



Matt Fox (Head Coach Momenca HS)

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(815) 482-8834

Assistant Coach:

(Learned from a lot of great men)

Prairie Central 2000-03 (Brian Hassett HC)

Momenca 2004-09 (Joe Kubal HC)

Head Coach:

Reed Custer 2010

Momenca 2011 – Present

Graduate of Momenca

Eureka College



Off Season Program

>90% MBO (Captain, Jersey #, Locker, Gear)
<70% (Pay the Piper)

Prison Workouts

Team Competitions

Winter/Spring/Summer Awards
(Leadership Development)



Leadership Development

To be a Captain Must:

1. MBO
2. Leadership Class
3. Apply to Varsity Coaches (We decide)
4. Possible Interview



Leadership Class

1. Must Apply and be approved by Me
2. 10 mornings in the Spring (7:00-7:50 am)
3. Interactive (Video, Worksheets, HW, Group Work, Self analysis)
4. Tangible Strategies:
 1. Pick each other up
 2. Set the tone for our program
 3. See the big picture (What type of example are you setting?)
 4. Culture of: Buy in, team unity, and a grinding attitude (Shared Vision)



Special Teams Hidden Yardage:

(KO Net + Punt Net) – (KR Net + PR Net)

2012 – 599 yards

2013 – 968 yards

12-1 when > 50 yards hidden yardage

Dave Nelson (Special Teams Coach)

Prep work (Offseason / Film)

Player Evaluation

Game planning

Ind. Work

Role for Kids (“Sped” – Buy In)



Formations

(Simple, Versatile, No “Exceptions”)

Base (Aces) – Move from there

A		O O X O O	B
S		W	
	Q		
	T		

All WR's Learn only S and W (A and B never move)



Personnel Groupings:

- Spread (4 WR, T)
- 13 (1 H, 3 WR, T)
- 22 (2 H, 2 WR, T)
- 1-3 others

Tags:

- Motion (Sally, Willy, Harry, Tommy)
 - End in Formation
- “Scat” Rules
 - H’s change strength
 - Not too far
 - Be quick
- Near/Far

Breakdown

Scat – 20%
Motion – 30%
Both – 10%



Example:

2. Scat King Right Near Tommy

A) H O O X O O S
 W

 H Q
 T

B) W O O X O O H
 S

 Q H
 T →

C) W O O X O O H
 T S
 Q H



What we want to Accomplish

1. Base Defense – Simplify QB reads and what we are attacking
2. Window Dressing
3. Make 16, 17, and 18 year olds think
4. Create mismatches
5. Allows us to create confusion without always increasing tempo



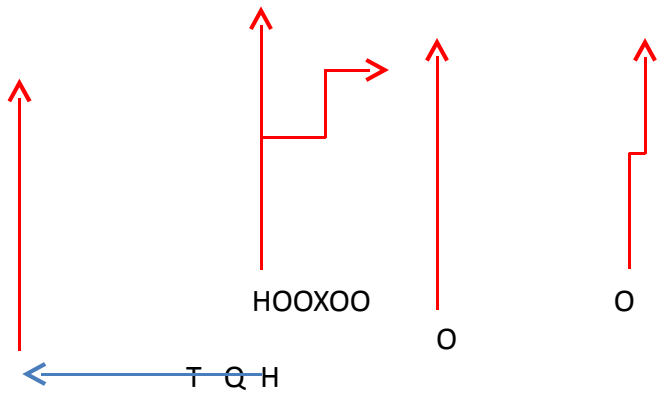
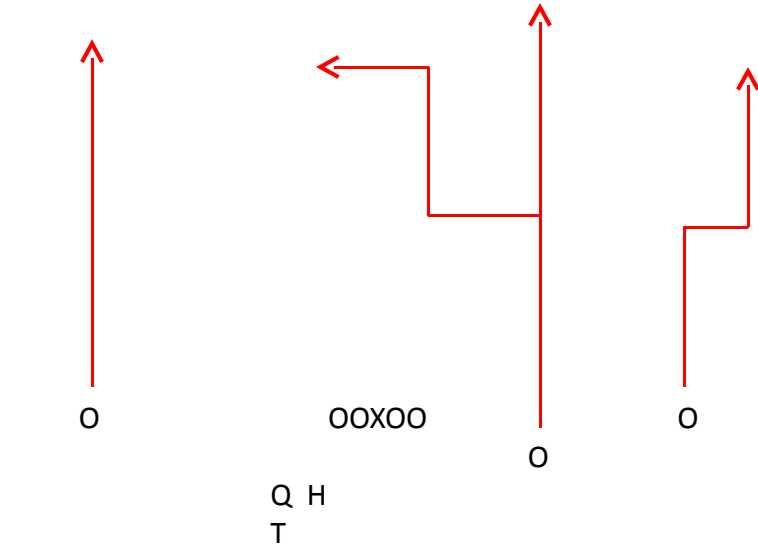
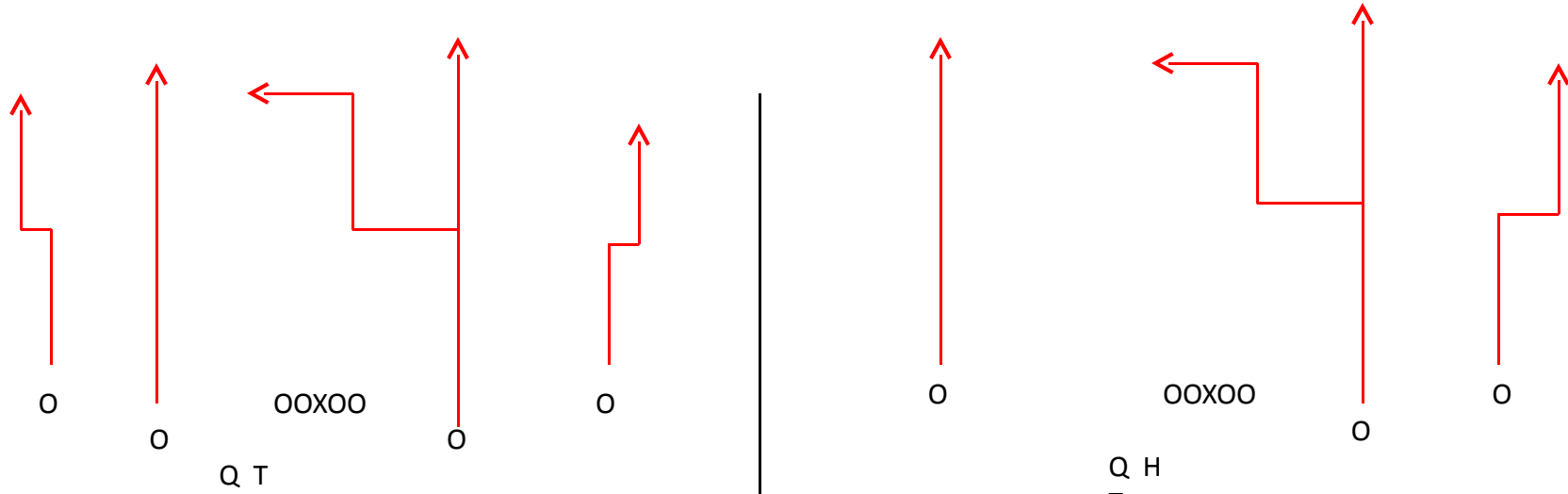
Vertical Passing Game Concepts:

1. Capped (Pre and Post Snap)
2. Deion
3. Bender
4. Look offs / Pump fakes
5. Try to have built in quick game
(Hook, out, bubble, under)
6. If no quick game – Set Audibles
(Screens, Quick Game, Run Game)

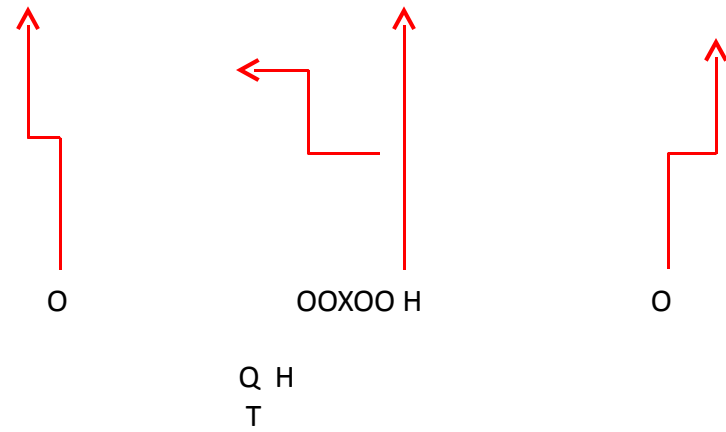
Vertical Game (2 x 2 or 1) Examples

[Can Scat and or motion with any of these – Just a few examples]

(#2 Bender-One side)



(TB Motion)

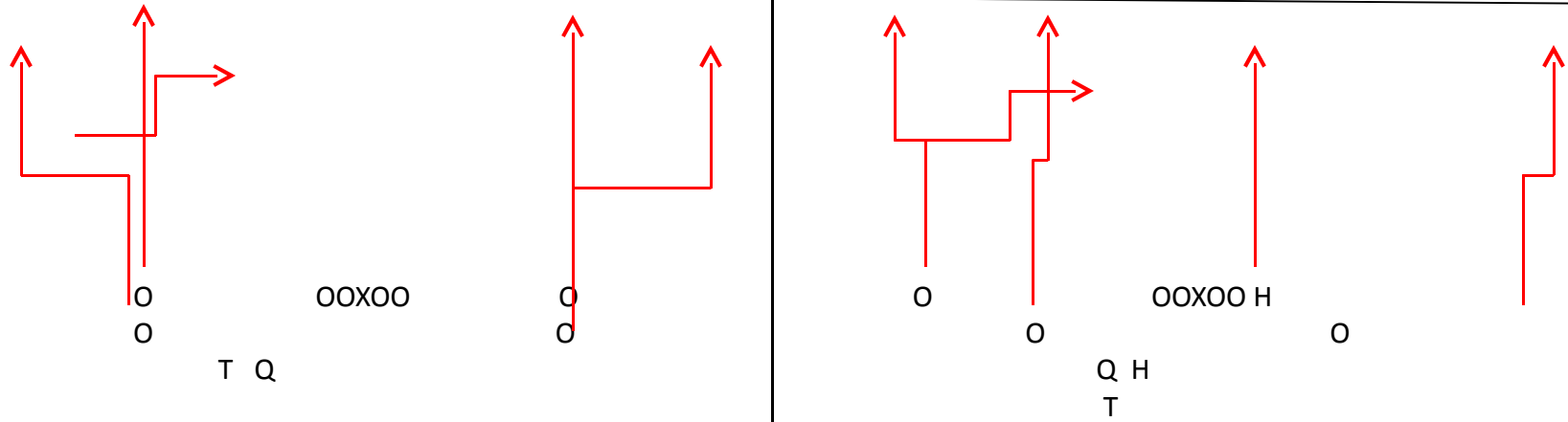
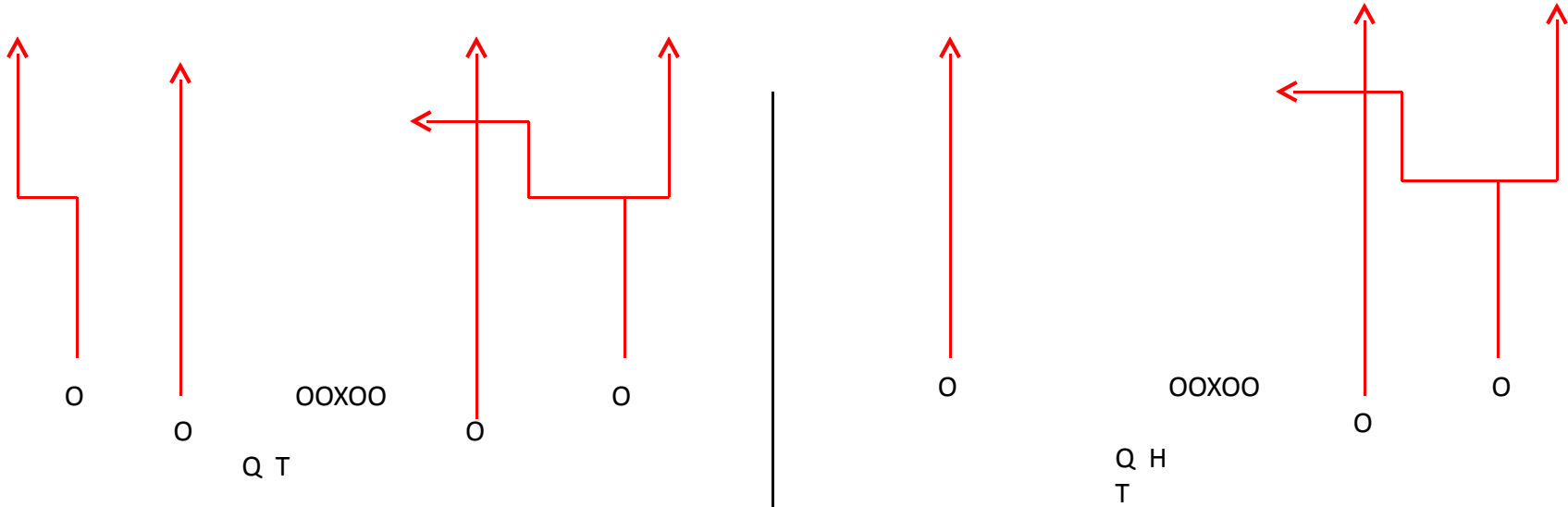


(Usually with play action)

Vertical Game (2 x 2 or 1) Examples

[Can Scat and or motion with any of these – Just a few examples]

(#1 Bender-One Side)

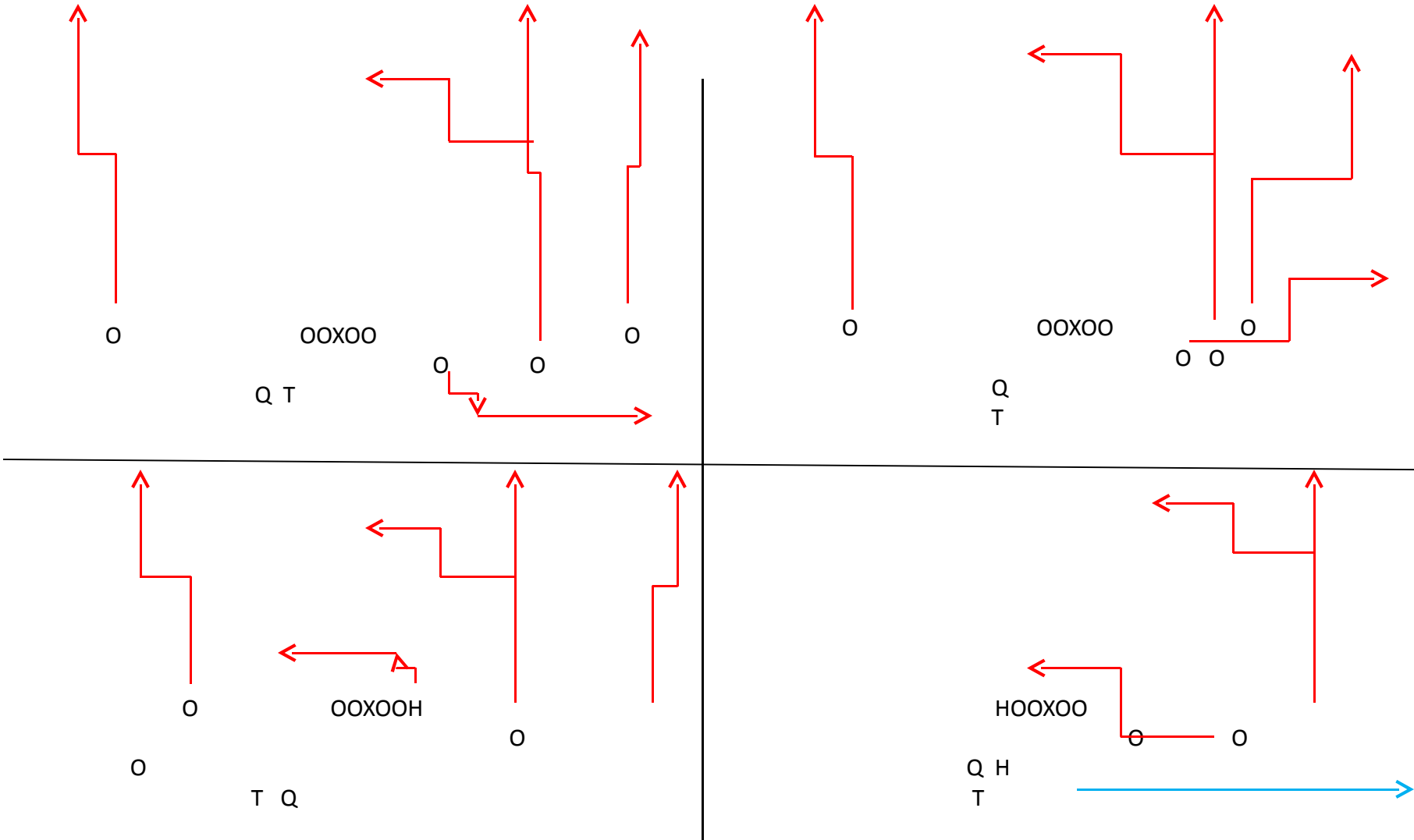


(Slot is in Front)

Vertical Game (3x1) Examples

[Can Scat and or motion with any of these – Just a few examples]

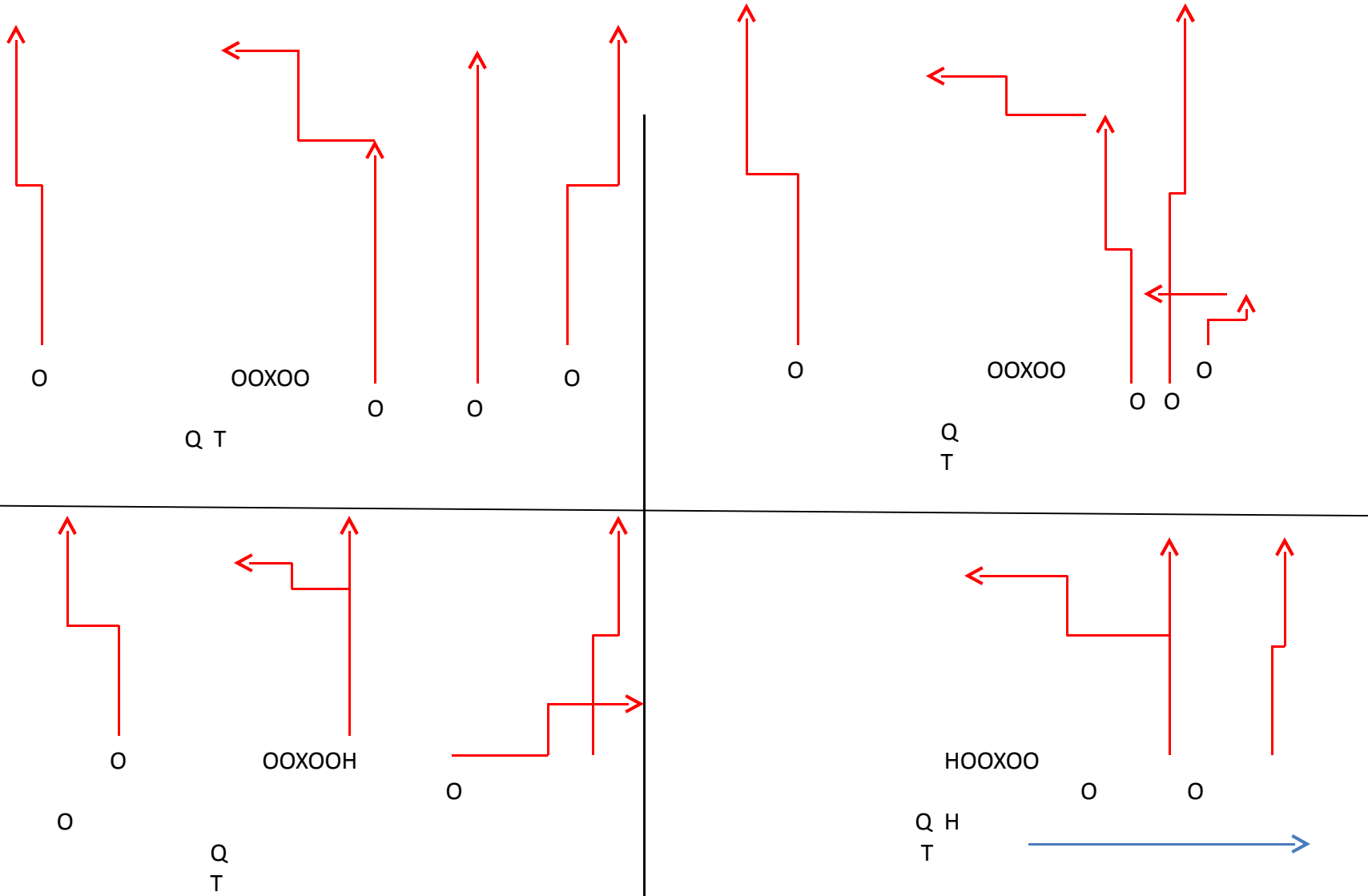
(#2 Bender)



Vertical Game (3x1) Examples

[Can Scat and or motion with any of these – Just a few examples]

(#3 Bender)



Scat Deuce Right Far Tommy (Vertical #2 Bubble)

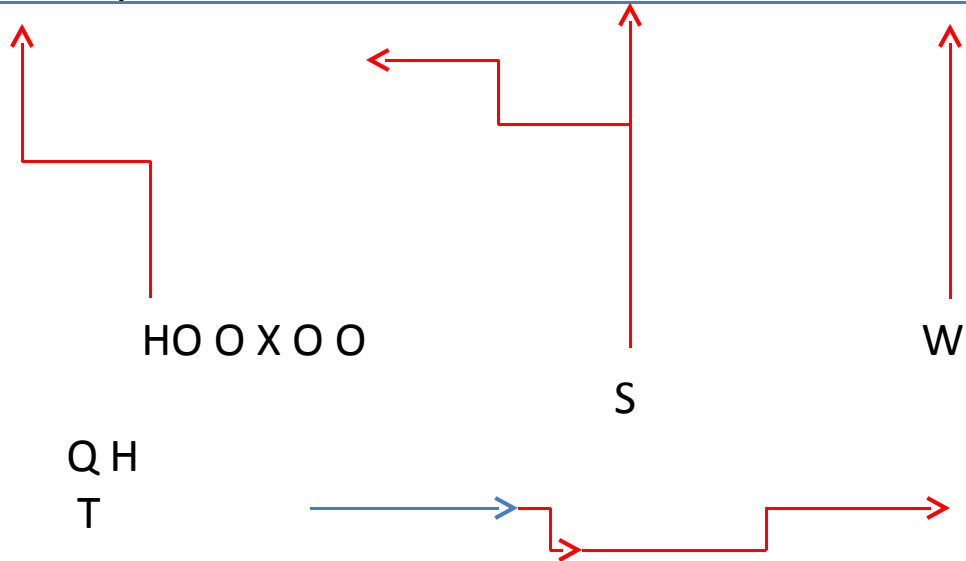
1)

S O O X O O H
H W
Q
T

2)

H O O X O O W
S
Q H
T

3)





Screen Game

1. Single Back
 2. 2 Back (Double Screen)
 3. 1 Back / TE (Double Screen)
 4. WR Screen
- Block All the same way
 - Slows rush
 - Ran 4.9 Times a game
 - Averaged 9 yards per screen called (531 yards total)

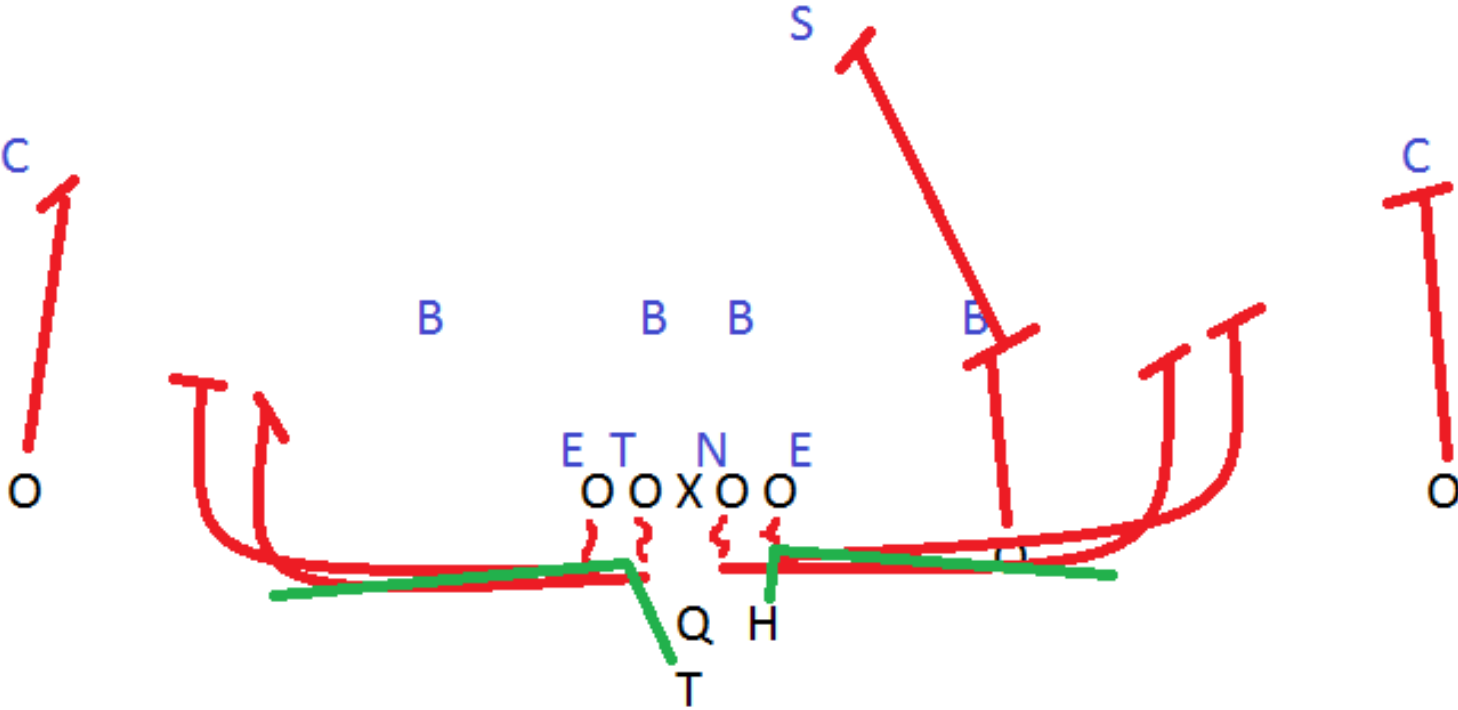


GT Blocking Scheme (Get to the edge)

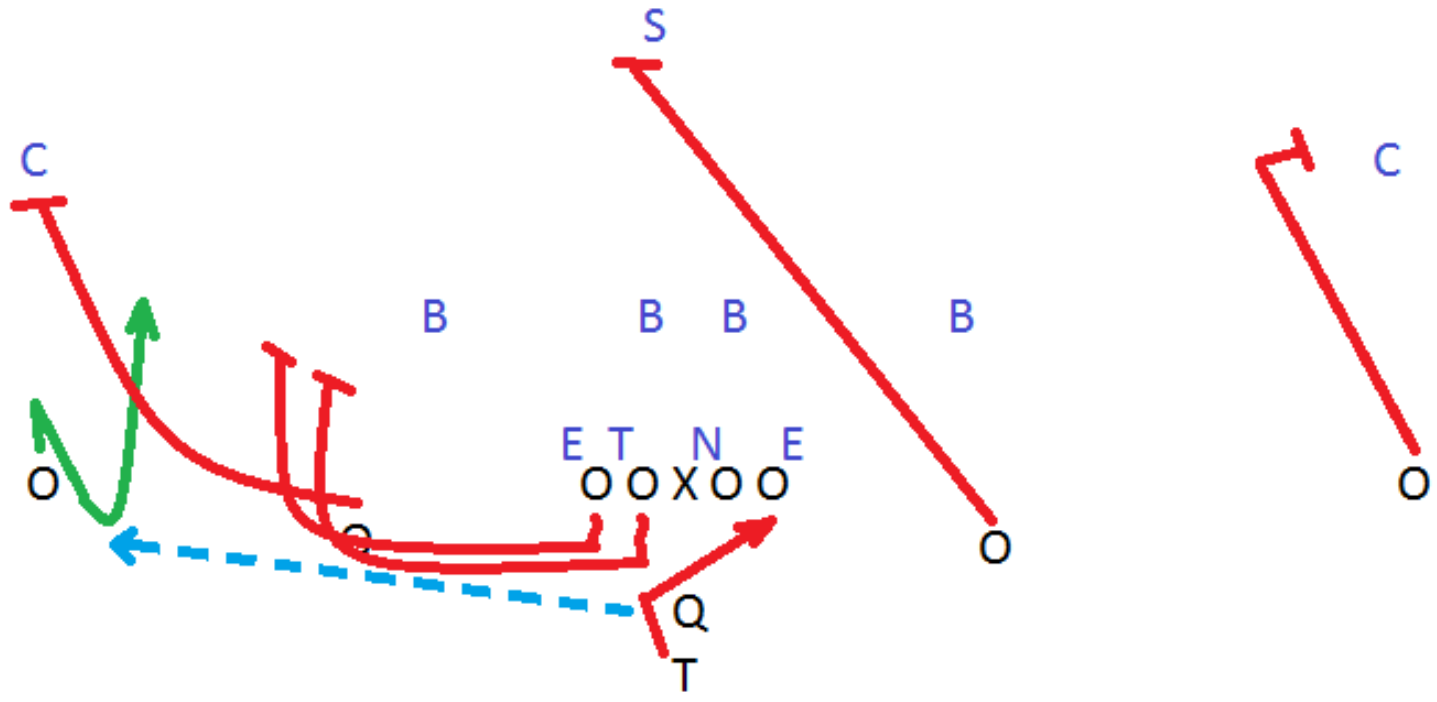
1. 2 kicks flat release
2. T pull up hash look inside
3. G pull up 1 yard inside hash look inside (scouting report may dictate leading outside)
4. Into the boundary - #'s are the landmark

- **TB / WR / QB footwork and technique**
- **Drill work**
- **H back Rules in WR screen**

Double Screen



WR Screen



Film

(Limited Scat)