



Central Valley Cougar Football

Chip Bartos – Central Valley Public Schools,
Greeley, Nebraska

2023 NCA Multi-Sport Clinic – Spread run
game

Coaching Staff

- **Chip Bartos** – HC, OC, Offensive Line
- **Jess Rother** – DC, Defensive Line, Offensive Line
- **Jason McIntyre** – QB's/WR's, my right hand man with the offense
- **Nolan Kratzer** – Special Teams Coordinator, WR's, DB's
- **Shane Ryan** – LB's, defensive assistant
- **Steve Kriewald** – RB's, offensive assistant
- Very blessed to have all of the years of coaching and playing experience that I have on this staff
- I'm the “new” guy on staff, very accepting of my coaching style. Trust in them. Don't have to micromanage or step on toes

Coaching Philosophy

- Surround yourself with a good support system
- Lead by example
- 7 seconds of coaching
- Find an offense/defense you love
- Let your coaches/players get their down time during the season



Team Philosophy

- DETAILS – fall in love with doing the little things right
- 4 to 6, A to B
- +2

All of these start with the coaching staff – if you preach it and you don't set the example, your kids won't buy in to your philosophy, whatever it may be.

A NEW YORK TIMES BESTSELLER
**URBAN
MEYER**
WITH WAYNE COFFEY



ABOVE THE LINE
LESSONS IN LEADERSHIP
AND LIFE FROM A
CHAMPIONSHIP PROGRAM

"Tim Grover was by my side for fifteen years, and knows more than anyone about building winners. This book is essential for those who want to be the best at whatever they do...and are willing to pay the price to get there." —MICHAEL JORDAN

THE UNFORGIVING RACE TO GREATNESS

WINNING



TIM S. GROVER

BESTSELLING AUTHOR OF **RELENTLESS**

WITH SHARI LESSER WENK

NEW YORK TIMES BESTSELLER

ALIGNMENT

- 3 ft splits
- TE in a 2 pt receiver stance so his head isn't down, can see the field, see his blocks, gets off faster
- QB's toes at 4 yards from center
- RB (H) is 1 yard directly behind QB



Undo

00:01.19 / 00:07.00

Offensive Philosophy – why do you do what you do?

- Started as an air raid coach
- Now almost always 4 man line and/or 1 back
- Rationale: 3 man line always invites a blitz (send 1 more than what I can block) (the Brian Blevins principle)
- Air raid run concepts are easy to game plan for (motion tips your hand to what you're doing)
- Establish the run
- Very few formations – a lot of plays out of each formation – balanced attack
 - Having 27 formations and 2 plays out of each, makes it easy for defenses to find tendencies

PRACTICE PLAN

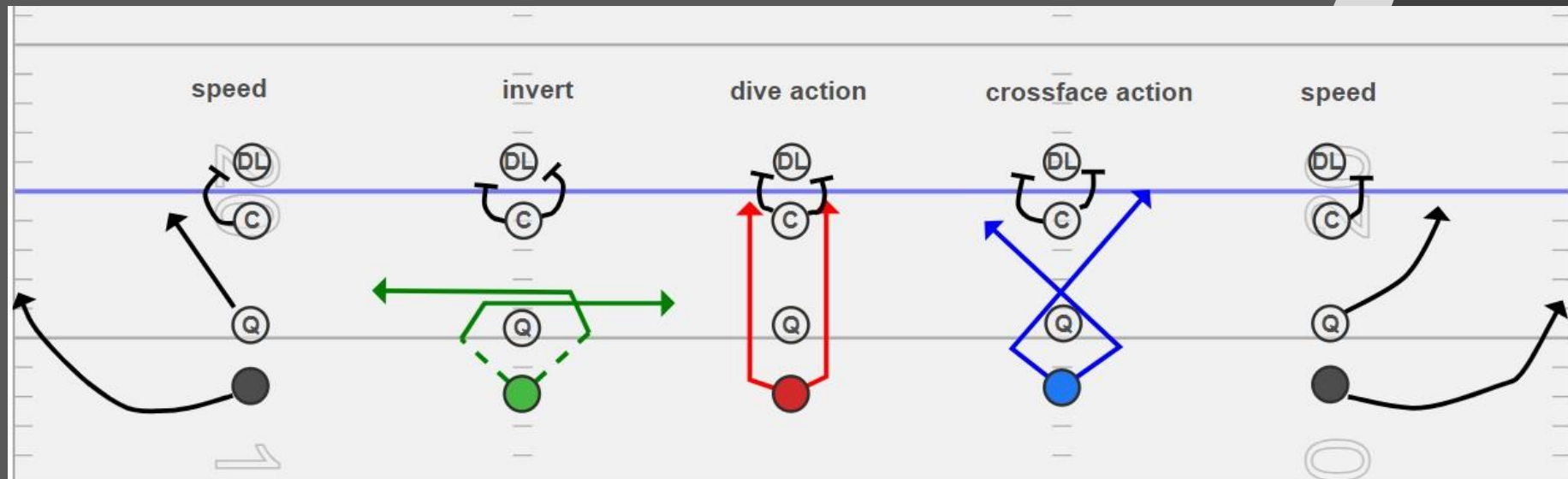
- 1. Explicit instructions and time limitations to each drill/session
- 2. Keep the practice moving (7 seconds of instruction)
- 3. Assistants know what they're supposed to be doing that day. Set up in Monday meeting, or sent out that morning by the HC

HOWELLS-DODGE #3				CENTRAL VALLEY COUGARS FOOTBALL				
Equip: FULL		Date: 11/9/22		Time: 3:45-6:00				
Prep: PREPARE FOR HOWELLS-DODGE								
	Bartos- OC-O-Line	Mac & Kriewald - QB & RB, JV	Kratzer - WR's	Rother- DC-D-Line-JV D	Ryan - LB's	Kratzer - DB's & SP Teams	contact	
3:45	1) MESH PT & BALL DRILLS (work on the center's foot placement, and steps) 2) BALL SECURITY CIRCUIT						AIR	
3:50								
3:55								
4:00	AGILITIES & HAND OUT STICKERS						AIR	
4:05								
4:10	KO	KOR	PUNT vs. 3-2 def w/ returner	PUNT BLOCK	SPECIAL PUNT	PAT	CONTROL	
4:15	KO	KOR	PUNT	PUNT BLOCK vs. motion	SPECIAL PUNT	PAT	CONTROL	
4:20	INDY O: 1st step, hand strike, pad level, feet, pull steps, dbl team work, centers snap & step	INDY O: RB's EDD's. QB's rollouts, throwing on the run	INDY O: stalk blocks, get off the ball faster. Crack block footwork				BAGS	
4:25								
4:30				SKELLY: 8-10 PLAYS (60 SERIES)				
4:35	TEAM O			TEAM O	TEAM O			
4:40								
4:45								
4:50								
4:55								
5:00	KO	KOR	PUNT	PUNT BLOCK	SPECIAL PUNT	PAT	CONTROL	
5:05	SITUATIONAL: NASCAR RUN GAME						LIVE	
5:10				TACKLING DRILLS (OKLAHOMA) - STEP TOGETHER FOR A DOUBLE TEAM			LIVE	
5:15				INDY D	INDY D	INDY D	BAGS	
5:20								
5:25								
5:30				TEAM D	TEAM D	TEAM D	CONTROL	
5:35								
5:40								
5:45								
5:50								
5:55	SITUATIONAL: DEFENSE (5 PLAYS, 5 DIFFERENT DOWN & DISTANCES)						LIVE	
6:00	END WORKOUT						live	

- 4. Stay true to your time limitations (student manager blowing the whistle when a session is over)
- 5. Use practice and tempo as conditioning
- 6. Post the practice plan in the locker room so kids know exactly what to expect that day

Offense Every Day Drills

- Snaps & Mesh point
 - 3 centers, 3 QB's, 3RB's (backups fill in)
 - 2 snaps per play, then QB's rotate to work w/ all C's and RB's
 - Work on steps w/ RB's right behind the QB
- WR Ball drills
 - Work the clock, lateral, over the shoulder, high point
- WR contested catch drill
 - Catch w/ DB's hands coming in to break up pass, strong hands



O Line EDD's

- Grid Drills (cones 4x4yds apart)
 - 1 step right
 - 1 step left
 - 2 steps right
 - 2 steps left
 - Right step duck walk
 - Left step duck walk
 - Roll the dice right
 - Pull & J step right (add wrap & 2nd level block to the pull)
 - Roll the dice left
 - Pull & J step left (add wrap & 2nd level block to the pull)
 - Pass Pro – engage then kick steps (not done as often – pass pro is less about technique in 8 man)
- DETAILS!!!! – the smallest step could make all of the difference
- Start each Indy time with these steps – emphasize importance, restart if kids going through the motions
- Takes a couple minutes then can move on to specific drill work



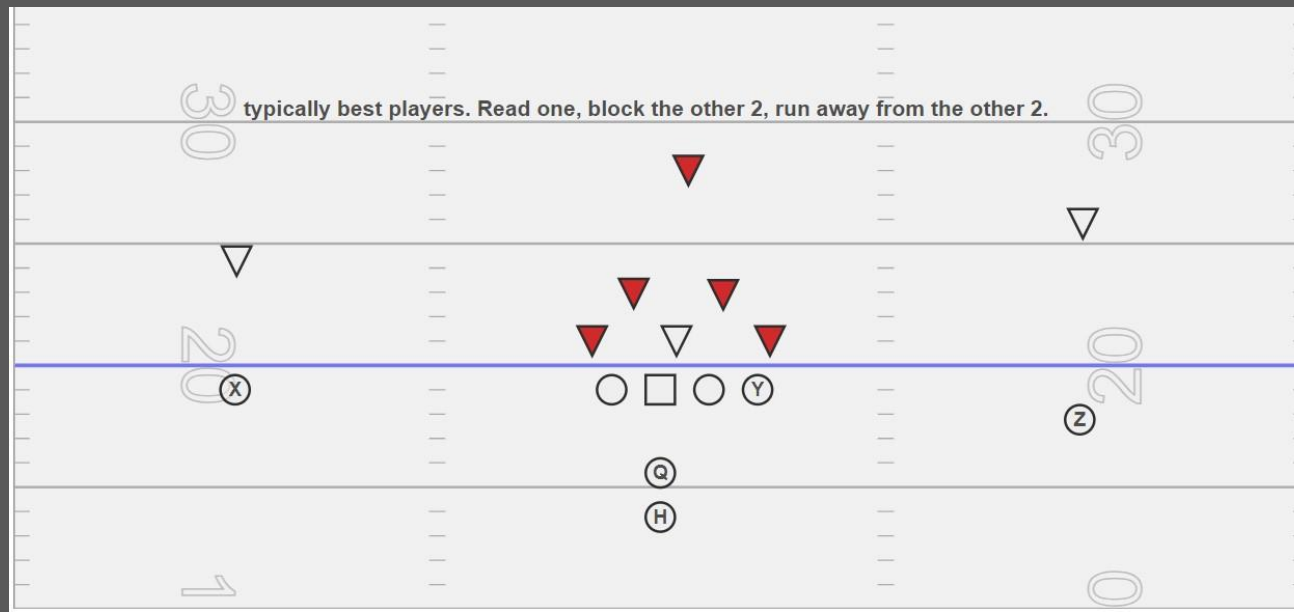
Play Calls & In-Game Adjustments

- Traditional QB runs in the play (control clock)
- Wrist bands (can signal the number, yell the number. Muddle huddle)
- Hand signals (NASCAR)
- Number signals (correlates to pass concept or wrist band number)
- False calls (other team is picking up on the numbers, yell predetermined numbers or calls. Can change each series)

						NASCAR (PASS GAME)					
1	DIVE RT	LT DE/LB	RT DE	5	ZONE RT	LT LB	LT DE	41/51	RG/LG=CB	42/52	RG/LG=LB
2	SPEED RT	LT LB	RT DE	6	SPEED LT	G/S/SLT	LT DE	41/51 F	RG/LG=DE	42/52 F	RG/LG=DE
3	TRAP RT	PULL RT	LT DE	7	Y REVERSE LT	HOOK DE		64	PRO	65	PRO
4	H CNTR LT	LT LB	RT LB	8	FOLLOW RT	LT DE		66	PRO	66 Mc	LONG PRO
10	DIVE LT	NG to LB	LT DE	14	ZONE LT	NG to LB	RT DE	67	PRO	67 WH	LONG PRO
11	SPEED RT	LT LB	RT DE	15	SPEED LT	G/S/B/SLT	LT DE	68	PRO	69 Y	LONG PRO
12	TRAP LT	NG to LB	RT DE	16	Y REVERSE RT	LT LB		90	LONG PRO	90 H SHALO	LONG PRO
13	H CNTR RT	PULL RT	LT LB	17	FOLLOW LT	NG to LB		92	LONG PRO	93 RT	LONG PRO
20	SPEED RT	LT LB	RT DE	22	DIVE LT	NG to LT	LT LB	93 LT	LONG PRO	97	LONG PRO
21	TRAP LT	NG to LB	RT DE	23	H CNTR RT	PULL RT	LT DE	97 SW GO	LONG PRO	97 H R	FCA RT
30	DIVE RT	LT DE to LB	RT DE	34	ZONE RT	LT LB	LT DE	97 H L	FCA LT	97 Y R	FCA RT
31	SPEED RT	LT LB	RT DE	35	SPEED LT	G/S/SLNT	LT DE	97 Y L	FCA LT	FLOOD RT	RODEO
32	TRAP RT	PULL RT	LT DE	36	INVERT RT	LT DE to LB	RT DE	FLOOD LT	ASSO	SPEED PASS RT	RG=DE
33	H CNTR LT	LT LB	LT DE	37	FOLLOW RT	LT DE to LB	LG	SPEED PASS LT	LG=DE	SPEED LT THROWBAK	LG = DE
40	DIVE LT	NG to LB	LT DE	44	ZONE LT	NG to LB	RT DE	SPEED RT THROWBAK	RG = DE	GUARD ELIGIBLE	GUARD GO
41	SPEED RT	LT LB	RT DE	45	SPEED LT	LB/FS	LT DE	TRAP RT PASS	LG PULL RT	TRAP LT PASS	NG/LB
42	TRAP LT	NG to LB	RT DE	46	INVERT LT	NG to LB	LT DE	BLAST PASS RT	NG/LB	BLAST PASS LT	NG/LB
43	H CNTR RT	PULL RT	LT DE	47	FOLLOW LT	NG to LB					
50	BLAST RT	LT LB		53	BLAST LT	NG to LB					
51	SWEEP RT	LT LB		54	SWEEP LT	LT LB					
52	SPEED RT	LT LB	RT DE	55	SPEED LT	NG to LB	LT DE				
60	DIVE LT	NG to LB	LT DE	63	ZONE LT	NG to LB	RT DE				
61	SPEED RT	LT LB	RT DE	64	TRAP LT	NG to LB	RT DE				
62	G-Y CTR RT	PULL RT	LT DE	65	SPEED LT	LT LB	LT DE				
70	DIVE RT	LT DE	RT DE	73	ZONE RT	LT LB	LT DE				
71	SPEED LT	G/S/SLNT	LT DE	74	TRAP RT	PULL RT	LT DE				
72	G-Y CTR LT	NG to LB	RT DE	75	SPEED RT	LT LB	RT DE				
80	SPEED LT	G/S/B/SLT	LT DE	82	DIVE RT	NG to LB	RT LB				
81	TRAP RT	PULL RT	LT DE	83	H CNTR LT	NG to LB	RT DE				

Speed Option – Why run it

- Gets your fast kids to the edge
- Put my best athlete 1on1 against your weakest athlete
- Force the defense to defend the whole field
- Tire out a team with little depth
- Blocks only have to be brief – if you're not a good blocking team it's to your benefit
- Every defense has a QB man and pitch man, I'm always going to block 1 of those 2 players. If we get our blocks, 1 of my players SHOULD be free



Personnel & Rules

- QB – has to be unselfish – 19 of 20 times he's pitching the ball & getting hit, that 1 time, he's keeping it for a 10+ yard gain, NEVER CUTBACK (angles of blocks and unblocked backside DE)
- RB – ball is #1 focus – has to be your fast guy – if nothing's there, get out of bounds – NEVER CUT BACK (QB pitched it for a reason...)
- OL – 1st step off the ball is crucial - if you have smaller/quicker OL, they can get to the 2nd level and get the block quicker or get to the edge to the CB, AVOID THE DE
- WR's – Don't need to be the most physical – just get in the way and slow them up – Good angles – teach correct crack block technique

Speed Option – Blocking Variations

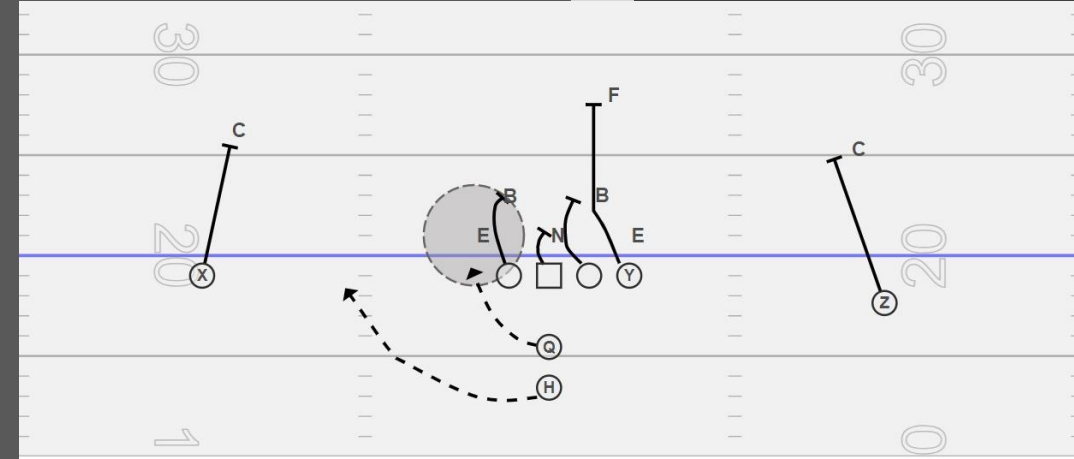
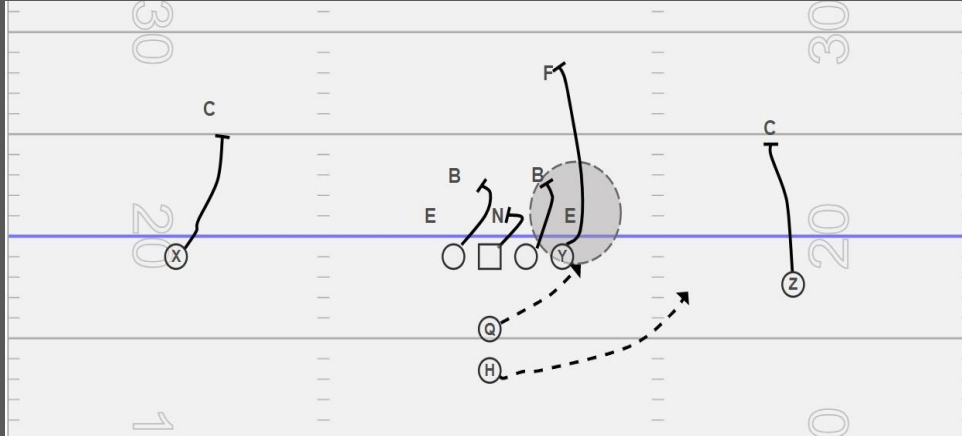
- All based off of game plan & what the defense is giving us
- Makes you able to run the same play multiple ways out of just one formation
- 4 main variations of blocking Speed:
 - **1** – Guard to edge & 2 down blocks
 - **2** – straight up block
 - **3** – 1st two edge players cross block
 - **4** – all down blocks (either read CB, run him over, or KO CB with lead back)

Straight Forward

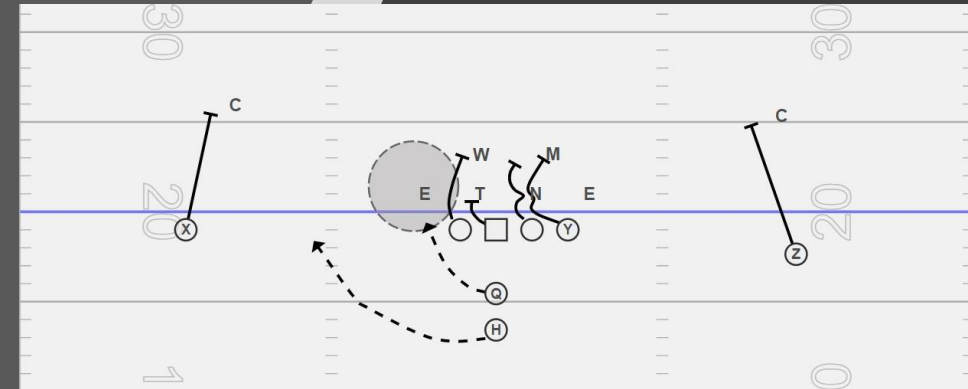
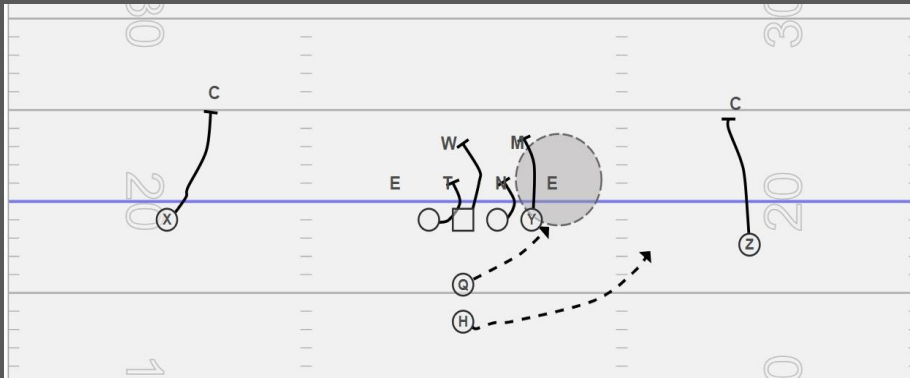
Rules:

- 1) beat the 2nd level blocks to where they're going to be.
- 2) TE take free release

3 front

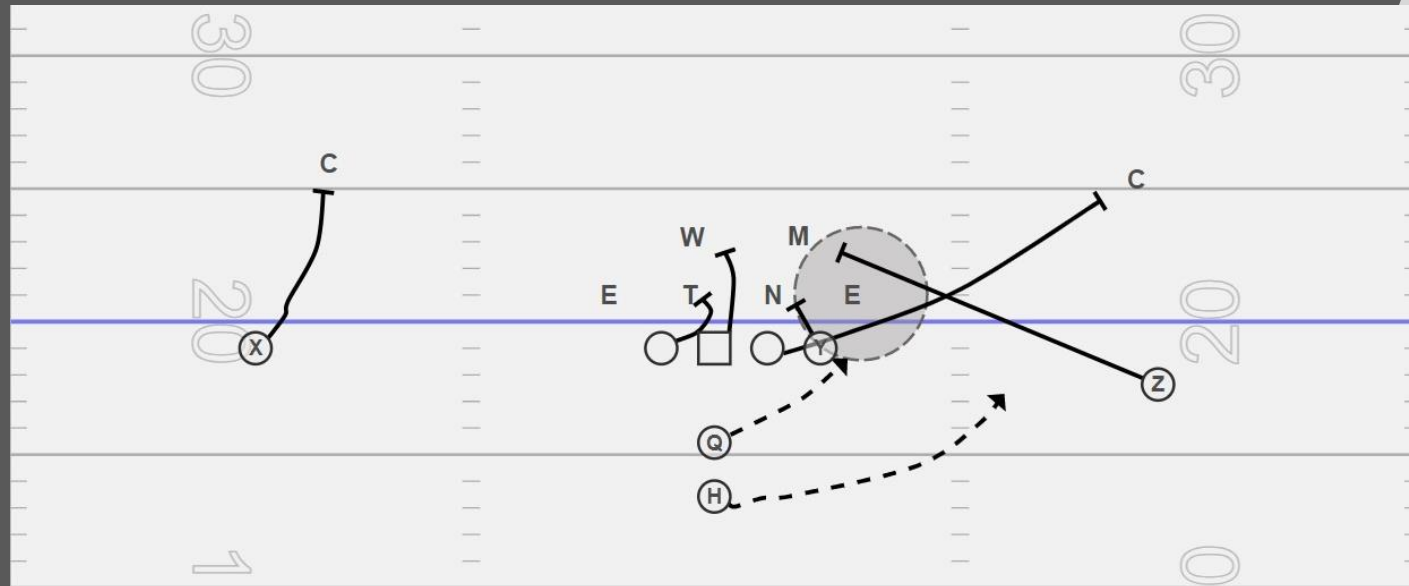
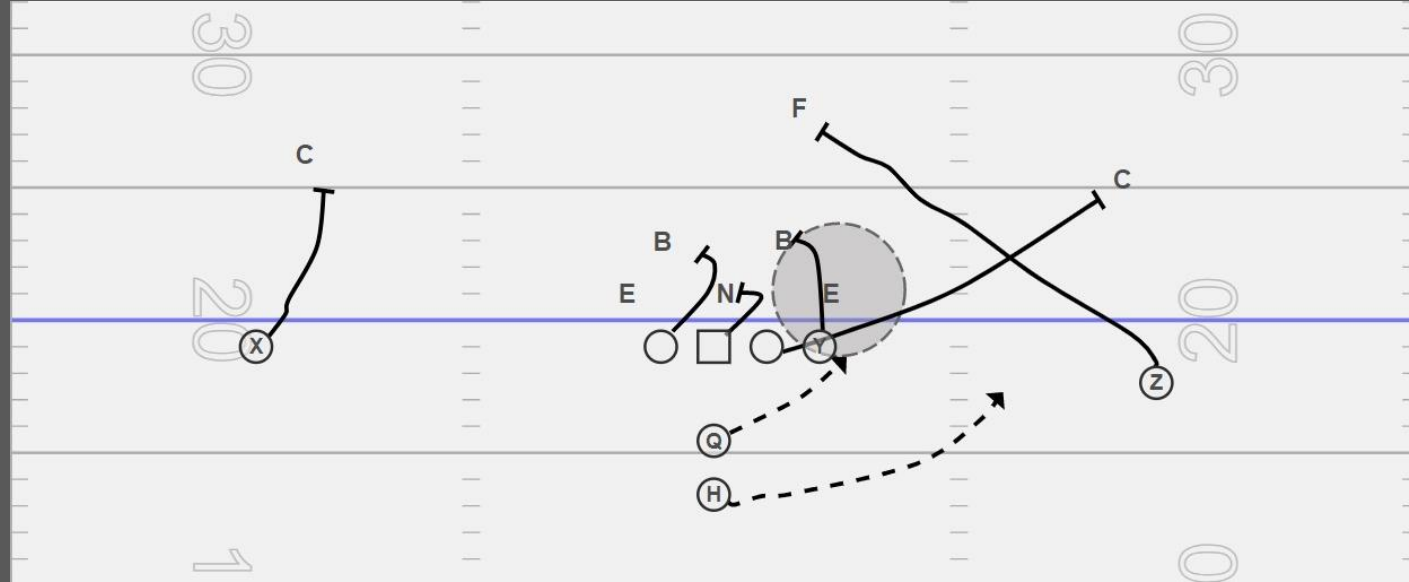


4 front

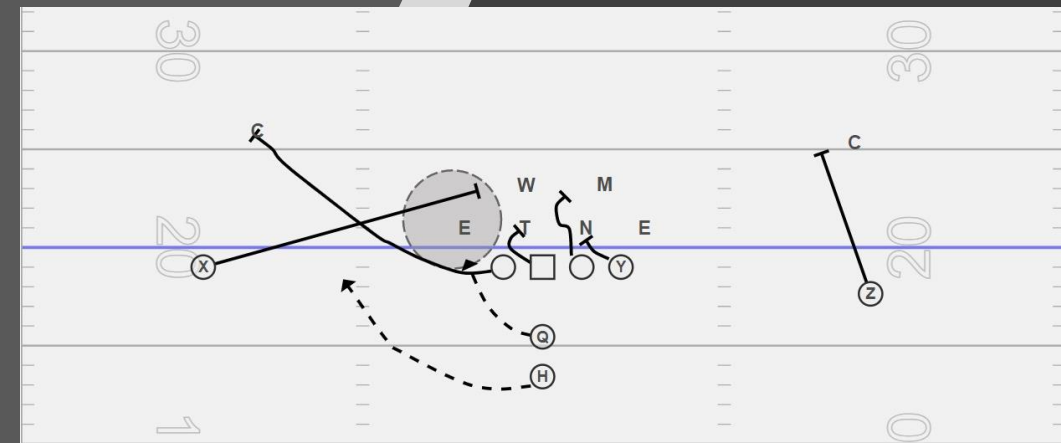
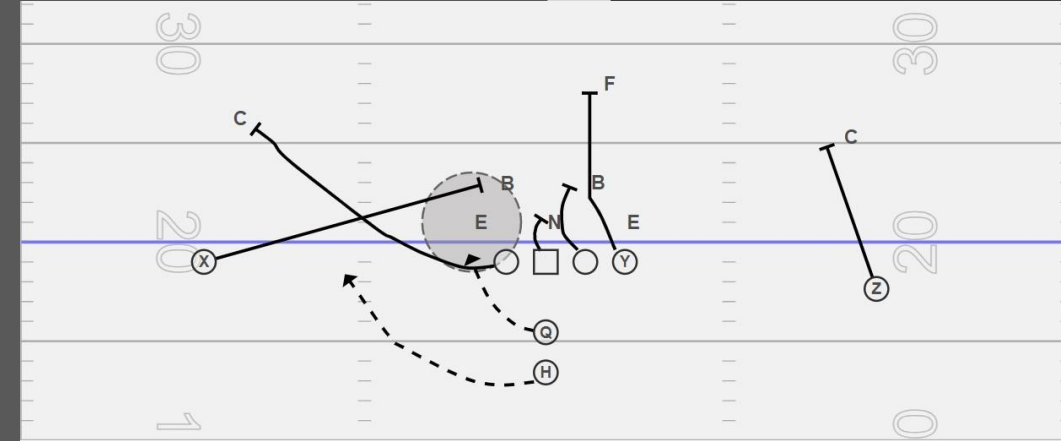


Guard Pull

Guard has
to take
pull step
and loop
to avoid
TE & DE

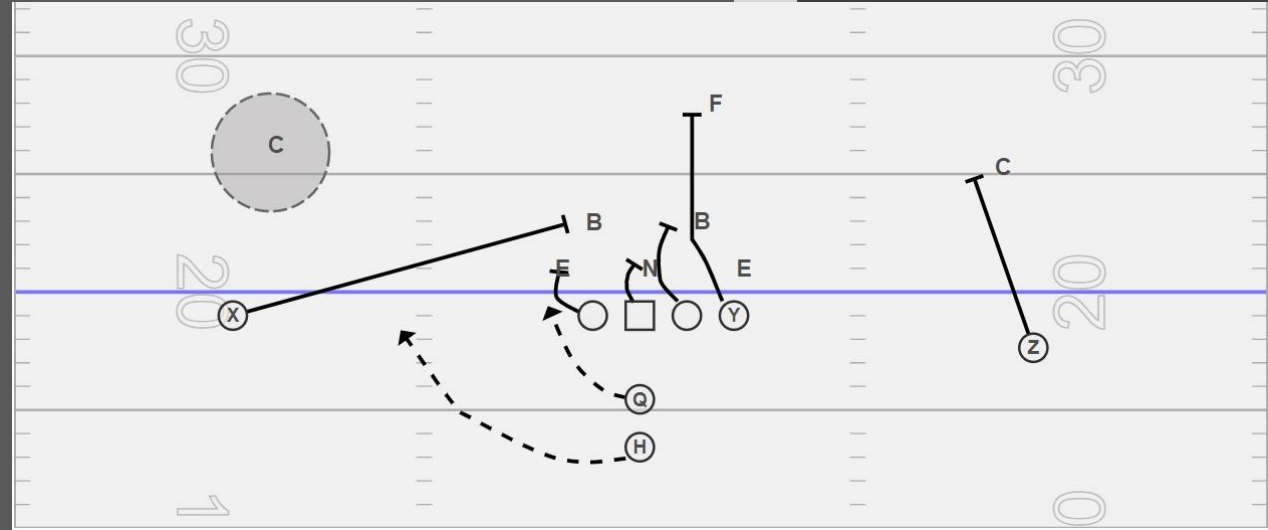
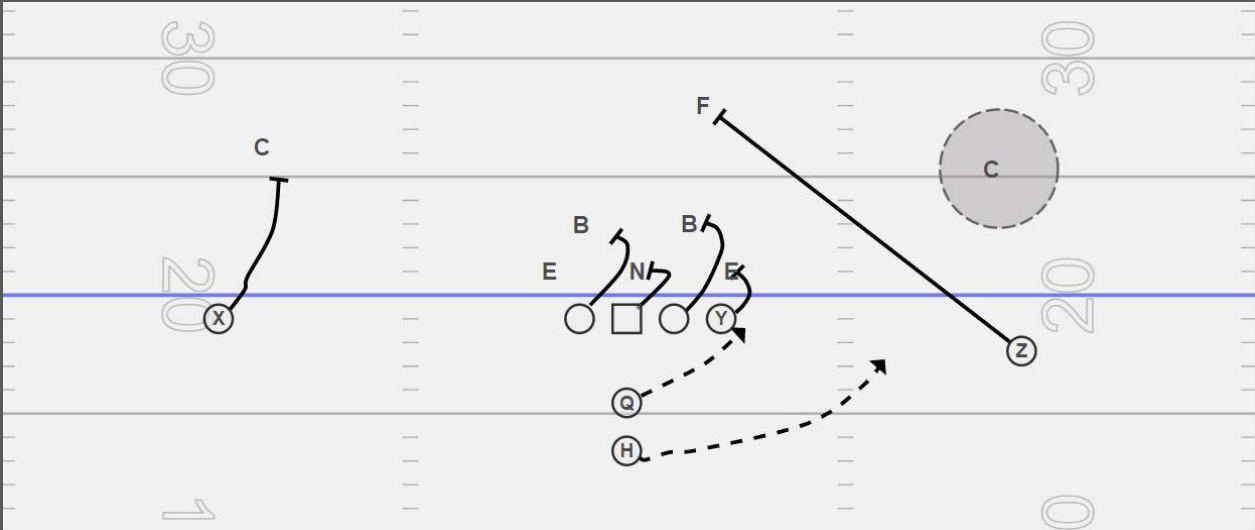


WR goes first to
get the seal on
LB, allows TE/G
time to set up
block

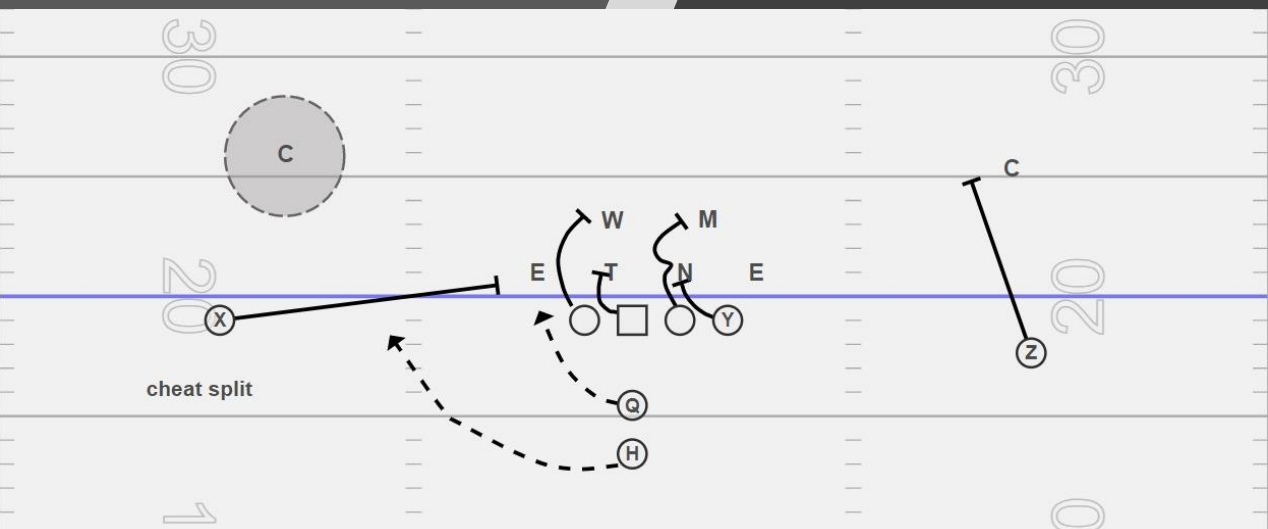
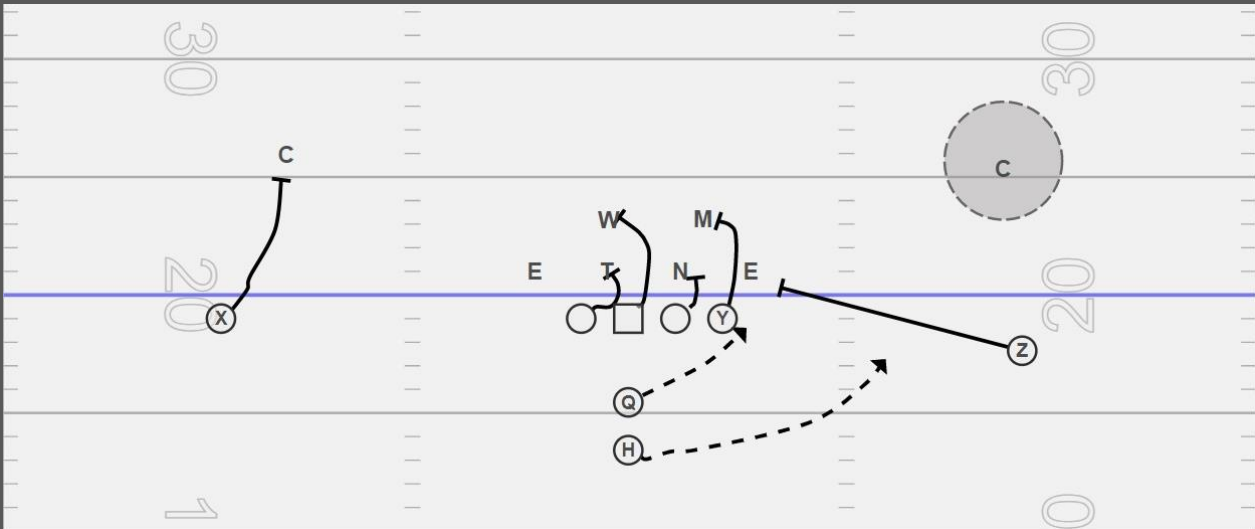
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All Down Blocks

3 front

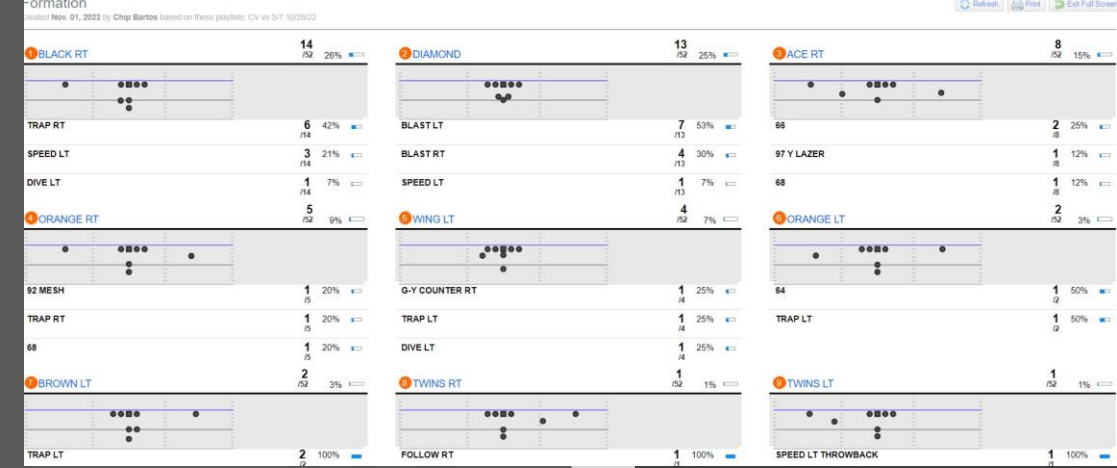


4 front



Scout Yourself Each Week

- Done each Friday night when I got home
 - It's fresh in my mind and I can make adjustments right away to next week's plan
- Tag each game or send it to Hudl Assist and get a breakdown of how often you run each play/formation
- What tendencies do you have?
- What are other coaches going to try to stop next week and the following weeks?
- Be 1 step ahead of them in the chess match
- Based off of data, what did you do well, what didn't go well, what plays should you keep, what plays should you scrap?
 - Maybe you have "great" plays you're holding onto but you never call. Get them off and de-clutter your call sheet



Questions??

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