

Why The I

Dick Weinberger Head Coach DeLaSalle High School

Experience: 27 years

6 years College

21 years High School (13 years as head coach)

Married 25 years

2 sons, ages 22 and 21

I have been very fortunate to have played and worked for some great coaches. John Gagliardi at St. John's, Dave Nigon at Totino-Grace, George Thole at Stillwater, Mark Porter at Woodbury, Ed Meierkort and Todd Strop at UW Stout. Each has had an influence on me from an organizational, philosophical and psychological approach to the game. When it comes to offense it goes back to the early 80's at Woodbury High School where I was introduced to the I formation and the sprint draw package by Mark Porter. One of my proudest moments came this fall in a state playoff game at Park. With Mark on the sidelines, we used the same base offense that I learned from



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Mark to defeat a very tough Rochester Lourdes team.

Reasons for use of the "I" formation

1. A 2 back power running game
2. A split flow finesse trapping game
3. Great play action passing off the 2 back flow

4. A built in 7 man protection

5. A Qb friendly system

6. A constant draw threat

7. Fits personnel found at all schools

I have used this offense at both the 5A and 3A levels. At both Tartan and DeLaSalle we have statistically been at or near the top of the metro in both yards gained and points scored. I often refer to this as a counter punching offense. If we go against a read type defense we will run a lot of Iso, power, toss and 5 step. An attack type team will see a lot of trap, draw and play action.

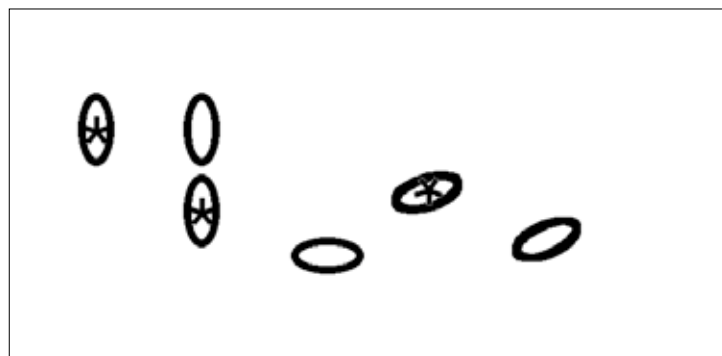
One of the biggest challenges of coaching at a smaller school is time. Due to the smaller numbers and 2 way players our offensive practice time is cut in half. Therefore I am always looking for ways to simplify or duplicate teaching time. I made one change last year that really made a difference.

We were not very good at running Power and we were not as consistent on Toss as I would like. Rather than give up on a play because we could not devote enough time to the techniques

I chose to keep the plays but teach only one base pull technique. We now use the glide step on all of our pulls.

GLIDE CROSS OVER STEPS

I was first introduced to this technique 15 years ago by Gordy Shaw. I have used this foot work for our tackles on Counter. In the I offense, the lineman with the best feet are at guard. I did not think I could get my less gifted tackles to effectively pull. Gordy and the glide cross over made a believer out of me. So this year I decided to teach only these steps on all of our traps including the inside trap by the guard.



Pull and Trap

On the PULL AND TRAP the key is getting inside position on the trap man. (head in the hole) The foot work will be a glide, open, open. You will take your far foot and cross it behind the near foot with the toe pointed forward. Your second step will be with the near foot, stepping, opening your hips with your toe pointing parallel to the LOS. Your third step will have you working down the LOS with inside out position on the trap man.

On the MAN PULL the key is keeping your eyes on your man. The foot work will be glide, 45, crossover at 45. You will take your far foot and cross it behind the

