

Gameday

Planning and Preparation

First (Saturday/Sunday)

1. Watch your game O/D/K to find 1-2 corrections for each side of the ball. This will guide your position drill time for the following week.
2. Watching film with the kids and/or sending detailed breakdown reports is not a great use of time.
3. If you want to do film with the kids make a 5-10 clip playlist with specific notes in the film.

Breaking Down the Opponent (Their Defense)

1. Watch their defense first and answer the following questions:
 - a. Is there a Stud to avoid?
 - b. What front do they run Odd or Even (Center covered or uncovered)
 - i. If Odd is it 5-3 Stack, 5-2, or Bear
 - ii. If Even is it a 4-4 or 6-2
 - c. What is their adjustment to motion?
 - i. None?, Just the backers move?, Backers and Line move?
 - d. See if they faced any of the same formations you run

Breaking down their defense continued...

1. Do any of your base plays have to be tweaked?
 - a. Trap vs. Dive (Stud DT)
 - b. Man Block vs. Cross Block for Iso/Lead (6-2)
 - c. Do you need to condense your formation or go unbalanced to get the edge on sweeps?
2. What Coverage do they play?
 - a. Zone but not great at it= Wheel
 - b. Good Zone= Flood
 - c. Man Coverage= Get #3 the ball (best from P.A. or boot)

Finish Your O-Plan of Attack

1. Pick your 2-3 best formations to attack them with.
2. 1 inside run, 1 off-tackle run, 1 sweep, 1 counter.
3. 1 Zone beater, 1 Man beater

You will only have 2 hours to practice your game plan all week so make a small plan to get lots of reps. Don't call something in the game you have not practiced.

Breaking Down your Opponents Offense

1. Draw each formation they ran
 - a. Note the plays they run from each formation (tick sheet)
 - b. Any dead giveaways? (Stud, Certain direction, always run behind a certain lineman?)
 - c. Any Absolutes? 100% _____ in this formation etc...
2. Draw your defense vs. their formations based on your rules
 - a. Are there any rule breakers? (Unbalanced, Quads, etc..)
 - b. Make sure you have your alignments set to their main formations
3. Are there any crazy things to address? (Muddle Huddle, HB pass, reverse etc...)

Breaking Down the Opponent Offense Continued...

If they Pass what type?

1. Roll Out, Boot, Pocket, Deep, Quick
2. Best Coverage to take it away?

Design your periods of practice to only face what they do 80% of the time or more. Unless it is a big concern do not show anything they have done once or twice.

Show the crazy ones for 5 minutes just to make sure you line up correctly to it.

Finish Your Defensive Game Plan

1. How many fronts/stunts will you use?
 - a. You can change the front and stunt more if you always know what they will line up in.
 - i. No matter what 1 an per gap!
2. Will you have any automatics based on a formation or motion?
 - a. Defending Jet Sweep
 - b. Facing Empty or Quads
 - c. Double Tights
3. Can you get away with only running 1 coverage? If so, do it! Gives you more time to perfect through the week.

Putting the Plan into Practice

2 Hours 2 days per week.

Total Break Down: 40 min WU and ST, 100 min offense, 100 min defense.

How much can you perfect in 100 minutes?

Warm Up and Special Teams start every practice and get 20 minutes each day.

Offensive Practice Plan

50 Minutes Each Day

15 min: O-Position or Small Group Run Game Focus (On air vs bags)

15 min: Small Group Routes on Air/ Bball drill (If you pass). If you do not pass much then make segment 1 longer.

20 min: Team mainly runs vs the defense you are anticipating. Passes are the actual plays you will run in the game.

Defensive Practice Plan

50 minutes Each Day

10 min: Position specific tackling stations/groups (1-2 Drills)

15 min: Align and Assign (make the kids follow your alignment rules to get set up)

10 min: ½ line skelly (if the team you face passes, if they don't then add this time to team)

15 min: Team Walk then Thud per play. (Tell the kids what is coming, get them confident).

Gameday Warm Up

1. Arrive 60-70 minutes before kickoff
2. 5 min ST call outs
3. 15 min Defense Align and Assign
4. 10 min O plays on air
5. 10 min Dynamic Warm Up
6. Last minute prep and coin toss.

In Game

1. Have a plan for who does what.
2. Assign a coach/volunteer to hold the tee and block for kicking.
 - a. DO NOT LET THEM SET IT DOWN.
3. Assign every volunteer/coach a clearly communicated role.
 - a. Who talks to the ref?
 - b. Who subs on offense/defense?
 - c. Who makes sure the correct special team players go out?
4. When something isn't working take a breath and figure out why?
 - a. Is it poor execution? (Sub a player)
 - b. Is it a bad look? (Call a different play)
 - c. Are they just better everywhere? (Bleed the clock and make them win the game)