

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?

If you like this e-zine, please do a friend and us a big favor and "pay it forward."

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**".

WE NEVER RENT, SELL OR GIVE AWAY YOUR PERSONAL INFO-SIMPLE AS THAT!

October 9, 2005

What Will You Find In This Issue?

Hmmmm, let's see...

- Genious** (just kidding) Note From Dave & Matt
 - This Month's "**Mind Altering**" Quote
 - 2 **Tantalizing** & **Turbo-Charged** Feature Articles geared to help you win now
 - Quote of the Month #2
 - 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

I've been reading, "Developing the Leader Within You", by John Maxwell and came across a passage I'd like to share with you:

"The dictionary defines integrity as 'the state of being complete, unified'. When I have integrity, my words and my deeds match up. I am who I am, no matter where I am or who I am with..."

A person with integrity does not have divided loyalties (that's duplicity), nor is he or she merely pretending (that's hypocrisy). People with integrity are 'whole' people; they can be identified by their single-mindedness. People with integrity have nothing to hide and nothing to fear. Their lives are open books. V. Gilbert Beers says, 'A person of integrity is one who has established a system of values against which all of life is judged'.

Integrity is not what we do so much as who we are. And who we are, in turn, determines what we do. Our system of values is so much a part of us we cannot separate it from ourselves. It becomes the navigating system that guides us. It establishes priorities in our lives and judges what we will accept or reject.

We are all faced with conflicting desires. No one, no matter how 'spiritual', can avoid this battle. Integrity is the factor that determines which one will prevail. We struggle daily with situations that demand decisions between what we want to do and what we ought to do. Integrity establishes the ground rules for resolving these tensions..."

Just a thought, but what more can a coach pass on to his or her players that is more important than the lesson of developing integrity in all aspects of life?

All the Best,

David Huizar

Like This Ezine? Please Tell Us (and Have the Chance to **WIN**)

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)

Quote of the Month

“Most football players are temperamental. That's 90 percent temper and 10 percent mental.”

- Doug Plank

Feature Article #1

Teach Your Receivers to Get Open and Score Points In Bunches

Your passing game starts with the ability of your wide receivers to **get separation** from their defenders. It doesn't matter if you have the greatest quarterback in the world if his receivers can't give him a window to throw to.

The **first step** is to teach your wide receivers how to get off the line. If the defenders are pressing and bumping at the line, the receiver must know how to beat the pressure. Begin by teaching fakes. The most basic is the "**head bob**". This is where the wide receiver moves his head to one side while getting his body moving straight or to the other side. A good **shoulder fake** can spice this move up.

Since defenders will eventually pick up on a repeated fake, teach your receivers to mix things up with **double-fakes** (fake one way, then the other, then move beyond the defender).

Wide receivers must also be taught how to **use their hands** to gain separation. Teach the "**rip**" and "**swim**" techniques. If cutting left, teach them to use the right arm to "rip" up through the defender's arms. For the "swim" technique, teach your wide receivers to bring the inside arm up and over the corner's arms to knock the arms downward.

Once off the line, **good route running** is obviously an important skill to develop. One way to help your wide receivers get open is to have them run hard to a specific spot, get control (possibly use a fake here) and make the cut. Plant the foot away from the direction of the cut, make the cut and then accelerate into the cut. Teach your players the importance of getting the defender moving backwards and then cutting away from them.

Besides the straight line charge, you can also have your receivers use an **S-shape weave** to get open. Have them run quickly at the defender to get close, then "curve" around him to gain separation.

Against **man-to-man coverage**, learning the art of good cuts and making those cuts at the right time will be extremely important to the success of your wide receivers. Against **zone coverage**, it's a bit different. Since the defenders are defending an area, the receivers won't need to use their fakes quite as much since they just need to find the holes in the zone.

One often **over-looked area** where you can give your players an advantage is in your **scouting** of the opposition. Don't underestimate the importance of exploiting how your players match up to the other guys. Figure out how you can **game-plan** how to get your best or fastest receiver matched up against the opposition's weakest or slowest defensive back.

Teach your wide receivers the **correct fundamentals** for getting open, game-plan your **match ups** effectively, then sit back and feel the satisfaction of watching a beautifully executed big play **win the game** for your players.

- Matt Zavadil

Feature Article #2

We subscribe to John Maxwell's "Leadership Wired" Newsletter and thought this article was a good one to pass on to you:

THE DIFFERENCE

By Dr. John C. Maxwell

Football season is barely underway, but it's never too soon to start speculating about which NFL team is going to win the coveted Vince Lombardi Trophy next February.

Will the New England Patriots continue their domination of the big game and win their third Super Bowl in a row? Or, come January, will some wildcard team that has received little recognition surge to the front of the pack and surprise everyone with a Super Bowl victory?

In the NFL, you just never know. That's because when it comes to parity, no other professional sport is as equal as pro football. On any given Sunday, any team can beat any other team. And although the Patriots have dominated recently, the fact that eight different teams have played in the last five Super Bowls is another indication that the better teams in the league are on fairly equal footing when it comes to talent.

So what sets one talented team apart from another equally gifted team? In a word, *leadership*.

All other things being equal, the team with the best leaders will always win. Or, as one of my 17 Laws of Teamwork states, the difference between two equally talented teams is leadership. It's the Law of the Edge, and it's an incredibly powerful concept. Whether the team is made up of professional football players, military personnel or business people, everything rises and falls on leadership.

We've spent the last several issues of *Leadership Wired* talking about various aspects of teamwork— putting the right players in the right places, what a good team does for a leader, how to transfer a vision to your team, the necessity of a strong set of values, etc. As you reflect on these issues and think about how you can lead your team better, here are some practical suggestions that will help pave your way—and your team's way—to success.

- 1. Make a decision to build a team.** Teams just don't build themselves. If you want to see your dream come to fruition, dedicate yourself to team building. Take care of the team, and it will take care of the dream.
- 2. Gather the best players possible.** The better the players on the team, the greater the team's potential for success. The bigger the dream, the better the team you need. Start well, and the rest of the process is much easier.
- 3. Pay the price to develop the team.** Team building has a price—it costs energy, money and time. And when you build a team, you pay with your life. But if you do, in return you receive a better life.
- 4. Do things together as a team.** Good team leaders know that you touch a heart before you ask for a hand. That's the Law of Connection. And the way you create that connection is by doing things together.
- 5. Empower team members with responsibility and authority.** A team can achieve only when its individual members are vested with responsibility and authority. Responsibility gives them the desire; authority gives them the means. Empowered team members accomplish more and help the team to continually improve.
- 6. Give credit for success to the team.** Too many leaders steal their team's ego food. If you want your team to keep fighting for the dream, remember that nothing motivates a team like recognition. Put the credit where it belongs—with the people who get the job done.
- 7. Watch to see that the investment in the team is paying off.** As a leader, you can never afford to stop investing in your people. Everyone doesn't naturally grow on his or her own. Activity does not always mean accomplishment, however. You need to measure your investment. Be sure that you're doing the right things to help your people. You can do that by paying attention to what's paying off.
- 8. Stop investing in players who do not grow.** It's sad to say, but not every investment in people pays off. When that happens, you must stop giving your best attention to those who aren't growing. Life is short, and for every person who won't—or can't—grow, there is someone else who would love to benefit from what you have to give.
- 9. Create new opportunities for the team.** One of the roles of team members is to help the team succeed. That means finding new opportunities for the team. No matter how long your team has been together or how successful you've been in the past, never let a day go by that you're not looking for ways to help your team keep moving forward.

10. Finally, give the team the best possible chance to succeed. In the end, the team fails or succeeds together, and the best way to serve the individuals on the team is to see that the whole team wins. Do that, and dreams can come true for everyone.

You can find out more about John's newsletter at <http://injoy.com>

Quote of the Month #2

"Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence."

- Erma Bombeck

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) ["Peak Sports" Membership](#)

By the way, if you'd like to use your love of football as a way to earn extra income, visit <http://football-plays-and-drills.com/best-biz-opp-report.html> for our Free Special Report, **"The Best Biz Opportunity You Can Find: How To Live The Life You Deserve!"**