

# Practice Philosophy

1. ***Practice Should be More Difficult than Games*** – By the time players step onto the field on game day, they should be mentally, physically, and emotionally prepared beyond a level of what they will encounter during the game. Game day is the opportunity for players to fly around, have fun, and showcase their skills and improvement. Game day should be less demanding than what it takes to prepare.
2. ***Create Opportunities to Compete*** – Practice is hard and demanding. However, it needs to be fun! We practice 5 days for 1 game. We practice more than any other sport for competition. Because of this, competing every day at practice will promote fun, excitement, competitiveness, overcoming adversity, battling, and winning or losing. We want to create as many opportunities as possible during practice that mimic the mental and emotional state of game day.
3. ***Film Everything & Coach on the Fly*** – We have limited time. We can't always take minutes to explain every single detail of every single rep. Figure out one or 2 details for each rep to coach the player and move on. Filming individual drills is beneficial for three reasons. First, we can evaluate our players. Second, we can evaluate the usefulness of our drill work. Third, watch drill film during meetings. That is the time you can slow everything down and coach the minute details.
4. ***Drills Must Have Return on Investment*** – If you are doing a drill at practice, it better show up on game day. Do not waste time at practice working on things that don't happen on Saturdays. Don't simply do the same drills every day, but it is extremely important to work on skills and techniques that will win games. Use game film to dictate what you do at practice. This includes the upcoming game plan. For example, if the TE's are terrible one week at kicking on power, we need to fix it. However, if the game plan for the next week doesn't include much power, don't spend a lot of time fixing that technique. Time on task!
5. ***Have Fun and Be Creative*** – We must ensure we are efficient at techniques, fundamentals, and schemes that will win us football games. However, be creative with how you teach them. Ask players what they feel they need work at. Ask other coaches, especially on the other side of the ball, what techniques give them trouble. Find unique ways to teach. Do not spend more than 10 minutes on one drill. That's stale. Keep the players on the fly.
6. ***High Energy*** – The season is long. The season is demanding. The kids will have bad days. When they step on the field, make sure they see coaches running around and excited to be there. Energy is contagious. Make sure it is positive energy.
7. ***Build Relationships*** – Don't always jump straight into football. Be on the field 15-20 minutes before practice. Talk to the players, especially outside of the position group. Learn about them, and establish a bond, trust, and love.
8. ***Practice Starts on Time*** – If practice is schedule for 4:00 PM, then we start drill work at 4:00 PM. Players and coaches who aren't in their position groups at the initial whistle are late. We will not start drill work before the start time of practice. Do not start coaching or drilling players at 3:55 PM. Practice starts when we say it starts.

9. **Practice Tempos** – It is extremely important to the safety and health of our players and program that everyone understands the tempo of the drill we are in. Players will be IMMEDIATELY REMOVED from a drill if they are not following the tempo.
- a. **Get your Fits** – Light to no contact. The only contact is hand placement. This tempo is utilized to be assignment and technique sound
  - b. **Tag off** – There is no contact on the ball carrier. Defensive players will be full speed to the ball and tag off on the hip of the ball carrier. Defensive backs should not play through WR's to get to the ball in the air. Offensive and defensive lines will go speed for 3 meaning they will run their assignment at full speed for 3 steps then settle
  - c. **Thud** – Full speed to the whistle at every position however, no is going to the ground. No cutting, cracks, or blind side blocks. Defenders should not play the ball in the air if they can't do it without going through an offensive player. Ball carriers are live to initial contact. Once the ball carrier is stood up, no one else should be coming in to finish the play. Ball carriers should not finish running through defenders.
  - d. **Live** – Live, full contact football – not cutting, cracks, or blind side blocks