

DE LA SALLE
HIGH SCHOOL
Clinic Handbook
2001

EMOTION, MOTIVATION, GOAL SETTING

Getting your team to play with emotion and motivation is not a game day ritual. This process starts in January.

- *Before motivation is possible:*

1. You must earn the respect of your players. Part of motivation is getting your players to perform for you. How?

- A.)** You must know the game. Yours inside out – and part of your opponents.
- B.)** You must know technique. This is the core of teaching.
- C.)** You must coach technique. Know when it's not being used, know what you're looking for; make changes, give feedback.
- D.)** You must coach every snap, drill, lift, get-off, stance, *-the entire year.*
- E.)** If you don't know something about the game- don't fake it.
- F.)** Be yourself. All attempts at not being you fail miserably. Kids are smart; especially discerning character.
- G.)** Be organized on the field. Drill to Drill.
- H.)** Know your players on a personal level. Talk to players off the field.
- I.)** Love your players like a father. They need you as a coach and mentor, not a "BUDDY". Don't try to fit into their world.
- J.)** Don't be clueless. Know the subculture. Pursue rumors.
- K.)** Watch what you say to them - they remember everything.

2. Start your lift in January. Program must be set. Periodization power lifts, plyometrics, tracking, testing, etc. Work to get 100% participation. This is a huge commitment. For the kids; to play hard in September they have to have a major investment at stake.

3. Evaluate your player's previous season – in writing. Be honest – strengths, weaknesses, areas for improvement. Allow them to evaluate themselves.
4. Goal setting: Team and individual goals must be like educational goals. Clear and measurable.
 - A.) Help students set short and long term goals; make them realistic but difficult to attain.
 - B.) All goals must be accompanied with an action plan. That is – what they must do in order to accomplish those goals. It is important to understand that this involves behavioral, attitude and work habit changes. This is what must be measurable and observable; like how many workouts have they missed or pounds lifted.
 - C.) Have players write goals in contract form. (On a P.C.)
 - D.) Correct goal sheets with them. They'll have goals on their sheet that will read "TO GO 100%," or "I WANT TO BE A TEAM LEADER." These are acceptable provided they have specific plans on how that will be attained or measured.
 - E.) When players are not motivated or measuring up; pull their goal sheets and find out specifically where.
 - F.) Kids want to achieve, but they don't know how, or how to get started. Their goals sound like dreams. They just don't know how to goal set or what it takes to achieve those goals.

5. Summer Workouts

- A.) Summer workouts must be "MANDATORY." 24 out of 30 is our number. Juniors or sophomores who cannot make it – J.V.
- B.) Summer is where the team is created through well organized, challenging, sometimes grueling workouts.

- C.)** Put all workout times and passing league games on a calendar. They can plan their summer from there.
- D.)** Use passing league to find your DB's, REC's, most of your skill players. Run only what you'll use in the fall. We haven't won a passing league in 18 years.
- E.)** Start using team-building activities.
 - 1. Telling your team they must be a team won't make it so. You as a coach must create some team building activities other than practices and workouts.
 - 2. Lineman camping trip.
 - 3. Team barbecue.
 - 4. Watermelon feed after practice.
 - 5. Group seminar work. (See handout.)
- F.)** Don't listen to or give in to your team complaining about conditioning. They must understand that excellent conditioned athletes elevate individual performance and win games. Don't use conditioning as punishment, it takes the focus off its purpose. We pride ourselves on being in better shape than our opponents. The first day of pads they should be in the best condition of their lives.

- **IN SEASON**

- 1. Meet with parents. Cover team rules and expectations. Discuss your personal philosophy, playing and substitution policy, complaint procedures. Organize the parents for team dinners.
 - A.)** Parents like to be involved. This is a constructive and healthy way.
 - B.)** 4-5 sets of parents sponsor one pre-game dinner each week.
 - C.)** Pre-game dinners and meetings is our #1 most valuable motivational tool.

2. Team dinners and meeting:

- A.) This is a team building activity. Dinner is away from school on the night before the game. Dinner is designed for fun, laughter, and socialization.
- B.) Parents get to experience the team in a social setting. If you are education the kids the parents see the results. Examples: Politeness, graciousness, responsible.
- C.) Team meeting is the serious side. We usually meet in the garage. The purpose of the meeting is to put the final preparation in for the game.

1. Coaches give the pre-game talk and final thoughts about the game. No pre-game talks on gameday.
2. Go through an opponent checklist. Things that are important for each position in relation to our opponent. Includes personnel, tendencies, and technique.
3. Emotional aspect of the game. This is a time players express their individual excitement, fears, concerns, and feelings for the contest.
4. Commitment cards. Players commit game goals to each other on 3x5 cards. Goals must be real and attainable – not “*SABER RATTLING.*” Cards are evaluated by the players who received them on Saturday morning after films, to determine if goals were achieved.
5. Last part is logistics, instructions, clean up, thank the parents.

3. Weekly commitment cards. Help motivate your players throughout the week with commitment cards. On Saturday after films. These are weaknesses in their game they need to work on. The cards are given to players who will be able to evaluate them. I make players attain their weekly goals in order to receive a card on Thursday night.

4. Team prayer service. This is Thursday after school. It usually takes 45 minutes. This is a team building activity. To be proper educators we must work on the soul of the individual, and spirit of the team. We must cultivate the spiritual, loving, forgiving, and giving side of our students. Students take over the responsibility for planning after coaches do 2 or 3.

WEEKLY SCHEDULE

- *Saturday*

8:30a.m. – 10:00 a.m. Lift and Stretch

10:00 a.m. – 12:00 p.m. Evaluation of Film/ Commitment Cards

- *Sunday*

8:00 a.m. – 11:00 a.m. Breakdown film; start scouting report

11:00 a.m. – 1:00 p.m. Planning and adjustments

- *Monday / Offensive Day*

12:00 p.m. – 12:35 p.m. Opponent film study

2:45p.m. – 3:00 p.m. Stretching and Running

3:00p.m. – 3:20 p.m. Special Teams (and they are special)

3:20p.m. – 3:50 p.m. Individual Group

3:50 p.m. – 4:20 p.m. Group Work/ 7 on 7

4:20 p.m. – 5:20 p.m. Team Work

5:20 p.m. – 5:45 p.m. Conditioning – Heavy Day

- *Tuesday / Defensive Day*

12:00 p.m. – 12:30 p.m. Films

2:45 p.m. – 3:00 p.m. Stretching and Running

3:00 p.m. – 3:20 p.m. Special Teams

3:20 p.m. – 3:35 p.m. Tackling All Forms

3:35p.m. – 3:55 p.m. Individual Group

3:55 p.m. – 4:20 p.m. Group Work / 7 on 7 or Half Line

4:20 p.m. – 5:00 p.m. Team Work

5:00 p.m. – 6:00 p.m. Weights

- *Wednesday / Offensive and Defensive Day*

12:00 p.m. – 12:30 p.m. Films

2:45 p.m. – 3:25 p.m. Stretch / Run Special Teams

3:30 p.m. – 4:20 p.m. Offensive Team Work
4:20 p.m. – 5:15 p.m. Defensive Team Work
5:15 p.m. – 5:45 p.m. Position Specific Conditioning

- *Thursday / Helmets, Jersey and Shorts*

Films

Prayer Service

Practice (2 Hours)

Team Dinner

Team Meeting (Over at 9:00 p.m.)

**"CHARACTER IS THE SUM TOTAL OF OUR
EVERYDAY CHOICES"**

OUR SPARTAN CODE 2000

1. Know your Scout
2. Be Honest
3. Make Your Gasser Time
4. Show Respect For Yourself &
Teammates
5. Practice Hard
6. Be Self-Reliant
7. Support Your Teammates
8. Lead By Example

*"What you do, speaks so loudly,
I Cannot hear what you say."*

- 1.
- 2.
- 3.

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This is an exercise to evaluate our individual contribution to team. The value of this activity increases with honest and sincere answers:

- List 2 long term and 2 short term goals. Ask one person in here to evaluate if you are doing the right things to accomplish those goals.
- What is your greatest advantage in achieving your goals. Pick a person and see if he agrees.
- What holds you back from achieving. Ask one person if they can answer that question for you.
- Do you see yourself as a leader or a follower. Explain.
- Fill in the blanks. If _____ did _____ we would be a stronger team/or they would be a better player.
- Praise someone in here for something you admire about them.

Spartan Football

Player _____

Excellent

Average

Poor

Committed						
Dedicated						
Dependable						
Disciplined						
Durable						
Follower						
Football Sense						
Goal Oriented						
Hates to Lose						
Inspires Others						
Leadership						
Loyal						
Makes Excuses						
Needs Repetitions						
Plays to Ability						
Plays with Pain						
Producer						
Quick to Adjust						
Self Motivating						
Selfish						
Take Charge						
Trustworthy						
Underachiever						
Well Liked						
Works Hard						

- *Additional Comments:*