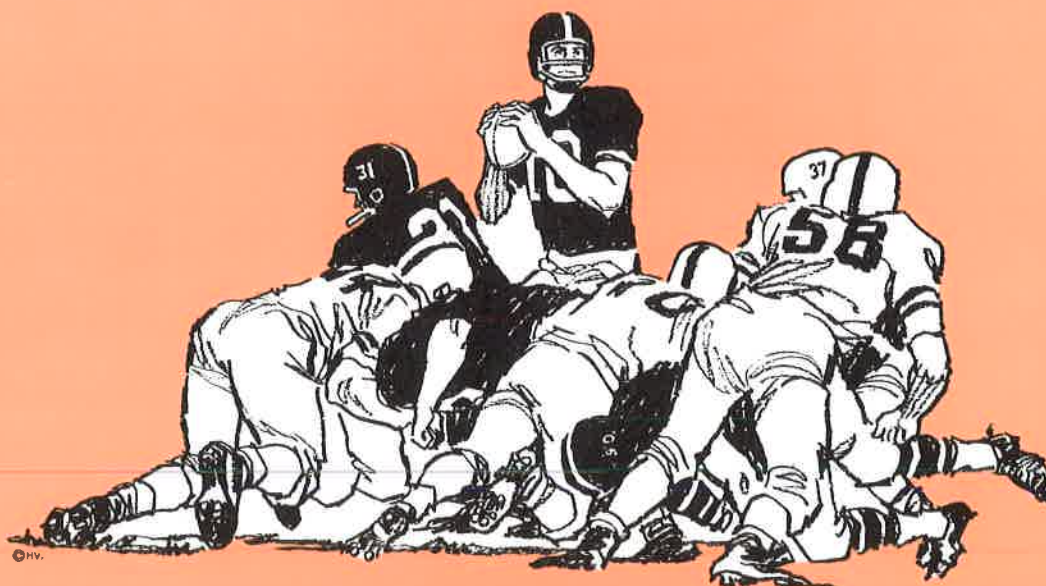


Annual Publication of the
Minnesota State Football Coaches Association

1986 FOOTBALL



COACH OF THE YEAR FOOTBALL CLINIC



Bud Wilkinson-Duffy Daugherty
Co-Directors
Bob Roy — Clinic Manager

1987 Clinic
Will Be Held Feb. 13, 14, 15
Sheraton Park Place Hotel
Minneapolis

1986 FOOTBALL

ANNUAL

Minnesota State Football Coaches Assn.

210 Lee Place
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This publication is issued annually by the Minnesota High School Football Coaches Association as a media for the exchange of ideas and technique in the game of football.

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PRESIDENT'S MESSAGE

As I begin my year as President of the Minnesota Football Coaches Association I wish to recognize Dick Walker, of Richfield, our outgoing president. Dick has been a tireless worker for our association for many years and his presidency was a time of positive growth for football in Minnesota.

Prep Bowl IV again demonstrated the high caliber of football in Minnesota. Congratulations to the coaching staffs of Westbrook, Glyndon-Felton, Jackson, New Prague and Burnsville for their championships. All ten teams were well prepared and put on a great show.

The relationship between the coaches association and the University of Minnesota continues to strengthen with another successful Gopher Spring Clinic. Coach John Gutekunst and his staff should be complimented for this great teaching clinic. Coach Jim Strong is clinic director and he welcomes our input.

The Hall of Fame Banquet drew a record crowd this spring and thanks to emcee Don Swanson it was a very enjoyable evening. It is held the Saturday night of the Gopher Clinic and all football coaches should plan to attend our recognition banquet for both present and former coaches.

It was a thrilling night for Hall of Fame inductees and Butch Nash Award winners. Congratulations to 1985 Coach of the Year, Norm Johnson of Minneapolis Roosevelt, and all class and conference winners.

As we begin the new year it is our goal to increase membership and to involve more current members in the association. Our association enjoys a position of leadership in Minnesota high school school athletics. Our strength is you, the member; so contact your conference representative or any officer if you wish to be a member of a committee.

The 1986 fall meeting will be on November 28th, the night prior to Prep Bowl. Two items that will be discussed will be the establishing of a scholarship program for coaches' children and recognizing an academic all-state team.

With the retirement of Marv Helling from the Minnesota State High School League, football lost a good friend. Marv has worked closely with us in establishing the many changes that have strengthened football in Minnesota. Our support of the High School League will be very important in the coming year as it comes under fire from outside forces.

Keith Swanson, of Hoffman-Kensington, is the new second vice-president. Keith has long been a leader among nine-man coaches in the state. We wish to strengthen the communication and relationship between the nine-man coaches and the association.

Best wishes to all for a successful 1986 season.

Sincerely,
Jim Simser

President, MHSFCA
New Richland-Hartland High School

The Moving Quarterback

by Keith Swanson, Hoffman-Kensington

About the Author

Keith Swanson has been head varsity coach at Hoffman-Kensington High School since 1974, during which time his teams have compiled a 65-36 record, including a 36-11 during the last five years, and two State Championships. Swanson is a 1972 graduate of the University of Minnesota.

Coaches will not argue about the importance of the quarterback in the operation of the offense. They will, however, discuss the physical measurements of the quarterbacks as enthusiastically as a press agent would talk about the measurements of his star client. Most coaches today describe their quarterbacks as they once described their ends, 6 feet, 2 inches, 190 lbs., and able to run the forty in 4.5 seconds. They invariably insert a comment about their rifle or slingshot arm and fine field generalship.

Most coaches, however, are not blessed with quarterbacks of the stature described previously. Coaching in a small school, my quarterbacks usually are around 5 feet, 10 inches, weigh anywhere from 180 down to 150 pounds, and have fair speed and average throwing ability. But, these signal callers seldom develop into excellent drop-back quarterbacks. The reason is quite apparent. Linemen are so big that it is difficult for the 5 foot, 10 inch quarter-

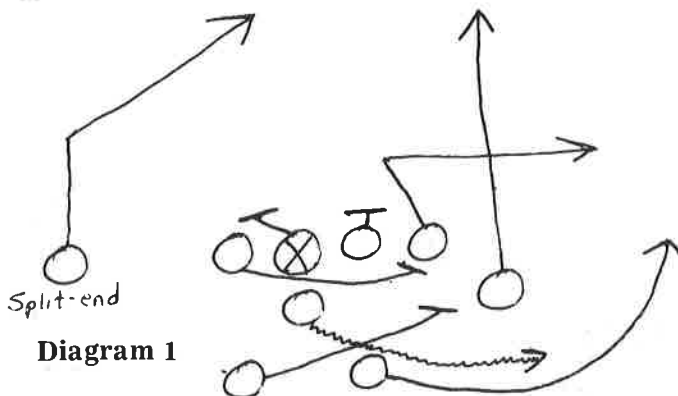


Diagram 1

back to see his receivers. Therefore, completing passes is made difficult and interceptions are more frequent.

Since it is necessary to use these quarterbacks, we have to devise tactics continuously to get the most out of our field generals. I believe that the roll-out pass is one way this can be accomplished. Moreover, it can be one of the most potent weapons in the quarterback's arsenal.

The roll-out pass, or throwing on the move, has many drawbacks if the quarterback does not master the techniques of throwing while he is moving. In

order to throw while moving, most quarterbacks have to stop, plant their feet, raise the ball into throwing position, and then throw. The deficiencies in this technique are obvious. When he stops to set up, he gives the big linemen the opportunity to catch up, throw up their hands, obscure vision or deflect the pass.

In order to execute the roll-out pass effectively, the quarterback must throw while he is moving. Linemen are not taught to run laterally with their hands up in

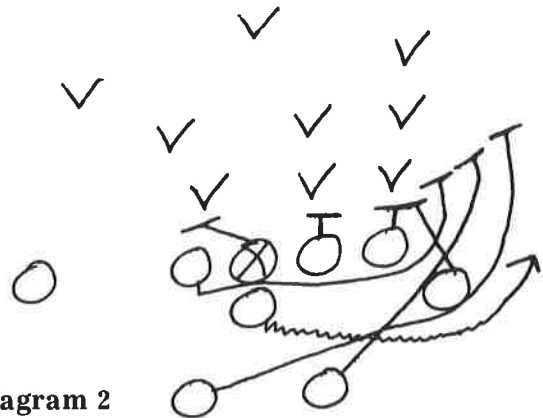


Diagram 2

the air. Therefore, the line of fire is more apt to be unobscured when the quarterback is moving.

Another consideration is when the quarterback stops to plant, the defensive back knows he is ready to throw, so now he can concentrate on the pass which is his first responsibility. He can now play the receiver all-out. The same reasoning can be applied to linebackers who have responsibility for flaring backs and the flats.

At first thought it would seem a tough job to teach quarterbacks to throw on the move. Actually, it is quite simple. However a great deal of hard work is required. The quarterbacks should take the field at least a half hour earlier during the first week of practice. They should practice sprinting from a crouched position to the right and left. They should sprint 25 yards with normal running strides. After 25 yards, they should cut their strides to short choppy steps. One of the drills that our quarterbacks found helpful was chugging from right to left with the arm up in throwing position. These drills are done daily by our quarterbacks and are incorporated into daily practice with other team members such as ends, pulling guards, and defensive backs.

When the quarterback has mastered the fundamental movements described previously, teaching the techniques of throwing on the move with accuracy is next. When the quarterback comes from under the center, he should spring out as though he intends to run the football. He should move at top speed until the defense makes a commitment to defend against the

run or until his receiver breaks free. At this instant, he should whip the football, which he brought up the instant he saw the receiver break free. As he whips the ball forward, he should drag his right foot. This acts as a brake, and also aids in maintaining proper balance and body alignment.

The roll-out left presents a few problems which are not associated with the roll-out right. The quarterback is going against the grain. He must keep in mind that he will be throwing from an unorthodox position. The throwing arm will be going in the direction in which his body will be moving. In order to throw on

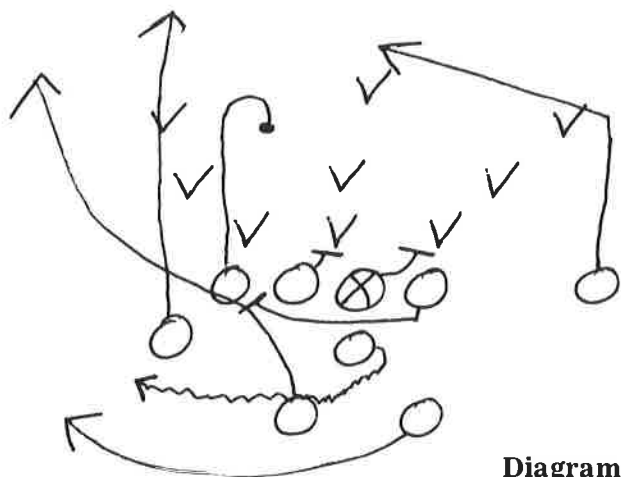


Diagram 3

the move to the left, it is necessary to chop the strides as the receiver breaks open. Again the ball is brought up and forward. Since this is not usually a long pass, the wrist should flick to put some zip into the pass.

We will not attempt to suggest any particular type of blocking for the roll-out pass. Each coach has to utilize the blocking that is in keeping with his material. However, it might be well to illustrate something that has been good to us over the years. This was particularly true when we had a small line and built our offense around speed, agility, and execution.

We used what is now called the moving pocket. This worked well because the opponent's big linemen were forced to move with our players which tired them out considerably, and at the same time, gave our team time to throw the football.

Diagram 1 shows the roll-out right pass. The flanker, if the team is running a pro set, or a wingback if the team is running a wing T, takes off fast straight down the field carrying his defender with him. The right end slides inside and then sharply out toward the right sideline. In the meantime, the right set-back flares to the right sideline. The left setback moves with the flow ready to scrape off any opponent who might have gotten through. The split end moves on his man and runs a delayed post pattern. The left guard pulls down the line. He remains low in order not to block the vision of the passer. He should block the defensive end or any defender with whom he comes in contact. The center should block down to his left.

There are several options that can be run off this

basic move.

If the quarterback mixes his plays well enough he can keep the opponent off-balance. From this move he can run a trap with the left set-back. He can run an off-tackle power to the strong side double teaming the tackle. He can run a sweep to either side pulling both guards. He may hand off to either set-back on the sweeps or keep it himself. By keeping the ball, he will set up the roll-out pass or a reverse. These are just a few of the possibilities that will make the quarterback on the move more successful.

Diagram 2 shows the roll-out right run. The left guard pulls to his right, the center blocks down, and the right guard takes his own man. The right end double-teams the end with the flanker. The pulling guard and the two setbacks take their blocking cues from the defensive linebacker and safety. The split end runs a post blocking pattern.

The roll-out left pass is shown in Diagram 3. The split end runs the post, the near setback slides off deep, the far back flares left, and the tight end executes a big hook at the point from which the safety leaves. The flanker takes his man deep. The right guard pulls left while the center takes his man.

Diagram 4 shows the roll-out left run. The right guard pulls to his left, and the center fires out and takes the guard to his right. The left guard takes his own man. The left end and flanker double-team the

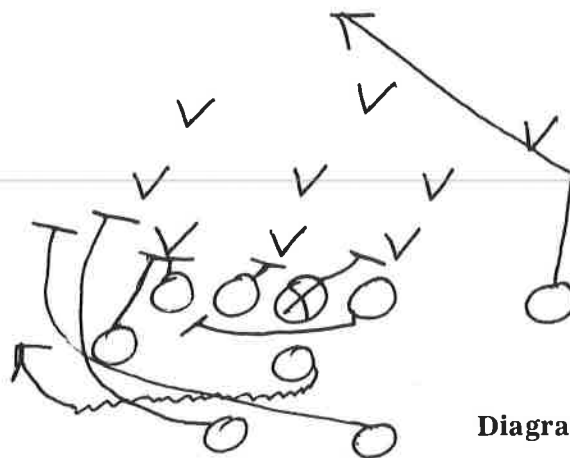


Diagram 4

defensive end. The pulling guard and the two setbacks take their blocking cues from the defensive linebacker and safety. The split end runs a post blocking pattern.

Many coaches are blessed from year to year with the big strong quarterback who is an excellent drop-back passer. Some are fortunate enough to have one who can, along with being big and strong, also run the football. These suggestions will probably do them little good. They are probably winning championships. But for those coaches who are less fortunate, some of these suggestions might be worthwhile. We are convinced that the smaller quarterback still has a place in football. As coaches, we must build our programs around the physical characteristics of the quarterback and teach him those techniques that will help him turn his so-called disadvantages into advantages.

Random Thoughts

by Ken Belanger, Zumbrota

About the Author

Ken is a native of Brillion, Wisconsin where he graduated from high school in 1962. He received his BS Degree from Luther College in 1966. He moved to Zumbrota as the head football coach in 1966 and has held that position ever since.

Many things contribute to the success of a football team over the course of a long season, some of which we have no control over. Of course injuries, or lack of them, play a big part in the degree of success of any season. We all realize this and try hard to prevent injuries through strength programs and by having our players in top condition. Penalties and turnovers are two other areas which can determine the outcome of a game and thus the degree of success of a season. Coaches generally think of these two as good football



Ken Belanger

if they go in your favor and unlucky breaks if they go against you. However both of these areas can be improved upon by hard work and thus they should not go overlooked in practice. Too often we emphasize both of these areas early in the season and then seem to slack off as the season goes on. Lucky bounces, tipped balls, etc., can change the course of a game and again we have our players prepared for such situations and ready to take advantage of them.

I feel there are other things that can be done in a football program that can help make that program successful. Sometimes, unfortunately, we judge success by the number of wins only and not by what the players gained by being a part of that program. I feel our program has been successful over the years because of the quality assistant coaches that have been in our program. John Dunbar has been an assistant coach at Zumbrota for 22 years and this spring was recognized as a recipient of the Butch Nash Award. Jack is the varsity line coach and has a great personality for working with kids. Frank Aunan, our head B-squad coach, has been an assistant coach at Zumbrota for 17 years and one of our junior high

coaches, Lynn Ritter, has been with us for 18 years. These coaches deserve a lot of credit for any success that we have had.

To be a good coach today I feel that you must be very open and very honest with your players. You must be able to communicate well with them and be willing to accept some of their ideas. Listening to what they have to say can prove to be very important to the success of your team. Don't misinterpret this to mean that we let our kids "run the show". Rather it means that the kids must feel that their ideas will be heard and considered although not always accepted. We were considering doing away with "their" music in the locker room before games this past year. One of our players came to me and convinced me that the music did nothing to take away from their mental preparation for the game. We decided to allow the



Zumbrota QB Ken Belanger throws TD pass in Tigers 28-14 win over Goodhue. Belanger earned All-Conference honors in the Wasioja Conference, was selected to the AP All-State team as a kicker and was picked to play in the All-Star game.

music. Along this same line you should be yourself at all times. Most people have many positive qualities and hopefully few negative ones. Each coach should concentrate on bringing out their positive ones and not worry about trying to be like the next guy. Kids will react to you in a more positive way if you are sincere.

Since actions speak louder than words we should practice what we preach. It is quite a contradiction when we tell our players not to swear but then cuss them out for a mistake they make, or we tell them not

to smoke but they constantly see us smoking. Kids are smart - you can't fool them. Set an example and let them follow.

At Zumbrota we strongly believe that football should be fun. Football is a game and we should work hard to keep it that. For coaches it is sometimes difficult to realize and even harder to accept that football is not the most important thing in the lives of most of our players. We allow our players to relax and have fun on the practice field. We work very hard in practice, but yet encourage a relaxed atmosphere between drills and at our break time.

In the off season we strongly encourage all of our students to be out for three sports. We realize that because of this some of them won't lift weights as much as we would like but we feel it is better for them as a person to be involved in three sports. We do not use free weights at our school. We have two 15 station universal gyms, a mini-gym on which we do power pulls or cleans and a MGI hip sled. Our kids lift before school in the morning, during study hall, right after school, if they are not out for another sport, or after practice. We strongly encourage all of our players to lift but we do not require it and we let them lift at whatever time is convenient for them.

In last years football yearbook Don Fox of Austin had an article about their very fine pre-season football booklet. We have been putting out a booklet for many years but we do not have ours done professionally. Our office staff types the booklet after I write all of the articles and our cheerleaders run it off and put it together. It is nothing fancy but the people in our town seem to enjoy it.

On the Friday night before the August Saturday

scrimmage we have our annual picture night. We invite all of the parents to the game field and the entire squad reports in game uniforms. Parents are encouraged to take pictures of their sons, their son and his friends, brothers and sisters, team pictures, and coaches go around and operate cameras so they can have a picture of the entire family. After all of the pictures are taken we put on a short clinic for the parents with demonstrations involving basic rules, alignments, different offenses and defenses and usually end with a rules film.

A few years ago we started to bring the squad in for a pre-game meeting every week. Besides going over all of the details for the game we try to have something special each week. One week we showed parts of ROCKY III, but usually we show a football highlight film. We have shown films from the U of M, Vikings and the Kodak All-American Teams. The players really like this meeting and the films seem to get them in a good frame of mind for the game.

The day before the last game we do something special for the seniors. After we have completed practice we send everyone except the seniors in to take a quick shower. The seniors are kept on the game field where I talk with them about the season, football and life, etc. I then talk to each senior alone after which he takes a solo lap around the game field to be alone with his thoughts. By the time the seniors get to the locker room the underclassmen are to be gone. Some of the seniors find this a very moving and emotional time.

I hope that these ideas can stimulate something for you to use in your football program. I want to thank Don Larson for the invitation to share my ideas with you.



Zumbrota QB Ken Belanger uses a stiff arm to avoid a tackler in the Tigers loss to Glyndon-Felton in the Class C championship game.

The Panther's 6-5 Goal-Line Defense

by Bruce Harding, Sandstone-Finlayson-Askov

About the Author

Bruce Harding graduated from St. Paul Central in 1954 and the University of Minnesota in 1958. He has been coach of the Sandstone Panthers and now Sandstone-Finlayson-Askov Panthers for the last 20 years. The Polar League title has been won or shared 7 of the last 8 years. There have been four state playoff teams in both Class C and B. 1985 Class B Coach of Year - overall record 124-61-2.



Bruce Harding

We changed from the gap 8 goal-line defense in 1978 to 6-5. Since then, our short yardage defense has improved greatly. This year we allowed only one touchdown on the ground in ten games. That touchdown was a six yard run, when we were not in our goal-line defense.

In our basic 6-5 defense, I will start with our alignment against a two tight-end set. Adjustments will be discussed briefly at the end of this article.

I'm lettering the gaps for this article, even though we don't do this for our players.

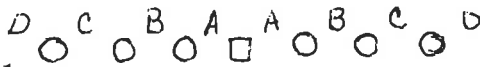


Diagram 1

The guards line up in the A gaps taking as much of the ball as possible. We prefer a four point stance. Their movement is on the ball. Each attacks through the outside leg of the center and hopefully makes a new line of scrimmage about one yard behind the center. It is our objective to have the guards control the A gaps and keep the center and the offensive tackles off the middle linebacker.

The tackles line up, head up, on the offensive

tackles shading a little to the outside. It is his job to get a stand off with the offensive tackle and keep the tackle off the outside linebackers. A three point stance seems to work better for the tackles. Most of our tackles also use a hand shiver. The guards and tackles have no keys or reads in our goal-line defense. They react only to the snap of the ball.

The defensive end uses a two point stance, his outside foot back. They line up on the tight end and move on the ball, hand shivering the tight end. The defensive end will delay the end coming off the line of scrimmage on a quick pass (very important) and also keep the end off the outside linebacker. He has outside responsibility on the run. If the ball goes away from him, he has the reverse.

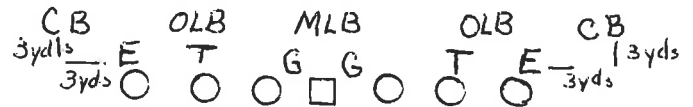
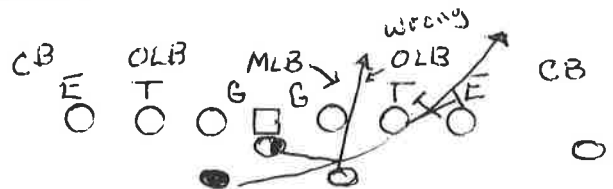


Diagram 2
Basic 6-5 Defense

The linebackers are the heroes in this defense. The middle linebacker lines up directly over the center and as close as possible behind the defensive guards without getting tied up in their feet. The middle linebacker's feet should be square as he must react both ways. The middle linebacker keys the quarterback's first move and fills the A gap to that side immediately exploding into the hole. The outside linebackers also key the quarterback. The outside linebacker lines up behind the defensive tackle and shades to the outside. The outside linebacker away from the quarterback's first move fills the A gap opposite the middle linebacker. The outside linebacker to the side of the key, moves to fill the C gap. This is probably the hardest move to control, as the linebacker wants to move to the ball. If this takes place, we have a very great risk of getting beat on the off tackle play with the second back through or the triple option.

Diagram 3



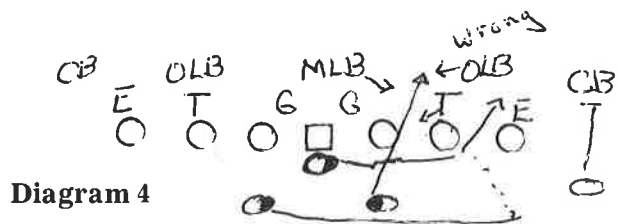


Diagram 4

The cornerbacks line up on the outside of the defensive ends and also have outside responsibility on the run. If the ball goes away, he takes the outside 1/3 and looks for the throw back.

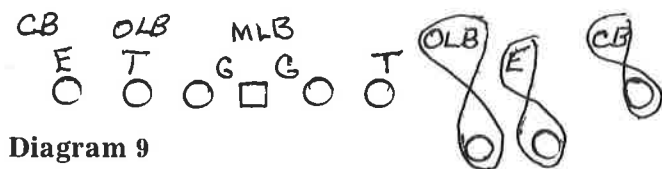


Diagram 9

The triple option is played with the middle linebacker and the defensive tackle on the dive man,



Sandstone-Finlayson-Askov, dark uniforms.

the end or outside linebacker on the quarterback and the outside linebacker or the end on the pitchback.

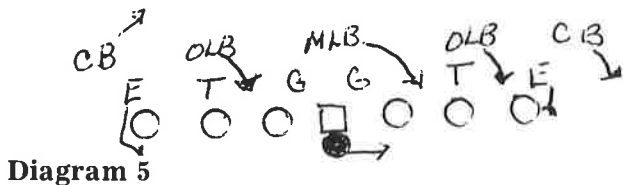


Diagram 5

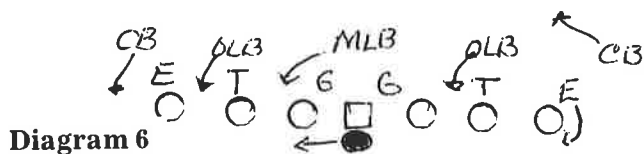


Diagram 6

We see very little passing on the goal-line. We try to cover 1/5 of the field with the back 5 players on the drop back pass.

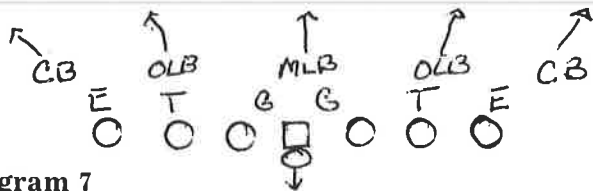


Diagram 7

Our adjustments are simple. If we get a slot look, we will put the defensive end in a walkoff position and widen the defensive tackle. He may now use a two point stance.

The cornerbacks will play all flankers or wide outs inside out. We try to force all outside receivers to make an out cut.

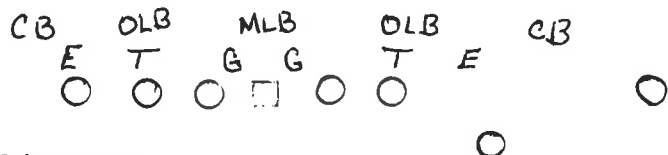


Diagram 8

We try to play 2 one five across, unless we get three wide outs to one side.

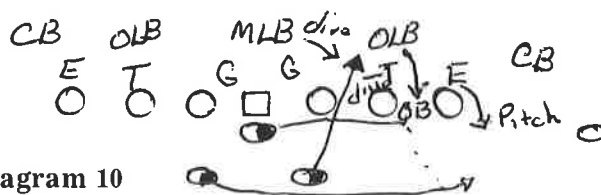


Diagram 10

After writing this article, I checked our play book to see what we put down on paper for our team. There are four sentences and four diagrams. The rest we teach on the field. It should be noted, that we work live on goal line defense ten minutes a day on Monday, Tuesday and Wednesday. On Thursday, we review all goal line adjustments. This is done all through the season.

MINNESOTA HIGH SCHOOL FOOTBALL
COACHES ASSOCIATION1986 "Hall of Fame"
Inductees**Clifford Senne**

Cliff graduated from Mankato State in 1949 with a degree in Industrial Arts. He returned to Welcome High School, his Alma Mater, in 1952 and coached track, basketball and football. His teams compiled a record of 88 wins, 17 losses and two ties while winning six conference championships and gaining the state playoffs four times. He was the Athletic Director until his retirement in 1985. Senne was nominated for Athletic Director of the Year in 1979-80.

**Ike Pesonen and family**

A 1942 graduate of the University of Minnesota, Ike was the head football coach at Orono High School for 30 years. His teams won nine conference championships in football while compiling an overall record of 175 wins, 90 losses and three ties. During the 1960's, Ike's teams won 32 straight games. His first football coaching experience was as a senior at Greenway-Coleraine High School when he coached the high school team in spring practice. Ike is a legend in Orono where the football complex is named "Pesonen Stadium."

**Football Hall of
Fame Annual
Banquet****Chuck Halsted and family**

Chuck started his coaching career at Scobey, Montana, after graduating from the University of North Dakota. After three years at Scobey, he moved to Two Harbors where he served as head football coach for 25 years. Two Harbor's teams won 175 games, lost 68 and tied four games during Chuck's tenure as head coach. His teams were conference champions several years and finished with unblemished records four times. Chuck has been a member of the Football Coaches Association for 29 years and is currently Athletic Director and Dean of Students at Two Harbors High School.



Ralph Hagberg and family

A 1956 graduate of St. Olaf College, Ralph was the head football coach at Kenyon High School for 21 years. During that tenure, Ralph's teams won six Hiawatha Valley Conference Championships while compiling a record of 112 wins, 58 losses and six ties. Ralph also coached track, baseball and basketball, as well as having served as Athletic Director at Kenyon.

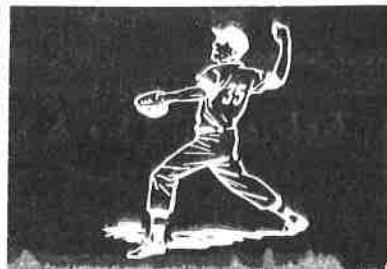


Pete Herges with long-time assistant - Ron Juell

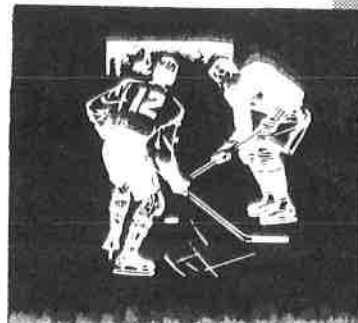
The current Athletic Director at Albany High School, Pete has had tremendous success during his 32 year career at Albany. Pete's teams won 11 conference titles while establishing his career record at 168 wins, 51 losses and three ties. During one stretch, Albany won 24 straight games, lost one and then strung out another skein of 24 more in a row. A 1952 graduate of St. John's University, Pete received his Masters Degree from St. Cloud State University in 1960.

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"ANOKA'S SHORT-PASSING ATTACK"

by DuWayne Johnson

About the Author

I am a native of Cameron, Wisconsin, where I graduated in 1961. I attended Wisconsin State University of River Falls where I played football and baseball for four years.

After graduation I began teaching and coaching in New Richmond, Wisconsin in 1966. I was the head baseball coach and assisted in football and basketball. In 1969 I accepted the head football position at Plymouth, Wisconsin. I coached at Plymouth for 10 years, during which time we had four undefeated seasons, appeared in the state playoffs three times, and were state champions in 1976 and 1978.

In 1979 I moved to Anoka, MN, as the head football coach. In 1985 our team was undefeated in the North Suburban Conference and 10-1 overall. We have been in the state playoffs the last two years. My record at Anoka is 42-24 and my overall record is 101-57-2 for the past 17 years as a head football coach.

I am very honored to be asked to write an article for our coaches association magazine. The topic I have chosen is a supplemental passing series to single back offense. It is a very basic and simple package which is easy to teach and learn.

In 1984 we felt we had a quarterback that would develop into a very good passer. He was not extreme-



DuWayne Johnson

ly fast, but mobile enough to run our bootleg series out of our Wing-T formation. However, to run the bootleg series, you have to do a good job of blocking in the line and with your pulling guards. What most defensive teams would do in passing situations is send a tremendous passing rush. They would shoot linebackers and send the defensive ends deep into the backfield for the bootlegging quarterback.

We felt we had to do something to eliminate the pass rush and develop a passing series for definite passing situations. We wanted something very basic and sim-

ple for our quarterback to execute without changing our whole offense.

We started with a short passing game. It was a three-step semi-sprint to the right or left of the formation. Diagram 1 shows our basic formation we would usually line up in. The patterns were set up for two receivers so they could run to either side of the formation.

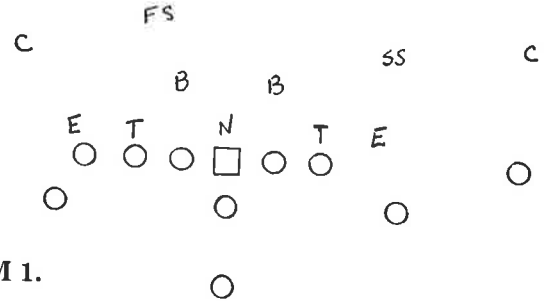


DIAGRAM 1.

The patterns we used were called by using two short words. The inside receiver would run the first pattern and the outside receiver would run the second pattern. Diagram 2 is an example of one of our calls to the split side.

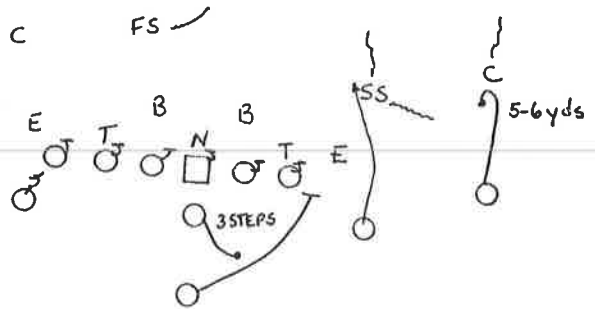


DIAGRAM 2. 91 (In - Hitch)

In Diagram 2, the number 91 tells us that it is a quick pass to the right side. The In and Hitch tell the slot and split-end their respective patterns.

These are some of the calls we used to our split-end side.

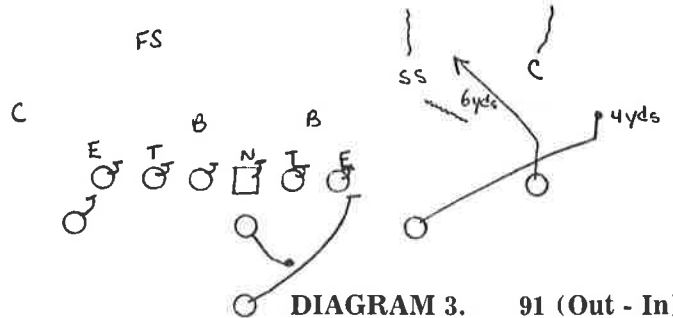


DIAGRAM 3. 91 (Out - In)

Our quarterback keys the strong safety if he goes to the flat, then the split end should be open underneath. This type of key is very easy for a quarterback to read.

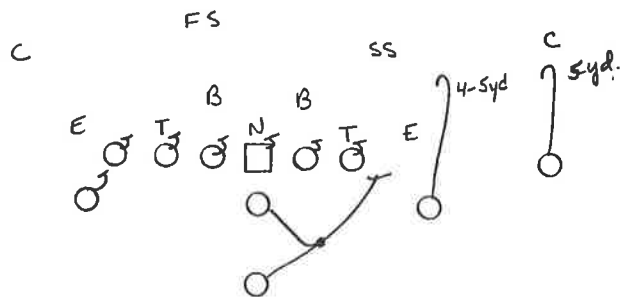


DIAGRAM 4. 91 (Hitch - Hitch)

As a coach, you can use almost any pattern you wish. You can even add motion to the two receivers to switch their patterns, for example, in Diagram 5.

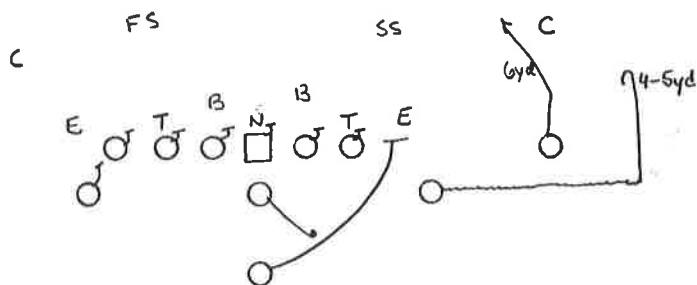


DIAGRAM 5. 91 (In - Hitch Motion)

By using the motion, the strong safety may go with the motion, and thereby opening up the split end underneath.

With practice, we feel we have become much better with the execution of these plays. Our players enjoy practicing it because they are always catching the ball in the drill without a tremendous amount of running. We have found that our receivers get much better as the season goes along because they are constantly catching in quick reaction situations.

Once we feel that the defense is expecting our short passing game, we then go to a 5-step sprint-out series. This compliments our passing game very well. One of the patterns we run out of the sprint series is called an 81 PJO.

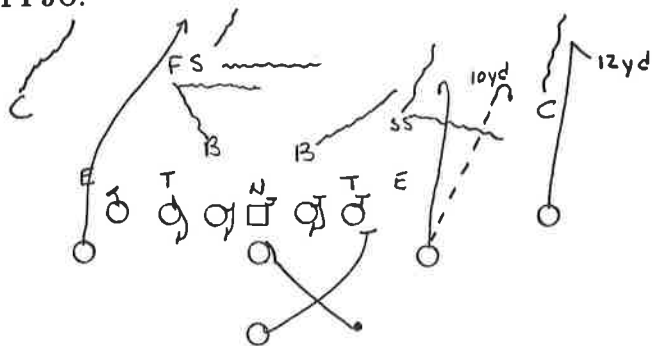


DIAGRAM 6. 81 PJO (Post - Hitch - Out)

You will notice we now send out three receivers. If the safety starts to cheat over the backside, then our middle post will be open for a big gain. We try to execute all these passes within ten yards from the line of scrimmage. We try to throw in the seams of the zones that are created when the defense reacts to the receivers' patterns.

Another pattern we run which compliments our out-in pattern in our short passing series is a pattern we call 81 PLP, as shown in Diagram 7.

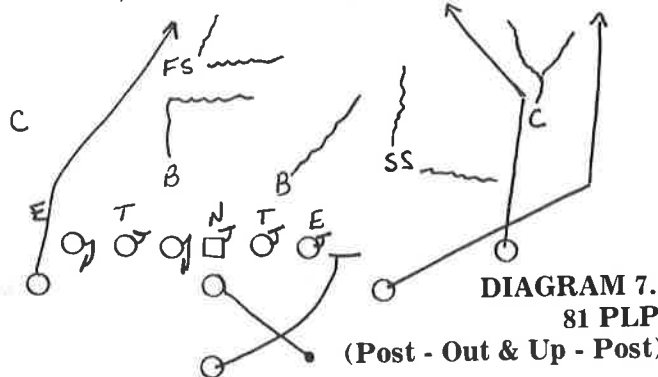


DIAGRAM 7. 81 PLP

(Post - Out & Up - Post)

In this play we are isolating on the corner to see whether he reacts to the split end or the slot on the out and up pattern. We are trying to make the throw within 10 - 12 yards while the defense is reacting



backwards. If the safety cheats over the backside, the wing will be open down the middle zone. But like any pass pattern, it takes a tremendous amount of execution.

We have added some other passes, but this is our basic package. We were fortunate to have a good quarterback to execute these plays. Tod Hartje has been our quarterback for the past two seasons. During that time he has passed over 2700 yards. Besides having a great throwing arm, Tod was able to read well and make great decisions. Hopefully, we made it easy enough for him to be successful, but I have to give him a lot of credit.

I hope this article will give you something you can use in your program. I want to thank the Minnesota High School Football Coaches Association for the opportunity to contribute to this journal.



Coaches of the Year...



Norm Johnson
Minneapolis Roosevelt
Class AA Coach of the Year
State Coach of the Year



Clark Bergloff - Mora
Class A Coach of the Year



**Bruce Harding - Sandstone/
Finlayson/Askov**
Class B Coach of the Year



Ken Belanger - Zumbrota
Class C Coach of the Year



Dale Svaren - Oklee
9-Man Coach of the Year

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 Bernie Cole
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 Bronko Nagurski
 Ted Peterson
 Lew Swearingen

1966

Bert Baston
 Lester S. Barnard
 Red Hastings
 John Gagliardi
 Lefty Ranweiler

1967

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

1968

Lee Brockmeyer
 Sid Hartman
 Charles "Bud" Wilkinson
 Elmer Wigen

1969

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

1970

Ed Widseth
 Adrian Christenson
 Jake Christiansen
 Walter Hertz
 Frank O'Rourke

Les Knuti
 Bud Grant
 Wendell Vlasin

1971

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

1972

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 Jim Lee
 Jerry Krueger
 William F. Broekmeier
 Fred Vant Hull

1973

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

1974

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 Jerry Ekstein
 Kenneth "Red" Wilson
 Edd Nelson
 Doc Watson

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Art Haas
 Les Nell
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 Dick Mahar
 Bernie Lusk

1976

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 Dwaine Hoberg

Jack Malevich
 Jim Pederson
 George Roscoe
 Murray Warmath

1977

Frank "Butch" Larson
 Herschel H. Lysaker
 Art Avis
 Jim Carrington
 Lee Krough
 Jim McLaughlin
 Leo Sebastian

1978

Chuck Dixon
 Chauncey Martin
 Ted Meinhover
 Roy "Chip" Rasmussen
 George Reedy
 Marti Rossini
 John Vucinovich

1979

Bruce Bakke
 Herman Frickey
 Bill Hanson
 LeRoy McMahan
 Dick Mulkern
 Harry Newby
 Milt Osterberg
 Bob Schrank
 Steve Silianoff
 Lloyd Stein

1980

Bruce Bennett
 Neal Davis
 James Gustafson
 James Molnar
 Norm Wagner
 Jim Wallace

1981

Lou Barle
 Irv Nerdaahl
 Glenn Redmann
 Clayton Tonnemaker

1982

Bob Gove
 Wally Hitt
 Gary Olson
 Don Nyland
 Dale Scholl

1983

Stan Nelson
 Joe Mrkonich
 Jim Gotta

1984

Dick Lawrence
 Tom Briere
 Jim Henkes

1985

Don Swanson
 Bob Roy
 Bruce Frank
 Don Riley
 Giffy O'Dell

1986

Chuck Halsted
 Ralph Hagberg
 Pete Herges
 Ike Pesonen
 Cliff Senne

Thoughts On A Harmonious Defensive Euphoria

by Bob Just Head Football Coach Little Falls Flyers

About the Author

1979-present: Coach LF Flyers; past three seasons won 21 lost 9; CLC Champs 1985; Section 8AA Champs 1985.

1978-79: Grad Assistant NDSU under Coach Jim Wacker and Coach Don Morton.

1971-78: Football Coach Garrison, North Dakota; three conference titles and two second place finishes and state semi-finalists.

1967-71: A scholarship football player at Minot State College, Minot, North Dakota; Captain of national ranked and semi-final team; three time conference mention; twice most valuable defensive back (linebacker).

Organizing of Philosophy

In attempting to be competitive and keep up with current trends in football from year to year, a coach must evaluate his thoughts on all phases of the game. This article is intended to share some of those thoughts that we, at Little Falls, have worked through.

After the 1983 season, our coaching staff set forth to evaluate our defensive scheme. We felt that we lacked consistency and were not committing ourselves to any particular defensive philosophy. With that in mind, we considered our past experiences, researched current books and articles, and communicated with other coaches. After several meetings in which we shared information, we formulated a defensive philosophy. That philosophy was to play a total team concept defense, being consistent and under control, but still allowing the players to fly about the field creating plays. We wanted to teach techniques and assignments that the players could readily learn and become proficient at accomplishing. While the players are readily learning to have success at the assigned techniques, we also want them to understand the importance of their role in the team concept. Each player must understand that he is and has an important part of the whole scheme in the team orientated concept of our defense.

The end result of this process was a moving, slanting, odd front defense; designed to control the football from sideline to sideline. This would force the offense into a game of second and third downs with 6 plus yards to gain. These kinds of offensive situations become more predictable from the defensive viewpoint.

The basic alignment is a 5 - 2 with a strong safety, that has more linebacker traits than secondary traits. We tried to identify player traits to particular posi-

tions and then label those positions. Each team scheme is based on the movements that are identified to the defensive front. We have five basic techniques that incorporate any number of combinations for movement. These techniques are identified by number and read as (1) head-up read, (2) head-up gap call charge, (3) gap call alignment-gap charge, (4) head-up slant, and (5) head-up loop.

Techniques

The (1) technique is a head-up alignment in which the defensive lineman reads and reacts to the movement of the offensive blocker. We teach the tackles to read the blocker directly across the line of scrimmage and also be aware for the blockers adjacent men. This will aid the tackle in recognizing the double team and fold blocks. If we can recognize blocking schemes quickly it will help us to defeat them. If the offensive tackle seals or closes down the line of scrimmage, we teach our tackles to collision the near hip, then close inside and find the ball. If the blocker attacks, we teach our tackles to hit and grab up and under the shoulders of the blocker, then react to the



Action Little Falls VS Willmar. LF-32, Wilmar-7.
"Defense is the key".

adjacent blockers. We always want the tackles to maintain their position then react and find the ball. The noseguard has a more difficult read because of the possible double team from either guard. We teach the noseguard to neutralize the center then react to the pressure of either guard. The noseguard cannot be in a (1) technique very often if he is unable to control the center. The noseguard is the key lineman in our defensive scheme; if he is unable to control the center it forces our defense to do much more slanting and looping.

The (2) technique is a gap charge. This is a head-up alignment in which a linebacker call will determine the direction of the charge. We teach the linemen to take a short lead step in the direction of the charge then bring the outside forearm across the face of the blocker. Quickness is the key for the execution of the (2) technique. We want to get to the gap, penetrate one yard, and find the ball. This is a good technique against teams that pull blockers; we teach our

players to follow or pick-off pulling blockers. This is also a good pass rush technique if the linemen are taught the proper pass rush lanes.

The (3) technique involves a gap alignment and a quick one yard penetration. The direction of the gap alignment is called by a linebacker and is predetermined by the offensive set. Because our defensive scheme involves fast flow linebackers, we use this technique in an attempt to occupy two blockers on certain situations. This technique is also good in our goal-line, short-yardage defensive schemes.

One of our most frequently used techniques is the (4) technique. This is a head-up alignment and slant on the snap of the ball. Our slant involves a quick, aggressive lead step in the direction of the call made by the linebacker. The landmark for the slant tackle is



Action Little Falls VS Minneapolis Southwest
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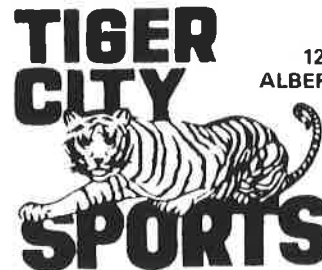
the near shoulder of the blocker in the path of the slant. We teach the slant man to read that blocker he is slanting toward. If the blocker would pull the slant tackle will follow, using different methods depending on the direction of the pull. If the blocker scoops to a linebacker the slant man would knock him off course, then find the ball. If the blocker folds we teach attack the blocker and neutralize the point of attack. These are just some of the reads we incorporate with our slant technique. This technique has been very positive in our defensive scheme versus the run.

When using the (4) technique, we most often coordinate the (5) technique to the weak side of the formation. This is an outside shade alignment that involves a loop maneuver. This loop step is a lateral outside

step to collision the inside shoulder of the tight end. The loop tackle has the responsibility of off-tackle and outside. If the tight end would double team to our loop tackle, we want to play across his face to establish position. The loop tackle would also be responsible for outside pass rush. Obviously, our defensive end play would be dependent on the technique of the tackle. Our linebacker and secondary scheme is also directly dependent on the defensive front scheme.

Since initiating this defensive scheme our teams have won 21 of 30 games over the past three seasons. Our defense has allowed an average of 6.9 points per game during that time. We firmly believe that evaluating and then coordinating thoughts can lead to what we call "A Harmonious Defensive Euphoria".

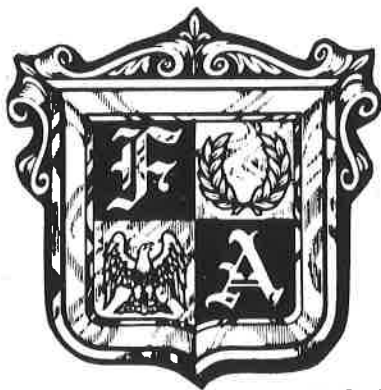
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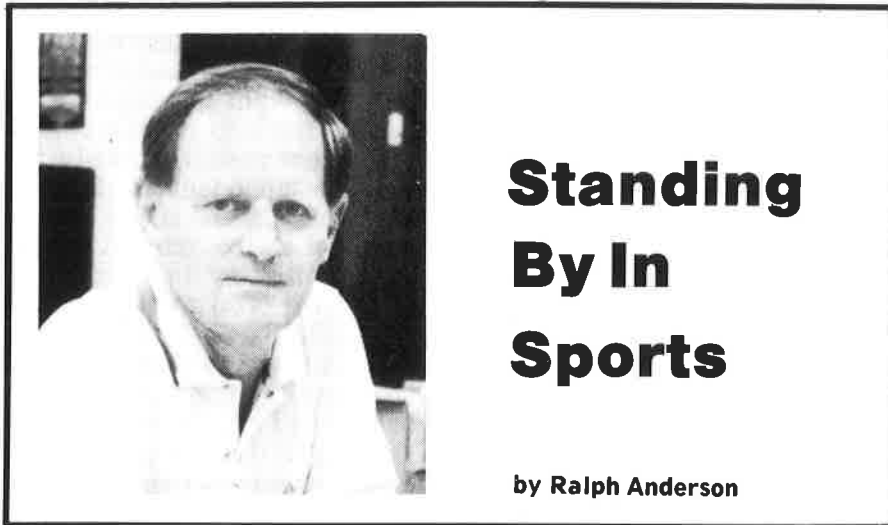
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Standing By In Sports

by Ralph Anderson

WHAT DO football ratings mean?

Coaches, for instance, are the first to say that ratings are, in most cases, merely a popularity contest and that the team that is ranked No. 1 in a particular week is highly susceptible to losing its next outing.

A case in point would be Minnesota high school grid circles in 1985.

The final Associated Press rating listed the top teams in the five classes as Stillwater (Class AA), Hutchinson (Class A), Granite Falls (Class B), LeRoy-Ostrander (Class C) and Silver Lake (Class Nine-Man).

Not one of those schools won a championship. Furthermore, none of the five even reached the title game of their particular division played at the Hubert H. Humphrey Metrodome in Minneapolis during Prep Bowl IV on Nov. 23, 1985!

Championship game results at Prep Bowl IV were as follows:

Class AA—Burnsville over Apple Valley, 27-21.

Class A—New Prague over Mora, 16-12.

Class B—Jackson over Mahnommen, 26-20.

Class C—Glyndon-Felton over Zumbrota, 38-14.

Class Nine Man—Westbrook over Norman County West, 45-18.

In the final Associated Press last fall, Burnsville was ranked 10th, New Prague was an also-ran, Jackson was rated fourth, Glyndon-Felton was ranked third and Westbrook was pegged as second.

For three of the 10 schools that made it all the way to Prep Bowl IV, it was a repeat trip.

Burnsville lost (36-33) to Stillwater in the 1984 Class AA title clash, Glyndon-Felton fell to Harmony (20-14) in the final game of Class C in 1984, while Norman County West captured the 1984 Class Nine-Man crown by defeating Silver Lake 37-20.

For the fourth successive time, the final game of the day (the Class AA matchup) provided Prep Bowl fans with loads of excitement.

Burnsville, which entered the game with a 10-3 record compared to Apple Valley's 12-0 mark, was led

to victory by quarterback Matt Larson, who passed for a pair of touchdowns and a Prep Bowl record of 250 yards in the win over previously-undefeated Apple Valley.

New Prague's victory in the Class A final was perhaps the most electrifying of the day. Trailing 12-9 in the final minute, New Prague claimed the victory when Brad Biehn returned a punt 74 yards for a touchdown with 53 seconds left.

Jackson lost five fumbles in its Class B championship game with Mahnommen and that game was still in doubt before Jackson intercepted a Mahnommen pass in the last minute.

Glyndon-Felton, which fell to Harmony in the 1984 Prep Bowl Class C battle, exploded to score 18 points in the second period and led 26-7 at the half as it claimed the school's first-ever championship. Runningback Tom Moll of the winning Buffaloes set a Prep Bowl rushing mark of 170 yards and scored two touchdowns, while quarterback Wayne LePard completed 10 of 16 passes, one good for a TD.

Trailing 6-0 at the quarter, Westbrook put 20 points on the board in the second period and 16 more in the third as it spoiled Norman County West's hopes for two straight Class Nine-Man state championships. The 45 points scored is the most-ever by one team in Prep Bowl history.

Total attendance at Prep Bowl IV was about 35,000, according to Larry Larson, public relations director for the sponsoring Minnesota State High School League (MSHSL).

MAHNOMMEN, coached by Ken Baumann, has to have one of the state's finest records in football overtime contests.

Overtime became part of the MSHSL grid picture starting with the 1973 season and Coach Baumann's Indians are a perfect 6-0 in extra-period contests in the 13 seasons OT has been played.

Two of the Indians' six overtime victories came during the 1985 season, both against foes in the Heart O'Lakes Conference. Mahnommen defeated Bar-

nesville 6-3 during regular-season play and then turned back Frazee 28-22 in sectional playoff action.

Previous Mahnomen overtime game results were as follows:

1973—Defeated Henning (22-20); 1974—Defeated Ada (6-0); 1977—Defeated Waubun (22-20); 1978—Defeated Fertile (13-7).

THIRTY-FOUR Minnesota high schools will have new head football coaches in the fall of 1986, reports Larry Larson of the MSHSL.

Among the new head mentors are two longtime assistant grid coaches in the Twin Cities area. They are Bob Anderson, who served as an assistant for 14 years at Minneapolis Roosevelt, where he replaces Norm Johnson, and Don Moore at Robbinsdale Armstrong, where he succeeds the resigning Tom Loechler.

Three of the six schools in the Mid-State Conference will have new head grid coaches this fall. The new mentors are Mark Mehr at Aitkin, Joe Dragich at Crosby-Ironton and Fred Palloch at Wadena.

Mehr, who was an outstanding gridder at Holdingford High School and the University of Minnesota-Morris (UMM), replaces Lee Alto at Aitkin. Alto, a member of the Aitkin staff for 17 years and head football coach for seven years, has moved to Grand Rapids, where he becomes speech and debate director. He said he hopes to do some junior high coaching and scouting at Grand Rapids in order to keep in touch with football.

A member of the Aitkin staff the past two years, Mehr has been the school's ninth-grade grid mentor. He is a brother of Dale Mehr, who rewrote all UMM and most Northern Intercollegiate Conference (NIC) passing records during a four-year career at the school.

Dragich, a graduate of South St. Paul High School, went on to earn his degree at the College of St. Thomas in St. Paul, where he was named to the Minnesota Intercollegiate Athletic Conference (MIAC) all-star football team as a guard.

Following college graduation, he has been a long-term substitute at South St. Paul and has served as an assistant football coach at the school under Dave Glazier.

The Crosby-Ironton School Board had offered the

head grid coaching position to Del Elston, the highly-successful coach at Harmony, and Elston agreed to take the job before asking to be released. He will remain at Harmony. Elston's Harmony team won the 1984 Minnesota High School Class C football championship.

Palloch, who moves up from the assistant's ranks to become head coach at Wadena, succeeds Scott Vettleson, who moves to Litchfield, where he replaces Joe Langemo.

Wadena has had a number of football coaching changes since John Conzemius ended a highly-successful 31-year career as the Indians' head mentor in 1981.

Roger Day served one season (1982) before accepting an overseas teaching position, Dennis Barry was head coach for two years (1983-84) and Vettleson served last fall before resigning to accept the Litchfield job.

BOB WILKOWSKI, who served 15 seasons as head football coach at Perham High School, resigned following the 1985 campaign, although he will remain on the Perham staff as the school's athletic director.

A graduate of Perham High School and the University of Minnesota-Duluth (UMD), Wilkowski was an outstanding athlete as a prepster and as a collegian and resigned with "a lot of great memories" as a high school coach.

Perham High School's 1982 football team compiled a perfect 9-0 regular-season record, captured the Heart O'Lakes Conference championship and notched the school's first perfect regular-season record in 32 years.


A former Perham assistant - Fred Sailer - has been appointed to succeed Wilkowski and, like Wilkowski, Sailer also is a Perham High School graduate.

In addition to serving as the school's head football coach, Sailer also is the Perham community education director.

It is Sailer's hope that Perham "will be able to get things going at quarterback at all levels" of the system this fall.

That statement is made in reference to the fact that three all-state high school quarterbacks will be on the Perham coaching staff. They are Tom Stackpool, an all-state signal-caller at Glenwood; Wayne Caughey,

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an all-state quarterback at Brainerd, and Tony Thiel, an all-state QB at Battle Lake.

Perham, which had been classified Class A in the MSHSL football playoff system, will be in Class B beginning this fall.

A FORMER head football coach at Ada High School has been named the head grid mentor at the North Dakota State School of Science (NDSSS) in Wahpeton, N.D.

He is John L. Richman, who served two years as offensive line coach for the University of North Dakota (UND) football team before moving to NDSSS.

Richman, who played the grid sport at NDSSS and at Moorhead State University, succeeds Bob Sundbergh, who becomes head grid coach at Minot (N.D.) High School.

Before joining the UND staff, Richman was on the Moorhead State staff as an assistant football coach for four years and was head grid mentor and athletic director at Ada for three seasons.

THE PERHAM High School Gymnasium was officially named the Larry Hauer Gymnasium in a ceremony held Tuesday, Dec. 17, 1985.

Hauer, who retired from the Perham staff after the 1984-85 school year, served many years as head football coach, assistant basketball coach and bookkeeping instructor at Perham.

RUSS HENEGAR, who is an assistant on the Moorhead High School football coaching staff, received additional duties at the school in March when he was appointed as head boys' track coach of the Spuds.

Henegar, a graduate of Bismarck (N.D.) High School, attended Bismarck Junior College and then earned his bachelor's degree at Moorhead State University. He lettered in football and track at all three schools.

Before joining the Moorhead staff at the start of the 1985-86 school year, Henegar had been head football coach at Lincoln High School at Thief River Falls. He previously coached at LaMoure (N.D.) High School and Webster (S.D.) High School.

BILL FINN, who served 30 years on the Motley High School staff, retired at the close of the 1985-86 school year.

A three-sport letter winner at Staples High School and Moorhead State, Finn served two years with the U.S. Army before taking his first teaching job (at Fort Ransom, N.D.) and, after years at Fort Ransom, joined the Motley staff.

During his 30-year career at Motley, Finn served as athletic director, was head coach in football and baseball and an assistant in basketball.

Finn's 1972 Motley High School football team placed fourth in the MSHSL Class Nine-Man playoff and he also was honored by being named a District 24 Coach of the Year.

In addition to his coaching duties, Finn was a key figure in the development of the football and baseball fields behind the high school in 1960. The Motley School Board has voted to name the school athletic complex after Finn.

Concerning that decision, Finn stated: "I go back to Moorhead State and a lot of my former teachers are buildings."

PHILLIP MEYER, who has served nine seasons as head football coach and eight years as athletic director at East Grand Forks Sacred Heart High School, has been appointed the school's principal starting with the 1986-87 year.

The 35-year-old Meyer, a native of Grand Forks, N.D., earned his bachelor's degree at North Dakota State University in Fargo (where he also played football) and coached and taught from 1973-77 at Gary High School before joining the Sacred Heart staff.

Following Meyer's appointment as principal at EGF Sacred Heart, he has resigned the head football coaching job and will be replaced by 22-year-old Steve Emerson, a 1986 graduate of Concordia College in Moorhead.

Emerson, a Moorhead High School graduate, was an all-state nose guard as a prepster and competed in football and wrestling for four years at Concordia. He was the Cobbers' football captain as a senior.

AFTER SERVING 20 years as head football coach at Pillager High School, Mike Greer has resigned those duties, although he will remain on the Pillager staff as athletic director, girls' softball coach and an instructor in history and psychology.

Greer cited player attitudes and the evolution of the game of football as reasons for his resignation.

During his grid coaching career, Pillager High School captured six Longbow Conference and Heartland Six Conference championships and finished runner-up three other times.

KEN ZAKRAJSEK resigned as head football coach after serving 22 seasons following the 1985 season at Hibbing High School and Murray Anderson has been appointed as his successor.

In turning in his resignation, Zakrajsek pointed out that the school's equipment budget was less at present than it was in 1978, that the Hibbing facilities were deplorable and that it was impossible to build a staff from within the district's faculty.

Supt. Gary Norris of the Hibbing school pointed out that a \$7.4 million recreation plan would be used in part to build new grid facilities and replace old lockerrooms.

COOPERATIVE sponsorship of activities, allowed the last several years by the MSHSL, has resulted in new names for Minnesota High School teams.

In recent years, the state has been introduced to such team names as ALPHA and Midwest Minnesota, just to cite a couple.

With the start of the 1986-87 school year, there will

be such others as Kittson County North, Win-E-Mac (which encompasses Winger, Erskine and McIntosh), West Central High (Elbow Lake, Wendell and Barrett) and Roseville (which represents Alexander Ramsey and Kellogg).

FOR THE FIRST time, an entire team has been named for induction into the St. Cloud State University Athletic Hall of Fame.

The 1933 St. Cloud State football team, the only unbeaten grid team in school history, will be inducted in ceremonies set for Saturday, Sept. 27.

Several members of that 1933 team went on to gain prominence in high school football coaching and officiating circles.

Members of the team were Gene Rengel, Bernard Bjork, Larry Rieder, Mac Doane, John Kuffel, Carlyle Ehri, Frank Brimsek, Ray Wittmayer, Irv Apmann, John Rengel, Art Kurtzman, Les Alden, Louis Hansen, Bud Miller, W. Sanford, Cliff Harsh, Lawrence Fleming, Ken Smith, Walt DePaul, Ray Schrom, Wilferd Gjertson, Russ Spurrier, Ralph Litchy, Lloyd Bredin, Paul Donaldson, Richard Donaldson, Don Martin, Don Talbert, Wilho Kosonen, Tom Bukvich, John Curran and John Hardy.

George Lynch, Ed Colletti and Cliff Bemis were coaches of the club.

STAPLES High School's Cardinals finished 5-0 to win the Mid-State Conference football championship in the fall of 1985 and that marked the first conference grid title for the school since the fall of 1963 when the Cardinals won the championship when coached by Mike Lempe.

The key victory for Coach Tom Honek's Cardinals came in the seventh week of the season when Staples rallied from a 12-7 deficit to defeat Park Rapids 14-12 when Chad Walthall and Charlie Corbett hooked up on a 57-yard scoring pass in the final period. Park Rapids had won outright Mid-State Conference championships in 1983 and 1984 and had reached the MSHSL Class A title game before losing to Hutchinson in 1983.

Following the victory over Park Rapids, Staples closed its conference schedule with a 28-12 victory over Detroit Lakes in its last pre-playoff start.

The leading individual scorer in the Mid-State circuit during the season was senior tailback Mark Leslie of Detroit Lakes, who scored 90 points on 14 touchdowns and six extra points. Leslie rushed for over 100 yards in all eight Detroit Lakes regular-season starts in the fall of 1985.

RON GOETZ, a Waconia High School graduate who is headed for the University of Minnesota to play collegiate football, led the Outstate team to a 21-20 victory over the Metro team in the Minnesota High School All-Star Football Game played at Parade Stadium in Minneapolis on Saturday, Aug. 2.

Goetz, who was named the offensive player of the game, ran for one touchdown and took a pass from quarterback Dale Gessell for another in the Outstate

victory.

The final Outstate tally came on a 1-yard run by Goetz with only 25 seconds to play and that capped an 80-yard drive that consumed 17 plays and took six-and-a-half minutes off the clock. Goetz gained 54 yards on the concluding Outstate march.

The win was the second straight for the Outstate squad.

JOHN CONZEMIUS, who coached football for 31 years at Wadena High School before resigning from the position after the 1981 season, retired from the Wadena staff at the close of the 1985-86 school year.

While retiring as a staff member, however, he will continue to be secretary of the District 24 committee and also will be secretary of the Section Eight-Class A football organization.

A graduate of Breckenridge High School and Moorhead State University, Conzemius directed Wadena teams to an overall 145-118 record in 31 seasons. His clubs won three Mid-State Conference championships, finished undefeated one year and Conzemius was honored several times as District 24 and Region Six Football Coach of the Year.

In addition to being active in football, he also served many years as Wadena's director of athletics, was the school's head track mentor and for many years was one of the state's top basketball officials.

Also retiring from the Wadena staff at the close of the 1985-86 school year was Bill Larson, who served many years as an assistant football coach under Conzemius.

Larson, who was on the Wadena staff for 36 years, is a graduate of St. Cloud Tech High School and earned his bachelor's degree at St. Cloud State, where he played football for three years and was captain of the team as a senior.

AL HOLMES, who coached football at Frazee and Battle Lake high schools, has been named the new head football and head baseball coach at Brainerd Community College, succeeding Al Kilgore.

Until joining the Brainerd staff, Holmes had been at Mayville (N.D.) State College for eight years, where he had been head coach in football and wrestling.



Tom
Honek



John
Conzemius



Al
Holmes

North Suburban Conference Section 4 AA

by Dave Nelson
Conference Representative

The 1985 football season featured many exciting moments and thrills to North Suburban football fans. The tough North Suburban proved again to be a very well balanced league. The Anoka Tornadoes, behind an explosive offense and a rugged defense, finished with an impressive 9-0 record and the conference championship. Joining Anoka in the Section 4AA playoffs was second place finisher Irondale which ended the season with an outstanding 7-2 record. Also qualifying for playoff berths were Fridley in Section V and Kellogg in Section III.

Leading the conference in both offensive and defensive statistics was Anoka. The Tornadoes yielded just 48 points on the way to an unbeaten season while scoring 266 points. Irondale and Kellogg were second in scoring defense yielding just 86 points each. Irondale was the next highest scoring team in the league amassing 185 points while Forest Lake scored 183 points. Coon Rapids led the conference in yards rushing with 1,921, followed by Irondale with 1,744 and Blaine with 1,739. Anoka, behind All-State quarterback Tod Hartje, amassed 1,472 yards through the air. Forest Lake also showed a strong passing attack accumulating 1,164 yards.

1985 was also a year of many great individual performances. Anoka's quarterback Tod Hartje had an outstanding season throwing for 1,472 yards and 16 TD passes. Hartje, voted the North Suburban's most valuable player, completed 96 of 176 passes and proved to be a threat anytime he touched the ball. Cory Solberg of Spring Lake Park earned All-State honors as a kicker averaging 56 yards each kickoff and 41.6

yards punting. Todd Fultz of Forest Lake lead the league in receiving with 52 catches for 789 yards and boasted a 15 yard average per catch.

A look at 1985's rushing leaders brings bad news for North Suburban Conference coaches in 1986! Junior Matt Anthony led the league in rushing with 1,011 yards. Ben Osmond, also a junior was second with 896 yards. Following Osmond was another junior with Mounds View's Gary Trettel with 866 yards.

Seven North Suburban football players were selected to play in the Annual Minnesota High School All Star football game sponsored by the Human Growth Foundation. The North Suburban contingent is made up of Anoka's Tod Hartje (quarterback), and Joe Peterson (defensive end), Coon Rapid's Brent Drapeau (offensive guard), Forest Lake's Todd Fultz (split end), Mounds View's Matt Johnson (linebacker), Fridley's Trent VanHulzen (defensive end), and Elk River's Greg Paffel (Elk River).

Four teams from the North Suburban Conference entered into Section Playoffs at the end of the season. Anoka won its opening round game over a tough Osseo team but was upended the following week by Section Champion Park Center. Park Center had eliminated Irondale the previous week. Fridley defeated Edison in the first round of Section V play but lost the following week to Minneapolis Roosevelt. Kellogg, a Section III participant, lost a heartbreaking game to Cretin of the St. Paul City Conference. Congratulations to DeWayne Johnson, his staff and players for Anoka's outstanding achievement in 1985.



Senior Shawn Hise is the first Bengal "in on the play" to stop Spring Lake Park's Tom Peters.

YEAR ROUND CONSIDERATIONS FOR HIGH SCHOOL QUARTERBACKS

Paul L. Miller
Head Football Coach
Apple Valley High School

In every offensive system whether it is the Veer, the Wing T or a Pro Style Passing Attack the quarterback position will be a key element. The play of the individual operating at quarterback will be instrumental in your team being successful or failing to achieve the type of success you desire.

With the extreme importance of this position it is crucial that you lay out a specific plan to develop the athletes at this position to their greatest potential.

The first step in this plan is the selection of the type of person you want to line up at the position. According to Larry Beckish (University of Minnesota), there are four crucial concerns in respect to the personality of athletes you are considering as quarterback prospects.¹ They are as follows:

1. Mental and physical toughness is essential. It is more important than athletic ability.
2. Quarterbacks must be leaders. They must be willing to prepare mentally and physically.
3. The demands necessitate the type of person who has great concern for detail. (faking, steps, etc.)
4. They must be the type of person who is willing to accept the positive and negative things that happen to quarterbacks without allowing them to affect their performance.

In this process of determining quarterback prospects it should be clearly communicated to these athletes the "expectations" you will have of them. At the University of Minnesota eight things are asked of quarterbacks according to Beckish². They are:

1. Sound fundamentals.
2. Be a student of the game (Defensive Recognition).
3. Pre-Snap Read.
4. Understand each play - (what are we trying to accomplish).
5. Respond to field pressures.
6. Concentrate for extended periods of time.
7. Be a good medium range passer.
8. Courage - Determination - Confidence.

The off-season development of the quarterback is the difference often times between achieving success and falling short of a desired outcome. Therefore, it is very important that athletes follow a structured off-season program in order to maximize their potential.

There are 2 major goals of an off-season quarterback program.

1. Physical Development.
2. Skill Development.

In regards to physical development, my research indicates that beyond obviously aiming to increase

overall strength, speed, and agility, major college coaches are specifically concerned about developing foot work. Floyd Keith³, the quarterback coach at Indiana University, believes the following drills should be included in an off-season program.

a) Rope Jumping - Helps coordination and footwork - qb should keep track of the number and build up to 179-200 reps in 1 minute.

b) Quick-Feet Drills

1. Ready - Ready (12 seconds)
2. Forward (10 yards)
3. Backwards (10 yards)
4. Right (10 yards)
5. Left (10 yards)

c) *Set Drills (10 x each right and left)

1. Quick Passes
2. Semi-Sprint
3. Play-Action

*Include each type of pass in your package.

A second specific development area for quarterbacks would be arm strength.

"All coaches are looking for that quarterback who can throw the ball long and short, get the ball off quick, throw hard as well as with touch, and throw on the run as well as off balance."⁴

My research came across a very unique program⁵ utilized by the Winnipeg Blue Bombers and their former head coach, Ray Jauch. They utilize a program used by Finnish javelin throwers. The goal of the javelin thrower is to gain arm strength, but also and very importantly to develop arm speed. This obviously makes sense in throwing the football. Basically the program they follow is a ten week program in which they throw round weighted balls against a padded wall. (4 lbs., 2½ lbs and 1 lb.) The athlete uses his throwing form and follows regimented time limits with the balls of specified weight.

The quarterbacks start with the heavy weight (4 lb. ball) and gradually will move to the lighter ball, and begin alternating throwing the 1 pound ball with actually throwing a football. The obvious idea is that you build strength with the heavier ball and then move to developing arm speed as you work with the lighter weight ball. (At AVHS we utilize indoor shot-puts drilled out to the desired weights.)

In the area of skill development, you should identify skills that tie in with your offensive package and then design a limited number of drills for your quarterbacks. According to Marc Trestman⁶ if you give them too many drills they may be overwhelmed and not follow through on them.

We ask our quarterbacks to essentially do 2 things:

1. Hand the ball off.
2. Throw the football (Sprint-Bootleg)

Therefore, we at Apple Valley should focus on developing throwing skills. Following Trestman's ideas we should develop off-season skill programs that includes several throwing drills. The throwing drills should either focus on base throwing mechanics or involve the foot patterns (sprint-bootleg) with the throw.

The next area of concern is developing a plan within your practice schedule to maximize the amount of time the quarterback works on skills related to his performance. There are a couple of key factors in trying to accomplish this goal.

1. Do not waste time with drills that are not relevant to what the quarterback is asked to do in the context of the offensive package.

2. Use all non-offensive practice time in schedule to work on specific skills of the quarterback role. Example:

- a) Special Team Period (May work 1-2 specific routes with a receiver position.)

- b) Defensive Practice Periods

- 1) Hand-Off Polish Drill with Offensive Backs

- 2) Perimeter Drill

- 3) Read Drill (2 receivers vs key in a specific pattern you run.)

- c) Off the Field

- 1) Handouts - Ex. Defensive Recognition Manual

- 2) Film and Chalkboard Sessions

Final area is constantly stressing the need to work towards "perfection." Something that is crucial in this regards is that the quarterback have confidence in his coach and a big thing to help this relationship is the correction of throwing mechanic errors if necessary by the coach.

Some common errors and corrections according to Mike Martz' formerly of the Gophers and Arizona State Staffs are as follows:

Underthrown Pass: Poor follow through, late release, or making weight transfer at wrong time.

Lateral Inaccuracy: Sidearm delivery.

No Spiral: Wrist twisted on release instead of whipped; keep the wrist locked against the twisted motion.

Throw Across the Body: Not stepping toward target.

Poor Ball Control: Ball carried too low when setting up; could force hitch or wind up.

Consistently Underthrowing: Lengthen your stride.

Consistently Overthrowing: Shorten your stride.

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6. Trestman, Marc. "Developing the Young Quarterback." (University of Miami Spring 1984 Clinic presentation).

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Coach of the Year Award

1966 Bill Severin, Grand Meadow, Region I
 1967 Stan Canakes, Edina, Region V
 1968 Tom Mahoney, Fairmont, Region II
 1969 Jerry Sullivan, Minneapolis Roosevelt, Region V
 1970 Art Hass, Austin, Region I
 1971 Gary Gustafson, North St. Paul, Region IV
 1972 George Larson, Cambridge, Region IV
 1973 George Wemeier, Minneapolis Washburn, Region V
 1974 Dick Lawrence, Eveleth, Region VII
 1975 John Drews, Rochester John Marshall, Region I

1976 Bob Swanson, Mountain Iron, Region VII
 1977 Lyle Eidsness, St. Peter, Region II
 1978 Paul Benson, Granite Falls, Region III
 1979 Jim Simser, New Richland-Hartland, Region I
 1980 Ron Raveling, Columbia Heights, Class AA
 1981 L. E. Drechsel, Crookston, Class A
 1982 Gary Roebuck, Holdingford, Class B
 1983 George Thole, Stillwater, Class AA
 1984 Ron Scott, Coon Rapids, Class AA
 1985 Grady Rostberg, Hutchinson, Class A.
 1986 Norm Johnson, Mpls. Roosevelt, Class AA

Active High School Head Coaches 100 Victory Club

(Entering 1986 Season)

Head Coach & School	Won-Lost-Tied Record	Years Head Coach
1. Tom Mahoney, Fairmont	228-80-8	35
2. John Hansen, Osseo	213-84-13	34
3. George Smith, Mahtomedi	209-97-11	36
4. George Larson, Cambridge	202-48-6	28
5. Stav Canakes, Edina	181-51-1	24
6. Ken Mauer, St. Paul Harding	180-77-0	29
7. Les Drechsel, Crookston	176-73-7	29
8. Bob Youso, Moose Lake/Willow River	172-68-3	27
9. Andy Nelson, Lake Benton/Verdi	171-84-2	31
10. Ron Raveling, Columbia Heights	166-111-3	28
11. Billy Beck, Appleton	165-88-2	28
12. George Thole, Stillwater	161-31-2	19
13. Grady Rostberg, Hutchinson	161-57-2	22
14. Bob O'Neill, Fridley	157-104-4	32
15. Pat "Bruno" Walner, Bloomington Jefferson	155-65-3	25
16. Ken Bauman, Mahanomen	150-26-2	17
17. Frank Jaszewski, Preston-Fountain	150-86-6	29
18. Don Stueve, Fergus Falls	147-78-1	25
19. Dick Walker, Richfield	146-53-5	23
20. Ron Stolski, Brainerd	146-80-5	24
21. Tony Thiel, Battle Lake	145-54-1	21
22. Burton "Buz" Rumrill, Silver Lake	145-80-3	24
23. Roy Hokkanen, Cook	143-99-2	34
24. Gerry Brown, St. Thomas Academy	142-21-1	17
25. Bob Peterson, Esko	142-49-2	20
26. Andy McCarty, Park Rapids	140-96-1	26
27. Harold Pierce, Wells-Easton	138-55-1	21
28. Earl DeBates, Stewartville	135-45-2	20
29. Jerry Wallskog, Le Center	134-51-1	20
30. Neal Hoffland, Chokio-Alberta	133-26-2	16
31. Ray Kavanagh, Bemidji	133-84-9	26
32. Chuck Karger, Wabasha-Kellogg	131-58-6	22
33. Jim Simser, New Richland-Hartland	130-45-1	18
34. Jerry Peterson, Owatonna	129-71-2	24
35. Dale Vaughan, Shakopee	128-92-6	25
36. Gerhard Miedt, Minneota	126-52-0	20
37. Dick Hanson, Burnsville	125-39-2	17
38. Bill Bailey, Starbuck	125-66-0	19
39. Bruce Harding, Sandstone/Finlayson/Askov	124-61-2	23
40. David Main, Gaylord/Winthrop	123-34-0	17
41. Ron Scott, Coon Rapids	122-57-0	21
42. Jerry Sonnek, Blackduck	121-54-3	20
43. Don Fox, Austin	120-71-6	21
44. Ron Borchert, Balaton	119-87-0	23
45. Dave Nigon, Totino Grace	117-35-0	15
46. Ralph Pucci, Rochester Mayo	114-76-1	21
47. Terry McLean, Elk River	113-60-2	19
48. Laddie Carda, Chandler-Lake Wilson	113-101-0	25
49. Stuart Nordquist, International Falls	112-60-2	19
50. Ham Nelson, Pine City	112-124-4	27
51. Wayne Beisel, Lewiston-Altura	111-47-1	17
52. Mike Mahlen, Verndale	111-68-2	17
53. Con Natvig, Swanville/Grey Eagle	111-69-2	20
54. John Gross, Medford	109-69-0	20
55. Dick Oliphant, Faribault	109-71-0	20
56. Willie Rauen, Pine Island	109-87-2	22
57. Dean Taylor, Sartell	107-52-0	17
58. Roger Lipelt, Wayzata	107-75-1	21
59. Gary Trimble, Kimball	106-53-0	15
60. Ron Johnson, Gonvick-Trail	103-49-0	17
61. Larry Anderson, Barnesville	103-67-1	18
62. DeWayne Johnson, Anoka	100-56-3	17

COACHES APPROACHING 100-VICTORY CLUB

Gary Gillis, Storden-Jeffers	99-51-1	18
Dale Svaren, Oklee	98-46-1	16
Dave Beadle, Albrook	98-87-3	28
Mal Scanlon, Cretin	96-31-0	13
Stan Olson, LeRoy-Ostrander	96-40-0	14
Clark Bergloff, Mora	95-31-0	13
Dennis Baldus, Watertown-Mayer	95-49-0	15
Don Saarela, Biwabik	95-89-0	25
Dick Strand, Southland (Adams)	94-24-0	13
Kenneth Belanger, Zumbrota	93-85-2	20
Ron Robinson, Springfield/Comfrey	93-105-0	22
John Heller, St. Paul Highland Park	90-72-0	18
David Montgomery, St. Paul Academy	89-56-2	16
Frank Fredlund, St. Peter	88-48-1	15
Roger Goerish, South Central (Kiestler-Walters/Bricelyn)	88-71-1	17
Dave Brokke, Granite Falls	87-26-0	11
Lorry Gunhus, West Concord	87-49-0	15



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1986 FOOTBALL PLAYOFF FORMAT SECTION ASSIGNMENTS

441 Teams Registered

CLASS AA—71 Teams

SECTION I (AA-I) (9)

Albert Lea
Apple Valley
Austin
Faribault
Owatonna
Rochester John Marshall
Rochester Mayo
Rosemount
Winona

SECTION V (AA-V) (9)

Buffalo
Minneapolis Edison
Minneapolis North
Minneapolis Roosevelt
Minneapolis South
Minneapolis Southwest
Minneapolis Washburn
Richfield
St. Louis Park

SECTION II (AA-II) (9)

Hastings
Henry Sibley
North St. Paul
Park (Cottage Grove)
South St. Paul
Stillwater
Tartan
White Bear Lake
Woodbury

SECTION VI (AA-VI) (10)

Bloomington Jefferson
Bloomington Kennedy
Burnsville
Eden Prairie
Edina
Hopkins
Minnetonka
Robbinsdale Armstrong
Robbinsdale Cooper
Wayzata

SECTION III (AA-III) (9)

Cretin
Hill-Murray
Roseville Area
St. Paul Central
St. Paul Como Park
St. Paul Harding
St. Paul Highland Park
St. Paul Johnson
St. Thomas Academy

SECTION VII (AA-VII) (7)

Bemidji
Duluth Central
Duluth Denfeld
Duluth East
Grand Rapids
Hibbing
Moorhead

SECTION IV (AA-IV) (10)

Anoka
Blaine
Columbia Heights
Coon Rapids
Forest Lake
Irondale
Mounds View
Osseo
Park Center
Spring Lake Park
SECTION VIII (AA-VIII) (8)
Alexandria
Brainerd
Elk River
Little Falls
St. Cloud Apollo
St. Cloud Tech.
St. Francis
Willmar

CLASS A — 80 Teams

SECTION I (A-I) (11)

Hayfield/Dodge Center
La Crescent
Lake City
Lakeville
New Prague
Northfield
Prior Lake
Red Wing
Rochester Lourdes
Simley
Stewartville

SECTION V (A-V) (11)

Cambridge
Centennial
Chisago Lakes
Foley
Fridley
Milaca
Mora
North Branch/Taylor's
Falls
Pine City
Princeton
Sauk Rapids

SECTION II (A-II) (10)

Fairmont
Luverne
Mankato East
Mankato West
Marshall
New Ulm
Redwood Falls
St. Peter
Waseca
Worthington

SECTION VI (A-VI) (10)

Albany
Annandale
Benson
Dassel-Cokato
Litchfield
Melrose
Montevideo
Rocori (Cold Spring)
St. Cloud Cathedral
Sauk Centre

SECTION III (A-III) (10)

Benilde-St. Margaret's
Brooklyn Center
De La Salle
Farmington
Holy Angels Academy
Mahtomedi
Minnehaha Academy
St. Bernard's
St. Paul Humboldt
Tortino Grace

SECTION VII (A-VII) (10)

Aurora-Hoyt Lakes
Cloquet
Duluth Cathedral
Eveleth-Gilbert
Greenway (Coleraine)
Hermantown
International Falls
Proctor
Two Harbors
Virginia

SECTION IV (A-IV) (10)

Chaska
Delano
Glencoe
Hutchinson
Minneapolis Patrick Henry
Monticello
Mound-Westonka
Orono
Shakopee
Waconia

SECTION VIII (A-VIII) (8)

Crookston
Detroit Lakes
East Grand Forks
Fergus Falls
Park Rapids
Staples
Thief River Falls
Wadena

CLASS B — 101 Teams

SECTION I (B-1) (15)

Bloomington Prairie
Byron
Caledonia
Cannon Falls
Chosen Valley (Chatfield)
Kasson-Mantorville
Kenyon/Wanamingo
Lewiston
Pine Island
Plainview
St. Charles
Southland (Adams)
Spring Valley/Wykoff
Wabasha-Kellogg
Zumbrota/Mazeppa

SECTION II (B-II) (14)

Blue Earth
Fairfax/Gibbon
Gaylord/Winthrop
Jackson
Mankato Loyola
Mapleton/Amboy-Good
Thunder
Pipestone
St. James
Slayton
Springfield/Comfrey
Tracy/Milroy
Waterville-Elysian
Wells-Easton
Windom

SECTION III (B-III) (16)

Archbishop Brady
Arlington-Green Isle/
Henderson
Belle Plaine
Blake
Breck
Concordia Academy
Jordan
Le Center
LeSueur
Mayer Lutheran
Minneapolis Lutheran
Montgomery-Lonsdale
Norwood-Young America
St. Agnes
St. Anthony Village
St. Paul Academy

SECTION IV (B-IV) (10)

Atwater-Grove City
Bird Island-Lake
Lillian/Danube
Canby
Glenwood
Granite Falls
Morris
New London-Spicer
Olivia
Ortonville
Osakis/Villard

SECTION V (B-V) (14)

Becker
Big Lake
Braham
Eden Valley-Watkins
Howard Lake-Waverly
Kimball
Maple Lake
Paynesville
Rockford
Rush City
St. John's Prep
St. Michael-Albertville
Sartell
Watertown-Mayer

SECTION VI (B-VI) (10)

Aitkin
Crosby-Ironton
Deer River
Holdingford
Long Prairie
Pequot Lakes
Pierz
Pine River
Sebeka
Swanville/Grey Eagle

SECTION VII (B-VII) (11)

Babbitt
Carlton
Chisholm
Ely
Esko
Hinckley
Moose Lake/Willow River
Mountain Iron-Buhl
Nashwauk-Keewatin
Sandstone/
Finlayson/Askov
Silver Bay

SECTION VIII (B-VIII) (11)

Bagley
Barnesville
Blackduck
Breckenridge
Fosston
Frazee
Mahnomon
Pelican Rapids
Perham
Roseau
Walker-Hackensack

CLASS C — 99 Teams**SECTION I (C-I) (13)**

Austin Pacelli
Dover-Eyota
Grand Meadow
Harmony
Houston
Lanesboro
LeRoy-Ostrander
Mabel-Canton
Peterson
Preston-Fountain
Rushford
Spring Grove
Winona Cotter

SECTION II (C-II) (9)

Bethlehem Academy
(Faribault)
Claremont
Elgin-Millville
Goodhue
Medford
MN State Academy for the
Deaf
Morristown
Randolph
Shattuck-St. Mary's

SECTION III (C-III) (10)

Cleveland
Ellendale-Geneva
Glenville
Janesville
Lake Crystal
Minnesota Lake/Delavan
New Richland-Hartland
St. Clair
Wellcome Memorial
(Garden City)
West Concord

SECTION IV (C-IV) (14)

Adrian
Cedar Mountain (Morgan-
Franklin)
Fulda
Lakefield
Madelia
MN Valley Lutheran
(New Ulm)
Mountain Lake
New Ulm Cathedral
Sanborn-Lamberton
Sherburn
Sleepy Eye Public
Sleepy Eye St. Mary's
Truman
Wabasso

SECTION V (C-V) (11)

Appleton
Clarkfield
Dawson-Boyd
Echo-Wood Lake/Belview
Kerkhoven-Murdock-
Sunburg
Madison
Midwest Minn. (Clara City
/Maynard)
Minneota
Renville-Sacred Heart
Russell-Tyler
Wheaton

SECTION VI (C-VI) (14)

Battle Lake
Belgrade
Bertha-Hewitt
Brandon/Evansville
Brooten
Browerville
Clarissa
Henning/Deer Creek
Motley
New York Mills
Parkers Prairie
Royalton
Upsala
West Central (Elbow
Lake-Wendell-
Barrett)

SECTION VII (C-VII) (13)

Barnum
Biwabik
Cherry (Iron)
Cook
Floodwood/Cromwell
Grand Marais
Isle
Kelliher/Northome
McGregor
Northland (Remer)
Ogilvie
Onamia
St. Croix Lutheran

SECTION VIII (C-VIII) (15)

Ada/Borup
Cass Lake
Dilworth
East Grand Forks Sacred
Heart
Fertile-Beltrami
Glyndon-Felton
Hawley
Lake of the Woods
(Baudette)
Menagha
Oslo/Alvarado
Red Lake Falls
Warren
Warroad
Waubun
Win-E-Mac(McIntosh-
Winger-Erskine)

CLASS NINE-MAN — 90 Teams**SECTION I (9-1) (13)**

Alden-Conger
Butterfield-Odin
Ceylon
Elmore
Emmons
Freeborn
Granada-Huntley/
East Chain
Lyle
South Central (Bricelyn/
Kiester-Walters)
Trimont
Waldorf-Pemberton
Welcome
Winnebago

SECTION II (9-II) (14)

Balaton
Chandler-Lake Wilson
Edgerton
Ellsworth
Hendricks
Heron Lake-Okabena
Hills-Beaver Creek
Ivanhoe
Jasper
Lake Benton/Verdi
Ruthton
Sioux Valley-Round Lake/
Brewster
Storden-Jeffers
Westbrook

SECTION III (9-III) (12)

Brownton
Buffalo Lake
Cosmos
Cottonwood
Hector
Lester Prairie
Nicollet
Raymond
Silver Lake
Stewart
Walnut Grove
Winsted Holy Trinity

SECTION IV (9-IV) (11)

Ashby
Bellingham/Marietta-
Nassau
Beardsley-Browns Valley
Campbell-Tintah
Chokio-Alberta
Clinton-Graceville
Hancock/Cyrus
Herman
Hoffman-Kensington
Milan
Starbuck

SECTION V (9-V) (11)

Akeley/Laporte
 Audubon
 Backus
 Eagle Bend
 Hillcrest Lutheran
 (Fergus Falls)
 Lake Park
 Nevis
 Pillager
 Rothsay
 Underwood
 Verndale

SECTION VI (9-VI) (10)

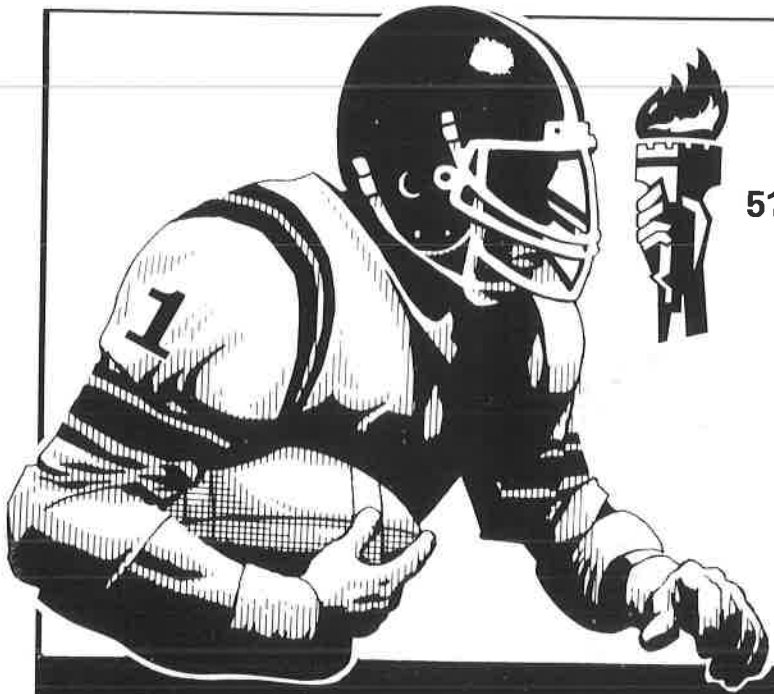
Clearbrook
 Fisher/Climax
 Gary
 Gonvick-Trail
 Norman County West
 (Halstad)
 Oklee
 Plummer
 Red Lake
 Twin Valley
 Ulen Hitterdal

SECTION VII (9-VII) (9)

Albrook
 Bigfork
 Cotton
 Hill City
 Littlefork-Big Falls
 Orr
 Toivola-Meadowlands
 Tower-Soudan
 Wrenshall

SECTION VIII (9-VIII) (10)

Argyle
 Badger
 Goodridge/Grygla
 Hallock
 Kennedy
 Kittson Co. N. (Lancaster/
 Humboldt-St. Vincent)
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Hard working - beyond measure.

Integrity in dealing with athletes and especially high school coaches.

Particularly competent in his coaching specialty - defensive ends.

Unique ability to relate to and be supportive of the athlete - their love for Butch is virtually legendary.

Lastly, the many many years of dedicated service to his university.

It is these much admired qualities that have

motivated the Minnesota High School Football Coaches Association to institute an annual award to be given to those high school assistant coaches who approach the greatness of Butch Nash.

The requirements for selection as a recipient of the Butch Nash award are:

1) An active assistant football coach at the high school level.

2) Although not strictly limited to varsity level coaches, the Executive Committee set a requirement of being an assistant who is a "front liner" - in the limelight, under the gun, recipient of praise or criticism approaching the level of that endured by the head coach.

3) Certainly, a few younger coaches can meet these requirements, BUT in all candor, years of service to a program will influence the selection committee's choices.

The recipients of the Butch Nash award for 1985-86 are:

1. Ron Juell - Albany
2. John Dunbar - Zumbrota
3. Arv Soma - Fairmont
4. Bernie Wesloh - Brooklyn Center
5. Larry Junkermeier - White Bear Lake
6. Paul Gasner - Totino Grace

*Head coaches are urged to nominate outstanding assistant coaches for future consideration by the selection committee.



Bernie Wesloh - Brooklyn Center



John Dunbar (left), Ken Belanger - Class C



Paul Gasner - Totino Grace



Ron Juell - Albany



Arv Soma - Fairmont



Larry Junkermeier - White Bear Lake

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STATE FOOTBALL PLAYOFF CHAMPIONSHIP GAMES (1972-1985)

1972				1978			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Mpls. Washburn	Moorhead	26-6	AA	Edina West	Fridley	21-0
A	Burnsville	Sauk Centre	46-19	A	Fridley Grace	Apple Valley	17-14
B	Mountain Iron	Dassel-Cokato	54-6	B	New Richland-Hartland	Barnesville	48-8
C	Gaylord	Preston	26-6	C	Alden-Conger	Battle Lake	15-14
9-Man	Rothsay	Cotton	64-12	9-Man	Hoffman	Albrook	44-28
1973				1979			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Rochester John Marshall	St. Paul Harding	25-0	AA	Columbia Heights	Richfield	8-3
A	Eveleth	Willmar	28-18	A	Rochester Lourdes	Apple Valley	22-6
B	New Prague	Appleton	13-7	B	Gaylord	Mahnomen	15-6
C	Gaylord	Holdingsford	29-6	C	Bird Island-Lake Lillian	Harmony	34-6
9-Man	Lake Benton	Brandon	50-12	9-Man	Russell	Toivola-Meadowlands	17-14
1974				1980			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Rochester John Marshall	Bloomington Jefferson	41-19	AA	Burnsville	Cambridge	23-6
A	Alexandria	Chaska	26-7	A	Crookston	Pipestone	32-6
B	New Prague	Caledonia	41-12	B	Mahnomen	Austin Pacelli	34-0
C	Battle Lake	Bird Island	34-26 (2 ot)	C	Bird Island-Lake Lillian	Mountain Lake	20-7
9-Man	Lake Benton	Fisher	36-6	9-Man	Hoffman-Kensington	Toivola-Meadowlands	18-14
1975				1981			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Stillwater	Richfield	20-17	AA	Rosemount	Moorhead	40-14
A	St. Thomas Academy	St. Peter	21-14	A	St. Peter	Hermantown	18-14
B	Gaylord	Onamia	14-13	B	Holdingsford	Pine Island	39-0
C	Esko	Karlstad	62-0	C	Medford	Clarkfield	33-28
9-Man	Ruthton	Audubon	42-20	9-Man	Argyle	Starbuck	31-19
1976				1982			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	White Bear Lake	Cloquet	14-13 (ot)	AA	Stillwater	Owatonna	34-27
A	St. Peter	Mora	56-12	A	Brooklyn Center	East Grand Forks	30-8
B	Caledonia	Sartell	38-7	B	LeCenter	Mahnomen	12-6
C	New Richland-Hartland	Bird Island	21-19	C	Truman	Belgrade	16-14
9-Man	Deer Creek	Fergus Falls Hillcrest Lutheran Academy	57-14	9-Man	Westbrook	Fergus Falls Hillcrest Lutheran Academy	34-12
1977				1983			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Minneapolis Washburn	Stillwater	13-0	AA	Coon Rapids	Bloomington Jefferson	34-31
A	Fridley Grace	Cold Spring Rocori	36-12	A	Hutchinson	Park Rapids	36-14
B	Granite Falls	Stewartville	44-6	B	Jordan	Breckenridge	27-0
C	Battle Lake	Henderson	22-20 (ot)	C	Southland (Adams)	Bird Island- Lake Lillian	28-0
9-Man	Deer Creek	Fergus Falls Hillcrest Lutheran Academy	20-0	9-Man	Silver Lake	Norman County West/ Climax	27-12
1984				1985			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Stillwater	Burnsville	36-33	AA	Burnsville	Apple Valley	27-21
A	Hutchinson	Centennial	32-7	A	New Prague	Mora	16-12
B	Granite Falls	Breckenridge	13-7	B	Jackson	Mahnomen	26-20
C	Harmony	Glyndon-Felton	20-14	C	Glyndon-Felton	Zumbrota	38-14
9-Man	Norman Co. West	Silver Lake	37-20	9-Man	Westbrook	Norman Co. West	45-18

STATE FOOTBALL PLAYOFF RESULTS

CLASS "AA"
Quarter-finals
 Apple Valley — 27
 Stillwater — 20

St. Thomas Academy — 15
 Park Center — 14

Burnsville — 35
 Mpls. Roosevelt — 21

Little Falls — 16
 Moorhead — 0

Semi-finals
 Apple Valley — 27
 St. Thomas Academy — 26

Burnsville — 13
 Little Falls — 0

Finals
 Burnsville — 27
 Apple Valley — 17

CLASS "A"
Quarter-finals
 New Prague — 28
 St. Peter — 15

Mahtomedi — 14
 Hutchinson — 13

Mora — 18
 Montevideo — 10

East Grand Forks — 35
 Proctor — 6

Semi-finals
 New Prague — 7
 Mahtomedi — 0

Mora — 22
 East Grand Forks — 16

Finals
 New Prague — 16
 Mora — 12

CLASS "B"
Quarter-finals
 Jackson — 14
 St. Charles — 6

Watertown-Mayer — 12
 Granite Falls — 0

Kimball — 24
 Esko — 0

Mahnomen — 29
 Walker-Hackensack — 8

Semi-finals
 Jackson — 13
 Watertown-Mayer — 0

Mahnomen — 14
 Kimball — 6

Finals
 Jackson — 26
 Mahnomen — 20

CLASS "C"
Quarter-finals
 Zumbrota — 35
 Le Roy-Ostrander — 21

New Richland-Hartland — 16
 New Ulm Cathedral — 13

Minneota — 24
 Becker — 0

Glyndon-Felton — 43
 Bertha-Hewitt — 6

Semi-finals
 Zumbrota — 22
 New Richland-Hartland — 20

Glyndon-Felton — 34
 Minneota — 12

Finals
 Glyndon-Felton — 38
 Zumbrota — 14

CLASS 9-MAN
Quarter-finals
 Silver Lake — 40
 Kiester-Walters — 24

Westbrook — 32
 Ruthton — 15

Norman County West — 39
 Starbuck — 26

Argyle — 48
 Tower-Soudan — 15

Semi-finals
 Westbrook — 18
 Silver Lake — 7

Norman County West — 49
 Argyle — 20

Finals
 Westbrook — 45
 Norman County West — 18



Anoka (dark) - Dan Albright catching the pass, No. 17 Brian Johnson, No. 36 Jim Streeter vs. Fridley.



Anoka (dark) vs. Fridley. Steve Seiffert is carrying the ball while Marc Wiezek blocks.

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BURNSVILLE

(SECTION SIX CHAMPION)

A
A



Front Row left to right: Jim Fortier, Kurt Johnson, Dewayne Martin, Steve Martin, Guy Blanchard, Alan Binon, Matt Brooke, Tom Flies, Scott Pomper, Don Richardson. **Second Row:** Mike Jacobs, Brad Nielsen, Dan Trucker, Steve Scheurer, Greg Lervick, Dan Simon, Scott Royal, Jeff Van Nest, No Name, Todd Steinhilber. **Third Row:** Pat Sproull, Mike Nieson, Matt Larson, Jim Thorton, Lance Werness, Dat Le, Lance Polich, Tom Muehbauer, Brad Hudson, Tim Johnson, Erik Ladin. **Fourth Row:** Mgr. Tony Johnson, Brent Roesler, Brian Hennen, Paul Neubert, Tim Motzko, Rich Ingersoll, Mike Engfer, Brian Schweitzer, Rick Geiger, John Underwood, Pete Hackett. **Fifth Row:** Mgr. Jamie Green, Neal Malmberg, Nate Morphew, Brian Bender, Mark Anderson, Pat Halley, Rick Turner, John Medo, Chris West, Dale Eastland, Tom Schmid, Eric Carlson, Mgr. Pete Heunisch. **Sixth Row:** Mgr. Dave Carson, Dan Schultz, Steve Kulus, Craig Davidson, Tim Hackett, Dennis McKenzie, Peter DeJong, Chris Kirk, Rich Kirk, Craig Wilcox, John Waiser, Mgr. Craig Lavratovich. **Seventh Row:** Mark Osiecki, Craig Banham, Scott Siebert, Tom Highley, Ed White, Todd Kieser, David Tourillott, Tom Melby, Jeff Krueger, Matt Woodward, Dan Miller. **Eighth Row:** Asst. Coach Jay Anderson, Asst. Coach Neal Jeppson, Asst. Coach Vic Berra, John Oden, Marty Rothrock, Mike Clark, Mark Mazur, Scott Bennet, Asst. Coach Bruce Nelson, Head Coach Dick Hanson, Asst. Coach Doug Boe, Asst. Coach Bill Caris.

NEW PRAGUE

(SECTION ONE CHAMPION)

A



Front Row left to right: Joel Edwards, Chris Becker, Keith Krouse, Troy Carlson, Curt Zweber, Dave Gregory, Dave Wann, John Nelson, Tim Carlson, Brian Bartzal, Dan Wermerskirchen, Mike Minar, Scott Jirik, Josh Howe, Craig Gregor, Dan Pint, Steve Schmitz, Al Pavek. **Second Row:** Dean Simon, Brad Biehn, Eric Dorzinski, Thom O'Neill, Jon Pesta, Jay Fredrich, DuWayne Bastyr, Craig Bartyzal, Nate Clyde, Sean O'Neill, Mark Bortnem, Phil Chromy, Jeff Chromy, Dan Pomije, Steve Tupy. **Third Row:** Stats - Angie Thomas, Michelle Chant, Tammy Jirek, Julie Novak, Tom Orr, Kevin Kallal, Dean Seymour, Paul Amundson, Matt Olson, Rob Schoenbauer. **Fourth Row:** Jeff Hennes, Mark Turek, Greg DeGross, Jeff Warmka, Steve Rau, Ken Turek, Asst. Coach Steve Lang, Asst. Coach Steve Collins, Head Coach Dan O'Brien, Asst. Coach Ron Gunderson, Dan Geisen, Rawlin Peulen, Darrel Wolf, Brad Bartyzl, Brian Frye, Dave Meger, Owen Sullivan Kurt Sticha.

JACKSON

(SECTION TWO CHAMPION)



Front Row left to right: Mike Lloyd, Erik Ringquist. **Second Row:** Bruce Johnson, John Lilleberg, Travis Pierce, Dave Macek, Andy Lundblad, Jim Reed, Lonnie Bloomquist, Neil Johnson, Steve Zebedee, Mark Roberts, Brett Bye, Paul Hesar. **Third Row:** Brian Rohloff, Phillip Handevitd, Jeffrey Brown, Chad Hampel, Mike Vant'Hul, Brian Michelson, Chris Hamre, Mike Johnson, Wade Wacker, Terry Wolf, Tony Dorschner, Dale Lucht. **Fourth Row:** Packey Haberman, Scott Bahr, Robert Hunt, Paul Rowe, Kevin Schentzel, John Svoboda, Marc Rodina, Paul Engesser, Jeffrey Sauck, Fred Newcome, Scott Benda. **Fifth Row:** Brian Torgeson, Shane Kolander, Matt Benda, Jeffrey Johnson, Dan Jackson, Jerry Spangler, Terry Bannister, Jeffrey Tewes, Byron Neal, Rick Jenkins, Wayne Christopher, Barry Johnson. **Sixth Row:** Chris Porish, Brian Nyborg, Mark Edlin, Trainer John Polz, Mgr. Lincol Wacker, Head Coach Tyrone Wacker, Asst. Coach Jerry Vacura, Asst. Coach Ben Voss, Asst. Coach Jack Walsh, Lonnie Dopp, Randy Michelson.

GLYNDON-FELTON

(SECTION EIGHT CHAMPION)



Front Row left to right: Jerry, Schumann, Dale Kjaer, Jerry Gomez, Brian Sunde, Jeff Fuchs, Jim Askelson, Steve Masseth, Brian Kuehl, Scott Bauck, Paul Clark, Pat Fuchs, Kevin Pavelko. **Second Row:** Chad Richards, Randy Benson, Matt Okke, Steve Johnson, Neil Steffes, Corey Andreason, Curt Ellingson, Corey Burnside, Brian Ullrich, Darin Tweten, Joe Murphy, Bill Masseth, Shane Heald, Bob Kinnen, Wayne LePard. **Third Row:** Student Mgr. Zachary Fjelstad, Randy Long, Joel Kowalski, Steve Iverson, David Schuman, Tom Schuman, Jeff Poehls, Jay Sorteberg, Tom Grover, Matt Fischer, Travis DeJong, Tom Moll, Jim Fuchs, Brad Pake, Pat Leach. **Fourth Row:** Asst. Coach Gary Hendricks, Asst. Coach John Eckl, Jess Woods, Dan Jameson, Darin Olson, Dane Longbella, Chris Smith, Asst. Coach Jeff Seehafer, Head Coach Scott Oliver.

WESTBROOK

(SECTION TWO CHAMPION)

9
M
A
N



Front Row left to right: Statisticians Mike White, Michelle Phillips, Nicole Lindaman, Sara Kessel, Cheerleaders Michelle Wipperman, Amy Grams, Jackie Klass, Mgrs. Dan White, Chad Christensen. **Second Row:** Brad Berg, Vince Onken, Christian Nelsen, Jason Nelson, Lonnie Ewy, Jeff Steen, Joe Merchant, Maury Kuehl, Mark Ennenga. **Third Row:** Keith Kottke, Bruce Byers, Steve Edsill, Shannon Sack, Curt Yochem, Fred Hage, David Bloch, Paul Reynolds. **Fourth Row:** Ryan Rupp, Erik Benson, Mark Kjorness, Dan Weiske, David Weiske, Jim Kvilhaug, Jim Heath, Dennis Jans, Scott Mischke. **Fifth Row:** Brian Klute, Corey Bunting, Mike Vaupel, David Nelsen, Jason Erickson, Dale Mischke, Kevin Harder, Ryan Ware. **Sixth Row:** Head Coach William "Bill" White, Asst. Coach David Mischke, Bret Lindaman, Jim Marshall, Loren Noomen, Asst. Coach Gary DeBates, Asst. Coach Jim Soll, Ath. Dir. Steve Kjorness. **Missing:** Cheerleader Diane Clayton.

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All-Star Grid Rosters Are Listed

The sixth in a series of Minnesota High School All-Star Football Games between Metro and Outstate teams is set Saturday, August 2, at Parade Stadium in Minneapolis.

Rosters of the teams have been announced by Greg Carlson, director of the classic for the High School All-Star Bowl of Minnesota.

In the previous five games, the Metro team (comprised of players from the seven-county Metropolitan area) has gained a 3-2 advantage in the win column.

Proceeds from the All-Star Game go to the Human Growth Foundation, a non-profit organization which funds medical research and informational programs to help children affected by significant physical growth failure. The game is co-sponsored by the Minnesota High School Football Coaches Association and the High School All-Star Bowl of Minnesota, Inc.

Rosters of the two teams follow:

METRO OFFENSE:

QB:	Matt Booher	Henry Sibley
	Tod Hartje	Anoka
RUNNING BACKS:	Gary Getchman	Bloomington Jefferson
	Harry Jackson	Minneapolis Roosevelt
	Marty Sieh	Hastings
	Pat Tingelhoff	St. Thomas Academy
	Dean Wenzel	Rosemount
ENDS:	Todd Fultz	Forest Lake
	Mike Guckeen	Park Center
	Trent Staves	Tartan
	Bruce Veldman	South St. Paul
TACKLES:	Gregg Bodnar	Stillwater
	Kelly Day	Apple Valley
	Eric Halverson	Minnetonka
	John Selvestra	Rosemount
GUARDS:	Brent Drapeau	Coon Rapids
	Matt Hedge	Wayzata
	Paul Rodgers	White Bear Lake
CENTERS:	Jon Meister	Minneapolis North
	Neli Rolland	Park-Cottage Grove

METRO DEFENSE:

LINEMAN:	Bob Coughlin	Osseo
	Mark Drabczak	Minneapolis Edison
	Jeff Martin	Concordia Academy
	Paul Nelson	Breck
	Scott Petch	Lakeville
ENDS:	Mike Sundvold	Robbinsdale Cooper
	Larry Heinsch	Mahtomedi
	Joe Peterson	Anoka
	Jon Thissen	Osseo
	Trent Van Hulzen	Fridley
	Tom Wicka	Cretin
LINEBACKERS:	Tim Dziedzic	Minneapolis Edison
	Pete Jaros	Totino Grace
	Matt Johnson	Mounds View
	Paul Moe	Bloomington Kennedy
	Gary New	St. Paul Central
BACKS:	Daren Bocksell	Park Center
	Steve Hanks	Hopkins
	Brian Hennen	Burnsville
	Kory Kassulke	Shakopee
	Tim Lacy	Orono
	Chris Simdorn	Minneapolis Roosevelt

OUTSTATE OFFENSE:

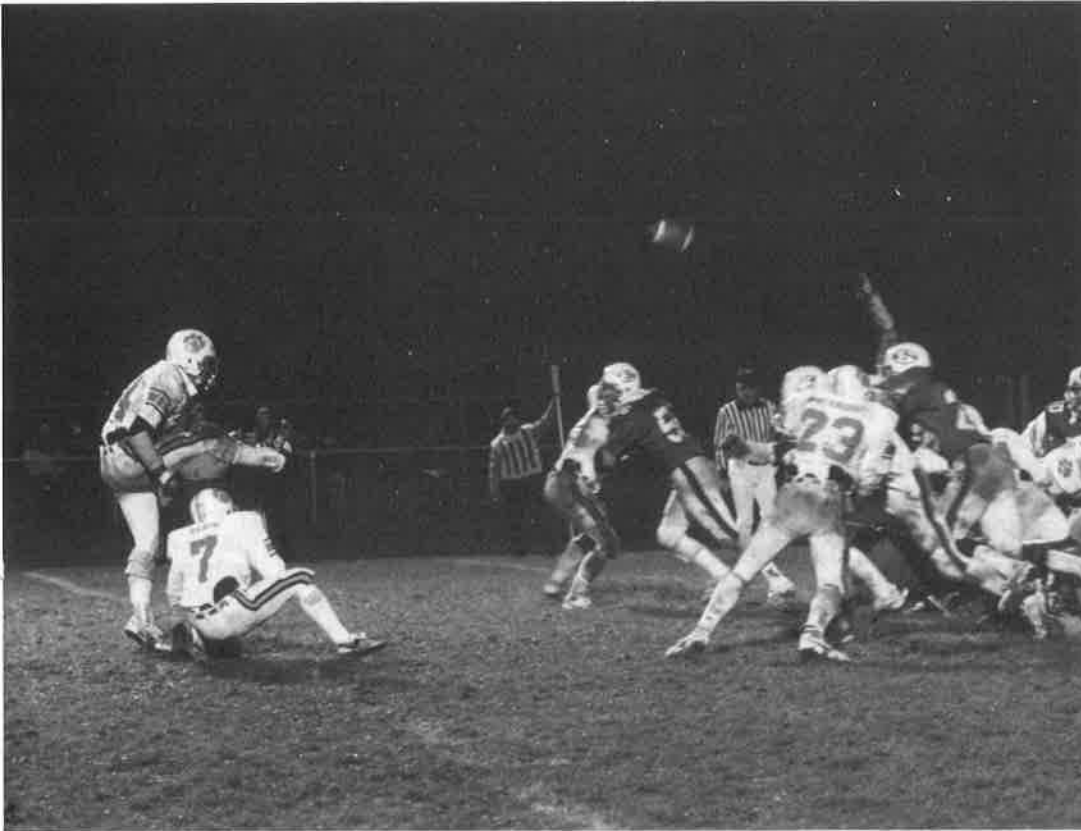
QB:	Ken Belanger	Zumbrota
	Dale Gessel	Swanville
RUNNING BACKS:	Tony Frazer	Sandstone
	Ron Goetz	Waconia
	Bruce Johnson	Jackson
	Tom Moll	Glyndon-Felton
	David Ziegler	Wellcome Memorial
ENDS:	Tom Denevan	Marshall
	Kerry Miller	Rochester Mayo
	Steve Peck	Little Falls
	Greg Theis	Cold Spring-Rocori
TACKLES:	Jeff Balcom	Fairmont
	Dan Field	St. Cloud Apollo
	Brent Kinetz	Procter
	Eric Strenge	New Richland-Hartland
GUARDS:	Mark Braun	St. Charles
	Greg Paffel	Elk River
	Kevin Scheidecker	Perham
CENTERS:	Chris Mussman	Owatonna
	Tony Vesledahl	Northfield

OUTSTATE DEFENSE:

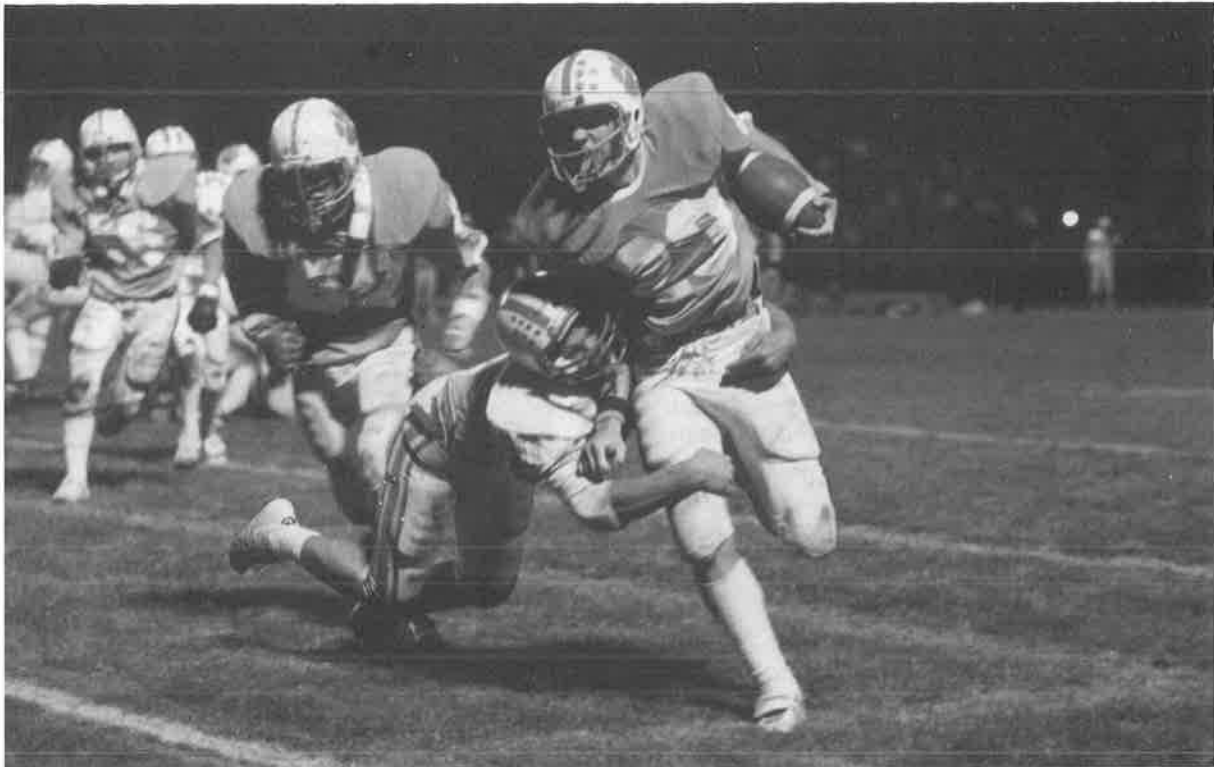
LINEMAN:	Drumond Bogatzki	Bertha-Hewitt
	Paul Bronson	Granite Falls
	Mark Dahle	Breckenridge
	Josh Howe	New Prague
	Loren Noomen	Westbrook
	Dick Pundsack	Albany
ENDS:	Scott Searcy	Annandale
	Chris Brown	Princeton
	Tony Kadlec	Silver Lake
	Bart Ludlow	Staples
	Chad Miller	Lewiston
LINEBACKERS:	Jason Brouwer	Chandler-Lake Wilson
	Brian Butenhoff	Mora
	Kipp Heyer	Fairbault
	Glenn Hoffman	Austin
	Alan Lanners	Pierz
BACKS:	Mike Enz	St. Peter
	Tom Johnson	Monticello
	Richard Loomis	East Grand Forks
	Gene Oilrich	Hutchinson
	Tim Radosevich	Duluth Central
	Troy Robinson	Becker



Anoka Offense



Senior placekicker Tom Rorker, Blaine, kicks the winning extra point with less than a minute to play to beat Elk River 15-14.



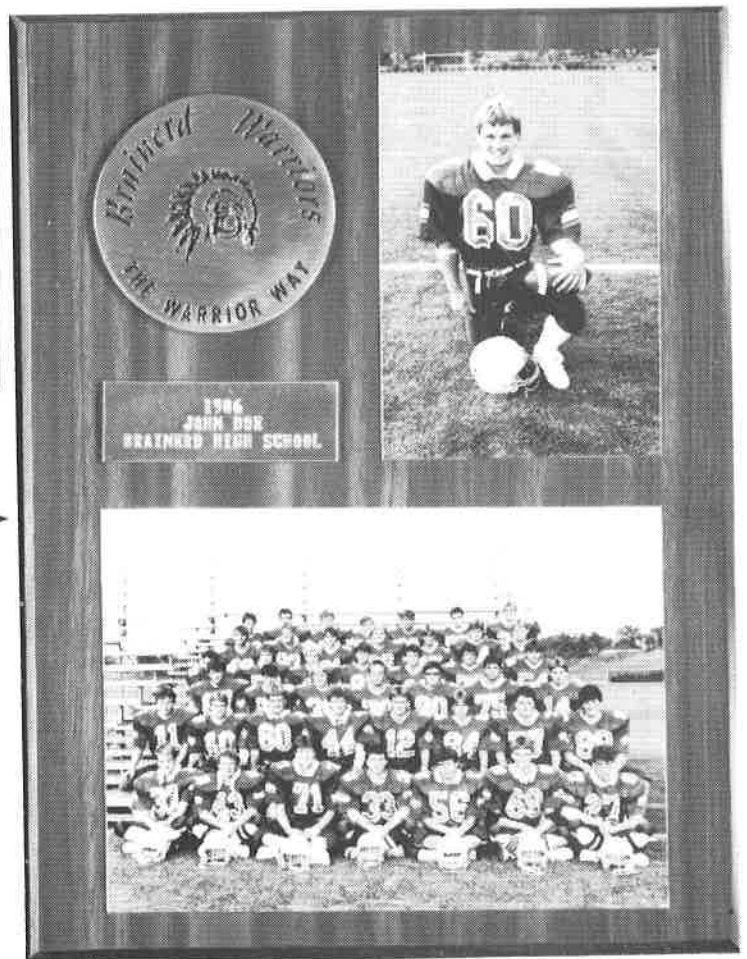
Junior running back Chad Whiterabbit picks up valuable yardage in Blaine's 34-18 Homecoming win over Spring Lake Park.



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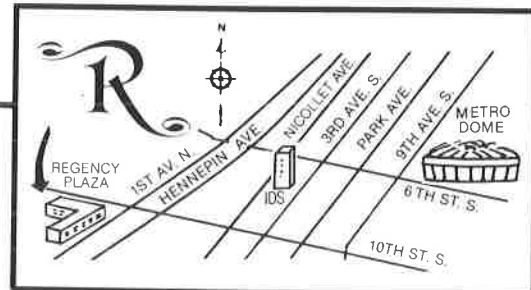
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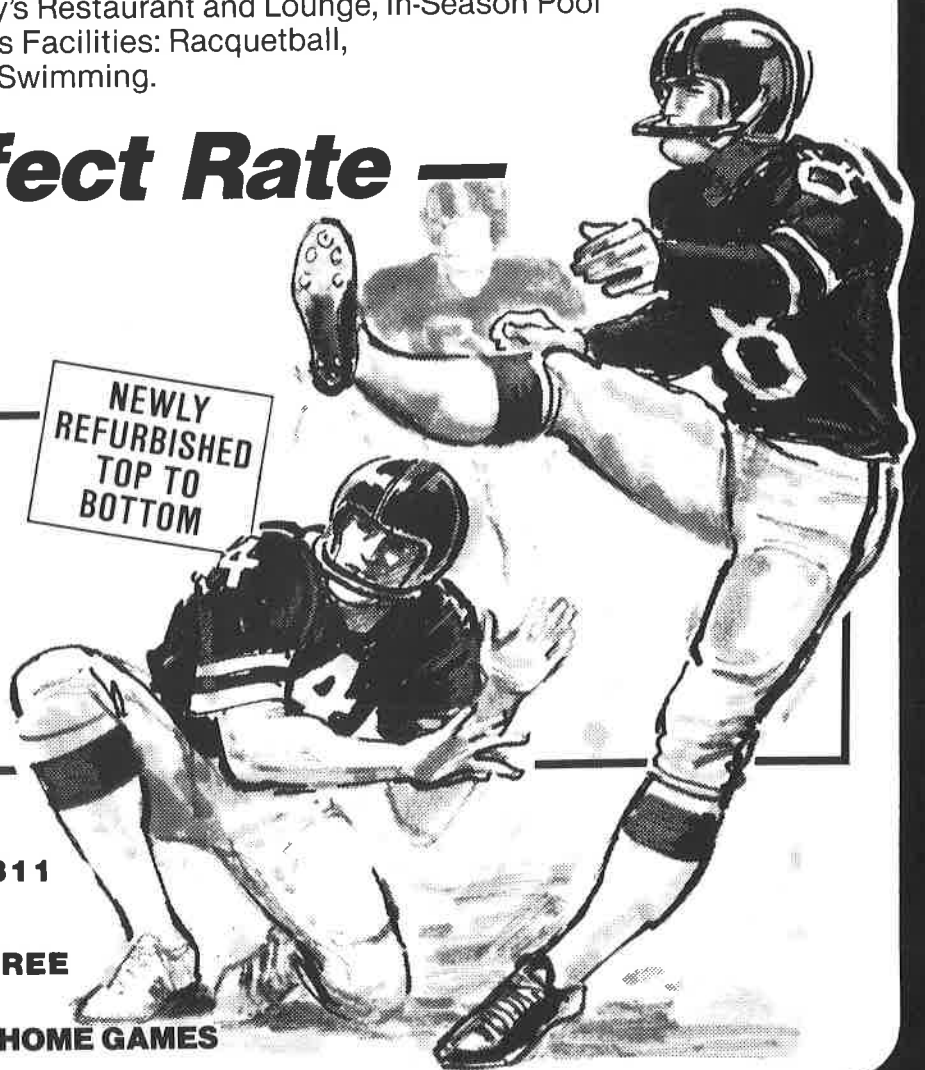
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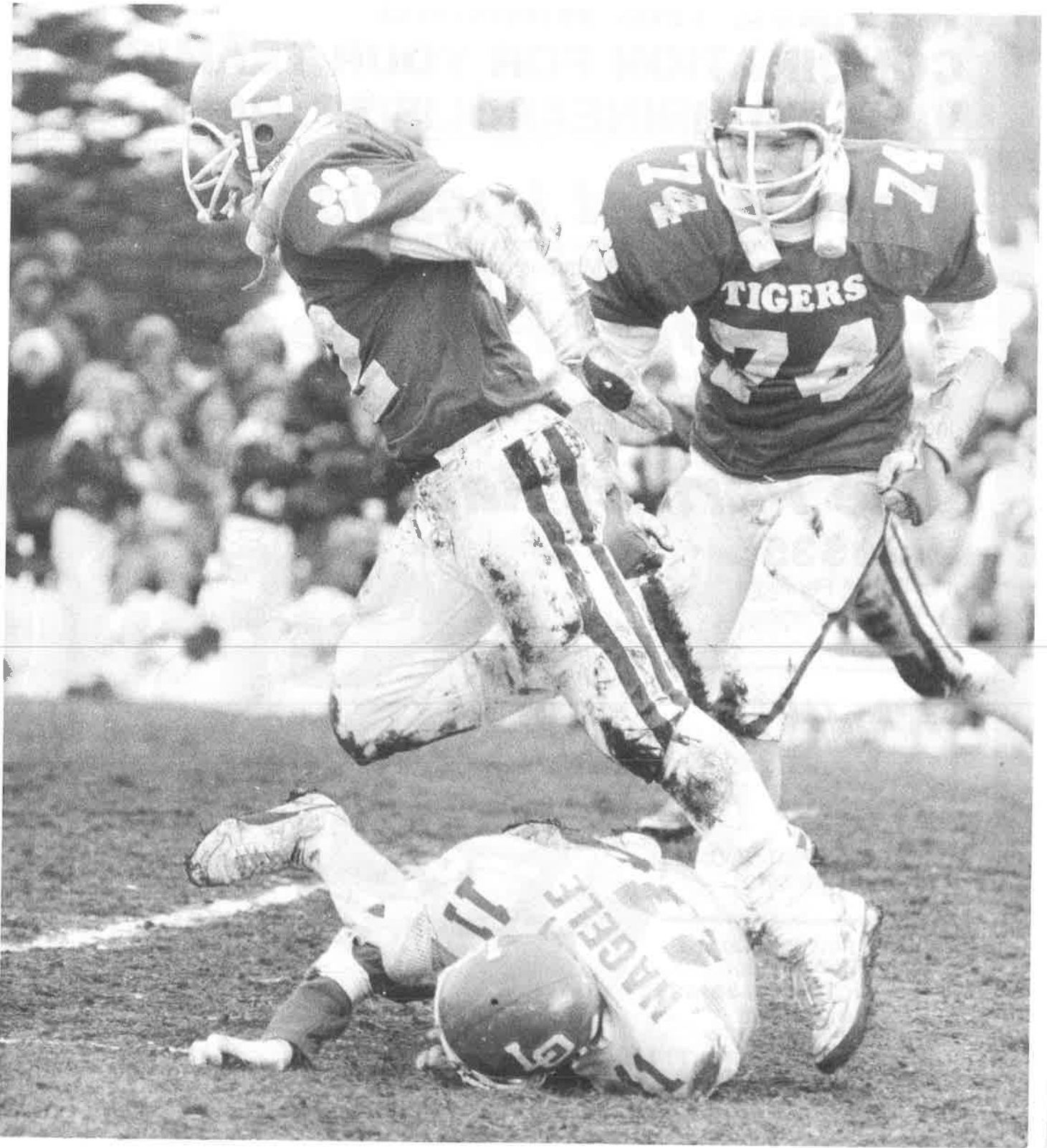
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No. 32 Bob Prigge, Zumbrota, steps over a LeRoy-Ostrander defender that No. 74 Mark Radke has just blocked. Prigge gained 33 yards on this play and had 60 yards for the game.

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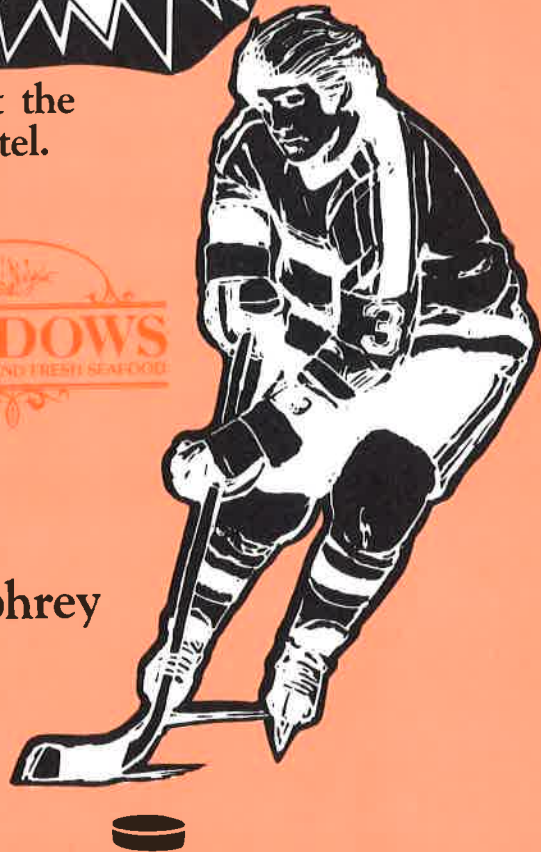
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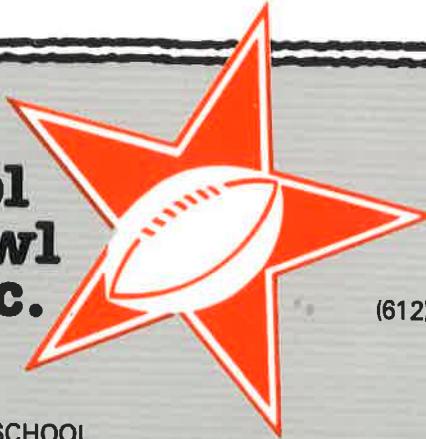
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TO THE MEMBERS OF THE MINNESOTA HIGH SCHOOL
FOOTBALL COACHES ASSOCIATION:

The Human Growth Foundation (HGF) is grateful for the fine support which the All-Star Game has received from the Coaches Association since 1979. The Coaches Association co-sponsors the game with the High School All-Star Bowl of Minnesota, Inc. Proceeds from the game go to HGF, a non-profit organization which funds medical research and informational programs concerning physical growth failure in children.

The 1985 All-Star Game provided \$30,000 for research concerning physical growth disorders. The success of past All-Star games has helped to encourage the HGF Board of Directors to fund a record amount of research in the months ahead.

HGF is also pleased to see the All-Star Game succeed because of the game's importance to amateur football in Minnesota. The All-Star Game provides an important incentive to prep players, and those who participate enjoy a unique educational and athletic experience.

The 1986 game will be played at Parade Stadium beginning at 3:00 p.m., Saturday, Aug. 2. We hope to see you there.

Sincerely,



Greg Carlson
Project Director



Mark Sandbo
Game Manager