

# Coaches Work Days

## Sophomore and Varsity

### Saturday and Sunday

We will work on the weekends. This is one of the necessary evils of coaching football. We will try and change some things so that we are not here all day Saturday, but it will require that we do some things at home and come in on Sunday. I am telling you this now so that you can plan ahead. If you cannot be on time or be willing to do work on your own during the weekends, then you cannot coach. Please let me know this now instead of later if you cannot commit to this. No excuses or exceptions on this.

Obviously, if you have something out of the ordinary for **one** weekend, let me know, and I will work with you. An example of this would be a wedding or something like that, not a bowling league or date. If you have to work on two or three weekends and it interferes with the work we have to do, then you will not be able to coach. If you do have something come up for **one** weekend and cannot work, then you get no say on the game plan or technique that will be used for that week. The other thing that we all need to do (me included) is not complain so much when we are working. Let's just get the work done and be as prepared as possible for the upcoming game.

### Saturday

8 a.m.: Coaches arrive

8:30 a.m.: Players arrive. We will meet on the field to run and stretch. Joe and Bob will get the stuff ready to watch our next week's opponent.

9:00 a.m.: Watch the next week's opponent in the auditorium.

10:30 a.m.: Kids go home and coaches meet upstairs in my office.

10:30 a.m. – noon: We will do offensive/special team stats, tackles and reward stickers from the night before as a staff.

**Noon we will be done.**

Here is the one item that needs to be completed by **6 p.m. on Saturday**. After you have done this, you need to text me and let me know it is finished (847-630-6670):

1. Break down film of scout and our game against the opponent from last year by 6 p.m. on Saturday.

Here are the items that need to be completed and brought in with you when we meet on **Sunday at 6:45 p.m.:**

1. Get starters of opponent.
2. Draw up 6 favorite runs and passes of opponent out of all the formations they run. Blocking and routes, be as detailed as possible.(Defense)

3. Draw up 4 favorite fronts, coverage's, blitzes, and stunts. (Offense)
4. Draw up opponent's special teams (Me)
5. Make an info sheet for your position about your opponent. Exp: likes to cut, speed rush, etc.
6. Get your idea of a game plan together.
7. Grade your position from last night's game. (Both Sophomore and Varsity) **The sheets to do this with are online.**

### **Sunday**

6:45-8:00 p.m.: Game plan as individual staffs.

8-8:30 p.m.: Meet as a staff and get cutups done, and go over game plan.

8:30-10 p.m.: Get scouting report together. (1 Copy only)

1. Personnel
2. Favorite offense and defense
3. Special Teams
4. Offense and Defense game script
5. Info sheet from each coach
6. Do scout wristbands.