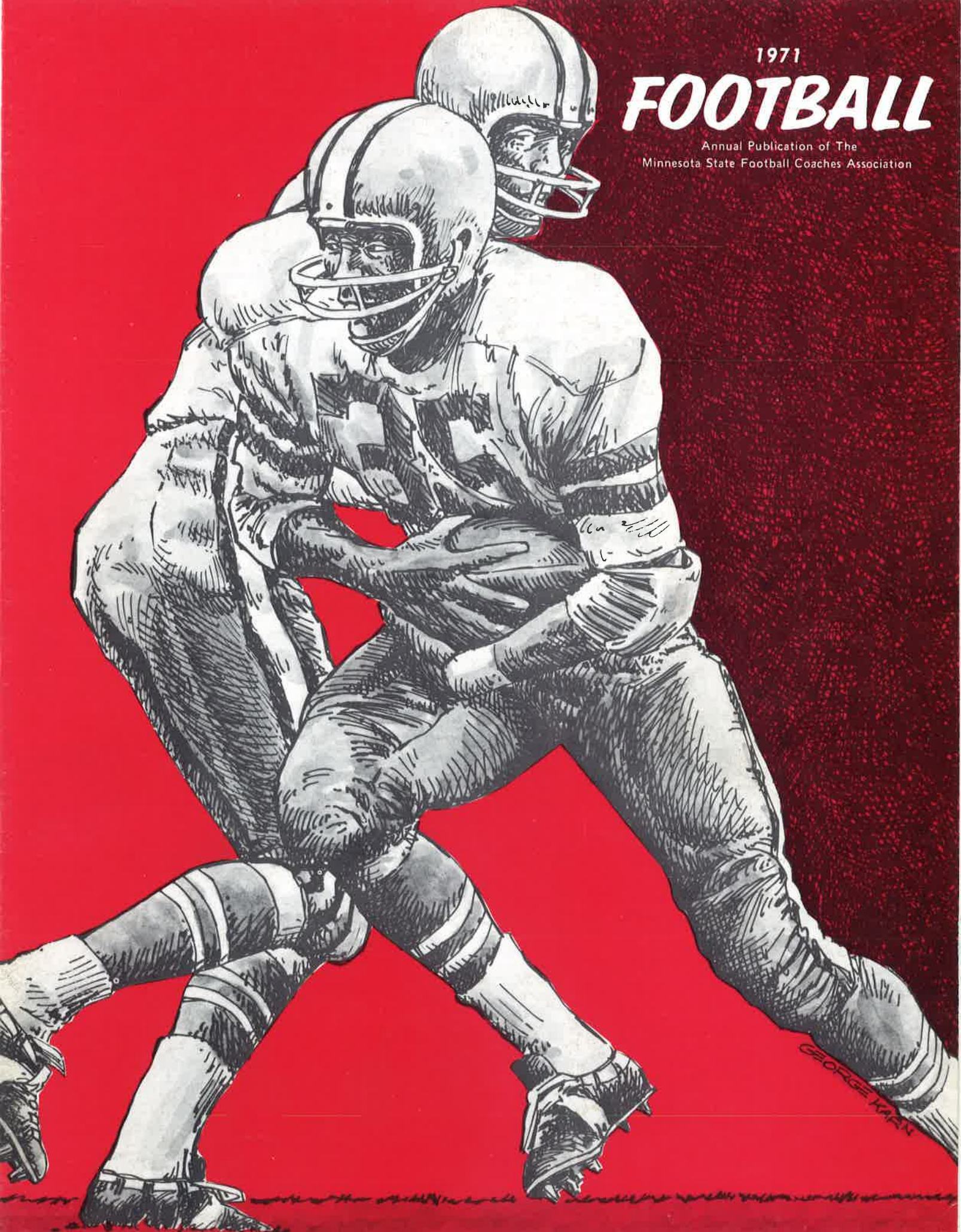


1971

# FOOTBALL

Annual Publication of The  
Minnesota State Football Coaches Association



1971

**FOOTBALL**

ANNUAL

**Minnesota State  
Football Coaches Assn.**

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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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Artist George Karn has again come up with an outstanding drawing for the cover of "Football" magazine as he has done for so many years.



By Bob Collison

This assignment brought about a great deal of reminiscing about some outstanding players who played for Richfield High School. Dick Enga, a fullback who played at the U, Bob Werness, a fine QB, fine ends Tom Langseth and Tom Gersey, Doug Schindler and Steve Cook, and John Drury, great nose guards, Denny Carlson fine offensive tackle for the U. of Nebraska, and of course Doug Kingsriter now an end at the UK. OF M.

I narrowd the choice to the best offensive player and on this basis would have to select Doug Kingsriter even though he never reached his top potential as a high school football player. Great talent, excellent attitude, outstanding leadership and a mature mind and body all helped him achieve excellence.

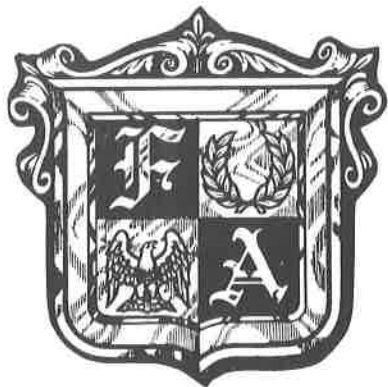
Doug started his high school career as a quarterback and shared the number one position with Scott Stein and performed extremely well for a sophomore. In the Kennedy game which Richfield faced a tough wind in the third quarter he carried the ball almost exclusively and gained over 200 yards for the night. This performance was critical in bringing about a win over a very tough opponent.

In his junior and senior year Doug was moved to fullback to fill in for injured teammates. This removed him from his favorite spot but his attitude was so excellent that he was willing to play any place to help the team.

In the mid-point of the season his senior year it was possible to move him back to QB and he transformed our offense from an ineffective one into a high scoring ver-

satile one which tied for the Lake Conference title. Doug never reached his true potential as a Q.B. because he sacrificed to take over a position where we had lost a man due to injury. He was an outstanding young man to coach.

Now if I had to write about defense - how about a young, hustling, super aggressive ball player by the name of Tim Wheeler!!



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Continued From Page 4

in a first class manner and is a great way to finalize our football season. The cheerleaders help decorate tables and serve the dinner. The fathers are seated between the Lions and the players sit at the table in the center of the room. Each year a well-known sports figure is engaged as the speaker. I give a short run-down of the season and each player is introduced and awards are handed out. During our championship years, each player has been presented with a small trophy. The fathers are asked to accept the trophies for their player sons. I have seen many proud dads accept the trophy with a tear in his eyes. It is at this banquet that we elect the captains for the following year and also present the "Most Valuable Player" award, voted on by fellow teammates.

In our locker room we have a green board that has pegs positioned to simulate several football teams with alternates. Our players check the green board each afternoon to find out which team they are on or if they have a position change with another player. We use this both offensively and defensively, and find that it also can be used on game nights to indicate starters and special teams.

Our scrimmage vests are orange, black and green. The first team and their alternates wear orange, the second team and their alternates wear black and the rest of the players wear green. It has become a real status symbol to wear an orange vest on the practice field. It is also an easy way to keep track of teams in practice because the orange team might hold dummies while the green team works offensively against them, etc.

During the past football seasons, Coach Mottaz has compiled an "Osseo Football" book. We hand them out to players, staff, school personnel, press, and anyone else who may be interested in such a publication. The book has been a real attention-getter and extremely popular, especially with the players. It consists of:

- 1--Personnel
- 2--Current season results, roster and statistics
- 3--Skyline Conference statistics
- 4--Osseo football history
- 5--Honor Roll of records, team and individual
- 6--Junior varsity and "B" squad

When our players report for practice they have regular haircuts and are clean shaven. I give them two reasons "why" and each year I think their reaction is actually

improving. First, I tell them long stringy, sweaty hair matted by a football helmet or stuck together with a little blood is downright unsanitary. Secondly, they are told that we want our team to look uniform. We wear the same helmets, jerseys, pants because we want to look like a sharp, disciplined team and not a group of individuals. We don't want a few players singled out by fans or fellow players because they have long curls sticking out of their helmets or have a Burl Ives beard.

Our players participate in a summer conditioning program that I feel is a must for success in the fall. Players are encouraged during the football season to plan their summers to include physical conditioning. Most of their conditioning consists of weights, calisthenics, agility work, bike riding, specialties and a strong running program. Vigorous promotion of this program has paid off because generally speaking, our boys report in condition. It is often apparent to the coaches and to others that some kids who weren't expected to do well, excel because of their advanced conditioning.

After practice begins in the fall, we have our players do a lot of form running. Coaches are stationed at both ends of the field and watch groups of boys running at them. Strangely enough, some boys don't know how to run. We encourage them to run on their toes, with the knees high, elbows in with good arm action and chins down. We have noticed a marked improvement in speed, as well as form since working on form running drills.

Agility drills are common during our warm-ups. We do a few calisthenics, some isometrics and a few agility drills every day. We do these quickly, mainly to stretch and warm up the muscles. We run to various stations where a short strenuous activity takes place. We never spend a lot of time on jogging long distances or extensive calisthenic sessions. The boys know that the sessions will remain short if they respond quickly and energetically. Different stations used for warm-ups are:

- 1--Grass drills and backfield techniques
- 2--Ropes to run through
- 3--Tackling dummies
- 4--Sleds (2 and 7 man)
- 5--Iso-genies (Harness run)

We never run a play half-speed in practice unless it is the first time that the play is introduced. Time and

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Continued From Page 6

were short of equipment. All the equipment had to be left on the floor of the elementary gymnasium as there was only one shower head and no lockers. Two boys had participated in senior high football in LaCrosse and only six boys had ever had on a uniform. Mac Dahl, my assistant, came up with one statistic I have never seen in any other football magazine or even on a Halsey Hal broadcast. It is this — boys who have never put on girdle pads before will put the hard pad, that is supposed to be in the back, in front 85 percent of the time. I don't know if this is really vital but perhaps it tells us something that could be used in further psychological studies of teen-age males. "No, that goes in back," and they really look at you as if you are an escapee from the psycho ward.

We had two scrimmages — the kids from Hokah St. Peter's were ruled ineligible so we had enough uniforms. (A rule change was proposed for the kids like this group, by our Superintendent. The League passed the amendment the following year.) We lost some good players but we were ready to play our first game against the conference favorite. The Lord has always been good to me, but especially kind this night. Our game uniforms arrived 45 minutes before game time. The bleachers were installed. It rained so hard all day people were out looking for gopher wood to build an ark. At 7:00 in the evening it quit and at 8:00, 4,000 people were waiting to see the game. It was a beautiful night but the old evener (rain) had done its damage. We almost had to chase the team out of the locker room, and the coaches felt like going home and hugging their Teddy Bears. We lined up in screwy formations, prayed a lot and surprisingly these inexperienced kids played some football. We not only played the game — we won it 6-0 and, as the LaCrosse Tribune stated the next morning, "LaCrescent High School has a football team." The rest of the season and the remaining six years were almost normal.

Mac Dahl and Rollie Johnson have been working with me on the varsity level for the past six years and neither one of these guys are afraid to work; they have a great deal of patience and understanding which are essential if you are working both with young men and a senile head coach.

Every coach has certain philosophies which I am sure you have read about many times. There are some

thoughts we have and some philosophies we have developed, that might be a little different than some of yours, which you might be interested in:

General:

We tell every boy who comes out for football that he is going to play one football game per week. We try to give as many boys as possible a chance to play in the "A" game. We have platooned for all six years, but try to give each boy some experience on both offense and defense. We have special teams also so that when we dress 60 players they usually all participate sometime during the course of the game. The rest play on the "B" team on Monday night.

We award letters to football players, not only on quarters played, but on the number of practices he attended. He gets only one letter in athletics at LaCrescent — after that a certificate for each year's participation. We tell our letter winners that this school letter is to be respected and that we don't want medals and pins dangling around on it, anymore than we would expect people to decorate the flag.

We run a basic T or wing T formation but use a few plays from different sets, spreads, etc. We believe we are developing more fans than professional football players so we want our boys to be more knowledgeable about various offensive and defensive sets, and to be able to really understand the game. We also feel it is our obligation as coaches to help a boy reach his potential as a football player and a man.


About Defense:

We try to explain it to the boys this way. "They have the ball, we want it, take it away from them. Make them throw it around, put it in the air, drop it, etc. It's easier to get hold of it if we can get them to toss it around. Defense is the key to winning, we can almost always scratch out a score some way if the defense will get the ball. Make every ball carrier or receiver realize how foolish it is to run with or catch the ball. Make all opposing backs tell their quarterback when he asks them to carry the ball, 'Thanks, but I'd rather not!'"


About Offense:

Explained generally this way — "In order to move the ball you have to do one of two things, fool your opponent completely (which is fun) or else tell the opponent where

Continued on Page 52



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Continued From Page 8

next command. For instance, the leader says "Helmet" and on the "Hut" everyone places their hands to their helmets and on the next "hut" they return to the ready position. The rhythm should be uneven stressing the quickness aspect of the drill. We repeat the command 12 to 15 times and then move on to another combination.

**Form Run** - every player must know the proper running form if he is to be quick and agile. We use the form run stressing good base, body lean, arm motion and footplant. We also include a forward roll in this and other drills to improve agility.

**Grass Drill** - many variations exist. Emphasize the recovery aspect and returning to the hitting position.

In developing determination and aggressiveness, we use the following drills:

**Recovery Drill** - players pair off and begin five yards apart. One of the partners begins by doing a forward roll and coming up quickly to deliver three flippers into the other who insures a quick recovery by rewarding a late or lazy recovery with a quick flipper of his own. At no time in this drill can either partner relax. It is a good controlled contact drill and develops both right and left shoulder contact.

**Flipper Gauntlet** - can be used with all linemen in a relatively short period of time. Form two lines and space players five yards apart. One boy begins by moving to the right side of the line and striking a right shoulder and then to the left side striking a left, etc. until he has made to the end of each line. This is a good conditioner also.

**Gassers** - an especially good conditioner for linemen in that it forces a good stance and execution while extremely tired. It involves all players starting in their stance with a quick start on the whistle and a stop on the whistle returning to the stance. The distance run should vary throughout the drill. We usually use at least 200 total yards.

In developing intelligence in linemen, it is important to spend a great deal of time off the field schooling your linemen both offensively and defensively. Too many times we stress the toughness aspect of line play and forget the mental aspect. Linemen must know a great deal about both offense and defense if they are to execute properly. In drill we technique recognition of various defenses on the line of scrimmage. We also have certain

calls to adjust to certain defenses. Defensively, linemen must understand the overall scheme of your defense and the role they play in it.

Obviously, these are but a few drills to develop these basic skills. If these skills are developed, it will be easier to move on to the more refined skills of offensive and defensive line play.

In moving to specific skills for offensive linemen, I feel that the stance, drive block, pass protection, zone blocking, and gap technique must be taught to all linemen:

**Stance** - we insist on the proper stance each and every time our linemen come up to the line of scrimmage. If this basic fundamental is not correct, it is impossible to move on to other techniques. We have our linemen begin with a stance approximately shoulder width. A short drop step may be used but we stress a stance that is comfortable to each individual. It is important to have the feet parallel if not slightly toed in. From here have them placed their elbows inside their knees bending slightly at the knee and waist. Then have them drop to a finger stance with the hand contacting the ground just six inches in front of the forehead. The back should be parallel to the ground with good bend in the knees and head and eyes ahead. Weight should be evenly distributed on all three points.

**Drive Block** - we divide the drive block into five steps. First, the proper stance must be assumed. Second, is fire out on the count aiming for the belt buckle with the point of the helmet. Third, bring up the feet maintaining contact. Fourth, keep a wide base, and finally, try to move into a cut off position. This of course, the most basic technique of an offensive lineman. He must be able to react with this block to a stunting defender as well as one moving straight ahead. His proficiency at the drive block will determine his success as a football player.

**Pass Protection** - we use aggressive pass protection, for our passing game is basically sprint out. Linemen must fire out with their head to the side of the call and then move to a position between the defender and the passer. Feet must be moving in short choppy steps at all times and when it feels like the defender may slip off the block the pass protector goes into a cut off position. We also emphasize that part of the pass protection is to move to the general area that the ball is thrown in case the pass

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Continued From Page 10

the video tape recorder, regardless of manufacturer, is a(n) highly refined electronic unit and can not be considered in the same maintenance class as the audio tape recorder, filmstrip projector, a motion picture projector familiar to all of us. Whether you choose a 1-inch machine or a ½-inch machine, you will find that video tape recorders require periodic attention by a skilled technician if they are going to continue to function at their optimum level. It would seem that the ½-inch machines would serve athletic departments very well. However, if there is a need to display a video taped picture on 23-inch monitors or to large groups of people, the ½-inch format may present some picture quality problems. The use of the 1-inch machines will also give better results when producing a master set of recordings, or when editing of materials is desired. The small portable, battery operated ½-inch machines (illustrated in Fig. 1) should be purchased only as second units since they do not provide the flexibility or quality available with the more standard recorders. You will, no doubt, find it difficult to purchase a machine that has the potential for doing everything you might want it to do. Your selection should be made in terms of which machine will provide for the greatest number of anticipated uses. Presently, no ½-inch VTB should be purchased that does not meet the new EIAJ standards that provide for video tape compatibility between machines of various manufacturers.



Figure 2. Ampex Model 6007 vidicon camera, \$400.



Figure 3. GPL 1000 vidicon camera, \$2500

Television camera selection should also be made on the basis of the system's needs. Relatively inexpensive vidicon cameras are available in the \$300 to \$400 range. These industrial quality cameras will provide adequate

horizontal resolution for most of the activities previously mentioned but should not be used to produce master instructional tapes. The more sophisticated the camera becomes, the more it will cost (see Fig. 2 and Fig. 3). Viewfinder cameras (Fig. 4) are highly recommended since this feature greatly increases the ease with which these units can be used. Even though the viewfinder contributes to a significant increase in price, the utilitarian value will, in most cases, justify the added expense. Other features that will increase camera prices and will also, generally, improve quality are a lens turret (Fig. 5) RF and Video signal outputs, external adjustment of camera target, beam, focus, gain, and pedestal (Fig. 6). The addition of a good zoom lens (15 - 150mm) will also increase a camera's effectiveness. To this point, the video tape recorder and camera have been discussed but these are of little value of the CCTV system does not have a monitor upon which the visual information can be displayed.



Figure 4. Vidicon camera with viewfinder, \$1000.



Figure 5. Ampex Model CC 324 vidicon camera with lens turret, \$1000.

Monochrome television monitors or receivers (the term used is determined by the function performed) are now available at prices that begin at about \$140. While it is possible to use the typical "home receiver," it is much more desirable and not much more costly to purchase monitors that have bridged video inputs and the other functions shown in Fig. 7. The bridged video input is necessary to avoid running a separate coaxial cable from the video tape recorder to each monitor being used. Several receivers, having bridged inputs, can be used to accommodate large groups by simply connecting consecutive monitors with a single coaxial cable. The

Continued on Page 56

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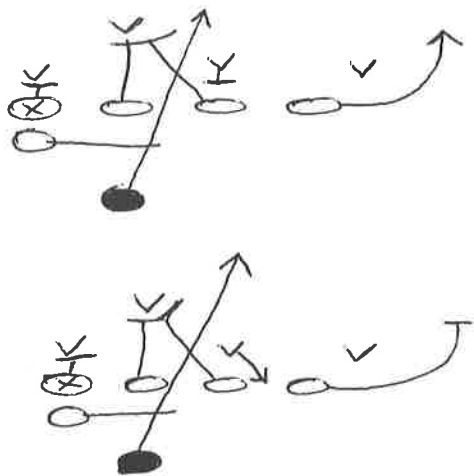
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The quarterback's first read is the first man outside our offensive tackle. If that defensive man plays soft, or if he slants to the outside, we tell the quarterback to give the ball to our lead back:



If the defensive man slants in, the quarterback is to remove the ball from the lead back and be prepared to make his next option on the next defensive man:



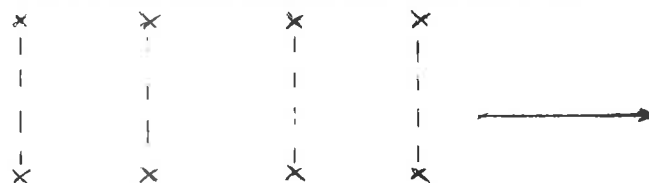
This all occurs very swiftly. I have tried to help our quarterbacks by telling them to make any mistake on the triple option on the first option. Since the lead back is prepared to carry the ball all the time, I have found that when the quarterback has mis-read our back will "pop" inside a slant tackle if he is really tearing into the hole. If the quarterback reads the inslant properly, he will probably have to take a step around the collision between the lead back and the tackler.

We practice this portion of the option everyday with a half line drill. We place spare personnel in the places of the offensive guards, tackles, tight end, and defensive linemen. We ask the defensive people to give us a definite move so our quarterback can read properly. After this technique has developed some confidence in our quarterbacks, we then allow the defense to make an attempt to cause confusion. I can't overstress the need for repetition of this skill. If your personnel can't develop this technique, then you are faced with one of two problems. You are not going to be able to run the true triple option attack, or you must use a split-T or the outside belly attack.

The second read of the triple option occurs immediately after the quarterback withdraws the ball from the lead back. The lead back must really cover up well like he has the ball and punish the tackler who has an

open shot at him. The quarterback must now react to the next defensive man. A coaching point I have found is that the quarterback can best make this read by either standing still or by just running in place rather than continuing on down the line of scrimmage towards the defensive man. Another thing that is important is that your tight end will release across the face of this defensive man most of the time, and this forces him to be conscious of being blocked in by the tightend. The defensive technique of this man will be determined by the linebacker arrangement or by the secondary defensive set up. Most of this information can be obtained from scouting reports. This helps in preparing your quarterback for the different defensive techniques.

One of our early problems with the option was the development of a consistent pitch between our quarterback and the trail man. If the defense has forced us to resort to this feature of the option it is a tragedy if the trail man can't catch a five yard lateral. Surprisingly, many of them can't. If the quarterback has read all the options properly, and pitches, and the ball ends up being dropped or fumbled the frustration is terrific. To attempt to develop the skill of catching the pitch out, it is important for the tail back to be in proper position with his quarterback. I feel this distance must be about five yards deeper and just slightly in front of the quarterback. I want our quarterback to be able to see the trail back out of the corner of his eye. When he does pitch to him he should turn his head and actually look at him. The pitch out I coach is a soft two hand basketball chest pass. The trail back must learn to throttle his speed and stay with the quarterback. He is the one to establish the relationship. Great concentration is necessary on his part, so he is able to be on the run and relax and catch the ball at any moment that the quarterback delivers it to him. I have our running backs line up about five yards apart in pairs, jog about half speed, pitching the ball back and forth to each other for a distance of fifty yards. This resembles the basketball three man fast break drill.



From this one play stems the balance of the Kellogg offense. Everything we attempt is in relationship to the defensive maneuvers to stop our base play. All of our passing game is derived from the base play. For a number of years, I have called our teams offensive plays. I have done this primarily to be aware of where the point of attack is going to be. One of my old problems was that once I had found something we could attack it was necessary for us to change formation or use adjusted blocking. With this attack I can call our base play time after time and never be outguessed by those brain storms in the stands. What defense can stop the dive, off tackle and the sweep all at once? I only wish it were that easy. I do know this. Coaching the option is really fun. It's fun for our staff, the fans, and most of all, the Kellogg football squad.

Continued From Page 14

working on stance, forearm lift, form tackling, and pass rush. Also, at this time, if any keys or weaknesses in our opponent's offensive line have been noted, our linemen are informed. Like our linebackers and secondary defense, the linemen will meet later during the practice for their sled reaction drill. This drill involves two coaches and the 7-man sled. One coach has a ball and acts as the opponent's center, and he also calls the opponent's cadence. Our linemen will take their defensive stance and position. On ball movement they react into the sled with a hand or forearm shiver. The other coach is stationed at one side of the sled and he observes the defensive men's lining up on the ball and their reaction as a unit.

We use one other drill designed for reaction to the ball and this drill is also used to familiarize our personnel with the opponent's cadence. This drill comes immediately after our warm-up and stretching period. As in the sled reaction drill, one coach serves as the opponent's center and signal caller. Each member of the squad will take his normal defensive stance and line up in any of three lines facing the coach. On ball movement, the personnel in a three-point stance will explode to a prone position, pop up, and sprint to another coach 5 yards deeper. Personnel in an up-position will react to ball movement and spring to the deeper coach. The coach 5-yards deep will then wave left, right, or show pass, and the squad will react accordingly. Besides being a simple reaction drill, it also serves as a good conditioner.

If adjustments have to be made from our normal defensive set, we like to keep in mind the following points when making changes:

1. — Balance the defensive set with the offensive formation.
2. — Attempt to take away their bread-and-butter play.
3. — Look for and use any "Keys" the offense may inadvertently give away.
4. — Utilize field position and the sidelines.

Also, utmost in our minds are three important questions:

1. — If we adjust for the pass, can we still defend the run, or vice-versa?
2. — Can our personnel make necessary adjustments

on the move, yet get into good hit positions and keep their effectiveness?

3. — Are we staying with-in our basic defensive framework?

In selecting our defensive personnel, we desire the following situations:

1. — We want our best all-around football players at the linebackers.
2. — The next best football players should be at half-back and end.
3. — Up front we want men with good size, and a fair amount of quickness.

After revamping our defense for 1967, we used two motivations charts which hang in the varsity lockerroom: Chart A, (diagram No. 2) was the result of

	OPPONENT'S								
	No. 1	No. 2	No. 3	No. 4	No. 5	No. 6	No. 7	No. 8	No. 9
Defensive Goals									
1. Intercept two of ten passes									
2. Recover two fumbles a game									
3. Eight yards punt return									
4. Don't let opponent get long run									
5. Don't let opponent get 8-plays in a row									
6. Make five big plays a game									
7. Don't let them score									
8. Keep offense out of our ten yard line									
9. Don't give up the long pass									
10. Ten yards on kick-off return									

our defensive planning. We felt if we could accomplish most of the ten points listed on the chart, we would come out a winner on Friday nights. After each game, we would color in each square next to the goal the defense had accomplished. The chart seemed to help the players to better understand their role on defense, and it gave them pride in their accomplishments. Chart B (diagram

Continued on Page 57

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school training room are the whirlpool, infra red lamp, and moist heat packs (hydrocollator packs). Immersing an injured arm or leg in a whirlpool at a temperature of from 104 degrees F to 108 degrees F for a treatment period of 20 minutes can increase the deep circulations to a level of 50 per cent to 200 per cent above normal. The circulation level will usually return to normal levels within one hour following the treatment period. Meanwhile, is the pressure from the increased circulation too much for the healing capillaries to hold?

The penetration of the infra red heat treatments is from one to three millimeters, while the heating effect of the moist heat packs penetrates from 3-4 millimeters. The influence on deep circulations is nil. Physiologically, their effect on a deep muscle bruise or strain is again nil. Maybe the injury heals eventually because we do not disturb the body's built in healing procedures.

Most high school training rooms will not have the benefit of using a diathermy or ultrasound machine for deep heating. With the use of these treatment modalities, tissue temperature rise and circulations increase is evident up to a two to three inch depth. But, here again, the average circulatory increase is from 150 per cent or more.

Cold therapy methods used in our training room during the treatment phase are cold water immersion (cold whirlpools) or ice massages. I do not feel that you necessarily need a whirlpool for cold water immersion treatments, but the convenience of use is evident for filling, draining, and temperature control. We keep the temperature of our water under 58 degrees F. The immersion treatment periods are for 15 minutes for injuries to the knee or down and the elbow on down. The first two to four minutes are painful, but as a partial numbness sets in, the athlete is instructed to perform active, pain-free, range of motion exercises. The exercise is continued after the cold treatment for a period of from two to five minutes.

Following treatment the skin appears bright red. The penetrable effect of the cold has been said to be up to five centimeters, with the circulation increase, after removal from the cold, being from 8 per cent to 12 per cent above normal for a period of up to two hours.

For ice massages, water is frozen in 7 oz. paper cups. The injured areas of the body above the knee and above

the elbow are rubbed with this ice cube for a period of 5-10 minutes. The initial sensation is that of cold, followed by a pins and needles feeling, followed by increasing aching which then tapers off to a partial numbness. Active, pain-free, range of motion exercise is encouraged following cessation of the ice massage. The penetrable effect and circulations changes are the same as that of the cold whirlpools, but localized to the injured area.

Using cold therapy methods offer the conveniences of being economical, easily attainable, and can be self administered after a short training period. These treatment methods can be given several times per day. The questions originally asked remain unanswered. To my knowledge, no one has given an accurate estimation of what is a necessary therapeutic level of circulations increase. What treatment methods you wish to use will be dependent upon your education, experience, and medical supervision. Even then, maybe the injury heals in spite of what you do.

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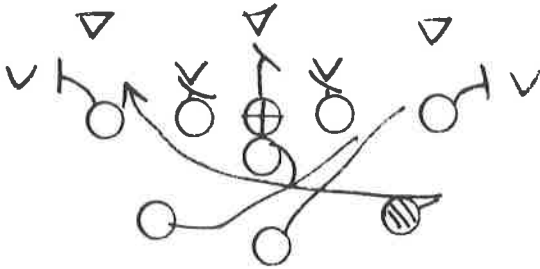
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Continued From Page 18

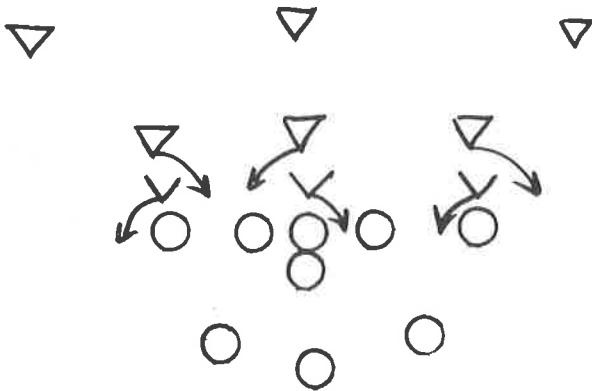


problems we had was the linebacker, who usually went with the fake enabling us to get into their secondary. This play was good to us and we averaged about 8 yards a try. If our backs were more explosive we could have broken open quite a few times because once we got through the line we had only the safety to beat.

The rest of our offense consisted of sweeps, bootlegs, and dives, with wedge and trap blocking. When we passed, we usually employed the box-information which enabled us to flood an area with three receivers.

Assistant coach, Harvey Johnson, handled the defense and did an excellent job. The defense allowed 1,526 yards from the line of scrimmage and only 88 points, while we scored 234 points.

During the first half of the season we used a 4-3-2 defense. We did some stunting during the second half of the season to a stack of 3-3-3, where we shot all linemen and line backers. The results of the stack defense were excellent as we consistently got the ball carrier right after he received the handoff. This defense kept the offense guessing all night; in fact, they never knew what



our boys were going to do. The linemen were paired with a linebacker and told to shoot the gaps. The three pairs worked independently and were not coordinated with the other pairs. We stacked our linemen over their ends and center and set our linebackers directly behind the linemen. Our defensive end and outside linebackers would vary their inside and outside responsibilities. The guard and middle linebacker would plug up the middle making things rough on the QB. The boys enjoyed this defense and did a good job with it. (Diagram 4)

Our first and last games of the season were against 11-man teams. We keep our offense and our defense basically the same as we used for 9-man. The only change in offense was to move our guards out to tackles

Continued on Page 58

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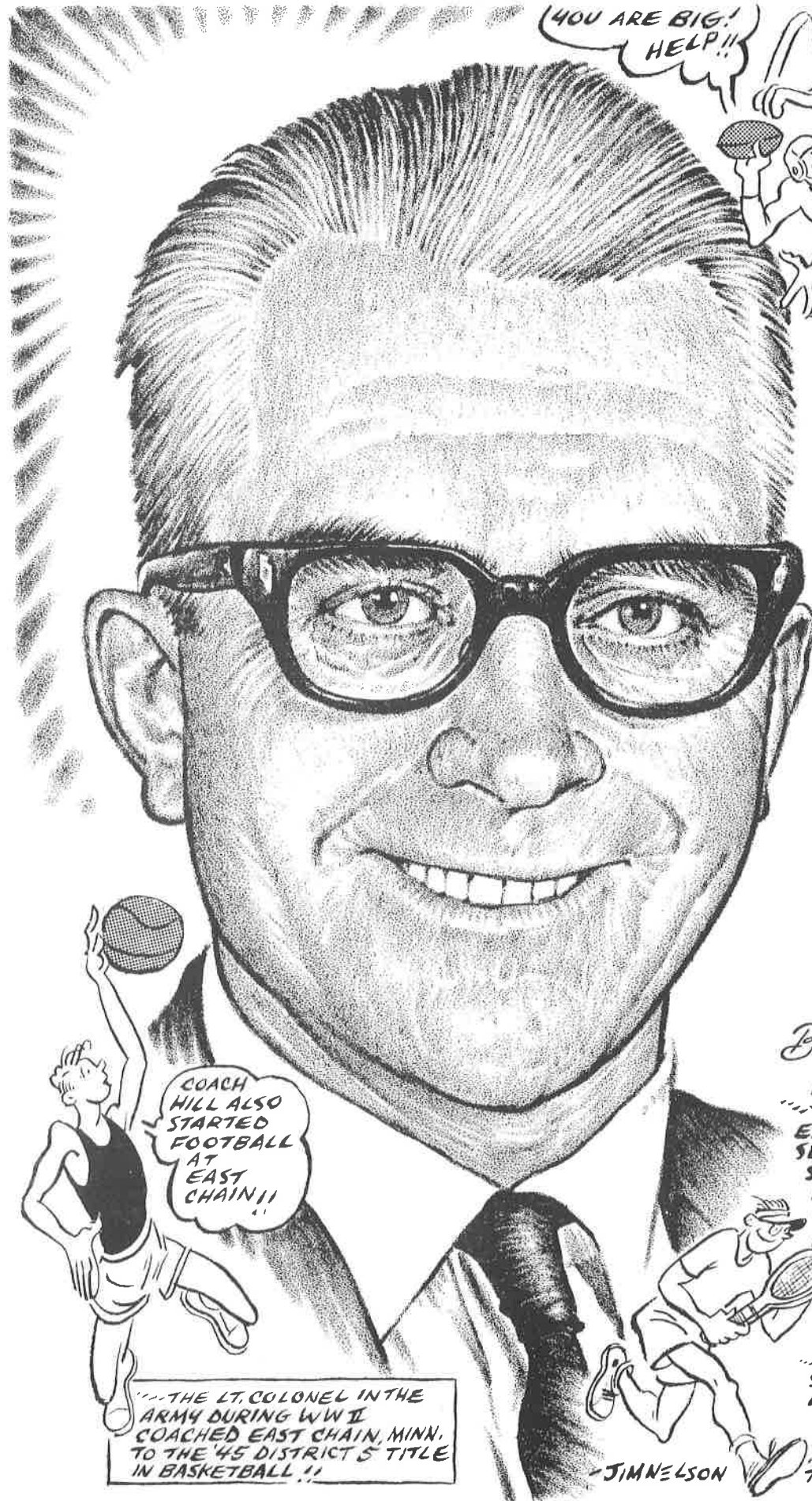
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## *Previous Winners...*

1969

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

1970

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

# BUTZIE MAETZOLD High School



## *Previous Winners....*

1967

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

1968

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

# Regional Coaches Of The Year

## Top Coaches In Minnesota In 1970

REGION ONE—EARL SEATON, La Crescent

REGION TWO—MILT OSTERBERG, Worthington

REGION THREE—PAUL BENSON, Olivia

REGION FOUR—JOHN GUSTAFSON, North St. Paul

REGION FIVE—BILL HANSEN, Willmar

REGION SIX—RALPH FREEMAN, Graceville

REGION SEVEN—BOB PETERSON, Esko

REGION EIGHT—JAMES SIMS, Thief River Falls



### REGION ONE—

#### EARL SEATON, La Crescent

Earl Seaton of La Crescent, the Region One "Coach of the Year," concluded his high school football career last fall by guiding his team to a 10-0 overall record and the Root River Conference championship.

Seaton has resigned as the school's football mentor in order to devote full-time duties to that of senior high school principal.

In six years as LaCrescent's head grid mentor, Seaton directed the school to a 40-13 overall mark. Prior to moving to LaCrescent, Seaton coached at Verndale High School, where his teams had an overall 72-47 record.

"I've had more enjoyment coaching than any human being could ask for," Seaton says about his 25 years in the profession. "I've always had a good bunch of kids to work with and have been lucky to have skilled assistants who have made the teams winners for which I have received most of the credit."

Seaton received his bachelor's degree at St. Cloud State College, where he lettered in basketball, baseball and football. He served with the U.S. Navy during World War II and received his master's degree in 1957 from North Dakota State.





## REGION FOUR—

**JOHN GUSTAFSON,  
North St. Paul**

John Gary Gustafson, who guided North St. Paul High School's football team to a 10-0 record and the St. Paul Suburban Conference championship in 1970, has been picked as Region Four football "Coach of the Year."

Gustafson has been on the North St. Paul staff since 1958 and has been the head coach for eight years. He coached track and junior high basketball in 1957-58 at Montevideo.

A graduate of Gustavus Adolphus College, Gustafson was an outstanding college athlete, earning all-conference honors in football and being a track dash champion in the Minnesota Intercollegiate Athletic Conference.

He molded the 1970 undefeated North St. Paul gridgers out of a squad that was termed to have "no real speed or quickness" by a rival coach. "The most impressive factor of the North St. Paul team seemed to be the organization itself," this coach stated.

In taking the 1970 conference title, North St. Paul included White Bear Lake (24-6), St. Paul Park (18-0) and Kellogg (42-0) among its victims and those clubs were among the top finishers in the Suburban Conference.



## REGION FIVE—

**BILL HANSEN,**
**Willmar**

Veteran coach Bill Hansen of Willmar High School is the football "Coach of the Year" in Region Five and Willmar's outstanding record over the years is a tribute to Hansen's knowledge of and dedication to the sport of football.

Willmar finished 8-0 overall in 1970 and is working on a string of 21 games without a loss as it enters the 1971 season.

En route to the West Central Conference championship last fall, Willmar toppled loop rivals Alexandria (18-0) and Benson (40-14) for its biggest wins within the circuit. Willmar also numbered St. Cloud Tech (13-0) among the 1970 victims.

Hansen has coached Cardinal football teams since 1945 and at one point in the late 1950's guided Willmar to a string of 32 consecutive games without a loss.

He is a graduate of Stout State University and served three years as assistant coach at Willmar before taking over as the head grid mentor.





## REGION EIGHT—

### JAMES SIMS, Thief River Falls

It's been a story of success almost since his first year as head coach for James (Jim) Sims, head football mentor at Thief River Falls High School.

Taking over as head coach of the Prowlers in the fall of 1966, Sims directed Thief River Falls to a 3-4-1 overall record. Since that time, however, the Prowlers have had successive marks of 6-2, 7-2, 6-3 and 8-1 and the eight victories by the 1970 club is a record for Thief River Falls. These fine records have led to the selection of Sims as the Region Eight "Coach of the Year."

Three times (1968, 1969 and 1970), Thief River Falls has gained title ties in the Northwest Conference under Sims' coaching.

A graduate of Mahnomon High School, Sims has received both bachelor's and master's degrees at Moorhead State College. He coached two years at Eagle Bend High School and served one year as freshman football coach at Moorhead State before moving to Thief River Falls.

In seven years as a head coach, Sims has a 39-18-2 overall record and he has developed three all-state football players during that time.

Victories over Bemidji (28-18), East Grand Forks (14-6) and Grand Forks Red River (12-9) were among the top triumphs for the 1970 Thief River Falls eleven.

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Continued From Page 30

graduate of Minneapolis Patrick Henry High School and Macalester College, had a 32-15-3 overall record in six years at Princeton.

+ Detroit Lakes High School will have a new football coach in the fall of 1971. Del Mollberg, head coach the last seven years and assistant coach for five years prior to that, has resigned the head grid coaching position to become the school's athletic director. Mollberg guided Detroit Lakes to a 7-2 overall record and a tie for the Mid-State Conference grid championship in the fall of 1969, the first year Detroit Lakes was a member of that circuit. A graduate of Breckenridge High School and Moorhead State College, Mollberg was head football coach at Long Prairie before moving to Detroit Lakes.

+ Noble M. Hall, who had an overall record of 113-57-7 while serving as head football coach at Grand Rapids High School, has resigned and will be succeeded by Mario Lucia, who had served as an assistant under Hall. Grand Rapids captured seven Iron Range Conference grid titles under Hall's direction. Hall, who will continue to teach mathematics at Grand Rapids High School, was the guest of honor at an appreciation banquet on Saturday, April 17. Among the remarks made by Hall at the banquet--which was attended by hundreds of Grand Rapids area athletic fans--was this: "Athletics is the one place where it has been shown that you have to have a certain amount of discipline to be successful."

+ Since the Southwest Conference was expanded eight years ago, Jackson High School has a conference football mark of 45-8-3, the best of all schools involved. Worthington has posted 39 victories in Southwest Conference games in those eight years, Marshall has 29, Luverne 27, Windom 26, Redwood Falls 19, Pipestone 13 and Slayton 13.

+ Henning High School continues to stake claim to the state's best prep football record over the past several years. In the last 14 seasons, Henning stands 100-12-4. Coached by Dick Steensland, Henning was particularly tough on defense in 1970, allowing its eight combined foes a total of just 36 points.

+ The Heart O'Lakes and Northwest conferences have agreed to stage a post-season football game among their league champions in the fall of 1971.

+ Ralph Skay, a former head football coach at Thief River Falls High School and athletic director for 14

years, has resigned as the school's athletic director. Succeeding him in that position is Russ Smith. A native of Howard Lake and a graduate of the University of Minnesota, Skay coached football at Spring Grove, Preston and Milaca before moving to Thief River Falls. Skay will continue to serve as head baseball coach at TRF.

+ Head coach Jim Gotta of Moorhead High School is looking forward to varsity help from a fine group of 1970-71 sophomores. Moorhead's sophomore team had a perfect 6-0 record in 1970 and coach Dan Grohnke of that team, who has coached the Moorhead sophomores for 15 years, calls the squad "the biggest and best" he's coached in that time.

+ When Crosby-Ironton won the Mid-State Conference grid title in 1970, it was the school's fifth Mid-State championship in seven years. Coached by John Davies, the Rangers had a perfect 6-0 record against Mid-State foes and then bowed 13-8 to Albany in a playoff game among the Mid-State and Central Gopher conference champions.



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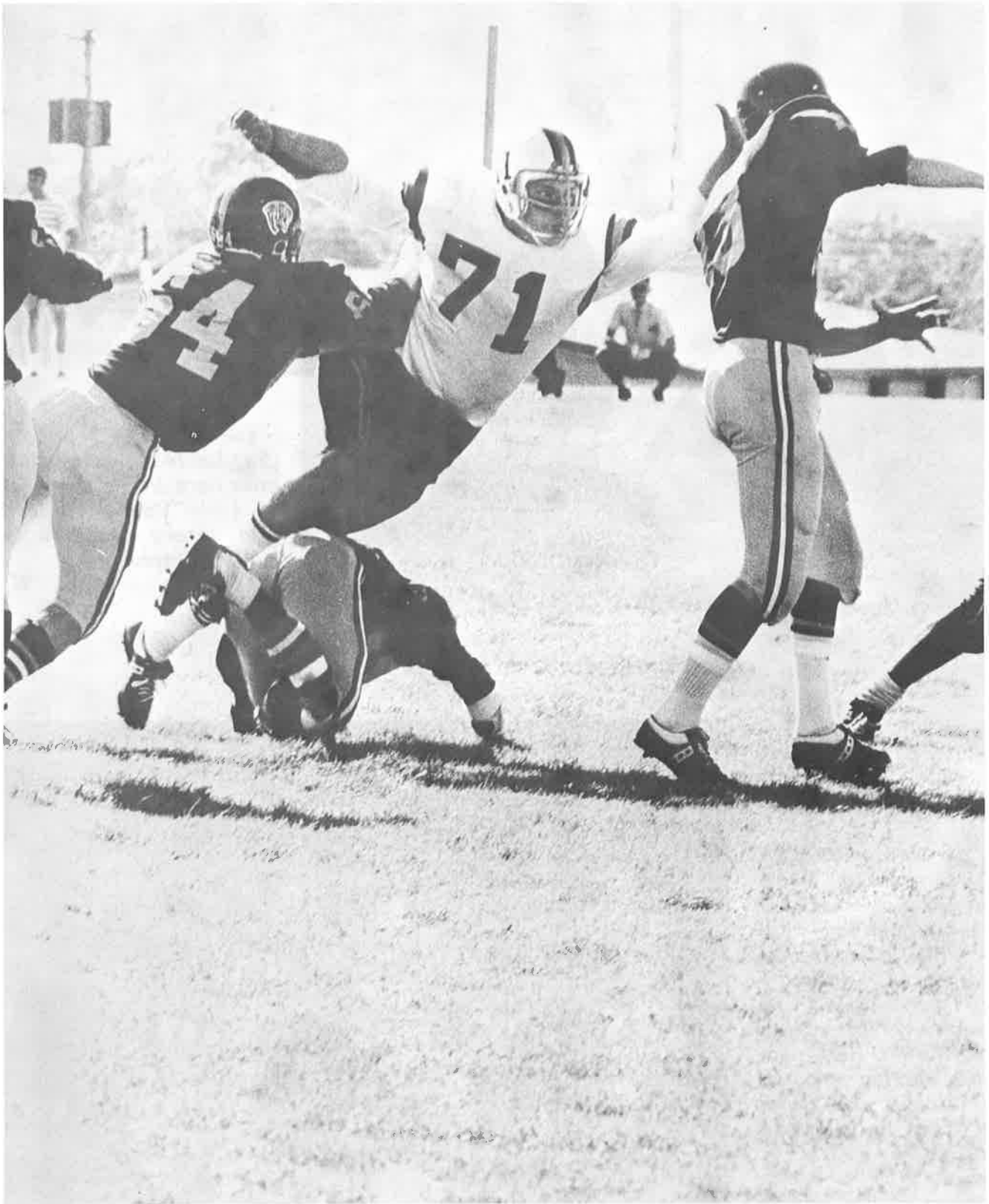




*All-state end Merv Ericksson (82) of Thief River Falls puts the bear hug on a Bemidji back during his school's 28-18 Northwest Conference victory.*

*Gang tackling was a key to a 28-18 Northwest Conference football victory by Thief River Falls over Bemidji. Converging on a Bemidji ball carrier are Prowlers Merv Ericksson (left), Jerry Myers (middle), Ken Lindquist (right) and Stan Ehrenstrom (back).*





*Osseo tackle Greg Smith (71) goes after an opposing quarterback here in spite of the efforts of two blockers. Smith was a standout for his team as both a junior and senior. A 6-4, 250-pounder, he was named to the Skyline Conference all-star team two years, made the all-metro team two years, was picked on the all-state team twice and was selected as a high school All-American as a senior.*



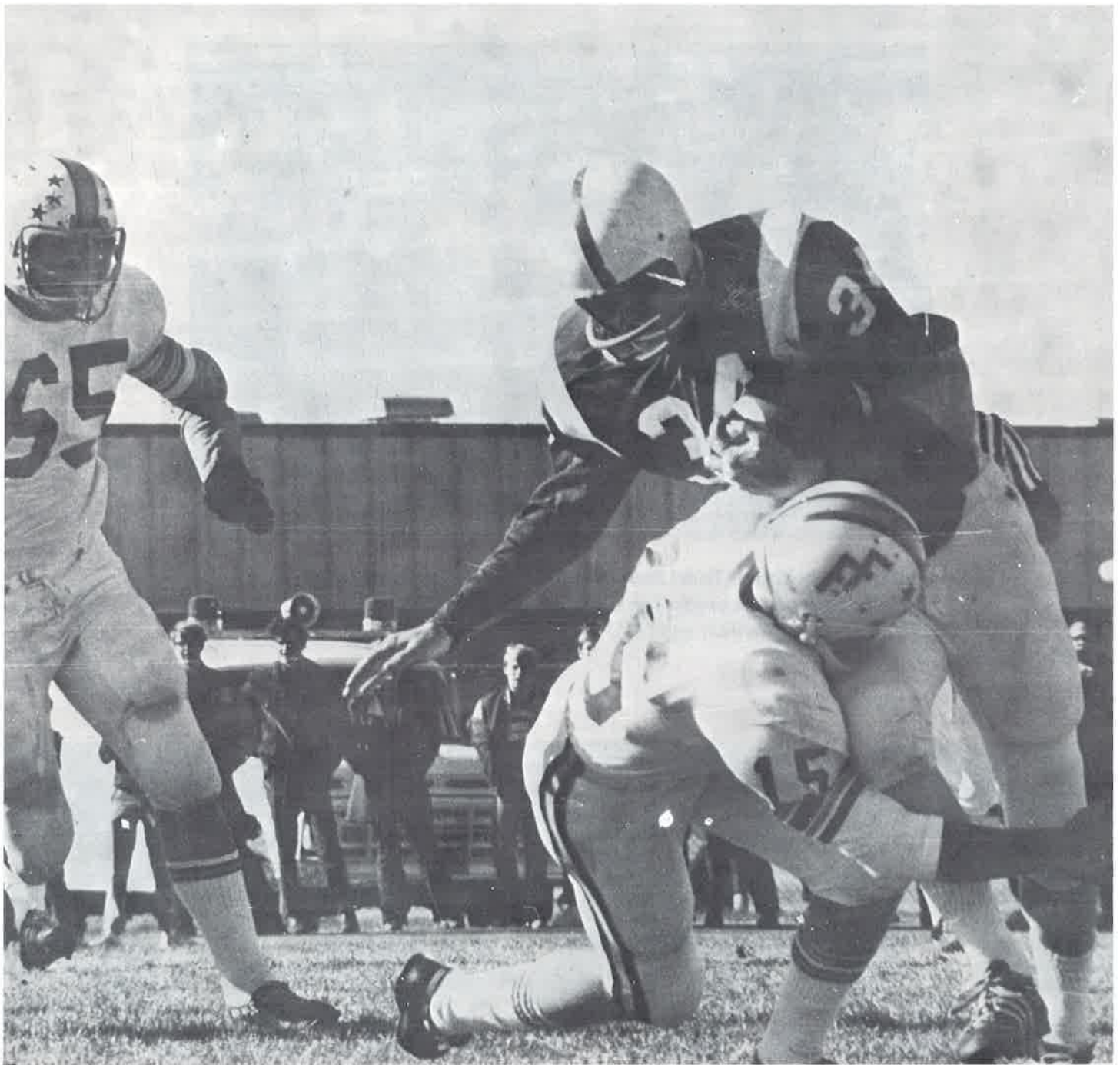
*Minneapolis Washburn defeated St. Paul Murray in the mud to win the annual Twin City Football championship last fall. Here's Washburn on offense in that victory.*

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*Brad Kastelle (15) of Fergus Falls is pictured as he tackled Mike Byars (34) of Breckenridge in a 28-18 Fergus Falls victory. Coming up to help Kastelle is Jeff Jacobson (65) of the Otters.*



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Crosby-Ironton players (in white) swarm over a Detroit Lakes ball carrier here during C-I's 14-8 Mid-State Conference victory. Coach John Davies' Rangers fashioned a perfect 6-0 record to win the Mid-State Conference title in 1970.



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Quarterback Mike Dorsey (11) of Minneapolis Washburn is pictured here on a sweep play in a Minneapolis City Conference game against Vocational. Washburn captured the City Conference title and heads into the 1971 season with a string of 39 games without a loss.



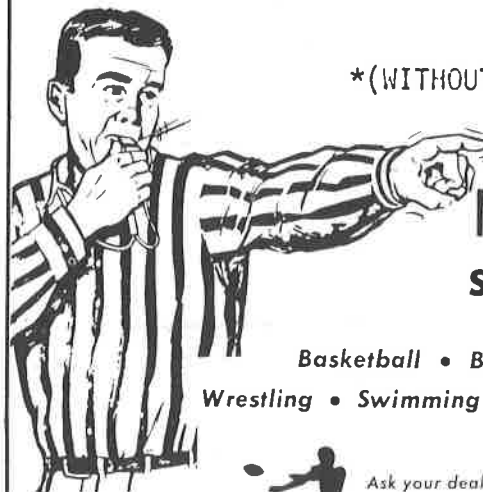
Junior fullback Dave Cain, an all-Middle Eight Conference performer for the Sherburn Raiders, is pictured here as he kicked a field goal in his school's 47-0 victory over Butterfield.

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Quarterback Neil Cary (left) of Lake Park lofted a pass just before two Evansville tacklers moved in as Lake Park handed Evansville a 40-28 non-conference football defeat.

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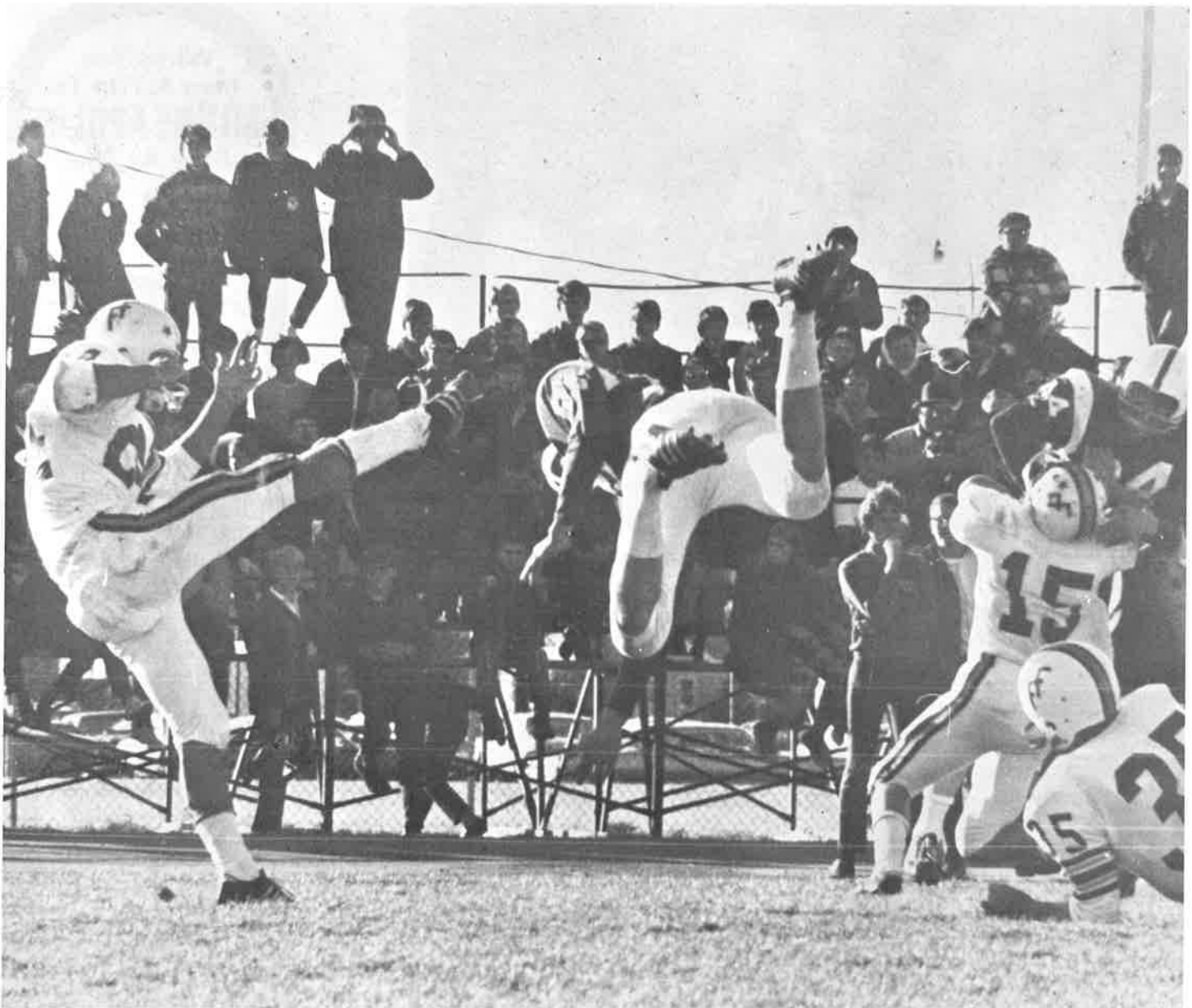
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*Fergus Falls punter Dave Hoffman got the ball away despite a leaping effort by a Breckenridge player to block the ball in a 28-18 Fergus Falls victory. Other Fergus players shown are Brad Kastelle (15) and John Dinsmore (35). At the far right is Don Landstrom (76) of Breckenridge.*



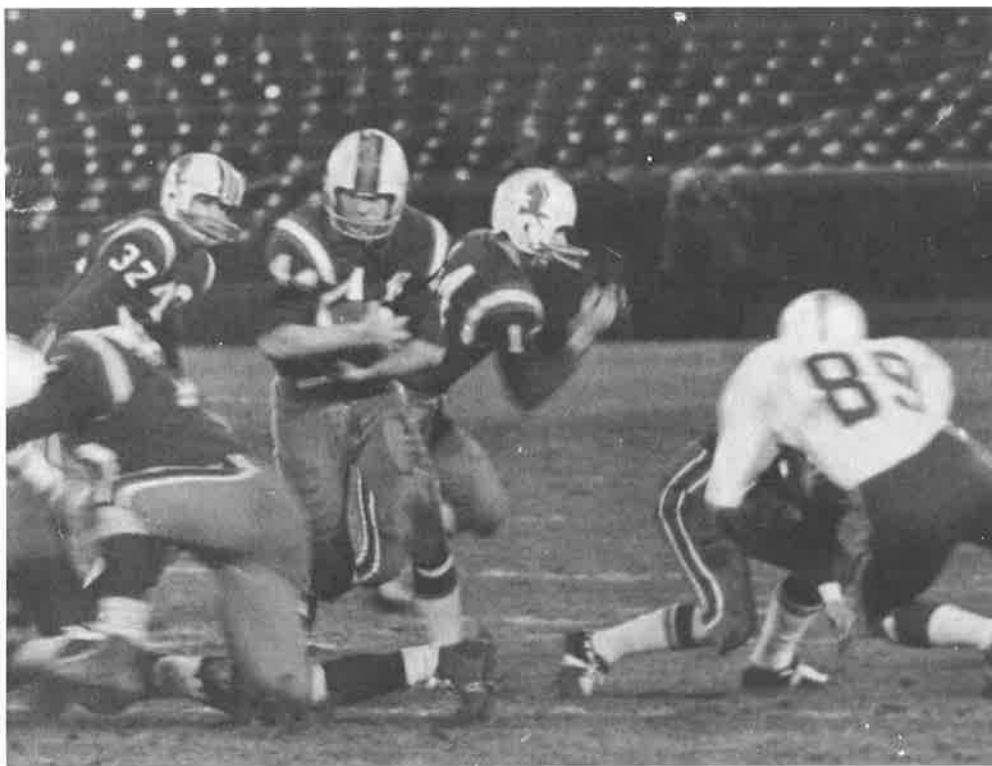
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*Don Doshan of Armstrong High School, who rushed for over 1,300 yards during the 1970 season, is shown making good yardage in Armstrong's 16-14 Lake Conference playoff victory over Edina.*



*All by himself in the end zone, Audubon halfback Jeff Ronning took this scoring pass from Keith Mulcahy in Audubon's 56-0 Little Valley Conference victory over Tintah. Coached by Joe Silovich, Audubon finished 6-2 in 1970 and Ronning was the team's leading scorer with 92 points.*

## HERE AT OSSEO

Continued From Page 5

execution can be perfected only if an all out effort is made by each player on every play. A half-speed hand off or sloppy quick pitch in practice will eventually lead to disaster when the chips are down and precision of movement is necessary. A successful performance can only be achieved by constant repetition of an all-out effort by all team members. To achieve this, the coaching staff will shout, swat, pull and push to get a spirited effort. Sometimes I use to stop watch to time an individual player on a play. This puts pressure on the player to execute quickly. The whole team is also timed past a point down the field.

Football is a game of inches and desires. We all use different ideas and innovations in our coaching techniques. Maybe some of these will be helpful in your planning for the coming football season.



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Continued From Page 52

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LaCrescent plays in the Root River Conference which is made up of the following schools: LaCrescent, Rushford, Mabel-Canton, Peterson, Caledonia, Spring Grove, Lewiston and Houston. We feel that we have some fine athletics in our conference as three football players from our conference were awarded major college scholarships in football and several others are playing for smaller colleges. This past year Caledonia was the 1970 wrestling champion, and golf, tennis, track and basketball teams have done well in interscholastic competition. The Maple Leaf Conference has the rest of the schools from District One in their conference. A playoff game between the two conferences is an ideal set up and was started this year, on a trial basis, to determine a District One Championship. It was a highly successful venture this past year.

Actually LaCrescent has got to be one of the best coaching positions in the state of Minnesota. They have a Booster Club here that built the field, erected the lights and purchased some of the bleachers. The American Legion post built a \$15,000 press box that is 30' high and has five soundproof carpeted rooms. The first crowd we had is indicative of the original interest and it has not dropped off. The Board of Education has made it possible for us to dress about 175 boys each day for football in our high school.

We are three miles from LaCrosse, Wisconsin and they have several junior high schools so that we can split our seventh and eight grade teams up and make it possible for each boy to play against another school three or four times during the fall. We insist that all the kids in junior high get to play in each game they have scheduled.

Our boys have won 40 games and lost 13 since football was started in LaCrescent. It would be difficult to convince me that there are better youngsters any place in the state than here in LaCrescent. It was certainly a difficult thing to decide two years ago that I would retire from the football job at the end of my 25th year of

coaching. Mac Dahl will be the new head coach.

If any of you would like to know how you have a 10-0 football season here is the recipe. Hire the best assistant coaches you can find and let them go to work. Don't fumble or throw the ball away — (we had only three fumbles and three intercepted passes in our ten games this season). Build a strong defense and pray a lot — and if he insists on it, get him a pad for both front and back.



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Continued From Page 54

technique, pursuit, and the gap charge.

**Flipper Charge** - this is the basic defensive move for a lineman. It involves controlling the offensive lineman and destroying his block. It involves a jab step with the shoulder being used and making good contact with the point of the shoulder. Feet must be always driving and it is a charge that is low to the ground. It can be developed with either right or left shoulder depending on the position on the linemen in respect to the offense.

**Stunt Technique** - in this charge the lineman may move to avoid contact, or direct his charge in a surprise move to his right or left offensive lineman. It is basically a quickness move.

**Pursuit** - defensive linemen must know the principle of proper pursuit angle. Good linemen always pursue rather than chase ball carriers.

**Gap Charge** - this is more commonly called the submarine charge. It involves splitting the gap between two offensive linemen and coming up to a hitting position.

A good line of scrimmage functions under a feeling of responsibility to the team and themselves. Instilling pride in your line of scrimmage, developing good general ability, and working on the offensive and defensive techniques for your linemen will result in overall improved play for your squad.



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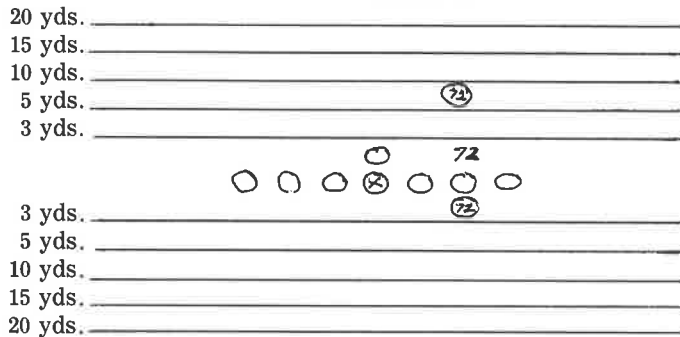
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# A LOOK AT DEFENSE

Continued From Page 15

DIAGRAM NO. 3

CHART B



**KEY:**

- 72+ - Unassited Tackle
- 72 - Assist
- 72+ - Pass Interception
- 72-F - Fumble Recovery
- 72-K - Blocked Kick

No. 3) was an individual defensive chart that showed the number of tackles, assists, fumbles recovered, pass interceptions, and blocked kicks. The chart clearly indicated to the players and the coaches the defensive effort made on the field. It became quite evident to all concerned who was doing the job and who wasn't.

The Lincoln High School Prowlers completed a 3-4-1 record during my first year at the helm. I was not satisfied. I felt the necessary adjustments to be made to produce a winner lay in the defense. Now four years later we have 27 victories in 35 games. We as a coaching staff feel that it was worth it to take a "Look At The Defense".



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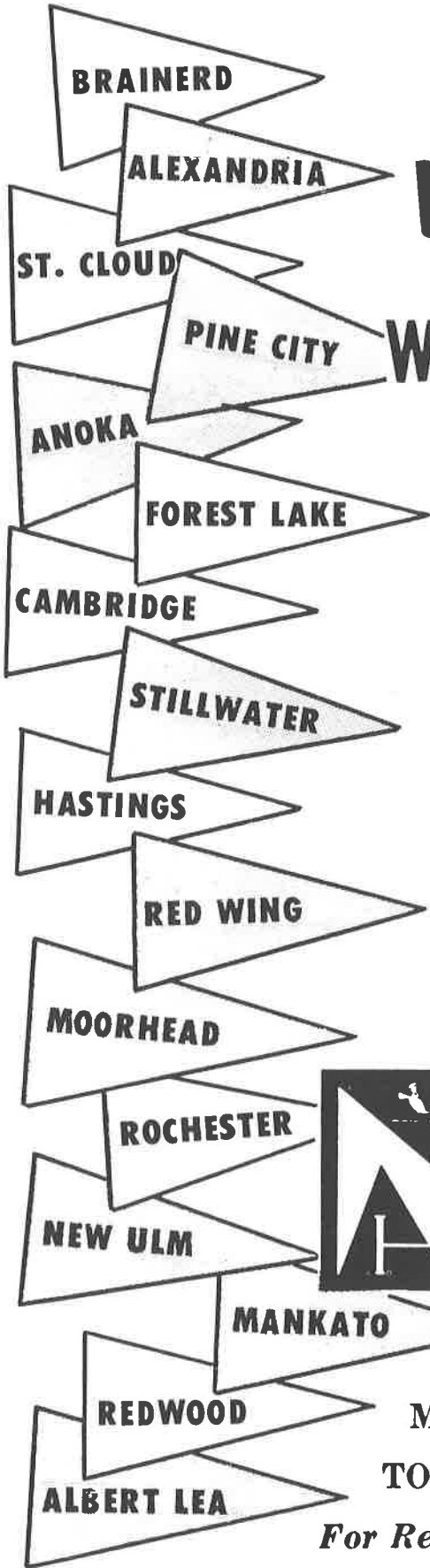
So. Broadway  
FARGO, NORTH DAKOTA

# NEW Maryland Motor Hotel

## WANTS High School Business....

*Let Us Prove It To You . . .  
With These Features . . .*

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



**MAIL  
TODAY!**   
*For Reservations*

Maryland Motor Hotel  
LaSalle at Grant Street  
Minneapolis, Minn.

My team will be in Minneapolis .....  
(Date)

Please make reservations for .....

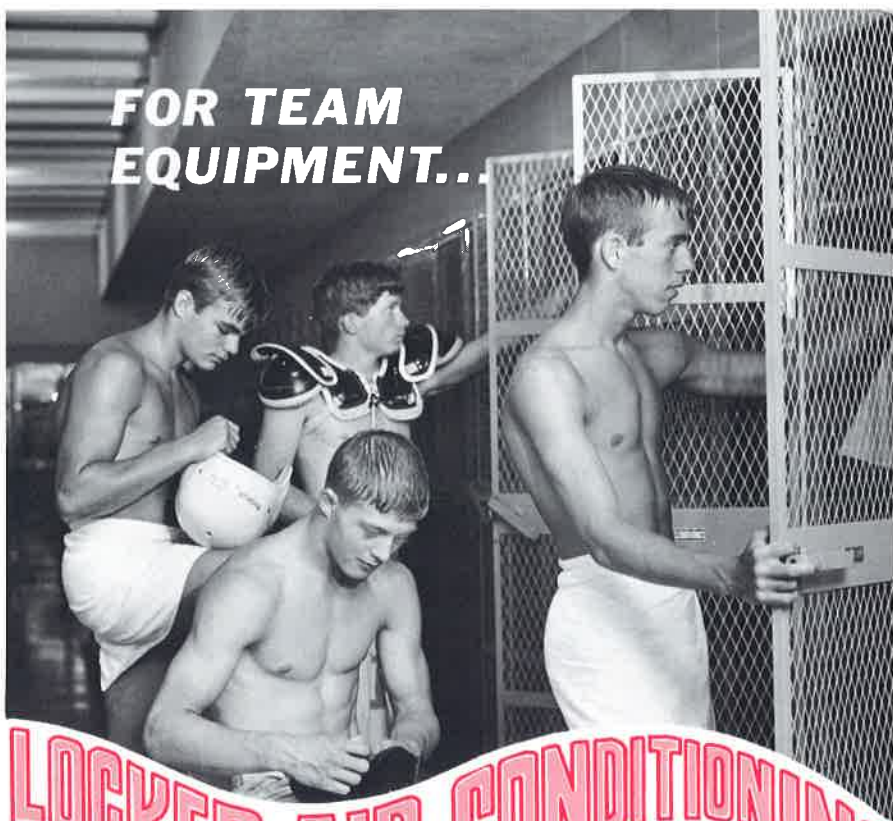
Name .....

Address .....

School .....

**Above rates do not apply during  
state highschool basketball tournament.**

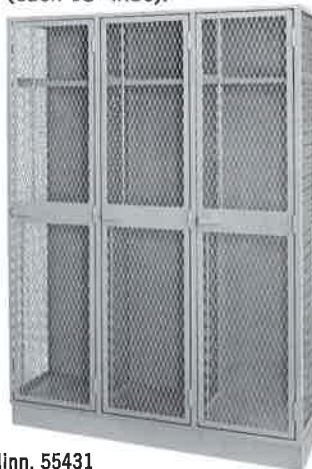
**FOR TEAM  
EQUIPMENT...**



# LOCKER AIR-CONDITIONING

When you store costly team equipment in All-American Athletic lockers, it's "air conditioned" by unsurpassed full ventilation. You get 73% open air circulation. This speeds up natural drying of stored equipment . . . and reduces mildew damage. There's also excellent visual inspection with All-American—the "see-thru" breed. This encourages personal neatness, discourages storage of unauthorized items. Need lots of room for bulky team equipment? There's a broad range of full length All-American dressing locker sizes to answer your needs. For example, the Junior (15" wide), Senior (18" wide) and Club (24" wide) come in depths of 16" and 22". Heights are 60" or 72". The full All-American story offers even more that makes coaches happy. So send for our new 16-page, full color catalog today.

All-American's popular Senior Full Length Varsity Locker. Fully assembled in single units of 3 columns (each 18" wide).



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MANUFACTURING CO.**

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**NORTHWEST'S FINEST SELECTION**



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