

The Point After II

THE OFFICIAL PUBLICATION OF THE WISCONSIN FOOTBALL COACHES ASSOCIATION, VOL. 27, No.2, SUMMER 2019



JOIN US FOR THE FUN! WFCA All-Star Games

Benefiting Children's Hospital of Wisconsin
J.J. Keller field at Titan Stadium, UW-Oshkosh

Saturday, July 20

North ~vs~ South
Kick-off Times

8-Man – 10:00 a.m.

Division 4-7 – 1:30 p.m.

Division 1-3 – 5:00 p.m.



Editor: Tom Swittel • tom@epochrecruiting.com • 414-315-1131

WFCA Executive Director: Dan Brunner • brunnerd@wifca.org • 414-429-3139

Assistant Editor/Executive Assistant: Charna Kelsey • PO Box 8, Poynette, WI 53955 • office@wifca.org • 608-635-7318

www.wifca.org



CHAMPIONS CHOOSE JOSTENS TO CRAFT THEIR RING AND SHOWCASE THEIR STORY

Jostens of Wisconsin is excited to be coming on board with the WFCAs as a Corporate sponsor! While we have been a proud supporter for 20 + years with the WFCAs, your group of 6-area Wisconsin reps, our staff and associates are ready to take our Wisconsin program to another level.

Jostens is proud of our 120th year as the #1 choice of champions at the professional, collegiate and high school levels.

With advances in technology and attention to tradition, we are able to commit our quality and value to ensure your Championship will be celebrated by your teams, coaches, parents and students.

Please feel free to contact Bill, Bruce, Chad, Dale, Dan or Ted.

Jostens of Wisconsin.

CELEBRATING MOMENTS THAT MATTER™

Contact your Jostens representative today.

Bill Ferrario

Jostens of Wisconsin

Phone: (715) 551.0132

Email: bill.ferrario@jostens.com

Ted Annis

Jostens of Wisconsin

Phone: (715) 832-0762

Dan McCormick

Jostens of Wisconsin

Phone: (262) 706-3331

Email: daniel.mccormick@jostens.com

Chad Kilton

Jostens of Wisconsin

Phone: (262) 392-4245

Email: chad.kilton@jostens.com

Dale Komro

Jostens of Wisconsin

Phone: (608) 526-2100

Email: dale.komro@jostens.com

Bruce Weeks

Jostens of Wisconsin

Phone: (414) 425-4012

Email: bruce.weeks@jostens.com

Jostens®

jostens.com

TABLE OF CONTENTS

WFCA BUSINESS

DAN BRUNNER , WFCA Executive Director <i>From the Executive Director</i>	2
DOUG SARVER , WFCA President, Athletic Director, St. Francis, <i>From the President</i>	4
TOM SWITTEL , Director of Communications <i>The WFCA Announces 2019 Grant Recipients</i>	6
JOHN HOCH , Head Coach, Lancaster HS, <i>From the Hall of Fame Chairman</i>	8
TOM SWITTEL , Editor of <i>The Point After II</i> <i>From the Editor</i>	10

FROM THE ARCHIVES

WADE LABECKI , Deputy Director, Wisconsin Interscholastic Athletic Association – Reprinted from <i>The Point After II</i> , Summer 2014, <i>Football: Don't Preach to the Choir; Preach to the Community</i>	10
STEVE JONES , Offensive Coordinator, Kimberly HS – Reprinted from <i>The Point After II</i> , Summer 2009, <i>Kimberly Football's "Pistol" Offense</i>	14

FROM THE ADMINISTRATION

MATT JOYNT , Superintendent of Schools, Mequon Thiensville SD, <i>Success is not an Individual Venture</i>	16
CODY SCHULTZ , Athletic Director, River Falls High School, <i>The Choice to Co-op for the Sake of Football</i>	17

SPECIAL TEAMS

JEFF WALLACK , Head Football Coach, Saint Francis HS <i>Swinging Momentum With the Swinging Gate</i>	18
JEROMIE VOELTZ , Assistant Football Coach, Spooner HS <i>Why the Shield Punt</i>	18
PATRICK WAGNER , Head Coach, Milwaukee Riverside University HS, <i>High School Special Teams Circuit</i>	20

DEFENSE

ZACH WILDERMAN , Defensive Coordinator, and Defensive Backs Coach, Saint Mary's Springs Academy, <i>Defense – Build it With Buy In!</i>	20
JASON TUBBS , Head Football Coach, Stratford High School, <i>Top Three Defensive Drills Used Every Week in Stratford</i>	22
JAKE SCHIFF , Assistant Football Coach, UW-Stout, <i>Explore Hand & Feet: A must for the Defensive Lineman</i>	23
GREG STREIT , Defensive Coordinator, Edgar High School, <i>Teaching Your Linebackers to Effectively "Flow" the Ball</i>	24
LUCAS PHELPS , Assistant Football Coach, Spooner HS, <i>Defensive Line Drills</i>	24
GREG Klapatauskas , D. Coordinator & TED WILSON Head Coach, Medford HS, <i>Medford Defensive Philosophy</i> ..	26
JOHN TACKMANN , Defensive Coordinator, St. Croix Central, <i>Developing Small School Linebackers</i>	28
JOSH FIZEL , Head Football Coach, Spooner High School, <i>Takeaway Circuit</i>	29

OFFENSE

ANDREW SELGRAD , Secondary Coach, Fond du Lac HS <i>Align, Assign with Motion Adjustments</i>	31
DAN MCCARTY , Head Football Coach, St. Norbert College <i>Triple Option Offense</i>	34

SCOTT MCAULIFFE , Offensive Coord., St. Catherine's <i>B.O.P.A. Using Zone Rules to Run Gap Schemes</i>	36
STEVE JUNG , Head Football Coach, Neenah High School <i>The Power Option/Power Veer/Power Triple</i>	37
JOE HAUSER , Head Coach & JEREMIAH VANGEN , Offensive Coordinator, Palmyra-Eagle HS, <i>Air Raid</i>	38
KYLE RANUM , Running Backs Coach, Medford High School <i>Getting Back to the Basics: Ball Security</i>	40
WALT TENOR , Assistant Football Coach, Luxemburg-Casco HS <i>Effective Perimeter Blocking</i>	40
TOM FITZGERALD , Offensive Coordinator, Mosinee HS <i>Keys to a Successful Running Back Season</i>	42
RYAN WUNDROW , Assistant Offensive Line Coach, Stanley- Boyd HS, <i>Sometimes it is About Plays</i>	43

GENERAL

MATT DUNLAP , Co-Head Football Coach, Luck High School, <i>Film Doesn't Lie</i>	45
RYAN HUMPAL , Co-Head Football Coach, Luck High School, <i>Practice Time; Be Efficient, Players, Coaches & Spouses Will Appreciate it</i>	46
MIKE SCHRADLE , Athletic Director Clayton High School, <i>Eight-Man Saves Small School Football</i>	48
KEVIN HOFFMAN , Coach and Athletic Director Magazine, <i>A Look at Eight-Player Football</i>	49
RYAN OLSON , Head Football Coach Royall High School, <i>Building an 11-Man Program at a Small School</i>	50
MATTHEW WOLF , Assistant Football Coach, Homestead HS, <i>Does Your Practice Schedule Still Work</i>	52
DONAVON NATHANIEL , Defensive Line Coach, UW-Platteville <i>Film Study: The Twelfth Man</i>	52
UW-LACROSSE DR. OF PHYSICAL THERAPY STUDENTS , Coulee Region Concussion Education Initiative, <i>Concussions: Back to School and Sport Safely</i>	54
TOM PRICE , President and Coach Mequon-Thiensville Youth FB, <i>How to Make Youth Programs an Asset for the High School</i> ..	55
RON GROVESTEN , Head Football Coach, Evansville HS, <i>The 2018 WFCA All-Star Game's Ring of Fire</i>	56
TRAVIS ZAJAC , Head Football Coach, Wahlert Catholic HS, <i>How do you Measure Success</i>	58
ALEC RAEBEL , Head Football Coach, Waukesha South HS, <i>A Jewel in the Wisconsin Football Crown</i>	59
CHAD ASHMAN , Offensive Coordinator, Kaukauna HS, <i>A Rare Opportunity</i>	59
ROB STOLTZ , Head Football Coach, Greendale HS, <i>Greendale's Lower Level HS Football Philosophy</i>	60
SCOTT TOLZMAN , Assistant Football Coach, Dodgeville HS, <i>Some Values and Purposes of Playing Football</i>	60
ROB NELLES , Defensive Coordinator, Cambridge HS, <i>A Waltz with Coach Kroll</i>	61
GEORGE MACHADO , Quarterbacks Coach Brookfield Central, <i>A Man for All Seasons</i>	62
WFCA General Liability Insurance Program	63

FROM THE EXECUTIVE DIRECTOR

By: Dan Brunner



Dan Brunner

I hope everyone who attended the Clinic enjoyed themselves. We received great feedback regarding the return of “Badger Practice Saturday”. Bob Berezowitz and our dedicated Clinic Committee continue to solicit input from our membership regarding clinic speakers and topics. As always, some of the best sessions are the ones that feature our own outstanding coaches!! Wisconsin HS Football need not take a “Back Seat” to anyone when it comes to Football Knowledge or Innovative approaches to improving our great game! Our clinic bashes provided great opportunities to socialize and pick the brains of some outstanding clinicians. Thanks to Jerry Golembiewski and his crew for running 2 great raffles! Hall of Fame Chair, John Hoch, along with his wife, Shelly and assisted by Charna Kelsey, put on a 1st class HOF banquet to cap off the Clinic.

The Clinic Committee has already begun preparation for our next Annual Get-Together, April 2, 3, & 4, 2020. We will keep you posted as plans are finalized.

ALL-STAR GAME BANQUET AND GAMES

This year’s All-Star Game Banquet will be on Friday, July 19th at the Oshkosh Convention Center. The banquet will feature a presentation by Children’s Hospital of Wisconsin as well as honoring our 6 All-Star Teams. I highly recommend attending this event. Tickets are \$30. If you would like to attend, send me an email and I will have a registration form sent to you.

The Games will be played at UW-Oshkosh Titan Stadium on Saturday, July 20th. The 8-Man game is at 10 am, Division 4-7 game is at 1:30 pm, and the Division 1-3 game is at 5 pm. Your membership card gets you complimentary admission. Game Chair, Doug Sarver, deserves special thanks for making this a premier WFCa event!

This year’s Small and Large School games will be televised on Fox Sports Wisconsin (Same channel that does the Brewer Games). We are very excited about this increased exposure for one of our signature events!

WFCa GRANT PROGRAM

The WFCa has just completed the first of what is intended to be an annual award program benefiting Football Programs throughout the State. A special thanks to Chair Tom Swittel and his committee for the work they put in. This program is another example of why the WFCa continues to be the BEST Football Coaches Association in the Nation. As with all

programs, there are some bugs to work out. We will make sure that everyone understands the Grant parameters and criteria, to make sure every program has an opportunity to benefit at some point moving forward.

WISCONSIN YOUTH FOOTBALL ALLIANCE

The WFCa, working with USA FB, WIAA, and the Packers are addressing another major concern of our members. That is trying to establish “suggested guidelines” or best practices for the Youth FB Programs Statewide. We have already had 2 meetings with leaders of some of the larger youth football programs from around the State. The leaders we met with are very much in favor of forming a WI Youth FB Alliance as part of the WFCa. Our next meeting will be November 3rd at the WIAA Offices in Stevens Point. Please get me the contact info of your youth football league commissioner.

CONCLUSION

As we approach a new Football Season, many programs add new coaches to their staffs and some coaches, Head and Assistants, might not have attended the Clinic. We need to reach out to all of them to become members of the WFCa. The benefits are listed in this publication. Complimentary Badger Home Game Tickets and \$2,000,000 liability insurance coverage (increased this year) are just 2 of them. Please get your Youth Programs to join as well. Please continue to promote all the positive attributes associated with the sport of Football!

THANK YOU TO OUR WFCa CORPORATE SPONSORS WHO SO GENEROUSLY SUPPORT FOOTBALL IN WISCONSIN.



SUPPORT THEM BY USING THEIR PRODUCTS AND SERVICES WHENEVER POSSIBLE.

Elegance & Class



The Marriott Madison West delivers only the highest level of hospitality in food, beverage, service and accommodations.

- Over 50,000 square feet of exceptional meeting space
- Complimentary valet service and free parking
- Convenient location, only minutes from downtown Madison and the Dane County Regional Airport
- 10 story garden atrium and indoor waterfall
- Fitness center, soothing indoor saline pool, business center, concierge plaza and the sought-after rewards program by Marriott
- Surrounded by many unique attractions including all of the shops and restaurants located at Greenway Station, adjacent to the hotel

Marriott
MADISON WEST

1313 John Q. Hammons Drive
Middleton, WI 53562
608-831-2000
Marriott.com/msnwe



FROM THE PRESIDENT

By: Doug Sarver, Athletic Director, St. Francis High School



Doug Sarver

Hello WFCAs members, I would like to thank the membership, district reps and executive board for the opportunity to serve as the WFCAs President the last two years. On July 20th at All-Star weekend John Hoch (Lancaster) will take over and serve his second term as President. John will continue to bring a strong work ethic and a passion for serving the WFCAs. Tony Biolo (Wisconsin Rapids) will also start a second term as President elect and also continue his passion of serving this great organization. The WFCAs is in good hands for the next few years but will need some of our younger members especially those that serve as region reps who have the drive to lead this organization to step up and accept the responsibility to serve on the executive board in the future.

Reminders

July 20th is the 2019 WFCAs All-Star Games benefiting Children's Hospitals of Wisconsin.

Starting on July 13th 224 players and 40 coaches will report to the campuses of UW-Whitewater and UW-Oshkosh to participate in one of the greatest experiences of their lives. Six days of preparation will end with three games at Titan Stadium in Oshkosh on July 20th. For more information go to: www.chw.org/WFCA

Eight-Man game – 10:00 am
D4-7 Small School game – 1:30 pm
D1-3 Large School game – 5:00 pm

Traditional Start Date

Equipment Issue – August 5th
1st Practice – August 6th

Football Only Conferences

At the December 2017 WIAA/WFCAs football advisory meeting the WFCAs executive board accepted the challenge of working on a plan to bring statewide uniformity to the number of conference schools and the number of conference games in Wisconsin high school football. The committee at the time had the envious task of taking 52 conferences and 394 eleven man football schools and create this objective. Several meetings and drafts later the first released plan came out July 20th of 2018. Schools were then able to communicate any questions or concerns with their placement to the WIAA and WFCAs committee. On December 1st of 2018, eighteen new schools declared to play eight player football. Any new coop programs that had to declare by February 1st 2019 were also included. Once these declarations were confirmed the WIAA/WFCAs met on February 6th 2019 and re-structured the plan making adjustments to conferences and regions that may have been affected. Shortly thereafter

some changes were needed in the northeast where Menominee Indian HS indicated they were going back to eleven man football. The final plan of 376 schools in 49 conferences went to the WIAA board of control for first approval on March 1st 2019.

This unprecedented opportunity for the WFCAs to partner with the WIAA in re-structuring a statewide football only conference plan is something that was needed in the best interest of Wisconsin High School Football. Anytime you tackle such a large challenge there will be questions and concerns from your membership. Less than 10% of schools have indicated concerns and most of these schools have indicated that they agree with the concept and support the objective but they disagree with their placement. We have looked at all concerns trying to make subtle changes where we could without creating more issues. The WFCAs is very proud of working with a membership that whether they agree disagree or are somewhere in between has been very professional and respectful of the process and the objective of bringing statewide uniformity.

In April the WIAA Board of Control met for a final vote on the Football Only Plan. They heard any concerns from schools before voting unanimously to accept the plan.

The newly formed WIAA re-alignment task force will have procedures in place to receive requests from schools that would like relief or a conference change going forward. These requests can be made in 2021 for the 2022 season. The task force will also handle any adjustments before 2021 that may be caused, such as schools dropping football or entering a coop agreement.

Respectfully, WFCAs Executive Board

WFCA MENTORING MANUAL ORDER FORM



MAIL CHECK OR MONEY ORDER PAYABLE TO:

Wisconsin Football Coaches Association
C/O Dan Brunner
1499 Golden Dr.
Hubertus, WI 53033

Please send _____ book/s @ \$10.00/Book = \$ _____

SEND BOOKS TO:

YOU MAY ALSO ORDER ONLINE USING A CREDIT CARD AT:

<http://www.wifca.org/page/show/1210876-mentor-manual>

Contact Dan Brunner if you have questions • Email: Danielmbrunner@gmail.com • Phone: 414-429-3139

NEW FOR 2019



COACHCOMM
COBALTTM

**SMALL PRICE.
BIG PERFORMANCE.**

HEAR THE DIFFERENCE
BE AMAZED AT THE PRICE



**A GREAT COACHING HEADSET SYSTEM
IS NOW WITHIN REACH OF EVERY TEAM**

- Very Affordable (Finally!)
- Unlimited Users
- Powerful Performance in Demanding Environments
- Exceptional Audio Quality with Q-Tech Noise Suppression
- D1 SmartBoom® Headsets
- Two-Year Warranty on Parts and Labor Included
- Proven Service and Support

800.749.2761

WWW.COACHCOMM.COM



THE WFCFA ANNOUNCES 2019 GRANT RECIPIENTS

By: Tom Swittel, Editor and Director of Communications



Tom Swittel

Last March, the Wisconsin Football Coaches Association rolled out the WFCFA Grant program at the Spring Clinic. As a reminder, the purpose of the WFCFA Grant is to supplement high school football budgets with an emphasis on the health and well-being of the students participating in state high school programs. The WFCFA Grant is designed to enhance programs beyond what a typical budget will cover. Elements such as player safety, injury prevention, and concussion protocol are examples of items the WFCFA would entertain and apply weight to in determining recipients of a WFCFA Grant. The Grant is not intended for normal budgetary items such as: coach's salaries, equipment reconditioning, game uniforms, and regular equipment needed to play (helmets, shoulder pads, girdles, etc.), to name a few.

Any high school program can apply for the WFCFA Grant as long as the head coach is a member of the WFCFA. Significance will be applied to schools with a yearly or three-year average budget under \$3,000. The maximum dollar amount awarded for a Grant is \$3,000.

A total of 64 schools applied for a WFCFA Grant this first year. Of those 64 schools, 42 schools were deemed "eligible" for the Grant. This meant the items requested on their Grant application both "supplemented" and "enhanced" their football budget beyond what it typically covered.

Originally, the total awarded by the WFCFA Grants was going to be capped at \$60,000 in this, the first year. However, because of the large number of schools that met the criteria for the Grant and the WFCFA's desire to recognize as many schools as possible this first year, a decision was made by the Grant Committee and the WFCFA Executive Board to honor all Grant requests for "eligible" schools. All schools that

met the Grant criteria received a WFCFA Grant. The WFCFA awarded more than \$96,000 in Grants this first year!

The WFCFA Grant Committee members were: Matt Binsfeld, Don Kendzior, Steve Lyga, and Tom Swittel.

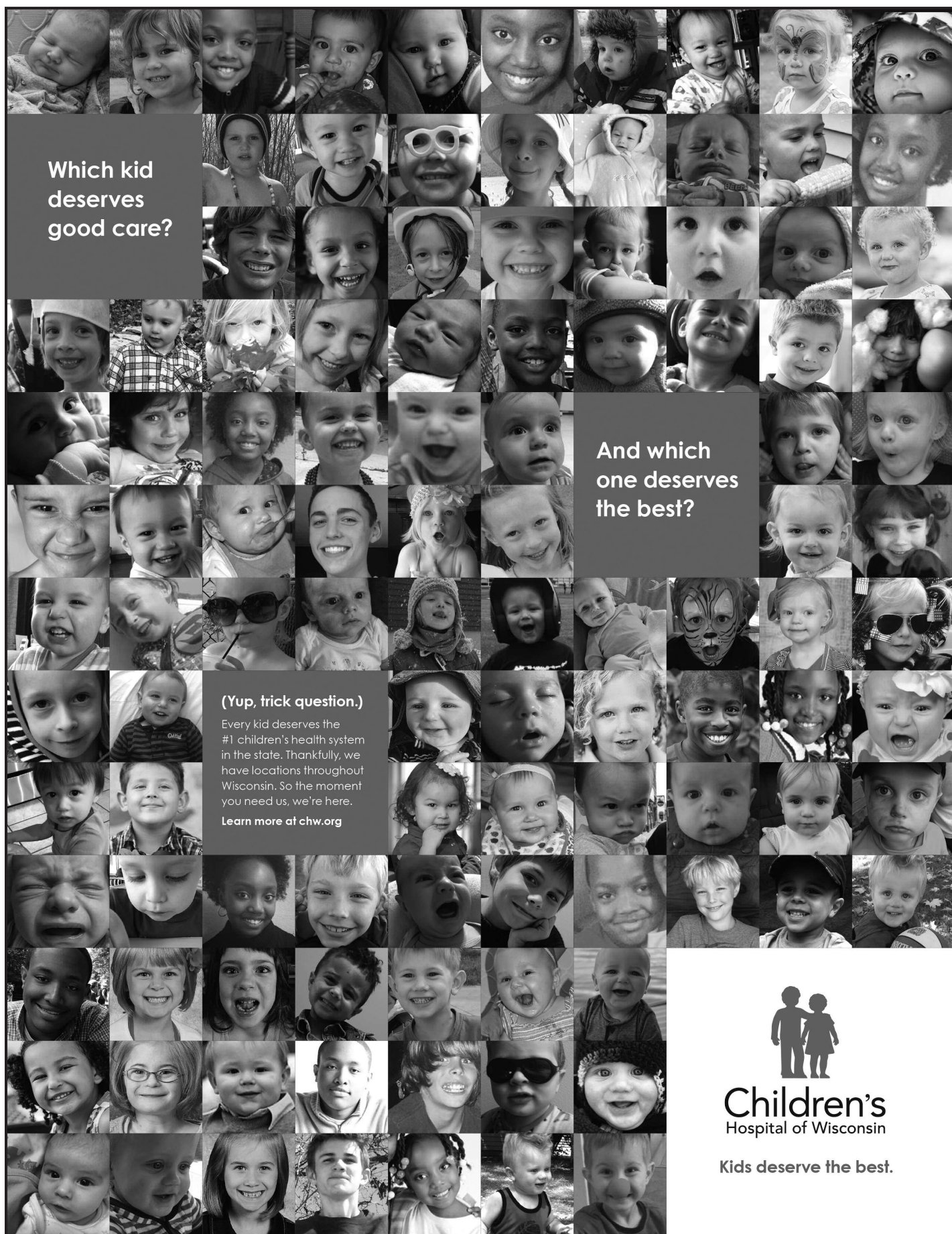
The WFCFA is proud to list the following schools as the first class of WFCFA Grant recipients. Congratulations!

2019 WFCFA GRANTS AWARDED		
School	Request(s)	Cost
Potosi	2.48 inch Tackle Wheels, 2 - 54 inch Tackle Wheels, 3 Pop Up Dummies	\$2,825.00
Bruce	Ice Machine	\$2,500.00
Abbottsford	Guardian Caps, 48 inch Tackle Ring	\$3,000.00
Grantsburg	2 - 48 inch Tackle Rings	\$600.00
Cochrane-Fountain City	3 Tackle Mats	\$3,000.00
Beloit Memorial	Pro 3 Solutions	\$3,000.00
Brodhead	Dummies, Medium Tackle Wheel, Small Tackle Wheel	\$3,000.00
Stratford	Sideline Capes	\$3,000.00
Athens	Tackling Mats, Tackling Wheels, Guardian Caps	\$2,800.00
Pittsville	5 Blocking Sled Pads	\$1,900.00
Greenwood	Guardian Caps, Hand Pads, Tackle Dummies, etc.	\$2,996.00
Lancaster	AED	\$1,000.00
Janesville Parker	Pro 3 Solutions	\$3,000.00
Luck	Sideline Capes	\$2,750.00
Marathon	2 Pop Up Dummies, 2 Tackling Wheels	\$1,850.00
Weyauwega-Fremont	Helmet Fit System	\$2,200.00
Oakfield	Tackling Crash Pad only	\$1,175.00
Beloit Turner	MVP Mobile Tackle Dummy	\$3,000.00
Milwaukee King	Lineman Chute	\$3,000.00
Sheboygan North	10 Coaches USA Football Certification	\$100.00
Mercer Butternut	Tackling Wheel, 6 Step Overs, Arm Pads	\$2,089.00
Manawa	Sideline Capes	\$2,990.00
Madison LaFollette	20 Tackle Bar Harnesses	\$930.21
Milwaukee Ronald Reagan	Pop Up Tackle Maker	\$1,476.00
Milwaukee Riverside	2 Man Blocking Sled, Chute	\$3,000.00
Desoto	3 Shadowman Dummies, 4 Dozen Scrimmage Vests	\$2,419.83
Oshkosh West	10 Guardian Caps	\$400.00
Appleton West	Training Chute	\$2,400.00
Royall	Tackling Wheel and Dummies	\$1,695.00
Wauwatosa West	Pro 3 Solutions	\$2,700.00
Kenosha Tremper	Pro 3 Solutions	\$3,000.00
Nekoosa	Mobile Hydration System, Pop Up Dummy, Pass and Snap System	\$2,979.97
Necedah	Portable Water Chiller, Gel Max Mouthguards, Guardians, Rib Protectors,	\$2,289.00
	Deluxe Helmet Pump	
Clayton	Pop Up Dummies, 20 Sideline Capes	\$2,995.00
St. Francis	AED	\$2,000.00
Blair Taylor	3 Tackling Wheels, Stand Up Dummies, Body Shields	\$2,889.00
Riverdale	Tackling Wheel	\$1,000.00
Barrow	MVP Drive Tackling Dummy	\$3,000.00
Racine Horlick	Pro 3 Solutions	\$3,000.00
Melrose-Mindoro	Pop Up Dummy, Tackling Wheels	\$1,030.85
Brillion	2 AEDs, Gatorade Performance Packages	\$2,435.00
Delavan-Darien	Tackling Wheel, Shortboard, Manshields, etc.	\$3,000.00
TOTAL		\$96,414.86

THANK YOU to all of you who so generously submitted articles for
"The Point After II."

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


Articles may be emailed to the WFCFA office at office@wifca.org, or send paper copy to:
 WFCFA, PO Box 8, Poynette, WI 53955. Please include the title of the article, and the name, school
 and title of the author; along with the author's photograph. Again, our thanks!



Which kid
deserves
good care?

And which
one deserves
the best?

(Yup, trick question.)
Every kid deserves the
#1 children's health system
in the state. Thankfully, we
have locations throughout
Wisconsin. So the moment
you need us, we're here.
Learn more at chw.org



Children's
Hospital of Wisconsin

Kids deserve the best.

FROM THE HALL OF FAME CHAIRMAN

By: John Hoch, Athletic Director and Head Football Coach, Lancaster HS, WFCB Hall of Fame Chairman



John Hoch

The 2019 WFCB Clinic and HOF Banquet has come and gone. If you attended we hope all enjoyed the experience at the clinic and banquet. It was another great class that entered our WFCB Hall of Fame. I want to thank all of those that helped/worked to make this HOF Banquet and weekend a success. A special thanks to Bill Collar and Duane Rogatzki for organizing the luncheon for the past HOF recipients and wives on Friday. It is great to see many coaches who have given a lot of their time to their communities and WFCB organization.

The 2020 Hall of Fame process has started with selection of the 2020 Class taking place in June. Remember any member of the Wisconsin Football Coaches Association may nominate a deserving coach to the HOF Committee. To nominate a coach or other citation candidate for the WFCB Hall of Fame, simply send his name and address along with a paragraph explaining why you think they should be inducted. Send all nominations to: office@wifca.org or PO Box 8, Poynette, WI 53955. Nomination Deadline is May 1st! No Exceptions!

I want to let you know that we had great participation by our past HOF members in donating to the WFCB HOF Scholarship Fund. We had over 100 members donate at least \$100 which help us get close to our goal of providing a scholarship in the amount of \$1000. We were able to reach that goal with the help and hard work of fund raising efforts by Jerry Golembewski to provide over 24 scholarships. Congratulations WFCB donating HOF members. You can make a donation for next year's scholarship fund by sending your donation into the WFCB Office, PO Box 8, Poynette, WI 53955 at this time.

As always I want to thank a two very important people that help make this event special. Charna and my wife Shelly are always making sure we are staying on task, being organized as they want the Hall of Fame banquet event to be a very special day for the families and individuals inducted each year.

The WFCB is proud to announce the
Hall of Fame class of 2020

HEAD COACHES

Joe LaBuda, Head Coach, Menomonie HS
Kirk DeNoyer, Head Coach Wisconsin Lutheran HS
Steve Rux, Head Football Coach, Waukesha West HS
Dan St. Arnould, Head Football Coach, Niagra/Brillion HS

HEAD/ASSISTANT COACHES

Steve Lyga, Head/Assistant Coach, Cochrane-Fountain City HS
Scott Statz, Head/Assistant Coach, Platteville HS

ASSISTANT COACHES

Tom Fugate, Assistant Football Coach, Homestead HS
Paul Martin, Assistant Football Coach, Waunakee HS
Bernie Schmidt, Assistant Football Coach, Cudahy HS
Mark Traun, Assistant Football Coach, Elk Mound HS

2020 Award recipients

NHSACA HALL OF FAME

2020 Football Coaches from Wisconsin

Dave Keel, Homestead HS
Bill Turnquist, West De Pere HS

DAVE MCCLAIN DISTINGUISHED SERVICE AWARD

Brad Arnett, Nx Level

MARGE & DICK RUNDLE

POSITIVE INFLUENCE OF COACHING AWARD

Chuck Raykovich, Chippewa Falls HS

2019-2020 WFCB HALL OF FAME SCHOLARSHIP DONATIONS

Mark Anderson	\$100.00	David Hochtritt	\$100.00
Robert Coy	\$100.00	Richard Jones	\$100.00
Gregg Dufek	\$100.00	John Koronkiewicz	\$100.00
Rudy Gaddini	\$100.00	Ed Krcmar	\$100.00
Harlan Gruber	\$100.00	Carlos Kreibich	\$100.00
John Heinke	\$100.00	Gary Larsen	\$100.00
Doug Hjersjo	\$100.00	Michael Sexton	\$100.00
John Hoch	\$100.00	Robert Thomas	\$100.00

Thank you for your generosity year after year!

KEEP THEM HYDRATED, KEEP THEM SAFE

5 TIPS TO HELP ATHLETES STAY HYDRATED

1 KEEP HYDRATION TOP OF MIND

- Remind athletes to check their urine color before practice. If it's the color of pale lemonade, that's a sign of being hydrated.
- Take weather into account and give athletes opportunities to drink during practice.
- Teach athletes to pay attention to how they feel, including their thirst and energy levels.

2 KEEP FLUID LEVELS UP

- Athletes should drink enough fluid to maintain hydration without over-drinking.
- Flavored, cold, lightly salted sports drinks like Gatorade® Thirst Quencher are important, because sodium helps maintain the athlete's desire to drink and retain the fluid consumed.

3 KEEP THE BODY COOL

- Remind athletes to drink cool fluids to help maintain their body temperature.
- If your athletes experience heat illness, help them lower their body temperature by laying them down in a cool place with their legs elevated, applying cool, wet towels to their body and having them drink cool fluids.

4 KEEP HYDRATED BEFORE, DURING AND AFTER ACTIVITY

- Athletes need to think about their entire athletic schedule when it comes to fueling (not just when they are competing).
- Encourage them to drink plenty of fluids throughout the day to replace the fluids lost through sweat.

5 KEEP A RECOVERY SCHEDULE

- Rest and recovery are an essential part of avoiding heat illness.
- Ensure your athletes have time for breaks during practices.
- Encourage athletes to get 6-8 hours of sleep each night in a cool environment if possible.

THE EFFECTS OF DEHYDRATION:

- DECREASED PERFORMANCE
- DECREASED FLUID ABSORPTION
- DECREASED MENTAL FUNCTION
- DECREASED TOLERANCE TO HEAT
- DECREASED MOTOR SKILLS

THE SYMPTOMS OF DEHYDRATION:

- NAUSEA
- FATIGUE/EXHAUSTION
- LIGHT-HEADEDNESS
- HEADACHE
- LOSS OF MUSCLE COORDINATION/
- VOMITING
- WEAKNESS
- DECREASED PERFORMANCE
- FAINTING
- POOR CONCENTRATION/
- ALTERED MENTAL STATUS

GATORADE
THE SPORTS FUEL COMPANY

Gatorade and G Design are registered trademarks of S-V C Inc. ©2017 S-V C Inc.

FROM THE EDITOR

By: Tom Swittel, Editor and Director of Communications



Tom Swittel

The world is always changing. Things never stay the same. Further proof of that will come soon in the form of an online version of *The Point After II*.

After several years of discussion by the WFCB Executive Board and the WFCB Board of Directors (Region Reps), a decision has been made to make the WFCB's staple publication, *The Point After II*, available to coaches online. The change will come with the Fall edition of the magazine.

The decision to do so was not an easy one. The WFCB Executive Board knows that, for some, the idea of going online to read *The Point After II* is not a pleasant one. Our hope is those that feel this way will warm up to the idea and eventually wean themselves off of the printed version. With those coaches in mind, we will continue to

offer the printed version for a short period of time. We're confident those coaches will eventually get comfortable with reading it online. Our guess, though, is the majority of our Association will seamlessly transition to the online version. That is simply how most coaches live their lives now, getting information via the internet.

There are two main reasons the WFCB is moving in this direction. The first is cost. *The Point After II* is not a money maker. In fact, *The Point After II* has been a significant drain on WFCB funds. Using the last two financial years as an example, as reported in the WFCB Business Meetings at the Clinic, the WFCB lost \$28,567 in 2018 and \$44,192 in 2017 on the magazine. That's a total of \$72,759 spent on *The Point After II* the last two years. The WFCB would much rather spend that money on other worthwhile programs offered to our membership. The WFCB Grant Program and the All State program and banquet are just two examples of where the WFCB could direct the *The Point After II* money. There are other programs, as well.

A second reason for the change comes from researching what other State Associations are doing with their newsletters. We found that almost all State Associations we looked at had an online newsletter and not a printed version for their members. When asked, we found no negative feedback reported by members regarding the online newsletter.

As of right now, I can't give you the specifics of how all of this is going to work.

I can tell you for sure *The Point After II* will be housed on the WFCB website. Dan Brunner (WFCB Executive Director), Travis Wilson (WSN and WFCB Website Coordinator), Charna Kelsey (WFCB Executive Secretary), and myself will be meeting in July to lay all of this out. We will communicate all pertinent information regarding this by email. Please look for this in the near future.

So, there you have it. This is a change that has been in the works for some time now. The time is right to move forward with this. The WFCB is confident this change will be a positive one.

On another note, coming in July, look for the following filmed WFCB Spring Clinic sessions to be available on the WFCB website:

- Bob Bostad, University of Wisconsin Inside Linebackers Coach
- John Settle, University of Wisconsin Running Backs Coach
- Robert Hackett, Former Badger Sprinter and NCAA Champion, "Development of a Speed and Strength Program"
- Andy Ryland, Former Penn State Linebacker, "Advanced Shoulder Tackling"
- Scott Peters, Former NFL Lineman, "O and D Skill Development of One-On-One Blocking LOS and Engaging & Defeating Blocks"

Please feel free to contact me with any thoughts or ideas you may have for *The Point After II*. I can be reached via email: tom@epochrecruiting.com or by my cell phone: (414) 315-1131.

FROM THE ARCHIVES

FOOTBALL: DON'T PREACH TO THE CHOIR; PREACH TO THE COMMUNITY

By: Wade Labecki, Ed.D., Deputy Director, Wisconsin Interscholastic Athletic Association

Reprinted from *The Point After II*, Summer 2014



Wade Labecki

High school football is still a mainstay in our schools and communities. Our athletes look forward to the fall and the beginning of the football season. Along with our football players, the rest of the student body will get involved at a Friday night football game. We have bands, cheerleaders, and student fans all involved in the games.

When the WISAA schools joined the WIAA membership, the participation in football increased by 900 athletes. From 2000 to 2007, the numbers of athletes participating in football increased from 32,907 to 33,792. But beginning in 2008, the numbers have declined to current level of 27,993 in 2013. More alarming is the fact that 9th grade participation has

gone from 10,746 down to 8,751 in 2013. It begs the question as to why? Why are parents reluctant to allow their children to play the sport of football? (Note: Participation is down in other sports as well.)

Interestingly, the Associated Press reported that "the number of players 8 years old or younger has increased by 10.2 percent." In addition, the AP reported that "football showed the smallest decline, 5.4 percent..." However, the National Sporting Good Association reported that "the largest drop in team sports took place in tackle football. More than one-half of the decline was within the 7-11 age group, and all of the decline in that age group was from the infrequent (2-9 times) and occasional (10-49

*Packers strong
all year long.*



Visit the most legendary Lambeau Field yet.

With ongoing tours, events, shopping and dining, your passion can play on and on.

1919 KITCHEN & TAP • PACKERS PRO SHOP • HALL OF FAME • STADIUM TOURS • BOOK AN EVENT



Remember to visit the Wisconsin Football Hall of Fame located in the Lambeau Field Atrium.

packers.com

times) participants. There was an increase in frequent (50+ times) participants aged 7-11."

Since these reports differ, does it show that children (and parents) who are successful early stay with the sport, and those who are not successful leave the sport? Does the battle cry "being a part of the team" carry as much weight as it once did if you are not on the field? Or is the declining enrollment in schools also leading to declining participation?

As Mark Twain stated: "The reports of my demise have been greatly exaggerated."

Recent concerns about concussion certainly have contributed to concerns that parents may have about participation in the sport of football. Concussions are not a recent development. The WIAA and NFHS have been providing head injury and concussion information to coaches and member schools for quite some time. But the education about concussions has gotten much more accessible and visible to our athletes and their families. That is not a bad thing. It is a good thing.

Injuries have decreased in the game of football and deaths have dramatically decreased. This is in direct relationship to better rule writing and better teaching of tackling and blocking techniques. Risk minimization must continue to be at the forefront of our sport in order to continue offering such a great educational opportunity to our student-athletes.

High school sports in general -- and football in particular -- have never been safer. From athlete training and conditioning to advancements in protective equipment; from safety driven changes to playing rules; and to the knowledge and awareness of injury - both prevention, as well as treatment, football safety has improved tremendously. We acknowledge injury -- sometimes serious injury -- may occur. We will continue to search for changes and improvements in all of the areas above. But reality is that this generation has opportunity for safer participation in high school sport than any generation that has preceded it.

As far as high school football goes, it is safest that it has ever been. At the NFHS level, we continue to review and modify playing rules to promote player safety. At the WIAA, we have made significant strides throughout our ENTIRE history with regard to athlete safety. Education-based football has never been safer than it is today -- that's true whether we are talking about heads, necks, and the rest of young athletes' bodies. It's the result of the thoughtful, careful and cautious rules making, educating coaches who teach proper tackling and blocking techniques, and officiating to reduce risk. Football is safer as we quickly evaluate and refer injuries to more educated and capable health care professionals.

The NFHS Football Rules Committee is continuing the effort by defining "Defenseless Player" and "Targeting." A defenseless player

is defined as: "a player who, because of his/her physical position and focus of concentration, is especially vulnerable to injury." Targeting is defined as: "an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders." The foul states: "no player or nonplayer shall target an opponent."

Targeting an opponent is unnecessary and the rule must be enforced to minimize the risk of injury in high school football. Coaches must reinforce the rule during practice and during the game. Call it out when you see it. In the NFHS Points of Emphasis for football this year, changing the mindset is addressed and for good reason. We cannot tolerate football players who are playing the game to "take out" an opponent. The POE states:

"The positive aspects of interscholastic participation in the sport of football are many. Inherently, these positive aspects have never required a football player to stick his/her 'helmet-in-the-numbers!'" It has never been acceptable to play with intent to "take out an opponent." Therefore, this type of mindset must be addressed and removed from all phases of the game by players, coaches and game officials. All stakeholders must understand that the future of high school football will withstand the head being removed from the game and it will survive such a mindset change." (NFHS 2014 Football Rules Book, p. 93)

Coaches must spend more time teaching proper tackling and blocking techniques at all levels. This means that we have to coach the coaches as well. Varsity coaches must teach the proper techniques to the nonvarsity and youth coaches in their communities. Another important area: concussion education for coaches. If you haven't completed the concussion courses, you need to do so. Parents want to know that you understand concussions and that you will "take the head out of the game."

Coaches need to get out into the community and be ready to outline the concussion prevention program. We all know concussions can happen. But how everyone responds is the important piece. Have concerned parents talk to current players and parents to hear how they deal with the risks. But respect the decision of parents or players who choose to wait. Everyone has to make his or her own decision. Empower your athletic trainers and coaches to prioritize risk minimization.

Our messages, both the WIAA and the WFCAs, have to be strong on the benefits of participation. We need to be careful and evaluate every message. When we think a message has a positive spin and will help our sports, does close examination conclude the message reinforces the positive or does it create a negative? We need to consider very thoughtfully: What are we trying to accomplish?

The unintended consequences can and may end up scaring away high school athletes from the very sport we are trying to promote. And this may be what is happening right now. We

need help in exhorting the benefits of participation. The benefits of participating in high school sports these are just a few of the documented benefits.

- 1) Better graduation rates,
- 2) Better GPAs,
- 3) Reduced truancy,
- 4) Reduced discipline referrals,
- 5) Better lifelong fitness attributes
- 6) Reduced teen pregnancy.

In summary, high school football is the safest that it has been since it was introduced to schools over 115 years ago. The equipment is the best ever, the rules the most protective ever with risk minimization always a consideration, and the coaches, officials, parents, and athlete education is the best ever and most safety conscious ever.

Thinking of the Kenny Chesney video for his song "Boys of Fall," the message had such a positive and nostalgia-provoking theme. Why? It is because football is special. It takes courage to play football. Football is not easy, and the difficulty that comes along with getting 11 players to be successful on any single play leads to camaraderie. Have we ever thought about how the physical demands and how the game itself requires players to protect one another from harm builds those deeper bonds? It's difficult to express. But it must be expressed. Find a way. Of all the students we work with throughout our careers, whether in the classroom or on the field, who are the alumni that go out of their way to come back to say hi? It's a good bet that they are probably your former football players. Football is special because of the impact the sport and coaches have on people's lives.

Get the message out to your community that football has never been safer. Get the message out that you and your staffs have concussion training and teach the proper techniques. Get the message out that football is special, but be able to express how and why. Don't shy away when someone decries football. Rather, always take the opportunity to provide the proper, positive response. Start preaching to the community.

Thanks for taking the time to read this message. The purpose of my message is not to upset or criticize. It's meant to provide some thoughts for discussion and deeper thinking about the future of football at all levels.

**"The secret to winning
is constant, consistent
management!"**

--Tom Landry



Powerful Tools to Strengthen Your Football Program



Let us handle the stats.

Save time and get the insights you need to dominate your season.

Pricing starts at \$300/team



Instant replay at your fingertips.

Review your plays from every angle and make in-game adjustments.

Pricing starts at \$500/team

Learn more at hudl.com/football 

KIMBERLY FOOTBALL'S "PISTOL" OFFENSE

By: Steve Jones, Offensive Coordinator, Kimberly HS – Reprinted from *The Point After II, Summer 2009*



Steve Jones

There are two reasons why football teams spread the field: To throw the ball and to run the ball. Over the past few years our offensive philosophy has been to run power football out of various spread formations. In doing this we have been able to make something very simple look quite complicated as well as run the same offense from the gun or under center.

We chose to go from a classic "I Formation" to a spread offense for a number of reasons. We felt that spreading the field put more stress on the defense and opened up more running lanes. It also provided us with more flexibility in our formations and gave us the option of running formations with or without tight ends. Running the spread allowed us to put more speed on the field and gave us a more effective passing game. The shotgun not only gave us a more productive passing game, but we were also able to utilize a running quarterback by implementing a mixture of backside read plays and designed quarterback runs. By running a mixture of backside read plays, the tailback mesh slowed down the backside defensive end and backside linebackers.

We ran various formations from the offset shotgun in 2007. We went to "The Pistol" in 2008 because it gave us more balance in our formations and we felt it was harder to pick up on tendencies. In "The Pistol," the tailback is able to run downhill, which fit our power running game. This in turn provided us with a better play-action game. Having the tailback directly behind the quarterback also allowed us to run our option game more effective in either direction.

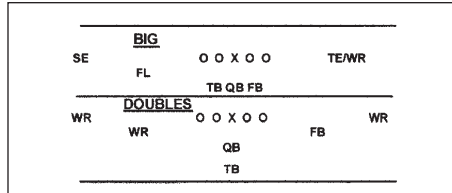
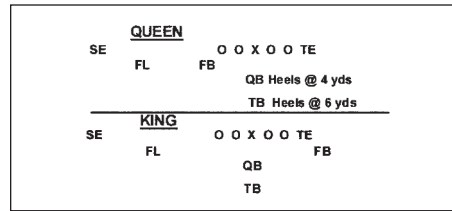
We have six basic formations, in our offense. We always attempt to have four vertical threats in our offensive formations and we want some type of motion on every play. In practice, we work on every formation from the gun and from under center. In "The Pistol," our quarterback's heels are at four yards from the center and our tailback's heels are at six yards.

King and Queen Formation:

In our "King" and "Queen" formations, the fullback is a wing set to the tight end or away from the tight end. This provides us with a vertical threat and allows our fullback to get

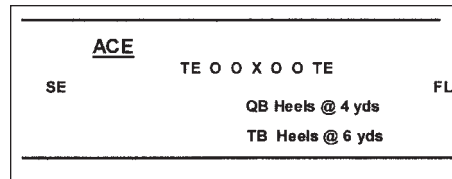
to the flats very quickly while still giving us a lead blocker.

Big and Doubles Formation:



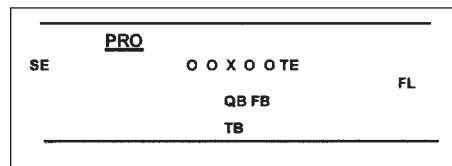
Our "Big Set" and "Doubles" formations take our tight end off the field, typically putting more speed on the field.

Ace Formation:

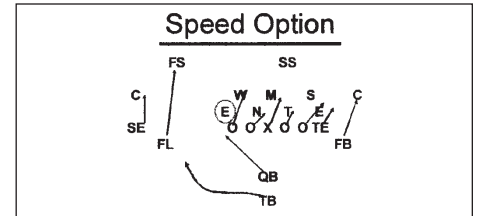
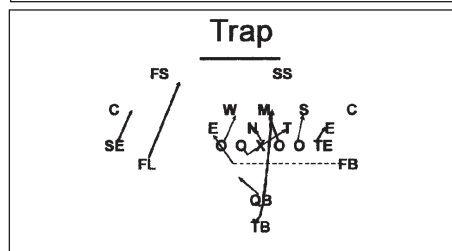
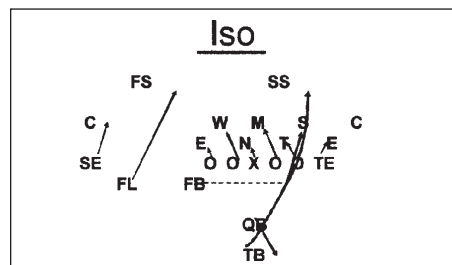


Our "Ace" formation provides balance by having a tight end and a wide receiver on each side and gives us four vertical threats.

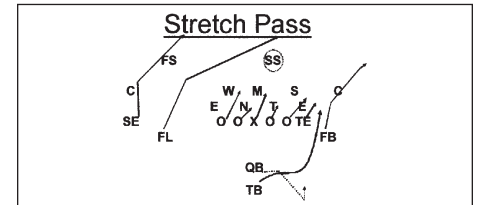
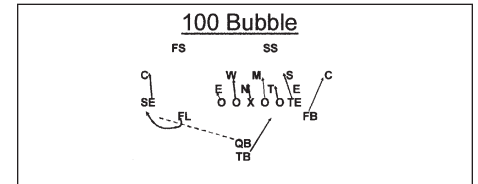
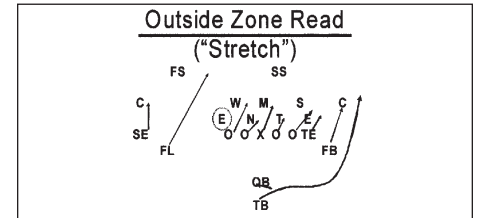
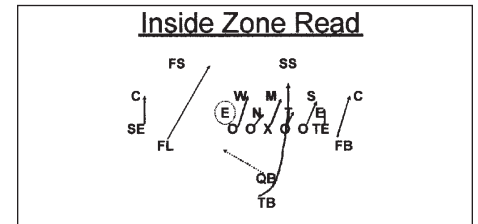
Pro Formation:



Our base run game is made up of typical "I formation" blocking schemes (Power, Iso, Trap, Speed Option, etc.).



We have also included inside and outside zone (Stretch) to our base run game package.



We feel the run game philosophies of "The Pistol" offense matches up very well with the typical philosophies of the I-Pro run game. In our Pistol offense, the running back is square to the line of scrimmage, directly behind the quarterback, and is able to get downhill very quickly. We also typically have a fullback and a tight end in the game.

Our passing game improved, in particular our short passing game and our play action passing game. Since our quarterback is closer to the center in "The Pistol," the timing of the short passing game matches up much better. Our quarterback is now able to catch the snap, grip it, and throw it on time. Our play action passing game also drastically improved. In "The Pistol," the tailback/quarterback mesh is very conducive to any play action passing scheme.

I would like to thank the WFOA for the opportunity to write this article. I hope that some of the information in this article is valuable. If you have any questions, feel free to contact me by email atsjones@kimberly.k12.wi.us.

ANYONE CAN SEE TYRANNY. MARINES ADVANCE TO STOP IT.



MARINES.COM

FROM THE ADMINISTRATOR

SUCCESS IS NOT AN INDIVIDUAL VENTURE

By: Matt Joynt, Superintendent of Schools, Mequon-Thiensville School District



Matt Joynt

In the Mequon-Thiensville School District, our Board of Education recognizes that everyone has a stake in successful schools and that outstanding student performance benefits the entire community. As such, I ensure that when student successes reach the state or national level, they are recognized through the Superintendent's report at our monthly board business meetings. The students we recognize each month perform across the District's academic and co-curricular settings and include athletes representing the wide array of athletic opportunities hosted at Homestead High School.

This school year, at a November Board meeting, I invited representatives from the Homestead High School Division II State Champion Football Team, as well as the school's Boys Cross Country Individual State Champion to be recognized for their exemplary achievements. At the meeting, I first introduced the school district's first-ever back-to-back state cross country champion, to be acknowledged for his prestigious accomplishments. I provided details to the Board and the community of the young man's championship race, which was run in 15 minutes, 20 seconds and was the ninth-fastest ever at the state meet. Additionally, I announced that he will run in college for the Northern Arizona University Lumberjacks, a school that has been crowned NCAA national champions in men's cross country for three straight years. Then, I invited him and his coach to say a few words. I don't know what I expected to happen next, maybe for his coach to speak on their behalf and thank the school board for providing time to recognize student-athletes at their meetings. But, that wasn't at all what happened.

Our state champion cross country runner stood up from his seat and shared how grateful he was to be recognized at the Board meeting with the football players in attendance. He referred to the football players as his teammates.

He spoke about the fact that as a senior, he and his classmates on the football team had maintained a special bond as they grew older and focused more fully on their respective sports. Again, he referred to these classmates in the football program as his teammates. He shared, "every day after school, these guys would take their pads and their helmets and go out on the field for practice, and I would have my running shoes and my short shorts out on the track and do laps around their practice... I might not know all of the details about football and they probably don't know all the details about running, but we both know the face of someone that is working hard."

Regardless of the athletic program that they were participating in, they were classmates with goals. They were athletes with a common purpose. They were high school teammates that on the practice field and in competition, proudly represented their community. He added, "they [the football players] really inspired me to reach my highest potential throughout the four years when they were on the field, and I hope I showed a level of inspiration to them when I was running my laps." At the Board meeting, this young man expressed his appreciation for his teammates in the football program, who encouraged him through their perseverance, to keep going and run harder.

This relationship between our Homestead Football Team and our school's most accomplished Cross Country Runner is one based on respect. Respect is a feeling of deep admiration for someone elicited by their abilities, qualities, or achievements. It is a quality that the leaders of our athletic teams cultivate while developing our student-athletes across programs, in the classrooms, and across the community.

After the thoughtful remarks made by our state champion cross country runner, I introduced and recognized the football team for their incredible state championship season. When representatives from the team were provided the opportunity to say a few words, it became very clear that the respect between the two entities was mutual. The players and coaches in attendance at the meeting shared a similar story of their four-year journey, not in the same sport, but in the same stadium. The Homestead High School football team did what they set out to do at the beginning of the season – win their sixth WIAA State Championship.

Though the numerous accomplishments of our football team were the reason for their attendance at the board meeting, what the athletes took turns sharing with the Board of Education was even more important. Like their teammate on the cross country team, the young

men who addressed the Board shared stories that reflected impressive values. They attributed their success and positive results to strong relationships and mutual respect across sports and within the school building. They described how the team developed a family-oriented team culture, participated in leadership training, and acted on their strong desire to positively represent their community. Our Homestead football coaches' long history of engaging student-athletes to be selfless leaders, relationship builders, and positive influencers had a great deal to do with the team's overall success. To say the least, our school board members were impressed. Not just with the accomplishments of the athletes that were in attendance at the meeting, but with the fact that the students for whom we were recognizing that night attributed their success to one another.

The impact student-athletes have on our school community is one that cannot be measured. The role our coaches play in helping athletes realize this impact and influence is vital. We, as a community, were enthusiastic and proud when our local football team won the state championship this year, and when one of our cross country runners did the same. But, it is when these accomplishments, and the journey it took each athlete and coach to get there, are described through the loving respect they have for one another, that I am truly inspired. Not just by the achievements mastered, but by our athletes' realization that when you connect with, contribute to, and benefit others, we experience success.

I am thankful to Homestead High School's Offensive Coordinator, Coach Drake Zortman, for asking me to share our story.

WFCA Office

Contact us at:

608-635-7318

office@wifca.org

PO Box 8

Poynette, WI 53955

THANK YOU!

THE CHOICE TO CO-OP FOR THE SAKE OF FOOTBALL

By: Cody Schultz, Athletic Director, River Falls High School



Cody Schultz

First off, I would like to thank the WFCA for allowing me to write this article to share my thoughts on re-entering a co-op. Secondly, I would like to thank Jim Bylsma, Head Coach of Cambria-Friesland, for asking me to contribute to the *"The Point After II."* As a young coach, I always would read *"The Point After II"* and hoped that I would one day get the chance to contribute to it, and thanks to Jim, I now have that opportunity.

As I am writing this article, I am in the second year of being the Athletic Director and a football coach for the Fall River School District. At this point in time, after being approached by Rio High School's athletic director about forming a football Co-op, the Rio and Fall River Boards of Education have voted to approve, with a recommendation from the administration, a football co-op between the two school districts. When deciding to enter this co-op, there were many things the administration had to consider, and I look forward to sharing some of the things we had to think about in this article.

1) Numbers and Safety

Fall River Football has had two years of great success, two conference championships in a row, and one trip to Level 4; one would think with success like that, participation numbers would be off the charts! Unfortunately, that is not the case. In 2017 and 2018, Fall River had two senior classes of football players in the teens. This led to success and stability, but unfortunately, the grades below those classes are lacking; if Fall River was to do 2019 Football on our own, we would have 19-24 student-athletes. Of those 19-24 student-athletes, 13 of them would be freshman and sophomores. Numbers like that dictated joining forces with Rio, who will be providing around 14 student-athletes for the high school program.

Looking at those numbers, the administration also had to consider the safety of playing football; 19-24, of which only 2 football players would be over 200 pounds, consisting mostly of underclassman, playing football at a varsity level was something we did not think was safest for our kids.

2) Player Development

Although Fall River has had teams over the past two years of around 30 student-athletes or so, we have still struggled to field a Junior Varsity team. Our hope is that by co-oping with another program who has struggled to field a JV team in the past years, together we will have enough kids to play a JV schedule. This will allow our players to develop at the right level, rather than being forced into playing at the varsity level, where they may not be ready to play speed-wise, strength-wise, or knowledge-wise.

Player development is also a large part of practice. If a program has low numbers, 19-24 athletes on your team, the coaching staff may not be able to run any team offense or team defense portion because there may not be enough players to field a "scout" team. The coaching staff then also has to worry about how do they develop kids at certain positions, such as defensive and offensive line, without putting smaller, younger, inexperienced kids against larger, older, veteran players. In situations like this, the younger athletes are often worried about not getting hurt and the older players are not being challenged; neither athlete is getting anything out of these kinds of drills.

3) Being an Advocate For Football, and Being a Good Neighbor

Hopefully, you can tell so far, when deciding to pursue the co-op, here at Fall River we always had the mind-set that we have to do what is best for our kids; what will give them the most enjoyment, what will give them the best success, and what will be safest for them. At the same time, as administrators and coaches, we have to be stewards and advocates for the game of football overall. Right now, unfortunately, the game of football is under attack due to the media scrutiny of

brain injuries, specifically concussions. People are starting to say football is "too violent" to play or "too unsafe."

When Rio approached us about the co-op, one thing that crossed our minds is: How terrible that there are some kids out there that might not get the opportunity to play football. Football is already under attack and losing participants, we have to do everything we can to make it available for anyone who is interested in playing. The life lessons you learn from football, the friendships you make, the mentors you find... that stuff lasts a lifetime; if co-oping allows kids to experience all those benefits, then let's do it!

Thank you again to the WFCA and Jim Bylsma for allowing/asking me to write this article. I hope this shed a little light into the thought process schools must consider as they look to co-op. If anyone has any questions about what our thought process was or has any questions about the co-op process, please feel free to reach out to me by email at: cschultz@fallriver.k12.wi.us.

Congratulations Travis Wilson

40
UNDER
40
COACH&A.D.



SPECIAL TEAMS

SWINGING MOMENTUM WITH THE SWINGING GATE

By: Jeff Wallack, Head Football Coach, Saint Francis High School



Jeff Wallack

Like most in our profession, I am one who always looks to improve my coaching practice. I am constantly looking at ways to make practice time more efficient and ways to keep it “fun” for our kids who play this great sport. I think that it is important for the coaching profession overall to be mindful of this and continue to proactively work with a growth mindset approach.

What this means is as coaches, we need to be mindful of how we organize individual practices and what we exactly place value on.

For example, if you were to come observe one of my typical practices, you would never once see time spent on punt returns or see our kids wearing full gear.

In my world, spending time on punt return is a waste of time. When Friday night finally comes around how punt return is practiced during practice never translates to the game field. Usually it gets screwed up by somebody and then you have one of your assistants going ballistic on the sideline. I don’t need that.

Another example is dressing in full gear. In my opinion it’s another time waster. With the new approach to tackling (Seattle’s Hawk tackling, etc), you are able to practice the proper techniques of tackling right away – so why bother having your kids take that extra locker room time getting fully dressed?

Once we made those changes we found extra practice time and as a staff we discussed ways to use that time in a more valuable manner. How could we add something that would positively impact our program and be fun? We decided to direct that additional time into developing the swinging gate for all of our scoring conversions. We believed that through the development of the ‘gate’ it would do four specific things:

It would immediately be fun. Kids love getting away from the norm. The swinging gate allows that.

It would increase our overall chances of scoring points. Previous to the gate install our conversion game was some years a crap shoot based on the talent we had at placekicker. Based on averages we concluded that even if we only convert 50% of our 2-point attempts over

the course of a nine game season it would still statistically put us ahead in comparison to 1-point kick attempts.

It allowed our kids creativity and ownership. In our “gate” system we put the decision making on our kids. Coming into each week we typically will have four gate calls: line up and kick the extra point, a run play, and typically 2 pass plays. They must understand based on defensive alignment what we can do and can’t do. It is on them.

It forces opponents to dedicate practice time. When teams prepare to play us I have to believe that practice time is spent throughout their practice week defending the gate. If they don’t prepare.... awesome 2-points for us. If they do prepare, fine we will attempt a 1 point kick, etc.

How you design your 2-point “gate” plays and the alignment you want to use is up to you. We have implemented rugby passes, jet read, and speed option into our system.

Here’s a look at our success over the past three seasons:

	TDs	2PT	1PT	Total
2018	39	6/10	23/29	29/39
2017	51	15/20	24/31	39/51
2016	38	13/13	21/25	34/38

If interested, please email me at coachwallack@gmail.com I am always happy to share what works for us and maybe get some insight from you as well. Best of luck in fall ‘19!

WHY THE SHIELD PUNT

By: Jeromie Voeltz, Assistant Football Coach, Spooner High School

Let me begin by thanking the WFCA and Josh Fizel for the opportunity to write an article in *The Point After II*. It is an honor and a privilege to be a member of the greatest football association in America.

Pre-shield punt yards

For many years, we utilized a more “traditional” punt formation that used 5 linemen, either 2 TEs or WRs, 2 WBs, 1 personal protector and 1 punter. With this philosophy of punt, our teams struggled minimizing the opposing teams return yardage more than we liked. The biggest area of concern for us was our inability to get multiple people down field around the football. We released our center and our gunners on the snap, but delayed our other positions until the ball was punted to minimize the chance of a blocked punt. Often times this created a gap and a coverage unit in two waves, both of which favored the punt return team.

Personnel of front seven

We substituted smaller, faster players that were better served in open space. Athletes that fit this mold were more of your linebacker and safety type of athletes. Instantly, we gained more speed on the field and because of our splits, we were able to defend the width of the field so much better. Our front seven needed to be aggressive kids who could run and make open field tackles. Their horizontal alignment was 1 yard and their vertical alignment needs to be their helmet at the long snappers hips. We wanted them to have a square stance with their hands in their “holsters”.

Footwork of front seven

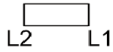
We wanted all of our right and left personnel to identify who to block (dip, rip and run). It was important they block the defender that was outside shade of them to head up the person next to them, see diagram 2. They needed to limit the number of free rushers that attacked our punter. Our steps if we were on the left side were taught this way. Your first step is with your left foot laterally which will allow for the “banana” step on the second. The “banana” step is designed for the right foot to get underneath you allowing you to rip and run by your defender. Your third step is a much more vertical step, working to beat your defender on your way to the ball. As a center your most important job is to get the best snap of your life, then run down and front the ball carrier. If you are on the right side of the formation you were taught this way. Your first step is with your right foot laterally which will allow for the “banana” step on the

Diagram 1

L3	L2	L1	C	R1	R2	R3
1 YD	1 YD	1 YD	1 YD	1 YD	1 YD	1 YD

second. The “banana” step is designed for the left foot to get underneath you allowing you to rip and run by your defender. Your third step is a much more vertical step, working to beat your defender on your way to the ball.

Diagram 2

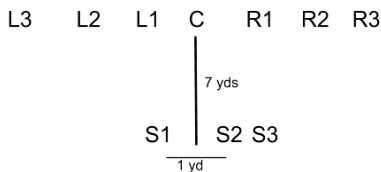


L1 would be responsible to block anyone within this rectangle

Personnel of shield

The shield consisted of players who were either our OL or DL athlete. They needed to be aggressive kids who could eat up space. If they were able to get down the field and assist us, that was an added bonus but not a necessity. Their

Diagram 3



vertical alignment was heels at 7 yards and 1 yard between S1 and S2 with S2 and S3 shoulder to shoulder.

Footwork of shield

After the snap has cleared the shield, they will need to take a diagonal step towards the center. S1 will take a 45 degree step to the right and S2 and S3 will take a 45 degree step to the left. The coaching point here is to make sure that the shoulders of the shield stay square eating up as much space as we can. The shield never wants to break apart and never should give up ground. S1 and S3 will work a heel strike to the shoulder pad of their opponent if they get an outside rush and S2 will work on staying square, lowering their body and striking the breastplate if he got inside pressure. As part of the shield, they want to make sure that they are accountable for both “A” gaps and playside “B” gap.

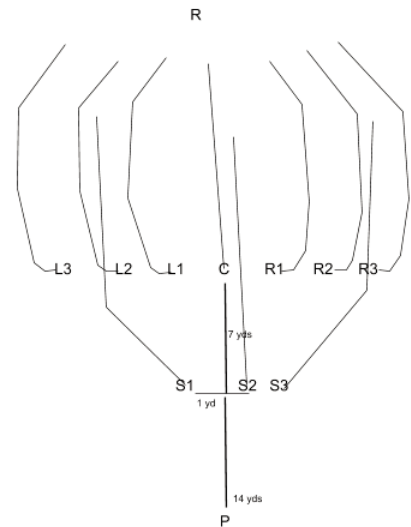
Punter

Our punter’s heels are at 14 yards. He will signal S2 when he is ready by showing his hands and S2 will deliver the cadence. Our goal as a team is to snap, catch and punt the ball in under 2.3 seconds. It is imperative that the punter is vocal on the direction of the punt, “right-right”, “left-left”, “middle-middle”.

Coverage Lanes

Once our front seven rip and run they are working on fanning out and converging on the

Diagram 4



returner. The center will set the coverage by trying to front the returner. The left side of the punt team will adjust their path based off the center with L3 being the contain player.

The right side of the punt will adjust their path based off the center with R3 being the contain player. S1 and S3 will attempt to work down the hashes while S2 and the punter are our safety players.



HIGH SCHOOL SPECIAL TEAMS CIRCUIT

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



Patrick Wagner

How many times has a special team's play been a major factor in either your game planning or made a difference in your game? Last year in one of our games it was our extra point team that struggled and we ended up losing the game because of it. In other games our special teams excelled and we scored touchdowns off of punt returns and punt blocks.

Special teams need to be treated just like offense and defense. How often do special teams take the field in a game to justify the amount of time you spend on them during practice is of

course the question you have to answer. We have had some games where we have been on kick return once and punt once. We have had games where we are punting almost twice a quarter. Our answer over time is to have a special teams circuit every day during two-a-days and then once every other week. The circuit usually lasts 40 minutes during two a days and 30 minutes during the regular season.

Our circuit is made up of seven drills: kicking, long snapping, punt + field goal block, kick and punt return block (on the run), punt and kick return coverage (on the run), ball drills (catching and fielding), field goal line work (stationary block). After the first week of two a days we will separate the kickers and long snappers and they end up having their own sessions. We usually spend 5 minutes in each session and then four minutes during the season.

Each coach is responsible for one skill. We do meet as an entire staff about special teams. At that meeting we finalize what we want to do and what is the most effective way to teach the skills.

During the second week of two-a-days we do start to introduce our special team sets: punt and punt return are first because they happen the most. Extra point is next. Kick off and kick off return are last. We do spend 20 minutes a day on special teams.

We have changed our special teams every year just like we do our offense and defense. We tweak what we do to fit what our players can do. In the kicking game I'm paying a lot of attention to what rugby is doing. I'm fortunate enough to be able to watch a little of the international rugby games. When you break down the rugby kicking game there are some skills I can teach all of my players to improve our special teams game.

Also, the way the rules of football have changed and will continue to change will dictate a lot of the return game especially on kickoffs.

As far as personal philosophy I do keep most of my offense out for punt and extra point since it is an offensive play. I do keep most of the defense out for punt return since a team can easily transform and try to run a traditional offensive play. I also have a mix of my best players and some players who don't start on kick off and kick off return. Doing this gives some players a needed break if they are starters but it also keeps my second string players in the game. In most cases if I'm suiting a player up, I want him to be able to contribute on the field and at least have that player on one or both of those teams will keep them focused.

DEFENSE

DEFENSE – BUILD IT WITH BUY IN!

By: Zach Wilderman – Defensive Coordinator and Defensive Backs Coach, Saint Mary's Springs Academy



Zach Wilderman

First, I would like to say thank you to the WFCAs for its continuous efforts to move our sport forward year-in and year-out, and for this opportunity to share this article with other coaches. I would also like to thank Coach Bob Hyland, the Head Coach of SMSA Football, for allowing me to coach the defense for the last 8 years at one of the most successful football programs in the state. To summarize our goal week-

in and week-out; we strive to dictate the game. We do this by eliminating the biggest player threats, eliminating a team's top five run and pass plays, and keeping teams reactive to what we do out of our schemes.

In our program we run multiple defenses, we substitute multiple packages, and we play multiple players. It is our hope throughout our season we can develop 16-18 "starters", and a handful of scenario-based guys that can get onto the field in situational football downs and distances. During games we tend to stay away from wholesale substitutions. Instead, we attempt to give our younger guys opportunities to play alongside a more veteran player. This allows the young guys to be more confident and gives them the opportunity to reassure their thoughts on appropriate alignment and assignment. Our positional principles do not change based on what defense we are running.

We try to balance our defensive talent as much as possible. If we have players who excel in an area, we attempt to align them near another player who tends to struggle in that same area. To the same affect, often times we will surround a weaker player with a stronger player on

each side. We emphasize team speed over team size since we normally are not overwhelmingly big. Everyone on our defense will be a solid tackler and will hit. From Day-1 they are told, "if you aren't willing to hit or sacrifice yourself for the team, we will find someone who is." We stress toughness, aggressiveness, and playing with violence. We strive to win the play, nothing more. The end result will take care of itself if we win the individual play. Our players are also responsible for learning multiple positions (i.e. – OLB will know MLB, C, and potentially S. DE will know T and OLB. Etc.). Our defense is also predicated on having layers. We like our defense to hit in waves throughout the play and the more layers to a defense you have, the more waves of players you have attacking. Although at times this gives up an extra yard or two, it prevents the homerun play from happening.

From a scouting standpoint, we may sound a little unorthodox to how normal teams run their system. We scout and do film study independently from one another on Saturday and Sunday during the day. Then on Sunday night we meet and share what ideas and concepts we

saw through our scouting and what we believe we should run against our opponents. As most teams do, we scout formations, players, and situational tendencies. We stress finding their best players in each skill set. We look for the best man-on-man blocker, best pulling blocker, best outside run threat, best inside run threat, biggest passing threat. Almost always this will supply us with the best player in each position group (OL/TEs, RBs, and WRs/TEs). Through our meeting Sunday night we come up with a minimum of two different base defensive schemes for each formation, which we will then alter with stunts, slants, and blitzes.

During the week we have a day and a half to implement our game plan. We also utilize our scout defensive time to teach and coach guys on our schemes and principles. Being so versatile ourselves defensively, most other teams that we recreate in practice have a similar version of something we run. Being that many of our guys play both ways, this a crucial and important time for us to work with the back-ups and younger players to get them up to speed on our schemes. We joke somedays after practice that we do more work as a defensive staff on our offensive practice days, but it is somewhat true and that work pays dividends in the future success of our program.

The last aspect of our program I want to touch on is our belief in Player Ownership. En-

gage your players. We all think we do it, but we don't do it enough. Why? Its scary. Its scary to trust players to make a call. Our defense welcomes it. We work endlessly with our guys to develop that trust. We start off slow with a player who hasn't been through our system. We set the boundaries. We let them know, if you see these alignment/personnel groupings we want you to auto-call to either this Scheme A or Scheme B. Its not a big choice because there are only two options, but the point is the player is making that decision and will 100% invest in that decision. Revisit those decisions later. Ask him questions on why he chose what he did, what he saw, where his thought process was. After developing a player for a year or two under a system of choices and giving him ownership, they will start to think like a coach. They will tell you, "if they come out like this, I think we should do this." They will take that ownership and become a coach on the field (it'll backfire here and there, but not nearly as much as you will be rewarded by it). By playoff time our goal is for our players to call the plays and adjustments on our walk-through day. We are just there to guide and answer questions.

In closing, there are a couple of points I would like to stress which I believe are extremely valuable and the reason for our success; Consistency in Principles, Versatility,

Understanding the Schematical and Personnel weaknesses of your team, and Player Ownership. I hope this article was insightful and you can find something you can take from it. Thank you for your time.



**IT'S NEVER BEEN
EASIER!**

**Register online to be a
member of the WFC**

**at
www.wifca.org**

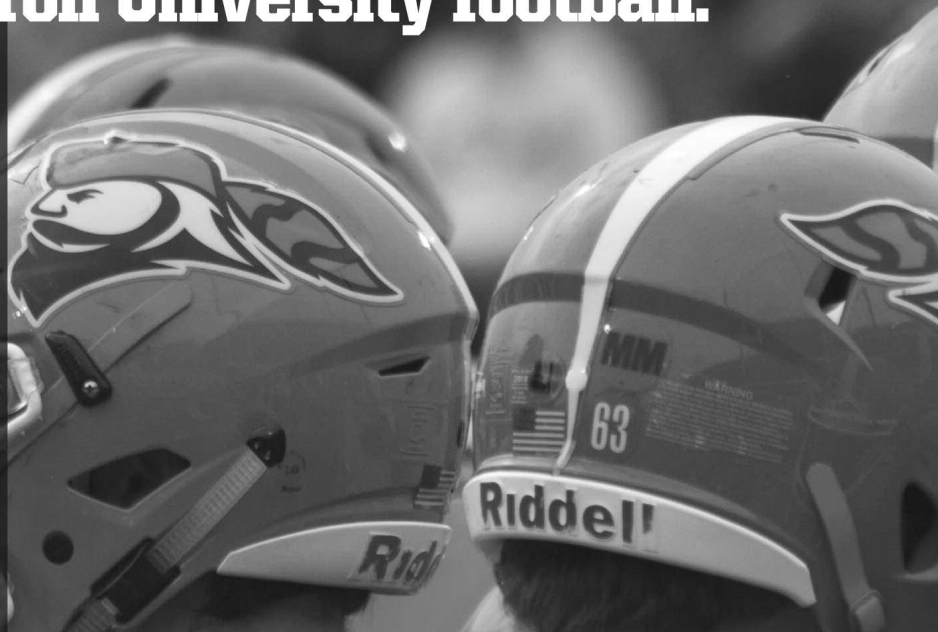
*The official website of the
Wisconsin Football Coaches Association!*

Good luck in the upcoming season and best wishes for a productive off-season from Carroll University football.

2019 CARROLL UNIVERSITY PIONEER FOOTBALL SCHEDULE

SEPT. 7	LAKELAND UNIVERSITY	1 P.M.
SEPT. 21	CARTHAGE COLLEGE	NOON
SEPT 28	ELMHURST COLLEGE	1 P.M.*
OCT. 5	ILL. WESLEYAN UNIVERSITY	1 P.M.
OCT 12	MILLIKIN UNIVERSITY	2 P.M.*
OCT. 19	NORTH CENTRAL COLLEGE	1 P.M.*
OCT 26	NORTH PARK UNIVERSITY	1 P.M.
NOV. 2	WHEATON COLLEGE	1 P.M.*
NOV. 9	AUGUSTANA COLLEGE	1 P.M.
NOV. 16	WASHINGTON UNIVERSITY	1 P.M.*

*HOME GAMES



**Consider scheduling a team-building retreat at Carroll University!
Call 262.650.4870 for more information.**



TOP THREE DEFENSIVE DRILLS USED EVERY WEEK IN STRATFORD

By: Jason Tubbs, Head Football Coach, Stratford High School



Jason Tubbs

First of all, I would like to thank the WFCAs for everything they do for the great sport of football in the state of Wisconsin. I have been the head football coach in Stratford the past six seasons taking over for Cal Tackes. Previously, I was Cal's D coordinator for ten seasons, and I can't thank him enough for the opportunity to continue the tradition he started in Stratford. Game planning for each week's opponent is something all coaches deal with on a week to week basis. Formations, tendencies, and developing a plan to slow down a diverse offense can and usually is very time consuming and a heavy challenge. No matter our opponent, at Stratford we will do these 3 defensive tackling drills. In general, these drills have been probably stolen, throughout my 27 years of coaching, and adapted to fit our schemes. Hopefully, you will be able to adapt one to your coaching style or incorporate them into your younger levels.

Drill 1: Bite the Ball

This drill is our tackling progression drill. The drill has three separate steps that are similar but emphasize the head and neck staying up through the tackle. By "Biting the Ball" the player is conditioned to play heads up football. Some of my smaller players might "Bite the Knee" if the runner is much larger than the tackler. All three steps are a two person drill with one football. It's important to point out that being a good partner is important in this drill. The ball carrier should stand shoulder width apart with a ball in one arm and his other arm parallel to the ground. In all three steps the player should be in an athletic stance and biting the ball with his facemask.

Step 1 – Hands Behind the Back: The defender gets in his athletic stance with his hands behind his back. He should start about a yard away and shuffle his feet to the ball carrier. His mouth/mask should be on the nose of the football. His feet should be shoulder width with one

foot under the ball carrier's belly button and the other foot outside the ball carrier's ball hand side. The defender should take two to three steps in and out three times on each arm side. Then we usually switch the ball and have the other player do step 1.

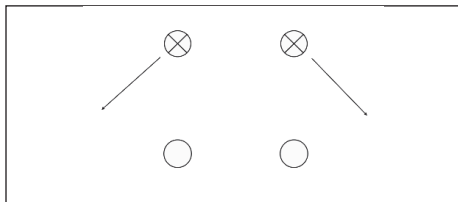
Step 2 – Grab Cloth: For this step the defender starts in his athletic stance with his arms hanging loosely at his side. Step 2 is basically the same as step 1, but the defender must drop his hands below his knees right before contact and then thrusts his arms and hands to the back of the ball carrier's jersey. The defender should "grab cloth" on the back of their jersey. Again, each player should do three reps on each side and then switch with partner.

Step 3 – Throw Hips: Step 3 is basically the same as Step 2, but the defender will roll his hips upward with contact. We do not go to the ground at all on this drill. We emphasize lifting the ball carrier off his feet and setting him down near the same spot. Again, three reps on each side and switch partners.

This drill can be done inside in the gym if weather is an issue. Every rep needs to be done correctly and focus on the head staying up on the tackle.

Drill 2: Across the Bow

This drill builds on the previous drill that players know the basic fundamentals of tackling. This drill is another drill that we do not take the ball carrier to the ground. For this drill you need an area large enough to sprint 10-20 yards. It can be done at 75% speed or you can go 100% full sprint. We usually use four lines for this drill. The lines are 5 yards apart from one another. One side has footballs and the other side is the tackler. On coach's whistle, the ball carrier takes off at a 45 degree angle. The defender, who is starting in an athletic stance pursues the ball carrier keeping the ball carrier a half of a man behind him. The defender needs to "bite the ball" and put his helmet "Across the Bow" of the ball carrier. His feet need to keep moving on contact and drive the ball carrier back towards the line he started. Players switch lines to tackle each way and also become a ball carrier. If players are getting good at the drill, later in the year I add juke moves to keep the defender slightly behind the ball carrier to prevent cut backs.



Drill 3: Shimmy

This drill was totally stolen by us from the Badgers who used this term "Shimmy" as their feet breaking down before the tackle. By breaking down your feet, then the ball carrier has a harder time making a move on the defender. There are many times throughout the season we identify miss tackles on film with: should have Shimmied. We break "Shimmy" into four different drills that can be done within a 15 minute session. All four drills are a non-contact drill that we use a hand shield for the tackler.

1. Short Shimmy: This is the basic level of the drill. Players start 3 yards apart. The ball carrier holds a hand shield and the tackler will start in an athletic stance. On coach's whistle, the defender will take short choppy steps towards the ball carrier. Basically, he is "Shimming" towards the ball carrier.

2. Sprint Shimmy: For this part of the drill, start the defender at ten yards away from the hand shield player. The defender sprints to the ball carrier and as soon as he hits the final three yards, Shimmy, and tackle the hand shield. Stress the feet breaking down before contact.

3. Angle Shimmy: This part of the drill we put the players back to 3 yards apart. Instead of shimming at the ball carrier, we direct the players to shimmy 45 degrees to their left or right, depending on the ball carrier's movement. The defender is still using short choppy steps but at an angle. Make sure to stress proper stance and keeping shoulders parallel to the line of scrimmage.

4. Sprint Angle Shimmy: The last part of this drill is combining step 2 and 3. Move the players back to 10 yards and have them sprint. As he hits the last 3 yards the defender should step either left or right with the hand shield and the defender will tackle the bag (not the other player). The defender will need to shimmy at a 45 degree angle to make the tackle.

I am sure a lot of teams are using these types of drills or versions of these drills throughout the season, but at Stratford these 3 drills are used weekly. I really like these drills at the beginning of practice when my upperclassmen are in the same lines with my middle school players. It gives our older players a chance to teach the drills to our younger players as well as getting reps themselves to run the drills correctly. If you need more instructions on these drills, don't hesitate to reach out to me. Email: jatubbs@gapps.stratford.k12.wi.us

EXPLOSIVE HANDS AND FEET: A MUST FOR THE DEFENSIVE LINEMAN

By: Jake Schiff, Assistant Football Coach, UW-Stout



Jake Schiff

Every defensive line coach knows the importance of a great get off and the use of their athlete's hands when playing in the trenches. Following are two drills that we use to train a great get off as well as the use of our players' hands for every down play.

Get offs: We use a very simple, yet, effective drill for teaching an explosive get off that

also promotes competition in our players. Use a player or a coach as an offensive lineman. On each side of the offensive lineman have a defensive player lined up 1-2 yards away. Both defensive players should key the offensive lineman for movement. The offensive lineman should begin a backpedal and as this occurs the two defensive linemen are competing to see who can get off the quickest and be the first to touch the offensive lineman. This drill doesn't take a lot of space to do and is over usually within 5-10 yards. We use this as a competitive drill for our players and eventually have a contest each day to see who has the fastest get off in the position group. We will also use this drill before going to 1-on-1s versus our offensive line to get into the mind-set of not only getting off the ball but getting into a competitive attitude that is extremely important to success.

Hands: One drill we use to assure our defensive linemen are using their hands to strike their opponent as well as use correct footwork can be done with a simple agility bag and a medicine ball. We line up our defensive linemen with an agility bag in between their feet to assure that

their first step is going vertical and not becoming a false step or stepping underneath themselves. Next, we set a partner in front of them about 2-3 yards away from them. On a movement key the defensive lineman in a stance fires out, being sure to step vertically toward their partner and not on top of or away from the bag between their feet. As they fire out their partner should chest pass the medicine ball that they are holding at the defensive lineman. The defensive lineman should fire their hands out and either catch or knock down the medicine ball. If they do not use their hands in this drill the medicine ball will end up hitting them in the face or chest. After not firing their hands and taking a medicine ball to the chest or face a time or two they will understand how important their hands are to not only this drill but the position as well!

I hope these two drills are something you can use for your defensive lineman whether in-season or in your off-season training. I would like to say thank you to the WFLA for the opportunity to share some insight and I wish all of you the best of luck in your upcoming season!

CARTHAGE COLLEGE
PROTECT OUR STATE

9/7 @ UW-OSHKOSH	10/26 @ NORTH CENTRAL
9/21 vs. CARROLL	10/12 vs. ILLINOIS WESLEYAN
9/28 vs. WASHINGTON	10/19 @ MILLIKIN
10/5 @ ELMHURST	11/2 vs. NORTH PARK
	11/9 @ WHEATON
	11/16 vs. AUGUSTANA

TEACHING YOUR LINEBACKERS TO EFFECTIVELY “FLOW” THE BALL AT TOP SPEED

By: Greg Streit, Defensive Coordinator, Edgar High School



Greg Streit

Thank you to the WFCB for all you do and for allowing us to have such a great organization to lead coaches who lead young men. I am truly honored to be a part of this organization and all it has to offer to kids, coaches and the community.

Recently I was asked the question, “how do your linebackers flow to the ball so well? And so well every year!?” I guess I never stopped to think as to why they flow, rather have always thought of it as an expectation to be able to play for Edgar. As we are all creatures of our habit, I figured it must be because of the drills we do every week in practice. These drills, which have not changed much in the 13 years I have been at Edgar, teach flow and downhill work. We have other drills that we do which are also important, but these five I feel teach flow and running downhill the best. In this article I will describe and each drill we do on our defensive day which is Tuesday. Being the size of school we are, we get about 30-35 minutes per week with our individual groups, so everything we do is fast

paced. The 5 drills will be shown in the exact order we run them at practice.

Drills

1. Step and Read

Each day we get to our Indy LB drills we line up in four lines depending on the position you play and wear you are on our depth chart. We first emphasize stance. If you watch our film our LBs will have the same stance for each position each year...this is important. We then progress to a simple step and read drill. I stand in front with the ball and we do 5 plays (inside trap, power L, power R, toss L and toss R. Each LB has to step in a certain way to do his job and have the correct flow angles. This teaches two things, 1.) forward steps on each play 2.) correct angles. The best part of the drill in my opinion is the younger LBs learn in the footsteps of the older LBs as they are in the same line and we may have 25 LBs or more doing it all in unison by week 4-5.

2. Wave

This is a great drill for footwork for your LBs. We stay in the same lines we were just in and one group of 4 pops out facing everyone else. OLBs may have to switch sides as they are opposite facing now. I have a ball in the middle that all LBs will follow for the drill. At the end of the drill we have 3 coaches including me watching footwork and throwing balls to kids. The progression is like this....

- Step forward
- Shuffle Right
- Shuffle Left
- Shuffle Right

e. Come forward for run

f. Back for pass...catch a ball or recover a fumble.

3. 7-Man Shiver and Flow

This drill is old and simple. Hit the 7-man and seat roll skipping one pad and then get up, get in your stance and hit it again and repeat the drill. You get 4 hits, 3 seat rolls (which I feel teach body awareness) and a nice rip and pursuit off the end.

4. Bags

Set bags on the ground in a downhill fashion. Have kids start and touch each dummy with their hands to keep them low and moving downhill at the same time. End the drill with a tackle, Fumble recovery or interception at the end. Simple but great drill. Do it both ways, add a shiver with a pad in the middle of it for a change of pace.

5. Rabbits

Favorite drill of all time right here. This is a total team drill we do before we start our team period. Line up your #1 defense on the ball. Have a QB and split backs behind him. QB calls cadence and snaps ball. Both running backs take off on a pitch route and the QB throws randomly to one of them. The defense does an up down and then runs their pursuit angle. We then run the number 2 defense and repeat the drill 3-6 times depending on the day. A great drill to teach pursuit and angles for all positions.

If you would like more specifics on these drills I would be happy to elaborate, please email me at gstreit@gapps.edgar.k12.wi.us and we can talk some football!!

DEFENSIVE LINE DRILLS

By: Lucas Phelps, Assistant Football Coach, Spooner High School

Thank you to the WFCB for providing me the opportunity to write this article. *The Point After II* is a great resource for coaches and I am honored to contribute. I want to share a few things we do with our Defensive Line at Spooner from an individual drill perspective.

The biggest obstacle that comes with coaching an individual position group in a small school setting is the limited indy time during practice. In order to make sure the defensive line is ready for each Friday night you must always focus on the fundamentals. There are two big things that I always remind myself and others about coaching during indy time:

The most important thing about indy time is to make each second count, maximize the time you have! On good teams the coaches lead players, on great teams the players lead the players.

Set a routine for your indy time so that each time you have the opportunity to work with your position group your players know exactly what drills they are doing and the players can jump right in and get started even if you are not there.

Make drills and concepts as simple as possible, the easier and simpler you can make it for your players the less they will have to think and the faster they can play.

In this article I will talk about the two drills I do each practice during indy that will maximize the limited time we have as a position group while also hammering home the fundamental skills they will need to be successful on the field.

Step Progression

The first drill we do as a defensive line is stance and step progression. This simple drill is

absolutely fundamental for a defensive lineman. We need to make sure we have a great stance and quick feet to ensure we get to and win the gap we are responsible for. Most plays will finish how they start, if you start the play with a poor stance and slow feet the play will most likely end as poorly as it started resulting in missed assignments and sloppy play.

The setup for the drill is simple, have a ball set with a coach moving it while giving hard counts. I usually use three down linemen for this drill. As soon as the ball is snapped they must move towards their gap with quick feet and a rip. In our defensive scheme our defensive linemen slant to either the hip of the man to their left or right. We will go through each set telling them all to go either left or right.

What we are looking for in this drill:

- Stance (must have a great stance each time)
- Eyes! Their eyes should be on the ball and then snap to their read (hip of man they are slanting to) as soon as it is snapped
- Quick ball get off
- 45 degree first step towards gap and quick second step getting vertical
- Toe placement of second step is critical - it should point upfield. If not, D-Lineman will end up getting washed across the play.
- Hard rip to the gap (should be in unison with the second step)

If a player is struggling with ripping we have used a tennis ball or towel that they are forced to pick up with their rip hand to make sure they are getting the angle and depth they need with their rip. Finish through the gap- shoulders square

Read the Hip

This second drill should take up the majority of your individual time. This drill simulates every variety of block your men will face on game days. It helps them focus on their assignment and execution while also building on the foundations from our first drill we just went through.

I usually put my linemen into groups of four (one defense against three offense) at the beginning of the year to get them used to their responsibilities and then progress to three defensive linemen down facing a full offensive line. You can choose whichever setup works best for you.

When they are in their groups face the offense and give them the blocks you want to see

(down, base, pull, reach, pass) then tell the defensive line which slant you want them to do. Provide the offense with the snap count so that the defensive line has to react. The defensive line should slant to their gap with their eyes on their primary read. This read is the hip of the man they are slanting to, that is their gap. The reason I teach the hip as the gap is because it gives them a landmark and not just a patch of grass. The gap is constantly moving based on that hip so they need to rip to get to that hip and then react based on what their primary read is giving them.

Primary Reads

If the hip goes away (pull or down block) from them they need to chase because their gap is now farther away.

If the hip is to them (base) they must be physical and fight through it and secure the gap. We teach same foot same shoulder, using this technique to fight through the pressure.

If they get a pass block they must rip through and get vertical to the quarterback.

The final read is a reach block, if they get their primary read trying to reach them they must win the leverage battle and stay on that side of the hip while also being physical enough to squeeze it back down otherwise the gap is getting bigger than it needs to be.

What we are looking for in this drill

- Eyes! Their eyes should be on their primary read so that they can react as quick as possible.


- Rip into their gap, getting vertical
- First steps and rip need to get them to the butt cheek of the offensive linemen, otherwise they will be beat
- Read and react to their primary read with no hesitation

This will likely take time with your players but by doing this during each indy period they will gain confidence in their reads and will be able to do it as second nature and play faster

Thank you for the opportunity to share some of the things we do with our defensive line in Spooner. If you ever are interested in talking more with our staff, please contact us.

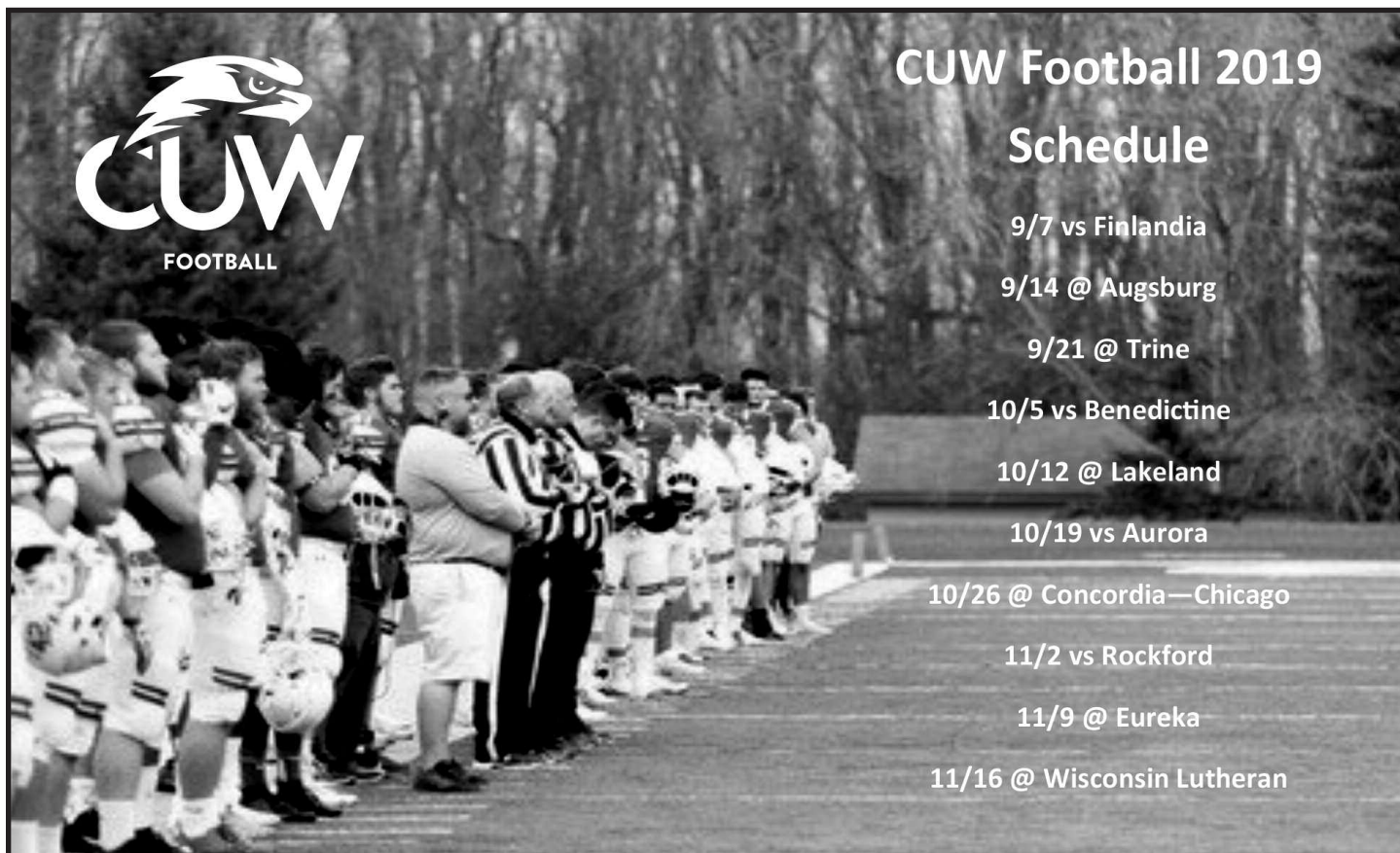
“Experience is not what happens to a man. It’s what a man does with what happens to him.”

--Chuck Knox



CUW Football 2019 Schedule

- 9/7 vs Finlandia
- 9/14 @ Augsburg
- 9/21 @ Trine
- 10/5 vs Benedictine
- 10/12 @ Lakeland
- 10/19 vs Aurora
- 10/26 @ Concordia—Chicago
- 11/2 vs Rockford
- 11/9 @ Eureka
- 11/16 @ Wisconsin Lutheran



MEDFORD DEFENSIVE PHILOSOPHY

By: Greg Klapatauskas, Defensive Coordinator and Ted Wilson, Head Coach, Medford High School



Greg Klapatauskas

Our goal is to defend and stop the offense we are facing every week. Which means our defense needs to be flexible enough to defend a Wing-T offense like Antigo one week and a spread team like Lakeland the next. Although this flexibility is necessary, one aspect of our defense will remain constant throughout the season, we must be great tacklers. Many big offensive plays are due to poor tackling. We emphasize gang tackling and getting 11 helmets to the ball on each play. In order to help get our athletes to rally to the ball, every defensive team session is spent using a two whistle drill. In our two whistle drill the first whistle kills the scout offensive play the second whistle stops our defenses pursuit angles. We force all of our athletes to sprint to the ball after every play. The two whistle drill helps us to instill getting 11 men near the ball during every play. Although each play in a football game is unpredictable, we believe that with 11 players in rapid pursuit to the ball we will achieve positive results at a greater rate than negative.

Gap Identification – We will use the following for identifying gaps and gap responsibility.

D O C O B O A O A O B O C O D

Each position will have basic techniques and responsibilities to follow as listed below:

Defensive Lineman – Tackles & Nose Guards

1. Get in a three point defensive stance, weight on toes, more weight on your hand than an offensive stance, with a z in your knee.
2. Be quick off the ball and EXPLODE into the man in front of you, press to control him.
3. Read Pressure and FIGHT pressure, NEVER go around a block.
4. FIGHT to the ball carrier and TACKLE!!!!

Defensive Ends

1. Get in a two point stance, with your weight on your toes and have your hands ready to react.
2. Be quick off the ball and EXPLODE into ½ the man in front of you.

3. ALWAYS keep your outside arm free, NEVER get hooked.
4. Don't let the blocker easily push you to the sideline, Be TOUGH!
5. Fight to the ball carrier and TACKLE!!!!

Linebackers

1. Get in a two point stance, with your weight on your toes, have your hands ready to react.
2. On the snap of the football always take at least one step toward the line of scrimmage. We want you to ATTACK the offense.
3. Read your key and react to it.
4. Take on blockers with your inside shoulder, always keeping your outside shoulder free.
5. Fight to the ball carrier and TACKLE!!!!

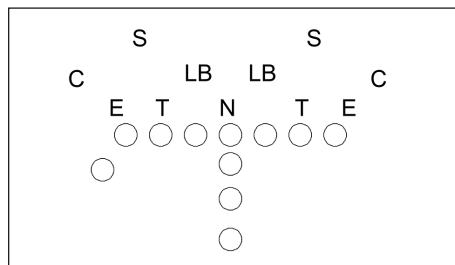
Safeties

1. Get in a two point stance, with your hands ready to react.
2. Read your key and react to it. (Don't PEEK into the backfield)
3. Defend your area or man if it is a pass. (NO ONE gets behind you in a zone situation) We want all passes caught in front of us so we can make a tackle and minimize the opponent's big plays.
4. If it is a run, fight to the ball carrier and TACKLE!!!!

Corners

1. Get in a two point stance, with your hands ready to react.
2. Read your key and react to it. (Don't PEEK into the backfield)
3. Defend your area or man if it is a pass. (NO ONE gets behind you in a zone situation) We want all passes caught in front of us so we can make a tackle and minimize the opponent's big plays.
4. If it is a run, fight to the ball carrier and TACKLE!!!!

Our initial defensive front is the 5-2; with the following alignment:



The basic assignments for each defender in the 5-2 (Position, Alignment & Responsibility respectively) are as follows:

- **Nose Tackle (N);** Head up on center; Explode off the ball into the center, get separation, and play to the ball
- **Defensive Tackle (T);** Head up on the offensive tackle; Explode off the ball into the tackle, get separation, and play to the ball.

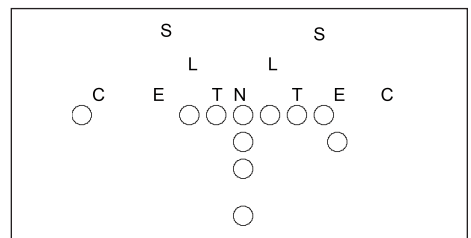
- **Defensive End (E);** Outside eye of tight end; Explode off the ball into the outside edge of the tight end, keep outside contain.
- **Linebackers (LB);** 3 to 4 yards off the LOS head up on the offensive guard; On the snap take a step towards the LOS read your keys and play to the ball. LOS read your keys and play to the ball.
- **Safeties (S);** 8 to 10 yards off the LOS, head up on the tight end; On the snap you should read the tight end, if it is a run play to the ball. If it is a pass, defend your man or area.
- **Corners (C);** 3-5 yards off the LOS, if there is a split end, you are head up, if not you are outside the DE; On the snap you should read the #1 passing threat to your side. If you read run, play to the ball. If it is pass defend your man or area.

Basic Blitzes

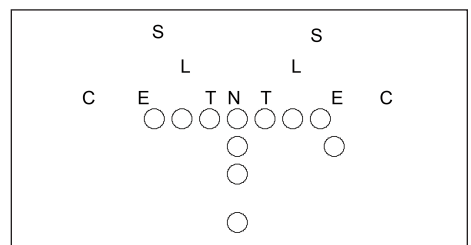
- **Nose Go, Right or Left –** Nose guard & Linebacker; N goes to the called side A Gap, opposite LB goes to the other A
- **Okie Right or Left –** Tackle and Linebacker; Called side tackle crashes the B gap, Called side LB crashes the C gap
- **Knife Right or Left –** Tackle & Defensive end; called side E crashes into the C gap, called side T loops to outside contain
- **Dog Right or Left –** Nose guard, Tackle and Linebacker; N crashes opposite A, T crashes called side B, and LB crashes called side A
- **Rocket Right of Left –** Safety, Tackle and Defensive end; T will crash called side B, E runs up field keep outside contain, S crashes the C gap
- **Missile Right of Left –** Cornerback & Defensive end; E will crash called side C gap, C will go off the edge, keeping outside contain

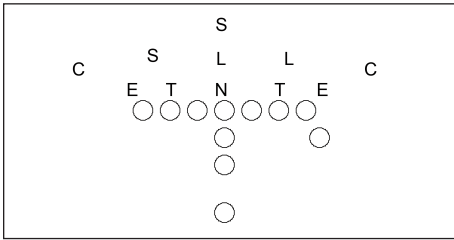
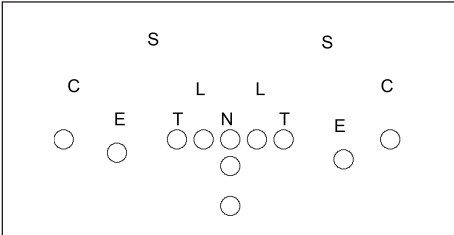
We can run a variety of fronts and coverages out of our 5-2. Out of the 5-2 some of the fronts we can run are:

DENVER



BRONCO



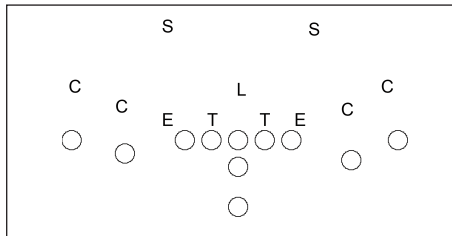
MONSTER**3-2 (for spread offenses)**

Position; Alignment; Responsibility (respectively)

- **Nose Tackle (N);** Head up on the center; Explode off the ball into the center get separation, and play to the ball
- **Defensive Tackle (T);** head up on the offensive tackle; Explode off the ball into the tackle, get separation and play to the ball
- **Defensive End (E);** Inside eye of the slot receiver; if it is a run you are still playing outside contain, if pass you have the flats
- **Linebackers (LB);** 3-4 yards off the LOS head up on the offensive guard; On the snap take a step towards the LOS read your keys and play to the ball

- **Safeties (S);** 8-10 yards off the LOS; On the snap you should read your assigned key. If it is run, play to the ball. If it is pass defend your man or area
- **Corners (C);** 4-6 yards off the LOS, if there is a split end you are head up, if not you are outside the DE; On the snap you should read the #1 passing threat to your side. If you read run play to the ball. If it is pass defend your man area

PREVENT – In certain game situation we will want to run a pass prevent defense.



Position; Alignment; Responsibility (respectively)

- **Defensive Tackles;** Head up on the Offensive guard; Contain rush – we must push to break down the pocket, and also play the draw
- **Defensive End;** Outside eye on the Offensive tackle; Contain rush – we must push to break down the pocket, but maintain an outside contain
- **Linebacker;** Head up on the center; You will spy the running back. If he releases for a pass he is your man. If he stays in to block you will blitz the QB

- **Cornerbacks;** Inside eye on your receiver, 5-7 yards from the LOS; We are playing man under two deep. Align yourself to take away the slant first then cover your man.
- **Safeties;** Just inside the slot receiver, 10-12 yards from the LOS; We are playing man under two deep. No one gets behind you in your 1/2 of the field.

In regard to pass coverage, we will teach our athletes to play man-to-man first. During the season we will also employ cover 3, cover 4 and cover 2. At times we will have our athletes switch based on formation, but one adjustment we have made over the years is to make sure our athletes understand the weaknesses of each coverage. By playing a coverage the opponent doesn't expect you can surprise them and force errant passes. We have learned over the years that giving the opponent the same exact defense and coverage easily allows the opposing coach to manipulate our defense into what they want. Sometimes you have to go with the defensive play caller's gut and allow your athletes to stay in a coverage that seems to have a disadvantage.

The Medford staff would like to thank the WFCA and all of the football coaches in Wisconsin for working to make our game the greatest team sport in the world. Please don't hesitate to contact us with any questions you may have. wilsote@medford.k12.wi.us or klapgr@medford.k12.wi.us



2019 UW-Eau Claire Football Schedule

Sat. 9/07, 1:10 PM, vs. Loras (Iowa) HOME
 Sat. 9/14, 1:00 PM, vs. St. Norbert AWAY
 Sat. 9/28, 6:10 PM, vs. St. Thomas (Minn.) HOME
 Sat. 10/05, 2:00 PM, vs. UW-Whitewater* AWAY
 Sat. 10/12, 1:10 PM, vs. UW-River Falls* HOME
 Sat. 10/19, 1:30 PM, vs. UW-Oshkosh* AWAY
 Sat. 10/26, 1:10 PM, vs. UW-Platteville* HOME
 Sat. 11/02, 1:00 PM, vs. UW-Stevens Point* AWAY
 Sat. 11/09, 11:30 PM, vs. UW-La Crosse* AWAY
 Sat. 11/16, 1:10 PM, vs. UW-Stout* HOME

• Indicates WIAC Conference Game

BLUGOLDS.COM



@UWECFootball

DEVELOPING SMALL SCHOOL LINEBACKERS

By: John Tackmann, Defensive Coordinator, St. Croix Central High School



John Tackmann

There are many key aspects to developing a great defense and a great linebacker. Here at St. Croix Central, we take great pride in the preparation and development of our entire defensive unit. From the techniques we teach to our big boys up front, to the man coverage fundamentals we stress to our defensive backs; all parts of our defense play a vital role in our success. Sandwiched between those position groups, we search for a unique type of player to be a part of our linebacking core. Most coaches are looking for the fastest, strongest, and most physical players to head up their linebacking unit, and although those traits are ideal, it's not always what we have available in small school Wisconsin football. Here at SCC, we are open to all shapes, sizes, and types of athletes to compete for a starting spot in our linebacking core. The biggest thing we look for as a staff is a player who is committed to our model of success, strives for perfection in their daily preparation, and has a love for the process of football as much as they love the game of football.

We breakdown our linebacker development at SCC into 4 big ideas:

- 1) Mirror Steps and Fits
- 2) Tackling and Turnovers
- 3) Beating Blocks
- 4) Focus on Film.

Our student athletes know that in order to earn a varsity spot, and compete at the highest level within our state as a linebacker, they must master the skills ingrained within each of those categories.

Mirror Steps and Fits

The most important step any player on defense takes is the first one. Every man on the field starts even with their opponent before the snap occurs, if they remembered to line up correctly. However, the minute that ball is snapped, if your man steps right and you step left, you are now 2 steps behind them and already playing catch up. This is why every day in practice, and before each game, our linebacking core goes through our read-step progression. It's as simple

as eyes on a coach (running back) and matching their steps as they work their way downhill. We focus on understanding direction and path of our reads. As linebackers, are they seeing a Level 1 path (behind guards), Level 2 path (tackle to tight end), or a Level 3 path (pushing lateral to the sidelines). Each read triggers a different thought process to our linebackers and tells them what's going to happen based on formation, scouting reports, and gametime situation. We also find it to be very important to train our linebacker's eyes to not only see the read, but feel the lineman's movement in front of them. Now being able to sense full flow vs. clutter flow takes a while, especially for a young linebacker, but through many reps in practice and game situations on C team and JV, they eventually get there. Bottom line is, you can't expect them to learn or do something without repeated practice and preparation to get there.

Tackling and Turnovers

We keep this one simple for all of our position groups. If you can't tackle safely and with physical hips, arms, and feet you just won't play--period! That's our expectation, and we find that athletes will rise up to it. As a linebacking crew, it starts and finishes with reading the backside hip of any ball carrier. We train them to always be a half step behind and play everything inside out. There are various drills we do each and every day to practice to master this technique. Linebackers must focus their eyes on the hip while staying a half step behind to prevent the cutback. Then as soon as the ball carrier squares up to the line of scrimmage, they meet them. The expectation is to hit with force, pop the hips, shoot the hands, and run the feet. If the ball carrier never does square up to the line of scrimmage and continues on their level 3 path towards the edge, they continue a backside hip path and run them into the 12th defender. To us, the 12th defender is an All-American on our team who never misses a tackle, and we have no problem utilizing him at any time; we refer to him as the sideline.

Along with being great tacklers, we stress creating turnovers just as much. Our linebacking core works on some type of turnover drill every single day whether it is a strip drill, tip drill, scoop and score drill, or something else infused within what we do. Turnovers are vital to our success. It's our goal that every day in team defense, and every game we play, that 3 turnovers are created. But as a coach, you can't set that goal without doing something to achieve it. This is why we drill into our linebacker's minds and work the skills needed every day to find the ball and get it back into our possession.

Beating the Blocks

What's the first thing an offensive guy does when he draws up a play? They neatly draw all their Xs and Os, and you can see the excitement on their face as they create this perfect running

lane with all their Os making these perfect blocks on our Xs. Now let's flip the table. For the team you are playing against, do your linebackers know who is responsible for blocking them each play? Do they know it's the strong side tackle getting ready to ear hole them when they run their lead kickout? This is one thing we really focus in within our film study and scouting reports. It's important to not only teach your linebackers how to defeat blocks, but also help them understand who is going to be responsible for blocking them. If a player always knows who is coming to block him, he is going to be much more likely to win that battle and beat that block. Now when it comes to defeating blocks for our linebacking crew, it comes back to our mirror steps and what Level (1, 2 or 3) they are seeing in their initial read steps. If a playside linebacker gets a Level 1 path with a fullback coming right at them, we call this a Hit and Fill. That linebacker knows he is not going to be making the tackle, but he will be making the play. Linebackers are responsible for closing the window before the offense can open it. On Level 2 reads, it's usually a Hit and Rip technique for our players. We train them to engage the blocker, rip tight over the top, and continue on their inside out (backside hip path) on the ball carrier preventing a two way go from over pursuit. And lastly, we focus on a Level 3 Rip and Run path. If their ball carrier is moving fast on a Level 3 path, we can't waste time with any blocker we encounter. Our playside linebackers are looking to avoid crack blocks first and then ripping and running through all blockers they encounter while busting tail on that inside out Level 3 path.

Focus on Film Study

The final part to our linebacker development at SCC is our dedication to film study and becoming great students of the game. Although I want my players watching tons of film on their own, I think of all that at solo time as supplemental hours. I want to, and reserve time to, watch film with my players and train them what to look for and how to beat it before it happens. I find that most high school players are good at watching film, but few are great at knowing what to watch for on their own. For us, it also comes down to two types of film study: Self Film and Opponent Film. We breakdown our own practices from Tuesday and Wednesday's team time and want to fix all problems before Friday comes. On the flip side, we sit down with our linebacker crew throughout the week and watch film of our opponent over and over again. It's our hope that they see the top 90% of our opponents playbook hundreds, if not thousands, of times through mental and physical reps before they line up and see it firsthand Friday night. So many players these days are physically fast, but we find that it's more important to be

even faster mentally. For us, our number of mental reps through film study during the week needs to be in the thousands. That way we have beaten each block and finished each play in our mind many times before we actually do it in a game. On game night, our linebackers do a mental progression every play, and it starts when the offense breaks their huddle. They first reflect and analyze their current location on the

field along with down and distance. We then think 5-2-4 as we identify the formation. All our linebackers ask themselves, “Where are the five linemen wearing 50 through 79 jerseys?”, “Where are the two end men on the line of scrimmage?” and “Where are the four backs in the backfield located?” At this point, through our film study and scouting reports, our linebackers should have a good idea of what play

to expect based on the formation we see. The second that ball is snapped, we can make that first read step. It’s our hope that at that time, the exact play is identified one step into their progression. If they trust their training all our linebackers know what play is happening, where the ball is going, who is supposed to be blocking them, and have hopefully perfected the technique needed to win the play.

TAKEAWAY CIRCUIT

By: Josh Fizel, Head Football Coach, Spooner High School



Josh Fizel

Thank you to the WFCA for the opportunity to share some of the specific takeaway drill

work we do at Spooner High School to help put our guys in the best position to be successful on Friday night. One of the things we put a great deal of emphasis on at Spooner is our takeaway circuit. The turnover margin is one of the most important stats each Friday night and one we believe a great deal in. We believe we get what we emphasize, and our takeaway circuit is something we do every week of the year with all of our players. Our circuit is broken down into (4) stations, with slight modifications to each drill based on the specific positions of our players. Each station generally lasts 1:30-2:00 minutes. Our (4) stations are:

- Rake / Punch
- 2 Man Strip
- Tip Drill / Sack Drill
- Clean / Dirty Recovery

Rake-Punch

We teach our players two different ways to strip the ball based on their position and the position the ball carrier is carrying the ball.

Rake: We teach the rake when the ball carrier has his elbow tight to his body. We teach our players to reach in to the top of the ball, as far inside as they can, and pull the tip of the ball away from the ball carrier. This is a great technique to use when the ball carrier is carrying the ball low. Our guys often use this technique in a pile, or as the ball carrier is getting slowed. It can also be effective if in a chase position.

Punch: We teach the punch when the ball carrier has his elbow away from his body. A lot of times we see this when the ball carrier is fighting for extra yards, or our defender is in a

UWL EAGLES

2019 GAMEDAY VISITS

SEPTEMBER 7TH VS. CONCORDIA COLLEGE
10 AM CHECK-IN

SEPTEMBER 14TH VS. ILLINOIS WESLEYAN
10 AM CHECK-IN

OCTOBER 12TH VS. UW-STOUT
10 AM CHECK-IN

OCTOBER 26TH VS. UW-OSHKOSH
10 AM CHECK-IN

NOVEMBER 9TH VS. UW-EAU CLAIRE
8:30 AM CHECK-IN

chase position. We teach them to violently punch between the elbow and the rib cage and try to pop the ball out. Biggest mistake our guys make is not being aggressive enough on their punch. You get (1) chance to punch and you must make it count.

2 Man Strip

We do this in groups of (3). It is a drill that can combine offensive and defensive techniques. It also turns into a competitive drill with our guys. The drill set-up is from sideline to the numbers. The offensive player must stay on the yard line and the two defensive players are attempting to strip the ball from each side. We focus our defensive players on making contact with the ball, not the ball carrier. This drill creates a competitive attitude in both sides of the ball.

Break Drill / Sack Drill

Our break drill is used for our linebackers and secondary. They are working down a yard line toward a coach and are reading the eyes of the coach. The coach will break his shoulders to one side or another and our players are to break on the ball and make the play. The coach focuses

on throwing the ball high, low, in front of, or behind the player so that he must adjust to make the play. After securing the catch, we want them to burst past the coach to simulate an INT and attempting to score off it. Our sack drill is used for our defensive line or linebackers who are involved in a blitz. The coach is set-up to throw and the defender is coming from behind and looking to rake their arm down through the ball-arm causing a fumble from the QB. Inside arm is trying to secure the tackle, back side arm is the rake arm, trying to club down violently. Once the rake takes place, the defender is to locate the ball as quickly as possible and execute a clean recovery attempting to scoop and score.

Clean / Dirty Recovery

We work the recovery part of our takeaway circuit because we want to maximize our chances of gaining possession of the ball.

Clean: This is a recovery in open area, in an opponent's end of the field or when our guys have surrounded the ball. We want to pick it up and try to score. We will roll a ball at our guys and have them execute a specific technique to

straddle the ball. We want them to bring their feet to the ball and scrape their knuckles on the ground (similar to a shortstop). They scoop the ball up by getting their knuckles underneath the ball. By bringing their feet with them to the ball, we are better able to handle the ball as it bounces off the turf.

Dirty: This is a recovery in traffic or in our end of the field where a clean recovery may not be possible. We want to approach the ball, slide in from the side and pull the ball into our body. We try to curl up tight in the fetal position with the ball tightly secured and our knees pulled up tight. We feel like this ensures our ability to recover the ball and not lose it at the bottom of the pile.

We know these are basic drills that many of you already use, but we feel they are critical skills in the area of taking the ball away. The turnover margin is such an important statistic in football and this circuit is one way we create opportunities to gain possessions on a Friday night. If you have any questions, or ever want to talk ball, please don't hesitate to reach out to our staff. Best of luck to all of you in the fall.



43RD ANNUAL WFCA ALL-STAR FOOTBALL GAME

2019

BENEFITING

Children's
Hospital of Wisconsin

Saturday, July 20, 2019

J. J. Keller Field at Titan Stadium
UW-Oshkosh

8 on 8 Football kickoff at 10 a.m.

Divisions 4-7 kickoff at 1:30 p.m.

Divisions 1-3 kickoff at 5 p.m.

OFFENSE

ALIGN, ASSIGN WITH MOTION ADJUSTMENTS

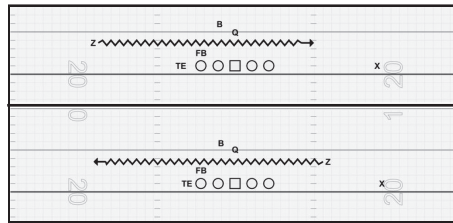
By: Andrew Selgrad, Secondary Coach, Fond du Lac High School

I would like to first thank my Lord and Savior Jesus Christ for blessing me with the great opportunity to coach this great game of football and to be able to impact the lives of the young men that choose to play football and put in countless hours of hard work to make themselves better, not only as players, but as people. I also would like to thank my wife and family for their continued support, the WFCa for allowing me to contribute to our great coaching association, and the coaching staff at Fond du Lac High School, who truly make coaching a joy.

This past season, we changed our defense from an even front to an odd front. This not only affected our front but our coverages as well. We had to shift the way we thought about covering and checking into the right coverages. The learning curve was steep because we had some very good opponents on the front end of our schedule. We needed to be able to get in and out of coverages without skipping a beat. Being less concerned about the physical side of the game, we

decided that spending 20 minutes per practice on alignment and assignment was necessary. We trotted out 21 personnel formations for a 20 minute session, then 20 personnel, 10 personnel, etc.

When we felt that we could handle static formations, the next progression was adding motions to the equation. We would line up in a particular formation and run any possible motion so that our perimeter could react to the change properly. We created a practice script with the formation and motion diagrams, grouping them by personnel, so that we could get through as many as possible.



(Start basic: By the end of the season we had over 40 different motion adjust plays in the script)

We motioned wide receivers, fullbacks, and running backs. Next, we would trade the tight end, flipping the run strength, and then send a motion. We would send a short motion, jet motion, orbit motion, return motion, and/or a motion through. At first, it was a slow process, but as we got better, we were communicating motion alerts before the motion occurred and communicating what coverage we would check to.

Once we were comfortable with the motions and the corresponding checks, we could shorten the period by having two groups of offense running these formations and motions rapid fire. I was also fortunate enough to be able to have my complete secondary to work on these adjustments during the offensive practice, using cans and extra players to run the motions. In the end, we firmly believe that by dedicating time to “align assign with motion adjust” helped our players play fast with less breakdowns in the defensive perimeter. Reduce thinking and panic = better defensive football.

2019 WISCONSIN FOOTBALL

SEASON SCHEDULE



AT SOUTH FLORIDA
Tampa, FL
Aug 30, 2019



vs. CENTRAL MICHIGAN
Camp Randall Stadium
Sept 7, 2019



vs. MICHIGAN
Camp Randall Stadium
Sept 21, 2019



vs. NORTHWESTERN
Camp Randall Stadium
Sept 28, 2019



vs. KENT STATE
Camp Randall Stadium
Oct 5, 2019



vs. MICHIGAN STATE
Camp Randall Stadium
Oct 12, 2019
HOMECOMING



AT ILLINOIS
Champaign, IL
Oct 19, 2019



AT OHIO STATE
Columbus, OH
Oct 26, 2019



vs. IOWA
Camp Randall Stadium
Nov 9, 2019



AT NEBRASKA
Lincoln, NE
Nov 16, 2019



vs. PURDUE
Camp Randall Stadium
Nov 23, 2019



AT MINNESOTA
Minneapolis, MN
Nov 30, 2019

Healy



MINI HELMETS



FOOTBALL

CONFERENCE CHAMPIONSHIPS

1927 1936 1940 1941 1942
1943 1956 1957 1959 1960
1967 1981

WIAA STATE CHAMP



LEADERS



**TEACH
ENCOURAGE
CHALLENGE**



OAK CREEK FOOTBALL



OFFENSE

RB	QB	C	RB	SG	TE	ST	Z

DEFENSE

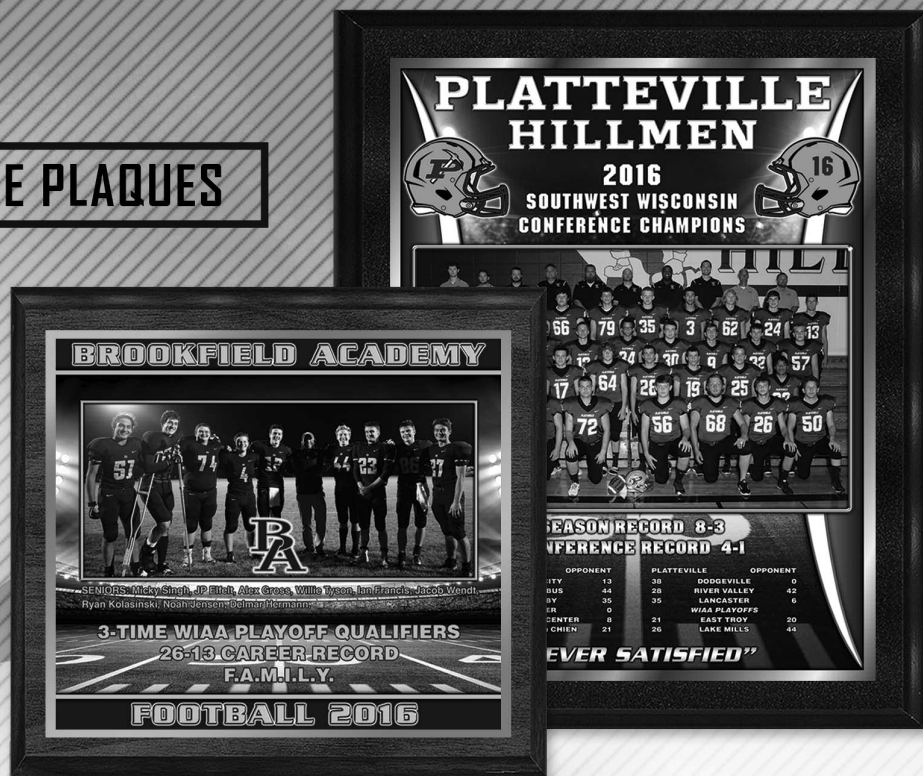
T	N	T	S	C

SIGNS & RECORD BOARDS

PHONE (800) 558-1696

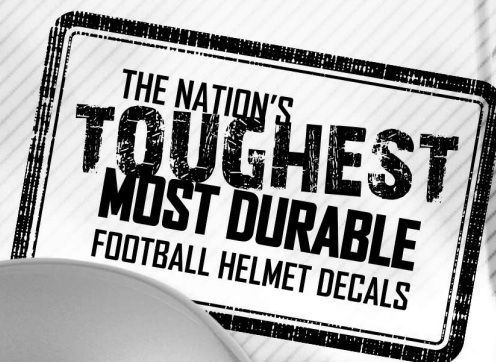
EMAIL sales@healyawards.com

TEAM PICTURE PLAQUES



HELMET DECALS & ACCESSORIES

25% OFF
ALL YEAR LONG



ONLINE

healyawards.com

CONNECT

@HealyAwards



TRIPLE OPTION OFFENSE

By: Dan McCarty, Head Football Coach, St. Norbert College



Dan McCarty

Our offensive approach at St. Norbert College is centered on option principles, specifically triple option concepts. Our base run game starts with three triple option plays; inside veer, midline, and outside veer. We operate from the short pistol where our quarterback is aligned with his heels at three yards from the football, our running back is in a three point stance with his hand at 5 yards from the football, our slot receivers align 5 yards wide from the offensive tackle on the same horizontal plane as the quarterback, and our wide receivers align near the numbers (we will adjust based on concept or hash). The base center/guard split is three feet, the guard/ tackle split is four feet, and the tackle/tight end split (if a TE is being used) is 3 feet.

INSIDE VEER

Our number one run play is inside veer. We view the value of inside veer as a play where we get three plays in one call as the ball can be distributed to the RB, QB, or slot receiver depending on the reaction of a defender. Our teaching progression on our inside veer play begins with each offensive player being able to define and identify who the hand off key (HOK) and pitch key (PK) are. We define the HOK as the first defensive lineman on or outside of the playside tackle. The PK is defined as the next defender stacked or outside of the HOK. The next thing we teach our offensive personnel is what defensive looks are best to run inside veer to. We are looking for a 'B' gap bubble. In other words, we are looking for the absence of a defensive lineman in a 3 or 4i technique.

INSIDE VEER OFFENSIVE LINE PLAY

Before I get into offensive line specifics, it is important to note that we want our offensive lineman sprinting off of the football with a flat back, strike, fast, and physical style of play. Our playside tackle will first identify the HOK. He is responsible for blocking the playside linebacker either by veer releasing inside vs. a 4 or 5 technique, or short arcing vs. an odd front where we often see a 4i technique. The playside guard will base a 2/2i technique, or double team a 0/1 technique with the center to the backside linebacker. If the playside guard gets an 'arc'

call from the playside tackle, he will base the playside linebacker (this will only happen when he is uncovered vs. an odd look. The center will double team a 0/1 technique to the backside linebacker with the playside guard or vs. a 2/2i he will step playside to protect the 'A' gap slant first and climb to block the backside linebacker. Our backside guard and tackle will use a 'Wheel and Seal' technique to cut off defenders in the backside 'A' and 'B' gaps.

INSIDE VEER QB, RB, AND SLOT PLAY

The pistol provides easy pivot style footwork for our QB. After catching the snap, the QB will pivot on his playside foot while stabbing the ball back as far as he can. The backside foot will swing in front of the QB so when the foot is planted, the instep will align with the toes of the playside foot – this should place the QB on a slight angle perpendicular to the line of scrimmage. The QB's knees will be bent, chin should squeeze against the front shoulder with the ball as far back as possible, and his eyes locked on the HOK. We call this the 'QB Pose'. We give the QB a one way thought process on the mesh and tell him to 'give unless the HOK can tackle the RB'. On a give read, the QB will carry out the pitch phase of the triple in order to influence defenders and force them to defend the perimeter. On a pull read, the QB will bubble and explode off of the mesh and progress to the pitch phase. The RB will step with his playside foot directly at the playside guard. It is critical that he looks like a sprinter out of the blocks. He should be as fast as possible through the mesh, with a forward lean, and low pad level. The RB will create a pocket with his near hand to the QB in his sternum with the elbow high and his far hand at the naval. The RB will soft seal on the ball and only clamp down when he has the ball past the QB. If the RB gets the ball, he will look to cut vertical off of the block of the playside tackle. The backside slot will go 'go late and go fast' in orbit motion during the beginning of the cadence. We want the slot in a full sprint at the heels of the RB when the ball is snapped. The average slot takes three steps when the ball is snapped. When the slot gets to the RB, we flatten our motion and begin to mold the motion to the path of the QB to get 4 yards width and 1 yard behind the QB. We teach our slots to begin yelling 'BALL' repeatedly, once in pitch position, to provide a reference point to the QB.

When the ball progresses to the pitch phase, the QB must move his eyes immediately to the PK. We teach our QB that if the PK is attacking the QB, then the QB must be soft and slow his feet. If the PK feathers or hangs in the alley, we teach our QB to attack the PK. We give the QB the same one way thought process, 'pitch unless the PK can tackle the pitch back'. Our QB will pitch with thumb up thumb down mechanics, heart to heart, and he will follow the pitch. It is important to teach the QB that he does not pitch under any duress and to be happy with whatever yardage we get. On a QB keep read, the QB

must get vertical in the alley and 'S' cut, working himself from the hash, to the numbers, and finally to the sideline. If the slot receives the pitch, we coach the slot to 'dip in dip out' in order to set up perimeter blocks.

INSIDE VEER PERIMETER BLOCKING

We teach a few different schemes to our playside perimeter blockers and provide our perimeter players the latitude to choose what scheme fits the secondary look. The first scheme we teach is our 'Chase' scheme, which tells our number one WR to block the corner and our slot to arc for the safety. We use this scheme vs. 2 high with the near safety aligned tighter to the line of scrimmage. The next scheme is our 'Chase Switch' scheme, this tells our number one WR to crack the safety and our slot to arc for the cornerback. We also use this vs. 2 high when the near safety is aligned off of the line of scrimmage. The next scheme is our 'Lewis' Scheme. The number one WR will crack the safety and the slot will work to secure the playside linebacker to the safety. We use this vs. a 2 high look when the PK is the cornerback. For example, running inside veer vs. a 4-2-5 look away from the nickel where the 5 technique is the HOK and the next defender outside of the HOK is the corner, who is the PK. Again, our perimeter players are taught these schemes and communicate with one another to determine what scheme fits the particular situation.

DRILLING TRIPLE OPTION FOOTBALL

There are three drills that are a staple of our practice plan in order for us to successfully run triple option concepts. Those three drills include veer drill, half line, and perimeter drill.

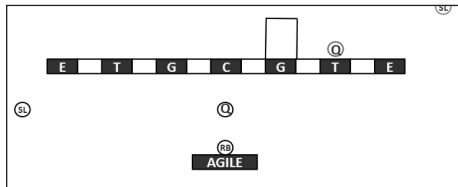
VEER DRILL

This personnel within this drills includes our slots, RBs, and QBs. The equipment utilized during this drill is a strip marked with proper spacing of our offensive line, multiple footballs, a RB chute, an agile pad, and hand shields. We will set the chute on the strip where the aiming point for the RB is for the particular triple play that we are working on and we will put an agile pad tight to the heels of the RB. For this example, we will put the chute over the guard as we are working inside veer. Our QB and RB and backside Slot will align in their base alignment. First, we have an extra QB snap the ball and another extra QB (coach if you do not have enough) serve as the HOK holding an extra ball. On the snap, the HOK will provide a give or a pull read. If it is a give read, the HOK will flip the extra ball to the QB to carry out the pitch phase so we are working the pitch on every rep. If it is a pull read, we do not need to flip and extra ball. The QBs will rotate to play the HOK and the center every rep. The RB will mesh with the QB, run through the chute while the RB's not in the drill will lightly hit the RB in the drill with pads as he gets through the chute. The RB's will rotate every rep so a new RB gets a mesh rep the next snap. The slots will motion, get in pitch position, and carry out their assign-

ment. As soon as they are done, they will turn around and serve as the PK, while the slot that was just the PK returns to the slot line and prepares for his next rep. See diagram below.

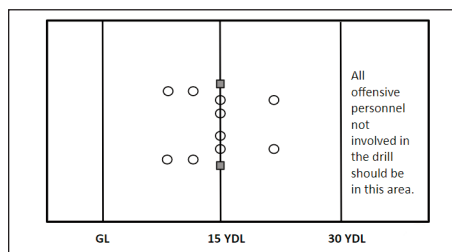
HALF LINE DRILL

The next drill that we will use is our half line drill. This drill involves all of our offensive lineman as well as our slots, RBs, and QBs. The drill is set up with a center on the hash at the 15 yard-



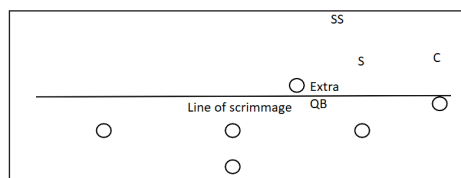
line facing the sideline so both groups are back to back. On one side, we will have the right guard and right tackle while on the other side we will have the left guard and left tackle. Our backside slot, RB, and QB in the drill align in their base alignment. QB and slots serve as the HOK and PK respectively just as we do in veer drill. The rotation is slightly different; after the slot performs his rep as the pitch back and then serves as the PK, he will then get in line on the other side of the drill and continue to work that rotation through the 10 minute period. The QBs will stay on one side of the drill and work their normal rotation for 5 minutes before flipping to the other side. The RB's will perform a rep to one side (right) then flip to the other side (left) and get in line to perform a rep. Our offensive line will ro-

tate every rep as well as serve as the defensive front we are working against with the exception of the HOK. For instance, if we are looking just at the right side, the right guard will perform a rep then take the place on defense of the other right guard in the drill. They will continue this for the entirety of the drill. The center is the only position that we will flip from the right side to the left side after five minutes. As said earlier, each group is back to back facing a sideline and we will work this drill going into the endzone. All offensive personnel that are waiting or in a line are behind the 30-yardline. It is important to note that only one group goes at a time. For example, the right side is executing a rep while the left side is getting themselves set up. When the right side is done, the coaches turn around and the cadence on the left side begins. The keys are first teaching the drill so your players understand the rotation as well as communicating fronts to the offensive line so they can quickly get in and out of fronts. We get approximately 8 to 10 reps a minute during a 10 minute period.



PERIMETER DRILL

The perimeter drill includes the WRs, Slots, RBs and the QBs. We will use extra QB's or coaches to serve as HOK and to snap the ball. We will set up different secondary structures and execute our perimeter schemes vs. those looks. For example, we will work the different inside veer schemes vs. defensive looks while stealing mesh and pitch reps with the QB and RB. We will rotate personnel every single rep in this drill. This is different than 7-on-7, however we will include play action and quick game concepts within the drill in order to get a realistic reaction from secondary personnel. We have found that the benefits of the drill begin to diminish if secondary personnel begin to fit into run support on the snap without any threat of throwing the ball.



The decision to adopt the triple option philosophy and approach should not be taken lightly. In order to have success with this approach, there must be a full commitment from the coaching staff. There will be difficult times and rough patches, but constant repetition and resiliency will pay dividends when it counts. If you ever have any questions or would like to talk in detail about other aspects of our offense, please do not hesitate to contact us.

ST. NORBERT COLLEGE
Green Knights Football
161-41
SINCE THE YEAR 2000

3 ALL-AMERICAN
selections in 2018

2 ACADEMIC
ALL-AMERICAN
selections in 2018

2019 SEASON

Sat., Sept. 7 at Aurora Univ.
Sat., Sept. 14 UW-Eau Claire
Sat., Sept. 28 at Monmouth College
Sat., Oct. 5 Grinnell College
Sat., Oct. 12 at Ripon College
Sat., Oct. 19 Beloit College
Sat., Oct. 26 Lawrence Univ.
Sat., Nov. 2 at Macalester College
Sat., Nov. 9 at Lake Forest College
Sat., Nov. 16 at MWC Championship

19 Total conference
championships

13 NCAA
Division III playoff
appearances

1957-PRESENT

St. Norbert College
has hosted the
Green Bay Packers
training camp



This summer: Elite Skills Camp and Lineman Camp! sncfootballcamps.com

B.O.P.A. USING ZONE RULES TO RUN GAP SCHEMES

By: Scott McAuliffe, Offensive Coordinator, Racine St. Catherine's High School



Scott McAuliffe

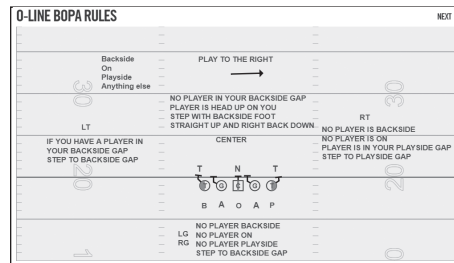
I would like to thank Dan Miller and the WFCA for the opportunity to write this article.

Five years ago, I was in the off season trying to find answers to how to run a blocking scheme against every type of defense. The popular thing that I had seen in NFL or college is just running a zone scheme. The problem I had with this is that growing up with a gap scheme and coaching a gap scheme, I couldn't get my head around not blocking for a certain hole. For this reason, I wanted to find a zone scheme with simple rules that I could use for a gap blocking scheme.

Upon researching more and more about different zone schemes and how to run them, whether it be a count system or staying on a track, I really felt that the B.O.P.A. system really had the answers to my questions about running a zone style offense in a gap scheme.

B.O.P.A. stands for Backside, On, Playside, Anything Else. This is something that the O-line can say to themselves every time they step up to the line. All players have to know is which way the play is going so that the B.O.P.A. rules go the other way. This has really helped us be able to block the first level of defensive players

as well as any late shifts or blitzes. I will go through every example of B.O.P.A. in the next few paragraphs.



(Play direction is going to the Right, B.O.P.A. rules to the Left)

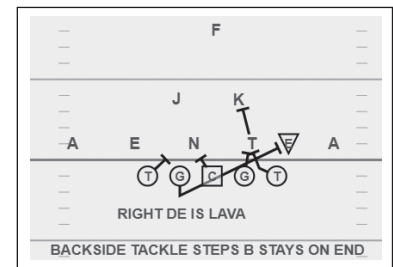
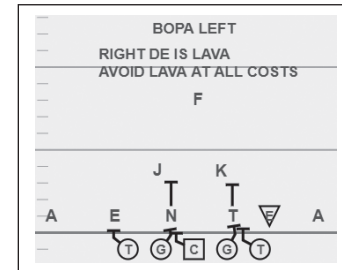
Backside – This is the first rule that trumps every single other rule. Backside is your backside shoulder to front side shoulder of the next lineman. In the slide above the defensive tackle is in a backside shade. This gives our Left Tackle a backside rule. He takes a 6-inch short step with his backside foot then gathers a second foot getting square on the defensive tackle and pushing him towards the end zone. We always want to get vertical push and stay square on the block not one side or the other. When getting into a double team the backside rule player will be responsible for the defensive lineman.

On – This is where the defensive player is head up on O-lineman. The O-lineman will pick up and put down his backside foot then block vertical on the defensive lineman.

Playside – defensive player is in an outside shade to an inside shade of the next lineman over. The o-lineman will take a six-inch step to his playside and get vertical push on his targeted d-lineman. When getting into a double team the playside rule player will be responsible for the targeted linebacker.

Anything Else – The offensive lineman will step backside looking to either combo block or

go to the next level. This is when there is no defensive player Backside, On or Playside.



In the first example we have designated the right end as lava and will not include him in the B.O.P.A. rules. The rules get us into two combo blocks to the next level. Again, blocking vertical and forcing the linebackers to choose either to give ground and go over the top or try to slip through backside.

In the last example we have designated the right end as lava for the right side of the line but is ultimately the left guard's responsibility on trap. The right side of the line still uses B.O.P.A. rules to get to their blocks and combo. The left side of the line is the only ones who change responsibilities.

I hope that this helps you as it has helped me and our team bring consistency and simplicity to our offense. If you have any questions please do not hesitate to email me at smcauliffe54@yahoo.com.

Mark Your Calendar Now!

WFCA SPRING FOOTBALL CLINIC

April 2, 3 & 4, 2020 ~ April 8, 9 & 10, 2021

Marriott Hotel in Middleton, Wisconsin

THE POWER OPTION/POWER VEER/POWER TRIPLE

By: Steve Jung, Head Football Coach, Neenah High School



Steve Jung

I would like to thank the Wisconsin Football Coaches Association for this opportunity to present some of our offensive philosophy at Neenah High School. I have always liked option football since my time with Rick Coles in the mid 1990s at Lawrence University. We run power at Neenah and have added the option game to give us a misdirection look, get the QB involved in the run game and gain an extra blocker at the point of attack. The option read off of power also allows us to attack both sides of the formation every time we run the ball.

Here are our fundamentals of power:

- Basic INSIDE TO ON rules on the play side.
- Double/combo vs even shades. Double has B spot.
- Vs. blitz/stunt/slant STAY ON YOUR PATH. Block any wrong colored jersey that crossed your path.
- Center has nose to replace.
- BSG = back-step pull/square shoulders looking for PSLB or A spot.
- BST has replace-hinge on power/2nd level on power opt.
- Receivers; play-side = push to seal back side = cut off (unless RPO) (Power option could go either side)
- Stink-back can kick out or log.
- PULLER LOOK INSIDE, DON'T RUN PAST PEOPLE AND DO NOT CHASE!

We can either read the front side or the backside of this play. The power option play we will run power and read the backside end or tackle. This is very similar to zone read. The Power veer play we will mesh with the RB but open play-side just as we are running A gap power and read the play side EMLOS (end man on line of scrimmage). We block power but the stink back will not kick out, but block the hang player/Alley fit player.

We will handle the Power option play first:

Power Option Rules.

Identify the READ MAN.

We will read the end man on the line of scrimmage (EMOL). This can and will change depending on scheme from one game to the next or one series to the next.

- THE READ KEY - Key the upfield shoulder. If his shoulders are square to the LOS give the ball. If his shoulders are perpendicular to the LOS and chasing down the RB then pull the ball. This read is much easier and takes much less practice time to perfect than a true play side option read. This is not an expensive addition to your power scheme.
- MESH - QB must keep his eyes on the read and not look at the RB. It is the RB's job to get into the proper mesh position. The QB will open at 45 degrees and stab the ball back as far as he can so that we get a nice long ride. The QB can then read the key from the stab position all way to his front hip. Work the timing of the mesh so that the ball is covered by the RB as soon as ball is stabbed back. Timing is critical on a give read, the QB must carry out the fake to occupy the backside defender. Give ground to avoid taking a big hit.

2019 UW Oshkosh Football Schedule

9.7 Carthage

9.14 @ Salisbury (MD)

9.21 Huntingdon(AL)

10.5 @ Stout

10.12 Stevens Point

10.19 Eau Claire

10.26 @ La Crosse

11.2 @ Platteville

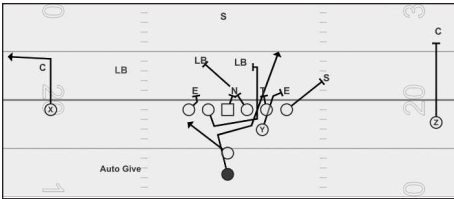
11.9 River Falls

11.16 Whitewater

- RB - Running back's rule on pull is to run three steps hard as if he has the ball to keep the read key in chase mode or tackle mode. If the running back stops then the read key will go back to the QB.
- QB - When in doubt give the ball.
- AUTOMATICS. If there is an unblocked defender outside of the read key then it's an automatic give. If the read key has aligned himself wider to take away the RPO or the slant then this is also an automatic give. If the read key is a certain player and can be isolated as the backside read and your QB is a better athlete than that defender then automatic pull.

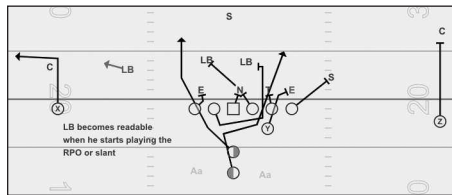
Power option versus an even front with a spun down safety. The backside OLB is the read key and we will pre-snap read his location. If he is apexing the receiver and the tackle and not a factor in the run game our QB knows that this is an automatic give.

However, we can read the read key in the apex position if he starts playing the RPO or slant. The RPO threat has changed how teams align defensively. The backside read with an RPO threat puts even more pressure on a defense. If the read key jumps out, the QB will pull the ball. Figure below shows a pull read.

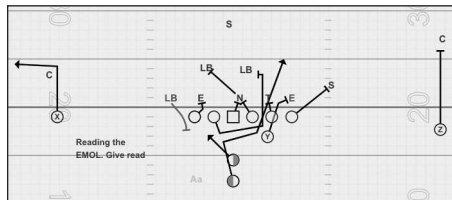


If he is on the line of scrimmage or not in the apex position we will read him. The following figures show give and pull reads respectively.

Give Read



Pull Read



If we are having issues blocking the backside 3 or 4i we can read him as well. When we read the backside defensive tackle our tackle fan (out) blocks on the hang player rather than hinging. This sets up a nice running alley for the QB against an overly aggressive 3 or 4i technique tackle.

You can game plan many backside reads off your base plays. Combine the option read with your RPO game and you will put a lot of pressure on a defense. The defense now has to prepare to stop RPO and option football on every run play.

Next we will handle the power veer which is reading the play-side kick out read on power. We call this play power veer and it requires more time with the mesh as front side reads are harder to master. The bonus regarding this play is that nothing changes for the offensive line. The only blocking change is for the stink back as he blocks the alley defender rather than kicking out the EMOL.

Power Veer Rules

Identify the READ MAN.

- We will read the end man on the line of scrimmage (EMOL). This can and will change depending on scheme from one game to the next or one series to the next.
- THE READ KEY - Key the upfield shoulder. If his shoulders are square to the LOS give the ball. If his shoulders are perpendicular to the LOS and chasing down the RB then pull the ball. This read is much easier and takes much less practice time to perfect than a true play side option read. This is not an expensive addition to your power scheme.
- MESH - QB must keep his eyes on the read and not look at the RB. It is the RB's job to get into the proper mesh position. The QB will open at 45 degrees and stab the ball back as far as he can so that we get a nice long ride. The QB can then read the key from the stab position all way to his front hip. Work the timing of the mesh so that the ball is covered by the RB as soon as ball is stabbed back. Timing is critical on a give read, QB must carry out fake to occupy backside defender. Give ground to avoid taking a big hit.
- QB - When in doubt give the ball.
- AUTOMATICS. If there is an unblocked defender outside of the read key then it's an automatic give. If the read key has aligned himself wider to take away the RPO or the slant then this is also an automatic give. If the Read key is a certain player and can be isolated as the backside read, and your QB is a better athlete than that defender then this is an automatic pull.

AIR RAID

By: Joe Hauser, Head Coach and Jeremiah Vangen, Offensive Coordinator, Palmyra-Eagle High School



Joe Hauser

First off, as always I'd like to thank the WFCA for reaching out and giving me this opportunity. As a young coach *The Point-after II* is one of the resources I turn to quite often so it's a honor to be asked to contribute. When I was asked to write an article based on the success of our passing game I felt there was no way I could do it without including my offensive coordinator,



Jeremiah Vangen

Jeremiah Vangen who did a fantastic job for us this year. So the following will be a compilation of a few of our thoughts and opinions.

This was our second year as a primarily pass based offense and first year as a true all out Air Raid system. While we thought we would have success, we would all agree when the season started we didn't imagine our QB would lead the

state in passing yards or that we'd put a WR on the All-State Team. While it worked for us, we know as with everything it might not work for everyone but we figured we would share a few points on why we decided to go with this style and why we had some success.

It's Awesome!

Who doesn't wanna fill the air with footballs on a Friday night? As a small school like many coaches who have written articles in this magazine we struggle to get kids to come out and play football. We found that the Air Raid was a system that kids enjoyed playing in and in most respects enjoyed practicing. We believe running this system has helped increase our numbers. In fact after our first varsity home game this year we had a handful more kids come out for our MS team. It's a system kids see most often on TV and in video games. While coaches might think that's silly, it's something the kids could go home and identify with. It is something they can relate to.

Personnel

While I love our linemen, they are by far the hardest working position group we have and the

most important part of our team, we just don't have a ton of them. We don't have a bunch of big strong lineman type guys walking the halls. Thus we didn't feel we were going to line up and be able to maul people around on our way to wins. That style just didn't fit us. However, we did have athletes. We have a good amount of talented skill position guys and we had a couple QBs we thought could get the job done. While they went on to exceed our expectations, the Air Raid fit us.

Balance

Washington State HC Mike Leach gave a quote this year about balance after winning a game with zero yards rushing that we felt really rang true for us when he said: "There's nothing

balanced about 50% run-50% pass, 'cause that's 50% stupid. What is balance is when you have five skill positions and all five of them are contributing to the effort in somewhat equal fashion — that's balance. This notion that if you hand one guy 50% of the time and then you throw it to a combination of two guys the other 50% that you're really balanced. You probably pat yourself on the back and tell yourself that. People have been doing that for decades. Well, then you're delusional."

We couldn't have agreed more. The system allowed us to spread the ball around to everyone. During the season we had 4 players have over 40 touches, 7 players score TDs with 4 of them

scoring more than 5, and including our QB we had 5 offensive players earn All-Conference recognition. We found that the more everyone got the ball, the more they played for each other and advocated for each other and the less they were worried about getting the ball. All of our players were really focused on helping each other and the stereotypes proved to be opposite.

While every system has its positives and negatives, and some might work for some but not at all for others, these were just a few points about why we chose to run this system and where we found success. Thanks again to the WFCa and thanks to everyone for reading! Go Panthers! #AirRaid



Contact the WFCa office at:

Phone: 608-635-7318

Email: office@wifca.org

PO Box 8 • Poynette, WI 53955

OFFICE HOURS

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

UW-PLATTEVILLE FOOTBALL

SWING
THE AXE



2019 FOOTBALL SCHEDULE

Sat. 9/07, vs. East Tex. Baptist, 1:00 PM, HOME

Sat. 9/21, vs. Thomas More, 1:00 PM, Home

Sat. 9/28, vs. Lakeland, 6:00 PM, AWAY

Sat. 10/05, vs. UW-La Crosse*, 1:00 PM, Home

Sat. 10/12, vs. UW-Whitewater*, 2:00 PM, AWAY

Sat. 10/19, vs. UW-Stout*, 2:00 PM, HOME

Sat. 10/26, vs. UW-Eau Claire*, 1:10 PM, AWAY

Sat. 11/02, vs. UW-Oshkosh*, 1:00 PM, Home

Sat. 11/09, vs. UW Stevens Point*, 2:00 PM, HOME

Sat. 11/16, vs. UW-River Falls*, 1:00 PM, AWAY

**Indicates WIAC Conference Game*

Head Coach, Mike Emendorfer

Find us on the web at www.letsGOPioneers.com

GETTING BACK TO THE BASICS: BALL SECURITY

By: Kyle Ranum, Running Backs Coach, Medford High School



Kyle Ranum

In a predominately run-heavy offense, running back production is pivotal in maintaining an efficient attack. In the last decade Medford football has greatly benefited from having many skilled athletes come through our ranks. In 2017, my first year with the program, I was hired on as a running backs coach and was tasked with continuing and sustaining this pre-established success. As a young coach, I admittedly was naïve to the fact that all the production in the world was worth nothing if you cannot hang on to the football. Painfully, as a result, our ball security severely lacked and we ended the season with 17 lost fumbles. Obviously this was unacceptable.

After such a humbling experience, it was time to re-evaluate how and what we practice. I determined we needed to get back to the very

basics. As an inexperienced coach, I took for granted that something so fundamental as ball security needs to be reintroduced and consistently reinforced on a daily basis. This even includes high school level athletes. I think for many coaches, including myself, it is all too easy to overlook this. Looking back, this is not to say that ball security was neglected. It was simply not prioritized or emphasized as it should have been. Currently our practice format allows for 7-10 minutes of indies for each offensive group. During this allotted time we would go through hand-off exchanges, agility, hole recognition and contact drills. We then typically transitioned into 7-on-7 and then into team. With limited time to work with it was imperative that I adapted my coaching philosophies to address our biggest need.

In the summer of 2018, I scrapped my old regimen and implemented new drills to re-emphasize the importance of ball security above all else. Disclaimer: These “new” drills are by no means revolutionary. Matter of fact, many of them are taught on a regular basis by many coaches throughout the country. I spent the entirety of the summer camp visually demonstrating and breaking down the proper mechanics of carrying the ball. This was broken down into 5 steps:

1. Claw (split pointer and middle finger over nose of ball)
2. 3-points of contact (forearm, bicep, chest)
3. Wrist over elbow (promotes high and tight)
4. Ball Tight to Chest
5. Tuck elbow in (eliminates ball exposure which prevents punch outs)

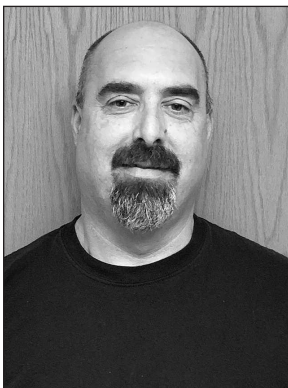
After the visual demonstration the kids would duplicate each step themselves. This would be done repeatedly to help establish muscle memory. Next drill would simply involve taking hand-offs from a quarterback or taking direct snaps out of pistol or shotgun and tucking the ball in the proper carrying position previously listed. Again, very basic, simple drills when coupled with daily repetition, provided the kids necessary muscle memory and a foundation for fundamental ball security. Finally, we would practice ball security through contact. This was achieved through a variety of drills but the basic principle remained.

1. Off hand on top of ball through contact
2. Lower pad level

Long story short, getting back to and focusing on the basics and re-establishing the fundamentals of ball security from the ground up paid off. It took some trial and error and constant repetition but our backs significantly improved their ball security from 17 lost fumbles from the year before to only 2 lost fumbles in 2018. Unsurprisingly, our production also increased from the year before. As a team we finished with nearly 2,700 yards rushing, and had two 1,000 yard backs. We also improved win/loss record 3 to 5 wins. I believe the legendary Chuck Noll says it best, “Champions are champions not because they do anything extraordinary but because they do the ordinary things better than anyone else.”

EFFECTIVE PERIMETER BLOCKING

By: Walt Tenor, Assistant Football Coach, Luxemburg-Casco High School



Walt Tenor

I would like to thank the WFCB for the opportunity to share my thoughts. I’m grateful to the many coaches through the years who have guided me and shared their expertise with me. If I have anything of value to share, I’m happy to give back. Also, I want to express my gratitude to the many great guys I’ve had the opportunity

to coach with. Each of them has contributed to making me a better man and a better coach. Thanks to all.

I’d like to share some thoughts on effective perimeter blocking and some of the things that we’ve found to be effective over time. One of the first things that we coach our blockers to do is explode off the line of scrimmage regardless of the play. We want to have at least three steps from the receiver that are indistinguishable to the defender every play. Nothing will kill an effective perimeter game faster than the player who jogs off the line without energy seemingly because they think they are not in the play. That brings to mind the second major point. No player is ever out of the play. On inside runs, we’ve seen time and again how defenders make touchdown saving tackles in the secondary because they easily escaped the blocker who was assigned to them. Part of our vocabulary includes the terms touchdown cuts and touchdown blocks. If a runner can cut off an energetic downfield block by a perimeter player, he will

usually score. On some of your inside runs, you will want the outside receiver to stalk the middle of the field safety in order to set up this kind of cut for the runner. On others, the outside receiver will stalk block the cornerback. If he takes that job seriously, he will often contribute to a big play. Emphasize to your perimeter players that this whole process will help set up the big pass receptions throughout the game. It’s natural for a young man to want to have opportunities to be the target of a big play. Use that to sell the total package. Tell them, truthfully, that wearing down a defender with blocking will make it easier to beat him on the big pass routes.

Regarding technique, I like to start by teaching body position. First, we want to emphasize the athletic position. Knees bent, back straight and feet wider than shoulder width are important cues. Hundreds of times a year you can hear me shouting “Low and wide” to the open field blockers. One of the most common reasons a block gets defeated is because the blocker did not have a wide enough base. Another key

teaching point is to emphasize that the chin is over the toes. The second-most common reason a blocker loses is that he lunges forward with his upper body or that he sits back on his heels and gets blown up by the defender. Chin over toes, with bend in the knees is the best approach. From this position the first thing we want to do is fit the blocker up to the defender. He needs to be lower than the defender with his eyes focused on the strike point, the inside of the lower half of the numbers. The blocker should strike with the heels of his hands. I've experimented with hand position over time. I've found that if I teach the players to block with their thumbs up and elbows in, similar to an offensive lineman in the trenches, this makes the blocking surface too narrow and we tend to lose a lot of defenders slipping laterally off the blocks. If we teach elbows up and thumbs down on the other hand, defenders can get inside of us and control the blocker. We also risk more holding penalties. We struck gold when we split the difference. I tell the blocker to point the index finger up and put the hands at 2 and 10 o'clock the way you teach someone how to properly hold a steering wheel. From there, you have to determine how to deliver the strike. Traditionally, receivers have been taught to strike the numbers with two hands at once, then retract the hands to strike again. There is some sound reasoning behind that, but I have broken with tradition in how I teach it. I found that the two hand strike had blockers lunging off balance

and gave the defender the opportunity to either defeat the block when the blocker lunges and is off balance or it gives the defender the chance to separate from the blocker between strikes and escape. Instead, have your receiver deliver a one hand strike and while he is retracting the first hand, punch with the second. In this way, the blocker makes a drumming motion on the defender, applying constant pressure and prevents himself from lunging and getting off balance. When each blow lands, it is important that the feet are on the ground or the strike will have no force. Think of a boxer. If his lead foot is off the ground when he punches, he will not hurt his opponent. Of course, the blocker must reset his feet and stay in position as well. I used to cue this action by telling the blocker to buzz or chop his feet, but I no longer do. I found that the blocker was focusing on moving his feet and never planted to deliver a blow. I now alternate between telling the athlete to "Pound ground" if I feel that he is striking from a good base but maybe not moving his feet fast enough or, I sometimes will cue that as "Reset your feet" if I feel that he is not timing his footwork with the strikes well enough. Always cue the athlete to keep his chin over his toes to prevent lunging and getting off-balance. Additionally, we teach the blocker to "Frame up the defender", meaning to keep his back pointed straight at the spot where he expects the ball carrier to be and keep the defender's midline between his feet. He should constantly reset to keep that defender in

the middle of his frame. The best blockers I have ever taught almost look like they are hopping a little when they are really blocking well. The first drill I suggest you work on, therefore, is one designed to fit up the blockers into the perfect blocking position and practice delivering those blows and resetting the feet. Teach the blockers what that feels like and remind them to always try to get back to that perfect position. Once they have that down, you can focus on the approach.

As I wrote earlier, it's important that the blocker explode off the line every time. We want the first steps to be the same every time. We tell the blocker to break down and get low and wide, under control, at about 3-4 yards from the defender. He should adjust this spacing as the game goes on. If he has a quickness advantage on his opponent, he can creep in a little closer. At this point, the blocker must react to the defender. I like to put a lot of practice into this reaction skill. We start by sending the receiver out to the defender to practice the spacing and react to frame up the defender. I will stand behind three or four widely spaced lines of blockers. A defender will be 6-7 yards out and start the drill slowly backpedaling. On my signal, the defender must break right, left, hard forward or keep bailing backwards. The blocker must react to this simple action and break down for the block. We start with a tap out drill in which the drill is over when the receiver gets both hands on the center mass of the defender.

19 CONFERENCE CHAMPIONSHIPS



*The Red Hawks wish success
for all Wisconsin high school
football programs this fall.*



2019 RED HAWKS FOOTBALL SCHEDULE

Sept. 7	Augsburg University	Oct. 19	at Lake Forest College
Sept. 14	at Finlandia University	Oct. 26	at Macalester College
Sept. 21	Bye	Nov. 2	Beloit College
Sept. 28	at Illinois College	Nov. 9	at Lawrence University
Oct. 5	Monmouth College	Nov. 16	MWC Championship Week
Oct. 12	St. Norbert College		

All games 1 p.m. kickoff

Visit riponredhawks.com/football for more information or contact Head Coach Ron Ernst at 920.748.8708/ernstr@ripon.edu

This is a simple drill in which we can get a bunch of reps fast for an important skill. After this, we run a full contact blocking drill from the same set up. The defender gives one action based on a signal from the coach and then the blocker executes a perfect open field block. The most complex drill in this series is what I call the towel drill. Instead of the defender reacting to a signal from me, I will throw a hand towel to a spot on the field that I want the defender to fight to. It becomes a competition, the defender wins if he gets to the towel. The blocker wins if he keeps the defender off the towel. This works best with a lot of space and one towel for each line. As with most drills, you get what you emphasize. If you are looking for a lot of reps, blow the whistle quick. If you want to emphasize tenacity, let each rep go longer. I've seen

some really impressive reps in this drill over time and I consider it a key point in the effectiveness of the blockers I've coached.

There is one other aspect that I think is important to open field blocking. Athletes must get used to the idea that you never give up on a block. Play to the whistle. I will frequently run what I call the wash out drill which emphasizes this ethic. On almost every block, a critical point will happen when the defender gets leverage on the blocker. The blocker must convert from a stalk block where he has the defender framed up into one where he does not. We will practice this skill frequently. We tell the defender to pick a side and commit. Let's say the defender commits to the outside and gets outside the frame of the blocker. The blocker must now drive the defender into the sideline. It

doesn't matter at this point where the ball will go, the blocker's main objective is to maintain contact with the defender no matter what. Ideally, he would run the guy out of bounds. We call this process "Washing out" and we expect that nearly every block will end this way even though we have a goal of keeping the defender framed up for as long as possible.

These skills and drills represent the heart of what I've tried to do to develop some really outstanding open field blockers. We try to set up specific scenarios and practice them. These would include blocking down inside, rocket screen blocks and blocks on press corners. I feel that, if the guys are prepared and understand what they are being asked to do, they will experience success with these techniques.

KEYS TO A SUCCESSFUL RUNNING BACK SEASON

By: Tom Fitzgerald, Offensive Coordinator, Mosinee High School



Tom Fitzgerald

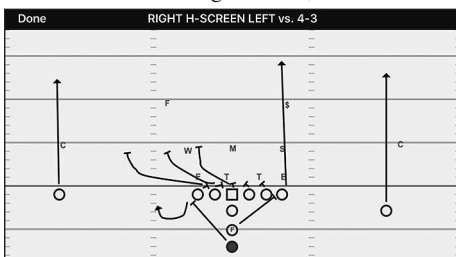
Although wide receiver screens are becoming more and more popular, nothing beats a good screen to your best running back. Offensive coordinators around the nation are trying to find ways to get the ball to their best runner, especially in the open field. The RB screen that I am going to show you is nothing cutting edge, but I want to give you some tips that can make this a big play for you every game and sometimes multiple times in one game.

The key points, beside the play itself, that I want to make are:

- 1) How to disguise the play
- 2) When to run this play
- 3) The timing of the play.

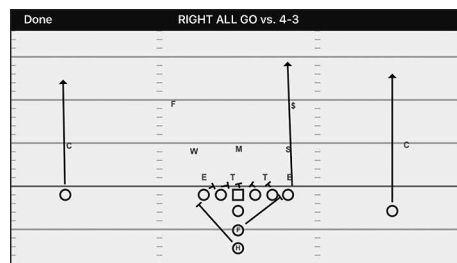
Let's start with the play (see Figure 1).

We call this: Right, H-screen left. The 2 receivers and TE run go routes, which can be



modified, but just run them deep. The 2 backs do what they normally do on a 3 or 5 step passing play and that's block the edge player. The left tackle, left guard, and center block their inside gap for a 3 count and then release left. Typically, the LT blocks first man in the flat area, the LG looks for the first player in the alley, and the C looks back inside to a hook/curl player or even backside pursuit. The QB takes his normal 3 or 5-step drop, invites the defensive lineman upfield, then bails back hard and throws to the waiting running back.

If you look at Figure 2, this is the disguise. The play needs to look exactly like we are running a 3 or 5-step passing play. Just like you want any of your play-actions to look exactly like one of your running plays, we want our screen to look just like one of our passing plays. The other beautiful thing about the disguise of this play is that it can be run out of any formation, even empty.

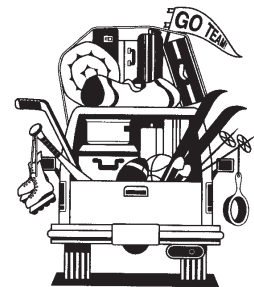


The second point is when to run this play. The classic time that offensive coordinators will run this is 2nd or 3rd and long. Although many times it works, if the defense is well prepared, they can be ready for the play based upon down and distance. I believe, what can make this a big play is the element of surprise. 1st and 10, 2nd or 3rd and short. Maybe after you've thrown a 3-step route 3 times in a row. Another time I consider running this play is when I feel I need to slow the rush down and we are having a hard time blocking rushers and/or blitzing LBs.

The last point I want to make is the timing of the play. I have sometimes taken this for granted and felt that our QB, RB, and line should automatically have the timing down. In reality, this play, like most in your offense, takes many repetitions to perfect the timing of the blocking, releases, and throwing. We will have a "screen session" built into our practice just so we can rep the play multiple times. This can be done during individual, group, or team time. Here's a good teaching point. Think about the many multiple offenses out there. Ask yourself, are we running these plays just to be multiple, or are we going to run these plays to be good at them? Maybe coordinators should consider taking some plays out of the offense instead of always adding more.

I would like to thank Ted Wilson and the WFCOA for asking me to write this article. If you have any questions about this play feel free to contact me at tfitzgerald@mosineeschools.org.

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



Let us know. Drop us a line at:
P.O. Box 8, Poynette, WI 53955
or by email at: office@wifca.org

THANK YOU!

SOMETIMES IT IS ABOUT PLAYS

By: Ryan Wundrow, Assistant Offensive Line Coach, Stanley-Boyd High School



Ryan Wundrow

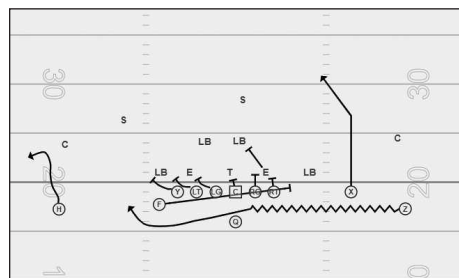
If you could run what ever you wanted to on offense without a worry about what your head coach might think, or the crowd, or the parents, or the administration – what would you run? What is in your treasure chest of plays you always wanted to try but never had the time, players or guts to run. Over the last 16 years of being involved in high school football I have watched a lot of film and a lot of games. We are in quite the evolution of football in almost all aspects from strategy to technology. As we keep com-

binning tried and true offenses of the past like the Wing-T and Single Wing, with new thoughts and ideas of present-day football we are really only limited by our own creativity. In this article I offer you some of my plays I would love to try and by no means are any of them completely original as all coaches “borrow” from other smarter coaches. I have lumped some ideas to create plays that could be run as a package or just as a stand-alone based on their options. I know its not always about plays but creating plays is one of the fun parts of this job, so enjoy.

Before I get into the plays just a couple of caveats. If you have the gist of the play and have a better way to block it, great. Even better please share it with me. I drew up all the plays with just a little thought into the defensive fronts and alignments. Obviously, you would have to adjust what you do and what you see to make it work for you. I drew these up to get the main idea of the play, you may have to come up with your own nuts and bolts. When installing plays, I use the R4 terminology. R4 is a great way to communicate efficiently with your players and coaches on both sides of the ball. I just want to give credit here if you read about cap, cushion, rhythm throws etc., most of

that I learned from studying R4. If you haven't had a chance to read about it, I highly suggest it. Dub Maddox and Darin Slack, the authors, have been very influential in my thoughts and ideas about football. Lastly, I kept the names very simple and basic to my verbiage. Don't get to caught up on what a belly or counter is, just look at the play for its usefulness and if it can fit what you do already then rename it to make sense for your players. Most of the verbiage used here is not the “Stanley-Boyd Way”.

F-Counter Lookie



There are a couple of pre-snap reads here for the QB which could also just be called from the sideline. First option is to hand the ball off to Z on the Jet Sweep. In this look it wouldn't be a great call with the two over hang defenders

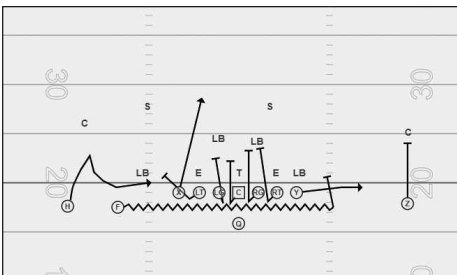
2019 SCHEDULE

Sept. 7 th	@ Morris (MN)
Sept. 14 th	Bethel (MN)
Sept. 21 st	@ Waldorf (IA)
Oct. 5 th	@ Point
Oct. 12 th	@ Eau Claire
Oct. 19 th	Lacrosse
Oct. 26 th	Whitewater
Nov. 2 nd	@ Stout
Nov. 9 th	@ Oshkosh
Nov. 16 th	Platteville

UNIVERSITY OF
WISCONSIN **River Falls**

lined up. The second pre-snap option is quick game to the H. Usually I always had a system when the one receiver was backside of the RPO. He would have an option to run a slant, hitch, fade, or quick out. Here the C is a little tight so his real option should be a fade and depending on your team that might not be the highest percentage of plays. Next comes the read after the snap. By now the line should know if they are running the jet sweep or counter. The QB is deciding to throw the post or run the counter on his own. He must sell the jet sweep hoping the safety to take the bite down into the box. X must get a clean inside release if he does not then it becomes a run automatically. QB eyes go from receiver release to the safety and if he can cap the route. This is why Z started his motion from outside the X. Most corners will not bump over and either get in a good position to reroute or gain inside leverage hopefully creating this free inside release. When checking the safety, he is looking for hip commitment. If his hips are facing toward the direction of the jet sweep and the receiver has broken into his four-yard cushion the QB can throw into the seam for the post route. I know you are probably thinking, "What about men down field?" Well as most RPOs we don't really worry about that until they start consistently calling it also if this ball is being thrown it should be about 2 seconds if timed well. If the QB doesn't get a clean release from X or is in doubt of his read on the safety then it is a run. Feels like a longer "pop pass" with more space.

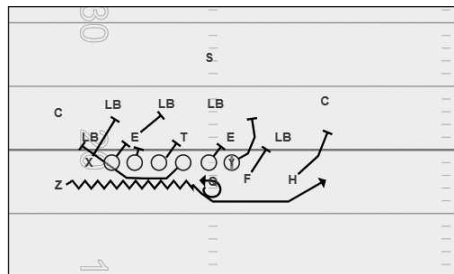
Y-Slip H-Break



If you are a Packer fan at all you would recognize this quick screen to the Y. They have run this play for a long time and it can be really successful against soft coverage. It is really just a different way to run a bubble. I like equating

this read to a pick and roll in basketball. When F goes in motion and settles just outside the edge player, I hope he can pin him inside and make him go upfield on the block. If the edge defender stays outside then the QB hitches to the "go" route splitting the safeties here. On his release Y should almost bucket step to get away from defenders and create space for F to make his block and for the edge defender to commit to his path. The QB knows pre-snap if he is going to throw to the Y on the slip. He still must look at it even if he knows he is not going there in hopes he will open the middle of the field for X. If there is only one hi safety then the X should stay on his seam route. QB is looking to for a collision on X then the read is off. If he gets a free release then he is looking to see if the safety can cap the route. If the X is not there then the QB should take another three step drop to create room to throw the screen underneath to the H. So, I would teach the QB footwork to be punch step to Y, hitch to X, three step drop for the screen. The O-line is engaging for two counts then getting downfield. I would send any unengaged linemen down the line of scrimmage towards H after his pass set to cleanup any defender trying to come underneath H's path. H is taking three hard steps upfield and then working his way back to the quarterback at the line of scrimmage. I know it seems like the QB won't have enough time but he can cycle through his progressions pretty quickly just based on pre-snap alignment. Also, he has to trust his footwork.

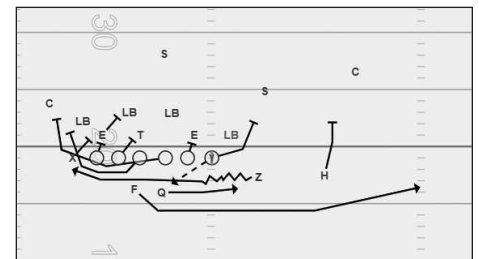
Banana Jett



I hope I get to run this play sometime in the near future. At the very least it should make the other team call a timeout. Guards and Centers all lineup on the boundary side of the center.

This play is meant to be run when the ball is on the hash, preferably the hash that your sideline is on. If I were to run this play it would be out of a huddle and snapped within three seconds. The QB is under center here so he can get the ball to the Z very quickly. Z bubbles back a little and is trying to out run the corner to the field sideline, if not we hope H can kick him out and we can cutback. The other option is for the QB to fake and keep the ball on the counter following the pulling lineman. Here I drew a pin and pull or you could pull uncovered. I love the simplicity of this play. There would not be time to make any reads post snap but I would have the linemen run the same thing for a false read even if we were giving the jet.

Pirate Bash



I caught some of a Washington State game and saw Mike Leach run a play with his Y as the center and the rest of his O-line lined up into the boundary like this, much like a swinging gate play. He ran a zone read play, I have drawn it up as a pin and pull. The Y would arc around the edge player. If the edge player comes hard inside keep it and run option. If the edge player contacts the Y on his path then give it to Z on the pin and pull sweep. If the defense truly lines up correctly and actually covers all the gaps, I would keep Z in and run load option to the field. You could also have the QB keep it and follow the Z in to the boundary.

I coached in Altoona for 13 years, volunteered at Immokalee, Florida for two and spent the last year with the amazing staff in Stanley-Boyd. I look forward to working at Stanley-Boyd for a long time. If you have any questions please feel free to contact me at rwundrow@s-bschools.org. I want to thank the WFCA for this opportunity to share a little of my creativity and knowledge.

CHANGE OF ADDRESS? WFCA NEEDS TO KNOW

Please send your new home address to:

WFCA Office • PO Box 8 • Poynette, WI 53955

Phone: (608) 635-7318 • office@wifca.org

The Post Office will not deliver bulk mail to an incorrect address yet we pay the postage and the books are discarded. Please help us control costs by keeping us up to date! Thank you.

GENERAL FOOTBALL

FILM DOESN'T LIE

By: Matt Dunlap, Co-Head Football Coach, Luck High School



Matt Dunlap

On behalf of the Luck Coaching Staff, I would like to thank the WFCB and the Point After-II for their continued support of High School football throughout the state. I would also like to thank them for their efforts and patience as the 8-man version of our sport grows. I really believe that they see the benefits of reduced man football in our state. Its continued growth and support from the WFCB will only

help our small community athletes. A special thanks goes out to my mentor, 2019 WFCB HOF inductee Don Kendzior, who gave me the opportunity to start coaching with him nineteen years ago. He has taught me more about the game and life than I sometimes want to realize.

When I became Co-Head coach of the Luck program before the start of 2016 I was in search of a way to make sure that I did everything possible to ensure that the highest of standards were kept for Luck Football. To do this I knew that the status quo would not be enough. The answer to what was going to be new for the Luck football program came to us via North Central High School in the UP when our film exchange came via Hudl. Up until that point we knew of Hudl but had not really dug into what it could do for our 8-man program. After scouting the North Central Jets that week our coaching staff sat down and decided that we were going to have to figure out a way to get Hudl ASAP; we did, and we have not looked back since.

At Luck we have come to the conclusion that after about 95 minutes of practice our athletes are mentally exhausted. In order to keep

practices to this time the coaching staff realized that we were going to have to change the way we operated on the practice field on a daily basis. Our change came with the use of Hudl on Tuesdays and Wednesdays. On these days we film every play that we run during full team; on both sides of the ball. We initially started using a ladder that was set up behind our offense or defense and filmed using an iPod. This worked quite well until we were able to upgrade into an endzone camera. We purchased our endzone camera before the 2018 season. That, along with our purchase of Hudl every year are the best purchases we have ever made. Our program would not run the same without them.

In 2018 we filmed every offensive and defensive set that we ran during practices on Tuesdays and Wednesdays. This has allowed us to bring in something that we like to call "no coach sets". These are offensive and defensive sets where the coaching staff will only communicate with the scout team to ensure that they are doing things the right way. This forces the 1's to communicate with each other and solve any issues that they have amongst themselves. These no

2019 UWSP FOOTBALL SCHEDULE

Sat., Sept. 7 vs. John Carroll Univ. AWAY 12:00 p.m.

Sat., Sept. 14 vs. Wabash College HOME 1:00 p.m.
(Pink Game)

Sat., Sept. 21 Dakota State Univ. vs. AWAY 4:00 p.m. Sat.,
Sept. 28 BYE WEEK

Sat., Oct. 5 vs. UW-River Falls * HOME 2:00 p.m.

Sat., Oct. 12 vs. UW-Oshkosh * AWAY 1:00 p.m.

Sat., Oct. 19 vs. UW-Whitewater * HOME 1:00 p.m.
(Homecoming)

Sat., Oct. 26 vs. UW-Stout * AWAY 1:00 p.m.

Sat., Nov. 2 vs. UW-Eau Claire * HOME 1:00 p.m.
(Spud Bowl)

Sat., Nov. 9 vs. UW-Platteville * AWAY 2:00 p.m.

Sat., Nov. 16 vs. UW-La Crosse * HOME 1:00 p.m.

Head Coach, Greg Breitbach

Visit us on line at:

<https://athletics.uwsp.edu>



University of Wisconsin
Stevens Point



coach sessions make our 1's transfer the assignments they were given during Monday's chalk talk to the practice field the next day. Not answering questions allows the practice to keep its flow and moving along. Filming every play allows us to not have to re-run a play to fix an assignment. We can fix any of our alignment and assignment problems that we have on Hudl.

The filming of practice has definitely shortened the amount of time that our coaches and players are on the practice field. However, it does ask that our coaches and players put in extra time off of the practice field. Our coaching staff will breakdown every scripted play that is on film. We will look at everything from alignment to assignment to angles of pursuit, and effort on defense, while on the offensive side of the ball we look at alignment, motion, assignments, fakes, and again, overall effort. Our staff does a wonderful job of giving positives, and

things to work on, for every single play. To make this happen for us, it takes two coaches breaking down the 28 filmed plays every night after practice. This job takes each of us roughly one hour. Our coaching staff promises the players that film will be up before the start of school the following day.

Our players really appreciate our program's use of Hudl film during practice. When asked about the use of film in practice, one varsity starter said: "Film has allowed us to not waste any time during practice....we really don't have to stop and waste practice time for too many corrections...it's just more efficient." A second starter when asked about the impact of film on practice said "film allows us to watch our practices and see what we need to work on. I think film holds us all accountable....If you screw up or don't give full effort, you can't hide on Hudl. Film doesn't lie!"

When coaching today's athlete it seems to be all about buy-in, and in Luck, our players have 100% bought into the idea of watching not only game film, but practice film too. Our varsity starters watched on average 2.5 hrs of film per week during the 2018 season.

A cornerstone of the Luck football culture is to use time efficiently. We have found that if kids know that practices will be short and intense, the effort will rise significantly. To accomplish this goal, and still get the teaching in that we need to, using Hudl, and filming every day has become necessary in Luck. If asked what the two most important tools that we use in the Luck Football program, the answer is easy; Our end-zone camera and Hudl. Without them, we could not be us. If anyone has any questions on how to make Hudl a portion of your weekly practice schedule please do not hesitate to contact me at matt@lucksd.k12.wi.us. Good luck to all of you next year, have a great season.

PRACTICE TIME; BE EFFICIENT PLAYERS, COACHES & SPOUSES WILL APPRECIATE IT

By: Ryan Humpal, Co-Head Football Coach, Luck High School



Ryan Humpal

I would like to thank the WFC and *The Point After II* for publishing a great coaching resource and for asking me to write this article. I want to publicly thank Don Kendzior, for asking me to be the head coach of the 2018 North 8 Man All Star Team. It was a great experience and venue put on by UW-Oshkosh, WFC and Children's Hospital of Wisconsin. It is an experience that I hope to have the privilege to be a part of in the future. Another huge thank you goes out to the WIAA, for supporting the 8 Man football programs. Last year with the implementation of a playoff series; added excitement to the school districts and communities of those teams involved.

Lastly, I would like to thank my wife, Rachel, for always being by my side through this journey and putting up with me during the season and all the out of season commitments that come with being a football coach.

Over the past 20 years in high school sports we have all noticed the decline in participation in every sport. This can be attributed to numer-

ous things; fear of injury, work commitments, time with family, rather be hunting/fishing or any other type of an excuse student athletes can come up with. Yes, I understand some student athletes have no control over commitments away from athletics, but I believe as coaches we can make it more feasible for our student athletes to be able to participate by taking a look at our practice times and how efficient we are during those times.

One thing we did at Luck about 6 years ago, under the direction of Hall of Fame coach Don Kendzior, was cut practice time way down once we hit the regular season. Our old schedule was 3:30-5:30, which meant out of locker room at the earliest would be 6. We reduced that to 3:30 to 5 at the latest, and our players were ecstatic about the new schedule for the year. Many comments were, "coach now I can get into my tree stand by 5:45," or "great, now I have a little more time to make money after practice."

Since we implemented this practice format, we have had many questions, with the most popular questions being, "how do you fit everything into practice?" "When do you lift?" And... "When do you game plan with the players." My answers always are, there is no wasted time during practice and we put a lot on our players for lifting and game planning.

First to take a look how we get practice done by 5:00; the easy explanation, we are real efficient with our time. This was not an overnight change for us, it took some work on the front end to make sure we could be this efficient. As coaches the first thing we looked at, what can we shorten and what is the biggest down time? The first area addressed was the start of practice. We used to do warm up lines,

go through form running, stretching and core body; added up to 20 minutes. We dramatically changed that into a dynamic warm up with 3 to 4 stations at 2 minutes per station. This cut out 10 minutes of warm ups and seemed to get our players in a better place physically and mentally to begin practice.

The second area we noticed we could gain time from, was how long we ran breakdowns. In our old practice format breakdowns were anywhere from 7-10 minutes, we cut that down to 5 minutes. This was the biggest adjustment as a coach; this really limits the amount of explanation time during breakdowns. How we addressed this as a coaching staff was during our training camp in August we made sure to add a variety of drills through the first two weeks of practice to make sure the explanation time is held to a minimum during regular season practice. Get to your breakdown, give the name of the drill and players are already lined up ready to begin.

A little more on the 5 minute breakdowns. There are many positives that have come out of these; the two that stand out the most are, it puts more responsibility on coaches to have breakdowns ready to go and the intensity level of practice never has a chance to fall off, the players are always on the move and getting after it. When you add up the minutes saved from shortening breakdowns, you are gaining 10-15 minutes of practice time. Add that to the total of the 10 minutes from the start of practice you are already up to saving between 20 and 25 minutes of practice time.

Now onto the last push to get to the 30-minute mark of gaining time. My advice to you is be overly prepared for practice. Have a plan down to the minute and stick to the plan. Do not

let one more rep at a breakdown or during team time throw your plan off. Many schools have gone to using segment timers, which is a great way to keep practice efficient and moving quickly. My suggestion to those of you with segment timers; take a look at how long your segments are. Do you need them as long as they are? Is there down time during practice that can be cut out?

Another possible way to gain time is to cut out conditioning once regular season practice starts. Keep players moving with high intensity as much as you can. In recent years, once regular season hits we have not conditioned during practice. Keep practice moving quickly and the cardio takes care of itself during breakdowns and team time. It is fun to see players jog off the practice field more tired than they are on Friday nights after a game. Set up drills they need to go hard in and keep the intensity up throughout practice in order to make sure practice is more grueling on the body than a game.

Now that I have given you a way to shave off 30 minutes of practice time, I also want to give you another possible way to make your practice real efficient and have variety; a 5-minute practice. The 5-minute practice is roughly an hour long, with 5 minute stations that rotate between a defensive and offensive station. We run this type of practice at two different times of the year; the first Saturday of training camp in August and every Monday during the season.

Quoting Dennis Brule, 2018 8-Man Offensive Player of the Year Finalist, “5-minute practices are a great start to the week; they test your mental and physical readiness for the week.” I would have to agree with him; this is a great way for varsity players to finally get all the soreness out from Friday night and for JV players to get game like work in if they do not have a game on a particular Monday. The best part is being done with practice at 4:30. As coaches this gives us an opportunity to go watch a home JV game or get home to have supper at a decent time with the family.

As you can see from above there is no wasted time on the practice field any day. A couple other questions we are asked; When do these guys lift? When do they game plan? First to address the lifting aspect. We do not lift during practice time. We recommend to all of our football players to make sure they sign up for weight training class during season, if they are not put into weight training we have a great relationship with our physical education department. So athletes are able to get their lifts in during this class period the majority of the time. When neither of these options work, players are able to attend weight room sessions at 7 am three days a week during season.

The second question of, when do you game plan? The answer to that question is, we put a lot of responsibility on the players for this. On Sunday evening the defensive and offensive

game plan is sent out via google slides. Along with the slides, is the breakdown of film on Hudl for that week’s opponent. With our breakdown we are detailed on each clip as to what the players need to be taking a look at. Players are expected to look at both film and game plans before school on Monday and come with any questions they have. I really like this method, players find out quickly they do not want to be the one that did not look at the game plan on Sunday evening. This also, gets them to think for themselves and become a better football mind. This simple way of game planning has amazed me at how easy it is to make adjustments on Friday nights during games. My suggestion is to find a system that would work for you and your program and stick with it.

Hopefully by this time I have gotten you to think through your practice plans and figure out ways to minimize the down time and become more efficient. Whether it be shortening up breakdowns or cutting out a segment of practice. I am not saying we have all the answers with how to run a practice, but this type of plan has worked great for us in recent years. If you are looking to change up practice, my suggestion would be first look at the length of practice and go from there. You will be surprised at how efficient practice can get with some minor adjustments as a coach. I can promise you, if you are able to cut down practice time, your players, coaches on your staff and your spouse will be a lot happier throughout the season.



2019 UW-Stout Football

Date / Opponent / Time

Sat, Sep. 7 / St. John's University / 1 p.m.

Sat, Sep. 14 / Gustavus Adolphus / 1 p.m.

Sat, Sep. 28 / at California Lutheran / 1 p.m. (PT)

Sat, Oct. 5 / UW-Oshkosh* / 2 p.m.

Sat, Oct. 12 / at UW-La Crosse* / 1 p.m.

Sat, Oct. 19 / at UW-Platteville* / 2 p.m.

Sat, Oct. 26 / UW-Stevens Point* / 1 p.m.

Sat, Nov. 2 / UW-River Falls* / 1 p.m.

Sat, Nov. 9 / at UW-Whitewater* / 2 p.m.

Sat, Nov. 16 / at UW-Eau Claire* / 1 p.m.

*denotes WIAC contest



Don & Nona Williams Stadium • Menomonie, WI

EIGHT-MAN SAVES SMALL SCHOOL FOOTBALL

By: Mike Schradle, Athletic Director, Clayton High School



Mike Schradle

Clayton High School has had competitive football for over 50 years.

Ten conference championships, twelve play-off appearances, and two sectional teams, have all made this small community in Northwest Wisconsin very proud of their football program.

The lights at F.M. Robey field illuminate the sky on Friday nights, a reminder for the community residents in this small town that the game is on and another season is underway. With a population of only 571, Clayton sits right on U.S. Highway 63, where many vacationers frequently pass by; however, there is no vacation going on in Clayton when the Bears are in town. The players are working hard for a victory, and the sidelines are usually full of loyal fans cheering on the team!

Many coaches, players, and fans have enjoyed their home town football over the years. Way back in the 50s and 60s, Clayton played 8-man football. The program changed to 11-man in the mid 60s, and the Clayton Bears have been playing it ever since until 2015.

It is certain that the fall football season is something that marks the start of another school year. It is something that many look forward to each year, and it also sets the tone for the upcoming athletic seasons for all of the schools sports teams.

After the 2015 season, when there was talk of not having football in Clayton any longer, you should have heard the uproar! Many reasons for cancelling football were presented to the Clayton School District's Administration and School Board. Several questions were asked like: do we have enough talent to compete with larger schools, do we have enough size, or why are the participation numbers so low? There was even talk of saving the football program through the start of a co-op with another school.

The bottom line, when the dust finally settled, was all of these excuses and/or reasons were not really valid at all. In fact, the proposed solutions would most definitely not end positively.

So Clayton football hit rock bottom. Coaches, parents, and players left the school district and the football program to attend neighboring districts. Community residents were divided, the high school coaching staff was in turmoil, and even some families were split apart. Only a few people remained in place to pick up the pieces of the football program, and their top priority was to start rebuilding it.

In 2016, Clayton cancelled their 11-man game schedule and played a modified schedule with some 8-man football games on a trial basis. The team finished with a 0-6 record.

In 2017, Clayton requested membership into the 8-man Lakeland Conference and played all 8-man games. The team finished with a 2-5 record. Clayton also played 8-man football at the middle school and junior varsity levels.

In 2018, Clayton played a full 8-man schedule and finished 6-3 at the varsity level and played 8-man football down through 6th grade.

Why the short turn around? The short turn to success can be attributed to one thing, and one thing only. That is work ethic, which included teaching the importance of athletic values. Parents and athletes, along with a dedicated coaching staff, dug in and went to work to save a program they all believed and took pride in.

Everyone within the program decided to not let football die in Clayton and thus began a process which started with off-season workouts and camps. The setting of team goals and working together to achieve those goals were life lessons that were learned by all. Quitting, when the future looks grim, was not the right answer and not an acceptable option. The old saying, "when the going gets tough the tough get going" could very well be applied in this case.

It took a lot of hard work and guts, but those players, parents, coaches, and fans that stayed in Clayton and stuck together to save football here have a lot to be proud of now and even more to look forward to in the future.

As most enthusiasts of the sport of football know, football games can be played with 6-player, 8-player, 9-player, and 11-player teams. Some may argue and say that 11-man football is the only way to play. I for one challenge this way of thinking 100% given everything we have experienced at Clayton.

Throughout many years of coaching and teaching at Clayton, I have seen freshmen thrown into varsity games when they are not ready physically or mentally, and the only reason is because of the lack of upper class numbers. I have seen JV seasons cancelled because JV players were needed to play back up positions on the varsity team and could not play the Monday night JV

game. I also have seen lower level players in 6th grade forced to play against 8th graders in order to fill an 11-player team roster.

All of these examples are not beneficial to anyone and usually contribute to the lack of future participation due to the lack of players desiring to stay with the sport. We also know that participation in athletics at the high school level is dropping. Greater demands are being put on a committed athlete, and it takes more time now than ever to be successful. As coaches and administrators, we need to look for solutions that will encourage participation and result in positive playing experiences.

What are the benefits of 8-man football? The biggest benefit for Clayton during the changeover from 11-man to 8-man has been the ability to field four different football teams instead of two in the middle school and high school. We now have the option to have a 6th/7th grade team along with a 7th/8th grade team in middle school. At the high school level, we can play a full JV schedule with our 9th/10th graders and a varsity schedule with our 11th/12th graders. This benefit is huge for the development of a football player at their proper age/skill level, which promotes more participation and ultimately leads to a successful experience.

The second benefit of 8-man football, besides age appropriate development and participation, is the speed of the game. Even though the field is smaller, the athletic abilities of each player are able to shine with their performance. The game has the ability to include smaller and quicker players, along with the traditional big and strong guys, all on the same team with the same scheme.

Football is football, and what are we really trying to teach our young athletes? Maybe one of the top priority items should be to not be discouraged by your age, size, speed, or skill level, but rather to join together with a group of guys that are all willing to work toward a common goal. At the end of the day, they will have many good learning experiences to share and remember.

Where is 8-man football going? I can definitely say that without 8-man football, it would be difficult to continue a football program here at Clayton. As we know, no community wants to lose its hometown football team. Some people say that this is just a trend and will go away in a few years, but for the sake of our student/athletes now and down through the grades, I hope it is not. I see 8-man football as a viable alternative for small schools to offer a competitive and awesome sport even with limited resources.

A LOOK AT EIGHT-PLAYER FOOTBALL

By: Kevin Hoffman, Coach and Athletic Director Magazine

Dwindling participation and safety risks have made it harder for hundreds of high schools to play football in its traditional form. But when one door closes, another one opens.

The drop in participation for 11-man football has given new life to the eight-man game, which for decades has flourished in some states but is still largely unfamiliar to the majority of fans. Since 2011, nationwide participation in eight-man football has grown 15 percent, while 11-man football — still America's most popular high school sport — has lost close to 13,000 players. Concerns over injuries, primarily concussions, are just one of the reasons for the decline.

At Bishop Grimes High School in New York, the change was a long time coming. Athletic Director John Cifonelli said his predecessor began pushing for eight-man football 12 years ago, and this fall the school will compete in a four-team league culminating with a championship game at Syracuse University's Carrier Dome. It's a small step, but one that Cifonelli believes could ignite rapid eight-man growth throughout the state.

"Football is one of those sports where there are purists and traditionalists, and it's almost blasphemous to speak outside of tradition," he said. "But finally, we've broken through."

Playing the game

Numbers aside, eight-man football is not all that different from what fans are accustomed to watching each fall. Fields are typically shortened to 80 yards and the sidelines are brought in by 13 yards. In moving from 11 to eight players, coaches usually take two players off the line and one from the backfield.

The biggest change comes on the scoreboard. With just one safety and fewer defensive linemen, skill players like receivers and running backs are primed for big games. It's not uncommon for eight-man teams to run the no-huddle offense and score more than 60 points in one night.

"In 11-man, if you've got a tremendous wide-out you can do things to take him away," said Rod Brummels, head football coach at Osmond Senior High School in Nebraska. "In the eight-man game, that's almost impossible. You just don't have the bodies to spread around."

Nowhere is eight-man football bigger than in Nebraska. Brummels, who also is president of the state's Eight-Man Football Coaches Association, played the game in high school and last fall finished his 39th year coaching it. Throughout the state, he's seeing more programs switch to eight-man football because they can't get enough kids to safely field an 11-man team.

Brummels said for transitioning coaches raised on traditional football, the learning curve is mild. Playbooks and schemes must be modified, but at the end of the day, it's still football. Brummels called eight-man football a great training ground for young coaches, because the Xs and Os are simpler and there's an emphasis on fundamentals.

"You can transition pretty effectively," he said, "as long as you don't think that you have to change everything."

Cody Caswell made the switch in 2013 after five years as a head coach in the 11-man game. Participation at Lawrence High School (Michigan) was on the decline, and Caswell said the team was forced to start freshmen and sophomores, players who otherwise might spend time on the bench to develop physically and learn the game. Administrators eventually had enough.

"Kids were getting hurt," Caswell said. "It's our job as the authoritative person to do what's best for the kids, and that's what we came up with — going to eight-man."

Caswell was reluctant. He was a "football purist," and he wasn't sold on whether the eight-man version would resemble the traditional game. He immediately reached out to a high school eight-man coach in Oklahoma, who



2019 UNIVERSITY OF WISCONSIN-WHITEWATER FOOTBALL SCHEDULE

<i>Date</i>	<i>Opponent</i>	<i>Location</i>	<i>Time</i>	<i>Promotion</i>
Sept. 7	DUBUQUE	Perkins Stadium	2 p.m.	Senior Day
Sept. 14	at Concordia-Moorhead	Moorhead, Minn.	12 p.m.	
Sept. 21	at St. Xavier	Chicago, Ill.	1 p.m.	
Oct. 5	UW-EAU CLAIRE 	Perkins Stadium	2 p.m.	Family Fest
Oct. 12	UW-PLATTEVILLE 	Perkins Stadium	2 p.m.	Homecoming
Oct. 19	at UW-Stevens Point 	Stevens Point, Wis.	1 p.m.	
Oct. 26	at UW-River Falls 	River Falls, Wis.	1 p.m.	
Nov. 2	UW-LA CROSSE 	Perkins Stadium	1 p.m.	
Nov. 9	UW-STOUT 	Perkins Stadium	2 p.m.	Shriners Day
Nov. 16	at UW-Oshkosh 	Oshkosh, Wis.	1 p.m.	

WARHAWK
FOOTBALL

**POWERED BY
TRADITION**

tickets.uww.edu // uwwsports.com

shared film, playbooks and tips on managing the game. It took some time, but once Caswell overcame his own insecurities, he started to warm up to the new challenge.

Making the switch

Most schools adopting eight-man football today arrived there because they could no longer meet the demands on the traditional game. For some, that meant participation numbers and, for others, it was about safety.

At Bishop Grimes, not only was participation declining but players were significantly outmatched. Cifonelli said 160-pound players would line up across from opponents 70 pounds heavier, so a change was critical to keep athletes safe.

"It's still football, so we don't like to use the word safer," he said. "But it seemed logical to go this route, and for our student body it seemed to fit perfectly."

Schools don't easily come by the decision to switch. Eight-man competition can be hard to find in some states, making it difficult to build a full schedule. There's also pressure from the community and those within the schools who are loyal to the sport's traditions.

Winning student-athlete support is critical, and it's not as difficult as some might think. Caswell recalls some players who were turned off by the change, but the majority welcomed it with open arms. One showed up to a school board meeting to speak in support of eight-man football, and he shared his experience being taken away in an ambulance after playing against a bigger 11-man team.

Caswell said the change probably helped his program gain more kids than it lost. One student who broke his arm in a middle school football game wasn't going to play, but he changed his mind after the switch. He was eventually named an all-state quarterback.

Participation growth is certainly a possibility with eight-man football, with kids attracted to its explosive nature. Lawrence High School couldn't field a junior varsity team with an 11-man program, but it's now able to do so every year.

"It's been a great switch for us," Caswell said. "I don't envision us ever switching back unless we're forced to."

Another obstacle is overcoming the myth that recruiters are not interested in eight-man athletes, but that's not the reality at Lawrence. College coaches scout players as often as they did with the 11-man team. Caswell said a recruiter's greatest interests are whether a kid can run, hit and play the game at a high level, regardless of what type of football they're playing.

"We had a kid who was reluctant at first, and he's playing at Elmhurst (College) now and almost won the starting job as a sophomore," Caswell said. "Recruiters don't care if you play eight-man or not."

Brummels said that's also the case in Nebraska. Because eight-man players often fill multiple positions, their versatility is viewed as an asset by college coaches.

"Eight-man players tend to play both ways because they don't have the numbers," he said. "They're multifaceted, and they aren't afraid of that work going to the next level. So, in some ways, it's an advantage for them."

Future of eight-man

Coaches believe eight-man will continue its nationwide growth, but obstacles remain. Football is typically a school's most popular sport, and some athletic administrators fear dropping traditional 11-man football will not only turn away players, but fans too.

In Brummels' experience, the sport has the opposite effect. High-scoring games and no-huddle offenses tend to attract large crowds, and

schools are taking notice. The bigger challenge, he believes, is convincing coaches and athletic administrators to abandon their traditionalist views and give it a chance.

"I think there's an audience for it," Brummels said. "There have been some schools in northeast Nebraska that have fought it forever and would play 11-man with 18 kids and have 110-pound cornerbacks. Then they went to eight-man and said, 'Why did we wait so long?'"

"The stigma is still there."

Caswell said gate revenue for some games at Lawrence nearly doubled when the school switched to eight-man, and he believes the faster pace is part of the reason. There might be leaders within schools that resist transitioning to a new game, but Caswell encourages them to consider what's best for the young athletes in their programs.

"This can help you build your program," he said. "The game is still blocking, tackling and teaching life lessons. The only thing that's different is making those adjustments in the Xs and Os."

Cifonelli is just months away from seeing his school play its first eight-man game, and he believes by the end of the season more schools across New York will consider a switch. For others, it'll take time, but he's confident eight-man football will eventually win over athletic directors who are uneasy about its place in high school sports.

"There are going to be some people who cross their arms and turn their backs to this, probably for a long time," he said. "But I think this (season) is going to generate a lot of buzz for those who haven't seen it. People fear that it's this awfully different thing — it's not."

BUILDING AN 11-MAN PROGRAM AT A SMALL SCHOOL

By: Ryan Olson, Head Football Coach, Royall High School



Ryan Olson

First off I would like to thank the WFA for the opportunity to write an article and share some of what has worked for us at Royall. I would also like to thank the WFA for all they have done and continue to do for the game of football!

Over the past few years there has been a noticeable decline in the number of 11-man programs in the lower levels, with many schools either canceling seasons/programs, co-opting or going to 8-man due to a lack of numbers. However at Royall we have been able to grow our program in the last 5 years from 21 players up to 43 during this period, enrollment has gone from 164 down to 146. I believe the following factors are the reason we have been able to build our program and increase our numbers when most are dropping.

Buy in – Yourself

When you first start your program, you must first believe in yourself. You have to figure out what values are important to you and what your vision is for your program. This is something you need to reevaluate all of the time. Your vision needs to be a living breathing document that you can adapt and change when needed. You must be the compass for your program. The rest of your program will change and your staff will change.

During my 5 years at Royall we have had a total of 9 different assistant coaches, but we were able to maintain our numbers and program because as the head coach you must be the one to lead your program where you want to go.

Buy in – Coaching Staff

As a small school coach in a rural area your staff is ever changing due to many factors. This means you have to constantly find guys who will buy into your program. You have to find ways as a head coach to take the ideas of your assistants and work them into your program, if you don't your assistants feel as if they are just a warm body to hold a bag at practice. You need to get your staff's vision for the program and your vision for the program to align. Take advantage of as many professional development opportunities, go to clinics, do film study on your own, and most importantly get you and your staff together to have fun and become better friends!

Buy in – Players

To get buy in from your players is the most time consuming, but most rewarding task you need to do with your program. First and foremost you have to show your players that you care about them more than just as a player. You need to get involved with other parts of the school, whether that means coaching other sports, announcing at basketball games or just showing up to games, concerts, etc. Showing up at these events will show your players that you are invested in all aspects of their lives. Secondly, you need to make your program elite. We strive at Royall to give our players the best of the best. We have football player only apparel, we strive to get the best equipment and uniforms, we brand our program throughout the school and we sell T-shirts for cheap to kids K-12 along with staff. Our goal as a program is to have at least one person wearing a Royall football shirt every day. We do whatever we can to make our player stand out above the rest of the school we also do things like making motivational highlight videos, creating a team song, team bonding trips, team camps, study tables, among others. All-in-all you have to show your players that you care about them and want them to feel elite in every aspect of their lives!

Buy in – Parents

Getting parents to buy in is one of the hardest tasks you will have to do as a coach. You will need to get parents to understand that everything

is done for the team and that “we” is greater than “me”! You need to show parents that you care about their children in all aspects of their lives, especially when it comes to academics. Most parents don’t care about athletic scholarships they care about their children enjoying the sport, staying healthy, getting good grades and becoming better men. It is our job as coaches to show that we are capable of providing these things to their sons, which is why we try to make our parents feel involved in the program as much as possible. The first way we do this is by having a Mom’s clinic. Let’s be honest most moms are the ones who rule the roost, so as coaches we must relate to them. We do this by having a day just for them where moms can come in and see what it means to be a Royall football player. During the clinic we talk about rules, techniques, positions and any other topics the moms want to bring up that they might be afraid to ask their sons or anyone else. We also take the moms onto the field and have them run drills, plays and become part of the team. This is an awesome day for our moms (or any female that has ties to the program) along with our players. We also have our players write letters to their families mid-season thanking them for all they do and have done for them. This is something that really shows parents that not only do we appreciate all they do, but so do their sons. Finally we ask parents to volunteer within the program, whether it is cooking a pre-game or Thursday meal, or buy-

ing snacks for the guys in camp. We want all parents and families to be a part of the Royall Football Family!

Buy in – Community

In small towns across Wisconsin Friday nights in the fall mean two things: Fish Fries and Friday Night Lights. At Royall we have tried to renew the Friday night feel. We have done this by getting our kids out in the community as much as possible! We volunteer for our fire and ambulance departments as patients, we shoveled sandbags during the flood and helped clean out houses, among many other volunteering opportunities. We want to brand our program as much as we can, so we go for runs through town or hold an open practice. Our goal is to get as many people to our games on a Friday night as possible! The more we are seen the better it is for our program!

Buy in – Teaching Staff

We want teachers to buy in to our program and to be a part of the program. We feel that the more that teachers can connect with students the better they will do in their class. One big event we hold at our school is a teacher appreciation game. We have the players ask teachers K-12 to wear their jersey during the day on Friday and then during the game that night. We also have them write a letter thanking that teacher for all they have done for them throughout their time at Royall. This really helps staff and students connect and make for better relations in the classroom.

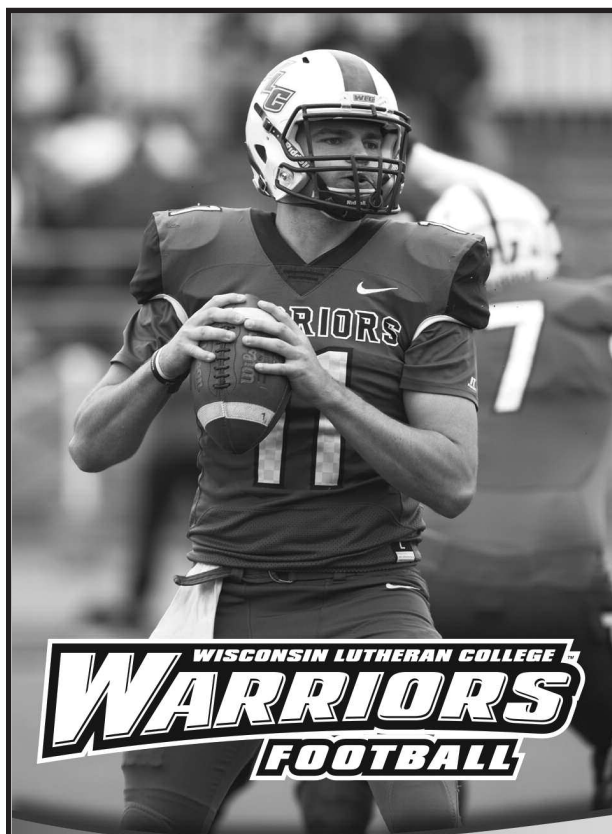
2019 SCHEDULE

SEPT 5	LAKE FOREST	RAABE STADIUM	7:00 PM
SEPT 14	at Lawrence Tech	Southfield, Mich.	11:00 AM
SEPT 21	at Adrian	Adrian, Mich.	2:00 PM
OCT 5	at Rockford*	Rockford, Ill.	1:00 PM
OCT 12	EUREKA*	RAABE STADIUM	4:00 PM
	Hall of Fame Day		
OCT 19	BENEDICTINE*	RAABE STADIUM	1:00 PM
	Homecoming		
OCT 26	at Lakeland*	Plymouth, Wis.	1:00 PM
NOV 2	at Concordia Chicago*	River Forest, Ill.	12:00 PM
NOV 9	AURORA*	RAABE STADIUM	1:00 PM
NOV 16	CONCORDIA WISCONSIN*	RAABE STADIUM	1:00 PM
	Senior Day/Lutheran Bowl		

HEAD COACH: Dennis Miller
HOME GAMES IN BOLD CAPS

* Northern Athletics Collegiate Conference game
All times Central and subject to change

Visit wlcsports.com for the latest information on Warriors Athletics



DOES YOUR PRACTICE SCHEDULE STILL WORK?

By: Matthew Wolf, Assistant Football Coach, Homestead High School

When we are young children we are prone to asking the same question over and over again... WHY? As coaches sometimes we are averse to change. We like to believe that our plans are well thought out and there is a reason behind everything we do – “intentional design”. This may have been true, but sometimes over time the reasons why we do something changes. Therefore it is important to ask that simple question. WHY?

At Homestead, we had practiced 6 days a week ever since I joined the staff in 2001 and likely for a long time prior to that. During that time, we had made that schedule work. However, some members of the staff feel the grind more during the season than others. Early mornings and late nights to attend practice, and watch film, and a lack of family time can take their toll over a 16-week season on players and coaches. Following the 17/18 season the football staff engaged in a conversation about WHY we practice 6 days a week and would there be benefits to going to 5 days a week?

This idea was thrust into our heads after listening to a round table session at the WFCB clinic, where Coach LaBuda shared that he spent his Saturdays in his stand hunting, not on the practice field.

Structural Changes: Monday was our shortest day in the old 6-day a week schedule, it became our longest day in the 5-day schedule. We lift 2 times a week all season, we had to account for losing Saturday's lift by extending Wednesday practices slightly. But, we now had Saturdays off to spend time as we see fit.

Some concerns we discussed about the 5-Day week: Players might make poor decisions on Fridays after games, should we wake them up early? Treatment for injured players, would we not know about injuries until Monday? Coaches liked the clean separation of putting one opponent to sleep on Saturday and starting fresh on Monday. How would we make the midweek lift work?

What we learned: Players are going to do what they are going to do, Friday, Saturday whenever they chose to, it was not an issue. Players came in for treatment Saturday morning on their own and communicated via text with coaches. The lack of separation of opponents does pose an interesting challenge. Starting Monday reviewing the last week's opponent and ending it introducing the new opponent seemed a bit odd at first. But, the benefit of added time for players and coaches to evaluate film allowed for MUCH better feedback on

Monday vs. Saturday mornings. On Wednesdays, we chose to split the lift, having the linemen begin in the weight room while the level 2 and 3 players ran 7-on-7 and did INDY. At the end of practice the linemen continued on the field, ran trap drills, inside run and INDY while level 2 and 3 players lifted. Our coaches and players never felt fresher and more engaged.

We will continue to ask WHY in other areas. However, the decision to move to a 5 days a week schedule allowed us to reevaluate our current structures and forced us to ensure what we are doing is meaningful and manageable. The health and stress levels for players and especially coaches improved significantly. Without a doubt this was the healthiest and most enjoyable experience I have had coaching at Homestead. Great players don't hurt, BUT the atmosphere and workload were greatly improved.

WEEK DAY	6 DAY (OLD SCHEDULE)	5 DAYS (NEW SCHEDULE)
SUNDAY	OFF-Independent film study	OFF-Independent film study
MONDAY	Run/Lift/Install for New Opp.	Review Film from Previous Weeks Opp./Run/Lift/Install for new opp.
TUESDAY	Full pads Heavy Work Day	Full Pads Heavy Work day
WEDNESDAY	Full pads Heavy Work Day	Full pads Heavy Work Day/Lift
THURSDAY	Pregame	Pregame
FRIDAY	Game Day	Game day
SATURDAY	Review film from previous Night's Opp./Run/Lift	OFF-Independent film study Training Room open for Treatment.

FILM STUDY: THE TWELFTH MAN

By: Donavon Nathaniel, Defensive Line Coach, University of Wisconsin-Platteville



Donavon Nathaniel

We've all heard the cliché, ninety percent of sports performance is mental and ten percent is physical. Most athletes and coaches do the total opposite. They spend ninety percent of their time lifting and running to prepare their bodies, then only designate ten percent of that time towards mental preparation.

As a player I was guilty for misusing this percentage rule. I believed the faster I ran and the more weight I could throw around, the better I would become as a football player. It was not until I started studying film efficiently that my performance on-field started to improve. This allowed my instincts, “the Twelfth Man” to take over.

Make film important! Film sessions are no longer a time to relax and disconnect. Our sessions do not start without everyone having the essentials: a note pad, pen, and clear mind. Every guy turns off their phone and places it face down on the desk. This helps create discipline. We're watching film to get better! We eliminate as many outside distractions as possible. We want guys writing down the teaching points that we're discussing in that session for two reasons. One, they have those notes to refer back to when they are watching film on their own. Secondly, we believe in the philosophy that if you write something down you are more

likely to remember it. Writing things down allows you to actively summarize and synthesize information that is being presented. It is a more thorough thought process. Many players have a hard time with film because they don't understand the purpose of it. If they don't understand the purpose, they more than likely don't understand how to watch film. They have no clue what to look at and what to look for. Coaches eyes are already well trained to see the big picture. Players often train themselves to focus on only their individual performance. They skim through film to the plays only they are in, or just pay attention to their matchup. The goal of film is to of course dissect and analyze what you see, but the most important thing is to identify things you don't see in real time. Referring back at the mental to physical ratio of sports, football is played with your eyes and feet. Where your eyes go, your feet will follow. Through watching film, players create this visual playlist that repeatedly plays over and over. When they see

what they've seen repeatedly in their head on the film, it builds confidence. They start reacting instead of responding on the field.

We start off with a film study sheet when teaching guys about film and how to identify the purpose of the session. The figure below is an example of ours.

First, we determine if we are studying our opponent or evaluating ourselves. If studying the opponent, we are making sure our guys are noting any tips first. Does the opponent for example tip off run or pass by being in a two-point stance versus a three-point? Then we take a look at how a lineman sets, the back field, and personnel packages to get mental reps with different protections or blocks our guys will see. Those are just a few things we want guys taking note of and mentally processing. When evaluating our play, we are having guys mainly taking notes on technique issues. For example some of the most common technique issues we see are spilling kick-out blocks or defeating a double team by throwing their hips to their pressure key. As a player, techniques like these do not seem to be a big deal, but film does not lie. Spilling or defeating a double team correctly can be the difference in our linebackers having to make a tackle in five yards of space or to ten. We also have them take note on the responsibilities for every position on the defensive line and technique they are playing. This holds guys responsible for each other and allows us to be flexible. Our left end

should be able to play right end on any given play. We value this mostly because the player is seeing the big picture in terms of why the technique you are asking them to play benefits our entire defense. It gives us a competitive edge because preparation as a whole creates confidence as a whole. Confidence as a whole allows our guys to fly around and let their instincts take over - "the Twelfth Man."

In closing, I would like to thank the Wisconsin Football Coaches Association for the opportunity to contribute this publication. I have played my high school and collegiate ball here in Wisconsin. So, this means a lot to me. Also, thank you to Head Football Coach, Mike Emendorfer, and the rest of the University of Wisconsin-Plat-

teville football staff for all their support and guidance within the early stages of my career.

Film Study Sheet

Opponent: _____

Scout group:

Name/Position	Num.	Ht./Wt.	Strengths	Weakness	Finisher

Backfield sets by personnel:

Run by personnel:

Pass game Personnel:

Is your picture day a hassle? Empire Photography can help.

Your team and individual photos taken in
30 minutes or less.

No envelopes/order forms to hand out.

No print packages to distribute.

All athletes are photographed.

We bring our own bleachers.



WE HAVE BEEN PHOTOGRAPHING HIGH SCHOOL AND
COLLEGE ATHLETES FOR OVER 30 YEARS!
JUST SCHEDULE A DATE AND TIME - WE'LL DO THE REST.

QUALITY YOU CAN SEE!



**Empire
Photography**

www.EMPIREPHOTOS.com
608-257-2941
Madison, WI 53711

CONCUSSIONS: BACK TO SCHOOL AND SPORT SAFELY



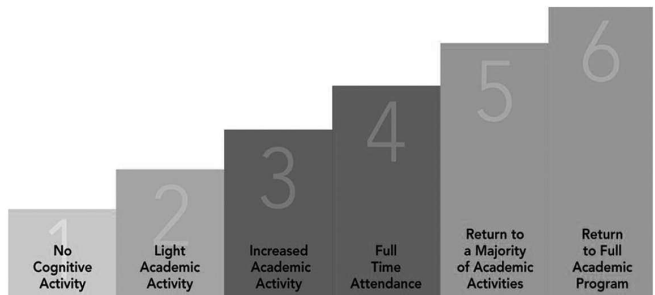
- Current research proposes gradual return to activity with active rest and recovery
- Multi-modal, team approach is warranted to include medical professionals, academic staff, coaches, parents and athlete
- 30% of high school football players in Milwaukee County did NOT report their concussion
- Majority of players who didn't report claimed "they didn't know it was a concussion"

Background: A concussion is defined as a mild traumatic brain injury (mTBI) that is caused by a force to the head as a result of a direct (bump, blow, jolt to head) or indirect (whiplash) force. Following a concussion, the brain is unable to optimally perform due to metabolic stressors placed on it.

Fast Facts:

- Up to 3.8 million concussions per year and increasing 15.5% annually
- Females are 1.56x more likely
- Average of 1 day of school and 2 weeks of competition missed
- Increased risk of lower extremity injury to 1-year post-concussion

Return to School: Academic faculty should accommodate concussed athletes by gradually increasing workload until symptom free through a full day of school with 100% workload. Accommodations may include: increased time on assignments and/or tests, small breaks when symptoms increase, decreased volume of assignments. The goal is to return athlete to school utilizing a step-wise pattern below.



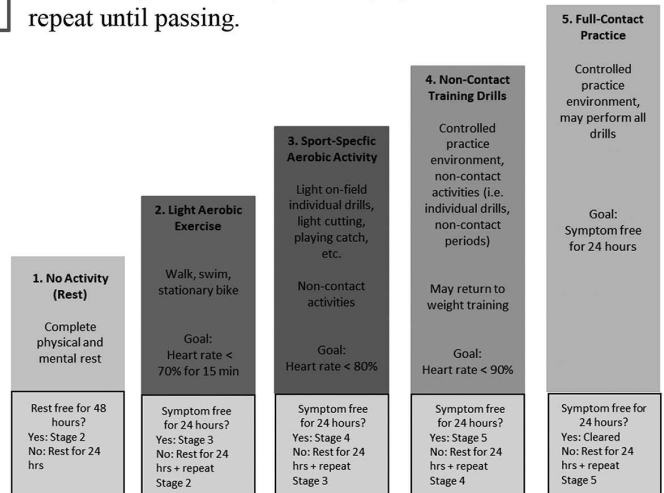
SIGNS OF A CONCUSSION			SYMPTOMS OF A CONCUSSION		
Loss of Consciousness	Disorientation	Incoherent Speech	Headache or Dizziness	Difficulty Concentrating	Sensitivity to Light
Confusion	Memory Loss	Dazed or Vacant Stare	Ringing in the Ears	Fatigue	Vomiting

QBI Queensland Brain Institute
 #nobraingame
 FOR MORE INFORMATION VISIT: qbi.uq.edu.au/concussion

Return to Sport: Current research shows that the best protocol starts with rest until the athlete is 48 hours symptom free at rest, then progresses the athlete through a step-wise pattern (below). If an athlete completes one step without symptoms, then they may *progress* to the next step. If the athlete has symptoms, *stop or decrease the intensity* of the current step and then try that step again 24 hours later and repeat until passing.

Summary Current Proposed Concussion Legislation:

- Mandatory standard-of-care for concussed athlete. This includes an individualized return to school and sport protocol (right)
- Required immediate removal of play if concussion is suspected; this may be by referee or coaches
- Written clearance by medical professional required to return to sport
- Include teachers and academic staff involvement to provide classroom accommodations for students
- Coaches required to have concussion education every 2 years



For further reference on return to school and sport as well as educational information: www.cdc.gov/headsup



Trent Napp



Pierce Russell



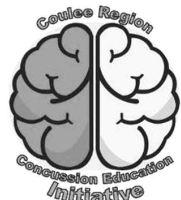
Brett McCutchin



Austin Palazzolo



Mitch Kontry



Brought to you by the Coulee Region Concussion Education Initiative; a group of UW-La Crosse Doctor of Physical Therapy Students.

HOW TO MAKE YOUTH PROGRAMS AN ASSET FOR THE HIGH SCHOOL

By: Tom Price, President and Coach, Mequon-Thiensville Cardinal Youth Football



Tom Price

Cardinal Football is a youth program for kids in 5th-8th grade in the Mequon-Thiensville School District and is the feeder program for Homestead. We play in the All-American Youth Football League. I have coached football, baseball, softball and wrestling at the youth level and wrestling at the high school level. Next season will be my 13th year coaching Cardinal.

Given the readership of this article will primarily be high school coaches, I would like to share several steps how high school coaches can influence the youth program to make it a greater asset for your high school team. Working with the youth program will require a time investment on your part, but be appreciative of the fact that for most high school teams, there is one community-based youth football program. You don't have to deal with travel teams or AAU teams which means you can have a great influence!

Steps

1. Develop relationships with youth leadership
2. Establish objective
3. Support youth coaches
4. Generate excitement for youth players

Develop relationships with youth leadership

If you are an experienced coach with a strong relationship with the primary influencers at the youth level, congratulations! Until you accomplish this, no reason to work on steps 2 and 3. As high school coaches, it is challenging to understand the pride and ownership youth coaches feel for their program and teams. To you, how important can 5th-8th grade football be? To us, it is important or we wouldn't spend countless hours coaching for the only wage lower than yours. If the youth leaders have been around longer than the high school coach, respect the time they have put in and start developing a relationship. It may take a year or two to develop, but it will be worth the effort. If you come in and immediately demand the youth level runs your system, good luck! It doesn't matter if you are correct if you don't have their respect and trust.

Establish Objective

There are two potential primary objectives: win youth championships OR develop as many players as possible for the high school team. Unfortunately, these objectives are typically mutually exclusive. The Homestead coaches have told our youth leadership that their top objective is for us to produce numbers at the freshmen level. The second objective is skill development.

How does this influence our youth program? Our goal is to have two teams per grade. Numbers are starting to make that difficult, but we will have two teams when feasible even though that splits our talent and makes winning more challenging. Second, our coaches are expected to make sure everyone plays, and not just in running clock situations. We all have stories of the player who peaked in middle school and the late developer who was a significant contributor on the varsity. Playing time is not equal, but let everyone participate at the youth level. Finally, coaches are willing to spend more practice time on skill development over schemes if winning is not the primary objective. We measure the success of our youth coaches by how many players return the following season, not by record.

In the past 25 years, the Cardinal program has one championship, while Homestead has six state championships.

Support Youth Coaches

The amount of support you need to provide will depend on the experience levels in the youth program. We are fortunate that we have several "veteran" non-parent coaches that have

worked closely with the Homestead coaches for years. The amount of time the high school staff needs to spend with youth coaches will decline as "veterans" are developed at the youth level.

High school programs typically prefer to see youth programs run similar offensive schemes with common terminology. Create an age-appropriate playbook for your youth program. Start with a scaled down version for 5th grade and then introduce additional formations and plays each year. Does the high school scheme work at the youth level? The answer is more likely to be yes if the high school offense is run oriented. My teams will only take snaps from under center, and I would recommend the same for everyone at least until 7th grade. You need to consider that nobody develops when half the shotgun snaps hit the ground! Long yardage plays are even tougher and do you consider punting to net 5-10 yards? The youth game is different than high school.

Heavily pass-oriented offenses can be difficult to execute for younger kids even if each team has a strong quarterback, which is not typically the norm. My acronym for youth passing is "SIIC," and it doesn't have the positive connotation when kids call something "sick" today. SIIC is short for Sack, Incompletion, Interception and Completion. These are the four common passing outcomes and at the youth level, they are equally likely resulting in a 25% chance of a positive outcome. If your high school offense is pass-oriented, consider installing a run-based offense with similar concepts at the youth level that will ease the transition in later years.

GOOD LUCK TO ALL PLAYERS & COACHES!



1314 Canal Street • Black Earth, WI. 53515
(608) 767-3447 or (608) 231-4445

Mon. - Fri. 9:00 am - 8:00 pm

Saturday 9:00 am - 5:00 pm

Sunday 10:00 am - 5 pm

www.theshoebox.com

Steve Schmitt, Owner

Off-season clinics led by the high school staff are a great opportunity to develop relationships with the youth coaches while sharing drills and techniques, discussing the playbook and practice organization, and letting them ask questions. Many youth coaches dream about coaching at your level. Treat them like members of the high school staff during the clinics. They will appreciate it and be more willing to support your team.

Youth programs should have Hudl accounts if budgets allow. Off-season clinics are a great time to show youth coaches how to watch film. Most watch as a fan, not a coach.

Even if you share objectives with the youth leadership, do not assume the parents do as well. I would recommend the varsity head coach speaks to the youth parents and explains

the importance of the youth program and developing all players. Hopefully, this will alleviate some of the pressure from parents on youth coaches to win. Get the community to buy into an 8-year program!

In-season, invite youth coaches to attend your practices. Not only is it a great learning opportunity for them, it will make them feel greater connection with your program.

Generate Excitement For Youth Players

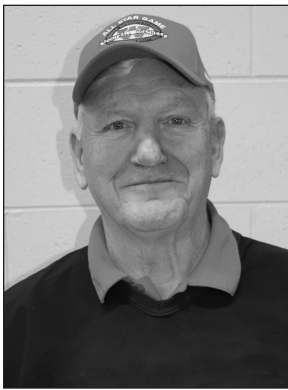
Youth players dream of playing under the “Friday Night Lights” and idolize the high school players. What can be done to encourage the connection between the youth players and high school players? The Homestead varsity attends one of our summer practices. The players introduce themselves and then run position drills. Our youth players love it. We also have

our youth players wear their uniforms and form the player introduction tunnel at one game each season. Our youth program doesn’t practice at the high school except on rare occasions, but if yours does, the high school practice ending when youth players are arriving is another great opportunity to build the connection and create aspirations for the youth players.

One final recommendation. High school coaches should attend home games for the youth program if schedules allow. You don’t need to be at every game, but at least one home game per team, and stand on the sideline where you are easily identified. It will go a long way with youth parents, coaches and players, and make sure the youth program is an asset for the high school team.

THE 2018 WFC A ALL-STAR GAME’S RING OF FIRE

By: Ron Grovesteen, Head Football, Hall of Fame Coach, Evansville High School



Ron Grovesteen

Back in April 1963 Johnny Cash recorded and released this hit song which was actually written by his would-be wife June Carter describing what it was like falling in love with what was at the time a very wild Johnny Cash. While you may think that song is too old for today’s youth, some things have proven to withstand the test of time.

An example of this “greatness” standing the test of time is what the Wisconsin Football Coaches Association (WFC A) has been able to do through the fundraising efforts associated with their summer All-Star Game. Back in 1975 the WFC A was created and began organizing and delivering a high school All-Star game with a focus on raising money to help children throughout the State of Wisconsin who have been afflicted with terrible diseases and illnesses. Since the WFC A All-Star Charity Game has partnered with the Children’s Hospital of Wisconsin (CHW) more than \$3,000,000.00 has been raised and donated. Most recently with the 2018 campaign now in the books, the WFC A contributed a record \$417,000.00 in additional donations. The continued success of this game and of the extraordinary fundraising efforts is an example of the passion that Johnny Cash

sings about in Ring of Fire. The WFC A believes no child should suffer at the hands of these terrible illnesses and no parent should have to watch their child suffer. The desire to wipe out these childhood illnesses creates a fire that burns within all of us and the WFC A has figured out a way to capture that drive, that desire, that fire, in ways that create positive changes!

Each year the WFC A All-Star Charity Game process begins in the same way with the selection of the All-Star teams’ Head Coaches at the November All-State meeting. These coaches then select their staff which consists of seven assistant coaches, a couple of managers and a couple of ball boys. A certified athletic trainer is provided for by the WFC A and the student athletes are selected by a nomination process with over 400 nominees being received each year. Each coaching staff must evaluate and select a total of 46 players to make up their respective rosters, with a total of only 220 student athletes being selected and recognized for this tremendous opportunity. Each year these coaching staffs work very hard to have every conference represented by players who consent to participate and agree to give up time out of their summer, and to dedicate a significant amount of their time and effort in supporting our fundraising cause.

In exchange for not charging participants any fees, each coach, assistant, and player agrees to raise donations in recognition of the honor to play in this game. More importantly to recognize the privilege this opportunity provides to make a difference in the lives of some very sick children. Each participant is asked to raise a minimum of \$750.00 and there are some incredible prizes offered as extra incentive for those who seek to raise the most in donations. The players provide their own equipment by working with their high school coaches and staff and make their travel arrangements as necessary to ensure their attendance and participation to the fullest extent possible.

The first event at which their attendance is required is the annual March kick-off event where each participant is provided with all of the details that their All-Star Charity Game experience entails, and all of the information regarding the fund-raising campaign.

Representatives from the CHW and the WFC A get together with each team share heartwarming details regarding how those valuable funds are put to tremendously good use. The attendance at the March kick-off event by the coaching staff, the players, and their families is really just the start of an exciting journey toward a very worthwhile cause.

The March 2018 campaign for the South Large School (divisions 1-2-3) took place in Jefferson and provided the forum for the introductions of our coaching staff and players, as well as a meet and greet for all of our participants and their families. We listened to the history of the WFC A partnership with CHW and watched a presentation showing how the donations received by CHW are put directly into research, treatment, and care for the patients and the families of these patients facing serious medical concerns. This presentation opened the door for the South Squad’s focus on “Kids First” and our common goal of helping CHW be able to provide the very “Best Care”. In addition, keeping with the spirit of competition, the South Squad was also charged with the goal of beating the North Squad’s level of fundraising and beating the amount raised by the previous year’s South Squad. In this case, last year’s South Squad had raised \$110,000.00 and our goal therefore, became to raise more! At that moment, this group became a team, and with a TEAM, “Together Everyone Achieves More!”

The South Squad coaching staff consisted of myself, Ron Grovesteen, as Head Coach, from Evansville High School, offensive assistants: Steve Tenhagen from Burlington High School, Mike Beck from Franklin High School,

Garth Coates from Evansville High School, Jeff Wallack from Bay View High School, and defensive assistants: Toby Golembiewski from Monroe High School, Al Raebel from Waukesha South High School, and Jay Hrdlicka from Evansville High School.

With the WFCAs All-Star Charity Game being played every year on the third Saturday in July, our coaches report to the WFCAs selected training sites on the Saturday before the game, with the players reporting on that Sunday. When the players show up, they are dropped off with a "No player vehicles allowed" policy which ensures that the players stay with the team and stay engaged in the work that is to take place during that week.

The 2018 South Squad assembled at the University of Wisconsin-Whitewater campus with their equipment, their snacks, their Gatorade, and their helmet stickers. The process of earning and in this case, exchanging helmet stickers reinforces the tremendous memories that come with the making of new friends and this very unique football experience.

Our coaching staff put in many hours planning and preparing for this experience in order to ensure that each participant would leave behind their own individual contributions to the history of this event as players and the knowledge that their efforts made a very real difference in the lives of children in Wisconsin for years to come. So when we were finally able to meet together in July as one united team, we focused on playing as one team and challenged each other to make this game one of their greatest memories of their entire high school experiences. Our South Squad experience was immediately enhanced as we found out that we had the privilege of being the first team to use the UW-Whitewater, Warhawks' brand new locker room!

During our week in camp, we started and ended each day together. We ate together, we practiced together, we challenged each other, and we probably frustrated each other. However, we always picked each other up, even after we spent the day trying to knock each other down on the field. The coaching staff was introduced to the music the players liked to hear, but the coaching staff also introduced the players to the music they liked to hear. There weren't too many songs that both sides enjoyed, but one that seemed to strike a chord in everyone's heart was the good, old Johnny Cash's Ring of Fire.

On Wednesday of our camp week we had the privilege of meeting some of CHW Children's Champs. The experience of meeting, getting to know, and getting to play with some children who may never have the opportunity to enjoy so many of the experiences we had been able to experience was beyond words, but was life changing to say the very least. The players were able to cap that day off with visits from their own family and friends reinforcing just how fortunate so many of us are.

Although the dorm room accommodations were no-where near 5-star ratings, there was a bit of sadness with packing up at the end of the

week. However, before this chapter would close we had a game to play and an opportunity to showcase all of the hard work that had been done. Our All-Star weekend began with our All-Star Banquet, which was an opportunity for all of the participants to clean up, dress up, and visit with our families, and to meet the families of our new friends. During the course of the banquet our staff was able to thank the parents for supporting these players throughout their football careers and to thank those players and their families for their fund-raising efforts. We were also able to thank the WFCAs for continuing to host this All-Star Charity event in support of the CHW. Finally, we were able to thank the CHW for their focus on providing the very best care possible to the children of Wisconsin.

So as the game itself drew near, we practiced again, and ate lunch together and headed to the stadium together as one team, made up of representatives from all around southern Wisconsin Individuals at one time, but a team at this time, a team with victory on its mind!

Our South Squad was fortunate to earn the win over the north. The months of preparation, the hours of practice, and the battles over what music would be played and when, built a team that will forever remember the Ring of Fire and the experiences that came with it. The contribution made by this group to the CHW will go toward the greater goals being "Children First" through providing the "Best Care".

June Carter and her husband Johnny Cash, knew that with passion comes fire and with fire comes warmth. Football and the WFCAs All-Star Charity Game capture the warmth and energy of a fire that burns inside the hearts of the players and coaches. In order to keep the fire going, it needs oxygen which comes in the form of voices. The voices of a coach who works hard to bring out the very best from each player. Likewise, the voices from those doing great things at the Children's Hospital of Wisconsin sharing their stories, their goals, and their plans for serving the children of Wisconsin.

However, the fire also needs fuel and that fuel comes in the form of the support that families show to their student athletes and in challenging them to go beyond whatever "game" and look to make a positive difference in this world. That fuel also comes in the form of the generous contributions of time and money to be directed to worthwhile causes like the work being performed at the CHW. When that oxygen and that fuel combine with the heat of passion, its no wonder how much warmth is seen in the smile of just one child who's benefited from the amazing care they have received at CHW.

We are beyond proud to have been participants in the 2018 WFCAs All-Star Charity Game's Ring of Fire and are pleased to pass the torch on for generations to come!



"A Sincere thank you for an overwhelming response exceeding expectations in our first year back!"
Coaches, parents, and athletes, we are excited to take another step with you in 2019!!

2019

- 10 Quarterback only Developmental two day camps (Athletes grades 7-12)
- 4 Advanced QB-Receiver three day camps (Athletes grades 10-12)
- Intense, high energy, focused, instructional experience with attention to detail.
- Leadership/team building training, teaching character through the game we love!

2019 DATES, TIMES and REGISTRATION SOON !

www.jefftrickeyqbcamps.com

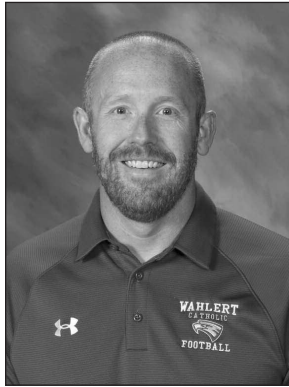


"Accept the Risk of Leadership"



HOW DO YOU MEASURE SUCCESS?

By: Travis Zajac, Head Football Coach, Wahlert Catholic High School, Dubuque, Iowa



Travis Zajac

Thanks to Ev Wick, head football coach at De Soto High School, for asking me to write this article. Ev and I became college football teammates in 1997 at Mount Senario College in Ladysmith. Ev is one of my best friends and a role model to me and many other great coaches in Wisconsin. I grew up in Brussels, graduated from Southern Door High School, and played for Brent Claflin. Coach Claflin, Coach Rich Fahey, and Coach Mark LeCaptain coached me, pushed me, and helped me become a better person at Southern Door. Coach Vince Brautigam, Coach Jay Davis, and Coach Karl Fager at Mount Senario helped me mature and grow into manhood. I was fortunate to spend time at University of Dubuque coaching for Coach Stan Zweifel, along with Coach Mike Schmidt and Coach Mick Miyamoto. I am a direct result of all these awesome coaches, and even better men, guiding me on my coaching path. Thank you to all of them!

The 2018 season was my sixth as head coach at Wahlert Catholic High School in Dubuque, Iowa, and my 18th season coaching overall. We have had some moderate win/loss success in my tenure at Wahlert. We have qualified for the playoffs (2014 and 2015) and had the first back-to-back winning seasons (2016 and 2017) at Wahlert in over 15 years.

Unfortunately, we really struggled in 2018, finishing 0-9. We didn't have a lot of players, caught the injury bug, and struggled to find a practice surface that wasn't under water or a basketball court. It was a trying season for everyone associated with Golden Eagles' football. There were a lot of disappointed players, coaches, and families.

From the outside looking in, our season was dismissed as a failure. When things didn't go the way I had planned, I try to discover the reasons why those plans didn't work. When I really dig to find those reasons, I'm usually reminded that my focus wasn't where it should have been. Whether you're coming off a state championship season or a season like ours, it's important for us, as football coaches, to remember

how to properly measure our success. Here are some of my take-aways from the 2018 season and how I choose to measure success.

Remember Your Why

It goes without saying that we coach because somewhere along the line we fell in love with the game. Whether it be the competition, game-day, our teammates, coaches, or the hard work, we absolutely love football. Don't ever lose sight of, and proper perspective on, what an awesome responsibility we have for our young people. Football is the vehicle that we have chosen to help teach, guide, lead, and mentor young people. There isn't a day that goes by that I'm not reminded of why I teach and coach. I want to build into young people in a meaningful way. I will teach and coach with passion, enthusiasm, and love. Remind yourself why you do what you do. It can sustain you through the peaks and valleys of a season and serve as "true North" on your spiritual compass.

Focus on Relationships

Whether you're a young coach who is still a bachelor, a newlywed, have a young family, or an empty nester, remember that you need to continue to maintain those loving relationships. It's really hard to be a football coach's significant other, a coach's kid, or coach's best friend. We work hard, spend a lot of hours on the sport, and pour ourselves into our programs. You must save some time for your loved ones! Grow and support your assistant coaches and give them responsibility and autonomy. They'll appreciate it. Cut them some slack when necessary. Do you really need to have a six-hour staff meeting on a Sunday afternoon? Let those guys go home and rejuvenate. They will coach that much harder for you. Remember that some of them have families and lives outside of teaching and coaching, too.

Remind your players how much you respect and appreciate their effort. Whether you won or lost on game-day, they need to hear from you that you care about them. Take a minute to express gratitude to parents. Some of them spend almost as much time as a coach, behind the scenes, helping make your program successful. They'll appreciate hearing thank you from their child's coach.

Lean into the Process

I'm guilty of being a football junky. Twitter is an awesome thing, and I follow a ton of really smart football coaches. Our staff loves going to clinics together, sitting down with other coaches to chalk talk, and growing our knowledge of the game. Learning more about Xs & Os isn't really work to me, and probably not for you either.

Through all of that, don't forget to focus on the process of developing good people. Spend time getting to know your players and what motivates them. Have a clear picture in your mind

about what you want your team to look like when they play. Teach them to block and tackle, every day. Stress the importance of and practice how to secure the football and how to take it away. Coach football situations and don't forget to use adversity to remind young people that sports are a microcosm of life.

It's all about the process of getting to your destination. We spend too much time, due to societal pressure, focused on the product. All the work leading up to that product is where true joy lives. Make it fun! Sometimes breaking up the monotony of preseason practices with a coach versus player field goal contest can really brighten the mood. Play rock-paper-scissors and give the winner a Gatorade. Do whatever it takes to make the process fun.

Leave a Positive Legacy

Did you leave the place better than how you found it? Honestly, if you did, then what more can be asked of you? This is the challenge I issue to our players and coaches every August. Based on our 2018 record, the outsider would say that our program is worse off than it was before we started. From my perspective, I couldn't disagree more. We learned a lot about ourselves from the 2018 season. Not a single kid quit the team. We played hard. We fought for each other. We finished.

Don't get me wrong, we have a lot to work on, and it starts with me. The head coach sets the tone for his program. My leadership and guidance were not enough last season. I must get better. Our coaching staff must be better. Our players must be better. You see, the legacy of last season is that we learned so much about ourselves that we did leave the place better than how we found it.

The 2019 season is right around the corner, and we cannot wait to get started. This is what I choose to focus my energy on. How will we respond? I'm confident that we will continue to learn and focus on our legacy. I want my players to be better for having played football when I was their head coach. That's my legacy. What kind of students are they and will they grow into? What kind of professionals will they be? What kind of husbands and fathers will they become? What are you doing to leave a legacy with your program? Please be that beacon of hope for our young people. They need men like you!

Thank you for taking a few minutes to read this article. I'm humbled to have been asked to share these insights with you. The Wisconsin Football Coaches Association is a fantastic organization, and the sport is in good hands in my home state. Best of luck in your 2019 season and remember your why, focus on relationships, lean into your process, and leave your legacy.

A JEWEL IN THE WISCONSIN FOOTBALL CROWN

By: Alec Raebel, Head Football Coach, Waukesha South High School



Alec Raebel

I still remember the first time I heard about the WFC A All-Star game. Growing up in Illinois, we didn't have anything like it. As soon as I got to Whitewater, a group of freshman already seemed to be good friends, and know one another. They had all played in the All-Star game together. At the time, I was jealous. It sounded like a fun celebration with great football players. But after being fortunate enough to get an invite last year, I learned that it's so much more than that. It's about celebrating the game of

football, reflecting on how lucky we are to be able bodied and healthy, and using our talents and status to help others around us that are less fortunate. This game is a Wisconsin jewel that everyone in the state should celebrate.

From evaluating game film in February, through checking out of the dorms in late July, the whole event is a blast. At first it's a little uncomfortable and awkward. You have rivals, strangers, and teammates all coming together. At first you can feel the tension as these boys are all eying each other up, trying to figure out who's the best. It's a complex social situation that can be difficult for a coach to navigate, but after a couple of quick meetings, the players realize that this event is not about playing time, depth charts, or college exposure. This event is about loving the game of football, and helping raise money for kids who admire them for their talents, and having some fun.

The WFC A does a phenomenal job organizing the whole event. It's a perfect mix of football practice,

team building events, media events, and down time. Kids quickly become close, and because of the uniqueness of the event, became lifelong friends. In the picture, you can see the smiles on those faces are genuine. They all loved their experience. Anytime you can challenge yourself to grow as an individual, help others, and have fun doing what you love, you're going to be this genuinely happy.



A RARE OPPORTUNITY

By: Chad Ashman, Offensive Coordinator, Kaukauna High School



Chad Ashman

Thank you to the WFC A for a valuable platform and to Coach, Matt Binsfeld, for asking me to contribute to *The Point After II*. I'd also like to thank my wife, Carmen, for understanding my passion for this game. Without her support none of this is possible.

2018 was my first season as a Varsity Offensive Coordinator and it was a long wait to get this opportunity. I've been a coach at many levels, youth, high school, and college over my 20 plus years. As a private sector coach, making time is a challenge all its own. So when I got this opportunity from Coach Binsfeld I was ecstatic! I've been a position coach and called

plays as a JV Coach but this is different, this is Friday night. Knowing how rare of an opportunity this is I needed to take advantage and sought advice. I'd like to share this with any aspiring coach looking to advance.

1. Reach out. The very first thing I did was reach out to my mentor and other experienced coaches. There was a common thread among all of them and it was to make sure you understand your situation. In my case, this was a senior heavy team and starting from scratch was not best for the team approach. It was going to be easier for me to adapt to them than to have 80+ players/coaches (consider youth development program) change. I began researching their terminology, watched the previous season, and developed relationships with people in the program.
2. Be flexible. Fit the offense to your talent and consider upcoming classes. I did a lot of listening in year one and received great input from all the coaches involved within the program. Make sure you take advantage of their experiences.
3. Organize. You've heard the phrase, "Work smarter, not harder." I'm big into streamlining so we are as efficient and effective as possible. Organize your coaches meetings, player meetings, non-contact days, camp

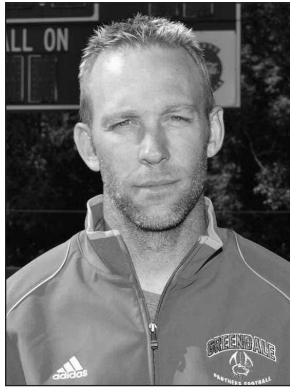
practices, and in-season practices, etc. as early in the off-season as possible; don't wing it week-to-week. Be sure your position coaches have copies of schedules and play scripts too. Afterwards keep those practices and notes so you can evaluate during the off-season.

4. Emphasis execution. Maximize your player's reps and make sure they match what you and your staff game planned. By emphasizing execution and maximizing repetitions your players naturally become more confident. They play faster and understand any adjustments made during the game. Also, within your allotted practice time prepare for situational events like a last shot play, 2 point conversions, 30 yards in 12 seconds, etc.
5. Defined Roles for Assistant Coaches on Game Day. Gather quality information during the game. You have to decide prior to the game what that information is, how this information should be presented to you, and assign those roles like charting plays, looking for certain defensive coverages, alignments, personnel changes etc.

If you are going into your first year as an Offensive Coordinator I wish you the best of luck. #KaukaunaStrong

GREENDALE'S LOWER LEVEL HS FOOTBALL PHILOSOPHY

By: Rob Stoltz, Head Football Coach, Greendale High School



Rob Stoltz

Thanks to Executive Director, Dan Brunner and the entire WFCB organization for allowing me to share a few ideas here related to our philosophy with high school football at the lower levels. Specifically, I will be sharing an idea we use with our JV football players.

As we know, football is a numbers game. I remain interested in ways to help our players build pride and understanding of their critical roles in our program, from All-State players to

seniors who have been vital scout team players for three years. How we communicate this is an evolving process. The following letter is one way that we do so.

Note: Greendale's JV/Varsity Reserve team plays their conference games on Mondays

To: Greendale JV Football Players

Welcome to the proving ground! As some of you know, our JV team is, historically, a fluid situation, where need and circumstance may dictate the needs of the team on a week-to-week basis. Thus, based on the Varsity situation, you may be playing in JV games one week, but not the next. We work immediately after Friday games to identify JV needs for the following week, but we may need to make day-of decisions, on occasion. As a member of the JV Football team, you have been identified as a player who may be:

- A very important back up at your varsity position (or positions)
- Showing good skill and ability, as well as the need to demonstrate play-making consistency in game competition
- Playing a new position
- Coming off an injury

- Building skill and/or stamina
- Filling in on JV, on a week-to-week basis, due to need
- Building needed physicality in a contact sport such as football
- Learning and showing increased mastery of our offensive and/or defensive schemes and techniques

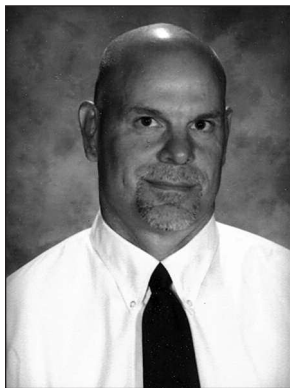
Please take the time to speak with either current, or recent years', seniors. They are a great source of information and perspective as it relates to JV Football. Most of these guys are players who were in your position in the very recent past, and their experiences will help to provide you with specifics as you embrace this extremely critical role in our football program.

Players, if you would like to discuss further or should you have any questions, please see me directly.

This simple letter, as well as follow up with each individual player, has given us very strong retention in our program. Please feel free to connect with me if you'd like to talk more about anything related to these ideas. I would greatly enjoy being able to learn about how you currently do things in your program, as well.

SOME VALUES AND PURPOSES OF PLAYING FOOTBALL

By: Scott Tolzman, Assistant Football Coach, Dodgeville High School



Scott Tolzman

As a coach going on 35 years, some as an Assistant coach and some as a Head Coach, I was thinking about something to write about that is more than Xs and Os. So I thought what does football teach young athletes? With changing times and the feeling of what is in it for me attitude, we as coaches need to instill some values and purposes for playing football. We need to let athletes know playing team sports builds skills to be used later in life. Here are some ideas that could be taught.

1. The player will learn to take on duties which will help them in the future when they are working and earning a living.
2. To have success they must be working hard on the practice field which will teach them to work hard in school and later in life. Cutting corners will not get you where you want to go.
3. Learning to work together on a team will create a degree of self-discipline, they will learn to sacrifice their desires to help others.
4. They will learn to be on time as the team counts on them.
5. As a player they want to be accepted by the team so they must conduct themselves in a manner to be accepted. This does not allow them be that "I know everything" or "I'm better than everyone else so I don't have to work as hard" kind of guy.
6. They will learn skills to get along with many different types of individuals which they can use later in life.
7. They will take pride with how they look and will take care with how they treat their body.
8. They will learn to be disciplined in order for the team to have success.
9. They will face many challenges during the season and how they deal with them will be carried on later in life.
10. As a player they become role models to younger children and they will realize how they act is important.
11. Have them understand everyone on the team is equal and as important as the next.

Attitudes have changed over my years as a player and a coach to a point that coaches need to teach values all over again. Some players see the picture but others do not. It is these players that we need to reach out to and help. There are many values and purposes that come from playing sports but hopefully these 10 ideas can be a start.

"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove... but the world may be different because I was important in the life of a child."

--Forest E. Witercraft

A WALTZ WITH COACH KROLL

By: Rob Nelles, Defensive Coordinator, Cambridge High School



Rob Nelles

A few weeks ago, I was presented with the opportunity to do something that just does not happen anymore. My cousin, Lyle Lang, Owner of Lang Furniture in Marshfield, WI, asked if I would be interested in watching some old Marshfield Columbus Don's film with Coach Walt Kroll at the helm. I said that I would love to and we finally found the perfect opportunity to watch it.

The only way we saw fitting to do this the correct way, was to make sure we had some Coach Kroll essentials. The essentials included: Miller Lite, Old Fashions, frozen pizzas, a projector, and of course the eight mm film. For the young coaches out there, eight mm was the only way coaches watched film. There was no Hudl, no DVDs, and no VHS tapes. If you watch any of the old movies, Rudy for example, Coach Parseghian was watching tape on a projector. To be honest, this was the first time I had the luxury

of watching game tape this way. One will never forget the sound that it makes too. Classic stuff!!

When the day started and after the cocktails were poured, we went through a bunch of Coach Kroll's playbooks and letters he wrote to some of his former players. For those of you who don't know who Coach Kroll was (or do know him), we will just say he is a legend. Coach Kroll was the head coach for many years at a small Catholic school in Marshfield, WI called Columbus Catholic now. Coach Kroll was a Wing-T genius. He played schools all over the Midwest, a lot of them triple the size, if not more. At one time, Coach Kroll was in the top ten of the winningest coaches in Wisconsin and is in the WFCa Hall of Fame. Currently, Coach Kroll is 20th on the list. My cousin, Lyle Lang (nicknamed Alzado by Coach Kroll), played offensive guard for Coach Kroll back in the glory days. How he ended up with the film and playbooks, I am still not sure.

Back to the day... After we looked through a lot of old memorabilia, we started watching some film. The first film we watched was probably the best rivalry that Coach Kroll had, Stevens Point Pacelli. These two teams had some great battles against each other and this ball game was no exception.

The second film we watched was one of offensive highlights. Coach Kroll put this film together for a coaches' clinic. If you are a Wing-T kind of guy, this is the film for you. Holy smokes, could Coach Kroll's teams execute. The film basically consisted of four plays (and you know the plays): Buck Sweep, Counter, Trap, and Belly. It was unbelievable how fast his players would get

off the ball and run downhill. We all want our players to do it and some do and some don't. According to what I saw on film, all of Coach Kroll's players did. If there was one thing I could take away from the highlight film, it would be the pure execution of the offense. The thing is, everybody knew that the Buck Sweep was coming. If they stopped it, good luck with the other three plays. If they didn't stop it, "forget about it". I was simply amazed.

The last game we watched, we saved the best for last, was the epic battle at Beell stadium in Marshfield, WI. The 1980 State Championship game was between Columbus and Waukesha Catholic Memorial. From the looks of it, it appeared that Catholic Memorial would get the best of them, but in overtime, Columbus came out on top. My cousin "Alzado" said that Coach Kroll always had a play in his "hip pocket" and would use it when needed. The play would be run early in the game, and if successful, would hang on to it until the very end.

The following day, while at church, I ran into my old high school football coach, Hall of Fame member, Tom Knauf. Coach Knauf played for Coach Kroll when Coach Kroll just started. I shared with him the memorable day and he remembers those days of watching and breaking down film with the ole' 8mm. We shared some memories and some laughs as well.

Now that a few months have passed and reminiscing about the events that day, I finally realized that I am part of the Walt Kroll coaching tree. Although I don't run the Wing-T or the 52 Monster, I feel a bit of Coach Kroll in me. And what a great feeling it is.

JOIN THE WFCa TODAY

TO TAKE ADVANTAGE OF THESE BENEFITS:

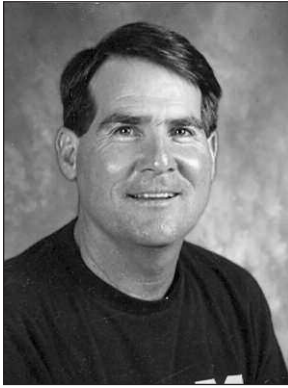
- **\$2,000.000.00 LIABILITY INSURANCE POLICY** (details on page 63)
- Three issues of *The Point After II* newsletter
- All-Star games, nomination rights and free attendance
- All-State nomination rights
- Scholarship nomination rights
- Hall of Fame nomination rights
- All-State Championship rings
- Annual awards and recognition including Regional and State Coaches of the Year.
- WFCa membership enhances professional growth and gives you the opportunity to contribute to the improvement of your profession
- A professional network of new contacts, a line of communication and a forum for the exchange of ideas and information within your profession.
- www.wifca.org, our professional website with the latest information about football in Wisconsin which provides unlimited resources to meet the needs of member coaches.
- Eligibility to participate in the WFCa Grant Program



REMEMBER TO RENEW YOUR MEMBERSHIP

A MAN FOR ALL SEASONS

By: George Machado, Quarterback and Passing Game Coordinator, Brookfield Central High School



George Machado

Although the announcement was sad to hear, it seemed fitting that Bart Starr “slipped the surly bonds of earth to touch the face of God,” on a weekend set aside to celebrate our heroes.

Bryan Bartlett Starr was the 200th player selected in the 17th round of the 1956 National Football League Draft. Never has an organization reaped so much benefit from a player chosen so late. Green Bay struck gold on that draft day and number 15 quickly became the face of the Packers. Bart Starr was a man of integrity and class, who possessed both the fire of a fierce competitor and the heart of a champion. He was the consummate leader and epitomized what coaches meant when they described a “team player.” He is the only quarterback in NFL history to lead his team to three consecutive league championships.

Starr was a shining example of consistency. Functional more than flashy and a leader by example more than a fire and brimstone vocal one. Often Starr was at his best in those pressure filled moments that overwhelmed the average player. He was somebody his teammates looked to and rallied around when the game was on the line. He was positive, productive, and professional. He was a man you could count on and a player who never pointed the finger of blame in his entire career. He had broad shoulders, thick skin, a calm confidence, and an amazing foot-

ball intelligence. He was Vince Lombardi’s coach on the field and his hand-picked team leader. Golden Boy Paul Hornung was the flash, Jimmy Taylor the hard-nosed warrior, Max McGee the comical court jester, and Jerry Kramer, Fuzzy Thurston, Forrest Gregg, and Jim Ringo the bulldozers in the offensive line. But make no mistake, it was Starr who was the glue that kept the whole thing together.

His humility and quiet demeanor often underscored his amazing individual and team accomplishments. Here was a two-time Super Bowl (NFL Championship Games 1 and 2) MVP, 5-time NFL Champion, 4-time Pro Bowl Selection and the MVP of the entire National Football League in 1966, yet he never sought out praise or recognition. Bart Starr would rather heap accolades on his teammates and coaching staff. He was not someone who found contentment or validity in the spotlight of fame. It was always about team!

And as successful and accomplished as he was on the field, it was his stature in the Green Bay community that really set this man apart from so many of the other excellent players. His charity work, volunteerism, generosity, and unselfish dedication were as much a part of his daily life as was football. He was a devoted husband to his wife Cherry for over 60 years and the father to two sons and grandfather to three granddaughters. His youngest son Bret died in 1988 at the age of 24 from a drug overdose. This showed all of us that even our heroes are not immune to tragedy and heartache. His Rawhide Boys Ranch, Vince Lombardi Cancer Foundation, and Starr Children’s Fund form a legacy of his willingness to help others. There is no better example of man who understood the right ways to utilize his notoriety and fame.

When asked which accomplishment in life was his favorite, he did mention his induction into the NFL and Green Bay Packer’s Hall of Fame, having his famous number 15 jersey retired, or being named to the 1960s All-Decade Team. He took his greatest pride in being a good husband, father, grandfather and community member. He was simply a great human being.

In 1982 while attending a high school football clinic in Green Bay an assistant coach and I approach then head coach Bart Starr to get an autograph for our special-needs manager Orville Pickle. You can imagine my initial shock when this legendary icon handed us back our slip of paper and said “No!” What followed next was pure Bart Starr. He asked us to write down our school address and the proper spelling of Orville Pickle. It wasn’t lost on us that the name alone was unusual enough to send up red flags of suspicion. None the less, it was a short five days later that we received an 8x10 framed photograph with a heart toughing personalized message and autograph for one very excited high school manager. Included in the box was also a signed official football, and a Packer T-Shirt. I wish I could adequately describe the size of Orville’s smile, the level of his exuberant and unrestrained excitement and the tears of happiness that welled up in his coaches’ eyes. For you see, what had occurred in a small football office in the Southwest corner of our state was a microcosm of what Bart Starr created throughout the entirety of Wisconsin. I am sure there are literally thousands upon thousands of appreciative fans that would have liked to have said, “thanks Bart,” one last time. There are not that many famous people we encounter in life that we feel comfortable to call, “our friend.” Bart Starr was one. He was pure magic. He was as authentic, genuine and down-to-earth as any super-star I have ever met. His warm smile, soft eyes, and approachable manner always made you feel good inside. Just being in his presence made your day better. He will forever remain a treasure to Green Bay as well as to the entire state of Wisconsin. On behalf of the Wisconsin High School Football Association I wish to extend our condolences to his wife, Cherry and the entire Starr family. Thank you for sharing your amazing husband, father, and grandfather with us. He was indeed a man for all seasons. But wow, did he make football season the absolute best for all of us!

THANK YOU to all of you who so generously submitted articles for
“The Point After II.”

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

*Articles may be emailed to the WFCFA office at office@wifca.org, or send paper copy to:
 WFCFA, PO Box 8, Poynette, WI 53955. Please include the title of the article, and the name, school
 and title of the author; along with the author’s photograph. Again, our thanks!*



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Wisconsin Football Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2019 – August 1, 2020

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP INSURANCE

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

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

NEW PROCEDURE FOR CAMP INSURANCE

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

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

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

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.
INSURANCE SINCE 1852

www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.



WFCA SUPPORTER FOR OVER 20 YEARS!

Your #1 Discount Card and Product Fundraiser

**Also Your best choice for
Cookie Dough • Pizza • Popcorn
Custom Stainless Steel Drinkware •
Donation Email Fundraiser • Much more!**

Your Fundraising Team

Dan Bushmaker
Fundraising Coach
920-819-1012
dbushmaker@united-fundraisers.com

Dave Schmidt
Fundraising Coach
920-360-0807
dschmidt6@new.rr.com

Todd Hanke
Fundraising Coach
414-305-6876
thanke@att.net

Travis Gust
Fundraising Coach
920-428-4280
tgust8@gmail.com



Proud sponsor of the WFCA

Wisconsin Football Coaches Association

www.unitedfundraisingandpromotions.com

Ripon Athletic



**Proud Sponsor of WFCB
Since 1993**



Athletes and coaches,
thank you for your dedication
and hard work.

Good luck in today's game.

WWW.RIPONATHLETIC.COM

T 844.69.RIPON





BSN SPORTS

 ***FOOTBALL IS EVERYTHING***



**251 Progress Way
Waunakee, WI 53597**

1-800-856-3488
www.indy.bsnsports.com