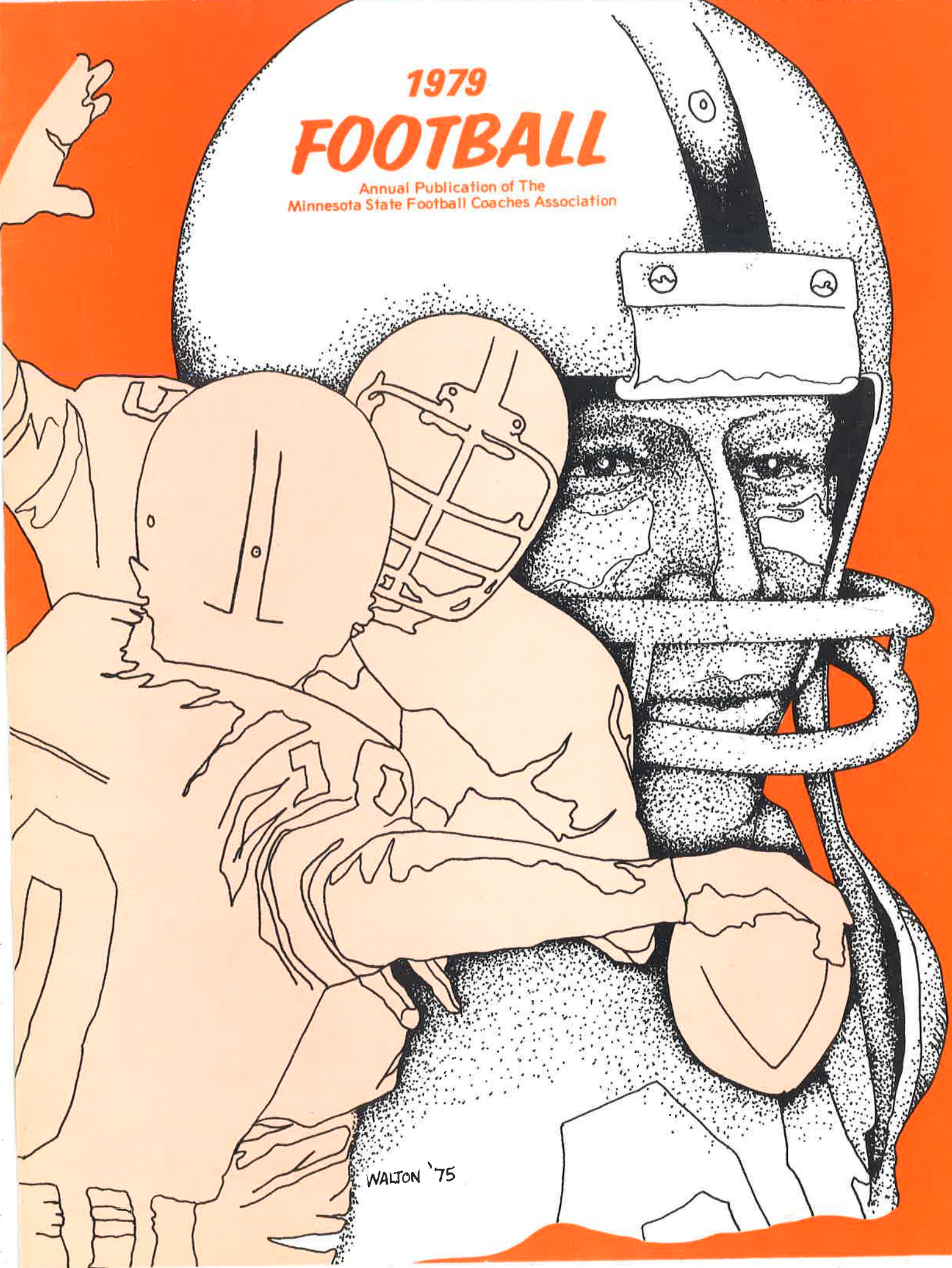


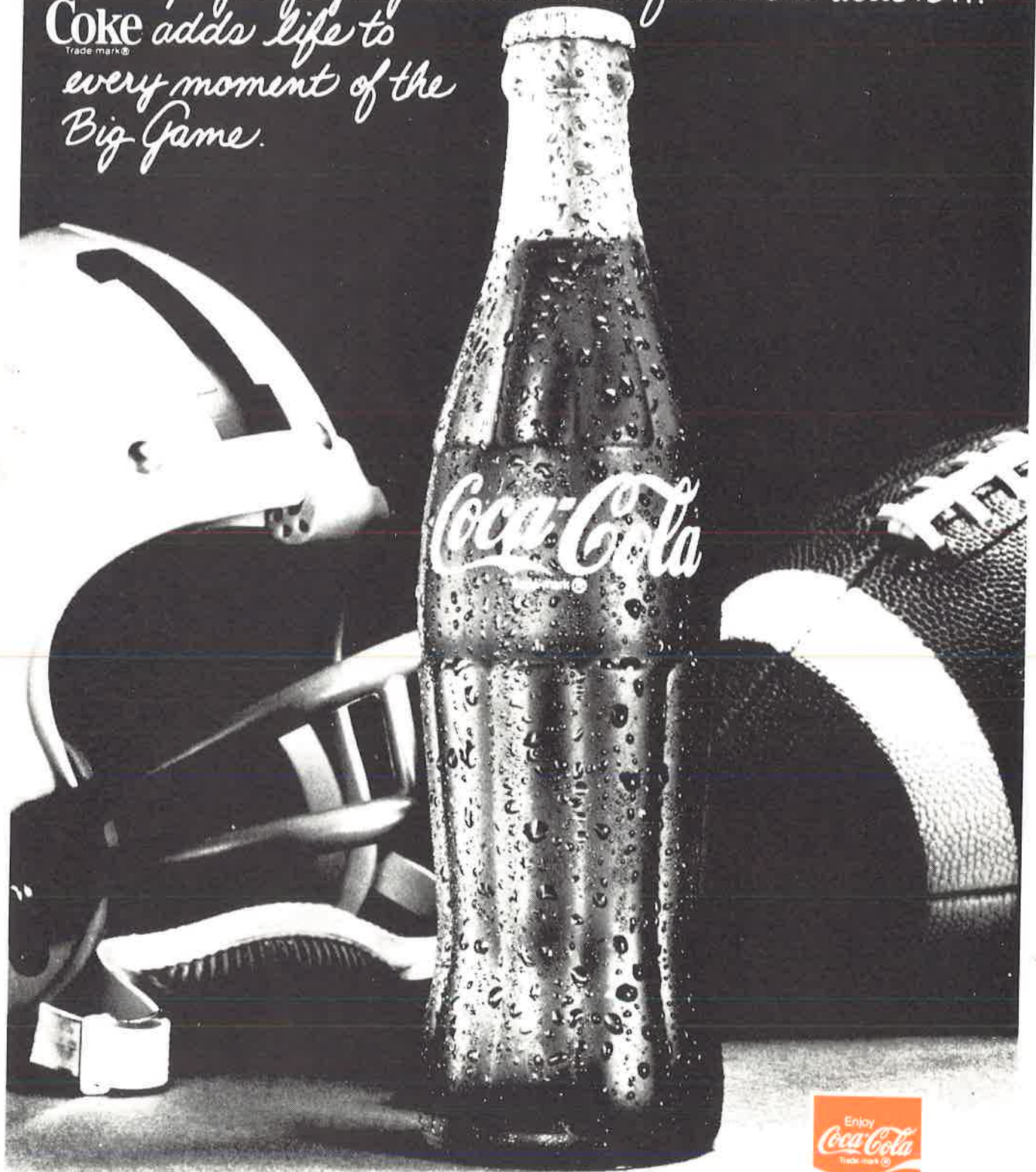
1979
FOOTBALL

Annual Publication of The
Minnesota State Football Coaches Association



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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.

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TABLE OF CONTENTS

President's Message 2

Off-Season Quarterback Development 4

A Game of Mental Attitude 8

Fridley Split 6 10

New Richland Wish Bone 14

Power Belly Series 18

Simplify to Flexability 22

"I-Bone" Formation 26

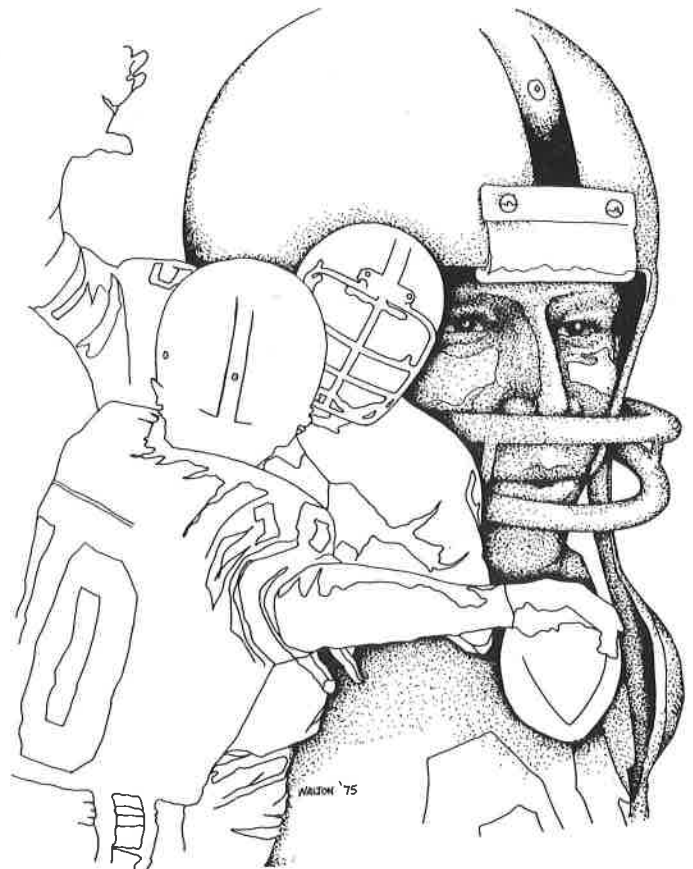
Sports Personality 28-29

Football Hall of Fame 30-31-32-33

Regional Coaches 34-35-36-37

Standing By 38-39-40

1978 State Champs 61-62-63



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Presidents Message...

Grady Rostberg is a graduate of Mayville State College where he was the captain of the football and basketball teams during his senior year. Both teams went on to win conference championships. He has been coaching at Hutchinson for the past 9 years and has won championships 4 of the past 6 years. Hutchinson currently has a 23 game winning streak in the Suburban West Conference. He was Region Coach of the Year in 1975 and 77 and coached in the 1976 All Star game.



It has been a pleasure to serve as president of the Minnesota Football Coaches Association during the past year.

In fulfilling the duties of this position I have become involved with many groups and individuals concerned with high school athletics. It was great to find out that the Football Coaches Association is held in high esteem among these groups and is thought of as a leader in the area of sport associations. This feeling has been developed because of the many fine dedicated coaches who give generously of their time to help make it the leading coaches organization in the state.

The progress that has been made in the area of state playoffs, the all star game and football in general are things we can be proud of.

In the coming year we are embarking on a new method of representation to the Football Coaches Association. Representation will be based on athletic conferences rather than the old district-regional plan. We feel this is a progressive plan and that our representation at the grass roots will be much better with this arrangement.

I would invite all football coaches who would like to become more active in the football coaches association to please contact Dick Lawrence, the new president from Eveleth, or myself. We need your input, your ideas and you if we are to continue to grow and carry on our fine tradition of the past.

A special thank you goes to all committee members, officers and district and regional representatives. Thanks also to past president, Gary Gustafson, and secretary Jerry Peterson for making my job easier.

I would like to thank the Human Growth Foundation for picking up the sponsorship of the All Star Game and all of

the football coaches who have done their share in making the game a reality again. The All Star Game would have been a memory instead of a reality if it had not been for the efforts of the Human Growth Foundation and the Football Coaches Association.

In closing I would like to ask for the continued support of the football coaches of Minnesota in making high school football in Minnesota a better sport in which young men can develop themselves to their fullest potential both physically and mentally.

Sincerely,
Grady Rostberg
Hutchinson, MN.



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Development of the high school quarterback during the off-season

MATHEW RAUH
APPLE VALLEY SENIOR HIGH

About the Author

Coach Rauh is a 1969 graduate of the University of Minnesota where he played football as a quarterback under Coach Murry Warmath. He began his coaching career at Richfield Senior High School in 1969, serving as an assistant to Dick Walker for seven years. In 1976, he moved to Apple Valley to start the

football program at the new high school in the Rosemount School District. Apple Valley's Squads have won three consecutive conference championships, have gone to the state tournament in 1977 and 1978, and in 1978 were State Runners-up. Apple Valley's three year record is 25-7.

In developing a sound offensive football team, the first position that a coach should consider is that of the quarterback. The choice of this position is crucial because in modern day football, the quarterback has many responsibilities placed upon him.

In selecting the athlete to play the quarterback position, there are certain characteristics for the coach to consider. Once the selection has been made, it then becomes the responsibility of the coach to provide the athlete with the proper technique instruction so that he might develop his skills to the highest level. It is the purpose of this article to first briefly discuss some of the characteristics to be considered in selecting a quarterback, and secondly to present the desired techniques that the athlete should develop in his OFF-SEASON FOOTBALL PREPARATION.

Selection of the Quarterback

In choosing an athlete for the quarterback position, the coach should look for the candidates leadership ability, playing ability, and dedication.

Leadership Ability. A leader is defined as "a person or thing that leads; guiding head." The quarterback, simply by the nature of his position must fit this definition. Through his play calling, he will be making decisions that influence the reactions of ten other athletes on the playing field. Their response on the field can largely be determined by the amount of respect and faith that the team has in the quarterback as a person as well as in his playing ability.

Playing Ability. Almost a requisite to respect and leadership ability is an athletes playing ability. Charles McClendon, head football coach at Louisiana State University, states that "You should never ask an athlete to perform a task that he is physically unable to do." To place an athlete who did not possess the physical ability to perform the tasks of the quarterback position would be both embarrassing for that athlete and disastrous for the team. The idea of leadership by example is a guide here. The quarterback must possess the physical talent to perform

the tasks expected of him.

Dedication. As will be pointed out later in this article modern day football requires a highly skilled athlete at the quarterback position. The skills that must be mastered will take hours of mental and physical preparation. This preparation can be very time consuming and must come before the season begins. A coach should look for an athlete that will pay the price in developing himself as a quarterback.

The coach must understand the importance of the quarterback position in relationship to the remainder of the team. In looking for a candidate it is important to consider the individuals leadership ability, athletic ability, and dedication.

Once the coach has determined who his quarterback candidates will be, it becomes his responsibility to provide them with techniques that will allow each athlete to develop his skills to the highest level. Although many specific fundamentals can only be covered during the football season, **THERE ARE CERTAIN TECHNIQUES THAT THE YOUNG QUARTERBACK CAN DEVELOP DURING THE POST AND PRESEASON MONTHS.**

The basic techniques that a quarterback should develop in his off-season preparation are in the areas of **STANCE**, **BALL-HANDLING**, the **OPTION PITCH**, and **PASSING**. Becoming sound in these areas before the season begins will provide the athlete with the tools necessary to execute the duties of his position.

STANCE

With the exception of the punt, every offensive football play starts with a snap of the ball from the center to the quarterback. For this reason, it is essential that the quarterback have a stance that will enable him to have a good exchange with the center, allow him to move along the path of the play called without the interference of either his own players feet or interference of an opponent, and aid him in the quickness and smoothness that are necessary to function as a good ballhandler. The following techniques will enable the quarterback to achieve a proper stance and thereby start each play with the desired technique.

The Feet. In a proper stance, the quarterback should line up behind the center with his feet parallel with one another and about shoulders width apart. He should be slightly pigeon toed and should have his weight on the inside balls of his feet. This base will allow him to move in any direction and use any of the many pivots a quarterback may utilize with very little difficulty.

The Knees. The knees should be bent with exactly the same contour as that of the center. One of the major mistakes and causes of fumbles in the exchange between the center and the quarterback is that of not lining up in the proper perspective with the center. If the quarterback will

bend his knees so they are parallel with the center, then he will find that he can take a snap from a tall man or a short man without any difficulty. It is also important to maintain this bend in the knees because you must have your knees bent to move. A quarterback that starts every play straight legged and bends his knees upon receiving the ball from the center will create one extra movement that can be the split second making him slow in his ballhandling techniques.

Hips, Waist, and Back. The quarterback should be bent at the hips with his back arched and his chest out. With the addition of the audible and the necessity for the quarterback to read defenses, it is important that the quarterback have complete vision over the defense while he is under the center.

Elbow. His elbow should be almost straight as they extend under the center and slightly turned in. This technique along with a "pressure" of the hands against the center will allow a consistency that is necessary to prevent the quarterback from fumbling the exchange. The pressure with his hands will also communicate to the center the exact spot for the exchange to take place.

Head. The head of the quarterback should be erect and should focus on the defense. It will be pointed out later that the head and eyes are essential for using proper ball handling techniques.

These techniques of the stance are basic, but essential if the quarterback wants to develop a consistency in his play execution.

BALL HANDLING

Once the quarterback has developed the proper stance for the exchange from the center, he should strive to attain the proper ball handling techniques. A quarterback that uses the proper techniques will eliminate needless turnovers of the ball and also will develop a consistent, smooth backfield action. The basic ball handling techniques that the quarterback should develop are the third hand, handoffs, pivots, and faking.

Third Hand. Upon receiving the football, the quarterback should immediately bring the ball to the third hand position. On any handoff play, the third hand would be at the belt-buckle, and for a pass or option play, the sternum. Using the third hand technique will allow the quarterback to move on his different pivots with the minimal waste motion and will also eliminate the chance of error. There are many plays that call for a hand fake in which the quarterback takes one hand away from the ball to make the fake. Using the third hand technique will always insure the quarterback of having complete control of the football,

even if hit from behind or disturbed by some other type of action.

Handoffs. All action with the football starts from and returns to the third hand position. The ball should be handled parallel to the ground at all times on any type of handoff play and kept at the third hand position whenever possible. The quarterback should handle the ball as if he were shuffling cards at a table, always moving parallel to the table, away from his body and then back again for the next card. Handling a football in this manner will eliminate the chance of fumbling and will also create smoother backfield action.

Pivots. As was brought out before, the stance of the quarterback is very important in his execution of a play. Upon receiving the football and bringing it to the third hand area, the quarterback will use one of the various pivots that he must learn. No matter what pivot he uses, it is very important that his shoulders are kept parallel to the ground and that he keeps the same bend distribution during the play that he starts with in his stance. An example of what I mean would be found in the execution of a play that started with a reverse pivot by the quarterback. A reverse pivot is one in which the quarterback will initially turn his back to the hole, giving the impression that the play is going the other way. He will then pivot back to the hole and hand off the ball. The advantage of this type of pivot is that it can confuse or cause misdirection to any defensive player that is reading the quarterback. To execute a reverse pivot correctly and to the ground as he pivots and he must keep the same bend in his knees that he had before the ball was snapped. This will create the deception that is needed to cause the misdirection in the defense.

Faking the Ball. Faking with the ball is a matter of using good technique as well as establishing proper timing with the offensive unit. The important techniques to develop are handling the ball from the third hand area and always moving the ball parallel to the ground. Faking after the ball has been handed off is a matter of discipline. A quarterback can greatly affect the play of a defensive player by carrying out his fakes. To be a deceptive ball handler, a general rule is that when handing off the football, concentrate on the handoff back only long enough to guarantee a perfect exchange. When faking the ball, look at the back longer, if the play permits, to draw attention to the faking back.

By using proper techniques and developing "pride" in being a good ball handler, a quarterback can help eliminate costly mistakes and can also create a smooth, deceptive attack.

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THE OPTION PITCH

With the great success of Coach Darrel Royals' Wishbone Offense in the late 1960's, the option game has become a reality in modern day football. The option play is probably the most sophisticated play in the history of football in that the critical point of attack is not determined until after the center has snapped the football to the quarterback. The basic option play involves the quarterback running at a defensive player with the intent of carrying the ball himself or pitching to a trailing back. The quarterback will determine which choice to make based upon the reaction of the defensive player he is running at. If the defensive player attempts to tackle the quarterback, then he pitches the ball to the trailing back. If the defensive player covers the trailing back, then the quarterback keeps the ball and turns toward the goal line. Although there are many types of option plays, all of them are dependent upon the ability of the quarterback in executing this pitch technique. This technique, as well as those mentioned earlier, should be developed during the post and preseason months. To execute the pitch phase of the option play, the quarterback must display proper techniques in the areas of his eyes, stance, and pitch.

Eyes. The eyes are the quarterbacks key to his environment. In executing the option play, he must focus his eyes on the defender he is attacking immediately upon receiving the football from the center. This will enable him to quickly determine the action of the defender and he can thereby make his decision to keep the football or pitch to the trailing back. If the quarterback choose to pitch the football, he must immediately focus his eyes on the pitch back to insure an accurate pitch of the ball.

Stance. The quarterback should maintain the same balanced stance that was discussed in an earlier section of this chapter. A balanced stance with the ball at the third hand position will enable the quarterback to quickly execute either his pitch or run options.

Pitch Technique. When executing an option play, if the quarterback is attacked by the defender he is running at, he should initiate his pitch technique to the trailing halfback. The desired result is a soft, end over end ball that can easily be handled by the pitch back, yet delivered very quickly by the quarterback. The major points to be emphasized are the quarterbacks footwork and the movement of the arm wrist of the pitch hand.

Footwork. The quarterback should step towards his target with his near foot once he has decided to pitch the ball. This footwork will aid the quarterback in consistently being on target with his pitch.

Pitch Hand. As was stated earlier, when executing an option play, the quarterback must have the football at the third hand level which is the sternum area. From this position the quarterback will make his pitch. As he steps toward the pitch back with his near foot, he should extend the elbow and forearm of his near arm directly at his target in a "punching" manner. With this move, he should snap his wrist so the thumb turns down toward the grass and the palm of the hand points directly at his target. This punching action will cause the ball to travel end over end and softly enough to be easily handled by the pitch back.

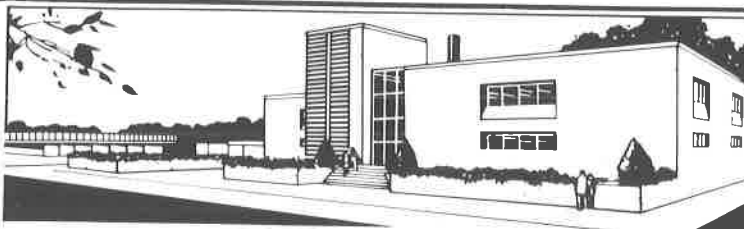
By developing the above "option techniques", the young quarterback can prepare himself to execute the most difficult phase of option plays.

PASSING

One point that a coach should consider when training a quarterback is the amount of change that you want to bring about in the athlete's throwing style. An individual may have somewhat his own style of throwing the ball, and if he completes the pass, the job has been done; but to be consistently successful, there are certain techniques that accurate passers use. The techniques that the athlete should consider are his grip of the football, stance, and release.

Grip. The first technique that a young quarterback should develop when passing is the way his hand grips the football. The proper grip is one where by the quarterback has finger tip control of the ball. His palms should not touch the football or he may throw a ball that is inconsistent in flight and will travel with the point of the football down. When gripping the ball with the throwing hand, the quarterback should be able to slide the index finger of his free hand between his palm and the football. This check point will insure the proper grip and will allow the quarterback to have the desired finger control of the football.

Stance. The quarterback should attempt to stand tall as he prepares to pass the football. His weight should be on the balls of the feet, and his feet should be fairly close together. The quarterback will push off of his drive foot as he passes the football. The "drive" foot for a right handed passer is his right foot; for a left handed passer, his left foot. He must



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step toward his target with his stride foot. The "stride" foot for a right handed passer is the left foot; for a left handed passer, the right foot. This method of pushing with the drive foot and stepping with the stride foot, should be a short step, directed at the quarterbacks target. This will allow his body to square to the target and insure the quickness and accuracy desired in executing the pass. If the quarterback were to take a long stride step, he would accomplish the squaring of his body, but may take too much time in releasing the football.

Release. The most important technique in passing is the release of the football. As in all other techniques, the quarterback begins his release from the third hand area stated earlier in this chapter. When releasing the football, there are three things to consider in the action of the throwing arm; the elbow, wrist, and follow-through.

Elbow. As the passer throws the football, the elbow of his passing arm should lead the ball and should be higher than his shoulder. This technique will insure the quarterback of a high release of the ball, thereby enabling him to throw over tall people.

Wrist. It is important that the quarterback develop the correct wrist technique to guarantee the proper flight of the ball. A well thrown football will travel with the tip up and slightly to the right for a right handed passer. To achieve this type of travel when throwing the football, the quarterback should develop a wrist action where the thumb of the throwing hand turns down and to the right sideline for a right handed passer. This will cause the pointer finger of the hand to have last contact with the ball and will result in the desired flight of the ball.

Follow-through. The quarterback must develop a proper follow-through when passing the ball. As stated earlier, the football should travel with the tip up and to the right for a right handed passer. This is only accomplished when the index finger of the passing hand has last contact with the football. The follow-through of the arm must not cross the body of the quarterback or the ball will not have the desired travel. He should follow-through to the knee that is on the side of his throwing hand. This follow-through action will create the desired release.

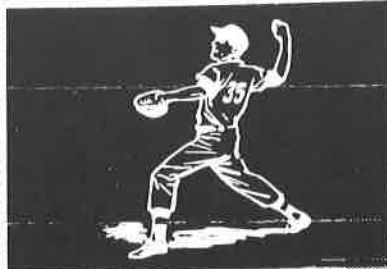
By applying these techniques when throwing a football, the quarterback will have the fundamentals to develop into a successful passer.

For a successful offensive team, the coach must pick the best candidates possible for the quarterback position and then provide them with accurate technique information. It is also the responsibility of the coach to provide the athlete with the proper drill work to further develop these techniques. Through knowledge of proper technique and dedicated work on drills, the young quarterback can develop his skills to his highest potential.

Good luck next season!

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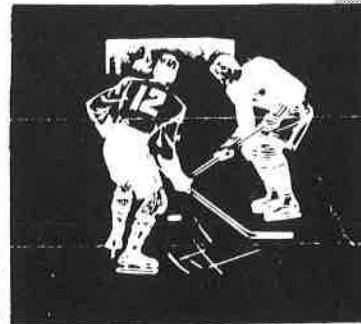


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A Game of Mental Attitude

RON JOHNSON, HEAD COACH, GONVICK HIGH SCHOOL

About the Author



Ron Johnson, head coach at Gonvick-Trail High School, has directed the school's football team to a 47-10 overall record the past six years.

During that time, the Gonvick-Trail Bulldogs have won the North Tri-County Conference championship twice (1974 and 1978) and finished second the other four seasons. The school has an enrollment of only 99 students in the top four grades.

Johnson is a graduate of Bemidji High School and graduated in 1969 from Bemidji State University.

I once had a coach who said football is ninety percent mental and ten percent skill. At the time I thought he was right, but there was some doubt. Now, fifteen years later, there are no doubts. I firmly believe a football coach, a player, and a team as a whole must have the proper mental attitude. It plays a tremendous role in the success of a football team.

Mental attitude involves many things. The will to win, togetherness, inspiration, confidence, intelligence, and discipline all play a vital role in the success of a team.

I'm convinced that the will to win has made the difference between mediocre athletes and excellent ones. The greater will to win is often the deciding factor in a close game. In high school football, we try to stress to our players that they do not have to be big or have outstanding ability to win ball games. What they must have is the proper mental attitude including the will to win. I would rather have a player with the proper mental attitude and less ability than a player who has more ability and a poor attitude.

We place a great deal of emphasis on strong mental togetherness on the part of every player. We try to make the team and the community feel as though we are one big family with the same purpose and goal. We try to emphasize that there is no number "1" player on the team — everyone on that team has something to contribute. Any success we enjoy is the result of team play, not an individual or two.

However, our seniors are given more credit, respect and glory than the underclassmen. I feel that a championship team has to have the experience and maturity of the seniors to lead them. Our co-captains are always seniors, and they are alternated each week. We want our players to peak during their senior year. We want our players to believe that even if they aren't playing much, they are

helping with moral support. Because of this belief, we have very few players who quit the team. This season we started and finished the season with 26 players.

A football player must be inspired. This can be accomplished in many different ways. Before going out to the field on game days, the co-captains have an opportunity to talk to the team. Then the rest of the seniors have a chance to speak. If any other player has anything to add, they do so at this time. The coaches usually have the last words. Occasionally, a minister is invited to give a pregame prayer. These things get our player in the right frame of mind for the game. More inspiration comes from the cheerleaders and students who place banners on the walls of the gym and locker room. For two of our big home games this year, the fire department had a fire truck with sirens blowing and lights flashing lead the team to the field. The community also treated the ballplayers to several meals during the season. These contributions all helped considerably in inspiring our team.

We try to build confidence in our players. To gain confidence in themselves, you must show confidence in them. We try to give them the attitude which says, "I know you can do it!"

One of the main reasons for our success was because of the intelligence of our players. The ability of a player to read and anticipate a play and make the right move is very important. We had six seniors on the team this year, and all six were on the honor roll. Players who let you down in the classroom are usually the ones who let you down in a game.

We believe in strong discipline. Football demands discipline. It takes discipline to get kids to develop into good ballplayers. Just to get up the morning after a hard practice when they're stiff and sore requires discipline. It was a very proud moment for men when the players signed and presented me with a football after this year's season. It was inscribed, "To Coach Johnson — who provided us with the discipline and know-how to win." They, too, realized how important discipline is.

We also try to make our players realize that one of the greatest things in life is to take an ordinary job and make it into something spectacular. To do this, mental attitude is a must. A coach could have a team with a great deal of skill, run a fancy offense, and have a defense that looks good on paper, but if he doesn't have a team with the proper mental attitude, they aren't going to win championships.





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Fridley Split 6

BOB O'NEILL,
HEAD COACH, FRIDLEY HIGH SCHOOL

About the Author

Bob O'Neill has been coaching for 27 years. He started at Welcome, Minn., moved to University High School for 7 years and has been head coach at Fridley

High School for the past 16 years. Fridley High School is in the North Lake Conference and was the Runner-Up in Class AA in 1978 with a record of 10 wins and 2 losses.

During my first years as head coach at Fridley High School, our team used many different defenses. Previous to joining the Lake North, our school was in the Skyline Conference where most of the teams used some variation of the 6-2 (regular, wide tackle, etc.). We experimented with both the regular 5-2 and the invert and were not satisfied with either. We were looking for a basic defense that would: 1. contain most offenses without major adjustments, 2. bend but prevent the big play (especially the sweep and the long pass). 3. fit the general type of athlete in our school, 4. use some stunting and or slants (high school players enjoy stunting).

Fridley High School had 1,260 students in 1978-79 and will have approximately 1,160 in 1979-80. We have three varsity coaches and three sophomore coaches. Larry Senrick who is our defensive coordinator coaches individual techniques for the linebackers, corners, and defensive ends. Steve George (Off. Line and Specialty Team Coach) helps with the down tackles, and I am responsible for the halfbacks and the safety. We try to have our best athletes on defense and exclude only the first string quarterback and sometimes the fullback from defensive positions. We usually pick our defensive team before the offense, and we do not do a lot of substituting on defense. Only the **super** players on our squad go both ways. During the 1979 season, we had only two players starting both on offense and defense. In our conference, we do not believe you can compete (and win) with many two way players.

When setting up any phase of football, especially defense, we would list in order of importance:

1. Good athletes in proper positions
2. A good coaching staff
3. Facilities and equipment
4. A system of execution (defensive set)

At Fridley, we have been fortunate to work with some fine athletes, and my job has been helped by working with excellent and enthusiastic co-coaches. We have the finest facilities of any school our size in the state. And our staff and our players have great confidence in our defensive system.

Some of our basic ideas were developed from the even defenses that were used by Notre Dame and Penn State. The rest was innovated by our staff or copied from high



Staff meeting — Coach Steve George; Coach Bob O'Neill; Coach Larry Senrick.

schools.

Our basic defense (Diagram A) has only two down players we call the **DOWN TACKLES**. They line up on the outside shoulder of the guards in a three or four point stance. Physically, we would like to have a size advantage at this position. If we do not have size superiority we can use two nose guard types and rely on quickness and agility. The D.T.'s main responsibility (when not stunting) is to drive across the outside shoulder of the guard, reading his block and the action of the quarterback. Our downtackle cannot be blocked in by the offensive guard. When the guard blocks down and away, he is looking for a cross block or short trap. If the guard is base blocking, our down tackle has to squeeze the guard-center gap and cover his area. All of our defensive personnel must learn to "stay home" and to "cover their area first." If the guard pulls, get into hip pocket and go with him. On drop back action the down tackle is a pass rusher. In this and all position, we will adjust his depth off the ball and his angle, to fit his physical skills and to conform with our scouting report and film study.

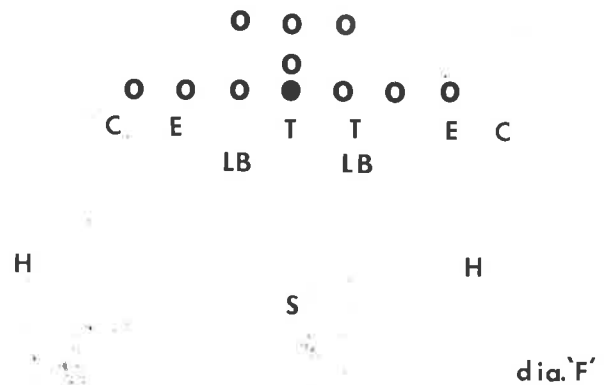
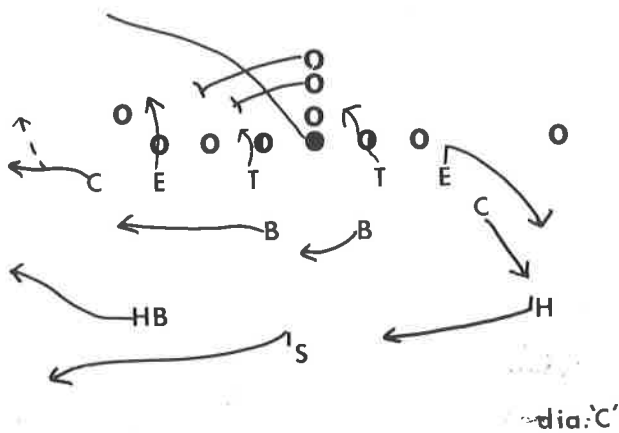
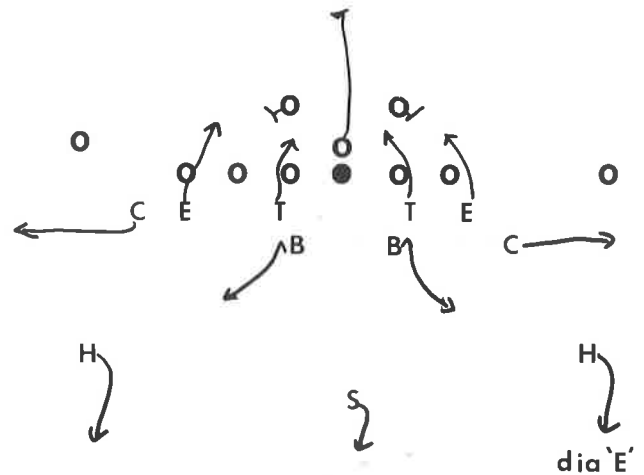
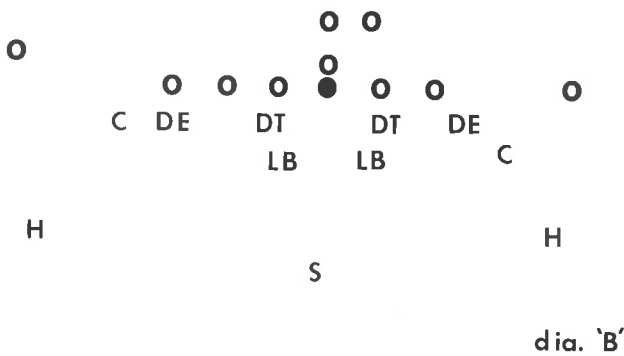
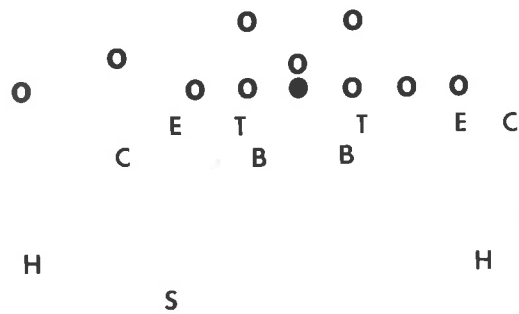
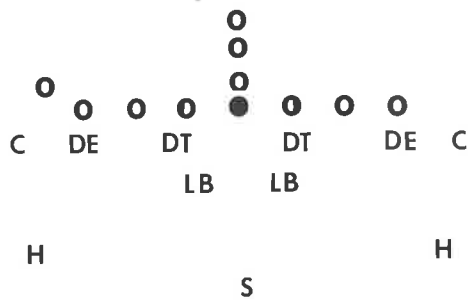
The **DEFENSIVE END** lines up in a two point stance head on the end, with his outside leg back. (Dia. A) Physically, we would like to have a rangy player 6-2 or better, at this position. When not stunting, he reacts to the move of the end by making contact with him on all plays, especially on passing downs. We do not want the end to make a quick inside release. If the end blocks down, the D.E. squeezes the off-tackle hole and looks for a cross block from the tackle, a trap, or a lead block from the near back. He must not be blocked in by the end. On drop back pass action the D.E. rushes outside-in and on spring action toward, he puts pressure on the passer. On pass action away he checks for counter action, the slant draw and cut backs from the I draw. Against options, we would like to

have the D.E. run the quarterback to the sidelines. When fighting a base block by the end we would like to have him keep his inside arm free to force the off-tackle hole.

The **LINEBACKERS** usually line up at about the same distance from the ball as the running backs. They split the inside leg of the down tackles. (Dia. A) They read through the quarterback to the near running back. Again their distance will be adjusted according to their speed and quickness, the down and distance, and the scouting report. The linebacker is most vulnerable on a down block by the offensive tackle. He has to be always conscious of this possibility. On plays toward, such as isolation by the near back, he has to meet the play at the line. On plays away, the linebacker has to be careful not to over pursue. He must never go beyond the center until he sees no evidence of a

counter play, inside reverse or trap. **STAY HOME!** Usually, when he is blocked by the center, the play is coming inside. On drop back passes, the linebacker checks the draw and has the short curl or hook zone (dia. E). On sprint actions away, he covers the middle short and on spring toward he helps cover the flat (Dia. C).

The **CORNER** usually lines up outside the defensive end about two yards and is usually on the line (Dia. A), unless the end is split, then he would be in a walk away position (two yards wide and four yards deep) (Dia. B). Against a wingback, the corner lines up on his outside shoulder and on the snap, he reads the action without moving across the line. On plays toward the corner (sweep), he has to contain. On plays away, the corner first checks for reverses and screens and then rotates back to his side 1/3, or pursues at



an angle to the far sideline. He should be the last man to reach the far sweep. On options, he has the pitch unless the defensive end gets blocked then he must take the quarterback. On drop back pass action the corner covers the flat (Dia. E), roll out toward his position he has the option of forcing the passer or covering the shallow flat area (Dia. C). Against spring out away the corner must check for the screen and throw backs and then rotate to the halfbacks 1/3.

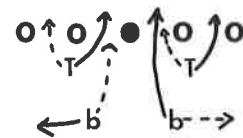
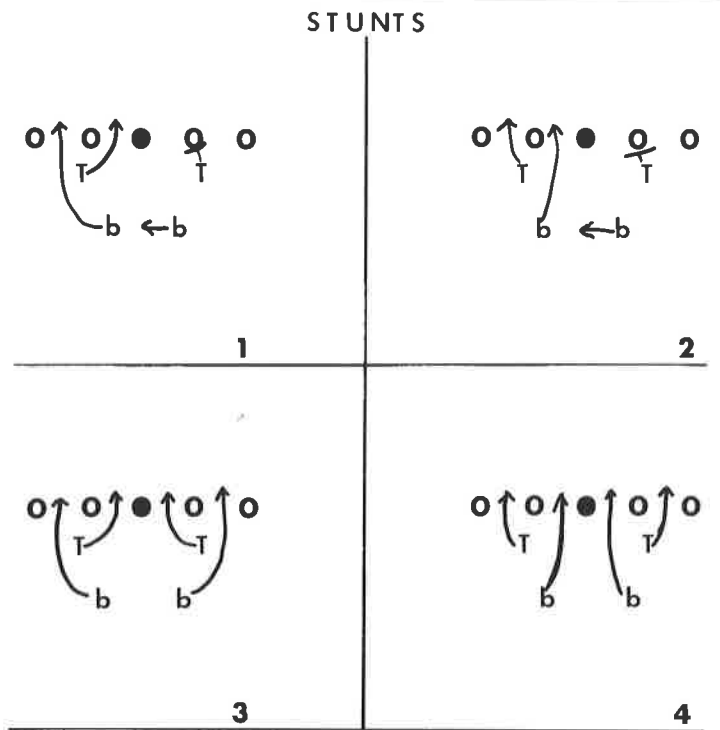
The **DEFENSIVE HALFBACK** lines up against an even offense at nine yards deep inside the corner and head on the tight end. On the snap, the defensive halfback takes a step back and reads the play watching the near back and the quarterback (Dia. A). On play action toward, he comes up on inside support, reading the block on the defensive end. On plays away, the D.H.B. rotates over to the safety position and continues to read the play (Dia. C). On drop back passes, he has his side 1/3 deep and on sprint toward, he has 10-15 yards deep on his side, and on spring away he has the middle 1/3 (Dia. E). When there is a split receiver on his side, he goes out with him and plays his inside shoulder about one yard unless he gets too near the sideline (10 yards) (Dia. B).

The **SAFETY** lines up 11 yards deep and on the snap takes a step back and reads the play (Dia. A). On play action away, he rotates to the halfbacks area and supports his action. On drop back passes, he has the middle 1/3 deep (Dia. C). The position must have an athlete that can cover from sideline to sideline (Dia. E). Against a twin set, the safety moves over 1/2 man toward the twin (Dia. D).

STUNTING THE INSIDE FOUR. Unless you have 11 players who can physically handle your opponents, it is necessary to stunt to use this defense. We have a number of basic stunts that we use depending on our personnel and our scouting report. Our variation of the split-six operates more effectively against an offensive line using a split of two feet or more. We do more stunting with our defensive tackles and linebackers than with the outside pairs.

In **stunt no. one**, the tackle goes through the guard-center gap and his linebacker moves through the tackle-guard gap. The opposite tackle hits and reads and the linebacker covers the middle and reads the play. Like most of the stunts this can be run right or left. **Stunt no. two**, the tackle goes to the tackle-guard gap and the linebackers shoot the guard-center gap. We would like the stunting player to

penetrate only one yard. This is a difficult technique to teach, the tendency is for the player to go too deep. **Stunt no. three**, both linebackers shoot the tackle-guard gap and the tackles hit the guard-center gap. **Stunt no. four**, the tackles and linebackers change gaps. **Stunt no. five**, both tackles go one hole to their right or left and the linebacker



5



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shoots the gap of the tackle on his side. The other linebacker goes to the outside, reads and covers. The number of stunts we use will vary with each opponent and there are games when we stunt very little at all.

THE OVERSHIFT. A couple of years ago, we decided that we needed a different look to add to our basic defense. We wanted to do this without greatly changing basic positions or personnel. Our solution was an overshift (Dia. F'). In this formation, we slide the down tackle into the nose position and adjust the linebacker to a stack position on the even side. This gives us a 5-2 front on one side and keeps a modified six on the other. We only use it sporadically during a game. We actually stunt very seldom from this formation but we can slant on the 50 side and stunt from the even. We are learning each year more about the possibilities of this formation. Again, its use is determined, both by our personnel and our scouting report.

We feel it helps us that most of the other teams in our league use some form of the 50 defenses. We can spend most of our defensive time working against their defense and they can only spend one week against our even defense.

However, in the final analysis it is still the athletes and not the system that wins football games.

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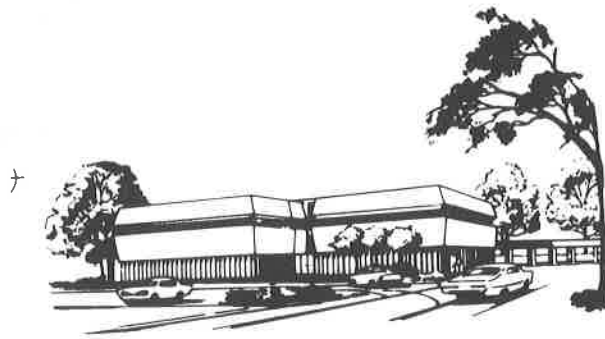
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The New Richland Wish Bone

JIM SIMSER,
HEAD COACH NEW RICHLAND HIGH SCHOOL

About the Author

During 11 years as head football coach at New Richland-Hartland High School, Jim Simser's teams have an overall 84-22-1 record, have won seven Gopher Conference championships and finished runner-up in conference play three times.

Simser's Cardinals climaxed the 1978 season by winning the Minnesota State High School League Class B championship and finished with a perfect 12-0 record on the season. New Richland-Hartland won the 1976 State High School League's Class C title and thus was a state titlist in two different classes twice in a three-year period.

A graduate of Blue Earth High School, Simser earned

his bachelor's and master's degrees at Mankato State. He was chosen as District Two Coach of the Year in both 1976 and 1978 and also was named Region One Coach of the Year both years.



At New Richland-Hartland High School we believe strongly in an option orientated brand of offense. The offense that we feel best meets our needs is the wishbone. In our opinion the four back design of the wishbone is better suited for a rushing attack than the three back design of the veer attack.

The wishbone is a running formation that is designed specifically to run the option. It is not a good alignment unless you are going to run the triple option from it. 75% of our running plays are options, so we feel it is the formation for us.

We will break the wishbone in a variety of ways. We feel that we can run the majority of our rushing offense from these broken formations. Plus it also opens up the passing attack in obvious passing situations.

We will break the wishbone in a variety of ways. We feel that we can run the majority of our rushing offense from these broken formations. Plus it also opens up the passing attack in obvious passing situations.

Our attack is based on rushing first. We then hope to take advantage of the opportunities presented by the defense against the run to incorporate a play-action passing attack.

Ironically, when we instituted the wishbone offense eight years ago it was to help our passing game. We were returning a quarterback and split end who had been very successful the previous season and had repeatedly drawn double and triple coverage. We wanted to insure single coverage on our split man and we felt the wishbone was the way to do it.

The change was successful in that we threw for the same total yardage as we had the previous year from our pro-set.



George Jessen, halfback, breaks off tackle enroute to a TD as New Richland rolls to a 12-0 record and a Class B championship.



Fullback Mark Dorn hits up the middle behind the blocking of halfback Greg Rieck as New Richland rolls to a 12-0 record and a Class B championship.

We doubled the number of touchdown passes thrown and nearly doubled our total rushing yardage.

Our concept of what we should and can do with the wishbone has changed and developed with each ensuing year. We have tried many modifications to the wishbone through the years, including one season with an unbalanced line. The one adaptation that we feel has benefited us the most has been the change to the reverse pivot by the quarterback. We have used it for the past three seasons and are sold on it. I will comment on the reasons for this change later.

Any option offense starts with the quarterback. We know many high school coaches feel that high school boys are not

capable of the reads and ball handling required of the wishbone quarterback. This causes them to avoid the offense. We feel strongly that high school boys can meet all the requirements of a reading offense.

The six quarterbacks that we have had for our wishbone all possessed similar characteristics. They have all been the playmaker, quarterback type, in basketball. Each has also been a pitcher, infielder combination in baseball. This is the type of boy we are looking for and I feel that every school has this type of boy.

Our training of the wishbone quarterback starts in the ninth grade and continues for the next four years. Every practice of the year finds him working on the pitch drill. In this drill two quarterbacks sprint across the field pitching the ball back and forth, both right and lefthanded. We teach the thumbs down, end-over-end pitch.

The next option technique that we teach is the ride. We use a reverse pivot to enhance and lengthen this ride. Because of the reverse pivot, many people feel that we are not reading the option. We are; and we feel that it enables the quarterback to make eye contact with the defensive read sooner and hold it longer. Plus the reverse pivot conceals the ball from the linebackers. We also feel that the momentum gained by the ride of the fullback accelerates the quarterback down the line of scrimmage.

In our first drill the quarterback works with a center and a fullback. It is a "give" drill and he will give to the fullback each time so the fullback gets the feel of the give. When our quarterback gives, he pulls the inside hand out

first and presses the ball against the fullbacks chest with the outside hand.

In this drill and all others involving the quarterback-fullback ride, the fullback must run the same path. Our guards always take a constant 2 foot split from the center. The fullback runs over his outside leg. In drills without a guard present, a scrimmage vest marks the correct spot.

The next step is the disconnect drill. It is done in the same manner but the quarterback will disconnect each time. When disconnecting both hands pull the ball out from the ride. The fullback must learn the difference in feel between the give and the disconnect.

The third step in the sequence is the quarterback alternating between the give and the disconnect without making a read. Repetition is the key to the successful exchange between the quarterback and fullback.

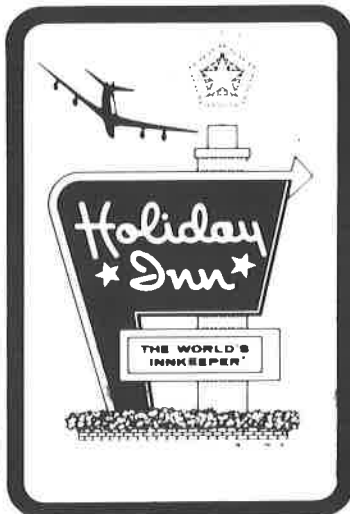
Now we are ready for the read technique drill. A coach assumes the position of the defensive read man and gives the quarterback a good read. If the coach steps across the LOS the quarterback gives. If he comes down on the fullback the quarterback disconnects and springs on down the line.

We want the quarterback to have success and we feel coaches can give better reads than players. If the quarterback makes the wrong read we ask him, "what did you see?" The coach can also give reads by flashing a number, a color or other signals to insure proper eye contact.

Now we are ready for our most important drill, our backfield technique drill, done every practice of the season.

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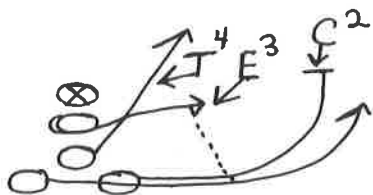
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This drill features the entire backfield, plus at least three defensive men giving us our defensive reads. After working to the right side we flip-flop defenders to the left for equal time. This drill looks like this.

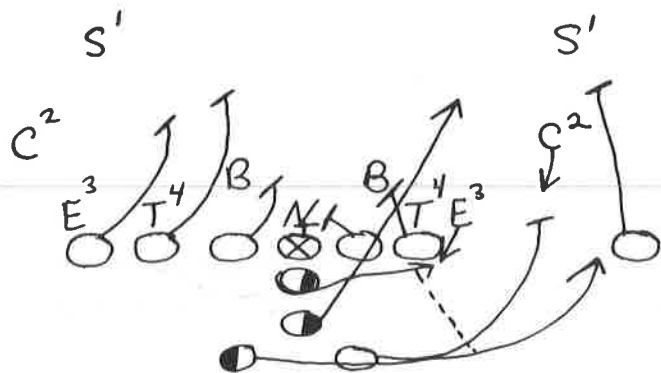


he comes across the LOS or stays, hand off to fullback; if the No. 4 man comes down on fullback, disconnect and explode on inside leg of No. 3 man; pitch to trailing halfback if No. 3 man comes or turn upfield if No. 3 man floats.

We vary the positions of the defenders each week of the season according to information from our scouting report. Each of the three defensive men vary their reads from play to play. We know someone is going to be responsible for each of these defensive responsibilities.

The two basic plays of our wishbone attack are the triple option and the inside belly. We do not pre-determine either of these plays. We read each and the quarterback has three options on each play. The entire offense is a mirrored attack, so we have the ability to go either direction. We feel that this makes the learning of blocking assignments much easier. Here is a brief look at these two plays.

Triple Option



Assignments:

Play Side End — releases at maximum speed, uses a cutting block on the No. 1 man who is responsible for the deep third.

Play Side Tackle — do not block the No. 4 man who is responsible for fullback, release on linebacker to the inside.

Play Side Guard — blocks first man on LOS inside of tackle.

Center — blocks the on man against odd front or playside gap or backer away against even.

Away Guard — blocks 1st man on or off LOS away from center.

Away Tackle — clears inside of 1st man outside of away guard — downfield.

Away End — downfield.

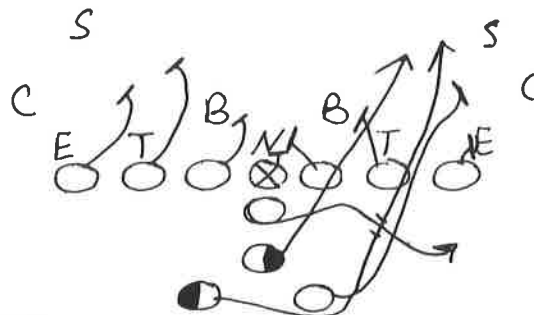
Fullback — 1 step, drive through outside leg of playside guard, take handoff or block.

Playside Halfback — take three steps to playside, block No. 2 man who is responsible for the pitch.

Away Halfback — swing to playside, take pitch or turn upfield with quarterback.

Quarterback — reverse pivot to playside, read No. 4 man, if

Inside Belly



Assignments:

The assignment of the line remain the same as for the triple option with one exception. We can run the belly only towards a tight end, therefore we line up approximately 50% of the time with two tight ends. We feel we can run any play in our offense from that formation.

The playside end has the key block in the belly as he must turn the defensive end out if possible. If the position or charge of the defensive end prevents the block to the outside, the end takes him in. The backs will read the block to the inside and swing to the outside of it.

The fullback has the same responsibility as in the triple option. The playside halfback takes one step playside and leads between the tackle and end. He looks to the inside, looking for the scraping linebackers. He takes the first action. The away halfback takes three steps playside and takes the handoff and follows the block of the lead halfback.

The quarterback reverse pivots to playside, reads the No. 4 man, if he comes across the LOS or stays, handoff to the fullback; if the No. 4 man comes down on the fullback disconnect and step away from line and hands off to the trailing halfback; or if he is covered, disconnect and run for daylight.

Our tackles will be making calls on each play and this will change our blocking rules to meet changing defenses.

The wishbone is certainly not the offense for everyone, but we believe strongly in it.



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BEST OF LUCK TO ALL MINNESOTA COACHES

Lake City's Power Belly Series

JIM ROFORTH
HEAD COACH, LAKE CITY, MINN.

About the Author

Jim has served as the head football coach at Lake City for the past fourteen years. He holds a Masters Degree in guidance-counseling from Mankato State University. This past year we had ten wins and one loss, losing only in the state semi-finals championship to state champions New Richland-Hartland.

Lake City football teams have a combined record of

fifty nine wins and nine losses the last seven years. Lake City has gone six consecutive years without losing a home football game. The offense has been shut out only three times in the last one hundred and nineteen games. Jim had the honor of being the Region I Coach of the Year in 1972 and 1976 and the pleasure of coaching at the Shrine Bowl in 1976.

I feel that one of the important factors that has contributed to a successful football program here at Lake City has been the adding of our Power Belly Series from the slot-eye formation which we run from. The word Power may be somewhat misleading to some of the coaches in our state because we are using the word "Power" to give our boys confidence in this particular series and a sense of security when they run the Power Belly Series. We use the word power when we have an additional blocker at the hole for our offensive plays.

An example of this would be our outside option play from the Belly Series, which on occasion we will block the defensive end by our offside guard. This allows our quarterback to cut up field and option the outside linebacker, monster back, corner, or whoever happens to be in that vicinity at the time. We have found this to be a very successful play for us and is the focal point of the article I am presenting.

We also use this series as a change of pace from our other offensive plays so that the opposition must prepare for two types of offenses. We have found that a five play series works well for us here at Lake City.

I will try to diagram and explain the fullback off tackle, the option-pitch to the outside with two different types of blocking; also slot coming back on a counter play, and a play action pass that we have found very beneficial to use from this formation.

In Diagram 1, we are running a cross block at the point of attack between our guard and tackle. We release our tackle to the inside and block the first man on or off the line.

Our guard will take a short jab step, and step to the outside blocking the first man that shows outside of our tackle. Most of the time this will be the defensive tackle who we hope will be tantalized by an exaggerated ride of our quarterback meshing with our fullback in the guard-tackle area. Many times we have found that the defensive tackle will stand up and watch the ride of the quarterback-fullback and become more vulnerable to the cross block



Coaching staff at Lake City High School. From left to right: 10th grade coach, Dave Tackman, assistant coach Rick Wippler, and head coach, James Roforth.



Lake City coaches and members during the 10 minute break of the overtime, sudden death session of the Lake City Tiger-Winona Cotter quarter final football playoff game of 1978. Pictured kneeling on the left, assistant coach Rick Wippler. On his knees is Chip Comadoll, captain and all-conference linebacker for Lake City and head coach Jim Roforth on the right. Other boys in the picture identifiable are Scott Kurtti, No. 62, all conference guard and defensive nose, No. 75 David Henslin and No. 69 Doug Rolbiecki.

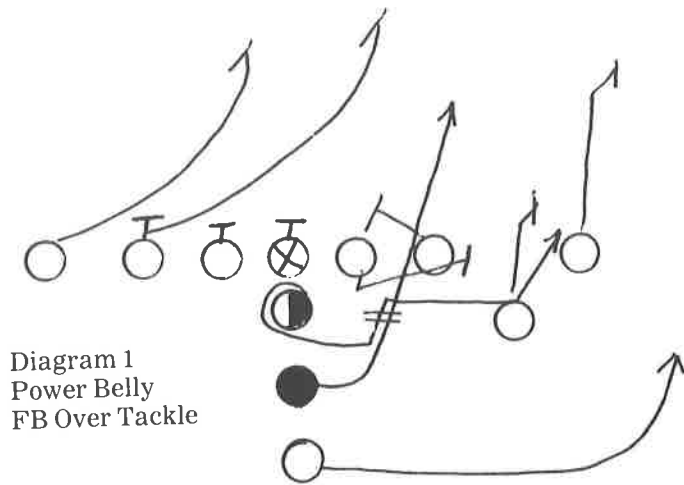


Diagram 1
Power Belly
FB Over Tackle

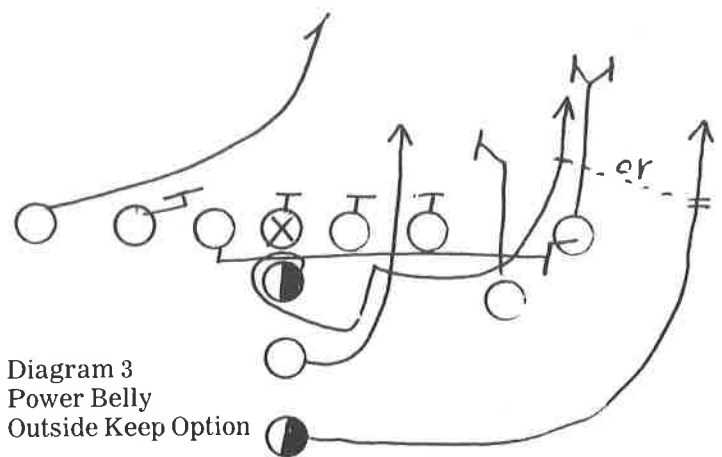


Diagram 3
Power Belly
Outside Keep Option

trap that we are attempting to utilize.

Our quarterback uses a reverse pivot and gets approximately two yards deep in the backfield, stepping out with the right foot into the ride area and then stepping into the line with his left foot, so that the ride area mesh between the fullback and quarterback can be extended for a more exaggerated ride. This is not a fast hitting play, but one that we are trying to tantalize the defense with. We hope they will be watching the ball and not be aware of blockers setting up on the defensive. We have also used trap blocking with this particular play, having our offside guard trapping the tackle, or we have used straight blocking and simply attempt to let the fullback run to daylight. We have found that by mixing our blocking assignments and changing responsibilities we are able to keep the defense off stride and therefore they cannot anticipate any particular type of blocking from our line.

In Diagram 3, we have shown the same looking play, but here we are trapping the defensive end to give our quarterback more time for the option. This is a pre-determined call and our quarterback will be cutting up the field and making the option pitch after he clears the line of scrimmage. We feel this is a very important play of our total offensive series, so we work hard to keep a four yard relationship between the tailback and quarterback at all times.

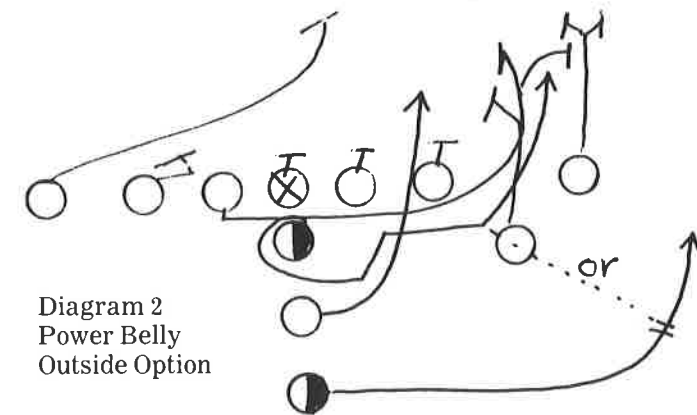


Diagram 2
Power Belly
Outside Option

In Diagram 2, we are showing our outside Power Belly Series, which we are attempting to get to the outside by the option — pitch of our quarterback to our tailback. Our basic philosophy on this play is to get the offside guard ahead of the ball carrier and at the same time releasing our split end for a down field block. We have found from experience that by making an exaggerated ride to the fullback over the tackle (in Diagram 1), we are able to freeze and therefore set up blocks for our people on the outside. Our offside guard will pull up through the hole about where the slot lined up and will block the first man that shows in his area.

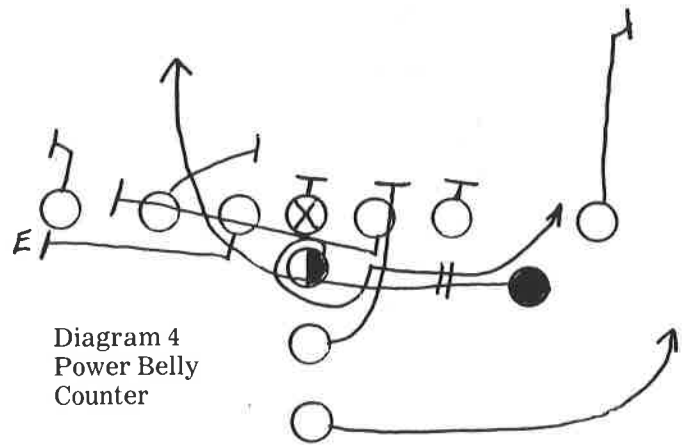


Diagram 4
Power Belly
Counter

In Diagram 4, we show the counter-play that we run on our Power Belly Series. Our blocking may appear to be a little bit unconventional, but we have found from experience that this is well suited to our scheme of things. Several things that the play presents that we like are: — the filling of the fullback over the pulling right guard, and also the fullback screens the handoff to the slot coming back on the back side of the fullback. The fullback passes into the line first with the exchange to the slot being made by the quarterback with his right hand. **Note:** It is very important for the quarterback to continue down the line of scrimmage and fake an option to the tailback. This action of the quarterback moving in opposite direction along with the tailback has proven to be excellent counteraction for us. We also have found that by pulling our outside guard and trapping the defensive end, has opened up a better block by our offside guard trapping on the tackle. Although our Diagram 4 shows the tight end blocking out, he is an option

blocker on this play and depending upon the defense can block all the way to the inside on the linebacker if necessary. The ride by the quarterback and fullback is somewhat faster than the preceding plays. We found this was necessary to get the right timing on the play.

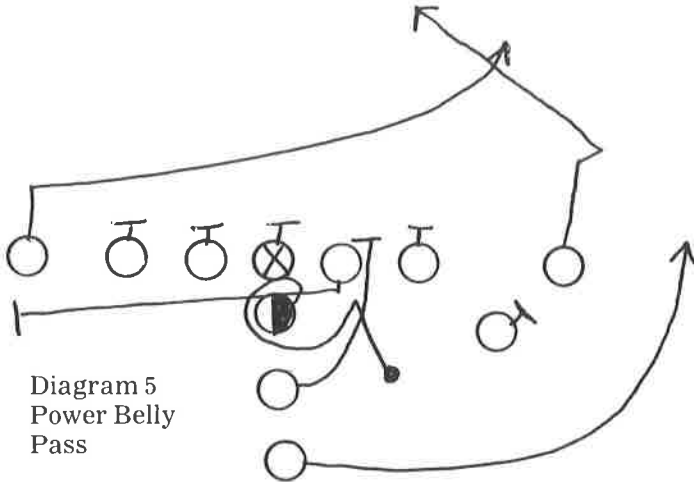


Diagram 5
Power Belly
Pass

In Diagram 5, we are showing the play action pass that has worked well in the series here at Lake City. We have found that by having the quarterback ride the fullback and then having the fullback fill creates problems for the defense. If the linebackers are reacting to our ride into the guard-tackle area we have found that by dragging the tight end over the middle has developed into a very good pattern for us. Also, we are throwing more to our split end who is running a post pattern. Because our split end has been going down to block on a corner in the preceding plays, it is a difficult task for most high school corners to not get beat by a step or two because of the backfield action. Our quarterback is getting only two steps deep after the ride into the backfield. Setting up very quick and releasing the ball as soon as possible has been beneficial to us also. We have found also that the tailback swinging out in the flat has been a receiver that on numerous occasions has been wide open and can pick up a lot of yardage after catching the ball.

The two plays that were discussed and shown in Diagram

2 and 3 as being outside option plays are examples of this. With Diagram 2 being an option pitch and Diagram 3 being a keep option.

This has been a key to our success in the series and hopefully some of the ideas presented in this article may stimulate your thinking and give you some dull pencils before next fall rolls around.

Many coaches may question the slowness of these plays developing, but we have found that the ball is a very definite magnet in this series and defensive personnel sometimes are lured to sleep by the exaggerated ride. We use blocking rules on all of our plays and also use numbers for play calling. Many times names are used to clarify and simplify plays for our players.

The length of the article will not allow me to go into further detail on the series, but if coaches have any questions about it, I would be glad to try to discuss it with them at their convenience.

In conclusion, I feel this series is not an answer to anyone's total offensive scheme of things. But we have found it a very safe way to get outside and a better chance to gain sure yardage on our option play.



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Simplify to Flexibility

BY THE
COON RAPIDS FOOTBALL STAFF

About the Authors



Lower right: Head coach Ron Scott — High School, Renville, Minn.; College, Augsburg B.A., St. Thomas M.A., Coaching 17 years, Head coach Comfrey, Minn. 3 years; Asst. Coon Rapids 4 years; Head coach Coon Rapids 10 years.

Lower left: 1st Assistant Jim Roback — High School, Columbia Heights; College, Augsburg. Coaching, Anoka 8 years. Assistant, Coon Rapids 9 years 1st Assistant.

Upper right: End coach Jeff Wolfe — High School, Coon Rapids, College, Concordia Moorhead. Coaching, Coon Rapids 3 years Assistant.

Upper left: Line coach Dan Dehnicke — High school — Reavis High, Oak Lawn, Illinois. College, Augustana Sioux Falls B.A., St. Thomas M.A.; Coaching — Offensive Line coach, Mitchell, S.D., 1 year, Assistant Coon Rapids 5 years.

Our 1978 football team at Coon Rapids represented resurgence of our program. I have been head coach at Coon Rapids since 1969. During that time we experienced a steady improvement of our program through the "74" season. 1975, 76 and 77 represented a downswing. That downward drift, I feel, was brought about by three factors:

The first factor was loss of self and team pride. Even though these teams followed the same program as our successful team, they did it in a robot-like manner. They believed: I lift enough, run enough, stretch enough, then I will automatically be a success. Those teams forgot that the road to success is filled with several detours that are always inviting. Some of the members were jocks on the practice field and Friday night but "baby freaks" in their private lives. The only result is loss of self-pride by the "sometimes jocks" and loss of team pride by everyone

because trust in each other drops very low.

The second factor was the decision to become a complete two platoon team. I have nothing against the platoon system except that I do not seem to be able to coach it very well. It was an excellent way to teach football technique, but always seemed to have too much team separation. We still have committed to having the best people on the field at all times, and in 1978 on occasion that meant 22 different people. The difference was that each week every player was coached in both his offensive and defensive position. The result was a much closer team feeling and great oneness of objectives for each game.

The third factor was the slow year by year increased complexity of our offenses. Our offense had become so vast and inclusive as to be cumbersome to teach and coach. Our decision to reduce our offense to a more workable level paid huge dividends to us throughout the year.

I could easily write an article on how we worked to effect a change in any of the three areas, but we will concentrate on factor three, the offense reduction.

Our offense at the end of the 1977 season had 22 different sets from which we could run our 85 different plays. If you compute 22×85 you will see we had worked ourselves into a very difficult teaching situation considering our time factor with the players.

In our offensive scheme at Coon Rapids, Jim Roback is our coordinator. I talked with Jim and we decided to reduce to about 11 running plays and a similar number of passing plays. The result of Jim's work was to reduce our ground offense to five plays from the option series, 3 plays from the counter series, and 4 plays from a power series. We also simplified our backfield sets to open right or open left. Jim further reduced the passing game to a dropback series, spring-out series and 3 passes off of running action.

The next part of this article will be written by Coach Roback explaining the reasons for the plays he included and how this seemingly simple offense gave us the complexity to keep our opponent working.

In previous years, the Coon Rapids offense was run from an Open Set, an "I" Set, a Power "I" Set, and a Full House Set. This involved a great deal of teaching by the coaches and too much learning on the part of our players. Some players never felt comfortable with any set and timing which is so important was never achieved. We also did not adapt to the ability or lack of ability of the individual players. Therefore we wanted an offensive set we felt was simple, but complete and co-ordinated the individual abilities of the majority of players. The 1978 team was small, quick, and attacked people. We determined this team could run option football. Because we had no fullback type athlete, (no back over 160 pounds) the open set was chosen rather than the "I" Set. With the Open Set, running backs could be changed or alternated and this gave our team variety and more depth. The key individual in option football is the quarterback and for the first time in 3 years

we had quarterbacks capable of running an option team. The make-up of our offensive line also complimented very well with this type of game. For these reasons and others we liked the Open Set, option type of football.

Using the Open Set, the power plays and blocking schemes of the Delaware Wing T attack could be utilized; thereby implementing a sound, tough yardage offense. As the option game forced opponents to play a balanced defense, our power offense gained more confidence. Vice-versa, as the power game became more effective, the option game could break for the big gain. The option, counter, and power series compliment each other to attack the defense at any point with deception and power.

As mentioned Coon Rapids will always line up with an open backfield, but with multiple line and flanker adjustments (Fig. 1). Two tightends and flanker or wing, split end and flanker, split end and slot back, or split end and flanker to the same side will be utilized to exploit various defenses. The two running backs are 5 yards off the line of scrimmage and directly behind the offensive guards.

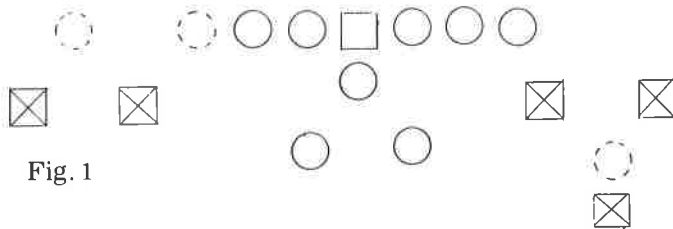


Fig. 1

The three offensive series — option, counter, and power, have few basic plays with usually one reverse flow play to keep the defense honest. This article will cover in detail the counter series which provides an excellent change of pace to take advantage whenever the flow of the defense is with initial movement. The series consists of 3 plays — an inside counter blast, the outside counter option, and a reverse flow play off the fake inside counter blast. Coaches Dan Dehnicke and Jeff Wolfe will cover the blocking schemes used in these plays.

The inside counter blast play (Fig. 2) is a straight hand-off to a blast back in the area of the offensive guard or center. The quarterback will open step to the off-side, reverse pivot and hand the ball to the blast back. He will

continue sprinting down the line faking the option. Depending on the blocking scheme and the defense, the blast back will (1) dived for the butt of the center and break off the center's block or (2) hit the guard-center gap. No jab step is taken, the blast back must hit the hole as fast as possible. The pitch back will sprint to the pitch route position, which is an almost forward pass relationship with the quarterback and between 4 and 5 yards distance from him. Two coaching points to emphasize on the inside counter blast play are for the line to take maximum splits and the hitting speed of the blast back.

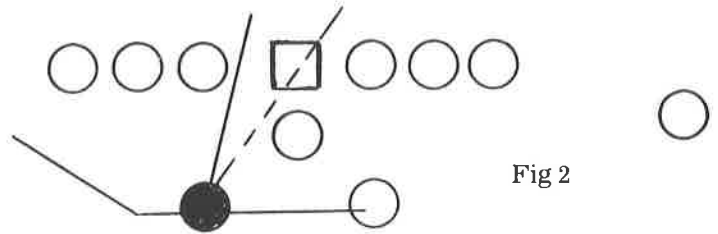


Fig 2

The second play is the outside counter option (Fig. 3) which, of course, is the continuation play of the inside counter blast. The quarterback will open step to the off-side, reverse pivot, and fake the ball to the blast back. Allow the blast back to do the majority of the faking as we want our quarterback to find his read man and if necessary, be ready to make a decision immediately. After the blast back clears, the quarterback will explode toward the inside shoulder of the read man (usually the last man on the line of scrimmage) and (1) pitch if he closes or if the quarterback can read his jersey number or (2) if the read man takes an open step hit into the hole and run. Also if the read man attacks, don't run to him, but pitch the ball right now. The blast back will hit the guard-center gap, be responsible for a good fake, and either get tackled, stop penetration by the defense, or continue up field to block. The pitch back, with no jab step, will sprint laterally to the pitch route position; which again is an almost forward pass relationship with the quarterback and between 4 and 5 yards distance from him. The pitch back must be turned up field when he receives the ball from the quarterback and he must be aware and ready to receive an early pitch. Some coaching points to emphasize would be the great fake by

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the blast back, the pitch relationship between the quarterback and the pitch back, and the read option of the quarterback.

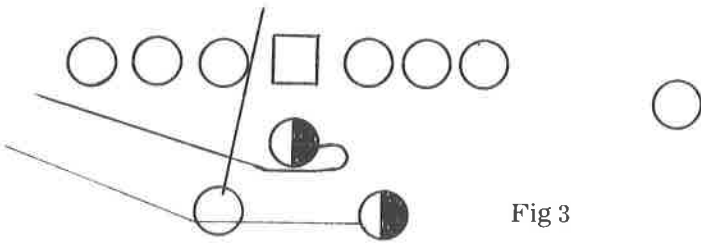


Fig 3

The reverse flow play (Fig. 4) in the counter series starts exactly like the other 2 plays with the quarterback reverse pivoting out, the blast back hitting forward and the pitch back running to his pitch route position. The similarity ends with the flanker coming back, getting the ball, and moving against the flow in a double counter action. The quarterback will reverse pivot a little deeper in the backfield and will make no fake to the blast back. He will continue to move down the line of scrimmage and give an inside handoff to the flanker. After handing the ball to the flanker, the quarterback will spring down the line and fake the option. The blast back will hit the guard-center gap, be responsible for a good fake and stop penetration by the defense. As mentioned, the pitch back will sprint to the pitch route position. Our ballcarrier, the flanker, will be lined up either in a flanker position, a slot position, or a wing position. On the snap, the flanker will open to the quarterback, come back down the line of scrimmage, receive the ball, and find the hole which could be from the guard position on out. Timing will have to be developed from the various flanker positions and be sure the flanker does not get depth coming down the scrimmage line. Coaching points must include a good fill by the blast back and some determined running by the flanker.

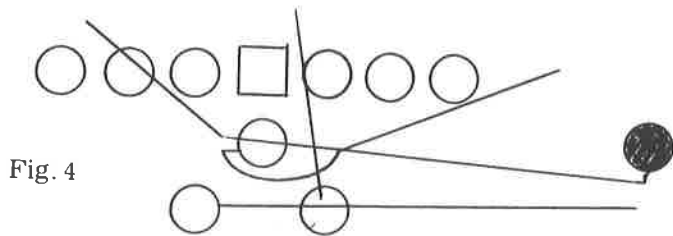


Fig. 4

The lineman will need to know alternative blocking schemes for each play. The blocking scheme can be called in the huddle by the center or changed at the line of scrimmage by the center. For all 3 plays described, the drive block can be used which is simply each lineman drives the man over him away from the hole. Since all 3 plays are designed to look alike the drive blocking for each is the same initially. Refer to figure 5 for the drive blocking scheme. One alternative blocking scheme is diagrammed for each play.

Play — Inside counter blast.
outside counter option.
Blocking scheme — Drive block.

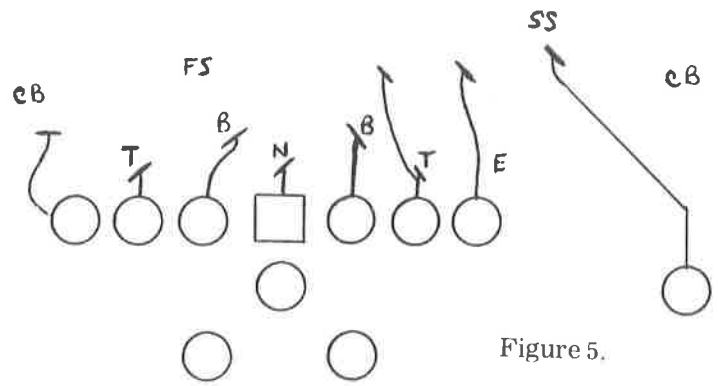


Figure 5.

- 1) Play-side end has outside release then goes after first force (invert).
 - 2) Offside tackle and end take inside release then 45° angle down field.
 - 3) Offside guard must take 45° angle to get LB.
- Play — Inside counter blast.
Blocking scheme X-in block.

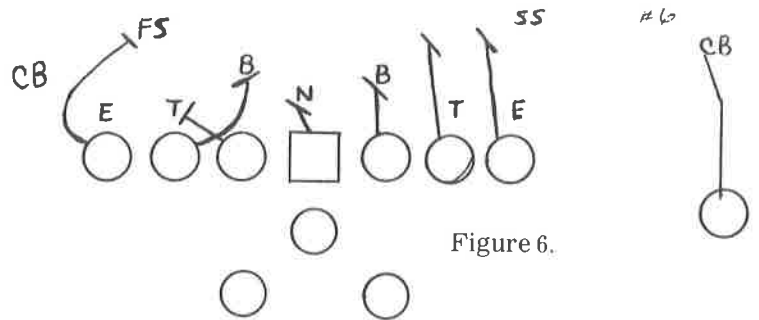


Figure 6.

- 1) Same as figure 5 except playside guard and tackle X-in. *Guard goes first and takes DT. Tackle then goes behind and picks up LB.
- Play — Outside counter option.
Blocking scheme — Tackle fold.

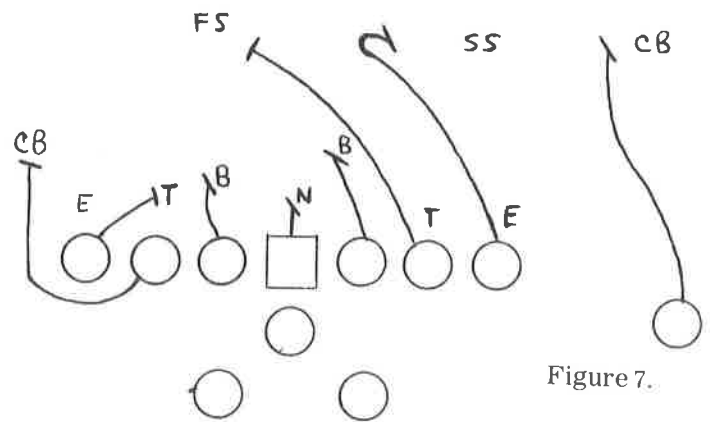
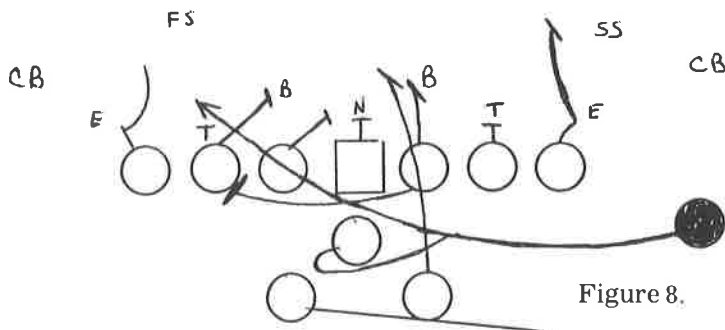


Figure 7.

- 1) (Same as figure 5 but with tackle fold. *Playside end blocks down on DT — tackle folds behind and we take first force.
- Play — Reverse flow play.
Blocking scheme — Trap block.

*It is possible to drive block this play but **trapping** is the most successful blocking scheme.



- 2) Offside guard traps DT.
- 3) Dive back helps on offside LB.
- 4) Playside end stays in and blocks DE.

Looking back at the three plays discussed in this article I think we have accomplished our goal. We feel that we have reduced the learning for the player, yet maintained the complexity needed to attack our opponent in any type of defense they may use. We may use different blocking schemes against the same defense.

We at Coon Rapids are pleased with our "Simplify to Flexibility Offense". But we are also well aware that no offense can make average athletes become great. We have been blessed with young men that believe in what we are teaching and have the talent to do what we are teaching.

- 1) Play side guard and center double team noseguard.
 - *If nosegaurd slants to the offside playside guard goes on offside LB.
- Example:

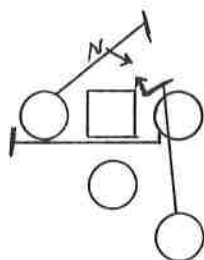


Figure 9.

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"I-Bone" Formation at Litchfield

DON PIETSCH, HEAD COACH
JOE LANGEMO, ASST. COACH
LITCHFIELD HIGH SCHOOL

We have been using the "I-Bone" formation in Litchfield for the past three seasons. It has been an evolutionary process which has brought us to the "I-Bone". Perhaps the main reason we got to this formation was the lack of desire to put the football in the air.

Prior to the 1976 season, we ran the I Flanker set which, we felt, gave us flexibility to go either direction at the snap of the ball as well as a good passing formation. However, as we moved away from the passing game, we felt that we were wasting the flanker since we didn't use him enough to make opponents really respect him. Thus evolved the "I-Bone" which, we felt, really opened the area of the game we like the best, running the football.

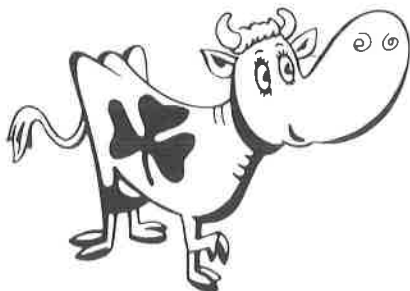
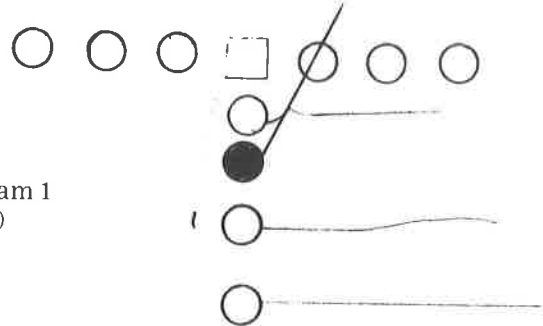
Every offensive set has its strong points. Let's look at some advantages that the "I-Bone" offers. First, we like option football. We believe that the option, particularly with our lead blocker, is the toughest play in football. We feel we can run the option with the lead blocker out of the "I-Bone" without giving up anything inside. Second, we feel that having an inside threat on every play allows us to get to the outside, by optioning, without having great speed. We are not often blessed with backs that run that 4.5 or 4.6 40. Third, the "I-Bone" allows us to go in either direction with the same strength at the snap of the ball. It also makes it possible to hit every gap from sideline to sideline at that time. We feel that this forces the defense to be balanced and do some things that we can capitalize on. Fourth, the "I-Bone" allows us to use our best inside runners inside all the time and our best outside people outside. This means a reduction in number of assignments which should result in better execution. We feel that this is definitely a ball control offense, and because of its simplicity and repeated execution, we should be able to minimize turnovers and mistakes. Fifth, and perhaps one of the real benefits of the "I-Bone", is that it is easy to get four ball carriers to carry an almost equal load. In 1978, our TB carried 155 times for 1,030 yards, FB 193 carries for 1,046 yards, veerback 147 for

730 yards and QB 75 carries for 201 yards. (We would like to see the QB with more carries but defenses don't seem to permit it.) We had the 2nd, 3rd, and 4th place rushers in our conference in 1978. The benefits of this are obvious. Besides being good for morale, it is very difficult for defenses to key on any one back.

Alignment is extremely important in the "I-Bone" as in any offensive set. Improper alignment can cause poor timing and result in mistakes. We feel it is even more important to us because we involve all four backs on almost every play. The alignment of the offensive line is quite basic with the guards split 2 feet, tackles and ends split 1 yard. The backfield lines up in a straight line with QB under center, veerbacks head must be within 6 inches of QB, fullback is 2 yards behind veerback and tailback 6 yards off LOS. All backs must take a stance which allows them to go right, left, or forward equally well at the snap of the ball. Since our inside game is very quick hitting, we spend a great deal of practice time concentrating on coming off the ball and place a higher value on quickness in the line then on size and strength.

Our basic offense consists of 5 plays: the veer, veer counter trap, veer slant, veer option, and veer counter option. We hit inside with veer, trap, and slant and outside with the options. Space doesn't allow us to go into our blocking rules and schemes. We find that our base block

Diagram 1
(Veer)



CLOVER LEAF
milk

*Makes one proud
to be a cow...*

will follow that of the wishbone offense, hence we refer to our alignment as the "I-Bone".

The veer (diagram 1) hits very quick due to the close alignment of the veer back. The quickness of this play is essential to the rest of the attack.

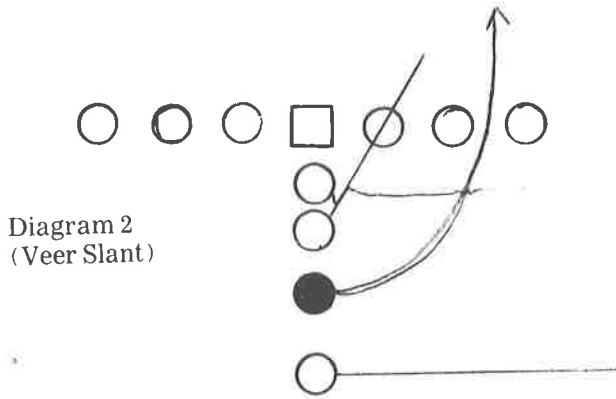


Diagram 2
(Veer Slant)

The slant (diagram 2), we feel, compliments the veer since we fake the veer with a slight ride and then give to the fullback off tackle. In most cases, it has been the defensive tackle who has stopped the veer so the slant puts a great deal of pressure on him.

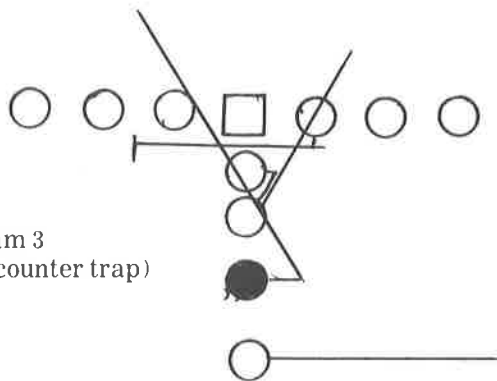


Diagram 3
(Veer counter trap)

The other part of our inside attack is the counter trap (diagram 3). This play keeps the defense honest and doesn't allow them to key too much on backfield flow. We fake veer, thus filling for the pulling guard, and counter the FB back against the flow of the play.

We feel it is important for the defense to stop the veer. If they do not stop us inside, we will be content to run a boring offense by marching the ball between the ends. However, once they have committed to stop veer and slant, we feel this will allow us to get outside with our option.

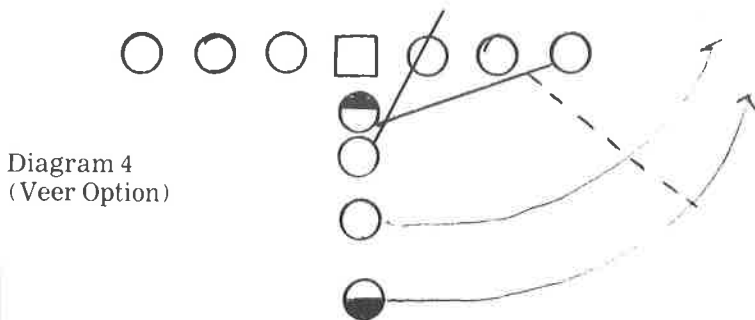


Diagram 4
(Veer Option)

We begin our option (diagram 4) with a good veer fake (slight ride by QB). The QB then takes a course for the inside shoulder of the defensive end. He reads the end and either keeps or pitches using a jab step and thumb down technique on his pitch. The FB and TB use a crossover step straight to the sideline. The veer fake allows the FB to get ahead of the QB so as not to interfere with the pitch. His job is to take out the first defender that shows staying on his feet, if possible, to make another block. The veer fake also allows the TB to get into a good pitch relationship with the QB so that we are always pitching at approximately a 45° angle and not backwards toward our goal line. The TB must concentrate solely on the football until he has it securely in hand before he thinks about running with it. We feel that this play, when executed properly, and even when not executed properly, is the most exciting play in football.

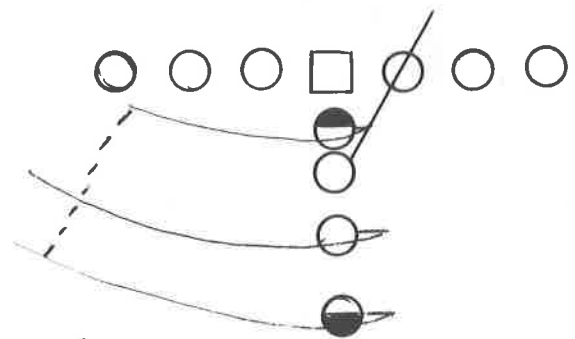


Diagram 5
(Veer Counter Option)

We also use a counter option (diagram 5) in which we run veer and the remaining three backs jab step and counter option the other side. Again, this is an effective play if the defense is committing too early on backfield flow.

In conclusion, we feel that we have been able to move the football better in this formation than in any other formation that we have employed. However, we find that it is a constant battle to keep from expanding into the many variations that are available from this formation. We fight to keep our offense basic since we believe that in order to run the option effectively, you must spend a great deal of practice time on that particular play. We believe that all plays are good on paper, but that the good results come from being able to execute.



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Of The
Year**

Selected as the 1979 Sports Personality of the year by the Minnesota High School Football Coaches Association has been Bob Roy, who has resigned as head football coach at St. Louis Park High School after serving in that capacity for the past 17 years.

Bob has been an active member of both the Football Coaches Association and the Minnesota State High School Coaches Association, serving as president of both organizations, and also serves as director of the Kellogg Coach of the Year Clinic, the Midwest's largest coaching clinic.

A native of Bayport, Bob graduated from Stillwater High School in 1944, earned his bachelor of science degree at North Dakota State in Fargo and later earned a master's degree at St. Cloud State.

He served as head football coach at Mott (N. D.) High School for two years after graduating from college and then subsequently was coach at Fargo Central High School, head line coach at North Dakota State, head coach at Crookston Central and head coach at Minneapolis West before moving to St. Louis Park where he succeeded Dwaine Hoberg as the head grid mentor.

His teams won two West Missouri Conference championships at Mott, one North Dakota Eastern Division title at Fargo and a pair of Lake Conference crowns at St. Louis Park and he coached 17 all-state players. Among the standout performers he coached was Bob Stein, who won All-American honors at the University of Minnesota and later played professionally with the Kansas City Chiefs, the Minnesota Vikings, the New Orleans Saints and the Los Angeles Rams.

While at Fargo, he coached the city's American Legion baseball team that won two state championships.

Bob and his wife, Beverly, have two sons — Bob and Doug.

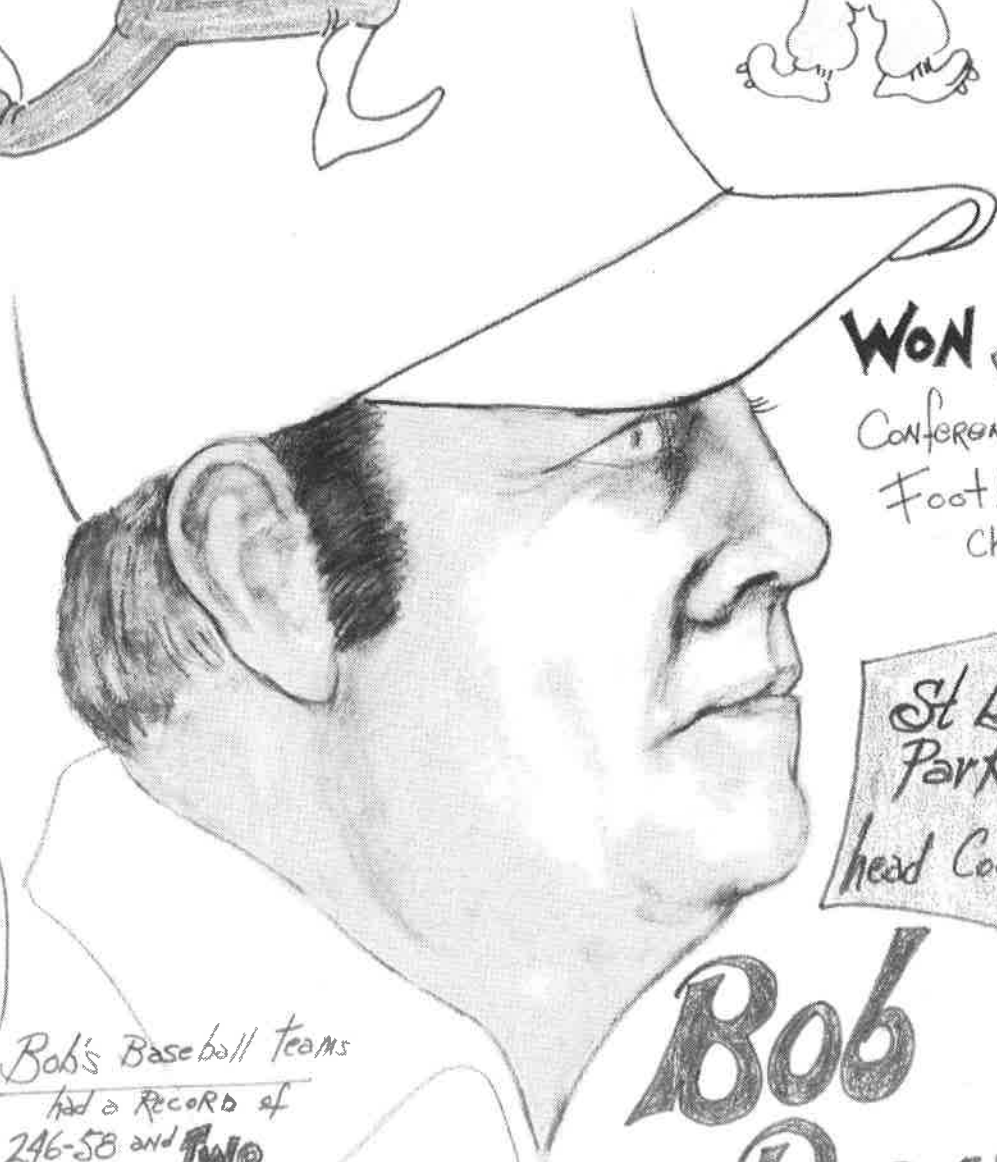
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 Odis Lagrand
 Jerry Ekstein
 Kenneth "Red" Wilson
 Edor Nelson
 Doc Watson

1975
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 Les Nell
 Bob Collison
 Russ Helleckson
 Dick Mahar
 Bernie Lusk

1976
 Kermit Anderson
 Will Gullickson
 Dwaine Hoberg
 Jack Malevich
 Jim Pederson
 George Roscoe
 Murray Warmath

1977
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 Herschel H. Lysaker
 Art Avis
 Jim Carrington
 Lee Krough
 Jim McLaughlin
 Leo Sebastian

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 Chauncey Martin
 Ted Meinhover
 Roy "Chip" Rasmussen
 George Reedy
 Marti Rossini
 John Vucinocivch

1965
 Bernie Bierman
 Frank Cleve
 Bernie Cole
 Jake Christiansen
 Vern Morrison
 Bronko Nagurski
 Ted Peterson
 Lew Swearingen
 1966
 Bert Baston
 Lester S. Barnard
 Red Hastings
 John Gagliardi
 Lefty Ranweiler
 1967
 Francis "Pug" Lund
 Louis Todnem
 Paul Giel

Cliff Morlan
 Joe Markley
 1968
 Lee Brockmeyer
 Sid Hartman
 Charles "Bud" Wilkinson
 Elmer Wigen
 1969
 C. P. Blakeslee
 Dick Bradley
 Ray Christenson
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BRUCE BAKKE**Citation**

Sports editor for the Fergus Falls Daily Journal for the past eleven years. Bruce covers the West Central area with enthusiasm and vigor featuring schools large and small. He has served on the board of directors of WCCO's Prep Parade for the past eleven years.

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This native Montanian came to Minnesota in the early '40s to become a star footballer at the University of Minnesota. His high school coaching career started at Hibbing High School back in 1947 and after a 125 wins 42 losses and 2 ties record, he turned the reins over in 1974. His teams won six conference titles in the powerful Iron Range Conference.

**DICK MULKERN****College**

"This outstanding coach who calls Minneapolis his hometown, left a most successful high school coaching career in the sixties to pump new life into a program which had won but one game in seven years. His Hamline team of 1966 won the first MIAC title at that school in 45 years.

**BILL HANSON****High School**

Truly a legend in the community of Willmar where he served as that school's football coach from 1943 until his retirement in 1978. His teams won 178 games during this time including fourteen championships. His teams won 32 consecutive games in the late '50s and participate in the state "A" championship game in 1973. He is a past president of the football coaches association.

**HARRY NEWBY****Citation**

This native of Northfield and former standout athlete at St. Olaf College, dropped a promising career in coaching to enter government work. He started a third career in the '50s as a sports broadcaster for radio station WKLK in Cloquet. He has been continually supportive of all high school sporting programs during his tenure as a broadcaster.



MILT OSTERBERG
High School

One of the hardest working members ever to carry a membership card in the football coaches association, Milt is a past district and regional rep. as well as the association's past president. This great coach also fashioned very successful teams during his tenure at Medford, Morris and Worthington High Schools.



STEVE SILIANOFF
High School

This former captain of the University of Minnesota football team (1947) took over as the head football coach at South St. Paul High School in 1952 where his teams won three conference titles and more games than he could keep track of. A tireless worker for the football coaches association, Steve is the coach responsible for making the states present playoff system possible.



BOB SCHRANK
Citation

This Pipestone native received his college degree from Mankato State in '56 and since has worked tirelessly for several decades to publicize and promote the positive aspects of prep sports.



LLOYD "SNAPPER" STEIN
College

One of the most respected of all men in Minnesota sports, the legendary "Snapper" has given so much to high school football in the area of sports medicine. His annual clinics on care and prevention of football injuries were as important to the development of Minnesota high school football as were the clinics which drew the X's and O's.



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Regional Coaches of the Year



REGION ONE —

**Jim Simser,
New Richland-
Hartland**

Jim Simser, head football coach at New Richland-Hartland High School, has been named Region One Football Coach of the Year following his team's achievement of winning a second Minnesota state championship in a three-year period.

The New Richland-Hartland Cardinals captured the High School League's Class B title and finished 12-0 overall last fall and won the Class C championship in 1976, also finishing 12-0 that season.

A graduate of Blue Earth High School, Simser earned bachelor's and master's degrees at Mankato State and coached three years at Central High School in Norwood after serving three years with the U. S. Navy.

In 11 seasons at New Richland-Hartland, Simser has directed the school to an overall 84-22-1 won-lost record. The Cardinals have captured seven Gopher Conference crowns and finished runner-up three other times.

REGION TWO —

**Cliff Senne,
Welcome**

In the 10 years he has served as head football coach at Welcome High School, Cliff Senne has directed the Wildcats to an overall record of 75-15-2.

His teams won Southern Star Conference titles in 1973-74-75-76-78 and Welcome finished undefeated in 1974-75-76-78. His teams also participated in the Minnesota State High School League's playoffs in the four years Welcome had undefeated records.

That type of record has been instrumental in Senne's being chosen as Region Two Football Coach of the Year. He twice has been picked as District Five Coach of the Year.

A 1949 graduate of Mankato State, Senne is a member of the Minnesota Coaches' 25-Year Club.

He and his wife, Phyllis, have three children — Claudia, Craig and Ann.



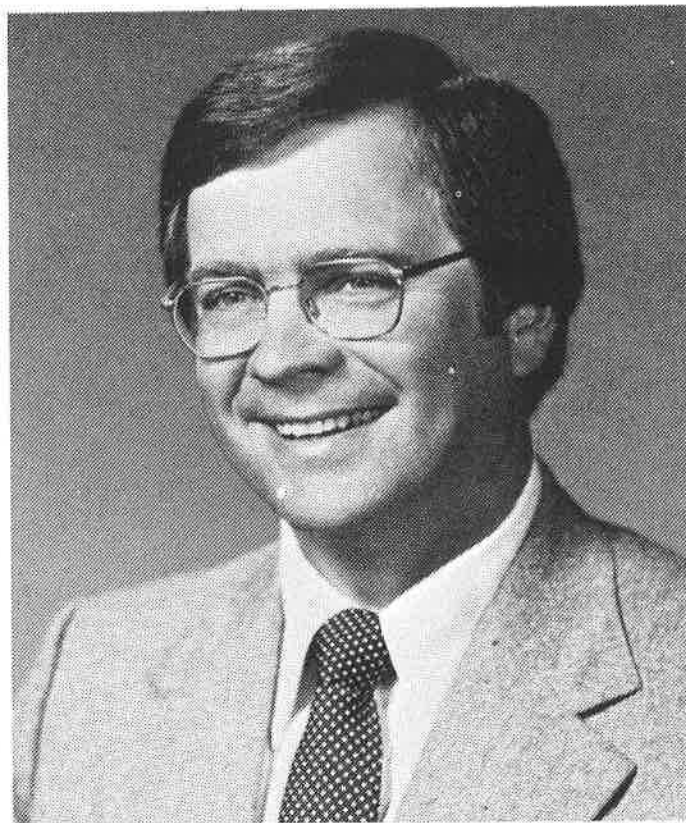
REGION THREE—**Gerry Brown,
St. Thomas Academy**

In 10 years as head football coach at St. Thomas Academy, Gerry Brown has directed the school to an overall 83-11-1 record and his 1978 team won the St. Paul City Conference title, the Twin City championship game and gained the semi-final round of the Minnesota State High School League playoffs.

His fellow coaches, in recognition of his achievements, have named him Region Three Football Coach of the Year.

Brown-coached teams won Central Catholic Conference championships in 1969-71-73-74-75 and captured St. Paul City Conference crowns in 1977-78. His teams were unbeaten in 1969 and again in 1975, with his 1975 team winning the State High School League's Class A playoff title.

The St. Thomas Academy coach served as head coach of the South All-Star team in 1978 and the South team earned a 21-16 victory over the North squad.

**REGION FOUR—****Ron Scott,
Coon Rapids**

The Region Four Football Coach of the Year is Ron Scott, head mentor at Coon Rapids High School, who directed the Cardinals to a berth in the Minnesota State High School League's Class AA playoffs in 1978 where they lost to Stillwater in the opening round.

Scott has an overall 74-42 record as head coach and has directed four teams to undefeated records and five clubs to conference championships. Prior to joining the Coon Rapids staff, he coached three years at Comfrey High School where his Rockets won a pair of Red Rock Conference titles.

Coon Rapids has been in the state playoffs twice, losing to Rochester John Marshall in 1973 in its first appearance.

Scott previously was named District 16 Football Coach of the Year in 1973 and was chosen as Region Four (Class AA) and Region Four (Class A) Coach of the Year for 1978. He is a graduate of Augsburg College in Minneapolis.





REGION FIVE— Bob O'Neill, Fridley

Fridley High School's Bob O'Neill, who is the Region Five Football Coach of the Year, has directed football teams at three schools to an overall record of 127-73-74 over a 26-year career.

His 1978 Fridley team reached the finals of the Minnesota State High School League Class AA playoffs before losing 21-0 to Edina West. In earlier playoff games, Fridley defeated Hibbing 27-15 and Stillwater 14-12.

O'Neill coached three years at Welcome and seven years at University High School before joining the Fridley system, where he has been the past 16 years and where his football teams have a 92-51-2 record.

A graduate of the University of Minnesota, O'Neill and his wife Eunice have seven children — Barbara, 28; Kevin, 26; Mark, 25; Colin, 24; Scott, 21; Brian, 16, and Margaret, 12.

REGION SIX— Tony Thiel, Battle Lake

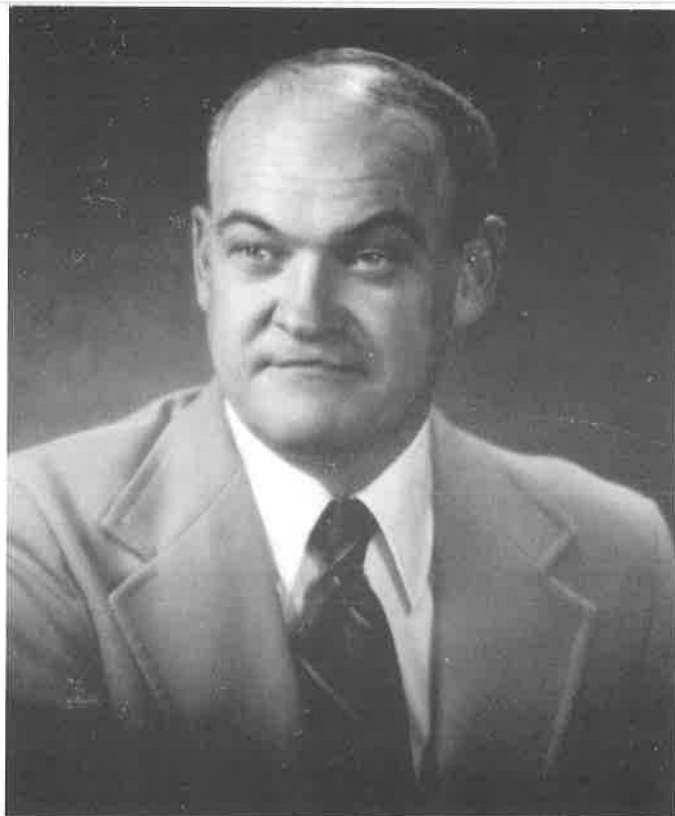
When Battle Lake High School lost in the finals of the 1978 Minnesota State High School League's Class C playoff to Alden-Conger (by 15-14), it was the first loss in state playoff competition in three appearances for the Battlers, coached by Tony Thiel.

Thiel, named Region Six Football Coach of the Year for a second straight time, directed Battle Lake to the Class C championship in 1974 and again in 1977 and the Battlers won twice last fall before coming up a point shy in their effort to win a third championship.

A three-time winner of District 23 Coach of the Year laurels (1974-77-78), Thiel's coaching record at Battle Lake is 79-29. He also was named Kellog Coach of the Year Clinic, Class C Football Coach of the Year in 1977 and was on the 1978 all-star football game coaching staff.

Thiel is a native of Beardsley and is a graduate of Moorhead State University. He coached at Argyle for five years before joining the Battle Lake staff.

He and his wife — the former Janice Mikkelsen — have four children — Shari, Judy, Tony and Edith.



REGION SEVEN—**George Larson,
Cambridge**

George Larson of Cambridge, the Region Seven Football Coach of the Year, has directed football teams at two schools (Jeffers and Cambridge) to an overall 151-31-6 record and has had five undefeated teams.

Larson's coaching career began at Jeffers High School, where he served two years and where his team won the Red Rock Conference title in 1957.

He moved to Cambridge where he served as assistant coach for two years and then became head coach in 1960 and has been in that position continuously since that time.

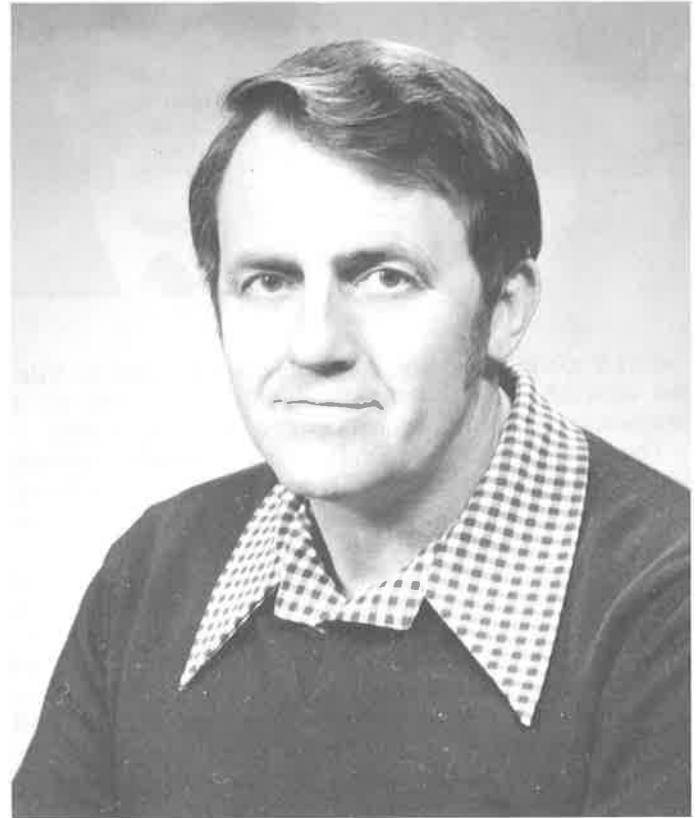
The Cambridge Bluejackets captured Rum River Conference football titles in 1961-63-64-66-68-69-70-71-72-74 and the school earned Central Lakes Conference crowns in 1977 and again in 1978 when Cambridge became a charter member of a new athletic conference.

Larson - coached teams finished with undefeated records in 1961-64-70-71-76.

A graduate of Northern State at Aberdeen, S. D., Larson earned his master's degree at the University of Minnesota.

He twice has been named Region Football Coach of the Year (1974 and 1978) and is a past president (1971) of the Minnesota High School Football Coaches Association.

Larson and his wife, Joyce, have four children — Ed, 23; Bill 22; Lori, 17, and Dic, 14.

**REGION EIGHT—****Ron Stolski,
Brainerd**

Ron Stolski, who serves double duty as head football coach and athletic director at Brainerd High School, has been named Region Eight Football Coach of the Year.

His Brainerd Warriors were entered in the 1978 Minnesota State High School League's Class AA playoffs and battled eventual champion Edina West to the wire before dropping a 6-0 decision. That was Edina's closest call en route to the crown.

Stolski has coached 17 years at five schools — Kensington, Slayton, Princeton, Park Center and Brainerd — and his teams have compiled an overall 97-44-6 record and have won or tied for conference championships seven different times.

In addition to receiving numerous coaching honors, Stolski was elected as Educator of the Year at Brooklyn Center in 1973.



STANDING BY IN SPORTS

By Ralph Anderson

ONLY ONE defending champion maintained its title in the seventh annual football playoffs sponsored by the Minnesota State High School League (MSHSL) in 1978.

The lone repeater was Fridley Grace, which captured its second straight Class A championship with a 17-14 edging of Apple Valley on the strength of a field goal in the final period by Brian Swan.

Battle Lake, seeking its second successive Class C title and its third state championship in five years, had its hopes dashed for a repeat championship when it lost 15-14 to Alden-Conger. A touchdown by Todd Jensen and Mike Wedin's successful conversion by placement helped Alden-Conger overcome a 14-8 deficit and win the title. Battle Lake's two previous trips to the state finals found the school winning crowns in overtime. The Battlers defeated Bird Island 34-26 in a three-overtime thriller in 1974 and topped Henderson 22-20 in one overtime in 1977.

Other state champions were Edina West in Class AA, New Richland-Hartland in Class B and Hoffman in Class Nine-Man.

Edina downed Fridley 21-0 for the Class AA crown and finished four playoff games without allowing a point to its opponents. New Richland-Hartland cruised to a 48-8 triumph over Barnesville behind the running of Greg Rieck, who gained 118 yards in 18 carries, while Mark Dorn scored three touchdowns. Hoffman kept the Class Nine-Man title in Region Six (Deer Creek won championships in both 1976 and 1977) by toppling Albrook 44-28 behind the four-touchdown performance of halfback David Parks.

* * * * *

THERE WILL be a new sponsoring organization for the Minnesota High School All-Star Football Game to be played Friday, July 27, at Parade Stadium in Minneapolis.

The event had been sponsored in recent years by Minnesota's three Shrine temples and was known as the Shrine Bowl Association of Minnesota, Inc., but the Shriners voted to discontinue their sponsorship.

Tom Fjelde, general chairman of the Shrine Bowl, said the decision to drop the sponsorship stemmed from a lack of public support for the game and said the Shriners were appreciative of the efforts of the co-sponsor — the Minnesota High School Football Coaches Association.

Shortly after the Shrine announced it would no longer be a sponsor, the Human Growth Foundation stated it would serve as a co-sponsor with the football coaches' organization.

Thomas Pressler, foundation president, said the game would enhance the identity of the Human Growth Foun-

dation and provide funds to benefit its non-profit organization. The Human Growth Foundation is concerned with the process of growth, particularly in young children.

Serving as coaches of the North and South Teams in this year's all-star game will be the following:

SOUTH — Ron Scott, Coon Rapids, head coach; Matt Rauh, Apple Valley; Cliff Senne, Welcome, and Andy Nelson, Lake Benton.

NORTH — Stave Canakas, Edina West, head coach; Bob O'Neill, Fridley; Ron Stolski, Brainerd, and George Larson, Cambridge.

The North was victorious in the 1978 Shrine Bowl as quarterback Scott Shaft fired a pair of touchdown passes to lead his team to a 21-16 win over the South.

* * * * *

DEATH CLAIMED two persons who were members of the Minnesota Football Hall of Fame since the last issue of this publication.

Ted Peterson (Hall of Fame—1965) died at Alexandria on Thursday, Aug. 24, while Ted Meinhover (Hall of Fame—1978) died at Perham on Saturday, Oct. 21.

Peterson, 71, was a retired sports writer for the Minneapolis Tribune and later wrote for the Alexandria Newspapers. He covered high school athletics for the



Ted
Peterson



Ted
Meinhover

Minneapolis Tribune over 40 years and was especially well known for his column — Nocan Pickem — which focused on prep athletics.

Meinhover, 67, was head football coach and athletic director for many years at Perham High School, also served as head coach in other sports and also managed the Perham Pirates baseball team. Meinhover, who stood 6-8, was an outstanding athlete at Bismarek (N.D.) High School and the University of North Dakota. In recent years, residents of Perham named the Perham athletic field Ted Meinhover Field in honor of Meinhover.

* * * * *

LYNN PETERSON, who directed Deer Creek High School to back-to-back Minnesota High School Class Nine-Man football titles in 1976 and 1977, has been appointed the new head basketball coach at Staples high School.



Joe Soulis



Lynn Peterson



Earle Solomonson



Joe Silovich

Peterson's Deer Creek clubs defeated Hillcrest Academy of Fergus Falls 57-14 in the 1976 championship game and toppled Hillcrest 20-0 the following year.

Following the 1977-78 school year, Peterson accepted a graduate assistantship at St. Cloud State until joining the Staples faculty on March 30. He succeeds Tom Wolhowe as head boys' basketball coach, although Wolhowe will remain on the Staples staff as boys' and girls' tennis coach.

In addition to guiding Deer Creek to a pair of state football crowns, Peterson's clubs won several Little Eight Conference championships in both football and basketball and his 1976 basketball team captured the District 24 basketball crown before losing to Breckenridge in the Region Six finals.

THE MOST successful football coach in the history of Audubon High School — Joe Silovich — has resigned from the school staff after serving with the system for 15 years.

Silovich-coached Audubon teams were 95-36-1 in his 15 years as head coach, won three Little Valley Conference crowns, finished undefeated once and gained the Minnesota State Class Nine-Man finals in 1975 before losing to Ruthton.

Six players coached by Silovich gained all-state honors.

A **PERSON** instrumental in the publication of this magazine — Dwaine Hoberg of Moorhead — was elected to the Minnesota State Legislature as a representative from Clay County in last November's general election. (Hoberg serves as editor of the magazine).

Hoberg defeated David Beauchamp for the office.

A graduate of the University of Minnesota, Hoberg enjoyed successful football coaching stints at Moorhead High School and St. Louis Park High School, as well as at Moorhead State.

This wasn't Hoberg's first successful venture into politics, for he earlier served as mayor of the City of Moorhead.

AFTER GUIDING St. Louis Park High School football fortunes for 19 years, Bob Roy has resigned from the

position of head grid coach of the Orioles.

Roy's St. Louis Park teams won Lake Conference championships in 1965 and 1970 and one of his players — Bob Stein — went on to earn All-American football honors at the University of Minnesota and later played for Kansas City, Minnesota, San Diego and New Orleans in the National Football League.

A **PORTRAIT** of the late Chauncey Martin has been painted by Don "Buck" Paulson and presented to the Pelican Rapids Public Schools as a gift.

Martin, longtime Pelican Rapids schoolman, served many years as head football coach and later was superintendent until his death on June 2, 1978. Martin was inducted into the Minnesota Football Hall of Fame in 1978.

The portrait hangs in the gymnasium foyer along with a portrait of the late Basil Shipp, who served as superintendent prior to Martin and was also well-known in athletic circles. Paulson, who painted the portrait of Martin, also painted the portrait of Shipp.

STAN NELSON, who coached in Minnesota schools for 33 years (the last 26 at Anoka), has resigned from the Anoka Public Schools staff.

During the 26 years he was Anoka's head football mentor, his teams were 154-70-8, won several Suburban Conference grid titles and also captured the famed Pumpkin Bowl game at Anoka a number of times.

A graduate of Dawson High School and Augsburg College, Nelson coached at Zumbrota and Farmington before joining the Anoka staff as head grid coach in 1953.

Appointed to succeed Nelson as the Anoka head grid mentor has been DeWayne Johnson, 35, coach for the past 10 years at Plymouth (Wis.) High School. His teams have won 53 games the past seven years and lost only once in the last 36 starts, that in the 1977 state Division III final game.

Johnson is a graduate of the University of Wisconsin-River Falls and coached at New Richmond (Wis.) before joining the Plymouth staff.

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tribute to Norm Wagner, well-known coach at Fisher High School, at their annual meeting last fall.

Wagner is stepping down from his duties at Fisher after the 1978-79 school year and received a plaque expressing the conference's appreciation for Wagner's efforts in behalf of the 11-school conference which plays nine-man football.

Wagner's 1974 Fisher team won the conference championship and advanced to the state Class Nine-Man final game before losing to Lake Benton.

EARLE SOLOMONSON, head football coach at Park Center High School for four years, has been named defensive line coach at North Dakota State University in Fargo.

Solomonson-coached Park Center teams were 30-7 and won three Skyline Conference championships in four seasons.

A native of Minneapolis, Solomonson was named Minnesota's Athlete of the Year in 1965. He earned his bachelor's degree at Augsburg College and received his master's from the College of St. Thomas. Prior to joining the Park Center staff, he was an assistant football coach at Richfield High School.

WHEN HAWLEY defeated Dilworth 14-12 in a Heart O'Lakes Conference football game last season, it ended 18 years of frustration as far as its series with Dilworth was concerned.

The 14-12 Hawley win last Oct. 13 was the school's first over Dilworth since 1961 when Hawley posted an 18-7 victory.

TY WACKER, who earned Region Three Coach of the Year honors while at Gaylord High School in the early 1970s, has resigned as head football coach at Worthington Community College to become head grid mentor at Huron College in Huron, S.D.

Wacker's Worthington teams were 25-16-1 over a five-year period and his move is one from guiding a team in a two-year college to one in a four-year college. Huron competes in the South Dakota Intercollegiate Athletic Conference along with Black Hills State, Dakota School of Mines, Yankton, Dakota State, Dakota Wesleyan, Springfield and Sioux Falls College.

THE LEADING vote-getter on the 1978 Minnesota Associated Press All-State high school football team was Bruce Larson, a defensive back for the Fridley team which gained the State Class AA finals before losing to Edina West.

It marked the second straight year in which a defensive back had been the leader in the vote-getting department, with Wayne Schluchter of St. Cloud Tech earning those honors the previous year.

THERE WILL be a new head football coach at Little Falls High School this fall replacing Joe Soulis, who announced his resignation after serving seven years in the post.

Soulis, who has 17 years of football coaching in Minnesota and North Dakota, guided Little Falls to a 36-28 record in seven seasons after being 72-42-2 while at Watford City (N. D.).



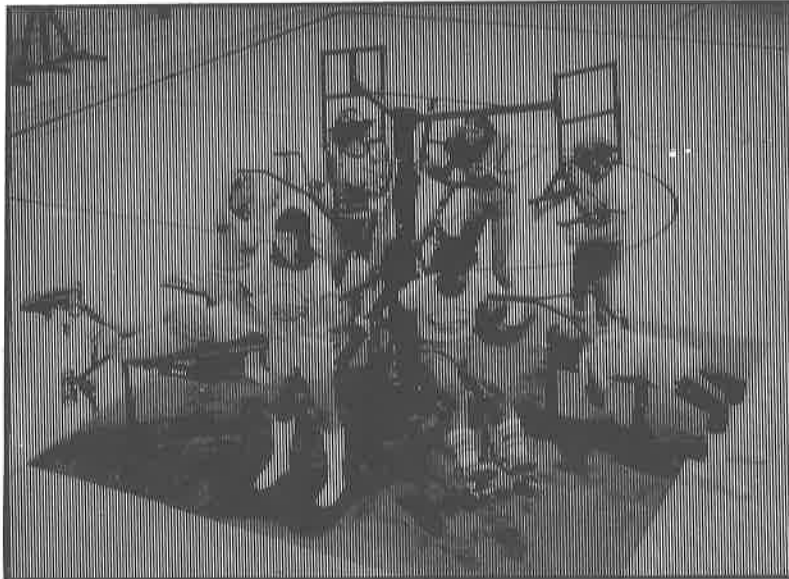
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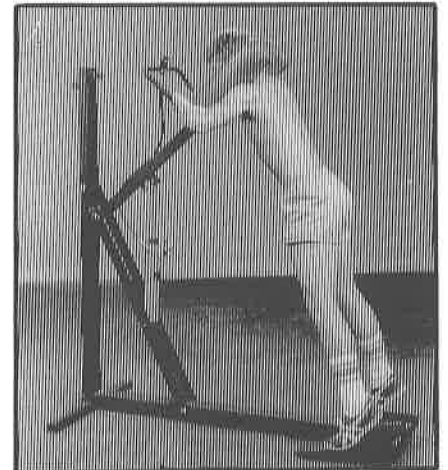
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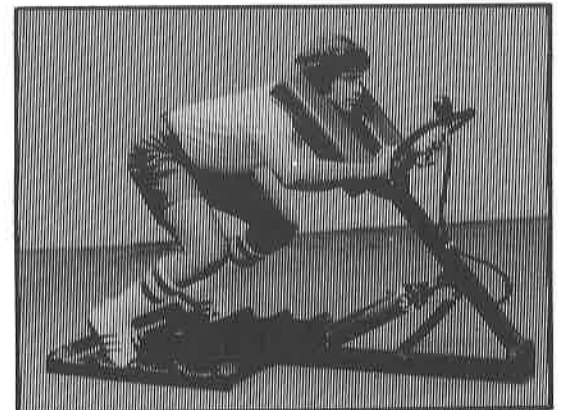
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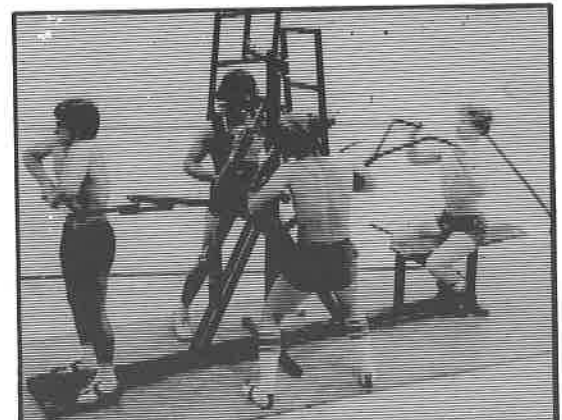
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Co-captain David Roen (40) of Lake Park went up and made a pass reception over defenders Merlin Irons (33) and Garry Grewe (15) of Deer Creek in Lake Park's 22-0 victory over the team which captured the Minnesota Class Nine-Man state title in both 1976 and 1977.

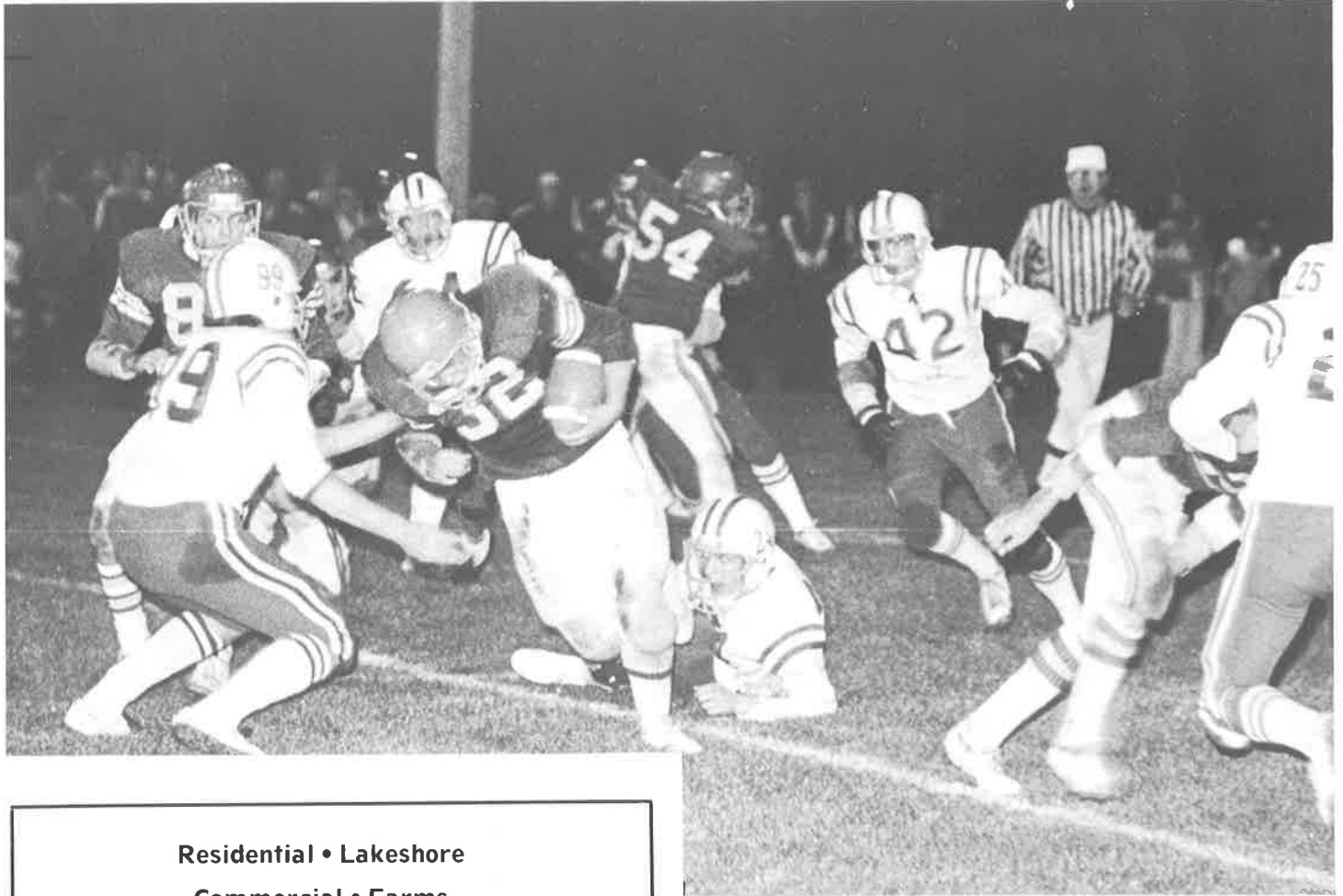
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Running back Brent Motschenbacher (32) put his head down and plowed for good yardage in his team's 32-26 triple-overtime Agassiz Valley Conference loss to the Lake Park Parkers. Parker defenders include Dale Pederson (99), Jack Kirkwood (42) and Glenn Noben (25). The official in the background is Paul Maltrud of Detroit Lakes.





Quarterback Bob Michaelson (14) of Lake Park steps over a pair of Deer Creek defenders and eludes the rush of Ed Taylor (73) of the Wildcats during his team's 22-0 victory. The loss was Deer Creek's first since the 1975 season and came in the opening game of the 1978 campaign. Deer Creek captured State High School League Class Nine-Man crowns in both 1976 and 1977.

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Perhaps the most important play as Detroit Lakes High School captured the 1978-Mid-State Conference football championship was the one depicted above. Quarterback Joe Grimes of Park Rapids (top of photo) tried to dive for a touchdown on a fourth-down play in the final period with his team trailing 7-6 and the Detroit Lakes defense rose up to stop Grimes for no gain with the ball on the Laker 1-yard line. Co-captains Mike Meyer (23) and Mike Leegard (32) of Detroit Lakes are among several Lakers closing in on the Park Rapids player. Referee Glen Johnson of Bertha comes up from behind to await the call from the head linesman and field judge.

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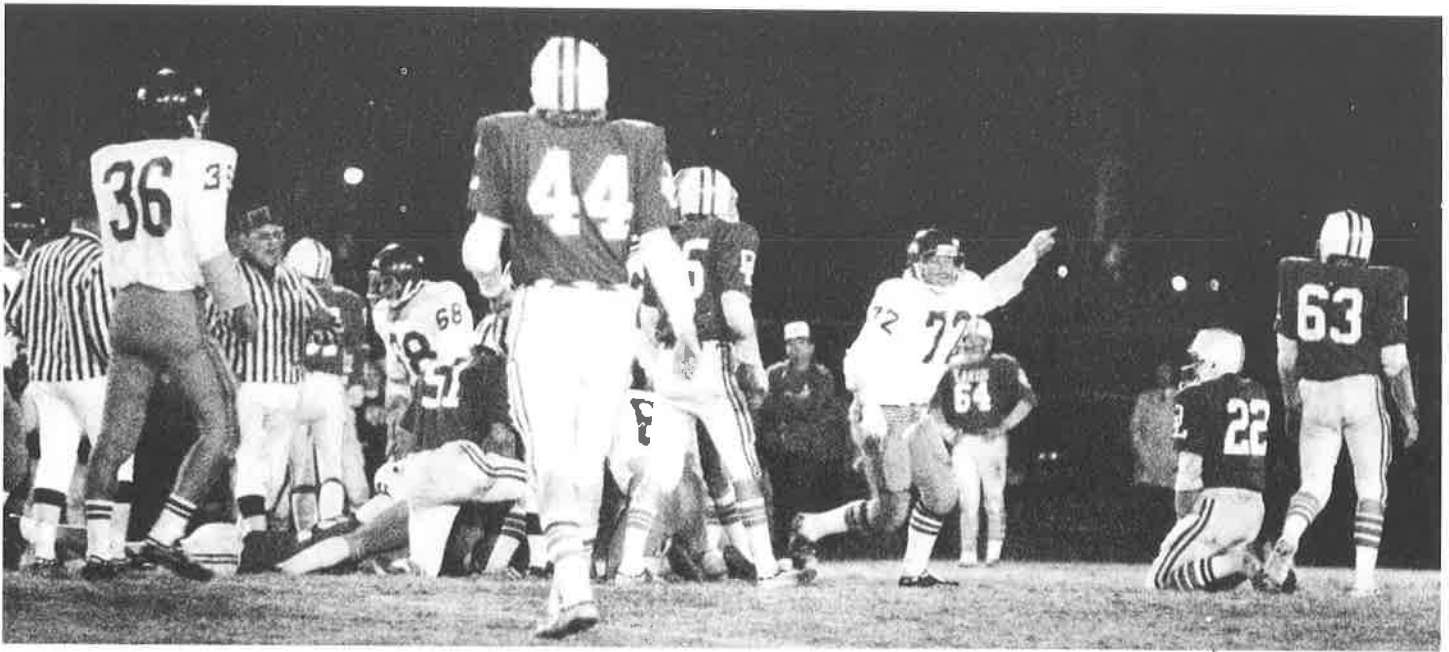
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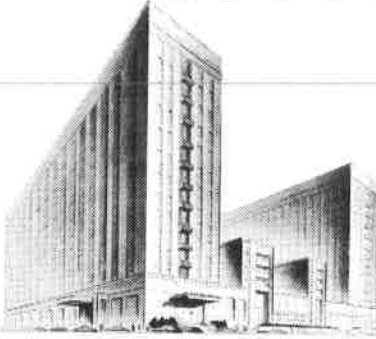


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Bemidji's Tom Trepanier (72) signals that his team recovered a Detroit Lakes fumble in the conference championship playoff game between the two schools. Bemidji's Northwest Conference champions defeated Detroit Lakes of the Mid-State Conference by a score of 29-7 to advance in the Class A playoffs. Other Bemidji players pictured include Nelson Rotto (36) and Mike Johnson (68), while Detroit Lakes players shown are David Riedberger (44), Dan Downs (64), Jon Ahles (22) and Greg Stromme (63).



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MAHNOMEN



Brent Motschenbacher (32) of Audubon was completely surrounded by white-shirted Lake Park players as he carried the football. David Roen (40), Bob Michaelson (24), Steve McDaniel (84) and Glenn Noben (25) are Lake Park players shown. Lake Park won 29-26 in a three-overtime thriller.

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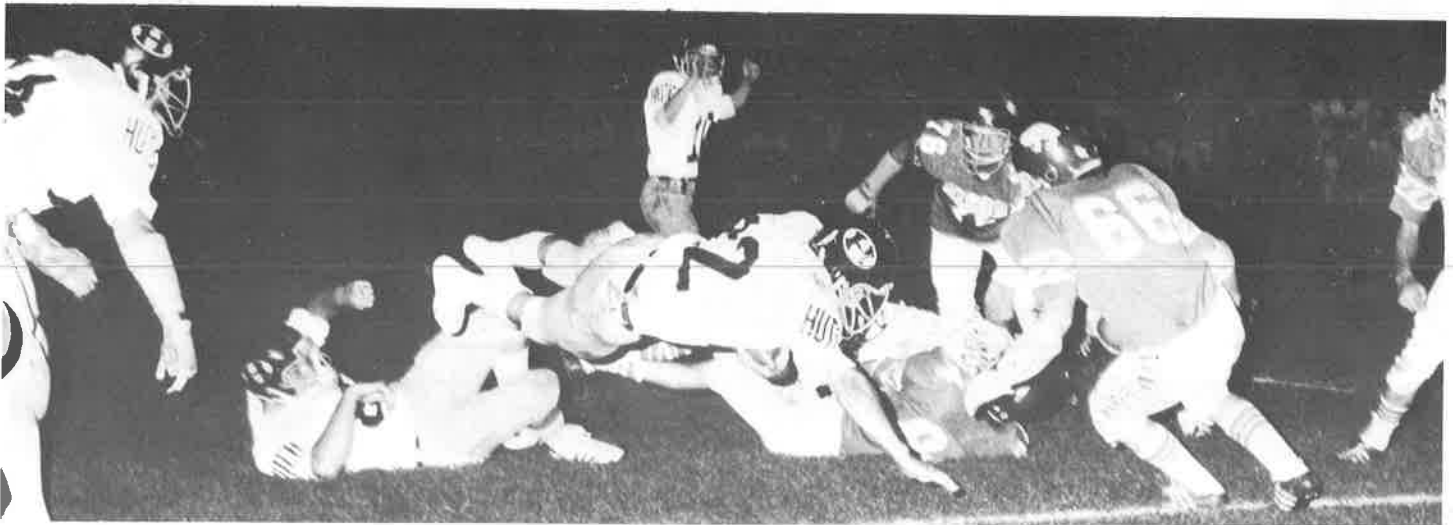
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Hutchinson's Steve Adams show good shoulder tackling form as he stops Paul Montgomery of Shakopee. Brian Leng moves up to assist.



Tom Coles, Hutchinson's all-state running back dives over for a TD against Buffalo. Jim West (66) moves in for the tackle.

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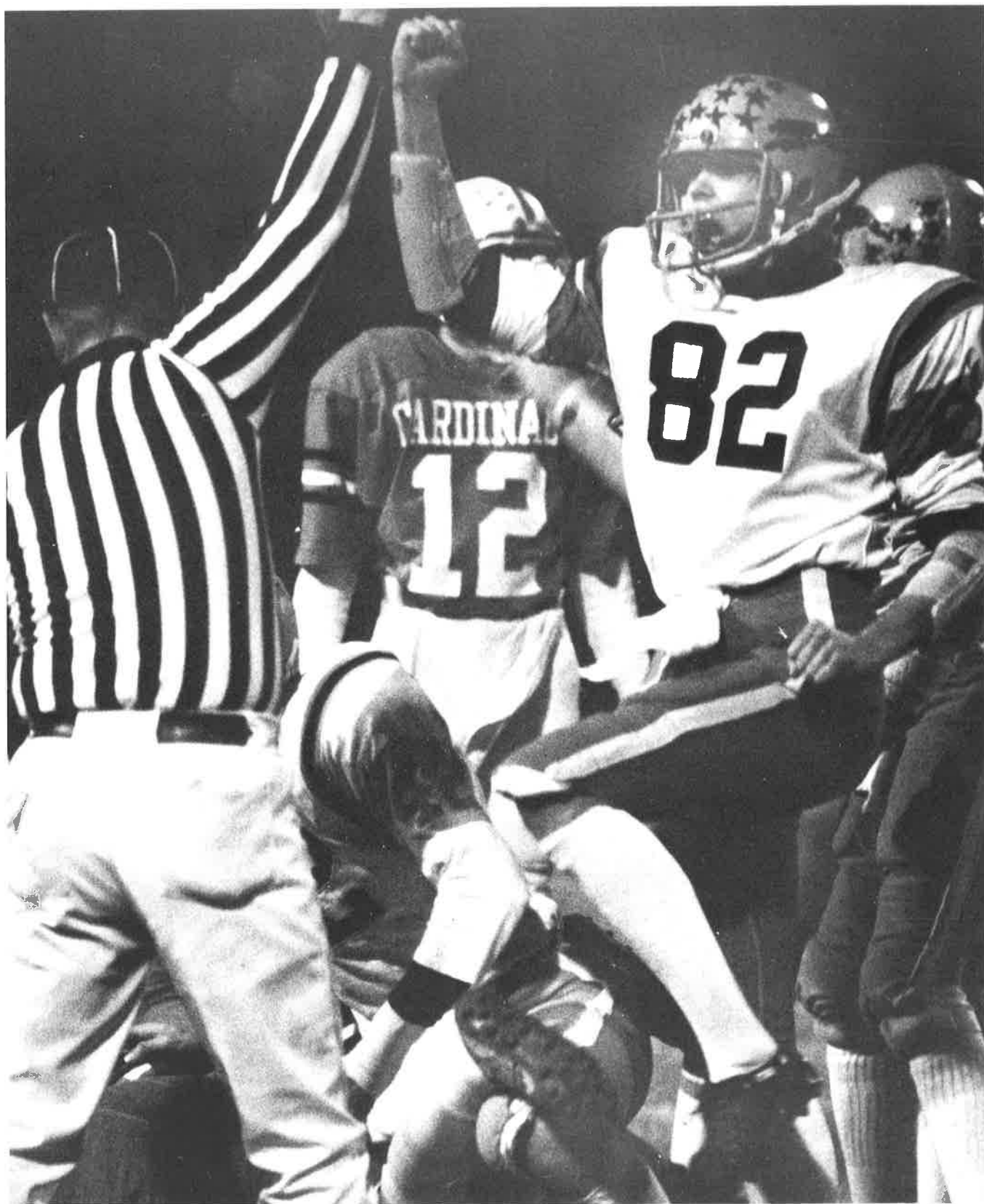
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Semi-finals of the state 1978 playoffs with New Richland-Hartland and Lake City. Picture shows the first touchdown scored by Lake City against New Richland-Hartland. Identifiable players are No. 12 of New Richland-Hartland, Jim Bergner. Exhuberant No. 82 is Kent Moe of Lake City, an all-conference split end for the Tigers.

4th ANNUAL ALL STAR CLINIC PRE-REGISTRATION FORM

August 2, 3, 4, 1979

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Head Coach Dick Reidberger received a ride on the shoulders of Detroit Lakes High School squad members after the Lakers had defeated Staples 33-14 to finish 5-0 and win the outright Mid-State Conference football championship last fall. The 5-0 record represented a complete turnabout for Detroit Lakes, which finished 0-5 the previous fall. Reidberger, former Hawley High School and University of North Dakota athletic standout, coached the Lakers to the title in his third year at the helm.



Perham's Joe Schmitz was being tackled by Ricky Moltzan (68) and Dwight Drewes (78) of Frazee during a Perham offensive thrust in the Heart O'Lakes Conference football game between the two rivals. Perham's Dan Schmeidecker (78, white) moves out to do some blocking. Perham posted a 29-0 victory over the Hornets.



Semi-final championship game with New Richland-Hartland and Lake City, which New Richland-Hartland won 22 to 6. Pictured is George Jessen, No. 40 running for a touchdown, which gave New Richland-Hartland the go-ahead lead in the game. Jessen is an all-state halfback who will attend Iowa State on a stipend this coming fall.



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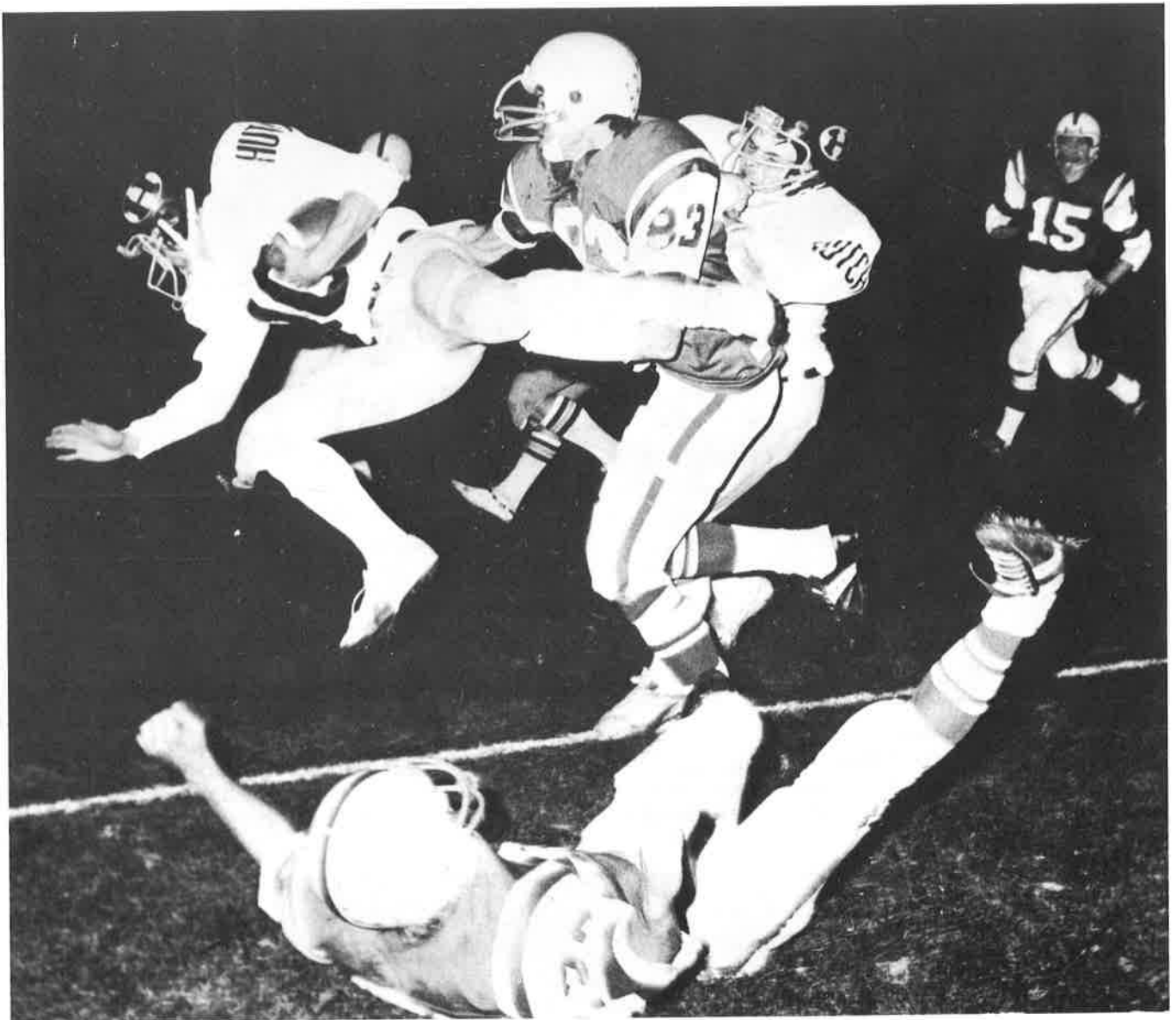
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Hutchinson's QB Rich Duehn (10) scores in the first round of the state play-offs. Vern Christensen (83) of Litchfield makes the stop. Litchfield's Mike Peltier (32) is on the ground with Frank Forsberg (15) in the background. Hutchinson's Russ Willard is throwing the questionable block.

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Waubun players (in dark uniforms) Joe McArthur (68), Roger Held (77) and Ross Kunz (75) attempt to break through Mahnomen blockers in pursuit of Murray Hanson (12) and Dave Muckenhirn (40) of the Indians in the Pine To Prairie Conference football game between the two rivals. Mahnomen's Bill Honek (87) is set to block Kunz at the right in the photo. Mahnomen posted a 20-0 victory in the game.



Hutchinson's tight end Greg Sytsema, 225 lbs., advances a pass as Apple Valley's linebacker (90) Dave Nickles, 210 lbs., comes up for the tackle. Bruce Boyd (21) moves in to help.



Bagley's Beaver Malm (26, white), who scored two touchdowns and passed for another in his team's 28-0 Pine to Prairie Conference football victory over Waubun, is shown here as he moved toward the football. Waubun players shown include Howard Heisler (41) and Roger Held (77). Held, later in the 1978-79 school year, captured the Minnesota State High School Class A heavyweight wrestling championship.

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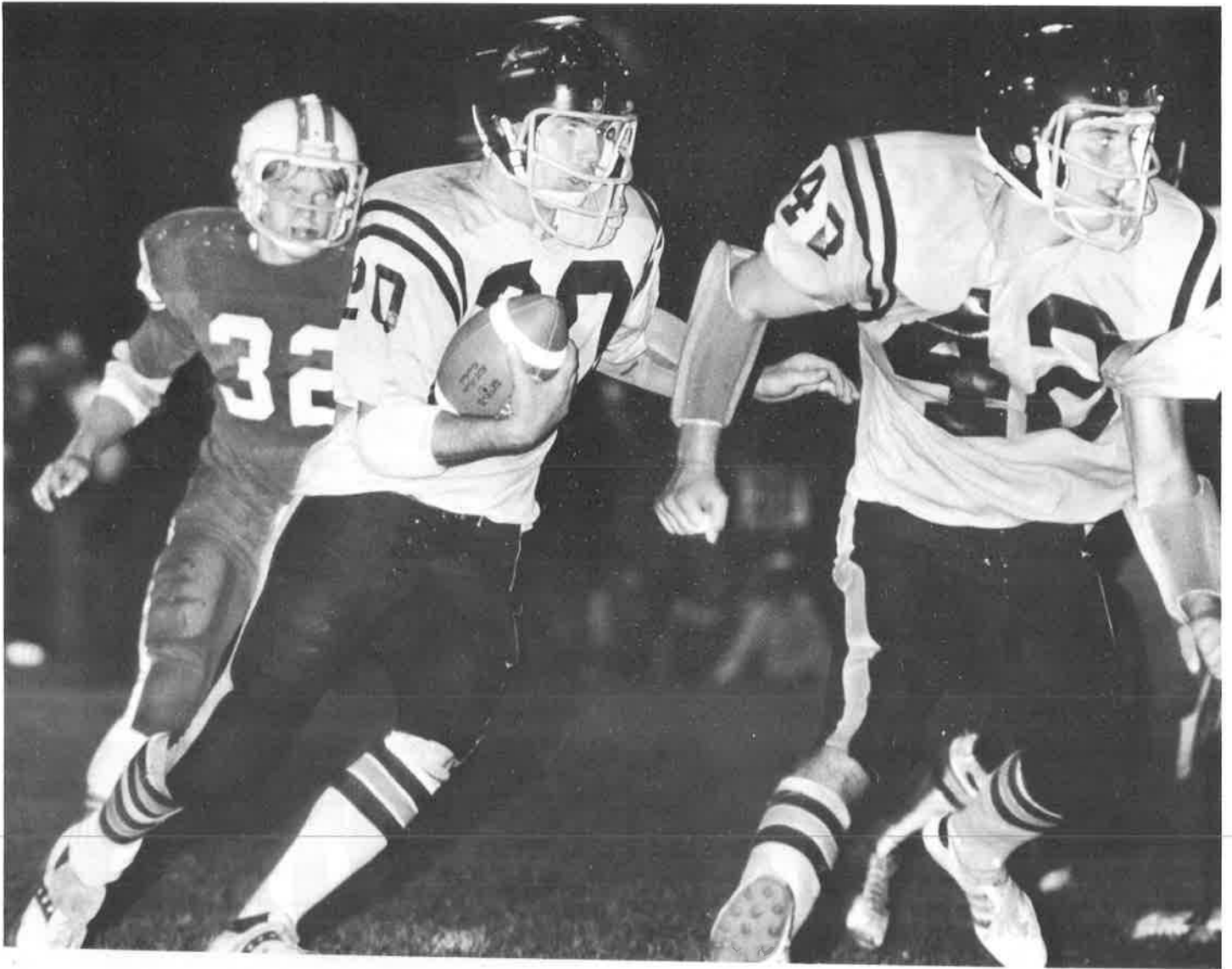
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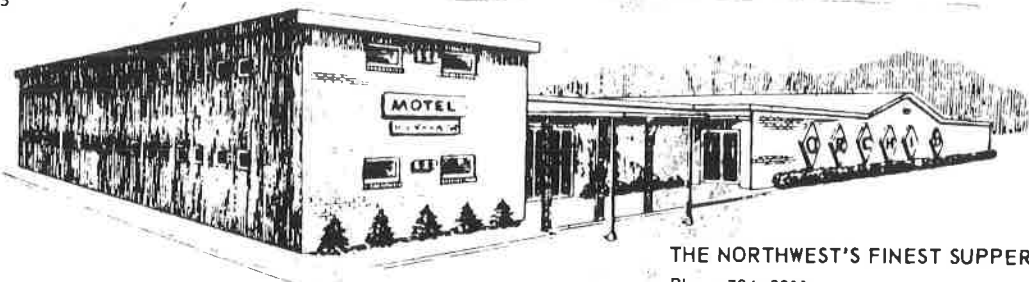


Lake Benton halfback Tom Powell follows running mate Mark Lunn for a big gainer in the Bobcat's 28 to 0 win over previously unbeaten Balaton in Big 7 Conference action. The two senior running backs paced the Cats to their unbeaten conference championship and the 9-1 Bobcats lost to 9-man state champion Hoffman in quarter-finals play-off action. Powell rushed for over 1,100 yds. and Lunn added over 800 yds. on the ground for the season.

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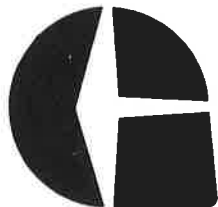


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Faribault's defense in dark jerseys stops Northfield QB Dave Sabagan (10) short of goaline in overtime to preserve Faribault overtime victory 6-0.



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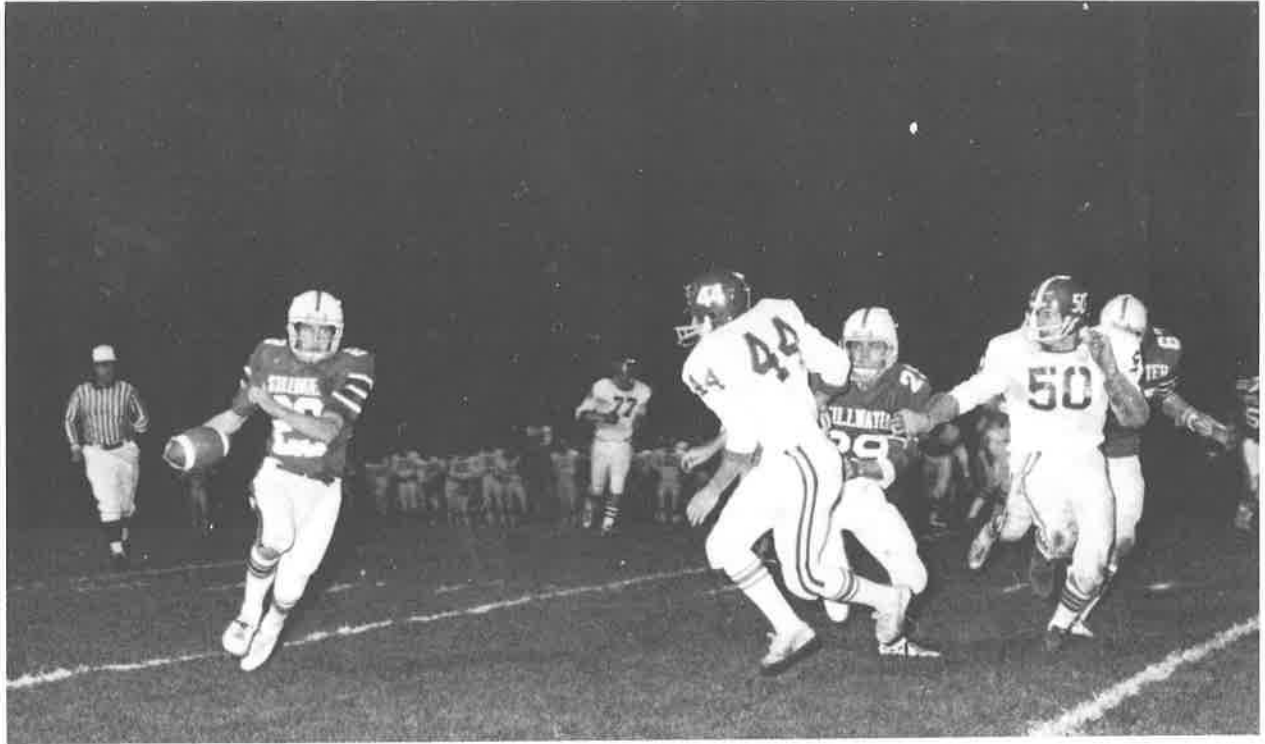
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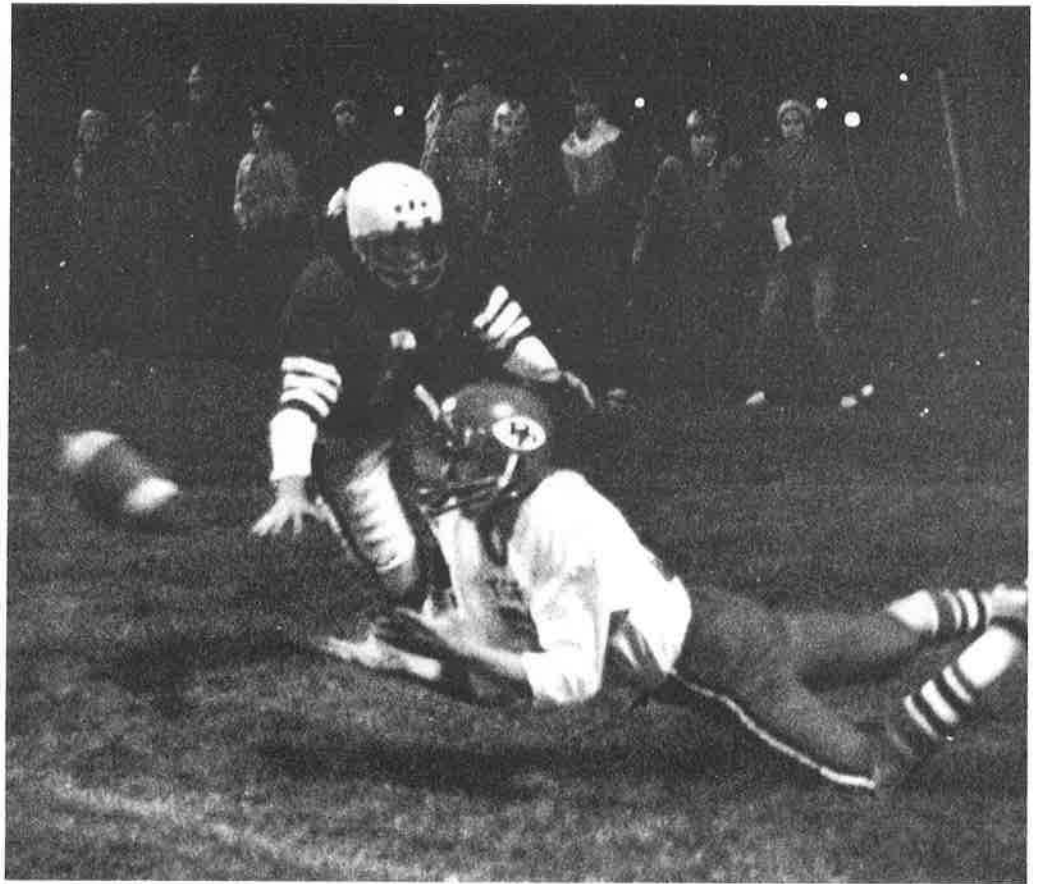


Junior halfback Pat Juhl picks up big yardage during Stillwater's 38-0 victory over North St. Paul. The Ponies posted a 10-1 record en route to the Suburban Conference Championship.



Halfback Dennis Schmidt (24) of Underwood follows the blocking of Rick Ledding en route to a big gain in his team's 29-12 non-conference football victory over the Audubon Zephyrs. Audubon players shown include Brent Motschenbacher (32) and Larry Moses (81).

Belle Plaine's Pete Bigaouette prepares to catch the winning touchdown pass from QB Pete Fogarty with less than two minutes to play in the Lecenter game.



Esko's defense lines up to block a Cromwell punt. Nine Polar League opponents totaled 11 points against the Esko varsity, which ended the season with 8 wins and one loss, the loss coming at the hands of Sandstone, a Class C semi-finalist in the state play-offs 3 to 0.

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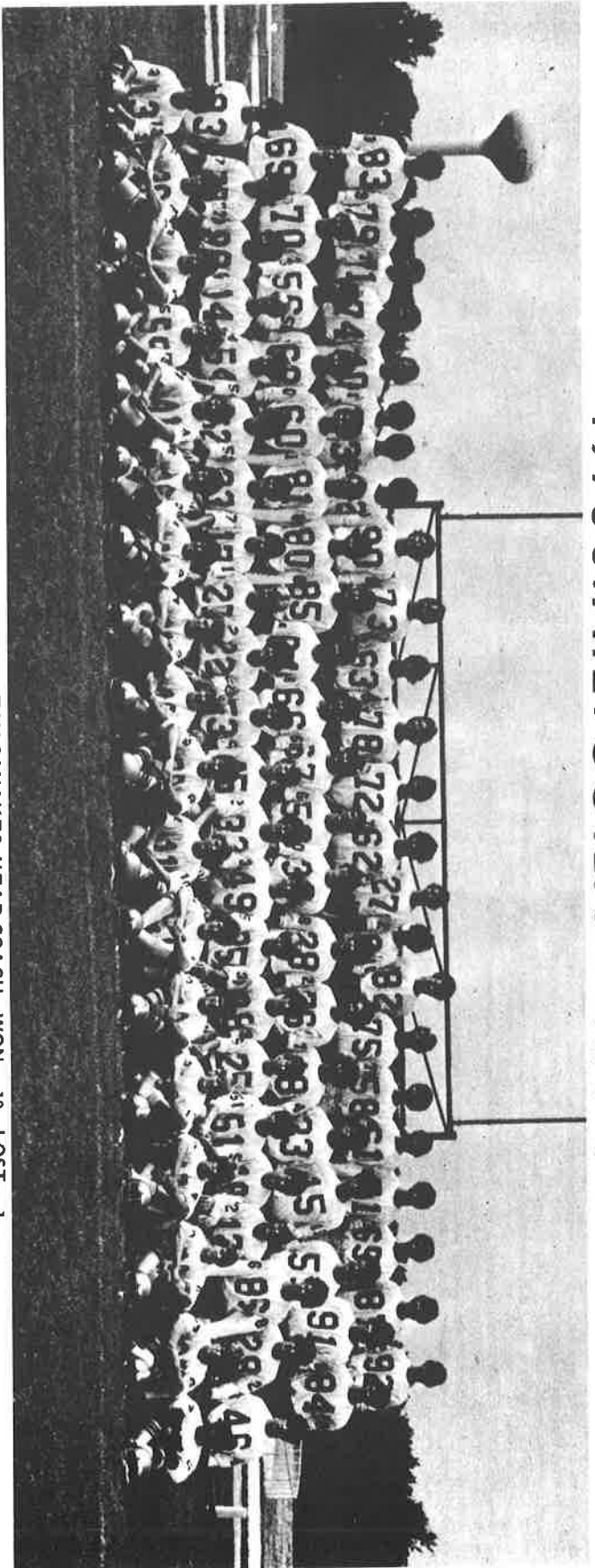
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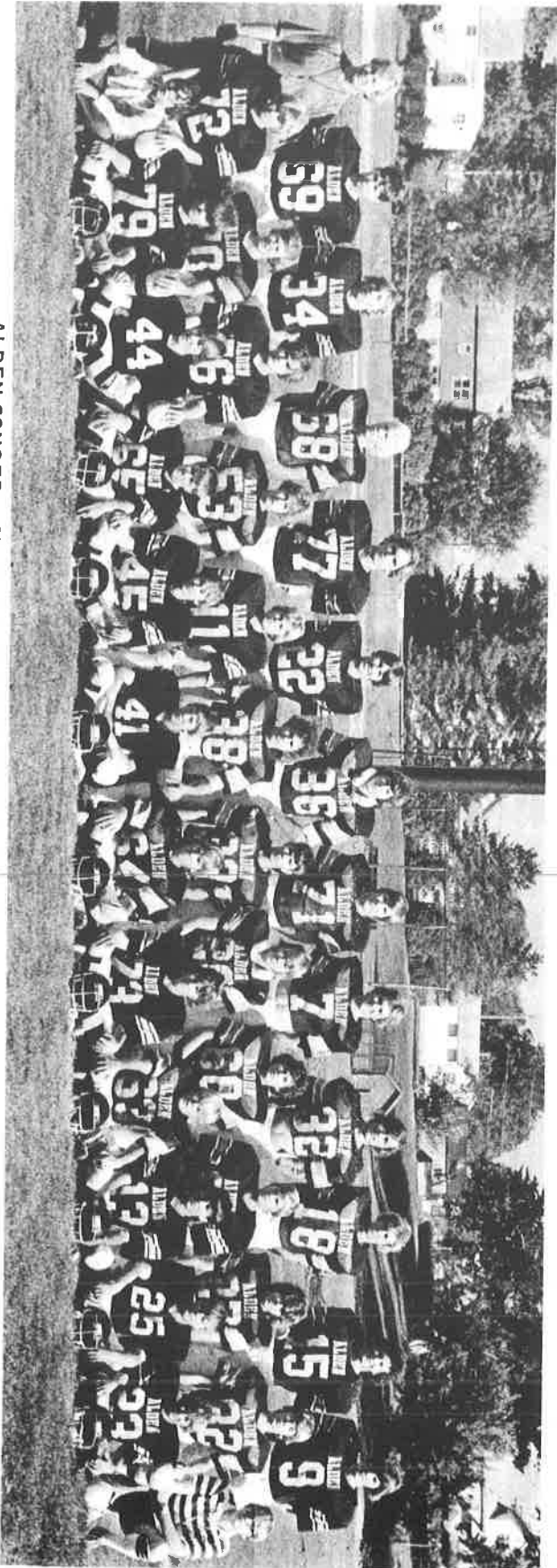


FRIDLEY GRACE — CLASS "A" DAVE NIGON, HEAD COACH WON — 12 LOST — 0

1978 STATE FOOTBALL CHAMPS

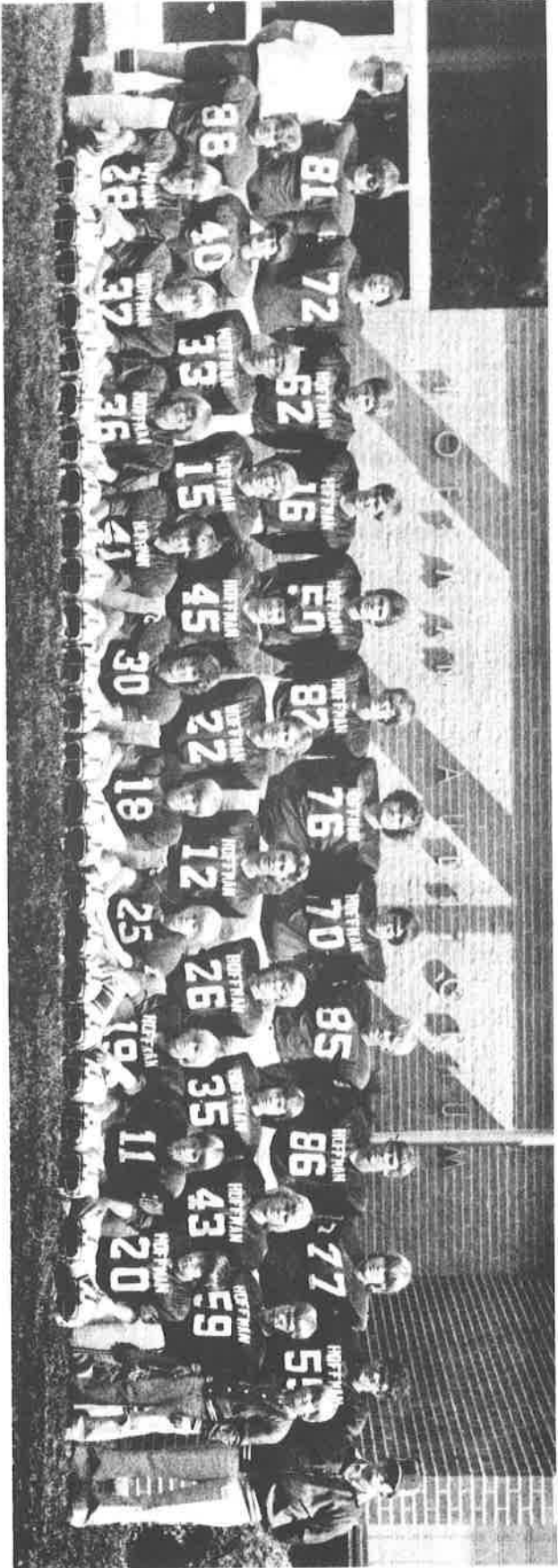


NEW RICHLAND-HARTLAND — CLASS "B" JIM SIMSER, HEAD COACH WON — 12 LOST — 0



ALDEN-CONGER — CLASS "C" BOB SEVERSON, HEAD COACH WON — 12 LOST — 0

1978 STATE FOOTBALL CHAMPS



HOFFMAN — CLASS "9-MAN" KEITH SWANSON, HEAD COACH WON — 12 LOST — 0

1979-1980

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Darren DeRocher - Executive Secretary

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DIRECTORY INFORMATION
Listing Coaching Assignments
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Table with 2 columns: Sport Name and Dues Amount. Rows include Athletic Directors, Baseball, Basketball, Cross Country, Football, Golf, Gymnastics, Hockey, Skiing, Soccer, Swimming, Tennis, Track, and Wrestling.

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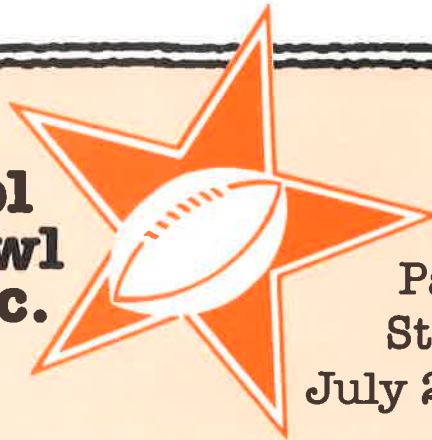
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TO THE MEMBERS OF THE MINNESOTA
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The Sixth Annual Minnesota High School All Star Football Game, a showcase for prep football, is a project of the Association and the Human Growth Foundation. This year's game will be played Friday, July 27, beginning at 8 p.m. at Parade Stadium in downtown Minneapolis.

The Foundation is a non-profit organization concerned with the process of physical growth, particularly in young children. Proceeds from the game will help the Foundation in its research, education, and program services.

The Foundation has asked the coaches to become more involved than ever before with the game. Your efforts in program advertising and ticket sales can help ensure the future of the game.

We urge you to do the very best you can to support the game. This project deserves no less an effort.

Sincerely,

T. R. Pressler
President
Human Growth Foundation

Ron Raveling
Game Manager

