

## LAKE ZURICH FOOTBALL

BUILDING THE LZ ATTITUDE THROUGH DRILLS, PREPARTION, AND PHILOSOPHY: BRYAN STORTZ

### PROGRAM PHILOSOPHY:

- Mission
- Expectations
- Creating a Mentality – Condition the mind
- Foundation for success

### DRILLS (Daily drills that create the fundamental differences):

Is the drill specific to our needs?

Is the drill effective?

Is the evident in games?

How often is the drill used?

What is the finish point of the drill?

Can the drill be built on?

### DRILLS:

- Stations
  - Competition
  - Team
  - Defensive
  - Offensive
- Okie V
- Man-Up
- Open Field
- Cage Drill
- Desire
- 1 on 1 Block & Shed
- T-Chute
- 4-Corner Pull
- Kickoff
- Crossover(s)

PRACTICE/GAME VIDEO OF DRILLS: