

Mahnomen Area Coaches Association

March 5th, 2010

Annual Football Coaches Clinic

Time and Location: The MACA Football Clinic begins Friday with registration at 10:30am and sessions beginning at 11:00am and ending at 7:00pm. The clinic will take place at the Shooting Star Casino Hotel & Event Center in Mahnomen, Minnesota. Located 35 miles north of Detroit Lakes on U.S. Hwy. 59.

Cost: The cost for the Football clinic is \$55.00, which includes an evening meal and social on Friday.

Accommodations: Rooms are available through MACA at a rate of \$70 (all taxes included.)

Clinic Schedule

Registration: Friday, March 6 from 10:30am to 11:00am

Session #1 11:00-11:50 Session #2 12:00-12:50

Chuck Parson
NDSCS

1. DB Fundamentals
2. Tackling Circuit, Takeaways Drills, etc.

University North Dakota
TBA

1. TBA
2. TBA

Session #3 1:00-1:50 Session #4 2:00-2:50

Steve Gruit
SCSU

1. Cornerstones of Defensive Line Play
2. Cornerstones of Defensive Line Play

Randy Qual
Mora

1. Trap, Sweep, Blast and Stretch
2. Using the Spread to Rack up Rushing Yards

Tony Smith
Maple Lake

1. 3-3 Defense
2. 3-3 "Round Table"

Session #5 3:00-3:50 Session #6 4:00-4:50

Dammann/Gonnerman
MACCRAY/BENSON
Dammann/Gonnerman
MACCRAY/BENSON

- 3. Punt protection & Kick-off coverage**
Team Building
- 4. Short Passing Game & Protection**
WR Quad Set

Bemidji State
TBA

- 3. TBA**
- 4. TBA**

NDSU
TBA

- 3. TBA**
- 4. TBA**

Session #7 5:00-5:50 Session #8 6:00-6:50

Mark Rerick
Hillsboro, ND

- 5. Basic Option Package**
- 6. Compliments to the Option**

Mike Kortton
Champlin Park

- 5. TBA**
- 6. TBA**

Earl Bauman & Staff
St. Michael/Albertville

- 5. Special Teams**
- 6. OL Fundamentals**

Meal and social begin at 7:00 pm

