

LESS IS MORE
JOHN IVLOW HEAD FOOTBALL COACH
BOLINGBROOK HS

INTRO

*In 2011 we won our first state title in football. In 10 years, we have not changed much. We have always been “knocking at the door” in the playoffs with a “Less is More attitude”

DISCIPLINE

*Not a big “Rule” guy. Kids know right from wrong. NEVER paint yourself into a corner. Bolingbrook team rules:

- 1) Respect yourself
- 2) Respect each other
- 3) Respect property

*Shake hands, Look in eye, etc... is the closest thing we have to rules

PRACTICE

*Summer: USE ALL 25 DAYS (BHS on turf)

*Bring up young talent even if you don't keep them

*Practice scheduled around the KIDS time (Summer school, work)

*No 2 a day's....that's what we use summer for...to teach!

*Coat of armor in the off season (weights). No conditioning in the off season or summer. Still use June and July to get Big and strong.

*Evaluate your off season program!

*45 out of 65 dressed saw action in the title game..How?

*We got better as the year went on

*2 platoon system and Individual Improvement. Kids get better with reps. Practicing simultaneously with defense keeps more kids involved and lets us spend more time on skills/schemes.

- *Must have organized practice plan (don't wing it)
- *All practices are on the turf - even if we have to come back (no grass)
- *HATE 7 on 7 (practice with a line and a rush) team pass
- *Walk Thru Monday, Tues & Wed 2 hours, Thurs 45 mins, Sat off
- *Controlled practices (no one on ground)..Golden rule#1..NO ONE GETS INJURED IN PRACTICE!

COACHES

- *Check your ego at the door (E.M.) Always listen, learn
- *Less responsibility through more coaches
- *12 varsity coaches. 7 of 13 stipends are on Varsity. 5 Volunteers
- *Breakdown.....RB, WR, QB, DB, TE, 2OL, 3DL, 2 LB
- *No computer software for scouting
- *Scout ourselves week to week, change formation if necessary
- *Curse words to a minimum, no ridicule (what you see is all we have)

PARENTS

- *Keep them less involved. Open practice, stay in bleachers
- *Tell them you will show up at their job
- *Playing time is NOT negotiable
- *They have THEIR child's best interest, you have the TEAM'S
- *Spend a week at practice if you want input

SCHEMES

- *No playbooks
- *One word plays, no numbers and direction is how we call play (i.e.)
- *Kids need to know if they have motion.. (not difficult)
- *8 runs, 2 PAP, 5 three step passes under center
- *Plays in shotgun mirror under center minus some "wrinkles"
- *Turn over to O-Coordinator Matt Monken who will talk on our ABC play

U OF I CLINIC
KEEPING IT SIMPLE ON DEFENSE AT BOLINGBROOK H.S.

KEYS TO GOOD DEFENSE-

- PRIMARY OBJECTIVE IS TO KEEP OPPOSITION FROM SCORING.
- NO LONG RUNS/PASSES (BEND BUT DON'T BREAK) FOR EASY TD (ODDS ARE STACKED AGAINST TEAM DRIVING 80 YDS. W/O SOME MISHAP- PENALTY, FUMBLE, BAD SNAP, DROPPED PASS, SACK, ETC...), CAN STOP BIG PLAYS BY NO MENTAL ERRORS AND NO MISSED TACKLES.
- FORCE TURNOVERS (REFER TO THEM AS TAKEAWAYS NOT TURNOVERS). THE OFFENSE DOESN'T TURN THE BALL OVER TO US. WE TAKE IT AWAY.
- STOP THE RUN.
- DEFENDERS MUST HAVE SIMPLE READS AND MAXIMUM QUALITY REPITITIONS AT RESPONDING TO THEIR KEYS/READS (WILL BE AGGRESSIVE). A GOOD SOUND DEFENSE IS ONE THAT HAS EVERY PLAYER FOCUSED ENOUGH TO CARRY OUT HIS ASSIGNMENT W/ GREAT FUNDAMENTALS (11 AS 1). PLAYING SIMPLE (BASE DEFENSE) ALLOWS US TO PLAY PHYSICAL (PUNISH OTHER TEAM'S QB, WR'S, RB'S).
- GREAT TACKLING AND PURSUIT.
- GAP SOUND/OPTION SOUND.
- EVERYTHING WE DO ON DEFENSE IS BASED ON STANCE, ALIGNMENT, KEYS, REACTION TO KEY, TECHNIQUE, TACKLING, BLOCK PROTECTION, TURNOVERS AND GREAT PURSUIT.
- ALIGNMENT (ALL WE DO ON MONDAYS IS LINE UP TO EVERY FORMATION THE OTHER TEAM HAS). IT IS OUR MOST IMPORTANT PRACTICE OF THE WEEK.

KEEP DEFENSE SIMPLE

- NEVER SETTLE FOR ANYTHING LESS THAN PERFECTION IN ITS' EXECUTION.
- PICK A DEFENSE AND LEARN EVERYTHING ABOUT IT (STICK W/ IT). CAN'T BE AN EXPERT AT EVERYTHING. ALWAYS STAY WITH BASIC DEFENSE THAT HAVE USED ALL SEASON.
- DEFENSES SHOULD ADJUST EASILY TO ALL FORMATIONS W/ AS FEW PLAYERS INVOLVED IN ADJUSTMENTS AS POSSIBLE.
- 75 PERCENT BASE DEFENSE WITH DL STUNTS, ZONE/MAN PRESSURES TO COMPLIMENT BASE. DON'T DO TOO MUCH ON DEFENSE. ONE NEW DEFENSE= A MILLION (B/C IT HAS TO BE SOUND AGAINST ANY FORMATION, MOTION, SHIFT, REVERSE, OPTION, BOOT, ETC...)

TAKE AWAY WHAT THE OTHER TEAM DOES BEST,

- BEST PLAYERS/PLAYS (MAKE 'EM BEAT US LEFT HANDED).
- FOCUS ON THEIR TENDENCIES. STOP THEIR BEST 4-6 RUNNING PLAYS AND 4-6 BEST PASSING PLAYS/CONCEPTS. EXPOSE DEFENSE TO BEST PLAYS ALL WEEK IN SCOUT PERIOD/7 ON 7/ETC...
- DON'T DEFEND EVERYTHING OR YOU'LL DEFEND NOTHING. DON'T WHAT YOURSELF TO DEATH.

Packaging Plays Together
Matt Monken- Offensive Coordinator
Bolingbrook Football

Getting Stuck

How many times do you call a play and say, "I wish I would have called?"
Package plays that complement one another-WR Screen Package
Use easy terminology-Keep play call to one word
Getting your best players the ball
Shotgun Formations- Empty/ 2 by 2/ 3 by 1

Receiver Screen Package

WR Screen/ Double Slant/ Bubble

Three plays in one=ABC
Huddle Call- Keep plays to 1 word
Pre Snap Reads- Corner/LB/Safety/Numbers
What do we want? Down & Distance/ Player/ Defender Matchup

WR Screen

QB Read-Defense Corner to OSLB to Safety
Blocking Scheme -O Line Play side Reach/ Backside Cuts
Tackles Rip OLB to Safety- Slot Blocks OSLB or Corner- Back Blocks Corner
WR Routes/Footwork- Three Step Line Route for WR
Sight Adjustment- Corner Press WR Runs Go Route

Double Slant

QB Read-Defense OSLB to Safety
Blocking Scheme- Pass Pro Scheme
WR Routes/Footwork- Three yard Slant Route-In/Slant/Skinny
Sight Adjustments-WR Beat Press Corner

Bubble

QB Read-Defense Corner to Numbers Matchup
Blocking Scheme- Similar to WR Screen-Use your angles don't block Roof
WR Routes/Footwork- Three Step Bubble Route-Inside foot first
Sight Adjustments-Backside WR Screen or Go