach - Sam Mele manager - Jim Lemon coach - Billy Martin coach - John Klippstein p - John Sevcik c - George Lentz trainer.

FRONT ROW: Batboys - John Natwick, Mark Stodghill, Dennis King.

The American League Champion Minnesota Twins Extend their best Wishes to the Minnesota Football Coaches Association

JOIN

The
Minnesota State High School
Coaches Association

BULK RATE
U. S. POSTAGE
PAID
Permit No. 320
Moorhead, Minn.



CONCORDIA COACHING CLINIC

August 11 - 12 - 13



DUFFY DAUGHERTY



CAL STOLL

14 BIG NAMES

Duffy Daugherty, Michigan State
Don Haskins, Texas Western
Stan Watts, Brigham Young
Frank Broyles, Univ. of Arkansas
John Gagliardi, St. John's
Roy Griak, Univ. of Minnesota
Wally Johnson, Univ. of Minnesota
Paul Erhard, Albert Lea High School
Bill Pace, University of Arkansas
Carl (Buck) Nystrom, No. Dak. State
Ron Erhardt, No. Dak. State
Leon Lande, Wayne State University
Gene Harrington, Green Bay Packers
Cal Stoll, Michigan State

Tuition: \$15

College All-Star Football and
Basketball Games

Dorm Rooms \$2 Per Night

JIM CHRISTIANSEN

Concordia College, Moorhead, Minn.



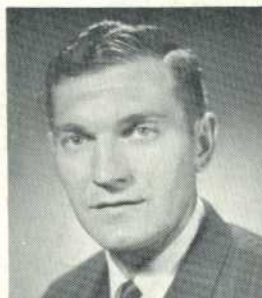
FRANK BROYLES



BILL PACE



STAN WATTS



ROY GRIAK



WALLY JOHNSON



DON HASKINS