



**Sisters Outlaws  
Football  
Player Development  
Plan**

**GO OUTLAWS!!!**

## **Philosophy and Rationale**

The primary goal of the Sisters High School Football Program is a focus on developing the character and work ethic of the players who participate. We believe this is a group effort, starting from introduction of football at the youth level all the way up and through the athlete's time at Sisters High School. In addition to the focus on character and work ethic, we believe in a strong focus on the basic fundamentals of the game of football as well as an emphasis to make the game fun for the athletes in both practice and games.

## **GOALS BY GRADE LEVEL**

### **Grade 1st - 2nd**

Goals: Learning the fundamentals and motor skills to develop overall athletic ability. Limit practice to 2-3 times a week for no more than an hour. No positions should be permanently assigned and players should learn more than one spot. Practice should be focused on the development of basic skills and developing a love for the game. Focus on fun and development, not winning. Teach the value of sacrifice and putting the needs of others ahead of yourself.

#### Learn the basic rules of flag football

- Down and distance rules
- Rules for blocking and tackling (Flag)
- Basic man to man coverage techniques
- Pursuit angles/swarming to the ball on defense

#### Games

- As close to equal playing time as possible
- Players play multiple positions
- Coaches make an effort to praise and celebrate hustle, sportsmanship, and effort on the field.
- No score kept
- Use play cards in the huddle to speed up the play and get more reps
- Spread the ball around

#### Movement/Body Mechanics

- Proper running form including eyes level, relaxed upper body, proper arm movements, knees up and full rotation, etc.
- Knee bend and flexibility: Teach "Zs in the knees" and bend through your legs not your waist to gain leverage advantage.
- Always play with your eyes up, never lower the head.
- No conditioning drills. Condition through the speed and repetition of practice and games (relays, one on routes, etc.)

#### Ball Security

- Learn and master the 6 control points:
  1. "Peace sign" covers the tip of the ball

2. Hand
  3. Forearm
  4. Bicep
  5. Body with the tip of the ball pointing slightly up
  6. Second arm over the ball of grab the wrist with your off hand
- Run with the ball in the outside arm whenever possible
  - Proper way to take a handoff (Inside elbow up, roll over the ball and do not take it, keep your eyes looking ahead and not at the ball)

### Throwing

- Grip back half of the ball, use the laces and fingertips of your hand
- Instep and “3 spears” point to the target (knees, hips, and shoulders)
- Keep most of your weight on your back foot
- Follow through the throw with rotation of the thumb into the thigh/waist area

### Catching

- Track the ball as soon as it leaves the hand and focus on the tip of the ball (Cross)
- Soft hands and absorb the catch
- Use “window” with thumbs and index fingers together as much as possible, elbow and hands together for passes under the waist.

### Blocking

- Proper pad level (low man wins)
- Zs in the knees, knees out ahead of the toes.
- Flat back, eyes up
- Strike up and through the chest, elbows in and thumbs up
- Wide base, don't let the feet come together
- Short choppy steps

### Tackling/flag pulling

- Learn proper pursuit angles to the ball carrier
- Don't follow the same jersey
- Introduce basic form tackling on shields and dummies in practice
  1. Take a short load step just prior to contact (dip step with near foot)
  2. Arms and hands should be back in “holsters”
  3. Strike up and through the bag getting a full wrap
  4. Drive the feet on contact (Drive for 5!)
  5. Never lead with your head, play with your head and eyes up

### Punting

- Teach two step punting
- Start with punting foot back slightly (toe to instep)
- Hold ball to kicking leg side, arms extending with laces up
- Drop the ball to the foot, do not throw it up in the air
- Head down, kick with laces and following through with the leg

### Kicking off a tee

- Move back from the ball, get a running start and hit the ball at about 75% speed
- Plant foot should be a little less than a foot from the ball
- Have your hips and body square to the ball on contact
- Keep your head down, look to make contact about ¼ of the way up on the ball
- Kick with your top of your foot and laces
- Follow through with your leg after the kick

### Catching punts and kicks

- Practice with mostly tosses rather than actual punts
- See the ball off the foot of the punter or kicker
- Try to get right under the ball and not be moving
- Elbows in and make a basket

## **3rd-4th**

Goals: Continued focus on the fundamentals and motor skills to develop overall athletic ability. Limit practice to 2-3 times a week for no more than an hour and half. No positions should be permanently assigned and players should learn more than one spot. Practice should be focused on the development of basic skills and increasing a love for the game. Focus on fun and development, not winning. Emphasize the value of sacrifice and putting the needs of others ahead of yourself and how to be a great teammate.

### Know and understand the rules of flag football

- Down and distance rules
- Rules and technique for blocking and tackling (Flag)
- Basic man to man coverage techniques
- Pursuit angles/swarming to the ball on defense
- Begin to learn the basics of the Outlaw Football Route Tree (Out, hitch, fade, etc.)

### Games

- As close to equal playing time as possible
- Players play multiple positions
- Coaches make an effort to praise and celebrate hustle, sportsmanship, and effort on the field.
- No score kept
- Use play cards in the huddle to speed up the play and get more reps
- Spread the ball around

### Movement/Body Mechanics

- Proper running form including eyes level, relaxed upper body, proper arm movements, knees up and full rotation, etc.
- Knee bend and flexibility: Teach “Zs in the knees” and bend through your legs not your waist to gain leverage advantage.
- Always play with your eyes up, never lower the head.

- Emphasize speed and quickness in drills (“Play fast”)
- No conditioning drills, condition through the speed and repetition of practice and games (relays, one on routes, etc.)

### Ball Security/faking

- Master the 6 control points:
  1. “Peace sign” covers the tip of the ball
  2. Hand
  3. Forearm
  4. Bicep
  5. Body with the tip of the ball pointing slightly up
  6. Second arm over the ball of grab the wrist with your off hand
- Run with the ball in the outside arm whenever possible, learn to stiff arm to avoid tackles
- Perfect the proper way to take a handoff (Inside elbow up, top hand have thumb in and bottom hand thumb out roll over the ball and do not take it, keep your eyes looking ahead and not at the ball)
- Learn to fake, use 6 control points and “run” with ball without over faking

### Throwing

- Grip back half of the ball, use the laces.
- Use your fingertips and first knuckles only, thumb should form an L on the back of the ball.
- Instep and “3 spears” point to the target (knees, hips, and shoulders)
- Keep most of your weight on your back foot
- Work to keep the front shoulder down on most throws
- Follow through the throw with rotation of the thumb into the thigh/waist area
- Learn to roll out and throw on the run, feet following the flight of the ball. Shoulder should point towards your target.

### Catching

- Track the ball as soon as it leaves the hand and focus on the tip of the ball (Cross)
- Soft hands and absorb the catch
- Use “window” with thumbs and index fingers together as much as possible, elbow and hands together for passes under the waist.
- Introduce one hand, concentration drills, and tennis ball drills
- Teach “Snap” after catching the ball (Look it in to 5 control point position).

### Blocking

- Proper pad level (low man wins)
- Zs in the knees, knees out ahead of the toes.
- Flat back, eyes up
- Strike up and through the chest, elbows in and thumbs up
- Wide base, don’t let the feet come together
- Short choppy steps
- Introduce components of the Crowther method (Starting from the ground position)

### Tackling/flag pulling

- Learn proper pursuit angles to the ball carrier
- Don't follow the same jersey
- Introduce basic form tackling on shields and dummies in practice
  1. Take a short load step just prior to contact (dip step with near foot)
  2. Arms and hands should be back in "holsters"
  3. Strike up and through the bag getting a full wrap
  4. Drive the feet on contact (Drive for 5!)
  5. Never lead with your head, play with your head and eyes up

### Punting

- Teach two step punting
- Move your body in front of the ball
- Start with punting foot back slightly (toe to instep)
- Hold ball to kicking leg side, arms extending with laces up and ball turned slightly
- Drop the ball to the foot, do not throw it up in the air
- Head down, kick with laces and following through with the leg
- Back foot comes off the ground

### Kicking off a tee

- Move back from the ball, get a running start and hit the ball at about 75% speed
- Plant foot should be about a foot from the ball
- Have your hips and body square to the ball on contact
- Keep your head down, look to make contact about ¼ of the way up on the ball
- Kicking toe should be pointed down, kick with your top of your foot and laces
- Follow through with your leg after the kick, kicking foot should go in the direction of where you want the kick to go
- Land on your kicking foot

### Catching punts and kicks

- See the ball off the foot of the punter or kicker
- Try to get right under the ball and not be moving
- Elbows in and make a basket
- Get up the field north and south as soon as possible after the catch
- Practice with mostly throws and begin to mix in actual punts

## **5th-6th**

Goals: Continued focus on the fundamentals and motor skills to develop overall athletic ability. Practice 2-3 times a week for about an hour and half. Begin to permanently assign positions but players should learn more than one spot. Practice should be focused on the development of basic skills and increasing a love for the game. Focus on fun and development, not winning. Teach great technique in regards to contact and emphasize good physical play but stay away from "toughness drills" such as Bull in the ring, etc. How to block and tackle needs to happen before blocking and tackling hard and always be aware of physical mismatches. Put a great emphasis on

the value of sacrifice and putting the needs of others ahead of yourself and how to be a great teammate. Begin to introduce as much of the terminology that is being used at SMS and SHS (Holes, gapes, numbering, etc.).

### Know and understand the rules of football

- Down and distance rules
- Penalties and how to avoid them
- Rules and technique for blocking and tackling
- Man to man coverage techniques
- Pursuit angles/swarming to the ball on defense
- Learn the basics of the Outlaw Football Route Tree (Out, hitch, fade, etc.)

### Games

- As close to equal playing time as possible
- Players play in their primary positions but playing in a secondary position still encouraged
- Coaches make an effort to praise and celebrate hustle, sportsmanship, and effort on the field.
- Get the ball to a variety of skill players

### Movement/Body Mechanics

- Proper running form including eyes level, relaxed upper body, proper arm movements, knees up and full rotation, etc.
- Knee bend and flexibility: Teach “Zs in the knees” and bend through your legs not your waist to gain leverage advantage.
- Always play with your eyes up, never lower the head.
- Emphasize speed and quickness in drills (“Play fast”)
- Limit conditioning drills. Condition through the speed and repetition of practice, running plays, pursuit drill, and games (relays, one on routes, etc.)

### Ball Security/faking

- Master the 6 control points:
  7. “Peace sign” covers the tip of the ball
  8. Hand
  9. Forearm
  10. Bicep
  11. Body with the tip of the ball pointing slightly up
  12. Second arm over the ball of grab the wrist with your off hand
- Run with the ball in the outside arm whenever possible, learn to stiff arm to avoid tackles
- Perfect the proper way to take a handoff (Inside elbow up, top hand thumb in and bottom hand thumb out roll over the ball and do not take it, keep your eyes looking ahead and not at the ball)
- Learn to fake, use 6 control points and “run” with ball without over faking
- Introduce ball security drills with contact (Lower the shoulder drills vs. shields, etc.)

- Teach how to properly secure a fumble and the value of hustling down the field to be there when it happens.

### Throwing

- Grip back half of the ball, use the laces.
- Use your fingertips and first knuckles only, thumb should form an L on the back of the ball.
- Instep and “3 spears” point to the target (knees, hips, and shoulders)
- Keep most of your weight on your back foot
- Work to keep the front shoulder down on most throws
- Follow through the throw with rotation of the thumb into the thigh/waist area
- Learn to roll out and throw on the run, feet following the flight of the ball. Shoulder should point towards your target.

### Catching

- Track the ball as soon as it leaves the hand and focus on the tip of the ball (Cross)
- Soft hands and absorb the catch
- Use “window” with thumbs and index fingers together as much as possible, elbow and hands together for passes under the waist.
- Introduce one hand, concentration drills, and tennis ball drills
- Teach “Snap” after catching the ball (Look it in to 5 control point position).

### Blocking

- Proper pad level (low man wins)
- Zs in the knees, knees out ahead of the toes.
- Flat back, eyes up
- Strike up and through the chest, elbows in and thumbs up
- Wide base, don't let the feet come together
- Short choppy steps
- Incorporate components of the Crowther method (Starting from the ground position)
- Work from a fit position at times to emphasize technique
- Learn pull and trap techniques

### Tackling

- Learn proper pursuit angles to the ball carrier
- Don't follow the same jersey
- Introduce rugby and rugby roll tackling (Progress from two knees on up)
- High repetitions of basic form tackling on shields and dummies in practice
  1. Take a short load step just prior to contact (dip step with near foot)
  2. Arms and hands should be back in “holsters”
  3. Strike up and through the bag getting a full wrap
  4. Drive the feet on contact (Drive for 5!)
  5. Never lead with your head, play with your head and eyes up

### Punting



- Teach two step punting
- Move your body in front of the ball
- Start with punting foot back slightly (toe to instep)
- Hold ball to kicking leg side, arms extending with laces up and ball turned slightly
- Drop the ball to the foot, do not throw it up in the air
- Head down, kick with laces and following through with the leg
- Punt with the hard top part of your foot
- Back foot comes off the ground
- Practice steps and drops on a line

#### Kicking off a tee

- Move back from the ball, get a running start and hit the ball at about 75% speed
- Plant foot should be about a foot from the ball, kicking leg should be back and toe down
- Have your hips and body square to the ball on contact, body slightly leaned back
- Keep your head down, look to make contact about  $\frac{1}{4}$  of the way up on the ball
- Kicking toe should be pointed down, kick with your top of your foot and laces
- Follow through with your leg after the kick, kicking foot should go in the direction of where you want the kick to go
- Off arm should swing across the body for balance
- Land on your kicking foot

#### Catching punts and kicks

- See the ball off the foot of the punter or kicker
- Try to get right under the ball and not be moving
- Elbows in and make a basket
- Get up the field north and south as soon as possible after the catch
- Practice with mostly throws and begin to mix in actual punts

