

Coaching Perspective:

1. Football Character development through **F**ootball **F**un and **F**undamentals
2. Balancing the SPIRIT of a child and the WILL (Father Forgets and What it takes to be #1: Lombardi)
3. Focus on the process (preparation) and **not** the outcome (Score). See philosophy on Winning

Coaching Objectives:

1. Provide the best football experience for each player.
2. Leave them better than when you got them
3. Have them go out for football the next year (Don't be their last football Coach)

Coaching Philosophy: RESPONSIBILITY, ACCOUNTABILITY, DISCIPLINE

1. RESPONSIBILITY: (Teach Each player what they are responsible for in SIMPLE **"3"** step progressions)

Examples:

- QB:
1. Make sure the line is set
 2. Secure the ball from the center to the ball carrier or receiver
 3. Carry out fake to the whistle

D-Line (Pre-snap):

1. Know your GAP (A, B, or C)
2. Great Stance (Drill Every practice)
3. Explode on movement (NG watch ball movement, Tackles watch blocker movement)

D-Line (On Movement) **"PPP"**:

1. Penetrate
2. Pursue
3. Punish

2. ACCOUNTABILITY: WHAT IS EXPECTED FROM each player, NO EXCUSES "You own outside containment" "You own C gap" "You own the block on the LB"

3. DISCIPLINE: Correcting Mistakes through teachable moments with a

focus on the FUTURE/NEXT TIME!!! “Breakdowns are opportunities to learn” High 5 for mistakes in practice!!!!!!! Keep a teachable environment. Don’t run kids for physical mistakes. Don’t default to being punitive/yelling and shame. Go back to RESONSIBILITY, ACCOUNTABILITY, and TECHNIQUE!!!

Philosophy on winning:

- Focus on the process and not the outcome
- Win every play, win every rep, win every moment
- If you did your very best, then you were successful
- If you only worry about the score, you will not enjoy a win as much as you will be relieved that you won
- Winning is a product of doing the right things.
- Win games in practice

Coaching Style: Know your style and coach within yourself. There is only one “you” everyone is already taken. Oscar Wild

- **STRATEGIC**
- **MOTIVATIONAL**
- **FUNDAMENTAL**
- **HYBRID**

How to motivate:

1.DIRECTLY: Replace, give instruction, put them back in.

2. INDIRECTLY: Through competition as often as possible. Losers pay or winners gain.

WARNING 1: Know the players spirit, Positive vs. Negative tolerance

WARNING 2: Be Specific and intelligent with your instruction. If they are thinking "No Sh%t" it's not coaching

CONNECT AND GET BUY IN

USE THEIR NAME TELL THEM YOU BELIEVE IN THEM BE HONEST WITH THEM LOOK THEM IN THE EYE AFFIRM,

AFFIRM, AFFIRM (BUILD THEIR CONFIDENCE ON HONEST AFFIRMATION)

Goals and Objectives:

- ⊗ Select the "right" players that have the talent, desire, and ability to play at the appropriate level.
 - ⊗ Facilitate a great football experience to ensure that we are not their last football coach.
 - ⊗ Clearly communicate coaching responsibilities and performance expectations. Confirm that everyone understands.
 - ⊗ Make training and continual learning a top priority.
 - ⊗ Regularly provide specific performance feedback.
- Make sure people know how they're doing.
- ⊗ Consistently recognize and reward positive performance.
 - ⊗ Hold people accountable for negative behavior and performance.

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. "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"

RESPECT

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"