

SEASON START SYSTEM

| OFFENSIVE GOALS | DEFENSIVE GOALS |
|---|---|
| <ol style="list-style-type: none"> 1. Run the ball 2. NO Turnovers 3. Make Big Plays | <ol style="list-style-type: none"> 1. Stop the Run 2. Force Turnovers 3. Prevent Big Plays |

| OFFENSIVE INSTALL | DEFENSIVE INSTALL |
|--|--|
| <ol style="list-style-type: none"> 1. FUN (Positive) & Retention to Varsity 2. ALL learn and get Reps (Opportunities) 3. Fundamentals and Core Techniques 4. Inside + Outside Core Run (RRO & RPO) 5. Vertical Crosser Pocket PAP & Waggle 6. Blitz Beaters (Screen and Sprint) 7. Critical + Situational (Sneak / 911 / Short) | <ol style="list-style-type: none"> 1. FUN (Positive) & Retention to Varsity 2. ALL learn and get Reps (Opportunities) 3. Fundamentals and Core Techniques 4. Base Front and Cover 5. HEADS UP Tackling Technique (Safety #1) 6. Automatic Adjustments 7. Critical Front and Cover + Situational |

WEEK 1 **kick game intro – Offense*

| OFFENSE | DEFENSE | KICK + TEMPO |
|-------------------------------|---|---------------------------|
| Core RPO's (split zone) | Base D (43 Over – Cover 4) | Super Sonic (Super Fast) |
| Core RPO's (stretch + sweep) | Hback Adjustments | Gogo + Freeze Cadence |
| 4 Verts & Read Screen (blitz) | Triple A | Shield Punt |
| Waggle (Dash Pass) PAP | Adjusts (Swap – 2 back – 3x1) | PAT (2pt) Nascar = Batman |
| Critical (Qb sneak + Hback) | Critical (63 – Cover 0) | PAT (1pt) = Wolverine |
| (911 Situational | Situational (3 rd Dn + short yard) | Nascar + 911 |

WEEK 2 **Add Kick game - Defense*

| OFFENSE | DEFENSE | KICK + TEMPO |
|---|----------------------------------|----------------------------|
| Core RPO's (Power) | Run Stop D (425 – Cover 3) | 2 Min – 911 and Nascar |
| Core RPO's (Counter Trey) | Option Rules | Short cadence |
| Pocket PAP + 3 rd level RPO's | Adjusts (motion – 2 Y's – empty) | Long cadence |
| Critical (4 th down) = Sprint Pass | Simple Pressures + CO | Punt Return + Punt Block |
| Situational (911 + Black & Red) | Super Cover | PAT Safe + PAT Block + 2pt |

WEEK 3 **Finish Kick game – Offense and Defense*

| OFFENSE | DEFENSE | KICK + TEMPO |
|---------------------------------------|---------------------------------------|---|
| Core + Compliments | Overload & Zone Pressures | Gogo + |
| Answers to Kryptonite (TNT) | Kryptonite (TNT + Radar) | 4 th Down O (short) D (safe-block) |
| Critical (4 th Down + Red) | Critical (4 th Down + Red) | Punt fakes |
| Situational (4 th Down) | Situational (4 th Down) | PAT (swing gate – Superman) |
| Pre-Half-Post game Prep | Pre-Half-Post game Prep | KOff Ret + KOff + Onside + Safety |

HEAD IMPACT PHILOSOPHY – PLAN *(goal is to cut head-impact exposure in half)*

NEW 2 CONTACT DAYS PER WEEK LIMIT *(10 weeks @ 2 per = 20 total of 30 mins per)*

| SATURDAY GAME | FRIDAY GAME | THURSDAY GAME | WEDNESDAY GAME |
|----------------------------|----------------------------|---------------------------|---------------------------|
| M – Jr Achievement | M – Jr Achievement | M – (shorts) New + Kick | M – Contact Day #1 |
| T – (shorts) New + Kick | T – (shorts) New + Kick | T – Contact Day #1 | T – Contact Day #2 |
| W – Contact Day #1 | W – Contact Day #1 | W – Contact Day #2 | W - GAME |
| TH – Contact Day #2 | TH – Contact Day #2 | TH - GAME | TH – Jr Achievement |
| F - Polish | F - GAME | F – Jr Achievement | F – (shorts) New + Kick |

***NOTE** – data from Journal of Athletic Training, July 2016, Vol 51, #7, *Football Players' Head-Impact Exposure After Limiting of Full-Contact Practices*, Steven P. Groglio, ATC University of Michigan, Ann Arbor