



De La Salle Football Leadership Paper

The following guidelines and characteristics are for athletes that are serious about carrying on the Spartan tradition of effective leadership. This paper is not for everybody; it is for a select few that have the desire, dedication, and discipline to grow as an individual and learn how to lead others in a dynamic way.

In order to be an effective leader, a De La Salle football player must individually possess the majority of the following characteristics:

- 1. You must be one of the best conditioned players on the team.**
- 2. You must be near the front of the pack in your running group.**
- 3. You must be a relentless worker in the weight room.**
- 4. You can't be injured a lot or spend a lot of time in the training room.**
- 5. You have to be on time, all the time, and not miss practices.**
- 6. You must never make excuses or blame others for your failures.**
- 7. You must inspire others with your play and effort. You must be seen as a difference maker in a game.**
- 8. You must be a good student.**
- 9. You must be respectful to authority.**
- 10. You must understand that team comes first and that coaches are not your adversary.**
- 11. You must be a representative of the school Mission Statement and team philosophy.**
- 12. You must be proud of this school and be a representative of this school at all times.**
- 13. You must carry on team philosophy when coaches are not present or unable to; which includes on the field during a game, in the weight room, away from school in social situations, and in the classroom.**
- 14. You must love the game of football.**
- 15. Listen to your football coaches and understand that outsiders are not coaching you, and are not your football coaches; this includes your parents.**
- 16. It helps if you have logged significant playing time the previous year.**

The following are guidelines for you to follow in order to be an effective leader:

- 1. Don't be loud or yell. Nobody likes to be yelled at. People will just get mad at you and therefore, will not listen to you.**
- 2. Get to know everyone on the team. This means you must talk to everybody on the team and get to know them individually.**
- 3. If you have an issue with someone that you are not happy about, take it up with him one on one and in private.**
- 4. Your job is to encourage players and bring them along, not criticize them.**
- 5. Never keep anything from the coaches that would be detrimental to the team or an individual.**
- 6. Don't be afraid to be unpopular or take an unpopular stand.**
- 7. Always use common sense and listen to your heart and what your gut tells you.**
- 8. Think often about what you admire in a leader and how you would like to be led.**
- 9. Organize the team when it's time to get started.**
- 10. Get the team to understand that the field and weight room is where we work not play around.**
- 11. Have a sense of humor and learn how to allow yourself to be the butt of a joke.**
- 12. If you want to challenge others, challenge the best players and your athletic equivalent. This means that leaders need to challenge each other.**

De La Salle High School Football Coaches Handbook

- The following pertains to all coaches on all levels.

I. Philosophy

It is the responsibility of De La Salle Football coaches:

1. To know and adhere to the school *Mission Statement*, philosophy and school rules.
2. To be an educator first.
3. To promote and education first philosophy and guide players to become responsible students.
4. To be examples and role models to players and the community as a whole.
5. To teach students how to be responsible members of an athletic team.
6. To teach students how to play the game of football.
7. To love the game of football and to believe that the game and the coach can give students tools to become productive young adults.
8. To strive to make the game of football fun.

II. Professional Responsibilities

It is the responsibility of De La Salle Football Coaches:

1. To dress like a professional:
 - a. Practice attire – shorts, sweats, tee or collared shirt.
All attire should be clean with no holes or rips. School colors are preferred; grey, green, white or silver.
 - b. Game day – Slacks (No blue jeans), collared shirts, school hats.
 - c. Clean shaven; hair and beards trimmed.
 - d. No smoking or chewing around students on or off the field.

- e. No drinking or gambling around students on or off the field.

III. Coach/Player Relationships

It is the responsibility of De La Salle Football Coaches:

1. To respect all players (What a coach says and does has a profound effect on players.):
 - a. Never cuss or rage at a player.
 - b. Know the team rules and goals. Enforce rules consistently and uniformly.
 - c. Adhere to your own team rules. (i.e. Being on time)
 - d. Know players off the field. Be informed about academic life and, as much as possible, be informed about home life.
 - e. Never play an injured player. Be able to recognize injuries and administer first aid. Clear all injured or dazed players through the trainer before returning to the game.
 - f. Do not punish players with physical conditioning.
 - g. Never physically handle a player by a strike, push, shove, grab etc.
 - h. Discipline and sanctions are as follows:
 - A player will not practice
 - A player will not start in a game
 - A player will not play in a game
 - A player will not suit for a game
 - A player will turn in his gear

IV. Practice Guidelines

It is the responsibility of De La Salle Football Coaches:

1. To be on time to all football functions.
2. To have a weekly and daily practice schedule.
3. To know *your* coaching responsibilities (Know the terminology and techniques for your respective players).
4. To run drills that are position specific (Have training aid ready and available, know what you are looking for in a drill, correct and praise good work.)
5. To coach *your* own players. Do not cross over and coach or comment on players that are not your responsibility. The only

- exception is when permission is granted from the area coach or when a player is in danger.
6. To work toward understanding the entire scheme of offense and defense.
 7. To drill technique and fundamentals the entire season.
 8. To not argue with other coaches on the field.
 9. To work with the varsity coach who is coaching your responsibility area.
 10. To scout opponents. (Know an opponents strengths and weaknesses and devise game plans accordingly.)

V. Game Day Guidelines

It is the responsibility of De La Salle Football Coaches:

1. To be calm. (If the coach is excited or out of control players will not trust or listen to him.)
2. To help players during the game (Display confidence in the players – they don't need the coach as one of the opponents)
3. To be aware if a player is *out of it*. (If a player seems distracted – do not yell, speak with him or pull him out of the game.)
4. To not yell at an official. (This displays poor sportsmanship and is a bad role model.)
5. To have starters and substitutions in line. (Be sure there is a clear plan for substitutions and play them in their practice position.)
6. To watch the area players you coach during a game. Don't watch the game like a spectator.
7. To be aware of players conduct. (No cheap shots or trash talk.)
8. To not give advice to coordinators in the middle of a series. (Have advice procedures worked out before a game.)
9. To never speak to a rival coach or opponent during a game.
10. To not allow visitors in the team box.
11. To not run the score in a mismatch situation.