

Edina Hornets Football

Reed Boltmann, Varsity Head Coach, Defensive Coordinator
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Reed Boltmann is entering his 5 year as Head Football Coach at Edina High School. Boltmann grew up in Hamburg, Minnesota and attended Lutheran High School in Mayer, Minnesota. After graduating in 1983, he attended Augsburg College in Minneapolis, MN. Boltmann played football for four years at both the High School and Collegiate level.

In his four years as Head Coach, Edina Football has compiled a record of 25-17. Boltmann is also a Physical Education teacher at EHS and the Strength and Conditioning Coach. In addition to his teaching degree, Boltmann has a M.A. in Human Performance and is a Specialist in Human Performance, earning both at MSU - Mankato in 1993 and 1997 respectively.

Boltmann is married to wife Trish and has two sons: Brock (14) and Jake (11).

I coached at Augsburg College 96-00. The package we run primarily comes from there. Jim Roback and Tom Ross had gone out to Colorado State in 95 and spent the a couple weeks out there during Spring Ball. So our defense comes primarily from Colorado State. The reason for CSU was that they were a multiple front under and over front that was an attacking defense that used undersized guys on the defensive front, but with the slanting/stunting and blitzing were able to control the line of scrimmage against teams that were physically more dominating.

When I coached at Augsburg in the MIAC we were undersized up front the this defense allowed us to line up to any offensive set and be balanced and gave our guys a chance because we were not going to sit in base and just get hammered on. The Defense is a single gap defense we try to keep it as simple possible but we want to be moving attacking and make the offense adjust to the pressure that we are creating.

At Augsburg there were times we played with 200lb pound line man. At Edina I have had some All- Conference lineman that have been 185-190. The goal is to be quick and strong off the ball

control your gap get your heels 1 yard into the back field gets your eyes up and find the football and pursue. DDT-

Deliver a plow- Disengage- Tackle

On every defensive front we have our Call strong or weak side. Front/Stunt or Blitz / and coverage. All 11 players need to know what everyone is doing to run the defense correctly. We try to attack 1/2 a man while trying to keep our outside arm free. We have 9 guys that try to force the run play to the sidelines, our corners are always the widest man they are the only ones that turn the play back inside.

We start with a quarter's coverage in the secondary. We have 9 different coverage's 0/1/2/3 Bolt/Roll/4/6/8 and 52.

We are stunting or Blitzing about 95% of the time the key is reping the stunts/ fronts with the secondary to make sure we have the proper run fits.

If you cannot control the run game in the Lake Conference you will be in for a long night.

Edina Hornets - Defensive Package

Defensive Priorities

- Pursuit
- Tackling
- Turnovers
- Goal Line Defense
- Sudden Change
- Eliminate Penalties
- Enthusiasm
- "One play at a time"
- "Down and Distance theory"

Pursuit- An all-out effort of running to the football on correct angles. Swarm the ball

1. What it takes to pursue
 - A. First- a mental process. (If you want to, you can)
 - B. Visualize pursuing and making great plays. (Be a big play guy)
 - C. Great pursuit on each play requires physical conditioning
 - D. Speed- think fast and quickly.
2. How to pursue

- A. Play your responsibility first
 - B. Inside/ Out Pursuit
 - C. Take correct course to the ball
 - D. Wanting to get there (mental)
 - E. GET THERE
3. What pursuit does
 - A. Eliminates big plays (long runs and passes)
 - B. Discourages opponents
 - C. Helps cover mistakes
 - D. Makes US a GREAT DEFENSIVE team.

Tackling

1. What it takes to tackle
 - A. 90% is desire
 - B. Aggression "Out Physical" the opponent.
 - C. Determination
 - D. Correct Technique
2. How to tackle
 - A. Head up, knees bent, butt low, wide base, feet moving
 - B. Straight on tackle- chest to chest
 - C. Angle tackle- Head across the bow
 - D. Explode into ball carrier, roll hips forward, club through him, grab high cloth
3. Why tackling is so important
 - A. Eliminates big plays (long runs and passes)
 - B. Discourages opponents
 - C. Makes US a GREAT DEFENSIVE team.

Turnovers- Taking the ball away from your opponents

1. What it takes to get a turnover
 - A. A mental process (think turnover)
 - B. Believe you can; expect to create one
 - C. Be aware of turnover opportunities
2. How to get a turnover
 - A. Fumble- strip ball
 - B. Helmet on ball
 - C. Second tackler always go for the ball
 - D. Interception drills (highest point)
 - E. Tip drill- be alert and ready to react
3. Why turnovers are so important
 - A. Momentum in our favor
 - B. Discourages opponents
 - C. Gives our offense and defense opportunities to score
 - D. Makes us a great defensive team

Goal Line Defense- An inspired attitude to pursue excellence

1. What it takes to have enthusiasm

- A. Be mentally disciplined- get yourself into the right frame of mind
 - B. Be confident- know your assignments, know you are in condition
 - C. Challenge yourself- Be the best player you can be.
 - D. Be committed to hard work
2. How to play with enthusiasm
 - A. Give maximum effort in every drill and play (game or practice)
 - B. Be positive (encourage teammates)
 - C. Give all of yourself for the team
 - D. Celebrate with your teammates after a big hit, turnover, or play
 3. Why enthusiasm is so important
 - A. Brings entire team's level of play up
 - B. Gets the crowd behind us
 - C. Discourages opponents
 - D. Makes us a great defensive team

Sudden Change- An unexpected or dramatic shift of momentum

1. What it takes (Attitude)
 - A. Get up mentally and stop their offense
 - B. Go on field emotionally up; ready to play and change momentum
 - C. Accept challenge of stopping the offense; don't blame anyone
2. How to handle a sudden change
 - A. Always huddle up as a defense before you go back on the field
 - B. Think and talk turnover- Be aware of opponent's offensive tendencies
 - C. Run faster, hit harder
 - D. Must think of keeping opponent out of end zone
3. Why sudden change is important
 - A. Stopping the offense after a sudden change:
 - gives our team an emotional lift
 - keeps points off the scoreboard
 - B. Makes us a great defensive team

Eliminate Penalties- Getting rid of mental mistakes that hurt the team

1. What it takes to eliminate penalties
 - A. Know and understand the rules
 - B. Play "smart" football (know when to back off)
 - C. DO NOT RETALIATE- The referees do not always see the entire play
 - D. Concentrate and be disciplined
2. How to eliminate penalties
 - A. Play snap to whistle
 - B. Practice smart and hard; play the same way
3. Why eliminating penalties is so important
 - A. Prevents offenses from getting extra chances and "free" yards
 - B. Helps keep us from beating ourselves
 - C. Makes us a great defensive team

Enthusiasm- An inspired attitude to pursue excellence

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One play at a time- Every defensive play has 5 phases, each is of vital importance to the next. Successful plays require executing each phase properly.

1. Call
-Receive and understand each phase of the call and exactly what it means to you
2. Recognition of Formation
-Recognize each offensive formation; communicate it to each other.
-Know the formation's strengths, weaknesses, and tendencies and how each of these affect the call
3. Alignment
-Take the exact alignment required by the call and dictated by the formation.
-Always align in the best position for you to execute your responsibility.
-80% of all errors come as a result of poor alignment.
4. KEY
-Knowing your key gives you every advantage over what the offense can do.
5. 5. EXECUTION
-Execution is the essence of Hornet Football.
-Do all phases with 100% of everything you have.

There are usually a handful of plays that determine the outcome of every game. When we make the majority of these plays, we'll win. They often occur in the 4th quarter. We must dominate in the 4th quarter to be a great defensive team.

EXPECTATIONS OF PLAYERS

1. Attend every practice unless excused per the attendance policy.
2. Listen carefully to your coaches

and show them respect. Inappropriate behavior and language will not be tolerated.

3. Know where you need to improve your skills and actively work on these areas each week.
4. Keep up your strength by lifting, maintaining a healthy diet, and getting adequate daily rest.
5. Give your best effort at practices and games!
6. Help your team succeed by knowing and executing your assignment every play.

EXPECTATIONS OF PARENTS

1. Be positive and proud of your son.
2. Encourage him to follow team and MSHSL rules.
3. Watch over your son's academic life.
4. Do not live vicariously through your son.
5. Instill the importance of sportsmanship.
6. Encourage a healthy diet and adequate sleep.
7. Do not criticize coaches in front of your son.
8. Foster in your son a positive self – image.
9. Be an appropriate fan in the stands.
10. Keep positive and ask questions if you have them!

Philosophy

- Multiple Attack Offense
- Attacking Defense
- Sound Special Teams
- Emphasis on academics
- Emphasis on strength training
- Emphasis on being a multi-sport athlete

Strength Training Workouts

Our system of strength training ensures all of the following important variable's:

1. Comprehensive Training: You will train all segments of the body. If you choose to lift 3 days a week, you will train the entire body on all 3 days. If you lift 4, you will train upper body 2 days, and lower body the other 2
2. Intensity of Effort: Our guiding principle on just about everything we perform is as follows: "If you could have done another repetition with proper form, you should have done it"
3. Overload: This aspect of training is built-in to our system. We expect progress in the number of repetitions you are performing with a certain weight over a period of time. This applies to all of your exercises, not just the bench press and squat/leg press. Progression can be achieved via estimated max and by achieving the high end of a rep range

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Program Organization

- Every time you train you are competitive. You are trying to improve. You are trying to do better than you have done in the previous workout. You are always trying to get those last, very intense repetitions
- Football is a physical game. You hit people from every possible angle known to man. Therefore, to properly prepare yourself for combat you must perform exercises designed to develop the 5 major segments of the body
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Strength/ Power Training Principle's

1. Full range of motion exercises: Raise and lower the weight through the muscles full range of motion
2. Allow the muscles to raise the weight: Create and maintain tension in the muscles while raising the weight
3. Emphasize the lowering of the weight
4. ALL OUT EFFORTS are a must
5. Recovery between sets should be approx. 2 minutes. This recovery time should gradually decrease to approximately 90 seconds between exercises
6. Supervision: Athletes should be paired off so that every repetition of each exercise is supervised to guarantee proper execution. "Coach" the lifter-don't just spot

him. Verbally encourage the lifter and communicate with him at all times on repetition and set quality

Power Hour: After Workout

You must eat 30-60 minutes after you workout! Your muscles are like dry sponges after a workout ready to super-absorb the nutrients it needs to fully recover and repair. During recovery is where you make your gains in size and strength!

To Gain Weight and Increase Strength/Speed

- Weight gain, and particularly muscle gain, is best achieved by eating nutrient dense calories from carbohydrates and protein with modest amounts of added fat. This must be done in combination with a strength training program, and adequate recovery time.
- Add ~500 calories per day to gain one pound of weight per week. If you gain the weight too quickly (more than 2 pounds/wk.) you will be adding more fat than muscle.

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- Eat early and eat often. This will ensure adequate fuel (carbohydrate and protein) are available for workouts which will also help with recovery and building muscle
- Eat something within 1 hour of waking
- Eat something every 3-4 hours

To Gain Weight and Increase Strength/Speed

- Add calories to breakfast
- Instead of lower calories like cereals, choose granola or Grape Nuts
- Add dried fruit to cereals
- Instead of toast have bagels
- Instead of jam, use peanut butter or honey (or both!)
- Have low fat chocolate milk, 2% or 100% juice for fluids (2-3 cups)
- Cook eggs in olive or canola oil
- Add peanut butter, nuts, dried fruit, brown sugar, and powdered milk to oatmeal
- Make a PB&J from frozen waffles
- Add carnation instant breakfast to milk

To Gain Weight and Increase Strength/ Speed

Add Calories to lunch and dinner

- Make PB&J's with bagels
- Use thicker sliced bread for sandwiches
- Smear non-hydrogenated margarines (tub) on bread when making sandwiches
- Smear peanut butter on apples or bananas
- Add avocado to turkey sandwiches
- Try hummus, guacamole, or tapenades (olive spread) on bread when making sandwiches
- Sauté meat and veggies in canola or olive oil
- To salads add kidney/garbanzo

The Psychological Profile of a Want-to-Be

NO DRIVE	Does not care whether he wins or loses. Goes the tide
KNOW IT ALL	Never listens and will not accept ideas. Reble, griper. Works by himself. Has excuses!
MOUSE	High on self doubt. Always kicking himself. Does not know how to compete.
FOLLOWER	Will go with the crowd and generally behind them. NEver tries to lead. Lacks self initiative
A WATCHER	If there is an accident he watches or runs away. Worried about what people think. Afriad to fail.
CORNER CUTTER	Cuts out the tough parts of practice. Always has excuses. Coasts! Conditioning comes, run to the Red Line.
HYPOCONDRIAC	A muscle grabber - always has an injury. Never works out consistently. Loser Limp!
COMPLAINER	Gives up easily and is easily distracted from the job at hand. Will lood good when competition is not of high caliber and will look bad in the big game or when things get tough.
QUITTER	Cannot stick to the end. Easily distracted. Starts many jobs, finishes few. Unreliable. His favorite statement - when faced with adversity is "Here we go again."

beans, sunflower seeds, walnuts, raisin/craisins, croutons, tuna, cottage cheese or deli meats, and liberal amounts of oil based salad dressings (Italian, vinaigrettes)

- Add low fat sour cream and tub margarines to potatoes

To Maintain Weight and Increase Strength/Speed

- Eat at the same time every day
- Follow a balanced meal plan
- Avoid eating too few calories
- Follow every detail of the Hornet Workout
- Get adequate sleep every night

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Hydration

- Perform warm-up and cool-down activities in the shade whenever possible to prevent sudden, excessive rises in body temperature
- Wear loose-fitting, light-colored clothing when possible
- Adjust the intensity and/or the

duration of the workout session to fit the environmental conditions

- Exercise in the morning or evening hours to avoid extreme mid-day temperatures

Lake Conference Champ Commandments

- You must...
- Eat breakfast! (at least a snack if you have an early morning workout) if you don't, your body will breakdown your muscle for energy instead of building muscle
- PB&J sandwich, glass of milk, glass of OJ (or two pieces of fruit)
- 1 whole egg, 3 eggs whites (particularly if you have high cholesterol), whole grain toast, butter/margarine or peanut butter, jam, juice, or fruit
- Eat frequently!
- Eating frequently (every ~3 hours) keeps fuel in the tank so your body will not have to feed your muscle
- Always meet your calorie needs! No matter what is going on, its crucial to get all your meals and snacks in every day to maintain and/or gain muscle mass
- Check with a dietitian before taking any supplement ■

The Psychological Profile of a Champion

AMBITION

Desire for high goals. Hates to lose. Cannot stand failure. Puts goals above ability.

COACHABLE

Takes advice and is easy to coach. Eager to learn. Easy to approach. Follows rules and directions.

AGGRESSIVE

First place belongs to me type. Asserts himself. Great competitor. Dying to be the best!

LEADERSHIP

Shows the way and sets a good example. Respected by team members. Mixes well. Others follow his example and take his advice.

TAKE CHARGE GUY

Will take over when things go wrong. Under pressure he does something about the problem. Often a hero.

HARD WORKER

One of the first to practice - the last to leave. Does extra work. Never misses workouts and follows instructions. Self starter!

PHYSICAL TOUGHNESS

Develops toughness by hard work. In great condition. Keeps training rules and trains year-round. Leads the conditioning.

MENTAL TOUGHNESS

Never gives in to his feelings. Has never-give-up attitude. Ignores heat, cold, pain. Ignores obstacles. Has no excuses!

PSYCHOLOGICAL ENDURANCE

Stays with the job until the end. Will do his best against top competition. High endurance all season. Reliable. Accountable to teammates. He will finish the job.