

Less is More
and other ideas
(little things)

To help your Program

Less is More

Less for the players by being more streamlined.

Coaches must still work very hard to achieve goals, there

Overall Picture

- 1. Vision
- 2. Day to Day Work
- 3. Self-Discipline

Overall Picture

- 1. 1997-2003
- 2. 2004-2007
- 3. 2008-Present

Overall Picture

- 1. It became no fun for anyone
- 2. It became the coaches program instead of the kids/seniors program
- 3. We were asking too much of the players
- 4. We wanted the season to be over by week 9

Energy more important than being prepared

Overall Picture

- We analyzed every minute of our year long program
- If it did not directly correspond with winning on Friday we changed or got rid of it.
- It was not easy for us to change, but it was critical we did.

Offseason Spring Work

- 1. Prior Program and issues
- 2. Current Program and positives

Summer Camp

- 1. 5 Day camp and goals
- 2. 2-day format
- 3. Intensity of effort trumps days

Summer Work

- 1. Lifting Program and Expectations
- 2. 7-7 Issues/theories and why we do only one game a summer
- 3. Problems and solutions to overtraining
- 4. Expectations of coaches participation in summer = Less is more
- 5. Letter home – vacations etc.
- 5. Our goal for the summer = Boredom

2 Day Practice Changes

- 1. Had to change in 2008
- 2. Minor Changes that led to major changes
- 3. Overall outcome of less is more

Film Change

- 1. Spending too much time with Film/practice
- 2. Our decision on film vs. on field practice

Other Little Things

- The goal of this segment is to share “Little things” we have learned or stole in specific areas of your season that we believe have helped us a great deal.

SV Philosophy

We will not always be smarter, bigger, faster, etc than our opponent, but there is zero excuse for not attempting to practice harder than anyone we play.

We control this aspect of our program and we have to own that belief when hard work does not happen

7 Practice Ideas

- 1. Get what you demand – Timer Avatar
- 2. Tempo – how we install it – Drills, Team
- 3. Scout Team Organization – a effective way
- 4. Play sheets – give yourself the best prep
- 5. 1-2-3 Reps
- 6. Make your Field a teaching tool
- 7. No Huddle – Moving the ball- Baylor

Practice Format and Beliefs

- 1. Sat. Film Session
- 2. Monday – Done in one hour
- 3. Tues – Wed Workdays
- 4. Thurs – Done in one hour
- 5. Weight room – In season Ideas to save time

Coaches and Practice

- 1. High Expectation – No Excuses
- 2. We have no titles – even though we do – we share coaches
- 3. How we coach our coaches
- 4. Have Program Progressions and beliefs, not individual coaches
- 5. Share your Coaches, more efficient
- 6. Unaccepted behavior/thoughts
- 7. Family first, no restricted time

Film and Prep Work

- 1. Coaches
- 2. Player
- 3. Hudl – Digital Scout

Film and Prep Work - Coaches

- 1. Use your whole staff, access info early
- 2. Watch very little defense, theory
- 3. To much Information
- 4. Chart Big Moments
- 5. Game watching > Clip watching
- 6. Don't over analyze Personnel
- 7. Give yourself time

Film and Prep Work - Coaches

- Quick Overview of how we Game plan
- 1. Offensive Game Plan thoughts
- 2. Defensive game plan thoughts

Film - Player

- 1. We watch very little film
- 2. We are under attack vs. other influences that compete for our time

Energy is more important than being Prepared

Film - Player

Hudl – Digital Scout

Offense Ideas/Theory-Run Game

1. Keep it consistent
2. Fundamentals allow teams to play fast.
3. Precise aim points, make your slow kids faster
4. Orchestrate the dance
5. 5 second effort rule

Defensive Little Things

- 1. Tackling is priority one
- 2. Fundamental Progressions
- 3. Set Progression of Reads for all three levels
- 4. 2 Whistle Drill
- 5. Body Position
- 6. Inside 20 Defense
- 7. X-O wise we believe in being multiple

Getting the Program back to the Players

Player Development Program

- 1. Individual Meetings
- 2. Kitchen Table Meetings
- 3. BOSS factor

Player Development 2

- 1. Team Meals
- 2. Commitment Cards
- 3. Visualization
- 4. Prepare for the worst