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1/2/2014

ARGO FOOTBALL

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# **Practice and Game Productivity and Organizational Efficiency**



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# Efficient

- **Being effective without wasting time or effort or expense**
- **An efficient practice is**
  - **Organized**
  - **Fast**
  - **Meaningful**

**Establish Routine**

# **USE OF COMPUTERS TO ORGANIZE**

- **COACHES**
- **LEVELS**
- **DRILLS**
- **TEACHING**
- **HUDL**
  - **PRESEASON/PRACTICE/REPORTS/SCOUTING/GA  
MEPLANS**

# 4 PARTS

- **PHASE 1 ORGANIZE NOW**
- **PHASE 2 INSTALLS/SUMMER**
- **PHASE 3 PRACTICE ORGANIZATION**
- **PHASE 4 GAMEPLANING**

# PHASE 1

- **TASKS TO COMPLETE NOW**
  - **SCRIPTS**
  - **NETWORKING FOR SCOUTING**
  - **PLAYBOOK**
  - **INSTALLS**

# PHASE 1:PRE SUMMMER

- **SCHEDULE/GAMEPLAN**
  - GO DOWN SCHEDULE
  - WARS
- **PLAY SELECTION**
- **BREAKDOWNS**
- **SUMMARY**
- **FORMATIONS**



# **THIS CAN BE DONE NOW**

**DEVELOP AN INSTALLATION  
SCHEDULE FOR EVERY PHASE OF  
THE GAME—OFFENSE / DEFENSE /  
SPECIAL TEAMS / LIFTING /  
CONDITIONING**

# **PHASE 1**

**DEVELOP MORE EFFICIENT WAYS TO TEACH  
OUR MATERIAL. STUDY WAYS TO IMPROVE AS  
A TEACHER.**

**ANALYZE THE PRESEASON SCHEDULE**

**ANALYZE THE GAME WEEK PREPARATION**

**PRACTICE WHAT YOU DO IN A  
GAME**

**CHART WHAT YOU ACTUALLY RUN  
PRACTICE WHAT YOU  
ACTUALLY RUN**

# **PRE-SEASON**

## **MAKE A MASTER PLAN**

# COACHES

- **DETERMINE THE SIZE AND SCOPE OF WHAT YOU WISH TO RUN**
- **SINGLE MOST IMPORTANT PART**
- **DETERMINE THE CAPABILITIES OF THE GROUP OF PLAYERS YOU ARE DEALING WITH**
- **MAY CHANGE**

# COACHES

- **ANALYZE THE METHODS YOU ARE USING**
- **VIDEO/ANGLES**
- **HUDL/ PRESENTATIONS**
  - **HOW KIDS WATCH VIDEO**
- **USE ALL THE TOOLS AVAILABLE**

# COACHES

- **YOU SHOULD BE AS DETAILED AND SPECIFIC AS YOUR TIME AND MATERIALS ALLOW**

# **PRACTICE WHAT YOU DO IN A GAME**



**PHASE TWO**  
**PRACTICE PLANNING &**  
**ORGANIZATION**  
**PRE SEASON PRACTICE**  
**VS**  
**GAME PLAN**

# MASTER FOR YEAR

- **I SEE TOO MUCH/TOO SOON**
- **INCLUDE INTENSITY**
- **WHAT DO YOU WANT TO ACCOMPLISH?**

# Things to consider when planning practice

- **Time**
- **Purpose or Objective**
- **Teach drills that are relevant to your Game Plan**
- **Work hard on Great Fundamentals**

# **Things you need to run a Great Practice**

- **Clock Keeping time for coaches and count downs the segments it is coaches responsibility to know where they are suppose to me.**
- **Run to Stations-No Helmets off on the Field**
- **Coach on the Run no standing and talking do that before or after Practice**
- **Have a Plan and work the Plan!!!**

# COACHES

- **CLEARLY IDENTIFY WHAT RESPONSIBILITIES ARE**
  - PRACTICE
  - GAME

# PHASE 3

# PRACTICE

# Practice Organization

## Limitations

- **Time**
- **Size of Team**
- **Scheme**

# **PLAY SITUATIONS IN AN AVERAGE** **GAME**

**WE CAN NO LONGER CONDUCT PRACTICES  
WHERE THE BALL IS PLACED IN ONE SPOT ON  
THE PRACTICE FIELD FOR 2 HOURS. THE GAME  
IS NOT PLAYED THAT WAY**



# USE OF HUDL FOR PRACTICE

- **NEW RULES/TIME LIMITS ON PRACTICE**
- **WALKTHROUGHS ON FILM**
  - **SPECIFIC GROUPS**
  - **DON'T NEED TO WATCH TOGETHER**
- **USUALLY A DAY OFF(YESTERDAY'S PRACTICE)**

# MASTER SCHEDULE FOR PRACTICE

- **PRE-SEASON**
- **GAME PREP**

# PRACTICE

- NO HUDDLE
- REPS
- SCOUT O
- INSTALL

**DOUBLES**

**CONDITIONING**

**WALKTHROUGHS**

**COACH ON FILM**

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# **REPS/REPS/REPS**

- **ATHLETES LEARN BY DOING**
- **NO HUDDLE**
- **2 IN A ROW**
- **OVERTIME**

**KNOW WHAT THE INTENSITY IS  
SCRIPT ON PRACTICE SCHEDULE**

# **NO WASTED TIME**

- **EXPLAINING TO A SINGLE PLAYER**
- **20 ATHLETES STANDING**
- **PULL OUT AND EXPLAIN**
- **SCRIMMAGE--PLAN FOR ATHLETES NOT PARTICIPATING**

# PHASE III

- **A WELL ORGANIZED PRACTICE IS FAR MORE VALUABLE THAN A GREAT PLAY CALL ON FRIDAY NIGHT**
- **COACH SETS THE TEMPO**
- **NEVER WORK AT “HALF SPEED” DURING TEAM**

# TENDENCIES

## STUDY OF PLAY SITUATIONS IN AN AVERAGE GAME

## STUDY OF DOWN AND DISTANCE BREAKDOWN IN AN AVERAGE GAME

# Creating Practice Tempo

- **Keep the attention of the players by changing from contact periods to non-contact periods.**
- **Keep the attention of the coaches by changing from ‘coaching-on-the-run tempo’ to ‘coaching-off-the-film tempo’**
- **Start the practice with great tempo**
- **Don’t be afraid to change your entire schedule**

**1/2/2014 ARGENTON 1711 If a man makes a mental mistake, replace him**



# Creating Practice Tempo

- **Start every session from the sidelines**
  - Water down
  - Get your thoughts right
  - Blow the whistle for the next period
- **Most of the game is spent on the sidelines**
- **Use sidelines for**
  - Rest
  - Getting players to perform on command
  - Sudden change, etc.

# WHAT IS THE TEMPO?

- **Talk to your players about the importance of non-padded practices**
- **Full Pads or No Pads?**
  - **When**
  - **Why**

# **DRILL ORGANIZATION**

**“THE BEST COACHES  
NEVER HAVE ENOUGH**

# RUNNING THE DRILL

- **Do not waste time setting up or changing players – Name drills & they will learn**
- **Reps vs. Correction: You set the Intensity!**
- **Finish Strong/Review Skills & Corrections**
- **Notes: Improvement, changes, specific players, etc.**

# **SCOUT TEAM ORGANIZATION**

- **MACHINE GUN**
- **40'S AND IN –OFFENSE**
- **USE TEAM SCRIPTS**
- **SITUATIONS**

# CONDITIONING

- **Our team is not prepared to run a marathon, wrestle, or play basketball.**
- **Our team is prepared to play football at a high level for a long period of time because we practice for success.**
  - **Players drink water constantly throughout practice with coaches always telling them to drink**

**“AS A COACH YOU AND YOUR STAFF HAVE A RESPONSIBILITY TO BRING YOUR “A” GAME EVERYDAY, TO BE PREPARED—YOU EXPECT THAT FROM YOUR PLAYERS!”**

# LEVELS

- **TURN IN PRACTICE PLANS**
- **PRACTICE TOGETHER**



**WHAT YOU SEE ON FILM IS WHAT  
YOU ARE COACHING THEM TO DO,  
OR ALLOWING THEM TO DO.**

# PRACTICE

- **DRILLS**
- **TALKING**
- **FULLTEAM**
- **O**
- **D**
- **SPECIALTIES**

# **GAME PLANNING**

## **PHASE 4**

- **SCHEDULE**
- **LAST YEAR**
  - **WHY**
  - **PRE/POST GAMEPLAN**
  - **SITUATIONS?**
  - **RETURNERS**
- **WELL COACHED TEAMS**
- **BREAKDOWNS**

# GAMEPLANNING AND PRACTICE SITUATIONS

# GAMEPLANNING

- ***DOES YOUR PRESEASON AND WEEKLY PRACTICE ORGANIZATION REFLECT YOUR NUMBERS?***
- **GOAL EXAMPLE**
- **DL SCOUT**

# **ESTABLISH AN OPENING SEQUENCE**

- **IDENTIFIED**
- **PRACTICED**
- **IMPLEMENTED BY ENTIRE STAFF & TEAM**

# PRACTICE SITUATIONS

- **PLAY “WHAT IF”**
- **LAST THREE PLAYS**
- **IDENTIFY PARAMETERS OF SITUATION**
- **IDENTIFY MEASURABLE SUCCESS  
OF EACH SEGMENT**
- **HOW ARE YOU GOING TO ACHIEVE THOSE  
LEVELS**

# GAME PLAY SELECTION

- OFFENSE
- PLAYCHART



# SCOUTING

- **Self**
  - Redo?
  - Why
  - **PERSONNEL PROBLEMS?**
- **Hudl**
- **LAST SEASON**
- **GAMEPLAN VS ACTUAL CALLS**

# SCOUTING

- **3 BEST RUNNING**
- **From year to year**
- **ALL PASSES**
- **RED ZONE**

# SCOUTING

- **Get a feel for your opponent**
- **What do you know about your opponent from the past and what do you expect from them.**
- **What surprises do they have for you.**
- **What are your strengths and weakness**
- **Get the ball to your play makers OFTEN!!!**
- **HEAD COACHES ARE CREATURES OF HABBIT**

# FILM STUDY

- **Your players can never watch enough film!!**
- **Short 15 – 20 min. sessions if possible**
- **Teach formation recognition during film**
- **hudl is extremely helpful**
  - **Playlists are created and sent to players via text & email each week.**
  - **Players can now see what is important for them quickly & easily**

# POST GAME NOTES

- **Did they do what we expected?**
- **If they did something different, did it work?**
- **How did we adjust and did it work?**
- **What worked for them?**
- **What worked for us?**
- **Were there any major changes to the game plan?**
- **Changes/ideas for next year?**

# DRILLS

ARGO FOOTBALL DRILL SHEET

NAME OF DRILL: \_\_\_\_\_

PURPOSE:

EQUIPMENT:

SET-UP OF DRILL:


COACHING POINTS:

Over  
for full field view

NAME OF DRILL: \_\_\_\_\_

\_\_\_\_\_

PURPOSE:

EQUIPMENT:

SET-UP OF DRILL:




# TEACHING

- TERMINOLOGY

# FULLTEAM

- FULL GO
- LIVE
- ON AIR
- NO STANDING

# SAMPLE PRACTICE PLANS

# WALKTHROUGH

- NO PADS
- GROUP OR TEAM
- FOCUS
- TEACH

# RAW PRACTICE CLIPS

- PRACTICE 1
- PRACTICE 2
- NO PADS
- PRACTICE 3/DRILLS
- PRACTICE 4
- 1ST DAY IN PADS
- PRACTICE 5

# PLAY PACKAGING

- SCRIPT-REAVIS
- EISENHOWER
- NORMAL
- OAK FOREST

# X REVERSE



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# FAKE REVERSE



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# GAME CHARTS

- SPECIALTIES
- SCOUTS
- SCRIPTS

# GAME PREP

# CHARTS

# GAME CONDITIONING

- HASH
- 25 SEC CLOCK
- 4 MIN
- RED ZONE
- GOALLINE
- BACKED UP
- SCRIPT
- SITUATION

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- PUNTS

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# PRACTICE WHAT YOU DO IN A GAME

<b>Goal Line Offense</b>	<b>3rd and Short</b>	<b>3rd and 8</b>
Play & Distance needed	1 to 6 inches	
<u>1 to 6 inches</u>	1.	1.
1.	2.	2.
2.	3.	
<u>2 to 3 yards</u>	<u>2 yards</u>	
3.	4.	PASSES
PASSES	<b>TD PLAY</b>	1.
1.	1.	2.
2.	QB Outside w/ ROLL	3.
	2.	
<b>Plus 8 to Plus 3-4</b>	<b>3rd and 3</b>	<b>LONG YARDAGE</b>
1.	1.	PASSES
2.	2.	1.
3.	3.	2.
4.	4.	3.
	PASSES	
	1.	
	2.	
	3.	
<b>Plus 20 (4 TD Passes)</b>	<b>3rd and 8 (Runs)</b>	<b>Backed up Offense</b> (1 ft. to 8-10 yd. Line)
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
Runs	PASSES	PASSES
1.	1.	1.
2.	2.	2.
<b>2 Minute Offense</b> (Call Two Palys Together)	<b>Long Yardage</b> (RUNS)	
1.	1.	
2.	2.	
<b>4 Minute Offense (RUNS)</b>	<b>LAST Three Plays</b>	<b>Extra Point Plays</b>
1.	1.	1.
2.		
3.	2.	2.
4.		
PASSES	3.	3.
1.		
2.		4.

<u>Goal Line Offense</u>	<u>3rd and Short</u>	<u>3rd and 8</u>
Play & Distance needed	<u>1 to 6 inches</u>	
<u>1 to 6 inches</u>	1.	1.
1.	2.	2.
2.	3.	
<u>2 to 3 yards</u>	<u>2 yards</u>	
3.	4.	PASSES
PASSES	<i><b>T D PLAY</b></i>	1.
1.	1.	2.
2.	QB Outside w/ ROLL	3.
	2.	

2nd Med(2-5) Total 5 8 Plays	2nd Long Total 10-12 6 Plays
Run (4)	Run (1)
Base	Base

1st Down Total 20 10 Plays	2nd Med(2-5) Total 5 8 Plays	2nd Long Total 10-12 6 Plays	3rd Med Total 5-6 3 Plays	3rd Long Total 5-6 3 Plays	3rd Short (1-2) Total 1 2 Plays
Run (5) Base	Run (2) Base	Run (2) Base	Run (1) 1 Draw 1 Trap	Run (1) 1 Trap	Run Base
Pass (5) 2 Play Action 2 Drops 1 Quick	Pass (1) 1 Play Action	Pass (4) 1 Play Action	Pass (3) 1 Play Action	Pass (3) 3 Drops	Pass 1 Play Action
	10 Runs		PASSES 5 Play Action 5 Drop 3 Quick		Play Action Drop Quick



<u>Plus 8 to Plus 3-4</u>	<u>3rd and 3</u>	<u>LONG YARDAGE</u>
1.	1.	PASSES
2.	2.	1.
3.	3.	2.
4.	4.	3.
	PASSES	
	1.	
	2.	
	3.	

<u>Plus 20</u> (4 TD Passes)	<u>3rd and 8</u> (Runs)	<u>Backed up Offense</u> (1 ft. to 8-10 yd. Line)
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
Runs	PASSES	PASSES
1.	1.	1.
2.	2.	2.

1st Down Total 20 10 Plays	2nd Med(2-5) Total 5 8 Plays	2nd Long Total 10-12 6 Plays	3rd Med Total 5-6 3 Plays	3rd Long Total 5-6 3 Plays	3rd Short (1-2) Total 1 2 Plays
Run (5) Base	Run (2) Base	Run (2) Base	Run (1) 1 Draw 1 Trap	Run (1) 1 Trap	Run Base
Pass (5) 2 Play Action 2 Drops 1 Quick	Pass (1) 1 Play Action	Pass (4) 1 Play Action	Pass (3) 1 Play Action	Pass (3) 3 Drops	Pass 1 Play Action
	10 Runs		PASSES 5 Play Action 5 Drop 3 Quick		Play Action Drop Quick

ARGO FOOTBALL DRILL SHEET

NAME OF DRILL: \_\_\_\_\_

PURPOSE:

EQUIPMENT:

SET-UP OF DRILL:


COACHING POINTS:

Over  
for full field view

NAME OF DRILL : \_\_\_\_\_

\_\_\_\_\_

PURPOSE :

EQUIPMENT :

SET-UP OF DRILL :


**THE HUMAN ELEMENT, AND THE  
WAY YOU INTERACT WITH  
COACHES & PLAYERS AFFECTS  
ANY/ALL PREPARATIONS YOU  
MAKE**

# GAME CHARTS

- SPECIALTIES
- SCOUTS
- SCRIPTS

# ANGLE TACKLE



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# KOTEX TACKLE



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# SCORE TACKLE



1/2/2014

# EYE OPENER



Eye Opener

# GAUNLET TACKLE



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# FOOTWORK



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# EYE OPENER



Eye Opener.mpg

# GAUNLET TACKLE



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# TUNNEL OF LOVE



Tunnel of Love



# SIDELINE TACKLE



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# TUNNEL OF LOVE



No Picture

Tunnel of Love.mpg