

Table of Contents **Page**

| | |
|---|-------|
| Academics Come First..... | 2 |
| Sample Weekly Progress Report | 3 |
| NCAA Clearinghouse Information..... | 4 |
| Coaching Philosophy..... | 5 |
| Offensive Philosophy..... | 5 |
| Defensive Philosophy..... | 5 |
| Special Teams Philosophy..... | 6 |
| Expectations of Edisto Cougar Football Players..... | 6-7 |
| Expectations of Assistant Coaches..... | 7 |
| Duties for Assistant Coaches..... | 7-8 |
| Parental Involvement..... | 8 |
| Community Involvement..... | 8-9 |
| Faculty Involvement..... | 9 |
| Student Body Involvement..... | 9 |
| My Five-Year Plan..... | 9-10 |
| Monday/ Tuesday Practice Schedule..... | 11 |
| Wednesday Practice Schedule..... | 12 |
| Thursday Practice Philosophy..... | 10 |
| Game Day Schedule..... | 10 |
| Off-Season Plan..... | 13 |
| Additional References..... | 13 |
| Sample of Playbook..... | 14-22 |
| Defensive Alignment..... | 23-24 |
| Weekly Game Plan | 25-31 |
| Special Teams Game Chart | 32-33 |
| Player Feedback/ Grades | 34 |
| Gameday Reminders..... | 35 |

**** ACADEMIC PROGRESS REPORT ****

NAME: _____

WEEK: _____

** PLEASE RATE THIS STUDENT AS SATISFACTORY (S) OR UNSATISFACTORY (U).

Subject: _____

Teacher: _____

1. _____ ATTITUDE
2. _____ BEHAVIOR
3. _____ HOMEWORK
4. _____ TEST/QUIZZES
5. ANY TARDIES IN THE LAST
WEEK? YES ____ NO ____
6. COMMENTS:

Subject: _____

Teacher: _____

1. _____ ATTITUDE
2. _____ BEHAVIOR
3. _____ HOMEWORK
4. _____ TEST/QUIZZES
5. ANY TARDIES IN THE LAST
WEEK? YES ____ NO ____
6. COMMENTS:

Subject: _____

Teacher: _____

1. _____ ATTITUDE
2. _____ BEHAVIOR
3. _____ HOMEWORK
4. _____ TEST/QUIZZES
5. ANY TARDIES IN THE LAST
WEEK? YES ____ NO ____
6. COMMENTS:

Subject: _____

Teacher: _____

1. _____ ATTITUDE
2. _____ BEHAVIOR
3. _____ HOMEWORK
4. _____ TEST/QUIZZES
5. ANY TARDIES IN THE LAST
WEEK? YES ____ NO ____
6. COMMENTS:

NCAA Clearinghouse

If you want to play football at any NCAA Division I or II university as a freshman you register and be certified by the NCAA Initial – Eligibility Clearinghouse. So, it is very important that you understand what the NCAA Initial – Eligibility is and how it works.

The standards issued by the clearinghouse are slightly different for Division I and Division II but are based on the same four principles:

1. You must graduate from high school.
2. You must successfully complete all core courses.
3. You must have a minimum 2.0 GPA in core course.
4. You must have a minimum qualifying score on the ACT or SAT.

The NCAA maintains a list of approved core courses for every high school in the country. There are two ways to the list for your high school.

1. You may obtain the list from your high school counselor.
2. You may get the list online at the NCAA Clearinghouse website.
 - A. Go to www.ncaaclearinghouse.net.
 - B. From the main page click on “Prospective Student-Athletes.”
 - C. Click on “The List of Approved Core Courses.”
 - D. Enter your school’s name and state in the search form.

Division I Core Course Requirements / Division II Core Course Requirements

| Subject | Requirement | Subject | Requirement |
|--|--------------------|---|--------------------|
| English | 4 years | English | 3 years |
| Math | 3 years | Math | 2 years |
| Natural/Physical Science | 2 years | Natural/Physical Science | 2 years |
| Additional English, Math or Natural Physical Science | 1 year | Additional English, Math, or Natural/Physical Science | 2 years |
| Social Science | 2 years | Social Science | 2 years |
| Additional from any category above | 4 years | Additional form any category above | 3 |
| TOTAL | 16 Courses | TOTAL | 14 Courses |

NCAA Clearinghouse website address:

<https://www.ncaaclearinghouse.net/NCAA/common/index.html>

Coaching Philosophy

I am an educator and the football field is another classroom. I use different teaching methods that take into account various learning styles. The content I cover is based on the ability of the players. I consistently evaluate and instruction is adjusted based on these evaluations.

I demand disciplined football players. I consistently enforce rules. I set a positive example. My players will learn to do the “right thing” over and over again.

Assistant coaches on this staff will be knowledgeable of their individual positions. We will attend clinics, purchase books and videos, and network with other coaches. Our assistant coaches will care about each of our players. Our assistant coaches will carry themselves in a professional manner on and off the field.

I will involve parents and the community, but they do not determine who plays or what plays we run. Any football decision is made strictly by the football coaching staff.

I will do my part to have a great relationship with our school and district’s administration. I will seek their approval of all policies, purchases and activities. I will be honest with the administration. I will appreciate appropriate feedback from the administration. I will encourage all administrators to attend any football function. Administrative attendance makes players and coaches feel more respected and appreciated for the job they do.

To best summarize my philosophy, I AM A COMPETITOR. I want to do all that is legal and within my power to lead us to victory. I will not sacrifice morals in this quest, but I will give every ounce of effort that I have.

Offensive Philosophy

A good offensive football team is fundamentally sound, aggressive and crisp. Fundamentals will be the first thing taught. (i.e. proper stances) Position coaches will evaluate each step and movement and demand perfection. Our offense will line up and execute plays quickly. We will practice at a very fast pace, and force our players to accept this pace as normal for games. We will be real good at running a few plays. We will use different formations to create mismatches against the defense. I believe in zone blocking because of its simplicity and effectiveness against any defensive alignment. Our offense will be as risky as we need to be. If we are playing a team that is clearly more athletic and talented than us, we will have to take more risks. If the roles are reversed we will play as conservative as possible.

I have coached or played in the I, wing T, spread, wishbone, and pro offenses. We will annually evaluate our players and run the offense that gives us the best chance for success. If we are big and strong, we will run the I or the wishbone and force teams to stop the run. If we are fast, we will run the spread and create space for our athletes to outrun the opponent.

Defensive Philosophy

To win “big games” you have to be better than your opponent on defense. We will use a base defense and deviate based on opponent and our players’ abilities. We will use a gap control defense, and force our players to play their gap. For this defense to be successful, players must understand their role and trust the man beside them. We will focus our instruction on proper alignment, intense tackling, and communication. We will create as much pressure as we can. We want the offense to have to react more quickly than they are used to. Our defensive secondary will be familiar with man coverage, cover 3, cover 2 and cover 4. We may combine those coverage’s if needed. Our secondary will be unwilling to give up the “big play”. I have coached

a 50 shade (strong and weak), 4-4, 4-3, and 3-3 stack defense. We will use the defense that allows our defenders to insanely pursue the football.

Special Teams Philosophy

We have to be consistent and aggressive on special teams. Special team play can swing the momentum of a game much more quickly than an offensive or defensive play. We will not be “cute” on special teams. We will be very simple, but our players will know every nuance of their responsibility. I believe that speed in space creates great special teams. Our fastest, most athletic players will play special teams.

Expectations of Edisto Cougar Football Players

1. Be on time for all football activities.
2. Refrain from drugs or alcohol.
3. Make good decisions about his type of people you socialize with.
4. Dress and groom yourself neatly
 - a. Jewelry will not be worn at practice, in team meetings or in the weight room
 - b. Pants will be worn above the hips
 - c. Clothing will not advertise drugs, alcohol or any inappropriate message.
 - d. Hair will be “neat”. “Neat” will be determined by the head coach.
5. Refrain from the consumption of junk food and sodas.
6. Behave appropriately in class. Sit as close to the front as the teacher will allow.
7. Never criticize a player or coach in public. When problems arise, we will handle them from within.
8. Use an appropriate vocabulary. (Profanity will not be tolerated at any time.)
9. Turn off all cell phones during team meetings, bus rides and pre-game preparation.
10. Keep equipment properly maintained.
11. Inform coaching staff of all injuries immediately.
12. Varsity players will attend Saturday morning light weightlifting, film session and team meeting.
13. We expect all of our players to be present at every practice. However, we also understand that there may be an emergency situation that may occur. If missing a practice can not be helped, please notify one of our coaches before missing.
 - a. If a player misses a practice during the season and fails to notify one of our coaches as to the reason for missing, he will be suspended for that week’s game.
 - b. If you cannot come to school we need to know why. We also need to know when you will return.

Consequences (Severity of Offense will Determine Consequence)

1. Player/ Coach meeting
2. Player/ Parent/ Coach meeting
3. Additional duties (transport equipment, set up coolers, etc.)
4. Extra conditioning during practice.
5. Practice detention (sit out for a set time during practice)
6. Early-Bird Workout (Run before school)
7. Practice suspension
8. Game suspension (principal will be consulted before this action is taken)
9. Removal from team (principal will be consulted before this action is taken)

**Because we expect our players to conduct themselves in a “First Class” manner, we will do all in power to provide them with “First Class” equipment, facilities and coaches.

Expectations of Assistant Coaches

1. Be as passionate in the classroom as you are on the field.
2. Be on time for every function or duty. (15 minutes before players)
3. Cell phones may be worn by coaches at practice, but I trust you to receive or make calls only in emergency situations.
4. Hold players in your segment accountable to our team expectations. (don't let anything slide)
5. Frequently praise players and other coaches.
6. If you “verbally scold” a player at practice, put your arm around him before you leave. Let him know why you are passionate about him doing the right thing.
7. Be concerned about players away from the football field. (Eat lunch with them, ask about Grandma, girlfriend, summer job, etc.)
8. Attend clinic meetings.
9. Have a “profanity-free” vocabulary. Do not accept profanity from any player.
10. Be prepared for practice and meetings.
11. Give me ample notice if you are going to miss practice. (A day previous if at all possible)
12. Be positive about our program. Never publicly criticize any coach or player in this program.
13. Receive a CDL if physically able.
14. Be sure all work is done before you leave practice.
15. Turn in players' grades and stats from Friday's game by Monday morning. We will not watch our Friday night film as a staff. I trust you to strictly evaluate your position.
16. Attend Saturday or Sunday Meetings (We will never meet for more than 4 ½ hours, and as the season progresses we may be able to finish earlier.)

Duties for Assistant Coaches

Coordinators (Offensive, Defensive, Special Teams)

1. Will be expected to coach a position.
2. Will be expected to report to head coach each week with
 - a. Players' game grades, film break down, plays/ defenses that we should use to defeat next opponent, practice time suggestions
3. Coordinators will call plays/ defenses during each game (Head coach may override any coordinator call)
4. Coordinators are expected to lead and mentor on their side of the ball.

Varsity Position Coaches

1. Will be responsible for checking grades of players in their segment.
2. Will be responsible for developing JV players in their segment.
3. Will rotate attendance at all JV games. (1 offense and 1 defense varsity coach will attend each JV game)
4. Will be present at least 2 weeks in the weight room during the summer.
5. Will share laundry, lock up and film exchange duty.

6. Position Assignments (could vary based on coach knowledge and/ or supplement availability)
 - A. Quarterbacks
 - B. Offensive Line - *JV assistant will directly assist*
 - C. Wide Receivers - *JV assistant will directly assist*
 - D. Running Backs
 - E. Defensive Line -*JV assistant will directly assist*
 - F. Linebackers
 - G. Defensive Backs -*JV assistant will directly assist*
 - H. Defensive Ends/ Outside Linebackers

JV Offensive and Defensive Coordinators

1. Will call plays/ defenses for JV games.
2. Will coordinate special team's substitution for JV and varsity games.
3. Will have same duties as varsity assistants, except their attendance at weekend meetings is optional.

JV Assistants (2) – Possibly volunteers

1. Will assist varsity coaches at practice.
2. Will be present in the weight room at least 1 week during summer.
3. Attendance at weekend meetings will be optional.

Equipment Manager (will mentor student assistants)

Student Trainer(s)

Film Coordinator

**If needed the football program can raise funds to pay additional supplements that are not provided by the district.

Parental Involvement

Parents play a huge role in the success of a high school football program. We will do several things to encourage parental support.

1. We will have family meals throughout the season and off season.
2. We will encourage parents to join the Booster Club.
3. We will form a “Mom’s Club” to assist with meals and snacks.
4. Parents may attend any practice. (We only ask that you observe during that time. If you would like to interject your opinion, please set up a time to meet with me in private.)
5. I will be the ONLY coach to discuss playing time with parents. I will discuss the playing time of only YOUR child. (Again, set up a time to talk to me privately.)
6. Parents will be occasionally asked to participate in pre-game activities.

Community Involvement

We want our community to invest personally into our program. We will do several things to encourage community support.

1. Someone from our coaching staff will personally ask for any financial donation (advertisement or any other form of donation). We will not send out letters or emails.
2. I will seek successful members from the community to speak with the team.
3. We will attend community events as a team.
4. We will attend area churches as a team. (This will not be mandatory.)

5. We will conduct community-wide youth camps during the summer and/ or Christmas break.
6. I will seek community members' assistance in painting the field, mowing, pre-game set up, etc.
7. "Reading with a Cougar" will be set up with the Elementary and Primary Schools.
8. We will host clinics for Little League coaches.
 - a. We will host "Little League" practices each Thursday at the high school. We (varsity coaches) will coach them and run them through our drills/ plays.
 - b. We will request that all Little League teams be named the "Cougars". We want to create identity at a young age.

Faculty Involvement

Two teachers each week will have the opportunity to go through our game day routine. They will eat with the team, travel with the team and witness pre-game and post game meetings. They will stand on the sideline during the game. This will give the teachers the opportunity to be more involved and appreciative of the players' and coaches' roles. This will also make coaches more responsible for their actions on game day.

We will comply with any remedial recommendation from any teacher. If a player, needs extra time in class, he will be there.

WE WILL NEVER TOLERATE A FOOTBALL PLAYER BEING A DISTRACTION IN CLASS!!!!

Student Body Involvement

1. Students will be given opportunities to serve and letter in non-player roles (trainer, equipment manager, field maintenance, etc). These students will be given the same respect as a player.
2. We will have a "Student Section" marked off at every home game.
3. We will encourage football players to attend non-football functions at school (band competitions, volleyball matches, school dramas, etc.).
4. Through faculty recommendations, we will award a "Cougar of the Week" to a student who has shown exemplary traits throughout the school. They will receive ticket and concession allotment.

My Five-Year Plan

Year #1

1. Familiarize myself with players, families and new community members (community that has emerged in last 5 years).
2. Implement our football terminology to varsity and JV players.
3. Be competitive in each game
4. Make the playoffs
5. Have 50% of seniors attend college.

Year #2

1. Gain the trust of some of the players, families and the new community.
2. Implement our terminology and base offenses and defenses on B-team.
3. Dominate at least 3 games on our schedule.
4. Host a playoff game (Finish at least 2nd in our region)

5. Win at least 1 playoff game.
6. Have 65% of seniors attend college

Year #3

1. Gain trust of more players, families and the new community.
2. Implement our terminology and base offenses and defenses in little league program.
(Have all mascots be the Cougars.)
3. Dominate at least 4 games on our schedule
4. Win a game that we are not “supposed” to win.
5. Host more than 1 playoff game. (win region)
6. Have 75% of seniors attend college.

Year #4

1. Gain trust of most of the players, families and community members.
2. Continue to influence B-Team and little league programs.
3. Dominate at least 4 games on our schedule.
4. Win region and compete for State Championship
5. Have minor advancements in facilities.
6. Have 85% of seniors attend college.

Year #5

1. Gain trust of all players, families, and community members.
2. Continue to implement our system on lower levels.
3. Dominate at least 5 games on our schedule.
4. Have major additions to facilities.
5. Win region and win State Championship
6. Have 90% of seniors attend college

Year #6-Retirement/ Death

1. Keep program at level Year #5.
2. Have periodical additions made to facilities and equipment.

Thursday Practice

1. Cover all pregame segments (warm up, drills, coin flip)
2. Cover all special team personnel and situations.
3. Execute 2-minute drill.
4. Execute victory formation.

Gameday Routine

1. Breakfast at school (required)
2. Position coach will visit you some time during the day to give you a sheet of “last minute” reminders.
3. Meet immediately after school for Pre-Game meal.
4. Watch movie/ lounge.
5. Pre-game position meetings
6. Specialty period and warm ups
7. KICKOFF
8. Post game clean up

PRACTICE SCHEDULE

Full Pads: Monday / Tuesday Practice

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of WILL.”

| # | TIME | VARSIITY | JV |
|----|-------------|-----------------|----------------------|
| 1 | 3:20 – 3:30 | Stretch | Stretch |
| 2 | 3:30 – 3:35 | Specialty | Specialty |
| 3 | 3:35 – 3:40 | Specialty | Specialty |
| 4 | 3:40 – 3:45 | Kicking Game | Kicking Game |
| 5 | 3:45 – 3:50 | Kicking Game | Kicking Game |
| 6 | 3:50 – 3:55 | Off. Ind. | Tackling Drills |
| 7 | 3:55 – 4:00 | Off. Ind. | Tackling Drills |
| 8 | 4:00 – 4:05 | Screen Drill | Def. Ind. |
| 9 | 4:05 – 4:10 | Screen Drill | Def. Ind. |
| 10 | 4:10 – 4:15 | Screen Drill | Group / Team |
| 11 | 4:15 – 4:20 | 7 on 7 / Inside | Group / Team |
| 12 | 4:20 – 4:25 | 7 on 7 / Inside | Group / Team |
| 13 | 4:25 – 4:30 | 7 on 7 / Inside | Group / Team |
| 14 | 4:30 – 4:35 | Team O | Team D / Show Team D |
| 15 | 4:35 – 4:40 | Team O | Team D / Show Team D |
| 16 | 4:40 – 4:45 | Team O | Team D / Show Team D |
| 17 | 4:45 – 4:50 | Team O | Team D / Show Team D |
| 18 | 4:50 – 4:55 | BREAK | BREAK |
| 19 | 4:55 – 5:00 | Tackling Drills | Off. Ind. |
| 20 | 5:00 – 5:05 | Tackling Drills | Off. Ind. |
| 21 | 5:05 – 5:10 | Def. Ind. | Off. Ind. |
| 22 | 5:10 – 5:15 | Def. Ind. | Screen Drill |
| 23 | 5:15 – 5:20 | Group / Team | Screen Drill |
| 24 | 5:20 – 5:25 | Group / Team | 7 on 7 / Inside |
| 25 | 5:25 – 5:30 | Group / Team | 7 on 7 / Inside |
| 26 | 5:30 – 5:35 | Team D | Team O |
| 27 | 5:35 – 5:40 | Team D | Team O |
| 28 | 5:40 – 5:45 | Team D | Team O |
| 29 | 5:45 – 5:50 | Team D | Team O |

***Practice will be shortened as the season progresses.**

PRACTICE SCHEDULE

“THE HARDER YOU WORK, THE HARDER IT IS TO SURRENDER!”

Wednesday Practice

| # | TIME | VARSDITY | JV |
|----|-------------|--|---|
| 1 | 3:20 – 3:30 | Stretch | Stretch |
| 2 | 3:30 – 3:40 | Kicking Game | Kicking Game |
| 3 | 3:40 – 4:00 | OFFENSE 7 on 7 / Inside Blitz & Stunt Pick Up | DEFENSE 7 on 7 / Inside |
| 4 | 4:00 – 4:15 | TEAM O (Game Script) | TEAM D |
| 5 | 4:15 – 4:30 | TEAM O | TEAM D 1 st 5 Min / Kicking Game Last 10 Min |
| 6 | 4:30 – 4:35 | BREAK | BREAK |
| 7 | 4:35 – 4:45 | Kicking Game | OFFENSE 7 on 7 / Inside |
| 8 | 4:45 – 5:00 | DEFENSE 7 on 7 / Inside – Blitz & Stunts | 7 on 7 / Inside 1 st 5 Min. / TEAM O Last 10 Min. |
| 9 | 5:00 – 5:20 | TEAM D | TEAM O |
| 10 | 5:20 – 5:30 | 2 Minute Drill | Practice Over Go HOME!!! |

***Practice will be shortened as the season progresses.**

