

## DRHS COACHES

RON WOITALEWICZ  
(HC/DC/LB)

JEREMIAH  
BEHRENDSEN  
(OC/QB)

DENNIS MAJEWSKI  
(STC/JV HC/RB)

TIERRE DURAN (DB)

CHRIS FLYNT (WR)

JEFF HINES (DL)

ERIC NEYEN (LB)

MATT OSTERHAUS  
(OL)

JARED SCHULZ (OL)

PAUL LUNA (FHC)

MICHAEL DELEON  
(F)

AUSTIN GAYLORD  
(F)

KEVIN CROGHAN (F)

## DRSA YOUTH FB DIRECTORS

JOEL MCMANN

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# Navy Cardinal Insider

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## Coach Woj's Spotlight:

I hope you are all having a great start to 2016 and my hope is that this is the best year of your life and many great things happen for you and your family. I am excited to see what 2016 brings for our football team and program. We are now starting our off season training and this is the most important time for our football team. Our success during the 2016 season will be determined by what happens between now and August when we start football. We are starting to really hit the weight room hard and have begun our morning throwing sessions and meeting times with our players. Football is a tough physical game played by tough people. That is why we have to work so hard in the weight room to get our players' bodies ready for a tough season ahead. We are getting a start on mental and physical repetitions with our players to help us with the success we want in the fall. We have many kids playing other sports such as basketball, baseball, track and lacrosse, I love when our players are playing other sports! It keeps them in shape, it helps keep them competitive and most important it helps them build relationships and friendships that last a life time. As a coach my job right

now is not to only get our players ready for the physical part, but to also build relationships



**Coach Woj**  
**DRHS Head Coach**

and create team chemistry that is so vital for our team to be successful. That is what the off season is about. It is important that this semester the players really focus on having success in the classroom as well. Grades are the most important thing our players need. They can be the strongest or fastest kid, but if they are ineligible it does them no good. Their grades this semester will determine their eligibility for next fall. Education is why you go to school. Playing football is just a privilege.

We are excited about what this season will bring. We will be traveling to Orlando, Florida to play our week 1 game next season. We will have the opportunity to play at the world class facility of ESPN Wide World of Sports complex against Strana-

han High School from Fort Lauderdale. The trip is a great way for our players, coaches and families to bond together and really build team chemistry that will carry us for the remaining nine games of the regular season. It is a memory that will last a life time for our players. Our players will be doing a lot of fundraising to help pay for the cost so please keep posted on fundraisers that we will be doing and any help you can provide the players will be greatly appreciated.

A quick reminder that we will be sending out information soon on our QB/WR/OL camp beginning in March and look for the Speed and Agility Camp brochure coming home or through email in April. We want to see as many kids as we can at both camps to help them get better.

Please remember to have fun, practice and play hard, and do well academically and may 2016 be your best year ever. Don't hesitate to contact us if there is anything our football program and football family can do for you.

**EMBRACE THE GRIND!**

Ron Woitalewicz  
Coach Woj  
Head Football Coach

## Upcoming Events/Dates

### Events for DRHS Football

- DRHS Football Parent Meeting Wed. May 4th
- Spring Camps
  - Freshman May 9-11
  - Freshman Player/Parent BBQ May 11th 5pm @ DRHS
  - VJV May 16-19

### Events for DR Youth/Community

- **FB Registration is OPEN!**
- DR Youth QB/WR/OL Camp
  - Monday's Mar. 28 - June 6
  - 6:00-7:00 pm
- Youth Speed & Agility Camp
  - MWF June 6th - July 8th
  - 9:00-10:15 am
- DRSA Youth Contact Camp
  - Aug. 1-2, 6:00-7:30 pm
- DRHS Meet the Coaches Night
  - Incoming 9th Gr. Mar. 15th

### Events for DR Youth Coaches

- Denver Glazier Coaches Clinic
  - Feb 19-21
- Come to QB/WR/OL camp to hear DR coaches give position specific instruction. Starts Monday Mar. 28th
- DRHS Spring Camp (open to all youth coaches)
  - May 16-19
- DRHS Youth Coaches Clinic
  - May 18th

*"Even at the youth level, it's important for the defensive back to always think 'pass' first. At the point when he is certain it is not a pass, he can commit to the run and pursue the ball carrier."*

## Coach Duran: Defensive Back Play

Instilling resilience to adversity and confidence in the youth player is extremely important when teaching the defensive backfield position. The defensive back is under a microscope when playing the position. If he doesn't read pass first, doesn't turn the play in on a run, or is out of position on a pass play, the whole world is witness to the error. Even at the pro level, the defensive back is under constant scrutiny from coaches, referees, teammates and spectators --one misstep and it could be disastrous.

Here are some tips I use when teaching defensive backs.

### Think Pass First:

Even at the youth level, it's important for the defensive back to always think "pass" first. At the point when he is certain it is not a pass, he can commit to the run and pursue the ball carrier. There are

many keys for the defensive back for determining run or pass. His keys for determining run are when offensive linemen are moving downfield or when the ball crosses the line of scrimmage. Also, it's usually a run if the wide-out sustains a block.

Play-action passes and halfback option passes often test a defensive back's ability to read pass or run.

### Turn the Play In:

At the earliest age, cornerbacks must be taught to turn the play in. The fact is, most touchdowns are scored in youth football when the running back is able to find the sidelines. The running back makes the corner and is gone. In the event a back reads run, it is important that the cornerback contains the ball carrier to the inside. Eliminating the sideline run or "turning the play in" becomes the defensive

back's primary run responsibility.

### Backpedaling:

There are many techniques for defending the pass receiver. The most essential and basic incorporates the backpedal.

In this technique, the defender must keep his torso forward with his chin over his toes and shoulders over his knees. The head is down with elbows bent at about 90 degrees. This helps keep his balance and allows for sudden breaks on short passes.

In the backpedal, the defender steps back quickly while driving his arms hard. He should be stepping back and not leaning on his heels, which would cause his body to become erect and slow him down. Utilizing small to medium steps at three-quarters speed with feet close to the ground will allow for a quick change of direction. He should always be in a proper leveraged position.

## ...Defensive Back Play Continued

### Turn and Go:

At the point where the defensive back's cushion with the receiver is less than three yards, the defender should whip his arm toward the receiver's running direction when he breaks. This enables a quicker change of direction.

Remember, the goal of the wide receiver is to get head-up with the defender as quickly as possible and make him turn and run in the shortest amount of time. Figure that the backpedal will work for about 12 yards. Within three yards of the receiver, the defender will have to turn and run with the receiver. Again, always maintain a three-yard cushion if possible.

### Bump and Run:

To avoid the deep passes, DBs may want to try and jam

the receivers with a "bump and run". This technique must be done within five yards of the line of scrimmage. It's designed to disrupt the receiver's route and mess up the timing of the play.

The actual jam used in the "bump and run" can be as simple as striking the center of the receiver's chest with the hand nearest the receiver. Or, it could be the hand shiver--delivering a hit with the palms open and thumbs up. The blow should be struck low in the numbers and go "through" the receiver. Then it's time to run with the receiver, DBs should work on tapping the receivers arms downward as they run with and focus on the eyes of the receiver to know when the ball is approaching.

### Resilience/Confidence:

Finally, stay positive when things go wrong. As you may know I'm a high school coach and a teachers as well. Next to teaching fundamentals and having fun in a team environment, instilling resilience to adversity and confidence in your youth student-athletes are probably the most important things you can do. Don't spend all your time on points of improvement. Rather, tell them the things they did right before getting to the things they could improve upon. Start positive, offer advice, end positive. Remember we want our kids to know how the game is played; but more importantly, we want to teach the fundamentals of being a quality person. Qualities like, being hard-working, confident, and being resilient to adversity.

*"Next to teaching fundamentals and having fun in a team environment, instilling resilience to adversity and confidence in your youth student-athletes are probably the most important things you can do."*

## Player Spotlight: Dillon Meyers

Dillon is #57 and just finished up his junior year for the Eagles. He has started at the center of the Eagle's defense at MLB for the past two years and was selected as a 1st team all conference linebacker. Dillon has also seen time for the Eagles at offensive tackle and has excellent size at 6'1" 235 pounds. Dillon's size and strength make it very difficult for offensive

linemen (let alone FB's) to single block him. With his senior year approaching the team is looking for Dillon's leadership abilities to continue to grow as he takes on an even larger role for the Eagles!

Check out Dillon's highlights at:

<http://www.hudl.com/athlete/2577275/dillon-meyers>





LITTLETON, CO

## DAKOTA RIDGE SPORTS ASSOCIATION

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*Soaring High  
with Eagle Pride*

Dakota Ridge Football works hand in hand with Dakota Ridge Youth Football. Our youth football program falls under our youth sport organization, the DRSA. The DRSA's mission is to make a positive impact in the community and the lives of our children and youth by providing a quality sports development program for the Dakota Ridge area and high school. They also strive to create an environment of leadership and role models, and they recognize the importance of shaping the lives of our children and future leaders.

[www.dakotaridgesports.org](http://www.dakotaridgesports.org)

## Youth Coaches Corner by David Loomis

"It's not the size of the dog in the fight that matters, but the size of the fight in the dog".

You can't spend much time around football without hearing this quote from Mark Twain. However, a coaching friend of mine is fond of saying that "you can't coach size", which is of course true. So on the front lines on the gridiron which is most important; "fight" or "size"?

The answer is clearly...."it depends" (my fail safe response when I don't know the answer).

Overcoming dramatic size differences in a sport where your success depends on your players' ability to physically overcome their opponent is one of the most important challenges we face as youth football coaches. When you trot your 82 pound offensive tackle out on the field on game day you have hopefully armed him with more than Mr. Twain's jewel of wisdom when asking him to knock a 220 pound goliath out of the way so your 70 pound running

back has somewhere to run without getting squished (technical football term).

Being outsized will always be a disadvantage. However, as a coach you have some say in just how much of a disadvantage it is. If you have smaller, faster linemen and you are facing teams with bigger and slower kids up front there are any number of strategies you can employ to offset your opponent's advantage. Try widening your splits and making those big kids work in space where they might not be as comfortable. Teach schemes where you can use angle blocking and pulling to set up blocks coming from all sides to slow down the defensive rush. Work to get more numbers at the point of attack and spend less player resources on blocks away from the play. There are entire offensive schemes built to take advantage of having smaller, quicker linemen. Remember Super Bowl XXXII when the beloved Broncos undersized offensive line wore out and wore down the monster defensive line of

the Green Bay Packers? Take care though to focus on the fundamentals of "how" to block as well. Getting our players into position to make the play is important but we need to make sure that they have the tools that they need to make the play when they get there.

On the flip side, if you have been blessed with some large athletic linemen you should plan on other teams scheming around their strengths. Make sure that those strengths include fighting off double teams, reading line stunts and defeating cut blocks. There's no reason the "fight" in those big dogs can't be big as well. Games are won and lost up front; make sure to commit significant coaching resources to the trenches.

This season Coach Loomis led the Dakota Ridge 5th grade team to a playoff appearance in their first year playing at the division I level, and is a year removed from Dakota Ridge's first ever Carnation Bowl championship. He will be providing an article each month to help address some of the situations and concerns that youth coaches encounter.





# I AM A COACH BECAUSE...

I am a coach because of the **kids** and the **passion** I have for the sport itself. There is no other feeling quite like **helping** young athletes further develop their natural **persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection** with, and **respect** for, others, not only in competition, but in **life!**