

# 7 STEP REVIEW and RENEW

## #1B - PRACTICE & STAFF STRUCTURE

Triangle-O Football System - by Paul Hefty

STEP 1 – Practice & Staff Structure - Research

GOAL – practice & staff structure (Review) = teaching methods - Evolve (Renew)

**SCHOOL:**

**DATE:**

**HFC:**

*\*provide brief ANSWERS and points for each area – use to determine teaching methods*

### PRACTICE:

How do you typically run a practice (*half O & half D / 1 day O & next D / Platoon = college style with O-D @ same time & staff split O-D like college system*)?

Do you have every player learn both an Offensive & Defensive position **OR** platoon?

### STAFF STRUCTURE:

Do you have Varsity and JV coaches separate **OR** together & does each coach have an Offensive & Defensive position **OR** just 1 side of the ball?

Do you have 9<sup>th</sup> Grade Separate **OR** together with either JV &/or Varsity?