

# Football Keys to Success

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## **Create Big Plays**

- ✓ Create turnovers – get the belt!
- ✓ More Explosive plays than opponent
- ✓ Less Negative plays than opponent
- ✓ Dominate on Special Teams

## **Win the 3 “T’s”**

- ✓ Tackling – limit our missed tackles, make them miss tackles
- ✓ Turnovers – limit ours, take from them
- ✓ Third Downs – somebody is getting the ball on the next play – make it us!

## **Multiple and Simple**

- ✓ Use many formations on offense
- ✓ Change the tempo on offense
- ✓ Use many different defensive looks
- ✓ Uniqueness on every specialty group

## **Win the Running Game**

- ✓ Run the football successfully
- ✓ Stop the run – make them one-dimensional

## **Be the Smarter Team**

- ✓ Take away their best player
- ✓ Know the Situations
- ✓ Win the Weekend – coach scouting

## **Most disciplined team**

- ✓ No foolish penalties
- ✓ No missed alignments
- ✓ No missed assignments
- ✓ No Loafs

## **Win on First Down**

- ✓ Offense gain more than 4 on 1<sup>st</sup>
- ✓ Defense hold them under 4 on 1<sup>st</sup>

## **Win the Big Field**

- ✓ Win the Red Zone
- ✓ Great Net Punting
- ✓ Great Kick/Punt Returns
- ✓ Win the Swing Plays

## **Have a killer instinct**

- ✓ Get 1<sup>st</sup> downs in the 4<sup>th</sup> Quarter
- ✓ Score after crossing the 50-yard line
- ✓ Score following an opponent’s score
- ✓ Stop opponent after our score
- ✓ Score on 1<sup>st</sup> series of 3<sup>rd</sup> Quarter
- ✓ Stop opponent on 1<sup>st</sup> series of 3<sup>rd</sup> Qtr

## **Win the Off-Season**

- ✓ Master Technique for speed/strength training
  - ✓ Improve core strength, bending and flexibility
  - ✓ Transfer gains from training to field
  - ✓ Get the last rep
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