

PRACTICE PLANNING

Transfer From Classroom to Field

The ultimate goal is to get player to transfer the information given from the classroom to the practice field, then to the game field on Saturday. As a coach, you must be effective, efficient, and engaging in your teaching. Have an organized approach to put your players in the best situation to understand their assignment. Use your tools and resources in order to provide learning material. Engage with players to make sure that you are connecting with them. There is a big difference between a presenter and a teacher.

Have a plan to transition from the classroom to the field practice. Work Individual drills, group drills, and team drills coaching each progression. The confidence in a student-athlete who is prepared for the game will be very high and give them an opportunity for success.

Lunch Meetings

Since the defense has more preparation, they take Monday and Wednesday lunch periods. We use Monday's lunch meetings to test whether or not they studied HUDL over the weekend using Google Quiz. We use the results to adjust practice and it gives me an idea of what I need to cover. On Wednesdays, we go through a HUDL playlist very quickly to see if our players can identify formations and know our automatics.

Practice Philosophy

We will be a physical, relentless football team. Our football teams will be known as the hardest hitting and hardest working team in the league. Our practice sessions will be tougher than our games and we will prepare the athlete for every possible situation they might encounter in the course of a game. Our goal is to minimize the number of players standing during practice, perform every drill at game speed, and follow the "race horse philosophy" of performing as many reps possible in the allotted time. Our teaching progression will be "whole, part, whole."

1. **Discipline:** Discipline means you do it the coaches' way. Players must trust their coaches
Discipline keeps players from acquiring bad habits that will in turn hurt the team's performance.
Discipline provides the strength to overcome adversity.

Mental Discipline:

- Be on time is a measurement of mental discipline and shows respect for coaches & teammates.
- Mental mistakes cause touchdowns, penalties, and first downs.
- Mental mistakes caused by not concentrating in meetings, practice, or not studying game plan

Physical Discipline

- Discipline yourself to stay in shape throughout the whole year
- Push yourself when working on sprints, distance and weights
- Discipline yourself to play with pain. If injured, we do not expect you to play.
- Remember, there is a difference between pain and injury.

2. Technique

- Techniques happen after you read your keys.
- Be aggressive in your technique and don't just control the offensive man but intimidate him.
- Concentrate every day in practice and your technique will improve
- A good technique defense can line up and tell the offense to come block you and still beat them

3. Quickness

- After key reads and technique, then immediately your quickness becomes important.
- You can never be too quick; this will improve if you work hard in practice.
- Agility and quick drills - bags, ropes and etc. Work hard on these every day.

QUICKNESS & TECHNIQUE will beat STRENGTH & SIZE.

4. Tackling

- Once you see the ball, all 11 defensive players come full speed, not half- speed.
- Gang Tackle - You can't beat a defense that has everyone going full speed to the carrier.
- This wears the other team out. An assisted tackle is just as important as a solo tackle.
- Be tough, but respected

11 Helmets, 1 Poor Soul

5. Consistency

- All of the above are no good if you don't do them every day
- This is the key to being a great player and having a great defense
- You cannot be a winner if you are an up and down player from day to day or from week to week.
- Coaches stay committed to your schedule – Don't let emotions take practice over.
- Keep your periods short and to the point. (5 and 10-min periods)
- Post practice schedules so your kids know what is expected.

Our players will not think, they will react to the offensive movement and the reaction will be mastered because we will practice Stimulus-Response every day.

Practice Makes Perfect, But Only If You Practice Perfect

Practice Expectations

I. PUNCTUALITY

- A. Ten minutes early is on time.
- B. Look the coach in the eyes when he is talking.

II. IMPORTANT THINGS TO BE SUCCESSFUL

- A. Attention to detail- concern about little things and big things take care of themselves.
- B. Sound fundamentals- "Little Things add up"
- C. Wear all issued and protective equipment.

III. HUSTLE

- A. Never Walk on the Field. Jog off field after practice, Jog to water.
- B. Come in and out of team drills as a group
- C. In every drill demand total effort in pursuing the football.DOUBLE WHISTLE

IV. PRACTICE PHILOSOPHY- (CHAMPIONS DO THINGS THAT OTHERS WON'T)

- A. Attitude: "Will to win versus effort to endure".
- B. Nothing stays the same- "You either get better or you get worse".
- C. Commitment: "Invest" your time; do not just put in time.
Improve daily!
- D. Form good habits that will carry over to game day (get back your investment).
- E. Ability has no bearing on punctuality and hustle.

V. PRACTICE TEMPOS: "EFFORT TO IMPROVE"

- A. Teaching- walk through or bird dogs. There is no talking & all eyes on coach.
- B. Bag Tempo: Full Speed. Cross RB face & wrap up air.
- C. Spirit Tempo. No equipment. Full Speed. Cross RB face & wrap up air.
- D. Thud Tempo. Full Speed, wrap up, but do not take anyone to ground.
- E. Game Speed. Tackling to the ground.

VI. OFFENSE AND DEFENSE ARE ONE

- A. Your effort will improve both
- B. Encourage them- yet know the fire out of them
- C. No fighting (fighting displays a lack of poise)

VII. IMPROVE YOUR MENTAL TOUGHNESS

- A. Set a Practice Goal every day
- B. Set Weekly Improvement goals.
- C. Demand excellence of yourself- compete and extend yourself
- D. Be able to accept criticism- coaching
- E. Confidence- expect to whip your man- we expect you to- with no excuses.

VIII. CHAMPIONSHIP REMINDERS

- A.** Sixteen pushups for failing to do any of the things listed above.
- B.** One Lap with bag over head if arrive during team warmup
- C. Stay after practice for extra conditioning for any excessive tardy**

COACHES

- 1) You Must Be A Good Teacher.
Your players get better and respond if you are a good teacher and you don't just yell.
- 2) Be Organized On The Practice Field.
Anyone can write on the black board or do computer work, you must transfer it to the field.
Have a plan for individual drills in practice. Don't waste time setting up drills.
- 3) Pay Attention To Details, Stress The Little Things.
Always check alignments and make sure guys are reading their keys.
Don't let the players take things for granted.
- 4) Be Demanding.
You can be demanding, and the players will accept it if you are doing a good job of teaching. If you are demanding but not showing the kids how to do things, they will shut it down.
- 5) Stay Positive. Enthusiasm & Effort
- 6) Be Honest with The Players.
Tell them what they need to hear, not what they want to hear.
- 7) You Must Have A Passion To Coach.
You must want to coach. You must constantly want to make yourself better.
Self Evaluation & Improvement
- 8) Be Consistent.
Regardless of how good or bad things get, you must remain consistent with your coaching.

POSITION COACHES ARE ACCOUNTABLE

- Expert Knowledge of your position
- Preparation: season, meetings, practice, games
- Are you early and have everything you need?
- Do you have a whistle, pen, and plastic sleeve for papers?
- Do you write down what you need to get done and follow through?
- Do you look forward to the beginning of practice?
- Give Directions: Get Action
- Ask Questions: Get answers & check for learning
- Praise & Correct – What is your ratio?
- Talk to players off the Field
- No Excuses/Hold them Accountable
- Teach Toughness & Intensity Everyday!
- Competition/Consequences

Coaching and Set-Up

Terry Bradshaw told Russell Wilson after the 2014 NFC Championship game when asked by Wilson how to win it all and be the best: “You can’t let the game catch up to you.” Our approach as a staff is to be “above the game” and “coach from out front” so that we are constantly controlling every single element of practice we can, allowing our guys to experience exactly what we want them to, and waiting for what we know we are either going to correct or celebrate.

The most crucial step to this is our ability to script practice to create the environment we want while seeing and doing what we need in accordance with our game plan. This means that our coaches set up individual drills before that time begins. They follow the scripts so that their eyes and ears will be most effective in coaching their positions. When scripting on defense, we will script to the tendencies of our opponent 75% of the time with some anomalies set in motion in order to keep our players honest.

Every coach in our program has a role: spotting the ball, signaling, running the scout front, running the scout skill players, running a specific scout huddle, starting the clock.

Fundamentals:

If we can’t tackle & block, it doesn’t matter what type of offense or defense we run. We will take great pride and spend a lot of time on fundamentals. Through lots of repetition, our players will perform these fundamentals solely on muscle memory. We will practice blocking, tackling, and pursuit everyday.

Philosophy of Drills

- Drills are to teach a skill
- Drills will be quick – not much time spent on each
- Incorporate multiple skills and fundamentals
- Repetition of drills lead to learning
- All drills will be full speed
- Try to end drill with a pursuit technique
- Drills will be done every day – time factor

TALK IT, SEE IT, REP IT, RUN IT

8 LAWS OF LEARNING
*Explain, Demonstrate,
Imitate, Repetition,
Repetition, Repetition,
Repetition, Repetition,*

DRILL ORGANIZATION

“The Best Coaches Never Have Enough Individual Time”

- Goal of the Drill? Technique, Physical, Recognition, etc.
- Organized for Maximum Quality Reps
- Progression/3 or Less Skills
- Drill checklist: Am I covering all skills?
- Set up for Competition and Success
- Teach players how to setup the drill.
- Reps vs Correction: Set the intensity
- Skills are motivating – Players must see improvement
- Must keep changing up & Progressing

“You either get better or worse every day, you never stay the same” – BO SCHEMBECHLER

Overall Structure

The entire coaching staff will support both the JV and Varsity programs. There will not be separate JV and Varsity staffs, as each coach will have specific duties that support both teams. The freshman team and its staff will conduct independent practices; however, they will be included in all fundraisers, dinners, and other team activities.

HEAD VARSITY COACH

OFFENSIVE STAFF

- (2) O-Line Coach
- (1) Running Back Coach
- (1) QB Coach
- (1) WR Coach

HEAD J.V. COACH

DEFENSIVE STAFF

- (2) D-Line Coach
- (1) OLB - S Coach
- (1) ILB Coach
- (1) CB Coach

On a typical day of practice, the Head JV coach will take the JV team to the defensive field and that team will be coached by our Defensive Staff. I will take the Varsity team to the Offensive Staff to practice offense. After approximately one hour, the JV coach will take the JV team to the Offensive Staff field and I will take the Varsity team to the Defensive Staff field. The JV and Varsity head coaches always follow their teams so that they can oversee injuries, attendance, and discipline.

The JV team feels special because they are getting varsity coaching which builds confidence and a sense of pride. It also makes the transition to varsity a smooth one, thereby retaining greater numbers in the program. Building trust and forging relationships is almost as important as Strength & Conditioning and because our players will have the same coach for 3, maybe 4 years, the formation of a BROTHERHOOD becomes very strong.

Everything that we want to happen on Friday Night **MUST** be accomplished during practice. The **READ & REACT** system will be produce a physical, relentless football team, known as the hardest hitting team in the league.

We must meet our Friday Night Goals during practice. That means never allowing a **SCORE**, make the offense fight for every **YARDAGE**, create **TURNOVERS**, make **TACKLES**, and always **ATTACK**.

KEY THINGS TO DEFENSIVE PRACTICE:

- Practice vs problem formations/ plays
- Reps are priority (mental & physical)
- Use key coaching points (buzz words)
- Really stress coaching the players eyes and feet (that's what get them into trouble)
- Script everything/ film everything

PRACTICE TEMPO

Start the practice with great tempo. If you start slow, you can never get it back. We start with tackling drill and shotgun alignment and end with a pursuit drill.

- Bird Dog: Players take 1 step and freeze. Coaches make corrections. Players take 2nd step on coaches' command: "2" and freeze again. Corrections, then coach yells "3". Players take 3rd step and freeze. After corrections are made on 3rd step, all players, offense and defense walk it out.
- Look Tempo: Just what name implies. When tackler reaches ball carrier, they both stop as rest of defense continues on correct pursuit paths.
- Air Tempo: Game Speed, but tackler wraps up on "air" in front of ball carrier. When the tackler crosses the ball carriers face, the ball carrier stops and tackler simulates ripping thru, grabbing cloth, with eyes to the sky. Rest of defense sprints to the ball carrier before the 2nd whistle is blown.
- Thud Tempo: Game Speed, but tackler wraps up ball carrier without taking him to the ground. Rest of defense sprints to the ball carrier before the 2nd whistle is blown.
- Game Tempo: Full live, game simulated.

We limit the amount of full contact in practice. I believe the weight room builds physical toughness and we as coaches need to teach proper blocking and tackling in a safe controlled environment. No one ever hits the ground in our practices and we even limit contact the more we continue into the season.

Make sure you have a timer with a loud horn – sprint EVERYWHERE! Keep the attention of the players by changing from contact periods to non-contact periods. Break up your special team's sessions into three or four different periods. It allows break time for other players or extra coaching time for players not on special teams.

Create game-like reps. Everyone must finish plays. We use a "double whistle" for every group and team period. Use 7 on 7 for defensive strips on the ball; play fast and strip.

Double Whistle

This makes every rep of team defense into a "Pursuit Drill" rep. The coach blows the first whistle when the tackler stops the ball carrier. Once that whistle has blown nothing changes for the defense, they must continue to chase the ball at a great angle to the ball carrier.

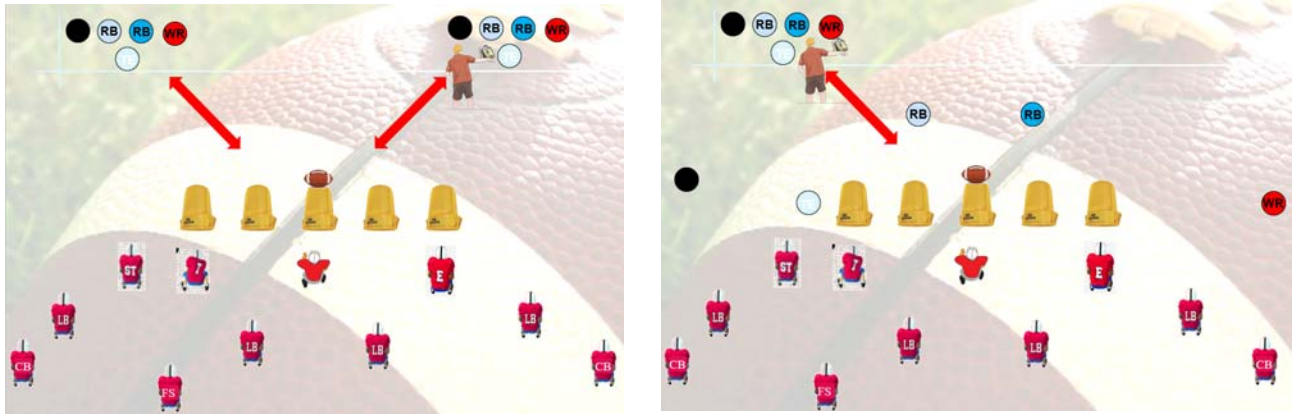
All 10 remaining defenders must reach the ball carrier before the coach blows the 2nd whistle. Once everyone arrives, the MIKE backer yells "11 helmets" and rest of defense chimes "one poor soul". If any defender does not arrive before the 2nd whistle, entire defense does 16 up downs, since it takes 16 games to reach the state championship.

When the coach blows the whistle is entirely subjective. If all 10 are sprinting full speed, then he simply waits until they get to the ball carrier before blowing the whistle. If he feels they are jogging, then he blows the whistle early.

PRACTICE TIPS

SHOTGUN ALIGNMENTS

The first five minutes of every practice is dedicated to lining up. We have two groups of five for offense. The coach shows the first group on the right where to line up, they sprint to the line.



While the defense is lining up and being coached (WITH BUZZWORDS), the coach shows the next formation to the group of five on the left. When the defensive coaches send the first five back, these five sprints up to the line so that the defense is never waiting. Coaches are limited to 30 seconds of corrections.

Trash Can Movements

Immediately after Shotgun Alignment, the D-Line and Backers line up 2-deep at each position. They quickly run into the correct gaps as they review movements, stunts, and blitzes. The defensive backs have left. Both our first- and second-string defensive units can run a call against a formation every minute, so mathematically we can get 300 reps in one minute. Since there is some coaching and corrections, we will run this for 2-3 minutes.

Period Simulation - Teach the game

We always try to find ways to create a game simulation in our practice plans. These game simulation periods break up the regular practice routine and helps generate game like intensity. Part of this is SUDDEN CHANGE.

The focus is generally on special teams, but occasionally we will create defensive scenarios. As we practice, I will blow a whistle and yell out a call for a unit to perform their task. That unit will sprint to the location I am at to complete the task.

An example would be if I called for the PAT/FG team. I will blow a whistle, yell “Field Goal Team HOT!” and have a ball placed on the ground for the field goal attempt. “Hot” means the clock is running and they have 20 seconds with no mistakes to complete the field goal. Our special team’s coaches will run over with them counting down the seconds. They need to know the unit they are on, their responsibility, and no mistakes allowed. Once this task is completed, they will sprint back to what they were doing before the call for their unit.

We require the players to know the depth chart as well. There are many times I will call for a unit and add that a certain member is out with a cramp or injury. The backup needs to know whom they are backing up and fill in if that person is out.

J.V. SCOUT

We do not believe in having our JV be our scout team. During group and team periods the JV will go off and do their group or team periods together. But the JV is with the Varsity on all other periods during the week.

DAILY SCHEDULE

We will also script everything down to the minute and there will always be detailed practice plans in every coach's hand. I do not believe that practicing for more 3 hours is productive and most of our practices will be limited to two hours. Furthermore, as a parent myself, I realize the importance of ending practice when we say that it is going to end. And finally, our athletes are STUDENT-athletes and need to get home early.

Don't allow practice to go over two hours; injuries happen toward the end of practice because of boredom and fatigue. We have a practice clock and we stay strict to the periods. When the horn blows ending a period, we move onto the next assigned activity of practice.

The schedule we have in the fall takes this form:

Mental Monday -Pursuit Drill
Tough-guy Tuesday -Tackle Circuit
Turnover Wednesday

Periods, Timing, and Variations

We are no different than any other program in the country in utilizing the standard periods of practice (individual, inside run, 7on7, and team), but we do look at how fast we can run through our practice scripts and periods in order to create additional, or more specialized, periods for our guys to learn from.

With the game plan and repetitions in mind, we are constantly evaluating who needs to be involved in certain periods—small groups or the whole team. We may run an “inside run” period one week, then a “9 on 7” the next, and a combination of “half-line” periods the third week.

Our 7 on 7 periods have two separate coaches running two huddles, a coach spotting, and our defensive staff coaching their players. We interject a special team during team periods to keep our guys on the move while working on focus.

We will run a two-huddle scout group with one offensive line, and we also will run two full huddles with one as the run/screen group and one as the pass group. For pressure install/review, we will run multiple huddles with a pop-up dummy at the QB drop depth when needed for a pass play while using a live QB and RB on pass plays.

For every group period, we script two plays per minute we have planned. We make note of plays we need to review, and if we finish the script, I simply call out the play numbers needed to the scout team coaches. If no plays stand out, we simply start back at the top again until the time ends. We script from the hashes close to 90% of the time as that's where the game is actually played, and we are certain to script with personnel groupings included in order to ensure we have the correct personnel on the field for the scout team. We also run a two-deep for our scouts as well, so we keep kids from getting stranded out there without a rest, and we get their best efforts in return.

Obviously, our number one concern is getting our guys to see what they need to see, but we also need to do that as many times as we possibly can. I want our defensive to play as fast as possible, so we look hard at how we can maximize reps and execution via scout team efficiency.

Competition

We are always looking for ways to give our players the most intense, pressure-filled, and pragmatic competition we can. We use the term “Ludus” when calling our players in to a specific competition period. In ancient times, the Ludus was the gladiator training and proving ground. The Ludus creates winners and losers, but more than that, it creates controversy. We know that in order to be “above” or “out

front” we need to be able to withstand the negative aspects of the game, and we need to be the best at responding to adversity. Thus, our guys are constantly getting cheated in the Ludus. We are about as unfair as we can possibly be to them at the most intense points of the competitions. Because of this fact, the point of the Ludus is not winning or losing (for the coaches at least), it is about response—players will get caught up in the final result, but as coaches, we are looking for many different things.

The competitions are actually simple. Sometimes, they are simply every day drills (EDDs) used by one position group and performed by players from all groups (board drills between linemen), or they are specific to a skill that we need to work on (“2 on 1” RB/OL vs. ILB in an unfair drill for the LB), or a toughness drill such as our “Funnel Drill” that pits players against each other at three levels (OL/DL, RB/LB, and WR/DB) in a 5 yard space from the sideline to the hash with a ball carrier attempting to score by running the gauntlet and getting to the hash before getting tackled.

We script the match-ups, set up the drill ahead of time, arrange all the players surround the drill and the participants, and do a dramatic call-out of each match-up. The offensive staff handles the Ludus on offensive emphasis days, and the defensive staff handles it on the defensive days. We always end Wednesday night practice with the Goal Line drill.

I think it was Bud Grant who said that everything is observable; that you can learn from watching everything your players do. We send players into the Ludus for a myriad of reasons: we want to see them in a certain match-up, we want to watch them compete, we want to see them fail, we want to see them win, we even send kids in to simply see if anyone will cheer for them when their names are called. All players will compete in the Ludus, so there have been some truly magical, inspirational, and team-building moments there. It might be the best thing we do.

DAILY SCHEDULE

Monday

This is a general install day for us. We lift before school emphasizing legs and shoulders. There is a defensive meeting at lunch and after school our team watches 25 clips from our game Friday night.

- SHOTGUN ALIGNMENT: Will be slower as we explain, but the defense never stands in front of the same formation for longer than one minute.
- TACKLING: Funnel Drill
- INDO:
- PUNT RETURN: Punt was during offense. Anyone not on PR gets extra indo time.
- GROUP: If team is pass heavy, we will do 7on7 Mon and Wed, inside/outside run on Tuesday. If team is run heavy, then we do run on Mon and Wed, 7on7 on Tue.
- TEAM:
- PURSUIT DRILL: Team pursuit.

Tuesday

This is our physical, long practice. We will practice defense for 65 minutes. Watch film before school. Offense met at lunch.

- SHOTGUN ALIGNMENT: Very fast.
- TACKLING: Tackling Circuit
- INDO:
- PAT/FG BLOCK: PAT/FG was during offense. Anyone not on this gets extra indo time.
- GROUP: If team is pass heavy, we will do 7on7 Mon and Wed, inside/outside run on Tuesday. If team is run heavy, then we do run on Mon and Wed, 7on7 on Tue.
- TEAM:
- PURSUIT DRILL: Pass pursuit.

Wednesday

We lift before school emphasizing chest and back. Practice starts at 6pm on Wednesdays so that players and coaches have time to take care of personal business. Players can also make up tests. Any players with a D or an F have 1-hour study hall after school.

At the end of Wednesday, we put the ball at the 5yard line and do a live goal line period. The offense goes first and we put 12-14 players on defense. The offense does pushups on any play they don't score. Then the first defense lines up and defends their favorite goal line plays. The defense does pushups if the offense even gains an inch.

- SHOTGUN ALIGNMENT: Very fast.
- TACKLING: Tackling by position
- INDO:
- GROUP: If team is pass heavy, we will do 7on7 Mon and Wed, inside/outside run on Tuesday. If team is run heavy, then we do run on Mon and Wed, 7on7 on Tue.
- TEAM:
- GOAL LINE:
- Kickoff Conditioning

Thursday

We do not want our guys to feel that Thursday practices we get to let up our intensity and focus. We bring the intensity and focus. We will review every special team very quickly while the O-Line goes thru block review. Then we do a simulated game. We move units on and off the field. Our whole sideline is to echo all calls, and everyone is expected to know the depth chart. Once again, we expect everyone to run and make this just like a real game.

- KOR
- Offense run opening script and score.
- PAT
- Kickoff
- Defense holds them 3 and out.
- Punt Return
- Offense with key backups run NASCAR and score.
- Go for 2.
- Kickoff
- 2-min scenarios
- Kickoff
- Defense with backups. 3 and out.
- Punt Block
- Offense. No score.
- Punt Team
- Defense ends with pick six

We do our 2-minute game situation in the middle of practice to increase our intensity. We will start with our offense behind. So they have to run their 2-min offense vs a scout defense. Then the other team offense if behind and our defense plays VICTORY coverage, working to keep the ball carrier in bounds.

Next our offense has the lead and we review how to stay in the huddle and stay in bounds. Finally, their offense has the lead and our defense is working strip. These periods get very intense and the fellas love it and look forward to it each week.

One tradition that we really like is what the guys do after our team meal on Thursday.

End of Every Practice

We finish practice with a lesson on life from something in the news or from our leadership council. We are big on Tim and Brian Knight with E+R=O. This time is spent on us talking about how to handle adverse situations. I like to tell stories from my experiences either where I failed or made mistakes and could have handled it better.

Tackling & Pursuit

This is DESIRE. If you are tired, be unselfish and let your fresh teammate in.

Pursuit eliminates the Big Play, punishes the ball carrier with Gang Tackling, and creates TURNOVERS.

The heart of the defense is pursuit.

Pursuit is dedication. Pursuit is persistence. Pursuit is getting to the ball carrier.

And when you get there you must have to deliver a hit.

Its every Panther's responsibility to pursue until the whistle blows.

We Need 9 players in Every Camera Shot

The difference between an average defensive player and a good one is the distance between he and the ball carrier when the whistle is blown.

TACKLING

This will be taught everyday, even in shorts starting in spring, continuing all summer, and during the season. Tackling will be taught during team, in circuits, or by position. We will master open field, shedding a blocker, and turnovers. The helmet will never be used as a weapon, tackling will be done with chest plate, arms, and legs.

PURSUIT

The READ & REACT defense will have great pursuit. We will condition using a “double whistle” during practice and ending every practice with pursuit drills. The double whistle is a 2nd whistle blown 2-3 seconds after the scout RB is wrapped up. All 11 players have to be arms length from the RB

Run – Pass Rapid Fire

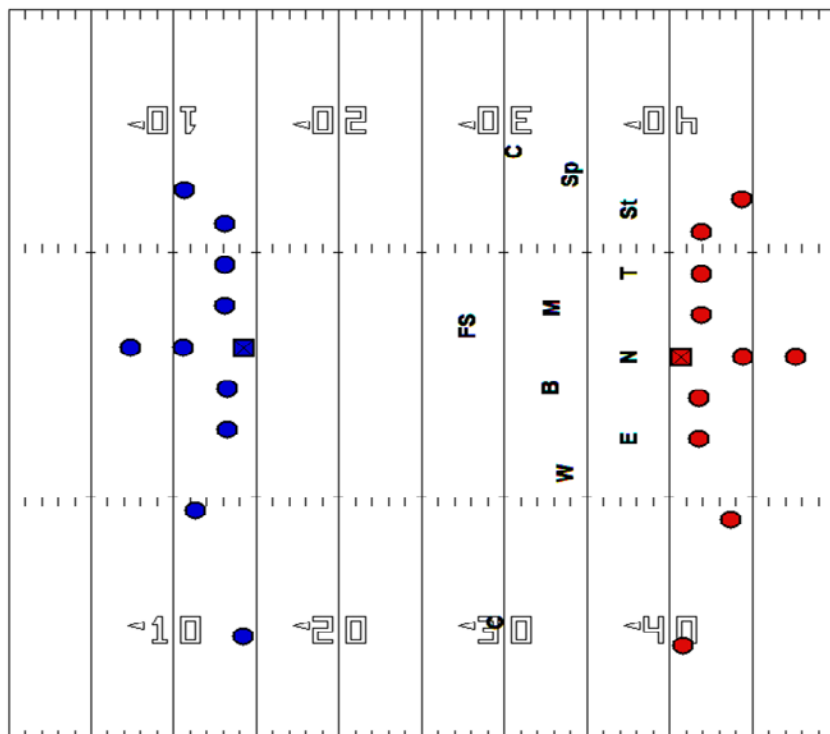
Two scout offenses facing each other, approx. 20 yards apart. One has the best line and RB you can muster and they run the opponent's best run plays (red circles). The other has the best scout QB and WR and they run the opponents pass plays (blue circles).

The defense shown here is defending the scout run play.

Then they will run 20 yards to defend the blue circles, getting the new signal from the sideline.

If you had 44 players, two defenses could be going simultaneously, but the offenses would have to be 30 yards apart.

Great conditioning drill.



Conditioning Philosophy

We are always striving to simulate game situations, and this includes conditioning. We will play FAST, which means we have to do everything FAST. To be FAST, you have to practice FAST. We have trained our coaches and kids to practice like every second counts.

RACEHORSE PRACTICE: Nobody standing around during practice, accomplishes THREE things:

- (1) Learn by doing;
- (2) More reps mean better conditioned athlete. We will perform more reps than our opponents every day in practice. Common sense tells us that performing a tackling drill more times than our opponent on a daily basis will mean we will be better at those skills when we meet in battle.
- (3) Trains the brain to process information fast.

TACKLING: We will open every defensive practice with one of 3 things:

- (1) Fast team technique period;
 - (2) Intense tackling circuit;
 - (3) physical funnel drill;
- Our tackling period will double as a conditioning period

PURSUIT DRILLS: We end every defensive practice with one of 5 different pursuit drills.

DOUBLE WHISTLE: Every defensive player must be to the ball carrier before SECOND whistle is blown approximately 2 seconds after back is tackled,

SHOTGUN ALIGNMENT: We will have TWO scout offenses running plays at our Defense.

RUN-PASS RAPID FIRE: Our offense will end practice running the following drill:

Summary of In Season Week

FRIDAY NIGHT:	ODK and intercut game	
SATURDAY:	Coaches meet 7am to 2pm	
SUNDAY:	Position coaches grade players on own. Coordinators & HC meet/conference call	
MONDAY:	Lower Body Lift. Watch our film as a team	Defense Lunch meetings, Practice 4:30-6:30
TUESDAY:	Watch their film as a team during weights	Offensive Lunch meetings, Practice 3:45-6:30
WEDNESDAY:	Upper Body Lift. Study Hall	Defense Lunch meetings, Practice 6pm – 8pm
THURSDAY:	Watch practice film as a team during weights Practice 3:30-5pm	Team Dinner
FRIDAY:	Pre-game lift before school,	Team Meal right after school

**“COACHES WHO SCRIMMAGE ALL
THE TIME DON’T KNOW WHAT TO
PRACTICE”**

Paul Brown