

Ennis Football: Program and team building

\*These are the little to big things we use to promote leadership, ideal state of mind for competition, and make the program special for the players

#### ATTITUDE/EFFORT/DISCIPLINE

-These 3 principles encompass much of what we teach and believe they are the 3 things that are in our control and can be a game changer.

ATTITUDE and EFFORT are tied very close together. If you can help develop a constant attitude then effort usually follows.

#### ATTITUDE Drills –

- 1) Team Huddle and Chant-before we start practice, any time energy or effort falls we repeat
- 2) Individual Dancing – option between dancing until body language is corrected and state of mind is back to present, or intense conditioning, or leaving practice and the consequences associated.
- 3) Music – players have a sign up sheet to add songs that motivate them, must be clean of language, if not will be subject to a REMINDER. Music is played in different portions of practice to help keep practice up beat.
- 4) Conduct Code – school and our policy on behavior – typically punished by REMINDERS

#### CAPTAIN Selection-

Practice schedules and fall camp outline:

Lifting and Film study:

TEMPLE OF POWER:

Depth Chart and preseason installation:

COMPETITION MODELING: Every aspect we can incorporate this we do, from strength training and conditioning to individual drills and segments of practice.

Game WEEK schedule:

Little guy Football and Leadership building:

Players Meetings: Before season has started and then atleast one individual meeting during season and as needed.

Team Building Drills:

Weekly Competitions:

FLAG and selection of who carries weekly:

Pregame practice:

Pregame Ritual and itinerary:

Post Game Ritual and fan thanking:

Team and Individual Goals:

Stickers:

Game Day Dress Code and Conduct for home and away games:

FIRE ceremony:

Community relations building:

Post season banquet:

Summer Program: