

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)

IN THIS ISSUE

PAGE 2

• UPCOMING EVENTS/
DATES

• LB POSITION
MANUAL

PAGE 3

• LB POSITION
MANUAL CONTINUED

• DRHS PLAYER
SPOTLIGHT

PAGE 4

• YOUTH COACHES
CORNER WITH
COACH LOOMIS

Navy Cardinal Insider

VOLUME 1, ISSUE 6

Coach Woj's Spotlight:

Let me start by saying I love the summer. The weather gets nice, and we are all outside enjoying it all with our families. Our summer at Dakota Ridge and with our football family is off to a great start. We have been lifting and working hard at Speed and Agility Camp. Our youth speed camp is off to an awesome start and we have total about 240 kids who are participating in this year's speed camp. That is great for those young kids who want to get better at their sport.

Our football team will be heading to our team camp in Pueblo on June 12. We are taking 70 players both varsity and JV down to work hard at the full contact team camp. It is a great time for team bonding and working on getting better as an overall team. We will be in Pueblo for 3 nights and will get a lot of work in from 6:30 a.m. to 8:45 p.m. It will be practice time, scrimmage time, 7 on 7 and Offensive Line/Defensive Line working on pass rush and pass protection. This will be a great time for our players and coaches. I am really looking forward to it.

We will also be attending the Denver Broncos 7 on 7 and Lineman challenge on June 16 with a chance to compete at Dove Valley if we do well in

the pool play part of the tournament. The playoffs will be on June 18 at the Home of the World Champion Denver



Coach Woj
DRHS Head Coach

Broncos. Again it will be an opportunity for us to get better at our craft. We will host a 7 on 7 tournament at Dakota Ridge on July 7 from 9:00 – 2:30 and would love for you to come out and watch if you have the time.

I am very proud of Jeremy Lujan and Matt Caesar who both play in the All State game at Adams State College on June 10. They will be on the North squad and representing Dakota Ridge football at the game. It is a great honor for them and well deserved for the great careers they had at Dakota Ridge.

Our football field will be getting new goal posts for the upcoming season. Our current goal post is 20 years old and is the original goal post from when the school was

built. We had one of the up-rights blow off during the spring and the district has said that they can't weld it anymore so we will be getting new ones for the upcoming season. It will be a nice upgrade to our facilities. We continue to hope and work for a new turf field in the near future also.

We finish our summer lifting on July 20 and then give our players time off to re-energize for the upcoming season. We begin football on August 8. We will be hosting a full contact youth camp on July 29-30 for all DRSA youth football players. I would also encourage you all to sign up for the DRSA golf tournament on August 1 at Red Rocks country club. A great opportunity for the entire family to enjoy the Red Rocks country club facility and have a great time together.

I will leave you with this:

Coaching:

"Behind every fearless player is a fearless coach who refused to let them be anything but the best they can be."

EMBRACE THE GRIND!

Ron Woitalewicz
Coach Woj
Head Football Coach
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Upcoming Events/Dates

Events for DRHS Football

- Summer Weight Training
 - JV/V(6/1) - Fresh(6/6)
- Summer Speed Camp
 - MWF June 6th - July 8th
- DRSA Annual Golf Tourney
 - Monday Aug. 1st
- DR EagleFest
 - Sat. Aug. 20th

More Events for DRHS Football

- CSU-P Team Camp
 - June 12-14
- Broncos 7on7 and Lineman Challenge
 - June 16th
- Hog Olympics Heritage HS
 - June 24th 8:00 am

Events for DR Youth/Community

- **Youth FB Registration is OPEN!**
- Youth Speed & Agility Camp
 - MWF June 6th - July 8th
 - 9:00-10:15 am
- 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

Events for DR Youth Coaches

- 1st Day of Youth Practice
 - August 1st
- DRSA Annual Golf Tourney
 - Monday Aug. 1st
- DR EagleFest
 - Sat. Aug. 20th

**“Linebackers
need to be
instinctive and
fast to their
responsibility-
Trust what you
see”**

Coach Neyen: LB Position Manual

Philosophy, Goals, and Expectations

There is a fine line between good and great! We want linebackers with a nose for the football! Linebacker play is key to the success for any defense because linebackers are involved in every play. At DRHS, linebackers must have an aggressive, downhill playing style that leads to tackles for losses (TFLs). Linebackers need to be instinctive and fast to their responsibility. “Trust what you see”... Linebackers are to anticipate and act; Dictate and Dominate! There is no time to think; even a single false step could leave you on the wrong side of a hole. Proper fundamentals, technique, and angles are critical to your overall success. You must have a knock-back mentality when being blocked by offensive linemen. A linebacker must be mentally and physically tough. The goal of every linebacker should be to lead the team in tackles for loss.

Here are the **EXPECTED traits of a great linebacker:**

- He has a big desire to be his best 100% of the time; He always hustles and is not afraid to make mistakes
- He is confident in what he can

do - he dares his opponent to come his way

- He is viciously physical, intimidating, and is a tough player (Be the hammer, not the nail)
- He is confident that he can stop anyone
- He is fundamentally sound; knows proper techniques and assignments
- Tackle, tackle and tackle - he is a relentless tackler displaying proper technique and a mastery of angles of pursuit
- He stops the big play
- He creates turnovers
- He communicates with teammates
- Most importantly, he enjoys playing the game - he has fun

ILB Skills in a 3-4 defense

Mike (Strong-Side) Inside Linebackers

Primary responsibilities: Be the quarterback of the defense; know all responsibilities of the front and back 7- ALL 11 PLAYERS! Understand pre-reads, communicate, and be predictive. Play downhill in attack mode at all times. The Mike should be our best tackler.

Will (Weak-Side) Inside Linebackers

Primary responsibilities: Play run

first and know your gap responsibility as well as the linemen and RLB responsibilities. You own the weak side and will continually look for your “window” on run plays to the strong side.

General Run Reads

When the run play seems away, your job is to be in position for cutback. When the run play seems up the middle, your job is to track the inside hip and force the ball carrier to make a decision which should lead to the point of impact being behind the LOS (Tackle For Loss). When the run play seems to your side your job is to pursue to inside hip of the ball carrier. Anticipate and target the blocker; every play will have a blocker assigned to you, “Have a plan!”.

General Pass Reads

There are many intricacies in our pass coverages. In basic pass play coverage... ILBs (in a zone pass coverage call) open their hips and run away from the LOS at a 45 degree angle while keeping their eye on the ball; a typical “drop zone” is the Hook/Curl area of the field. We will also utilize “match zone” calls and man-to-man coverages.

...LB Position Manual Continued

General ILB skills

An ILB must be able to anticipate blocks and have quick hands in order to shed blocks. Attack the line of scrimmage; TFLs change the game. ILBs have to be able to read quickly while on the move and get to the ball before it crosses the line of scrimmage. Play square in order to be able to change directions at any time. Force the ball carrier to play outside their comfort zone; your technique should allow you to be predictive rather than reactive. ILBs understand leverage; play inside-out and trust our teammates to force the ball back to you.

OLB Skills in a 3-4 defense

Sam (Strong-Side) Outside Linebackers

Primary responsibilities: Pass rush, pass coverage, and Pursuit coverage. The Sam OLB should be larger and stronger than the Rush with good hands and range to hold up the tight end and battle through the lead blocker to get to the ball. A Sam OLB must have the ability to cover tight ends and running backs (and sometimes slot

receivers) in pass coverage. The Sam OLB normally "crashes" through the TE on the rush.

Rush (Weak-Side) Outside Linebackers

Primary responsibilities: Pass rush and Pursuit coverage. The Rush OLB should be quick, fast, and large enough to take on offensive tackles and pulling lineman. It is critical that the Rush understands the importance of "leverage" and how to work in relationship with our Defensive End. The Rush OLB must be able to function in space and have enough strength to go across the face of a lineman to get to the ball. A Rush OLB may be asked to cover running backs (and sometimes slot receivers) in pass coverage. The Rush OLB normally "boxes" on the rush.

General Run Reads

Outside linebackers must continually set the edge and keep contain. When the run play seems away, your job is to be in position for boot, counter, or reverse- then chase for cut-back. When the run play seems up the middle, your job is QB option/boot first, reverse se-

cond, and cut-back third. When the run play seems to your side your job is to attack up field to maintain containment. Outside contain is your primary responsibility! Forcing a RB back into teammates that tackle him is just as good as making the tackle yourself.

General Pass Reads

Typically, OLBs will be edge rushers in pass situations. In basic pass play coverage OLBs (in a zone pass coverage call) open their hips and run away from the LOS at a 15 degree angle while keeping their eye on the ball; a typical "drop zone" is the Flat or Curl area of the field depending on the coverage. We will also utilize "match zone" calls and man-to-man coverages.

General OLB skills

Outside linebackers must continually set the edge and keep contain. OLBs play in space and coverage. An OLB must be able to anticipate blocks and have quick hands in order to shed blocks. He has to be able to read quickly while on the move and get to the ball before it crosses the line of scrimmage.

"It is critical that the Rush understands the importance of "leverage" and how to work in relationship with our Defensive End."

Player Spotlight: John McEwen

John is #22 for the Eagles and spent last season as our #2 RB behind all-state player Jeremy Lujan.

John is tough-downhill runner who has a knack for finding seams and always coming away with positive yardage. He averaged 5 yards per carry and scored 2 TD's for the Eagles last year.

Unfortunately, John dealt with a few nagging leg injuries during his junior campaign...including a torn ACL that ended his year early.

John has been working hard through his recovery and just received notification that he is cleared for full participation! We are excited to have John back and look forward to his physical running style and how it will help the Dakota Ridge offense have another great year!

Check out John's highlights at:

<http://www.hudl.com/athlete/2662059/highlights>





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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

As that first week of practice gets closer and closer we should all start working on a plan to make the best possible use of that first week of non-contact practice. In addition to using it as a time to get some good conditioning in this is a great time to perform assessments, even on the players that have played for you for several years and you feel like you know pretty well. Most teams get an infusion of new players every year and face the challenge of finding the best spot for them to find success on the team.

You may feel compelled to ask parents what position they think their child should play, this is an excellent way to end up with 11 quarterbacks, 4 wide receivers, 5 running backs and 2 linebackers on your 22 player squad. It sounds great but there's no legal formation for that many backs.

So how should you decide who plays where?

We try to put players in fun and competitive situations where we can assess football ability and competitiveness. Many teams line up players and run one or two at a time in 40 yard dashes. Hey, they do it in the NFL, right? But how often will you find a game situation that requires a player to run alone for 40 yards as fast as he can? A more efficient way to find out

who your fastest kids are is to simply have them race for 20 yards. Go in groups of 5 or 10 and have all of the fastest go against each other to end it. You will know who your fastest kids are and be done with that part of your assessments in 10 minutes rather than running 40's and burning through an hour of practice time to determine who the most likely track star is on your football team.

Towel Drill: Get a large beach towel (several so you can run multiple groups) and tape the ends and middle using cloth athletic tape, you are making a "rope" for a 3 man tug of war. Players will go 3 at a time, one player at each end and one in the middle, all pulling against each other. Encourage them to get low and use short choppy power steps to move their opponents (sound familiar?). You may be surprised to find some of your smaller players excel at this, give them a shot on the line, they will likely surprise you. One of our best linemen over the past several seasons is also one of our lightest. He is tenacious, competitive, and relentless and prides himself on moving monsters.

Deer Hunter: We like to close a week 1 practice with this game. This is particularly popular on really hot days. You will need a large bucket of ice water and a couple of big sponges. Mark off a large

area with cones and place coaches around the perimeter. Select 2 hunters and tell the rest of the players to stay within the boundaries but to avoid being hit by the hunters. The hunters must dip their sponges in the ice water and hit players with them (tagging or throwing are both fine). Play several rounds and let the last two remaining players each round be the hunters for the next round. Keep track of the final five players of each round. You will likely find that some names are always on that list. These are your most evasive players and should be assessed as ball carriers regardless of how fast they can run in a straight line during your 20 yard races.

We will include additional assessment tools in July's newsletter along with some tips for that first week of practice. We are in the final drive to get our rosters set, make sure your players are registered!

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!**