



Efficient Practices

PHILOSOPHY OF PRACTICE

1. Be properly dressed and on time for all practices and meetings
2. Do not stand around and relax during early outs, walk thru, etc. It is all important or we would not be doing it. This is an opportunity to work with your players. Use every opportunity that we have to make our players better.
3. The only factor all schools have in common is time. We must get more done (reps) in the time we have. Ensure that drills are set and prepared beforehand. Our managers will know how each drill is to be prepared. Take advantage of their presence. Be organized & energetic.
4. Give attention to every player on the team. Do not allow any player to go unnoticed.
5. Do not allow things to lay around in the dressing room. Everything has a proper place. **Create PRIDE in everything we do.** This will rub off on our players.
6. Be available for players, coaches following each practice.
7. Do not accept anything less than perfection. Do not overlook anything.
8. **HUSTLE** - Enthusiasm breeds enthusiasm. Remember, that work at every level, both yours and the player's will have some drudgery. Make a conscious effort to keep your enthusiasm high. When we are on the field we will create a sense of urgency by being on the hop physically and verbally.
9. Keep your poise and confidence on the field or any place. It will transmit to your players.
10. Remember that players do not care how much you know, until they know how much you care.

Instill in our players that the Beaumont Cougars will **OUT-HUSTLE**, **OUT-HIT** and **OUT-CONDITION** all our opponents.

WEEKLY PRACTICE SCHEDULE

In the interests of making the best use of our time we will use every day available to us to prepare.

Sunday - Family Day

Sunday will be used for the players and coaches to spend time with family and friends. It is against CIF rules to conduct meetings &/or practice with players on Sunday. Our staff will finalize things on their own and then meet at 5 PM to discuss plans. Players will receive the scouting report via Hudl.

Monday, Tuesday, Wednesday

These are the core of our team's practice and preparation days. Practice will be in helmet & shells on Monday & full gear on Tuesday/Wednesday unless otherwise decided by the staff. Conditioning will be performed on these days. Coaches meetings, position meetings and unit meetings will be scheduled.

Monday (Tone Setter Monday)

Strength Training - All players will be required to do a strength workout every Monday.

Team Meeting - Our upcoming opponent's scouting report will be handed out and we will watch film at lunch. This will be confined to brief looks at offense (formations, favorite plays), defense (fronts and coverages) and special teams (alignments).

Practice - Helmets & shells. Punt & Punt Return will be incorporated.

Tuesday (Take-Away Tuesday)

Team Meeting - Team meeting to review Monday practice film

Practice - Full gear. Punt Block & Kick Off Return will be incorporated.

Wednesday (Competition Wednesday)

Strength Training - All players will be required to do a strength workout every Wednesday.

Practice - Full gear. Game simulation with chains & clock. Punt, Kick Off & Field Goal will be incorporated.

Thursday (Perfect Thursday)

Strength Training - All players will be required to do a strength workout every Monday.

Practice - light gear. Special Teams review/ Offensive review/ Defensive review. Entire practice to be scheduled & scripted with situations involved.

Friday – (Payday) Game Day

Saturday - Recognition, Review, Recover & Rehabilitation

Recognition - Recognition awards for the previous game will be handed out at this time.

Review - Both verbally and with game video. This will be brief (30 - 45 minutes).

Review will be confined to:

1. Margin of victory or defeat.
2. What we did well as a team.
3. What we need to improve on as a team.

Recovery - We will devote time to Strength Training Recovery Circuit as a means of physiological recovery and will last no longer than 30 minutes.

Rehabilitation - Any player needing treatment is required to ensure they are taking the proper measures towards full recovery. Players must report all injuries to staff.

PRACTICE GUIDELINES

Practice time is limited. It is essential that practice time is used effectively and that we do not waste time. Everyone must be committed to getting as much out of practice as possible. It is the only chance we have to improve as a team. The following guidelines are designed to help us practice effectively.

General

Let's ensure that each player is given the opportunity to learn. **Any player recovering from an injury should follow his group and coach around the practice field.**

Football is a mental game as much as a physical game. Players should never debate with each other or their coaches on the field. Discussions are to take place in meetings or in private.

Early Outs/Run-Throughs/Defensive Fit up

This is the segment of practice in which all activities are done at a low intensity. We use this time to work on skills that need to be improved, make system corrections or insert new plays.

Individual Drills/EDD's

The emphasis during this time is on the quality of movement, not the intensity. This segment of practice is when you perfect individual techniques and skills. As players learn to execute each skill perfectly the intensity will be increased.

One on One

One on one drills are utilized to perfect a player's skills in a competitive situation. The coaching staff also uses this time to evaluate a player's ability/improvement in competitive situations.

Walk & Talk/Late Outs

These sessions are utilized when teaching and reviewing assignments. The intensity progresses from a walk to half speed. Emphasis is on proper alignment, stance and movement to contact point. Walk & Talk are generally held prior or after practice or during meeting time.

7 o 7/ Inside Run/Perimeter Run & Pass/Group Drills

These segments are used to practice the pass or run at game speed. The intensity is 100% with the restriction that no blocking below the waist is allowed. Whistles will be quick. At times will want to keep contact up (stay off the ground).

Team Drills

The team segment is used to simulate actual game situations. The emphasis is on proper execution of assignments and timing. Intensity is 100%. Whistles will be quick.

Intensity of Practice

Our intensity's are Tag, Thud, Live Bullets. Ensure that players are always aware of how we should finish on each.

DESIGNING & IMPLEMENTING EFFECTIVE DRILLS

Athletes learn best by doing; they obtain skills through repetition. Therefore drills are the most effective tools the position coach has at his disposal. A coach's ingenuity and creativity are best used in designing drills which will teach his athletes the skills they need to perform in competitive situations. During the off season our staff will use time to review the drills we use in order to determine their effectiveness. Additionally, through clinics, etc. we will have the opportunity to design and add new drills.

Designing Drills

1. **Assess Needs** - Start by compiling a list of fundamental skills required playing the position. Area coaches will complete a comprehensive list of skills his athletes will need to know in order to execute the system. Many skills are fundamental to the position while other skills are unique to very specific plays and situations. All, however, must be drilled and learned. We must make sure there are drills in place to teach each of the skills.
2. **Name the Drill** - Each drill must be named. This is essential in ensuring effective communication when discussing the drill with staff and players.
3. **Be Specific** - Each drill must teach a skill, or part of a skill, required by the system. We must ensure that we know what the specific purpose of the drill is and that the drill is accomplishing its purpose.
4. **Be Focused** - Each drill has a specific purpose. While more than one skill may be involved in the drill, there must be a single focus. Isolate specific skills so the athletes can concentrate on and learn the relevant task.
5. **Maximize Repetitions** - The more repetitions which occur for each athlete, the more learning happens. If the position numbers are large or if each repetition takes a long time to run, it may be necessary to modify the drill or run it in a way so that more than one player can perform it at a time. We must also take the flow of the drill into account. For example, if a ball is being used, make sure there are enough balls available to keep the drill moving and there is a procedure for getting the balls back to the point of origin without interrupting the drill.

Implementing the Drill

1. **Describe, Name & Explain Why** - The first time a coach implements the drill he should describe the activity and the "coaching points" that will be emphasized. The name of the drill should be given in addition to why we are doing the drill. This should only have to be done once.
2. **Define the Area** - The area being used must be defined - point of origin, direction you are moving in, the size limitations, etc. Once a repetition is complete it is important that the athletes know how to get back into line without interfering with the next repetition.

3. Start Properly - Make sure it is clearly defined how each repetition is to be set in motion. Whether or not they begin to move on the basis of a verbal cue (snap count) or a visual cue (move on movement) may be critical to effective preparation for the actual game situation.
4. Provide Constant Feedback - Feedback is necessary if we wish to see improvement in a particular skill. It is important to do it in a way so we do not interrupt the flow of the drill. The use of cue words to correct errors must be used as the athletes are executing each repetition. If they are executing the drill perfectly let's let them know it! This is especially important the first time it is done properly.
5. Monitor - Make sure the drill is doing what it is designed to do and make sure it is not teaching negative habits.
6. Revise if Necessary - If you are experiencing frustration with a particular drill or if you find that you are constantly interrupting the drill in order to correct inappropriate behavior, change the drill! REMEMBER, THE DRILL SHOULD BE THE TEACHER.

WORKING WITH YOUR PLAYERS

Player relations during the competitive season have two closely related considerations - individual considerations and team considerations.

Individual Considerations - "Where do I stand?"

1. You will always be treated fairly.
2. You will not all be treated the same.
3. You will be dealt with honestly and directly.
4. Coaches will accept 50% of the responsibility for the relationship that exists between each player and us.

Letting individual players know where they stand will eliminate problems later. Each player will have a clear idea of where he is and what must be done to improve. Our goal is for each player to reach his potential therefore, we must constantly provide him with feedback so that he can strive for improvement. Should you ever have to rip into a player, make sure that you take the time after practice to talk to that player. Each player involved with our program has a role. **Everyone involved with our program is important to the success of our program.**

If an individual's status is uncertain or is about to change for any reason (injury, academic or performance factors), it is important that he know about it as soon as possible. Each individual has the right to approach the coaching staff for a clarification of his status. Players will be told they may do so at any time (with the exception of game day).

Team Considerations - "What is expected of me?"

Players must know what is expected of them. We will be clear and concise. Prior to the season players will sign contracts of commitment.

WORKING WITH EACH OTHER

In the area of relations between members of the coaching staff, there are two issues, which are critically important:

1. We must work hard to achieve open communication between all members of the coaching staff on all issues which affect our program in any way.
2. **We must be united in our goals and objectives when decisions are made.**

Open Communication - talk to each other - listen to each other.

In order to be an effective coaching staff open communication is vital. In order for this to happen, all members of the staff must actively contribute to all discussions and ask for clarification when necessary. **EFFECTIVE, ACCURATE COMMUNICATION IS DIFFICULT AND FRUSTRATING AT TIMES - LETS BE PATIENT!**

1. It is important to be positive and co-operative in all dealings with fellow staff members. **Remember - we are all working for the same things.**
2. If you have difficulty or are uncomfortable with a particular situation, it is up to you to approach the other staff member involved in order to rectify the situation.
3. Each member of the coaching staff must understand the Chain of Command. The HC makes all final decisions based on what I feel is best for the program (this includes schemes). The coordinators will make decisions on schemes. All discussions involving philosophy or schemes are to be done in the office. Never in front of the players.
4. Always be sensitive to what the other coach has been teaching. Never contradict or criticize a technique or drill being taught by another coach in front of the players. Players are overly sensitive to this type of thing and may wrongly interpret "dissension" or poor planning and organization.
5. If something is clearly wrong it must be corrected. If it is not urgent, talk to your fellow coach after practice or take him aside if the opportunity presents itself. If you must discuss it in front of the players, take a co-operative approach.
6. There will be ample opportunities to make constructive, positive input. The best place to do this are during coaching staff meetings.

TEACHING PROGRESSIONS

OFFENSE - QUARTERBACKS

1. Leadership
2. No Huddle/Huddle Procedures
3. Play Calling
4. Cadence
5. Stance
6. QB/Center Exchanges
 - a) Shotgun
 - b) Under Center
7. Back Tracks & Mesh Points
8. Read Option Mechanics (Dual, Triple, Run/Pass)
9. Passing Mechanics & Trajectories (1 arc, 2 arc, 3 arc)
10. Eye Contact & Read
11. Faking in Run Game/Play Action Game/Bootleg Game
12. Backfield Sets/Formation/Motion
13. Reading Defensive Fronts
14. Reading Defensive Coverages
15. Passing Game Footwork
 - a) 1 step
 - b) 3 Step
 - c) Playaction/Boot
 - d) Sprint
16. Uncovered Receiver Principles
17. Opposite Calls
18. Check With Me's
19. Field Areas
 - a) Coming Out
 - b) Normal Field
 - c) Red Zone
 - d) Goal Line
20. Victory Offense
21. Clock Management (including time outs)
22. Offensive Tempos
 - a) Regular
 - b) Nascar
 - c) Freeze Check
 - d) Mayday
 - e) Turtle
23. Game Planning & Executing of Game Plan

TEACHING PROGRESSIONS

OFFENSE - RECEIVERS

1. No Huddle/Huddle Procedures
2. Play Calling
3. Cadence
4. Stance
5. Formations & Alignments
6. Motion
7. Releases
8. Escapes
9. Blocking
 - a) Stalking (step on his toes/smell his breath)
 - b) Crack, Push Crack, Blind Crack
 - c) Run Off
10. Pattern Tree
11. Recognizing & Reading Coverages
12. Uncovered Receiver Principles
13. Hot Principles & Sight Adjustments
14. Principles for running patterns vs. man & zone
15. Pattern Stems & Sticks
16. Catching the ball (Catch, Kiss & Tuck principle)
17. Running after the catch
18. Audibles
19. Opposite Calls
20. Check With Me's
21. Field Areas
 - a) Coming Out
 - b) Normal Field
 - c) Red Zone
 - d) Goal Line
22. Victory Offense
23. Clock Management
24. Offensive Tempos
 - a) Regular
 - b) Big Cat (Cheetah, Leopard, Panther)
 - c) Mayday
 - d) Turtle
25. Game Planning & Executing of Game Plan

TEACHING PROGRESSIONS

OFFENSE - RUNNING BACKS

1. No Huddle/Huddle Procedures
2. Play Calling
3. Cadence
4. Stance
5. Back Tracks/Mesh Points
 - a) handoff
 - b) toss
 - c) option mechanics
6. Mesh Points, Tracks & QB/RB relationships
7. Ball Handling
 - a) eagle claw
 - b) 4 point contact
 - c) switching ball to outside arm
8. Faking in Run/Playaction/Bootleg Game
9. Explosion after receiving ball
10. Open field running & Violent Yards
11. Scanning prior to snap
12. Reading Defensive Fronts
13. Backfield Sets & Formations
14. Reading Blocks
15. Blocking in Run Game
 - a) Man blocking (step on his feet/smell his breath)
 - b) Option (climbing the wall)
 - c) Kick out blocking (65/35 rule)
16. Motion
17. Pass Protection
 - a) Ringo/Lucky
 - b) Flash
18. Pass Routes
19. Opposite Calls
20. Check With Me's
21. Field Areas
 - a) Coming Out
 - b) Normal Field
 - c) Red Zone
 - d) Goal Line
22. Victory Offense
23. Clock Management (including time outs)
24. Offensive Tempos
 - a) Regular
 - b) Nascar
 - c) Freeze Check
 - d) Mayday
 - e) Turtle
25. Game Planning & Executing of Game Plan

TEACHING PROGRESSIONS

OFFENSE - OFFENSIVE LINE

1. No Huddle/Huddle Procedures
2. Play Calling
3. Cadence
4. Stance
5. Alignment
6. Defensive Front Recognition
7. Recognizing Defensive Stunts
8. Techniques in Run Game
 - a) Zone
 - b) Gap
9. Techniques in Pass Game
 - a) Bob (Ringo/Lucky)
 - b) Flash
 - c) Screen Game
10. Blocking Rules
11. Audibles
12. Opposite Calls
13. Check With Me's
14. Field Areas
 - a) Coming Out
 - b) Normal Field
 - c) Red Zone
 - d) Goal Line
15. Victory Offense
16. Clock Management
17. Offensive Tempos
 - a) Regular
 - b) Big Cat (Cheetah, Leopard, Panther)
 - c) Mayday
 - d) Turtle
18. Game Planning & Executing of Game Plan

TEACHING PROGRESSIONS
DEFENSE – DEFENSIVE BACKS

1. Huddle Procedures/Signal Procedures
2. Play Calling
3. Tackling
4. Pursuit
5. Sudden Change
6. Terms
7. Stance
8. Alignment & Numbering System
9. Keys & Reads (End Man On Line)
10. Option Responsibilities
11. Run Support Responsibilities
 - a. Primary Run Support
 - b. Secondary Run Support
 - c. Alley Run Support
 - d. Cut Back Run Support
12. Pass Responsibilities
 - a. Aiming & Launch Points on the QB (Head & Hands)
 - b. Deep Zones/Dividers/Overlaps & Under Matchup Zone Principles
 - c. Man Coverages/Alignments/Progressions
13. DB Blitzes
14. Interception & Fumble Responsibilities
15. Coverages
 - a. Cover 3 (Roll & Hide)
 - b. Quarters
 - c. Cover 2 (Press, Soft, Hide)
 - d. Cover 1
 - e. Cover 0
 - f. Cover 2 Man (Hide & Press)

TEACHING PROGRESSIONS

DEFENSE – LINEBACKERS

1. Huddle Procedures/Signal Procedures
2. Play Calling
3. Tackling
4. Pursuit
5. Sudden Change
6. Terms
7. Stance
8. Alignment & Numbering System
9. Keys & Reads/Stimulus Response
 - a. Guard Reads
 - b. Full & Fast Flow
 - c. Split Flow
10. Gap Responsibilities
11. Option Responsibilities
12. Run Support Responsibilities
 - a. Scrape Support
 - b. Flow Support
 - c. Stalk Support
13. Pass Responsibilities
 - a. Aiming & Launch Points on the QB (Head & Hands)
 - b. Match Up Zone Principles
 - c. Man Coverages/Alignments/Progressions
14. Stunts & Blitzes
15. Interception & Fumble Responsibilities
16. Fronts
 - a. Base
 - b. Diamond
 - c. Goal Line
17. Coverages
 - a. Cover 3 (Roll & Hide)
 - b. Quarters
 - c. Cover 2 (Press, Soft, Hide)
 - d. Cover 1
 - e. Cover 0
 - f. Cover 2 Man (Hide & Press)

TEACHING PROGRESSIONS
DEFENSE – DEFENSIVE LINE

1. Huddle Procedures/Signal Procedures
2. Play Calling
3. Tackling
4. Pursuit
5. Sudden Change
6. Terms
7. Stance
8. Alignment & Numbering System
9. Block Protection
10. Keys & Reads/Stimulus Response
 - a. Base
 - b. Reach
 - c. Down
 - d. Pull
 - e. Hi Hat
11. Gap Responsibilities
12. Option Responsibilities
13. Run Support Responsibilities
14. Pass Responsibilities
 - a. Aiming & Launch Points on the QB (Head & Hands)
15. Stunts & Blitzes
16. Interception & Fumble Responsibilities
17. Fronts

**POSITION COACHES
POST SEASON REPORT**

1. Briefly assess the overall performance and/or quality of your particular group in each of the areas listed below. Rate them, as a group, according to the following code and clarify with a short statement if necessary.

(NI) Needs Improvement

(A) Adequate

(E) Exceptional

- Athletic Ability _____

- Physical Development (strength, speed, etc.) _____

- Skill Level _____

- Improvement over course of season _____

- Commitment _____

- Attitude & Effort _____

2. Comment briefly on the size of your group (working #'s). What would be the ideal size to work with? _____

3. Comment briefly on the resources available to you in terms of equipment, etc.

4. Looking ahead to _____, what additional resources do you require in order to do a more effective job of preparing your unit for competition?

5. Identify a single performance factor, which your group must improve upon.

6. How can you best use the off season to ensure this improvement occurs?

7. Identify a single off-season activity, which will be most beneficial to you in your efforts to become a better coach _____