



ASHLAND-GREENWOOD BLUEJAY FOOTBALL

**PRACTICE ORGANIZATION TO  
ENHANCE PLAYER & TEAM  
POTENTIAL**

# PREPARE TO DEVELOP YOUR ATHLETES

You Get What You Get and Don't Throw a Fit  
Know What You Have and Prepare for It



# 2014 BLUEJAY FOOTBALL – 41 PLAYERS

Know Your Philosophy  
and Know Your Players

Adapt to Your Players'  
Strengths

There are a Lot of  
Schemes with a Lot of  
Formations, Plays,  
Alignments, etc.

Need to be able to  
Execute at High Level

There is Always HOPE!





# QUALITY VS. QUANTITY

Don't Do Something Just to Do It.

Have a Purpose!



# MAKE PRACTICE MEANINGFUL



- work as a staff to develop a practice culture and a practice routine – players must be coached up to do this...practice your VISION
- if there is a what...there needs to be a why
- must be organized prior to stepping on the field (drills, equipment, time, teams, etc.)
- practice should be faster than game speed and always competitive
- condition with a purpose (not punishment)

# MAKE PRACTICE MEANINGFUL



- know when to slow down to coach and when to coach on the fly (indy/group/team)
- practice your game plan – don't waste time on "what ifs" and "maybes"...scouting report
- practice game percentages – you may only spend 10 total plays by the goal line in a game (off/def) so don't spend 30 minutes during practice, you spend more time on hashes than you do in the middle of the field...move the ball

# WORRY ABOUT YOU 1<sup>ST</sup>, OPPONENT 2<sup>ND</sup>

You Can't Beat Your Opponent if You're Always  
Beating Yourself

Give Your Players the Best Possible Chance



# WHAT DOES THE FILM SAY?



- use film from practices/games to scout yourself to see if players are playing the way you are coaching
- film doesn't lie
- what core fundamentals are lacking on film – this is what your focus should be for that week's practice and should see improvement on by the end of the week
- film during season – only use what you need





# SCOUTING YOUR OPPONENT

- what are their strengths/weaknesses
- what schemes are they running
- how will they attack/align
- practice what you scout (quality)
- [2013 Milford Scouting Report](#)
- hudl play cards, scout report, scout coach, coach up scout players (best of the rest, half line)



# BLUEJAY PRACTICE

This Is the Homework Before the Test  
Teach To The Test



# DIVIDING THE SEASON UP



- 1<sup>st</sup> two weeks
  - all about us – core drills and fundamentals, our schemes, conditioning
- regular season
  - focus on opponents while still working on what we need to fix
- playoffs
  - fine-tuning core drills and fundamentals while focus on opponents



# WEEKLY SCHEDULE

## SUNDAY

- Coaches Meet
- Coordinators Discuss Plan and Have Scout Film Ready
- Develop Schedule and Scout Report
- No Players

## MONDAY

- AM Film Session with Players on Last Week's Game
- PM Film Session with Players on Upcoming Opponent with Scout Report
- Fundamental Practice with Conditioning Game
- JV Game



# WEEKLY SCHEDULE



## TUESDAY

- Full Practice Focused on Offense (Indy/Group/Team)
- Team Tackling/Takeaway
- Special Team Choice
- Game-Like Conditioning
- Defense Choice

## Wednesday

- Full Practice Focused on Defense (Indy/Group/Team)
- Team Blocking
- Special Team Choice
- Pursuit
- Offense Choice



# WEEKLY SCHEDULE

## THURSDAY

- Game Field Full Practice
- PAT/FG and Block
- Review All (O/D/Sp) and Clean Up
- Live Run-Through
- C Team Game Possible

## FRIDAY

- Group/Team Meetings
- Varsity Game
- Team Meal



# WEEKLY SCHEDULE

## SATURDAY

- DAY OFF!!!!
- No Players
- Coaches Work on Own to Be Ready for Sunday
- Laundry

## PRACTICE SCHEDULES

- [1st Two Weeks Practice Schedule](#)
- [Regular Season Practice Schedule](#)
- [Playoff Practice Schedule](#)

# CORE DRILLS AND FUNDAMENTALS

Build the Foundation

What You Believe is Needed to Consistently Place  
Your Players in Opportunities to Succeed





# USING A SYSTEMIC APPROACH



- practice is divided into indy, group, and team
  - indy – fundamentals and “sagr”
  - group – communication and timing
  - team – live adversity, best of the rest
- each section builds upon the other and focuses on the bigger picture



# EXAMPLE OF SYSTEMIC APPROACH

- practice focus is on power/counter running game and play action off of it
  - indy (coach slow)
    - oline – down/pull/slide blocks
    - qb – pre-snap reads, after snap movement/throws
    - rb – path, blocking rules, vision, routes
    - wr – blocking rules, routes
  - group (coach slow)
    - inside – work counter/power/trap with communicating our blocking schemes and play action slide protection
    - outside – use a-frame to work paths, checks, routes, and blocking rules
  - team (coach on fly)
    - move the ball, down and distance, defensive pressure, game-like

# INDY TIME EXAMPLES



## OFFENSIVE FUNDAMENTALS

- oline
  - blocking rules, hands, feet
  - chute, boards, sled, man on man
  - 1 on 1, 2 on 1, 2 on 2, 3 on 2
- qb
  - passing/option rules/fundamentals
  - reads
- rb
  - ball security, vision, blocking rules
  - pad level, agility
- wr
  - hands, agility, blocking rules
  - sharp routes

## DEFENSIVE FUNDAMENTALS

- dline
  - hands, feet, block recognition, reaction
  - chute, sled, man on man
  - 1 on 1, 1 on 2, 2 on 2, 2 on 3
- lbs
  - block recognition, reaction
  - hands, feet, attack, press, shed
  - man on man
- dbs
  - footwork, hips, playing ball/man
  - man and zone
  - block recognition, reaction
  - reading patterns

# GROUP TIME EXAMPLES



## OFFENSIVE CORE DRILLS

- inside
  - communication, 1 step
  - man on man, half line, chute
- outside – a-frame
  - paths, communication, reads
  - blocking rules, 7 on 9

## DEFENSIVE CORE DRILLS

- dline
  - align, schemes, movement
  - communicate to lbs
  - block recognition, destruction
- funnel
  - edge, inside, fill, communicate
  - block recognition, reaction
  - align, schemes, movement
  - 7 on 7
  - des and corners over, communication
- corners
  - man drills



# TEAM TIME EXAMPLES

## OFFENSE

- 11 on 11, 11 on 13/14
- 2 minute
- down and distance
- goal line
- gauntlet
- no verbal cues
- move ball, punt/pat/fg
- dt x3

## DEFENSE

- 9/11, 11 on 11
- no huddle
- down and distance
- goal line
- gauntlet
- move ball, punt return, pat/fg block
- dt x3



# CORE DRILLS

- Weekly Blocking Circuit
  - Sled, Refit, 2<sup>nd</sup> Level
- Weekly Tackle/Takeaway Circuit
  - Open Field, Angle, Shed, Oklahoma, Gutz
  - 2 on 1 Rip/Punch Dirty/Clean, 2 on 1 Tackle/Punch, Bear Crawl
- Weekly Pursuit
  - Cardinal, Falcon, Buccaneer
- Weekly Conditioning
  - Early On Purpose then Transition to Game-Like

# CHANGE IT UP – HAVE FUN!

This is a Game

If You Feel it is a Job, You Will Lose the Big Picture





# DON'T BE AFRAID

- Have Fun
- Exit Drills
- Thursday Skits
- Music
- Change Location
- Frosh Jokes
- Season Unity Field Trips
- Birthdays





# PRACTICE WITH A PURPOSE

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