

Keys For A Championship Program

Norfolk Catholic Football

Key To Being Champions

The Goal is to build a Championship Program

Not just win a Championship

Since 1983 (last 32 years) Our Football Program

At Norfolk Catholic: State Playoffs 31 Years

Semi – Finals 20 Years

15 State Championship Appearances

9 State Championships

Norfolk Catholic Coaching Staff

- **Jeff Bellar: 34 Years, OC QB & ILB**
- **Tim Kassmeier: 23 Years, DC RB & OLB**
- **Todd Pospisil: 25 Years, Spec. T C OL & DB**
- **Kevin Miller: 25 Years, OL & DL**
- **Troy Jones: 1 Year, REC & DB**
- **Jason Konicek: 11 Years, TE & DE**
- **Steve Farlee, 1 Year, REC & ILB**

Norfolk Catholic Football Mission Statement

- **Football is a game made up of many components, all must fit together to truly achieve ultimate success.**
- **Our team must strive for Team Work, Team Pride, Team Goals, and Team Unity. The Team must always come first!!!**
- **Our Team must be in great Condition, Physically, Mentally, and Emotionally.**
- **We must be sound Offensively, Defensively, and in the Kicking Game.**
- **Our Team must represent the best Values, Truth, Hard Work, Sacrifice, Honesty, Trust, Integrity, and Spiritual Morals.**
- **We teach Life Lessons with a Game. We Teach are Athletes: 1. Do the best you can; 2. Do it right; 3. Treat others as you want to be treated.**

2011 Norfolk Catholic Football Mission Statement

- **“Perfection, is being able to look your friends in the eye and know you did everything you could not to let them down.”**
 - **Team Goals**
 - **1. State Champions, Back to Back**
 - **2. 13 – 0 Record**
 - **3. Hold opponents under 130 yards of off.**
 - **4. Win the turnover battle and have 20 yards or less a game of penalties .**
 - **5. Grow closer as a team on and off the field and have fun**
 - **Individual Goals**

Heart

- **Coaching the heart of an athlete**
- **Every child is their parents most precious commodity**
- **Unity, Work Ethic & Heart can compete with talent**
- **Players must know you care**
- **Teach players to care about one another**

Key 1: Leadership

- **Concern for others is the foundation for leadership.**
- **Every great leader takes Charge.**
- **Every great leader uses good Judgment.**
- **Decisions always translate into energy (make a decision and go)**
- **Create leadership roles for your team. Ex. Captains, Unity Council members.**

Leadership Continued

- **Gets it done, doesn't wait for someone else to do it**
- **Inspires others to greatness**
- **In the end Leadership is. 1. The ability to get a person to do what you want him to do; 2. When you want it done; 3. In a way you want it done; 4. Because he wants to do it.**
- **That's Coaching 101.**

Key 2: Develop a Philosophy

- **What are you going to do??**
- **Offense**
- **Defense**
- **Special Teams Play**
- **Come up with something**
- **Do what you know or get to clinics and learn**

Offense Philosophy

- **Multiple Set 1 back, 2 back, 3 back, no backs**
- **Run / Pass Ratio (ours is about 60/40)**
- **We believe we must establish a ground game**
- **Adapt to your personnel**
- **1 trick play a game (key is when to use)**

Defense Philosophy

- **Even front (6 or 4)**
- **Few Coverages (3, 2, 5, 4)**
- **Great Tackling Team**
- **Take Away what opponents do best**
- **Always be on the Same page**
- **Know and Execute all Stunts**

Special Teams Philosophy

- **Kicking Game 1/3 of our Practice**
- **Win field position through the kicking game**
- **Importance through time and personnel**
- **Kicking Game**
 - **Chances of Scoring**

• 20	1 out of 30
• 40	1 out of 8
• 50	1 out of 5
• 40	1 out of 3
• 20	1 out of 2
• 10	1 out of 2

Key 3: Work Ethic

- **Lead by example, Head coach and assistants.**
- **Teach young people to work hard all the time.**
- **Plan everything: practice, meetings, team meals, parents meetings, film sessions. (ex)**
- **Create a Culture (the standard for many is too low, they think they are working hard but in reality they don't know how to work hard.**
- **Be detailed (in all drills, all groups work, all team situations**

Key 4: Commitment

- **Commitment starts in the Heart (Michael Jordan said “the heart is what separates good from great”**
- **Commitment is tested through action**
- **Commitment opens the door to achievement**
- **4 types of people when dealing with commitment:**

Key 4: Commitment

- 1. Cop – Outs: no goals no commitment**
- 2. Hold – Outs: Don't know if they can reach goal, afraid to commit.**
- 3. Drop – Outs: People who start a goal but quit when the going gets tough.**
- 4. All – Outs: Set goals, commit to them, pay the price to reach them.**

To improve commitment measure it

Key 5: Character

- **Character is more than talk, It is who you are.**
- **Character brings lasting success for people**
- **Be true to your character and to yourself on the inside you will be much happier.**
- **Talent is a Gift, Character is a Choice.**
- **Be grounded for me: God, Family, Work, Hobbies**

Key 6: Communication

- **Without communication you travel alone (some coaches take something simple and make it complicated, communicators take something complicated and make it simple)**
- **Simplify your message**
- **See the people (get to know your players)**
- **Live your message (Believe in what you say, do what you say)**
- **Seek a response (It goes both ways, talk & listen)**

Key 7: Competence

- **Know What you're Coaching**
- **Plan it, Say it, Do it.**
- **Show up every Day, every Way, every Play.**
- **Keep Improving (the person who knows how will always have a job, the person who knows why will always be the boss)**
- **Follow through (go the extra mile)**
- **Inspire others**

Key 8: Listening

- **To connect with their heart use your ears.**
- **Listen to your fellow coaches, other coaches, successful people.**
- **Listen to your players (unity council)**
- **Listen between the lines, know what is going on in your program and in your community.**

Key 9: Passion

- **It is hard to be successful unless you love your work.**
- **Passion is the first step to achievement (your desire determines your destiny)**
- **Passion increases your will (it is the fuel that drives us)**
- **Passion changes you (follow your passion, it can't help but make you more productive)**

Key 10: Positive Attitude

- **Your Attitude is a choice (you must choose every day)**
- **Your attitude determines your actions**
- **A winners edge is in attitude not aptitude**
- **Maintaining a good attitude is easier than regaining one.**
- **To improve attitude**
 - **A. Feed your self the right food, hang around positive people**
 - **B. Achieve a goal every day, based on positive thinking and acting**
 - **C. Write it down, keep track**

Key 11: Responsibility

- **A coach can give up anything except final responsibility**
- **People who embrace Responsibility:**
 1. **Get the job done, what ever it takes**
 2. **Go the extra mile, put the team first.**
 3. **Driven by excellence (In every aspect of your life)**
 4. **Produce regardless of the situation**

Key 12: Teach Ability

- **“It is what you learn after you know it all that counts” John Wooden**
- **Life long learner (earn a degree, get an award, reach a desired position)**
- **Over come your Success (if what you did yesterday still looks big to you, you haven’t done much today.**
- **Swear off short cuts, anything of value you must pay.**
- **Trade in your pride (when learning you will make mistakes)**

Key 13: Vision

- **You can seize only what you can see.**
- **Vision starts with in (have a vision for your program)**
- **Vision draws on your history (teach what you know)**
- **Vision meets others' needs (great vision includes others and adds value to them)**
- **Vision helps you gather resources (the greater the vision the more winners it has potential to attract)**

Vision Continued

- **Where does vision come from?**
- **Inner Voice**
- **Unhappy Voice (if something doesn't work go in a new direction)**
- **Successful Voice (listen and learn, move ahead)**
- **Higher Voice (A truly valuable vision must have God in it)**

Key 14: Player Development

- **Players are made in the Off-Season**
- **Weight Room Speed Camp (Summer)**
- **Winter Conditioning Spring Conditioning**
- **7 Points from a players perspective: 1. Make each player feel that you care about him as a person. 2. Build confidence in all players. 3. Never betray the trust of your athlete. 4. Create leadership possibilities. 5. Use the game to teach life lessons. 6. Remember football is a game. 7. Have Fun.**
- **Teams are made In-Season**
- **Coaches job to do Both**

Key 15: Norfolk Catholic Victory Formula (In – Season)

- **Do things right; Do the best you can**
- **Treat others as you want to be treated**
- **Set Goals; Accept your Role**
- **Believe in yourself, your teammates, your coaches.**
- **Over come Adversity**
- **Practice Fundamentals**
- **Don't Flinch**

Key 16: Practice

- Practice should be as close to a game as possible.
- Fundamentals
- Repetition
- Conditioning (beginning)
- Length (2 – 2.5 hours)
- Organization (5 – 10 – 15 – 20 minutes sessions)
- Tempo
- Pay Attention to Detail (do the little things right)
- Avoid too much verbal instruction
- Demonstration
- Coach'em All

Key 17: Game Preparation

- **Sunday Meetings Film Evaluation**
- **Technology Down & Distance Tendencies, Field Position Tendencies, Formation Tendencies, Personnel Tendencies**
- **Player Awards Off. , Def., O-Line, Practice, Special Teams**
- **Report on Monday Night to Team**
- **The Plan (Sent Practices)**
- **Coaches Meetings**

Key 18: Game Day

- **Two Things We Do On Game Day**
 - **1. We will not compromise everything we do in practice**
 - **2. We will make adjustments if we feel the need**
- **Pre-Game Meal**
- **Prayer Service**
- **Conduct on the Field**
- **Sideline Behavior**
- **Master Checklist**
- **Post Game**
- **Win Together & Lose Together**

Key 19: Parents

- **Parent Meeting**
- **Go Over Everything Important**
- **Sportsmanship**
- **Parent Roll and Expectation**
- **Before Game, During Game, After Game**

Key 20: Team Discipline

- **Team Rules (Few)**
- **Strive to develop Self-Discipline**
- **Objectivity (don't take things to personal)**
- **Unity Council**
- **Team Meetings**
- **Academics**

Key 21: Intangibles

- **Be Persistent**
- **Enthusiasm**
- **Work Ethic**
- **Limit Mistakes**
- **Play Hard**
- **Unity**
- **Faith In God**