

# **DIFFERENCE MAKERS AND MOTIVATION**

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## **PRE SEASON-**

### **SPRING AND SUMMER STRENGTH AND CONDITIONING**

-4 DAYS A WEEK-SPRING-6AM/AFTER SCHOOL

-SUMMER-6AM OR 5PM

**PROGRAM**-WARM-UP, LIFT, RUN, ABS OR LPS

KEEP ATTENDANCE-MAKE 90% IN SPRING-SPECIAL HELMET DECALS

-MAKE 95%>IN SUMMER-NO BIG LAP TO START PRACTICE

**MOST VALUABLE LIFTER AWARD**-ATTENDANCE AND IMPROVEMENT IN TESTING

**TEST**- IN MAY @ END OF SCHOOL YEAR- BENCH 135# REPS, STANDING VERTICAL JUMP, 40YD DASH, 10YD DASH, 300 SHUTTLE RUN

**RE-TEST** FIRST DAY OF PRACTICE

TELL PLAYERS WE ONLY WANT THEM TO DO THE WORKOUT DURING THE SUMMER; **WE DO NOT PRACTICE**, EXCEPT ONCE FOR A 7 ON 7 LEAGUE THAT WE HOST ON 4 NIGHTS IN JULY.

FIRST PRACTICE OF SEASON- **WALK OF CHAMPIONS**-WE STRESS THE IMPORTANT ASPECTS OF OUR SCHOOL AND FB PROGRAM-EACH COACH WILL TALK

ABOUT:CHAPEL,CLASSROOM,LOCKER ROOM, TROPY CASE, WEIGHT ROOM,PRACTICE FIELD, CORY'S TREE

**PRE-SEASON PRACTICES**-3 A DAY-8-10AM, 1-12PM, 5-7PM. MIDDLE PRACTICE IS HELMET ONLY ALWAYS WHERE WE TEACH OFFENSE, DEFENSE,SPECIAL TEAMS

**PLAYER OF THE DAY**- COACHES SELECT-PLAYER(S) WHO WORK THE HARDEST AT ALL 3 PRACTICES GET A SPORT DRINK AND CAN USE THE COACHES SHOWER

**MOST INSPIRATIONAL AWARD**-PLAYERS SELECT THE PLAYER DURING PRE-SEASON WHO SHOWED THE GREATEST CHARACTER, PRIDE AND DETERMINATION

**SWIM AND PIZZA PARTY**-VARSITY ONLY- FRIDAY BEFORE OUR BIG SCRIMMAGE WHERE THEY SELECT THE MOST INSPIRITIONAL AWARD WINNER AND OUR 3 CAPTAINS FOR THE YEAR.

WE SELECT A **4<sup>TH</sup> CAPTAIN** THE THURSDAY BEFORE EACH GAME BASED ON EFFORT THAT WEEK.

**FATHER/SON CAMPOUT**-1<sup>ST</sup> SATURDAY OF PRE-SEASON, VERY SPECIAL-

HUG-FRIENDS FOREVER, VERY HARD CONDITIONING PRACTICE, MASS, STEAK DINNER, CAMPFIRE MEETING AND INSPIRITIONAL SPEECH, COMET CREDIT CARD

**MOTHER/SON BANQUET**- HELD FRIDAY AFTER LAST REGULAR SEASON GAME-GUEST SPEAKER, PICTURES, GREAT NIGHT FOR MOMS

## **IN SEASON**

**PRE-PRACTICE SPEECH**-EVERY NIGHT, SET THE TONE, GET PLAYERS ATTENTION

**COACHES**- OURS COACH A POSITION NOT A LEVEL, HAVE SAME COACH FOR 4 YEARS,CONTINUITY IN PROGRAM AND PUTS THE COACHES IN A POSITION FOR SUCCESS

**STUDY HALL**- 1 D OR MORE-MANDATORY STUDY HALL- 2 NIGHTS A WEEK, 1 1/2 HOURS A NIGHT OF SILENT STUDY HALL, UNTIL GRADE IS UP

**COACHES SUNDAY NIGHT MEETING**-FILM REVIEW, SCOUTING REPORT, DEFENSIVE AND OFFENSIVE ADJUSTMENTS, PERSONNEL, SET TEAM GOALS FOR WEEK (USUALLY 3/O, 3/D, 3ST) EAT

**GOALS NOT MET**-WHOLE TEAM RUNS A PERFECT 120 SPRINT EACH ON MONDAY

**WEDNESDAY NIGHT PRACTICE**- UNDER THE LIGHTS, GREAT ATMOSPHERE, PLAYERS CAN GET HW DONE EARLY, OIL CHANGE, HAIRCUT, TUTORING, DR APPT, ETC.

**GOALLINE COMPETITION**- SCOUT TEAM vs STARTERS, BET ON 5 PLAYS- FOR 25 UP/DOWNS, WE DO THIS FOR O AND D

**MONDAY NIGHT SPECIAL TEAM DRILLS**-REVIEW ALL SPECIAL TEAMS AND DO DRILLS FOR PUNT AND KO COVERAGES- overhead

**OFFSIDES DURING PRACTICE**- 100 YD CRAB WALK FOR EACH ONE

**THURSDAY NIGHT TEAM DINNER AND TEAM MEETING**-MEAL PREPARED BY PARENTS, MEETING WITH MOTIVATIONAL THOUGHT, REFLECT ON SPEECH

**CHAIN**- AT THURSDAY MEETING BEFORE 1<sup>ST</sup> PLAYOFF GAME- LINK GIVEN TO EACH PLAYER, COACH, and MANAGER-PUT LINK ON WHEN YOU CAN HONESTLY SAY YOU WILL GIVE A 100% TO THE TEAM

**HIGH SCHOOL PLAYERS COACH MIDDLE SCHOOL PLAYERS**- MS PLAYERS ROLE MODELS TEACHING THEM, A GREAT REVIEW FOR THE HS PLAYERS OF THE POSITIONS ASSIGNMENTS, RESPONSIBILITIES, AND TECHNIQUES

**EDD's**-EVERY DAY DRILLS- BY POSITION