

Saint Viator Football Values and Leadership

Program Objectives:

1. Learn core life values from playing football at Saint Viator.
2. Get the best Saint Viator education possible.
3. Be a champion.

2011 Team Goals:

1. Consistency of effort.
(Off-season, Practice, Film Work, Meetings, In-season Weights, Diet)
2. Become a real family.
(A brotherhood and putting something/someone ahead of yourself)
3. Win the IHSA 6A State title

Action Plan:

The 5 F's (Pick one or two goals from each category each week)

1. Football: Turnovers, 3rd Down Red Zone, Big Plays, Final Score
2. Field: Kickoff (speed awareness), Kickoff Return (field position), Punt (change field position), Punt Return (block forever)
3. Force: Run/Stop Run, QB Clean/Dirty, YAC, Short Yardage, Goal Line
4. Focus: Penalties, Assignments, Response
5. Finish: Attitude (It's a way of life.)

Leadership Development:

1. Character: Who are you when no one is watching?
2. Intrinsically Motivated: Can you lead yourself?
3. Honest with Yourself: Can you see the truth about you?
4. Deal with Failure: How do you deal with it?

Lion Values: (pyramid)

1. Win
2. Effort (no effort is a disrespect to the team), Respond
3. Honesty, Family, Respect
4. Attitude (cornerstone), Trust, Character, Investment (cornerstone)

The cornerstones require no talent.