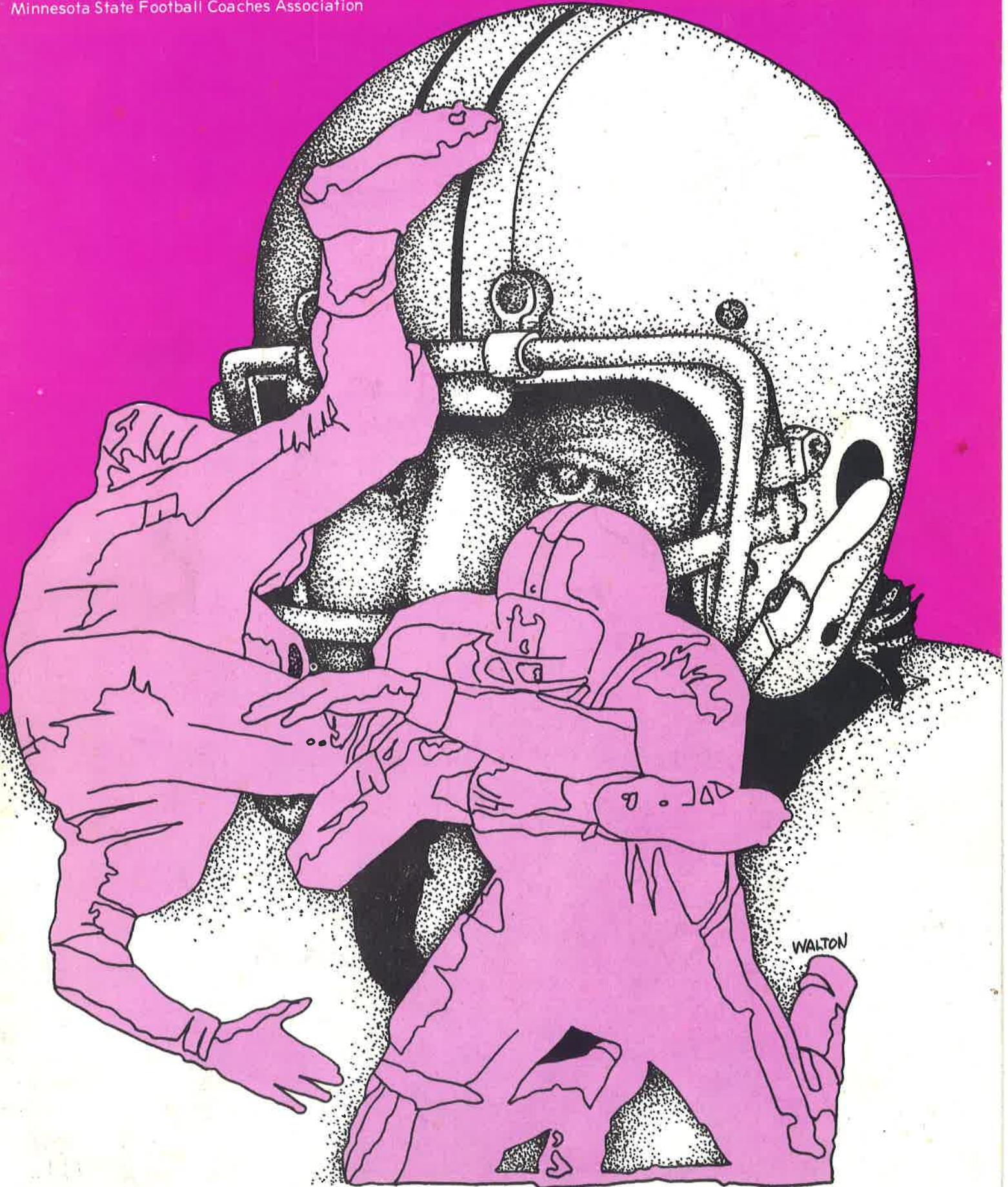


1975

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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.

Editor — Dwaine Hoberg  
Moorhead State College

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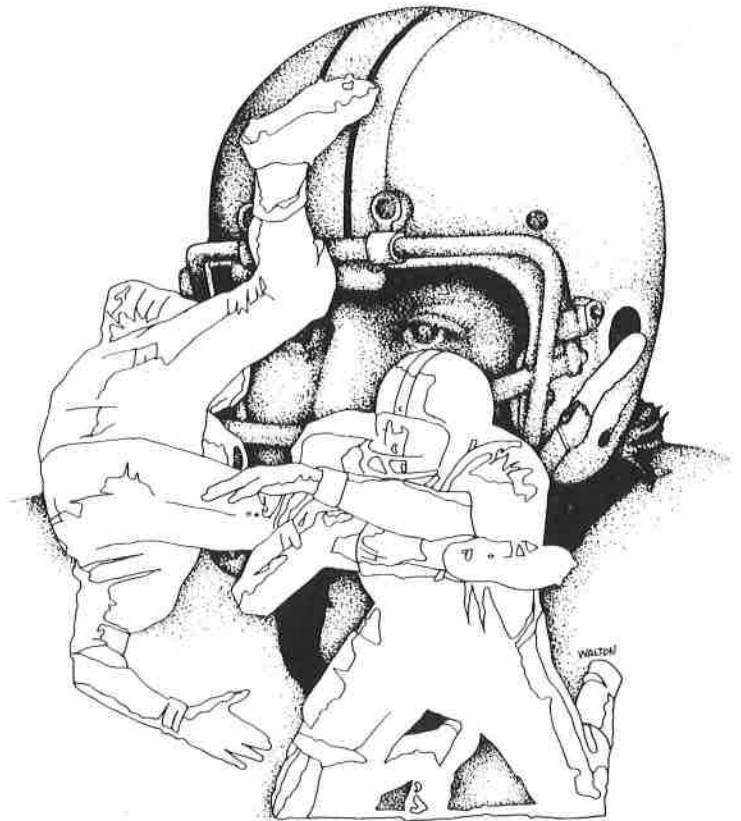
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Bob Walton, assistant football coach at Fargo South High School, designed the cover for the 1975 Football Magazine. A former assistant coach at Moorhead State College (under Dwaine Hoberg, editor of the Minnesota State Football Coaches Association publication), Walton has done a great deal of professional art work. His works include several devoted to various athletics.

# Presidents Message . . .

**DON L. SWANSON, MINNEAPOLIS HENRY  
PRESIDENT, MINNESOTA FOOTBALL  
COACHES ASSOCIATION**

A time to reflect one's thoughts on the past year spent in this capacity. A great experience but always the feeling that you haven't really accomplished all the things you would have liked to have done. A year is relatively a short time and really does move by quite rapidly.

This is an organization we should all be proud of and consider it a privilege to be a member of, it is a group that is not standing still, but constantly moving forward. The progress that has been made in the State Play Offs, the Shrine all-star game and football in general in the State of Minnesota are things we can all be proud of.

As president of this group I think it is only fair to say that one needs a lot of help in this position to make this organization function. I have had outstanding contributions from people such as Chuck Elis and Jerry Peterson, our two co-secretaries this past year. Past Pres. Bob Ray and Ron Raveling and Committee Chairman Bill Herzog of the Hall of Fame and all the Region and Distric Rep. for their cooperation.

We always are indebted to the Univ. of Minn. and Cal Stoll and his staff for their annual clinic and the fine job they do.

A tremendous contribution every year is the job done by Dwaine Hoberg in editing our annual publication and the envy of many states around the country.

We are always striving for 100 per cent membership and if there has been a disappointment in the job, membership would have to be it. The magazine alone, should be an incentive for all to join, with its worthy contents.

In closing, thanks to many people, who have helped keep our organization moving, the "M" Club, the radio and television people, and the many high school sports writers who have given our teams reams of publicity during our football season.

I have sincerely appreciated this opportunity to serve as president of this fine organization and to associate with the great guys that are coaching football in the State of Minnesota.

Don L. Swanson



## About The Author . . .

Don Swanson, president of the Minnesota State Football Coaches Association for the past year, is a graduate of Minneapolis South High School and Gustavus Adolphus College and has been coaching in Minneapolis for the past 20 years.

Head coach at Minneapolis Henry High School, Swanson was the Minneapolis Coach of

the Year and Region Five Coach of the Year in 1973 and was a coach in the Shrine All-Star Football Game last July.

Swanson was captain of his high school football, baseball and tennis teams and played on four football championship teams at Gustavus Adolphus. He was captain of the team his senior year and earned all-conference honors.



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# BEMIDJI FOOTBALL PROGRAM

RAY KAVANAGH, HEAD COACH

BEMIDJI HIGH SCHOOL

During the present era when the public and school administrations are extremely concerned with costs of athletic programs, it becomes necessary for coaches to streamline and dovetail their programs to fit established budgets. The intent of this article is to explain the football program at Bemidji that has met the needs of the students and yet has fit into the scheme of the total educational picture for the school district.

When establishing a football program, one must be concerned with the educational objectives of the school, public support, and whether or not the program culminates in a successful manner. This will vary from one community to another.

We at Bemidji are no different than most other schools because there is concern about financing all athletic programs not just football. We have flag football in our elementary schools and their programs are run separately from the junior and senior high programs. The supervisors of the program are assigned by the elementary schools.

Our program first introduces tackle football to our students in junior high. We have two coaches assigned to the seventh grade squad and the numbers vary between fifty

and sixty-five. These numbers are staggering when one sees the two people organizing and setting up a practice schedule for the entire group.

We have been fortunate in the past to have student teachers in our system who have volunteered their services and have helped immensely in coaching. In most cases these volunteers are interested in coaching at some level once they have graduated from college.

The seventh grade uses the same numbering system that the senior high does, but they do change the backfield sets so not all teams in the program run the same plays. The coaches break the players up into teams of equal ability. The number of teams vary from year to year with the number of players involved.

The seventh grade plays a round robin schedule and have a play-off to end the season. The games are played on Tuesday night under the lights so parents have an opportunity to watch.

Our eighth grade program is run in the same manner and is also based on the intramural concept.

We have had people working in our seventh and eighth grade programs that have excellent football backgrounds and they take a real interest in seeing how much progress can be attained from the start to the finish of the season. Year after year I'm amazed at skills and interest that is developed in this program.

I'm asked frequently why we don't compete with other



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schools with our seventh and eighth grade teams. I think some answers are evident by the forementioned information. Other reasons are: no transportation costs involved in the program. Our nearest opponent would be in the area of fifty miles and to complete a schedule, we would have to travel nearly one hundred miles one way. Without the added costs of travel we can supply good equipment to each boy taking part in the program.

Also, every boy out for football at this level gets a chance to play in the games each week. Boys of that age are participators and it gives a large number a chance to develop football skills.

If there is one area where any athletic team receives criticism from parents, it is when they (parents) make an effort to provide their boy with the opportunity to participate in a sport and then when games roll around, he doesn't have a chance to play. There might be many reasons from the coaches' standpoint why he doesn't play, but those reasons are hard to comprehend by the parent.

The seventh and eighth grade program described has been in effect for many years in our system and for the reasons I have mentioned has been a successful one for us.

When a boy reaches the ninth grade he then becomes involved in our interschool program. The ninth grade plays a seven game schedule. We have two coaches plus one or two student teachers working with forty to fifty boys.

By the time a boy reaches the tenth grade, he has a relatively good idea whether he wants to continue with a competitive program on an interschool basis.

Our tenth grade team plays an eight game schedule and our experience in the past few years is that once they start in the sophomore program, they stick with it for the year. We have had very few dropouts and in some years have actually seen an increase in numbers from the start to the end of the season.

We do not play a junior varsity schedule for the obvious cost and travel reasons.

Our varsity has consisted of from forty to forty-five members of the junior and senior class. By the time a boy reaches the eleventh grade he has made fairly sound commitments to the football program. He has worked on weights during the off-season and if he participates in other sports, he works on weights when he finds time. In some cases the summer months is the only prolonged period when he can work in the weight room. Our physical education classes do offer a certain amount of weight training. In the past a conditioning program has been offered by the school during the summer months. In this program they work on weight training, speed and ability.

It is our contention that we need from twenty to twenty-five seniors each year if we are going to be able to compete in our conference.

As you realize by now, we are not over-supplied with coaches, but through organization we are able to provide a football program for all boys in our school that are sincerely interested. Our football staff consists of four coaches in grades ten through twelve and two each in grades seven, eight and nine, plus the volunteer student teachers we get each fall. If your school participates with teacher training institutions and you need more coaching help with your football program I would recommend you check with the supervisor of student teachers in the college involved with your school; and they can recommend people who would be willing to help coach in your program. It gives the student teacher a chance to get coaching experience; and we have been fortunate to have people who have been outstanding individuals.

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# Monticello's Wishbone Defense

DICK BAKKE, HEAD COACH  
MONTICELLO HIGH SCHOOL

*About The Author ...*

I am a graduate of St. James High School where I lettered in football, basketball and track and played my last year for the late Terry Haws and was named to the All-State squad in 1957. I played my college ball at Gustavus Adolphus under Dr. Lloyd Hollingsworth and Don Roberts. I coached my first two years at Belview High School before coming to Monticello in the fall of 1965.

Since coming to Monticello we have won or shared the Wright County Conference title eight out of ten years and at one time had a string of 40 games without a loss. During my stay at Monticello we have had a total record of 76 wins, 12 losses and three ties for a winning per cent of 85. Last year we tied for the Wright County title with Howard Lake and defeated Frazee in a playoff game 24-0.



Defending the wishbone has probably caused coaches more sleepless nights than any other new offensive set in modern football. We at Monticello certainly don't pretend to have all the answers to stopping this explosive offense but we have had excellent success with our wishbone defense in recent years. In four championship games against fine clubs over the last two years we have only given up two touchdowns and a field goal from the line of scrimmage.

We feel that one of the most important elements in defending the wishbone is to give our defense a complete understanding of the wishbone triple option theory and explain to our defensive captains what particular defense to call in every situation including field position and why.

The Monticello wishbone defense has certain real advantages against the wishbone. Some of these advantages are:

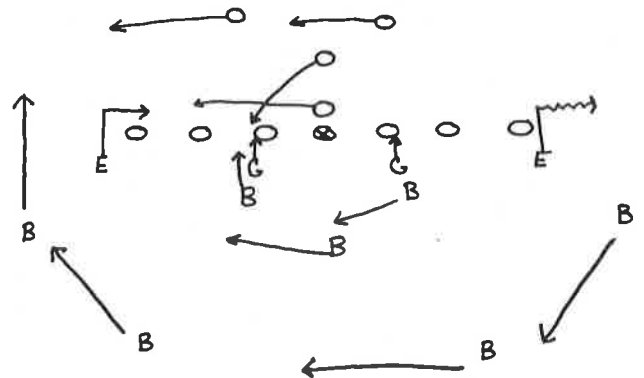
1. We have great pursuit with three inside linebackers
2. We have ample penetration with our defensive guards and ends.
3. The defense causes confusion in the wishbone blocking assignments.
4. Our pass defense has been sound and it is easily

adapted to sure passing situations.

5. This defensive set gives us many potential stunts and variations.

6. Although the wishbone offense usually places a great deal of pressure on containment for most defenses, this has given us very few problems.

When we play this defense straight the individual positions are played in this manner: (Diag. 1)



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**Guards** — The guards will line up slightly outside the offensive guards and penetrate after delivering a blow on the outside shoulder of the offensive guard. If this man is taken to the inside it must be by the offensive tackle and he must keep the guard off of our stacked linebacker.

**Ends** — The defensive end has perhaps the most complex assignment on this defense. The defensive end keys the quarterback and comes down hard on the quarterback if the triple option or roll come his way. If the quarterback pitches the ball his assignment is to tackle the quarterback in such a way that he will remember. If the backfield flow goes in the other direction he has the quarterback on the bootleg. If the flow goes the other way he is responsible for screen reverse or transcontinental type of pass route. On a power play off tackle he must close down hard and on a straight drop back pass pattern he must pressure the passer.

**Cornerbacks** — The cornerbacks also key the quarterback and have constant responsibility when the triple option, roll out or sweep come their direction. One a straight drop back pass they have flat zone coverage and when the flow goes away from them they rotate into deep zone coverage. It is extremely important for the defensive cornerback to distinguish between pass and run. If the quarterback fakes to the fullback and drops back to pass they simply play zone pass defense. If the quarterback continues down the line with the ball the rotation action begins immediately.

**Halfbacks** — Our halfbacks also key the quarterback and will either play straight zone coverage or rotate on the triple option, roll out or sweep. It is equally important for the halfbacks to distinguish between run and pass. As in the

case with the cornerbacks they will only rotate if the quarterback continues down the line with the ball after faking to the fullback.

**Inside linebackers** — If the opponent has a stud in the backfield that we must stop we will key these men on him. We prefer to key the fullback with these men and look through the fullback to the far halfback to read counter. If the fullback comes his way he will tackle him immediately on the triple option. If the fullback goes in the opposite direction he will check counter and then pursue. Pass coverage is the curl zone.

**Middle linebacker** — Our middle linebacker will line up four yards from the offensive center and look the quarterback straight in the eyes. If you have an outstanding defensive ball player this is the place to play him. He must stop anything up the gut, play zone pass coverage in the middle and he must pursue. He also keys and reacts entirely upon the action of the quarterback.

At Monticello we believe that we cannot possibly play this or any other defense straight during and entire ball game and not have the opponent pick it apart. For this reason we have many variations but we also attempt to keep the terminology as simple as possible, so that the boys can concentrate on hitting and playing football instead of thinking and hesitating. In a school our size where our best football players must play both ways we think this is very important. Our defensive signal caller simply begins by identifying the defense as wishbone and from there we add three term. These terms are blow, loop and bullet. When we use the term bullet our backs immediately know that there

CONTINUED ON PAGE 44

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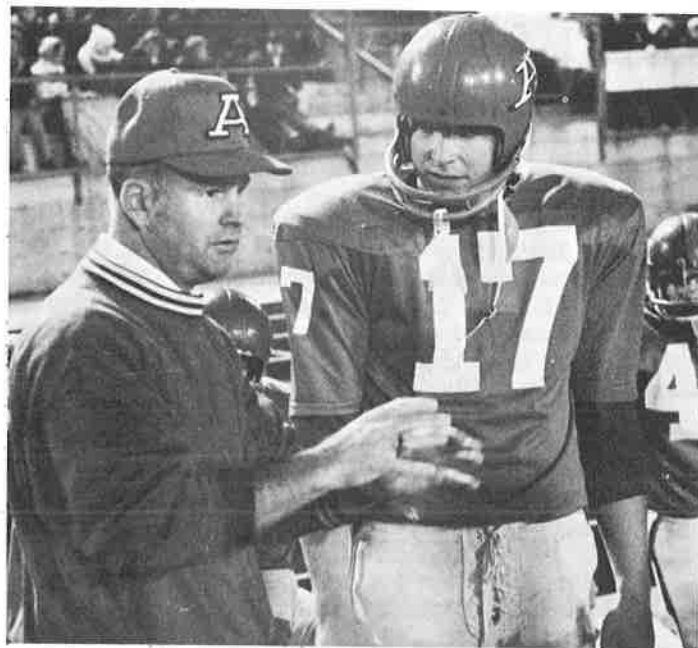
ED CHRISTOPHERSON, HEAD COACH

ALEXANDRIA, MINNESOTA

## About The Author . . .

Ed Christopherson is in his eighth year as head coach at Alexandria. His teams during the 1973 and 1974 seasons compiled a total of 18 wins against only 3 losses, with the 1974 team winning the West Central Conference title and going on from there to win the Minnesota Class A Championship. During the undefeated championship year

Alexandria's defense was unscored upon in 7 of the 12 wins and their offense outscored the opposition 299-58. Prior to coming to Alexandria, Christopherson coached 2 years at Rugby, North Dakota and 3 years at Lisbon, North Dakota. Since coming to Alex, Christopherson has had three All-Staters on his teams.



Alexandria Coach Ed Christopherson and All-State quarterback Bob Believeau discuss strategy during the state tournament semi-final game against Albany.

Over a period of time every coach experiments with various offensive and defensive alignments, but more often than not returns to a basic pattern for which he can be identified. Although at Alexandria we have used several offensive sets over the years we have found the I formation to fit in well with our system. In recent years Alex has gone almost exclusively with the "I" offense to maintain continuity from year to year, starting in the junior high school program and up through the varsity. It is our experience that our sophomore athletes are blending in more readily to the high school program with the back ground they now have and that we are now able to refine and improve our offense with the increased knowledge and experience our players and coaches have with it. Certain other offenses that we have employed, such as the Wing T, have given us added dimensions, but we find a great deal of versatility in the "I" for our ground game as well as for a passing attack.

The trademark of the 1974 State Championship team had to be the power I formation with two tight ends and the triple option as its basic attack. On occasion the "Pro I" was utilized, as well as a spread formation similar to that

used by Nebraska. The power I lent itself very well to our personnel in 1974 because we possessed strong blockers from tackle to tackle, making our inside running game successful. Also, in the last few seasons we have had to cope increasingly with very strong stunting defenses, and the added blocker gained with the power I backfield has allowed us to be more effective against stunting teams.

The Alex inside running game is nothing unique in that we utilize double team blocking along with isolation blocking (which we call "blast" plays), sending the fullback and sometimes the halfback through a hole leading the tailback.

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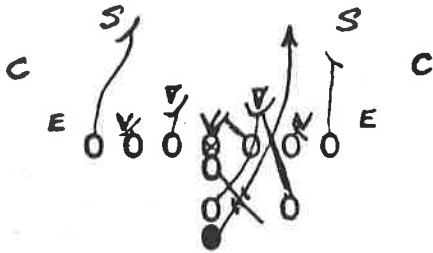
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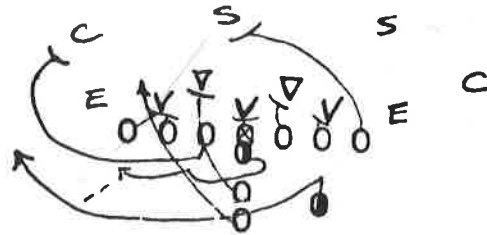
We do feel, however, that our fullback must be a real threat as a ball carrier to make the option succeed and we may utilize cross-blocking techniques and-or a halfback lead to set him up for the triple option.

Similarly we set up our weakside option with the blast play away from the halfback over guard or tackle, especially when an opponent overshifts their defense toward the backfield strength.

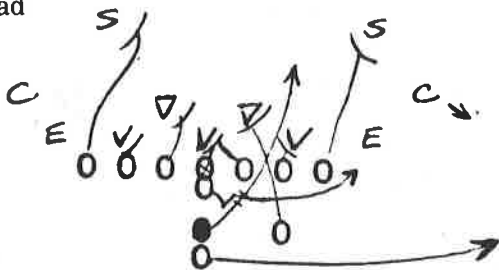
24 Blast



23 Blast Option



34 halfback lead



Prior to the 1974 season we had used the option, however we did not have the success with it that we had enjoyed in 1969 when the option was instrumental in helping us set several conference rushing and scoring records. During the time when we were poorly executing the option our opponents were concentrating on taking away our inside game and concerned themselves very little with the need to prepare for anything going to the outside. And since in recent years we have not been blessed with a tailback of blazing speed to get to the outside, our offensive philosophy

CONTINUED ON PAGE 46

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PRESENTS...

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# Philosophy Of Football Coaching

NORMAN WAGNER, HEAD COACH

FISHER, MINNESOTA

## About The Author ...

Graduated from Bemidji State College in 1953. Lettered two years in football and four years in basketball. Taught and coached in Fisher High School since the fall of 1953. Started the football program in 1957 and have been the only football coach they have had. First year we had a 2-14 record; second year we were 7-7; then for three years we had trouble keeping the program going, but in 1962 we were undefeated and have had only one losing season since that time. We have had three undefeated seasons, capped

by last year's team playing in the finals of the nine-man football division where we were defeated by an excellent Lake Benton team. Our overall record for eighteen years of football is eighty-eight wins, two ties, fifty losses. We are a member of the Agassiz Valley Football Conference. Nominated Coach (Football) of the Year for District 31 (1974). Presently President-elect of the Minnesota State Coaches Association and will be President this coming July first.

We believe that football should be fun. We believe that the games should be looked forward to with great anticipation. This theory is carried out throughout the whole fall schedule. Most of our players are farm boys who have to work right up to school time. We feel, if we tire a boy out in football practice, his job will suffer, and we like to have rapport with the parents so that they will not work them so hard that they are no good at football practice. We practice about an hour a day, even in conditioning. After the season starts the only days we may practice a whole hour are Tuesdays and Wednesdays. We scrimmage very little during the week and by Friday they can't wait to play. We have always felt that when you told a player to shower and he wanted more practice that it was the right time to quit practice. If you told a player to shower and he couldn't run fast enough to get there, then we had practiced too long. We

would much rather go into a game with complete enthusiasm to play rather than work them to death trying to prepare them for something that might not happen. Desire makes up for a lot of technical deficiencies. We have only two requirements to play football at Fisher High School. One is that they are in practice every day and the other is that they are not afraid to hit. When they prove to us they want to hit we find them a place to play. It has worked so well for us that we have been able to platoon for four of the last five years and interest in football at our school is very high. About sixty-five per cent of the boys in grades 7-12 come out for football.

We also believe that the captains should have responsibilities that they are completely in charge of. Our captains are completely in command of the calisthenics every day and for the general atmosphere at practice. Before games we go over the pre-game routine with the captains and they are responsible to see that it is carried out. We, as coaches, never go out on the field before a game. We have even had great success in having our captains talk to other players who may take training a little lightly.

With this philosophy we had to find an offense that was easy to learn and execute, so about twelve years ago, after using the split-T offense for six years, we began looking for a new offense that would be simple, yet fairly exciting for both the fans and the players. We came up with an offense known as the slot-T. Not a new idea but one we adapted to fit our particular needs for Nine-man football. Our backs have only three running plays each, but they go either direction. Our basic line-up shifts either right or left at the quarterback's direction (Figures 1 & 2). We call our backs: Quarterback (No. 1), Halfback (No. 2), Fullback (No. 3), and Slot Back (No. 4). When we shift from right to left, the center, two guards, and the quarterback are always in the same spot, but the ends and other three backs take the corresponding position. In other words, the tight end is always tight end whether we are right or left, same as the split end, halfback, fullback and slotback are always in that particular spot whichever way we shift. This way each back

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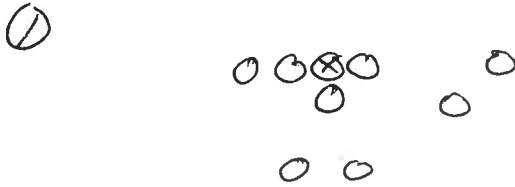
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need only learn three plays, whether they go right or left. We number our plays simply by numbering the slots to the right, 2-8, and those left, 1-7. When our quarterback calls a play he just calls the shift (R or L), then the number of the

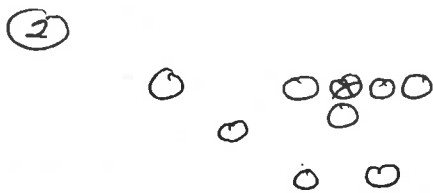
play, and the count. We do not make man-to-man blocking assignments for either backs or linemen. We only give them the spot we are going to run and the blocking is up to them. You would be surprised how effective this can be when they have to do a little thinking on their own. We would rather assign areas of responsibility than a particular man. If a defense changes every play or so it doesn't really disturb us because we are only concerned with the hole, not the man.

When we started this offense we felt we had the personnel to fit the requirements of the different positions. It's rather amusing to us some of the things that have happened at the

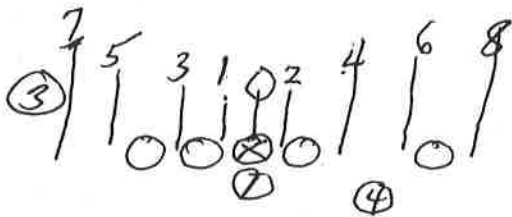
CONTINUED ON PAGE 47



Slot-T-Right



Slot-T-Left



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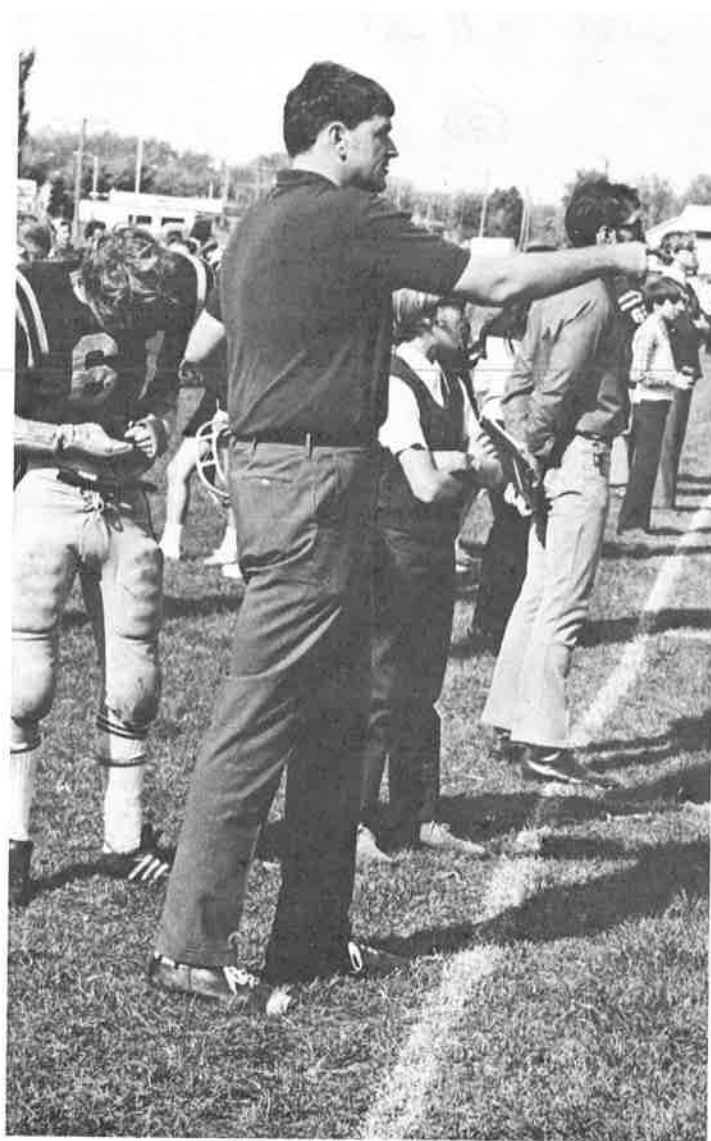
## About The Author ...

John Gross graduated from Hayfield High School in 1960. He lettered in both football and basketball at the College of St. Thomas, receiving his Bachelor of Science degree in 1964. He coached football, basketball, and baseball at Faribault Bethlehem Academy for three years before moving to Medford High School in 1968. His 1970 football team was undefeated, untied, and allowed only six points during the entire season. His 1971 team established a new record by winning thirteen straight

games in Gopher Conference play over two seasons. Gross received his Master of Science degree in history from Mankato State College in 1971. He works part-time for the sports department of KDHL radio in Faribault; doing color on St. Olaf College football broadcasts and "play-by-play" of area high school basketball games. John Gross is a member of the Minnesota State Coaches Association, the Minnesota High School Football Coaches Association, and the Minnesota Education Association.

I would like to share with you some offensive ideas which have proved successful for our football team during the three seasons we have used the unbalanced line offense. - While on a summer vacation several years ago, I had the good fortune to attend the Ohio High School Football Coaches Association clinic. I was tremendously impressed with a presentation on the unbalanced line attack by a coach who had experienced great success using it at the high school level and later at the small college he had moved on to. Since we were already using basic Wing-T and Power-I principles from a balanced line, his material tied in very closely with my own theory of combining the advantages of these fine and proven systems into one simple and consistent offense that would be somewhat different for each of our opponents to prepare for. Therefore, most of the techniques covered in this article have been "borrowed" from a number of different coaching associates, clinics, and publications. I wish to take very little credit for developing what I believe is a very unique and highly effective method of controlling not only the football, but more importantly, the defensive strategy and tactics used by your opponent.

The major reason why we decided to change our style of attack to the unbalanced line, are the many new and varied problems it immediately creates for a conventional defense. We attempt to force the defense to adjust in order to stop our strongside power plays, but when they do this, our opponents usually find themselves weakened against the quick-striking shortside plays we will then use. By flip-



John Gross, head coach of Medford giving sideline instructions. Jim Slifka, assistant coach with clipboard.

flopping our offense, we further complicate the opponent's adjustments, keys, and coaching problems, while at the same time, we are able to simplify our own assignments. A second reason is that we are probably the only team using this kind of attack each of our opponents will see during the entire season, and this forces them to spend valuable practice time preparing specially to play us. Finally, because we are a small high school (Class "C") with limited

depth and ability of our players, we are convinced that year after year, this system provides us with a very basic ball-control offense necessary to win consistently. I really believe that any high school adopting this system can achieve success moving the football with young men who possess only average size, speed, and quickness.

The biggest problem the unbalanced line offense presents for the coach using it, is not knowing for certain from one opponent to the next, what kind of defensive alignment or adjustment his team is going to see until actually meeting them on the field. This is the main reason why we flip-flop and utilize a pattern blocking system, although we do use specific blocking calls on some plays.

Another slight disadvantage we have found using this system is the difficulty in executing a good drop-back passing attack. However, we have discovered that using strictly play-action passes closely related to our most successful running plays, is an extremely potent offensive weapon. We have thrown for 26 touchdowns and averaged slightly better than 57 per cent in pass completions over the three seasons we have relied entirely on a play-action passing attack.

Our basic formations and the terminology we use to call them are shown in Diagrams 1, 2, 3, and 4. The holes on the strongside are always designated by even numbers and those to the shortside by odd numbers, even when we flip-flop the formations from "East" over to "West," or from "North" over to "South." Our quarterback is always numbered one, the slotback two, the tailback three, and the fullback is four.

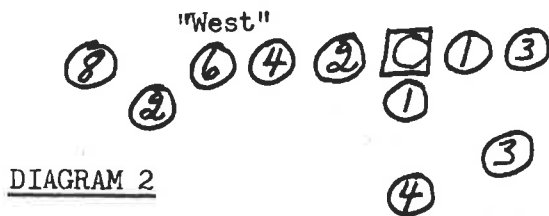
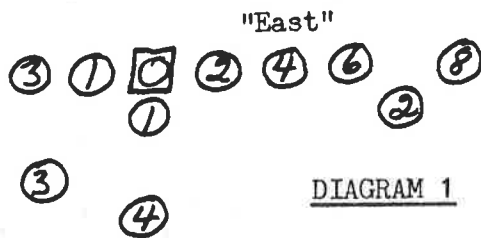
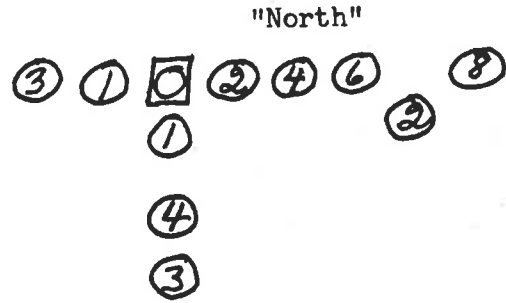


DIAGRAM 3



CONTINUED ON PAGE 48

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# Jr. High And Jr. Varsity Football

SID VRAA, HEAD COACH

NEW LONDON, MINNESOTA

## About The Author . . .

Sid Vraa, head football coach at New London-Spicer



for the past 12 years, is a graduate of Thief River Falls High School and Moorhead State College.

His New London-Spicer teams have won five conference under Vraa championships and the school's overall coaching record under Vraa is 73 wins, 35 losses and three ties.

Prior to moving to his present post, he coached three years at Browns Valley, where the school won one conference title and had an overall record of 14-10-1.

One of the main reasons, I think, for the success of football at New London-Spicer has been the comprehensive junior high program and a junior varsity program that was begun about eight years ago. In the following article I would like to explain these programs and the part they play in our total football program.

Most kids in school need some sort of competition and need a chance to excel in a way that will give them confidence, pride, and sense of accomplishment. Knowing they have achieved this in some way, no matter how insignificant it may seem at the time, will no doubt better prepare a person for what lies ahead after graduation from high school.

Everyone is competitive and wants to achieve a degree of success in his own mind in whatever he may pursue. Competition may come from many activities such as: music, dramatics, academics, club membership or athletics. I feel athletics and particularly football is one of the ways in which a boy can achieve this success.

Our football program at New London-Spicer starts on a competitive bases in the junior high school. We do not have an organized program in the elementary grades. When a boy reaches junior high age he is generally very eager and enthusiastic about his first chance to participate in organized football.

Our seventh and eighth grade teams generally have a turn out of about 20 to 30 boys for each grade. The loss ratio between grades has dropped considerably since we started playing a four game inter-school schedule about five years ago. These games have really generated interest and kept the boys hungry from week to week. Previous to this schedule, only scrimmages were conducted between the two teams.

Practice for the seventh and eighth grade teams begins the first week of school and is conducted four times a week. Games are played on Tuesdays and usually begin the third week of school. One night game is played each year to encourage more parents and fans to attend and support the teams.



NEW - LONDON - SPICER COACHES: Bob Kennedy, Al Fiskness, Sid Vraa, Lyle Knutson.

Boys in the ninth grade are invited, but not required, to begin pre-season practice with the varsity and junior varsity. The turn out of freshmen for the pre-season practice usually is about 10 to 12 boys. These are the ones who are probably more physically mature and who have a more intense desire than the average boy has to play football. These are the kind of boys we like to have and will, in all probability, form the nucleus for future varsity teams.

These boys participate in all the drills and activities with the varsity but are grouped together and matched up with boys of equal size during contact drills. Also, these are the ones who eventually get to play in junior varsity games later on in the year. When school starts all freshmen practice together under a separate coach. They also practice four times a week and play ball games on Thursdays. A six game inter-school schedule is played beginning the second week of school. Again, at least one night game is played to encourage support and interest.

We are fortunate to have a three man coaching staff in the junior high namely Ron Dobbs, Dave Chase and Ted Martin.

After junior high school football most boys move into the junior varsity program and we feel that a program such as this will provide competition and at least partially satisfy some of the needs and desires a boy might wish to achieve from playing football. It can also provide an opportunity for a boy to participate even though he may have had second thoughts about continuing football after the ninth grade.

In my 15 years of coaching, the last 12 at New London-Spicer, no coach at any level has ever cut a boy for lack of ability. We encourage participation. I feel a junior varsity program will provide this participation and competition.

It is very difficult for any coach to determine at what age a boy will reach his physical and mental maturity necessary to play football at a level of competitiveness that satisfies his own desires. Only the boy knows this and we

feel it is his decision to make. We have had many boys in the past few years who, without given the opportunity to play a year or two of junior varsity football, would never have earned a varsity letter, which in itself is a desire and a goal for many athletes. Just being on a team, a boy will acquire and maintain attitudes that will stay with him throughout life. Some of these being: self-discipline, self-confidence, loyalty to others, mental toughness, physical toughness, a desire to achieve and pride in what one does.

The junior varsity football program at New London-Spicer was started in 1967 when a fourth coach was added to the varsity staff. I have been very fortunate to have all three assistant coaches with me since that time. My assistants are: Lyle Knutson, who works with the offensive and defensive line, Bob Kennedy, who works with the ends and junior varsity team and Al Fiskness who works with the backs and junior varsity team. Bob and Al also do the majority of the scouting.

Prior to the start of the junior varsity program, we were losing many boys after the ninth grade. These boys were dropping out for various reasons. This is the time when a boy gets a drivers license, starts thinking about a job, buys a cycle or maybe just lacks the confidence and has doubts whether he wants to knock heads with upperclassmen every day and not get much playing time.

The junior varsity program, I believe, has solved some of these problems. It is in no way a complete solution to keep every boy out for football. We still lose a few boys for the reasons already mentioned by not nearly as many.

Not only have our numbers increased but the quality of our ballplayers has increased. We used to play quite a few sophomores and dress freshmen for our varsity games. This is not as prevalent as in the past. The boys playing on the varsity are practically all juniors and seniors who are generally more mature physically and mentally. There always comes along the exceptional sophomore who can play good varsity football and we certainly welcome this type of ballplayer.

The turn out for pre-season practice generally is between 45 to 50 boys. We do not have a junior varsity team during pre-season practice. All boys work out together. Once the varsity season starts we know pretty much who is going to play varsity ball and who is going to play on the junior varsity team. Sophomores, reserve juniors and a sprinkling of mature freshmen make up the roster for the junior varsity team. We do not play seniors on the junior varsity as we feel participation and experience gained by younger boys is more beneficial to the individual and the total football program.

A six game schedule is played beginning the second week of school with games being played on Monday nights. Once all the teams schedule starts, football is being played four out of the five days of the school week.

A typical week of practice for the junior varsity might include:

Monday-game night.

Tuesday-run opponents defense against the varsity.

Wednesday-run the opponents offense against the varsity defense.

Thursday-work against the varsity kicking game and work about a half hour as a unit in preparation for the next Mondays game.

In addition the junior varsity goes through all the drills and specialties that the varsity does throughout the week.

In conclusion, I believe, a junior varsity program can achieve the following objectives: encourage participation, keep marginal players out for football, give more boys game experience, provide an opportunity for a boy to play against equal competition, achieve a degree of success for many individuals and improve the quality of the varsity program.

If you are in a small school and do not have a junior varsity football program make every effort to start one.



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# "Sports Personality Of The Year"

## RON RAVELING

*Ron Raveling is one of the hardest and most dedicated workers in the Minnesota Football Coaches Association. We are indeed a much better association because of his efforts. When one considers the work done by Ron for the good of the association, the choice of Ron Raveling as the "SPORTS PERSONALITY OF THE YEAR" is logical indeed.*

*Before graduation from Roosevelt High School in 1948, Ron had earned letters in three major sports. His obsession for hard work and being involved was put to the test at the University of Minnesota during the next four years and Ron passed the test with flying colors. He lettered for "Grey Eagle" Bernie Bierman for three years and to fill the void between fall and spring football he was a heavyweight for Ray Chisholms boxing squad.*

*Ron has been a constant contributor to the coaching profession from the sidelines since his playing days came to an end. He has been recognized for these accomplishments by being named the Region 4 Coach of the year in 1967. Several Suburban Conference championships have been won by his teams.*

*It is however, his efforts off the sideline for which this association is so deeply indebted to Ron. He has served as the District 14 representative and the Region 4 representative. He has served as the Vice President and the President of the Association. He was the single most driving and influential force behind the organization and implementation of the pre-season conditioning practice period first as a three-day session and finally to its present five-day period.*

*Ron has spent unlimited time researching and organizing the All-Star football game which became a reality just this past summer. As if all of these jobs were not enough, Ron is now the All-Star game manager.*

*He sits on the Regional and State Coach of the Year selection committee as well as the Hall Of Fame committee.*

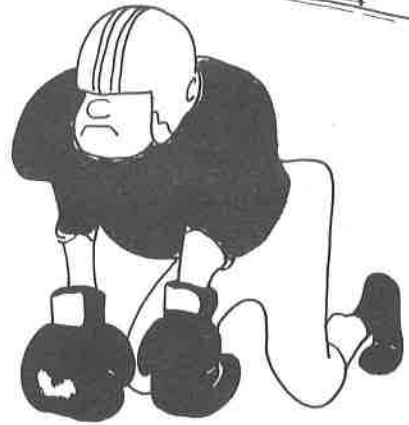
*Ron Raveling has made the Minnesota State Football Coaching Association a much prouder organization. He is indeed the logical choice as the "Sports Personality Of The Year."*



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3 sport  
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# STATE OF MINNESOTA “FOOTBALL HALL OF FAME”



**ART HASS—High School**

**LES NELL—High School**



**BOB COLLISON—High School**



## *Previous Winners . . .*

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



**RUSS HELLECKSON—High School**

*Previous Winners...*

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

*Previous  
Winners . . .*

1967

- Francis "Pug" Lund
- Louis Todnem
- Paul Giel
- Cliff Morlan
- Joe Markley



**DICK MAHAR—Citation**

1973

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

1968

- Lee Brockmeyer
- Sid Hartman
- Charles "Bud" Wilkinson
- Elmer Wigen

1975

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

1969

- C. P. Blakeslee
- Dick Bradley
- Ray Christenson
- Jim Byrne
- Lloyd Hollingsworth
- Pete Guzy

**BERNIE LUSK—Citation**



1970

- Ed Wiseth
- Adrian Christenson
- Jake Christiansen
- Walter Hertz

- Frank O'Rourke
- Les Knuti
- Bud Grant
- Wendell Vlasin

STATE OF MINNESOTA  
**“FOOTBALL HALL OF FAME”**

SPONSORED BY

**Minnesota High School Football Coaches Association**

**HIGH SCHOOL  
 ART HASS**

Art is a graduate of COE College and started his great coaching career in Fayette, Iowa. His teams have won seven conference titles and have an over all record of 165-53-8. Twin City newspapers have named three of his teams as the mythical state champions.



**HIGH SCHOOL  
 RUSS HELLECKSON**

Russ Helleckson had his coaching career interrupted twice by war but still was able to fashion one of the most outstanding records in Minneapolis city conference history. In seven years, Russ's teams won the conference title 5 times, the twin City title 4 times and the state title twice.



**HIGH SCHOOL  
 LES NELL**

Although not a native of Minnesota, Nell has spent most of his coaching years in Minnesota schools. Stops at Grand Meadow, Twin Valley and Baudette were all successful but none as much so as his 26 year stay at Pine City where he had 13 conference titles with four teams undefeated and untied.



**CITATION  
 DICK MAHAR**

Dick is a native Bostonian having come to Minnesota in 1948 to attend and graduate from Brown Institute. As the sports director for Radio Station KSUM in Fairmont for the past 22 years now Dick has been at the mike for close to 3,000 high school athletic contests. He has been a true and trusted friend of all south-central Minnesota coaches.

**HIGH SCHOOL  
 BOB COLLISON**

Bob followed a very successful high school and college athletic career with an equally successful career at Osseo, Montevideo and Richfield High Schools. He became Richfield's very first coach in 1954 and his teams won 3 championships in the always tough Lake Conference. He has been a very hard worker for all association activities and helped establish the Hall of Fame and Coach of the Year programs.



**CITATION  
 BERNIE LUSK**

Bernie has been at the mike now for 32 years. He works both radio and TV at KROC in Rochester. He was on the original Vikings broadcast team and has broadcast all Gopher home games in the past 18 years. He takes great pride in the fact that he has not missed a John Marshall road game in the past twenty years.



# Regional Coaches Of The Year

REGION ONE — JOHN DREWS, Rochester John Marshall

REGION TWO — ELMER MENAGE, Luverne

REGION THREE — ANDY NELSON, Lake Benton

REGION FOUR — JOHN BUSH, New Prague

REGION FIVE — PAT WALDNER, Bloomington Jefferson

REGION SIX — ED CHRISTOPHERSON, Alexandria

REGION SEVEN — MARV HEIKKINEN, Duluth Denfeld

REGION EIGHT — KEN BAUMANN, Mahnomon

## REGION ONE — JOHN DREWS, Rochester John Marshall

Coaches of Region One have honored John Drews, head coach at Rochester John Marshall High School, as Coach of the Year in the region for a second successive year.

Drews has had a superb record at John Marshall in 15 years as the head grid mentor. His teams have won 102 games, lost 30 and tied six and John Marshall won the Minnesota State High School League Class AA championship in both 1973 and 1974.

John Marshall also has captured seven Big Nine Conference grid championships under his coaching.

A graduate of the University of Wisconsin, Drews holds a master's degree from Colorado College.

In addition to serving as head football coach at John Marshall, Drews also has coached track and currently serves as assistant coach in wrestling.



## REGION TWO — ELMER MENAGE, Luverne

Elmer Menage of Luverne, the winner of Coach of the Year laurels in Region Two, has been on the Luverne staff for eight years.

During the past three seasons, Luverne has lost just two games in the Southwest Conference and its overall regular-season record is a glossy 25-2.

Prior to coming to Luverne, Menage was backfield coach at Wartbury College in Waverly (Iowa) and also served as a graduate assistant at Nebraska State College in Kearney, Nebr. He also was a head coach in two Iowa communities.



## REGION THREE — ANDY NELSON, Lake Benton



Lake Benton High School has enjoyed striking success on the gridiron under the coaching of Andy Nelson, who has been head football coach at the school the last eight years.

Nelson's Bobcats have a string of 33 successive victories heading into the 1975 campaign and have won 48 of their last 52 games, including capturing Minnesota State Nine-Man championships in both 1973 and 1974.

The school has won its conference title four of the last five years and was runner-up the other season and its 33-game winning string is the longest in Minnesota at the present time.

A graduate of South Dakota State College, where he lettered in three sports (football, basketball and track), Nelson is in his 19th year of coaching, the last eight at Lake Benton after being coach 11 years in South Dakota.

He has been honored as Region Three Coach of the Year for the second straight time and was a member of the South coaching staff for last summer's Shrine All-Star game.



## REGION FOUR — JOHN BUSH, New Prague

It would be hard to top the record compiled over the last two seasons by John Bush, head football coach at New Prague High School and Region Two Coach of the Year.

Bush's New Prague teams have won 24 straight games, have won the Minnesota State Class B championship two times and Bush has been selected as regional Coach of the Year twice.

A graduate of Mankato State College, where he played varsity football, Bush coached at Belle Plaine and LeCenter before joining the New Prague staff in 1968.

## REGION FIVE — PAT WALDNER, Bloomington Jefferson

Pat Waldner, the Region Five Coach of the Year, has been at Bloomington Jefferson High School since 1970 and his five-year record is 37-10-1.

Jefferson's achievements in this period include four Bloomington city grid championships, a Lake Conference (Blue Division) title, an overall Lake Conference crown and a runner-up berth in the Minnesota State Class AA playoffs in 1974 when his Jaguars bowed to Rochester John Marshall in the finals for the school's sole loss in 12 starts.

A graduate of St. Paul Park High School and a star football player at the school, Waldner played his college football at the University of Mississippi and Hamline and was an all-conference center while at Hamline.

After working with the University of Mississippi freshman team, he became head coach at Waconia High School. In eight years, he directed Waconia to two conference titles and the school once compiled a winning streak of 18 straight games.



## REGION SIX —

## ED CHRISTOPHERSON,

## Alexandria

Alexandria High School's 1974 football team won 12 straight games and the Minnesota State Class A championship and that achievement has helped earn Region Six Coach of the Year laurels for Ed Christopherson.

During the 1974 season, Alexandria out-scored its 12 opponents 299-58 and registered seven shutouts. Alexandria has been 18-3 overall under Christopherson for the past two seasons.

A native of Henning, Christopherson earned his bachelor's degree at Concordia College in Moorhead and his master's degree at the University of North Dakota. He coached in North Dakota five years before moving to Alexandria, where he has directed his team to a pair of West Central Conference titles (1969 and 1974).



## REGION SEVEN —

## MARV HEIKKINEN,

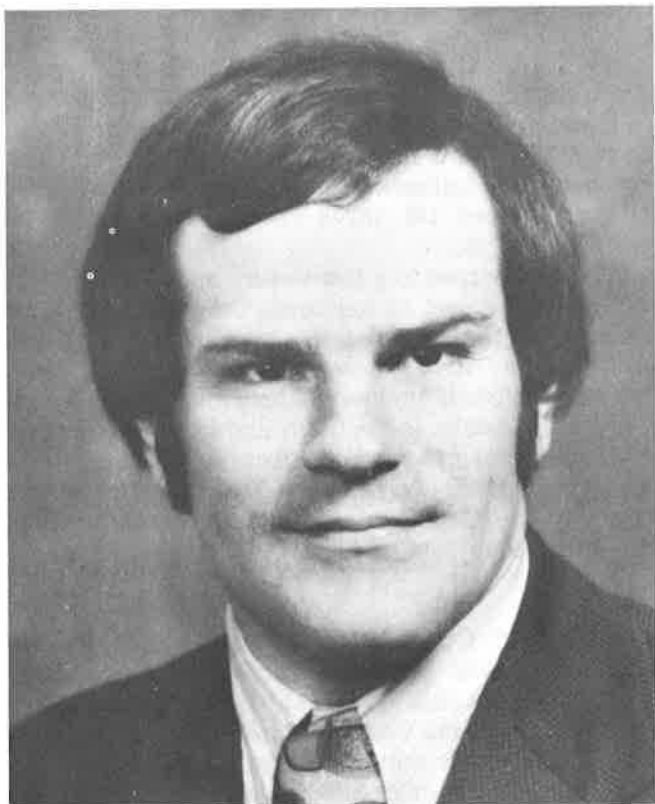
## Duluth Denfeld

Marv Heikkinen, head football coach at Duluth Denfeld High School, has directed his school to two straight Zenith Conference grid titles and has been named Region Seven Coach of the Year for that accomplishment.

Denfeld was 9-1 overall last year (losing only to Superior) and finished seventh overall in the final Class A rankings by the Minnesota State High School League. The loss to Superior prevented Denfeld from gaining a spot in the state Class AA playoffs.

A graduate of the University of Minnesota-Duluth, Heikkinen joined the Superior Central staff upon college graduation where he was head track coach and assistant in football. He served at Duluth Morgan Park in 1962-63 and then was assistant football and track coach at Ceres (Calif.) Union High School for one year before moving back to Duluth to join the Denfeld staff.

In four years as head football coach, Heikkinen has directed the school to 26 wins and 11 losses.



## REGION EIGHT — KEN BAUMANN, Mahnomen

Mahnomen High School's Ken Baumann, who is Region Eight Coach of the Year, has really turned the football program around in his six years at the school.

His Indians were 1-6-1 in Baumann's first season as head coach, but since that time Mahnomen has won 42 games, lost three and tied one and has won five straight Pine To Prairie Conference championships. In this time, Mahnomen has averaged 32 points a game and yielded only 4.8 points per start.

The 1974 Mahnomen team advanced to the Minnesota State Class B playoffs before dropping a 12-14 decision to eventual champion New Prague in the semi-finals.

A graduate of Lambertson High School, Baumann holds his bachelor's degree from Bemidji State College, where he served as football captain in his senior year.

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## STANDING BY IN SPORTS

By Ralph Anderson

Editor, Detroit Lakes Newspapers

In a year marked by turmoil within the Minnesota State High School League, the sport of football is one which has shown signs of progress while others have seemingly suffered setbacks.

The third year of state grid playoffs was completed last fall and the playoff program is one that has been enthusiastically received by players, coaches and fans throughout Minnesota. The playoffs appear to be gaining more popularity with each passing year.

Adding to the state's football program last summer was the North-South All Star game played at Memorial Stadium on the University of Minnesota campus. Sponsors of the game are three Shrine Temples (Zuhrah of Minneapolis, Osman of St. Paul and Aad of Duluth), along with the Minnesota State Football Coaches Association.

The second Shrine Bowl will be played Saturday, July 26, 1975, with head coaches to be Alexandria's Ed Christopherson for the North and Julian Gulsvig of Hastings for the South.

Assisting Christopherson will be Pat Waldner of Bloomington Jefferson, Marv Heikkinen of Duluth Denfeld and Ken Baumann of Mahanomen. Gulsvig's assistants will include Elmer Menage of Luverne, Jack Gomarko of Bird Island and Bill Fritze of Blooming Prairie.

While football is enjoying a playoff system generally well accepted by coaches throughout the state, many basketball coaches are unhappy because the Minnesota State High School League has moved the girls' cage season into the winter months which conflicts with the boys' season and many baseball and track coaches are displeased since they wanted a three-class system and Minnesota will have an expanded two-class system starting with the 1975-76 year.

The Minnesota State Football Coaches Association, thus, deserves congratulations for (1) securing a more equitable state championship playoff system than other sports, and (2) its success in re-establishing an all-star football game through the co-sponsorship of the Shriners of Minnesota.

+++++

+ **THREE SCHOOLS** repeated as playoff football champions in Minnesota in 1974 — Rochester John Marshall (Class AA), New Prague (Class B) and Lake Benton (Class Nine-Man).

John Marshall blitzed Bloomington Jefferson 41-19 as fullback Kent Kitzmann ran for five touchdowns and caught a pass for another and gained 195 yards in 40 carries. In

1973, John Marshall blanked St. Paul Harding 25-0 for the Class AA crown.

New Prague, which defeated Appleton 13-7 for the Class B title in 1973, rolled to a 41-12 win over Caledonia for the 1974 championship as fullback Harold Stevens scored three touchdowns, gained 142 yards rushing and caught two passes for 65 yards.

Lake Benton romped to a 36-6 victory over Fisher for the Class Nine-Man crown as halfbacks Curt Weber and Jeff Frey combined to gain 244 yards rushing. Lake Benton defeated Brandon 50-12 for the 1973 title.

Other class titlists in 1974 were Alexandria (Class A) with a 26-7 win over Chaska in the finals and Battle Lake (Class C) which scored on a 10-yard pass from Brad Hustad to Jon Shorter in the second overtime to defeat Bird Island 34-26.

Eveleth won the Class A crown in 1973, while Gaylord was the defending champion in Class C.

+++++

+ **SOUTHWEST CONFERENCE** schools have suffered four straight losses in inter-conference playoff games following Luverne's (Southwest) 41-0 defeat at the hands of Blue Earth of the South Central Conference last fall. Other Southwest Conference schools to lose playoff games were Jackson (to Hutchinson) in 1973, Luverne (to Sauk Centre) in 1972 and Windom (to Montevideo) in 1971.

+++++

+ **THE TEN SCHOOLS** that went into the final playoff games in the 1974 Minnesota State High School football playdowns had a combined won-lost record of 106-4 before the finals were played!

+++++

+ **AMONG FOOTBALL** coaches to resign their grid posts after the 1974 season are Dick Forbort, Duluth Central; Harlon Buisman, Aitkin; Guil Parsons, Minneapolis Edison, and Ted Rist, Benson. Named to succeed Rist at Benson has been Jerry Jerdee, formerly coach at Clinton and a member of the Benson staff since 1966.

+++++

+ **BOB OLSON** became the first Alexandria High School football player to go over the 1,000 yard mark in rushing for a single season last fall since Terry Hedstrom accomplished the feat in 1959. Olson finished the season with 1,324 yards gained, while Hedstrom gained 1,414 during the 1959 campaign.

+++++

+ **JIM BLOHM**, a junior last fall at Robbinsdale Cooper High School, set a new school record in 1974 with field goals of 41 and 44 yards. Blohm is one of 14 lettermen returning for Coach Bob Sullivan's 1975 club. Also back are the four members of Cooper's 880-yard relay team in track — Dale Novak, John Miller, Stan Hill and Dan Quam.

+++++

+ **A NEW TWO-YEAR** playoff pact has been drawn up

between the West Central and Northwest conferences. The second year of the first two-year contract was completed in 1974 when Alexandria of the West Central defeated Bemidji of the Northwest Conference 14-8. Willmar's West Central team toppled Fergus Falls of the Northwest League 30-7 in the inaugural playoff game in 1973.

+++++

+ THE HEART O'LAKES and Pine To Prairie Conference football champions will engage in a playoff game in the fall of 1975 after those two leagues severed relations with other conferences. The Heart O'Lakes Conference completed a two-year contract with the Wright County Conference last year, while the Pine-Prairie loop finished a two-year contract with the Top Of The State Conference.

+++++

+ DEWEY KOHLER, quarterback for the Audubon High School team that captured the South Division championship in the Agassiz Valley Conference last fall, set a new school record in 1974 by throwing 25 touchdown passes during the season. The former record of 23 TD aeriels was held by Gary Dahlberg, who went on to earn four football letters at Bemidji State College.

+++++

+RON STOLSKI, who enjoyed a successful stint as head football coach at Park Center of the Skyline Conference, has

been named the new head grid mentor and athletic director at Brainerd High School. Ken Gulbrandson stepped down as the head football mentor at Brainerd after the 1974 season and Kermit Aase has stepped aside as athletic director, although both will remain on the Brainerd staff.

+++++



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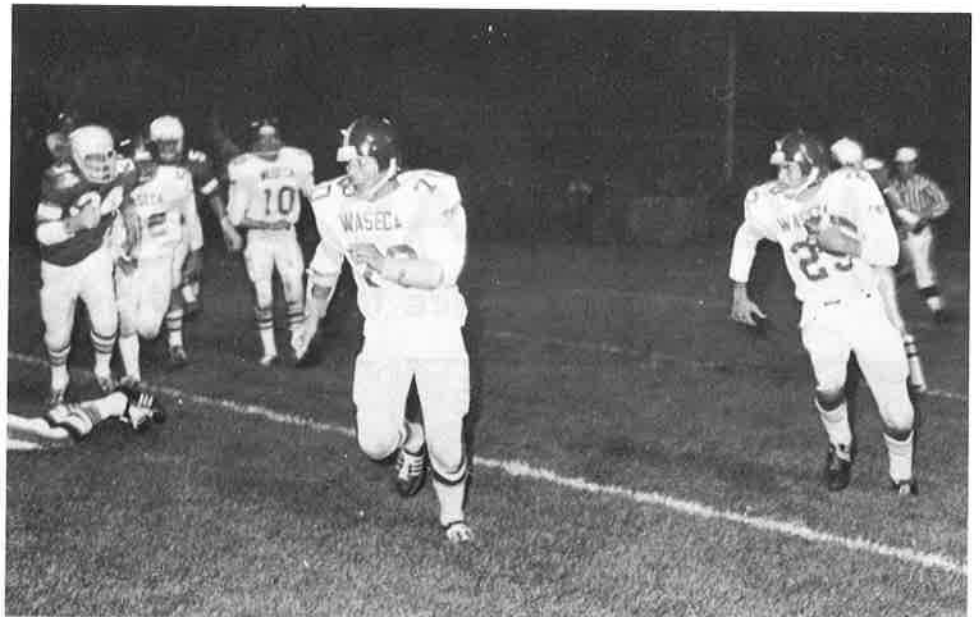
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*Halfback Gene Glynn (10) returns a punt 65 yards to pay dirt in Waseca's 32-0 triumph over non-conference foe Windom. In pursuit of Gene on his touchdown run are Windom's Doug Ryan (73), Mike Frederickson (64), Darrell Thom (22) and Jim Anderson (88).*

*Halfback Joel Larson (23) is lead by tackle Chuck Arresen (70) in Waseca's 28-0 win over South Central foe St. James. In pursuit of the play is Waseca's Gene Glynn (10) and Robin Hanson (34) St. James.*



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*Paul Tackmann, No. 35 of Lake City carrying the ball in a key contest with Kenyon. Lake City defeated Kenyon 36 to 20 in the first conference contest for both teams. Other boys shown in the photo for Lake City are No. 61, Jay Carlson, No. 95, Mark Dunbar, No. 51, Gary Geppert, No. 11, Mark Brostrom.*

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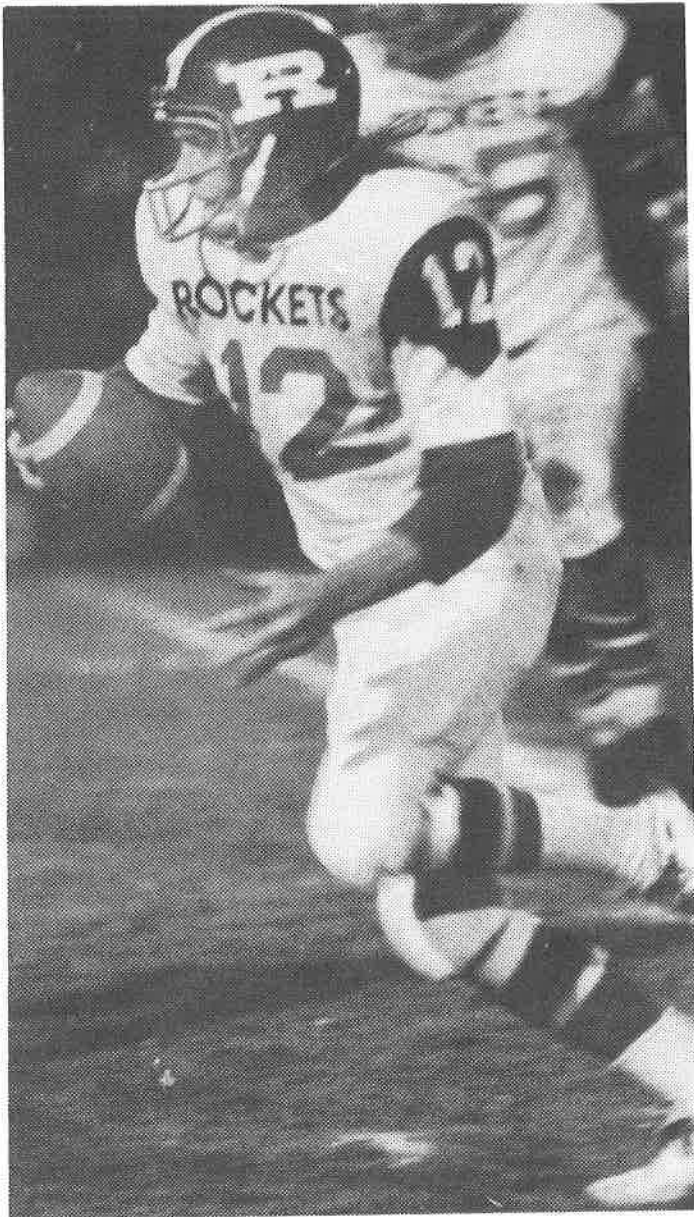
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*RAIDER speedster David O'Brien (22) successfully eludes a host of Henry Sibley tacklers in St. Paul Suburban Conference action. Hastings won the game 28-14.*



*Kevin Lindberg (35) of Fertile escapes the grasp of a would be Red Lake Falls tackler enroute to setting a record for the most yards gained in a single game. Kevin went on to gain a total of 282 yards in this game.*



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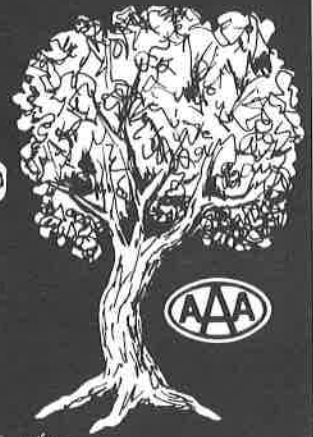
Paul Frye, number 12, is a classic example of the small man that has contributed so greatly to John Marshall's AA championship teams of 1974 and 1975.

Paul stands 5-8 and weighs 150 lbs. He has fine quickness but does not run an exceptional 100 yd. time. He ran the ball 50 times in 1975 for 350 yds. He passed 116 times, completed 60 for 1,100 yds. He came up with the big play countless times in leading us to 21 victories in our last 22 games. You cannot measure the size of man's heart by the size of his jersey.

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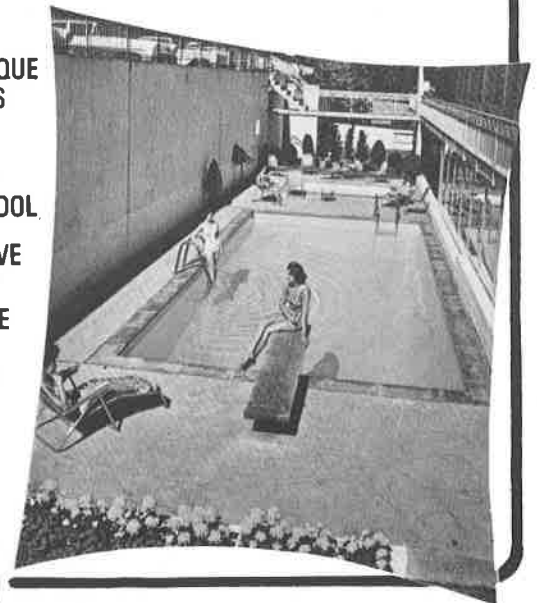
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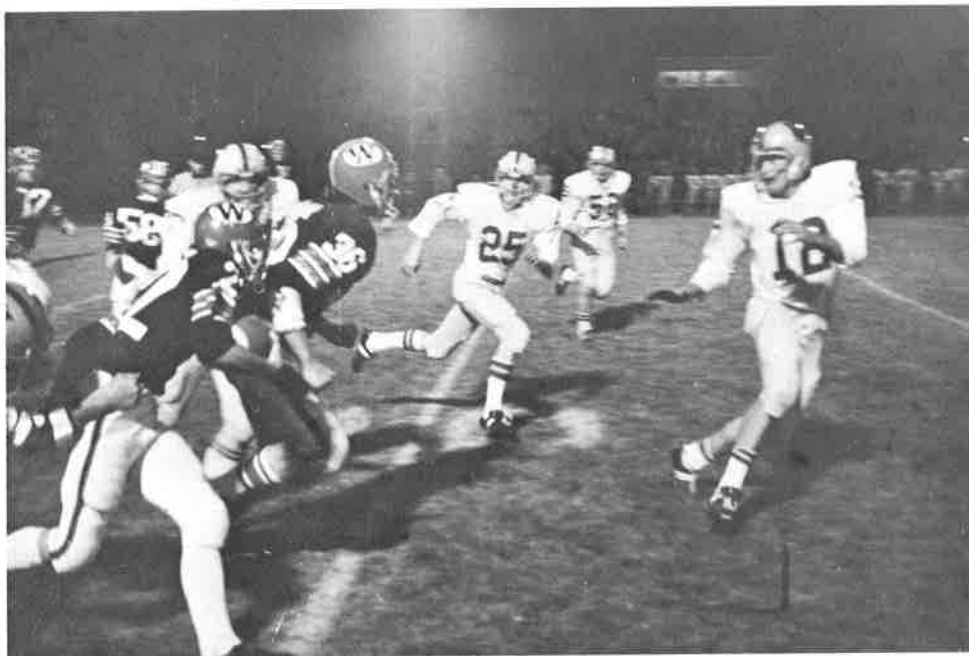


*In a defensive struggle for both teams; Alexandria's All-Stater Don Clarquist catches this short pass surrounded by Montevideo defenders Brian Skogrand (61), Gary Dyshaw (53) and Lon Tostenson (40). Alexandria won the game with two fourth quarter scores, 16-0.*



*Alexandria's tailback Bob Olson carries for several of his 1,324 yards in 1974 against Breckenridge. Leading the play is Arlo Kluver (40) and fullback Mike Woodward (34). Alexandria won the season opener 22-0.*

Three All Big Nine Conference players from Owatonna combine for a TD against Faribault as the Indians defeated the Falcons 29-17 in Big Nine play. Shown carrying the ball is Mark Notthe (41) and blocking is Dan Kosmoski (86) and Rick Skalichy (72) (6'-200 lbs.). Giving support downfield is tackle Jeff Severson, number 70.



Sr. Leon Stugelmeyer (22) and Jr. Dan Langseth (36) combine to produce a gain for Worthington against Windom.

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*Elmores' Ken Discher (15) is pulled down by host of Alden Blackhawks. Alden won game 50-14.*



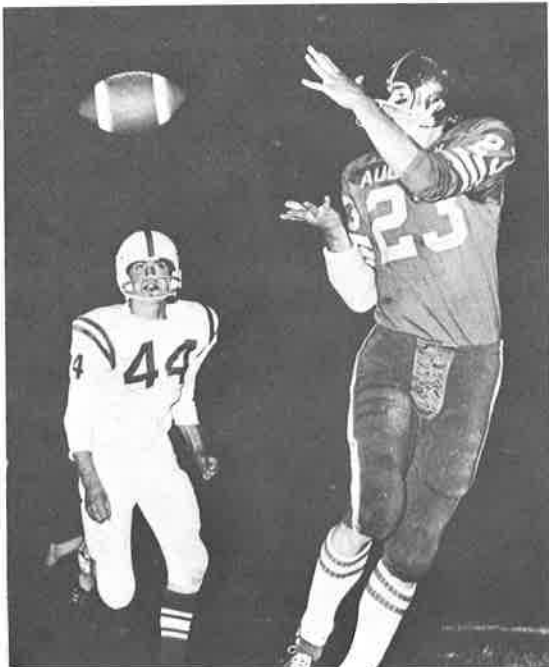
*Blooming Prairie coach Bill Fritze gives a little pep talk to his Blossom club during game at New Richland*

*Matt Wilson (21) is separated from the ball by unidentified Mankato Est player. Albert Lea recovered and went on to win 28-6.*





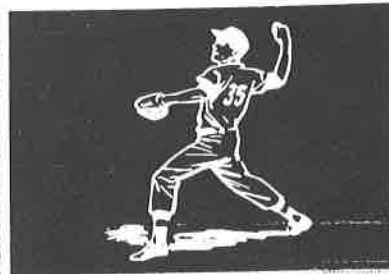
Wide receiver Mike Evans of Detroit Lakes was all alone to take this touchdown pass with 26 seconds left in the first half as the Lakers exploded for a 38-0 Mid-State Conference win over Staples en route to a 6-3 overall record during the 1974 season.



All-conference end Pat Lage (23) of Audubon snared this pass for a first-quarter touchdown in Audubon's 36-0 Agassiz Valley Conference football victory over archi-rival Lake Park as Lake Park's Darrell Dietz (44) came up in the background. Audubon went on to win its division in the conference before losing 20-7 to Fisher for the overall championship.

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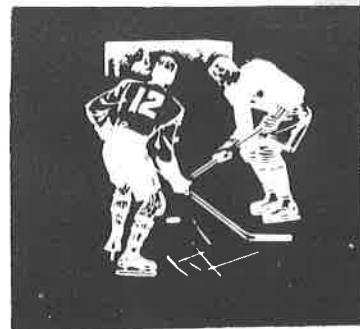
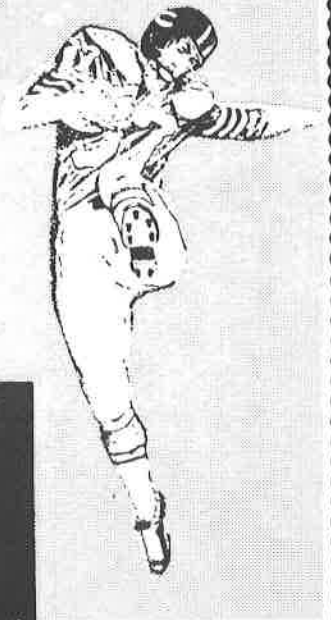


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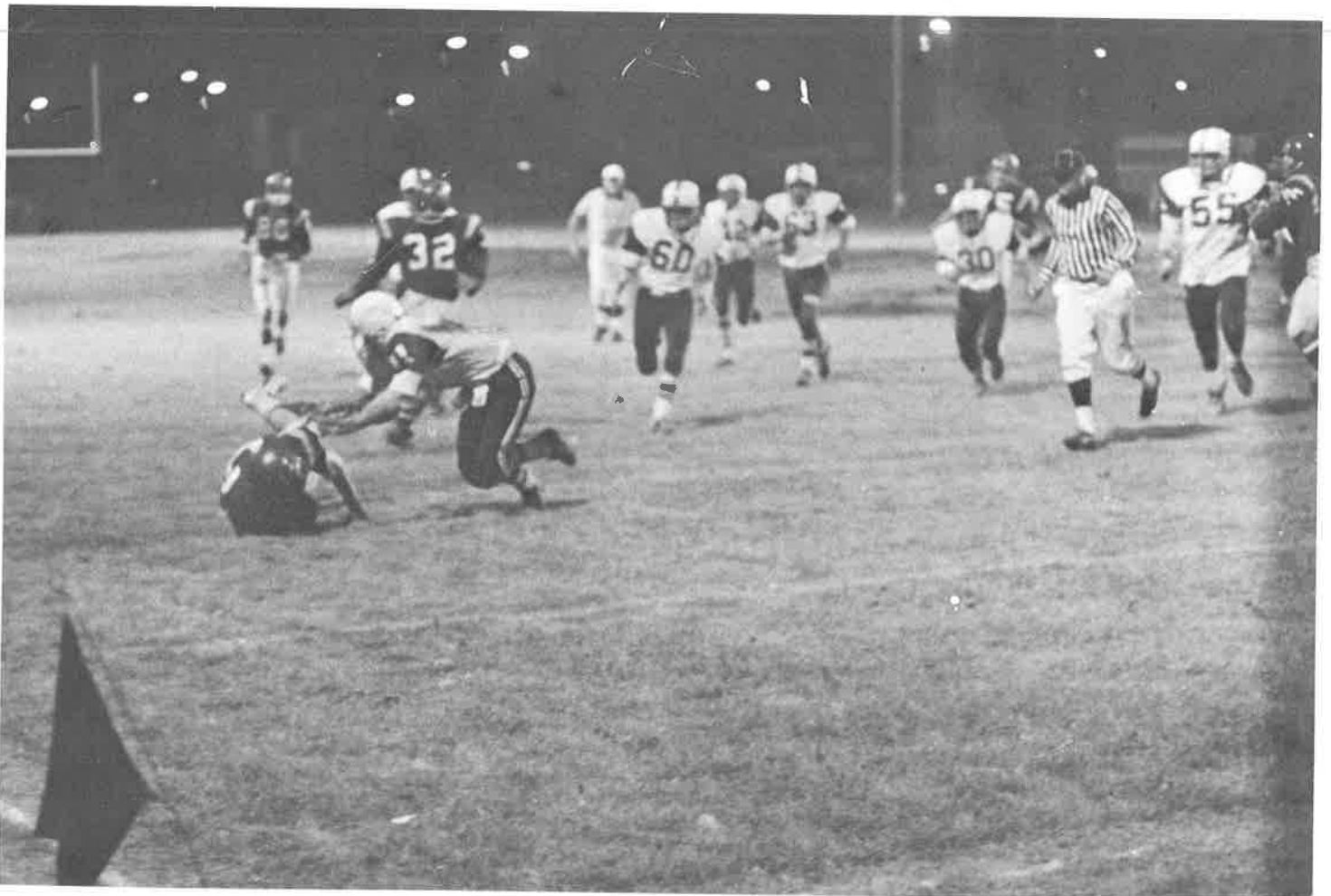
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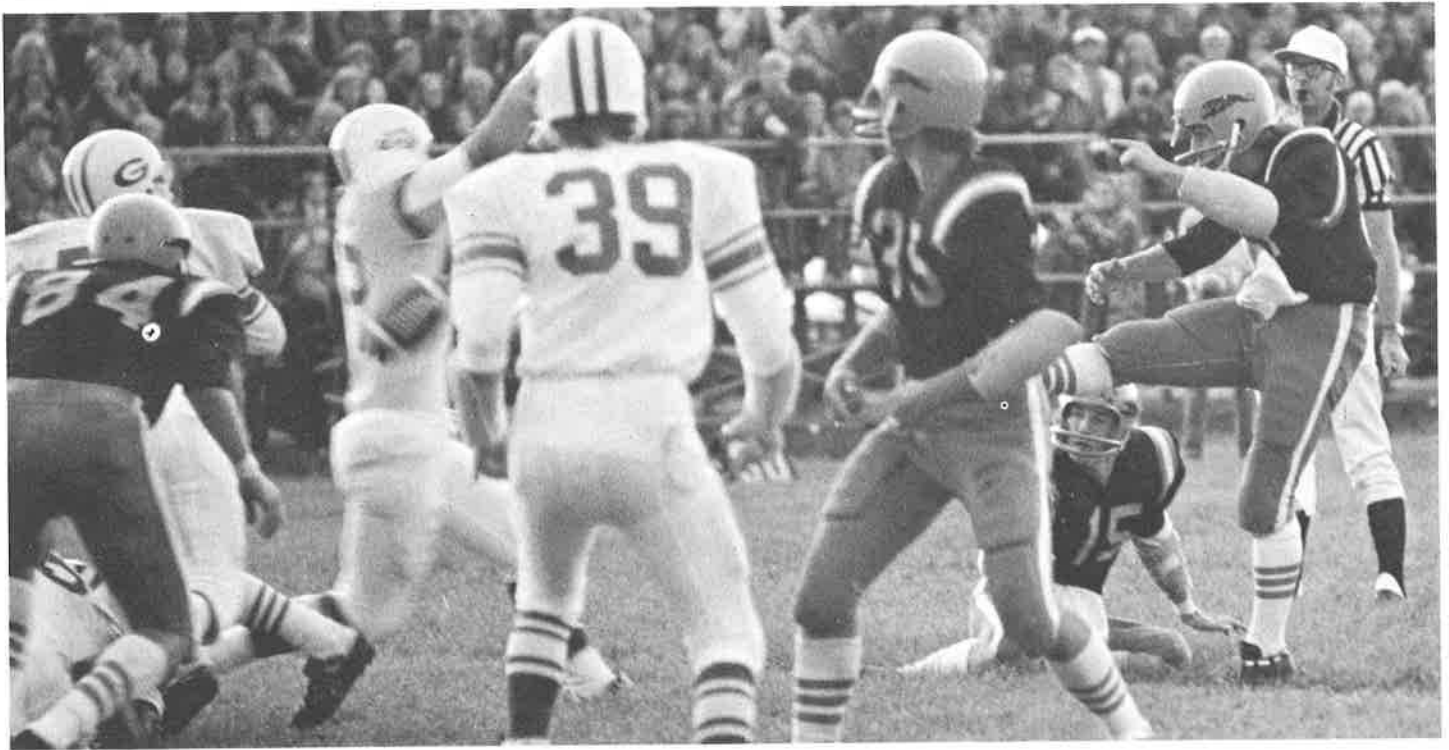
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Chris Holker (70) and Marty Fitzgerald (25) put the clamps on Frazee's Randy Graham (32) as teammate John Erlandson (65) comes up to help in Monticello's 24-0 inter-conference playoff victory last fall.



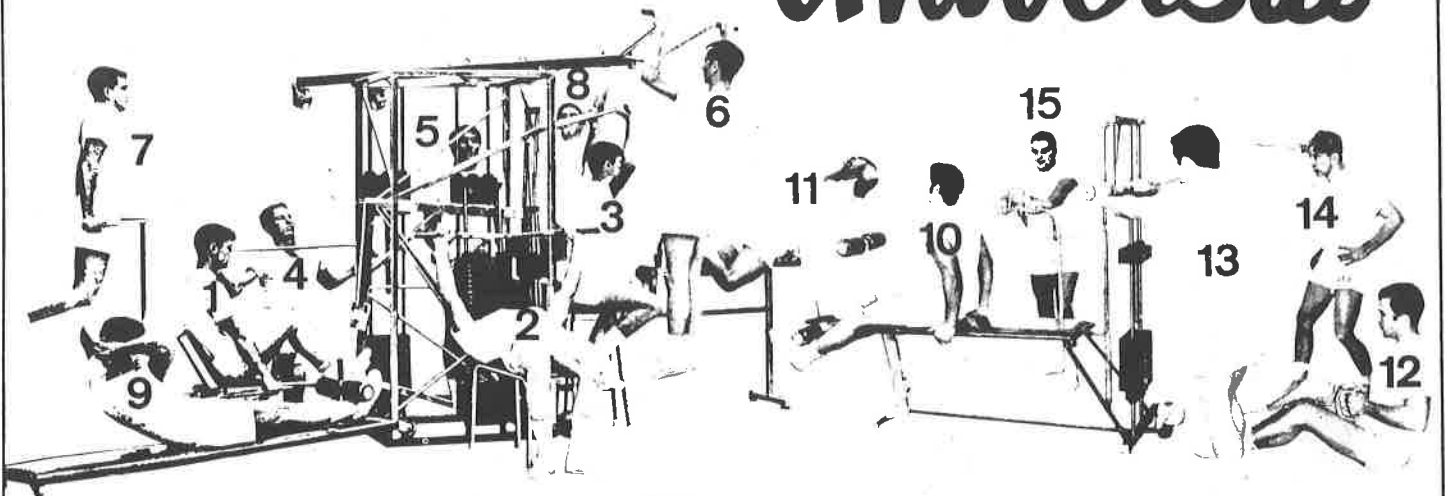
Quarterback Joe Koppi of Winsted Holy Trinity (dark uniforms) came close to scoring a touchdown against St. Croix Lutheran on this triple option quarterback keeper play.



Denny Schumacher of Lake City having his extra point blocked by Goodhue. Holding is Pete Coyle of Lake City, blocking No. 35 Paul Tackmann of Lake City. Lake City handed Goodhue its only defeat of the regular season in this contest.

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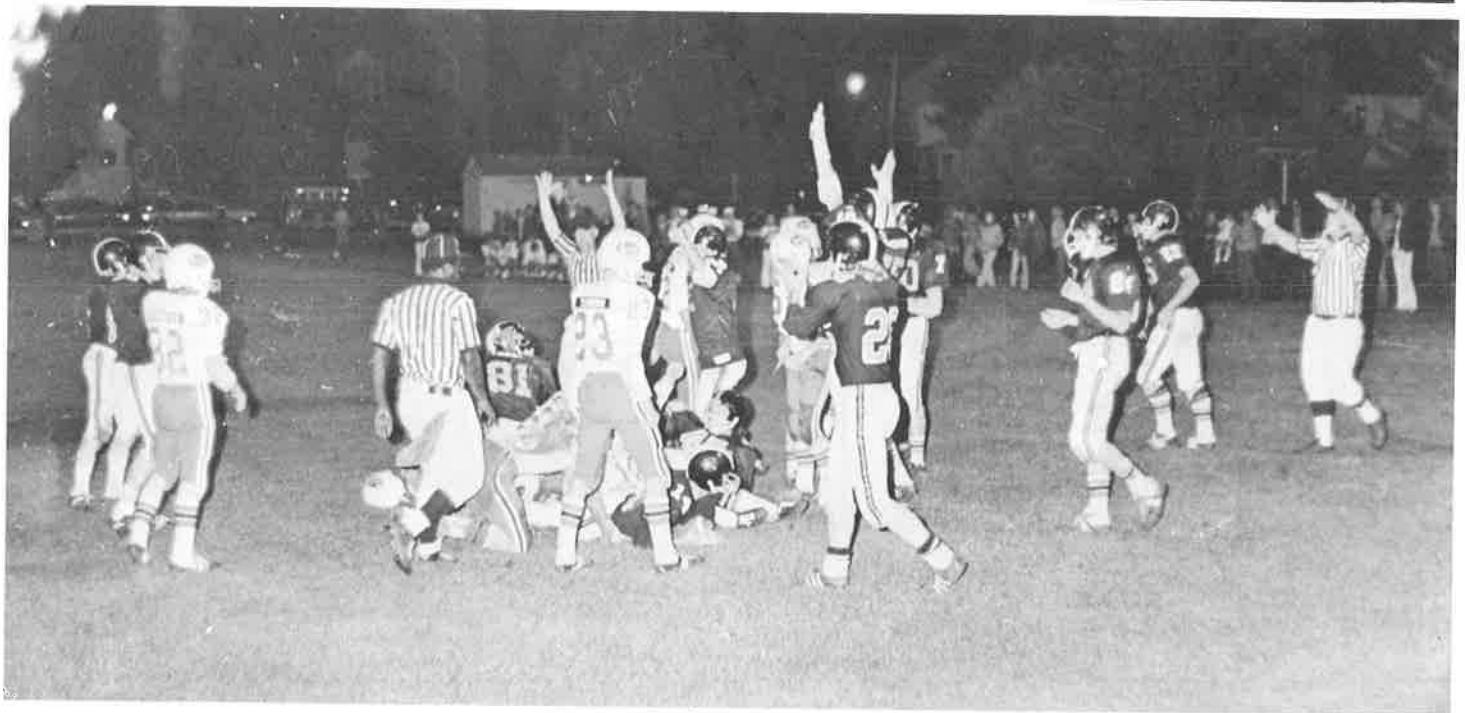
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*Rick Chapman scores on a quarterback sneak in Elgin-Millville's 20-6 victory over LeRoy-Ostrander of the Maple Leaf Conference as this photo was taken. Making key blocks on the play were Pat Appel (81) and Steve Ervin. Elgin-Millville won the Centennial Conference championship for a second straight year with a 6-0 record.*



*All-conference quarterback Jon Herges of Albany fires a pass in Albany's 26-7 Central Gopher Conference football victory over Glenwood. Albany won the league title, finished 9-0 during the regular season, toppled Park Rapids of the Mid-State Conference in a playoff game and then lost to Alexandria in the Minnesota State High School Class A playoffs.*

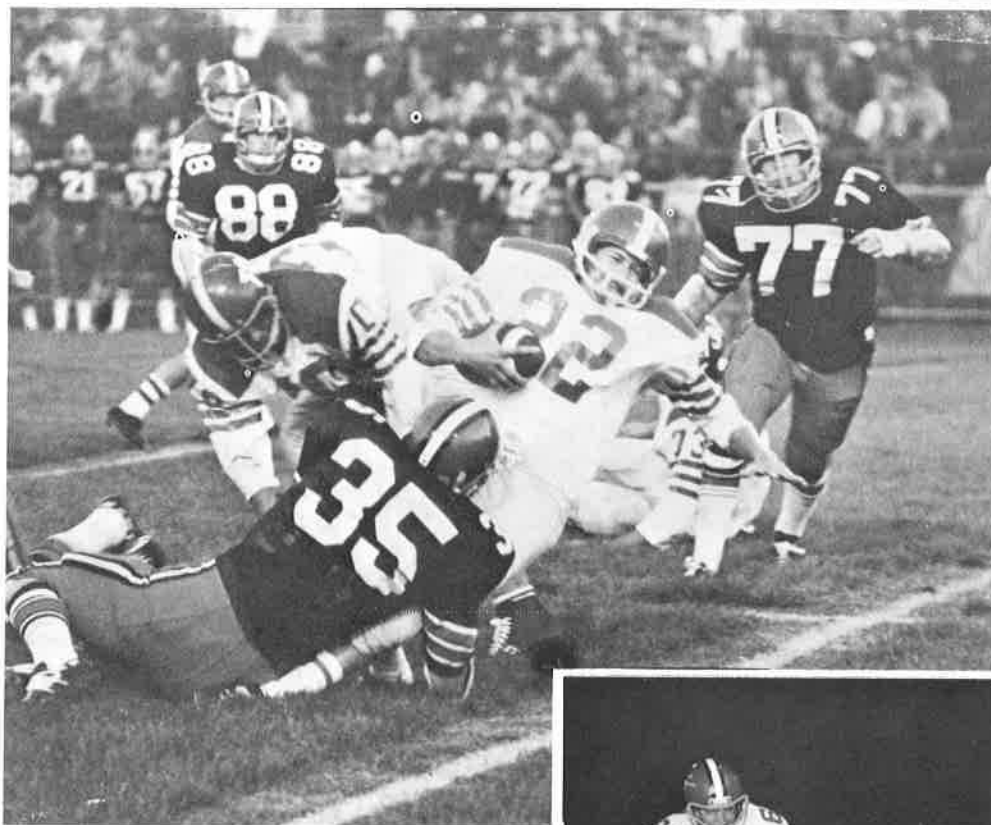
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Putting the tackle on an unidentified North St. Paul ball carrier (white uniform) are three White Bear Lake players in this St. Paul Suburban Conference action. The White Bear Lake players include Tim Gamboni (88), Brett Tardiff (35) and Marty Guttsen (77).

Scott Flom (28) of Kenyon and an unidentified teammate tackle a Zumbrota player and recover a fumble in an overtime victory as Lyle Finstuen (61) of Zumbrota watches at the left. Kenyon went on to post a 22-14 win and had a 4-5 overall record in the Hiawatha Valley Conference.



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 KQIC - Willmar 70,000 W - 102.5 MC  
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 KMHL - FM - Marshall 3000W - 100.1 MC  
 KDMA - Montevideo - 1000W - 1460 KC  
 KTOE - Mankato - 5000W - 1420 KC

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*Dave Daniels (62) and John Ruud (32) of Bloomington Jefferson move in to make a tackle in their team's Lake Conference victory over Bloomington Kennedy. Jefferson went on to gain the Minnesota State High School Class AA finals before losing to Rochester John Marshall.*



*Bloomington Jefferson's Mike McQuord makes an interception in his team's Lake Conference victory over Edina East.*



Breaking through for a gain is Frazee quarterback Howie Kangas, who was his team's leading scorer en route to a 7-3 overall record and the Heart O'Lakes Conference championship for a second straight year. The player at the right is Jerome Tappe (55) of Frazee.

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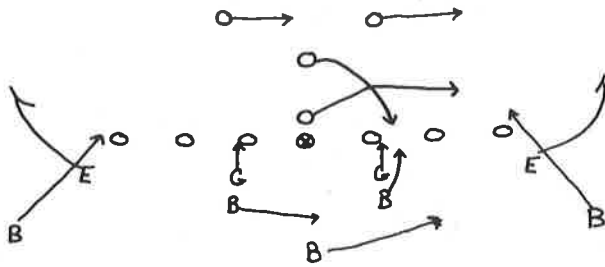
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**MONTICELLO WISHBONE . . .**  
CONTINUED FROM PAGE 7

is no rotation as this involves the reversing of responsibilities between the cornerback and end. Examples of these stunts are:

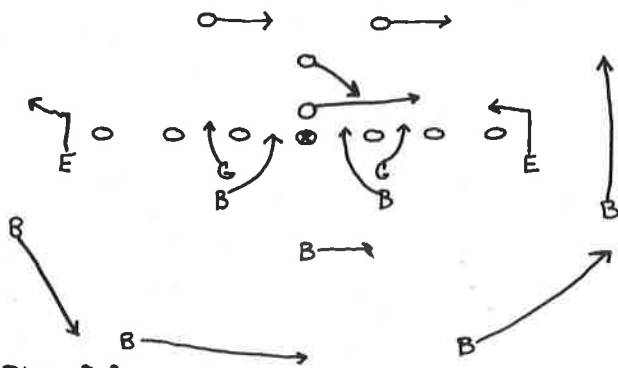
Diag. 2 Wishbone — Double Bullet — no rotation



Diag. # 2 B (zone)

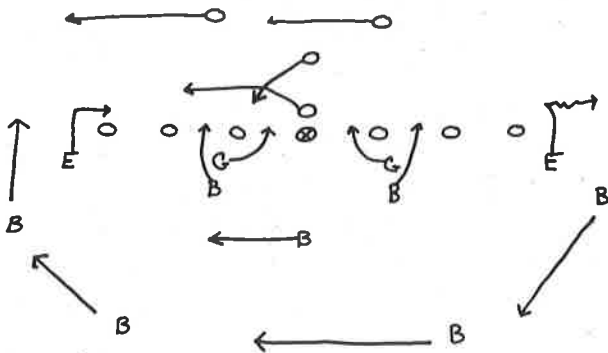
B (zone)

Diag. 3 Wishbone — Full Blow



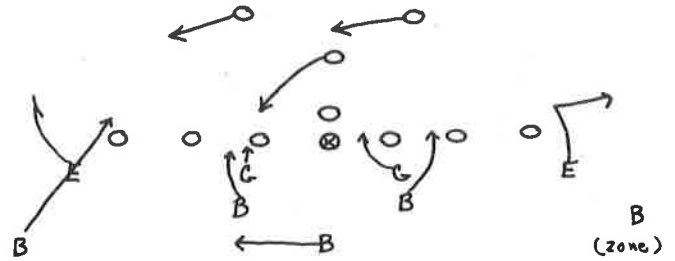
Diag. # 3

Diag. 4 Wishbone — Double Loop



Diag. # 4

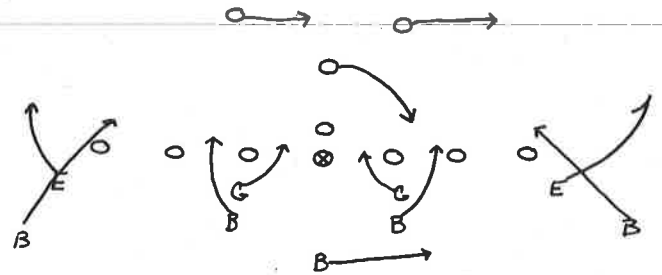
Diag. 5 Wishbone — Bullet Left — Loop Right — No rotation



Diag. 5 B (zone)

B (zone)

Diag. 6 Wishbone — Double Bullet — Double Loop — No rotation



Diag. 6 B (zone)

B (zone)

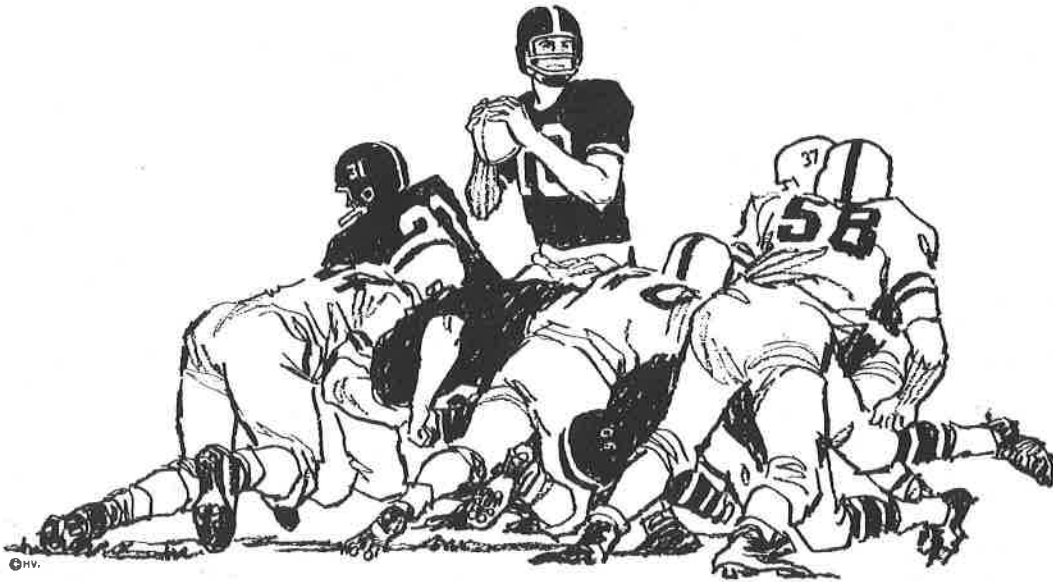
Naturally this is not the only defense we will enter a game with. We will be thoroughly prepared for every situation such as third and short, goal line, third and long and extra point situations. Regardless of what defense we use, we feel the most important ingredient in any defense is the psychological preparation. We convince our young men that this is the best possible defense to stop the opponent's attack and if they execute the way they have been taught during the week's practice they will win the game. I think that a quote from Johnny Miller applies very much to high school football. He said that "nervousness is simply the lack of confidence." When our boys step on the field every Friday night they have confidence and confidence eliminates mistakes and as we all know in the game of football mistakes lose ball games.



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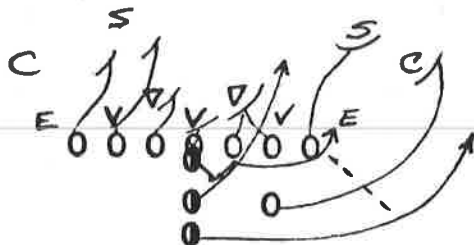
**CONTINUED FROM PAGE 9**

has been to base our attack on the option to compliment our inside game. With an analysis of film and a review of our option by our coaching staff we were able to pinpoint our mechanical breakdown during those few seasons and determine how we might best coach the option, and particularly the triple option. Some conclusions: we must stress a running game built around the fullback; emphasize the quarterback-fullback exchange; and there is a need for good spatial relations for the quarterback to the pitch back.

So why option from the power I? Simply because we were reasonably successful in our thrusts between tackles from our power I formation, we were able to tighten up the defense with that formation, giving us a measure of success with a good ride to the fullback and a keep or a pitch by the quarterback on the option. Most of our success came with the halfback leading the play and blocking the cornerback as he comes up quickly to cover the pitch man. From the flanker or split end formation the cornerback seemed more able to neutralize the block because of his apparent awareness of a possible block.



34 Option



We believe that success in any phase of football can be attributed to the amount of time and effort expended in practice. When it was determined that the triple option would be a strategic part of our offense we had to make the decision to devote a considerable amount of time during the offensive portion of our practice on the option. Because timing, technique and reading are all-important in the triple option, it becomes a priority item in our practice schedule.

In conclusion, we like the power I offense because it gives us a strong running attack on the inside, ability to get to the outside on the option and allows for very little change in our running game when we go to a flanker and-or a split end for our passing game.

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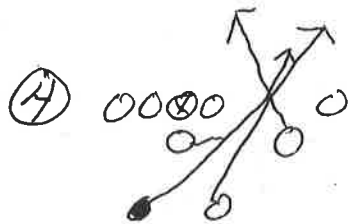
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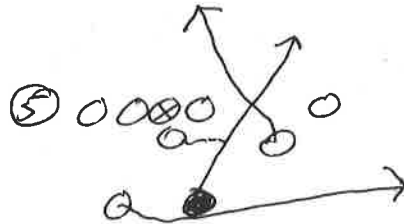
PHILOSOPHY . . .  
CONTINUED FROM PAGE 11

different positions. Our ideal tight end is six feet tall, 160 pounds or bigger, has good hands, and is a good blocker. For many years he was our primary receiver; this year he was not. Our split end has always been one of our best blockers because of the many different angles he must block. Our split end has been a 120 pounder at one time and a 210 pounder at one time. He has never been our leading receiver, but has always blocked well. Guards we like big and broad to take up enough space to protect the quarterback. Centers we prefer to be six feet tall and over 160 pounds if possible. All backs are asked to block on all plays, and a boy who is a good blocker will play in this offense. Our slotback is very important. This is normally where we want our best ball player. He must be a strong blocker, a good receiver, and a good counter runner. We have been lucky to have had good boys at this spot. Last year's slotback was five-feet-eight-inches tall, weighed 158 pounds and was one of the finest receivers we have ever had. Besides being a good receiver and blocker he was a breakaway runner, and from that spot the plays are disguised somewhat, so once he broke the line of scrimmage there would be running room. Naturally, we would like a big, strong fullback, a fast, shifty halfback and a quarterback about six-foot-two inches tall who can run and throw very well. In Figures 4 through 12 you see our

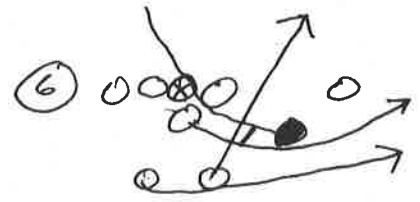
basic offense. You can also see that it would be very easy to change the outward appearance of many of these plays. Also, these same plays are run to the left. Our quarterback has the option of calling a pass using any of our running plays. The only difference here is that the ends and one back, instead of blocking, go out on a pass route. For example: Quarterback call could be: Shift right, 25, pass, on two. We believe this simplifies play calling, blocking assignments, and in many cases holds the defense longer than it would with straight pass blocking. We also have a weak side series to run either right or left, to keep the defense honest. We like to run into the 2 and 4 hole shifted right, or the 1 or 3 hole shifted left. These are our power lanes. Most defenses against us have stacked these holes in many different ways, but we still run them and get yardage. When we feel that the opposition has pretty much assumed we are going to run these holes, we can then get more yardage out of our counters and weak side plays. We try very hard not to get into any set routine. We encourage our quarterbacks to pass on any down and since many of our plays are pass action or pass option, we have had great success passing on first or second down. We do not like to throw caution to the wind, but we also do not like to let the other team feel they have us scouted to the point that they can shift their defenses according to the yardage we have to make. We play football for fun! Winning just makes it a lot more fun!



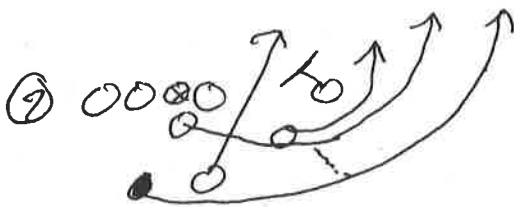
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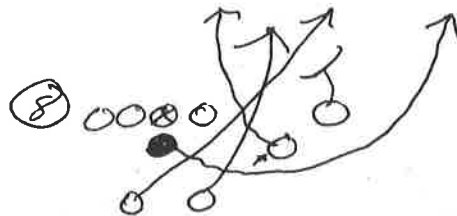
32-R



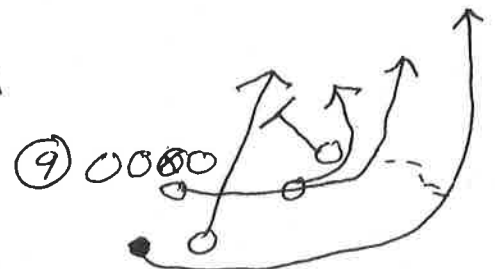
40-R



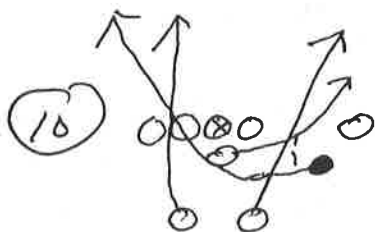
26-R



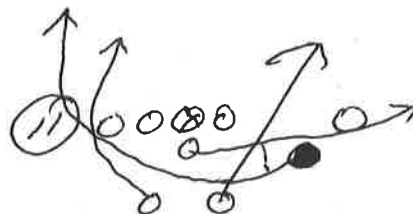
FAKE 40-R



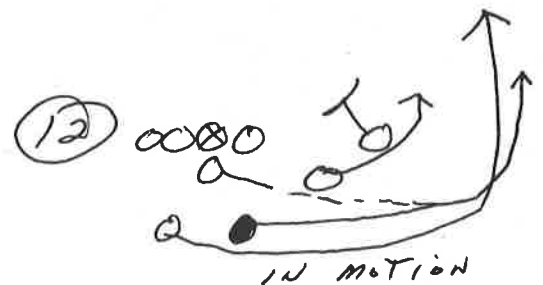
OPT. R



43-R



45-R

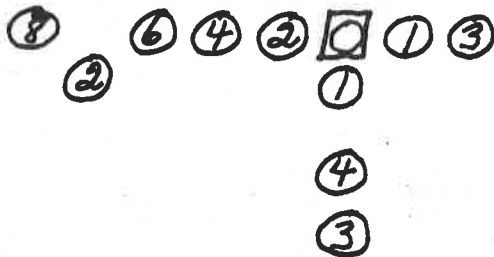


36-R

**UNBALANCE YOUR OPPONENT . . .**  
CONTINUED FROM PAGE 13

DIAGRAM 4

"South"

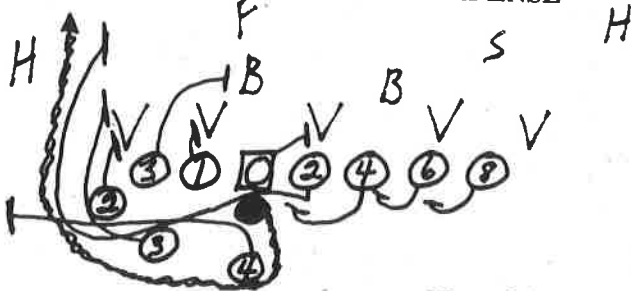


We call about 75 per cent of our plays by using only two digits; the first designates which back is going to carry the ball and the second indicates the point of attack. However, anytime our quarterback uses a three-digit number, the first of these (either a 3, 5, 2, 4, or 8) tells the slotback that he is to line up differently than in his normal position and our slot-end immediately knows that he must reduce the size of his normal split. This provides us with the flexibility we need to cope with unorthodox defensive alignments or adjustments because we can create a slot at any of the interior line positions or we are able to move him out as a wingback on either side. This system allows us to utilize his talents as an additional blocker, a pass receiver, or even as a decoy to destroy a possible defensive key. Diagram 5 shows an example of a play we use from the "500" formation that has been very effective for us when we want to force either an "odd" or "even" overshifted defense into some type of different adjustment.

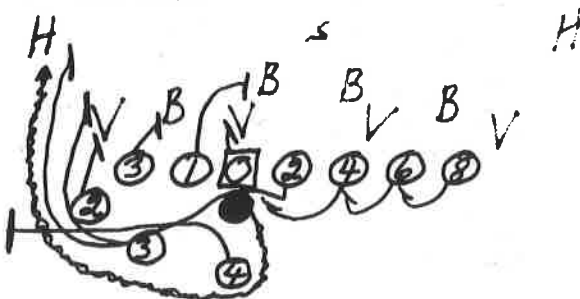
DIAGRAM 5

"East, 515 Sweep"

"ODD" DEFENSE



"EVEN" DEFENSE



Our slot-end normally aligns three yards from the outside shoulder of the slot-tackle; all other linemen take a fairly constant two foot split, although we will vary this slightly depending upon the play or defensive alignment. Our linemen operate from a four-point stance and always drop their inside leg to the rear. This simple method greatly facilitates our inside angle blocks on the playside and the reach blocking technique we employ on the backside. We teach our linemen only three basic blocks: the inside, reach, and trap. The inside angle block is basically a reverse shoulder gap block used to prevent penetration, the reach is a scramble type shoulder block essential for delaying pursuit, and the trap involves pulling laterally along the line for some type of inside-out block.

We select our personnel for the unbalanced line offense by looking for boys who possess the following general characteristics as much as possible:

**TIGHT-END (3 Man):** A blocker with good hands; biggest of the two ends.

**TIGHT-GUARD (1 Man):** An aggressive blocker with quickness and desire; we have usually been able to utilize a smaller, tough, "wrestler" athlete in this position.

**CENTER (0 Man):** A tall, lanky boy with quickness who can snap the ball; preferably a good leader.

**STRONG-GUARD (2 Man):** The best all-around lineman. Must have good size, quickness, and really love to knock people down.

**STRONG-TACKLE (4 Man):** The biggest and strongest lineman; if he has quickness so much the better.

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**SLOT-TACKLE (6 Man):** The second best lineman. Quickness and aggressiveness in this position are more important than physical size.

**SLOT-END (8 Man):** The best all-around pass receiver, but he must be able and willing to block when called upon.

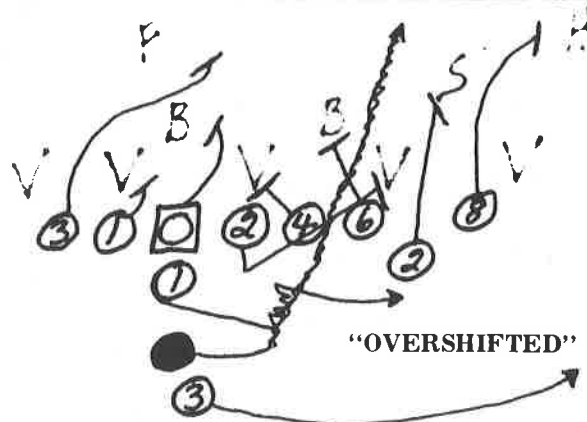
**QUARTERBACK (1 Back):** A leader who can fake, run, and pass in that order. Should have quick, sure hands and a good football mind.

**SLOT-BACK (2 Back):** A strong blocker with speed and good hands; usually has been more like a guard for us than a back.

**TAILBACK (3 Back):** The quickest, fastest, and best all-around ball-carrier. Must have good open-field running ability and be able to catch the football.

**FULLBACK (4 Back):** The toughest back who must show the desire to hit and get hit. Should have good quickness and blocking ability.

I shall now attempt to show you how we force the defense to prepare to stop our three basic strongside plays; the off-tackle belly, quick-toss, and inside trap. I will also discuss the play-action passes that have been effective for us from this series. Unfortunately, time and space do not allow me to dwell on our shortside attack, but I am sure that any imaginative coach can quickly recognize the multitude of problems created for a conventional defense. **OUR BASIC STRATEGY FOR ANY OPPONENT IS THE SAME — STOP OUR STRONGSIDE RUNNING GAME OR WE ARE GOING TO STAY WITH IT UNTIL THEY DO!** As an example, in a recent game we moved the ball 84 yards to score in seven plays using strictly the quick-toss and inside trap. Even though most of the teams we play overshift their defense toward our strongside, I have also shown the

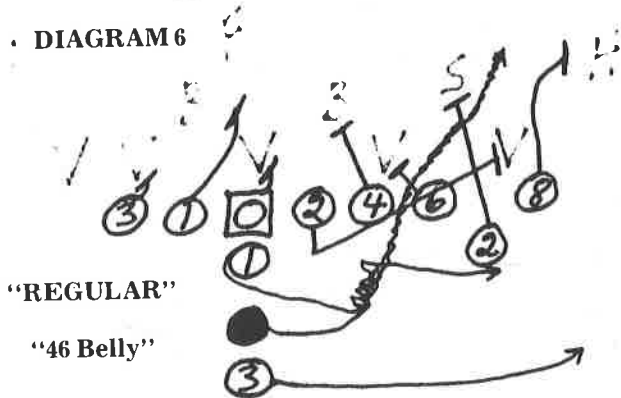


blocking we would use against a regular defense so that you are better able to understand the simplicity of our blocking assignments regardless of the alignment we face.

The first play we try to establish against any opponent regardless of the defense they are in is the "46 Belly" shown in Diagram 6. We start with this action because it sets up

CONTINUED ON PAGE 50

DIAGRAM 6



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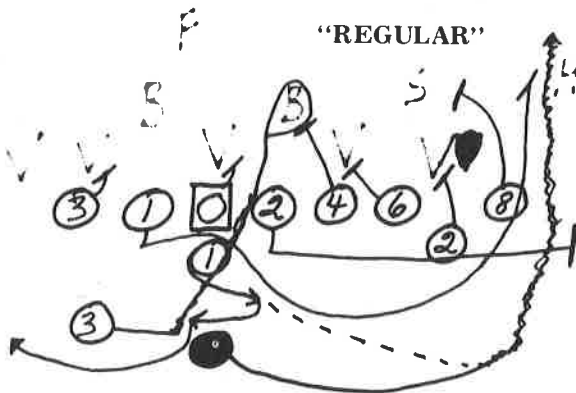
most of our other strongside plays and shows us very quickly how our opponents plan to adjust to our tight-slot formation.

ASSIGNMENTS

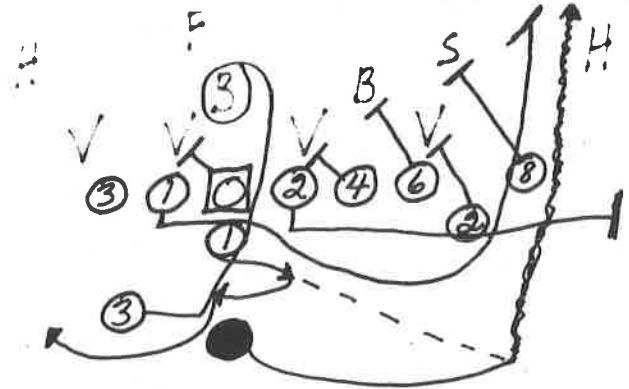
- TE: on, downfield
- TG: gap, on, downfield
- C: playside gap, on, downfield
- SG: Kick-out on first man on or outside our Slot-Tackle.
- ST: inside
- SL-T: inside
- SL-E: downfield
- QB: Reverse spin, handoff quickly to FB and fake option at contain man.
- SL-B: on, LBer inside to our ST, outside
- TB: Sprint for sideline faking option play
- FB: Cross-over step to strongside, run your belly over the ball, then cut behind the block of our Strong-Guard.

If we are successful in establishing the "46 Belly," before very long, a defensive end or linebacker in the slot area begins to cheat inside to help on our fullback. When this occurs, we attempt to get outside with either the option off of this same action or with the "48 Toss" shown in Diagram 7. As you can see, this immediately places a great deal of pressure on the defensive perimeter. It also provides our slotback with an easy, but extremely effective inside angle block on a defensive tackle who is slanting down with our tackle as he attempts to make his inside block.

DIAGRAM 7  
"48 Toss"



"OVERSHIFTED"



ASSIGNMENTS

- TE: on, downfield
- TG: Pull deep around our SL-B for a block on the near deep man.
- C: playside gap, on, backside
- SG: Kick-out on contain man
- ST: inside
- SL-T: inside
- SL-E: inside
- QB: Reverse spin, toss the ball quickly out to FB, fake inside hand-off to TB, then fake a bootleg to the shortside.
- SL-B: on, inside
- TB: Fake into the 2 hole and tie up the LBer.
- FB: Get depth on your first two steps, receive toss from QB, then cut behind the block of our SG on the contain man. If the contain is slanting inside, stay wide and really turn it on.

In order for our opponents to handle these plays, we usually encounter a great deal of stunting or pursuit immediately toward the slot area; especially from the inside linebackers and linemen who chase our pulling guards. This type of situation sets up our "32 Trap" which is shown in Diagram 8. The "32 Trap" has been a tremendously effective "big play" for us whenever we find an overshifted or slanting middle guard who likes to follow our strong-guard on his pull to the outside. Secondly, the fake toss to the outside by our quarterback tends to draw him deep into the backfield, thus allowing our trapping tight-guard to literally "bust him in the but!" In one game last fall, our tailback established a new school record by sprinting 98 yards untouched to score on this play. It has also proved to be very

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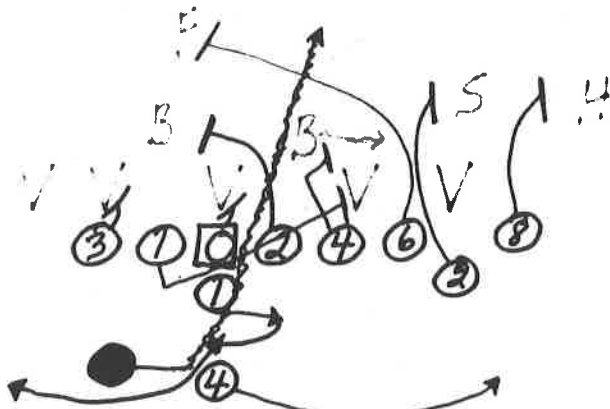
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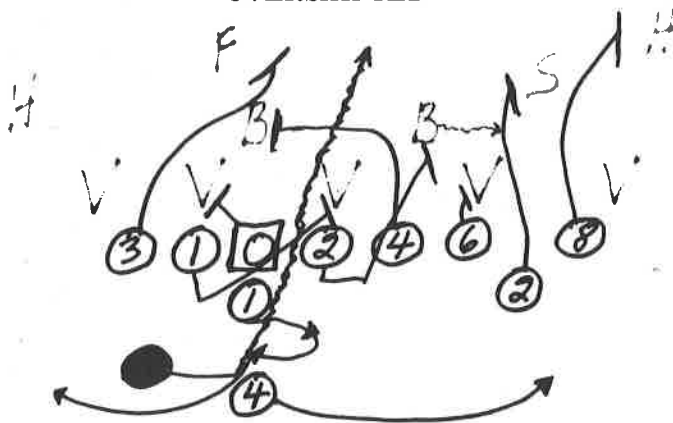
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effective against aggressive short-yardage or goal-line defenses.

**DIAGRAM 8**  
 "32 Trap"  
 "REGULAR"



"OVERSHIFTED"



**ASSIGNMENTS**

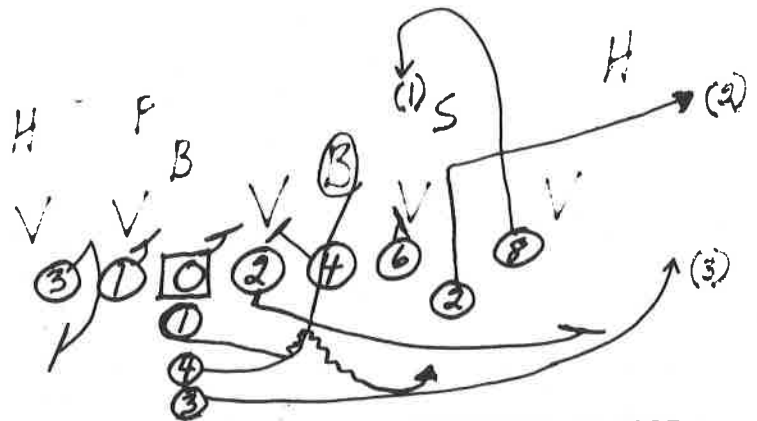
- TE: gap, on, downfield
- TG: Trap first man beyond our center.
- C: on, backside
- SG: "Covered" — outside LBer; "Uncovered" — first inside LBer.
- ST: "Covered" — nearest LBer; "Uncovered" — first inside LBer.
- SL-T: on, downfield
- SL-E: downfield
- QB: Same action as "48 Toss," except hand-off to TB.
- SL-B: downfield
- TB: Receive inside hand-off from QB and run behind the block of our TG.
- FB: Fake a "48 Toss" to the strongside.

We have play-action passes off all of our most effective running plays and try to keep our blocking assignments almost the same as those used for the run. We have found that our system of low and aggressive scramble type blocking forces the defensive linemen to bring their hands down in order to protect themselves. This allows our quarterback more time to execute his faking action and obtain a better view of his receivers. We also emphasize to the back faking into the line that he must run right at the nearest linebacker and occupy him with a good fake or force him to lose valuable time in fighting off his block. Our backs are really drilled hard on this point, as we have found

that good faking action is very important in keeping the defense drawn out of position long enough for our receivers to release into the open areas of the secondary.

We usually throw on an early down or in a short-yardage situation whenever possible. If we have been getting a lot of "jitterbugging" or stunting from the linebackers in the off-tackle area, we will come back with the "46 Belly Pass" shown in Diagram 9. Our quarterback will make a good fake to the fullback, then retreat looking for the slot-end hooking in the area behind the linebacker drawn by our fullback. If he is not open, the quarterback will look for the slotback breaking toward the flat, or he will drop the ball off to the tailback flaring out of the backfield.

**DIAGRAM 9**  
 "46 Belly Pass"



CONTINUED ON PAGE 52

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We use the "48 Toss Pass" shown in Diagram 10 whenever we have a fullback who can throw accurately, and we are having trouble with a defensive halfback or safety who likes to support quickly against the run. Our fullback will first look for the slot-end racing deep for the flag, but most of our success with this pass has come from throwing to the slotback breaking for the sideline. A variation off of this is our "48 Toss Throwback" which is shown in Diagram 11. This is a "razzle-dazzle" type of play that can be used if the quarterback finds that he is not being picked up by the defense in the backside flat.

DIAGRAM 10  
"48 Toss Pass"

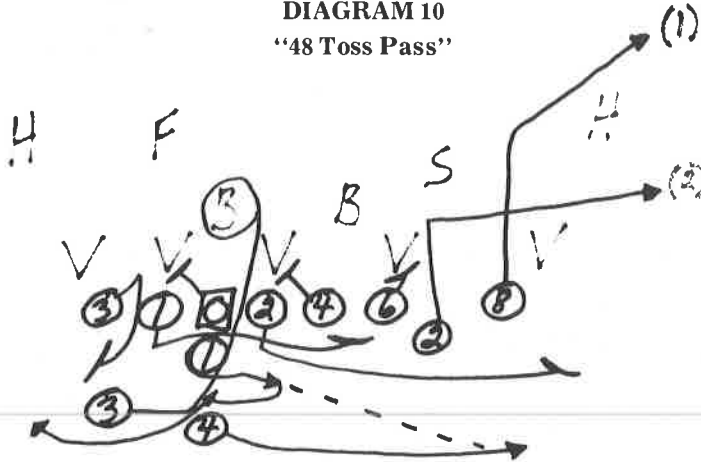
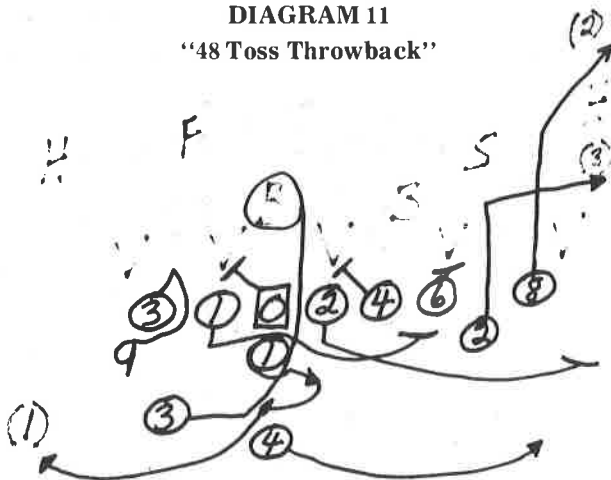
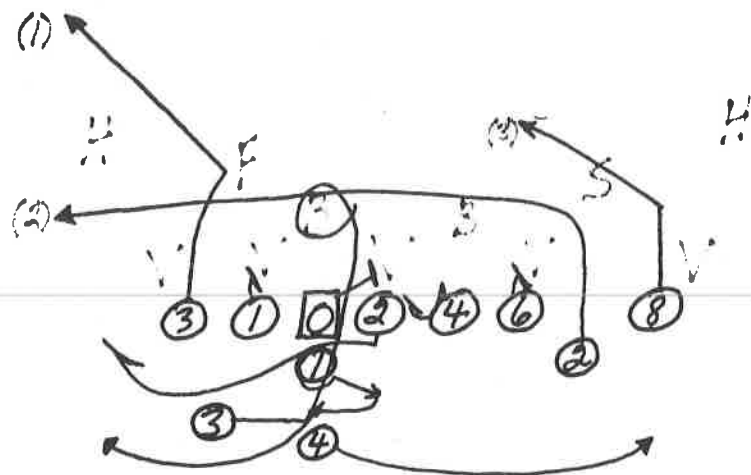


DIAGRAM 11  
"48 Toss Throwback"



One of our most productive play-action passes has been the "32 Trap Bootleg" shown in Diagram 12. We use this pass anytime that our quarterback notices the defensive end on the backside is ignoring his bootleg fake on either the "48 Toss" or "32 Trap." The strong-guard pulls with depth to the shortside for protection and our quarterback is instructed to run the ball behind him almost like a sweep, UNLESS he spots a receiver getting open. A great deal of the time, our tight-end has been able to get wide-open by faking inside before breaking deep for the flag. We have also enjoyed success on this pass by throwing to the slotback in the flat after he has crossed the field behind the linebackers who are influenced by the inside fake of our tailback.

DIAGRAM 12  
"32 Trap Bootleg"



I hope that this article has helped to stimulate some new ideas about the potential of the unbalanced line offense. I regret that I have not been able to cover some of the other principle methods by which we attempt to place constant pressure on the defense, or any of the specific drills we have found to be most helpful in teaching this system. However, any coach who is interested in discussing more of the things we do is invited to get in touch with me at any time. Finally, I would like to express my deepest appreciation to my loyal and dedicated assistants, and to the many fine young men - whose hours of hard work has convinced me that the concepts described in this article can win football games for your school as well as ours.

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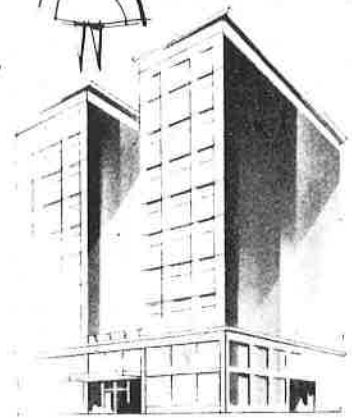
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*Brian Wibe (40) of Ulen-Hitterdal gathered in this pass as an Audubon defender flew through the air in an attempt to break up the play. Audubon posted a 36-2 Agassiz Valley Conference (South Division) victory over Ulen-Hitterdal en route to its division championship.*



*Halfback Mike Neitzke (27) of Detroit Lakes tried to get outside, but was pursued by several Park Rapids tacklers as this photo was taken during Park Rapids' 15-0 Mid-State Conference win last fall. Laker Jim Watson (24) gets ready to block as Roger Day (11) and Jim Crist (62) of Park Rapids close in on Neitzke. Park Rapids went on to win the Mid-State championship and finished 9-0 during the regular season before losing to Albany of the Central Gopher Conference in a playoff game.*

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George E. Reedy  
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A handwritten signature in dark ink, appearing to read "Ron Raveling".

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Game Manager

