

7 STEPS

PROGRAM REVIEW and RENEW

by Paul D Hefty

STEP 1 – NEW PROGRAM RESEARCH

1A - New Program Research

Homework – Needs Assessment – Review for Focus

**Winter-Spring HC Program Assessment*

STEP 2 – SEASON REVIEW - ANALYSIS

2A - Data Analysis: Quality Controls – Benchmarking

**Winter-Spring HC Program Assessment*

STEP 3 - CONCEPT TEACHING

3A - Practice Install Plan - Worksheet

**Winter-Spring HC Program Assessment*

STEP 4 – TRIANGLE OFFENSIVE PRINCIPLES

4A - Teach SIMPLE – “common sense football”

STEP 5 - GPLAN TRIANGLE WORKSHEET

5A - Game Planning – Play Calling Methodology

STEP 6 - PRACTICE STRUCTURE AND DESIGN

6A – Offensive Principles – Thinking – Plan – Drills - Teaching

**Not so much what you do – rather how you do it (yes, practice)*

STEP 7 – SUMMER CLINIC & CAMP DESIGN

7A – Spring-Summer Program Planning (*staff and/or players*)

“Common Sense Football”

TEACH **SIMPLE**

#1 RULE – *Identify if **Covered** or **Uncovered***

Covered Defined = “**Inside – Over – Outside**” (*shaded within your body frame*)

OLine Covered by DLine (*hand on ground generally*)

Backs Covered by Backer (Mike is always play side middle backer)

Recs Covered by DB (Corner #1 or Safety #2 or Backer Mr 0 - intentions)

#2 RULE – *Over Communicate*

Make Defensive Recognition Calls (*point @ key defenders*)

Make Play Cue-Calls (*Recs signal call or acknowledge call received*)

**more important we know what we're doing – than Defense thinking they know*

#3 RULE – *Triple AAA*

ALIGNMENT - *get aligned on ball ASAP - proper spacing – **identify Defense***

ASSIGNMENT - ***Listen to YOUR cue-call** / make proper cue-call for Play*

ACTION - *team take off (TTO - get off the ball) aggressively and **confidently***

TEACH **SOUND**

CRITICAL – ***Qb sneak** and critical game situations ALL the time – everyday*

BEAT BLITZ - *Prepare for the worst – learn to **LOVE crazy** (NO Time Outs)*

STAY THE COURSE - *stick to your core and use offensive principles (**smart**)*

TEACH **SLOW TO FAST**

Show **BIG PICTURE** – *know what people next to you are doing (team)*

Work **FEET and EYES** - *teach steps / footwork and landmarks everyday*

Practice **FAST and FASTER** - *makes opponent look-feel slow – WE fast*

TRIANGLE OFFENSIVE PRINCIPLES

#1 NUMBERS - *Safeties tell all (Qb points @ before every play)*

-1 HIGH = 8 man front

2 HIGH = 7 man front

-MIKE = Middle Backer in middle or if split then backer aligned toward play side



#2 ANGLES - *Find Best Edge +3 tech*

-BEST EDGE = DEnd alignment and Mr0

-3 TECH = D-Tackle outside shade on O-Guard

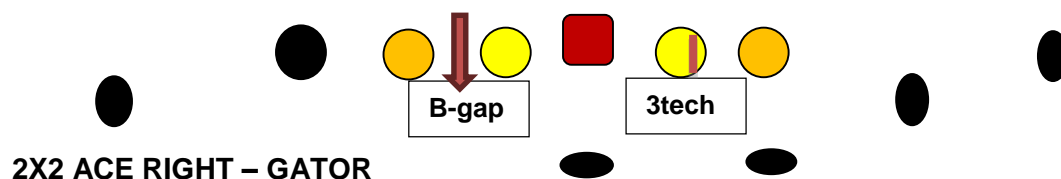
#3 FIELD — Offensive #'s to field OR *Put formation strength into the boundary*

-NUMBERS TO FIELD = Put speed in space (speed wins over scheme)

-NUMBERS TO BOUNDARY = Determines if defense is formation or field conscious

DEFENSIVE ALIGNMENT RECOGNITION

#2 Defender (dc) Deep cover OR force		Middle Defender Safety Box			#2 Defender (dc) Deep cover OR force	
#1 Def dc/force	Mr-0 EDGE	MIKE			Mr-0 EDGE	#1 Def dc/force
	#3 DEND	TACKLE BOX	GUT BOX	TACKLE BOX	#3 DEND	



TRIANGLE PLAY CALLING

Core + Compliment + Contrast (blitz beater)

Step 1: Go where they are not = attack across a broad front = everyone gets touches

Step 2: Think 3 plays @ once = check and see what defensive gives you and attack them

Step 3: Always in a good play