

COMMUNICATION



Coaching sets the pace to get the best out of others while giving the best of yourself.

-- David Cottrell

Making the simple complicated is commonplace; making the complicated simple, awesomely simple – that's creativity.

-- Charles Mingus

Teach them patiently:

Tell them, tell them what you told them, ask them what you told them, and then tell them again, don't default to coaching effort, get buy in!

The style and tone of your communications are messages in and of themselves.

~Eric Harvey

COACHING TIPS

DO'S

COACH WITH AN ENTHUSIASTIC POSITIVE ATTITUDE
USE THEIR NAME, TELL THEM THAT YOU BELIEVE IN THEM
COACH WITH ENERGY
BE PATIENT
BE ORGANIZED
BALANCE DISCIPLINE AND FUN
KEEP PERSPECTIVE
COACH EVERY PLAY
GIVE ONLY ONE CORRECTION
REPETITION PAYS OFF
ENCOURAGE ENCOURAGE ENCOURAGE
ENCOURAGE FATHERS TO HELP OUT
GET A GOOD TEAM MOM
FFAP (FIRM, FRIENDLY, AUTHORITATIVE, POSITIVE)
TALK TO KIDS AT THEIR LEVEL

DON'TS

DON'T LOOSE PERSPECTIVE
DON'T TRY TO BEAT THE OTHER TEAM BUT WIN EVERY PLAY
DON'T SWEAR
DON'T COACH THE OTHER TEAMS PLAYERS
DON'T MAKE FUN OF PLAYERS
DON'T GIVE UP ON A KID
DON'T COACH YOUR OWN KID
DON'T LET YOUR ASSISTANT COACH COACH HIS OWN KID
DON'T TAKE A CLOSE CALL IN YOUR FAVOR
DON'T TOUCH A KID IN ANGER OR FRUSTRATION
DON'T INTIMIDATE A KID BY YELLING (TAKE KNEE AT THEIR LEVEL)
DON'T TAKE CELL CALLS DURING PRACTICE

ADMINISTRATIVE TIPS

HAVE A PARENT MEETING AND LAY OUT EXPECTATIONS
GET A TEAM MOM EARLY
KEEP A ROSTER HANDY TO TRACK DOWN PLAYERS
COME TO GAME WITH A 1ST HALF LINE UP AND A 2ND HALF LINE UP
TELL TEAM TO SHOW UP 20 TO 30 MINUTES EARLY FOR GAMES
SCHEDULE SCRIMMAGES BEFORE PRACTICE
HAVE SNACK PERSON BRING A PLASTIC BAG FOR TRASH
BRING EXTRA MOUTH PIECES AND FLAGS
KEEP A COPY OF THE FLAG RULES AT PRACTICE AND GAMES
MAKE SURE YOU HAVE A TIME KEEPER AND A BALL SPOTTER
BRING A COIN TO FLIP TO GAMES AND A STOP WATCH

PREPARATION, TEMPO, RESULTS

PREPARATION: SHOW UP WITH A PLAN BROKEN OUT IN 10 MINUTE SECTIONS. RESPECT "YOUR" SCHEDULE BUT DON'T BE A SLAVE TO IT.

FOLLOW MASTER SCHEDULE FOR THE SAKE OF OTHERS

SECURE SCOUT INFORMATION OR ASK FOR IT.

IDENTIFY MAJOR THREATS AND HAVE A PLAN FOR THEM

ALWAYS BE READY TO ANSWER THE ? "WHAT'S YOUR PLAN"

TEMPO: COACH ON THE RUN. KEEP UP A SOLID PACE AND MINIMIZE STANDING AROUND.

QUICK TRANSITION FROM IDENTIFIED DRILL TO IDENTIFIED DRILL

BUILD ON ONE TECHNIQUE, TRY NOT TO OVER COACH

JOG ON TRANSITIONS, TRAIN SET UP FOR DRILL TO NOT WASTE TIME.

CHALLENGE PRACTICE PLAN AWARENESS TO PROMOTE LEADERSHIP.

"HOW CAN I SHAVE TIME AND GET MORE COACHING IN"

RESULTS: START WITH THE END IN MIND AND COMMUNICATE WHAT SUCCESS LOOKS LIKE ON A PERFECTLY EXECUTED DRILL.

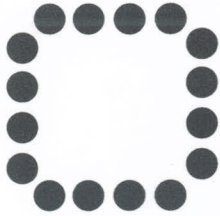
DRILL TECHNIQUE, TECHNIQUE, TECHNIQUE.

EXPLAIN HOW THE DRILL TRANSLATES TO ON THE FIELD SUCCESS FOR THE TEAM

CHALLENGE YOUR SQUAD WITH THEIR DUTIES AND HOW THEY WON'T BE THE WEAK LINK.

BE OVER ENTHUSIASTIC WHEN THINGS COME TOGETHER, HAVE A GOAL FOR WHAT YOU WANT TO SEE FROM EACH DRILL AND WHEN THE GOAL IS HIT "FREAK OUT, GET GATORADE'S TO PASS OUT FOR MILESTONES"

STANCES AND STARTS



- BOX THEM UP AND COACH FROM THE MIDDLE
- CHECK EACH PLAYER
- INSPECT TECHNIQUE FROM FOOT TO HEAD
- ENCOURAGE TO CORRECTION RATIO 3:1

TEACH ATHLETIC POSITION

- FEET SLIGHTLY PAST SHOULDER WIDTH (BALLS OF FEET)
- FEET POINTED STRAIGHT AHEAD (BALLS OF FEET)
- Z IN THE KNEE (· stick butt out · , arch back, drop hips 6 inches)
- BEND AT WAIST (you shouldn't be able to read jersey #)
- ARCH BACK, SHOULDERS BACK, CHEST OUT (Look like a rooster)
- HEAD BULLED, NECK BOLTED, CHIN UP, EYES UP
- 3 THINGS BACK (BUTT, SHOULDERS, ELBOWS)

INSPECTION POINTS (FEET TO HEAD)

- FEET: POINTED FORWARD, WIDTH,
- KNEES: Z BEND, SHOULD BE OVER TOES NOT SPLIT WIDE OR KNOCKED
- TORSO: BACK FLAT/ARCHED, CHEST OUT, SHOULDERS BACK, BENT AT WAIST
- HEAD COMFORTABLY UP, ARMS RELAXED
- **NO HANDS ON KNEES** · HANDS BETWEEN LEGS OR OUT IN FRONT

DRILL: TWO STEPS FROM ATHLETIC POSITION WITHOUT A FALSE STEP

3 PT. STANCE

- FEET SLIGHTLY PAST SHOULDER WIDTH
- FEET POINTED STRAIGHT AHEAD
- Z IN THE KNEE (· stick butt out · , arch back, drop hips 6 inches)
- REST ELBOWS ON YOUR KNEES W/ARCHED BACK (CRAPPERS)
- DOWN HAND (UPSIDE DOWN V, UNDER EYE, FINGER TIPS)
- UP HAND ON OUTSIDE OF KNEE IN A FIST
- HEAD UP, CHIN UP, EYES UP "LOOK THROUGH EYEBROWS"
- WEIGHT SHOULD BE 50/50 HIPS TO DOWN HAND

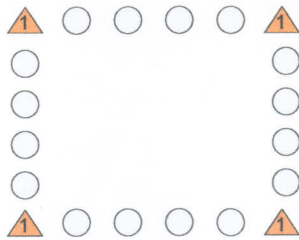
INSPECTION POINTS (FEET TO HEAD)

- FEET: · **HEEL IN THE GROUND** · , TOES POINTED FORWARD, WIDTH SLIGHTLY PAST SHOULDER WIDTH
- KNEES: FACING FORWARD AND NOT DOWN, SHIN SHOULD BE 70 DEGREES (slight forward lean) "HIPS SHOULD BE COCKED"
- KNEES 2: Z BEND, SHOULD BE OVER TOES NOT SPLIT WIDE OR KNOCKED
- TORSO: BACK FLAT/ARCHED, CHEST OUT, SHOULDERS BACK
- **HANDS:** · FINGER TIPS, FIST ON OUTSIDE OF KNEE
- HEAD: UP, EYES SHOULD BE ABLE TO SEE FINGERS TEST (SEE WHO YOUR GOING TO PANCAKE)

DRILL 1: SET STEP (4 inch step cocking hands thumbs up in arm pits ready to strike)
ATTACK STEP (Quick step strike with hands inside, grab, gather step moving into a fit)
LEVERAGE WALK (Drive steps "SCS" Short Choppy Steps while keeping in fit position)

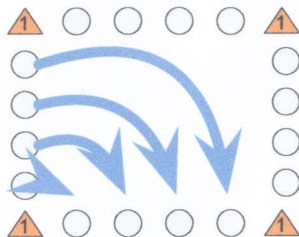
PHASE 1

(KEEP IT THE SAME EVERY PRACTICE)

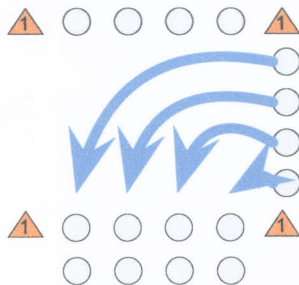


"SQUARE IT UP"

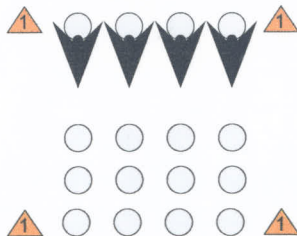
1. 15 JUMPING JACKS (STRESS STAYING TOGETHER)
2. "READY HO" (CHECK ATHLETIC STANCE)
3. "KNEES – SET – (CHECK 3 PT. STANCE)
4. "HUT" (4 INCH STEP IN PUNCH POSITION)



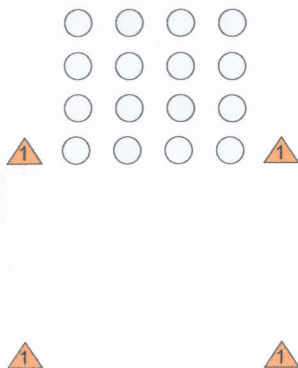
"THIS SIDE FOLD IT IN"



"THIS SIDE FOLD IT IN"



"SLIDE UP"



GRASS DRILLS 1. 2 PT. STANCE & START

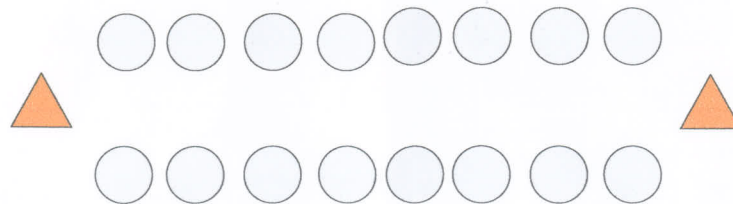
2. HIGH KNEES (SLOW DOWN, KNEES HIGH)
3. SHUFFLE (STAY LOW, DON'T CROSS YOUR FEET)
4. CAREOKE (STEP IN THE FRONT, STEP, STEP BEHIND, STEP....)
5. QUARTER EAGLES (QUARTER HOP TURNS)
6. UP DOWNS SPRINT THROUGH
7. DIRECTIONAL SLIDE – "HIT"- SPRINT THROUGH
8. FROG OUTS (FIRE OUT FROM 3 PT. HIT AND SPRINT)
9. COACH PUSH

WATER

PHASE 2

OFFENSE (EVERY PRACTICE)

AFTER A QUICK WATER BREAK THEY COME BACK AND LINE UP
IN THE LINE DRILL



START WITH 6 PT STANCE: TEACH HAND POSITION (THUMBS UP ELBOWS IN, FULL EXTENDED PUNCH GRABING EDGE OF BREAST PLATES)

TEACH FIT POSITION: HAVE THEM AGGRESSIVELY SNAP INTO THE FIT POSITION AND HOLD AND THEN DRILL THE BLOCKING PROGRESSION STEP BY STEP. CHECK EACH PLAYER AND WHEN THEY GET EACH STEP MOVE TO THE NEXT. AT THE END PUT IT ALL TOGETHER

TAKE YOUR TIME AND GET AS MANY REPS IN EACH STEP. WORK MORE WITH THE PLAYERS WHO AREN'T GETTING IT.

1. **FIT:** FIT POSITION ATHLETIC POSITION FACE SQUARED ON THE NUMBERS Z IN KNEES, BACK ARCHED, HANDS THUMBS UP IN DEFENDER'S CHEST
2. **2 PT STRIKE & FIT:** BACK UP AND GET IN 2 PT. STANCE PUNCH HEELS OF THE HANDS INTO DEFENDERS CHEST & PULL INTO FIT. (HANDS EYE LEVEL)
3. **3 PT STEP & COCK:** 4 INCH STEP AND COCK ELBOWS BACK THUMBS UP AND IN ARM PITS, BACK ARCHED AND NECK BULLED THEN PUNCH AND FIT
4. **3 PT STANCE:** FULL PROGRESSION THEN PUT IN DUCKWALK/LEVERAGE STEPS
5. **REVERSE STEPS WITH LEVERAGE STEPS:** RAMP LEVEL OF SPEED AS APPROPRIATE
6. **DIRECTIONAL BLOCKING:** FROM 3 PT. FIRE OUT AND DRIVE DEFENDER AWAY FROM PLAYSIDE, BLOCK RIGHT AND THEN REP IT LEFT

OFFENSIVE SKILL DRILLS

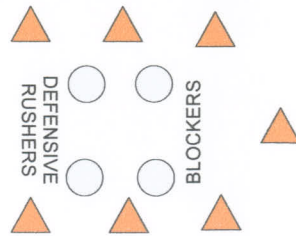
- **2 ON 2 BLOCKING:** · BLOCKERS NEED TO HOLD DEFENDERS FOR 3 SEC.
- **HAND OFF DRILL:** · (EYES UP LOOKING FOR LANES, QB WILL GET THE BALL THERE)
- **SWEEP DRILL:** · OPEN FIELD BLOCKING AND CUTTING OFF OF BLOCK
- **PASS DRILL:** Have them run routes with a box to run square outs and ins

OFFENSIVE TEAM DRILLS

- BREAKING THE HUDDLE AND TAKING THE LINE OF SCRIMMAGE
- 8 ON 5 RUN THROUGH PLAYS ADD PLAYS SLOWLY
- PUT 5 PLAYERS ON DEFENSE
- WALK THROUGH AND MOVE UP TO FULL SPEED TIMING (REPETITION)

OFFENSIVE DRILLS

2 ON 2 BLOCKING DRILL



TEACHING POINTS

1. BLOCKERS GET SPLITS
2. GOOD 3 PT. STANCES
3. RUSHERS FIGHTS TO THE CONE
4. FIGHT TO THE WHISTLE
5. GOAL IS TO BEAT THREE SEC.
6. TELL RUSHER TO FINISH ON FEET
7. TELL BLOCKERS TO STAY LOW
8. ENCOURAGE FOOTWORK AND INTENSITY

DRILL COMMAND

1. READY, SET, GO
2. WHISTLE

HAND OFF DRILL



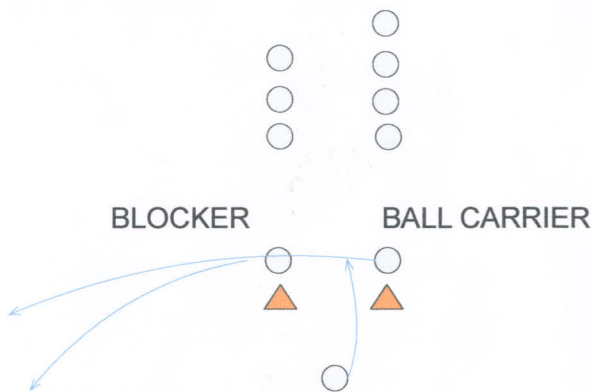
TEACHING POINTS

1. SQUARE ON HAND OFF
2. HAND BALL OFF 2 HANDS
3. INSIDE ARM/ELBOW UP
4. RB'S THUMB IN CHEST BONE
5. DON'T LOOK FOR BALL "CLAMP"
6. EYES UP WHEN TAKING THE BALL
7. NEXT GUY GOES WHEN QB SQ.
8. DON'T SLOW DOWN TO GET BALL

COACHING

1. START NEXT GUY MANUALLY
2. WHEN THEY GET TIMING ON SQ.
3. TWO TIMES THROUGH BOTH SIDES

SWEEP DRILL



DIRECTIONS

1. TEACH RUNNING BACK TURN
2. BLOCKER OPEN FIELD BLOCK
3. RB READ BLOCK
4. DEFENDER MAKE PLAY
5. GO TILL WHISTLE

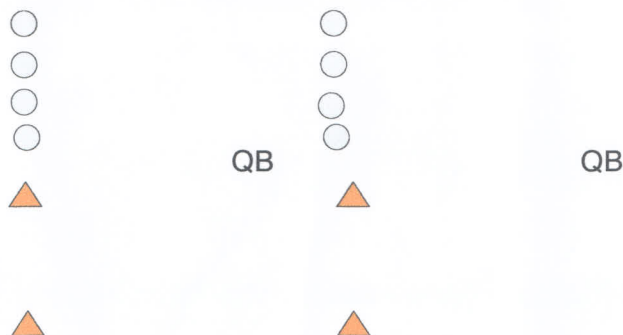
COACHING POINT

1. DON'T STOP TO GET BALL
2. REVERSE PIVOT
3. BOOTLEG FAKE
4. QB GOES TO BC LINE
5. BLOCKER GOES TO RB LINE
6. BC GOES TO QB

DRILL COMMAND QB

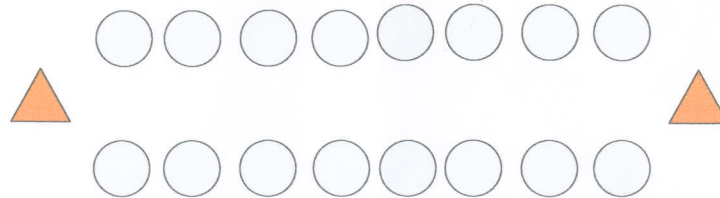
1. READY
2. SET
3. GO

PASS/CATCH DRILL



PHASE 3 DEFENSE

AFTER A QUICK WATER BREAK THEY COME BACK AND LINE UP
IN THE LINE DRILL (DEFENSE)



TEACH FIT POSITION: HAVE THEM AGGRESSIVELY SNAP INTO THE FIT POSITION AND HOLD AND THEN DRILL THE FLAG PULLING PROGRESSION STEP BY STEP

CHECK EACH PLAYER AND WHEN THEY GET EACH STEP MOVE TO THE NEXT. AT THE END PUT IT ALL TOGETHER

TAKE YOUR TIME AND GET AS MANY REPS IN EACH STEP. WORK MORE WITH THE PLAYERS WHO AREN'T GETTING IT.

1. **"FIT" FIT POSITION** ATHLETIC POSITION FACE SQUARED ON THE NUMBERS
Z IN KNEES, BACK ARCHED, ARMS IN FRONT SLIGHTLY FLEXED
2. **"DIP"** ATHLETIC POSITION FACE SQUARED ON THE NUMBERS
Z IN KNEES, BACK ARCHED, ARMS IN FRONT SLIGHTLY FLEXED
3. **"COCK"**: 4 INCH STEP AND COCK ELBOWS BACK STAYING LOW, BACK ARCHED
AND NECK BULLED
4. **"RIP"**: 4 INCH STEP AND SLAP VIOLENTLY BOTH FLAGS AND RIP DOWN

DEFENSIVE SKILL DRILLS

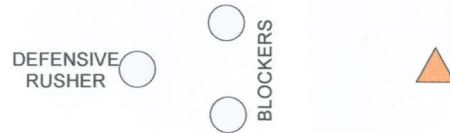
- FLAG PULLING – ANGLE/OPEN FIELD
- OPEN FIELD FLAG PULLING DRILL (FOCUS ON TRAIL FLAG)
- 1 ON 3 D LINE DRILL
- 2 ON 2 D ENDS ON TACKLE: 4 SEC. TO GET TO COACH (DIRECT DIR.)

DEFENSIVE TEAM DRILLS

- 6 ON 5 (perimeter runs/pass) OUTSIDE CONTAINMENT DRILL ENDS AND CORNERS (CB USE SIDELINE) FOLLOW THE BALL AND FLOW
- GAUNTLET (Interior runs)

PHASE 2 DEFENSE

2 ON 1 RUSH DRILL



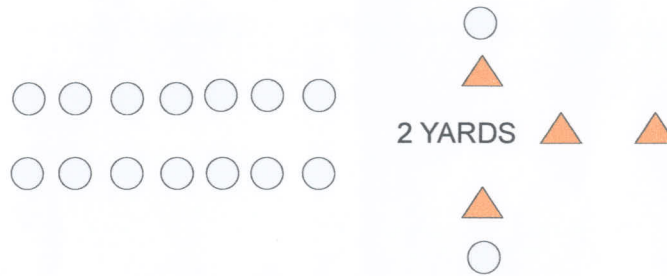
TEACHING POINTS

1. BLOCKERS GET SPLITS
2. GOOD 3 PT. STANCES
3. RUSHER FIGHTS TO THE CONE
4. FIGHT TO THE WHISTLE
5. GOAL IS TO BEAT THREE SEC.
6. TELL RUSHER TO FINISH ON FEET
7. TELL BLOCKERS TO STAY LOW
8. ENCOURAGE INTENSITY

DRILL COMMAND

1. READY, SET, GO
2. WHISTLE

ANGLE DRILL



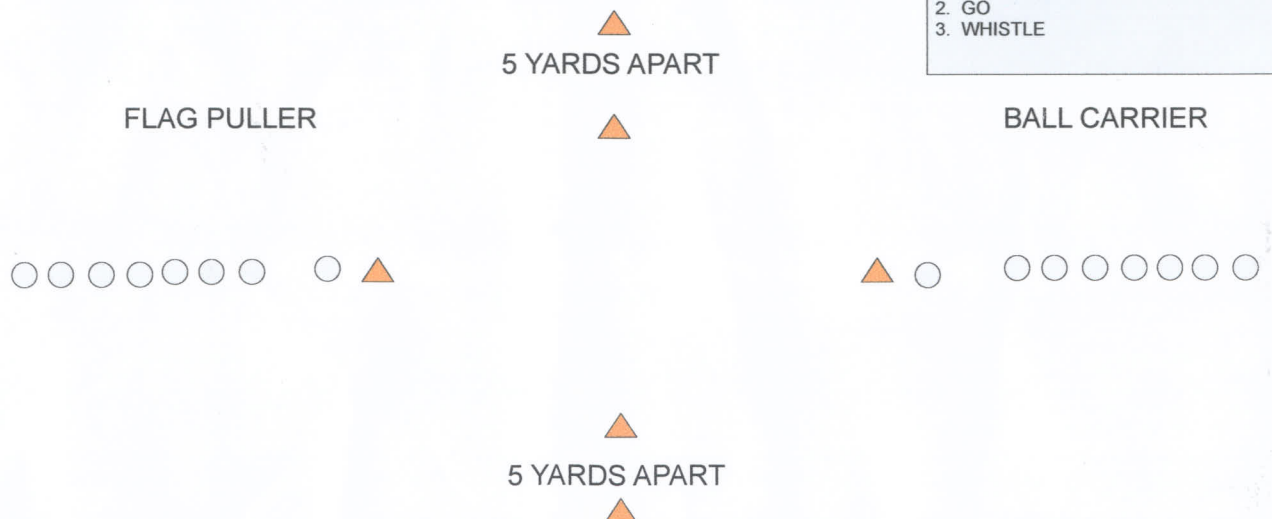
TEACHING POINTS

1. SQUARE UP ON THE CONES
2. FOCUS EYES ON THE TRAIL FLAG
3. QUICK FEET
4. HIPS LOW EYES UP
5. GO FOR BOTH FLAGS
6. SLAP HARD AND RIP FLAGS OFF!
7. DON'T GIVE UP TILL THE WHISTLE
8. STAY ON YOUR FEET

DRILL COMMAND

1. READY HO!
2. GO
3. WHISTLE

OPEN FIELD



DIRECTIONS

1. COACH STANDS BEHIND PULLER
2. COACH POINTS RIGHT OR LEFT
3. DEFENDER REACTS ON RUNNER
4. BEAT RUNNER AND BREAK DOWN
5. PULL FLAG

COACHING POINT

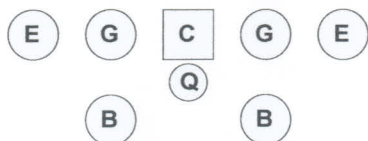
1. FOCUS ON TRAIL FLAG
2. BREAK DOWN AT FIRST CONE
3. DON'T OVER PURSUE
4. GO FOR TWO FLAGS
5. KEEP YOUR HEAD UP
6. DON'T ANTICIPATE

DRILL COMMAND

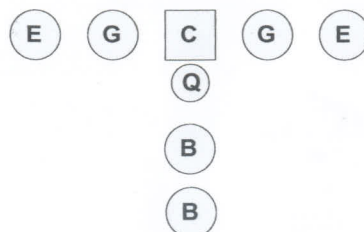
1. READY HO!
2. GO
3. WHISTLE

OFFENSIVE FORMATIONS

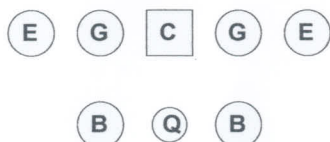
SPLIT BACK



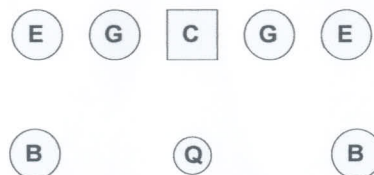
I FORMATION



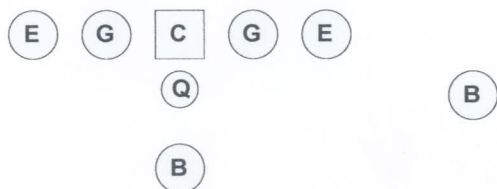
SPLIT BACK (SHOT GUN)



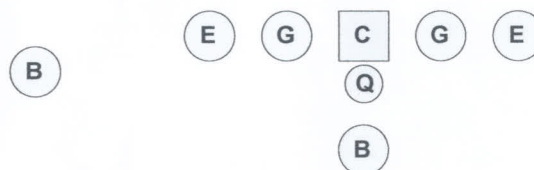
WING T



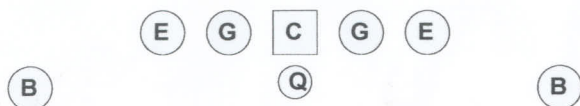
SINGLE BACK RIGHT



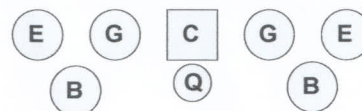
SINGLE BACK LEFT



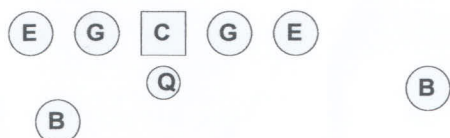
SPLIT WIDE



MIDDLE RUN FORMATION



SINGLE BACK OFF SET LEFT



SINGLE BACK OFF SET RIGHT

