

The background features abstract geometric shapes in shades of blue and grey. At the top left, there are several overlapping, layered blue shapes that resemble a stylized mountain range or a series of steps. A large, light grey triangle points downwards from the top right towards the center. At the bottom, there are more layered blue shapes, similar to the top left, but inverted, creating a sense of depth and movement.

COACHING PORTFOLIO

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CAREER HIGHLIGHTS

Education

- Currently Enrolled: Capella University, Master of the Art of Educational Leadership
- Bachelor of the Art of Social Science Education: West State College, 2005.
- High School Diploma: Central Catholic High School, 2000.

Coaching and Athletic Department Experience

- 2007–Present: **Head Football Coach & Jr. High Athletic Director:** Ridgedale High School
- 2007– 2008: **Offensive Coordinator**– Mayhem, Indoor Football League
- 2006: **Assistant Varsity Football Coach/ Head Junior Varsity Coach:** Senior High School. Wide Receivers/Defensive Backs, Special Teams.
- 2005: **Assistant Varsity Football Coach:** Central Catholic High School. Wide Receivers/ Defensive Backs.

COACHING HIGHLIGHTS

Central Catholic High School, 2005

- Coached two 1st Team All-State Wide Receivers
- Helped a Defensive Back establish a school record for interceptions in a season (9)
- Instituted personnel packages to maximize offensive efficiency
- Team advanced to Regional Finals

Senior High School, 2006

- Assisted Head Coach in increasing offensive output in Passing Yardage by 600 yards from previous year
- Special Teams produced three touchdowns (2 returns, 1 block)
- Placed Kick Returner on the All Conference and All District Team
- Helped a punter to a 39 yard average

Mayhem, 2007–2008

- Guided Offense to 53 ppg in my tenure
- Offense ranked in the top 4 in all major Offensive categories
- Led the lead in passing
- Engineered four last drive wins
- Produced one CIFL All-Pro Athlete
- Set a league mark for total point scored in a game, which still stands
- Helped the team reach the Conference Semifinals

Ridge High School, 2007–2009

- Had a Quarterback set a school record for passing yards in a season, and he will eclipse the career passing yardage record
- Have sent three players to college to play football
- Raised Team GPA from a 1.5 to a 2.1
- Cut Ineligibles from 11 in 2007 to 0 in 2009
- Have graduated all 22 Seniors in my tenure
- Instrumental in the Development of 4 All-State selection, 1 of which was named as District Play of the Year



COACHING PHILOSOPHY


Coaching can really be a meaningful relationship and coaches are called on to fill a number of roles; sometimes simultaneously. Father, mentor, teacher, and role model are a few of the more common roles that coaches are called upon to fill throughout their career of leading young people. The relationship is unique and important to every player in a different way. Personally, I have had several coaches who have been influential in my life and I try to remember those relationships when dealing with my players.

On the field, I feel that coaches owe their players their best everyday. The coach-player relationship on the field should be one of mutual respect and trust, and most importantly there need to be open lines of communication between both parties. In addition to respect and communication, I feel that there should be no cursing at the players by any coach, and the language should be appropriate at all times. I am also a firm believer practicing at a game pace and doing everything at game tempo, as a result coaching on the practice field will closely resemble that of game day. That type of game simulation at all times is a key component of the development of poise at all times.

As an educator, I can see the value of an education and the possibilities that become available to students if they are striving for excellence in the classroom. I will of course encourage my student-athletes to become the best students they can be, but devise a plan to succeed when they are struggling. Our study table policy has brought my program great results in its first two years.

In the school and community, as a coach I feel that you have to be visible at events that are both related to your sport and those that are not. As a student-athlete it was always a great source of pride for me when my coaches were interested in activities that I participated in outside of athletics. Leadership is a word with many different definitions in many different settings. Leadership for a coach extends beyond the athletic fields to areas where coaches can teach lasting life lessons by their example.

Ethics and morality in the education workplace currently are areas that have become sources of heated debate. Coaching enables an individual to lead by example in these areas as their actions in and out of their sport are always magnified. The lessons that are able to be taught, if taught correctly, can be a lasting lesson throughout the life of the student-athletes.






CODE OF ETHICS FOR A HIGH SCHOOL FOOTBALL COACH

- ALWAYS have the best interest of the student-athletes in mind.
- Establish and maintain a professional level of communication, behavior, and appearance at all times.
- Effectively and appropriately communicate with ALL district personnel, opposing coaches, game officials, community members, and parents.
- Actively attempt to encourage all school personnel to have a role in the program.
- Attempt to give all senior classmen and opportunity to talk to collegiate football coaches.
- NEVER intentionally embarrass an opponent:
 - Remember that they are student athletes
 - Regardless of the history
- Strive for excellence in the classroom as well as on the football field.
- Attend and root on the feeder programs as they are the future.

These are the core set of beliefs that are necessary for coaches to equip our young men with the necessary tools to be successful on and off of the field. While each of these points is very important to the success of the football program, they do not compromise any of the goals of the school or the district.






PROGRAM GOALS

The Killer Be's


Success in any endeavor is a decision made by members of a team as a collection of individuals. His decisions and membership of a team is an acceptance of the terms and conditions that the team abides by. Our success will be predicated upon our acceptance of what I feel are the things that successful athletic programs live by. The following items are things that successful football teams "are":

1. Be the best football team we can be
 2. Be the hardest working football team we see
 3. Be well prepared and well disciplined
 4. Be dedicated on the field and in the classroom
 5. Be a team that strives for excellence everyday
 6. Be a program that builds on previous success
 7. Be a program that others strive to be like
- 



SEASON GOALS

The following goals are trademarks of most championship teams. These goals are lofty, but striving to meet these goals will improve our football team on a weekly basis. Hard work, commitment, and determination are the necessary traits of teams that meet the listed goals. The goals are:

1. Zero (0) ineligible football players
 2. Win the Conference
 3. Win all home games
 4. Qualify for the post-season
 5. Average 28 points per game
 6. Average 12 or less defensive points per game
 7. Be +5 or better in the turnover margin
 8. Average 4+ yards per carry
 9. Four (4) explosive plays on Special Teams
- 

HOW WE WILL ACHIEVE THESE GOALS

These goals are fundamental building blocks to success at every level of football from Pee Wee football all the way to the National Football League. Statistically, teams that achieve these goals tend to be in the upper echelon of their respective associations. Key components of our efforts to be the best team we are capable of being are: Personal Discipline, Commitment to the Team, Acceptance of Roles, Embracing Coaching, and Meeting Challenges. The plan for achieving our goals is:

1. **Zero (0) ineligible football players**
 - a. Study Table: Twice a week 90 minutes in duration
 - b. Weekly Grade Checks
 - c. Peer Tutors at Study Table (National Honor Society)
 - d. Reward academic successes
2. **Win the Conference**
 - a. Outwork the conference members mentally
 - b. Scouting the opposition is a key component
 - c. Embrace and appreciate the history of conference games
3. **Win all home games**
 - a. Make our stadium a place that is not enjoyable for opponents to visit
 - b. Eliminate mental distractions associated with big games
4. **Qualify for the post-season**
 - a. Win all games where we are the favorites
 - b. Win games we "are not supposed to win"
 - c. Condition bodies for extended season
 - d. Develop depth to place in the absence of regulars
5. **Average 28 points per game**
 - a. Points 100% of the time we enter the red zone
 - b. 75%+ Touchdown percentage from the red zone
 - c. Strive to end every position with a kick
 - d. Establish flexibility in offensive system
 - i. Balance
 - ii. Audible System
 - iii. Sight Adjustments
 - e. Completion Percentage of 60% or better
 - f. Give up less than 15 sacks during regular season
6. **Average 12 or less defensive points per game**
 - a. Be fundamentally sound
 - b. Scaffold off of sound tackling fundamentals at every position
 - c. Adjust our defense to strength or field indicators
 - d. Effort from snap to whistle for 4 quarters
 - e. Force the offense to run more than eight plays per possession
 - f. Average less than 3 yards per first down
 - g. Make opponents become one dimensional
7. **Be +5 or better in the turnover margin**
 - a. Respect the football
 - b. Effectively rush the passer
 - c. Maximize hits to the football
8. **Average 4+ yards per carry**
9. **Four (4) explosive plays on Special Teams**

8. Average 4+ yards per carry

- a. Use motion and shifts to allow for maximum blockers at the point of attack
- b. Acquire the attitude that we want to run the ball
- c. Identify defensive alignment of the defense and make the necessary adjustments to run the ball effectively

9. Four (4) explosive plays on Special Teams

- a. Devote a large portion of practice time to progressive special teams
- b. Utilize our best athletes on special teams
- c. Use many different looks on Special Teams
- d. Attempt to pressure the kicker on punt returns and limit returns on the punts

TEAM CODE OF CONDUCT

On the Field

- Dress in team issued apparel
- Act and speak like the ambassador to the school that you are
- Never argue with an official
- Refrain from drawing negative attention to yourself

In the Classroom

- Be a positive contributor to the classroom environment
- Sit at or near the front of the classroom
- Assist the teacher in maintaining order in the classroom
- Set a positive example for your peers. BE A LEADER!
- Interact with your teachers frequently

In the Community

- Act like a model citizen
- Refrain from vulgar language and/or obscene gestures
- Be a gentleman
- While wearing football apparel conduct is at a premium, **DO NOTHING TO REPRESENT THE PROGRAM NEGATIVELY**

With the Media

- Compliment your opponent for a game well played
- Publicly encourage your teammates and coaches, you did not succeed alone
- Choose words wisely when asked about an upcoming opponent (no bulletin board material)
- Speak like the intelligent young man that you are

With the Sub-Varsity Level Teams and Feeder Program

- Assist the program in anyway possible
- Cheer for our team and only offer positive commentary
- Be first class in words and actions
- With feeder programs, remember the future of the program is always watching you


College Visits

- Dress to impress
- Always speak highly of your coaches and the program
- Address all coaches as "Coach" or "Sir"
- Treat this process as if it was a job interview



GAME KEYS FOR A SUCCESSFUL TEAM


Important components of any team or organization reflect back to our key principles of: Personal Discipline, Accountability, Acceptance of Instruction, Understanding and Embracing One's Role, and Commitment to the Team. Keeping those principles in mind our weekly keys for a successful team are as follows:

1. **Commit fewer than 5 effort penalties.** This allows for penalties such as holding, pass interference, and face mask penalties. Penalties related to a lack of discipline are inexcusable and hopefully avoided at all costs.
 2. **Respect the football.** There have been hundreds of studies done that outline the important of winning the turnover battle and its direct relationship to team success.
 3. **Convert 55% or better of 3rd down conversions.** Convert 90% or better of 3rd and less than 3 yards.
 4. **Have at least 1 offensive play of more than 20 yards per quarter.** The explosive plays mentioned greatly increase our chances of success. It should be noted that 60% of scoring drives at the high school level include a play of more than 20 yards. This information was a result of research done by the University of Florida during the 2009 season.
 5. **No turnovers in the Special Teams game.** Special Teams have long been a source of hidden yardage which can be advantageous for one team.
 6. **Allow 3rd down conversions at 40% or less.** Our success is predicated on 3rd down success and if we can limit our opposition's success on 3rd down we are at an advantage to win the game.
 7. **Play to the fullest of our effort for the entire game.** Effort is an elusive component of success. If a team does not play with maximum effort, the outcome can be predicated, but if they play hard for the entire game, opportunities for success manifest themselves regardless of the score.
- 



NUTRITION

Nutrition in high school athletics has taken on a more important role as family dynamics have changed as well as changes in the eating habits of people in the United States. Food choices are now centered on convenience instead of nutritional values. Nutrition is a very important component a tentative nutrition schedule would be as follows:

- Keep soda and sweets to an absolute minimum. Carbonation has adverse effects on muscle definition.
 - Avoid energy drinks at all costs.
 - To maintain a healthy diet and body, drink 33 oz of ice cold water before arriving at school
 - Whenever possible, eat breakfast. Pieces of fruit or a Pop Tart are good if your choices are limited.
 - When dining out, salad, fruit, or even a baked potato is a better option is better option than fries or chips.
 - If you must eat at a fast food restaurant try to opt for grilled chicken.
 - During the season, frequent, light meals are better than a few heavy meals
 - Especially during summer doubles
 - Within the first 45 minutes after a weight session 1 or 2 cups of chocolate milk aids the body with the addition of mass.
- 



POST-HIGH SCHOOL RECOGNITION

Post-Season All Conference, All Region, and All State Teams:

At the completion of the season, statistics and a brief synopsis of the season and career of each nominated player will be mailed to appropriate media outlet (All Region, All State). For All Conference I will attend the meeting and abide by the Conferences rules for nomination of players and attempt to get as many players recognized as possible.

All Star Games:


Nomination for the North South All Star Game and the Big 33 All Star game will be reserved for players who are selected to the AllState teams. If there is an option for a local All Star game then all Seniors will be nominated to have an opportunity to partake in the game. Voting usually is completed by the coaches and I will obviously vote for my players.

College Recruitment:

Starting at the conclusion of the previous season, information and film will be posted online for the collegiate coaches to view. There are several free sites that are available to post game film and statistics for high school players. As the upcoming season approaches, Senior and outstanding underclassmen information will be sent to several coaching staffs at the NAIA, Division 3, and Division 2 levels. This has been a valuable tool in my experience as a Head Coach in the recruitment of several players.

Division I and I-AA are a little bit more intricate. Many of these schools will contact a coach if they are interested in a student-athlete. Communication is more frequent and more concise with these colleges. If there is a situation where I would be coaching one of these players or a player who could develop into that caliber of player I will continue to send film and updates to the assigned coach from the college.


It is not a coach's place to evaluate a student athlete for their collegiate career. The job of a high school coach is to offer advice (when asked) and introduce student-athletes to as many collegiate coaches as possible. As a coach it is important to aid your players through the college selection process.





FUNDRAISING

Tentative Ideas

- Sale of team apparel, in an effort for all student-athletes to earn credit for their practice apparel
 - Sale of mini-helmets. This, per capita, has been the most lucrative fundraiser that I have been involved with
 - Sale of discount cards, student-athletes sells these cards with discounts to local and national vendors to raise funds for the team. Enrollment with Verizon
 - Sale of Lottery calendars
- 

PRACTICE FUNDAMENTALS

Competition Checklist

Football, more than most other sports is based on the concepts associated with competition. In other sports one dominant player can account for a few weaker players, but in football the total of all of the parts are measured. In order to prepare ourselves for the competitive nature of the game of football there will be planned periods sporadically that are specifically aimed at competing among our teammates. Many football coaches commit the cardinal sin of trying to pit the better players against some of the younger players; I attempt to pit players versus other players similar to them so competition can be an opportunity for success. There are different circumstances that are present during the preseason and the regular or post season.

Summer Doubles (Daily: Choose 2)

Some of these unconventional methods aid in breaking up some of the monotony of summer double practice and deviate from football occasionally while emphasizing overall athletic ability. I feel that it is important to avoid the burn out early in the year.

Drill	Format	Duration
Strongman Relays	5-6 Equally Divided Teams	12 Mins
County Fair	8-9 Equally Divided Teams	10 Mins.
Hoot & Holler	Team (Best vs. Best)	15 Mins.
Double Team	3 on 2 (Line vs. Line, Skill vs. Skill)	10 Mins.
Circuit Competition	6 Groups (Times or Rep. Competition)	18 Mins.
Hit, Bounce, & Tackle	Team- 3 Players by position at a time	10 Mins.
Dodgeball Conditioning	2 Teams in gym	20 Mins.
Air Force Football	Teams of 5 (mixed)	20 Mins.

In-Season (Weekly: Choose 2 usually on 2 separate days)

While much of the weekly in-season focus goes to upcoming opponents, it is still important that our practices remain competitive in and among ourselves to condition ourselves to thrive in a competitive setting. While physical conditioning is covered by every football coach, mental conditioning is not addressed enough many coaches.

Drill	Format	Duration
Hoot & Holler	Team (Best vs. Best)	15 Mins.
Double Team	3 on 2 (Line vs. Line, Skill vs. Skill)	10 Mins.
Hit, Bounce, & Tackle	Team- 3 Players by position at a time	10 Mins.
Dodgeball Conditioning**	2 Teams in gym	20 Mins.

** - After Game

Offensive Checklist

Individual, group, and team skill improvement are integral to any team's success. The following are broad plans for improvement of individual. This tentative schedule is under the game week preparation schedule. Times are flexible and subject to some overlap.

Quarterbacks

Drill	Frequency	Time
QB/ Center Exchange (Gun/Under)	Daily	10 Mins.
Wrong Foot Forward, Side Throw	Daily	7 Mins.
Drops (1, 3, 5, Sprint) (Gun/Under)	Daily w/ WR's	5 Mins.
Skelly (1/2 time)	Daily w/ O and D Skills	20 Mins.
Inside Run (1/2 Time)	Daily w/ O and D Line	20 Mins.
TEAM	Daily w/ Entire Team	45 Mins.
Hot Throws	Once a Week	10 Mins.
Audible	Once a week during TEAM	20 Mins.
Pass Under Pressure	Twice a week/ Entire Team	15 Mins.

Skilled Position Players

Drill	Frequency	Time
Soft Toss/ Specialties	Daily	10 Mins.
Stance and Start/ Blocking	Daily	5 Mins.
Ball Drills	Daily w/ WR's	2 Mins.
Routes on Air	Daily w/ QB's	5 Mins.
Skelly (WR/RB)/ Inside Run (RB)	Daily w/ QB's	20 Mins.
TEAM	Daily w/ Entire Team	45 Mins.
Hot Throws	Once a Week	10 Mins.
Audible	Once a week during TEAM	20 Mins.
Pass Under Pressure	Twice a week/ Entire Team	15 Mins.

Linemen

Drill	Frequency	Time
All Linemen Snap	Daily	10 Mins.
Stance, Start and Sprint	Daily	3 Mins.
Sled	Daily	20 Mins.
Boards	Daily	10 Mins.
Chutes	Daily	20 Mins.
Inside Run	Daily w/ RB's	20 Mins.
TEAM	Daily w/ Entire Team	45 Mins.
1 on 1's	Once a week	10 Mins.
Audible	Once a week during TEAM	20 Mins.
Pass under Pressure	Twice a week w/ Entire Team	15 Mins.

Defensive Checklist

While a majority of my time in football has been spent on the offensive side of the football, I have always appreciated a defensive football team that is stout and assignment sound football players. Successful football teams usually are very strong defensively and are focused first and foremost on physical play and fundamental tackling, while being opportunistic at the same time. Basic defensive work will be as follows:

Defensive Line

Drill	Frequency	Time
Stance, Start and Twists	Daily	10 Mins.
Gap Assignment	Daily	20 Mins.
Blitz	Daily w/ LB	10 Mins.
Inside Run	Daily w/ LB	20 Mins.
TEAM (and TEAM Pursuits)	Daily w/ Entire Team	50 Mins.

Linebackers

Drill	Frequency	Time
Pass Zone Drops	Daily	10 Mins.
Defeat ISO Blocks	Daily	5 Mins.
Chase and Tackle	Daily	5 Mins.
Skelly (1/2 Time) and Inside Run (1/2 Time)	Daily w/ DB & DL	20 Mins.
TEAM (and TEAM Pursuits)	Daily w/ Entire Team	50 Mins.

Secondary

Drill	Frequency	Time
Stance, Start and Twists	Daily	10 Mins.
Gap Assignment	Daily	20 Mins.
Blitz	Daily w/ LB	10 Mins.
Inside Run	Daily w/ LB	20 Mins.
TEAM (and TEAM Pursuits)	Daily w/ Entire Team	50 Mins.

Practice Plan Template

Prudent planning helps to facilitate practice from beginning to completion. Enclosed is a practice script that was used during preseason practice in the 2009 season, it serves as an example for how summer practice has previously been structured. To ensure that the learning is meaningful we use the same scripted plays during inside run, skelly, pass under pressure (P.U.P.), and team

Time	Butch	Hall	Diehl	Pauff	Smith
8:00-8:15	FLEX	FLEX	FLEX	FLEX	FLEX
8:15-9:00	STATIONS	BANDS	LADDERS	MANUAL	BAGS
9:00-9:30	INDY (QB) 9:15 MESH	INDY	INDY 9:15 MESH	INDY	INDY
9:30-10:00	ON AIR	ON AIR	PASS PRO/ ON AIR	PASS PRO	PASS PRO
10:00-10:40	TEAM RUN	TEAM RUN	TEAM RUN	TEAM RUN	TEAM RUN
10:40-11:30	SNAKE & BREAK	SNAKE & BREAK	SNAKE & BREAK	SNAKE & BREAK	SNAKE & BREAK
11:30-12:30	PG INDY P.U.P TEAM	PG INDY P.U.P TEAM	PG INDY P.U.P TEAM	PG INDY P.U.P TEAM	PG INDY P.U.P TEAM
12:30-1:00	PRIDE PUNT (P)	PRIDE PUNT (E'S/WR'S)	PRIDE PUNT (PP & B'S)	PRIDE PUNT (LOL)	PRIDE PUNT (ROL)
1:00-1:45	SKELLY	SKELLY	SKELLY	WEIGHT RM	WEIGHT RM

MESH/ TEAM RUN

PLAY #	FORMATION	MOTION	PLAY
1	RACE	BIN	ROME VANDY
2	RACE (+)	BAC	BLUE TROJAN
3	LYNN	BIN	LONDON VANDY
4	RACE	BAC	MISSISSIPPI PURDUE
5	RACE	BAC	RIVER HOOSIER
6	ROSE (+)	BAC	LONDON RICE
7	RED		ROME VANDY
8	RIGHT		ERIE VANDY
9	RED (+)		LONDON TROJAN
10	BLUE (+)		ERIE TROJAN
11	RED (+)		LONDON VANDY
12	BLUE)+)		ROME VANDY
13	RACE		ERIE BAYLOR
14*	RACE (Y+)		LONDON TROJAN
15*	RACE (Y+)		ROME PURDUE

*BOLLINGER FROM OL

P.U.P

PLAY #	FORMATION	MOTION	PLAY
1	RACE		ROME VANDY
2	RON (+)	LASER	LARRY
3	RIGHT (+)		LUCKY
4	RED		LUCKY
5	ROSCOE		B.O.B

TEAM

PLAY #	FORMATION	MOTION	PLAY
1	RACE	BIN	ROME VANDY
2	RACE (+)	BAC	BLUE TROJAN
3	LYNN	BIN	LONDON VANDY
4	RACE	BAC	MISSISSIPPI PURDUE
5	RACE	BAC	RIVER HOOSIER

TEAM

PLAY #	FORMATION	MOTION	PLAY
1	ROSE		LUCKY DRAGON
2	RACE		RICKY THUNDER
3	LYNN		ROME INDIANA
4	RON (+)	LASER	ROME RICE (HI)
5	LOU (+)	ROCKET	LUCKY DRAGON
6	RED		LONDON TROJAN
7	BLUE		LONDON BOILER
8	RIGHT (-)		LUCKY BRAVE
9	RIGHT	TRADE	ERIE PURDUE
10	RACE(+)	BAC	RICKY ATLANTA
11	RACE(-)	YAC	LONDON INDIANA
12	ROSE (-)	ROCKET	LARRY FROG
13	LYNN (-)	LASER	ROGER BLANT BRAVE
14	ROSCOE		B.O.B HASH U.S.
15	LESTER		B.O.B FOG BRAVE

OFFENSE PHILOSOPHY

Offensively there are five main concepts that I have abided by throughout my career: creating opportunities for our playmakers to touch the football, establishing some degree of balance, use of personnel to create favorable match-ups, being aggressive but not careless with the football, and playing with great tempo. These five things give any offense a chance to be successful which will give the team a chance to be successful.

Football is the consummate team game and team play is a very necessary predictor of success of a football team. Every team has one player and good teams have two, maybe even three that are truly difference makers. It is a coach's responsibility to give those athletes a chance to impose their will on the game. Personnel groupings, formations, motions, shifts, and even play calling that is embedded in our offensive system that ensure the playmakers that are on our offense will have ample opportunity to touch the football.

Balance is a goal of many football programs and coaches, and when balance is discussed a 50-50 run to pass ratio is usually the topic of discussion. I view balance as more than an even ratio of run plays and pass plays, but as a synthesis of those two components that is beneficial to the success of a football team. Having played in the no huddle spread offense and coached the spread offense, I have found that the confusion that style of football creates will skew whatever ratio you had hoped to have therefore I have devised a system based on what the defense has a tendency to do. There have been times when defenses have committed many defenders near the line of scrimmage so we would send in a pass play; while at other times teams will have one linebacker leaving themselves susceptible to the run.


Personnel groupings have grown to be especially popular at the high school level because it gets more athletes involved in the game and gives these young men a chance at being successful because they can specialize what their assignments are. This is a far cry from where football was just ten years ago at this level, where teams would rotate maybe 12 guys through 11 positions, and that was their varsity football team. For the sake of building a program personnel is beneficial also because it allows some younger players to gain valuable experience in a support role that will aid in the preparation for the remainder of their careers.

Offensively, a team has to continue to attack for a number of reasons, but most importantly is how effective everyone has become at throwing the football. In the past, if a team built a sizable lead, it would be hard for the opposition to come back and win the game, but now no lead appears to be safe. Aggression with the football does not have to be careless to be considered aggression, it does, however continue to focus on moving down the field.

The tempo a team plays with can account for any mishaps in execution, by forcing the defense to play from an uncomfortable position. This does not mean that entire game has to be played as if the clock is running out, but that the offense uses the tempo and changes in tempo to complicate matters for the defense. To play with great tempo conditioning is a very valuable tool and aid the offensive line in protecting the quarterback and/or blocking for ball carriers.



KEY COMPONENTS

- Develop a great football vocabulary
 - Minimize re-teaching of concepts
 - Helps players communicate what they are seeing
 - Possibility of no-huddle (especially 2-Minute Drill)
 - Establish an advanced level of conditioning
 - Be able to play at a high level for 4 quarters
 - Minimize injuries
 - Hopefully reduce mistakes as a result of fatigue
 - Learn the offensive schemes early
 - Give team a great base to expand on later in the season
 - Understand adjustments based on personnel in the near future
 - Equip the team with ten things that can be executed very well
 - Repetitions in the passing game
 - Improve efficiency
 - Cohesion between quarterbacks and receivers
 - Understanding the concepts of the plays, instead of specific assignments
 - Aid in the use of different personnel packages
 - Maximize versatility of players
 - Minimizes the confusion as a result of injuries
 - Incorporate competition into practice regularly
- 

INSTILLATION

This very brief overview is the preliminary implementation of the basics of our offense. For the sake of keeping much of the terminology confidential this table appears different than it would to coaches. Nonetheless this is the implementation of the first five practices.

Practice	Runs	Protections	Schemes	Screens
1	Indiana (iso) Purdue (Power) USC (Trap)	Ricky (Slide) Lucky (Slide)	ALL 3 Step	Triple Double
2	Vandy (Inside Veer) 2-3 Phases Navy (Midline)	Rambo Luger	Reno, Alley, Street, Avenue, & Booker	W-Screen Z-Screen
3	BYU (Counter) Texas (Sweep)	Roger Larry	Pro Combinati ons **Rules	Hawaii Maui
4	Rice (Zone Read) Penn (Q- Counter)	B.O.B. 0, 1, and 2 Back	Military Series **Rules	Youngsto wn Boston
5	Q-Iso, Power, Sweep Jet Sweep	North South	Car Combinati on **Rules	Akron



DEFENSE

PHILOSOPHY


Defensively, the game of football has changed to mirror what changes have taken place on the offensive side of the football. In the past, both offenses and defenses had played fairly conservatively and attempted to avoid making big mistakes. As offenses became more aggressive defenses have been forced to progress as well. The response has been for many defensive coaches to blitz or commit more players to attacking the backfield at the snap of the ball. This new mindset has created a “feast or famine” approach around the game of football.

I feel that effective defenses are those that are sound and take very calculated chances at striking the offense. A sound defense is one that has a very effective balance of gap responsibility, sound coverage, and the ability to defend the run and the pass on almost every down.

Defensively, I feel that a 4-2-5 defense is the best approach for a few reasons. The first reason for this defense is the flexibility allowed in the coverages, having played in and coached in a 4-4 stack defense, I liked the front, but it limited the options for coverage when an opponent forces the defense to reduce out. The hybrid 4-2-5 allows a coach to utilize several different coverages, and more importantly disguise the coverages to confuse the opposition’s quarterback leading to interceptions or decreased efficiency through the air.

Secondly, I feel that the 4-2-5 gives a defense the flexibility to send pressure from in a number of different manners. The two outside defensive players are usually very athletic and can attack through a number different gaps presenting problems in the run or passing games. Similar to the flexibility created by this alignment in coverage, the ability to mask where the defense will attack can create assignment problems for the offense and lead to big plays from the defense.

Regardless of what particular scheme is being used, I have always felt that defense has got to be an intense group that has a very physical nature and exhibits great technique in tackling. Individual tackling should always be at a premium and is scheduled into the daily practice schedule. In addition to physical play and sound fundamentals, I believe that a great defense has a successful attitude, an attitude that they may bend but will never break.



INSTILLATION

As our defense is being installed practice on a given day will build each individual position for success as a total defensive unit. The skills are taught in individual, reinforced, in group, and finally brought together during team practice. This overview is very brief and the terminology again is being masked for the sake of confidentiality. A premier of what will be introduced and when is as follows:

Practice	Fronts	Blitz/Stunt	Coverage
1	Base	M-A, W-A, Eat, Tan, Nat	0, 1, 2-man
2	Base, Over, Under	M-B, W-B, Slant, Angle	2, 3, 4
3	Stack	Pinch, Bend, Rage, Heck	3-2, 3-0
4	Bear	MW-X, All Out	0, Robber
5	Weak	Force, Zone Blitz	3, 4, 8, 2-man



SPECIAL TEAMS

PHILOSOPHY

The importance of special teams play cannot be stressed enough. In football, field position and momentum play very important roles and there is no platform quite like special teams for those two important concepts to manifest themselves. This aspect of the game is commonly a time where players can introduce themselves at the varsity level as it is usually the first role that a player is able to fill. The kicking game also separates championship teams from good teams.

Every football coach understands the importance of field position in the game of football. Kick coverage and kick return units have an opportunity to influence the outcome of the game by their play in this third of the game. As a season moves to the later months and weather becomes an issue, special teams can change the dynamic of the game by giving one team a shorter field to work with. Explosive plays such as long returns or blocked kicks, can change the field position considerably and increase a team's chances of success.

Also, momentum at the high school level is a very important component to success and a big play on special teams can help the offensive or defensive units by providing them with an emotional lift.

While I have always been an advocate of using offensive or defensive starters on the special teams units, special teams have been a way for reserve players to contribute to the team in an extended role. Use of reserves serves the dual role of introducing these younger players to varsity football and rewarding these young men for their hard work in the weight room and on the practice field.

In any given season at almost all levels of football the importance of special teams can be seen as playoff time approaches. When teams are evenly matched at the top of a conference or late in the state playoffs, points produced from special teams can become the deciding factor in a game. Whether it is a consistent field goal team, an inconsistent punt team, or a very good return team special teams can be and usually is a deciding factor when the two teams are about equal.

I am a firm believer in the importance of special teams and their place in the game football. This third of the game's importance has grown a lot and for our team special teams will be treated as the important aspect that it is.

