

DRHS COACHES

RON WOITALEWICZ
(HC/DC/LB)

JEREMIAH
BEHRENDSEN (OC/QB)

PAUL SHEEHY (STC/
DL)

TIERRE DURAN (JVHC/
DB)

CHRIS FLYNT (WR)

JEFF HINES (DL)

MARK LEON (DB)

ERIC NEYEN (LB)

MATT OSTERHAUS
(OL)

JARED SCHULZ (RB)

GORDON STANT (OL)

PAUL LUNA (FHC)

KEVIN CROGHAN (F)

ZACH ERFURDT (F)

AUSTIN GAYLORD (F)

DONOVAN HAVILAND
(F)

JAKE IANNELLA (F)

DRSA YOUTH FB DIRECTORS

JOEL MCMANN

MARK CUSICK

BILL STUBBLEFIELD

DAVID LOOMIS
(LEAGUE REP)

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Navy Cardinal Insider

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Coach Woj's Spotlight:

As our summer begins to wind down, the players and coaches are looking forward to getting some well-deserved rest and relaxation before coming back August 8 for what proves to be an exciting season for the Eagles. It has been a great summer for our players and coaches. The kids have worked very hard in the weight room and at speed and agility camp. We have got better every day we are in the weight room. Our team camp in Pueblo was a great success. WE were very competitive and again got better because of the experience. The varsity finished 3rd out of 10 teams in the camp and our JV team won the JV camp division. I am very proud of our players and coaches for their work and commitment to getting better.

WE had another successful Speed Camp this summer. WE had over 240 kids participate in the camp and I can't thank you enough for signing your kids up for the camp. I am hoping they all improved over the 5 weeks and that the experience and fun will result in them wanting to do the speed camp again next summer. It is so much fun seeing the smile on the face of a young kid at speed camp just having fun. Nice to see them outside running around and getting some exercise and hopefully improving their overall athletic skill for the sport they play.

There is a lot of exciting stuff coming up in the next couple of months. We have our mandatory parent meeting and



Coach Woj
DRHS Head Coach

BBQ on Monday night the 11th at Dakota Ridge starting at 5:30. WE have our last day of summer weight training on July 20th and also that is the day for Water World. The cost for Water World is \$30 per person and is open to anyone who wants to come. Bring the family and have a fun day to end or summer workouts. I will meet everyone outside the reservation booth at 11:00 that morning and collect the money and get you your tickets. August 1 is the DRSA scramble golf tournament at Red Rocks Country Club. I would encourage anyone who loves golf to sign up and you can also bring your whole family to use the pool and cabana at Red Rocks that day as well.

August 8 begins football for the fall season. The varsity/JV will go at 7:30 a.m. and the freshman will meet at 1:00 on that day. We will scrimmage Bear

Creek on August 26 and the varsity/JV will leave for Orlando on August 31 for a great trip to Disney World to play our first game at ESPN Wide World of Sports complex on September 2.

I hope that everyone has had a wonderful and safe summer and that they are looking forward to football season as much as we are. Our team will be very good this year and the expectations are high for this group. This summer they have truly "EMBRACED THE GRIND".

I will leave you with this:

YOU EITHER GET BITTER OR YOU GET BETTER. IT'S THAT SIMPLE. YOU EITHER TAKE WHAT HAS BEEN DEALT TO YOU AND ALLOW IT TO MAKE YOU A BETTER PERSON, OR YOU ALLOW IT TO TEAR YOU DOWN. THE CHOICE DOES NOT BELONG TO FATE, IT BELONGS TO YOU.

I hope you will all come out to see our games this season and support the football program at Dakota Ridge and if there is anything you need from us please let me know.

EMBRACE THE GRIND!
Ron Woitalewicz
Coach Woj
Head Football Coach
rwoitale@jeffco.k12.co.us

Upcoming Events/Dates

Events for DRHS Football

- July 20th Water World
- DRSA Youth FB Camp
 - July 29-30
- DRSA Annual Golf Tourney
 - Monday Aug. 1st
- FB Paperwork due to Office
 - August 3rd
- Fall Camp: Starts Aug. 8th
- Football for Moms
 - Aug. 8th
 - 6:00 at Lucha Cantina

More Events for DRHS Football

- First Official Practice
 - Aug. 15th
- Picture Day: Aug. 19th
- Intra-squad Scrimmage
 - Sat. Aug. 20th
- DR EagleFest
 - Sat. Aug. 20th
- Scrimmage vs. Bear Creek
 - Friday Aug. 26th
 - 4:00 Freshman/JV
 - 6:00 Varsity

Events for DR Youth/Community

- Youth FB Registration **OPEN!**
- Youth FB Uniform Fitting
 - July 19th 5-8pm
- DRSA Youth Contact Camp
 - July 29th 6:00-7:30 pm
 - July 30th 9:00-10:30 am
- DRHS Football Field
- DRSA Annual Golf Tourney
 - Monday Aug. 1st
- DR EagleFest
 - Sat. Aug. 20th

Events for DR Youth Coaches

- Youth FB Uniform Fitting
 - July 19th 5-8pm
- DRSA Office Basement
- 1st Day of Youth Practice
 - August 1st
- DRSA Annual Golf Tourney
 - Monday Aug. 1st
- DRSA Youth Contact Camp
 - July 29th-30th
- DR EagleFest
 - Sat. Aug. 20th

“the key skills a defensive lineman needs to possess are quickness off the ball, strong and active hands, leverage, and relentless effort”

Coach Sheehy: Dakota Ridge D-Line Play

At Dakota Ridge, our defensive line is an attacking group, expected to make plays at or behind the line of scrimmage. When you see the end result, with a defensive lineman stuffing a running back for a 3 yard loss, a lot went into that to make it happen. In this article, let's take a closer look at what we teach our defensive linemen, and what they do to control and dominate the line of scrimmage.

First, let's speak the same language. Where our defensive linemen align depends up on the strength of the offensive formation. The strength of a formation is called out by our linebackers, and there are a number of factors determining the strong side for our purposes, but it is generally a math question: to which side of the quarterback are there more players, and therefore posing the biggest threat? Whichever side our linebackers call as the strength side is our “strong” side, with the other side being our “weak” side.

We have three true defensive linemen: our defensive tackle

(DT), who aligns on the strong side; our nose tackle (NT), who typically aligns around the center; and our defensive end (DE), who aligns on the weak side. Exactly where each lines up is referred to as their “technique”, or “tech” and is based on the defensive call in the huddle. Here are our defensive line techniques:

- Zero (0) Tech: Head-up on the center; for us, head-up means “toes to toes, nose to nose”
- Shade Tech: a variation of a Zero, with the defensive lineman aligning on either shoulder of the Center
- 1 Tech: Inside shoulder of the offensive guard
- 2 Tech: Head up on the offensive guard
- 3 Tech: Inside shoulder of the offensive tackle
- 4 Tech: Head up on the offensive tackle
- 5 Tech: Outside shoulder of the offensive tackle
- 6 Tech: Head up on the tight end
- 7 Tech: Inside shoulder of the tight end
- 8 Tech: There is no 8-tech! Seriously. Go figure.
- 9 Tech: Outside of the tight

end...sometimes at the shoulder, sometimes wider

Now that we understand our alignment options, the key skills a defensive lineman needs to possess are quickness off the ball, strong and active hands, leverage, and relentless effort. We teach these, coach these, and drill these constantly.

To be quick off the ball, our defensive linemen must start with a great stance. Balanced. Hips and legs coiled beneath him. The weight of his body leaning forward on his hand(s). Head and eyes up focusing on his point of attack. He must not pay any attention to the quarterback's cadence. Rather, he must watch the movement of the ball in his peripheral vision and when the center moves the ball, our defensive linemen must **EXPLODE** out of their stance, leading with their hands, delivering an upward rising blow to the offensive lineman he is assigned to. We practice this daily with our “starts and stances” or “get-offs”, which are short 5 yard bursts to

...D-Line Play Continued

simulate exploding out of their stances.

Our defensive linemen must have strong and active hands. When they first make contact with an offensive lineman, it should be with a hard punch with the heel of the fist, typically directed to the "V" of the neck, and the shoulder pad chest plate. Ideally, this is stunning blow to set the offensive lineman off his feet and get him to recoil, while our defensive lineman gains ground to create a new line of scrimmage. We drill this by simulating the hard punch on heavy bags, and on the blocking sled...one of my favorite drills! We also drill this with our 6, 4 and 2 point explosion drills. Now, the offensive linemen are coached to get their hands on the defensive lineman first, so for us to be effective, we must have "active" hands and replace the offensive lineman's hands with our own on him. You may see our defensive linemen pairing up and swiping each

other hands away using a variety of techniques. We're not quite doing the Mr. Miyagi "wax on, wax off" drill, but close! We are drilling ways to quickly and actively get the offensive lineman's hands off of our defensive lineman's chest, so he can't control us, and try to get our hands on him. It's a constant game-within-the-game played over and over numerous times during every single snap, every single game.

Our defensive linemen need to play with leverage to win their one-on-one battles with the offensive lineman across from him. What this means is, our shoulder pad level must be lower than the offensive lineman's shoulder pad level. In the battle of linemen, "low man wins" is the mantra. A common way to drill this is running our "get-offs" under a chute or cage. Leverage can also come in the form of playing "half-a-man" in our pass rushes. By playing either the inside or outside

"half" of a retreating, pass blocking offensive lineman, our defensive linemen can use their entire body's strength to turn and overpower the offensive linemen, creating an opening to the quarterback. Boom! There's a sack. We drill this in one-on-one drills most often.

Lastly, our defensive linemen must play with relentless effort. For this, I am reminded of the saying, "Effort takes no talent." This is incumbent upon each of our players to dig deep, no matter that score, weather, or situation to always compete and go full speed, 100% on each and every play. It's only a 4-5 second commitment each play, so we want and expect our players to go all out each and every time.

The next time you watch us practice or play, check out our defensive line technique and skill sets and get inside the game!

"Our defensive linemen need to play with leverage to win their one-on-one battles with the offensive lineman across from him. "

Player Spotlight: Joe Setter

Joe wears #5 (#23 last season) for the Eagles and spent last season playing a big role in the defensive secondary as a top 10 tackler for the team!

Joe is a smart and hard nosed player for the Eagles and while his straight line speed isn't great those two things always have him in the middle of plays, especially from the safety position!

The kids on the team respect not only Joe's football IQ and tough-

ness, but they also appreciate his work-ethic and his leadership skills. So much so that Joe was elected as one of the Eagle's four captains for the season.

All of these attributes and accolades have the team and coaches very excited to see what Joe can accomplish in his senior season!

Check out Joe's highlights at:

<http://www.hudl.com/athlete/2662070/joe-setter>





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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

Youth Coaches Corner by David Loomis

Last month we addressed player assessments and how to trim your QB and RB depth chart to less than your entire roster. We used the Towel Drill to find good linemen, Deer hunter to assess evasiveness, and had races to assess speed. Now we still need some help identifying passing and catching ability before we get to start installing our offense and defense. A fun way that you can do this is to form teams and have a game of "Ultimate Football". You can vary the game in many different ways, but what we are looking for here is simply those players that can get open and catch the ball and those players that can get it to them in a forward pass looking way.

Form equal sized teams, one team starts with the ball. Players may not run with the ball, the only way to advance it is by passing it. When a player catches the ball they must stop where they caught it and look to pass it to a teammate. A team scores by gaining possession by way of a pass in the end zone. Possession changes any time there is an incompleteness or interception. Limit the time that a player may hold the ball (a few seconds) to keep things going at a good pace. This should give you some idea of who your receivers and QB prospects are. If you manage a high paced version, your team will get in some great conditioning as well without

the grind of running suicides or wind sprints, etc.

As we get closer and closer to our first day of practice we should start to give some thought to how we would like to set expectations for players and families once we begin. We always have a mandatory parent meeting either before or at our first practice. This is not a meeting that needs to be attended by the players, this is your chance to let your parents know what to expect out of you, your staff and the team for the season. Things that should be covered:

Practice Schedule – this is a good time to set the expectation of arrival time (15 minutes before the start of practice is our rule).

Player assessments/assignments – let parents know that you will do your very best as a staff to make sure that players are put in a spot where they have the best chance to succeed and can best help the team. Requesting carries, position changes, etc. is discouraged.

Playing time – all players will play at least their minimum plays per league rules. Any playing time above and beyond that is earned. If players have concerns regarding their playing time they are encouraged to approach their coach before or after

practice to discuss what they can do to increase their playing time.

Team fees – if your team will have team fees (needed for equipment, HUDL, first aid kit, practice jerseys, end of year party, etc.) let your parents know what the fees will be and when they are due.

Coaching philosophy – share with your parents your approach to coaching and your goals for their players and the team. Let the families know that the success of the team depends on the coaches, players and parents all working together toward your common goal.

Encourage your families to be a part of the team. They can contribute by being positive and encouraging before and after practice and, of course, on game day. Help is always needed manning chains, counting plays, obtaining scout film and filming games just to name a few items. People that contribute and feel an ownership of the team will be a great asset to the team.

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!**