

# Stillwater Ponies Football

## VAA Coaches Basics

### Stillwater Area High School Football Objectives:

1. Have fun
2. Represent our school and community with class
3. Grow and develop as a person
4. Become the best team possible

### SCVAA Youth Football Vision Statement Keywords:

Enjoyment, Fundamentals, Teamwork, Sportsmanship, All-Inclusive, Positive Social Values, Personal Responsibility, Development

### What keeps kids out for football?

Fun ... play multiple positions ... put a hand on the ground ... focus on skill and personal development ... feel like they are part of something bigger than themselves ... competition ... positivity ... proper technique, drills, and simulations ... opportunity ... "one of the guys" ... Conditioning? ... Punishment?

### Thoughts on Offense / Defense / Special Teams

Focus on developing skilled football players

Avoid practices that are heavy on learning or memorizing "plays"

Have small playbooks that kids understand and can execute effectively

Defense is getting lined up, off blocks, to the ball, and getting the ball carrier down

### Practice

- A typed, organized plan should be normal (varsity template attached at end)
- A message (day? week?) should start practice and be emphasized throughout
- Sessions should be short and times should be utilized and adhered to
- Utilize coaches, stand ins, equipment, etc
- Practice should end with some positive evaluation and connection back to the message that started the practice
- FIRST WEEK!!!

### Dynamic Warmup

Determine a place you will always have. We work from hash marks with designated positions groups by yard lines. A youth team may be best served by picking a yard line and working toward 10 yards and coming back

Static stretching isn't an athletic activity to start anything. We don't static stretch during practice at any time. If desired, it is best as a cool down activity when practice is over

The Ponies Football warmup is a shortened version of of Bill Parisi who is a speed expert who has worked with 100s of Olympians and NFL draft picks

**Quick Skips / High Skips**  
**Shuffles / Crossovers**  
**Lunges / Side Lunges**  
**High Knees / Butt Kicks**  
**Fast Hips / Backpedal**  
**Stride / Sprint to a huddle**  
**“Ponies on 3”**

#### **Agility Core Four:**

1. Bags / Ladders
  - a. One leg Sprint
  - b. Two Step in between each bag
  - c. Later Two Step in between each bag
  - d. Forward and Backward (backpedal)
  - e. Side to Side (lateral shuffles)
2. Squares - five by five yard squares
  - a. Sprint and turn left / right (working on acute right turns, low center, deceleration)
  - b. Forward / shuffle / backpedal / shuffle (left and right)
  - c. Forward / crossover / backpedal / crossover (left and right)
  - d. Forward, pass drop diagonal, forward, pass drop diagonal
  - e. Combinations of any of the above

#### **Offensive Line Stance**

1. Feet slightly wider than hips. Toes straight and a slight stagger. No more than your mid foot for stagger.
2. Hinge at hips (push but back) and bend knees.
3. Flat back.
4. Five fingers in the dirt. No fist and no flat hands. Imagine eye dropping to ground from a ready position, this is where you place the hand. Then they aren't too long or coiled.
5. Should be able to lift a hand without the sense of falling forward.

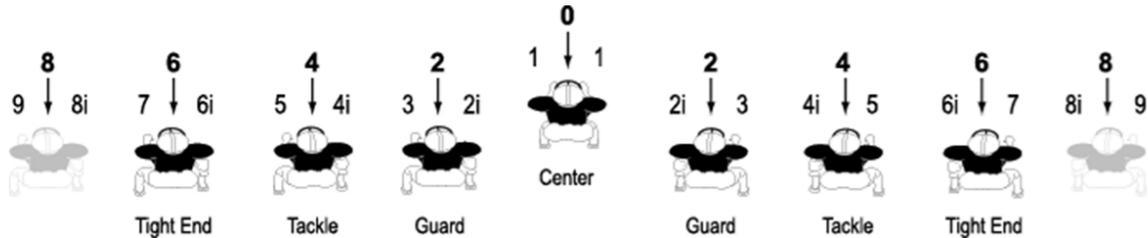
#### **Defensive Line Stance**

1. Feet shoulder width apart.
2. Hand closest to the ball down. Foot closest to the ball goes behind about 6 inches (even with the heel of your other foot)
3. Once in that stance, squat down
4. Stick your hand that is closest to the ball straight out in front of you.
5. Fall forward and catch yourself on that one hand and adjust your body and feet to allow you to see the top of the numbers on the jersey. Eyes must always be able to see so we know what to strike. Your hand that is away should be in a striking position so up and near your adjust ready to attack.
6. The ideal stance once they are in it is so good that if I came by and swept their hand from under them you should be able to catch yourself with that same hand.

## Alignment Terminology

**Defensive 'Techniques':** A way to uniformly communicate specifically where a defender is aligned in relation to an offensive lineman & TE.

Stillwater's Technique numbering is slightly different than the 'normal' Techniques. We believe this way is more logical and easier to comprehend.



**Even Numbers** = Defender aligned "nose to nose" or "head up" on an offensive lineman. (ie: 2 Technique is a defender aligned directly over a guard)

**"i"** = Defender aligned "on" an offensive lineman, but shaded to the inside (ball side).  
(ie: 6i means that a defender is aligned "on" the TE, but shaded, to the inside <ball side>)

**Odd Numbers** = Defender aligned "on" an offensive lineman, but shaded to the outside (side away from the ball). (ie: 5 means that a defender is aligned "on" the Tackle, but shaded, to the outside (side away from the ball)). **NOTE:** the center has two 1's and no 'i's'

## USA Football - Heads Up Tackle / Heads Up Blocking on VAA Website

Link: <http://www.scvaa.org/SCVAAB/coaches-resources>

## Position Skills and Drills

### Quarterback Core Four:

- Partner Throwing: goal - develop proper upper body throwing mechanics for a more powerful and accurate passer
  - 10 yards apart, toes on the white line working on upper body throwing mechanics
  - "Keep the ball dry" - QB's imagine standing in a pool of water up to their chest. Ball should never drop into the water.
  - "Throw over a 6 foot fence" - If the QB is 5 feet tall, he should imagine a 6' fence in front of him. When throwing, release the ball high and over his head.
- Face Right / Face Left: goal - ensure hips and shoulders are in proper position on throws
  - 10 yards apart
  - Turn the QB's so they are facing a sideline with foot nearest the other QB staying on the white line
  - rotate hips away from partner, then toward partner to throw.
- Throw Right / Throw Left: goal - teach proper footwork on throws to the left / right of QB

- 10 yards apart
  - Place one QB on the sideline and his partner on the near hasmark with shoulders parallel to the line of scrimmage, after several throws move sideline QB to hash and hasmark QB to sideline
  - When right handed quarterback is throwing to the right, right foot plant step should have toes pointing back to maximize strength on the throw
  - When right handed quarterback is throwing to the left, right foot plant step should have toes pointing forward to maximize strength on the throw
4. Yo-Yo Drill: goal - have QB's running toward their target while throwing on the run
- 10 yards apart
  - QB A (with ball) runs towards QB B, QB B backpedals while QB A runs toward him
  - After 6-8 steps, QB A chops his feet and throws to QB B.
  - QB A should keep running towards QB B for 3-4 steps after throw
  - QB B catches the ball and takes a few steps backwards to maintain the 10 yard distance between
  - QB then runs towards QB A and makes the same throw to QB A

#### **Running Back Core Four:**

1. Ball Security
  - Ball Check - four points (hand, forearm, bicep, body, held high and tight) - in both hands followed by partner drill. Slow high knees for 10 yards (right) and back (left) while a partner works punches and rips at the ball.
2. Three Step Cut - three steps with 45 degree cuts through 10 yards (right) and back (left)
3. Five Step Cut - same drill but a little faster using five steps instead of three
4. Jump Cut - attack a tackler and laterally jump aside of the tackler and proceed up field

#### **Wide Receiver Core Four:**

1. Stick it Drill - Focus on catching the front of the ball
  - Stand facing your partner.
  - Have your partner throw the ball at all hands of the clock in a clockwise direction. Your partner should aim to throw the ball so your arms are fully extended when you catch it.
  - To advance the drill, turn your back to your partner and wait for his command to turn around.
  - Catching Videos: <https://www.youtube.com/watch?v=59F3kpBUn0Q>
2. Release Technique Drills - Stick-Jab Releases (how to get off the line of scrimmage)  
Video: <https://www.youtube.com/watch?v=b8Y-BrxoGQc> (first segment is releases)
3. Comeback to the Ball Drill - Work back to the ball
  - WR bursts forward five yards, sink hips, chops feet and turn toward the coach (between two cones)
  - WR continues to chop feet
  - Coach throws to one of the cones

- WR moves toward the ball, catches the ball in front of the cone and then “dips and rips” upfield
  - Video: <https://www.youtube.com/watch?v=DETEAN9eU5A> More comeback drills
4. Blocking Drill - Attack top shoulder, feet fire, “THWHWTG!  
(TakeHimWhereHeWantsToGo)
- Thumbs Up
  - Squeeze Elbows In
  - Roll Hips and Run Feet
  - Butt Down / Chest Up
  - Shoot Hands Inside and Control the Block (THWHWTG)
  - Video: <https://www.youtube.com/watch?v=Y4KLdwl8F8c>

#### **Offensive Line Core Four:**

1. Get Off: Two players lineup one in front of the other in their stance. On the count they race 5 yds with the 2nd player chasing and trying to tag the 1st player before he crosses the 5 yds.
2. Kickout pull drill. (Good for fullbacks too). Pick and point near foot toward target at the end of the line where a defender (coach) has a pad. (Right with right shoulder, Left with left shoulder)
3. 1 v 1 Tug of War: We use towels. Two hands, right hand and left hand. I talk about hand strength and leverage. They will get low and pull. They naturally try to get leverage. Use that for the drive block.
4. Sumo: partner. Start shoulder to shoulder and drive. Stay low. Bear crawl if necessary
5. Fit to Drive: Start in a fit position. On signal, drive and finish.

#### **Defensive Back Core Four:**

1. Read step / gather into a backpedal and burst downhill (at hash)
2. Hip flips (from back pedal to sprint both directions)
3. Tight fights with receiver before looking for ball (stay in contact with WR without looking at him and play the thrown football)
4. Attacking ball at high point  
\*\*\*At these levels of play (with a figured general lack of passing), getting off stalk blocks in order to play run support and should be worked regularly

#### **Linebacker Core Four:**

1. Stance / Step / Shuffle / Drive:
  - Progress into mirror drill ... progress into four bag pursuit
2. Stance / Step / Drop (open up hips for a pass drop):
  - Progress into Run vs Pass Read (show draw handoff) ... progress into Box Drill (drop to zone between two WR 10 yards deep and 10 yard apart, break on ball)
3. Tackle Drills - See Heads Up Tackle Resources ... we focus on the following:
  - Stance (Feet - Squeeze - Sink - Hands) to Hit Fit (head across - same shoulder same leg - see what you tackle - rip hands and shoot hips - run feet)
  - Two Way Go (opposite sides of bags carrier vs defender)

- Eye-Opener (opposite sides of four bags with carrier choosing a gap)

#### **Defensive Line Core Four:**

1. Footwork Drill
2. Stance and Start: work proper stance and get off on the ball (ball manually snapped or ball attached to stick). Quick step, stay low, and shoot hands
3. Shoot Hips: work from a six point, then four point, then two point stance
4. Hand Placement: OL places hands on the defensive lineman. Violently press off of the lineman with hands on the chest and work through the block or toward the ball carrier

#### **Defensive Group Sessions:**

- Defensive Pursuit
- Shift-Trade-Motion (adapted to just alignment for lower levels)
- Defense vs Garbage cans
- Coverage Check
- Skelly
- Inside Run
- Turnover Circuit
- Tackle Circuit (Heads Up Tackle)
- 1-on-1

#### **Offensive Group Sessions:**

- 40 Yard Drill
- Shift-Trade-Motion (adapted to just alignment for lower levels)
- Offense vs Garbage cans or stationary defenders with handhelds
- Bird Dog
- Routes on Air / Concepts on Air
- Skelly
- Inside Run
- 1-on-1
- Screen

# Stillwater Ponies Football Practice Plan

Game 5 - Tuesday - WBL- Full - *Handle Winning*

Meetings / Lifts / Film / Etc scheduled here

| Period | DB   | LB  | DL                                  | OL   | QB/RB                           | WR  |
|--------|--|---|-------------------------------------|--|---------------------------------|---|
| 1      | Warmup   |   |                                     |  |                                 |   |
| 2-3    | Kickoff  |   |                                     |  |                                 |   |
| 4-5    | Kickoff Return   |   |                                     |  |                                 |   |
| 6-7    | Indy   | Indy  | Indy                                | Indy   | Indy                            | Indy  |
| 8-9    | T/V Time   | Keys/reads<br>Slot/Wing<br>G to FB<br>EMOL              | Chute<br>Drills                     | (Send Y's<br>to QB's &<br>WR's)  | COA from<br>21<br>personnel     | COA from<br>21<br>personnel<br>10 Blair<br>naked<br>under   |
| 10-11  | Turnover<br>Circuit<br><br>10-11-12  | Turnover<br>Circuit<br><br>10-11-12                     | Turnover<br>Circuit<br><br>10-11-12 | #10<br>Pass 21<br><br>#11 Jumbo  | #10<br>Pass 21<br><br>#11 Jumbo | #10<br>Pass 21<br>Corner<br>F wheel<br>F spout<br>#11 Jumbo |
| 12-15  | Formation<br>Drill<br>14-15<br>Offset FB<br>Over, Trips                          | Formation<br>Drill<br>14-15<br>Offset FB<br>Over, Trips | Keys                                | Inside Run<br>#12 Power<br>#13 61/71<br>#14 White<br>#15 Tag,<br>frog,dive | Inside Run                      |   |
| 16-24  | Team<br>16-19 WBL Scout at Defense (two huddles)<br>20-23 Offense at WBL Defense |   |                                     |  |                                 |   |
| 24     | Conditioning   |   |                                     |  |                                 |   |
|        |  |   |                                     |  |                                 |   |

Announcements:      Go to a youth football team event!