

Laverne Tiger Football

Nebraska 8-Man Clinic

Thursday, July 28

9:00-9:50 AM

Program Overview (Coach Tanner Woods)

1. Weight Program
2. In-Season Weekly Schedule
 - a. Weights
 - b. Film
 - c. Practice Plans
3. Fundamentals Emphasized
 - a. Drills to emphasize fundamental focus.

2nd Session

Defense (Coach Jacob Otey-DC)

1. The philosophy of the 3-2-3 Defense.
 - a. Run game stopper, all run games.
 - b. Allows best players to be used.
 - c. Bend, don't break approach to the passing game.
2. Alignments, Reads and Responsibilities.
 - a. Every position has a specific alignment and read.
 - b. Each position has a separate responsibility, which in turn creates success.
3. Run responsibilities.
 - a. Defensive Line
 - b. Linebackers
 - c. Defensive Backs
4. Pass Responsibilities and Coverage
 - a. Defensive Line
 - b. Linebackers
 - c. Defensive Backs