
CHAPTER 22



Practice Schedules & Input Plans

Every coach has a progression—an organized way of teaching the basic techniques their system. In the WING-T offense, there are a lot of skills to teach: Faking, Shoulder Skills, Pulling; etc. We are running 15-20 Wing-T running plays with a sprinkle of Midline and Veer. And there are pass protection schemes. To be really good at all of these will give opposing defenses nightmares, however, to be really good at all of these the teaching has to be organized, efficient, and fast.

We believe in using the whole-part-whole philosophy in teaching our system. We believe that each learner is different and the best way for them to learn is to expose them to different modes of learning. With that understanding we want to make sure that our players get three methods of learning on everything we do. The first is auditory meaning we want to explain everything by talking them through the expectations. Then we want to make sure for the visual learner that we are able to show them examples either with drawings on the white board or with video film of what we want them to learn. Last, we want to put them on the field and through physical repetitions they will grasp the concepts.

It is my belief that you must have a system that is progressive and taught in a manner that allows for you to expand as you move forward. And with that I find the first thing that is needed is a Glossary of terms you will use in your system and each player and coach should know what each term means. Example that we have covered already in this book the term “Down” as a blocking rule. Down means the first defender lined up all the way inside of you. Everyone must know what this term means in our offense.

Next as a position coach you must know based on our offensive system the skills needed by the players in your group to carryout all the expected assignments. You as the position Coach will then develop the set of drills you will need during your individual time both in season and out of season to help your players develop the needed skills. We do not have time to being doing drills that have little to no importance in our young men being successful in our system.

The next thing that we must do is determine the things that our players must be able to do with the aid of another player such as double team blocks or running a route with the QB and determine the drills we want to do to develop the



consistency needed when more than one player needs to be successful. We will need to come up with the specific drill work we want to use.

We must determine how we want to approach our Group periods. We believe you should focus on specific things and not be jumping back and forth. What I mean is we will work group work focused on run plays only and then work in group on pass game only as we are working through practice.

Last, we want to go to our team period. We will focus on a specific front for 2 days and then we will go to another front for 2 days. We will normally do this the first week. After that we like to change up the fronts during team period to force our players to follow all the rules for each play. When we are first installing new plays or schemes, we want our players going against bags. We are not wanting them to have to worry about movement or penetration. We simply are concerned with the assignment and execution of first steps and head and shoulder placement. Another advantage by beginning with blocking bags if it helps with our timing of our backs and their ability to hit the hole smoothly to develop confidence with our OL.

After we have developed the timing and execution with assignments, we will then progress to the defense stunting, blitzing, and changing up fronts. We also will begin to add our blocking variations at this point as we would want to use certain variations obviously versus different fronts. We want this to be full speed contact and best vs best.

THINGS NECESSARY TO PRACTICE EFFICIENTLY

Buzz Words. Teach all of your players, making sure each lineman can hear the instructions, and give them short, concise, understandable coaching points or "catch phrases" along the way.

Mass Repetition. Your players will learn by doing and going through the drills, not by listening to a coach for five minutes and then doing limited reps. Make sure to use meeting time for discussion, and practice time for work. As the linemen begin to understand the coaching points offered, they quickly will be able to coach themselves.

Use Video and Coach off the Tape. The backside view is a tremendous teaching tool for offensive linemen. You do not have time during practice to slow everything down and spend too much time in any one area. Use video, and then evaluate and teach off of the tape. Your players will appreciate the individual attention and will learn a lot from watching themselves.

Mass teach whenever possible. Anytime you have drills being run on the practice field, every player in each group should take part in that drill at the same time, if possible. All drills are done on *sound cadence*. When doing drill work, you save time by not using long cadences. By the time practice ends, you may have wasted a lot of time by calling cadences throughout practice. On sound means the quarterback or the coach running the drill will say, "Set." On the "s" in set, the ball will be snapped, and the players will take off. Sound cadence will be used in as many drills as possible. If you have a 10-minute period and want to get a lot of reps during that drill, start each rep with one command rather than a long cadence. You go on the first sound and do all your drills to get maximum reps.



Do First Things First. Develop individual position practice plans around the insertion for the day. For example, if the plays being inserted are in the Belly family, then make sure the line work cross blocks, Wings practice blocking Inside Linebackers, and Receivers learn routes on Belly Pass.

Use the 80/20 Rule. This theory should be used in preparing the daily practice plan. This theory states that 80 percent of your practice time needs to be spent on the 20 percent of total drills that you have that are the most useful. Ultimately, 20 percent of the drills that you do will be used 80 percent of the time in a game situation. Take a close look at the plays the offense runs and you will find that 80 percent of the offense is earned from 20 percent of your total plays; identify which plays are the most important for you. Each position coach must take a look at the 20 percent most highly productive plays and list the skills needed by each position.. Spend most of the practice time on these drills.

Know Your Run/Pass Ratio. Coaches must be aware of the length of practice time being spent on each technique. If 100 minutes of individual time is schedule in your practice and the offense is 20 percent pass, then make sure that you spend a proportionate amount of time on pass protection. In this example, 20 minutes on pass protection and 80 minutes on the run game would be recommended.

Prepare Players for New Drills. If new drills or a new organization of pods is being set up for practice, make sure to cover these changes prior to the beginning of practice. Do not waste time in practice setting up drills. All of this preparation needs to be done before practice starts. A lack of repetitions in practice is often due to lack of organization and forward thinking on the part of the coach, not the players. We try to teach setup & rotations of every drill during summer so that we don't waste time in August. This will make practice go faster.

Always Focus on Footwork. Whether in the prepractice period or during stretch time, the coach must always focus on footwork. The first three steps are the most important in football, so make sure players are getting a lot of agility drills and speed ladder as a daily warm-up routine. Players must be able to move and have coordination in the lower body, so find time to work basic footwork drills into the transition periods in practice.

Limit Assignment Time. Make sure to use practice time to improve on individual techniques. Times will arise during practice when an assignment period is necessary, but for the most part, assignment review can and should be left to meeting time. Practice time is very valuable and should not be wasted.

Your coaches should *stay in a centralized location* and make the players run past them for correction. In many programs, you will see a coach chase a player into the huddle to make a correction while the player is still in the huddle. What happens is the next play gets run with another group, and the coach does not see anything in that next play because he is still correcting the player from the previous group. If you tell coaches to stay in a centralized location and have the players run past them for corrections, the coaches cannot only make the corrections, but they can watch the next play. When coaches make corrections, you do not want them to earn their doctorate by giving a dissertation on the field. The coaches should make *quick, meaningful corrections* to the players on their way by. The players can thus hear the correction and know what they did wrong; the rest of the help comes from the film analysis.



Every practice should be videotaped. We have a coach or injured player assigned to leave practice as soon as ODD-EVEN drill is done and start uploading the practice film to HUDL. This video needs to be online before the players get home so that they can watch it. Position coaches need to put notes on the film before doing anything else after practice. Furthermore, our O-Line coach will come on campus the next day to watch film with the linemen during lunch on Tue & Thur.

The only coaches who can make the team get back on the ball is the head coach and offensive coordinator. This should only be done if several players need to be corrected. NEVER put 22 players on the ball to fix 1 or 2 players. Sub those players out so practice keeps moving, have them stand by their position coach so corrections can be made, and then get them back in.

Practice Schedules & Input Plans

The first thing I want you to understand is that all of my years of Coaching my players have always been two-way players. They may only start on one side of the ball but they all practice on both sides. I believe if you have at least 18 players that can really play the game you have the ability to have a great year unless you have several injuries. We want our best players on the field and if they need to rest a series then we get them some rest. We are a Wing T offense that has every series it contains in our system with the Mid Line and Veer included. We run the 4-3 on Defense and we have found the same type player we want at Guard is the same type of player we want at LB etc.

The issue with players going both ways is the amount of time you can work on each side of the ball during a game week equally and still give the time required to be great in Special Teams. So the 1:30 minute practice is not an option for us. We normally will be on the field for two hours and forty five minutes to three hours. I also once the season begins will only go full pads on Tuesday as long as we won our game the previous Friday. We will go half pads on Monday and Wednesday. Thursday practice is about two hours and in helmets only. I am fortunate at my school to have a large Coaching Staff that I will go into detail shortly about. Our school plays Varsity (Fridays) and JV games (Thursday), we do not here have a Freshman schedule, but we did at my previous school Beech High School in Tennessee and they played on Mondays.

We will divide our players by Varsity or JV players. Now when determining if a player goes with the Varsity we look to see if they are a starter or backup on either Offense or Defense and also if they are a Senior then they go with the Varsity. All other players will practice with the JV.

Our staff is divided as Offensive Coaches or Defensive Coaches. All Coaches will work with our Special Teams. We want to have our players in small groups to maximize our repetitions in Individual/Group Periods. When the Varsity is practicing on Offense the JV is practicing on Defense. This helps because many of you know you have a hard time hiring quality coaches and telling them they will be JV coaches. Our JV players (our future) are getting coached by the same staff that our varsity is getting coached by. We are teaching them the same things with the same drills, words, plays, etc.



We do not do drills to just do drills. We are specific and know the things our players must be able to execute the system we utilize only the drills needed to execute our system. If we are having trouble with something we may add something in drill work to help master that skill but not often.

Our practice schedule does not change and we believe this helps with our young men being consistent in our approach and helps them with routine. It also allows our young men to prepare for each game the same and this will help with the rollercoaster of being up or down from week to week. We prepare the same for the State Championship as we do with the worst team on our schedule.

Our install teaching method is what we call the: Whole-Part-Whole method. This method is much different than adding 1 or 2 plays each day and working on them until you get them right and then moving on to something else. We have found by using 1 or 2 play method we can't get our complete system in. I have found even when you have the majority of your team returning that a certain play or series you were very successful the previous year for whatever reason is not productive for you the next year, or something that was not good the previous year will be the go to play or series the next year. So with that understanding we always put everything in each year and instead of adding things as the year goes we actually will pull things out and have more time to improve our execution on the things we are doing well.

I want to begin with Spring Practice which we are able to have in Georgia. We get 13 days of school to practice 10 days and we now are allowed to have a scrimmage vs another school on our last day. This is the time we get to start building for the next year. Spring practice in full pads allows us the time we need to work on running the ball and defending the run. We add a very few passing concepts during spring ball and work more on this during the summer in shorts.

What we believe in is we want to use our first five days and we want to install 90% of our offense and we will only use our base schemes, meaning we will not use alternant blocking schemes. We're going to put a lot in. Our new kids and our Freshman are not going to execute it very well, they're not going to understand it very well. We do some individual work during this time and each player is being introduced to our drills and techniques needed to execute all the things they will need to do but obviously they will not be executing these skills at a high level. We are not concerned about execution during this time. We want them to understand the terminology, play and where to go and who to block. It is very important to make sure you are teaching them and constantly asking them "what is your rule". We want them to know how to run the play and who to block much more than technique at this time. Obviously, the players that have played for a year or two, it's a quick review for them. They're back and they're running and they're going.

Our young kids are going to get very confused. They're still trying to learn the terminology and the verbiage but at least we get everything introduced. We get them moving, we get them going. We come back the second week we repeat the same process. All we're doing now though is we're slowing it down, we're teaching them individually, steps and progressions, how to take proper angles, all of that type of stuff on their Trap, Down, Buck Sweep Pulls, Backfield Actions etc.. So we start trying to fine tune the techniques that are used to execute the plays.

Now during Spring Practice, we will spend the first five days of practice going against our base 4-3 defense without any blitzing or stunting. With our players going both ways this allows us to get good work by using our best on best. We are looking for players that can block or defeat blocks without having to think. We want to determine who is physical and



willing to run and strike. We will take the last 3 days of practice and block the defensive look that we will see in our Spring Scrimmage.

Now we will move to our Summer Sessions. We will work our players on Monday thru Thursday each week. We bring our players in at 7:30 AM and have them a breakfast meal before workouts begin. We start our work in the weight room and then move to the field. We will come off the field at approximately 11:30 and give our players lunch and then transport them home by bus if the athlete needs a ride home. We are fortunate that our system will provide bus routes for our players in the summer. Our Coaches must have a CDL and we will drive the bus route to pick up and take home players during summer months. This is a great situation because it keeps our summer attendance very high, and we are able to get consistent work. We will have 1 hour and 15 minutes in the weight room each of those 4 days and we will spend 1 hour and 45 minutes on the field. We will work the Varsity on Offense on Monday and Wednesday and the Varsity on Defense on Tuesday and Thursday. We believe the summer is where we are able to get ahead in our install. We will have a 35-minute individual period where we can work on the fundamentals needed to perform the needed skills to be successful. We will then use 30 minutes to go with group work. During this time, we will focus on our blocking assignments or backfield actions and begin adding our passing game with our skill kids and begin adding our pass protections for our linemen. We will use week 1 for the ML and Veer, week 2 for the Buck Series, Week 3 for the Belly Series, Week 4 for the Ride Series etc. This is also the time where we start introducing our variations for our base offense.

We will throw 7 v 7 on Tuesday mornings vs other schools since this is a defensive day. If we do not have an opponent, then we will throw against ourself. Georgia now has started allowing teams to have half pad camps vs other schools and we will do this twice once at the end of June and then again, the middle of July. These have been great as we will have the opportunity to work against at least 3 other schools each camp and we must be able to execute our blocking rules against multiple looks.

Our last week prior to official practice starting we will use a week of Two-A-Days and have what we call “Jombo Week,” during this week we will do another complete install as we did in Spring Practice and we should be able to cover the entire system in this 4-day week.

The first official week of practice in GA is always 5 days of practice that is in only helmets and we can only work for 2 hours maximum. We take this week, and we will install everything in our kicking game. Now I know this is a book about Wing T Football, but I want you to know that this is one of the best things we do. As we all know we have young men that are playing on Special Teams as a starter, but they don't start on offense or defense. This has increased the morale of our team leading into the first day of pads by these players seeing how they are counted on to make our season a success while they are continuing to master the skills needed to become a starter on offense or defense.

What we're looking at here is our typical offensive input schedule that we try to follow. This is Fall and Spring is pretty much the same for us without the Thursday input, this allows us in the spring to spread some out from each day. Remember the fall is the 4th time of install and we should have very little teaching involved.



Fall Input Offensive Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Buck 42-21 sp. to TE	Belly 33-34 G Bob	Rocket @ 1 or 2	500-600	Review
Buck 42-21 sp. to SE	Belly 33-34 G kp. Bob	Ct. 40-29 W	Double Ice Rt & Ll.	
Buck 30-39 X	Ride 35-36 GM Call	Ct. 40-29 W nose	Ice Rt or Lt Keep	
4-27 & 2-48 Y or X Rev	Ride 35-36 m or g opt.	Ct. Toss 27-48 W	55-56 K lead down	
Bama To TE	Sw 44-23 Y dib.	Sweep 42-21 M X Lead		
Bama To SE	Sw 46-25 Y bat or team	Roll 13-14 M kp. Dib.		
Midline Rt. & Lt.	Speed 42-21 G (lead)			
Midline Lead Rt & Lt.	Ride 35-36 Sweep			
	Ride 36-46 Sweep			
BL @ 1 or 2 sp. Or X	Belly 33-34 Pass (switch)	1 or 2 Buck Cadillac	1 or 2.70	
70 Passes	Ride 35-36 Pass (switch)	1 or 2 Spin Cadillac Flood	1 or 2.73	
	90 Passes	1 or 2 spin cadillac flash flood	1 or 2.72	
	90 Pick			

We're coming in at Day 1 and we're installing the Buck Sweep to the Tight End and to Split End Side. We're going to add the Fullback Trap, we're working the Counter Criss-cross, so we're including all of our Bucks series. If you look down at the bottom, there's Bootleg Pass. So, we've installed all of our Buck series. We want to install the Veer, Inside Veer Strong, Inside Veer Weak, that's Bama to us. And we're going to install the Midline, in what we call our Midline Lead. And we're going to work 3-step passing game. Now in the spring, the 3-step passing game would not go in, that's early in the fall. Of course, we've already been practicing all that in the summer, but it's like bringing it all back again. The emphasis in the spring is to run the football and stop the run. So, the 70 passes would not be involved in spring practice. We would put the Boot in to force our people to have to defend it.

A lot of people ask me, "Why do you put the Veer and the Midline in as one of the first things you do? And is that a Wing-T play? In our practice schedules, we go back, and we review each day what we put in the day before. So some of the hardest things to do, you want more reps for your Quarterbacks on the Veer and the Midline. They need as many reps as they can get, so I force myself to put it in Day 1. We go back and review each day the things we've already got put in, we've added a lot more meshes between that Quarterback and Fullback for the Midline and Veer. So, I wanted to make sure I brought that up, that's why we stick that in on Day 1.

Day 2 for us is we're putting in the Down. The Down and the Down Option which is Belly Keep. We work the Weak Side Belly. We call it Ride. So, there's the Ride and Ride Option. We put in our Power Sweep game, where the Fullback is kicking. So we've got 44-23, that's Power Sweep to the strong side. The 46-25 is Power Sweep to the Split End side. We now run The Sweep, the Belly Sweep, as part of our ride package into the weak side. So, we go ahead because we're installing the Ride Series, the Belly Sweep goes in with it. Our play action passes, we've got the Down Pass, which goes with the Belly Series. We've got the Ride Pass, which goes with the Ride Series, and then we have what we call our 90 passes, which is our sprint out passing game. And we've got this jump bunch pick route that we do at our quick passing game that goes in on Tuesday. Again, in the spring, the 90 passes would not go in on the second day, the 90 picks would not go in on the 2nd day.

Wednesday. Now, we're going over the Rocket Sweep. We add the Tackle Trap series, which Counter Toss is also part of the Tackle Trap. We've got the Speed Sweep and our Roll Option. We're going to add the Counters as well. The Sweep 42-21 MX is a variation of a weak side sweep and the Roll Option. Now, we also have our play action passes. We've



got what we call our Cadillac Series, which is a cover 3 beater, is the 1 and 2 Buck Cadillac. The cover 2 beater is the 2 Spin Cadillac. And a quarters beater is a 2 Spin Cadillac Flash Flood. Those all go in on Wednesday. Please remember Speed Sweep goes in on Wednesday for us.

Thursday is our goal line and short yard edge package. We do have a very small, as you can see, Power-I type short yard situation. That's 500-600 is our Power-I formations. We've got the Blast Double Ice play. We've got the single ice back away from the powerback. And we've got the off-tackle power where we're doubling down, kicking out, leading through. That is really what we're looking for. That's a lot to throw at our kids on a four-day week.

So, Friday, as is written here, which was actually Day 5 and this day is a full team day and we will block bags with 2 huddles going and cover the entire offense.

So, it seems like a lot, but when you've already put it in in the spring, you fine tuned it through the month of June with your steps and your techniques, you come back in July, you have your Jumbos. Well, it seems like it's a whole lot of information here but the reality of it is, 90% of it is what it is in spring practice.

So, you went through, you add it, you got them acclimated to the play calls and the things you're doing, then we come back in the month of June, now we start fine tuning. We start learning the proper steps, the proper techniques, all of that type of stuff is what we're doing and we're adding all of our passing game that we didn't get to in the spring. We're adding it into the summer. We try to throw 7 on 7s, we do that on Tuesdays, which is more of a defensive day. We'll throw 7 on 7s with another school if we don't have another school, we'll have the perimeter period within our own concepts. Once we get into July, remember we have Jumbo week. So, we're running through all that stuff again in that four days of Jumbo week.

By the time we get down to that acclimation period, our kids pretty well know and they're able to buzz through this stuff and sometimes even we feel like we understand what we're doing in our roles enough, we may even need more individual polish work in that five-day acclimation period and less team. We have to get a feel for where our kids and how well they understand their assignments and if they're solid, we'll go ahead and jump in.

Our practice schedule is broken down into columns with the QB/FB in column one. The HB/ZB (wings) column two, WR column 3, OT/TE column 4 and the C/G's in column 5. Each column also has the defensive position groups in them for defensive periods or days. Each period is a 5-minute segment as you progress through the schedule, so a practice that has 36 periods is a three-hour practice. If you notice, we will have times set aside that say see script and this is when we are in group or team periods. We will stay on our schedule very closely when we are in individual periods but when we get to the scripted periods, we tell our plays we want to run 7 offensive plays per 5 minutes if blocking bodies and we will use 2 huddles and we want to run 10 plays between both huddles when we are blocking bags. We will run every play on the script and if practice goes longer or shorter that is up to our execution and hustle to and from the huddle. Our favorite saying **is**

“Do it right do it light, Do it wrong do it long.”



I want to show you a look of our Practice Schedules for a game week. With our players going both ways we will designate Monday as an Offensive Emphasis day, as you see on the schedule, we only will have 25 minutes of defensive work and it will normally be 10 minutes of individual work and then we will do a team formation adjustment and check period. Also on Monday we begin practice with a Speciality Period for all our: Kickers, Punters, Snappers, Returners working on their Speciality skills and our OL will be doing a walkthrough of blocking assignments for the defensive looks we anticipate that week. You will also notice on the script that we do very little if any work on our passing game in the team period on Monday. We finish Monday practice with our PAT/FG and Punt.

Opponent: Veterans
 Gear: Half Pads
 Dublin Football Practice Schedule
 2017
 Date: Aug. 21st
 Day: Monday

Per	Con	Group	QB-FB/CB/R	RB/SC-FS	SE/LB	OT-TE/DT	C-G/DE	
1	A	Speciality		Carswell to Holder		Walk Through Assignments		
2	A	Speciality						
3	A	Speciality						
4	con	IND O	Bama	Ball Handling & Cut	release vs press m	Fill Blocks	Man Reach	
5	con	IND O	ML	No Bat Calls	Stalk or PC	W Reverse Drill	0-9 X Loaded	
6	con	IND O	Ride (bend back)	Bib Blocks	Crack	Oscar & 1 Calls	A Chip BS for ML & Ct	
7	con	IND O	71 & 73 With SE	FB Down Blocks with WB	71 & 73 With SE	5-6 Y Calls	Bootleg Pulls	
8	con	IND O		1 & 2 drill/ Y special 46 gx	Bootleg OUT Rt.	Bump Lead on Rocket	1-2 Drill	
9	con	IND O		1 & 2 drill/ Y special 46 gx	Bootleg Route	W Rev. Drill & Wrap Tech	1-2 Drill	
10	con	IND O	Speed sweeps/ Counter 40 Fox & W,				Assignments Review	
11	con	IND O	Bama to TE Arc & ARC				Assignments Review	
12	con	IND O	Bama to DELEWARE and AWAT				Assignments Review	
13	con	Break						
14	con	IND D		Defeat Blocks	1 step progression	Reading Hat	Hat & Hands under	
15	con	IND D		Formation Recon	Counter Drill	Reading Hat	Stunts	
16		IND D		Formation Recon	vs Mesh Route	vs Influence Blocks	Stunts	
17	bags	IND D		Formation Recon	Formation Recon	vs Influence Blocks	Counter drill	
18	bags	IND D		Formation Recon	Formation Recon	Stunts	pass Rush	
19	bags	Break						
20	bags	Team O	See Script					
21	bags	Team O						
22	bags	Team O						
23	bags	Team O						
24	bags	Team O						
25	bags	Team O						
26		Team O						
27	con	Team O						
28	con	PAT/FG	Cover Poll Cat					
29	con	PAT/FG						
30	con	Rugby	Protection & Cover	Pick for wide outs.				
31	con	Rugby						
32	A	Condition						
33	A	Condition						
34								
35								
36								
37								
38								



Opponent:
Gear: Half Pads

Dublin Offensive Script

Date:
Monday

#	H	Formation	Play	front	cv	#	H	Formation	Play	front	cv
1	M	Dal. Rt.	Buck 46 GX Boss	40	3	41	Dal Lt.	Mid Line Rt.		40	3
2	M	Dal. Rt.	Buck 42 Special	40	3	42	Dal Lt.	Bama Rt. Stalk & bob		40	3
3	LM	Dal. Rt.	Buck 30 X	40	3	43	Dal Lt. Em Lt	Bama Lt Arc & Boss		40	3
4	LM	Rt.	4-27 Y Reverse	base	3 st	44	Tight Dlb.	speed 42 G		40	3
5	LM	Dal. Rt.	Buck 42 Y Special	40	3	45	del. Rt.	Bama Lt. Bob		4-3 BO	3
6	RM	Dal. Rt.	Sweep 44 Y Dlb.	40	3	46	Del. Rt.	Ride 35 M (No Mo)		4-3 BO	3
7	M	Dal. Rt.	Sweep 46 Y Boss	40	3	47	Del. Rt. Con	Speed 21 G Lead		4-3 BO	3
8	M	Dal. Rt.	Sweep 25 Y Bat	40	3	48	Del. Rt.	Sweep 25 Y Bat		4-3 BO	3
9	M	Dal. Rt.	Sweep 21 M X Lead	40	3	49	Rt. Del. Rt.	Ct. 40 W		4-3 BO	3
10	RM	Dal. Rt.	Ride 36 M Turnout	40	3	50	Del. Rt.	ML Left		4-3 BO	3
11	RM	Dal. Rt.	speed ride 35 M	40	3	51	Del. Lt. Con	Speed 42 G Lead		4-3 BO	3
12	L	Tight Right	Ride 35 ZB Sweep	40	3	52	Del. Lt. Pro	Speed 21 G Lead		4-3 BO	3
13	LM	Right	Counter 40 W (No Motion)	base	3 st	53	Del. Rt. Con	Speed 21 G Lead		4-3 BO	3
14	LM	Right	Counter 40 M Wrap (No Mo)	base	3 st	54	Del. Rt. Pro	Speed 42 G Lead		4-3 BO	3
15	M	Right Em Left Zing	Ct. 40 Fox	40	3	55					
16	R	Dal. Rt.	counter Toss 29 HW Wrap	40	3	56					
17	L	Texas Rt.	Counter 29 W	40	3	57					
18	L	Dal. Rt.	Mid Line Right	40	3	58					
19	M	Right	Mid Line Left	base	3 st	59					
20	M	Dal. Rt.	Bama Lt. Stalk & Bob	40	3	60					
21	M	Dal. Rt.	Bama Rt. Arc & Boss	40	3	61					
22	L	Tight Dlb.	Speed 21 G	40	3	62					
23	L	Dal Lt.	Buck 25 GX Boss	40	3	63					
24	M	Dal Lt. Em Lt	Buck 21 Special	40	3	64					
25	M	Dal Lt.	Buck 39 X	40	3	65					
26	RM	Left	2-48 Y Reverse	base	3 st	66					
27	R	Dal. Lt.	Buck 21 Y Special	40	3	67					
28	m	Dal. Lt.	Sweep 23 Y Dlb.	40	3	68					
29	R	Dal. Lt.	Sweep 25 Y Boss	40	3	69					
30	M	Dal. Lt.	Sweep 25 Y Bat	40	3	70					
31	R	Dal. Lt.	Sweep 42 M X Lead	40	3	71					
32	M	Dal. Lt.	Ride 35 M Turnout (no Mo)	40	3	72					
33	M	Dal. Lt.	Speed Ride 36 M (No Mo)	40	3	72					
34	M	Tight Left	Ride 36 HB Sweep	40	3	74					
35	M	Left	Counter 29 W (No Motion)	base	3 st	75					
36	L	Left	Counter 29 M Wrap (No Mo)	base	3 st	76					
37	L	Left em rt hike	Counter 29 Fox	40	3	77					
38	M	Dal Lt.	Counter Toss 48 HW Wrap	40	3	78					
39	M	Texas Left	Counter 40 W	40	3	79					
40	L	Dal. Lt.	Mid Line Left	40	3	80					



Tuesday is a Defensive emphasis day and we will begin practice that day with what we call A, B, C's. This is our tackling circuit and replaces the time on Monday we dedicated to Speciality Period. You can see we only dedicate 25 minutes on Tuesday to Offensive Practice. We focus on our passing game on Tuesdays. We will take the backs and receivers and do 7 on 7 against our JV defensive players. We will work off our script and use two huddles on offense with them alternating plays and then go back through the script so both huddles get to run each play. As mentioned, before we will look to get 10 plays run in each five - minute period since we are not using live contact. We will finish Tuesday by covering our Punt (Fakes) and Punt Block and Return.

Opponent: Dublin Football Practice Schedule Date
 Gear: Half Pads 2017 Day: Tuesda

Per	Group	QB-FB/CB/R	RB/SC-FS	SE/LB	OT-TE/DT	C-G/DE
1	A	ABC's				
2	A	ABC's				
3	CON	ABC's				
4	CON	IND D	BP	vs Angle Blocks	Butt & Press	Hat & Hands vs base/dn
5	CON	IND D	Man Coverage	vs BL Pass	Influence Trap	Counter Drill
6	CON	IND D	Man Coverage	Blitz drill with LB's	Blitz drill with LB's	Blitz drill with LB's
7	CON	IND D	Formation Recon	Blitz drill with LB's	Blitz drill with LB's	Blitz drill with LB's
8	CON	IND D	Perimeter		Inside Drill	
9	CON	IND D				
10	CON	IND D				
11	CON	IND D				
12	CON	IND D				
13	CON	Break				
14	CON	IND O	Perimeter Pass O: See Script		80 Protection	
15	CON	IND O			70 Protection	
16		IND O			Bootleg Protection	
17	Full	IND O			BL Screen	
18	Full	IND O			90 Protection	
19	Full	Break				
20	Full	Team D	See Script			
21	Full	Team D				
22	Full	Team D				
23	Full	Team D				
24	Full	Team D				
25	Full	Team D				
26		Team D				
27	Con	Team D				
28	Con	Team D				
29	Con	Break				
30	Con	Rugby	Cover Fakes			
31	Con	Rugby				
32	A	Punt Blk	Blk Left, Block Lt. Load, Jesse James, Punt Safe: Cover Fake @ 3 & fake at 4			
33	A	Punt Blk				
34						
35						
36						
37						
38						



Opponent: Veterans
Gear: Half Pads

Dublin Offensive Script

Date: 8-22-17
Tuesday

#	H	Formation	Play	front	cv	#	H	Formation	Play	front	cv
1		Dal Lt. Hike	2-90 Pick	40	3	41					
2		Dal Lt. Con	FB BL @ 2 Sp. Out ZB Flag	40	3	42					
3		Dal Lt.	Bootleg @ 1 Special	40	3	43					
4		C Dal. Lt.	Ride 36 Pass Post Wheele	40	3	44					
5		Dal Lt. Zing	2-73 *	40	3	45					
6		Dlb. Northern Hike	2-95 fish flat	40 BO	3	46					
7		Dlb. Northern Hike	2=90 FB Screen Lt.	40 BO	3	47					
8		Dal. Rt. Zing	1-80 Pass Jamon	40	3	48					
9		Dal. Rt. Hike	1-90 Pick	40	3	49					
10		Dal. Rt.	Speed Bl @ 1 special out	40	3	50					
11		Dal. Rt. Con	FB Bl @ 1 sp. Out HB Flag	40	3	51					
12		Dal. Rt.	Speed Ride 35 PA Sw. C/F	40	3	52					
13		Dal. Rt.	Belly 34 Pass ZB P, HB Wh.	40	3	53					
14		Dal. Lt. Hike	1-73*	40	3	54					
15		Dlb. Southern Zing	1-95 fish Flat	43	2	55					
16		Right	2 spin Cad. Flood	43	2	56					
17		Dal Lt.	Speed BL @ 2 special	43	2	57					
18		Dal. Lt. Hike	2-80 Pass Jamon	43	2	58					
19		Dal Lt.	Ride 36 Pass Curl Flat	43	2	59					
20		Dal. Rt.	BL @ 4 G. Screen Lt.	43	2	60					
21		Denver Rt.	2-60 FB Draw	43	2	61					
22						62					

Wednesday practice will have all team periods on Offense, and we will normally be in half pads. We will have a separate group period for our defense with a perimeter and inside drill. We will begin practice with our KO and KOR and go straight to our Goal-Line offensive period for 10 minutes. We normally have 10 or less plays that we work during this 10 - minute time frame. We are working plays that are from the 6 - yard line in during this time. We move a little slower pace and make more corrections than in our normal team period. We will then go into a 10-minute period of GL D.

After we finish GL O we will transition into our "Team O Period" and we will do these 2 different ways and we will determine from week to week as to whether we want to block bags or and use 2 groups or if we want block bodies and use one huddle and substitute in our backups. We also will often divide this period into first 20 minutes will be only pass and the next 30 minutes will be all run or choose to just mix both run and pass. On the schedule if we have chosen to put here we went with the mixture schedule.

The reasons we use to determine the way we want to do our team period are as follows. If we believe we do not have a great understanding of our assignments for two groups, we will use 2 huddles and block bags for execution and assignment. When we face a defense that slants, stunts, or penetrate up field consistently we often will block bodies as we find it hard to get a great look with bags.



As for our passing game it allows our young defensive line to get upfield and give us a great look on pass rush and makes our offensive line work harder on pass pro when we do not use bags. It gives our QB a better feel of having defenders near him when he is throwing the ball, and this also helps us with running screens by having a great pass rush.

Many days when we have separated the run and pass in the script, we will use bags in the run game and live bodies in the pass game. I also want to mention that our Booster Club will prepare a Spagattie Dinner for our playes and Coaches when they come off the field on Wednesdays so we can begin the carb loading for the game on Friday. We would like to do this on Thursday, but since we play JV on Thursday we use Wednesday to begin the process.

Opponent: Wilco
Equipment: Half Pads

Dublin Football Practice Schedule
2017

Date: Aug. 30
Day: Wednesday

Per		QB-FB/CB/R	RB/SC-FS	SE/LB	OT-TE/DT	C-G/DE
1	B/C KO Cov	1 O'Clock, 11 O'clock and 10 O'clock Lob				
2	B/C KO Cov					
3	B/C KO RET	Right & Left Ret.				
4	B/C KO RET					
5	Con GL O	7-1 Goaline				
6	Con GL O					
7	Con GL D	Power Rt. & Lt. & Base Fronts				
8	Con GL D					
9	Break					
10	B Team O	See Script: Run & Pass MIX				
11	B Team O					
12	B Team O					
13	B Team O					
14	B Team O					
15	B Team O					
16	B Team O					
17	B Team O					
18	Con Break					
19	Con Group D	perimeter			Inside Drill	
20	Con Group D					
21	Con Group D					
22	Con Group D					
23	Con Break					
24	Con Team D	See Script	30 Snaps			
25	Con Team D					
26	Con Team D					
27	Con Team D					
28	Con Team D					
29	A Team D					
30	A Team D					
31	A Team D					
32						
33						
34						
35						
36						



Opponent:Veterans
Gear: Half Pads

Dublin Offensive Script

Date:8-23-17
Wednesday

#	H	Formation	Play	front	cv	#	H	Formation	Play	front	cv
1	M		Goal Line O			41		Dal Lt.	Buck 39 X	40	3
2	M	Tight Dlb.	sw. 44-23 Y dlb. Los	7-1*	3	42		Left	2-48 W Reverse	base	3 st
3	LM	Tight Dlb.	ML @ LOS	7-1*	3	43		Dal. Lt.	Buck 21 Y Special	40	3
4	LM	Tight Dlb.	Sw. 25 Y Turnout	7-1*	3	44		Dal. Lt.	Sweep 23 Y Dlb.	40	3
5	LM	Tight Dlb.	Belly 33-34 PA ch.	7-1*	3	45		Dal. Lt.	Sweep 25 Y Boss	40	3
6	RM	Dlb. North	Mid Line Left	7-1*	3	46		Dal. Lt.	Sweep 25 Y Bat	40	3
7	M	Dlb. North	Sw. 44 Y Dlb.	7-1*	3	47		Dal. Lt.	Ride 35 M Turnout (no Mo)	40	3
8	M	Dlb. North	sw. 25 Y Bat	7-1*	3	48		Dal Lt.	Ride 36 Pass Curl Flat	43	2
9	M	Dlb. North	Ride 35 GM Call	7-1*	3	49		Dal. Lt. Zing	2-73*	40	3
10	RM	Dlb. North	Buck 42 sp. SE Around	7-1*	3	50		Dal. Lt.	Speed Ride 36 M (No Mo)	40	3
11	RM		Team O			51		Left	Counter 29 W (No Motion)	base	3 st
12	L	Dal. Rt.	Buck 46 GX Boss	40	3	52		Dal Lt.	Counter Toss 48 HW Wrap	40	3
13	LM	Dal. Rt. Hike	1-90 Pick	40	3	53		Dal. Lt.	Mid Line Left	40	3
14	LM	Dal. Rt.	Buck 30 X	40	3	54		Dal Lt.	Mid Line Rt.	40	3
15	M	Rt.	4-27 W Reverse	base	3 st	55		Dal Lt.	Bama Rt. Stalk & bob	40	3
16	R	Right	2 spin Cad. Flood	43	2	56		Del. Rt.	Buck 42 Sp. ZB Around	40 BO	3
17	L	Dal. Rt.	Buck 42 Y Special	40	3	57		Denver Rt.	2-60 FB Draw	43	2
18	L	Dal. Rt.	Sweep 46 Y Boss	40	3	58		del. Rt.	Bama Lt. Bob	4-3 BO	3
19	M	Dal. Rt.	Sweep 25 Y Bat	40	3	59		Del. Rt. Con	Speed 21 G Lead	4-3 BO	3
20	M	Dal. Rt. Con	FB Bl @ 1 sp. Out HB Flag	40	3	60		Del. Lt. Con	Speed 42 G Lead	4-3 BO	3
21	M	Dal. Rt.	Ride 36 M Turnout	40	3	61		Del. Lt. Pro	Speed 21 G Lead	4-3 BO	3
22	L	Del. Rt.	Ride 35 M (No Mo)	4-3 BO	3	62		Rt. North	buck 42 sp. SE Around	4-3 BO	3
23	L	Dal. Rt.	Speed Ride 35 PA Sw. C/F	40	3	63		Rt. North	Flea Flicker Rt. 2-80	4-3 BO	3
24	M	Del. Rt.	Ride 35 ZB Sweep	4-3 BO	3	64					
25	M	Rt. Del. Rt.	Ct. 40 W No MO	4-3 BO	3	65					
26	RM	Dal. Rt.	BL @ 4 G. Screen Lt.	43	2	66					
27	R	Dal. Rt. Zing	1-80 Pass Jamon	40	3	67					
28	m	Right Em Left Zing	Ct. 40 Fox	40	3	68					
29	R	Dal. Rt.	counter Toss 29 HW Wrap	40	3	69					
30	M	Texas Rt.	Counter 29 W	40	3	70					
31	R	Dal. Rt.	Mid Line Right	40	3	71					
32	M	Dlb. Northern Hike	2-95 fish flat	40 BO	3	72					
33	M	Dlb. Northern Hike	2-90 FB Screen Lt.	40 BO	3	72					
34	M	Right	Mid Line Left	base	3 st	74					
35	M	Dal. Rt.	Bama Lt. Stalk & Bob	40	3	75					
36	L	Dal. Rt.	Speed Bl @ 1 special out	40	3	76					
37	L	Dal. Rt.	Bama Rt. Arc & Boss	40	3	77					
38	M	Tight Dlb.	Speed 21 G	40	3	78					
39	M	Dal Lt.	Buck 25 GX Boss	40	3	79					
40	L	Dal Lt.	Speed BL @ 2 special	43	2	80					



I know many Coaches will only be on the field on Thursday for about 1 hour and we wish this was our case, but with our young men going both ways we need that extra time to make sure we get our needed time on the field each week to be prepared. Thursday for us is what we call polish day. We only wear helmets on Thursday practice. We will spend the first hour going over all our Special Teams and checking our two deep depth chart for all Special Teams. We will attempt to keep our JV players with us unless they have to leave early for their game since several of them are involved on our 2 deep depth chart for special teams. We will go to GL offense and repeat what we covered on Wednesday. We will go to a GL D and then progress into our Team O period. We will shorten our script and we always finish with 2 or 3 or our trick plays that we have in our playbook. We move to the defensvie side and have a team period that will include all our checks and motions. We then cover our prevent defense and finish practice with our 2 minute drill on air and then run our FG tham on the field and end practice with a hurry up FG.

Opponent: Dublin Football Practice Schedule Date:
 Equipment: T shirt shorts 2017 Day: Thursday

Per	con	QB-FB/CB/R	RB/SC-FS	SE/LB	OT-TE/DT	C-G/DE
1	A	KO Cov	1 O'clock, 11 O'Clock ,10 O'Clock Lob			
2	A	KO Cov	Onside KO, 3 O'clock			
3	B	KO RET	Right & Left Ret			
4	B	KO RET	Alabama/Tide			
5		Rugby Punt	Fakes: Blue Hike, Under Screen, Tarzan			
6	B	Punt Blk	Block Left, Jesse James, Ret. Left			
7	B	Punt Safe	Cover Fake @ 3 and 4			
8	B	PAT/FG	Poll Cat, fire, Fake			
9	B	PAT/FG Blk	Align to Pollicat			
10		PAT/FG Blk	FG Block from Hash			
11	B	Special	Take a Safety, Free Kick After Safety			
12	B	Special	Take a Safety, Free Kick After Safety			
13	B	Break				
14	B	Goaline O	See Script			
15	A	Goaline D	See Script			
16	A	Goaline D				
17		Break				
18	B	Team O	See Script			
19	B	Team O				
20	B	Team O				
21	B	Team O				
22		Team O				
23	B	Break				
24	B	Team D				
25	B	Team D				
26	B	Team D				
27	B	Team D				
28		Team D				
29	B	2 min D				
30	B	2 min. O	Hurry UP FG			
31	B					
32	B					
33	B					
34	A					
35	A					
36						



Opponent:
Gear: Helmets/T Shirt

Dublin Offensive Script

Date:
Thursday

#	H	Formation	Play	front	cv	#	H	Formation	Play	front	cv
1			GL O			41		Rt.	Counter 40 W X Fan	35	1
2		Deuce	Sw. 46 Y Bat	35	1	42		Rt. North	Buck 42 sp. ZB Around	35	1
3		Del.Rt.	Sp 42-21 G Lead	35	1	43		Rt. North	Buck 42 sp. SE Around	35	1
4		Dal. Rt. Em Lt	QB Sneak @ 7 or 8 Wedge	35	1	44		Rt. North	Flea Flicker Rt. 2-90	3-5	1
5		C Dal. Rt	Sp. Ride 35 Pa Switch	35	1	45					
6		Dal. Rt.	Belly 34 Pass Change	35	1	46					
7		Right	Sweep 44 Y Dlb.	35	1	47					
8		Tex. Rt	Sweep 25 Y Bat	35	1	48					
9		Dlb. North	Ride 36 Pass HB/SE Cross	35	1	49					
10			Team O			50					
11		C Deuce	Speed BL @ 2 Special Out	3-5	1	51					
12		Trips Rt. H	Sp. BL @ 2 Sp. Flood	3-5	1	52					
13		Deuce	2-60 FB Draw	3-5	1	53					
14		Deuce	2-80 BAT Shuttle Pass Rt.	3-5	1	54					
15		Dal. Rt.	BL @ 4 G. Screen Lt.	3-5	1	55					
16		Dlb. Northern	Sw. 44 Y Pass ZB Seam	3-5	1	56					
17		Dal. Rt.	Belly 34 Pass	3-5	1	57					
18		Dal. Rt.	sp. Belly 34 pa ZB post/HB Wh TE Firm	3-5	1	58					
19		C Dal. Rt.	Sp. Ride 35 Pa sw. P/W	3-5	1	59					
20		Dlb. Noreern hike	2-95 fish flat	35	1	60					
21		dlb. Noreern hike	under screen rt	35	1	61					
22		Dal Lt.	Buck 21 Special	35	1	62					
23		Dal Lt.	Buck 39 X Peg & Gold	35	1	63					
24		Dal Lt.	Sweep 23 Y Dlb.	35	1	64					
25		Dal Lt.	Buck 46 GX	35	1	65					
26		Dal Lt.	Rocket @ 1	35	1	66					
27		Dlb. Southern	Roll 13 M Kp. Dlb.	35	1	67					
28		Left	Ride 36 Gm or M Combo	35	1	68					
29		Left South	Ride 36 HB Sweep	35	1	69					
30		Dal Lt.	Bama Rt. Peg & Gold S/B	35	1	70					
31		Dal Lt.	Buck 21 TEX	35	1	71					
32		DAL Lt.	ML Left Lead	35	1	72					
33		Dal Rt	Buck 25 GX	35	1	72					
34		Dal Rt.	rocket @ 2	35	1	74					
35		Dal. Rt. Zing	Toss 31 M Lead PC	35	1	75					
36		Rt.	Ride 35 Gm or M Combo	35	1	76					
37		Rt. North	Ride 35 ZB Sweep	35	1	77					
38		Dal. Rt.	ML Right Lead	35	1	78					
39		Dal Rt	Bama Lt. Peg & Gold S/B	35	1	79					
40		Dal. Rt.	Ct. Toss 29 W X Fan	35	1	80					



In Season Practice

Players want to practice and not stand on the side. We will divide our team in to two groups, which are varsity or jv. When choosing who goes with the varsity, we will only take the top 2 at each position on each side of the ball and if they are a starter on defense but a 3 on offense, they will be in the varsity group. By splitting our men in to two groups they all are working on different ends of the field. With our limited time on the field due to the fact that our players go both ways we will not have the time during the week for our third team to get many reps in group or team periods. By splitting them up the number 3 will be a one with the jv and get many more reps on his offensive time.

Also, as we will look at in our Coaching Staff Chapter our coaches only coach on one side of the ball. We are in small groups and therefore we can get a lot of reps on each individual drill. We believe you are not wise to make sure your second team gets equal reps as the first team. The truth is if your second team is getting a lot of playing time on Gameday you are either way ahead or way behind. I realize you may have a starter hurt and if this is the case you may simply have to run away from your backup the remainder of the game or call plays that they had very little outcome in the success of that play. If your player that was injured and not able to go the next week then obviously you can spend the entire week making sure the backup is ready to go.

SCRIPTS

I have found it of utmost importance to have scripts for all our group work and all team periods. When we put together our scripts, I want to make sure our players know that I intend to run each play on the script, and we will expect every player to execute the play correctly. With the 3-hour practice and small groups I will admit we do not always have the intensity that I would like, and this is a trade off to having my best players on the field for most of the game on both sides of the ball. When setting the script early in the season I will often stay within the same series. Example: We will run the Buck Sweep strong and weak, the Buck Trap, Counter Criss Cross, and Bootleg to and away from the Tight End in that order for example so we are building off each play.

We schedule 7 plays for each five minutes we are in team or group work when we are blocking live bodies. If we are blocking bags or going perimeter pass, we will schedule 10 plays per five minutes. We must be getting back to the huddle and getting to the line to make this happen. Obviously if we must repeat the play, we will go straight back to the line and run the play over without huddling. This is where our men understand that doing everything correct will get them off the field much quicker.

When putting the script together and the amount of offense we have we can not run every play vs every front or blitz we have seen on film from our opponent. That is where we must determine what we know will give us a problem and make sure it gets in the script on Monday or Wednesday for sure.

You will want to see the game plan chapter to understand how we will approach our scripts when we are using our unbalanced looks.



Conditioning

We will condition on Monday and Tuesday only during the season. You must be cautious of over working your players when using small groups and them being on both sides of the ball. Your players will develop football shape during the course of fall camp and early season simply of the number of reps they are getting on the field. Our most difficult time each year for conditioning is always the first two games. On Monday, our standart running is what we call a ladder. We will run 5 back, 10 back, up to the 40 yard line using each five-yard line. When we get to the 40 we will work back down using each five-yard line until we get back to the end. Tuesday will be a half ladder and we will stop when we reach the 40-yard line.

We also have a routine we will follow on Friday with our players. We do not allow our young men to leave and go home. We get out of school at 2:35 each day and we will take our team to our school cafeteria where our food service team will prepare our always pregame meal. We had a nutritionist years ago tell me that we should avoid red meats and things that will create problems with the digestive system during exercise and they suggested we go with a baked chicken, baked potato, green beans and bread. We will give our playes Powerade as their drink with this meal.

When we arrive at the cafeteris for the pregame meal we always start with a 10-minute presentation from our Team Chaplin, and he does a great job each week with his message and our team always has a good response to the message. We then will send them to get their meal by class. Always beginning with our Seniors first. We normally will dedicate 30 minutes for our pregame meal.

We will return to the Fieldhouse and begin our taping. We will begin with skill players first and during this time the Lineman and JV players will dress in their lower body attire. After finishing taping the skill players, we then will handle the linemen and the skill players will dress in pants and shoes. We will move to our mettings next. Please see our Friday Iteneriary below for both a home and away game.



Opponent:

Dublin High School Football Itinerary

To Go Sheet

Ahead	Behind
1- 2	1-1
2-1	2-2
3-1	3-1
4-D	4-1
5-2	5-2
6-1	6-1
9-1	9-1
10-1	10-2
11-1	11-1
12-2	12-2
13-1	13-2
14-1	14-1
15-D	15-1
16-1	16-2
17-1	17-1
18-1	18-2
19-2	19-2
20-1	20-1

Captains

- 1)|
- 2)
- 3)
- 4)

- 2:30 Pregame Meal (Devotion 10 Minutes)
- 3:10 Return to Fieldhouse
- 3:20 – 4:20 Tape & Dress
- 4:35 Defensive Meeting
- 4:45 Offensive Meeting
- 4:55 Special Teams Meeting
- 5:05 **HYDRATION TIME**
- 5:15-5:45 Quite Time
- 5:55 First Group Stretch in Weight Room
- 6:10 1st group to field QB, Long Snappers, Kickers, Returners.
- 6:25 Receivers to field
- 6:35 Linemen to field
- 6:37 Team Stretch
- 6:47 IND D
- 6:52 IND O
- 6:57 Team D
- 7:00 Team O
- 7:05 Off Field
- 7:23 Captains Out
- 7:25 Team Down the Hill

Officials Meeting:

- Cover Rugby Punt
- Cover Free Kick

After finishing taping, we bring the top three groups of our defensive kids in and we spend 10 minutes of a defensive team meeting hitting all the highlight points again. Re-emphasizing the real things that are a little bit different or give us concern. It's just a last-minute mental preview.

Straight out of that we go into our offensive meeting, top three groups on offense are all in the meeting. We go through all of our adjustments, anything, tweaks, blocking adjustments we've had. We try to hone in on what we think is the major part of our game plan and what we need to do and it's just a quick 10-minute meeting. Anybody who's got any questions or whatever, let's make sure we throw it out and we get a look. We will go over the first 4 plays of the game as these are the only plays, we script on game night.

Then we finish always with our special teams meeting. We do these same meetings now even when we go on the road, we make sure we get them plenty of time to have these team meetings.

I'm not here to plug any particular company or anything but the thing that we fell into last year, it's the new product that is on the market "BioLite" it is sometimes called IV in a bottle. We will have our players that are in need to drink a bottle during our Hydration Time and then they will have one at half time. We believe this has helped reduce the cramping of players.



After we have completed our meeting and our players have got the need fluids to insure their hydraditon leading up to the game we will send our players to quite time. What we encourage our players to do is get away from everyone and just begin playing the game in their mind and going over assignments and visuliazing themselves making plays. Players will have different places they will go in our fieldhouse and just relax. We do not use the quite time when we are on the road but instead ask our players to use the time on the bus to replace the time when we arrive.

When playing at home we have started taking our groups before they come on the field and going through a static stretch routine before they come on the field. We began doing this due to the extreme heat with our games beginning in mid August and it seems to be working well.

We take the field with our 1st group out: QB's, Long Snappers, Kickers, Punters and Returners at 6:10. They will begin with some dynamic warm up for about 5 minutes and then go to their specific spots and beging warming up. We spend 15 minutes in this period because players may do multiple things such as: Kicking and Punting, or QB warming up their arm and also being a holder for PAT/FG, and returners catching both kickoffs and punts.

Our Receiverrrs will stretch in the Weight Room and then come to the field at 6:25 and they will start running routes with the QB's throwing. This is a 10-minute period.

The remainder of the team mostly lineman will come down at 6:35 and we will begin our Team Stretch and Dynamic Warm up that last for 10 minutes.

Next is 5 minutes with our individual groups on Defense, then we transition into 5 minutes of individual offensive groups.

We will use 3 minutes in Team D. We simply will align in our base front on air and the Coach (QB) will take a drop and we will throw a pass that is intercepted and returned down the near sideline. We will use 2 huddles and each group will get 2 reps.

We finish with our Team O. I want to caution you as a Coach to make sure you have a routine for running your plays during pregame warmups. While I was still in college I would go scout for my old high school. I was asked to go see their opponent for game 4 so I went to see their first 3 games. Now I was watching pregame warmups and when they went to their team period I would record the plays they ran. I then found that the first 4 plays they went over in pregame were the same four they opened the game with. As a result of this observation the defensive staff made their defensive calls based on those first 4 plays the opponnent used in warmups. As had happened in all 3 previous games they did the same thing and the team I scouted for had really set the tone for the entire game in the first 4 plays. I have never forgot this and with that in mind we have a script we follow each week in our Team O period and the major purpose is to make sure each back and receiver gets the opportunity to touch the ball. I will go over each play now.



The first play we run is Buck Sweep. So my Left Halfback got to touch the ball. The second play we run is a three-step hitch to the Split End. Now we got to throw one, he got to catch one. The next play we run is the Down, the Belly, to our Fullback, now he gets to touch the ball and carry the ball. The fourth play we run is the Bootleg pass into the Tight End. Now he gets to catch one, the Quarterback gets an opportunity to throw one a little bit deeper. The very next play is the Counter Criss-Cross. I just want them to have the feel of that double handoff confidence-wise, smooth it out.

The next play for us is always the Inside Veer and my Quarterback has to pitch it. We want to get a pitch. We run it to the left. Now my Right Halfback got to touch the ball and get the feel in pregame warm-ups. The last play we always run is the Bootleg to the left and we hit the Split End for the touchdown route. All of our kids follow it in, we stay away from them, they do whatever little hype thing it is they want to do to get them going. We come off the field, we go straight to the field house. Once we get to the field house, our kids come in, we talk to them about anything we may have noticed in warmups.

We will review our 4 four plays we want to run on offense and go over any other reminders and give a little pep talk. We will drop to a knee and touch a teammate and have the Lord's Prayer. After that we will announce the 4 young men that we will send out as our Captains for that game. We always finish with our full team reciting our Attitude Poem. We then move to the door to get ready to exit for the field. Captain's walk out on the field at 7:23. The rest of the team comes out of our locker room to go down to the field at 7:25. They come on the field at 7:27. We kick off at 7:30.

A couple of other things you see on the sheet above is our "TO Go Sheet" and the information I want to cover with the officials in our pregame meeting. We go into every game and every coach on my team has this sheet. This tells us when we need to go for one, when we need to go for two. There's a couple there, there's some new sheets that have come out. This is the one we choose to use. I will in discussions with our Special Teams coordinator will pre determine how their kicker is and have a predetermined answer for the situations that have the D which means coaches decision. I have not yet bought into the analytics that many are going with today.

The last thing I think is always important. You're going to have a meeting with the official in your pregame meeting. For us in this game, I wanted them to make sure they understood our rugby punt, how we execute it, when we are using a fake what call they may here, what we're doing on our fakes, so they don't get confused, and we get some kind of penalty called on us for something we've done right. The other thing here, if you don't know what that is, this is the free kick rule in high school football.

Anytime your player signals for a fair catch receiving a punt or kick off, you can line up in a kickoff formation and if your kicker kicks the ball through the uprights, you get three points. A lot of people do not know that rule. I know when I go speak at the Glazier clinics, a lot of guys say, "Man, I never heard of that."



Well, here's your scenario, there's 13 seconds left to go in the first half. They're punting out of their own end zone. That one for us is a punt safe situation, a lot of times, with two returners back. All we have to do is signal fair catch. Wherever we catch the ball is the line of scrimmage. You simply line up in a kickoff formation. You caught the punt on the 40-yard line. There's six seconds to go. You stand a lot better chance of your kicker kicking it through the uprights and getting three points than you do connecting on a bomb to get 6. The problem is we've got a lot of young officials. The first time I ever was able to use this was the first game I ever coached in and Dublin, Georgia. We lined up to do a free kick and the officials were not sure how to align. They were lining up like a kickoff and had the white hat standing under the middle of the uprights. So I've now make it a point to always tell the officials in pregame warm-ups that we do know how to exercise the free-kick option. We do prepare for it. So that gives them a chance now to get together and say, "Is everybody good if they choose to use a free kick, do we know the proper mechanics?"

Obviously, there might be something the other team is doing or a trick play that you have in, but you want to make sure that you express that with the officials before the game starts.

I hope I've given you something here in this chapter. This is going to help you as a football coach and develop your program. Feel free to reach out to me at any time SoutheastWingT- clinic.com, and we'll try to answer your questions.

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