



**Integrating the Fresh/Soph Programs into
the Varsity
Sycamore High School Football 2013
IHSFCA clinic**

Intro

- ✘ Coach Daryl Graves
- ✘ Coach Brian Hustler
- ✘ Thank coaches for attending this presentation
- ✘ Thank the Illinois High School Football Coaches Association
- ✘ How to Integrate Players from Lower Level to Varsity Level

Daryl Graves

- ✘ How I got to Sycamore?
 - + Three sport coaching
 - + 30+ years of coaching
 - + Coaching a variety of sports
 - + Coaching with coaches (previous head coaches)
 - + Coaching with Joe Ryan

Brian Hutsler

- ✘ Graduate of Sycamore High School
- ✘ Volunteer as a senior in high school and freshman year in college
- ✘ Paid assistant as a college student
- ✘ Fresh/Soph assistant coach/offensive coordinator

Program philosophy

- ✘ We will not sacrifice wins on the Varsity level for wins on the Freshman and Sophomore level
- ✘ An athletes Freshman and Sophomore years will be used to gain technique and knowledge in our Offensive and Defensive schemes
- ✘ While in the weight room, during camp and any offseason workouts our Freshman and Sophomores will work with the Varsity

FR/SOPH Records the past 5 years

- ✘ 2009: Freshman 2-7 Sophomore 6-3
- ✘ 2010: Freshman 2-7 Sophomore 6-3
- ✘ 2011: Freshman 6-3 Sophomore 8-1
- ✘ 2012: Freshman 6-3 Sophomore 1-7-1

Roles/responsibilities of staff

- ✘ Teach the same philosophy, techniques and schemes
- ✘ Be in all scouting meetings with Varsity
- ✘ Game plan with Varsity (not the same)
- ✘ Assist upper levels on game day
- ✘ Be flexible
- ✘ Check your ego at the door
- ✘ Loyalty and trust
- ✘ Have fun

Roles/Responsibilities of players

- ✘ Varsity will work with lower levels when ever possible (Leadership roles) (Weight room)
- ✘ Prepare yourself to be ready to help at the next level when called upon
- ✘ Sophomores and Varsity will show class below them how things are done (warm-up, drills, etc)
- ✘ When called upon to practice up, athletes are there to show they belong. Not just a body

Philosophy of player movement

- ✘ We will not move a player up just because they are “good”
- ✘ They must be dominating at their level
- ✘ Will not move a younger player up if there is someone at that level already who could do the job
- ✘ Soph to Varsity: must make a difference. Don't move up just for numbers
- ✘ Fresh to Soph: must make a difference or be a definite need. Move up for special teams

looping

- ✘ Freshman coaches will move up when their freshman become sophomores
- ✘ Sophomore coaches will move down to the incoming freshman when their sophomores move to the Varsity
- ✘ Same staff with the same athletes for 2 years
- ✘ Coaches must be humble (No Egos)
- ✘ Teach the same system at both levels as the Varsity

✘ Pros

- ✘ Continuity with players and coaches
- ✘ Same language
- ✘ Same system
- ✘ Same philosophy
- ✘ Familiarity with players

✘ Looping

- ✘ Familiarity with coaches

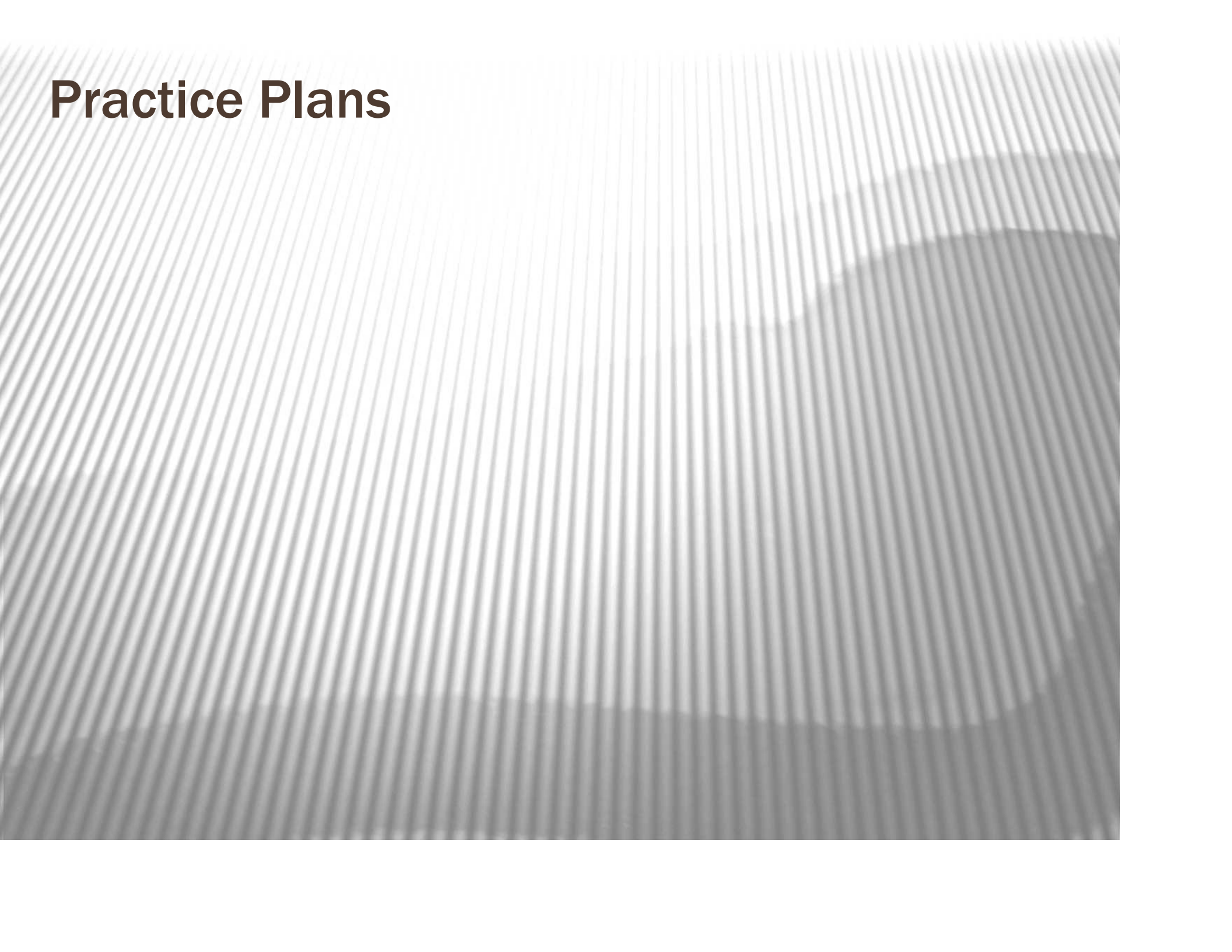
✘ Cons

- ✘ Same language
- ✘ Same system
- ✘ Same philosophy
- ✘ If a player has a bad experience with a coach it may drive them away

Summer Camps

- ✘ All levels work together at times (warm-up, tackling stations, conditioning)
- ✘ During individual, group, and team periods freshman self serve and sophomores and varsity work together
- ✘ Freshman work on learning our system and improving basic skills
- ✘ Sophomores start to learn more advanced ideas in our offensive and defensive systems through the varsity

Practice Plans



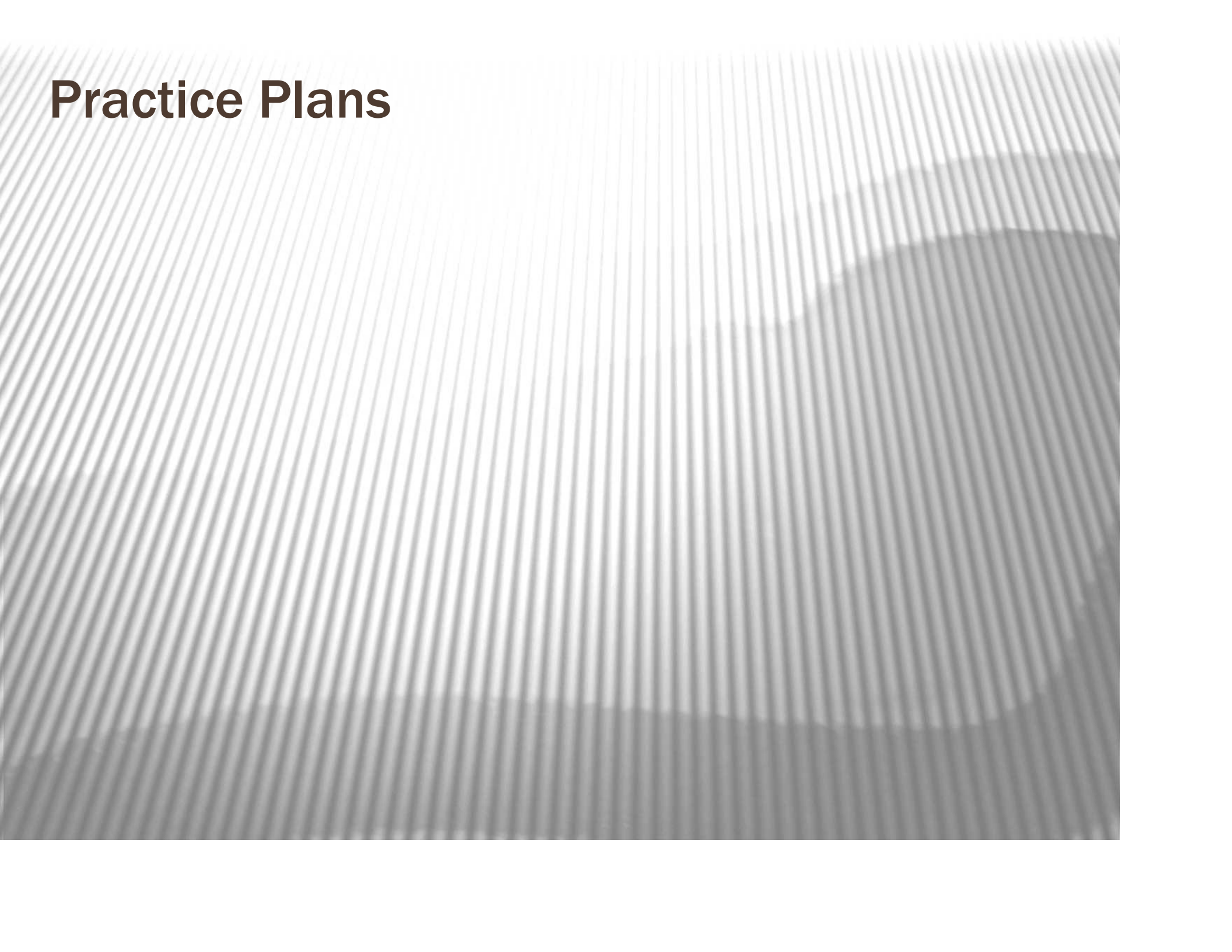
Average week for freshman

- ✘ Monday: Game(away: self serve/home: will get help)
- ✘ Tuesday: Watch Monday's game film/scouting meeting for next opponent/run
- ✘ Wednesday: With soph(specials, O&D group, & team) full gear
- ✘ Thursday: With soph(all specials, team) O & D breakdown (only freshman) full gear
- ✘ Friday: Soph game (dress/play or watch)

Average week for soph

- ✘ Saturday: watch previous game film/run or lift
- ✘ Monday: Scouting meeting (film/walk through)
- ✘ Tuesday: With Varsity(specials, group D, inside run & 7on7, team D vs. Varsity, team O self serve)
- ✘ Wednesday: With Fresh(specials, group D, team D, group O, team O)
- ✘ Thursday: Walk through with Fresh(all specials, team D, team O, 2 minute O)
- ✘ Friday: Game (game Fresh will dress/play)

Practice Plans



Questions?

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