

Developing Your Own Coaching Philosophy



1. How will I teach?
2. What do I want to gain from this game?
3. How do I motivate?
4. How do I discipline?

1. Honesty.
2. Be positive with your players. Believe in them.
3. Exude confidence.
4. Be firm but fair. Be consistent.
5. Demand perfection. You are a leader at your position. Take charge.
6. Hustle. If you hustle they will.
7. Be fundamentally sound. Coach and demand outstanding technique.
8. Make sure your players are good and what they must do during the game.
9. Work on the fundamental playing skills at their position everyday.

COACHING STANDARDS:

These are the standards that each coach is expected to possess.

A. Fundamentals of winning attitude:

- #1 Always be excited- you've got to get excited and stay excited if you want to win.
Negatives: get them out of your system and go on- that determines whether or not you'll be a success. It always must be fun!
- #2 Stop making excuses- it's not what happens to you in life but how you will react to it.
- #3 Always be "up" – don't let the complainers, criticizers, and moaners change you and make you negative.
Surround yourself with positive, excited, happy people who love what they are doing.
- # 4 Make a total commitment- be intense, excited and positive about your job.

Enthusiasm breeds enthusiasm. Enthusiasm is caught, not taught!



- B. Forget about fear motivation, egos and being macho- treat players positively and they will respond.
- C. Expect the best from your players. Players will turn out the way you expect them to turn out. Demand Perfection.
- D. Give the players the praise and recognition when they win, coach takes the blame when they lose.
Nothing encourages people to work harder and produce quality results like having their accomplishments noticed and praised.

LISTEN AND SUPPORT

- A. Get to know your players. Know them by name (the whole team), know their families, get to know them off the field, academically/socially, get to know them as a person and really care about them –all of them!

LIMIT CRITISIM

- A. Be positive with players as much as possible. Make a conscientious effort to praise before you criticize.
- B. Everybody has strengths and weaknesses. Every player has at least one thing he's good at. Find it, focus on it and build on it.

Best tool is self motivation:

“Was that your Best Effort?”

Offensive Coaching Philosophy:

Our style of playing football is to relentlessly attack and challenge our opponent. Our offense is predicated on making the big play. Speed, quickness and aggressiveness are the three main ingredients we all want in our players.

Our running game is simple yet punishing, utilizing schemes that allow us to explode off the ball. Ultimately, though, our offensive philosophy stems from sound fundamentals and hard work. We do things better and work harder at it because this is our emphasis.

OFFENSIVE SUCCESS:

The offense must be dynamic and exciting. But our success is dependent on four key components. To achieve success each player must be committed to;

1. 100% effort and hustle.
2. Taking care of the football.
3. Mastering knowledge of the system and its application.
4. Being fundamentally sound.

The sole responsibility of the offensive unit is to score points and scoring is the direct result of the components above.

OFFENSIVE EXPECTATIONS:

1. Respect/Integrity/class
2. Work hard/ be aggressive
3. Have Fun
4. Improve-Self Discipline, will to learn, Attention to detail.
5. Make big plays.

OFFENSIVE GOALS

1. WIN
2. POINTS PER GAME > 21
3. 1 OR LESS TURN OVER
4. NO DRIVE KILLING PENALTIES
5. SCORE EVERY TIME IN THE REDZONE
6. 3RD DOWN CONVERSIONS= 42%

Defensive Coaching Philosophy:



1. 2 Main Focus of Defense.
 1. Tackle for a Lose
 2. Turnover
2. Hustle. If you hustle they will.
3. Be fundamentally sound.
 - Coach and demand outstanding technique.
 - Work on the fundamental playing skills at their position everyday.
 - Perfect Tacklers!!!!

We want others to say this about our defense:

1. Knows what to do.
2. Runs to the ball better than anyone.
3. Always fundamentally sound.
4. Plays with emotion.
5. We are the toughest team they have played.
6. We are a tackling defense.