

Spartans Youth Football, Inc.

Pre-Game Warm-Up & Pre-Game Talking Points

A. Warm-Up:

- QB's and Centers Snapping Ball (20 Snaps)
- QB's, Centers and Receivers (Shot Gun/Under Center) throw Outs, Slants and Skinny Posts
- Dynamic Warm-Up
- Run Offensive Plays

B. Points of Discussion:

- Blocking
 1. FIRE OUT LOW and KEEP FEET CHOPPING
 2. Get Head on Play Side and MAKE SURE YOU CAN SEE HIS NUMBER
 3. Get Butt in HOLE
 4. KEEP Hands together and Palms OUT (PUNCH UNDER SHOULDER PADS)
 5. Do not use your hands outside the Shoulders
 6. DON'T STOP UNTIL THE WHISTLE BLOWS!!
- Tackling
 1. MUST BRING YOUR FEET
 2. Head-Up, Wrap Up, Lift Up and Drive Thru (KEEP FEET MOVING)
 3. Defensive Linemen...FIRE OUT THROUGH YOUR GAP
 4. Second (2nd) and Third (3rd) Man in tackle STRIP BALL!!
- Equipment
 1. Helmets always strapped up and mouth guards in while playing (Helmets on when at Sidelines)
 2. NO JEWELRY!!
 3. Shirts tucked In
 4. Shoes Double Knotted
- Mentality
 1. Become an Animal, Get Emotional, Be ready to Run over someone at all times!!
 2. Make sure the FIRST HITS ARE GOOD ONES.
 3. Need to have a SHORT MEMORY if something goes good or bad...Be ready for the next PLAY!!
 4. Remember what your responsibilities are, ALWAYS SPRINT BACK TO HUDDLE!
 5. HELP your Teammates up off the Ground!
- Communication
 1. Defense NEEDS to YELL...Run, Pass, Sweep, and Reverse!!
 2. Help each other with responsibilities on Offense and Defense
 3. Hand Ball to Referee's on all plays! (Touchdowns Especially)
 4. Help Teammates up after plays
 5. No Trash Talking or Complaining (Other Team and Referee's)
- Reward
 1. Pride Stickers

C. Traits of a Good Football Player:

- Desire...Comes from the Heart and is more important than the size of your body.
- Discipline...is something you do for someone, not to them!!
- Mental Toughness...Football is 20% ability and 80% Mental (Tarzan and Jane)
- Passion...Comes from always wanting to try and be the best you can be.
- Confidence...Comes from knowledge and ability to perform. The easiest way to build confidence is up to YOU!

Spartans Youth Football

Pre-Game Warm-Up & Talk...Cont.

A. Kickoff/Punting Responsibilities:

- NO Blocking below the waist
- NO Blocking in back you must see Number on Front of Jersey
- No Blocking once Runner is past you! Just hustle to keep up in case of Cut Back or Fumble
- Short Kick's on Kickoffs the Ball is LIVE must recover! Don't pick up just recover it!
- On Punts if ball is un-catchable yell "FIRE" to make sure everyone is looking for ball!

B. Offensive Responsibilities:

- **QB's**
 1. Make sure of Snap Count and Play
 2. Make sure of BIG FIRST STEP and QUICK FEET at all times on all Plays
 3. Carry out ALL fakes after Hand-Off
 4. On Pass Plays have #1 and #2 Read pre-determined before the snap once you've looked at Defense
 5. On Sprint Out Plays – Get Proper Depth and Sprint to Passing Position
 6. Always take the SAFE ROUTE as #1 Read
- **RB's**
 1. Do not look at direction the play is called
 2. Carry ball HIGH -n- TIGHT at all times
 3. In Traffic make one Sharp plant step move
 4. Deliver the Blow by keeping your feet moving at ALL TIMES
 5. Make sure of proper depth (I Formation 3½ & 5½ Yards; Pro-Set 1 to 1½ Yards)
 6. Run with PASSION
- **WR's**
 1. Sprint to Line of Scrimmage after break in Huddle
 2. Sprint all plays out PASSING ROUTES and RUNNING PLAYS
 3. Look ball into Hands
 4. After catch Run with PASSION
- **Linemen**
 1. Center call for Huddle and be seven yards away from Ball
 2. After break in Huddle get to Line of Scrimmage quickly and be in two point stance with elbows on knees
 3. Make sure your head is always on the Play side
 4. Fire out of your stance don't stand up

C. Defensive Responsibilities:

- **Linemen**
 1. Get in Position right away once play is over
 2. Watch the Ball to be SNAPPED don't listen to QB
 3. Shout out Run or Pass
 4. Be destructive don't be denied
 5. FIRE out of Stance don't stand up
- **LB's**
 1. Shout out Run or Pass
 2. Always Read Run First then Pass
 3. On Blitz's make sure to Slide to Middle when NOT Blitzing
 4. On obvious pass plays watch the hook/curl zones for TE's and RB's
- **DB's**
 1. Shout out Run or Pass
 2. Always Read Pass First then Run
 3. SS & FS must provide Run Support when play is their side
 - 4.
- **End's**
 1. Contain, Contain, Contain
 2. Must Rush QB's on Passes w/hands Up and w/out giving up Outside Containment
 3. Don't Pinch In
 4. Be PHYSICAL shed blocker and penetrate