

HEADSETS

WRITTEN FOR COACHES BY COACHES

VOLUME 2: ISSUE 6



offensive
PLAYBOOK

**REFLEXIVE
PERFORMANCE
RESET**

**IDENTIFYING
YOUR GUY**

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Coaches helping coaches is an awesome thing to experience, and to be able to provide a material that gives a platform for coaches to educate others is the entire goal of Headsets Magazine. This is volume #2 of this magazine, and it will include six issues. Our goal is to cover all things football. As you read the articles, we have included links to each author. Be sure to connect with them and thank them for their time as they are doing this for free.

If you'd like to help contribute, please email FBCoachsimpson@gmail.com and I will get you set up. Coaches helping coaches is, and should always be, the goal in our profession.

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QB RUN GAME

IDENTIFYING YOUR GUY



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These articles have endeavored to take you through the 'How?' aspect of running the Quarterback, but we saved the most important point for last. How do you identify your guy? In short, how do you know who the guy is that should be your Quarterback and what should you be looking for in him?

The first issue is the physical requirements. I feel that a Quarterback should be able to do the following things:

- Read coverage
- Read run defenders (QB read game)
- Protect the ball
- Run the ball
- Make the passes the system "needs" to

Let's dive into these physical requirements before we turn ourselves to the mental requirements of the position. I feel that a Quarterback must be able to read coverage. For us, we keep those reads to a minimum. We teach all Drop Back concepts as a Deep to Shallow to Mid read and keep that rule standard (with few exceptions). We also teach our Quarterback to read a few things high to low or inside and outside. That's it. We do not want to bog him down on a bunch of reads, we just want him to play.

We also teach him how to read a defender in the run game. This is also uncomplicated. We essentially teach him the two movements he will see from a generic defender such as a Defensive End or a Linebacker and we tell him to do one thing until that defender does the other. For example, when reading a Defensive End, we tell the Quarterback it is a give until the D End reacts a specific way and then it becomes a pull. Do not overcomplicate his life, but make sure he understands and can do what you want.

The next point is to teach the Quarterback how to protect the ball. I mean how to physically cover the ball and keep it safe from a fumble, and how to mentally keep the ball safe and secure by what you do with it throughout the play. This can bleed into the mental aspect of the position, but where the Quarterback decides to go with the ball and the sort of risk he puts on a certain throw or pitch matters. He needs to be taught how to make these decisions safely and as was said before, this dovetails into the mental aspect of the game.

The last two points work together. Make sure the Quarterback knows how to run the ball and make the throws your system needs. What I mean by this is some Quarterbacks are Zone Read and slash and burn guys, and some guys are Power Read bruisers, but they all need to be evaluated to make sure they can run the ball in some way. They may not all be able to throw a seven step Post, but they all can throw a Hitch or a Bubble based upon coverage. It is up to you to evaluate if the Quarterback can do enough to run your system.

It should be noted that sometimes the answer is no, but he is the best that you have. That means some re-tooling of your system might be in order or changes might need to be made to what you call to enhance his likelihood of success. It is essential

that you as a coach evaluate what you need him to be able to do physically and then test him to see if he can do it. It is very likely he will do some things really well and will struggle in other aspects. In my opinion, you need to re-tool some pieces of your system to fit what he does well while also improving his deficiencies so that he can be successful.

The mental aspect of coaching the Quarterback is as important, if not more, than the physical aspect of playing the position.

- Poise
- Confidence
- Toughness
- Knowledge of the Game/System
- Leadership

The mental aspects of being a successful High School Quarterback mean more to me than the physical skill sets. The reason for this is simple: only Head Coaches and Quarterbacks have records kept. When the television announces comments on win or loss records it's never about the Left Guard. These stats are reserved as criticism or as praise for the Head Football Coach and the starting Quarterback. As a result, there is a great deal of mental pressure and perseverance required for greatness.

Let's start at the first point - Poise. Poise, for me, is the Quarterback being able to handle disappointment and defeat without losing control of his focus. When a Quarterback makes a wrong read, throws an interception, or loses a game, he will face the wave of emotion about how that loss affects the season, his legacy, the playoffs, etc. He has to be the kind of guy that feels the sting of that disappointment, but doesn't show it to the world and doesn't allow it to negatively affect his work. I want defeat to affect his work, but in a positive

manner. I want him to become more focused and more driven because of that loss or mistake. This is Poise.

It is a natural next step to talk about his Confidence. Confidence is his ability to learn, adapt and grow while taking risks despite the fact that he makes mistakes. Good Quarterbacks make mistakes. They must because the job involves being able to take risks and lead a team into harm's way. If he never fails or makes a mistake, he has rarely ventured into real competition. In short, if he has not failed, he has not tried to succeed. Fail, move on, grow and adapt to the mistakes. I tell Quarterbacks all the time, "I don't need guys that are perfect, I need guys that get the job done after they have made the inevitable mistake."

Let's turn to Toughness. I once had a student teacher and he asked me, "What was the top quality a teacher had to possess in order to be successful?" I simply said, "Toughness." The same is true of a Quarterback. Physical toughness is required for sure, but it is a given attribute. If you are not a mentally tough young man, then you likely have already been exposed and removed from the First Team Role. The mental toughness is the bigger piece.

I just graduated a Quarterback that started his first year with a 3-3 record as a starter. He was benched once during his sophomore year and didn't get to start all 9 games. He handled this, not with pouting, but with poise and believed he could lead and get the job done. He started the next two years and went 17-6, won two District Titles, and played for a State Championship. He finished his career as a starter with a 20-9 record. There was a large amount of mental toughness as he had to manage

(continued on next page)

the benching and the early losses, then grow through that process.

Next comes Knowledge of the game. My Quarterback knows what a Three Technique is and he knows the difference between Palms (Trap Cover 2) and Country (Cover 4). He knows what a force player is and he knows what the contain defender's role is on each play. I feel that many coaches are overlooking the teaching of those key metrics. I would suggest that Quarterbacks need to know, and coaches need to require them to know how the game is structured, its rules, and its style so that they can be more successful. It then leads right into that your Quarterback knowing your system to mastery. It is with utmost importance that you select a gym rat that loves the game, wants to learn your system and is willing to spend time in the off-season in your system so that he knows it inside and out.

Lastly, Leadership is the main component of a winning Quarterback. There are other traits that matter such as arm strength, running ability, and so on, but all fall away in the face of leadership. A Quarterback must be able to lead and he must lead by example. He must be a leader during weight lifting, during conditioning, during drills, and during team periods. He must lead when you win and lead when you lose. He must go out and do public service and lead fundraisers. In short, he needs to be the billboard of your program. He has to be the same leader in the classroom that he is on the field. He may not be the team's best player (although that helps), but he must be the guy that everyone rallies around. If the guy you have selected is not that guy, then you might need a new guy.

Conclusion

I do not think great Quarterbacks come out of a box, they are molded, trained and are built through good coaching. However, there are innate skills that some people possess that others do not. Some people are born with certain traits that make them more likely to be leaders and some people do not have those skill sets. I think it's important that a coach begins by isolating and finding these traits as soon as possible when he starts interacting with players.

I just graduated as a quarterback that rewrote the record books at Emmett High School. He was a scrawny, weak, and shy freshman, but as I watched him play the game, I saw him in his element. He was charismatic on the field, he had no fear, and he was confident, poised and dripped with the desire to win. Those traits showed me he was our guy. Even as a sophomore, he got benched a few times for mistakes and grew through that, becoming the greatest Quarterback our school has ever seen. This ability to bounce back from adversity and overcome defeat to lead a diverse group made him our guy. The acquisition of your guy is critical and a decision that will drive the trajectory of your program.

FEED THE CATS REFLEXIVE PERFORMANCE RESET (RPR)



Tony Holler
Speaker/Author/Founder
of Feed the Cats and
Track and Football
Consortium

[Courses](#)
[Football Content](#)
[@pntrack](#)

I met Douglas Heel of South Africa on October 18th, 2014. The "Be Activated" workshop hosted by Chris Korfist was unlike anything I'd ever witnessed. I learned things that sent me down a rabbit hole of discovery that continues to this day.

Douglas Heel is a kinesiologist (I had never heard of a "kinesiologist"). I described him as part Tony Robbins and part Eckhart Tolle. Douglas taught us how to gain proper sequencing and recruitment patterns in movement, activating muscles that were deactivated. The process included pressing on neuro-lymphatic, acupressure, and reflexive points combined with belly breathing. The results: 1) improved performance, 2) improved durability, and 3) getting into a mental and physical "state of performance". Where had Douglas Heel been all my life?

Proper sequencing begins with belly breathing and activation of zone one (diaphragm, psoas, and glutes). After zone one, you proceed to activate zone two (trunk and thighs), then zone three (arms and lower legs). Proper sequencing leads to improved movement and fewer injuries, but my favorite part of activation was getting athletes into "The Zone".

As a coach's son, I was always taught that coaches

provided pre-game motivation to get their team fired up, to get the adrenaline flowing. In 2014, I had coached 32 years and been a coach's son for 55 years. I was certain that adrenaline was the key to high performance. I was wrong. "When you become comfortable with uncertainty, infinite possibilities open up in your life." ~Eckhart Tolle

The autonomic nervous system consists of two parts, the sympathetic and parasympathetic. The sympathetic nervous system activates the fight or flight response during a threat or perceived danger, and the parasympathetic nervous system restores the body to a state of calm. On October 18, 2014, I learned that fight or flight was missing the third f-word... freeze. The sympathetic nervous system is triggered by a state of fear and FEAR IS NOT A STATE OF HIGH PERFORMANCE. From Douglas Heel: "Stress is not a state of performance, stress is a state of survival." The parasympathetic state is the opposite of a state of fear... it's a state of quiet, uncluttered confidence. Instead of jittery excitement coming from pregame locker room hysteria, we should be getting into "The Zone", also known as the parasympathetic state. Be Activated provided the tools.

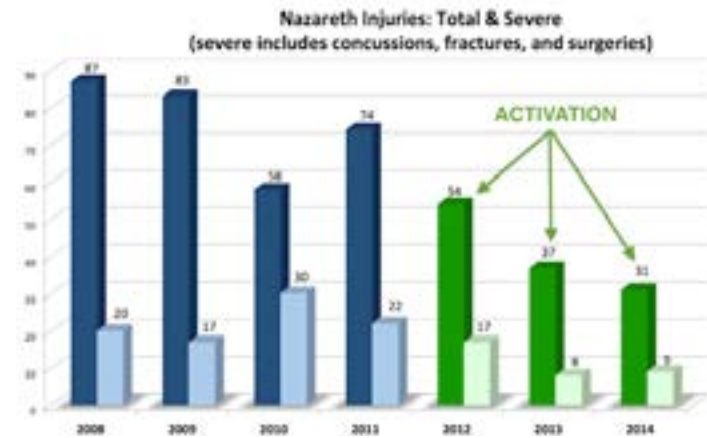
One of the biggest fans of Be Activated was Dr. Tom Nelson, the team doctor for Nazareth Academy. Nazareth's football team was the first team in the United States to totally embrace Be Activated. When asked about the importance of Be Activated, Nazareth's Coach, Tim Racki, told me, "It's a difference-maker".

Let's get one thing straight right now, "Be-Activated" is not MAT (Muscle Activation Techniques). MAT has been made famous by Greg Roskopf and his famous client, Peyton Manning. In addition, "Be-

(continued on next page)

Activated" is not ART (Active Release Technique). Unlike MAT and ART, there was no business model for "Be-Activated".

I spent a couple weeks attending Nazareth's practices and playoff games in November of 2014. In the IHSA State Championship game, only one player on Nazareth's roster of 53 was injured and unable to play. Prior to activation, the entire Nazareth football program averaged 73 injuries per year (four year period). Injuries are defined as something causing a player to miss at least one practice or one game. A season-ending injury is considered one injury. One missed practice is considered one injury. After embracing activation, injuries were reduced by 45% (three year period). In 2008, Nazareth sustained 87 injuries, in 2014's extended season, only 31. The number of combined fractures and surgeries were reduced from 9.0 per year to 1.5 per year.



The green bars indicate injury stats after activation had been implemented in 2012. The lighter-colored companion bars indicate the combined number of concussions, fractures, and/or surgeries per year.

At Nazareth, I witnessed a commitment to activation equal to the commitment to win games. I know this seems bizarre, and it is. Imagine this... it's halftime

and Nazareth's players take their seats. Fire and brimstone? Missed assignments? Defensive adjustments? None of the above. Dr. Nelson led the team in breathing. "Relaxation will allow us to play faster with more awareness." ~Coach Tim Racki



Dr. Tom Nelson is shown leading Nazareth in belly breathing at halftime. Stress is a state of survival, not a state of performance.

Fast forward to 2016. Be Activated transitioned to "Reflexive Performance Reset", RPR. Speed guru Chris Korfist, S&C rock star Cal Dietz, and world-class powerlifter J.L Holdsworth have delivered RPR to the performance world. Better yet, athletes can now "reset" themselves. There's no need to go to a certified practitioner. Belly breathe, hit the pressure points in the correct sequence, and you are ready to roll.

I began taking my massage table to track meets in 2015. For eight seasons now, RPR has been a part of what we do. In the past eight seasons we've been remarkably healthy, the best eight year stretch in my 41-year career. This year, I had 42 sprinters and all 42 were healthy and performing at a high level at the end of our 19-week season. Even more important, in the past eight years, my 4x1 teams own the second fastest average yearly-best 4x1

time in the state of Illinois. Ironically, the #1 fastest team in Illinois, Homewood Flossmoor, is also an RPR school. Chris Korfist is their sprint coach. If you see a turtle sitting on a fence post, it didn't get there by accident.

Brad Dixon's football teams (Camp Point Central, IL) have gone 34-8 since adopting RPR. "We've reduced our soft tissue injuries and concussions. When we played in the IHSA State Championship game in 2018 we dressed our entire roster, all healthy. We've only had only two concussions at the varsity level since implementing RPR in 2018.

Brad Dixon further explains, "The body doesn't differentiate stress. To deal with stress, people develop compensation patterns in how they move. RPR resets the neuromuscular system and returns the body to the proper recruitment patterns for hip flexion and extension. This allows athletes to move more efficiently and run faster."

Garrett Mueller's football teams (Stewartville, MN) have celebrated two undefeated regular seasons since adopting RPR in 2019. "RPR has been a game changer for us when it comes to keeping kids healthy and available to compete on Friday nights. We've only had one player miss a game due to a soft tissue injury in those three years. We've only had only two concussions. Because our neuromuscular system is firing properly, we rarely cramp and are faster than our opponents in the 4th quarter."

If football coaches want to learn more about RPR, go to reflexiveperformance.com. Use the code TFC2210 to get 20% off all RPR courses. The newest course offers an essentialist approach, teaching beginners to use RPR right away (only \$95).

Proper sequencing begins with belly breathing and activation of zone one (diaphragm, psoas, and glutes). After zone one, you proceed to activate zone two (trunk and thighs), then zone three (arms and lower legs). Proper sequencing leads to improved movement and fewer injuries, but my favorite part of activation was getting athletes into "The Zone".



RURAL FOOTBALL REFLECTIONS

CAPTAINS



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Before I jump into the nuts and bolts of our I Back Veer Option attack, I think I should quickly explain what I saw when I landed in Gold Beach in 1997 and what considerations I was looking at:

- Philosophy is Defense wins titles, and the run game is the key to achieving this!
- Small high school in rural community that is predominately blue collar.
- Players go both ways.
- 38 to 50 kids in the whole program.
- Veer option tradition in community.
- Climate considerations for storms on Oregon Coast.

Why the Veer Option:

- It is a run-based offense that fits nicely into our philosophy of controlling the run game both offensively & defensively.
- Creates unusual defensive strategies because no one else in our area runs option.
- Creates situations where we can compete with inferior talent.
- Allows the use of multiple formations while running the same base packages.
- Allows for a highly effective play action and screen package.

- Allows us to use practice time wisely with players going both ways.
- Flexibility to tag to "Gun" option & pass offense.
- 3 Step Passing game fits with option run game - It is about reps.

Okay time for the Nuts and Bolts. Here are some Option Basics we believe in:

1) Be strong up the middle:

- Center is your biggest playable linemen. I want a BIG fanny, so DL has a long way to run around.
- FB is our fastest linemen and toughest kid. Ideally, we would have two kids.
- TB steady and consistent athlete. Also, our fastest athlete
- QB is our best athlete period. All plays start with ball in his hands

2) We want to find double teams with our interior linemen:

- Modified blocking style from 70's and early 80's
- No combo schemes in option attack.
- Play call dictates where to start looking for double team. If it is Inside Veer Blocking, we look for double team from Center out to play side. If it is Outside Veer Blocking, we are looking for double team from TE in to play side.
- Center takes priority. If Center feels he cannot handle a Nose Guard by himself on Inside Veer, he can call for double team with play side Guard, by making a "Kill" Call. If he can handle him by himself, he will make a "Solo" Call.
- Guards athletic & quick. We make a living with kids from 5"7' to 6"0' at guard, they are smaller it seems the better leverage they have. On our two state title teams, our guards were in the 5"7' to 5"8" range.
- Tackles size and strength. These guys are our down blocking beasts, we will sacrifice some size

if need to but never our strength, typically our strongest kids.

- We have 5 run plays that are our bread and butter, but only 3 run blocking schemes; Inside Veer, Outside Veer, and Counter GT.
- Inside Veer Blocking Plays - Double
- Outside Veer Blocking Plays - Veer, Lead / Speed & Load, Redskin (Power)
- Counter GT - Counter

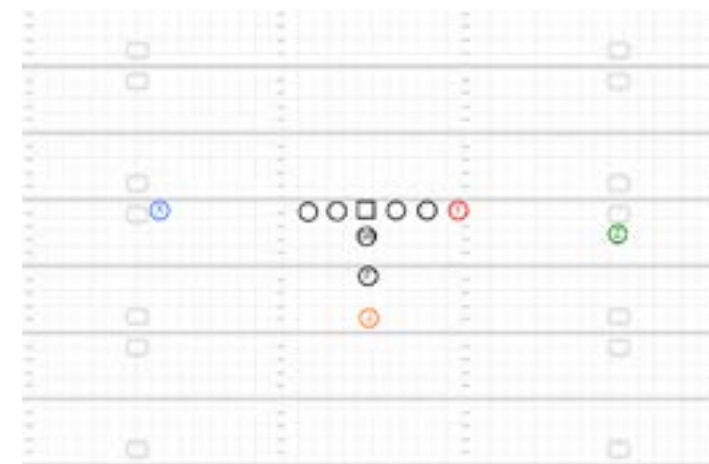
3) Perimeter Players:

- Great blockers - stalk & crack. We teach them that the better they are at blocking the more open they will be on pass plays.
- Hands & size more important than speed.
- TE athleticism is more important than size.
- Heart & desire are key factors here, stalk blocking more than any other skill out there is tied to heart.

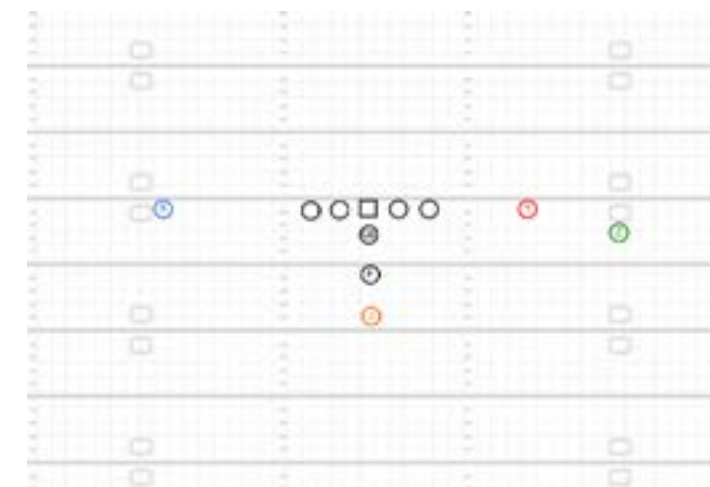
Years ago, while coaching in southern California, I was introduced to Dick Vermil's terminology for offense. Upon taking the job at Gold Beach in 1997, I took this terminology with me for our offensive formations. If it ends in an "R" the TE aligns to right, no "R" tells TE to align to left.

7 Base Formations:

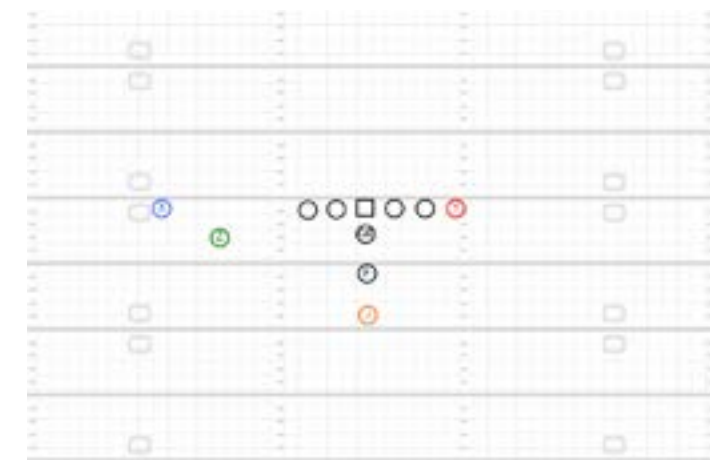
- Flanker (RT) or Flank (LT) 2 x 1



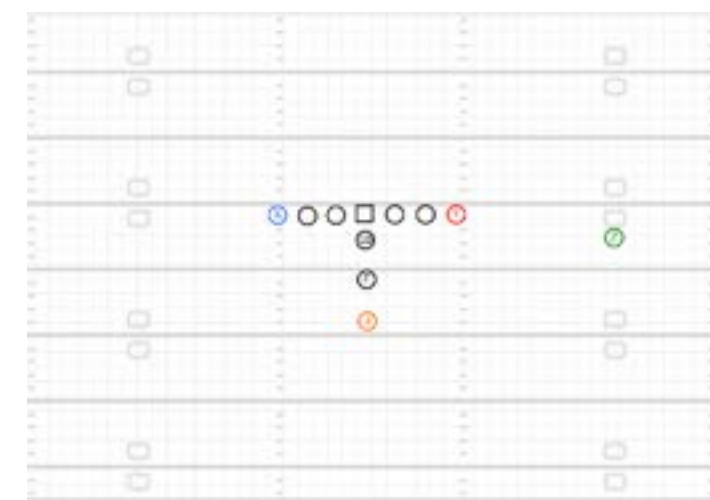
Flanker Flex (RT) or Flank Flex (LT) 2 x 1



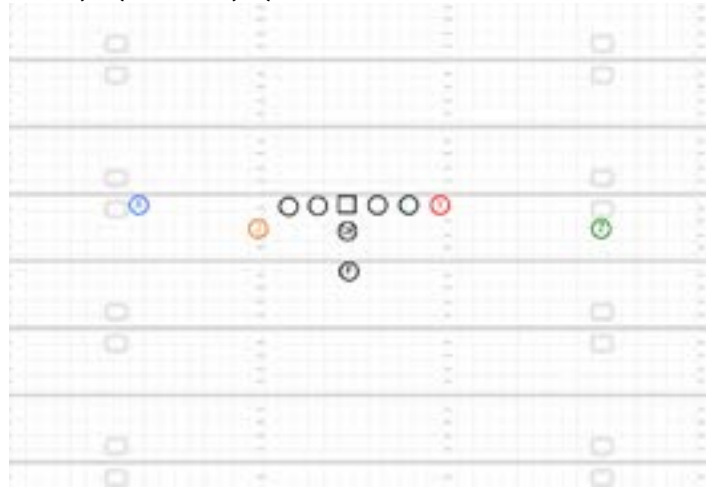
Twiner (RT) or Twin (LT) 2 x 1



Trucker (RT) or Truck (LT) 2 x 1



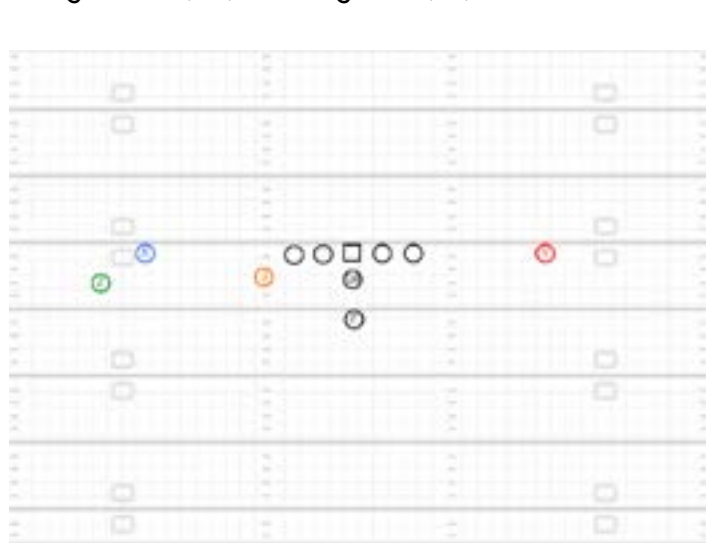
Acer (RT) or Ace (LT) 2 x 2



Winger (RT) or Wing (LT) 3 x 1



Winger Flex (RT) or Wing Flex (LT) 3 x 1



1) We can run all our 5 run plays out of these

formations.

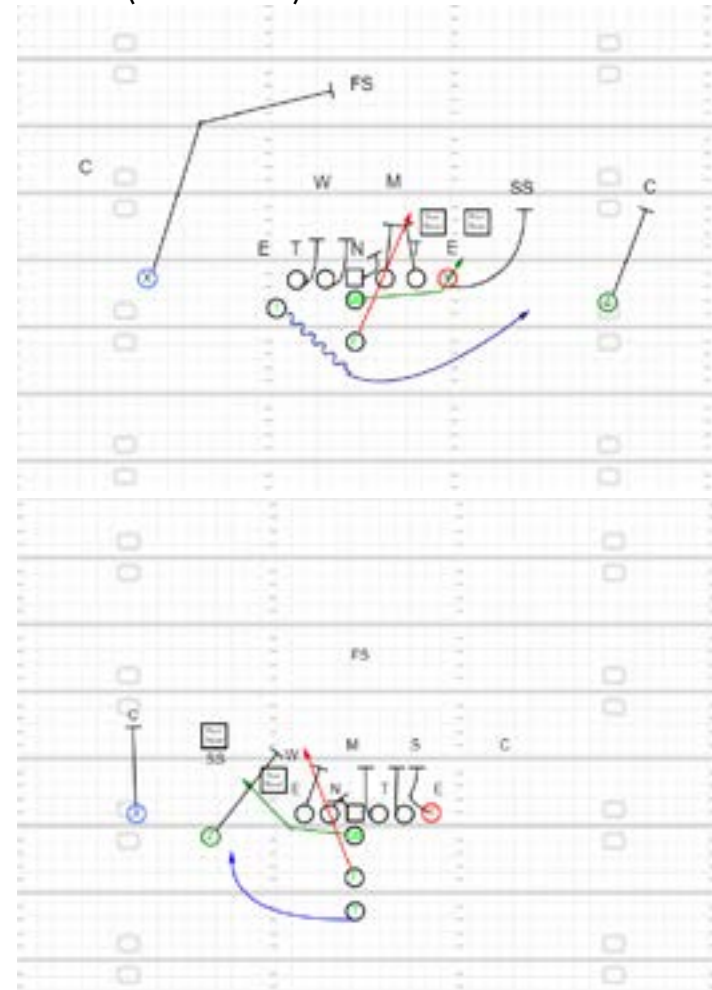
2) We can dictate or manipulate defensive looks and tendencies with these formations.

3) Allows us to tweak offensive schemes to be compatible with a variety of talent levels.

Gold Beach High School's 5 Base Run Plays:

- Double (Inside Veer Blocking) can be run to Strong side or Weak side.
- Veer (Outside Veer Blocking) can only be run to TE or Strong side.
- Lead or Load (Outside Veer Blocking) can be run to Strong side or Weak side.
- Redskin Power (Outside Veer Blocking) can only be run to TE or Strong side.
- Counter (Counter GT Blocking) can be run to Strong side or Weak side.

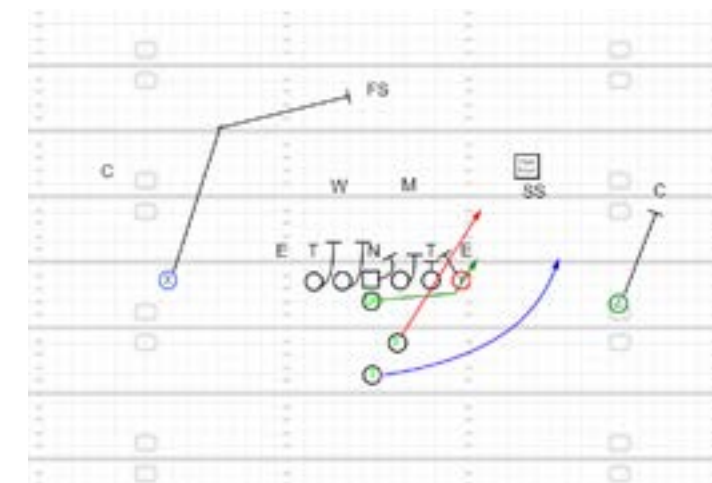
Double (Inside Veer)



Double Coaching Points:

Again, Double is Inside Veer Blocking Scheme, we will look for the first double team possible from the center out to the OT or TE. In the diagram of Double Strong, our center thinks he can handle the nose by himself so he will make a "Solo" Call, allowing the Guard and Tackle to make a "Granda" Call and double team play side ILB. In the diagram of Double Weak, our center will make a "Kill" Call to double team with guard on 2i Shade DT. We also have our Fullback 3.5 yards from the ball, so he can hit the aiming point of Guard's buttocks and out through guard's outside knee. This is close, we know but one aspect of our version of the option is we do NOT reach back to Fullback to ride as long as possible. We will put ball in Fullbacks mesh point or gut right behind the guard's buttocks and ride one step into the LOS, with his eyes on his keys. It should also be noted that over 75% the time the give to Fullback is predetermined by defenses pre-snap alignment. As our Quarterbacks get older and more experienced, we may drop the predetermined aspect to 50%. Tags - No Tag to Double means give it and carry out fakes, Double Keep means pull from dive and read pitch key for keep or pitch to TB. Like all Option teams we tell our QB when in doubt or not sure give it to Fullback!

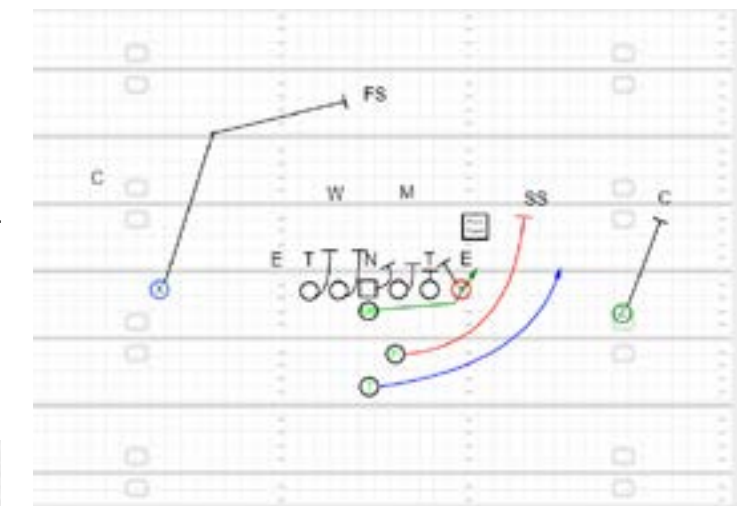
Veer (Outside Veer Blocking)

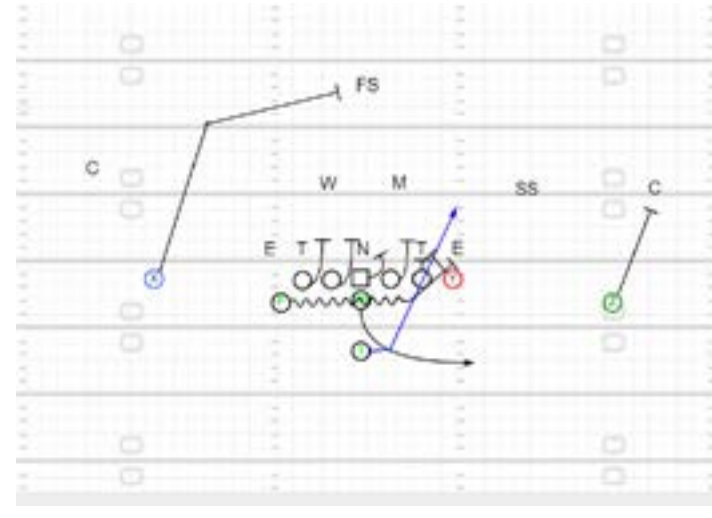


Veer Coaching Points:

So, Veer is our Outside Veer Blocking rules. It is opposite of Inside Veer Blocking, in that now we are looking for the double team from the TE into the Center. If TE gets a 6i or a 5 technique defensively he will make a "Truck" Call tell OT to double team with him. If no "Truck" Call, then the OG and OT will make a "BK" Call to double team a 3 or 4i technique by the defensive DT. Quarterback does not take an open step like in Inside Veer / Double but instead takes a step into LOS and races the Fullback to OT buttocks, where the Fullback is aiming through buttocks and out the outside kneecap of OT. The younger we are, we will use Strong alignment to perfect angle, as we get more experienced, we will leave the Fullback in Base I look. It is devastating out of straight I because it looks like Inside Veer but hits a whole man further outside.

Lead or Load (Outside Veer Blocking)





Lead or Load Coaching Points:

These are our two-man options, that Outside Veer Blocking applies to, there is no dive back. Instead, our Fullback will gain width to attack OLB if it is Lead or attack the DE if it is Load. When attacking the OLB or DE the Fullbacks blocking aiming point is the outside jersey number of the defender. Our Quarterback on these plays will take a bucket step and then pause to let Fullback get out of pitch angle and show the ball to DE in order to invite him to attack the Quarterback.

Okay Coaches, those are the details of our three Option plays in our offense, that fit into two blocking schemes. I will now show you our Redskin Power, which fits into our Outside Veer Blocking Schemes. Our Redskin is a tag that tells our TB and Fullback to switch alignment, with the Fullback becoming the wing in Acer / Ace or Winger / Wing. It also tells the fullback we will be going in motion across formation, like what Coach Gibbs did when at Washington with his H Backs to act as a lead blocker or kick out blocks.

Redskin Power Strong (Outside Veer Blocking)

Redskin Power Strong Coaching Points:

Again, this is Outside Veer Blocking, we are just adding a short motion by the Fullback to kick out or log on defenses edge. Again, we are looking for the first double team from TE inward towards Center. TB will take a slide step to gain an angle and for timing before attacking the C Gap or Off Tackle. Quarterback opens to play side and gets depth to hand ball off allowing the TB to run to daylight. Fullback needs to time motion to where ball is snapped behind the OT to keep angle on block on DE.

Counter is going to have to be another article men, we are out of time and space. Nothing I have shared is unique or brilliant on our staff's part. They are just fundamentally sound schemes we work hard at executing great every rep. If you would like more information or access to video, please reach out to me and I will help any way I can. Happy Summer Coaches!

MORE THAN THE GAME

JUST SHOW UP!



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Tom Brady's seven Super Bowl wins are more than any other player or franchise in the NFL. Jack Nicklaus recorded 18 major championships while competing on the Tour, the most in PGA history and three more than Tiger Woods, who is second on the list. And Wayne Gretzky was a dominant on offense in the NHL, once scoring 215 points in a single season. While these statistics are all impressive, and many historians believe they will never be surpassed, there is one record in sports that reigns supreme: "The Streak," Cal Ripken, Jr.'s MLB record for 2,632 consecutive starts.

Prior to Ripken, Lou Gehrig was baseball's "Iron Horse," playing every day for 2,130 consecutive games. Gehrig's streak began in 1925 when Wally Pipp, a star for the New York Yankees and 1923 World Series champion, got a headache and decided to sit out. Gehrig played in Pipp's place and never came out. Just like the other records listed above, baseball historians believed that Lou Gehrig's streak would stand forever. But records are meant to be broken. On May 30, 1982, Cal Ripken, Jr., a rookie infielder for the Baltimore Orioles, started his own streak, and every day for the next 16 years, #8 was in the lineup. Then on September 6, 1995, Ripken did the impossible: he surpassed Lou Gehrig by starting in his 2,131st consecutive game. When Ripken's streak officially ended on September 20, 1998, he had played in 2,632 straight games.

Film director Woody Allen once said that "eighty percent of success is just showing up." That's precisely why Cal Ripken, Jr.'s streak is an important lesson for high school football players. Ripken's streak represents the two qualities most needed for a team to achieve success on the gridiron: dependability and durability. In more than 150 years of baseball, no one has been more dependable than Ripken. For 16 seasons, Ripken's teammates, coaches, and fans could depend on him to show up every single day. The second quality represented by Ripken's streak is durability. In order for Ripken to keep his streak alive, he needed to stay healthy. The streak ends if you are not in that night's lineup. Dependability and durability are often the only two qualities that separate good players from great players. Can you depend on your players to show up every single day? Are your players durable enough to play day-in, day-out every day throughout an entire season?

In 2019, our team had a winning season despite having just one practice where everyone showed up. Could we have won another game if everyone showed up for two practices that year? Could we have made the playoffs if we had a week of perfect attendance? Three years later, these questions still haunt me. So last season, rather than take our coaching staff's frustration out on the team, penalizing the players who we can count on to show up every day, we started to track each individual's attendance streak. From the first day of official practice on August 9, through our final game on October 22, a total of 55 days, I used our practice attendance Google Sheet to compile each player's streak. Note: this data was just kept for our 10-12th Grade players as our freshmen are not included on the Varsity roster.

Ou players' results are on the following page:

Player	Grade	Longest Streak	Current Streak	
Player 1	12	34	-	Perfect Attendance
Player 2	12	25	-	Current Streak
Player 3	12	50*	-	* Late to Practice
Player 4	12	27	-	
Player 5	12	55	-	
Player 6	12	55	-	
Player 7	12	26	-	
Player 8	12	23	-	
Player 9	12	26	-	
Player 10	12	16	-	
Player 11	12	55	-	
Player 12	11	3	0	
Player 13	11	55	55	
Player 14	11	15	0	
Player 15	11	50*	50*	
Player 16	11	55	55	
Player 17	11	43	43	
Player 18	11	37	4	
Player 19	11	55	55	
Player 20	11	55	55	
Player 21	11	55	55	
Player 22	11	55	55	
Player 23	10	55	55	
Player 24	10	30	11	
Player 25	10	1	0	
Player 26	10	27	12*	
Player 27	10	55	55	
Player 28	10	19	1	
Player 29	10	23	4	
Player 30	10	43	6	
Player 31	10	45	45	
Player 32	10	55	55	
Player 33	10	55	55	
Player 34	10	11	3	
Player 35	10	32	0	
Player 36	10	14	1	
Player 37	10	35	1	
Player 38	10	14	0	
Player 39	10	55	55	
Player 40	10	55	55	
Player 41	10	31	0	
Player 42	10	23	11	
Player 43	10	50	50	
Player 44	10	46	5	

example for future Monarchs.



Monarch Streak Award

On September 6, 1995, Cal Ripken, Jr. broke Lou Gehrig's MLB record for consecutive starts. Ripken went on to play in 2,632 consecutive games from 1982 - 1998, the longest streak in Major League Baseball history.

This certificate honors

for having perfect attendance throughout the 2021 football season.

Current Streak: 55

In conclusion, your streak is your character. By showing up, day after day, you tell your teammates and coaches that the team is more important than a day off. Streaks measure actions, not intentions, and remind us to live in the moment. You can't go back and replay yesterday's game; you can't play tomorrow's game until it gets here. Your streak connects today to yesterday and tomorrow. The longer the streak, the greater the level of dependability and trust you build with others who are counting on you. Cal Ripken, Jr. believes that everyone has their own 2,131, a number they are striving to surpass. What's yours? How close are you? Every day matters. Just show up.

17 Monarchs attended every single practice throughout the 2021 season, a statistic we honored with a new award and certificate at the team banquet in November. The awards were designed using Google Drawing, printed on simple cardstock, and laminated, which cost our program nothing. By adding the Monarch Streak Award to the other individual awards celebrated at the banquet, our program was able to recognize more people. You no longer need to be a starter, captain, Team MVP, or All-District player to be celebrated in our program. The Monarch Streak Award emphasizes that showing up matters and is something everyone can control. And some streaks live on. While the seniors' streaks have officially ended, players who return next season have the opportunity to build on their streak number, setting the

HEAD COACHING 101

HOW TO BE A STUDENT OF THE GAME: PT. 2



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Read, read and read - (or listen, listen and listen)

Coaching materials are plentiful and useful. I have attempted to continue to

read not only from very well-known coaches, but from the high school coach that I can relate to much more often. Learning the game and continuing to gain knowledge is key. If you are a non-reader then there are multiple podcasts and video courses available to help in your quest for knowledge. There is plenty of material out there for those who wish to find it.

Coaching books have been great for me in my time as a coach. While some books are more impactful, typically each book has at least 2-3 items I can reflect on as a coach and use to grow. I am hopeful this book is another for you. One thing I have always attempted to do as a coach is to "preserve the core", but continue to look for ways to help grow. To me this means to keep a core set of beliefs, but be open to how you achieve these beliefs. There are multiple ways to be successful as a coach, and each coach must decide the best path for them to take. Learning from multiple perspectives will help to see that the goal can be achieved through many paths.

With E-books and more and more coaches willing to put out information, there are more books to improve than ever before. Choose wisely, but continue to read and study not only the game, but also how to improve yourself as a coach and a person. Be constant learner and continue to grow as a person and as a coach.

Make a goal sheet of what you hope to learn

As a coach at any level, I believe we must be constant students of the game. Learning the rules inside and out to give our teams the best advantage. If we have decided to be the leader of a program it is our duty to be the most studious coach in the building. Constantly trying to learn more each season. Ultimately a team's failures reflect the head football coach, there is no other way to look at it. So as a coach we must look at areas the team struggled and immediately address them.

Being intentional is the key as a head coach. Most of the time coaches understand what they'd like to see happen, but they are overwhelmed with all that must be done. If you work on a priority list or goal sheet, coaches can keep what is more important to them as the priority. Other items may not get attended to as quickly, but these items will be addressed and handled. There were many times in my career I felt I did not accomplish the main item I had on the agenda due to constant interruptions that come with the job. If you do not make a list of what must be done it often is easy to forget the main item that you wanted to accomplish.

In a later chapter I will discuss creating lasting change, but it is important that as a coach we recognize not only are deficiencies, but how to correct them. If we struggled in the 2-minute offense or we had issues in the red zone or even if we were not moving efficiently enough in a practice schedule or workout, we must come up with a plan of how we plan to fix this as quickly as possible.

One area where coaches can separate themselves is a great awareness of the situations of Football. Understanding simple things from clock management to point charts to know when to kick the extra point or go for two. Down to understanding the defenses "keys" of your opponent. Knowledge

is power in this game. If you feel you have arrived, then you are just getting started in learning about the game. I have found that it is easy to take a team from non-competitive to competitive, but very difficult to go from "good to great" as a program, and often games are won and lost in the situational portion at the highest levels. Situational football is something that must constantly be studied and monitored. Very often this is the area inexperienced head coaches will struggle.

While relationships and culture are the most important part of coaching, the system you run does matter. Scheme is important. While there are multiple schemes that can be successful, you must have one that is fundamentally sound. This book is not meant to advocate for one specific scheme, but whichever one you run it needs to have been thoroughly planned out and have built in answers. To simply ask players to play hard and work 100% of your time on motivation may sound great, it will not be effective if there is not a solid scheme to work towards. To be successful in this arena requires a coach to be a constant student of the game and to give his athletes the best opportunity to win by having a vast knowledge of his scheme.

Calling a game is an art and a science. It must be practiced often in lower pressure situations. This part of coaching is very hard to explain to a coach who has never been in this position before. I'd recommend all coaches start doing this at the lower levels to gain experience. Also, those who are great at this part of the game exhibit a great blend of preparation and adjusting on the fly. That is why it is an art and science – you must be prepared with enough answers that you can make quick decisive adjustments to what you see.

Study people from different backgrounds
(Even if you disagree)

When working to become great at your sport, it is important to know that there are many different ideas and even processes that are at odds with each other. I have always taken the time to look into "outside the box" ideas, even if I felt I disagreed with these ideas/concepts. Be careful not to travel too far down these "rabbit holes", but it is great to be sure to hear what the "other side" may think on topics. Learning your sport from multiple points of view will give a much more well-rounded picture of the different ways to run a program.

Challenging our core beliefs and our system should be done each year in the off-season. Be sure you hear me correctly – I did NOT say changing systems or core beliefs each season should happen, but we should always evaluate our belief system. While this may cause some changes, I'd be very careful to make wholesale changes each year. Listening respectfully does not require agreement, but it may give you insights that can help.

Recently I have been working on improving our practices and weight room to become more efficient at what is truly important – winning football games. This has caused me to work with people from different backgrounds that were very much on opposite ends of the spectrum as far as to how things should go. By studying both sides, I was able to at least see the reasoning behind each and make my own decision as to what was most important for our program as we move forward. I ended up taking a little from both sides and coming to my own conclusion, but I wanted to examine the "why" from each side.

One point I do want to make to those younger coaches that are learning. Be careful not to try to take on too much. Know what you value and stick with it for a season. A huge mistake I made early on was trying to do too much scheme-wise. Find some concepts you feel fit your players and learn from some coaches

that are experts at those concepts. Don't try to run the Air-Raid, Pistol, Option, Buck Sweep Offense. It will not work. Learn a system that you can build on, but become great at teaching the foundational pieces to it. Be great at simple concepts to start, then begin to build.

Personally, I believe that creating a great culture for your program must be priority #1 for any aspiring head coach. It needs to be an intentional culture that is shaped starting from the top. With that said, coaches cannot simply ask for players to play with great effort with no intentional direction. That falls directly on the coach as well. It is possible to be great at culture and at scheme.

How to Be a Student of the Game Recap

1) Find a Mentor

2) Visit Other Staffs

3) Go to Clinics

4.) Read, Read, Read

5) Make a Goal Sheet

6) Study People from Different Backgrounds

PLAYING FAST WITH A ROSTER UNDER FORTY

CREATING COMPLEX PLAYSCRIPTS UTILIZING SIMPLICITY



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When creating our weekly playscripts, the goal is to be as diverse as possible in both formations, motions, and tags, or “window dressing”, as we can be, while maintaining a simplistic approach to the schemes we run. This is an effort to be as complicated and confusing to the defense as possible, but allow our players to operate at maximum efficiency in an effort to move the ball as effortlessly as possible and score points. We have twenty formations we will utilize in our “First 20” playscript, thereby running twenty “different” plays out of twenty different formations, and forcing the defense to line up to those twenty formations, all at various tempos. We feel this gives us an advantage over the defense in that it creates a situation where the defense must focus their attention on being fundamentally sound in their alignment as opposed to designing various ways to disguise their scheme.

We are a 10, 11, and 20 base personnel team, with the ability to get into 01, 03, 12, and 21 personnel. We mainly use the 03 and 12 personnel packages in short yardage/goal line situations, so that is not part of our “First 20” playscript. There may be some situations when we are “off script” where we will switch to those personnel packages, so those players will travel with the play call signaler as he moves on the sideline (see Headsets Vol. 2 Issue 4 “Communication is the Key” for how we communicate our play calls). Our 21 Personnel package will be used if we feel we have a matchup advantage with a particular opponent, as we can run our base offense out of any of the various

personnel groupings except our tailback empty formations (01, 03 personnel).

In our process of constructing the “First 20” playscript, we will first place our 20 different base formations in each of the 20 slots for a play call. The next step is to add any motions we are looking to employ that week, and pair them with play calls in which we are looking to help our quarterback and receivers identify how the opponent has game-planned their motion adjustments (see Headsets Vol. 2 Issue 2 “Defensive Identifiers” for how we identify various defenses). The next step is to replace any formations with a one word play that presents the same formation, but adds a different “twist” than a base play call (see Headsets Vol. 1 Issue 7 for how we incorporate one word play calls into our offense). Finally, we will add the various RPO tags to our run game that are designed to segment the defense and eliminate the ability for the defense to rally to any one point of attack (see Headsets Vol. 2 Issue 5 “Creating Conflicts for the Defense” for how we segment the defense to eliminate “pursuit drill”).

Bronxville Broncos Offensive Call Sheet			
Opponent: Ardles Football	Location: Bronxville HS	2021 Week 08 10:30	
1st 20 Script: 1-11	1st 20 Script: 1-11	Screen Draw Game	
1. Bye Shift Cick	Bye Shift Cick		
2. Flick Shift Mercedes	Flick Shift Mercedes	Flick Apples	
3. LA	NY	Flick Oranges	
4. Fly Cadillac	Fly Cadillac		
5. Breakfast	Lunch	Flick Trade Art Court	
6. Brick Over Rangers Slip	Brick Over Flames Slip	Flick Sherik Wood	
7. Fatal Trout	Fatal Trout		
8. False Corvette	False Corvette	Flick Bass	
9. Bag Eagles Pizza	Bag Patriots Pizza	Flick Trout	
10. Fur Over Y-Pop T-Raiders	Fur Over Y-Pop T-Bills	Fly Fast Tuna	
11. Moon	Sun	Fly Fast Salmon	
12. Birth Shift O-Laigi Nickel	Birth Shift O-Mario Nickel	Brick Bass	
13. Run Over Jet Eagles Slip	Run Over Jet Patriots Slip	Brick Trout	
14. Fix T-Raiders Santa	Fix T-Bills Santa	Bye Fast Tuna	
15. Fog F-Shog	Fog F-Shog	Bye Fast Salmon	
16. Bagel Shift Mercedes	Bagel Shift Mercedes		
17. Badge Over Fast Mario Nickel	Badge Over Fast Laigi Nickel	Repeat	Repeat
18. Bog Jet Hull	Bog Jet Green		
19. Fancy Shift Travel Rangers	Fancy Shift Travel Flames	Base	Passion V Jack
20. Faith Prayer	Faith Prayer	Talon	Jumbo Jump Pass

Looking at the sample call sheet, in this particular week we included seven “regular” play calls, four shifts, three one word play calls, two unbalanced, two unbalanced with motions, one “regular” play call with motion, and one shift with motion. So, if you combine the twenty different formations with the seven different “category” of play calls, it becomes quite a bit for the defense to prepare for, and line up against. For the offense however, we ran three different running plays and six different pass plays. So in reality, it’s only nine plays the offense is running, we just

run them out of twenty formations.

The “First 20” script is created and completed the day after the previous game, so we are able to practice the script “as is”, and make any adjustments after running through the script several times that game week. We begin the first repetition of the “First 20” on Day 3 of the practice week, and will also practice the script on Days 4 & 5, as well as the day of the game walkthrough in most weeks (see Headsets Vol. 2 Issue 1 “Playing Fast With A Roster Under 40” for how we practice). So our players are able to become familiar with the order of the “scripted plays” and will often line up in the appropriate formation for the next play call before the signaller even begins the play call sequence. This helps with many factors, including personnel grouping changes. Our players change personnel on their own, based on the formation called. The two other main factors running through the playscript 3-4 times prior to the games does is fix any design flaws in the play call (see Headsets Vol. 2 Issue 3 “The Art of Play Design” for how we design our play calls), and helps emphasize to the players any “off script plays” as being necessary to continue the drive. For example, in the sample play script above, playcall #8 is “False Corvette”, or a 3x1 four vertical pass play. However, if the down and distance for play call

#8 is 3rd and 4, four verticals is not, in our opinion, a desirable down and distance to call four verticals (all Mike Leach enthusiasts are shaking their heads right now, as we know Coach Leach never met a down and distance he didn’t like calling four verticals!). Therefore, when the players are expecting “False Corvette”, but instead receive “Bog Chevron”, or 2x2 three-man snag, they know we are “off-script” and therefore need “extra-focus” on play execution because we are in a situation that we need to “turn the sticks” to maintain possession of the ball.

Hopefully this series of articles have helped any coaches with becoming more efficient and diverse when dealing with a roster under 40. Our goal was to be able to give back, and help improve the game we all love. If there is anything we can help with, please don’t hesitate to reach out, via Twitter at @kf21wr or email kf21wr@gmail.com Good Luck to everyone in the 2022 Season!

“When creating our weekly playscripts, the goal is to be as diverse as possible in both formations, motions, and tags, or “window dressing”, as we can be, while maintaining a simplistic approach to the schemes we run. This is an effort to be as complicated and confusing to the defense as possible, but allow our players to operate at maximum efficiency in an effort to move the ball as effortlessly as possible and score points.”

FOOTBALL: 101

HOW TO CREATE AN OFFENSIVE PLAYBOOK IN FOOTBALL



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Creating an offensive playbook can be

stressful at times. There are so many moving parts to an offense, that all coaches need to be singing the same tune, in order for the offense to succeed.

When creating a playbook, it's important to craft the language in a way that coaches and players can understand at first glance.

We've created a framework for designing a playbook, which will allow you to piece apart each aspect of each play, to easily communicate to your players.

Here are the basic elements that each playbook should have:

- Cadence
- Formations
- Motions/Shifts
- Language Breakdown
- Base Runs
- 3-Step Pass Concepts

5-Step Pass Concepts Pass Protections

While it may seem like a lot, if you're able to identify all of the items on that list, your offense should function without any hiccups.

If you're someone who likes to go the extra mile, here are some things you can add to your playbook:

- Table of contents
- Play Call Communication
- Hand Signal Chart
- WR Splits
- Scramble Rules
- Offensive Goals
- End Of Game Plays
- Defensive Identification

If you want to learn more about all of these items, we've created an in-depth video that you [can view here](#)

If you have any questions, please reach out to us [@vlQtorySports](#) on all social media accounts.

SMALL SCHOOL OL MENTALITY AND MAXIMIZING DRILLWORK FOR SUCCESS



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Mentality: "Throw the First Punch"

To play Offensive Line, and play it well, you must obtain and possess a different mentality than those around you. Now, I have just made the most rhetorical statement among line coaches. However, the only factor that prevents this from becoming cliché is the direct correlation between this factor and success experienced on the field.

From day one, minute one, I want there to be zero doubt in the minds of our Offensive Linemen what our standard, expectation and mentality is supposed to be. If you are around me you will hear me say "throw the first punch!" I will say it in the weightroom, meeting room, practice field and on game day.

So, what does that mean? Having spent all of my short career at small schools, you learn quickly that time is limited. Sometimes as Offensive Line coaches we start forwards and try to work back. I have made the mistake many times of stressing technique and body position over having a fighter's mentality. So, recently I threw out my original designs of building the Offensive Line and wrote out some clear objectives of who we were going to be.

1) From Day one our Offensive Linemen will do two things:

- Run
 - Hit
- We will never compromise being physical for technique
 - Put our hat and body between the defender and ball carrier
 - Play with a junkyard dog mentality from snap to whistle

- Objective 1: Run and Hit - Our first step is in the ground fast and we are exploding into the block. We want to run through our opponents, making contact on the defensive side of the line of scrimmage, legs running until the play is over.

Mike Tyson has the famous quote of "everybody has a plan until they get hit in the mouth." Well, let's make our opponents consider or question their plan. Maybe they practiced all week defeating a double team, crossing face vs. a down block, but how does their mind react when we hit them first?

- Objective 2: Never Compromise Being Physical for Technique - At no point will you ever hear me tell a kid during a film session, "I wish you would use better technique instead of trying to run that guy into the ground." Physicality wins. Physicality, coupled with technique wins a lot.

Great body position, foot position, hand placement, power angles, I love all of that stuff, it's beautiful. But, at some point we have to recognize there is something truly awesome about the animalistic, Neanderthal type nature of this game.

The moment that we begin to compromise physicality, we lose one of the great equalizers in sports. You can't out coach genetics, but looking at nature, even if "cats" or "dogs" run faster with a purpose to kill, nothing is as terrifying as a full grown wild hog. They are nasty, brutal and the only way they gain an

advantage is by being so.

(As a side note here: when you coach at a smaller school, your players are having to learn technique from a DL and OL perspective, therefore, focusing first on physicality, then refining essential skills reduces learning and speeds up playing)

- Objective 3: Put your hat and body between the defender and ball carrier -

Again, this article is geared for "smaller" high schools, with linemen that play both ways. In high school football, I am convinced that as an Offensive Lineman, if you will go to the right spot, strike with speed, have violent hands, run until the whistle blows and simply put your body in between the defender and the ball you will gain yardage.

This gives my OL just five things to do. Will I refine it? Yes. Will I teach technique and add some points as we progress? Yes. However, if these initial pillars are not established as a foundation, then no technique will do you any good.

- Objective 4: Play with a junkyard dog mentality from snap to whistle -

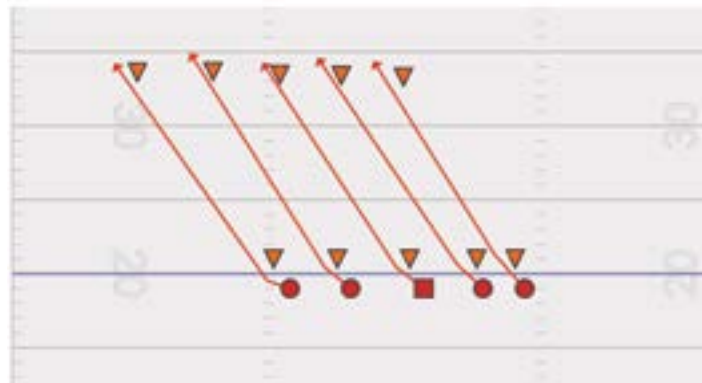
Have you ever seen a guard dog in real life? Or see one of the junkyard dogs from any movie from the 80's it seems like. They are nasty, dirty, mean, and they won't stop chasing you until you get over the fence or out of their reach. One way that you can take a team out of their game is for their focus to be split between their assignment and on their guard for someone coming after them. While my players will never outsize anyone, I want defenders to feel like we are constantly hunting them. We have our assignments and we will pursue them relentlessly. Even if we make a mistake I want us to attack. Miss someone on your block? Go take someone else out. Go push the pile, ride that line between being tough

and nasty.

(Side note: I do not condone dirty play and will not tolerate any Offensive Lineman that wants to be selfish and disgrace the game and position I love. That is hitting after the whistle, cheap shots, intentionally trying to injure another player etc.)

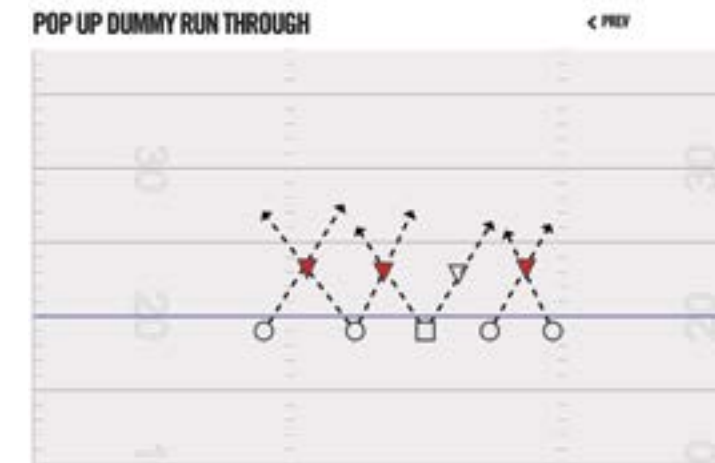
- EDD's to reinforce (Every Day Drills to reinforce)
 - Step and Run: Drive Step Rt/Lt
 - Step and Run: Angle Step Rt/Lt
 - Run Through w/Pop Up dummies
 - Sled (All reps MUST include a perfect effort or we reload that group)
 - Drive Step Rt/Lt
 - Angle Step Rt/Lt
 - Fit and Finish
 - Competition

- Step and Run Drive/Angle: Day one we do them in the open field, establish the mentality of we are sprinting, no hindrances on body movement. Later on we perform the drill in the chutes to reinforce this idea that we must still perform with low pads and bent knees to be successful.



- Pop Up Dummy Run Through: This is one of my favorites because it will really tell you whether an athlete is selling out or not. We all know that pop up dummies are likely to fall over at the onset of a strong breeze. However, it is demanded that the OL accelerate through the dummy. If they are giving it

everything they have they will roll over the dummy and end up on the ground. This drill also conditions your body to absorb impact and reinforces the idea of us being gritty.



- Competition: The sled drills are pretty self explanatory, so I figured competition would be better to expound upon. Competition without a doubt is what will bring out the animal in a player. There are moments in sled pushes, tire fights, tire wars, tug a war, etc where you have to embrace the suck, dig deep in yourself and find a way to win. Your legs may be burning, your breath may be short, hands blistering but if you are a true competitor, a true animal, then in that moment you will not give in and you will fight until you have nothing left.

Maximizing Drill Work for Success

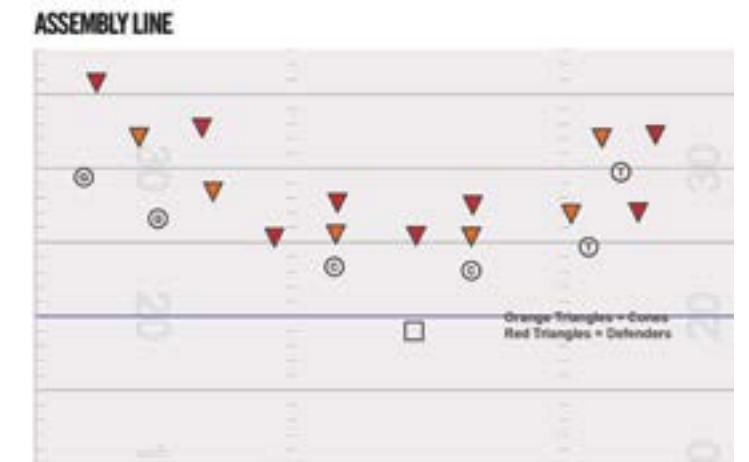
Goal: Get as many "effective" reps as possible in the allotted time given.

For any position on the field, be it skill or OL/DL, the challenge always remains the same. Time is like money for a football team, and we are constantly working on ways to maximize our investment for the promise of greater returns on Friday. Dealing primarily with two way players makes that filtering process all the more crucial.

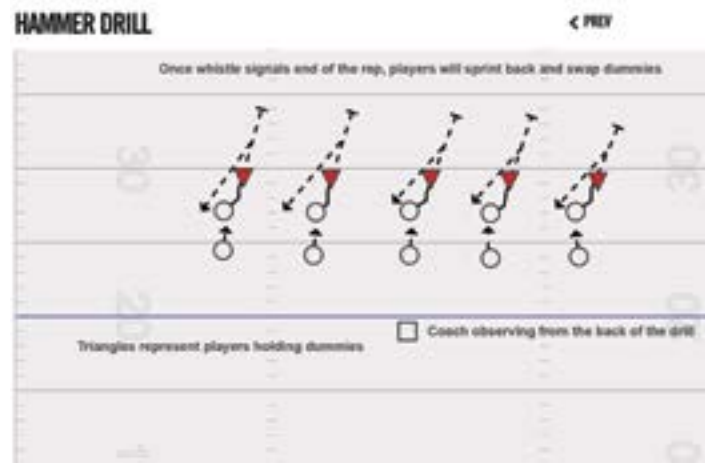
Assembly Line: With us being a Strongside/Quickside team, every position has to take ownership of their

job and the technique that comes with that. In light of this, our drill work must be skewed towards refining those distinguished skills.

(Side note: During spring we do not get to do this a lot because of the emphasis that players have to know where to go. Assembly Line is better for summer and fall camp when more time can be devoted to technique than assignment.)



Haymaker Drill: This drill is imperative to establish ourselves in double teams up front. The reason for the "Haymaker" name is when we strike and lift the defender, I want the OL to think of it as delivering a knockout punch. Five groups go at one time. I allow myself an effective vantage point where I can observe all players going at once. When the whistle blows the players will run back to the starting position and will swap out the dummy. I want a constant sense of urgency, low pad level, aggressive feet and "throwing the first punch." This rapid exchange allows us to get double the reps in a minute. The crucial point of this is to develop short, effective coaching points that allow you to coach on the fly. Unless there is something completely egregious that I cannot ignore, the drill goes on.



Coaching Points:

Step: Inside step to protect the gap

Grip: Good early spring to summer coaching point of grabbing the bottom of your jersey so the arm is raised or hand used as the primary source of the punch.

Dent: I want us to deliver and punch hard enough to "dent" the sternum of the defender.

Lift: Encourages low pad level, you'll never hear me say "extend your hips," because if you tell the OL to extend the hips they do not care how they do it, so you end up not moving anything. Lift engrains this idea that I'm underneath the defender and to "lift" him I have to snap my hips and core.

Eyes: Eyes inside for filling linebackers

Set the trap: This is for when the linebacker commits to the gap. Lure the "mouse" into the mouse trap and set the trap.

Hammer Drill: This is the second part to our double team. The Haymaker delivers the punch and the Hammer strikes. Our mentality, still throwing the first punch is we want to "hit them where they bend." That is the lower ribs to the hips. If you control the hips you control the defender's body. Again, the emphasis is on the whistle players run back to the starting position and the next drill begins. Time is always of the essence, especially at a small school. Every extra "quality" rep you can get will ensure success for your group and team.

Coaching points:

Angle to win: Power step at an angle, aimed towards the V of the neck on the defender.

Strike and Bend: Hit the defender where he bends, striking with "hat, hands, hips," which will force his body into a very uncomfortable position.

Violent feet through the whistle.

I would like to thank Coach Simpson for being gracious enough to allow me to contribute to this article. This has been a humbling and exciting experience. Please, if you wish to talk football, my information is there for you. Choose to be great for your players every day.

DEFENSIVE LINE BASICS

BLOCK DESTRUCTION: PODS



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In the previous article, I wrote about reading and reacting to different blocks using just one scout offensive lineman. Once the defensive linemen have become comfortable with reading and reacting to single blocks, it is very important to progress to more advanced types of blocks with other linemen/players involved.

In these "pod" drills, it is important to include as many blocking combinations as possible in order to test the defensive lineman's skills at reading and reacting to the different blocks that they could possibly see. Depending on the blocking combinations and the type of defense that you run, you may want to use two or three man pods for your defensive linemen. There will be a sample cheat sheet at the end to refer to.

Drill Set-Up:

Two or three scout defensive linemen.

One defensive lineman on the other side of the line of scrimmage.

A coach or player with a ball on a stick or equivalent.

Drill Progression:

The coach will signal the blocking combination to the scout offensive linemen.

On the snap of the ball, the scout offensive linemen will execute the blocks they are shown.

The defensive lineman will fire out of their stance and will reach to the block they are given.

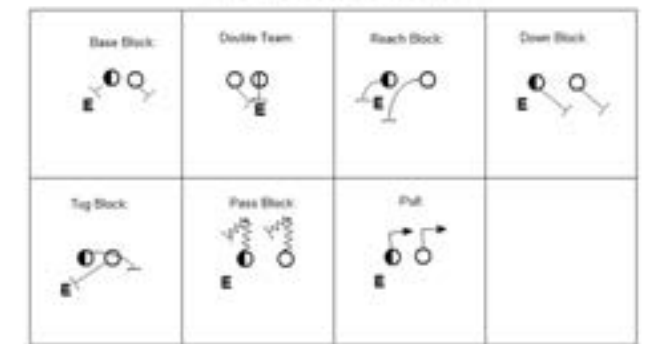
Once they defeat the block they will need to finish with an escape move.

Planning Pods:

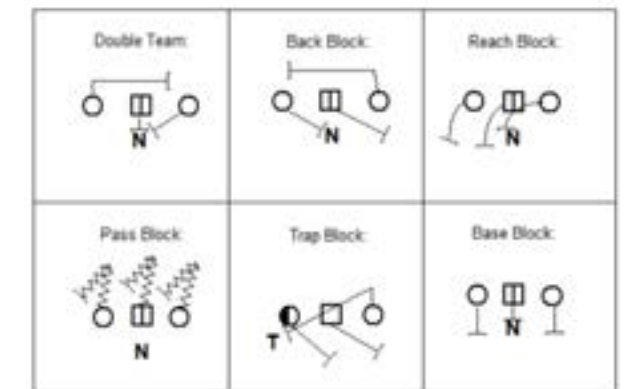
It is important to plan out pod drills to get the most out of the development of your defensive linemen. If it is

preseason or spring football, use as many combinations as possible in order to prepare and evaluate what your defensive linemen are capable of. Once the season begins, it would be good to change your pods to only include the blocking combinations that will be seen each week based on what the opposing offense is doing. For instance, if the team is a double slot triple option team that only passes twice a game, there would be no need to include pass blocking to the pods.

Two Man Pod Block Destruction Looks



Three Man Pod Block Destruction Looks



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