

URBAN MEYER'S PLAN TO WIN
UNIVERSITY OF FLORIDA FOOTBALL

**GENERAL, PRINCIPLES, POLICIES, PHILOSOPHIES AND
OBJECTIVES**

You should not be a member of this team if you don't have high expectations for yourself. We, too, have very high expectations for you. The tradition that you are being asked to uphold here at the University of Florida is the same tradition that your predecessors have worked so hard to establish. How you choose to conduct yourself, both publicly and privately, will reflect on your family, your teammates, your coaches, and the entire university community.

As a student-athlete, you must conduct yourself in accordance with team and university regulations. In this player's manual, we will attempt to introduce you to a number of these regulations. However, this manual is not intended to be all-inclusive in its scope.

1. You are responsible for understanding and complying with all Florida rules and regulations. Ignorance is not an excuse.
2. You are expected to represent the Florida Football Program in a positive manner on campus and in the community. We have worked extremely hard to create a First Class Program that the Students, Faculty and the Gainesville Community are proud of. Any deviation from this will not be tolerated.
3. You are expected to Graduate from the University of Florida. It is your responsibility to stay on course and to request assistance (tutors, study table, etc...) when necessary. Your Position Coach will take a very pro-active approach to your academic success.
4. You must keep an accurate phone number and address for yourself and your parents on file in the football office. Update your position coach and the football office as changes occur.

Program based on two principles: HONESTY and ACCOUNTABILITY

Honesty – For any organization to function that involves reliance on other members – there has to be an understanding that whatever is said is the truth. There cannot and will not be any keeping of information that can have an effect on the organization and there will absolutely be no untruths said within this organization. Mistakes will be made; however, immediate notification (to the Position or Head Coach) is expected.

Accountability – Each member of this organization (Players, Coaches, Support Staff) has a very clear and succinct job description. It is the individual's responsibility to complete this job description to the best of his ability and at the same effort that is expected of all members. Our success will be a direct result of the accountability demonstrated by the individuals in this program.

5 C's of Accountability

1. Character – shares the core values of the team
2. Competent – has the mental/physical ability to get job done
3. Consistent – every play, every day
4. Committed – without question
5. Cohesive – team first mentality

FLORIDA FOOTBALL: THREE FUNDAMENTAL PHILOSOPHIES

TRUST – The single most important ingredient for a football Team to be successful. Players must have a Trust in the Coaches that they:

- a) have the best interest of the student-athlete in mind
- b) will put the players in the best possible position to be successful
- c) have the necessary knowledge and courage to make the RIGHT decisions for the betterment of the TEAM.

Coaches must have Trust in the Players that they:

- a) will be held accountable for their position on the field
- b) will follow all team rules and regulation when Coaches are not present
- c) will give the necessary effort to be Successful
- d) will make decisions with the best interest of the Program in mind.

DECISION MAKING

Each and every decision that you make has a consequence. Organizations and individuals that make decisions without a set of Core Values cannot consistently be successful. Core Values create the foundation that you ultimately stand for.

The Florida Football Program shares the following Core Values.

1. Honesty
2. Treat Women with Respect
3. No Drugs
4. No Stealing

Mistakes are correctable; however, decisions made without regard to the Core Values we share will be dealt with in a very serious manner.

DISCIPLINE – is 90% Anticipation

We have a very clear policy in place to deal with Discipline Issues.

- 1st Offense – is on you (and your position coach)
- 2nd Offense – involves your position group
- 3rd Offense – will involve the team or Leadership Committee

Discipline is: A) Doing what you are supposed to do
B) When you are supposed to do it
C) How you are supposed to do it
D) and with the Intensity to be successful

FLORIDA FOOTBALL: PROGRAM OBJECTIVES – Win in the classroom and win on the field

WINNING

We have a very clear OBJECTIVE that all decisions involving this program are made. Win in the Classroom and Win on the Field.

“Do you know that all who run in a race, all indeed run. But only one receives the prize—run the Race to Win!” Corinthians 9:24

Winning is not complicated, selfish people complicate it.

PLAN TO WIN – Time tested and infallible.

1. Play Great Defense
2. Take care of the Football
3. Score in the Red Zone
4. Great Special Teams

WINNING is Fragile. It is not, however, by accident.

There is no such thing as luck. Winning is a result of Preparation, Attitude, and Confidence. Winning Attitude vs. Losing Attitude

- Winning Attitude: even when you lose you firmly believe you only ran out of time. You expect to Win and you know eventually you will Win!
- Losing Attitude: even when you are Winning – you are expecting something bad to happen. There is a lack of Confidence, and Trust in your Teammates and Coaches.

AGGRESSIVENESS

- Every aspect of the Program (Offense, Defense, and Kicking) will take a very aggressive approach to it. This approach is also successful with academics.

COMMITMENT/ MISSION

- 1) Be the most invested team in the country
- 2) Shrink the gap between the most committed players on the team and the least committed.

Discipline is 90% Anticipation

Discipline (Non Academic)

Late Football Function

1st Offense - Player will make-up appointment that day plus extra work after, then also get a work out in on Saturday morning at 6:00 a.m.

2nd Offense -Player will make-up appointment that day plus extra work after, then also get a work out in on Saturday morning at 6:00 a.m. with his position group.

3rd Offense -Player will meet in front of the Leadership Committee on Wednesday and explain why he was late or missed appointments.

Player will make-up appointment that day plus extra work, then also get a work out in on Saturday morning at 6:00 a.m. with the whole team.

4th Offense -Disciplinary action by the Head Coach

Other Disciplinary Situations

1st Offense - A work out on Saturday morning at 6:00 a.m.

2nd Offense - A work out on Saturday morning at 6:00 a.m. with his position group.

3rd Offense -Player will meet in front of the Leadership Committee on Wednesday and explain his situation.
A work out on Saturday morning at 6:00 a.m. with the whole team.

4th Offense -Disciplinary action by the Head Coach

Examples of Discipline Issues

1. Late or missing an appointment or football function
2. Proper workout attire
3. Behavior issues (on or off campus)

*** A completely missed workout or appointment counts as a 2nd Offense

EQUAL OPPORTUNITY

College Football breaks all barriers. College athletics was one of the first institutions to break religious, cultural and racial barriers that have existed for hundreds of years. Religious preference, color of skin and cultural background will have absolutely no impact on your status on the team, but performance will. Every player, coach or staff member will have an equal opportunity to succeed.

REWARD ACHIEVEMENT

- Champion Club
- Victory Meals
- Move Off-Campus (Requires Academic Success)
- Study Table requirements (Requires Academic Success)
- Gear – T-shirts, hats, shorts, shoes, etc

“Do not treat all players the same. Treat them the way they deserve to be treated.”

- John Wooden

FLORIDA FOOTBALL: BEHAVIOR AND RESPONSIBILITIES

LOYALTY

There are plenty of negative forces out there. Stay positive and defend your teammates, coaches, administrators, and your University.

BEHAVIOR – Your actions are a reflection of your Family, your Teammates and Our Program. Act Accordingly! Keep the following in mind with regard to actions.

1. Love and Respect the game of Football and what it stands for.
2. Love and Respect your Teammates.
3. Love and Respect your University.

FUNDAMENTALS – An average player can become a Great Player with Fundamentals!

Why Fundamentals DO NOT improve:

1. Player resists being coached
2. Player will not work at the Tempo required to improve
3. Player does not possess the innate athletic ability (often an excuse by player or coach)
4. Not enough repetition
5. Poor Teaching

PLAYERS RESPONSIBILITY – Coaching staff expects and demands each player to:

1. Play Hard
2. Be Tough
3. Know what you're doing

COACHES RESPONSIBILITY

1. Always have the player's safety in mind.

2. Be fair. (Treat players how they deserve to be treated)
3. Develop the player's fundamentals
4. Develop and implement a plan to put players in a position to be successful

COACH/PLAYER RELATIONSHIP – If done correctly it can be the most rewarding and closest relationship that you can develop, 2nd only to your family. Relationships are a result of experiences that you share with an individual or individuals. Just the nature of College Football and all the effort, dedication and sacrifice involved puts you, your teammates and coaches in situations that many fail to ever experience. How you handle adversity and success and the reliance placed on each other to be successful are the determining factors involved in developing relationships. Not many people get the opportunity to develop a relationship that will last a lifetime. Take advantage of it and do it the right way.

THE BIG GAME

As a member of the Florida Football Team you will play in many Big Games. Rivalries that existed for many years and games that will ultimately determine the Champion of the SEC. Keep in mind the following and never lose focus:

- Why is it a Big Game? - Because you/we made it a Big Game
- How did we make it a Big Game? - Because we won and two good teams are playing.
- How did we Win? - We followed the Plan to Win. Great Fundamentals!
- Where did we develop these fundamentals? - Practice and our work ethic.

FLORIDA FOOTBALL: INVESTMENT – This separates us from the rest

- 1) Coaches are required to implement a pro-active approach to all areas of their players' life (academic, social, family, weight room, spiritual, and mental well-being)
- 2) Every player will put the maximum time and effort to the program
 - a. Excused/Unexcused workouts will be made up. There is zero deviation from this policy.
 - b. "The pit" area is designated for injured players. This will enforce the policy that each player will commit to the same effort and investment whether they practice or are unable to practice.
- 3) "It's not your choice!" – Florida's Football program demands:
 - 1) Great Effort
 - 2) Finish Drills
 - 3) Hustle from drill to drill
 - 4) Run on and off the field

It is not your decision as a player or coach to go hard
- 4) Reward achievement. Players, coaches, and staff will not all be treated the same.
 - a. Live life the right way
 - b. Class attendance / Academic Excellence
 - c. Performance on the field

The above will determine your status on the team. You must be invested to be a Florida Football player.

FLORIDA FOOTBALL: THE NECESSITY TO CHANGE

CHANGE

“If what you want in the future is different than what you have in the present, then you have to change what you are doing.”

Change involves risk and discomfort. This is why many refuse to make a change. Successful individuals and teams share a common characteristic of being willing to change and being adaptable to the situation.

Expectation Theory (Dr. Staples)

Change – Ultimate Goal is to change your (OUR) performance. There are no shortcuts. WE followed a very distinct methodical process that took months to complete.

1. **Think:** Minds w/ physical bodies. We function as a result of free choice not instinct. Ability to think separates Average from Good... Good from Great... Winner from Loser.
2. **Believe:** accept as true or real---TO TRUST. Powerful Forces buried deep within. Difficult to Change. Focus on challenges as opportunities – rather than what you perceive as problems or setbacks.
3. **Expectation:** Beliefs Create expectations-cannot change one without the other. Expectations have an effect on every decision or action you make. Single most identifiable characteristic of successful people – HIGH EXPECTATIONS.
4. **Attitude:** way one carries ones-self. Mood or Disposition. A State of Mind.
 - Joe Paterno’s example of Yankees
 - Attitude is contagious-negative or positive
5. **Behavior:** Core Values
6. **Performance** – easy to measure (especially in College Football)

FLORIDA FOOTBALL: THE PASSION TO WIN

CHECKMATE – at some point during a game the opponent will “Checkmate”. It is for this very moment on the field of battle why we work and train with the passion we do!

Practice Philosophy:

Why do we train with passion and effort that we do?

- So that the game is Easy

---Lets Have A Great Training Camp
Florida Football Coaching Staff

FLORIDA FOOTBALL CHAMPION AWARDS 2006

- 1st Quarter: January 9th – March 28th
2nd Quarter: March 29th – April 22nd
3rd Quarter: May 30th – August 1st
4th Quarter: August 4th – End of Season

MEMBERSHIP (NO EXCUSES)

- 1ST Quarter - ~~100%~~ attendance at all workouts > Attendance + P
- ~~100%~~ participation at all workouts
- No Discipline Issues
- No Academic Issues
- Position Coach recommendation
- Strength Coach recommendation on effort and strength gains
- 2nd Quarter - ~~100%~~ at all Spring Practices
- ~~100%~~ participation at all practices
- 100% attendance/participation at all lifting sessions
- No Discipline Issues
- No Academic Issues
- Position Coach recommendation – improvement as a football player
- Strength Coach recommendation on effort in weight room
- 3rd Quarter - Significant gains in strength and conditioning
- No Discipline Issues
- No Academic Issues
- Recommendation by Strength Coach on effort and strength gains
- 4th Quarter - ~~100%~~ attendance at all practices
- ~~100%~~ participation at all practices
- CONTRIBUTION to the success of the TEAM
- Grade a WINNING EFFORT on 8 of 12 Games
- No Discipline Issues
- No Academic Issues
- Position Coach Recommendation

CHAMPION QUALITIES

- DEPENDABLE
- DURABLE
- COMMITTED TO EXCELLENCE
- CONTRIBUTES TO PROGRAM

AWARDS

- QUARTER AWARDS:
1. Steak Dinner at Champions Banquet
 2. Recognition at Champions Banquet
 3. Champion Gear

HELIX VARSITY FOOTBALL 2014 ATTENDANCE POLICY

You are expected to be on time and attend all practices and team functions.

- First missed practice/function
 - Make-up conditioning reminder
- Second missed practice/function
 - Make-up conditioning reminder
 - Call home to parents
- Third missed practice/function
 - May be released from team

Organize your priorities

1. Family
2. School
3. Football

- There is no reason to fall behind in school, period.
- A 2.0 GPA is a very reasonable requirement
- If you cannot stay organized and on task, something will have to go and it will be football.
- A missed practice during the week for any reason may prevent you from participating in that week's contest.
- Excused missed practice – family emergency, medical doctor appointment with prior approval from your coach.
- Unexcused missed practice – dentist appointment, finishing homework/projects, detentions, babysitting.

***If your parents hold you out of practice because you were not accountable to their rules (chores, disrespectful, etc); the penalty will be doubled and the second time you will be removed from the team.**

I have read and understand, and agree to the attendance policy

Printed Name _____ **Date** _____

Signature _____ **Parent Signature** _____

INJURY POLICY

The most frustrating element of sports is the injury factor. It frustrates the athlete, his teammates and his coach. It is magnified when the player is a starter. The athletic trainer is put in a position where he is expected to work miracles as well. These situations often create confusion and bring about emotional conflicts between all groups involved. There is no simple solution nor can there be a single policy that would take care of this dilemma.

All sides would be best served if everyone involved tried to understand the dilemma that the other groups are going through. **The coach and teammates must believe that the athlete wants to get back as soon as possible**, that the athletic trainer is doing everything possible to get the player back, and that the team will step up and accept the replacement. **The player must realize that the coach now has a responsibility to get someone else ready and that will probably force that coach to spend more time with the replacement.** The replacement must feel as though he has the confidence of the coach and his teammates. The team must believe the injured player is working to return, but at the same time it must focus on strengthening the new link in the chain, the replacement.

As a team, we have taken a position that we are accountable to each other. Thus, during practice an injured player that cannot practice will workout with the athletic trainers and strength coach. This should not be looked upon as punishment, but as an opportunity to illustrate to your teammates that you are improving some areas of your body physically and as soon as you are ready, you will be better than before you got hurt.

Every player will experience some type of injury at some time during their career. Your teammates want to feel that you are doing everything possible to get back on the field and help the team.

Your position coach can bring you back to practice to get mental learning when he feels the need to.

Remember, the only constant that is used to judge you is your behavior. How you act will create a perception by the other groups involved. If you want this team to have the highest degree of trust in you, then you must act like you trust them.

Our policy is that you cannot lose your position due to an injury up to a point. That point is when your replacement is performing at a higher level than you were performing at or before your injury. To keep this an objective decision, the position coach, coordinator and the head coach must agree that the replacement is performing at a higher level than the injured player.

Injured Players Dress:

Unless approved by Coach Meyer – injured players will wear the same attire as non-injured players.

PLAYER EVALUATION

One of our roles as coaches, is to decide who plays, how much each player plays and when they play. These decisions are primarily in the hands of the position coaches with input from the Coordinator and Coach Meyer.

Philosophically, we would rather play you a “week late” rather than a “week early”. This means that we would rather have you “totally” ready to play rather than “not quite” ready.

Many aspects make up the criteria for deciding who plays and when. Position, depth and circumstances certainly play a part. But ultimately the criteria comes down to the following:

1. confidence in the player
2. trust and confidence in the player’s ability to do what he is supposed to do
3. the player’s ability and potential to make a big play within the system
4. consistency of performance
5. ability to make a big play in an “athletic adjustment”
6. leadership

Every offense, defense and special teams is coordinated and planned. Each one of the eleven players must know where to go, what to do, and have the ability to do it. We, as coaches, have an obligation to our team and each other to play the player who has proven in games and practice sessions to be willing and able to perform these criteria.

There is never a political, social, racial, or personality factor involved. Only reliability or unreliability as witnessed in games and/or practice by the coaches. That is one reason why we film almost every minute of practice so that we are constantly evaluating your reliability and trustworthiness.

The six criteria listed above, will determine who plays and how much the player plays. We evaluate each player daily in our staff meetings. We are aware that everyone wants to play and so we are as careful and deliberately as possible to be fair in all of our evaluations. You must remember that practice performance is the major way to demonstrate your level of competency.

Evaluations every day, every way.

FLORIDA FOOTBALL GRADING SYSTEM

Scale

- S = Job Accomplished (Finished)
- = Job Not Accomplished
- + = Extra Effort/Big Play/Knockout Block/Game Changer(Coordinators Discretion)
- = = (Double Minus) MA/Turnover/Poor Effort (Coordinators Discretion)
- O = Non Factor/Cannot grade play (penalty, etc...)

ONE OBJECTIVE: GRADE A WINNING EFFORT FOR YOUR POSITION

Offensive Line: 75%
Running Backs: 80%
Receivers: 85%
Tight Ends/U: 80%
Quarterbacks: 85%

Defensive Line: 75%
Corners: 90%
Linebackers: 80%
Safeties: 85%

Grading Example to be turned in to Coach Meyer for each Player

70 Plays

- 60 - S (Job Done)
- 2 - + (Plus Plays)
- 1 - = (Double Minus)
- 6 - - (Minus-Job Not Done)
- 1 - 0 (Cannot grade play)

$6+2=8$ (Minus Plays + 1 Dbl Minus)(Total) **GRADED MINUS PLAYS**

2 Plus Plays takes away 2 minus plays ($8-2=6$) **TOTAL MINUS PLAYS**

One non gradable play = 69 plays ($70-1=69$) **TOTAL GRADABLE PLAYS**

69 plays - 6 (total minus plays) = 63 total **TOTAL SATISFACTORY PLAYS**

63 divided by 69 = 91% **PLAYERS GRADE**

*Position Coaches grade each player. Head Coach has final say on who grades a winning effort.

- minimum of 25% of total plays
- grade to the ability level of each player - **Great players must play Great**

Helix Football Championship Game Statistics

Opponent	Oceanside 2008	Oceanside 2009	Oceanside 2010 (Semi's)	Oceanside 2011	Del Oro 2011
Score	19-23	10-25	17-24	44-6	35-24
T/O Lost	3	5 (2 TD's)	3 (2 TD's)	1	0
T/O Caused	3	0	2	3	1
Red Zone/Goalline	TD TD INT INT	FG	Missed FG TD FG T.O.D. T.O.D.	TD TD TD	TD TD TD