

R

R

REITZ PANTHERS

EJFL MEETING

BUILD CHARACTER

**“What you do when nobody’s
looking is true character”**

R

R

R

COACHES

R

Cory Brunson: HC & OC

Mike Moers: DC & Lber

Jason “Big Daddy” Cain: O-Line

Eric Deig: O-Line & Speed/Agility/Strength

R**R**



PRACTICE & STATIONS



- Harrison & Mt. Vernon Youth League
 - Learn Basic Skills for All Positions
 - 1st Few Weeks (Stations)
 - Allows Coaches to Coach what they Know
 - Big Picture
- Youth Camp Stations
- Maximize Drills (Combine Drills into 1)

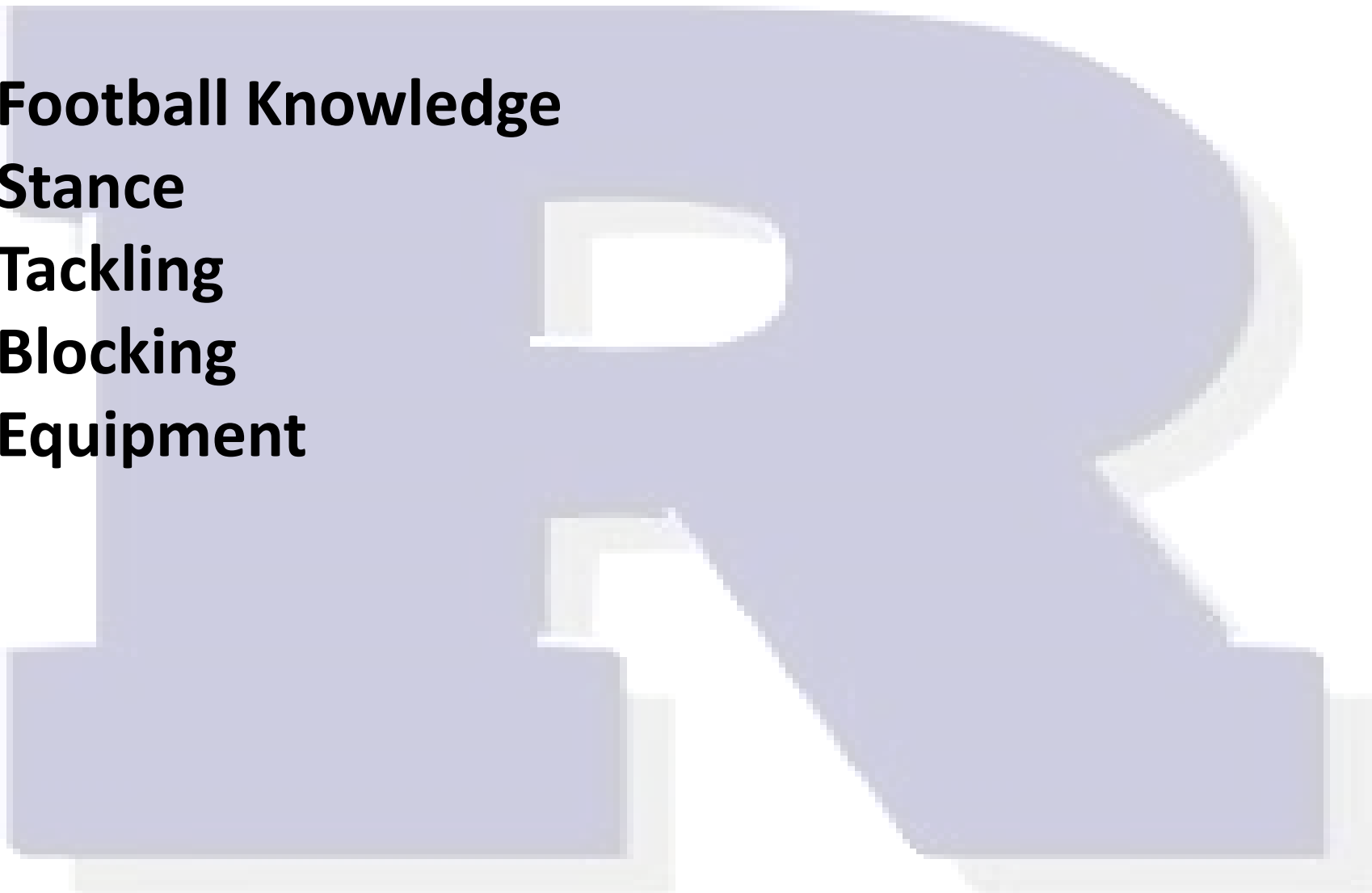




FOOTBALL IN GENERAL BAD HABITS



- Football Knowledge
- Stance
- Tackling
- Blocking
- Equipment



R

OFFENSE BAD HABITS

R

- O-Line: Stance/Start, Hand Placement & 1st Step
- RB: Ball Security & Taking a Handoff
- WR: Ball Security, High Pointing the Ball, Hands
- QB: Throwing Mechanics & Football Knowledge

R**R**

R

DEFENSE BAD HABITS

R

- DL: Stance/Starts & Using Hands
- LB: Stance, Reading Keys
- DB: Reading Keys, Zone coverage concets

R**R**

R

BASIC DRILLS

R

- O-Line: Stance/Starts, Hand Placements & Basic Blocks**
- RB: Ball Security & Footwork**
- WR: Footwork, Blocking & Hands**
- QB: Footwork & Pass/Run Reads**
- DL: Stance/Start & Hand Placement & Keys**
- LB: Read Steps, Read Keys & Pass Drops**
- DB: Footwork & Read Keys**

R**R**

- O-Line: <https://tinyurl.com/yc3n8k6w>
- O-Line: <https://tinyurl.com/mz5b7m5y>
- RB: <https://tinyurl.com/58s8szzr2>
- RB: <https://tinyurl.com/mv5jkw7>
- WR: <https://tinyurl.com/2rxhwrvj>
- WR: <https://tinyurl.com/mwuwdbdx>
- QB: <https://tinyurl.com/33pxhc7f>
- QB: <https://tinyurl.com/ywamh8ur>

R

DEFENSE BASIC DRILLS

R

- DL: <https://tinyurl.com/4h7p26pe>
- DL: <https://tinyurl.com/4uvh65yj>
- LB: <https://tinyurl.com/k5dvepst>
- LB: <https://tinyurl.com/y988zbj7>
- DB: <https://tinyurl.com/ycxy3y89>
- DB: <https://tinyurl.com/484numc5>

R**R**



SPEED & AGILITY



1. Speed

a. Linear Velocity (Straight Line Speed)

b. Three Phases

i. Acceleration (0-10 yards)

ii. Transition (10-17 yards)

iii. Max Velocity (17+ yards)

c. Work on Acceleration and Max Velocity

d. Acceleration are your starts

i. Two point, Three Point, Half-Kneeling, Lying Sprints

e. Max Velocity are when you get to your top speed and maintain it

i. Longer Sprints (20+ yards), Flying Sprints, Combination Sprints



R

SPEED & AGILITY

R

- f. Rest times should be 30-60 seconds per 10 yards ran
- g. To improve speed you must be at or above 95% of Top Speed
- h. High Outputs, High Recoveries
- i. Keep reps low and build up
- j. SPEED WORK IS NOT CONDITIONING

R**R**

R

SPEED & AGILITY

R

2. Agility

- a. Change of Direction Speed with external stimuli
- b. Start, Stop, Turn
- c. Develop Linear Speed and use games to develop agility
- d. Games
 - i. Tagball
 - ii. Sharks and Minnows
 - iii. Tails (Tag with Pennies)
 - iv. Get creative! Make them think

3. Improve power, coordination, rhythm, and efficiency to improve everything

- a. Skip, Hop, Leap, Bound, Jump

R**R**