

# The Point After II

THE OFFICIAL PUBLICATION OF THE WISCONSIN FOOTBALL COACHES ASSOCIATION, VOL. 29, No.3, SPRING 2022

**Welcome Back to the WFCAs Spring Football Clinic  
March 31 - April 2, 2022 - See YOU at the Marriott in Middleton!**



Photos by Jerry Golembiewski

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# FROM THE EXECUTIVE DIRECTOR

By: Dan Brunner



Dan Brunner

I want to congratulate all of you for what you have done over the past 2 years. Who would have ever thought this pandemic would still be taking a toll on all of us? The lessons learned on how to navigate through these troubled waters have been nothing short of spectacular. I am so proud of our coaches. Your leadership for your programs has never been more important. Let's hope and pray that this will be behind us by the time we enter the 2022 football season.

### ALL-STATE BANQUET

The All-State Banquet was held at Lambeau Field's Atrium on Sunday, February 6<sup>th</sup>. The Green Bay Packers treated the players, their families and guests to complimentary HOF

passes and guided stadium tours on Saturday night. Special thanks to Danny Mock and Ryan Fencil from the Packers for making this a great experience for all attendees. The banquet, emceed by HOF coach, Dave Keel, honors our All-State Team, All-Star Game Head Coaches, College Coaches of the Year, and College Players of the Year, in addition to the WFCGA/GB Packer HS Head Coach of the Year and the WFCGA Assistant Coach of the Year. The highlight of the banquet is recognizing the 8-player, as well as, the large and small school All-State teams. Special thanks to Jerry & Kathleen Golembiewski, my wife, Kathie, Chara Kelsey and the WFCGA Exec Board for their efforts to make this the finest banquet of its kind anywhere.

### WFCGA CLINIC

**Please remember to set aside March 31, April 1 & 2, 2022 for our Annual Gathering in Madison!** This year's Clinic will feature **Matt Campbell, Iowa State HC**, and the **Badger Coaching Staff, led by Paul Chryst** on Thursday. **NCAA Division 2 Champion, Ferris State HC, Tony Annese, D-1 FCS Champion North Dakota State Champion HC, Matt Entz, MAC Champion, Northern Illinois HC, Thomas Hammock**, along with our State Championship coaches, highlight Friday. We are thrilled to feature a **Strength & Conditioning Session at the Badger Camp Randall Weight Room, followed by BADGER PRACTICE ON SATURDAY AM!** Coaches

will be allowed in the McClain Center as the Badger coaches conduct an extended Indy Session! Clinic brochures are at the printer but don't wait.... **Online Membership Renewal is required prior to the clinic and is available now! Go to [www.wifca.org](http://www.wifca.org) to register. Take advantage of discounted staff rates! CLINIC REGISTRATION IS INCLUDED IN YOUR MEMBERSHIP!**

### WFCGA MENTOR MANUAL

WFCGA HOF member and Past President, Bill Collar, along with a select group of current and past WFCGA coaches have revised and updated the WFCGA Mentoring Manual. It is the finest of its kind anywhere. It is a valuable resource for coaches at all levels. Our plan is to give one to each clinic attendee for free. Future sales of copies will have 100% of the proceeds go toward the Bill Collar Lineman Scholarship Fund.

### COY FINALIST

A special congratulations to Pat Rice, Waukegan. Pat is one of 8 finalists for the 2021 National High School Athletic Coaches Association, Football Coach of the Year. The award is given annually based on the career accomplishments of the coach. The finalist will be announced in June.

### CONCLUSION

Keep up the good work. I look forward to seeing old friends and making new ones on March 31, April 1 & 2, 2022.

**SEE YOU AT THE MARRIOTT!!**

## JOIN THE WFCGA TODAY

TO TAKE ADVANTAGE OF THESE BENEFITS:

- **\$2,000,000.00 LIABILITY INSURANCE POLICY** (details on page 63)
- Eligibility to participate in the WFCGA Grant Program
- Three issues of *The Point After II* newsletter
- All-Star games, nomination rights and free attendance
- All-State nomination rights
- Scholarship nomination rights
- Hall of Fame nomination rights
- All-State Championship rings
- Annual awards and recognition including Regional and State Coaches of the Year.
- WFCGA membership enhances professional growth and gives you the opportunity to contribute to the improvement of your profession
- A professional network of new contacts, a line of communication and a forum for the exchange of ideas and information within your profession.
- [www.wifca.org](http://www.wifca.org), our professional website with the latest information about football in Wisconsin which provides unlimited resources to meet the needs of member coaches.



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# FROM THE PRESIDENT

By: Tony Biolo, Head Football Coach, Wisconsin Rapids Lincoln High School



Tony Biolo

Spring is coming! Just as we close out the winter months, the WFCAs honor the All-State Players at Lambeau Field. This year again, the WFCAs All-State banquet was an outstanding success! It actually seemed normal to have a room of 500+ people celebrating the successes of our state's Senior Class as well as some college coaches and players of the year! Special thanks to Dan and Kathie Bruner for all their hard work and effort in making this the best All-State Banquet in the nation.

From the high school level to the professional level, we are fortunate to have such great football programs within our state. The college programs are always generous with their time and

are willing to discuss and clinic with our coaches. It is greatly appreciated and everyone has football and our athletes best interests at heart.

Partnering with the Green Bay Packer organization by allowing us to host the All-State banquet in the Atrium makes it extra special for our players and parents. It truly is a special banquet and we are fortunate to have such a great professional football organization in our state that cares about the high school programs and athletes.

Football-Only Conference realignment will be implemented for the 1st time since the original conferences were made & began in 2020. This is a two-year process that is now controlled by the WIAA Conference Realignment task force. Even though we are just beginning the two-year cycle, **THIS IS THE YEAR** you must make any proposals for change. They are due by the end of September - early October. If you have any proposals or changes, work with your AD to get a proposal to the WIAA before the deadline. What seem like little changes for one school, affect the entire state. Our original goal was uniformed conferences (same # of teams within a conference, 7-conference games for all teams). There are a variety of reasons for switching/changing conferences and each school/team needs to work through the process if they have a proposal to change. The WIAA committee puts in countless hours and really does care about football in the state. We have a

great working relationship with the WIAA and look forward to continuing to work with them on improving football across the state.

## WFCAs CLINIC

Our annual WFCAs Clinic is fast approaching. It's time to gear up for the "spring clinic". Let's hope we are back to "normal" in that aspect as well. It is always good to share this time together with other coaches.

## WFCAs COMBINE

Our annual WFCAs Combine will be held on Saturday, April 30th. It will take place at NX Level Sports Complex in Waukesha. This is a great service that our association has provided our state athletes. Last year many college coaches attended and there were several kids that left having a better idea of where they would be attending college after being able to be looked at "live" by the coaches. It has grown each year, and each year we need the help of volunteers, we are currently looking for around 25-30 volunteers to make this day run quickly and efficiently, want to join us please contact me at [tony.biolo@wrps.net](mailto:tony.biolo@wrps.net).

## 2022 ELECTIONS

Finally, we have elections this year. The #1 Rep in each of the respective regions are up for election as is the Southern Vice President position. Please see below for details about the elections. Details can also be found on our website at [www.wifca.org](http://www.wifca.org).

# WFCAs ELECTIONS 2022

WFCAs Spring Elections are right around the corner. With all that currently faces high school football in our state, now would be great time to get involved in the decision making process and serve the WFCAs in one of the positions up for election. The 2022 Spring Election is for the positions of Southern Vice President, and Region Reps from each of the 4 Regions, both Large and Small. All positions are three-year terms. Please refer to the WFCAs website, [www.wifca.org](http://www.wifca.org), to determine your region by school or conference.

## NOMINATIONS

All Candidates should self-nominate  
E-mail your intent to Tony Biolo, WFCAs President, at [tony.biolo@wrps.net](mailto:tony.biolo@wrps.net) Please provide the following information:

- Name
- School & Conference
- WFCAs REGION
- Position running for
- Years of membership in the WFCAs

## VOTING

All voting will be done on the WFCAs Website. Members can access the Election link from the e-mail that will be sent to your school's head coach. Once you enter the Election link, you will be asked to supply your Name, E-Mail, & School. The elections you are eligible for will pop up for you to vote in.

**For Example:** Regions 3 & 4 Large and Small will vote for Southern VP & respective Region Reps. Regions 1 & 2 will vote for their respective Region Reps only.

## TIMELINE

*The following time-line will be observed:*

**Now - April 2nd (Clinic Saturday)**

NOMINATIONS

**April 4th - April 14th**

VOTING

**April 17th**

RESULTS will be available

## WFCAs OFFICER RESPONSIBILITIES

### N/S VICE PRESIDENT

*Highly recommended that candidates are an active head coach in Wisconsin*

- Attend the 3 Association Meetings (Nov./March/July) each year
- Serve on the Executive Committee (WFCAs/NIAA Sports Advisory Board, etc)
- Represent all of the Northern/Southern Region Representatives and Schools
- WFCAs/WIAA Sports Advisory Board (Dec. Meeting)
- Attend All-State Banquet (Jan.)
- Help support the All-Star Game and Teams

- Introduce Speakers at WFCAs Clinic
- Other duties as needed (i.e. ~ Chair special committees, Assist/Run special functions, etc)

### REGION REP. RESPONSIBILITIES

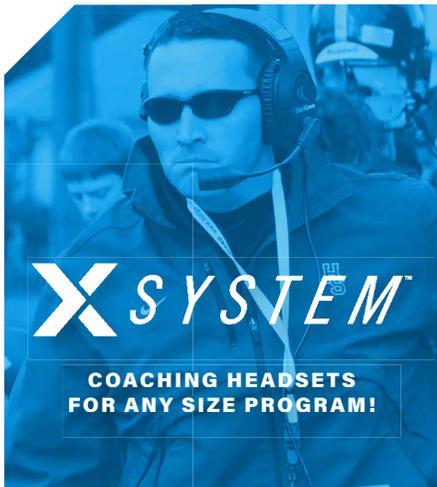
- Attend Association meetings including the All-State (Nov.), Clinic (March) and All-Star Game (July) meetings
- Represent/Contact Appropriate Conferences w/in Region
- Make sure there is a Conference Rep from each Conference w/in Region
- Acquire three Articles per year for *The Point After II* Publication
- Make sure the coaches you represent have the proper information for nominating players for All-Region, All-State, and the All-Star game
- Conduct All-Region meetings and present Region candidates for All-State
- Introduce Speakers at WFCAs Clinic
- Vote on appropriate All-State Teams (and Coach of the Year)
- Other duties as needed



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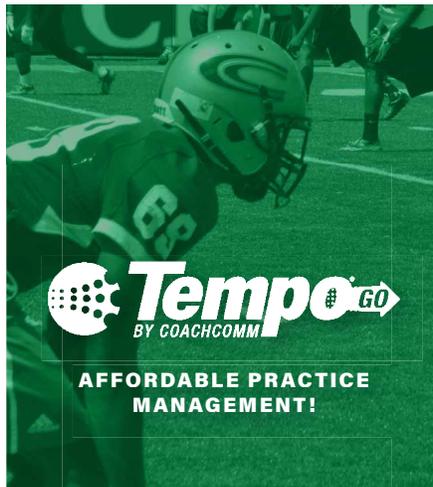
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# FROM THE EDITOR

By: Tom Swittel, Director of Communications and Corporate Sponsors



Tom Swittel

I am writing this article with the WFCAs Spring Clinic (March 31, April 1-2) directly in the horizon for all of us. This yearly event, held on its normal dates, is the biggest celebration of football I know. 3,000 coaches will convene at the Middleton Marriott to share ideas, renew friendships, and have some fun. The emphasis will be on fun. This is truly one of my favorite weekends of the year. Head coaches, please take advantage of the staff rates and get your coaching staff signed up for the Clinic. Not only will they be able to attend the Clinic, but your staff will be members of the WFCAs and reap the benefits that come with it. I look forward to seeing all of my coaching friends from around the state.

There are several items/events coming up that I'd like to mention. The first is the WFCAs Combine scheduled for Saturday, April 30 at NX Level in Waukesha. This is a great opportunity for current juniors and sophomores to showcase themselves for college coaches. Typically, over 100 college coaches attend the Combine, including coaches from FCS, D2, and D3. Combine results are posted on both the

WFCAs and WSN websites. Athletes attending the Combine can opt to purchase a WFCAs Player Profile through Epoch Recruiting. The WFCAs Player Profile is an online resume that can be a basis for the athlete's college recruiting. The WFCAs Player Profile includes: official WFCAs Combine results and rankings based on those results, official heights and weights measured at the Combine, player contact info, parent names, high school coach's name and contact info, video highlight link, transcript, player stats, awards, and honors, and an "About Me" narrative written by the player. The cost of the Combine is \$60 and the cost of the Combine and the WFCAs Player Profile is \$170. Paying \$110 for the Player Profile is a very affordable recruiting tool option when compared to other recruiting services out there. College coaches like the fact that Brad Arnett and his staff are the ones testing the participants. There is no question the results are real. Coaches, please encourage your players to take advantage of the WFCAs Combine and the WFCAs Player Profile.

After a two-year absence, the WFCAs Grants will be rolled out again at the Spring Clinic. As a reminder, the purpose of the WFCAs Grants is to supplement high school football budgets beyond what a typical budget will cover. That being said, basic equipment needs such as helmets, shoulder pads, uniforms, etc., are not a part of the Grant as these items are covered in a typical football budget. The emphasis for the WFCAs Grant is player safety and injury prevention so requests that fall into this category will carry the most weight. Grants will be for \$3,000 but grants smaller than that will be considered. Up to \$50,000 has been set aside by the WFCAs for the Grants this year. All Grant applications will be done online. Grant applications can be filled out

after the Clinic. Please plan on attending the Friday WFCAs Business Meeting at the Clinic for specific WFCAs Grant information.

The WFCAs Radio Show will begin on Saturday, April 2 on Milwaukee's WSSP 1250 The Fan, 10:00 am – noon. This will be the 9<sup>th</sup> season of the show. The WFCAs Radio Show is hosted by Mike McGivern and myself. The show is on every other Saturday and runs until the start of the high school football season. If you can't listen to the show live, you can hear a podcast of every show on either the WSSP or WFCAs website. You can keep up with things going on with the WFCAs along with other football news by listening to the show. Check it out. You will not be disappointed.

Lastly, Midwest Scholastic is our newest Corporate Sponsor. Midwest Scholastic is a long-time player in the ring and graduation business supplying rings for both college and high school teams. Midwest Scholastic has worked with many colleges throughout the country supplying championship rings, including the University of Wisconsin. Midwest Scholastic will be providing the various rings the WFCAs purchases. This would include the Hall of Fame and Coach's State Championship rings. This past fall Waunakee, Pewaukee, and Aquinas, purchased their State Championship rings from Midwest Scholastic. Midwest Scholastic designed and will offer All Star Game rings to this year's participants. Please consider Midwest Scholastic for all of your ring needs.

I look forward to seeing all of you at the Spring Clinic. Thank you for your support of the WFCAs. Please feel free to contact me at: swittelt@gmail.com or (414) 315-1131 with any thoughts or suggestions you may have.

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- Giving the kids of our community the highest quality care available anywhere in the world — right here in Wisconsin

These are just a few examples of why we've evolved our name to reflect our commitment to giving kids and families what they need to grow and thrive.

As always, we are grateful for all the generous families, champions and donors who believe, like we do, that kids deserve the best.

**Thank you to the Wisconsin Football Coaches Association for your partnership and for helping us help kids.**



Kids deserve the best.

[childrenswi.org](http://childrenswi.org)



# FROM THE HALL OF FAME CHAIRMAN

By: John Hoch, WFCOA Hall of Fame Chairman



John Hoch

The WFCOA Staff are working hard to complete the planning for the annual spring clinic. Bob Berezowitz and Dan Brunner have a great lineup of speakers and events scheduled. On Saturday the Hall of Fame banquet brings the clinic to a close where we will be honoring individuals that have contributed a lot to this great game of football. This year we will honor the two remaining inductees from the Class of 2020 and 10 inductees making up the class of 2022 along with four other award recipients.

I want to remind you that as a Hall of Fame member you may attend the WFCOA Clinic free. This year's WFCOA Clinic is scheduled from March 31st through April 2nd and you are invited to be our guest at the Luncheon on Friday. If you are interested please make arrangements with Charna Kelsey by contacting her. You can contact her by email at office@wifca.org or by phone (608) 635-7318.

The Hall of Fame banquet is scheduled for Saturday, April 2, 2022 at the Marriott West in Middleton. The reception begins at 4:30 pm with the banquet beginning at 5:30 pm. The tickets are \$45.00 each. If interested please make your check payable to the Wisconsin Football Coaches Association and send it to WFCOA, PO Box 8, Poynette, WI 53955.

Duane Rogatzki is in charge of organizing the HOF Luncheon where past HOF members and spouses can get together to reminisce while enjoying a great meal. I am presently in the process of developing a slide presentation of HOF members to show at the luncheon. If you are interested in being included on the slide show please send pictures to me at hochjohn44@gmail.com. The photos should include a picture in your first years of coaching and of you recently. Even if you do not know if you are going to attend we would still like to include your photos. Presently we have about 40 HOF members that have sent pictures. The HOF luncheon takes place on Friday, April 1st at 12:00 noon during the spring clinic. Duane and Bill Collar have done a great job over the years and I am sure Duane will continue that tradition with this event. We thank Bill for his many years of service to the Hall of Fame and the WFCOA.

Any member of the WFCOA may nominate an individual for the WFCOA HOF. The deadline for nominating an individual is May 1st of every year with selection taking place in June. There is more detailed information on the WFCOA Website about criteria and the nominating procedure.

I want to thank everyone who has donated \$100 to the HOF Scholarship Fund. We are able to provide sons and daughters of Wisconsin coaches \$1000.00 scholarships. We will be able to continue this with your help and the hard work of Jerry Golembiewski with his fund raising efforts. We are accepting 2022 donations for next year's scholarship recipients. You can make a donation for next year's scholarship fund by sending your donation into the WFCOA Office, PO Box 8, Poynette, WI 53955 at this time.

Every year we lose some great individuals that have dedicated themselves to making football great. We try to keep everyone informed about those individuals. If you have information on those that have passed please contact Charna at the WFCOA office. As always please keep them and their families in your prayers.



## WFCOA HALL OF FAME CLASS OF 2022

- Kevin Bullis, *UW-Whitewater*
- Michael Gregory, *Edgerton HS*
- Tom Fugate, *Homestead HS*
- Mark Jonas, *Ashwaubenon HS*
- Rick Kennelly, *Superior HS*
- George Machado, *Racine Horlick*
- Paul Martin, *Waunakee HS*
- Jason Piittmann, *Kewaskum HS*
- Terry Schaeuble, *Wrightstown HS*
- Larry Terry, *UW-La Crosse*
- Rodney Wedig, *Almond-Bancroft/Big Foot*
- Scott Wotruba - *Cambria Friesland HS*

## DAVE MCCLAIN Distinguished Service Award

- Duane Rogatzki, *UW-O, Oconto Falls*

## MARGE & DICK RUNDLE Positive Influence of Coaching Award

- Pat Wagner, *Milwaukee Riverside HS*

## NHSACA HALL OF FAME

- Len Luedtke, *Shawano, Marshfield HS*
- Jerry Schliem, *Oconto, Milton HS*



## Len Apple

July 2, 1929 - December 15 2021

Leonard Apple, 92, was born and raised in Chicago and attended public schools. He graduated from Senn High School where he played football and baseball.

After graduation he received a scholarship to the University of Idaho where he was a member of the football team for two years. After returning to the Midwest he entered Bradley University, Peoria, Illinois, where he was a

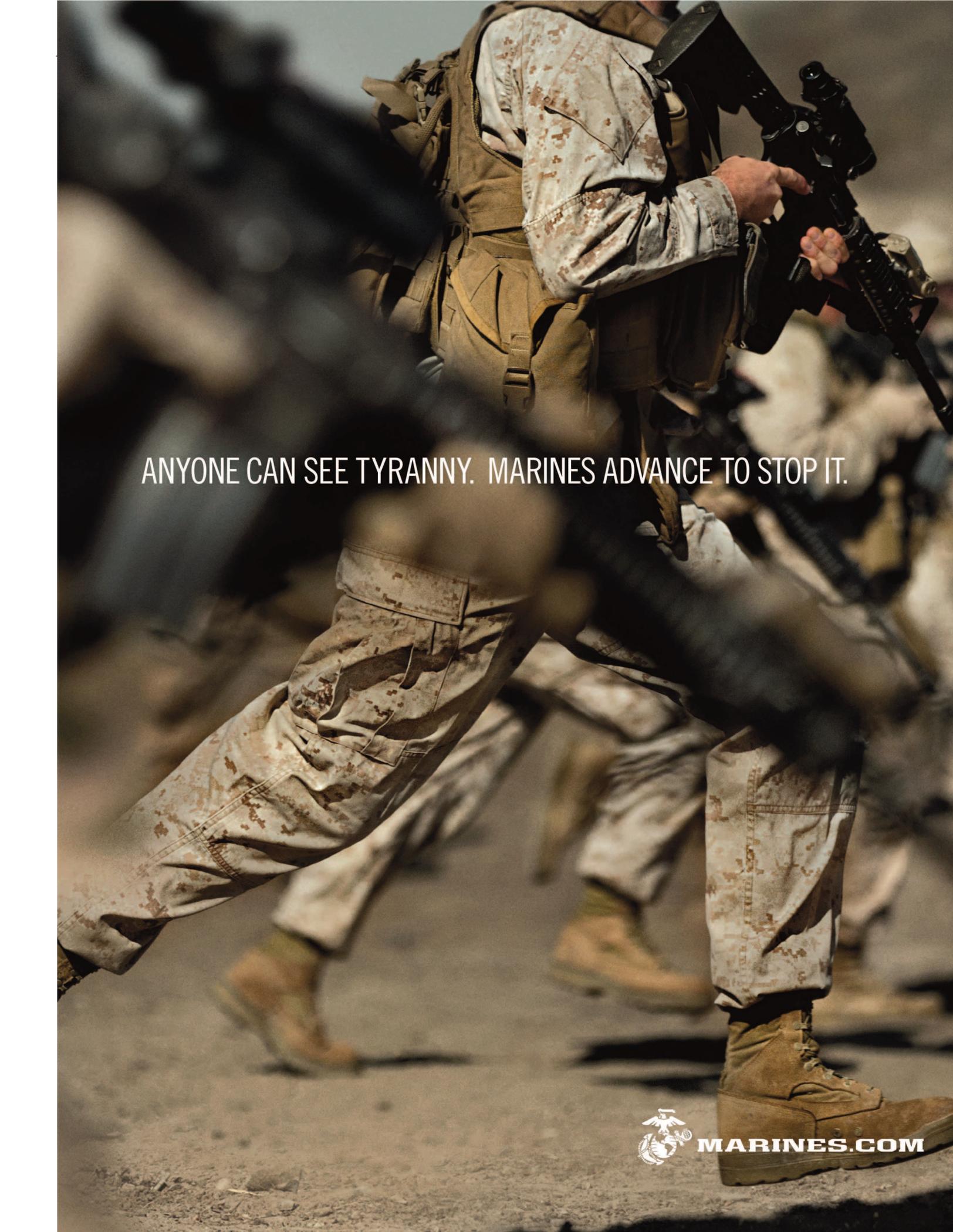
member of the football team. He received a BA in Liberal Arts and graduated in 1956. In 1961 he received an MA degree from Roosevelt University, Chicago. In addition, he received certification in driver education from Northeastern Illinois University, Chicago, Illinois.

In 1967 he moved on to Tremper High School, Kenosha, WI, teaching P.E, health and driver ed. Len coached JV basketball for nine years and was head sophomore football coach for 24 years and one year varsity coach. Len was inducted into the WFCOA Hall of Fame in 2015.

## Orlando "Pancho" Palesse

April 12, 1923 - January 2, 2022

Passed away peacefully on January 2, 2022 at the age of 98. Loving husband of Dorothy (nee Schmus) for 55 years. Adored father of Paul (Lynne), Mike (Tomee), Cathy, Mary, Lisa Pederson (Jim), and John (Lori) with whom he modeled his core values: integrity, hard work, kindness, and honesty. Cherished uncle of Donna Dorman. Wonderful grandpa to 14 grandchildren and 15 great-grandchildren. Survived by his dear sister Val Lubbers, nieces, nephews, and

A photograph of a Marine in full combat gear, including a helmet, vest, and camouflage uniform, holding an M4-style rifle. The Marine is in a dynamic, forward-leaning stance, suggesting movement or combat. The background is blurred, showing other soldiers in similar gear. The overall tone is gritty and action-oriented.

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many wonderful friends. Preceded in death by his wife Dorothy, his parents Matteo Palesse and Yolanda Antonucci, stepfather Amedeo Antonucci, and sister Linda Graff. Survived by his beloved friend and companion Marcia Laux.

Pancho's officiating career started when he was asked to referee in a recreational basketball league. He quickly moved on to the high school level. He officiated at the WIAAI/WISAA state boy's basketball finals 10 times. He became a college official working in every college venue in the state of Wisconsin. He was a Big Ten official for 13 years and had the privilege of officiating in the NCAA tournament.

Pancho's officiating career expanded to football where he refereed at the high school, college, and semi-pro level.

After retiring from officiating in the 1980s, Pancho served as the official scorekeeper for the Milwaukee Brewers for 6 seasons. He participated in the Senior Olympics and Senior Softball for many years. Pancho was inducted into the WFCFA Hall of Fame as a Official Citation member in 2014.

### Don Rabas

January 12, 1936 - May 28, 2021

Donald J. Rabas, 85, Kewaunee, passed away peacefully in his home on Friday morning, May 28, 2021, surrounded by his loving wife and family. He was born in Maribel, Wisconsin on January 12, 1936, and graduated in 1953 from Manitowoc Lincoln High School where

he played football and track. There he earned First Team All-Conference Defensive Tackle, Offensive Tackle, and All-State honors. He was awarded a football scholarship to Northwestern University where he played for legendary Coaches Ara Parseghian, Lou Saban, and Bo Schembechler. He graduated with a B.S. Degree in Education in 1957.

He married his beautiful high school sweetheart Veronica and together they had five children. He coached all 3 of sons in K.H.S. football and his 2 daughters were cheerleaders while his wife was his biggest cheerleader. Don taught high school for 40 years with 38 of those years being in Kewaunee where he taught Citizenship, U.S. History, Government, Law Related Education, Phys. Ed., was the Attendance Director and Athletic Director for 32 years.

He coached High School Football for 53 years. He was head coach in Kewaunee for 30 years. Recorded 191 wins, 88 lost, 1 tie, 10 Conference Championships, 11 Second Place finishes, and only 4 losing seasons. From 1968-1971 he posted 28 wins in a row and didn't give up a single point in 68 straight quarters of play. After he retired in Kewaunee, he continued to coach as an assistant in De Pere under his sons Greg and Brian. In fall of 2020, the KHS football field was renamed after him. He was well known for being a great person of honesty, integrity, and character who taught as much about being a good person as about being an athlete. Don was blessed with having many great assistant coaches and players

who were like sons to him throughout his entire career. His many honors include: Induction in the Wisconsin Football Coaches Association Hall of Fame in 1998, Manitowoc Lakeshore All-Sports Hall of Fame, Shrine Bowl Coach, WI District Coach of the Year 3 times, as well as being the WI District Representative for Coaches Association for 10 years.

### Tom "Sky" Skibosh

August 18, 1949 - December 25, 2021

Passed away December 25, 2021, at the age of 72. Beloved husband for 46 years to Kathy (Nee Greenmeier). Loving father of Jessica (Jon) Moore, Martin (Ann) Skibosh, Christina (Nicholas) Fouts and Scott Skibosh. Loving Nano of Angeline Moore, Ayden and Dylan Skibosh, Aria and Lewis Fouts. Further survived by other relatives and many friends dear friends.

For 22 years, Tom worked three years as the sports information director at UWM and then 19 years as the media relations director of the Milwaukee Brewers.

He also spent seven years as a professional speaker and trainer, before getting an opportunity to get back in the sports field with Community Newspapers, Inc. – which is currently NOW Newspapers and owned by the Journal Sentinel.

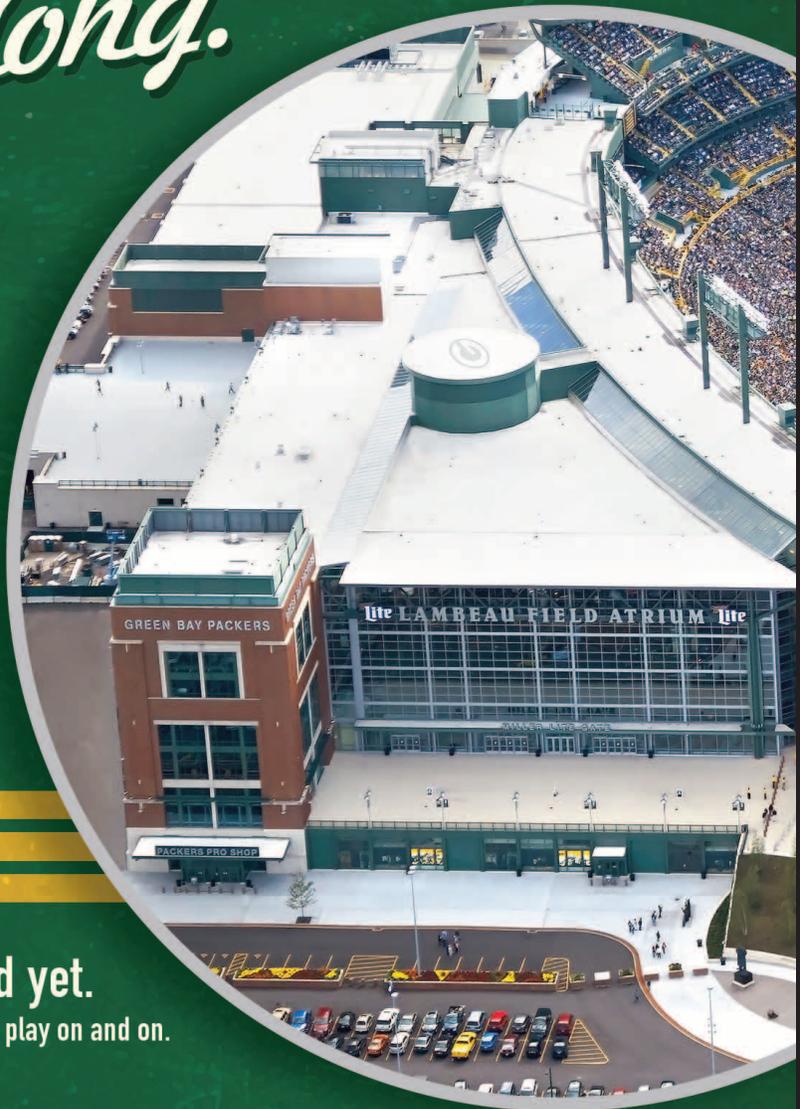
He handled the sports beat for the Brookfield, Wauwatosa and New Berlin communities and was inducted into the WFCFA Hall of Fame as a media citation member in 2014.

## THE FOLLOWING HALL OF FAME MEMBERS HAVE ALREADY CONTRIBUTED TO THE WFCFA 2021 SCHOLARSHIP FUND.

Lee Ackley	\$100.00	Rick Coles	\$100.00	Nancy (Peter) Guzzetta	\$200.00	Keith O'Donnell	\$100.00
Barry Alvarez	\$1,000.00	Bill Collar	\$200.00	<i>In memory of Peter Guzzetta</i>		Dan Pedersen	\$100.00
Michael Anderson	\$100.00	Bill Collar	\$100.00	Wayne Jentz	\$100.00	Robert Prahl	\$100.00
Mark Anderson	\$100.00	<i>In memory of Roger Herring</i>		Richard C. Jones	\$100.00	Duane Rogatzki	\$100.00
Peter Baganz	\$100.00	Jack Curtis	\$100.00	Richard Jones	\$100.00	Duane Rogatzki	\$100.00
Jill (Doug) Bark	\$100.00	Ron Davies	\$100.00	Randall Keister	\$100.00	<i>In memory of Gordon Schofield</i>	
<i>In memory of Doug Bark</i>		Bob Dettlaff	\$100.00	Terry Kelly	\$100.00	Jeff Rosemeyer	\$100.00
Mike Bartholomew	\$100.00	Tony DiSalvo	\$100.00	Don Kendzior	\$100.00	Bernie Schmidt	\$100.00
Mike Bartholomew	\$100.00	Phil Dobbs	\$100.00	James Kinder	\$100.00	Jerry Sinz	\$100.00
<i>In memory of Bill Bartholomew</i>		John Doyle	\$100.00	Steve King	\$100.00	Fred Spaeth	\$100.00
Dick Basham	\$100.00	Mike Dressler	\$100.00	Gary Kolpin	\$100.00	Gene Strutz	\$100.00
<i>In memory of Bill Quinn</i>		Gregg Dufek	\$50.00	Carlos Kreibich	\$100.00	Bob Suter	\$100.00
Dick Basham	\$100.00	<i>In memory of Frank Matrise, Sr.</i>		Carlos Kreibich	\$100.00	Dario Talrico	\$100.00
<i>In memory of Ed Baumann</i>		Gregg Dufek	\$150.00	Dennis Kueter	\$100.00	Tom Tenpas	\$100.00
Dick Basham	\$100.00	Joe Dye	\$1,000.00	Len Luedtke	\$100.00	Mark Traun	\$100.00
<i>In memory of Peter Guzzetta</i>		<i>In memory of Don Barnabo</i>		Steve Lyga	\$100.00	Bill Turnquist	\$100.00
Thomas Bauer	\$100.00	Paul Engen	\$200.00	Rock Mannigel	\$100.00	Mike Williquette	\$100.00
Bob Berezowitz	\$100.00	Jerry Golembiewski	\$200.00	Charlie McDonald	\$100.00	Jay Wilson	\$200.00
Tony Biolo	\$100.00	Ron Grovesteen	\$100.00	Al Minneart	\$100.00	Gary Zauner	\$100.00
Dan Brunner	\$300.00	Harlan Gruber	\$100.00	Mick Miyamoto	\$100.00	Jay Zimmerman	\$100.00
Frank Budzisz	\$100.00	Jerry Hannack	\$100.00	Danny Mock	\$100.00		
Bruce Bukowski	\$150.00	Jim Harris	\$100.00	Ken Mueller	\$100.00	<i>Additional memorial donations to the Scholarship fund by friends &amp; families of:</i>	
Tom Carroll	\$100.00	Doug Hjersjo	\$100.00	Paul Nievinski	\$100.00	Don Barnabo	\$300.00
Ed Carufle	\$101.00	Bill Hoagland	\$100.00	Terry Noble	\$200.00	Peter Guzzetta	\$2,425.00
Doug Chickering	\$100.00	John Hoch	\$100.00	John Olson	\$100.00		
				<i>In memory of Jim Teff</i>			

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# 2020-21 WFCA HALL OF FAME SCHOLARSHIP RECIPIENTS



Max Amundson  
Prairie du Chien HS



Keyton Boettcher  
Osseo-Fairchild HS



Reed Breckheimer  
Hilbert HS



Matthew Cramer  
Verona HS



Aaron Davis  
Richland Center HS



Logan Drone  
River Ridge HS



Zane Farra  
Pewaukee HS



Taylor Johnson  
Riverdale HS



Toby Kahl  
Turtle Lake HS



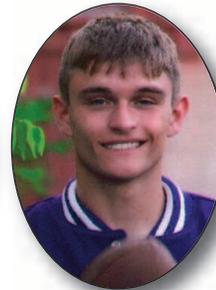
Beau Kopp  
Cuba City HS



Dylan Krause  
Muskego HS



Chase Maves  
Evansville HS



David Nies  
River Ridge HS



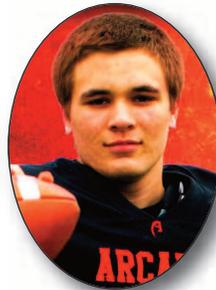
Matthew Petska  
Chippewa Falls HS



Ella Puls  
Lodi HS



Garrett Sullivan  
De Pere HS



Kaden Updike  
Arcadia HS



Jack Alexander  
Middleton HS  
*Bill Collar Lineman's  
Scholarship*



Devan Scheffler  
Elk Mound HS  
*Kuhrasch Scholarship*

# Coach's checklist

- Recondition helmets and shoulder pads
- Schedule summer workouts
- Organize contact days
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# WIAA FOOTBALL COACHES ADVISORY COMMITTEE

## Meeting Minutes of November 31, 2021

The meeting was called to order by Tom Shafranski at 8:30 am.

**Committee Members Present:** Matt Hensler (Badger HS), Tom Swittel (WFOA Board), Brian Kaminski (Sun Prairie HS), Don Kendzior (WFOA Board, 8-man FB Rep), Doug Sarver (Saint Francis HS), Tony Biolo, (Wisconsin Rapids Lincoln HS), Dave Hinkens (Xavier HS), Dan Brunner (WFOA Executive Director), Charna Kelsey recorded the minutes.

**Excused:** John Hoch, (WFOA Board);

**WIAA Staff:** Tom Shafranski, Deb Lepak, Todd Clark and Eric Dziak,

### I. REVIEW OF LAST YEAR'S MINUTES (Enclosure 1)

- A. Tom reviewed

**Tony Biolo made the motion to accept the minutes of December 1, 2020 as presented. Brian Kaminski seconded that motion. There was no further discussion and the motion carried (5-0)**

### II. SEASON REGULATIONS

#### A. Review of , Topics/Points of Emphasis and Interest

##### 1. Coach / Player Ejections (Enclosure #2)

Both coach and player ejections are down. Matt Hensler expressed concern regarding increased taunting.

##### a. Ejection Policy/Procedures

Again, the committee expressed concern regarding the ejection penalty (currently 11% of the total football season). WFOA Membership discussions reveal support for a penalty more equal to other sports of appx. 5% or ½ of the following contest. Further discussion revealed that it was not the goal of the football committee to increase penalties for other WIAA sports as last year's motion seemed to indicate.

**Motion by Tony Biolo to change the ejection penalty for football to the remainder of the current game and 1/2 of the following contest; second by Brian Kaminski. The motion carried unanimously (5-0). Upon further discussion, Matt Hensler made the motion to amend the proposed penalty as follows: The remainder of the current game and the following contest with the option in ejections other than fighting or targeting, to reduce the subsequent game penalty to the first ½ of the following contest by completing the NFHS Learned Sportsmanship Course with verification and approval by the school's athletic director; second by Tony Biolo. Being no further discussion the amended motion carried (5-0).**

##### 2. Length of Season

##### a. Start one week later

The problem identified by the committee is not that athletes don't want to play this early, but the change to the school year that leaves games prior to the beginning of the school year which creates the conflict here. Starting later without the opportunity to extend the season would effectively reduce the number of games in the season.

##### b. Reduce to 8 games

The Advisory Committee will not make a recommendations without surveying the WFOA membership. While there has been no formal survey, preliminary discussions indicate there is no support for cutting the season to 8 games among athletes or coaches. Therefore, no action was taken.

##### 3. Forfeits & No Contest (Enclosure #3)

Review fundamentals, cancelled games and the impact created along with the WIAA rulings.

**Matt Hensler made the motion to add the following language to the ruling regarding forfeitures; if a team forfeits**

**a game for any reason they are ineligible to play a game for the remainder of that week; second by Dave Hinkens. Being no further discussion the motion carried (5-0).**

#### 4. Football-Only Conference Realignment

##### a. Conference crossovers

No discussion, no action taken.

##### b. Review of FB-Only schedule/Alignment for 2022 (Enclosure #4)

2022 will be the first open application with new procedures since the implementing of football only conferences. There was no action taken.

##### c. Conference realignment process – Two-year cycle – Deadline change (Oct. 15)

Tom identified the deadline overload at the WIAA. These Conversations are complex and deserve a dedication of time. The football advisory committee recommends changing the deadline to apply for Conference realignment to October 1 of even years, to ease the WIAA burden created by the heavy demand on October 15 with seeding procedures and other deadlines.

**Doug Sarver made the motion to change the application deadline for conference realignment requests to be submitted to the WIAA by October 1, of even years. The motion was seconded by Tony Biolo and carried (5-0).**

##### d. 8-Player changes

No current issues or recommendations. No action taken.

##### e. Co-op deadlines – October 15

No action taken.

#### 5. Constitutional Items – Four-year Sanction (Enclosure #5)

Football advisory committee supports a constitutional change to a 2-year minimum sanction for renegeing on a conference placement to coincide with the 2-year realignment cycle. *(This could be a 3-year penalty if renegeing occurs in an odd year).*

#### 6. Calendar – | —WIAA Handbook

The committee discussion equipment handout

**Motion by Tony Biolo to change equipment handout to be scheduled on the first day of practice every year; seconded by Matt Hensler. Being no further discussion the motion carried (5-0).** Subsequently, the committee is recommending Tuesday, August 1, 2023, be the 1<sup>st</sup> possible day to handout equipment and the 1<sup>st</sup> possible practice in the 11-player league season, and August 8, 2023, as the same in the 8-player league season.

#### 7. Overtime Procedures

The committee did not identify any significant issues with the current procedures therefore no action was taken.

#### 8. Running up scores

The committee acknowledged that this is an issue no one likes seeing extreme lopsided scores, but no action was recommended at this time.

##### a. First Half Score Cap

The rule already exists to run the clock in the second quarter with a 35 point differential upon the agreement of the coaches. The advisory committee felt the issue is awareness and suggested increased communication from the crew of officials in a game. Tom Shafranski suggested adding this to training and the coaches suggested an article in *The Point After II* newsletter in the spring.

#### 9. Other Items from Regular Season

Discuss adding a ruling to allow the use of a 40 sec. play clock to assist officials when available at level 4. No action taken

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### III. TOURNAMENT PROCEDURES

#### A. Review of

##### 1. Qualifying criteria

- a. **8-player qualifying - enrollments over 200 do not count**  
Discussed – no action taken
- b. **State championship teams not dropping to a lower division**  
This exists as a rule in other sports and is applied only in the following year. The football coaches will discuss with WFCAs membership. No action taken at this time.

##### 2. Auto-Seeding Factors

###### a. Head to head

This does factor in as part of the general formula but overall schedule is weighted heavier, resulting occasionally in the winner of a head to head contest with a lower seed.

###### c. Overall wins more weight

The coaches feel this is appropriate and are not recommending a change to the formula.

###### d. Forfeits and exhibition games

Eric Dziak indicated that overall the formula applied successfully. Some data however, was skewed by the number of games played and other COVID related factors.

The committee looked at altering the procedure to create groupings and consider geography after seeding. This would help to distribute seeds 1-4 to eliminate contests between top seeds in the first four levels of the playoffs. Teams could be seeded 1-32 instead of 1-16 and then create groupings to optimize travel. Tony Biolo had created a spread sheet which the committee and the WIAA reviewed to understand potential implications. This seemed feasible to the WIAA staff present. Eric Dziak will run some scenarios with the current seeding formula to understand the overall effects on travel and potential changes to results using this year's field and actual results.

**Brian Kaminski made that motion to continue the current auto seeding formula and apply it to seeding of 1-32. Then to make groupings to distribute the 1-4 seeds in the groupings, optimizing travel at the end of the application. This motion was seconded by Tony Biolo and carried (5-0). NOTE: Eric felt he could reasonably put this together for a look before the January meetings and the coaches agreed that they would withdraw the motion if equal distribution of the 1-4 seeds created unreasonable mileage implications or if other final data does not support this change.**

##### 3. Other Concerns from Level 1-Level 4

8-man locations presented the greatest difficulty.

##### 4. State Tournament for the teams outside of Current playoff field of 224

###### a. All play

There is no support for this option

###### b. NIT addition

This is not recommendation the coaches would support

###### c. Pod addition

This would be preferred to create options for games when a team does not qualify for the playoffs. The WIAA proposed Jamboree type tournament for non-qualifying playoff teams which could be seeded in geographical groupings of 8, allowing additional contests between competitive teams. This would allow all teams to play 11 games. Coaches support this idea and the WIAA will research the possibility. Then consider a motion for next year to begin as early as 2023 if feasible.

###### d. All teams must play or ID one month prior

This would be necessary for seeding the Pod type tournament.

##### 5. 8-Player Tournament—Edits to specific regulations.

###### a. 200 enrollment number for tournament eligibility.

It was noted that this is actually a low standard compared to neighboring states with 8 or 9-player leagues. No action taken.

The football advisory committee discussed the possibility of 2 divisions of 32 teams for tournaments in the 8-player league. The qualifying field would consist of 2, 16 team brackets each, based on enrollment. The games would be played at the same site. An earlier survey by the 8-player coaches revealed that they support the change to two divisions when the number of qualifying teams in the league allows for it.

**Motion by Don Kendzior to consider two division of 16, 8-player teams be seeded to the playoff field and play 2, 8-player state tournament games when the number of qualifying 8-player teams reaches a number to allow establishing the fields. This motion was seconded by Doug Sarver. Being no further discussion the motion carried (5-0).**

*Note: It was noted that the coaches are not in favor of eliminating any of 11-player divisions.*

##### 6. The Big Reveal

This would be televised or streamed on Saturday morning at about 9:00 am. It would require state-wide media to reveal the playoff brackets. Exposure thru TV or Streaming will require negotiation. It was noted that by whatever means it would be revealed, it would have to be accessible to all schools in all areas of the state. Perhaps multiple forms of coverage is possible. The committee supports the idea and recognize that it will require deep negotiations with potential media partners.

##### 7. Other Items from Tournament Series

Compliance reporting scores has gotten better. WIAA will entertain ways to make this simpler but they feel it has gotten easier and wanted to remind coaches that this does not require the head coach. It must however be an agreed upon party (statistician, Ad, Assistant Coach, etc.).

### IV. MISCELLANEOUS

#### A. Competitive Equity

Public & Private Schools both have tournament success. A competitive equity committee will begin meeting again this week. The WIAA is open for concerns and suggestions to address in a positive way.

#### B. Seasonal Placement

No action taken.

#### C. Sport Meeting Video & Exam

Nothing for this meeting from the coaches. The exchange of videos on Hudl is going well.

#### D. Items from committee

These were covered earlier.

### V. ITEMS FOR 2021 FOOTBALL MEETINGS

Recommendation to WIAA for Football Advisory Committee to remain the Executive Board + 1 Rep from Private schools with no changes.

**Motion by Matt Hensler and seconded Dave Hinkens to adjourn the meeting at 1:30 pm**

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**Mark Fredrickson**

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[mwscholastic.com](http://mwscholastic.com)

**J.C. Fish**

[jcf.mws@gmail.com](mailto:jcf.mws@gmail.com)

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Recently retired North Forney High (Texas) head coach Randy Jackson has a new mission. The 54-year-old wants to spend the rest of his career serving as a coach for coaches.

The CoachComm Tempo GO is a part of that mission. Through his new business, Elite Coaches' Mastermind, Jackson shares with coaches his experience of using the CoachComm Tempo GO in practices. "My whole mission in life is to coach coaches," Jackson said. "The Tempo GO is a piece of that." Jackson used the Tempo GO during practices for four seasons at North Forney. He was inspired to purchase the product for his program after visiting several college practices and seeing the efficient way in which they operate.

"Success leaves clues," Jackson said. "We try to replicate what winners do. When you visit colleges and they have these huge systems, you're envious when you think about how much better your practices can be." Once CoachComm released

the Tempo GO at an affordable price point for high school programs, Jackson called the purchase "a no-brainer." He started scripting practices in two-minute segments.

"A lot of people practice in 20-minute segments," Jackson said. "Most people practice the exact opposite of how games work. Everything we do prepares us for the game. The game is ebbs and flows. The offense is out for two minutes, the defense is out for two minutes, the kicking team is out for a play. The Tempo GO allows teams to practice that way." Jackson also found that playing music through the Tempo GO helped lift his players' energy levels during morning practices.



## Randy Jackson

Head Football Coach  
North Forney High School

"We are doing drills in 3 minute periods where it might have taken 5 minutes before. Tempo allows us to structure practice and move at a fast pace. I used to carry a bullhorn, now with Tempo GO I can push a button and everyone can hear me through the speakers."

"Everything in sports progresses," Jackson said. "It's scientifically proven that music increases energy levels by 7 percent. Any coach who is still practicing the way you practiced in high school ought to rethink that. Periods are shorter, and there are more transitions. Offenses and defenses are different than they were 15 years ago. Why are you practicing the same way?" According to Jackson, the rhythm of North Forney's scripted practices became ingrained in his players' collective DNA. For instance, every time players were given a 1-minute period to transition to a new segment, the song, "I Like to Move It," by Reel to Real, started playing. Players moved to a new station in unison. "They know when they hear that song, it's time to move it," Jackson said. "You can put in crowd noise. The head coach can stop it remotely and speak through the speakers. I'm an outside-the-box, creative thinker, and this allows you to go wherever you want to go with practice. "If I get back into coaching, a Tempo Go will be a non-negotiable 'must have' to coach there."

JACKSON BELIEVES THE MOST crucial part of any high school football game is the first four minutes after halftime. For that reason, he spent 11 minutes of practice time mocking the transition from halftime to the second half. That included a five-minute halftime break, a one-minute warmup, a kickoff, and four minutes of offense vs. defense. "That was so much easier using Tempo GO," Jackson said. "I think every coach should do the same 11 minutes. It's hard with a traditional segment timer. The Tempo GO allows you to take those creative ideas and put them into practice."



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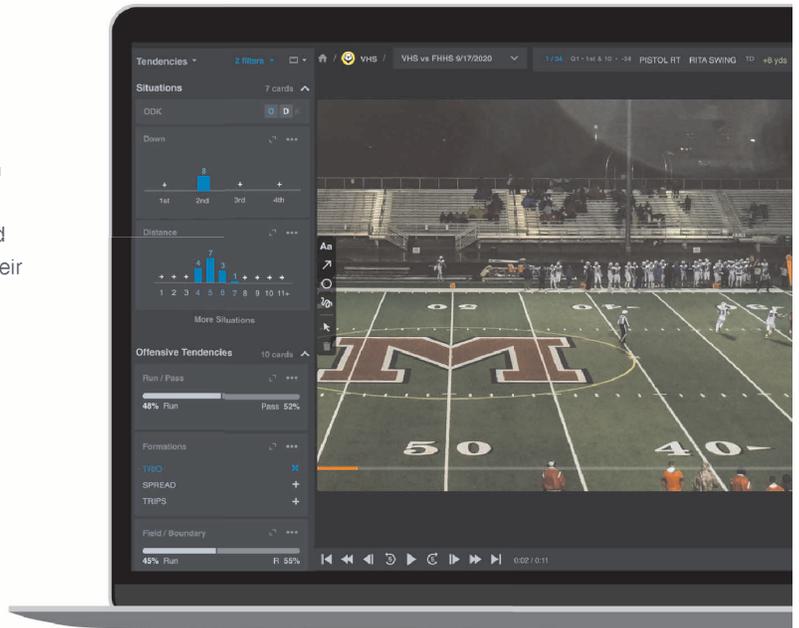
**Todd Witten**  
Rejoice Christian High School (Okla.)

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# BLITZ21

THE HUDL FOOTBALL COACHES SUMMIT

# THE SILENT EPIDEMIC

By: **Brett Marciel, Chief Communications Officer, The Jason Foundation, Inc.**

Statistics are almost overwhelming. Suicide is the second leading cause of death for youth aged 12-18 in Wisconsin, resulting in one death every 9 days within this age group. Many people consider suicide an event that only happens “to someone else.” That couldn’t be further from the truth. Though it’s easy to think of suicide as a tragedy that happens to other families or schools, it’s important to understand that suicide crosses all racial, economic, social, and ethnic lines. For every suicide, roughly 147 people are directly or indirectly affected by that death. That’s where the work of The Jason Foundation is so vital.

You may be wondering, Who’s Jason? Yes, The Jason Foundation is named for a person.

In the summer of 1997, Jason Flatt was an average 16-year-old. He loved his friends. He loved sports, especially football. A solid B-student, he was active in his youth group and was always up for trying new things. All that changed on July 16 that summer. On that day, Jason transitioned from student to statistic when he took his life.

Jason’s father, Clark Flatt, discovered his son at the family’s home that afternoon when he failed to reach him by phone. In the almost 25 years since, Clark and the JFI staff have reached untold numbers of youth, educators, parents, and coaches through their work.

The Jason Foundation, Inc. (JFI) is a nationally recognized leader in youth and young adult suicide prevention and awareness. Its mission is to provide programs and resources for students, educators, parents, and communities to help recognize and assist young people who may be

struggling with thoughts of suicide. JFI teaches the warning signs and risk factors of youth suicide so that everyone from peers to coaches to grandparents can get help for the young people in their lives who need it.

JFI refers to youth suicide as a “silent epidemic,” because so few people talk about it. They don’t discuss it among family members or with friends and colleagues. There’s a belief that if someone talks about suicide, then it plants the idea in a young person’s mind. The opposite is true. Talking about suicide doesn’t give someone the thought that ending their life is something to consider.

A frank, open, and honest discussion with your child or student athlete about your concerns shows them how supportive you are in helping them cope with their feelings. Though death is an uncomfortable subject for many people, it is important to be able to talk about it openly and honestly. There should be no fear in talking to young people about suicide.

Approximately 80 percent of those considering suicide exhibit some sign of their intentions, either verbally or behaviorally. The following is a list of warning signs that a person contemplating suicide may present. It is, by no means, an exhaustive list.

- Talking about suicide
- Making statements about feeling hopeless, helpless, or worthless
- Deepening depression
- Preoccupation with death
- Taking unnecessary risks or exhibiting self-destructive behavior
- Out-of-character behavior

- Loss of interest in the things one cares about
- Making final arrangements
- Giving away prized possessions

Everyone needs to be aware of the warning signs associated with suicidal thoughts and know how to respond if someone’s behavior causes concern.

JFI is proud to offer the training module Suicide Prevention for Student Athletes: A Training for Coaches and Athletic Personnel. In this presentation, we delve into the problem of suicide within student athletes, the unique pressures that they face, and hear from several experts on the subject. You can access the training on our website ([www.jasonfoundation.com](http://www.jasonfoundation.com)) and looking for the Educator/Youth Worker/Coach heading under the How to Get Involved Tab.

Through the affiliation between WFCA and The Jason Foundation, you have access to a wealth of information that can be utilized in your professional and personal life. Visit our website, [www.jasonfoundation.com](http://www.jasonfoundation.com), to learn more about the programs available through this affiliation, and how you can become involved in suicide prevention.

The National Suicide Prevention Lifeline, 1-800-273-TALK (8255), is a free resource that is available 24 hours a day, seven days a week, for anyone who is in suicidal crisis or emotional distress. The Crisis Text Line is a free, 24/7 text line where trained crisis counselors support individuals in crisis. Text JASON to 741741 to speak with a compassionate, trained crisis counselor.

If you are experiencing a crisis, call 911 or go to your nearest emergency room.



**Ingrid**  
swittel

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 **PHONE 414.315.3069**

 **EMAIL [iswittel@firstweber.com](mailto:iswittel@firstweber.com)**

 **WEBSITE [ingridswittel.firstweber.com](http://ingridswittel.firstweber.com)**



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# CARROLL UNIVERSITY FOOTBALL



CARROLL UNIVERSITY IS OPEN FOR TEAM CAMPS ON CAMPUS IN JULY. IF YOUR STAFF WOULD LIKE TO COORDINATE A CLINIC WITH US PLEASE GET IN TOUCH WITH HEAD FOOTBALL COACH, MIKE BUDZISZEWSKI.



CONTACT EMAIL: [MBUDZISZ@CARROLLU.EDU](mailto:MBUDZISZ@CARROLLU.EDU)



# IN 2022, DO YOU WANT TO TELL MOM THERE WAS A WAY!?

By *Pro3 Solutions*

Covid isn't going away, ever. They say it is something we will now have to learn to live with, just like the flu or common cold. Great, exactly what you wanted to read right!? And what about that other stuff like MRSA, Impetigo, Ring Worm, or even Athletes Foot!? That stuff isn't going away either! We know, this is the trainer's problem to deal with except it is never that simple.

So, what do you do!? What if you have one of your athletes on your team get sick and God forbid, they end up in the hospital. Are you ready to tell that players Mom that there was something additional you could have done to help keep him safe? During the season for less than \$.50 a day, are you prepared to tell her that it just didn't seem worth it at the time?

**Pro3 Solutions** is your call to keep your team healthy and safe. After treating over 500,000 pieces of equipment and helping countless numbers of athletes and teams, the results are clear. Nearly 50% of teams have issues with skin conditions and illness



every year, but **Pro3 Solutions** partner schools have an instance rate of nearly 0%! In a success driven world, we deliver!

Agree or disagree with the guidelines and expectations, the one thing that remains consistent is that the sports world has changed forever. From how you interact with your team to simple things like not sharing a water bottle, everyone is more aware of hygiene and how it can affect your season. The best thing you can do is be ready and proactive. Once illness gets in a locker room it can take weeks to eliminate it and restore health, **Pro3 Solutions** protects your team from day 1 of the season.

**Pro3 Solutions** now has an answer available for every budget and locker room set up. We can customize a plan to help keep Mom happy and help eliminate unnecessary distractions to let you focus on the Xs & Os! Don't be a statistic, be prepared!

Todd Strop (612) 209-0668

Craig Oehrlein (608) 516-2096

Rick Nelson (608) 395-9647



## Wisconsin Football Foundation

Update Spring 2022

A huge thank you to all Head Coaches that nominated players for the 2021 WFF Scholar Athlete Team. All players nominated will receive a plaque recognizing their nomination to the team. The WFF 2021 Season Scholar Athlete Team will be announced at the clinic. Please stop by the WFF Booth at the clinic to pick up your nominee's plaque. This greatly reduces our costs. Please let Al Minnaert know if your school needs a new plaque so we can also help with those arrangements. We also encourage you to check out our website to see previous winners, excerpts from winning essays, and the history of our organization. We exist to help promote all the good that comes from participation in high school football and what that participation means in the personal development of the young men who play it. Players named to the team will be recognized at the WFF Recognition Event at a date and site TBA.

WFF website: <https://www.wisconsin-footballfoundation.org/nominate>  
 Contact Al Minnaert at: 608-770-3433 or [alanminnaert@edgewoodhs.org](mailto:alanminnaert@edgewoodhs.org)

THANK YOU to all of you who so generously submitted articles for

## *“The Point After II.”*

If you do not see your article in this issue, please look for it in a future issue!

*Articles may be emailed to the WFCFA office at [office@wifca.org](mailto:office@wifca.org), or send paper copy to:*

*WFCFA, PO Box 8, Poynette, WI 53955. Please include the title of the article, and the name, school and title of the author, along with the author's photograph. Again, our thanks!*

# CARTHAGE COLLEGE FIREBIRDS



## JUNIOR DAY PROSPECT CAMP

MAY 14<sup>TH</sup>

JUNE 25<sup>TH</sup>

JUNE 27<sup>TH</sup>

JULY 27<sup>TH</sup>

### CONTACT

BRIAN COLLINS  
OFFENSIVE LINE COACH  
BCOLLINS2@CARTHAGE.EDU



VISIT OUR WEBSITE  
[WWW.CARTHAGEFOOTBALLCAMP.COM/](http://WWW.CARTHAGEFOOTBALLCAMP.COM/)



# FUNDRAISING AND MORE IN 2022

By: Todd Hanke, United Fundraising Representative

United Fundraising would like to thank the WFCFA for the opportunity to write this article. We have been proud supporters and partners of the WFCFA for over 20 years. We appreciate all the hard work and dedication that we see every year, and the massive impact you have on all your players' lives. Coaches and sports more than ever are important to give our young men and women important life lessons and experiences.

We have worked with many of you coaches and schools to help you with your fundraising needs whether as United Fundraising, or for you have been around awhile as Varsity Gold. United Fundraising has helped raise over \$100 million for all the groups we work with. In addition, we have raised money for your local charities. United Fundraising looks at those we work with as partners, and hope you look at us as your "Fundraising Coach". Our approach to fundraising has always been, when you have a successful fundraising campaign, so do we.

Things certainly have changed over the last couple of decades as far as fundraising is concerned. There are more groups than ever fundraising, and lots of options out there. COVID, parent or student apathy, and community push back all can be issues. That is why we are continuing to evolve to help address these and many other issues. We have the ability to sell our products through texts, emails, social media, and other means. This has been a huge bonus to the traditional face to face support. It is very important to many coaches to provide additional safe ways to reach supporters, expand their supporter base and raise more money. Even if the COVID situation goes away, this will be a key to maximizing future profits. With our new products, we have the ability for you to reach supporter family and friends even outside your school area anywhere in the country.

Most of you know us through our Gold Card fundraising programs. United Fundraising has been there at the beginning of this fundraising idea and system. Because of our partner schools, this has become the biggest school fundraiser of the last two decades. United Fundraising has always loved the fact the discount products give

your customers the ability to make their donation back, help support local businesses, and most importantly raise you a lot of money! This in turn has helped you purchase equipment, tech, and lots of other things to help your programs perform better and make your players experience better.

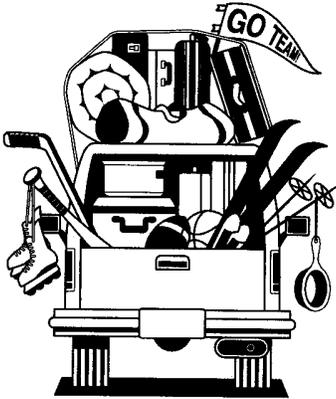
United Fundraising has many other traditional and unique fundraising options. In addition to raising money for your teams, United Fundraising supports local charities as well. Through our Festival Food program 160,000+ meals have been donated throughout the state. Our new pizza program resulted in over 50,000 meals last fall. We also provided over 2000 pairs of socks this past year. This is something we intend to expand in the future, so ask us about it!

We have learned as much from our coaches, hopefully as all of you have learned from us when it comes to ideas about how to maximize fundraising efforts. Our approach is to make fundraising as simple as we can for you. To be most successful we do need coach's involvement, but do not need it to be that time consuming. The most important thing is to set expectations for fundraising just like you would any other aspect of your program. If the players know and can feel from coaches that achieving their fundraising goal is no different than working hard at practice, showing up at the weight room, studying their playbook and every other thing you ask them to do, you will be successful. It is important the players and parents understand, the success of the fundraiser will help your program get the equipment, tech, and other things that will make your goals more attainable and make their experience better.

Please let us know if we can be of help. United Fundraising is your one stop shop for your fundraising needs. We have many, many options for you to choose from. If you are a coach or are involved in other sports, we can help you as well. We would love the opportunity talk with you! Check out us out at [www.UnitedFundraisingandPromotions.com](http://www.UnitedFundraisingandPromotions.com) or 1-800-313-8050.

One book we would recommend to read is '212 The Extra Degree'. The main point of the book is this "At 211 degrees, water is hot. At 212 degrees, it boils, and with boiling comes steam, and steam can power a locomotive". The one extra degree makes all the difference, and that one small thing can make a tremendous difference. This idea can help make your football team, life, and many things better by just doing a little more, and putting in that extra effort. We think United Fundraising can be that extra degree for you in your fundraising. Thanks, and best of luck in your upcoming season! See you at the Clinic at the end of March!

**HAVE YOU MOVED  
OR CHANGED YOUR  
EMAIL ADDRESS?**



Let us know!

Drop us a line at:  
P.O. Box 8  
Poynette, WI 53955  
or by email at:  
[office@wifca.org](mailto:office@wifca.org)

**THANK YOU!**

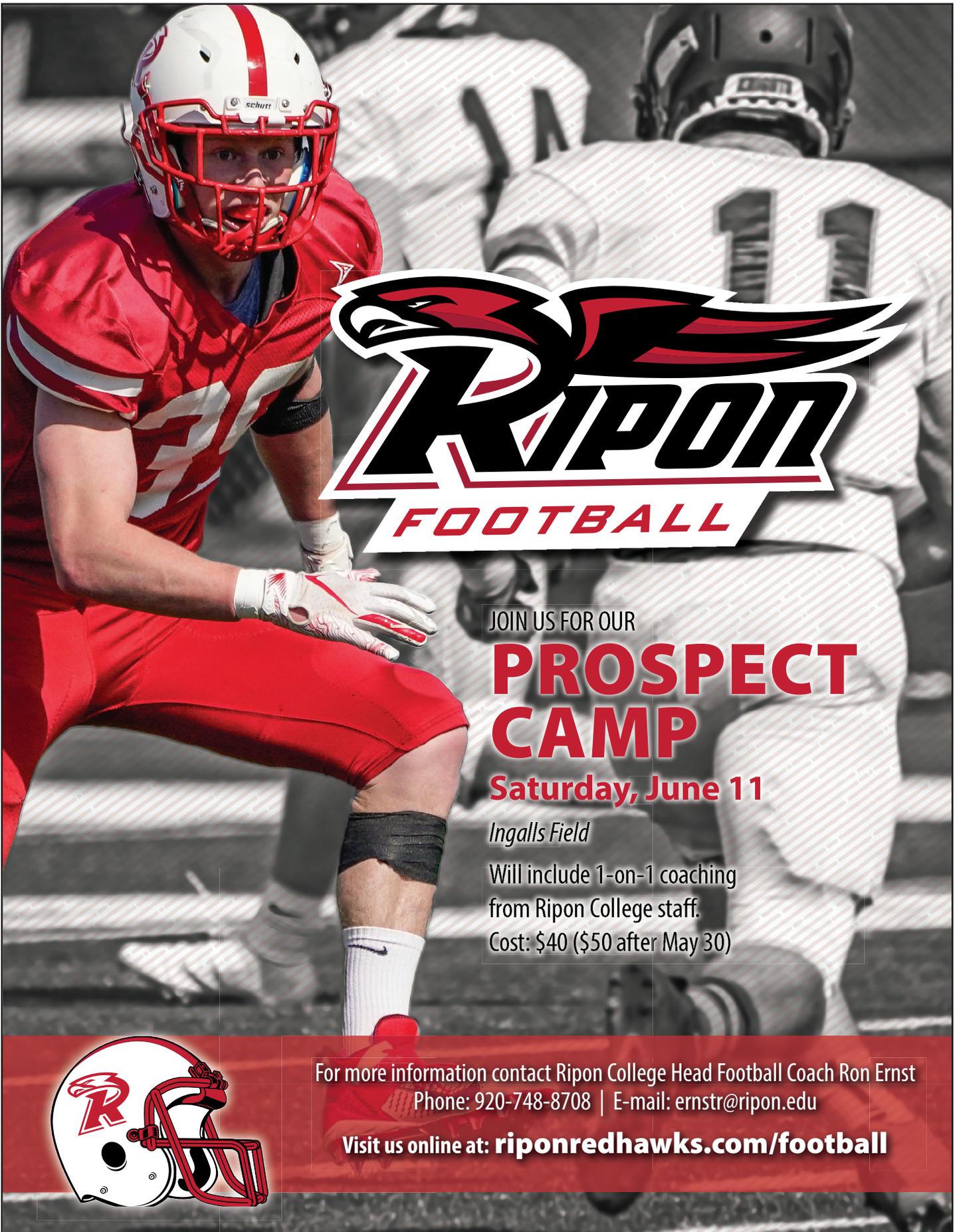


Contact the WFCFA office at:

Phone: 608-635-7318  
Email: [office@wifca.org](mailto:office@wifca.org)  
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# HIGH SCHOOL FOOTBALL PLAYERS ANSWERING THE NATION'S CALL

## From the Grid Iron to defending our Nation

The gridiron provides a place of intense camaraderie, esprit de corps, and brotherhood that is not found in very many places. The memories formed here stay with these athletes forever. This unity is part of what makes this sport so great. However, building these bonds doesn't have to end here. The skills, team building, leadership, and brotherhood found in high school football will be created and fostered in a career in the United States Marine Corps. The connections that are forged through adversity will produce loyalty not seen anywhere else. Every Marine will learn to be the best version of themselves to serve a higher purpose.



## **MARINES** THE FEW. THE PROUD.

Brayden Boyer is a State Champion Center from Colby High school. After graduating this summer Poolee Boyer will go from winning a state title to serving our nation as an Aviation Electronics Technician. Shipping out on the same day is his team mate, running back, Mason Voss. Poolee Voss will be serving as a Combat Engineer.

We are tremendously proud of the hard work, dedication, and willingness to serve of these young men.

Voss



Boyer



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# **#THEEXPERIENCE**

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**33 CONFERENCE CHAMPIONSHIPS**  
**3 NATIONAL TITLES**

# DEFENSE

## SIMPLE TACKLING DRILL FOR ANY POSITION

By: Matt Ebner, Associate Head Coach and Defensive Coordinator, UW–Eau Claire



Matt Ebner

Tackling is a fundamental part of the game of football. It is also unique in that it is a universal skill needed by every position on the field. It doesn't matter if you play offense, defense, or special teams; every player must know the basics of tackling. However, it can be hard to find time in practice to learn this skill, particularly for non-defensive players. To help combat this we have a few simple, easy to learn drills that we use to help all players learn the fundamentals of tackling.

One of the major things we emphasize in tackling is angles. Before you can hope to make a tackle, you first have to put yourself in position to make a tackle. We teach a method called "J-path" when tackling. We do not teach our players to necessarily break down when executing a tackle, especially when coming from a leveraged position (very rarely will players be in a nose-to-nose open field position). We want our players to take a shot at full speed. We expect our players to aggressively attack the ball carrier and to track their hip. This means their focus should be on the near hip of the ball carrier, and every step the tackler takes should be directly at that hip. This does 2 things: 1. It takes away any ability for the ball carrier to cut back and 2. Focusing on his hip helps remove the distraction of "jukes" such as false steps and head-bobs. We teach this concept by using 2 simple J-path drills:

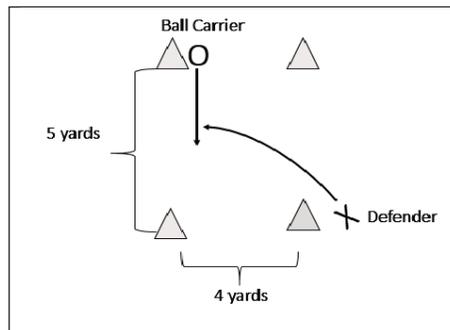
### 1. Leverage Tackle

- Create a 4x5 box using cones, and have a ball carrier and defender start at opposite cones
- The defender should start angled at the hip of the defender
- On "go" the ball carrier works straight downhill at  $\frac{3}{4}$  speed
- The defender then sprints full speed at the hip of the ball carrier, which should create a bended "J" path

- The defender finishes by scrapping tight behind the ball carrier and throws his hands to simulate a tackling motion
- Be sure the defender steps at the ball carrier's hip, not in front (this will allow a ball carrier to cut back)
  - A great way to see this is by standing directly behind the defender

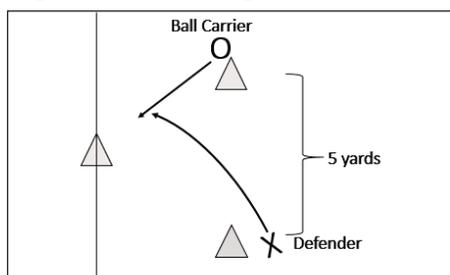
### 2. Sideline Tackle

- Create a triangle using 3 cones and the sideline, a ball carrier and defender should start 5 yards apart
- The defender should start angled at the hip of the defender
- On "go" the ball carrier works at an angle to the sideline at  $\frac{3}{4}$  speed
- The defender then sprints full speed at the hip of the ball carrier, which should create a bended "J" path
- The defender finishes by scrapping tight behind the ball carrier and throws his hands to simulate a tackling motion



Now that we taught our players to get into a proper tackling position, we need to teach them the proper technique in executing the tackle at the point of attack. There are a number of different tackling situations a player can be in, but there are 2 basic types of tackles we talk about: 1. Tackles made in space when coming from leverage and 2. Tackles made within the box where you are fitting into a gap.

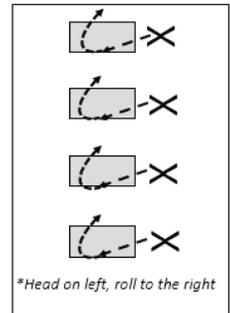
In the first situation mentioned above, we emphasize using a roll tackle. When executing a roll tackle, we expect our players to put their head across the front of the ball carrier. This is important because it helps the defender take a



better aiming point and makes it a more solid tackle instead of an arm tackle. To teach the basic technique we start by using agility bags from a static position.

### 3. Static Roll Tackle

- Star with 4 (or more) agility bags in a row, and organize your players into 4 lines
- The first player in line should hold the agility bag vertically
- The second player will be the one executing the technique, and should align tight to the bag on their knees with their arms cocked back
- The drill is performed in 3 parts
  - "Wrap": the player forcefully wraps their arms around the bag. They should also either grab the bag tightly with their hands, or lock onto their wrist. They should place their head leveraged to one side on the bag with eyes up and a flat back
  - "Squeeze": The player now rolls their hips though (still on their knees) and squeezes the bag tightly to their chest as hard as the player is able.
  - "Roll": The player now rolls to finish the tackle. They should roll opposite from where their head is leveraged. Important coaching points are making sure the players roll by throwing their shoulder and hip around to generate maximum force while still firmly squeezing the bag.



### 4. Run n' Roll Tackle

- Here we progress to executing a roll tackle while running, as if chasing down a ball carrier.
- Depending on equipment available, you can either use a tackle wheel or have a player drag an agility bag.
- Have the defender start off-set from the ball carrier.
- On "go" the ball carrier moves straight ahead at  $\frac{3}{4}$  speed.
- The defender then pursues and executes a roll tackle in a fluid movement.
- Emphasis on head across, a physical wrap and squeeze, and finishing with a forceful roll while continuing to squeeze firmly.

# 2022 BLUGOLD FOOTBALL CAMPS

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MAY 14

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## YOUTH CAMP

JUNE 6-8

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## BIG MAN CAMP

July 14

Open to all offensive & defensive linemen incoming grades 7-12.  
Individual instruction & competition.

## RISING STAR CAMP

July 15

Open to all high school football players incoming grades 9-12.  
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## 7 on 7 LEAGUE

June 15, 22, 29 & July 13, 20

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Visit our camp website:

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**CONTACT:**

Alex Johnson – Asst. Coach

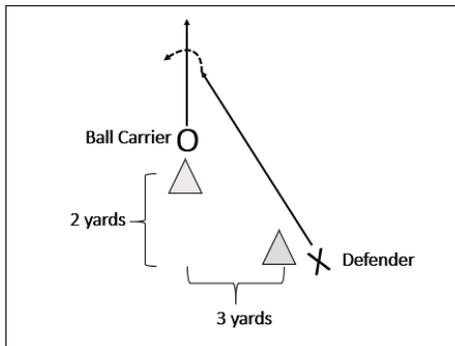
[johnsoam4590@uwec.edu](mailto:johnsoam4590@uwec.edu)

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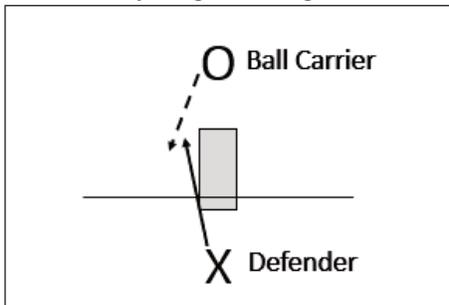


After executing these drills for the first time, we will then expand on these drills to incorporate more skills at the same time. An example would be taking the Leverage and Sideline Tackle drills and using either a tackle wheel or having a player drag an agility bag.



The second type of tackle mentioned above refers to tackling in the box, in a gap. So, more

of a head on tackle in a confined space. This is a situation where a roll tackle is not practical or effective. This type of tackled requires you to wrap and run your feet in order to finish the tackle as opposed to rolling through. A simple way to teach this is by using a basic angle tackle drill.



**5. Angle Tackle**

- Have a ball carrier and defender start opposite each other on an agility bag
- The drill is initiated by the ball carrier

- choosing a side of the agile and works
- The defender must react and match the ball carrier while still attacking the ball carrier's hip
- Using a "goal line" and the end of the agile puts an emphasis on stopping the momentum of the ball carrier
- Emphasis on a physical wrap, rolling hips through on contact, and running their feet (do not take the ball carrier to the ground)

These are all drills that are simple to set up and teach with minimal moving parts while working on the fundamentals of tackling. Furthermore, all these drills can be easily modified to either minimize or eliminate contact and teach other methods of tackling. I want to thank the WFCAs for allowing me to share some of my thoughts and giving me a platform to do so. If you have any questions for me about this or anything else, I encourage you to reach out.

## TRACKING YOUR MISSED TACKLES

By: Craig Stenbrotten, Defensive Coordinator, UW-Oshkosh



Craig Stenbrotten

I want to start by thanking the WFCAs for allowing me to write this article. The knowledge I have gained and continue to gain through *The Point After II* publication has helped immensely as a coach. I also to thank the great Wisconsin coaches I have learned a great deal from.

In 2011 we switched from a 4-2-5 defense to a 3-4. One might think that would have been the biggest take away we had from that season, but if you ask the coaches that were around for that season what the biggest lesson was, we learned it wasn't about switching defenses. It was about how we approached our tackling. For the first time we tracked our missed tackles. This small change had a huge impact on our program.

At the time we created a few Hudl columns if there was a missed tackle on the play, we put an X in that column. We also tracked how many yards were gained after the missed tackle and if a Touchdown was scored. The results of this simple study refocused our entire defense on proper tackling techniques.

We had 89 missed tackles in 2011. We had no clue if this was a bad number or not we had never studied this. It turned out it was bad and has been our highest missed tackle in a season. The most telling thing though was what missing 89 tackles did to our defensive statistics. The 89 missed tackles resulted in 709 yards and 42 points given away after the first missed tackle. We tracked points as a direct result of the play we missed a tackle on. But not if we had a missed tackle on a 3<sup>rd</sup> down and the offense eventually scored on that drive.

What hit home the most for our players was without these missed tackles our defense would have been a top 20 defense in the nation. We returned several players for our 2012 defense, they focused more than ever on tack-

ling and it improved significantly. We won the conference title and made it to the national semifinal game. Because of the playoff game we decided to go with missed tackles per game and not total missed tackles. In 2011 in our conference games we missed 8.2 tackles per game in 2012 we missed 4.14 tackles per game. There were several factors to this including being a very senior led defense. As a staff we felt the turn around had a direct correlation to our players' renewed focus on tackling drills.

In August camp of 2014 we became a rugby tackling team. The effects of this change were not seen right away in the 2014 season as we missed 6.14 tackles per game,

but we became a more consistent tackling team after making this change. Since 2014 we have missed between 4.3-4.9 tackles per year.

Over that last three year we have tracked which individual player has missed the tackles. We just added a Hudl column and put the player's number who missed the tackle in that column. This has been extremely helpful, our players can now look at the film, and see how and why they are missing tackles. Here is a look at the 2019 missed tackle player chart from Hudl.

Once again, I want to thank the WFCAs for their hard work in putting together this amazing publication. If you want to talk more about tackling or anything else, please email me at [stenbc32@uwosh.edu](mailto:stenbc32@uwosh.edu).

MISSED TACKLE	Count	Percent	
40	8	17%	<div style="width: 17%;"></div>
38	5	11%	<div style="width: 11%;"></div>
91	4	9%	<div style="width: 9%;"></div>
21	3	6%	<div style="width: 6%;"></div>
20	3	6%	<div style="width: 6%;"></div>
8	3	6%	<div style="width: 6%;"></div>
24	3	6%	<div style="width: 6%;"></div>
44	2	4%	<div style="width: 4%;"></div>
9	2	4%	<div style="width: 4%;"></div>
93	2	4%	<div style="width: 4%;"></div>
95			



# UW-OSHKOSH FOOTBALL CAMP

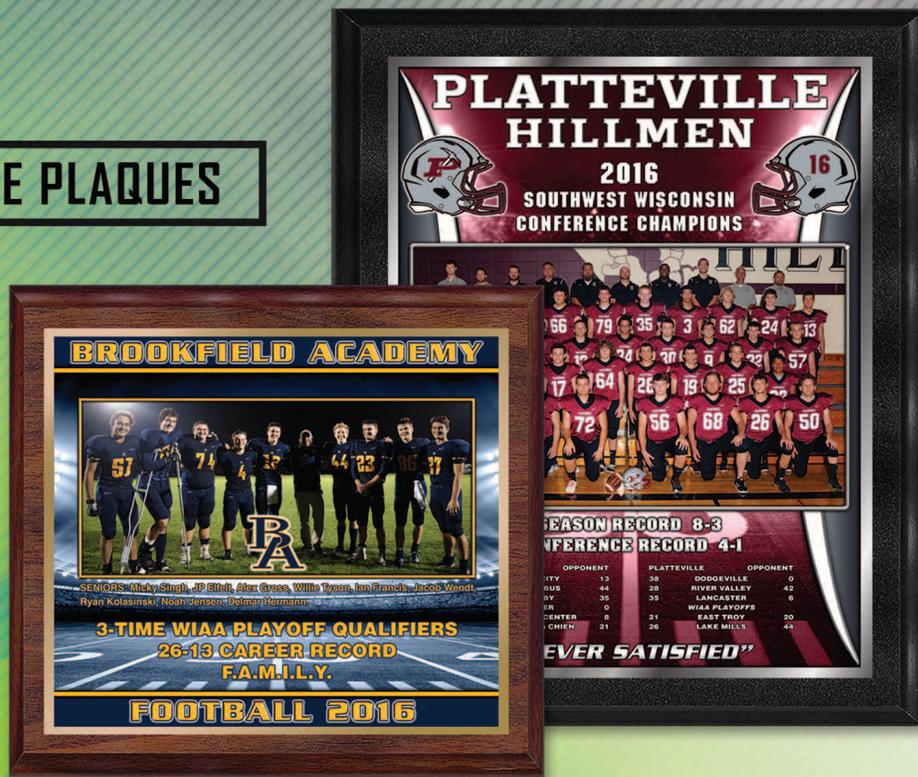
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# THE DIFFERENCE MAKER

## ACADEMIC SUPPORT FOR THE STUDENT-ATHLETE

By: Nathaniel Donavon, Defensive Line Coach, UW-Platteville



Nathaniel Donavon

First, I would like to thank the WFCA for this opportunity to contribute to this magazine. I had the pleasure of playing high school and college football here in the Badger State. I'm fortunate enough to still be a part of Wisconsin Football and the WFCA as I enter my second-year coaching the defensive line at UW-Platteville.

### PURPOSE

When the student-athletes who are a part of our program finish with their football careers here at UW-Platteville, we want them to leave with memories for a life time. We also want them to leave with the degree they worked hard to obtain and paid for. We had a face lift a few years back focusing on how we support our players and their academics. We eliminated the traditional mandatory study tables, shifting our focus to the common skills most teenagers and young adults lack, organization and time management skills.

### IDENTIFYING PHASE

In the Difference Maker phase, we first identify who could most benefit from the program and skill set we're attempting to enhance. We would love to have the entire one hundred ten-man roster in the program, but that's just not suitable for the size of our coaching staff. So, we make incoming Freshmen or any new player to our program prioritize building a solid foundation for their academic careers at Platteville. Also, if there is an upperclassman who wants to be a part of the program for accountably we don't turn them away. We split our program into two groups, a fall and spring group so that each coach has no more than five players that they are responsible for. For an example, if we have forty freshmen on the roster, twenty will be in the fall program and the other twenty in the spring. We do our best to mix it up as far as which coach each player is assigned to. Even as coaches, this is an opportunity for us to develop a professional relationship with a young man we may not work a lot with on the field.

### PLAN OF ATTACK

We first address our student-athlete's schedule. We plan to meet twice a week to discuss academics so, it's vital that we first know their

availability. Also, knowing their schedule allows us to plan out each hour of their day that will be dedicated to study time around their class schedules, practices, and other extra-curricular activities. At this point, we also teach them how to create their own daily schedule via Microsoft Excel so they may use this as a tool beyond football and school.

A binder is created for each player that consists of monthly calendars, weekly outlines, and grade tracking sheets for each course. Upon the first meeting, as coaches, we play detective. Each player drafts a one page document prior to the first meeting laying out their semester goals and how they plan to achieve those goals. We then investigate what has helped or hindered their academic success. We call this their success plan. The information gathered is used in a few different ways to identify environments they're most productive in and study habits they need to eliminate or new ones they need to try.

As we play detective we help our student-athletes breakdown the semester, course by

course. We record every big assignment on the monthly calendars. Big assignments for us are exams, projects, and papers. Based on those dates given, we work to create our own personal deadlines prior to original courses. We aim to make deadlines anywhere between a day or two before the original so that work is done and prepared in a timely manner. It has helped reduce the amount of procrastination among our student-athletes and a greater quality of work is produced. It's shown dividends with our team GPA of over a 3.0.

We don't have this fancy elaborate process. It's simple, effective, and it helps us achieve our goals. If you're interested in this process, I would be more than happy to discuss and share some of the documents we use in our binders to organize and plan everything. Once again, I thank the WFCA for this platform and opportunity. Contact me at [nathanield@uwplatt.edu](mailto:nathanield@uwplatt.edu) if you would like to ask further questions about UW-Platteville's Academic Support program.

## IMPORTANT NOTICE FROM THE NFHS:

### GLOVE RULES

The NFHS has been notified that there are football receiver gloves that are currently available in the market and are being sold online, that do not meet the current SFIA specification or NOCSAE standard as required by current NFHS Football Rules. The following is the current NFHS Football Rule for gloves:

### NFHS Football Rule 1-5-2b:

**ART. 2 . . .** The following auxiliary equipment may be worn if sanctioned by the umpire as being soft, nonabrasive, nonhardening material: . . .

**b.** Gloves, which may be anchored with athletic tape, and even though modified, must meet the NOCSAE standard or the SFIA specification at the time of manufacture, unless made of unaltered plain cloth. Gloves, unless made of unaltered plain cloth, must have a permanent, exact replica of the NOCSAE glove seal (Meets NOCSAE Standard) or SFIA glove seal (Meets SFIA Specification), that must be visible and appear legibly on the exterior wrist opening of the glove.

### NOTES:

**1.** A glove is a covering for the hand having separate sections for each finger. Pads worn on the hand, but not having separate sections encircling at least part of any finger are not gloves. The thumb is not considered a finger.

**2.** Non-athletic gloves, worn solely for warmth and made of unaltered plain cloth, and which do not enhance contact with the ball, do not require a label or stamp indicating compliance.

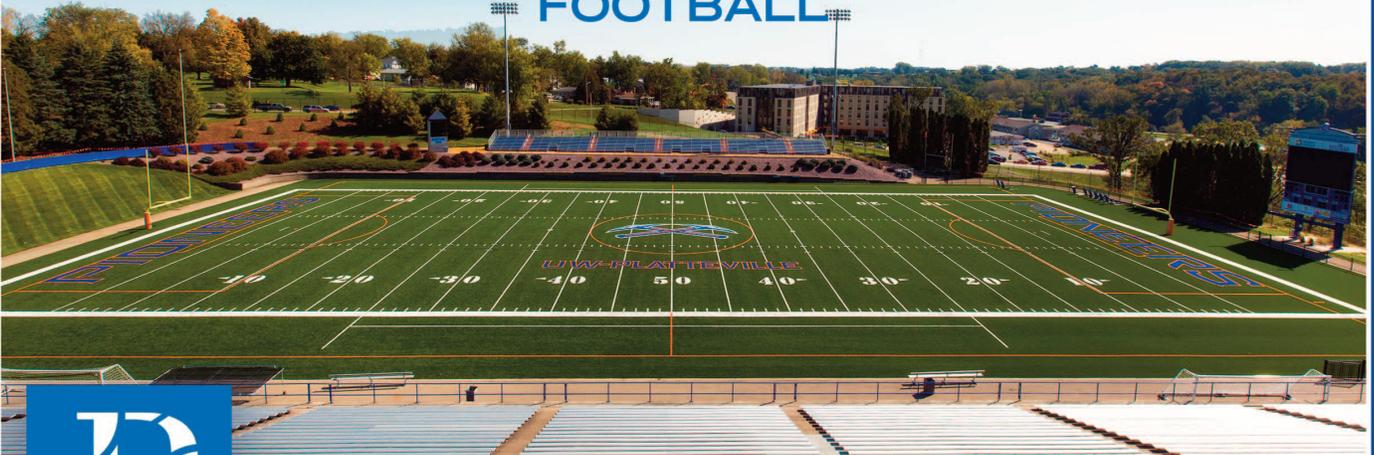
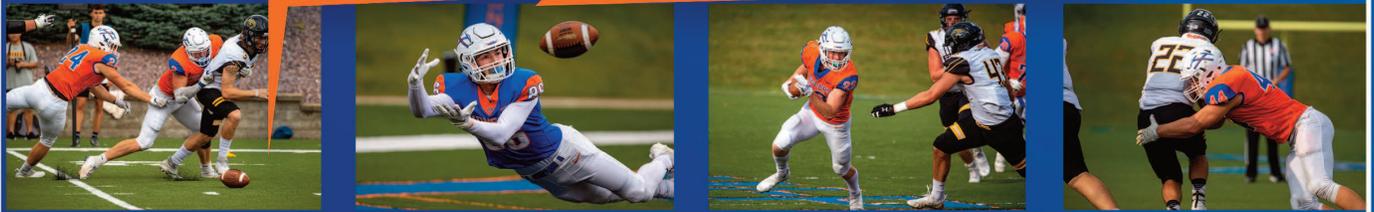
Please inform your member schools as they look to purchase football gloves for the 2022 season, that these gloves do need to meet either the SFIA specification or the NOCSAE standard in order to comply with the current NFHS Football glove rule. The rule provides that these gloves must have a permanent, exact replica of the NOCSAE glove seal (Meets NOCSAE Standard) or SFIA glove seal (Meets SFIA Specification), that must be visible and appear legibly on the exterior wrist opening of the glove. For additional information, please check the **SFIA website:**

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# TURTLE LAKE'S TAKEAWAY TUESDAYS

By: Trent Nyhus, Head Coach, Turtle Lake High School



Trent Nyhus

First, I would like to start off by saying thank you to the WFCFA for the opportunity to share some thoughts and ideas with the association. I have had the opportunity to be the Defensive Coordinator for Turtle Lake for 4 seasons. When I took over the defense, one of the things I wanted to focus on was creating

more takeaways. Since 2018 we have had 96 turnovers and I think a lot of it has to do with our Takeaway Tuesdays. We split the kids into 4 groups based on their defensive positions and go to a coach. It takes roughly 10 mins and after everyone has 2/3 reps we rotate to the next coach. We rapid fire and want our kids to be excited during this session.

**Scoop and Score:** One coach does a scoop and score session. You can do this a bunch of different ways. The way that we do it is a coach stands in front of the kids and rolls, bounces, and throws balls at the ground. Kids must stay low, pick them off the ground keep their feet, and run past the coach so they can get the feel of being able to scoop and score.

**Tip Drill:** Another Coach does a tip drill. Coach will have two guys out throwing a ball for the first guy trying to get a hand on the ball so his partner can catch it. The first guy will start in a defensive stance. On the snap he will jump to get his hand on the ball to make sure he tips it to his partner. The second guy is 5-10

yards behind him trying to read the tip and catch the ball.

**Chase and Punch:** One coach does the chase and punch. One guy will be running with the ball like he is having a breakaway from the defense. The second guy starts about 5 yards behind the first guy. He starts to chase him down and punches the ball out. The first player isn't supposed to make it super easy for the chaser to get the ball out. Once the ball is out, we want to recover the fumble, so we make sure we either jump on it or scoop it.

**Stick and Rip:** The final coach does stick and rip. This is a three-person drill, one guy on offense and two on defense. The offensive guy is about 5 yards from the defensive. One defensive guy who is on the side of the ball of the offensive runner, is the one who needs to rip. The opposite side needs to be the sticker who wraps up the offensive guy. We focus on making sure that they stop the runner first and then the rip needs to happen. Once the ball is on the ground, we need to make sure we get on the ball and the other person covers him up.

## DRILLS TO IMPROVE TACKLING

By: Ebrahim Amara, Defensive Line Coach, Madison La Follette High School

I would like to begin by thanking the WFCFA for allowing me the opportunity to share some thoughts about my personal defensive philosophy and our defense at Madison La Follette High School. I'd also like to extend my gratitude to our Head Coach, Scott Swanson, for bringing this opportunity to me, as it has always been a goal of mine. I hope the ideas shared today will either teach you or reaffirm what you've already known and thus give you another degree of confidence in the way you teach.

Entering my third year as a Defensive Line Coach at La Follette and prior to that I coached at the Freshman level and as a Varsity Defensive Backs Coach. In my experience having coached both the front seven and the secondary, I've grown to have a unique perspective on different forms of tackling, how to drill it and ways to implement it into our practices. Of course, many coaches have concerns about live tackling or "good on good" work, as do we. Early on in camp or when our practices are not padded, we use tackling dummies, tackle wheels and as of last year we began using tackle bars. We've been having a lot of success and found tackle bars to be extremely effective because they force our kids to wrap up on contact if they want the whistle blow. Creating those habits is critical especially early on in your first padded practices.

### Tackle Circuit

At La Follette, our staff prioritizes tackling as it generally outweighs schematics and when done properly, creates opportunities for takeaways. From our first day of camp in August

and throughout, we drill tackling each and every day in some form. Teaching progression and repetition can be done without pads, in helmets, uppers (shells) or fully padded and drilled during tackle and takeaway circuits, twice a week, and is mandatorily incorporated in at least one of our position EDD's or every day drills. Stations within our tackle circuit mirror those of "Seahawk Tackling" as shown by the Seattle Seahawks and include:

- Hawk Tackling (drive for five if necessary and roll if necessary)  
Shoulder leverage tackling creating contact on the ball carriers' thighs.
- Profile Tackling – drive for five on contact if necessary  
Shoulder leverage tackling creating contact with the near shoulder or chest plate of the ball carrier.
- Compression Tackling (2 vs 1) – drive for five on contact if necessary

The final stage of our tackling progression, compression tackling involves two or more tacklers in combination performing either hawk or profile tackling in unison, tracking opposite ends of a ball carrier in order to compress them upon contact.

Each and every player, offensive or defensive, will get reps from a kneeling position where we teach the hand progression or "shooting the hands" as we say. The ball carrier is in a standing position 1-2 yards away from the tackler, who's on their knees directly in front of the ball carrier. All movements are one of two commands:

**Load:** This command tells the tackler to sink their hips back towards their heels, place their hands anywhere between their knees and hips, ready to engage and elbows tight to the body. Eyes trained to the midpoint of the ball carriers thighs.

**Hit:** This command tells the tackler to shoot themselves at the ball carrier in a horizontal motion, thrusting their hips forward with a fully extended flat back, placing the playside shoulder on the thighs of the ball carrier while their hands shoot up to the back of the ball carrier, grabbing (jersey) cloth and pulling it down violently and squeezing their elbows together in a "wrap and squeeze" motion. It's very important to emphasize both the wrap and the squeezing when we teach tackling. During the "wrap", we want our players to shoot their hands in a motion that's more along the lines of raising their hands straight up in the air and refrain from wrapping as if they were giving someone a hug. This indeed makes for a more precise, compact and forceful tackle and discourages our players from arm-tackling; this is sure to increase the effectiveness and efficiency of the tackle as well. Tacklers are to hold this position, with a flat back, as the ball carrier remains somewhat standing until the whistle. This basic drill is worked by both offensive and defensive players in the event of a turnover where our offensive players must be able to tackle and defend.

Depending upon the type of tackle we are drilling this motion can vary. During the Hawk Tackling series, we teach our players to "roll" to the ground at the end of the motion in the op-

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posite direction of the ball carrier’s path. After we have drilled this numerous times and see the specific and violent motions, we drill it standing from anywhere between 4-8 yards away based upon position groups - walking through it and eventually going full speed.

**Incorporating Individual Drills**

For the defensive lineman, I mix these forms of tackling in during multiple EDDs to help our guys build habits while also conditioning them. Although we do condition as a team, I pride myself on pushing the tempo of my drills so that the practice itself also acts as a fast paced conditioner. It makes the guys think quickly and pay attention to detail even when they are fatigued. We always begin our indy period with our BGO or “Ball Get Off” drill. Simply put, our linemen get in four separate lines by position (End, Nose, Tackle, End), we place a trapezoid dummy or a speed hurdle at the front of each line. We get into a stance, placing our hands in front of the bag about 4-6 inches in front of our helmet and stagger our feet at shoulder width apart. The bag forces the linemen to drive their knee to their chest and create that explosive first couple steps out of their stance and shoot their hands. After 4-5 reps, we add a ball carrier (a lineman dragging or holding another trapezoid dummy) and this is where we can work our drills from the tackle circuit. Linemen have to fire off the ball and get multiple reps of profiling tackling (head on each side) and tackling at an angle using the Hawk Roll technique. Early on in the season I make sure to segment the drill to ensure the proper explosiveness, footwork and angle to the ball carrier. BGO, break down with quick, active and precise feet, tackle to finish. About 2 or 3 weeks in once they have the hang of it and know exactly what I’m looking for and the standard for the drill, I can go full speed on one command and start using change of direction with the ball carrier or borrow some running backs during indy to add some competition. At this point I can begin having the players go in pairs and we can work compression tackling.

Another EDD we use in direct correlation with BGO is what we call “Shock, Peak, Shed”. In a sense, this is our BGO drill, but we insert the sled or an offensive lineman to ensure explosion off the ball, good hand placement, the lock out of the elbows to create separation and

the ability to read and react. This drill as well is segmented early on with the next movement happening on the whistle.

First whistle gets the lineman off the ball and engaged with the sled using their hat, hands and lock out their arms with “hot” or “buzzing” feet. I will keep the trapezoid dummy on the ground to ensure a quick get off. This builds the habit of our linemen driving their feet upon the point of contact. This is the “shock”.

On the second whistle we include the “peak” by having the lineman peak their head around the sled to the gap first, followed by the flip of the hips in the same direction. This works creating separation for block destruction and training our eyes to quickly locate the back. As a defense, you have to be gap sound and up front we aim to establish a new line of scrimmage and control our gaps. Another adaptation of this drill, we add a lineman next to the edge of the sled or use two offensive linemen to emulate a double team and how to defeat it.

On the third and final whistle, after we’ve located the back (or bag), we defeat the sled or “shed” the block using a move (club/rip or chop/rip) and track the near hip of the runner. Once again, we finish with either a Hawk, profile or a compression tackle if we’re going in pairs. This can be applied over many practice segments including inside run, team, and during competition. At La Follette, we’ve been fortunate enough to platoon our linemen which is so beneficial to both sides of the ball when we drill it. It gives our guys a game like rep instead of having to use pads or sleds and raises the level of competition during our practices.

These are just a few examples of how we drill and implement tackling into our practices. As a defense, our Xs and Os will have no value if we can’t make the play and tackle once we’re in the proper position. This is something we pride ourselves on within our entire program and work it across levels whether we have separate or joint practices. As I stated earlier, many times great tackling and physicality creates turnovers, limits the offense’s opportunities and can even outweigh our own mistakes. Our kids do a great job of buying into our philosophy, paying attention to the finer details of what it takes to be a ball hawking defense and applying that on Friday nights. Helpful screenshots available on Youtube. (*Seahawks Tackling 2015*)



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# KEYS TO CUW DEFENSIVE LINE SUCCESS: CULTURE AND DAY ONE INSTALL

By: Ryan Cook, Defensive Line Coach, Concordia University Wisconsin



Ryan Cook

### Mentality:

- Aggression – Defensive Line is a violent position that requires a large amount of physicality.
- Focus: Focus on the job at hand and what is needed to execute your role to the best of your ability
- Responsibility: Understand your responsibilities and tasks that need to be completed in order to make you the most successful.
- Effort: Believe that your effort is always better than your opponents' and never underestimate, but strive to out work them.

### Compete:

- Competition breeds good things.
- From here on forward, you will compete for everything in life. (Positions, Grades, Interviews, Jobs, Promotions, etc...)
- Be surrounded by competitors. Being surrounded by these individuals only makes someone better and increases their work ethic to compete at the highest level they can.
- Never be satisfied in what you are doing and always be hungry for more.

### Passion:

- Play with enthusiasm and love the game you get to play.
- Do everything to the best of your ability with the greatest amount of attention to detail.
- Trust yourself and trust your teammates to have the same passion as you. Trust that they will execute and praise them as much as they will praise you. We will be one unit, one team, with one goal.

- Play with speed and heart. Mistakes will be made, if they are made at one hundred percent, that mistake now becomes a teachable moment. Your passion will limit those mistakes and corrections will be made to strive for greatness.

### Hustle:

- 100% effort all the time and the expectation is nothing less.
- Pursuit to the football (11 hats to the ball is always the goal)
- “Sell Out” is a term used to show that you are giving all your energy to be successful. Not only for you but for your teammates.
- You can be beat in multiple different areas. I will never be beat because of lack of conditioning or effort. I will always out hustle my opponent. That is the goal and mentality for a Defensive Linemen.

### INSTALL #1

#### STANCE, START & HAND PLACEMENT

**Stance:** *Perfect Stance is the foundation to playing defensive line*

**Defensive Ends:** Start shoulder with the part with one foot slightly back. The foot back will tend to change based on which hand is down. **ALWAYS MAN HAND DOWN** with the off-hand up and ready to engage the offense.

**Nose/Defensive Tackles:** Nose and Tackles will have more of a balance stance in terms of their feet placement. This would be because their stance should look identical and gives the individuals the ability to move either way laterally, vertically (up field), or both. Again, Man hand down.

**Start:** *The Start should be done aggressively, violent, and fast*

For all positions the start will all be identical. Each position will start with a 6 inch step. This step can be a vertical up field step, 45 degree step, or the beginning of the lateral longsticking progression. This would be based on play call and if a movement is put into place. The start or “Get Off” should be fast, aggressive, and violent. The reference that will be constant is, “having the player start as if they are coming out of the blocks in a track meet.” This would stress an Offensive Linemen with the shock of minimal reaction time and forces them to make a decision. This is taught because the goal is to play on the opposite

side of the line of scrimmage, create a stressful situation for the offense, and play with hustle.

**Hand Placement:** *Playing against half of a man increases your chances to win*

All positions are taught the same techniques. That technique is to play half-a-man and “Shoot your hands.” This would be a violent act in which the defensive lineman stuns an offensive lineman by violently hitting the lineman with full extension of his arms. This creates separation where the defensive lineman can now make a move, defeat the offensive lineman, and make a play. The part that alters each position’s technique will be after the initial engagement.

**Defensive End:** Each Defensive End post-snap will go through their footwork then strike the offensive tackle in the “V” of the neck. The “V” is two points. One hand will be in the lineman’s chest in the collar of jersey hence “V”. This takes the power away from the offensive lineman. The second hand will be on the outside of the shoulder pad which will now give the defensive end control of the tackle. The defensive end will then have full extension of his arms and create separation to make a move and defeat the tackle to become involved in a play.

**Nose/Defensive Tackles:** For interior defensive linemen, they are taught the same thing as the defensive ends with their footwork and hand placement. The interior linemen tend to be more vulnerable to double teams. Their concepts of hand placement stay the same as the defensive end, but what changes is that if they do happen to get a double team, then they will fight pressure with pressure to split it, and square back up to the line of scrimmage and make a play. The coaching point in that will be 1. Keep extension to sustain separation with low pads while running your feet and 2. Defeat one man. You will not want to battle both offensive linemen because your chance of winning that battle greatly decreases. If all else fails, splitting the double team sustains the gap or cancels it.

Finally, I would like to thank the WFCa for the opportunity to share some insight which has made Concordia University Wisconsin successful. It has been a joy to be a part of this association for the last four years.

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# OFFENSE

## THE BELLY SERIES OUT OF PISTOL

By: Patrick Wagner, Head Football Coach, Milwaukee Riverside University High School

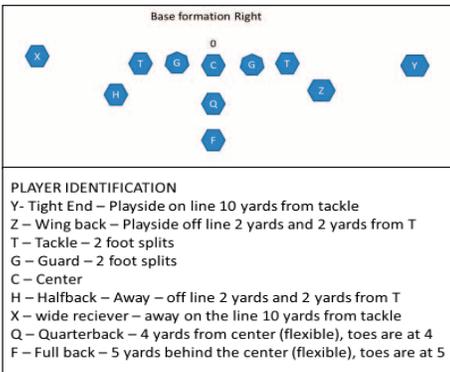


Patrick Wagner

We are a spread wing-t team. We have been since 2005. One of our main series of plays is our belly series. For our vocabulary our belly series starts with the full back running the ball between the guard and tackle with a lead block by the half back. Those back rules allow us to run belly out of many formations and motions. Those two rules for the backs are always the same. Also within our belly series is a counter play, outside sweep or bubble, a QB option and a play action pass also called belly keep pass. We also run this as an RPO but we won't cover it here.

We start all of our offense out of what we call our ace pistol. The spacing is as follows:

A key point; we believe our offense has to fit our players, not vice versa. Where you see the



term flexible it means that the alignment may change because of a certain player's abilities. The same goes for our splits on the O-line. We may end being 3 and 4 foot splits depending on our athletes. Keep in mind this is where we start at the beginning of the season. We will make tweaks depending on our players abilities.

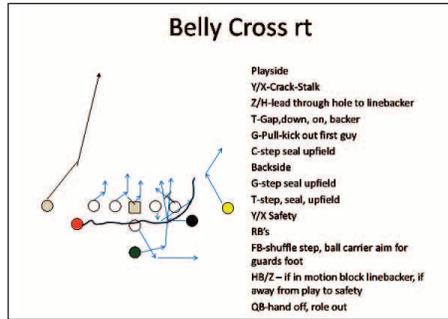
General Rules for the plays you are going to see are as follows:

1. Our wing back is going in motion. The last couple of years we went straight across for

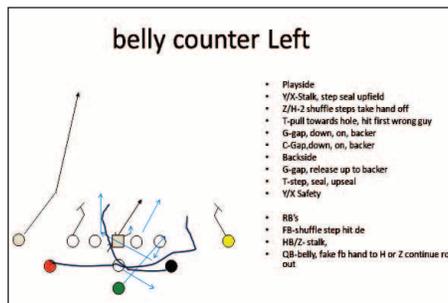
an occasional jet sweep. If he does not get the ball he is going to block or go for a bubble screen depending on our call.

2. Our O-line will make a call if they need to simply base block the play instead of crossing. This again is determined by the players we have.
3. Our quarterback has specific reads depending on who we are playing on how we are using the series. For example, if we are using a more RPO variation we will read the outside linebacker. If we are running a more traditional option off of it we will read the first defensive linemen head up and outside of the tackle.

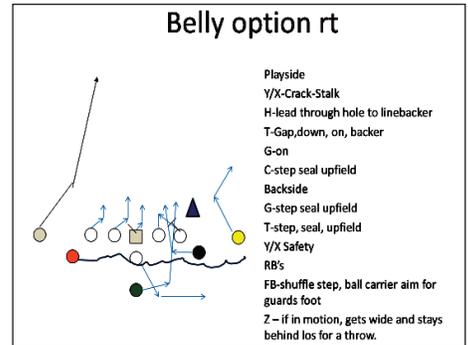
Our Belly cross play rules are as follows:



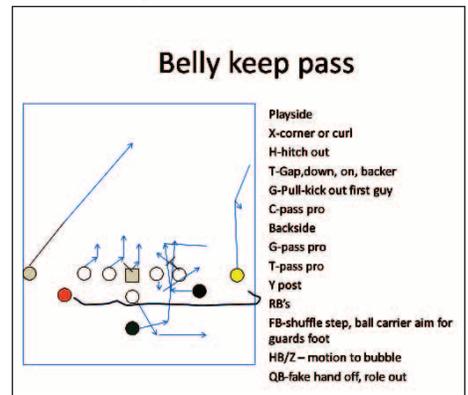
Our counter off that has the same backfield action except the half back is now getting the ball instead of lead blocking. The play looks like this:



Our belly option off this will go to the wing back in motion. We will read the defensive end and let him free. If he stays wide we will give to the fullback. If he tackles the fullback we will pull the ball and the quarterback will either run or pitch out to the wing. The triangle you see on the diagram is the read key.



Lastly our belly keep pass has been run like what you see below. We do change routes depending on a player's abilities and who is in the play. The quarterback, fullback, and playside halfback will still do the same assignment however the halfback fakes the block and goes into his route, the fullback will block MDM and then release. Our quarterback rolls out.



“The only problem with doing the impossible is that everybody expects you to duplicate the impossible.”

-- John McKay

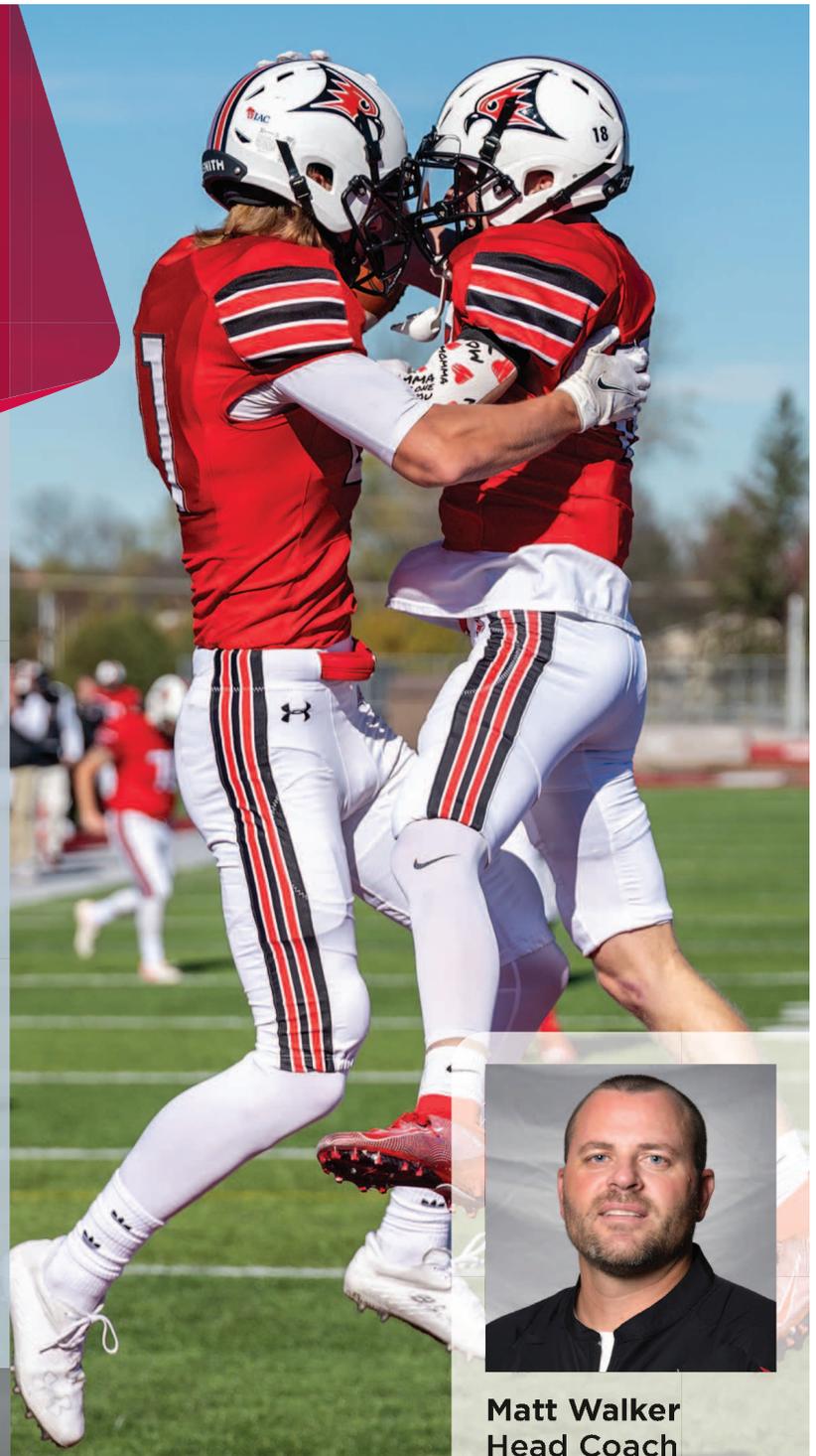
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# Falcon Football



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- 9-2 record. Nine wins ties most in school history
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# The Tight End Position

## JUSTIN OUTTEN

### Tight Ends Coach

# GREEN BAY PACKERS



- Extension of the:
  - Offensive Line
  - Receiving core
  - Backfield
- “Nomadic way of life” can be a problem if you let it.....make them feel the importance they carry in the offense
- Mentally Demanding Position
  - Formations
  - Motions
- Alignments and Splits (Both attached and detached from LOS)
- Run game rules and concepts
- Pass game rules and concepts
  - Protections
  - Physically and Mentally Tough Position
  - Block bigger Defensive ends that have banked reps
- Running a vertical concept then coming back and putting your face on someone

#### Meeting Breakdown:

- Run game:
  - Meet with Offensive line
  - “It takes all 11” (Everyone is included)
    - Pass game:
- Branch off with QB/WR/RB group
  - Individual time:
    - As a TE coach, time is limited: You must be efficient and have a plan going into each meeting
    - Fill in the cracks in both the run and passing game with detail and video evidence
    - Install protections that apply along with any protection issues that affect them
    - Build your chemistry in that room **Every Single Day!**

#### Managing On Field Work

- Maximizing Individual Time:
  - Specific drills involving Run Game/Protection & Pass Game while cycling through as many as you can get through
  - 1x a week set aside 5 minutes to work Tackle/TE combinations
    - Give TE a simulated motion or 2/3 point stance direction
    - ISZ: BACKSIDE/FRONTSIDE
    - OSZ: BACKSIDE/FRONTSIDE
    - GAP SCHEMES
    - Work 2 TE combinations with different looks appropriate to that week’s opponent
- Group install (QB/WR/TE/RB):
  - Routes on air

#### Incorporating TE’s in all 3 phases of the offense

- **Phase 1: 4 ways to incorporate TEs in the Run Game**  
Utilize motions to create advantageous angles

- Use one or more TEs to create more gaps and Stretch defenses thin
- Align a TE in the backfield to create a lead blocker at the POA
- Cross sift to give Lbs false reads while throwing at DEs to slow them down as the game goes on
- Motions: Move guys around to create an edge for outside zone/toss crack scheme
- Multiple TEs: Create more gaps
- Crosses TEs: Across the ball
  - Gives LBs false keys and slows down the edges
- **Phase 2: 3 ways to incorporate TEs in Protection**
  - Utilizing TEs like you would the run game in play action protections – Creates explosive plays in the pass game
  - 12/13 personnels invite defenses to load the box
  - Add as an extra blocker in 3rd down situations vs. zero pressure
- **Phase 3: 4 Ways to incorporate TEs in the pass game**
  - Play Action Concepts
  - Movement Concepts
  - Screen Concepts
  - Red Zone and 3rd down situations

#### Pass Game: Play Action

- Opening up the field with both WRs and TEs while selling the run game
  - Especially good with over aggressive defenses
- Pass Game: Movement
  - Make Everything look the same keep defenses always guessing
  - High completion rate for QB
  - Get the defense running sideline to sideline
  - keep DE guessing after getting cut
  - Built in pressure answer

#### Pass Game: Screens

- Make everything look the same keeping defenses always guessing
- Take advantage of a good rushing DE
  - Forces them to think and slow them down
- High Completion throw

#### Pass Game: Run Alerts

- Gives the QB the option to throw to the TE vs. advantageous looks
- Allows offenses to put big bodies on little bodies based on formations in space

#### Pass Game: Red Zone and 3rd Down

- Big Body playmakers on smaller bodies creates a mismatch issue
- Fore defenders to account for all 11!



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**172-49**  
SINCE THE YEAR 2000

**17**

titles in 35 years  
of conference play

**19**

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championships

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NCAA Division III  
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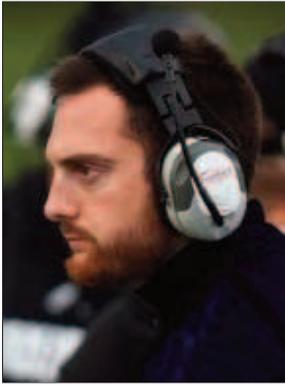
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# UW-STOUT: BUBBLE TAGS

By: Nick Pesik, Assistant Football Coach, UW-Stout



Nick Pesik

I would first like to thank the Wisconsin Football Coaches Association for allowing me to talk about how we run our offense and more specifically one of the many things we add onto our run game. One of those things, like many teams is our Bubble Screen Game. We wanted to break it down and show you what we teach and then the progression/circuit that we practice.

## WHY DO WE LIKE TO THROW BUBBLES?

In our offense we utilize bubble screens in order to accomplish several different things. First, we want to stretch the field horizontally, we want to create 1-on-1 matchups in space along with that it is an easy way to get the ball into our playmaker's hands within that space. For us it creates answers against a heavy box, we can also gain a numbers or leverage advantage on the perimeter. Finally, we love the formation versatility that the bubble game has and how any offense can add it into their arsenal. Whether you are a flex bone, pro-style, or spread team you can find a place for it wherever you are.

## WHERE DO WE LIKE TO TAG IT?

The bubble game is a big part of what we do in our offense, but here is a look at some places it fits within our offense. We can tag it onto all of our run concepts, whether it be on the front or backside of our run or built in as a full-field RPO. Along with this we can make it a Pre/Post snap read for our QB. From a backfield alignment standpoint, we can do it from Pistol, Off-Set or Under Center. Outside of the run game, we can add it into all other aspects of our offense to make everything look the same. We can add it to our quick game/drop back, we also have the ability to run play-action with it or even add it to our other screens. The other way we really like it is with our Jet Sweep Motions either to the Jet player or on the backside of where the Jet is going.

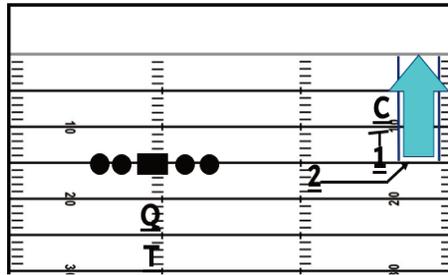
## RULES & LANDMARKS

### Bubble Player:

Before the Catch – We have our Inside foot

back in the slot all the time, mainly so that we can dig out Box and Overhang players in our run game when bubbles are not tagged. So, with our I/s foot back our first step on the bubble will be a bucket step with our O/s foot. We will gain depth and sprint 3 steps toward the SL, on the third step is when we can look back to the QB. As we look back to the QB, we want to begin to attack the LOS. Our Goal is to make the catch 1 yard behind the LOS at the numbers, again we want horizontal stretch.

After the Catch – Our path after we have the ball in our hands is the same path we teach on our Jet sweeps: its Hash, Numbers, and Side-line. We want to run away from the unblocked interior defenders who are re-tracing out to the ball. We want to stay fast down what we label as the “Super Highway” or the space between the bottom of the numbers and the sideline. This point is great for the ball carrier but also the blockers because now everyone understands where we are trying to get this ball to hit. See Picture Below:



### Perimeter Blocking Rules:

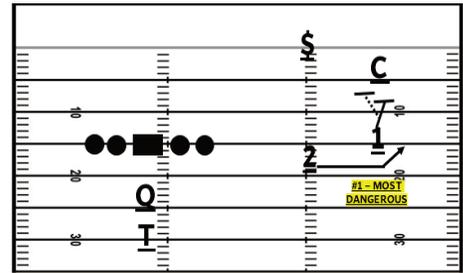
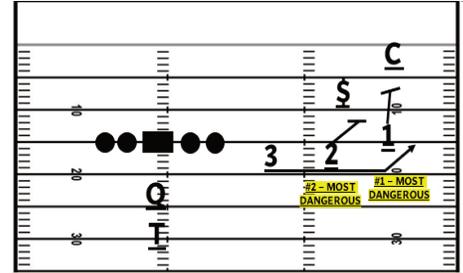
Our takeoff from the LOS will be the same for all our non-bubble players. We want to take three hard steps off the ball, these steps should look the same as everything else they are departing the line for. We use the term “Attack while under control” we want to gain ground but also being under control in order to react/re-direct with an athletic base when our player triggers.

When it comes to the point of contact our teaching is universal, we want to be on our in-steps, and bring power from rolling our hips. As we punch we will use our tip of spear and have our thumbs out, elbows in, trying to hit on the rise as we deliver our blow.

#One WR – Our #one WR will be responsible for taking the first most dangerous player from the SL. We give him a base rule of blocking the corner until he cannot. We must understand where the ball is going to be caught (The Numbers) meaning we do not have to go inside to block anyone – do not chase.

#Two WR – Our #two WR if he is not tagged on the bubble will be responsible for blocking the second most dangerous player from the SL. He will never block anyone inside of the bubble player. He must also understand where the ball is being caught and take an angled departure off the LOS to reflect that if he

is not covered up. We want him to have a sternum thru the O's shoulder aiming point on the player he ends up blocking. Here are a couple of base examples:

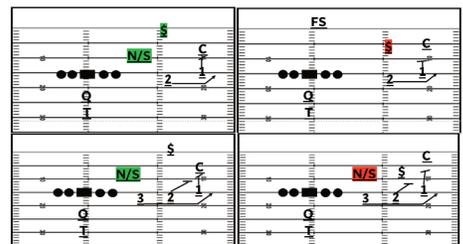


### QB Rules:

2-Man Surface – It is important for our QB to understand that we can block one guy on the edge. We must locate the “Conflict Defender” and ask two things – Is he at or above eight yards? Or, do we have him beat with leverage by the bubble player? If we have one of these two then it is a green light to throw the football.

Three-Man Surface – The QB now must know that we can block two guys on the edge. So now we ask the same questions – Is the conflict defender eight yards or deeper or do we have him beat with leverage by the bubble player? Again, if it is a yes to one of these then throw the bubble.

The aiming point for ball placement for the QB is the up-field shoulder one yard behind the LOS.



### QB/RB Mesh:

We will work and teach three different backfield meshes with the QBs and RBs.

Pause & Throw: We will give the RB a verbal cue of “Pause, Pause” to stop the running back from moving. We will execute this when we have pre-snap leverage or numbers to throw the bubble and a mesh or ride is not necessary.

AT THE UNIVERSITY OF WISCONSIN - STOUT



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Poke & Rip: We will mesh or put the ball in the RB's stomach and then get the ball out on the perimeter. We will do this mesh when we get a cloudy perimeter read or late rotation that would give us a throw look.

Ride, Run & Rip (Run): This will turn into full triple option. We will have a full ride down with the RB. The ball will get pulled and we will start running out on the perimeter to try and

influence the "Conflict Defender". If the defender squeezes toward us we dump the ball out to the bubble, if he works out to the bubble we tuck and run. This is the least likely of all of these meshes and rarely happens. But we will execute this when we get an indecisive "Conflict Player" and we get a pull read with our initial mesh in the run game.

Bubbles are a big part of our offense and we

work them every day with our Bubble Circuit. In the three part circuit we have a pre-practice drill, a skill-only drill and a full offense drill. We have film and the teaching progression of the circuit. We would love to send it to you or walk you through it if you have any questions email me at pesikn@uwstout.edu. Thank you again for allowing me to share some of what we do we within our offense here at Stout.

## RUN PASS OPTION

By: Nick Olson, Varsity Assistant and Head Freshman Coach, Northwestern High School



Nick Olson

I want to thank the WFCAs for giving me this opportunity to present this article. I hope you are able to take something away from this article and use it in your own program or it helps you think of ways to improve as a coach.

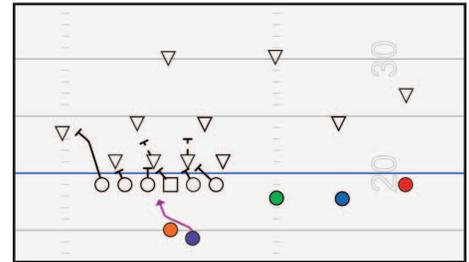
### PHILOSOPHY

- The Run Pass Option (RPO) offensive scheme is predicated on the traditional triple option offensive scheme. Just as the quarterback could give, keep, or pitch the ball in the old triple option, the RPO gives the quarterback the option to give, keep, or throw to a routed receiver.
- RPO can be run out of multiple shotgun formations and is an extension of spread offensive philosophies in that the objective is to get your skill players into space and spread out a defense, thus making it declare itself in the process.
- There are two ways to execute RPO.
  1. Post-Snap Reads – Much like traditional triple option, the quarterback reads a specific player, most likely on the LOS, but could be a linebacker or second level player as well. The quarterback gives or pulls the ball based upon his read.
  2. Pre-Snap Calls – The quarterback is not reading any specific player. The play is called pre-snap after the defense has aligned to the offense's formation. The play is called to favor the offense based on numbers.
- RPO should be designed as a run-first play that allows for: manipulating a defender's rules in the run/pass. RPO plays are to be

blocked as if a pass was not attached to it. The pass is the result of the defense committing to the run, not the reverse of that.

### WHY RPO MAKES SENSE FOR US

- Simplicity should be a key factor in any high school offensive scheme that we install. It is easy to get carried away in any scheme and add too many things without reasoning behind it. I feel we sometimes do this. I am guilty of it as I think most coaches are from time to time. With that being said, RPO is a scheme that is simple, yet looks complex to defenses.
- Linemen block run every play. So every time we enter into a shotgun formation they know they have the same rules, unless otherwise noted.
- Our base set run plays can be implemented into RPO. Ex: 41, 44, Power, etc.
- Each call is multiple plays in one, thus making it easy to get reps in practice. Instead of WR standing around during a run play, they run a route and are a part of every play with less wasted movement during practice.
- Route concepts are short and quick, making throws easier for our QB. With most likely a young quarterback at the helm next year, this could ease the transition and boost his confidence at the same time.
- Personnel Fits – Our current personnel and future players (6-8<sup>th</sup> grades) fit a system that utilizes athleticism and speed. Looking at our youth program, our normal linemen body types are few and far between. It may be time to implement a system, coupled with our base wing offense that can utilize our personnel to the best of their ability.
- Lack of knowledge in our League – The Heart O' North really doesn't defend trips and other spread looks well. Most teams don't see it enough to work on defending it properly and they simply move guys over while staying in their base zone defense (We mostly saw Cover 3). In eight games we ran trips in 2019, all eight teams defended it by aligning their corner on our widest receiver at least seven yards off the line. St. Croix, Bloomer and later Nekoosa all aligned their corner 10+ yards away from our WR.



### HOW DO WE BLOCK IN RPO FORMATIONS?

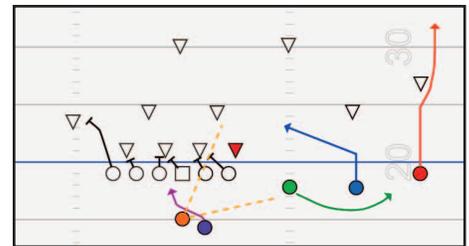
The base run out of the scheme is "inside zone." If we adapt this, our linemen could block with the same rules as when they block 44. Front side over LB.

Notice that we are not "locking" the Backside DE. We want to use his rules against him. A well-coached DE will have rules such as: gap-down/step-down, pull replace, high hat/pass rush, etc. IF the DE comes speed rushing up field we have just created a hand off with a 5-man box.

Our receivers will have routes on every play, they should never engage with the defender right away, thus avoiding illegal blocking fouls. They must be "in" the play all the time. They need to know when to turn into a blocker after the ball is in the hands of the intended target.

It is our backs job when he gets the ball to find the crease, cut and go.

### WHAT ARE THE QB POST-SNAP READS?



- If the DE rushes upfield, the QB gives to the RB
- If the DE steps down to either follow the RB, wait for a zone read type play or doesn't move much at all the QB pulls and throws.

The idea of the scheme is to collapse the defense down towards the run to give the QB a clean throwing window. The QB's throwing window is demonstrated in the picture above.

This again uses coaching points for the DL against them. The DE maybe doing his job, but

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# 2022 WLC FOOTBALL

■ HOME ■ AWAY

SATURDAY  
**SEPT. 3**

LAKE FOREST  
1 PM - LAKE FOREST, IL



SATURDAY  
**OCT. 1**

AURORA  
1 PM - AURORA, IL



SATURDAY  
**OCT. 29**

CONCORDIA CHI  
1 PM - MILWAUKEE, WI



SATURDAY  
**SEPT. 10**

CARROLL  
6 PM - MILWAUKEE, WI



SATURDAY  
**OCT. 8**

ST. NORBERT  
1 PM - MILWAUKEE, WI



SATURDAY  
**NOV. 5**

CONCORDIA WI  
1 PM - MEQUON, WI



SATURDAY  
**SEPT. 17**

LAKELAND  
6 PM - MILWAUKEE, WI



SATURDAY  
**OCT. 15**

ROCKFORD  
6 PM - MILWAUKEE, WI



SATURDAY  
**NOV. 12**

BENEDICTINE  
1 PM - LISLE, IL



SATURDAY  
**SEPT. 24**

BYE WEEK  
BYE WEEK

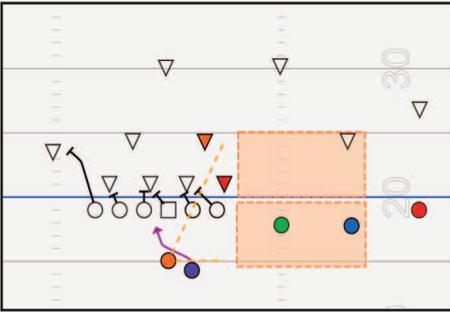
SATURDAY  
**OCT. 22**

EUREKA  
6 PM - EUREKA, IL



SATURDAY  
**NOV. 19**

NCAA PLAYOFFS  
1ST ROUND



that does not mean it is correct for the application. If he rushes up field then we hand it because, the DE just created a big cutback lane, and the play side ILB is already out leveraged.

**WHAT DO WE NEED TO ACCOMPLISH IN THE PASSING GAME?**

We want to find any concept that attacks the space the linebacker/coverage is responsible for. It is simple as that. You do not have to create special routes and concepts to make an RPO. We can use what you have and create a

few route combos to exploit how defenses align against us.

**WHAT IF TEAMS MOVE INTO MAN?**

We have multiple options to look at when teams combat our RPO with man coverage.

1. Use pre-snap motion to confuse and force the defense to adjust their alignments
2. Go to Zone Read or QB Runs - If our QB is the ball carrier, then we have a chance to even out the +1 advantage the defense creates or even make it a +1 for the offense.

# DRILLING THE FLY SWEEP A STAPLE OF THE ONALASKA OFFENSE

By: Tom Yashinsky, Head Football Coach, Onalaska High School



Tom Yashinsky

At Onalaska high school we run the fly sweep as a staple of our offense and we have many counters and play action passes off it. We like to run the fly sweep out of almost any formation, with almost any skill player that we have. If you would like to talk about and see video of our fly sweep game and all of the things we do off it, contact me and we will connect. The details of all of that are better suited for video and a phone call, but how we drill it will fit nicely into this article.

You will see in the diagram that we run it with multiple kids all going at the same time. We can get 40-50 reps of this drill in 12-15 minutes by doing both sides at the same time and having every key part to the drill active on every

snap. The key to this drill is having your centers snapping, not having the QB simulate a snap or having a coach snap it. You need to work the timing in order to get everyone comfortable with the QB's cadence and when it needs to be snapped with each WR/RB who will run it. Our QB gets the ball carriers to go in motion by using a hand gesture to them.

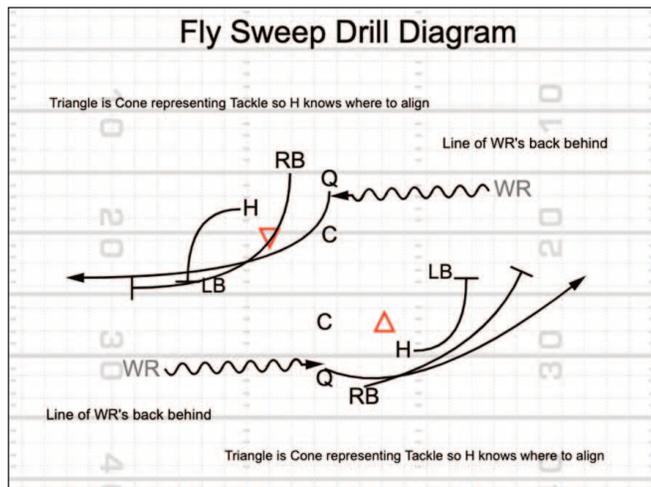
For the purpose of the drill we will have every WR and RB in our program carry the ball on the fly sweep during the drill. It may not be your intention for them to do so in a game, but you never know when injuries might bite and you are always going to need to give the JV kids viable options in their games as well. Each QB will call their own cadence. Do not try to have them go on the same one, the motion will never time up correctly. The ball carriers need to at-

tempt to get going as fast as they can on every rep. You cannot jog through this drill and then expect to run it correctly 11-on-11. Do not have the ball carriers line up too wide. We almost always run this from a slot, so have them line up there (put a cone down to ensure they line up correctly.) We have our H backs (or fullback/ sniffer) also a part of this drill. The other H Backs mimic a linebacker (you will need to put a cone down where you want them to line up) and the H back involved in the drill will arc out to take a correct path to block the LB. The player who is acting as the LB needs to make the H Back work. Change up the angle and path he takes, and make an effort to get to the ball carrier.

We will also have RBs work on their blocking path as well. They have to read the path of the H back to know if they are going to be fitting outside or inside of his block. We will also work our fake fly sweep and inside run game with this drill. Our key with the RBs is that they do not move until the ball hits the QB's hands. This usually prevents any sort of interference between the RB and the player faking the fly sweep.

When we want to change the direction of the drill we simply tell all of the WRs in each line to walk forward and turn around, and they are now on the other side of the drill, running it the opposite direction.

If you have any questions about the drill, or want to see some clips of the fly sweep in action reach out anytime.



Contact the WFCA office at:

Phone: 608-635-7318  
 Email: [office@wifca.org](mailto:office@wifca.org)  
 PO Box 8 • Poynette, WI 53955

OFFICE HOURS

8:00 - 4:00, Monday - Thursday  
 8:00-12:00 p.m. on Friday



## 2022 UW-STEVENSON POINT FOOTBALL SCHEDULE

<b>DATE</b>	<b>OPPONENT</b>	<b>LOCATION</b>
<b>SEPT. 1</b>	<b>MAYVILLE STATE</b>	<b>STEVENS POINT</b>
<b>SEPT. 10</b>	<b>ST. NORBERT COLLEGE</b>	<b>DE PERE, WIS.</b>
<b>SEPT. 17</b>	<b>SIMPSON COLLEGE</b>	<b>STEVENS POINT</b>
<b>OCT. 1</b>	<b>UW-RIVER FALLS</b>	<b>RIVER FALLS, WIS.</b>
<b>OCT. 8</b>	<b>UW-PLATTEVILLE</b>	<b>STEVENS POINT</b>
<b>OCT. 15</b>	<b>UW-STOUT</b>	<b>STEVENS POINT</b>
<b>OCT. 22</b>	<b>UW-LA CROSSE</b>	<b>LA CROSSE, WIS.</b>
<b>OCT. 29</b>	<b>UW-EAU CLAIRE</b>	<b>EAU CLAIRE, WIS.</b>
<b>NOV. 5</b>	<b>UW-OSHKOSH</b>	<b>STEVENS POINT</b>
<b>NOV. 12</b>	<b>UW-WHITEWATER</b>	<b>WHITEWATER, WIS.</b>

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# DEFOREST NORSKIES' PERIMETER DRILL

By: Matt Kimmes, Assistant Football Coach, DeForest High School, with input from Matt Koslowski



Matt Kimmes

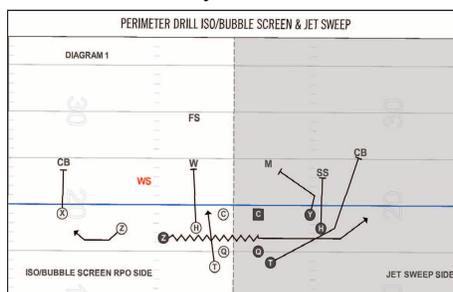
I would like to thank the WFCAs for the opportunity to write this article about a drill we use weekly at DeForest High School. I have been reading the Point After II for years and am honored to author an article for our association. Hopefully this is something that you will be able to take away to help your program.

Our perimeter drill is loosely based on a drill that I listened to Dave Richardson and the Verona staff present at the DeForest Football Pro Bowl Coaches Clinic more than 10 years ago. We have adapted what I saw that day into a drill that incorporates all of our skill positions together to work on the following offensive and defensive skills. Offensively, this drill incorporates throwing quick game, reading defenses, backfield mesh, blocking, catching and running with the football. From the defensive standpoint skills developed include formation recognition, communication, pursuit angles, block destruction and tackling.

The genesis of this drill came about some years ago when we started to throw quick screens and run jet sweeps. I wasn't happy with the production that we were getting from those plays and it was apparent that we either needed to get better at our timing and blocking or scrap those plays. I felt that those concepts were too important to scrap so it was time to figure out how to get better. During individual periods we were already having the QBs work sweep mesh and throwing the screens but that wasn't good enough. When trying to work on these concepts during group two things stuck out, defensive coaches can't stand when you sneak a jet sweep into inside run and at 7-on-7 rarely were our run fakes respected. We just weren't getting good looks. With team reps being so precious, we couldn't just fill the practice script with these plays. The answer was to create a more inclusive perimeter drill that was valuable enough to our entire team that we would be able to devote a segment of practice to it.

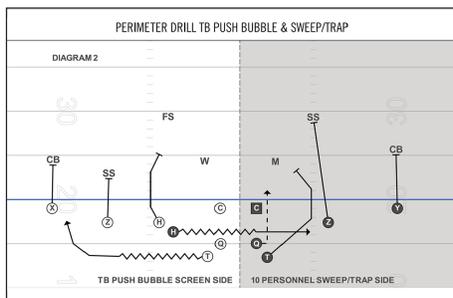
This drill uses about 30 yards of field and will be conducted sideline to sideline. We start by establishing the line of scrimmage and then

we split the field in half with a ball on each side as close to the middle as possible. We will declare which half of the field (left or right) is the screen side and which is the sweep side. We will alternate which side of the field sweep and screen are on weekly. To the screen side we use the following personnel based on formation: WR (X), WR (Z), TE (Y), FB (H), RB (T) and QB. The defense will align with an ILB, OLB, CB and S (**Diagram 1**.) To the sweep side, again based on formation, we will use a WR (Z), TE (Y), FB (H), RB (T) and QB. Similarly the defense will match personnel with an ILB, OLB, CB and S. The only player(s) that will not be lined up on the side of the drill they are in is if we are working a jet sweep where the WR comes in motion across the formation for the sweep (**Diagram 1, dark grey shading**). Once the drill is set up each side will alternate running a play. With the next players up in line a few yards behind or to the side you can run this drill as fast or as slow as you want.

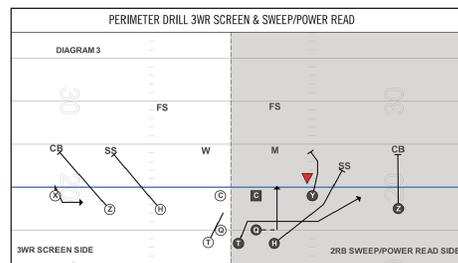


In the first example we are working an iso play paired with a bubble screen to the *screen side*. If the defense is playing three over two it is an automatic give. If we see equal numbers then we read the apex defender post snap. On the *sweep side* we are repping a 21 personnel WR jet sweep. Throughout the repetitions in these looks the defense will change up their calls and vary their alignments and we will work through our various blocking schemes.

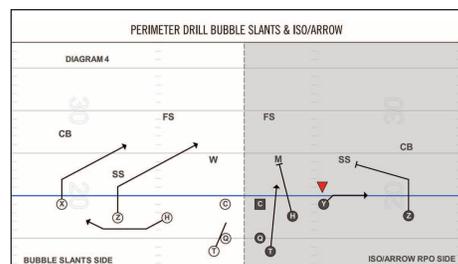
**Diagram 2** is an example of how we will incorporate a "push" motion bubble screen from our RB into the *screen side*. Mastering the timing of when to send the RB is valuable skill development for our QBs in these reps. To the *sweep side* we are presenting a 10 personnel WR jet sweep look with a QB trap read off of it, just without the interior blocking.



To the *screen side* in **Diagram 3** we are executing one of our three wide receiver screens with a flash fake to the back on an inside run path. While this is 100% a throw we like simulating the action in the backfield that will be used during a game scenario to perfect timing. The *sweep side* is showing how we work on our two back sweep power read concept. A coach will stand in and act as the DE showing the QB keep and give reads.



In **Diagram 4** *screen side* shows how we keep the defense honest both in game and during our perimeter drill. We are running our bubble slants concept which looks the same as our bubble screen for the first two steps. As defenders trigger too aggressively on the bubble we will throw it right behind them in the first or second open window. Keeping the purpose of the drill in mind this is used sparingly. As a change up rather than having a screen side and a sweep side we are working another RPO off of iso on the *right side* of the diagram. Here we are reading the DE, if he collapses on the iso the QB will pull and throw to the Y running the arrow.



These examples are just some basic ways that a drill set up in this format can be used. Ultimately we are taking the approach of teaching in half lines and this has been successful for us. Our production has increased on concepts that we work during this drill and I believe that the number one reason for that is that we have become better blockers in space.

Finally I'd like to share a few notes and best practices that we have learned over the years doing this drill. First of all, during this segment our offensive and defensive lines are working together doing one on one drills on the other end of the field. With that being said, we have benefitted from having centers snap the ball in these drills because the timing is more realistic. Second, spacing on the field is very important or the drill becomes unrealistic.



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Thirdly, on occasion our defense has brought one or two DEs down to work the sweep side of this drill. Point four is another element we added in this year. We have coaches stand in as offensive linemen to give a “low hat” or “high hat” read so that defensively we are maintaining good eye discipline. Lastly, we had a number of two-way players this year that we needed to make sure got work on both sides of the ball in-

cluding some players at multiple positions. With proper planning, we found ways to get kids reps on both sides of the ball at multiple positions in as little as 10 minutes during the season. I also wanted to share some thoughts from the perspective of our defensive coordinator Matt Koslowski. In an effort to make the drill even better and as realistic as possible he would like to see the DL incorporated at times, or a way to

give a read to the LBs. So, we may expand this into true half lines next year with the front end and back end involved. Hopefully you found this article helpful or at least it generated some ideas for how you can improve your practice to yield better results during games. If you have any questions please reach out to me, I would be happy to discuss this in more detail or help with organization.

## ATTACKING WING-T ADJUSTMENTS

By: Mike Grant, Head Football Coach, Eden Prairie High School, Eden Prairie, MN



Mike Grant

If you are a wing-T team or run some variation of a Wing-T offense you probably know that teams are going to adjust their defenses in some way to take away what you do best.

At Eden Prairie we have won over 90% of our games and 11 State titles running the same offense over 29 years. The use of film analysis has made it much more difficult in attacking defenses. Teams can use statistical analysis much easier and the days of scouting or exchange of two films are long gone. Many of you young coaches have no idea what it was like to have limited information on an offense. Now you have it all.

Having said all that, I can tell you that we don't really have a game plan going into a game. We never know how teams are going to align or stunt to take away trap or sweep or counter. We have the same nine plays with variances and a number of one time plays we can call.

I am going to state the obvious. If you cannot play action and throw the ball for big plays your opponent will put up to 9 in the box and anything you run will be challenging. It doesn't mean you can't create some lanes in a Wing-T offense. It's probably going to be a slugfest and you better have a good punter. I am talking about the good teams. Some teams never line up right and we don't need to throw the ball. In our league everyone is good and will have a plan.

The first thing we look for once the game begins is how are they defending the square that is the two A gaps. Are they going to take trap away with four in that square? Are they going to play two down linemen in the A gaps?

Shades? An over or under defense? Will there be two linebackers playing trap and counter? If they are playing four in this square, trap will be hard to run. Not impossible but your skilled linemen have to know how to block it in a number of ways.

We will still run trap, but we know they have committed to that which makes our eyes look for how they are defending C gap.

C gap is where we run power football. We run in to the slot a lot. Sometimes our best edge down blockers are our slot backs who may not carry the ball a lot but are great blockers. You know the type of kid we are talking about. We can attack C gap into the slot or the tight end or call a wide and run into the tight end wing side. With so many over and under defenses teams have to decide which way to kick their line over. Many times, they have a stud 6 technique player. We figure out where they are putting him and run away from him.

They also have to decide how to take on the fullback kickout. They have two options. They can squeeze C gap, or they can wrong arm it. It doesn't matter to us. The first few times we find out how tough their edge guy is. Many times, they are tough guys who can blow up blocks and they trained at it all week. We teach a log technique to that fullback where they change their path slightly, hook him and we naturally bounce outside. Often this screws up their safety's fill path. Especially in a cover 4 team.

We run a lot of counter try where we pull backside guard and tackle. It's really the same play as power with FB and backside guard kicking out and sealing but it looks different and we run that out of a lot of formations. Sometimes

nothing is going, and we change the formation, run the same play, and the holes just start opening up. If teams want to load up c gap with two players and defend trap with four players, it does leave B gap wide open for some big runs on simple belly plays.

Often, attacking C and D gap is about deciding which of their players you want to take on kickout blocks. By using different formations and adjusting blocking rules we can change the edge player who has to set the edge. We don't run toss too often, but it is a simple play that forces team to defend outside. If they are committing everything to the C gap, we will get big plays out of toss from the I formation. Often from unbalanced lines.

We can run all of our plays from spread gun and two back gun. The rules don't change and sometimes forcing them to spread out changes the defense's assignments. Again, the plays are the same and with a slight adjustment of blocking rules with tags added to the play call we run everything with very little teaching. In a recent State Championship game, we set the record with over 400 yards rushing. And over 500 yards total offense. Our preseason guard played running back and rushed for 97 yards. We had lost our starting running back in the second quarter. We ran the same seven plays out of 20 formations and ran multiple singletons that we had saved all year.

We ask our players to be good players and then play great. There are a lot of great players who don't play great. Our kids have bought into our system and have executed for thirty years. We have been lucky to have the young men play for us and believe in what we do.

**“Success isn't measured by money or power or social rank. Success is measured by your discipline and inner peace.**

**-- Mike Ditka”**

# SPREAD? PRO? SINGLE? WING?

## OFFENSIVELY ATTACK USING SYSTEMATIC DECEPTION AND CONFLICT

By: Ben Veit, Offensive Coordinator, New Berlin West High School



*Ben Veit*

On behalf of the New Berlin West coaching staff Coach Chossek and I would like to thank the WFCAs for not only this platform to share ideas, but for all that they do to promote and support our great game; the ultimate team sport. We would also like to thank the innumerable influences—that range from our Dads and coaches to bosses and colleagues who have, and continue to impact us. Finally, we are grateful for

this fraternity of coaches to which we all belong. Very rarely is one capable of pure original thought; therefore, it is through this collaboration that we grow and become better equipped to positively lead our players and teams.

When designing an approach for any of the facets of the game, we prefer to utilize systems. They offer the best opportunity to provide necessary flexibility while maintaining some semblance of continuity across levels and over time. The flexibility of a system allows coaches to maximize the differing skill sets each player, squad, and season present while still being able to utilize their own knowledge base, expertise, and experiences in implementation and instruction.

We value the synergy that team offense creates, and we are option guys at heart, so in essence, we are looking to find ways to have our whole make your parts wrong. One of the best ways we've experienced this is to present conflict. Pure option can achieve this, but today's defenses and athletes have evolved and revealed limitations to this approach. Defenses are presenting multiple looks, and the increased athleticism and speed of defenses now have a greater

impact on an offense's big play capability. Even though team offense is an egalitarian approach, sometimes you want and need a specific player to touch the ball no matter what. Modern defenses can negate this by dictating reads, thus forcing who carries the ball.

This response puts the "chalk" back into the offense's hand to develop a system that takes these concerns into consideration—one that provides limited adjustments so the line can come off the ball with clarity. "On the board," we put up a system of plays that attempts to cause conflict through the threat of option as the base. These plays can be executed with either reads or the predetermined results of give or keep. This now becomes flexible enough to adapt to differing personnel across levels and seasons. This philosophy can apply to a variety of schemes and attacks including veer, midline, speed, power, and counter.

Our personnel at Brookfield East was very proficient at making the correct read to make the defense wrong. Along with the usual challenges of transition, year-one at New Berlin West presented us with an outside threat with our running back as the #1 option and aligning

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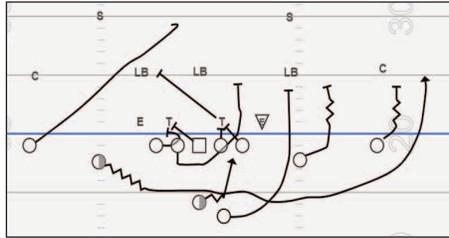
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in two back-one tight end. Graduation removed the back and tight end, and in year two we went empty with our quarterback as the #1 option. Year three allowed us to maintain the spread aspect of three receivers as well as the quarterback threat (albeit an illusion), yet we adapted to return the running back as our #1 option. Last season, year four, gave the appearance of greatest change. We aligned in the unbalanced single wing, predetermined everything, and established inside run as our obvious #1 option. In doing so, the perception is that we have changed offenses four times in four years at New Berlin West. The reality is we have used the same base plays packaged in different ways dictated by the players we have had.

Whether aligning in one base formation or executing from multiple formations, each play of the series/scheme must look similar to start. Everyone must be in concert and know who the read key is, the tag employed to communicate whether it will be a read, give, or keep, and what phase and for whom they are blocking. To discuss this, we will illustrate through application of the power read.

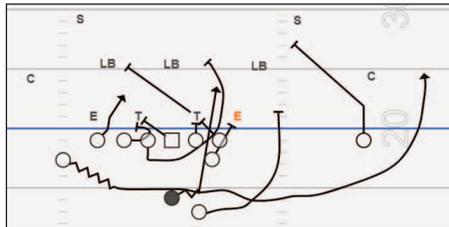
In the “read play,” the perimeter is threatened by the sweep run by either a slot wide receiver or an off-set running back. The interior will be simultaneously threatened by the quarterback power. The read key is the “first man on or outside the play side offensive tackle.” We must not only NOT block him nor avoid him, but actually get away from him. The offensive line will employ the power scheme to block for the quarterback run phase. The perimeter will block for the sweep phase by committing our widest receiver (#1) to their widest defender (#1-typically cornerback), the next widest receiver (#2) to their second most dangerous, and

our #3 (RB/WB) to their #3. Use of “crack” blocking variations can easily be made as adjustments. The slot/RB meshes with quarterback and threatens the perimeter with speed. We instruct him to “run the 200 corner.” The quarterback eyes the read key as he meshes. If there is any question, he gives because the speed of the play is more important than the read.



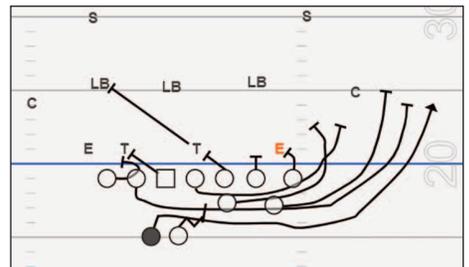
Predetermining the attack point and ball carrier allows us to exert our will (and best players) when we need to. Consistency is provided through the same action of the read play. The main variables are, obviously, who will have the ball and discreet blocking adjustments due to the fact that we must now account for the read key.

For the quarterback keep phase, the line employs the same power scheme. Perimeter blockers attack looking like crack because “most dangerous” to this phase is inside, and the slot receiver/RB still threatens the edge after meshing with quarterback. With this approach, we designate RB/#3 to turn out the read key.



The predetermined give designation-sweep with inside fake-can simply mirror the appearance of the read play; i.e. run with slot receiver/RB, same perimeter blocking variations, and quarterback carries out inside threat fake. Due to the element of speed being primary, a few simplified adjustments are possible. With frontside blocking being the singular focus, determine what (pull scheme, outside zone) best fits your kids up front. The key is to ensure everyone is accounted for, including the read key. While execution with the running back carrying the ball remains a mesh and ride, the handoff with the slot receiver can become a dead toss. This poses not only an increased speed element, but will turn into an incomplete pass with a mishandled exchange.

Read, keep, or give; spread, pro, or single wing. A system offering the necessary flexibility, clarity, and continuity across levels and over time. An attack causing conflict through deception that can apply to a variety of schemes and enable you to maximize your strengths.



We thank you for taking a look at how we base our attack. We hope we gave you something to think about and even implement. We wish you the best of success in your preparation and competition this season.

## HOW TO TEACH THE VERTICAL PASS SET BY AN OFFENSIVE TACKLE

By: Jake Wissing, Offensive Coordinator and O-Line Coach, UW-River Falls



Jake Wissing

I have spent more than 15 years as a college football coach, including nine as an offensive line coach in the WIAC. I am going to share a technique that I have used with my tackles for years. Most offensive line coaches have a ver-

sion of this technique that they teach within their own schemes. With the rise of RPO's in college football, there are fewer and fewer teams working on true drop back protections as a part of their mixed down offensive schemes. When you need to throw the ball in high stress situations, third downs and end of half/game situations you will have some sort of drop back pass protection and you will need to be good at.

In this article I will talk about the vertical pass set by an offensive tackle, including why and when you should have your tackles use this technique. I will discuss the coaching points of the technique including the punch that goes with the set, as well as the footwork involved. I will then go into drills that I use to teach the different pieces of the technique.

The vertical pass set is used by an offensive tackle to set the depth of the pocket in a drop back protection scheme, either five or seven-step pass drops. I would not use this set on any

play action or quick passing game. This technique seems to fit the offensive tackles that I coach because we don't use big 6'6", 300-pound tackles. I get guys who are a little lighter, often around 270 or 280 and a little bit shorter, usually around 6'3, 6'4. We needed to play up our guys' athleticism and found this technique to help them out. I also believe that the vertical set – especially when done correctly – can really help your lighter tackles be better against the bull rush and the speed rush.

There are many different parts to the technique behind the vertical pass set. The biggest part of any offensive line technique starts with the feet. Depending on the situation and comfort level of the tackle, they can start out with a pretty decent sized stagger in their stance: outside foot back and toe to the inside foot's heel. Most of the time my guys are a little deeper than that in a true passing situation.

At the snap of the football we have the tackle kick back with their outside foot and

post/drag the inside foot. It is very important to get some ground on the kick step and to not ever drag the inside heel into the ground as that moves one's weight back and makes a player very vulnerable to a bull rush. We want them to stay in an athletic position with their weight over the inside foot as they kick.

The biggest difference between what I teach the tackles in a vertical set and what some other OL coaches may teach is that I don't want my guys to turn their kick foot out on a 45-degree angle. I want my players to keep their kick foot pointed downfield or perpendicular to the line of scrimmage. This allows the tackle to keep his hips square and in a balanced position with a brace behind him. When you open your foot and hips to the de-

fender you lose your brace (Figure 1) and become very vulnerable to a bull rush. Some guys are athletic enough or big enough to have their outside foot and hips open and still stay vertical and that works too, but most of my players can't keep their hips square while turning that foot. The ankle is connected to the hip and as it opens the hip opens.

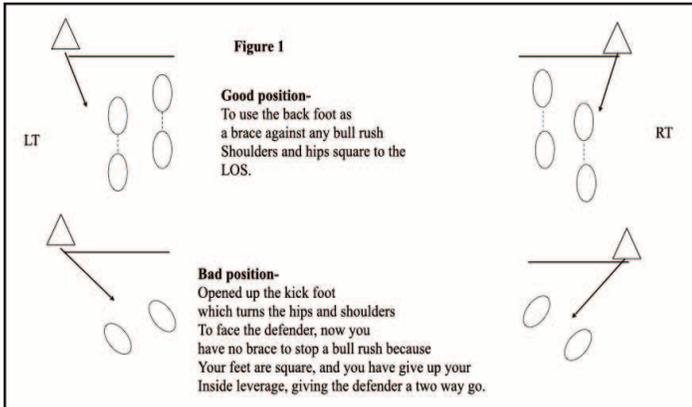
Why is it important to keep your hips square? We want to force the defender into the longest route to the quarterback, which is around the outside. Give him a one way go and make him go to the outside. When we stay vertical for at least three steps we force the defender to go outside and it at least gives us a chance to run a speed rush guy around the quarterback.

How do you stop the inside move? If the tackle is in a good balance position their body should stay in between the defender and the quarterback, with their inside foot up and their weight inside. If someone rushes inside, they power inside by pushing off their back foot and taking their inside foot up, cutting off the defender's path. I teach the power step from a tackle position as a vertical to a 45-degree step inside. I

don't want them to take a lateral step because then you could very easily have to run a defender flat inside and if they have taken a vertical set the defender will run right into the quarterback in the pocket. We need to cut the defender off and force him to go back outside or at the bare minimum flatten the defender out and run him down the line of scrimmage.

The biggest problem with the technique? Just like any pass set technique you have to worry about the overset. You don't want a tackle to get out too quickly and allow the defensive end to get a quick inside move. If your tackle is super quick and is beating ends off the ball or is just too deep and creates too much space with the defensive end, you can have them take a quick jab step inside or a little timing step to slow them down. We very rarely will have to do this against the edge rushers we see. If you have a big stunting team then do this just as a rule that week, letting players know to expect that defensive line movement and in turn help with your pass off with the guard.

The punch is another vital piece of this technique. We use boxing terms to talk about our punches. I teach our players to punch with their outside hand only when the defender is outside of their framework. Because we want to stay square, our tackles don't turn their hips and shoulders and punch with their inside hand as well. We call our outside hand punch a quick jab. We are just trying to continue to keep our



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separation with this punch and stun any hard speed rusher but also keep the defensive end away from that shoulder. As we continue to kick vertical the tackle can shoot their jab and keep the defender away from them.

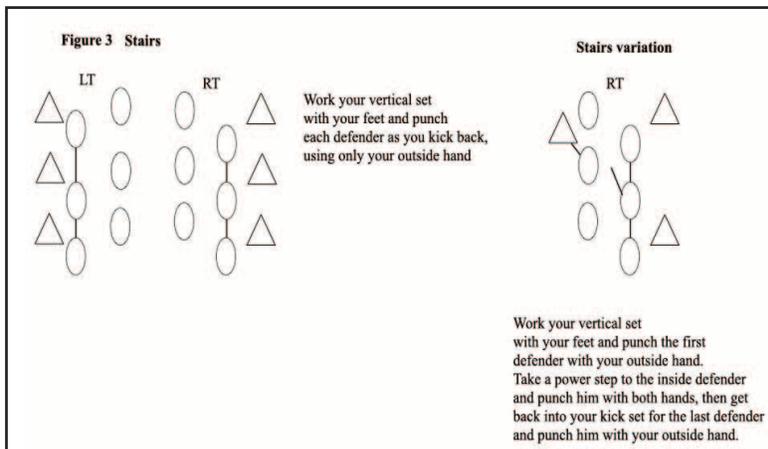
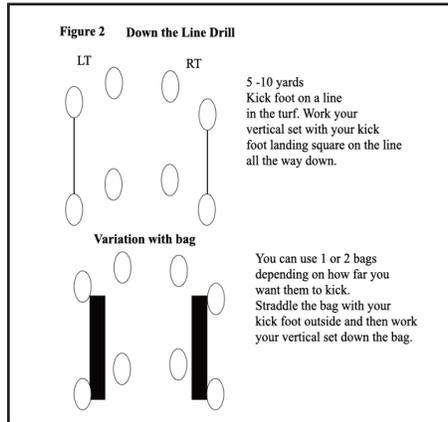
The timing of the punch – and where it lands – is very important here. Most of the time the tackle is going to get the top of a shoulder pad or a small target for that punch, so they must be very good with where their hands go here. The head and shoulders should stay back and they should never follow their punch with their head. If you have a tackle that likes to head butt (like we do) have him work the punch and technique without his helmet and hopefully he doesn't head butt anybody. We throw the jab when the tackle feels comfortable reaching the defender and stunning him – they shouldn't wait until the defender gets to their hip to throw it as they need to keep him a solid six to nine inches away from their hands. If they throw the jab too soon or too soft, they will get beat by any defensive end. It is a quick violent snap jab, an effort to shock that defender just like a boxer.

Our tackles throw a hook or haymaker with their inside hand. If a tackle is having to throw with their inside hand that means the defender is crossing their face or squaring them up. They better bring everything they have on that punch with their inside hand. They should be powering down inside with their feet and firing a hard punch to the inside number of the defender to stop any penetration inside. Between their post foot, knee, and punch, they should be able to stop him.

The other time we may have to punch with the inside hand is if we get beat to the outside and our jab has been collapsed or the defensive end has gotten to the tackle's hip. If the defender gets to their hip, they have to take a drop step with their kick foot, turn their hips, keep their jab hand on the chest plate of the defender and then fire their inside hand, punch the near hip of the defender and run their feet vertical up the field. They shouldn't let the defender turn the corner or run the hoop like defensive line guys say. With any punch in any pass protection scheme the tackles have to keep their feet moving or they won't be able to stay in front of their guy.

When I work with our tackles, the first drill I use to learn this technique is called "Down the Line." We do this drill at various speeds with different constraints on our tackles. We have a tackle get in a stance and take his vertical pass set. We then have him vertical kick with his kick foot landing on a line every time for five to ten yards. We start out very slowly and as our tackles get warmed up and more comfortable with the technique, we have them pick up the speed and eventually get to game-like reps. This is a great drill

to have your older guys work on with your younger guys if they haven't quite mastered the technique yet. As we work "down the line" we look to keep our hips and feet square. You can use a line on the turf, but if we are having a big issue with guys opening their hips we will have them use a couple agile bags in place of the line. Once we get the footwork down for this drill, we will add a defender and just have the tackle work on timing up his "jab" as he continues to work on his vertical kick down the line. (Figure 2)



The second drill we use to work on this technique with our tackles is called "Stair Steps." When we do this drill we use four or five guys. We have one tackle taking his vertical pass set and we have three guys staggered in two to three-yard increments to his kick foot side. The tackle will take his kick step and fire his jab at the first guy, continuing to move his feet in a vertical kick set to shoot his jab to the second guy and then to the third. This drill helps the tackle keep their feet moving with their punch and keeps them vertical for longer than they normally need to be, basically overexaggerating the technique. Once you feel good about the tackle timing up their punch and staying square all the way through the stairs, you can add an inside defender after the first or second stair. The tackle would start the drill like normal with his kick step and jab to the first defender. We would then have the second defender be inside the tackle and make him use a power step with a hook punch to the inside guy, then have the tackle continue to kick back and work down the stairs. (Figure 3)

I hope you all learned a little bit about the vertical pass set through this article. As always this is what works for our guys and what we do and hopefully it will work for you.

*After spending nine seasons as UWRF's offensive coordinator and offensive line coach, the 2021 season marked Coach Wissing's first season as defensive coordinator for the Falcons. Wissing also coaches the linebackers and serves as the program's Assistant Head Coach. He was named 2021 WIAC D3 Co-Assistant Coach of the Year.*

**GOOD LUCK TO ALL PLAYERS & COACHES!**

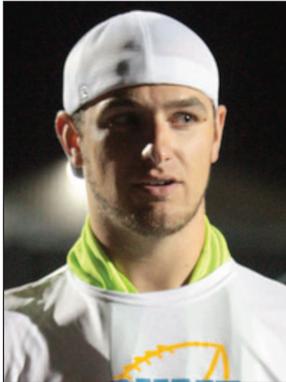



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# GENERAL FOOTBALL

## 85% OF OUR TIME IS SPENT HERE

By: Lane Peterson, Assistant Football Coach, Kaukauna High School



Lane Peterson

One out of five days a week we have a game, how many hours are spent outside of competition?

At the conclusion of our season, our head coach, Josh Young, and I shared some thoughts on the season and what we believe lead to a successful first year. We both came up with the same conclusion; how we practiced was really the driving force behind our team's success. We believed we really excelled situationally, and the team built a strong unity within a very short period of time. I'd like to share our method of practice and organization in this article.

Our 15 minutes per period max at anything we do really was the foundation we started our organization on. We found it is harder to keep the attention of players any longer than that. One of the biggest things that helped build strong player-coach relationships on field was, as coaches we don't need to 'get on' players for being bored and talking about other things. We budgeted just enough time for guys to get water and take a break right up until the point where you may lose focus, then it was right back into the period. Our environment created so few interactions where a HS kid may be 'angry' at coach for getting on him simply because of the way we budgeted our time.

### Team Make-Up

- 41 Players
- 2 Platoon Varsity & JV (Very few 2-way players, mostly on JV)
- Coaches (4 Off – 2 Skill, 2 OL) (3 Def- 1 each level)

### Weekly Schedule

**Monday** (Varsity Only, JV Game-day)

- 15 min Game Film Review
- 10 min Game Plan Meeting
- 15 min On-Field Walk Thru

Being our JV game-day we really don't have the numbers to do anything extensive, this

is really our prep day for the week. We believe on-field walk-throughs are a much better "bang for your buck" than long film sessions. We also always use cutups for team film review vs regular game film which allows us to keep to that tight schedule and only get in what we feel is most needed.

### Tuesday/Wednesday

Both days are very similar, at max 105 mins. Towards the end of the year, we were around 75 mins. Tues we focus on Punt and 3<sup>rd</sup> down situations, Wed is KO and Red zone.

We always end each practice with an unscripted situation. This is easily the most fun part of practice for the players and coaches as we create a time sensitive competitive environment. Being at the end of the day it gives everyone something to look forward to and allows us to use all the things we worked through that day in a more live "still thud" environment. This is also the only period that is unscripted for us as coaches which mimics the decision making of in game play-calling. This allows me and our JV OC to learn in practice through any given situation. Varsity and JV both get one opportunity at the situation, good-on-good.

Early in the season the situation was some form of end of half (-40, :45, 1 Time Out, Down 6). We really believe this has been a major factor in our success because when we would be in a more high-stress situation during a game, the players have practiced this before and have confidence because they know what our go-to calls are. I think this decreases a lot of the anxiousness, allowing them to play freer and more confident.

Goal line Wednesday is easily the feistiest period of the week. Varsity and JV again go good-on-good with 5 reps to score from the 2-yard line. This gives us a defined period to practice a more challenging spot on the field. This was vital for us at the 8-Man level as we chose not to kick extra points (much harder up front with 3 less players and wanted to dedicate that time to other aspects), it worked out well as we went 48/60 on 2-pt attempts throughout the season.

### Thursday

- 15 Min O/D Walk on Air (Offense moves the field off Game-day Call Sheet)
- 30 Min Substitution Script (3 Play Drives on Air Off & Def with Kicks to break up each drive)
- Team Meal & Helmet Stickers

### Friday

- This will be our main focus this off-season, as we would look to make our pre-game routine to be more purposeful. (What do we

want out of this time? How much time do we need? RPR additions?)

### Saturday/Sunday

- Players Off
- Coaches connect on game planning ideas virtually

Our weekly schedule is really rooted in the following areas:

### Scripting/Schedules

We do heavily script our practices and I think it does two main things; forces us as coaches to be accountable by having the script done for that day, ensuring preparedness and even more important, gives each coach the knowledge about what is always going on. I have been a part of teams where the OC is the only one who knows what the call is during team and it makes it challenging for the rest of the coaches to be as involved as they could be. Printing out the script and schedule for each coach is a small price to pay to have everyone in the know throughout practice.

### Coaches Roles (Practice)

I really think this is important to staff cohesion and created less uncertainty throughout the year. Two of our four offensive staff members were first year guys and we really wanted to make sure they had an opportunity to learn and be involved at a high level. Individual and group times are usually easier as each coach is working with their group, but team periods are often the ones where guys can get lost. Our Assistant OL coach, Nate Jansen, was our ball spotter during team, equipped with our script that included our call as well as the hash, he was half of the vital members team period.

Our QB coach, Gannon Demler, was our play caller utilizing the same team script. I concluded that by scripting the way we do, I really have no need to call the play into the guys, this freed up myself and Josh who is our OL coach to do the actual coaching of the players and not worry about staying on schedule. We could pull guys aside when we would switch between Blue & Gold (Varsity/JV) every four plays, to give them feedback without slowing down the squad. It also gave our young coaches a sense of ownership and purpose because they were really the ones running the show.

### Clock & Time Management

We are fortunate enough to practice on the turf and have access to our scoreboard to keep time of each period and we have done a very good job of sticking to that schedule! With our periods never exceeding 15 mins and much of the time being only 5, the team really gets in the habit of always being on the move. We get in, we get our work done and we go home!

### Injuries & Conditioning

Throughout the season we also were incredibly fortunate to have zero major or soft tissue injuries, our worst being a sprained wrist and ankle. Being deliberate with our time and being on the field less, I do think played a role. We do not ‘condition’ after practice choosing instead to run practice at a very fast pace which we feel creates a better opportunity for our guys to be in football shape.

Pro Tip: GoPros on a chest harness make really good Inside film, assuming you lack the bodies to have a practice filmer as we did. Also,

it really allows you to see how fast the practice is going as we had one clip span one drive. We averaged 14 seconds snap-to-snap.

I really believe that practice preparation is the area for major innovation that can lead to success on the field most quickly. Regardless of WHAT you do (scheme), the HOW can create that change.

I understand that we are an 8-man football team. I understand that we have more players than most of our competition. I also understand that we may have more talent than many teams in our league because of all of this. But our job

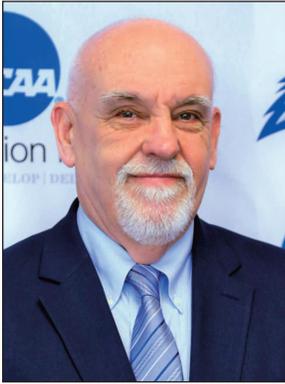
this year was not to get in the way of our players’ skills, we wanted them to think less and be in that state of “talent takeover”.

I am very grateful to coach, having a group who question what we do, that we could continue to push the norms and foster growth, benefiting these young players.

Feel free to search me on Twitter or Instagram otherwise email is always good too: PetersonL\_82@yahoo.com. We are always looking to connect with other curious folks in this space.

## A COACH’S PERSPECTIVES ON UP-TEMPO PRACTICE

By: Mark Hahn, Assistant Offensive Line Coach, Concordia University, Wisconsin



Mark Hahn

Whether youth or collegiate level play, implementing an up-tempo practice philosophy has the potential to reap benefits that extend far beyond a single season of football. The inherent value of this approach exceeds simply running an efficient, game speed, conditioning oriented practice. At its most basic level, an up-tempo practice format connects to the student-athlete across multiple, positive and long-lasting educational levels. With committed, personalized interaction from the coaching staff, the lesson plan designed to promote growth, achievement and excellence on the football field will ultimately serve to enhance the rhythm, pattern and direction of their lives once they choose to step away from it.

As a youth director and head coach, we adopted this approach, finding that the message it conveyed helped reinforce many of the central tenets of our mission. Our focus on personal responsibility on - and off - the field, self-discipline, academics, character and leadership within the larger community resonated with both players and parents. Now, as I enter my second season as a coach at the collegiate level, I have the opportunity to play a small role at the other end of the spectrum. Reinforcing the central tenets they preach at Concordia. Ones extremely well suited to prepare them for life in the “real world”.

At CUW, the hopes are very high for those kids on all fronts. Each season, we want nothing more than to put them in a position to win the

conference, earn a play-off berth and take their season as deep as they can go. However, the expectation level for them, in terms of personal responsibility on and off the field, self-discipline, academics, character and leadership within the larger community go far beyond simply winning a ring on that field.

From off-season weight and speed training, an all-encompassing emphasis on “PRIDE”, comprehensive team GPA goals, Chapel attendance and an abundance of service opportunities, the CUW up-tempo format is not a plan purely consigned to spring and fall ball alone. It is designed in such a way as to enhance the pace of each student-athlete’s life. Not in a hectic, busy-work, baby-sitting sort of way. But to lean into and embrace a purpose driven mindset.

It is a life lesson delivered in a genuinely loving, parental and mentoring approach that stresses the importance of building their own foundation of self-discipline across the board. By coaching them and encouraging them to develop sound personal habits and a routine away from football, these young men are engaged in building their futures away from the game. One of their own making. One that ensures their priorities are straight and are attended to, at a high level, on a daily basis.

Like those at the youth level, once taking ownership of leadership at the personal level becomes habit, they should have no worries or distractions to hold them back from being fully present at meetings, during practices and in games. They can simply be there. Fully invest in all aspects of each moment without anything from the other parts of their lives distracting them or holding them back. They can just focus on what they want to be; collegiate football players. That new-found independence being the residue of self-discipline.

At the onset of their freshman season, those men are coached up to arrive at each start of each season fully prepared. Workouts, meetings, film study, feedback and team building activities are all designed to help them to peak at each and every practice. Each part of the CUW plan is intended to enable them to arrive at practice ready to learn, ready to run, expend all of their energy and embrace a trajectory of continuous

increasing effort. Not just from a physical standpoint, but from a mental and emotional one as well. To know what it is like to practice from that mindset places them in familiar territory come Saturday afternoon. They will have already been there. So now they can just play full out.

Arrival time at the college level is also intended to be early. Designed to provide them with an opportunity to develop football related skills — run routes, catch punts, long snap, or fire out of a stance — with limited supervision or on their own prior to the first whistle. A well devised plan to get them moving in a purposeful manner, allow the drama from the school day to be dispersed and enable them to bond to one another. Yes, I can say with the utmost certainty that there is drama at the college level.

After a short pre-practice, position specific segment of fundamental drill work is completed, a whistle would send them as a team to a sequence of warmups predicated on strengthening the core, improving flexibility, raising the heart rate, increasing the intensity level and developing a sense of urgency for what was to follow.

On some days, “8 for 80” just might be the first drill from the get-go following our pre-practice or the dynamic warmups. This is intended to put them on the spot. To get them to be present, focused and performing at a high level immediately. To know the varying levels of field position and their respective levels of urgency. To decipher the play from the line and execute instantaneously. To put the mistake just made behind you and focus on the next snap, to create a game like environment and stress right out of the blocks.

Position drills for offense and defense would then follow and are intended to adhere to the same mindset. Each unit independently addressing football specific skills in a highly organized series of progressions. All delivered in a deliberately, increasingly taxing manner. From an OL perspective, we might begin addressing individual skills, move onto positional combinations - C/RG/RT and C/ LG/ LT — progress onto unit drills then finish with unit versus unit play. At that point, their efforts were filmed, providing ample opportunity for feedback,

learning and growth. The expectation being that they employ some self-discipline, study their own body of work and fully apply themselves to improvement.

Team-oriented drills would follow immediately, one after another, maintaining that same game level expectation and pace. With roster numbers approaching 150, full scout teams could push the two-deeps relentlessly on all fronts; O, D and specials. Within the box from a scout O perspective, players would fully engage the defender for the first three to four steps. Then, beyond that, they were to push into the second and third level. This gave the scouts a feel for finishing their blocks and sense of a “work your way up the field demeanor.” The two deeps had to contend with that constant push and fresh legs about every four plays. Ball carriers — whether run or pass - were able to work on their evasive maneuvers, challenging

pursuit every attempt. Defenders had to adhere to their responsibilities with the added incentive of preventing the “touchdown dance”.

As we progressed towards the end of the week, often times a “two-minute” drill with running clock, moving chains and an end of game sense of urgency was employed to kindle the competitive fire for the coming Saturday. It helped narrow the perspective and bring the goals of the week’s work and preparation into focus.

Coach Etter and the staff coaches, mentors and teaches those kids to embrace this same purpose driven mindset year-round. Yes, we want them to win the day each Saturday. But what we really want for them is to win the day in all those other times in their lives. Big and small.

To win the day when they are taking that big final. When they are being challenged by a character-building moment. While they are exerting leadership within the college community. The

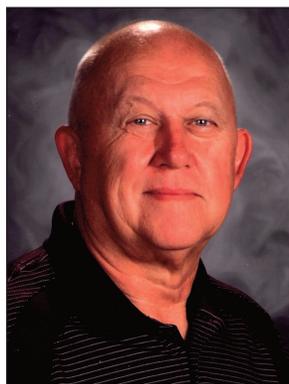
time they interview for their first job. And each day as an alumna of CUW. The CUW up-tempo way really prepares them all for the game of life.

On the surface, an up-tempo practice format serves to condition the student-athlete to an optimum performance level. When executed properly, an up-tempo practice plan calls each player towards an entirely different mission. It brings with it a new level of purpose. From the first whistle to the final breakdown, up-tempo challenges each student-athlete to embrace an entirely different set of challenges that extend far beyond the field.

Regardless of the age, up-tempo practice formats establish a pattern of behaviors, an expectation of effort, attitude and a prioritization of time that become habits that form the foundation for achievement, excellence and success on the field. Enhancing the rhythm, pattern and direction of their lives when they choose to step away from it.

## OFFICIALS

**By: Gene Strusz, Hall of Fame, Former Head Football Coach and Athletic Director, Fox Valley Lutheran HS**



*Gene Strusz*

Sitting home and isolated at the onset of Covid-19, what is a normally active retired coach and AD going to do with his time? I wrote a book called, “Essays on Coaching Athletes.” I would like to thank our WFCA for giving me the opportunity to share thoughts from one of the book’s fifty essays.

For 39 years as the athletic director, it was my job to meet and greet officials when they arrived to work a game at our school. I handed them their paychecks. I escorted them to their locker room. I explained the process of the day or night mentioning any special occurrences like extended halftime for parents’ night. I saw to it they had a beverage, towel, and the like. Over the course of 39 years, I learned officials were my friends.

As a coach, you need to consider why officials officiate. When young the majority played the sport, they now officiate. They love the sport just like the coaches and athletes. They like the natural high of competition. It is a chance to stay active with exercise while officiating. And of course, they get paid.

I like the saying which started going around a few years back. It even appeared on a banner which hung in our gymnasium; “Let players play, let coaches coach, let officials officiate, and let spectators be fans.” The saying and the banner was created to address the problem of spectators yelling improperly at coaches and officials.

During my 32 years of coaching, my games were officiated by the same officials whom I greeted for multiple sports. The same people I considered coworkers and friends. How could I stand on the sideline or take a few steps onto the field and berate them when I thought a call went against us?

I had the following rules for athletes and coaches. Athletes were not allowed to discuss officials’ calls with the officials. Athletes needed to focus on playing. If a coach said something to an official, it was spoken once, and the game went on without saying it again.

I will give you a good strategy which I regret not learning 25 years sooner. It was in the quarterfinals of the football playoffs. Lose and your season is over. It was a one—touchdown difference in the fourth quarter, and it appeared officials’ calls were all going against us. I called a timeout. I let an assistant coach talk with the players while I calmly walked out to the head official. When I got to him, I said, “You’re not having a very good day today are you?” I did not give him an angry look. I did not yell. I spoke it in a normal voice. I turned around and walked back to the sideline. With seconds left on the clock, we tied the game. In overtime, we scored on a reception on the sideline of the end zone. Our season continued.

A couple of years after that football game, the same official with whom I had spoken about not having a good game came to our school. He was

about to umpire a baseball game. I greeted him as usual and handed him his paycheck. He looked at me and started laughing. He told me he will never forget the time I came onto the football field and calmly accused him of not having a good day officiating. I hope he considers me a friend as I do him.

Here is an example of a young coach learning a lesson. We hosted a holiday four-team basketball tournament involving both varsity and junior varsity teams. A visiting junior varsity team had a coach who looked like he was 16 years old, but I am sure he was probably 22 years old, but I could tell he was a rookie coach. The entire - and I mean the entire - first half he yelled at the officials. nonstop. He never thought about coaching his girls. His one focus was yelling at the officials. At halftime, I unlocked the locker room door for the visitors. I said to the young coach, “Your girls deserve a coach.” He gave me a puzzled look.

The second half was over, and I again opened the locker room for these visitors. The young coach asked why I would have the gall to tell him his girls deserve a coach. I then explained when a coach is yelling nonstop at officials, he is depriving his athletes of being coached.

The next day I called his athletic director. It gave the AD a chance to help instruct his young coach. Instructing athletes and coaches on how to play and coach while the competition is regulated by officials is very necessary.

Officials make many rulings throughout the game. You teach your players and assistant coaches to always focus ahead. Never look back at an official’s call because that may lead to player error or a coaching mistake. If you want to succeed, you must have a short memory and know the officials are your friends enabling athletes to be educated through sports.

# SMALL TOWN FOOTBALL

By: Brandon Baldry, Head Football Coach, Lake Holcombe High School



Brandon Baldry

On a crisp Friday night, large fluorescent lights shine on the football field, lighting up most of the town. Going down main street there are no cars in sight. At the high school, cars crowd the parking lot and fill the ditches. The high school band plays Queen in the background while the fans wait in silent anticipation. Friday night football in Wisconsin may differ from town to town, but nevertheless, football is **FOOTBALL**.

This upcoming season will be different in Holcombe, Wisconsin. Since 2013 we have made a football team by combining our school, Holcombe high school and Cornell's school together because of a player shortage. However,

eight years later we are finally able to make an 8-player team on our own.

Although switching to an 8-player team is a big change, many schools in our district went 8-player a long time ago because of decreasing enrollment. We are located in the northeast, near Eau Claire. When we were an 11-player team we would have to travel more than 2 hours away, spanning from the northeast to the northwest to find another team we could play. All schools around us were 8-player, and switching with them was best for the students, school and the community.

In the past, 8-player was something that was new and had never been seen before. Schools used to join with neighboring districts to make an 11-player team, but now 8-player is more popular than ever. It has already been recognized by the WIAA and hosted its first state playoff competition.

I have heard the stigma about 8-player football and how it's "not real football", but I encourage those people to watch an 8-player game before voicing their opinion. What I see is a community supporting their football team; coaches coaching the fundamentals of football; two teams battling for a win; players busting their rear ends to overcome adversities; and overall, a competitive football game.

Is it really that noticeable when the field is 40 yards wide instead of 53.3 yards? Or that the

offense doesn't have tackles on the line and are missing an eligible back? Is it that obvious that the defense is using a three-man technique? Or that the pulling guard has been taught to use his hands and have a low center of gravity? Is it noticeable to see the coach disguise a man-coverage by bumping the coverage assignment during a motioning back, or that the slot receiver has crisp routes and high points the ball? Whatever the reason, football is **FOOTBALL**.

The transition from 11-player to 8-player is seamless. The coaching foundations and philosophy stay the same, while the coaching book is more open and exciting. As an offensive-minded coach who has coached 11-player and 8-player teams, I love the freedoms that an 8-player team brings. Running an 11-player football program and having to start 2-3 freshman or sophomores that aren't ready to play against seniors, is not fair to the kids. Students only get 4 years to play the game, do right by them. Transitions and change are a part of life. As a coach they are not the easiest things, but I can speak for the majority of the coaches when I say, "It's not about me, it's about the kids."

So this fall, when you're driving through the great community of Holcombe on a Friday night. Whether you're staying at a campground or enjoying a resort, take a moment and follow those large fluorescent lights to the football field and experience a great 8-player **FOOTBALL** game.

## PRACTICE STRATEGY

By: Aaron Schoen, Defensive Coordinator, Whitefish Bay High School

I would like to start by thanking Head Coach Jake Wolter and the Wisconsin Football Coaches Association for allowing me the opportunity to contribute an article to *The Point After II*. For me personally, *The Point After II* has always been a great coaching resource for ideas and collaboration from some of the best coaching minds in the state. I am very excited to have the opportunity to contribute and share some of my thoughts.

As coaches I think we have all experienced the feeling of not having enough time at practice to get to everything on our practice schedule. Especially in my early coaching years I often found myself running out of time or needing to extend periods to get through everything. In this article I would like to share the method we use at Whitefish Bay to plan an effective week of defensive practice and how this has resulted in using our defensive time more efficiently.

### CONTACT DAYS

I have always considered the most important days of the season to be the 5 allowed contact days or what some coaches refer to as their camp days. I believe that the success of your camp and the participation of your athletes can

directly impact how the first 2 weeks of practice start. As a staff, in-advance we schedule and plan each period during the contact days to ensure that we are completing all the areas we want to develop. At Whitefish Bay we use this time to introduce five main areas of development before the first week of practice:

1. Introduction to our practice tempo and expectations on effort
2. Teaching our athletes their correct stance and starts.
3. Introduction of position specific drills that reinforce correct technique
4. Installation of base defensive scheme including alignment and assignment
5. Defensive Terminology

At the end of each practice, we meet as a staff and make any necessary adjustments to the following day's schedule. The important thing is that we have a plan, and we stay the course to develop our five main areas.

### WEEKLY PLANNING

Once in season I cannot over stress the importance of being organized. As a staff we use our coach planning meetings to:

1. Address areas that need improvement from the previous game.
2. Develop a game plan for our next opponent and plan for implementing the defensive installation
3. Create the schedule and practice periods for the entire week
4. Create scouting materials (tendency reports, scout cards, scripts, etc.)
5. Make sure all coaches have a schedule and understand their roles and responsibilities for each period.

I believe it is very important to have your assistant coaches be part of the planning process. We do this by assigning each coach roles and tasks they are responsible for. By doing this we enable our assistant coaches to be part of the planning process and it also makes the weekly planning process more of an efficient team effort.

At Whitefish Bay we take pride in playing defense. Playing defensive takes a certain attitude and sense of practice strategy urgency that we want to develop in our athletes. In the planning process we keep this in mind and to accomplish this we try to plan our defensive practices in the following manner:

1. We always start defensive practice with a high intensity activity such as a pursuit drill.
2. We try to keep all periods to a maximum of 15 minutes.
3. Only practice drills that directly relate to technique used during game situations.
4. We stress reps and intensity during individual and group periods.
5. Involve as many athletes as possible and run multiple groups if necessary.
6. Stress that your athletes maintain tempo during period transitions.
7. Every practice works on fundamentals such as technique, shedding blocks, pursuit and tackling.
8. Keep it simple. Simplicity leads to consistency, do not try to do too much. If athletes must think too much it slows their ability to quickly react.

There are several coaching pointers to remember when running a high intensity practice. I often must remind myself to coach quality over quantity. This is especially important at schools that do not have the numbers to platoon or are working with position groups that do not have numbers and are lacking depth. If your athletes have their technique down be prepared with additional drills to practice on, using these opportunities for more mental teaching sessions.

During practice it is also important to remember how your athletes performed their technique or assignment; either correctly or incorrectly. As coaches it is important to provide

feedback on every rep good or bad. What we see in practice or on film is either taught or allowed. As coaches, if it's wrong, it's up to us to get it fixed.

### FIX-IT PERIOD

Throughout my coaching experience one of the most helpful practice ideas I picked up was a period called Fix-It. The Fix-It period allows coaches and players to address problems with the game plan that we have identified during practices filmed earlier in the week. We use this information to make the necessary adjustments with the players before the game plan is finalized for the week.

The practice film can also be used as a great teaching tool in:

1. Improving individual technique
2. Identifying alignment issues
3. Reinforcing assignments

If you have the capability to film practice, I highly recommend it. Filming practice has been a great tool in improving our preparation for our weekly opponents.

### WALKTHROUGH REVIEW

In terms of keeping your athletes focused I sometimes find the Walkthrough day to be the most challenging day of the week. I believe it is very important to maintain the same level of focus that you have Monday through Wednesday. I try not to overload the athletes with too

much physical activity and make this rather a light mental review day. During defensive walk-through we focus on the following areas:

1. Personnel groupings and substitutions
2. Formation alignments
3. Assignments
4. Check rules
5. Walkthrough of plays that can hurt us
6. Walkthrough of plays we want to take away

### CONCLUSION

Football has always been my passion and teaching our student athletes to enjoy the game that I love has been a very rewarding experience. Having enough time to accomplish what you need to during each practice starts with your preparation. I have learned that if you are prepared your assistant coaches and players will know it, and they will buy in. Having a clearly defined plan that starts during camp and translates to your weekly and daily preparation will pay dividends in the results you see at practice and on game days.

I would like to thank you for taking the team to read my article and my hope is that you are able to take something away that can benefit your football program. If you have any comments or questions, please feel free to contact me at [aaron.schoen@wibschools.com](mailto:aaron.schoen@wibschools.com). Thank you, and I hope everyone has a great football season.

**“If you’re going to be a champion, you must be willing to pay a greater price than your opponent!”**

**-- Bud Wilkinson**



From the entire JTQB family, a sincere hope that you, your families and your teams are well and looking ahead to 2021 with great expectation. Thank you for all of your hard work and the tremendous impact you have on kids. We're looking forward to seeing you summer 2021, and helping your QBs and WRs take the next steps.

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## CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

### NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

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