



Organizing Your Youth Football Team

LJFL Football Program

Planning Needs for Football Programs

- **Offseason**

- **Selecting Assistant Coaches**

- **Coaching Clinics/Resources**

- **Pre-Season**

- **Equipment Fitting** • **Calendar and Forms**

- **In Season**

- **Fundamentals—Base Offense and Defense**

- **Practice**

- **Game Planning/Practice Planning**

- **Game Day Forms**

Offseason:

Selecting Assistant Coaches

- **Selecting Assistant Coaches**

- **“GOOD PEOPLE”** — You can always train good people to be good football coaches

- **Expectations of Assistant Coaches**

- **Be positive**—negative thinking produces negative results.

- **Attitude**—team will reflect coaches’ attitudes, negative or positive. Must cooperate with one another in all of our dealings with the team, arguments/discussions need to happen away from players. Everyone will voice their opinions in most cases, but once a decision is made, everyone must adhere and publicly agree with that decision.

- **Teaching**—Cannot complain about the players’ talent levels, must work to make what is present better. Fundamental are the only way to improve a player physically.

TEACH IT, SHOW IT, DON'T YELL IT!

Don't just use techniques just because you have used them for years or your high School coach used it, make certain that they are achieving the purpose that they are specifically intended for.

- **Loyalty**—The staff must be extremely loyal: to the head coach, to other coaches to players, etc.

- **Character**—To exhibit character and never embarrass a player or yourself, your family, the program through inappropriate behavior.

Offseason: Coaching Clinics/Resources

- **Coaching Clinics/Resources**

- It is very important for a coach to try to better himself and his knowledge

LJFL Coaching & Safety Clinics

(TBA)

BGYFL Mandatory Coaching Clinics

(TBA)

USA FOOTBALL/HEADS UP

- Contains great drills and videos trainers & progressions, playbooks, sample schedules, sample scripts, etc.

usafootball.com

GLAZIER COACHES CLINICS

- There are a number of clinics locally & online.

glazierclinics.com

Inseason: Fundamentals

Fundamentals

- It is through fundamentals that our guys will become skilled football players
- Take the time to look up information regarding fundamentals, drills, and other training tools.
- Coaching is a life long journey—even the wisest of coaches is always looking for new tools, drills, etc.

Inseason:

Base Offense & Defense

- It is extremely important to make our football programs more unified—Flag to Varsity there are uniform expectations: terminology, fundamentals, base plays, practice schedules, etc.
- After the base, then each coach can add in their own wrinkles.
- This is the best plan to train our coaches and kids as well as to produce high level football in our community at all our levels.

Inseason

Game Planning

Game Planning

- Learn the talent level and skills of the players on your team.

PLAN TO DO WHAT YOU DO BEST!

- Scout your opponent and find out what weaknesses they have (based on their scheme or their personnel). Create a game plan on what players/sides you want to exploit and what players/sides you want to stay away from. Offensively: Often times you can put a team into a defense you want based on your formation—then take advantage of it!
- Design plays to highlight your team's talents but don't give up on plays too easily. Challenge your players to improve on those plays/skills they might not have mastered yet.
- Create situation lists of plays that your team is comfortable with, good at, and takes advantage of the other team's defense.

OPENERS

GAME PLAN VS COPLEY INDIANS – October 28, 2011

#	Hash	Formation	Play	Signal	Pre-Game		SCORING											
					Time	Activity	1 st Quarter			2 nd Quarter			3 rd Quarter			4 th Quarter		
1					5:40	QB's Warm-Up												
2					5:48	Specialist												
					5:58	Team Agilities & Stretch												
3					6:10	PAT/FG Wheel												
					6:15	Indy Defense												
4					6:20	Group Defense												
					6:28	Group Offense												
5					6:36	Team Offense												
					6:42	Punt into Locker Room												
6					7:00	Kickoff												
7					GO FOR 2 CHART				VICTORY FORMATION									
					Ahead By		Behind By		Time Left		TO Left							
8					1	15	2	12	1:45	0								
					4	19	5	16	1:05	1								
9					5	22	8	19	0:35	2								
					12		11		0:30	3								
10					COPLEY INDIANS DEFENSE													
11																		
12																		
13																		
14					Offensive Depth Chart													
					POS	1st Team			2nd Team			3rd Team						
					QB													
15					TB													
					FB													
16					Z													
					X													
17					Y													
					TT													
18					TG													
					C													
					SG													
					ST													

REVERE CALL SHEET	VS TALLMADGE 2009
1ST/2ND DOWN RUN	3RD & SHORT (1-3)
UNDER CENTER	1. WING (GUN) ORBIT 44 GAP KO
PRO 30 TRAP	2. WING GUN ORBIT 15 CTR
FLKR SLIDE 44 CTR	3. WING QB SNEAK
FLKR SLIDE 45 GAP LEAD	4. FLKR SLIDE 44 GAP LEAD
PRO 46 TOSS	5. FLKR 46 TOSS
	6. WING ORBIT 44 PASS FLAG-FLAT
GUN	3RD & MEDIUM (4-6)
PRO GUN 32 ISO	1. TWIN SLIDE TB DRAW
TWIN GUN 43 ISO	2. SPRITE GUN BACK ROGER 18 OPTION
PRO GUN 15 TRAP	3. TWIN GUN 44 GAP LEAD
SPREAD GUN 40 SUCKER TRAP CK.W/ME	4. TITE TRIP GUN SLIDE 45 CTR
PRO GUN 34 CTR	5. TWIN 44 PASS TB SLIP SCREEN 9
TWIN LEFT GUN 45 CTR	6. PRO LEFT SLIDE ROGER 94 GAP CURL
PRO LEFT GUN ROGER 14 CTR	7. TWIN 90 CHOP SLANT
TWIN LEFT GUN 45 GAP LEAD	8. ARMY/NAVY GUN 98/99 REACH SMASH
TWIN LEFT GUN ROGER 34 GAP LEAD	
SPRITE GUN JET 8	3RD & LONG (7-10+)
SPRITE GUN BACK ROGER 18 OPTION	1. ARMY SPLIT GUN TB DRAW
SPRITE LEFT GUN BACK ROGER 15 CTR	2. TRIPS GUN X8 STAY SCREEN
SPRITE GUN BACK ROGER 45 Y CTR	3. SPRITE GUN 90 FAN IN
SPRITE LEFT GUN BACK LOUIE 15 GAP LEAD	4. ARMY/NAVY GUN 98/99 REACH HITCH
	5. ARMY/NAVY GUN 94/95 REACH SWITCH
	6. SPREAD GUN 90 FAN CURL-OUT
1ST/2ND DOWN PASS	7. PRO 90 CHOP FADE (W/S)
FLKR SLIDE 44 CTR BOOT 9	
PRO LEFT GUN 35 CTR BOOT 8	
TWIN 90 CHOP SLANT	4TH DOWN
TRIPS GUN LOUIE 90 CHOP SLANT	10+: ACE GUN 90 FAN POST
TRIPS GUN 90 CHOP Z STAY	7-10: ARMY/NAVY GUN 98/99 REACH HITCH
PRO 90 CHOP FADE	4-6: PRO LEFT SLIDE RGR 94 GAP CURL
SPRITE GUN LOUIE BUBBLE 9	2-3: FLKR SLIDE 44/45 GAP LEAD
TWIN RIP BUBBLE 8	
SPREAD GUN LOUIE BUBBLE 9	
PRO 44 PASS X IN	
TWIN 44 PASS CURL	SPECIAL/DRAW/SCREEN
TWIN 44 PASS TB SLIP SCREEN 9	TWIN SLIDE TB DRAW
	FLEX GUN QB DRAW (HOMBRE')
	ARMY/NAVY GUN TB DRAW
	SPRITE GUN JET 8 REVERSE
2-POINT PLAY	TWIN LEFT GUN 47 Z8 REVERSE PASS
SPRITE GUN BACK ROGER Z9 REVERSE (LH)	TWIN 44 PASS TB SLIP SCREEN 9
SPREAD ROGER 94 GAP PICK (LH)	TRIPS GUN Z8 STAY SCREEN
SPREAD ROGER 90 CHOP SLANT (M)	

REVERE CALL SHEET
2-MINUTE OFFENSE-PASS
TWINS/TITE TRIPS
1. 94 GAP CURL/94 GAP CURL
2. 94 GAP OUT/98 REACH OUT
3. 94 GAP HITCH/98 REACH HITCH
4. 94 GAP FLOOD/98 REACH FLOOD
TWINS LEFT/TITE TRIPS LEFT
5. 95 GAP CURL/95 GAP CURL
6. 95 GAP OUT/99 REACH OUT
7. 95 GAP HITCH/99 REACH HITCH
8. 95 GAP FLOOD/99 REACH FLOOD
ARMY
9. 98 REACH SMASH
10. 98 REACH FLOOD
11. 98 REACH HITCH
NAVY
12. 99 REACH SMASH
13. 99 REACH FLOOD
14. 99 REACH HITCH
PRO/PRO LEFT
15. 90 CUP HOOK
16. 90 CUP HITCH
17. 90 CHOP SLANT
FLEX/FLEX LEFT
18. 90 CUP MESH
19. 90 CHOP SLANT
20. 90 CUP IN
SPREAD
21. 90 FAN SLANT
22. 90 FAN POST
2-MINUTE OFFENSE-RUN
23. RED MICHIGAN
24. BLUE MICHIGAN
25. RED IOWA
26. BLUE IOWA
27. RED TEXAS
28. BLUE TEXAS
29. RED COLORADO
30. BLUE COLORADO
31. RED OHIO
32. BLUE OHIO
33. STANFORD

VS TALLMADGE 2009	
PASS OFFENSE	
CTR BOOT (SLIDE)	
TWIN LEFT 45 CTR BOOT 8	
TWIN 44 CTR BOOT 9	
PRO 44 CTR BOOT 9	
PRO LEFT 45 CTR BOOT 8	
FLKR 44 CTR BOOT 9	
FLKR LEFT 45 CTR BOOT 8	
90 CHOP	
SLANT (PRO/TWIN/SPRITE/SPREAD ROGER)	
2x SLANT (TWIN)	
ALL SLANT (SPREAD)	
FADE (PRO)(B+W/S)	
Z STAY (TRIPS GUN/ACE GUN)	
90 FAN	
90 FAN IN (PRO/SPRITE GUN)	
90 FAN DIG (SPRITE)	
90 FAN POST (SPREAD GUN)	
90 FAN ALL GO (SPREAD GUN)	
94/95 GAP	
TWIN 94/95 GAP SMASH LOAD	
TWIN SLIDE 94/95 GAP CURL	
TWIN SLIDE 94/95 GAP HITCH	
PRO/PRO LEFT 94 GAP QUICK LOAD	
SPREAD ROGER 94 GAP PICK	
44/45 PASS	
TWIN 44/45 PASS CURL	
TWIN 44/45 PASS POST (FLAG)	
PRO 44 PASS X IN (POST)	
94/95 REACH (ARMY/NAVY/TITE TRIP GUN)	
98/99 REACH CURL	
98/99 REACH SWITCH	
98/99 REACH (ARMY/NAVY/TITE TRIP GUN)	
98/99 REACH SMASH (LOAD)	
98/99 REACH FLOOD (POST)	
98/99 REACH HITCH	
VICTORY FORMATION	
TIME LEFT	TIMEOUTS LEFT
1:45	0
1:05	1
:35	2
:30	3

Inseason Practice

Practice Sessions

- A coach is responsible for preparing his players for the challenges of competition—creating an efficient practice plan goes hand-in-hand with this preparation.
- Be efficient—Know what needs to be taught, why it needs to be taught, and the context it will be used in. This approach lends itself to a modular outlook where concepts are built upon one another for an end-sum product of consistent performance in game situations. Not only is this an easier way to grasp concepts, but also affords players an opportunity to ‘win’ “mini-games”, rather than being thrown to the wolves and overloaded with multiple tasks.

Inseason-Practice

Practice Organization

- The most important dynamic involved in practice is how you structure it and how efficient your team prepares itself for competition. Develop consistency, familiarity, and competitiveness so your players can progressively improve. Break up practice into blocks, so there is a particular focus to each session—don't be all over the place with focus. The practice blocks should be in 5-10 minute segments. You can have longer sessions but break them up into 5-10 minute segments (Team Offense 25 Minutes: 5 minutes openers, 10 minutes 3rd and long, 10 minutes special plays). These teaching “blocks” like chapters in a book, dividing up the big picture into manageable segments. You will have a clear picture of what is being taught and you can evaluate if all skills are given a practical allotment of time.
- With this kind of routine built in, you will spend less time explaining drills or announcing what is expected next – the kids will know (because of repetition) what each drill is for and when that drill will be used.
- Make sure in schedule sessions/blocks that you are PRACTICING WHAT YOU ARE GOING TO RUN—Don't spend 30 minutes on the passing game and 10 minutes on the run game when you are a 70-30 team. Be efficient in planning practice.

Practice Scripting

Beyond just outlining practice, scripting is extremely beneficial.

This method ensures a number of things:

- That what you plan to run in the game has been run in practice.—with multiple reps against multiple sets—in practice.
- Allows you to make sure you have review opponent's formations, favorite plays, defenses, etc.
- That substitutes get their practice time without taking away from starter (If you plan on running 44 trap 3 times, make sure the backup TB is in on the third rep) (If you plan on running the other teams trap 3 times, make sure the backup T's are in on the third rep.)
- Allows coaches to be on the same page and know exactly what is being run so they can watch their position. Also helps coaches assisting with scout team: to get scout defense in correct alignment based on offense's next formation or helps get scout offense into correct formation and play.
- them in the correct alignment based on the offense's next formation.
- Preparation in situations within a game (red zone, 2pt conversions, 3rd and short, etc) and set up a scout look dedicated to what your team will face in that scenario.

(CONTINUED)

Practice Scripting

(CONTINUED)

- With this attention to detail, you will eliminate much of the insecurity and doubt players experience on game day. Emotion and desire can only take you so far, but confident preparation can be a catalyst to sustaining them.
- The less time you spend making decisions in practice, the faster (and smoother) it will run. The higher the tempo of your practice, the more stimulated your players will be, leading to a higher participation and (information) retention rate.

2:55-3:05 (10): Specialist

3:05-3:15 (10): Stretch-Agilities

3:15-3:45 (30): Game Situations

- **Kick Return**
 - Wedge, Cross, Reverse, Return Right
- **Offense—1st Down on our own 1 yard line**
 - Run Play
 - Patriot Gun Quick Kick
- **Punt Team—4th Down on our own 5 yard line**
 - Take a Safety, Tight Punt, Regular Punt
- **Defense—1st Down on opponents 45 yard line**
 - Scout Offense Run 3rd-Long play
 - Punt Safe: Run Fake, Pass Fake, Punt Holdup
- **Punt Return Team—4th Down from opponents 45 yard line**
 - Punt Block, Punt Hold Up, Punt Return Right
- **Offense—1st Down on opponents 45 yard line**
 - 1 play
- **Punt Team—4th Down on opponents 45 yard line**
 - Fake Punt, Coffin Corner from Both Sides (we recover opponents touch)
- **Offense (Goal Line)**
 - 1 play (score)
- **PAT Team**
 - Swinging Gate (Fake of the Week)
 - PAT (Fake of the Week & PAT)
- **Kickoff Team (Zoom)**
 - Middle, Hash, Squibb, Pop-Up
- **Defense (Goal Line D)**
 - Scout Team Scores on 1 Play
 - PAT Defense (FG/PAT Block; vs. Gate; Twins; Trips)
- **Kick Return**
 - Hands Team
- **Offense**
 - 1 play (Score)
 - Two-Point Plays
- **Kickoff Team**
 - Onside Kick

3:45-4:00 (15): Offense

- Formation Check/Automatics
- Starters (Script)
- Review (Base Plays)
- Screens
- Two Minute (FG)

4:00-4:15 (15): Defense

- Formation Recognition
- Favorite Plays
- Goal Line

INSTALLATION

Formations: _____

Plays: _____

REVIEW

Formations: _____

Plays: _____

GROUP OFFENSE

PLAY	HASH	SITUATION (D&D)	FORMATION	PLAY	DEFENSE (Front & Coverage)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

TEAM OFFENSE

PLAY	HASH	SITUATION (D&D)	FORMATION	PLAY	DEFENSE (Front & Coverage)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

INSTALLATION

Fronts: _____

Coverage's: _____

Checks/Adjustments/Shifts: _____

Blitzes and Stunts: _____

GROUP DEFENSE

PLAY	HASH	SITUATION (D&D)	DEFENSIVE CALL	OFFENSIVE FORMATION	OFFENSIVE PLAY
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

TEAM DEFENSE

PLAY	HASH	SITUATION (D&D)	DEFENSIVE CALL	OFFENSIVE FORMATION	OFFENSIVE PLAY
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

Practice Focus: OFFENSE Day: _____ Date: ____/____/____ Practice # ____ Opponent _____

- Quarterback Drills**
- Tech. & Assign.
 - Agilities
 - Ball Security Drills
 - Gunzlet, Partner Strips, etc.
 - Tech. Line Drills
 - Clock Drill
 - Pitch Drill
 - Option Drill
 - Throwing Warm-Ups
 - Knee, Fence, Long, etc.
 - Drop Drills
 - Box, Z, M
 - Footwork
 - Weave, Shuffle, Wave, Avoid, Scramble, etc.
 - Throwing Drills
 - Attack, Crossbar, Trash Can, Clothes Line, etc.
 - Coverage Read Drills
 - Window, Route Rep, etc.
- Running Back Drills**
- Tech. & Assign.
 - Agilities
 - Ball Exchange Drills
 - Line Handoff, Handoff Relay, etc.
 - Ball Security Drills
 - Gunzlet, Partner Strips, etc.
 - Ball Drills
 - Catch and Tuck, Turn, Distraction, etc.
 - Footwork Drills
 - Hand Down, Square, Acceleration, etc.
 - Blocking Drills
 - Tind, Leverage, In, KO, Reach, etc.
- Wide Receiver Drills**
- Tech. & Assign.
 - Agilities
 - Ball Security Drills
 - Gunzlet, Partner Strips, etc.
 - Release/Escapes Drills
 - Hand Combat, Rip, etc.
 - Ball Warm-Up Drills
 - Catch-Tuck, One Hand, etc.
 - Routes and Cuts
 - Blocking
 - Tind, Mirror, Leverage, etc.
 - Coverage Reads

Time	Period								
5:55-6:05 (10)	Pre-Practice								
<table border="1"> <tr> <td>QB</td> <td>RB</td> <td>WR</td> <td>OL</td> </tr> <tr> <td>QB/C Exchange</td> <td></td> <td></td> <td>QB/C Exchange</td> </tr> </table>	QB	RB	WR	OL	QB/C Exchange			QB/C Exchange	
QB	RB	WR	OL						
QB/C Exchange			QB/C Exchange						
6:05-6:15 (10)	Stretch-Warm Up								
6:15-6:35 (20)	Individual								
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QB	RB	WR	OL						
6:35-6:40 (5)	Break								
6:40-7:00 (20)	Group								
Activity or Script on Back									
7:00-7:25 (25)	Team								
Activity or Script on Back									
7:25-7:30 (5)	Break								
7:30-7:40 (10)	Individual								
<table border="1"> <tr> <td>DB</td> <td>LB</td> <td>DT</td> <td>DE</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>	DB	LB	DT	DE					
DB	LB	DT	DE						
7:40-7:50 (10)	Group/Team								
Activity									
7:50-8:00 (10)	Conditioning								
Activity									
Evaluation/ Comments/Announcements:									

- Offensive Line Drills**
- Tech. & Assign.
 - Agilities
 - Fire Outs (Chains Optional)
 - One on One
 - 5-Man Sled
 - Block Scheme Drills
 - Max, Combo, Reach, etc.
 - Gap, Lead, Trip, etc.
 - Pass Pro Schemes
 - Play Review
- Pre-Practice Drills**
- QB/C Exchange (passover)
 - Agility Drills
 - Play Installation
 - Walk Throughs
 - Chalk Talk
 - 7-on-7
 - Specialties
 - Punters, Kickers, Snappers, etc.
- Group/Team Offense Drills**
- Inside Run
 - Outside/Perimeter Run
 - Half-Line
 - 7-on-7
 - Team vs. Bags
 - Team—Live
 - Situationals (7L, R, D.O., etc.)
 - 3rd Down, Red Zone, Goal Line, 2-Minute, etc.
- Conditioning Drills**
- Stations Rotation #1
 - Chutes
 - 5-Man Sled
 - Nut Cracker
 - Agility: Any Agility Drill
 - Station Rotation #2
 - Ladders
 - Micro Hurdles
 - Agility Bags
 - Ropes
 - Station Rotation #3
 - Micro Hurdles
 - Pullups
 - Agility Bags
 - Tee Flip
 - Keg Closes
 - Wooden Sled
 - Farmer Walks/Lunges
 - Med Ball Toss
 - Core (sit ups, planks, etc.)
 - Sprint Drills
 - 0/10's
 - Obstacle Course
 - 10's, 40's, 60's, 100's

Practice Focus: DEFENSE Day: _____ Date: ____/____/____ Practice # ____ Opponent _____

- Defensive Back Drills**
- Tech. & Assign.
 - Agilities
 - Line Warm-Up Drills
 - Backpedal, Weave, Hip Toss, etc.
 - Footwork Drills
 - W. Box, etc.
 - Ball Drills
 - Taps, High Point, Bad Ball, etc.
 - Tackle Drills
 - Diamond, Inside-Out, Open Field, etc.
 - Concept Drills
 - Free/Pass Reads, Shell, Run Rotation, etc.
 - Man Coverage Drills
 - Zone Coverage Drills
- Linebacker Drills**
- Tech. & Assign
 - Agilities
 - Defeat the Block
 - Pass Rush
 - Reads
 - Tackling
 - 5 Man Sled
 - 1 Man Sled
 - Pass Coverage
 - Option Responsibility
- Defensive Line Drills**
- Tech. & Assign.
 - Agilities
 - Ball Get Off Drills
 - 5-Man Sled
 - Hand Combat Drills
 - Block Shedding Drills
 - Read Drills
 - Pass Rush Drills
 - Tackling Drills
 - Ball Rush, Diamond, 1-Man Sled, etc.

Time	Period								
5:55-6:05 (10)	Pre-Practice								
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QB	RB	WR	OL						
7:40-7:50 (10)	Group/Team								
Activity									
7:50-8:00 (10)	Conditioning								
Activity									
Evaluation/ Comments/Announcements:									

- Group/Team Defensive Drills**
- Tackling Circuit
 - Cone Pursuit
 - Rabbit Pursuit
 - Inside Run
 - Outside/Perimeter Run
 - Half-Line
 - 7-on-7
 - Team Defense 1/2 speed
 - Team—Live
 - Situationals (7L, R, D.O., etc.)
 - 3rd Down, Red Zone, Goal Line, 2-Minute, etc.
- Conditioning Drills**
- Stations Rotation #1
 - 1-Man Sled
 - Nut Cracker
 - Strip & Recover
 - 5-Man Sled
 - Agility: Any Agility Drill
 - Station Rotation #2
 - Ladders
 - Micro Hurdles
 - Agility Bags
 - Ropes
 - Station Rotation #3
 - Micro Hurdles
 - Pullups
 - Agility Bags
 - Tee Flip
 - Keg Closes
 - Wooden Sled
 - Farmer Walks/Lunges
 - Med Ball Toss
 - Core (sit ups, planks, etc.)
 - Cone Pursuit
 - Rabbit Pursuit
 - Sprint Drills
 - 0/10's
 - Obstacle Course
 - 10's, 40's, 60's, 100's

Inseason

Game Day Forms

Game Day Call Sheet

- Have a detailed and organized call sheet will make game days so much easier! With all your information at your finger tips, the game will slow down (less wasted time with decisions) and you will have more time to effectively lead your team. Also, with all the information consolidated to a page, you can print multiple copies to fellow coaches (equipping everyone with the same information to make decisions from). Now, everyone knows the play being called (and can effectively supervise their game day responsibility) as well as being able to track substitutions.
- You can further maximize your efficiency with your game calls by categorizing your plays by field position and situations. Not only does this allow you a clearer play selection (*matching scenarios with the highest percentage play*), but it also allows you to focus your practice sessions accordingly (“*its 3rd and 7 inside the 15, we are going to run 44 PWR*”, and run these situations in practice so the players will have a clear definition of their role in this scenario).
- For instance, you may have a signature 2-point play or a “money” 3rd and 8 play. Rather than pulling these blindly out of the air under the pressure of game day, you have a well-thought out plan of attack that you can refer (*and your assistants*) in the course of a game
- **CREATE/MODIFY ONE THAT WORKS FOR YOU!**

Inseason

Game Day Forms

Depth Chart Sheets

- Having a detailed and accurate depth chart will allow for coaches to make appropriate changes (based on performance, situation, injuries, etc.)
- You can use for parents/players:
 - Great tool for motivation to allow players to see where they are on the team.
 - Can be deflating tool for some players—although they should use for motivation
 - Can cause comparisons and other things!

DEPTH CHART

PUNT

P	G	LW	LT	LG	LS	RG	RT	RW	G	Z

PAT

K	LW	LTE	LT	LG	LS	RG	RT	RTE	RW	H

Kick-Off

10	9	8	7	6	K	5	4	3	2	1

Onside Kick

10	9	8	7	6	K	5	4	3	2	1

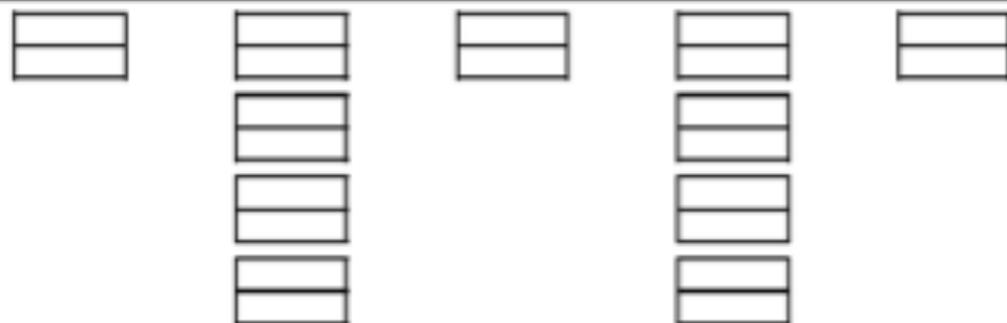
PUNT RETURN-1 Deep

R	C	LOLB	LE	LT	ILB	ILB	RT	RE	ROLB	C

PUNT RETURN-2 Deep

R	R	C	LOLB	LE	LT	ILB	RT	RE	ROLB	C

Kick-Off Return



HANDS TEAM



DEPTH CHART

OFFENSE

group	QB	TB	FB	X	Z	TE	ST	SG	C	TG	TT
1											
2											
3											
4											

DEFENSE

group	F. CORNER	S. CORNER	SAFETY	ROVER	HERO	BUTKUS	MIKE	WILL	SAM	DT	DT
1											
2											
3											
4											

Kicking-PAT											
Kicking-FO											
Kicking-FO (Long)											
Kicking-KO											
Kicking-Onside											

When We Placekick			When We Punt			Kickoff Team		
POS	STARTER	BACKUP	POS	STARTER	BACKUP	POS	STARTER	BACKUP
LW			G			1		
LE			LW			2		
LT			LT			3		
LG			LG			4		
C			C			5		
RG			RG			6		
RT			RT			7		
RE			RW			8		
RW			G			9		
H			Z			10		
K			P			K		

Hands/On-Side Team		Punt Block/Return		Kickoff Return				
POS	STARTER (Hands)	STARTER (On-Side)	POS	STARTER	BACKUP	POS	STARTER	BACKUP
AI			C			RT		
2			DE			RG		
3			MB			C		
4			T			LG		
5			N			LT		
BI			T			RE		
2			MB			LE		
3			DE			RFB		
4			C			LFB		
CI			SRet			RS		
2			Ret			LS		