

8 MAN CLINIC NEBRASKA 2017

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St. Paul Buckaroos

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Builder

- ▣ I saw a man in my home town. I saw a man tearing a building down. With a heave and a ho and a mighty yell. He swung a beam and the side wall fell. I asked the foreman hey are these men skilled – you know the type you'd hire if you wanted to build? He laughed and said why no indeed – common labor is all I need. For with common labor I can tear down in a day or two what it took a builder ten years to do. I thought to myself as I walked away which of these rolls am I going to play?

Tradition Never Graduates

- ▣ St. Paul High School Football 1939-2016
 - 34 State Playoffs Appearances
 - Overall 1939-2016 496 wins 184 losses and 7 ties
 - 19 Semi-Finals
 - 13 Finals
 - 6 State Championships – 1984, 1991, 1992, 2002, 2009, 2010
 - 4 Undefeated Seasons
 - 40 Game winning streak
 - We play in a 10,000 seat stadium

11 to 8

- ▣ You are going to find what you're looking for –
Story of Old Man and the Walled City
- ▣ Similarities
 - 33 years of coaching and 24 in 11 man football
 - Some things in athletics are true no matter what. It could be a different sport, big or small school, 11 man or 8 man.

Tough Football Team – Tough to Beat

- ▣ You must execute – There are no good or bad plays or offenses. There is just good or bad execution of plays and offenses. Ad Rutschman
- ▣ Character Counts – Do what's right when no one is looking
- ▣ Everybody Brings Value
- ▣ Virtue Education
 - Team – Greatness begins when selfishness ends.
 - PRIDE - Personal Responsibility In Daily Excellence
 - Do Your Best

Attitude Reflect Leadership



We don't have any leaders??

- ▣ We establish the culture and then they can lead.
 - Camp time – Every year we establish/reinforce the culture
 - ▣ How do you want to be remembered
 - ▣ What you tolerate you encourage
 - ▣ Input = Output
 - ▣ Questions
 - What are our values? Practice, games, school

Positive turnover difference

- ▣ Coach ball security in everything you do
- ▣ Never say don't fumble or don't throw a pick
- ▣ No interceptions
- ▣ Practice taking the ball from the opponent
- ▣ Don't drop a blue trophy

Practice Plan

- ▣ Part – Whole
- ▣ Either you're coaching it or allowing it to happen. If you want to change a performance change the way you practice it.
- ▣ Special Teams – Everyday and during team time.
- ▣ Schedule fun drills
- ▣ Vary Conditioning times and events

Daily Practice Plan

Daily Practice Plan						
Date				Weekly Virtue	Script	
Time				Sacrifice		
	Warm-up					
	Blocking Progression		Gauntlet	Tackling Prog		
	Strip and recover			2 on 1 strip		
	Offensive Indy			Review motions		
	Goose/Sneak	3-4 Blast "Q"	1-2 Veer/down	3-4 Iso- Follow		
	3-4 Buck (Lot)	5/6 Quick Dive	1-2 Draw-Lack	5-6 Speed		
	5/6 Quick	Racy/Lace	5-6 Option	Racy/Lace		
1 st Qt	Shifts	Audibles				
	Pass					
	Screen Rt/Lt	LE Scr	Fire	Rekt		
	Rot 78/88 Iso Bt	58/68 Bck Bt	Sprite LE Dump	56/66 Iso Pass		
2 nd Qt	50/60 Iso bt	78/88 Bck Bt	Splat RE Qck Pass	51/61 Iso Pass		
	81/71 Iso Bt	Motion Iso Bt	59/69 Bck Pass	LE Delay		
	Dropback 78,70,73					
	Wolf 8-Lacky	Dble Pass-Lack	B Falls	Barnes TB		
	Conditioning			Help a Buck, When Ready, Pursuit, Cover and Score, Tap out, Derbies		
3 rd Qt						
	Team Offense		Two minute	TSPC		
	Goalline		Speed, buck bt, barnes, screen,	Team		
	Special Teams			Rocket,Buck pass, 78,70,72, draw	Servant	
	KOR	KO	Punt	Punt Ret	P.R.I.D.E.	
	Defense				Courage	
	Tackling					
	Open Fld	Raineer	Eye Open	Fit, shed, tackle	Progression	
	Strip and recover		Two on one	Pursuit		
4 th Qt	Get in a fit	Meat Grinder	Beef Grinder	Trojan Horse	Willamette 6 on 6	
	Defensive Indy					
	Front 6					
	Back 5					
	Team Defense		3-3,in,X,BI,Cl,Tw	5-3, Guts		
	Conditioning			Progressives, Gassers, Tires, Sprint-jog-sprint, 960's, Specifics, Derbies	3-2	
	Walkthrough			Offense/defense	Prevent	
	Stretch					
	Reminders					

Thursday

Thursday

				Two Minute 3:20
				Warm Up 3.25
				Condition 3.35
				Sideline 3.40
				KOR 3.45
				Off 3.47
				KO 3.57
				Def 4.0
				Punt Return 4.10
				Off 4.12
				Punt 4.22
				Def 4.24
				Goalline Defense (Bump) 4.38
				Hands Team 4.40
				Off -2 minute 4.42
		#2's		Onside KO 4.52
		4 minute		Prevent-4 th down knock dwn 4.54
2 minute				4 Minute Offense 4.59
Speed	Buck Bt	Barnes	Screen	Stretch 5.04
LE Scr	Buck Pa	Speed	Draw	
Dirt	Barnes TB	Butte F	3 buck G pass	
69 Iso P				
Reminders				
Game shirts on Friday				Captains and Dress list
Team meal courtesy				
Jersey color and dept time				

Culture

- ▣ 8 seconds and GPA Stars
- ▣ First Saturday of the Season
- ▣ Buck Packs
- ▣ Champions Condition
- ▣ Camp team building
- ▣ How Do you want to be remembered?
- ▣ End of practice affirmations

Be Known for Something

DWWD – Do What We Do

- ▣ We Run the ball
 - Focus on weight room
 - Offensive Line Play
 - Blocking Schemes
 - Ball Security
 - Play off Runs – Focused on what we did best. Threw the rest out
 - In practice we'll run Iso 10 times in row

Weight Room

- ▣ BFS to APX
- ▣ Summer Program
- ▣ All Sports
- ▣ Record Board
- ▣ Super Man T-Shirts
- ▣ Stretch Everyday

Little Stuff

- ▣ Have a theme – “Right Here, Right Now” “You Go, We Go” “Total Release” “Hokahey”
- ▣ Scrapbook
- ▣ Senior Letter – Senior Dad’s dinner
- ▣ Kids Camp 1st – 6th Grade. Every kid gets a t-shirt and football
- ▣ All you got is all we want – We can tolerate marginal ability but we won’t tolerate marginal attitude and marginal work ethic.
- ▣ One jackass you have a problem. Two jackasses and you have a jackass Farm
- ▣ Honor past teams at homecoming
- ▣ Hall of Fame
- ▣ Mom’s Clinic
- ▣ Ropes Course
- ▣ Post season meetings with every player
- ▣ Highlight film
- ▣ Gear bags
- ▣ Notebook next to the recliner

There is a Difference

- ▣ You have to study and learn from people that are successful.
- ▣ Collect State Champion Games
- ▣ Attend games and Clinics
- ▣ College practices

Conditioning

- ▣ In 8 man football you must have an aerobic base
- ▣ Monday – Derby's and Tire pulls
- ▣ Tuesday – Gassers and change of direction
- ▣ Wednesday – 960's and Tire Flips
- ▣ Some Variety
 - Condition at the start
 - Pursuit and Scoop and Score
 - Others – Help a Buck, Tap Out, Eliminator

Tackling

- ▣ In 8 man football you have to treat every tackle like it's in the open field.
- ▣ Tackling Stations
 - Sideline Angle
 - Eye opener
 - Tackle Rings and Hawk Tackle
 - 10 yard square – No two way go

DB Play

- ▣ Contain – Everything must stay in front and inside.
- ▣ Play M/M
 - No switch
 - No Mix
 - No zone – Almost never
 - Best Pass Defense is a pass rush
 - 4th Down Knock down
 - Identify eligible receivers – Tackle eligible

Contain

The QB and the Perimeter

- ▣ DE Contain
 - Work on it everyday
 - Work it with NG and LB in spread
 - Drill it in team
 - Best Player to the field – We play on a regulation field.

Passing Game

- ▣ Single Receiver Routes
- ▣ Accuracy over reads (70% completion)
- ▣ Throw the ball away
- ▣ Move the pocket
- ▣ Flood route – Deepest to shortest
- ▣ You must deal with pressure and have a plan for free rushers. Gap it or the QB recognizes it.
- ▣ Have a great screen game to multiple players.

Special Teams

- ▣ Early Outs everyday
- ▣ Kick Off Return – You must maintain possession. Front Row always thinking onside. Hands Team.
- ▣ Kick off – You must directional kick
- ▣ Punt – Protect and kick it away from returner
- ▣ Punt Return – The ball must be caught in the air

Offense

- ▣ Single season yards 6497, Rushing yards 5301, 804 points. Guards that can run
- ▣ Center must identify front and make calls
- ▣ QB must get us out of a bad play and be an accurate passer. Must be tough!
- ▣ FB must be able to kick out
- ▣ TB must follow his blockers
- ▣ Get your athletes the ball! Over and Over and Over
- ▣ Ends that can down block and catch
 - Split them out if they can't

Hang Tough

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