

HEADSETS

WRITTEN FOR COACHES BY COACHES

VOLUME 1: ISSUE 8

**WHICH PLAYS
ACTUALLY WORK?**

offensive
DRILLS

**DEFENDING
THE
DOUBLE WING
OFFENSE**

DEFENSIVE PLAYERS PICTURED: CHASTON DOCKERY & AYDEN ROWTON - LONOKE H.S. LONOKE, AR

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Thank you for your interest in this coaching material. I have been very blessed to connect with some awesome coaches during the past year, and putting out a collaborative work was always a goal of mine. Be sure to visit our sponsors as they have been great to support all of this work and are truly interested in coaches' education and helping coaches.

16 Our theme has been "for coaches by coaches" and all of the writers have been gracious to donate their time and knowledge to the coaching community. Many of them also have additional works that are great resources for coaches. Be sure to take the time to check them out.

26 If you have any subjects you'd like to see us address or questions you'd like to answer or even pictures to submit to make the magazine, please feel free to do so. Simply email FBcoachsimpson@gmail.com or the one who truly makes all this work at Jameysimpson@gmail.com.

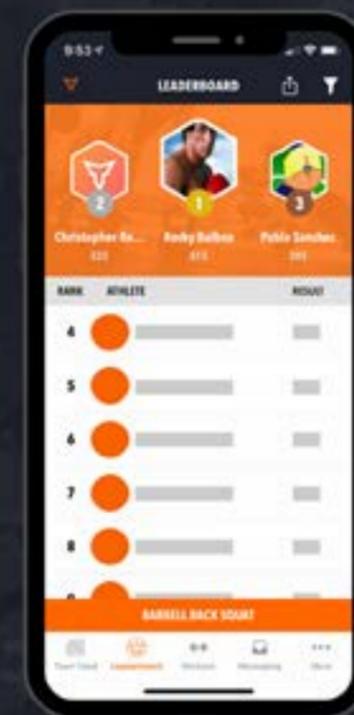
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COACHING RESOURCES

BOOSTER CLUB ROLE & RESPONSIBILITIES



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Many places will do their booster clubs differently. Some places have the head coach heavily involved and some head coaches take a "hands off" approach. Some places may not even have a booster club. There are pros and cons to all styles of clubs, but regardless of the style, as the head coach you are responsible for guiding them on the school's policies and procedures. It will be indefensible to just say "I didn't know what they were doing". You must at least be the school's liaison to the club. I would suggest getting involved as much as you can as the club is designed to help your program. It is imperative that you have by-laws for your booster club. If at all possible, become a 501c3 organization.

The Booster Club is designed to provide the program with everything it needs to be successful that is not paid for by the school. In many settings, the school will pay for the minimum and the booster club must come in and supplement any extra expenses. Unfortunately, sometimes because the booster club provides things for the team, they get an inflated sense of their ability to make policy on things outside of the club. The Booster Club should be a positive influence on the community and the program.

The role of the Booster Club:

- Support the program financially.
- Promote the program in the community.
- Volunteer time/energy to make the program better.
- Promote parent/student involvement.
- Make the program an excellent experience for players.

The booster club must be organized with officers that have the best interest of the program at heart. It is easy to have a "President" who is the person who wants the job the most, but

if they are not in it for all the kids, and not just their own, they will not be successful. We realize sometimes that may be the only person that volunteered, but you must be aware of the problems that can arise from the booster club. Make sure you are putting someone in charge of the money that is trustworthy. This is a common problem. The Treasurer should be someone that has a career that cannot be tarnished by stealing money. Keep in mind these officers are usually there for their children and will move on often. You intend to have a long, successful career and if you do, you will outlast all the booster club officers.

After the common leader positions (President, Vice-President, Secretary, Treasurer), many booster clubs then have grade reps that work with the parents in that grade to communicate and coordinate events. You can have a "Senior Rep", "Junior Rep", etc. We would suggest putting your Senior parents in charge of as much as possible. In our experience this group cares the most. Have a plan for them that can carry from year to year but give them some autonomy to make their child's senior year special. Have underclassmen parents work under the senior leadership so there is a seamless transition from year to year. Regardless of how you organize the club, you need to have a clear and concise plan for choosing the leaders. Make sure it is inclusive and fair.

Think about all the jobs you need parents or community members to do and get the word on to secure people to do those jobs as early as possible. In football, you will need an announcer, people to film games, chain crew, concessions workers, and more. If you have a grass field, you may want to get parents to help you paint the field. Think of everything you need help with and ask for volunteers at the initial parent meetings. Do not wait until the last minute for these and do not assume the Booster Club president will handle it all. No one will question the competence of the booster club president if you start a game with no chain crew. They will blame the head coach.

Things to consider:

- How does the booster club work at your school?
- Do you prefer a strong booster club presence or a "hands off" approach?
- What are your school's guidelines on booster clubs?
- What role do you see the booster club having for you?
- What traits are you looking for in booster club officers?
- What will be the process to select the officers? How will you deal with an officer that is not performing their job or becoming a problem?
- What jobs do you need parents or community members to do in the booster club?

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LIFE LESSONS:

TOP 10 "DO NOTS" FOR HEAD COACHES:

PART ONE



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1) Do not think you are the smartest person on every subject in the room (learn to delegate)

"If you delegate tasks, you create followers. If you delegate authority, you create leaders." - Craig Groeschel

Being the head coach or leader of any organization is a big deal. You must have confidence in yourself and you must be very well versed with many parts of the job. However, great leaders find what their assistants skill sets are and allow them to excel in very specific parts of the job. While you cannot ignore that area, using a good assistant to take ownership in a part of the program is key.

I've heard of the 80% rule. If an assistant can do this job 80% as good as the head coach can, allow them to take ownership and guide them as they get better. This will allow you to move your attention to other areas that need to be addressed. Learning to delegate can be a difficult thing for many coaches. You need to be sure you are doing a great job of explaining your vision and "non-negotiables" to the assistant you are putting in charge. After that allow them to take ownership and run with it. This may look different than "how you would do it", but if it fits inside your non-negotiables allow them to be creative in how they coach.

Great leaders also do not feel threatened by those that are gifted. While everyone needs to display loyalty to the cause (and in the community), programs are great when each person has a voice and can talk freely. While there may be disagreement, it is the struggle that causes each to examine why things are being done the way they are. I find that those who are gifted and know that you recognize their strength will become more loyal as the

trust builds. While each coach must recognize they are working for the program, and the head coach is the head of the program, they do not need to be stifled or the staff will not be utilized as well as possible.

2) Do not assume everyone knows what you want (learn to communicate)

"The most important thing in coaching is communication. It's not what you say as much as what they absorb." -Red Auerbach

This is an area I constantly fail at as a husband, dad and coach. I often over-analyze situations in my head and have what I think should be done already figured out. The problem is I don't often include those that matter in the thought process or even the solution I have come up with. This leads to frustration on my part and of course assistant coaches, players and even an upset wife at times. While in my head I have spent plenty of time on a decision, those around me feel as though it was just dropped on them or not thought all the way through.

We must understand that although the head coach makes the decision, it is best to include as many people (that are involved) in the process as possible. Listen to what they feel and then make the difficult decisions and be clear why you have chosen what the plan of action will be. Also, be sure to include in detail the expectations you have for the assistant coaches, players and others that need to make you plan work. Many people want to know why a decision was made, and even though they may disagree with the decision, understanding the thought process behind it will lead to much more buy-in from a staff.

Most head coaches do not fail in their plan because of the inability to have a plan. They fail in communicating that plan

GOALS:
"We want to design all of our fundraising efforts in things that will produce 100% profit, will require as little time as possible, and will not risk losing any money or wear on our athletes or parents. While providing different opportunities to raise money is important, it is imperative to adjust to your community."

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and the actions that must be taken to achieve it. It sounds overly simple, but those who succeed in leadership are often the best at communicating the expectations and the guide to their plan of action. Having a great plan is good, but the key is making sure everyone understands the how and why.

Another big mistake we make in this process is assuming. Assuming our players/coaches know things. This can be as simple as terminology of the game or it may be practical - like how to clean a locker room. Make sure that every step is laid out clearly and this will also help in communication.

3) Do not use people (learn to appreciate)

"Feeling appreciated is one of the most important needs that people have. When you share with someone your appreciation and gratitude, they will not forget you. Appreciation will return to you many times." -Steve Brunkhorst

One of the easiest lessons I learned as a head coach was to take care of those that help your program. It can be as simple as a hat, t-shirt or free tickets to the games, but make sure they know you recognized the effort they have given to make sure your program is taken care of. People want to help the program and will often give money and time to insure that the program has all it needs, but they should be valued and appreciated.

This lesson can be applied to each part of the program. Be sure to thank your administrators each season and always speak positively of their support for the program. Nothing bothers me more than to hear a coach speak ill of an administrator and then demand "loyalty" from those beneath him. It needs to be reflected both ways.

While at times a coach must drive and push his assistants, they must recognize that they are also valued. Coaches will work hard because of their own good character, but the true test to if they feel valued is how long they remain as an assistant. A clear sign that a coach does not appreciate his assistants is to see the turnover rate on his staff.

Players must also be recognized. I am not suggesting we need to not speak truth to players when they are under-performing or not doing what they are capable of, but they must be lifted up publicly when they

are doing their best for the program. Creating an atmosphere of competition and not overlooking faults is important for all coaches, but be sure that fault finding is not what we are experts in at all times. Lift up the effort by players as much as possible. This generation is different than the one before and the one that will come next. Social media has become a great tool to recognize players and they will appreciate it.

TOP 10 "DO NOTS" FOR HEAD COACHES (THREE OF TEN)

1) DO NOT THINK YOU ARE THE SMARTEST PERSON ON EVERY SUBJECT IN THE ROOM
(LEARN TO DELEGATE)

2) DO NOT ASSUME EVERYONE KNOWS WHAT YOU WANT (LEARN TO COMMUNICATE)

3) DO NOT USE PEOPLE (LEARN TO APPRECIATE)



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Ted Neal - Fort Smith Northside HS

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FOOTBALL 101

BACK ALIGNMENTS AND POSITIONING



Chris Haddad
Bellingham HS - MA
Defensive Coordinator
[Coach Tube](#)
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Offensive formations are often scripted based on what they think will give them

the best opportunity to score points. Because of this, as a defense, we can start to track certain tendencies and tipoffs that the offense may give us.

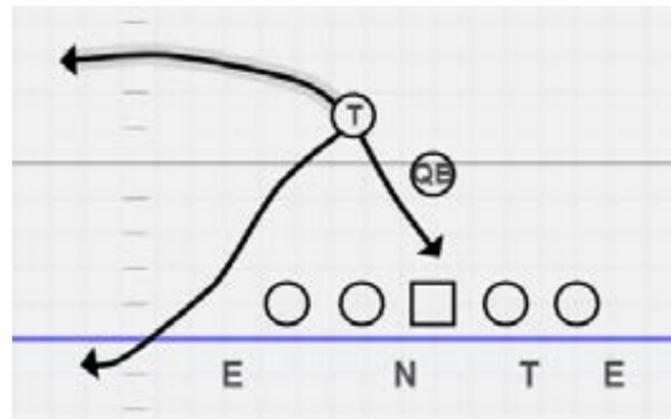
One of the major tipoffs that you can chart and pay attention to when watching film or throughout the game is the running back alignment.

In the world of inside zone, outside zone, counter, and power read, the back must align in a certain position in order to get the handoff and hit the desired aiming point properly.

Below we're going to show you different alignments and the probability of where the running back may go, based on where he's standing pre-snap.

If you want to watch a quick video on this concept, [watch it here on Tik-Tok](#).

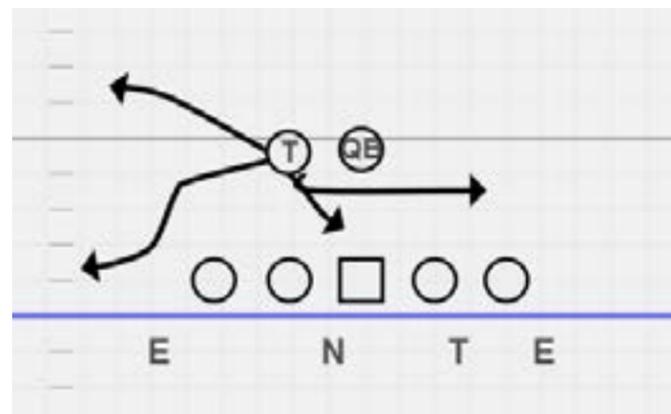
Off-Set Alignment



This off-set alignment is common in spread formations, as it allows the running back to take an inside zone handoff, as well as get into the passing concepts. As you can see from the drawing, they can run flat routes, swings as well as take the handoff from the quarterback.

Where this gives the defense an advantage, is the probability that the running back will be running the football to the right side.

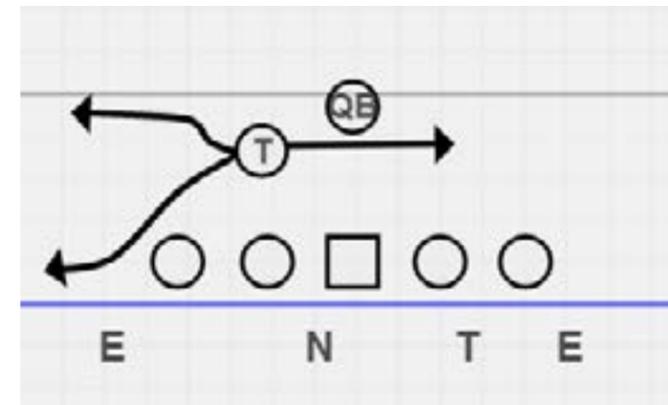
Even Alignment



As even alignment allows the running back to take a handoff from multiple positions. They can run inside zone, any gap scheme play, as well as power read. An even alignment also allows for the running back to cross the quarterback's face for any outside zone plays.

Again, the advantage for the defense is that the running back is limited often to single side routes, which defensive backs need to be aware of.

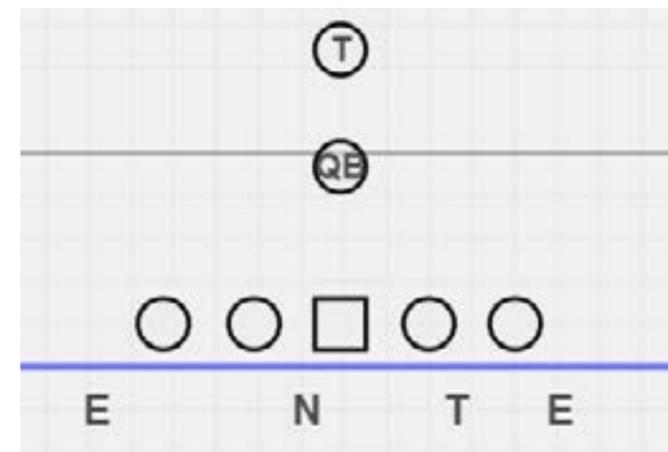
Plus Alignment



A plus alignment means that the running back is standing in front of the quarterback. This alignment is often favorable for the defense because it essentially eliminates any runs. The only way the running back can receive the football is if they run backward or the quarterback runs up to hand them the ball.

Study your team's tendencies and see why they run a plus alignment. Is it to pass protect for the quarterback? Are they lead blocking with that running back?

Pistol Alignment



Pistol formation is one of the hardest tells in football. Coaches can use the running back to any side. The only knock against pistol alignments is that the player needs to run typically 7 yards just to reach the line of scrimmage. This eliminates any flat routes or routes that can actively get running backs into passing concepts.

Study these tendencies of where the back lines up and teach your players how to recognize where and why running backs line up the way they do. This may help them get a jump on a lineman pull or a play direction.

“ONE OF THE MAJOR TIPOFFS THAT YOU CAN CHART AND PAY ATTENTION TO WHEN WATCHING FILM OR THROUGHOUT THE GAME IS THE RUNNING BACK ALIGNMENT.

IN THE WORLD OF INSIDE ZONE, OUTSIDE ZONE, COUNTER, AND POWER READ, THE BACK MUST ALIGN IN A CERTAIN POSITION IN ORDER TO GET THE HANDOFF AND HIT THE DESIRED AIMING POINT PROPERLY.”

HIDDEN YARDS: MAKE SPECIAL TEAMS SPECIAL

HOW TO AVOID 4 COMMON FG/PAT
DEFENSE PENALTIES



Chris Fore
Veteran Coach
[@chrisfore](#)
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Get this: 1993. My senior year of high school. Fallbrook High School. Third game of the season.

We were 0-2, losing the first two games by two points combined. Very close losses.

We were finally winning this game within the closing seconds. Our opponent was attempting a field goal from about 40 yards out; far shot for your "average" high school kicker.

We block it. We go crazy. Then, we go silent.

Laundry on the field. And wouldn't you know it ... it was against us.

They move the ball five yards closer. Field goal good; we lose with no time on the clock. Three one-point losses and we dropped to 0-3. What a way to end the game huh? Has that happened to you?

Here are 4 common penalties on the field goal block team and how to avoid them.

1. Too many men on the field

Solution: Be prepared. Coaches, go over this during the week. Don't wait until an hour before game time to go over special teams. There should

be no question at all to who is on kick, kickoff, punt or field goal. Every time I see a team have too many or not enough kids on special teams, I put that squarely on the head coach. Most of the time, it's miscommunication and just being lazy.

2. Defense being offsides

Solution: Again, prepare your players for this. Are you practicing this small task during the week? Are you going full speed with your field goal block team or just going through the motions? Put your kids in the position they'll be in on Friday night, or they won't be prepared. Key the ball, and be ready for a shift or motion, stand your ground!

3. Roughing the kicker

Solution: Do you practice this one? The best way I've found to do this to keep your kids safe is to use a landing mat of some kind. Do this pre- or post-practice with the handful of kids who will block a kick. Give them an aiming point. Be specific, and put your kids through the practice of blocking a kick. I have my kids block soccer balls because they are round and are not going to break fingers as easily as a football might.

4. Avoid touching the ball on the defensive side of the ball

Solution: Did you know the ball is "dead" if it's blocked and crosses the line of scrimmage unless your team touches the ball? If you block the ball, and it ends up on your side of the line of scrimmage, leave it alone. Run away. If one of your players tries to pick it up, and then fumbles it, the kicking team can recover the football.

If this is helpful information to you, or if you are looking for a tremendous Special Teams resource, check out my latest [Special Teams product](#). It's called [HIDDEN YARDS: Make Special Teams Special](#).

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256 Bit Encryption	YES	YES	YES
Auto Hot Stand By	YES	YES	YES
All Can Switch Channels	YES	YES	YES
Water Resistant	YES IP67	YES IP67	YES IP67
Construction	Polycarbonate	Polycarbonate	Polycarbonate
Engineered In	USA	USA	USA
Battery Capacity	2,300mA	2,300mA	2,300mA
Custom Channel Announce	YES	YES	Upgradeable
Max Coaches in One Group	32 All Open No PTT	10 All Open No PTT	8 All Open No PTT
Maximum Channels	6	4 - Upgradeable	2 - Upgradeable
Display Type	Customized	Standard - Upgradeable	Standard - Upgradeable
Supports Coach to Player	YES	Upgradeable	Upgradeable
Supports LoudMouth	YES	Upgradeable	Upgradeable
Group Call	YES	Upgradeable	Upgradeable
Upgradable to the X12	All Features Included	YES	YES

DEFENSIVE CULTURE & FUNDAMENTALS

COMPETITION IN YOUR PRACTICE



PJ Gibbs
East Lee County HS-Florida
Head Coach & Recruiting
Coordinator
Author: [Book Available Here](#)
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One of the biggest questions that we have to answer as coaches is how

do we keep a competitive environment in practice throughout the year? We go to clinics, ask college and pro coaches, talk to each other to get ideas but it seems to be something that we look for year in and year out to get our players to execute at a high level. Looking at this first from a defense perspective we adopted a theme as a defense back when I was coaching in NJ after hearing Pete Carroll speak about what he does with the Seahawks. We call it Turnover Tuesday, it's the foundation for how we stress causing turnovers but as you will see it has morphed into a great competitive environment for our entire team to include the offense.

When turnover Tuesday first started we sat down as a staff and tried to come up with three drills that we could do to incorporate the mindset of creating turnovers but not sacrificing the fundamentals that you teach in your individual period. We meet with the defense and explain to them what the drills are and what the expectations are in our meetings, that way we don't waste time when we get on the field. You are going to be asking them to execute multiple things and you need to be extremely detailed in order to achieve maximum efficiency on the field. In the beginning of practice we would set a drill for each position, DL, LB, DB and assign one to each. We will rotate players to each station but the position coaches will stay at their

respective stations. Each station should be around five minutes, so you need to allocate fifteen minutes in your practice schedule for this session. The DL would start with our CPR drill or club, punch and rip stressing to secure the tackle as you tried to cause a fumble. The club would be an over-hand chop on the top of the RB bicep matching the same hand the ball was in for the offensive player. The opposite hand of the DL would be securing the tackle on the back of the jersey, not the back of the shoulder pads as this might be seen as a horse-collar tackle. The punch, would come from underneath the ball and punching upward, trying to pop the ball out. The rip would be the defender grabbing at the point of the football and attempting to rip it out of the hands of the RB. The rip needed to be executed as if the DL was trying to start a lawnmower and you need to stress those coaching points as well as making sure they are securing the tackle. We would instruct the player running the ball to allow the ball to come out on one of those three movements, and then with the ball on the ground the DL had to make a choice. The player would either scoop and score or recover and roll to secure the ball. We stress that if you can't scoop the ball on your 1st attempt then you must recover and roll. Key coaching points to the scoop and score is that the player must bend at their hips and not their lower back. Once secured, get the ball in the proper hand and run the opposite way from where you were creating the turnover. With the recover and roll you need to stress once the ball is recovered, the defender needs to cover both points of the ball and roll on their near hip. This will ensure that they have the ball secured and are in a safe position. We will repeat that drill to use the opposite side to gain the most reps, and the great part about this drill is that you are actually getting two drills done in one.

The LB will start with a tandem tackle drill which will involve two LB's and a RB to stress the importance of an open-field tackle and creating turnover. We will set that up with a cone for each LB on each side of the RB about five yards away. Coaching point for the LB's are to maintain proper leverage and technique depending

on who the tackler is going to be first. The RB will be at a cone five yards away for the LB's and will look to the coach who is standing behind LB's to give them a direction to go to start the drill. Basically the players in the drill will form a triangle with the RB as the top-point of it and the LB's being the bottom two points, one on the right and one on the left. The coach will give the running back a direction and on the whistle he will move towards that cone, the LB that RB is running towards will be the tackler, near foot and near shoulder, they will secure the tackle. The LB that is not the tackler will come in a try to punch and rip the ball out. The defense has three seconds to try to rip the ball out, if the ball comes out they need to follow the same directions as was discussed with the defensive line drill in the above paragraph. This drill is to teach securing an open field tackle but also to teach trying to create a turnover. You must stress that the 2nd LB in must make sure that the tackle is secure before beginning the process of trying to create the turnover.

The 3rd station with the DB's will be a drill that will use two DB's and a ball. This drill is used to teach them if a ball is out and rolling out of bounds, saving it and having their teammate recover and roll with it to win the game. The 2nd part of the drill are the DB's that are not in the drill they are to work on pointing in your team's direction to assure everyone that it is your ball and that we have recovered. The 1st DB will start along the sideline and the 2nd DB will be on the hash. When the drill starts the coach will roll the ball towards the sideline as to simulate a fumble going out of bounds. The DB to sideline will make an attempt to tap the ball to his teammate, if that is successful the 2nd DB will recover and roll to secure the possession. I like this drill because of the teamwork concept and you are simulating a game-like situation to get your players to thinking about what to do if this situation arises during the season. Once the ball is secured the DB's that are not in will be pointing in our direction, this becomes a habit in practice and the games. Anytime a ball is on the ground and someone recovers it you will see our sideline pointing in our direction always,

this is something that takes time but is worth it to get everyone working together. Again we will rotate after 5 minutes at each station, like I stated in the beginning, the stations need to be explained in your meetings to maximize your time in practice.

These drills are the starting point and foundation of Turnover Tuesday, now how do we incorporate these drills into competition. Every Tuesday we announce and our players know that in 7 on 7, 1 on 1, inside run and team that any ball that hits the ground is live. In the 7 on 7 and 1 on 1 period a point is awarded for whichever side recovers the ball. That means even on over or under throw the ball is live and the side that recovers is awarded a point. I will keep track of the points for the defense and our HC will keep track of the points for the offense. Next we get into inside run and team, the point value will change in these two periods and because we will use different situations like red zone, 3rd and short and other situations that your staff comes up with for practice. The point value for these periods are the same for over and under throw but now you include caused fumble= 1 point, Defense recovers fumble= 2 pts, Offense recovers fumble= 1 point and Offensive or Defensive touchdown= 6 points. At the end of the team period we will tally up the points and the winning side will not condition that day, we also have given out candy or pizza to the winning side to change things up. The players really look forward to it and love the competition.

Another drill that we will do involves the big guys, you can't forget about them. There are two different drills that we will do, usually one more than the other in camp. The first is a big man red zone challenge, offense vs. defense. The QB's will be involved in this throwing the ball to the OL, we usually give them 3 routes for options for the 10 yard line. The DL will play either press or off man and we limit the number of reps usually to 4 reps with an option for a tie-breaker. This gets extremely competitive because we usually put some type of food on the line for them and the winner has bragging rights for the week.

The next competition we will do with our lineman has become pretty popular all over the country, is the punt return challenge with the DL. We usually do this in camp and periodically throughout the year as a way to break up the routine of the conditioning at the end of practice. We have the defense choose two DL and they can't be the same each week, our HC will then get the punt team out to cover the punt. We will give the DL 4 reps usually, sometimes it's all on one punt to catch it for no conditioning. If the DL are consistently dropping the punts we will ask the defense if they want double or nothing on the next punt. If that punt is caught there is no conditioning but if it's dropped we double the conditioning for that day. We really like this because it gets the whole team involved and builds team chemistry and comradery. Your staff can take any of these drills and build it into your practice and change it to fit what you want for the competition period in your practice.

The next competition we will have is another team competition but it is first started as a condition drill for our defense. We will do a pursuit drill while running our pressures out of our different fronts starting at the 15 yard-line and running to the ball where three coaches are located. I will call out the formation and the strength and the defense has to adjust to the formation. When the ball is snapped we execute our pressure and I will throw the ball to one of the three coaches, the players then have to get on their pursuit angles and breakdown on the ball. We will then move the ball to that spot and if we change into our Nickel package we will substitute off the sideline just like we would do in a game. After a few weeks of that we will then incorporate our offense into the drill and use situations. For example, the offense has the ball on the minus 35 yard line, down by five points, with two timeouts. We generally will use the same point structure system like the inside run and team periods to get up the competition. This is 1 vs 1's and 2 vs. 2's to make sure you are at maximum efficiency in your practice. You may want to change it up to have the 2 vs 1 and put something on the line that will drive a

higher competitive edge. If you have players that play both sides of the ball they will compete on the side that is that day's specific priority. This should be communicated with your staff before you go out on the practice field. I believe you can take any of these ideas and use them in your program, modify them anyway you want, just keep the competition up to get your players to be motivated and execute at the highest level.

“When turnover Tuesday first started we sat down as a staff and tried to come up with three drills that we could do to incorporate the mindset of creating turnovers but not sacrificing the fundamentals that you teach in your individual period. We meet with the defense and explain to them what the drills are and what the expectations are in our meetings, that way we don't waste time when we get on the field.”



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DEFENSIVE STRUCTURE

DEFENDING THE DOUBLE WING OFFENSE

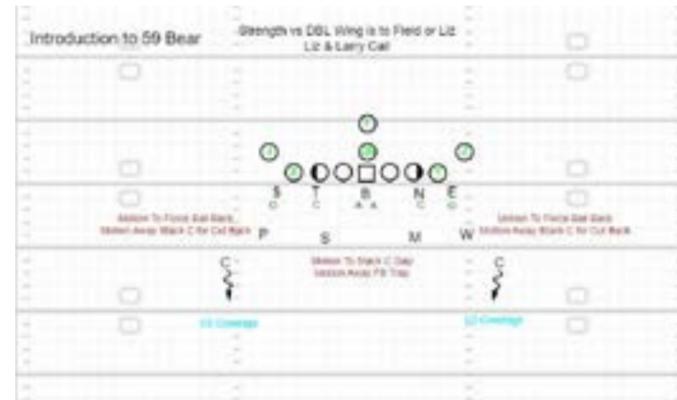


Kevin Swift
Gold Beach HS - OR
Athletic Director
[@kdawgswift](#)
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In the mid 1980's, when I was coaching NCAA Division III in Southern California, I watched the Colton Yellow Jackets coached by Don

Markham. Coach Markham, at the time, had one of the nation's top running backs playing for him - a kid named Hemingway who would go on to play for the Colorado Buffalos. Coach Markham was tinkering with some offensive ideas way back then. He was in 2 TE Stack I (3 RBs) behind the QB and center. He was kind of running "student body" USC's famed Power Sweep. It was from these early tinkering and ideas that Coach Markham came up with his famed Double Wing Offense. If you've been a coach for a while (1990's to present) you have faced and had to defend this very physical run dominated offense. When I arrived in Gold Beach, Oregon in 1997, it was the craze particularly with the small rural schools with limited staffs. In my first 8 - 10 years we would see it 2 to 3 times a year and in my second 8 - 10 years we would see it 1 to 2 times a year. In fact, in 2010 and 2011 we would face the Scio Loggers in the Oregon State Championships, who ran the Double Wing close to perfection. So, in this issue of Headsets I will discuss some of our ideas in defending the Double Wing. Defending the Double Wing is much more about a mind set and execution of difficult assignments. Your defensive linemen must be willing and coached up to sacrifice their bodies to create piles or a wall that running backs cannot find openings in. While we are a multiple front defense that uses stemming a lot, but we will not stem verses a Double Wing team. We also prefer to play just 3 Defensive Linemen inside the tackle box rather than 4. We feel that with a Double Wing's tight or foot to foot splits, 3 DL can effectively make the piles we need and leave enough players at level 2 of the defense to make the tackles. We

don't count our Stud or End as DL inside the tackle box, as we use them as "Crashers" coming down right of TE's down block and blowing up the pulling offensive linemen. It is also our belief that typically in Double Wing offenses the Center is their weakest lineman so we prefer a DL head up on Center. It should be noted that we take our Free Safety out verses Double Wing teams and instead play an extra Defensive Lineman we call our "Bear" lineman. Below is our initial Bear Defense vs. Double Wing.



Coaching Points:

Tackle, Bear & Nose - Fire out into Offensive Linemen's shaded knee cap, do not belly flop because they will just step over you. Instead fire out into shaded knee cap and then, like a wrestler, build a base or bear crawl in an effort to make a pile and close running lanes off. Do not try to sneak a peek for the ball! If you are not being blocked, it's TRAP and start squeezing down. Do not get up field.

ILB's - Sam & Mike - It's a cut back designed power! RB is going to look to cutback by design. So be slow and do not over run the play. If front side ILB to Flow, stack to your gap and do not just run into a pile. Backside ILB play slow, do not over run the cut back lane. Remember with a tight or condensed offensive formation the cut back lane is much closer to your alignment.

Stud + End - Flow to you and TE down blocks, crash right off TE's fanny and be prepared to wrong arm pulling linemen in an effort to make a pile in front of Running Back. Flow away, crash down the LOS looking for Double Wing - Scissors/Counter coming back at you. Do not go too deep because in will run underneath you.

OLB's Panther + Whip - Flow to your stack to outside and be prepared to contain the bounced RB attempting to go wide. If RB goes inside your stack position to outside,

squeeze keeping outside leverage on RB. Flow away and be slow to slide to Reverse or Cutback lane coming back at you.

Corners - Take 3 read steps! If Flow your way and you see TE engaged in a block be prepared to help contained ball carrier who has bounced. You are not a primary run defender so be slow to react to run. Keep outside leverage when finally coming up against the run. Flow away, be aware of backside TE's release! If TE is engaged take a slow pursuit angle through cutback lane and scissors/counter lane. Your 1/2 pass defenders verses a condensed offensive formation so spacing in your 1/2's to cover 2 released routes is important.

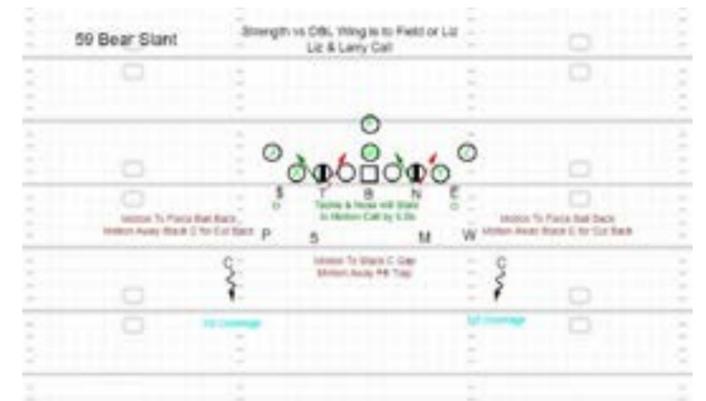
Obviously, these are just the basic coaching points. There is considerably more that goes into the preparation in defending the Double wing. Some other points or ideas when defending the Double Wing:

Do not sit in just one defensive look. Like all offenses of today they will figure out how to deal with it if you just sit in it!

Defensive Linemen have to be willing to be extremely physical in building the piles needed on LOS, but also be disciplined enough not to try and sneak a peek.

It's a condensed offense based on power/off tackle. Because it is condensed it is easy to overrun responsibilities or to run in to piles. Back side has to play slower in order to stop the cutback or bend back lane. Do not over run the offense. Front side take your time reacting, do not run into piles but keep your designed leverage a squeeze ball carrier. Be Great Tacklers.

Below are some of our different looks using the same teaching ideas. Also, one a final note, a story that sums this all up. In 2010 we lost in the State title game BAD to a great Double Wing team - Scio. In 2011 we beat them BAD in the State title game. In fact, we shut them out. After the game one of our parents congratulated us and asked how we had come up with such a terrific game plan. I chuckled and said it was the exact same one from 2010, except this year the kids executed it perfectly.



OFFENSIVE DRILLS

21st CENTURY FOOTBALL DRILLS: 1/2 SCREEN DRILL



Lee Weber, CSCS
Rose Hill HS - KS
Head Football Coach
[Coaching Resources](#)
[Children's Book: Coach Dad](#)
[@coachlaw71](#)



Tom Blazer
Offensive Line Movement/
Skill Acquisition Specialist
at SASI
[@TBlazerSASI](#)
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Over the course of the next couple articles, we are going to attempt to modernize the way you use drills to incorporate a constraints-led approach to drills and open your mind to helping your players think and find solutions to the chaos of a football game.

The goal of good coaching should be to help your players find solutions to the ever evolving problems that arise in a football game instead of giving them the solution. For example, have you ever changed one variable in a drill such as a double team drill where you blitz a linebacker into a gap rather than just have him stand statically and be blocked? What happens with your offensive linemen? If they have never seen that before in the drill, then one of two things happen: They either self-organize and find a solution to the problem or they screw it up. If they self-organize and solve the problem then you are in great shape, but what typically happens is they immediately look back to you for the solution. You can't be on the field with them to solve that problem so looking to you is a signal that you have to help them solve these problems on their own.

The key to creating situations to solve these problems in a drill/practice environment is to create "repetitions without repetition" (a phrase we can attribute to Andrew Ryland of USA Football and the text, *The Constraints-Led Approach: Principles for Sports Coaching and Practice Design* by Ian Renshaw, Keith Davids, Daniel Newcombe, and Will Roberts.) Essentially "repetitions without repetition" is solving the task of skill within a drill format with multiple repetitions, but changing and scaffolding the variables within that drill to help your players solve the problem that arise within the task much like they will have to in a game because other football players are dynamic beings. Other players don't line up, move, or use the same technique in a silo and in perpetual consistency.

If you never change the variables of a drill, essentially your players become experts at a drill and even cheat the drill. The drill then doesn't transfer over to your team periods or the game. How many reading this have ever had an athlete work a drill and look fantastic in completing the skill only to go to a team period and completely screw it because the variables changed? For example, a pulling guard has drill kicking out the end man on the line of scrimmage and perfected it in a drill environment where the defensive end steps across the line of scrimmage, but in the first play of your team period, the defensive end wrong arms the pull and the guard looks foolish?

The best way we can illustrate this approach is to provide a series of drill examples to help spark you to think about the way you design and control the variables within the constraints of your drill.

In this article, we are going to utilize a 1/2 line screen drill that Coach Blazer uses with his offensive line to help you conceptualize how to create repetitions of the same task without repetition. One of the hallmarks of a constraint-led approach to coaching is utilizing small-sided games. Essentially, 1/2 line or 7 on 7 are football based examples of a small-sided game. The elements of game play of football are there, but you have reduced the number of players or other constraints to focus on a smaller grouping of players completing a task.

In this 1/2 Line Drill, we are going to work a slip screen to the outside receiver and involve the receiver, the three offensive linemen to the playside, and the quarterback. We start with the basics of the play. This screen is always thrown to the hash. The receiver stems and then comes back to catch the ball behind the line of scrimmage. In Coach Blazer's terminology,

the playside tackle is releasing to block #1 who in Diagram 1 is the cornerback rolled up. The guard is releasing to #2 (the outside linebacker) and the center is sifting up to the inside linebacker.

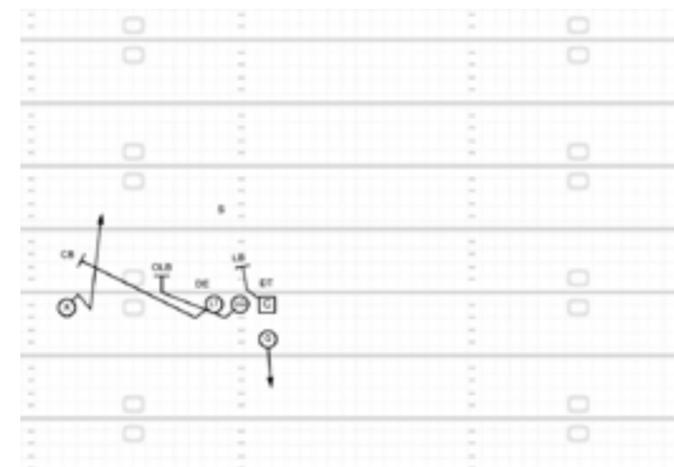


DIAGRAM 1: 1/2 LINE SCREEN DRILL STATIC

In this iteration of the drill, things are static. The players being blocked are where they are supposed to be and play it as you have shown your athletes.

Here is where the variation has to come to help your players start solving the problems that arise within this task. Forewarning, your players have to truly understand the original task and

the concept of the play fully before you start any variation. This isn't for beginning freshmen offensive linemen until they understand the basics. With your more advanced players, you start to change the variables to the play without telling them this is what is going to happen because you want them to self-organize and learn to solve the problem without feeding them the situation. Diagram 2 illustrates a variation you could throw at them in the drill. The corner drops and is no longer a threat to be #1. The outside linebacker flies out to become the new #1. Your tackle then has to adjust to who the new #1 is. Your receiver may have to adjust what he does after he catches the ball based upon with the tackle has to do to block the new #1 and so on. The variables of the drill just changed like the variables of the play change in the game. You want your players to be able to adjust and complete the task on their own. Now, they will inevitably make a mistake at some point in the changing of the variables and look to you for the solution.

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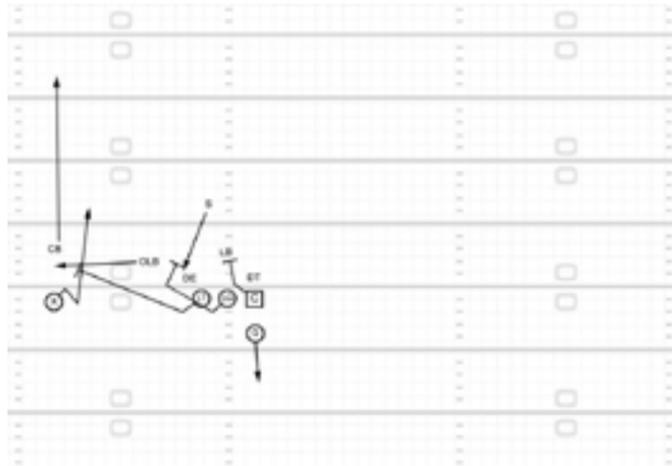


DIAGRAM 2: 1/2 SCREEN DRILL WITH VARIABLES

Here is the key, talk them through how to solve the problem with questions like "What happened?", "If the corner dropped and isn't #1 any more then who is?", "How could you block the new #1" etc. instead of giving them the solution. Here is why you do so: Even if you give them the solution to this one iteration of the problem, there are probably many multiple iterations of this problem that could happen.

It's much like the dreaded "new math." In "new math," students are taught problem solving techniques instead of memorizing multiplication tables so that they are relying merely on their mental bandwidth of rote memorization, but instead utilizing a problem solving strategy to make a decision to complete any math problem they may encounter.

Here we are fostering a football problem solving method by showing different variables and wrinkles to how this football task may look different without necessarily giving a set-up to the situation to allow the players to self-organize and find a solution on their own. Now as a coach, we still guide them to methods and techniques that will help solve the problem most effectively, but also give them ownership to solve the problem on their own.

So as we can illustrate in this screen drill in Diagram #3, the tasks can change in a wide variety of ways so we can build the complexity within the task. What if we throw a fire zone concept in then how can our players react to that situation?

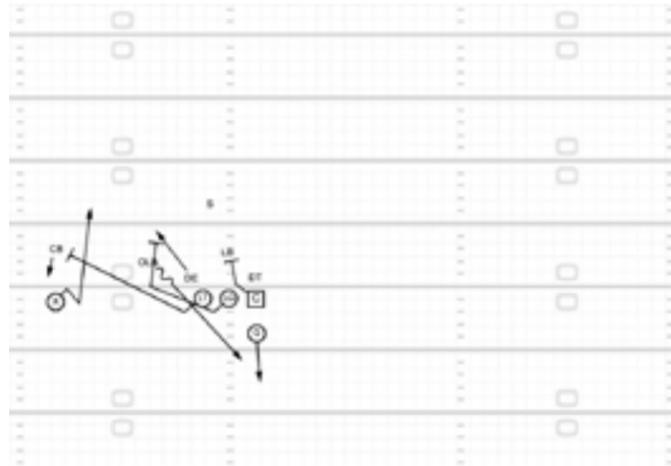


DIAGRAM 3: 1/2 LINE SCREEN DRILL VS. FIRE ZONE

The variables and variations can come in a variety of manners. Defenders can line up in different locations, defenders can move post-snap, blitzes, zone drops, stemming, and other player movements can change the variables within the drill. Good practice would also be to have these defenders' movements be some of the techniques, blitzes and alignments that your scout has shown over your opponent. While it may help the problem solving equation to have some inherent randomness, there needs to be a factoring of things that your players are also likely to see within the constraints of your opponents.

Then as your players have the mental bandwidth to handle those variations then you can start to build even more chaos into the drill such as music blaring to simulate crowd noise or doing the drill in a no huddle tempo. Another chaos element would be to create some "oh crap" situations where the exact wrong things may happen within the play and have your players make the best out of a crap situation.

As this series moves forward, we will provide more examples of small-sided games concept within drill situations (mostly offensive line based as we are both offensive line nuts!) Our hope is that this article begins to spark ideas with you in how to bring some of your drills into the 21st Century to have variables and complexity within the constraints of the game and help your players learn and apply solutions on their own when you are on the sideline and they are out on the field.



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OFFENSIVE RESOURCES

WHICH PLAYS ACTUALLY WORK?



Brent Morrison
Westerville Central HS-Ohio
Head Football Coach
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As a coach you should always be evaluating your playbook to figure out what actually works and why. We started a discussion the other day on our staff about the effectiveness of our dropback pass protection. So what do I do? I instantly

started looking for real answers and not trying to guess based on the random situations I remember where we got sacked in a critical situation.

In a pre or post season situation I am going to look at 2 years worth of play calls. I feel this gives a large enough sample size. If you are using hudl, at the end of each year I save all offensive plays into a playlist and then I can select the previous two years and then create another playlist for a particular play.

If I am evaluating the plays during our season (August-November), then I am going to pull a much smaller sample size of only a few games. This will be more efficient and likely tell me more about the current players and their ability to accomplish the task.

Once I have access to the plays I want, I begin to indicate if the play worked or not. I prefer to make a custom column on hudl where I can indicate and sort later in this process.

For our dropback pass protection I pulled up each of the plays and then gave them a + in the column if the QB had time to throw. If there was a sack, scramble or hurry on the play in a reasonable time, then I gave the play a -. I will also have a column to indicate why the negative play existed. There are 3 general reasons why a play fails to work: 1. Scheme 2. Techniques 3. Personnel.

Once that process is completed I look at the overall percentage. If the play is working for us at a rate of 75% or better then I feel great about it. If the number dips below that, then it is time to further evaluate.

As I begin to look through all the - plays I will see if there is a trend in why it is failing. Let's be completely honest, each of us has faced an opponent that has just overwhelmed our personnel at times and there is not much you or your player can do except call a different play or re-design/adjust the play. There are simply times when a DE is going to beat your tackle off the edge. So if that personnel is a major issue on the play, then begin to evaluate if you have the right player in that position. If the personnel is detrimental to a concept, then you may need to substitute or re-arrange line-ups.

Techniques are another major issue. Sometimes you are not overmatched, but instead their technique is hindering the ability for them to be successful. This can be a very difficult thing for coaches, because sometimes the technique you are teaching is ineffective. Coaches must be able to honestly look at the film and see if they are teaching what is best for their players. At the high school level it is easy to take NFL and NCAA ideas and try to apply them to our level, and the truth of the matter is that few high school kids are actually capable of performing it. For instance, we talk all the time about how to teach hand placement in our pass protection. We are very deliberate in our teaching, language, and drill work to make sure we are seeing what we

want. The other issue can be players not using the technique you have taught them. If this is a consistent trend, then maybe you need to find a new approach to teaching it or give another player the opportunity to prove themselves.

Finally the area that coaches can control the most is scheme. If your X's and O's are failing you, then find a better way. For instance our pass protection has 5 players working. If we are not able to identify the times we need 6 and adjust or find route routes, then we need to figure out a better way. As defenses adjust and adapt, so must the offense and their ability to accomplish the task.

In our most recent study of pass protection, we found that we had no sacks based on the scheme. Instead, they were primarily based on missed assignments or players simply being beat. In a situation like this, we look for trends and patterns. As a coach you can look at these trends and see if they are linked to certain personnel's ability or potentially a coaching issue.

This process of evaluating your offensive concepts can be valuable in figuring out which plays/concepts ultimately work for you. If a base run or pass concept is not getting the yardage you expect, then figure out why.

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“As a coach you should always be evaluating your playbook to figure out what actually works and why. We started a discussion the other day on our staff about the effectiveness of our dropback pass protection. So what do I do? I instantly started looking for real answers and not trying to guess based on the random situations I remember where we got sacked in a critical situation.”

NO HUDDLE NO MERCY

OFFSEASON DEVELOPMENT FOR
THE NO HUDDLE OFFENSE



Shawn Liotta, Head Coach
Burrell High School-PA
[Coach Tube](#)
[@ShawnLiotta](#)
Author: [No Huddle No Mercy](#)

Become a No-Huddle Program

The off-season is critical to installing the no huddle attack. This is the time that you will be turning your program into a “play fast” culture where players will start to become accustomed to the up-tempo nature that you will operate at practice when you are able to get onto the field. It is important that you implement a strength and speed/conditioning program that will develop and strengthen your athletes year round.

I am a big fan of our players participating in multiple sports in addition to participating in our off-season program. In addition to the competitive benefits of participation in multiple sports your players will remain in great physical condition year round. I have mentioned that we do not run sprints or traditional conditioning during our practice sessions and much of the same is true during our off-season program. We implement football specific conditioning or speed training exercises to improve our speed and agility. The same holds true for our strength program as we focus on our core lifts in small groups while constantly rotating the groups from station to station. We will also implement a brief dynamic “burst” of a conditioning drill in between sets and then have our players begin their next set of lifts. This starts to condition the athlete to have to work hard “while they are tired”.

In the winter months while we are confined to our gymnasium for conditioning work we will begin to implement drills such as our “alignment drill”. In this drill we will quickly get aligned into a called formation and then come off the ball with the snap count and burst for 5

yards. The ball will then be quickly placed in another area of the gym and we will quickly align into the formation and get ready for the play call and repeat the same process again. This drill accomplishes many things to help in the development of our offense.

- 1) We are conditioning players without them even realizing it is a football activity
- 2) We are conditioning our players for the demands of a 5-10 second burst of a football play, and not a 100 yard sprint or gassers in the gym
- 3) Players are working on getting aligned properly and learning our base formations
- 4) Players are focusing on getting into a “perfect stance”
- 5) Players are forced to think while tired as the drives extend and they need to find the ball, get aligned, get the play call and attack (sprint)
- 6) This is also a great time to develop your multiple snap counts and the discipline involved there in not getting a penalty

No Football Needed

We will accomplish many of these alignment and assignment drills without the use of an actual football. The same holds true for the training of our passing attack while in the gym. We will use different techniques such as stressing receiver releases, finishing steps of a route, and drill our players on how to defeat individual defensive techniques on our multiple adjusting routes. All of these factors can be accomplished in a high repetition manner in the gym with no football.

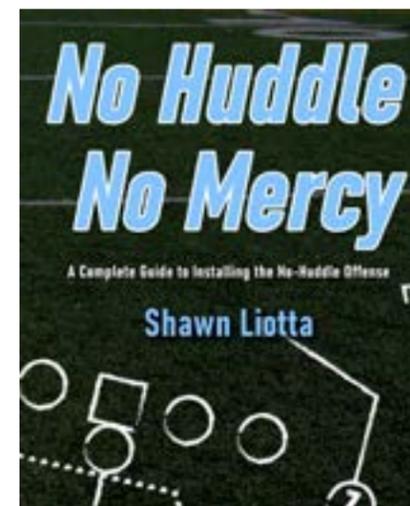
Terminology and Teaching Progressions

It is imperative to begin to teach your players the offense during the off-season. The days of teams taking the field in August and installing their offense for the first time are long gone. The more knowledge that you can impart into your players prior to getting on the actual field in the spring or summer will put you ahead of the curve. There are many ways over the years that we have worked to facilitate this learning environment. How you structure your off-season development program will depend on your schools resources and the regulations regarding off-season activity in your state. Even if you are in a state that does not have

spring ball (we do not in Pennsylvania), or does not have an athletic period during the school day (we do not) there are ways to get this process ramped up for your players.

Quarterback School

Our quarterback school is held each off-season (Jan- May) with our quarterbacks and at times our wide receivers and running backs as well. During this period we are in a classroom setting and each of our quarterbacks receives a large binder that will contain the units for each lesson that is being taught. During this process we will advance through a complete quarterback syllabus that will teach each quarterback the complete ins and outs of how to be a quarterback in our offense, reveal and teach our play design in great detail, but most importantly how to identify and attack the weakness in each defense we will face. As coach John Jenkins indicated to you in the foreword of this book, any talk of offensive football or play design without first having a complete and thorough understanding of defenses is completely useless. This is where we teach our quarterbacks everything that they need to know about reading defenses. I have included a few examples of our quarterback manual in this chapter. As our quarterbacks work through each unit I give them a test on the material that they must complete. I will then go over the results of the test with them prior to the next unit. Remember that ultimately as coaches we are teachers and we need to understand that our players will have different learning styles. This is why it is important to utilize handouts, video, and written exams to ensure that we are able to properly instruct each varied learning style.



Coach Liotta was recently named one of the top clinicians for the past year by CoachTube for his presentation at the National Air Raid Convention in 2020. CoachTube is offering a very special discount on the No Huddle No Mercy Offense Bundle of 19 courses [here](https://coachtube.com/bundles/no-huddle-no-mercy-ultimate-bundle?track=644c89382ed2055f5198f38d16c5588e)
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DEFENSIVE LINE: 101

STANCE AND START



Quint Ashburn
Defensive Line Coach: Searcy High School - AR
[Defensive Line Coaching Group on Facebook](#)
[@CoachAshSearcy](#)

In the first article I wrote for this magazine, I spoke about how I build my players up to working a three point stance. In this article I will talk about some drills that I am sure all defensive line coaches work; the three point stance and the first two steps after the ball is snapped. I coach seventh grade football as well as varsity at the school I am currently coaching at and this is one of the most difficult drills for players, both young and old, to master in terms of having a great stance.

I use 3 basic drills to get my players working from a three point stance.

- Three point stance holds (right/left handed stance).
- One step punch
- Two step punch

By the time I do these three drills, I have already worked basic punching/hand placement technique from a two point stance (athletic position) as well as shooting hands and hips from a six point stance.

Drill One: Three Point Stance Holds (R/L):

Drill Set Up:
 Have the defensive linemen get into lines of four, spread out to where they are comfortable and can get into a stance. I usually put them five yards apart (diagram below).

Drill Progression (right handed stance):
 Have players stand with their feet shoulder width apart.

Players will move their right foot back to where their toes are level with their left instep or heel (this can vary with taller players).

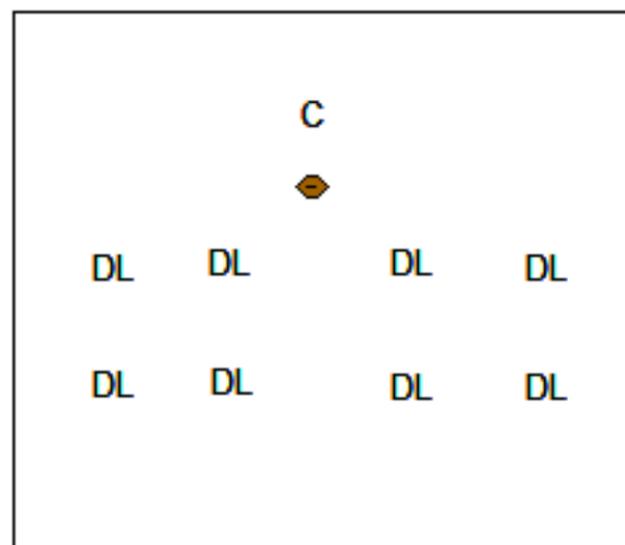
Have them squat down and bring their elbows to their thighs. From there they will need to put their right hand on the ground. Make sure that your defensive linemen have a good amount of

weight on their hand and their butt needs to be up. They can test it by picking up their right hand. They should fall forward with the correct amount of weight down.

Their head needs to be up and able to look straight or inside at a ball.

Have players hold their stance while you walk by and check for proper stances. This will take time for them to get it down. You will do the same progression for the left handed stance as well except the left hand will be on the ground and the left foot will be back.

I like to have them put their arm that is not on the ground up and ready to strike when getting out of their stance.



Drill Two: One Step Punch (R/L handed stance or either):

Drill Set Up:
 This can be done in cloth with a dummy pad, in pads, or against a sled.

If it is against other players, have a group holding bags or lined up to be punched in front of each line, facing the defensive linemen.

Have the defensive line get into lines of four with a ball/ball on a stick/coach's foot that will be snapped.

Drill Progression:

On the snap of the ball, the defensive lineman will take one six inch step and will shoot their hands at the opposing lineman (hand placement will vary based on how the d-line is shaded).

The coach will have them hold their position so that he can make sure they can make sure that everyone is using proper technique. He will reset them.

- Coaching Points:**
- Good stance
 - Physical punch
 - Good six inch step. Overstepping is common.
 - Eyes on the blocker.



Drill Three: Two Step Punch:

Drill Set Up:
 This can be done in cloth with a dummy pad, in pads, or against a sled.

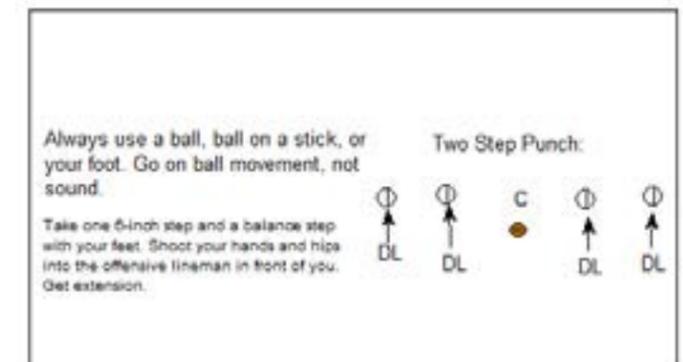
If it is against other players, have a group holding bags or lined up to be punched in front of each line, facing the defensive linemen.

Have the defensive line get into lines of four with a ball/ball on a stick/coach's foot that will be snapped.

Drill Progression:
 On the snap of the ball, the defensive lineman will take a six inch step while shooting his hands and hips at the opposing lineman (hand placement will vary based on how the d-line is shaded).

The coach will have them hold that finished position until he has looked to make sure that all players are in the correct position. Note: After a few reps you can skip the part where your players hold their position and have them reset for the next rep. Make sure to check them to see if they are watching the ball.

- Coaching points:**
- Good stance
 - Low get off
 - Physical punch
 - Disciplined eyes (ball movement)



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USING TACKLING STATIONS AS A FUNDAMENTAL PROGRESSION WITHIN YOUR PROGRAM

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Coaches have used stations within the format of their practice for years. Stations can be done within all three phases of the game. The reasoning behind their use is well known; teaching a lot of skills at one time, time saver, keeps people from standing around etc. For the sake of this article we will focus on defensive stations, particularly tackling stations. The theory applies to any phase of our great game. Another way in which stations can influence your practice plan and your overall program is through progressions within your program. This can happen both horizontally and vertically within your program.

First, horizontally within the course of a season you progress through an ever changing series of stations to create confidence and skills necessary to achieve success on the field safely. At Leechburg we break our year up into different phases. For the purposes of this article we will call the various phases summer, camp, season. In our planning meetings and game planning meetings starting in the summer time we constantly talk about the need to be better and safer tacklers.

Philosophy

- Tackling is a skill and must be practiced every single day.
- Tackling is fluid. No one tackle is ever the same.
- The head should NEVER be used to make a tackle.
- Tackling is taught in an organized progression.

WE WILL BE GOOD AT TACKLING

I have a feeling this conversation happens in every coaching meeting around the country.

We start teaching our tackling progressions in the summer time when we meet with our players for "football days". Here we install and teach our drills.

BLUE DEVIL TACKLING PROGRESSION

Summer Stations

- 1-CLAMP UPPERCUT/WRAP
 - Air-Bag-Person
- 2-FIT n Grip
 - Bag-Person
- 3-ROLL n Hips
 - Bag-Person

I am a firm believer we must teach "how" to do the drills before we expect them to "know" what to do correctly and at game speed. These are slowed down, example driven teaching sessions. If the kids only get 1 rep of the station before we switch I am OK with that. I want the drill and station taught to them. These tackling sessions are done until as a staff we feel we are ready to move on. There will plenty of time for ramping it up down the road. We break into three groups (depending on attendance for summer days) and teach one skill per group. (Slide here). We are not trying to put it all together yet. Tackling is a fluid skill, no one tackle is the same play to play. Our goal here is to teach "how" to tackle from the ground up. We will do these drills weekly, increasing speed and understanding until we are proficient at them. Each station is approximately 3-5 minutes long. Here we are more concerned with teaching skills than reps. Stations here are Clamp/Wrap, Fit n Grip, Roll n Hips.

CLAMP DRILL- (UPPERCUT)

- Hips and hands tied together
 - Where one goes the other goes.
- Go VIOLENT and GO HIGH
 - 2 uppercuts
 - Mike Tyson uppercut
 - Over simulate the extreme of the movement.
 - Hands above head, arms up, arms up
- Grab cloth of defender
 - Put chest to defender
 - NEVER let go
 - Eyes to the sky and out of the tackle
- Start in good football position
 - Knees bent, chest up, shoulders back, head up, hands at holsters
- Buzz feet
- On WHISTLE- CLAMP
 - Buzz Feet till 2nd Whistle
- Alternatives: WRAP
 - Same thing except you wrap (Legs)

Fit n Grip Drill

This is a simple quick drill station that everyone can do at the same time.

Fit- The defender is on his knees, head up. On whistle he must explode into the bag extending his hips and pushing off his feet. He should land with the bag wrapped properly and his head to the outside.

Roll n Hips Drill

This is a simple quick drill station that everyone can do at the same time. It has two parts "Roll" and "Hips"

Roll- A defender is on his knees, ready to explode through the bag. On the whistle the defensive player explodes into and rolls to the right with the bag. A good uppercut/wrap must be done to ensure this happens. The bag should be TIGHT to the body of the defender

Hips- The defender is on his feet, head up and buzzing feet. On whistle he must explode into the bag buzzing his feet with his hips fully extended into the bag.

These are our main drills for summer. Very basic and very simple skill builders. If we feel we are ready to move on we will utilize Drive for 5, Profile, Run the Angle and Vice Drills.

BLUE DEVIL TACKLING PROGRESSION

Summer Stations

- 1-CLAMP UPPERCUT/WRAP
 - Air-Bag-Person
- 2-FIT n Grip
 - Bag-Person
- 3-ROLL n Hips
 - Bag-Person

Overlap Stations

- 4-DRIVE FOR 5
- 5-PROFILE TACKLE
- 6-RUN THE ANGLE
- 7-VICE

Drive for 5 Drill

The offensive player holds the bag behind him as he walks/jogs/sprints towards the cone.

On whistle the offensive player walks/jogs/sprints towards cone. The defender must take a proper angle to attack the rear hip. He coach stopping on toes, hips engaged, chest to chest, wrap. Once contact is made and the hips extended the defender must drive back until the whistle blows.

This teaches our defenders to square up and not latch on for the ride after contact but to control the contact and drive the offensive player back while the rest of the team relies to the ball.

Profile Tackle Drill

A bag standing up is all you need for this drill.

On whistle the offensive player walks/jogs/sprints towards the sides of the bag. The defender must take a proper angle to attack the rear hip. He coach stopping on toes, hips engaged, chest to chest, wrap. Once contact is made and the hips extended the defender must drive back until the whistle blows.

This teaches our defenders to square up and not latch on for the ride after contact but to control the contact and drive the offensive player back while the rest of the team relies to the ball.

Run the Angle Drill

2 Cones spaced 15-20 yards apart. Another cone is used as a landmark cone. Defender on one cone and ball carrier on other.

On whistle the offensive player walks/jogs/sprints towards the landmark cone. The defender must take a proper angle to attack the rear hip. Ballcarrier can stop and simulate coming forward, at this point the defender must square up and continue to the ball. The offensive player then turns and runs to the cone.

The drill ends when our defender taps the head/hip of the ball carrier. As they become proficient we move from walking to sprint.

Vice Drill

Vice drill is a group tackling drill in which we try to simulate squaring the defender down to our teammate. Like a vice!

Both defenders must own their hip and attack the rear hip, rear pec of the offensive player.

We will do this in walk/jog/sprint manner and slowly ramp up the contact. This can be done with no pads on and coach techniques, breakdown etc. all the way to full contact as a drive at the end.

These are overlap drills that go into Camp as well.

As we progress into camp we will overlap these stations with contact stations using the skills taught in the summer to execute various tackles.

BLUE DEVIL TACKLING PROGRESSION

Camp Stations

- 8-Angle/Drive
- 9- No Twist Drill
- 10- Fill Drill

We will also utilize drills from summer session as well.

Now in camp we are constantly moving, coaching, teaching but we have the added contact. Our stations evolve to various types of tackles. Our goal here is to give our kids "tools in the toolbox" for making a tackle. We want to simulate it in a controlled environment with various pressures (speed of rep, physicality, change of direction) to ensure we stay within our drill no matter what. We use these stations to get teach tackling to our players while minimizing contact. As a small school we cannot afford to have numerous kids hurt before we get to game day. This allows us to create controlled contact situations where we can teach. These stations are 1-2 minutes per station then we rotate. This differs from the slower pace of summer stations.

Here we are trying to get maximal reps under pressure that we can. Players are constantly moving as this figures into our conditioning as well. Here at Leechburg we do not dedicate time to conditioning we condition through our pace of practice. Drills we have to choose from during camp include angle/drive, no twist drill, and fill drills.

Angle/Drive Drill

2 Cones spaced 5-10 yards apart. Another cone is used as a landmark cone. Defender on one cone and ball carrier on other.

On whistle the offensive player walks/jogs/sprints towards the landmark cone. The defender must take a proper angle to attack the rear hip. Once contact is made and the hips extended the defender must drive the ball carrier off the line until the whistle blows.

This teaches our defenders to not latch on for the ride but to control the contact and drive the offensive player back while the rest of the team rallies to the ball.

No Twist Drill

This is a simple quick drill station that everyone can do at the same time.

A defender engages an offensive player with an uppercut technique, chest on chest, head up to start. They are wrapped up to start.

On the whistle the offensive player and defensive player butt their feet and the offensive player randomly tries to twist out of the tackle. The defender must move his hips to keep in contact with the offensive player and stay light to him. No spade no fast.

Fill Drill

4 Cones spaced 5-10 yards apart in a box. We start this drill as walk/jog/sprint. We also do this in a straight line before adding in the angle.

On whistle the offensive player walks/jogs/sprints towards the defender or corner cones. The defender must take a proper angle to attack the rear hip. We coach stopping on toes, hips engaged, chest to chest, wrap. Once contact is made and the hips extended the defender must drive back until the whistle blows.

This teaches our defenders to not latch on for the ride but to control the contact and drive the offensive player back while the rest of the team rallies to the ball.

Finally, we enter into the season and our stations adapt to create different opportunities for consistent tackling during practice of game weeks. These stations become practice periods as we are trying to simulate situations we run into during the game, gang tackling scenarios, or just limited full speed contact. We can also include a turnover aspect to it as well. Included in this set of drills is Get in the cage, Ring, Diamond Drill and Rally and fit drill.

Get in the cage Drill

4 Cones spaced 5-10 yards apart. Defender in one corner, offensive ball carrier in the other.

On whistle the offensive player avoids the defender while staying within the box. The defender must break down, wrap up, and drive the offensive player out of the box.

Ring Drill

1 large ring

Defender on one side with one foot in the ring, offensive player on the other side.

On whistle the offensive player avoids the defender while staying within the circle.

The defender must break down, wrap up, and drive the offensive player out of the circle.

Diamond Drill

4 bags set in a diamond.

On the whistle the offensive player goes right or left. The defender must match the movement and run through the offensive player on a good angle.

Coaching Point: Ensure no tending to tackle. Defender must keep his hips down and explode up and through the offensive player.

Rally n Fit Drill

2 bags set about 2-3 yds apart
3 cones for the defenders.
Defenders lay on back beside the cones, offensive player splits the bags 5 yards away.

On the whistle the offensive player goes right or left. Once he gets to the bag he can run back to the middle.

Defenders must Form Tackle, Highlight Tackle and Fit in the open gap. The defender closest to the form, the middle is the highlight, and the backside defender is the fit tackle.

We usually cycle through these drills throughout the season. This is planned on Sunday during our game/practice planning as a means of correcting issues we had previously or to prepare us for a certain type of team/specific athlete we will see that week.

continued on next page

I hope that this at least gives some ideas for a new drill or station. Perhaps even this allows you to have good conversations with your staff about the how/why we do this station or that station. We are all in this together! Let's create a better and safer game for all. Thank you

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