Conditioning Philosophy

We are always striving to simulate game situations, and this includes conditioning. We will play FAST, which means we have to do everything FAST. To be FAST, you have to practice FAST. We have trained our coaches and kids to practice like every second counts.

RACEHORSE PRACTICE: Nobody standing around during practice, accomplishes THREE things:

(1) Learn by doing;

(2) More reps mean better conditioned athlete. We will perform more reps than our opponents every day in practice. Common sense tells us that performing a tackling drill more times than our opponent on a daily basis will mean we will be better at those skills when we meet in battle.

(3) Trains the brain to process information fast.

TACKLING: We will open every defensive practice with one of 3 things:

(1) Fast team technique period;   (2) Intense tackling circuit;   (3) physical funnel drill;

Our tackling period will double as a conditioning period

PURSUIT DRILLS: We end every defensive practice with one of 5 different pursuit drills.

DOUBLE WHISTLE: Every defensive player must be to the ball carrier before SECOND whistle is blown approximately 2 seconds after back is tackled,

SHOTGUN ALIGNMENT: We will have TWO scout offenses running plays at our   Defense.

RUN-PASS RAPID FIRE: Our offense will end practice running the following   drill:

Summary of In Season Week

FRIDAY NIGHT: ODK and intercut game

SATURDAY: Coaches meet 7am to 2pm

SUNDAY: Position coaches grade players on own. Coordinators & HC meet/conference call

MONDAY: Lower Body Lift.   Defense Lunch meetings,
Watch our film as a team   Practice 4:30-6:30

TUESDAY: Watch their film as a team during weights   Offensive Lunch meetings,
Practice 3:45-6:30

WEDNESDAY: Upper Body Lift.   Defense Lunch meetings,
Study Hall   Practice 6pm – 8pm

THURSDAY: Watch practice film as a team during weights
Practice 3:30-5pm   Team Dinner

FRIDAY: Pre-game lift before school,   Team Meal right after school

"COACHES WHO SCRIMMAGE ALL THE TIME DON'T KNOW WHAT TO PRACTICE"

Paul Brown