

## FOOTBALL PLAYS AND DRILLS

*Our Mission in bringing you Football Tips Newsletter is to bring you the resources to help you realize all your football goals. It is, and always will be, a "work in progress", as we continue to seek out the plays, drills, tips, books, videos and products that are worth your time and consideration. We believe anyone, with the correct work ethic and desire (especially desire), can elevate themselves to elite coaching or player status. Why not you?*

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If a friend DID forward this to you and if you like what you read, please subscribe by visiting <http://football-plays-and-drills.com/football-newsletter.html>. You'll also receive our two FREE Special Reports: "**5 Keys to Discovering the Successful Coach Inside You**" and "**The Nanotechnology Patch Revolution**".

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September 2, 2005

### What Will You Find In This Issue?

Hmmmm, let's see...

- Genious** (just kidding) Note From Dave & Matt
  - Today's "**Mind Altering**" Quote
  - 2 **Tantalizing** & **Turbo-Charged** Feature Articles geared to help you win now
  - Exciting** Nanotechnology (Energy) Patch Stuff
  - Football Plays and Drills "**Recommends**", or 'How to **Skyrocket** Your Game to the Next Level'
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### Note From Us to You

Matt & I hope you've had a productive summer and wish you a great start to the new season. I've been reading a book called *Total Quarterbacks* and came across a passage I'd like to share with you.

When Jerry Rhome was offensive coordinator of the St. Louis Rams, he discussed the leadership qualities of a quarterback:

"Leadership is one of the areas that separates the greats from the guys. And you cannot train someone to be a leader; it is natural or not. Leadership comes from within the man himself. He has to be tough-minded, confident, even a little cocky at times.

Just how he talks in the huddle can make a difference. It's going to show if he doubts himself. Players around him will feel it. He has to let it be known that he intends to keep plugging away right to the bitter end of the game... You can't expect the others to live and die out there with you if you don't project that.

To a certain extent, given enough time and commitment, coaches can build a player at almost any position. Sure, you have to have some basics... but... if the coaches and players want to work hard enough and long enough, players can generally be developed. Even most of the talents that are called natural can be trained if the player has the potential.

This is much less true of quarterbacks because so much of what they do is innate, is part of their personality, part of what makes them an individual, rather than something strictly athletic or mental...

Of course, you can train a quarterback in a lot of areas... But you cannot make a quarterback confident. You can nurture his confidence, but you can't instill it. It's either going to grow from everything the quarterback does and the way he works with the coaches and the players, or it isn't... Heck, if they didn't know they could accomplish whatever they wanted to, they would have been weeded out of pro football a long time ago."

After reading this, I thought about how the confidence of each quarterback begins at the youth football level!

All the Best,

David Huizar

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If you find the info in this issue helpful, please share it with us. We're looking for a few super testimonials for our website -- especially any to do with our advice helping you to improve your coaching or football skills. If your testimonial is chosen, we'll give you a free sample of the Energy Patches you'll read about later in this issue.

Don't delay -- send us your testimonial right now! (100 words or less, please)

**Just use our "Contact Us" page on our site to send us your testimonial.**

*(After a couple of months or so, we'll pick the best ones and add them to our site)*

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## Quote of the Month

*“The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunity.”*

- Unknown

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## Feature Article #1

### 6 Winning Strategies Guaranteed to Improve Your Coaching Skills

Are you sure you're doing everything you can to be the best coach possible? Absolutely sure?

I've been a coach and I've had a lot of coaches. You know what I've found? Some coaches put all the pieces together and some just don't invest time developing the coaching skills that make a difference.

I can't turn you into a coaching superstar overnight but I can get you started with these six powerful communication skills. I'll break them into two groups: Verbal and Non-verbal.

*Three verbal communication skills you must master:*

#### 1) **Consistency**

Don't send your players mixed messages by telling your team something today and then two days from now completely contradicting yourself. Your players must be able to trust the words that come out of your mouth.

Also, keep your tone consistent with what your words are intending to get across. I had a coach once who, when one of us messed up, would say, "That was great" in a dripping wet sarcastic tone. Talk about sending us a negative message and beating team morale into the ground!

#### 2) **Honesty**

Be honest with your team and always in a positive way. Your team knows when mistakes are made so don't try to ignore them. If you try to gloss over them, you'll lose your team's respect. Just be sure to correct mistakes in a positive way that helps a player see what was done correctly but also feel good about fixing the mistake.

When pointing out a mistake, first say what was good, then say "and if you follow through properly, you'll get the proper spin on the ball", rather than "but if you follow through properly, you'll get the proper spin on the ball".

### 3) **Be Concise**

Don't speak to your team unclearly. Think through what you want to get across ahead of time and deliver your thoughts in a clear, concise manner. Come right out and say it. Don't go off on tangents and bore your players with unnecessary talk. Get to the point and then get the troops moving.

*Three non-verbal communication skills you must master:*

### 4) **Facial Expressions**

Be aware of how closely your team pays attention to what your face is "saying". Don't be a phony by trying to hide what you really feel with a fake smile or a serious blank stare.

Realize, also, that just a simple smile can do wonders for a struggling player or a player unsure of what they're doing. Show them that you're behind them, glad to be with them and there to help.

Don't overdo this, though. Your players will pick up on that. Be genuine in your coaching efforts.

### 5) **Body Language**

If you're standing on the sideline in a way that shows you are happy to be there and confident, how will your players respond as opposed to you scowling around all hunched over and looking angry? Remember to present body language that represents enthusiasm, class and character.

Body language can also be used in the form of physical contact such as a pat, a handshake or an arm around the shoulder. Stay ethical, of course, but physical contact can show your players the many emotions you feel about them - happiness, concern, affection, approval, etc.

### 6) **Listen**

This one's huge! You need to pay attention to your players. You've got to focus on really seeing and hearing your players' verbal and non-verbal signals.

If your players keep hearing you say, "What was that?" or "Did you say something?", you're in trouble and you need to work on your listening skills big time.

Start practicing this coaching skill and watch how much more you instantly start to learn about your team. You'll see a player is upset over something even though he's trying hard to hide it. You'll see how each player reacts to not only you but to one another.

Master these six coaching strategies and watch your coaching skills skyrocket. Your players must know you care way before they'll care about what you have to say. Remember this because too many coaches don't.

- Matt Zavadil

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## Feature Article #2

### Roll Your Quarterback Out and Win More Games

Football teams ranging from the high school level down to the youth football level will never be successful passing the ball.

Do you believe this? Many coaches and football bystanders do. I do not.

In my experience, if you're trying to have success with five or seven step drops, then my opening statement is true. However, if you implement the shorter three-step drop and roll-outs, you can definitely have success passing the ball with youngsters.

Let's take a closer look at the types of roll-outs you can use with your youth football team to gain those crucial yards necessary to move the chains.

#### 1) **Basic Wide Roll-Out**

The basic idea behind the roll-out is to create pressure on the defenders to make a decision on whether to defend the run or pass. At the snap, your quarterback runs to the left or right behind the line of scrimmage instead of dropping straight back.

As your quarterback "rolls out", the cornerback or linebacker in coverage to that side must make a decision: Do they commit to stopping the quarterback from running or stay in pass coverage?

If the defender stays in coverage, the quarterback can throw if the receiver is open or take off and run if the receiver is covered. If the defender decides to come up to stop the run, you may have a wide open receiver for your quarterback to pass to.

#### 2) **Short Roll-Out**

On a short roll-out, you'll instruct your quarterback to move just past the tackle. This type of roll-out gives you the same advantages as explained in the "wide" roll-out with the added option of the throwback pass to the side opposite that of your quarterback's roll-out direction.

#### 3) **Sprint-Out**

The sprint-out is a roll-out where your quarterback will take a quicker and more shallow route along the line as he moves behind the running backs. Usually, you'll have two or three receivers (half-back, tight end, flanker) on the play side run quick outs or hooks so the quarterback can get the ball out quickly. You can also have the quarterback give a quick pitch to a half-back rolling out in front of the QB.

#### 4) **Bootleg**

Whereas in the previously mentioned roll-out types your quarterback moves in the same direction as the running backs, on a bootleg he moves in the opposite direction. At the snap, your quarterback will fake to a running back, then roll to the opposite side of the field.

A bootleg is good in short yardage situations or at the goal line. As the defense reacts to the flow of the play in one direction, your quarterback is moving with the ball in the opposite direction and will usually find an open area in which to run or pass into.

Some teams will have a lineman pull out to provide extra protection while some run a pure "naked" boot where only the quarterback rolls opposite the initial flow direction.

#### 5) **Waggle**

There are different opinions on what constitutes a waggle. Some coaches call it a waggle when the quarterback fakes to one or two running backs and then rolls behind the backs as they all move in the same direction.

Other coaches call it a waggle when the quarterback makes the fake and then moves out in the opposite direction as explained above in the "bootleg" section. Usually, the pulling lineman is employed in this type of roll-out.

I've often found that young offensive linemen have trouble holding out defenders long enough for the five and seven-step drops. Plus, the roll-outs described above will most likely open up more receivers for you as many youth defenders will get confused on whether to come up for the run or stay back in coverage.

It's up to you, but if you desire success with passing the football in the youth leagues, I highly recommend you get good at employing some form of the roll-out into your playbook.

- Matt Zavadil

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## **The Wonders of the Nanotechnology Patch**

Are you using the "[Energy Patches](#)" to enhance your game? **Why not?** Energy Patches are like small band-aids that are worn in strategic areas on your body and are designed to increase stamina, increase energy and improve performance. **If**

**your opponents are wearing them, shouldn't you be?** Want to know more?  
[Watch this short video.](#)

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## **Football Plays and Drills Recommends**

### **1) Reach Your Peak with [Peaksports.com](#) Membership**

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