

7 STEP REVIEW and RENEW

#2 - PRACTICE & STAFF STRUCTURE

Triangle-O Football System - by Paul Hefty

STEP 2 – 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 9th Grade Separate OR together with either JV &/or Varsity?