

STEP 7A – SPRING / SUMMER CLINIC & CAMP DESIGN

Head Coach picks one of three ways to teach system to staff and players. Together we will design the best program for you and your program

DESIGN 1: Individualized Program-Staff Clinic

DESIGN 2: Individualized Program-Staff Clinic combined with Team Camp

DESIGN 3: Individualized Team Camp

STAFF CLINIC SESSION

GOALS: **#1 fun** **#2 Staff Improvement** **#3 Decision Process** **#4 One Team**

1. Meet with HC (winter – spring 1on1 Review and Renew)
2. Hold Program Spring-Summer Clinic (Internal)
3. Offensive and Defensive Staff Clinic – ALL LEVELS
4. Install systems (review and new)
5. Teaching methodologies and progressions
6. O-D teach and learn versus each other session
7. Wrap up and review – Q&A one more time

****see example clinic agenda (next page)***

CLINIC and CAMP SESSIONS

GOALS: **#1 fun** **#2 Skill Improvement** **#3 Decision Process** **#4 One Team**

1. Meet with staff to review concepts / teaching methods / practice routine
2. Q&A throughout and before-after each camp session
3. Design Practice schedule together – day 1-2-3 (review after each session-redo)
4. Start and help present on-field teaching and tempo
5. Each session staff takes over on-field instruction till I'm not involved at all
6. Wrap up and review ALL – Q&A one more time

****see practice plan templates to design***

PLAYER CAMP SESSIONS

GOALS: **#1 fun** **#2 Skill Improvement** **#3 Decision Process** **#4 One Team**

1. HC intro and staff warm up and stretch
2. Slow to fast installation – core
3. Run (bubble included) install - emphasis
4. Half time
5. Pass / PAP install - emphasis
6. Situational – game tempo – Run 50% / Pass and PAP 50%
7. Overtime - Finish with fun
8. Wrap up and review – get a great start for tomorrow

****note – day 2-3 can add Offensive Special Teams install and situations***

2013 – STAFF CLINIC @ High School SPREAD OFFENSE NO HUDDLE COMMUNICATION	By Paul D. Hefty Penn State University Instructor Kinesiology <ul style="list-style-type: none"> - Coaching Principles and Ethics - Business Leadership
<u>CLINIC SESSION</u> DATE: HC: HS:	<u>CONTACT INFO</u> EMAIL: Pdh16@psu.edu CELL PHONE: 410-830-1896
<u>ADDRESS</u> C/O –	<u>ADDRESS</u> C/O – Paul D Hefty Department of Kinesiology The Pennsylvania State University University Park, PA 16802

BIO: *Currently @ Penn State as Instructor in Kinesiology Department and 9th grade assistant football coach @ State College, Pa - public High School*
****will be starting my 24th year coaching football*

- Originally from Northwest Illinois – Milledgeville High School – played under Gary Hartjie
- 4 year starter as Qb-D3 College level @ Luther College, Iowa Conference MVP - 1986
- 15 years as D3 College level / O-Asst & OC (Qb-Rec-Backs) @ Aurora U / Luther College
- 6 years as D3 College level Head Coach and OC @ Luther (Quarterbacks) *retired in 2008
- 2 years as 9th grade High School level - Asst (Obacks / Dbacks) @ State College, PA
- 20 years using NO HUDDLE – multiple offensive system
- 5 International Team Tours / Clinics (2 as a player and 3 as a coach)
- 17 years running over 30 private football camps (3-12 grades) in Illinois and Iowa
- 20 years running private staff clinics and offensive installs in Midwest

GOALS: *To help better understand / simplify / install / teach Spread Offense*

**Informal – only a guide – Questions any time / all the time - fun*

**Offensive Manuals are to be used as a reference (teacher edition) – take notes / future refs*

1. **Spread Offense Overview** (big picture classroom / walk thru / **Q&A anytime – all the time**)
2. **No Huddle Communication** (teach – talk)
3. **Run Game Install** (whole – part – whole)
4. **Pass Game Install** (whole – part – whole)
5. **Triangle Play Calling** (Triangle worksheet and overview)
6. **Practice Structure** (Teaching and Methodology)
7. **Game Structure** (Organization / Play Calling / Quality Control)

*Key is to take something **new-multiple-complex** and make it **SIMPLE – SOUND – FUN***

****EVOLVE - teach and learn*

CAMP SCHEDULE #1				Run:		Pass:	
YEAR:				PAP:		Sets:	
Day:				Dress:			
Date:							
Practice Time:				*cadence =		*Rain plan =	
*Registration notes =							
Period	Time	Drill	Min	Qb / Db	Rb / Lb	Rec & TE / Dend	Oline / Dline
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Notes: practice ideas-staff / watermelons with seed spitting contest / crazy shorts / other = **FUN**

CAMP SCHEDULE #2				Run:		Pass:	
YEAR:				PAP:		Sets:	
Day:				PAP:		Sets:	
Date:				PAP:		Sets:	
Practice Time:				Dress:			
*Registration notes =				*cadence =		*Rain plan =	
Period	Time	Drill	Min	Qb / Db	Rb / Lb	Rec & TE / Dend	Oline / Dline
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Notes:

CAMP SCHEDULE #3				Run:		Pass:	
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Date:				PAP:		Sets:	
Practice Time:				Dress:			
*Registration notes =				*cadence =		*Rain plan =	
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