

1976

FOOTBALL

Annual Publication of The
Minnesota State Football Coaches Association



1976 FOOTBALL

ANNUAL

Minnesota State Football Coaches Assn.

348 THOMAS AVE.
OWATONNA, MINNESOTA 55060

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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Moorhead State College

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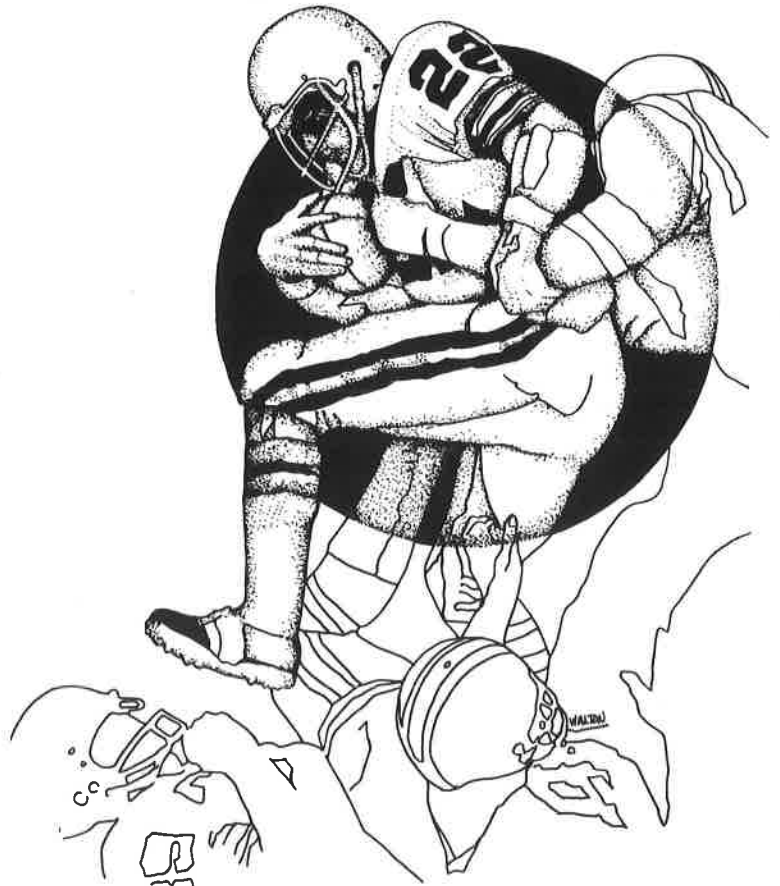
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active membership especially from certain areas of the state. We have some districts who have only a few members that have joined our Association. Our Association is only as strong as its individual members so let's all urge one another to join and promote football. I strongly believe that all head coaches should belong to the Association and they in turn should urge their assistants and junior high coaches to join. I think that all of us as football coaches have reaped the benefits of the Association so let's get on the band wagon and contribute our share of time and talents. I often hear the remark that the Association is run by the metropolitan coaches. I don't believe this is true but if it were true the outside coaches have no one to blame but themselves. The Association is always looking for new blood especially from areas which have not been represented too well in the past. So if you are interested in giving some time and effort to promoting football in Minnesota contact your regional representative. With the re-alignment of districts by the Minnesota High School League it will allow for more coaches to become involved as district and regional representatives. Instead of having forty representatives we will have a minimum of at least forty eight.

Congratulations are in order for all of our district, region, and state coach of the year award winners. Also a special congratulations to the Hall of Fame winners. Your dedicated work toward football has been greatly appreciated and we hope that you will continue to help

promote the game of football.

It has been a real pleasure for me to have served as your president this past year. It still amazes me the cooperation one receives in carrying out his duties as president. There were always people volunteering to serve on the various committees to do the work. As long as we continue to have this calibre of coaches in our Association we need not worry about being status quo. We will continue to grow.

Special thanks to our secretary, Jerry Peterson, for all his work. He has done an outstanding job.

Best of wishes to our new incoming President, Dean Brown. I know he will do a tremendous job, so once again - let's rededicate ourselves to Minnesota football and this organization.



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step opens in the direction he intends to sprint. The ball is held at the waist with both hands while retreating at a forty-five degree angle. (FIG. 1 & FIG. 2)

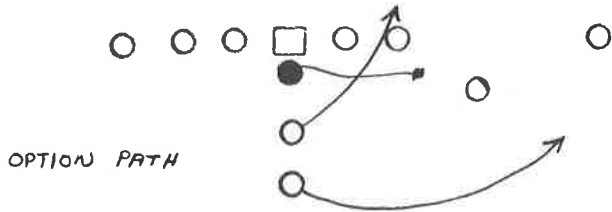


FIG. 1

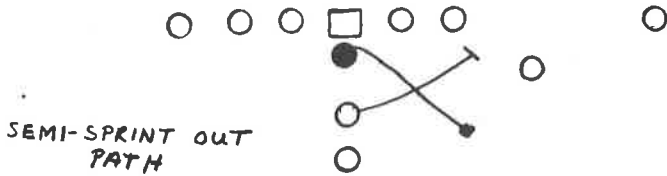


FIG. 2

At Ortonville, we use a seven-step drop and a two-step shuffle release. If the quarterback sprints right he opens with his right foot and if he sprints left he opens with the left foot. Seven steps places him behind the offensive tackle and about 5 or 6 yards deep. The two-step shuffle is a movement towards the receiver he intends to pass to. This shu

fle towards the intended receiver makes the pass more accurate and allows the correct timing on our routes.

Passes we throw from the semi-sprint out point are timed routes. The importance of this style of pass is based on proper timing between the quarterback and the receiver's steps. Our basic pattern to the split end side from which we derive other pass patterns, is called the curl pattern. (FIG. 3)

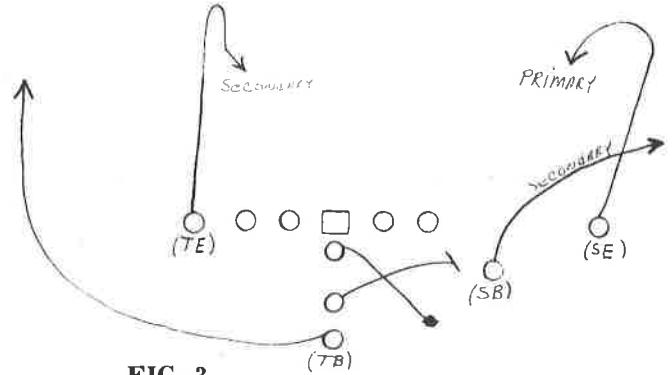


FIG. 3

The split end (SE) if allowed to leave the line clearly will take nine steps starting with his outside foot first. He will then curl inside and to an open area moving back slightly

Continued on Page 54



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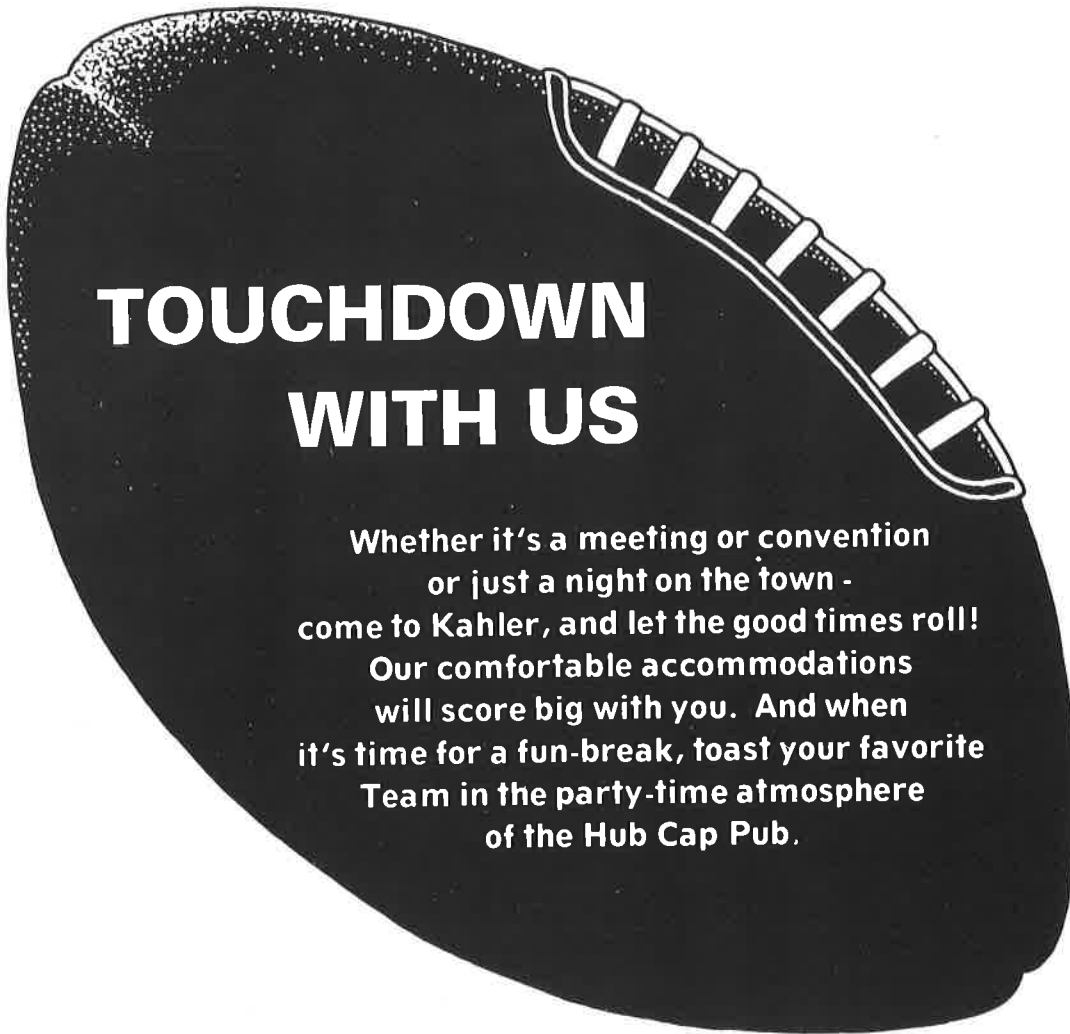
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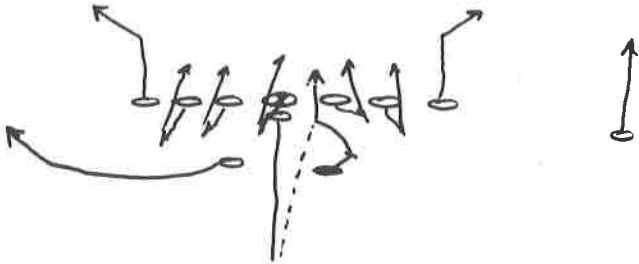


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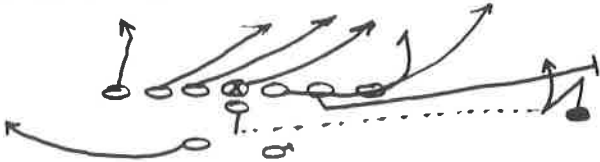
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FB Screen Middle



Quick Screen Right (Left)



Some basics that we use in teaching our screens are:

1. Tackles set up quickly and make the DE take an outside rush. Then run them outside. At the right time, release and get to the screen area, blocking to the outside. Never run past a defender.
2. Guards set up quickly and make the DT take an inside rush on outside screens and an outside rush on middle screens. At the right time, release and get to the screen area, blocking to the inside. Never run past a defender.
3. Center set up quickly and make the MG rush away from the screen side. At the right time, release and get to the screen area, acting as a lead blocker. Never run past a defender.
4. Offside G and T use good dropback pass protection.
5. Ends and flanker run pass routes at full speed, dragging defensive backs with you. When defensive back reads screen and starts to come up, slow block.
6. Backs set up as if to block LB. Onside back on outside screen release inside OT and DE to screen area and look for ball over inside shoulder. Try to catch the ball while running upfield with shoulders parallel to LOS. Make sure you catch the ball and then get all the yardage you can. On middle screens, set up as if to block and then step up behind offensive guard, turning to inside to catch the ball. Then get up the field. On screens to tight end or slot, receiver sets up

as if to block and then slides to spot behind OG, turning to inside to catch the ball, then getting upfield.

7. The QB uses dropback pass action, making a quick 5 step drop while looking downfield. He then drops 2 or more steps and releases ball to the receiver, throwing to his inside. He tries to look to his called receiver at the last possible moment to get the most out of his fake. He doesn't want to float the ball.

8. On most of our outside and middle screens, release time is about 2½ seconds. On the double screen, the offside releases at about 1½ seconds and the onside releases at about 2½ seconds.

9. On the quick screen, the receiver makes a quick move downfield to start the defender moving back and he then comes back to meet the ball. The OT bumps the DE to the outside and releases immediately, kicking out on the outside man in front of the receiver. The OG pulls in front of the DT to slow his rush and then turns up field sealing to the inside. The other linemen take an inside release and try to get downfield in front of the ball. The QB takes a 3 step drop and fires the ball low to the receiver. After catching the ball, the receiver cuts off the block of the OT and gets upfield.

Screens, when used at the right time and in the right situation, can really take advantage of loaded and stunting defenses. A couple of well run screens and help to open up your whole offense and keep the defense guessing and the more variations of the screen you can use, the harder it is on the defense.



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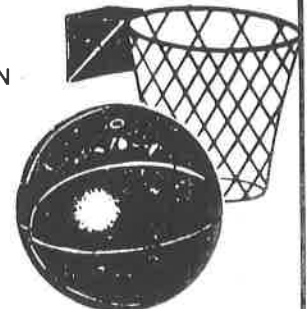
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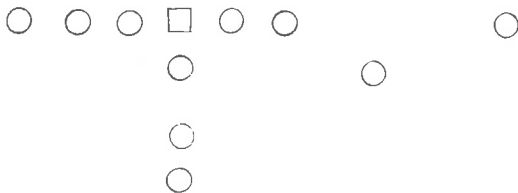


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Criteria for a good passing game are dependent upon what the passing game is intended to accomplish. At Jefferson our passing game has two basic objectives: 1. To maintain ball control; 2. To provide an occasional big play. In keeping with these objectives our passing game consists primarily of "high percentage" passes of short to medium range with a few passes of a "home run" nature. During the 1974 season our team completion percentage was over 62 percent. For the past two seasons we have thrown nearly 14 passes per game and have averaged close to 95 yards per game passing. We have suffered nine interceptions in 22 games played in 1974 and 1975. We believe that the low interception statistic is very important as 75-80 yards gained passing per game can be almost completely nullified by 2 or 3 key interceptions.

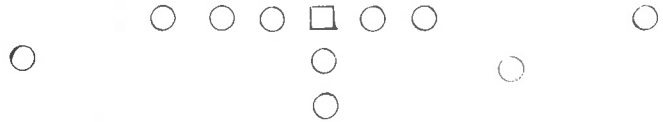
We periodically check our offensive tendencies as the season progresses. We have operated basically from two different offensive sets for the past two seasons, a "slot I", (Diagram 1) is considered to be a strong running formation.

Diagram 1



The spread formation (Diagram 2) is considered to be basically a passing set and a weaker running formation. As a result, we make a special effort to develop a good passing game in the I set and also try to run well out of the spread formation.

Diagram 2



Like all teams, we develop down and distance tendencies in regard to passing and running. Therefore we attempt to counteract our tendencies by throwing more in running situations and occasionally running in passing situations as the season progresses.

Physical Qualifications of Receivers and Passers

No matter how well planned a passing game is, it will not be effective unless it is operated by good athletes. The passing game can be facilitated in high school football if the coach selects athletes for the receiver and quarterback positions judiciously.

There is undoubtedly much difference of opinion as to

Continued on Page 56

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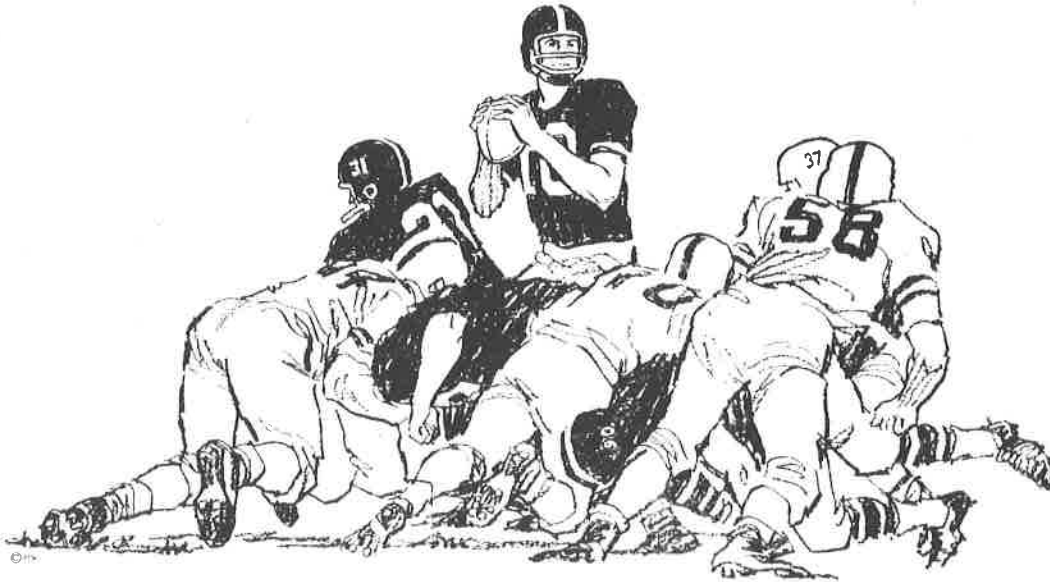


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should never be overlooked. Here is an example of a typical practice schedule we use:

- 4:00 — 4:30 Calisthenics
- 4:10 — 4:20 Agility drills
- 4:20 — 4:25 Punting - Line for line - backs receiving
- 4:25 — 4:30 Field goal unit (live)
- 4:30 — 4:45 Line - Form tackling and defensive pursuit drills. Backs - Mirror drill - tip drill - one-on-one drill
- 4:45 — 4:50 Break
- 4:50 — 5:00 Offensive team two minute drill
- 5:00 — 5:25 Offensive scrimmage (pass offense)
- 5:25 — 5:35 Defensive team scrimmage (pass defense)
- 5:35 — 5:40 Goalline defense (emphasize penetration)
- 5:40 — 5:45 Power Training

Our practices do not vary much in form but of course do in content. We start practice at 4:00 sharp and anyone who is late does extra running after practice. We always run from one station to another and always try to maintain enthusiasm by clapping hands in unison etc.

As far as my strategic philosophy is concerned I feel a football coach in a small school has to be flexible. I think a mistake a young coach might make is to develop a philosophy that he is going to use one type of offense or defense and stay with it. It is foolish to use a pro offense or a wide open passing attack when you don't have a passer and some good receivers or a full house backfield and a power offense when you are fast or quick and small. I feel a good small high school coach has to look at his material and then decide what type of offense he will use. You can't play a five-two defense unless you have two good linebackers and an excellent nose guard and it would be foolish to try it. you must look at your returning material and then decide your defense. We have used three different offenses and four different defenses in the seven years I have coached and the reason has been the material available. I'm not saying its wrong to stay with one offensive philosophy if you have the material for it but don't become bull-headed about it if your material doesn't fit it or you will find yourself on the short end of many sores.

In closing I would like to say that coaching in a small school has many challenges and a young coach must prepare himself with the idea he is going to have to be versatile and willing to work hard in order to be successful.

Congratulations . . .

The Victor Boesch of Glencoe, Minnesota have had 5 boys who have all participated in athletics through the years at Glencoe High School. Gerry was on the football, wrestling and track teams; Alan was on the football and basketball teams; Mark was a wrestler and on the football and baseball teams; Kevin was on the football, basketball and baseball teams; and the last of the Boesche brothers, Bob, is completing his final year of participation in football, basketball and baseball. Congratulations to Mr. and Mrs. Boesche!

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Placement of Personnel

We place our players into our offense according to their individual abilities. However, we do feel that we have certain positions which must be occupied by our key people in order for the offense to be effective. Our key positions are strong guard and tackle, tight end, 3 back and 4 back (fullback).

We will place our best all around lineman in our strong guard position. This position demands not only straight ahead blocking but also pulling to trap our off-tackle play and lead our sweep. We are then looking for a hard nose player who is a good blocker and has decent speed as he will have a key block in three of our four basic plays.

The next line position we will try to fill is our tight end. Because we run our off-tackle and our sweep so much, it is necessary that this individual also be a good blocker. We do look for a player who also has some pass catching ability as we like to throw the ball to our tight end in many occasions. However, I might add that his primary responsibility will be that of a blocker.

Our strong tackle should possess the basic qualities of our strong guard as he must be able to pull and trap on our counter play, as well as block straight ahead.

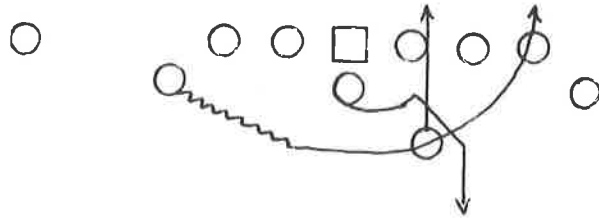
When evaluating our backs we look for individuals to fill our 3-back and 4-back positions. Our 3-back will usually be our best running back as he will carry the ball 20-30 times each game. We look for an individual who can break the long run as well as stick his nose into the off-tackle hole without any hesitation. Since 1967, I have not been with a team where our 3-back did not gain over 1000 yards until this past season. This past season we alternated two 3-backs and together they gained 1299 yards.

Our 4-back position is often a tough position to fill. We look for a traditional fullback with size and running ability. We demand, however, that our fullbacks block on three of our four plays (the fourth he carries the ball). More than that, these are tough blocks to make. He must be able to fill block for a pulling lineman on the defensive guard or tackle without any hesitation thus preventing any penetration into our backfield. We have found often times that we must convert a tight end or guard to play this position.

Four Basic Plays

We run our four basic plays all from the same backfield action (Fig. 3). Each of these plays starts with quick

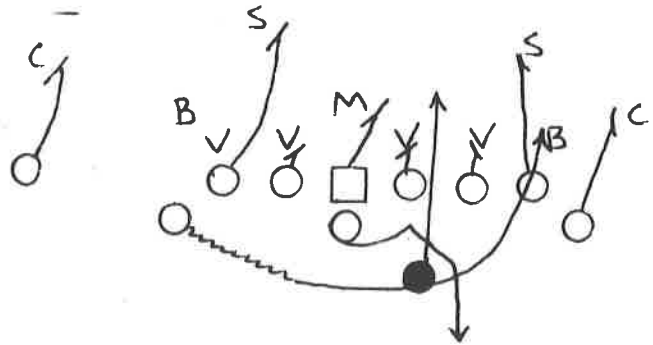
motion by our 3-back. We want our 3-back to be near full speed when he either receives the ball or fakes off-tackle. In order to simplify his technique of coming in motion, we line him up at a 45 degree angle with the line of scrimmage. We also do this with our 2-back as it allows him to run our counter more effectively.



“44” (Figure 4)

“44” is our fullback dive. The QB reverse pivots, make the hand-off, steps back at a 45 degree angle and fakes to the 3-back off-tackle, then sets up in a passing position. The blocking is basic straight blocking. EXCEPTION: If the defense lines a man up in the 4-hole on the line of scrimmage, we will double team him with our SG and ST. All other blockers reach block toward the 4-hole.

RIGHT FORMATION 44



Continued on Page 58

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Our rules for the throwback pass

Center: Blocks aggressively if covered. If uncovered, square up and check for stunts over the middle. If none show, pull out and protect the backside.

Playside Guard: Square up and check backer for stunts. No stunt, step back and help pass block on anything that shows over the middle.

Backside Guard: Square up and check for stunts. No stunt, pull out and protect the backside.

Tackles: Block head on or the first man to your outside.

Wide Receiver: If he is toward the playside, he will run a seam route between the zones. If he is to the backside, he will run a deep square out or flag in the deep outside 1-3 zone.

Playside Halfback: Run a circle in the deep outside 1-3 zone.

Fullback: Runs his triple option path and makes as good a fake as possible. Even, if he gets tackled, we want him to get up and hook at 8-12 yards depth over the middle.

Backside Halfback: Takes two steps just as he does on the triple option run. Then gets to his block on the defensive

end. If the defensive end has been coming hard, we will not be concerned with his path as we feel it is the quarterback and full back's action that sell the play.

Quarterback: Steps to and rides the fullback just like we are running the triple option run. Pulls the ball from the fullback and takes two full steps straight down the line. Plants the foot on step and peels back. The depth of our drop will depend on the speed of our quarterback and receivers. Generally we will set up on the 7th and 9th step at a depth of 5 to 6 yards. As soon as he turns and comes toward the backside, the quarterback must look for his primary receiver. We feel that if our quarterback is in the proper position, he can not only see his primary receiver but the block on the defensive contain as well. If the contain is knocked down, we want our quarterback to force the corner. Many big plays have occurred for us when our quarterback has gotten outside the contain on this play. When our quarterback gets outside the contain, we tell him to run if he has ten yards.

Tight End: When he is playside, he runs a drag route to the backside. We want him to end up at 10 to 12 yard depth. If the quarterback forces the line of scrimmage, he will turn his pattern into a scramble.

The numbers in diagram 3 and 4 indicate the order in which we would look for a secondary receiver if the primary receiver is covered.

We do not pass block on the throwback pass. Any covered

Continued on Page 60

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football skills. When a boy reaches ninth grade, he becomes involved in our interschool program which includes a schedule of seven games. Our tenth grade plays an eight game schedule. This type of organizational plan alleviated the problem of limited student participation. (The other advantages gained by not playing a competitive schedule are reductions in transportation costs and officiating expenses. In a time of streamlined athletic budgets anything that can be done to lower costs helps.)

Equal chance to play became so important that we had our ninth and tenth grade coaches make sure everyone on the team played even though it might mean that we would be defeated in some games. I might add that we did lose some games at the level that we could have won by playing only our best players. Some coaches might disagree with this philosophy and say a sound football program must develop a winning attitude at that level, but we feel it is more important to have as much participation as possible at all levels.

We felt the same way on our varsity and consequently we have gone to the platoon system as much as possible. By this means we have been able to letter about 40 players a year for the past three years. We have also found out that a fresh player with pride in being a regular does a better job than a tired player who may have more ability.

The benefits of our new philosophy really hit home when we had some boys who didn't rate very highly as ninth and tenth graders make the all-conference team as seniors and

go on to play college football. Had these boys been discouraged earlier in their careers, they would not have had this experience, nor would the coaching staff have realized that, in many cases, you cannot determine what kind of football player a boy will become as a senior by judging him as a 7th, 8th, 9th, or even 10th grader.

A perfect example of this situation was our championship team of the past year. Our senior class as 9th graders and 10th graders didn't win a game either year, but as seniors they matured to the point where they were the driving force behind a championship team with a 9-1 record. I also believe that by following this philosophy positive results will show up in the win-lost column. With this philosophy our varsity has won 32 games and lost only 5 in the past four years.

In summary, I'm saying that the game is for the kids and the more kids we can get involved and keep out for football the better it is for them and the program in general.



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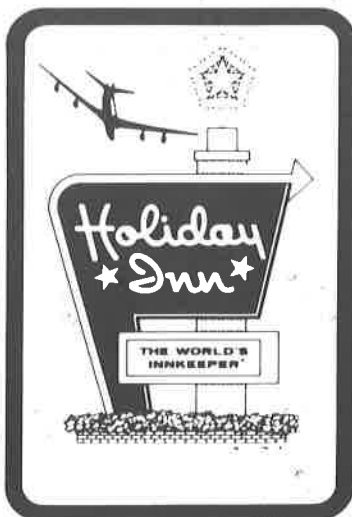
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linemen of their importance in the scheme of things.

Every line candidate wants to play defense so motivation is not a problem when selecting players for the defensive unit. However, it can be a different story when it comes to offense. Every day we remind our offensive linemen that they are the "skilled positions" on our team.

In recent years we have placed our larger linemen on offense because they tend to create larger running lanes. So we look at size first even before quickness. Size is impossible to develop once the season starts but quickness can be improved with each practice. I know on every team there are a lot of little tough linemen but for our money, size is the most essential quality (within reason).

Toughness and strength are also important factors in looking at offensive lineman. The winners in our one on one blocking drills will find themselves on offense. We are firm believers in tough defense as our teams have shown, but not at the expense of our offensive line. The defensive lineman has a lot of things to help him such as stunts and if he is a free spirit he can hide a lot of sins with aggressive play. Its harder to block than pursue.

We are tough on our offensive linemen but we explain our reasons to them prior to the season. They must be disciplined to the point that every move must become automatic. He must not have "thin skin" as every move he makes must be taught to him. At the same time he must be rewarded to gain confidence and esteem. The media will not recognize his skills therefore the coaches and team must.

Stance

Stillwater uses a four point stance with the butt high as if getting ready to run the 100 yard dash. We have found that it keeps our linemen lower and helps them off the ball quicker. Its also easier to teach. We do a lot of short spring work and the four point stance makes them feel like sprinters. Many coaches say that this stance is not conducive to pulls and traps but we have not found this to be true. I'm sure that if you believe that — it will be.

Drills

Most of our drills are aimed at quickness because as I have said before we use bigger linemen. If I had to pick one drill it would be team takeoff with the entire offensive team running a selected play. We try to see how many times we

can take off in a ten minute period. This drill is a priority of most college veer teams.

Jim Gotta the head man at Moorhead told me five years ago that the most important device for offensive linemen is the chute. Most of us have them but it has only been the last three years that we have spent a tremendous amount of time using them at Stillwater. The results have been worthwhile and we agree with Gotta. Once we get the pads on, 90 percent of our drills are in the chutes.

Our offensive linemen are always blocking on people holding shields rather than the full length dummies. This

Continued on Page 62

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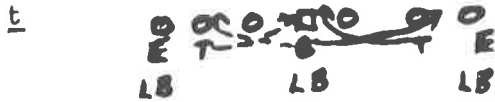
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53 MLB Blitz



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53 Outside Linebacker Blitz Left or Right



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"GO" CALL

If in the defensive huddle the end and outside linebacker do not have a call which concerns them, we give each the opportunity to workout between them our "Go" call. The linebacker or end will just tell each other "Go" and they will reverse assignments.

We can also have a blitz call for any of our three safeties but we very seldom will run them unless the situation is such that we need such a move. Our safeties play zone thirds for pass defense.

A key point of emphasis on any of the above mentioned stunts is that while each stunter is making his attack, he must maintain good body balance, his ear holes must stay parallel to the LOS.

We feel that by using a stunting defense, we become the attacker and put great pressure on the blocking assignments of the offensive line.



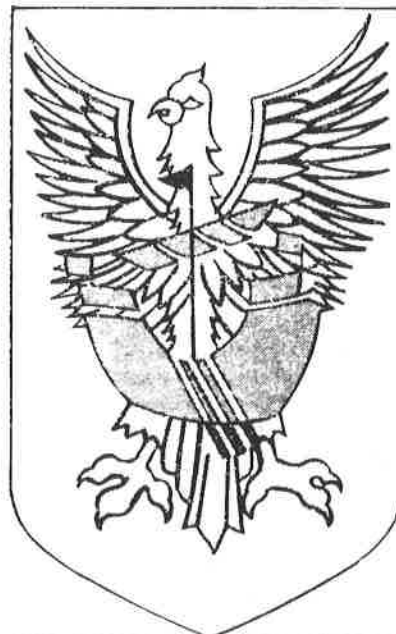
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the next week. Since we do not scout, we prepare a few simple defenses, stunts, and our special teams. We have our normal offense with hopefully enough blocking methods to move against every combination of defense. Even though we do not scout, I confirm a team's offense and defense with the varsity coach in addition to keeping a year-to-year record of the various offense and defense used against us.

Philosophy of Coaching Sophomores

I believe in the old, old philosophy of KISS. Keep It Simple Stupid! I think you can spend so much time reading keys that you do not play football! I am not saying that keys are not important, but we try to limit it to one or two per position. You can split so many people, pass and pitch the ball so often that the net effect is to lead the league in turnovers every year. My basic coaching philosophy is:

1. No mistakes—there are enough mistakes made in football that you can not do anything about! Mistakes that can be stopped include, but are not limited to:
 - A. penalties, offsides and procedural—They are not just part of the game; they can be eliminated.
 - B. fumbles—They usually are a result of carelessness or the type of offense; both can be cured.
 - C. interceptions—We believe in play-action passes, thus cutting down the chances of a turnover. Remember, when you pass three things can happen; two of them are bad!
 - D. blocked punts—We take things in order; first we block for the punter and secondly, we cover the punt—not the other way around.
 - E. running a play or a series for which you do not have the personnel.

2. Adjust your game to your personnel—if you are blessed with little football players, you might as well go with quickness. Our defensive tackles last year were 129 and 169 pounds (our biggest player). Many times they played against 200 pounds linemen and we had four shut-outs. (They can not hit what they can not) If you have no speed to the outside, do not run there. If your fullback is 128 pounds, like ours, do not expect him to blast-off tackle nineteen times a game. If you do not have a kicker who can kick-off thirty three yards, you might as well try a squib or on-side. They will probably return it to the 45 anyway. If you have a punt returner who can only catch one out of three, do not have him try

A special problem we have that makes the job more challenging is finding the correct position for each athlete as he comes to us. We have criteria for each position on the team and each position is different. A quarterback on one of the squads last year may be end this year; a halfback may become a guard. The chances are he will play this same position for the rest of his football days. We start our best eleven athletes, but we also play every squad member as often as possible.

In conclusion, as B-squad coaches we are a part of the over-all football program. The main objective of sophomore football should be to develop players for the varsity. But, at the same time, we should never forget the pride and comradery that can be developed at our level.

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highest academic average as a Varsity Athlete (George Myrum award)

Captain of Undefeated Gustavus football team in 1945



all-MIAC at tackle

His Mound Football team Won '62 Lake Conference Title (Smallest School in the Conference) Bob Gove of Mound Minn.



JACK MALEVICH—High School



JIM PEDERSON—College

Previous Winners...

1970

Ed Wiseth
Adrian Christenson
Jake Christiansen
Walter Hertz
Frank O'Rourke
Les Knuti
Bud Grant
Wendell Vlasin

1971

Manny Marget
Butzie Maetzold
George "Butch" Nash
Harol M. "Snooks" Sullivan

1972

Dick Wildung
Jim Lee
Jerry Krueger
William F. Broekmeier
Fred Vant Hull

1973

Earl Teas
Chuck Elias
Ralph Anderson
Jerry Dahlberg
Bruce Smith
Marv Helling

1974

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

1975

Art Haas
Les Nell
Bob Collison
Russ Helleckson
Dick Mahar
Bernie Lusk

GEORGE ROSCOE—High School



MURRAY WARMATH—College



Regional Coaches Of The Year

REGION ONE—JIM ROFORTH, Lake City

REGION TWO—LORNY JOHNSON, Lakefield

REGION THREE—GRADY ROSTBERG, Hutchinson

REGION FOUR—GEORGE THOLE, Stillwater

REGION FIVE—DICK WALKER, Richfield

REGION SIX—NEAL HOFLAND, Chokio-Alberta

REGION SEVEN—BOB SWANSON, Mountain Iron

REGION EIGHT—RAY KAVANAGH, Bemidji

REGION ONE—

JIM ROFORTH,

Lake City

For the second time in four years, Jim Roforth of Lake City has been named Region One Football Coach of the Year.

Honored in 1972 when his team had a 10-1 record, he received similar honors last fall when his Lake City club tied Stewartville for the Hiawatha Valley Conference championship, represented the league in a playoff game against Pine Island of the Wasioja Conference and posted a 34-7 victory to finish 9-1 overall.

Roforth's Lake City teams have enjoyed tremendous success in the last four years, holding a 34-5 overall record, and Lake City hasn't lost a football game on its home gridiron in six years.

Holder of a master's degree in counseling and guidance from Mankato State, Roforth also serves as athletic director at Lake City.





REGION FOUR— GEORGE THOLE, Stillwater

Winning Region Four Football Coach of the Year laurels for 1975 was George Thole of Stillwater High School, who guided his Ponies to the Class AA Minnesota State High School League championship when his team edged Richfield 20-17 in the finals.

Thole's Stillwater teams have won 28 of their last 33 games and the Ponies have a 14-game winning string heading into the 1976 campaign. When Stillwater went undefeated through the 1975 season, it was the first time it had accomplished the feat in 32 years and it was Stillwater's first conference championship in 22 years.

A native of Petaluma, Calif., and a former football player at North Dakota State University in Fargo, Thole coached at Central Cass in Casselton, N.D., before moving to Stillwater, where his teams were unbeaten for three years. He also served as an assistant coach at Richfield.

Thole's overall coaching record is 67-15-2.

REGION FIVE—

DICK WALKER, Richfield

Dick Walker, the Region Five Football Coach of the Year, has been at Richfield High School since 1970 and his six-year mark is 52-8-2.

During this period, Richfield has won four Lake Conference (Red Division) football championships, tied for the title once and won three Lake Conference crowns. Richfield has been in the Minnesota State High School League playoffs twice, losing to Minneapolis Washburn in the semi-finals in 1972 and to Stillwater in the finals last year.

Walker, a graduate of New Trier High School in Winnetka, Ill., attended Eastern Illinois University and received his master's degree from the University of Illinois. He never played high school or college football, but has always had a great interest in athletics and pursued it with a coaching career.

Following college graduation, he coached five years at Robinson, Ill., then two years at Glenbrook North in Northbrook, Ill., and then was head coach at Glenbrook South for six years, where his teams were 34-11-3. He taught and coached at Coe College in Cedar Rapids, Ia., from 1967-70 before moving to Richfield.





REGION EIGHT—


RAY KAVANAGH,
Bemidji

Ray Kavanagh, head football coach at Bemidji High School, has directed the Lumberjacks to a 22-6 overall record in three years at the reigns and his teams finished as Northwest Conference champions in both 1974 and 1975.


Chosen as Region Eight Football Coach of the Year for the 1975 season, Kavanagh was head coach at Roseau from 1956-68 and then moved to Bemidji as assistant coach. He moved up to the head job to succeed Red Wilson in 1973.

A graduate of Appleton High School, Kavanagh has a degree from Moorhead State University.

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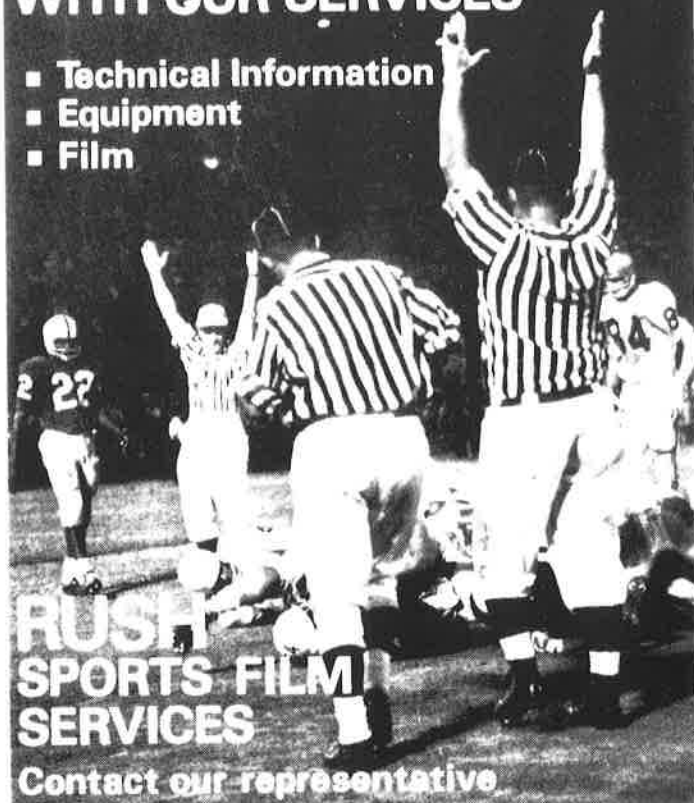
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Al Siegle, head football coach and athletic director at Pelican Rapids High School, credits Supt. Chauncey Martin and the Pelican Rapids School Board for their efforts in the development of the athletic area.

+++++

+When Park Rapids and Little Falls tied for the Mid-State Conference football championship in the fall of 1975, it marked the first time there had been a tie for the Mid-State grid crown since 1969.

Detroit Lakes and Wadena shared the 1969 championship with 5-1 records, while Park Rapids and Little Falls had identical 5-1 marks last year.

+++++

+Howard Emerson, veteran football coach at Warren High School, has stepped down from the grid coaching ranks, although he will remain on the Warren faculty.

Emerson, who coached at Plummer for three years

before moving to Warren, had an 89-50-5 overall record in 13 seasons as Warren's head coach.

+++++

+Joe Silovich, who directed his Audubon High School team to the Class Nine-Man state playoff final before the Zephyrs lost 42-20 to Ruthton last November, is inching toward the 100-win column in his career at Audubon.

Audubon's 10-2 record of last fall leaves Silovich with a career record of 87 victories, 18 losses and one tie at Audubon.

+++++

+Gary Gustafson, head football coach at North St. Paul, notes that it was extremely hard to choose a Football Coach of the Year from District 14 in 1975.

"Both George Thole, coach of Class AA champion Stillwater, and Gerry Brown, coach of Class A champion St. Thomas Academy, are from District 14," Gustafson says. "How do you pick a district Coach of The Year? Thole, of course, won the balloting, but Brown's record is also something that needs recognition!"

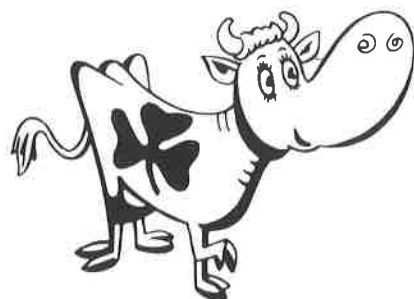
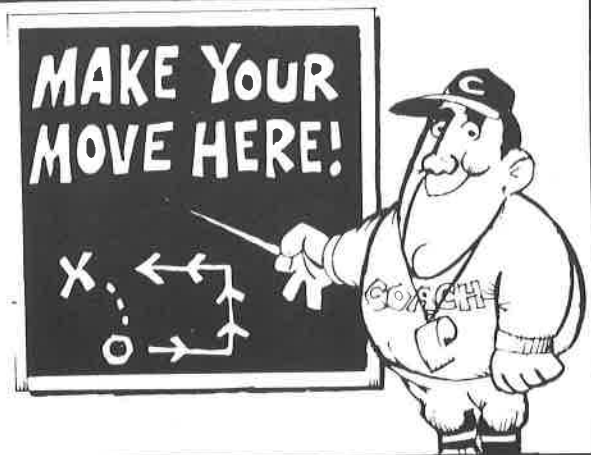
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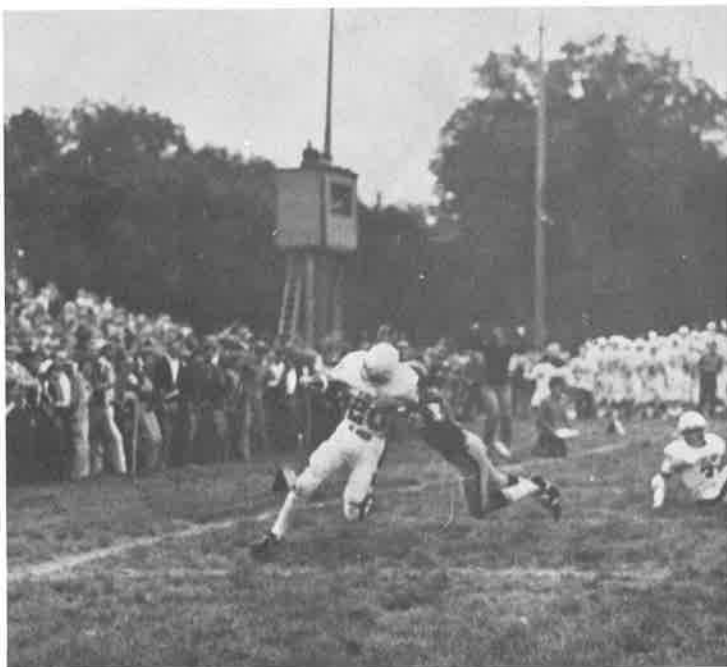


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The lone Mid-State Conference football loss for Little Falls during the 1975 season was 29-22 to Detroit Lakes and this photo shows speedy halfback Darrell Engen (34) of Detroit Lakes en route to a 58-yard touchdown run for the final score of the night. Brian Silbernack (15) was the closest Little Falls player to Engen as this photo was taken.



Senior halfback Gerald Dawald of Ortonville scored one of his two touchdowns here as his team defeated Glenwood 14-6 in the opening game of the 1975 season for both clubs.

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Junior Greg Johnson of Detroit Lakes, who gained 82 yards in 17 carries as Detroit Lakes handed Aitkin a 32-12 Mid-State Conference football defeat last fall, is shown here running past Martin Villiard (30) for a good gain.

NORTHWEST'S FINEST SELECTION

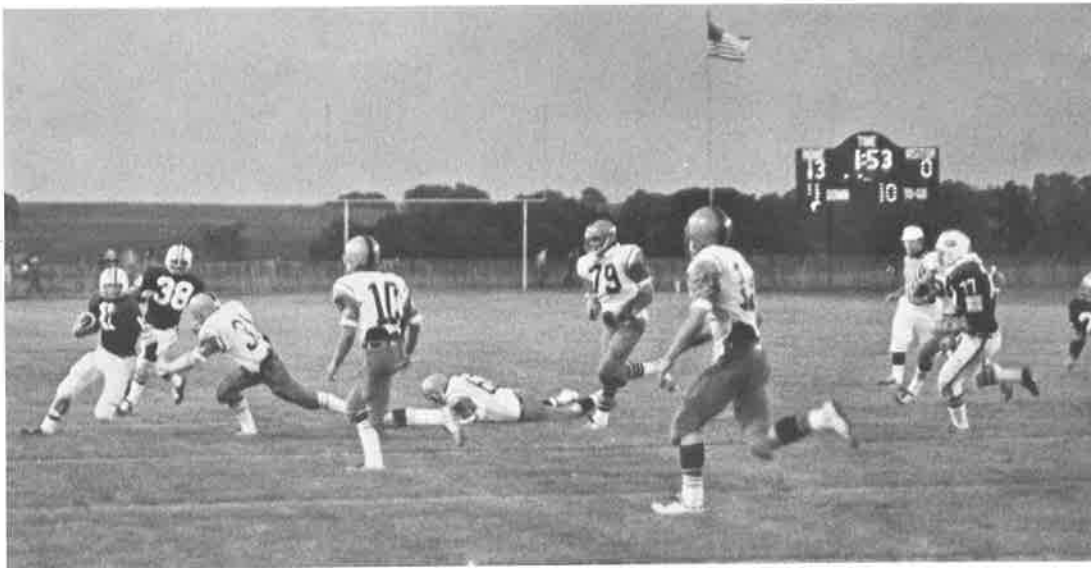


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Sauk Centre's John Welle picks up some of his seasons's total of 1,100 yards total offense as Sauk Centre tops Morris 19-0. Morris defenders include Steve Mau (31), Tom Beyer (79) and Vance Gullickson (10).



Brian Kaping (31), all-state back for Hutchinson, follows the blocking of Mark Madson (35), Channing Smith (60) and Scott Haag (69) during his team's 28-16 victory over Chaska. The win clinched the Suburban West Conference championship for Hutchinson.

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Red Wing's premiere fullback, Jim Kelly (dark uniform), takes on a host of Albert Lea defenders for a five-yard gain during the Big Nine Conference championship clash won 28-21 by Red Wing. Kelly rushed for a school record of 1,251 yards during the 1975 season.



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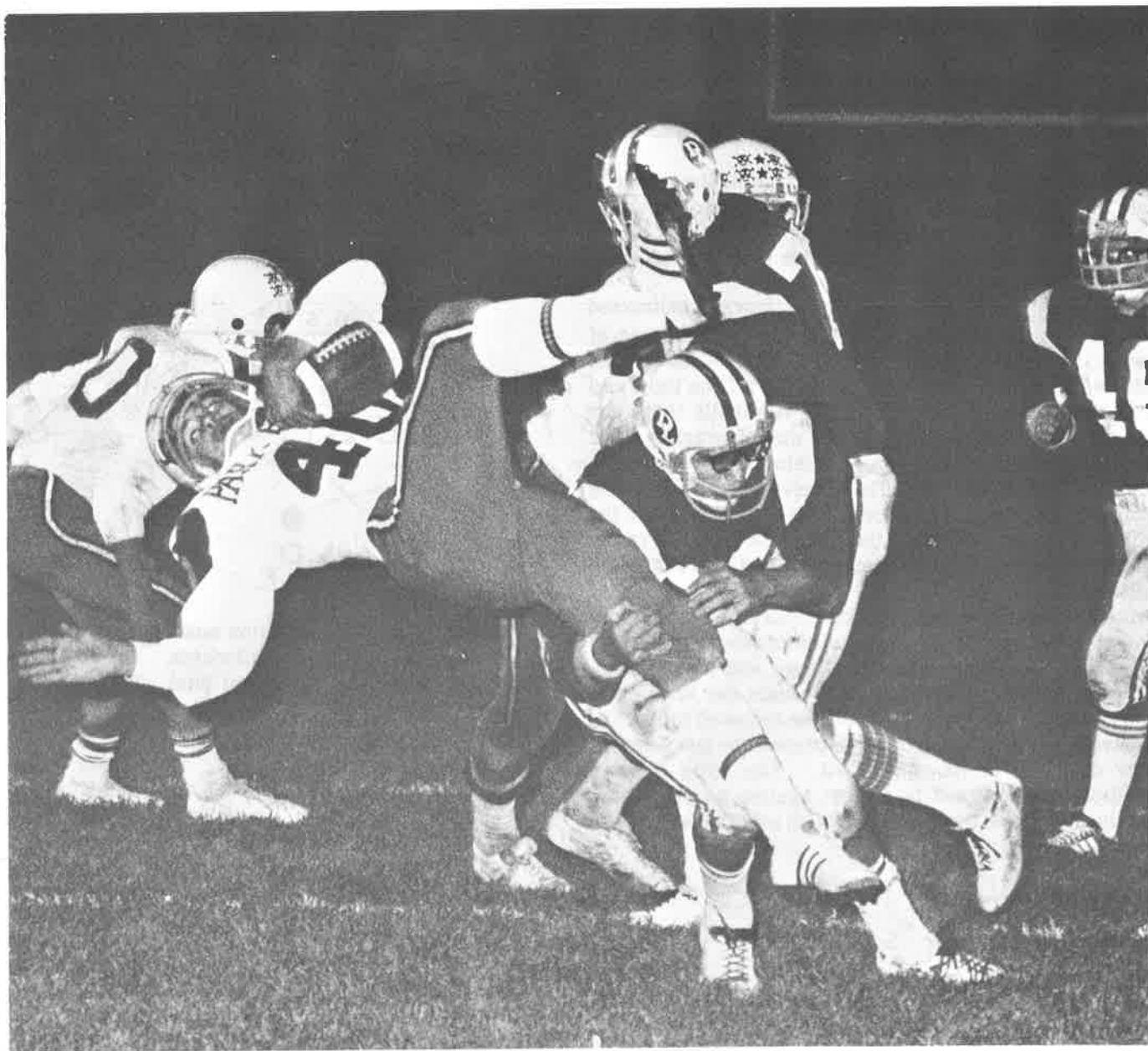
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Vance Olson, quarterback for Mountain Iron, cuts off the blocks of Steve Uliscin (48) and David Kishel (36) into a big hole as an unidentified Deer River player misses a tackle.

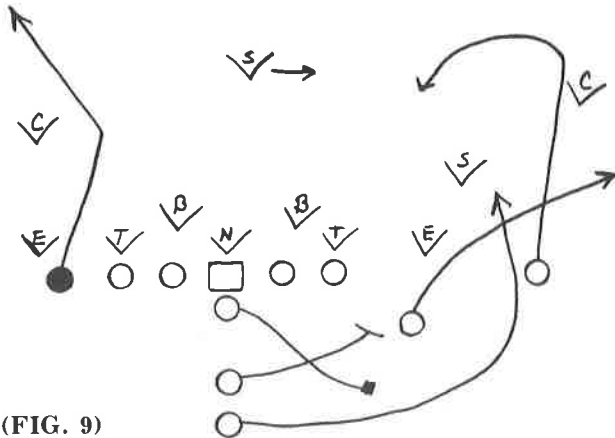


Bruce Johnson (20) of Red Wing is tackled by two Northfield defenders after picking up five yards in the season-opening game for both teams. Red Wing posted a 26-6 victory.



Defensive back Jim Anderson of Detroit Lakes jarred Kerry Ward of Park Rapids after Ward had intercepted a pass in a game between the Mid-State Conference rivals. Park Rapids, which shared the title with Little Falls, defeated the Lakers 28-6 after the teams had battled to a scoreless tie the first half.

The throwback pattern was eliminated on the backside, but we later found we could flood the zone on the sprint side. This forced linebackers to again cover on the tailback or fullback which is a difficult assignment. Eliminating the throwback, also caused some unique events on the back side. When teams rotated their secondary cover, we could beat them on the back side by altering our tight end's pattern. (FIG. 9)



(FIG. 9)

The change to a maximum protection sprint out also helped our running game, because teams became concerned with containing the quarterback. This opened up the defense for runs which counter from the original sprint motion. We used both inside reverses and wide reverses to keep the defense honest on the backside. (FIG. 10 & FIG. 11)

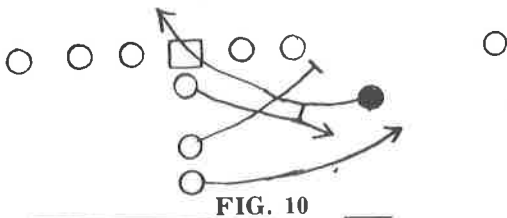


FIG. 10

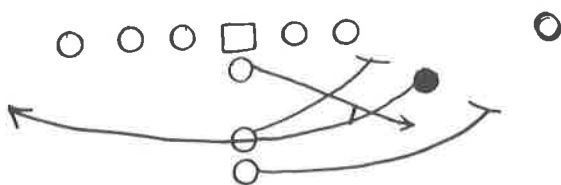


FIG. 11

You will find that by teaching the sprint out pass and the semisprint out, a two minute offense will be easy to install during the regular season. Simply altering patterns, and possibly changing formations to more of a pro attack, you will be able to play a wide open style of offense. (FIG. 12)

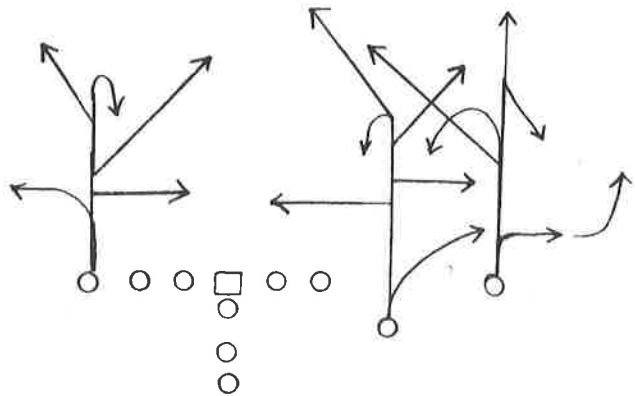


FIG. 12

You must be sure not to alter the cohesion of your attack. The running game must still compliment your passing attack, and the timing of your patterns have to develop with the same precision. In this way, during regular practice you will also be preparing a two-minute offense.

In summary, when we make plans to replace personnel with underclassmen, our task is simplified because of a consistent unified building program. Our organization begins with the seventh and eighth grades, where fundamentals are taught and terminology becomes meaningful. In the freshman and sophomore squads the style of play is taught and key players are selected on their attitude, ability to work hard, and a love for the game. Finally, the selection of offense or defense must reflect the philosophy of the coaching staff. The main objective should be to keep players comfortable while learning. This is done best when the habits they have learned from one series of plays can overlap to help learn another. We believe these objectives enhance the success of our varsity program. The sprint out pass techniques are one of the things which have made our football program more enjoyable to players, coaches and fans.



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Sprint Out Drill (Diagram 4)

Once receivers and quarterbacks are adequately loosened up, we work on our sprint out passes for approximately 10 minutes. We have two sets of centers and quarterbacks, with the quarterbacks sprinting out and throwing alternately to a wide receiver and a tight receiver.

Most of the time we will have the wide receiver running an 8 yard sideline pattern and the tight receiver will run a 45 degree crease pattern looking over his outside shoulder. The quarterbacks will take several throws sprinting in one direction and then will switch and roll the other way.

We emphasize that the quarterback must sprint out at full speed, that he should reach a depth of five yards at a point behind the onside tackle, that his hips are parallel to the line of scrimmage on the throw, and that he keeps the ball up in a throwing position as he sprints so he can release the ball quickly. Sometimes the crease receiver will be open after the quarterback takes only three of four steps so he must be prepared to throw to the inside receiver almost as soon as he leaves the center. When throwing to the wide receiver running the sideline pattern the quarterback should release the ball just as the receiver plants his foot to make the out break. This pattern has been our basic sprint out pass so we want all of the elements of the pattern to be so well rehearsed that they are nearly automatic.

**Diagram 4
Sprint Out Drill**



QB's Sprints out both ways to depth of 5 yards, have hips parallel to line of scrimmage on throw. QB's throw to wide receivers running crease on alternate throws. Receivers waiting in line are kept 6-7 yards deep so they won't interfere with QB.

These are but two of many passing drills we use to develop the critical mechanics of our passing game.

Once we have sold our philosophy to the players and have made what we feel are proper player selections we then put into effect our basic pass patterns. We have taken Southern Cal's patterns and employed them totally. It is a very sophisticated attack and somewhat of a challenge to teach. However, once it is properly installed it has many dimensions by which it allows you to exploit the defense. I'm sure there are many other pass offenses just as sophisticated and effective.

At Jefferson we strongly believe that it is the selection of personnel and the high standards of mechanical performance of those individuals selected that make a successful passing game possible.

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"38" (Figure 7)

"38" is our sweep and fourth basic play. This play is very effective when we get a tough defensive end who is trying to close down the off-tackle hole to prevent us from running "36". The blocking is designed to seal the defense to the inside, kick out the contain man with the 4-back, and then turn the guards and 3-back up into the alley which is created. The QB reverse pivots to point about 3 yards directly behind the center, hands the ball to the 3-back, then bootlegs into a passing position.

RIGHT FORMATION 38

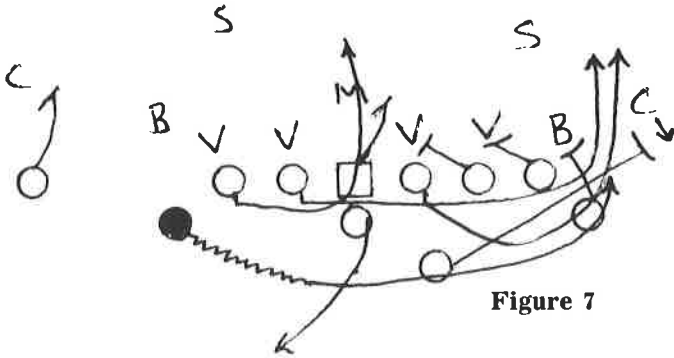


Figure 7

should also mention that our passing attack has been very effective as we run all play action type passes, throwing primarily the high percentage pass, that is, the short pass we feel we can complete 60 per cent of the time.

In closing I want to say that no matter what formation you choose to run, you must still have the "horses" and must be able to get the maximum use of their talents. With this offense, I believe that you can get by with less "studs". With our high school limited practice schedule we feel, because of our offense, we are able to spend more time in other aspects of the game.



LAST REMARKS

As mentioned earlier, from year to year we have four others each season, primarily to the split end side. I

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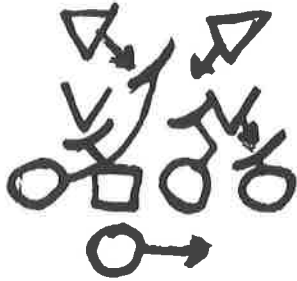


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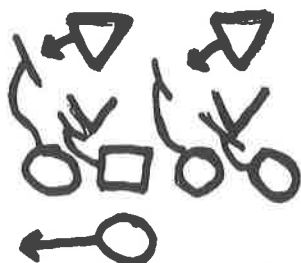
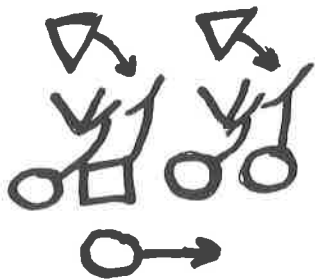
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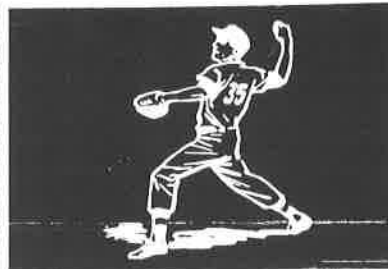
The play is executed very tough with a coach on the LOS checking the team takeoff. Everyone carries out his assignment until the coach sounds the whistle. The players become conditioned to an all out effort that doesn't stop until the play is over.

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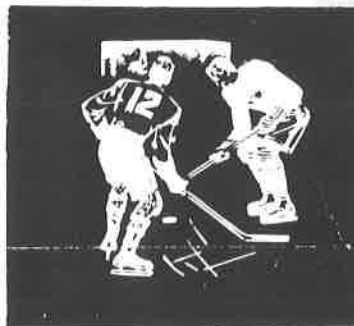


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