

Coaching Handbook

“The most exact measurement of a coach’s performance is: Are your players doing exactly what you are coaching them to do?”

Our program starts with a staff of strong coaches working together to motivate and teach a group of young men how to bond together to become a championship football team. We must be willing to work hard to achieve this goal. We also must demand that our players work hard as well. This will not be an easy task but together we can make it happen.

Coaches Expectations

1. Have high expectations of our team, coaches, and your individual players.
2. Be demanding. Make players do exactly what you want and how you want it done. Firm but fair, persistent and consistent.
3. Coach attitude and effort. This starts with us. If we are positive, they will be positive. If we coach with intensity, they will practice and play with intensity.
4. Coach toughness and teach them how to overcome adversity.
5. Stress accountability. Never allow less than a player’s best effort in any drill. That starts with us being prepared and on time for all football activities.
6. Correct mistakes by giving players specific information that will help them do what you want. Always make sure that after you have to get on a player that you follow up with him individually before they go home.
7. Be the “Head Coach” of your position. Take ownership and responsibility. Get to know them and find out what makes them tick.

8. Make every player feel positive about playing his position. Never tell a player that he is not good enough. Develop pride in your unit.

9. Stress academic achievement.

10. Set an outstanding example for our players to follow:
 - We must give effort in practice
 - We must be positive
 - We must remember that we are modeling behavior
 - We must watch what we discuss with the players
 - We must watch our language

11. Always have a plan for practice. Know exactly what you are doing and why.

12. Have a series of basic fundamental drills that you will do as EDD's (everyday drills). Coach them with enthusiasm to eliminate monotony.

13. Do not criticize or argue with other coaches in front of our players. If you have a complaint, tell me (we will air it out in the coaches' office). Loyalty is an essential strength of any successful staff.

14. Have fun at practice and as a staff. Make practice fun for players as long as it does not distract them from our goal of becoming a great football team.

15. Stress, "The Team, The Team, The Team!" We are all in this together. Players and coaches will often have to sacrifice personal wants for the good of the team.