



back on Friday night.

What we typically do now is dozens of various sprint drills, with a great deal of rest in between. We sometimes train with grades 9-12, sometimes 10-12 - to allow for rest. I split into groups into Sr. backs, Sr. line, Jr. backs, Jr. line, etc. - we do this even when running short sprints. We want those kids to go 100% on the first training run, 100% on the last, and on every one in between. They will do that if they know they will get enough recovery. If you are not allowing enough recovery, the kids will get sore (and pace themselves), if you have little soreness your recovery is probably about right.

This may sound crazy, but going into our first game of 2002 we had not run any distances greater than 40 yards, and most sprints had rests of 25 - 40 seconds between reps (about the same time as a football huddle lasts). Our kids really never got sore during two-a-day practices, and my biggest fear was that we were not in shape. After our first game (vs. 2002 AA State Champion King-land) our kids said that was the best shape they

had ever been in. To make a long story short, in 14 games not one team outscored us in the 4th quarter, and we came from behind 3 times to beat some excellent teams in the play-offs. We had accomplished a training method to put kids in a position to win some individual battles.

We took a real look at what we were doing to train our kids into real athletes. I know we have a lot yet to learn, but I also know we are starting to do a lot of things that are going in the right direction. The quality of Minnesota football is improving; as a state we indeed are putting out better athletes. As a coaching fraternity we need to look at what we can do to give our kids the physical training that makes all the X's and O's work on the football field. All kids can improve their explosive power- it is just a matter of what are we as coaches doing to put our kids in a position to accomplish the kinds of growth that they are shooting for.

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## The Rushford-Peterson Punt Return

**By: James Reinhardt, Rushford-Peterson High School**

I have coached at Rushford and Rushford-Peterson High School for thirty years first as a volunteer seventh grade coach, then as a B-team coach, varsity line coach and finally as the head coach in 1985.

During that time I have had the good fortune to work with a very loyal and competent staff and some fine athletes. Glen Bernard coaches the backs, secondary and B-team and has been in the program since 1975. Duane Koenen coaches our linebackers, receivers, special teams and B-team. Mitch Thompson coaches the offensive and defensive line with help from his son Davin, one of our former players. Mitch and Duane have each been with the program for over ten years.

Our C-team is coached by Gary Wade our track coach and Rod Anderson a former player and our

softball coach. All the coaches with the exception of Davin are full time teachers in the Rushford-Peterson school system.

This year we were fortunate to have a group of good athletes that loved the game of football. We didn't have great size, but we were aggressive and we had better than average team speed. We were an explosive offensive team and could score at any time, but we lacked offensive consistency. We were not the type of team that could sustain a long drive and were as likely to run three plays and punt as we were to get a first down or a score.

As a result field position was very important to us, as it is to most teams. We made our living playing sound defense and returning punts allowing us to spend most of the game on a short field.

A few years ago we made some changes in our

