

Newton Eagle Football

Head Coach: Play
The Eagle Way
Jason Fuito



THANK YOU TO THE IHSFCA

Background:

Assistant at East Richland 3
years 1 as O line coach

16 Years at Newton the last 9
as head coach 15 years as O
Line and defensive coordinator

Family: Wife Michelle of 19
years

Gabe 16 sophomore starting
center

Dexter 8

Quincy 6

Penelope 4

R.F.C.

- RISE, FIGHT, and CONQUER!!
- Marv Levy
- Fight on my men Sir Andrew said, a little I am hurt but not yet slain, I'll just lie down and bleed a while and then I will Rise and Fight Again!!

THE EAGLE WAY

- SHOW UP
- TEAM FIRST
- SOLID DEFENSE
- BE TOUGH!
- FUNDAMENTALLY SOUND
- NO EXCUSES
- TRUSTWORTHY
- BE GREAT ON AND OFF THE FIELD

Football Family:

Brian Halsey - O.C. QB

Todd Short - Oline/Dline JV

Travis Tarr - RB/LB/Special

Teams Strength

Brock Tarr - WR/DB JV

Strength

John Stone - QB/DB

Craig Emmerich - WR Strength

I knew nothing about 0 line
back in 1997

Self Taught for the most part

Attended a lot of clinics
over the years

Thanks to Coach Bob Horst and
Don Flowers

Thanks to You Tube and Google

DIRTY BIRDS

- To Play Offensive Line you have to be unselfish and disciplined
- Be willing to sacrifice everything for the team
- “DIRTY BIRDS” - Coach Halsey
- “ Never Satisfied , Never Good Enough”

WHAT WORKS FOR US

- You cannot worry about what you don't have but work with what you do have!
- It does take good players to be successful but we can make average players better
- Be consistent in coaching the o

E.D.D. EVERY DAY
DRILLS!!

DRILL WORK WE DO EVERYDAY!

BE CONSISTENT

DO NOT JUST GO THROUGH THE
MOTIONS

HAVE A PLAN AND STICK WITH IT

GET BETTER DOING THE LITTLE
THINGS RIGHT

5 Line Drill

- Stance and Starts – R/L hand stance – 5 yds
- 6 Inch steps
- Reach Right/ Left
- Pull R/L
- Waggle R/L (tackle square pull)
- Kicks R/L - Angle work reaction drill

FIT IN

- Thumbs up elbows down
- Arch back – roll hips

CHUTE WORK

- Boards
- Bags
- Shoulder Block (we teach it, just don't use it much)

RUN BLOCK DRILLS

- Ranger Block – Cross Block
- Flyer Block – Fold Block
- Double Team
- He Shows You Go – Near foot near number – rotate hips – slide over and lock up

PASS BLOCK DRILLS

- 300 Protection – 3 step drop – quick game
- IOWA Drill Keep moving your feet – maintain leverage
- Bags and Boards – attack mid section – get hands down
- Cut block – We cut to the left – FB blocks inside out to the right

Pass Block Drills

- 500 Protection 5 Step Drop
- Set up - Right Side Steps – Left Side Steps
- Right side of line - Step back left first
- Left side of line – Step back right first
- Kicks – R/L Slow retreat - Meet at point of attack
- Hand Placement – Thumbs Up / Elbows Down
- Punch from chest

500 Pass Pro Drills

- MIRROR DRILL
- No Hands
- Hands ready
- Hands On
- LADDER DRILL
sit down / don't let feet come together
- Punch Bag / Balance
- 45 lb weight or sand bag punch

500 Pass Pro

- 2 ON 2 DRILL
- Twists and Games – don't lose your gap
- RAPID FIRE DRILL
bags

CENTER PLAY

- SNAP C/QB Everyday to start practice
- Dead Ball
- Snap and Step Gap Back

COUNTER TREY

- Pull back side Guard and Tackle
- Guard should straight pull looking for DE
- Tackle uses waggle step gets into the hole looking for OLB
- Center Gaps back and builds to LB
- Play side Guard Gaps back (possible double team with tackle to LB)
- Play side Tackle Gaps back (possible double team on tackle building to LB)

POWER

- TE – Reach outside LB or log down DE (depending on the look)
- Play Side Tackle – Gap back - possible double team
- Play Side Guard – Gap back – possible double team
- Center – Gap back to Nose or DT
- Back Side Guard Pulls to play side looking for LB

QUESTIONS



OFFENSIVE LINEMAN CREED

- “The day you choose to play the offensive line is the day you choose to live in the shadows. You choose to be the first blamed and the last one acknowledged. You choose to give up the stars and limelight for humility and wins. You are sculpted to be a man of violence, yet you are the protector. Anyone can run full speed but you are the man who stops the charge. You bring the pails and blue collars to work and you clock it in. You are the determining factor in any game. So when you chose this