

DRHS COACHES

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(HC/DC/LB)

JEREMIAH
BEHRENDSEN (OC/QB)

DENNIS MAJEWSKI
(STC/JV HC/RB)

TIERRE DURAN (DB)

CHRIS FLYNT (WR)

JEFF HINES (DL)

MARK LEON (DB)

ERIC NEYEN (LB)

MATT OSTERHAUS
(OL)

PAUL SHEEHY (DL)

JARED SCHULZ (OL)

PAUL LUNA (FHC)

MICHAEL DELEON (F)

AUSTIN GAYLORD (F)

KEVIN CROGHAN (F)

DRSA YOUTH FB DIRECTORS

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MARK CUSICK

BILL STUBBLEFIELD

DAVID LOOMIS
(LEAGUE REP)

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COACH LOOMIS

Navy Cardinal Insider

VOLUME 1, ISSUE 3

Coach Woj's Spotlight:

As we get closer to Spring Break we are almost finished with the "First Quarter" of our off-season workouts. I like to break our year down into 4 quarters. Quarter 1 is January – Spring Break, quarter 2 is Spring Break – May, quarter 3 is summer lifting and speed camp, and quarter 4 is the football season. The "First Quarter" has gone really well. Players are lifting hard and working on their skills in the pass game, offensive line drills and our defensive scheme. I know they are pushing through the grind until spring break when they will get a well-deserved week off.

With Spring Break coming, the anticipation of summer is getting exciting. Summer lifting, Speed and Agility Camp, summer team camp at CSU Pueblo and warm weather are all the things that the players and coaches are looking forward to. That is when we really see the team building starting to take place during those events.

Our trip to Florida is continuing to go well and the players

are still really working at fund raising to help pay their costs. It is a once in a lifetime trip



Coach Woj
DRHS Head Coach

for some of our players. It is a great way to kick off our season.

I hope that you all will have a great spring playing baseball, lacrosse, rugby, track or whatever sport you choose. Remember that playing sports helps build relationships and confidence and I hope you all are multiple sport athletes. Work hard to be the best at what you do and have a great attitude with your team, coaches and community.

The last thing I want to remind you about is that we will be hosting a Quarter-back/Wide Receiver Camp and on Offensive Line camp beginning March 28 on Mon-

day nights from 6:00-7:00 at Dakota Ridge. It is a great way to work on your fundamentals at those positions and get in the extra work.

We will also be sending out our summer Speed, Agility, Athletic camp brochures soon. Our summer Speed Camp has been running for 19 years and is one of the best in the area for the cost. It is open to all boys and girls grades 2-12. It is a great way to work on skills, speed, and athletic agility. It is a 5 week camp beginning June 6 – July 8 on Monday, Wednesday, and Friday. Grades 2-9 go 9:00 – 10:15 a.m. and grades 10-12 will go from 10:30 – 11:30. Cost is only \$85.00 for the entire summer. WE hope to see you all in attendance to work on your craft and have some fun doing it.

If you ever need anything please don't hesitate to call on us and remember have fun and finish the school year strong.

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

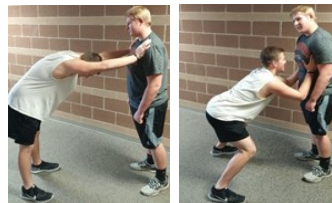
- Come to QB/WR/OL camp to hear DR coaches give position specific instruction. Starts Monday Mar. 28th
- DRHS Spring Camp (open to all youth coaches)
 - May 16-19
- DRHS Youth Coaches Clinic
 - May 18th

Coach Schulz & Coach Osterhaus: OL Drills: Drive Fit

No matter the steps to get players to a block, offensive linemen must use great technique in their blocks to dominate the line of scrimmage. These are a few of the drills we will use to teach proper form when in a block.

1) Wrong Fit vs. Right Fit – Correct fit form

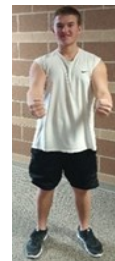
For this drill players will start in a wrong fit position with straight hips, and head down. On a signal they will then roll to a power position with their ankles, knees and hips making acute or “power” angles. Coaches will be focused on looking at these angles, making sure hips are low, and there is an arch in the lower back similar to what you would see in the weight room performing a squat. However, the player should have their weight slightly more forward from what you would see in a perfect squat. Players should have their heads up creating a “sausage roll” on the back of their neck.



2) Bar Bender – Upper body focus in a block

When isolating the perfect form for blocking coaches often refer to players keeping their elbows tight to their body. To help coach this position have your players stick their arms out in front of their body like they are holding a steel bar parallel to the ground. Then the players should try to bend the steel bar in half by squeezing down. We talk about how their lats, pecs, triceps and forearms should be fully engaged when bending the steel bar because it is hard to bend steel. By thinking about bending the bar and always having your muscles fully engaged in a block, players will be more likely to keep their elbows close to their body with the proper

form and be more explosive.



3) Wall Push – Proper foot placement focus for a block

Once the proper fit form has been taught, have your players start in a three point stance facing a wall. On the snap players will fit to the wall and try to push the wall over. The only stipulation to this drill is they must keep their feet in the exact position they end in when you tell them to stop. Although players should keep the proper fit form to the fall, I want them to push as hard as they can on the wall and they usually lose the proper fit which is really what I want them to see. If they are not in the fit position their feet will not end in the correct position. The purpose of the drill

“Offensive linemen must use great technique in their blocks to dominate the line of scrimmage”

...OL Drills: Drive Fit Continued

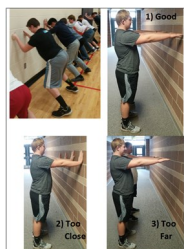
in in proper foot placement with respect to the body. The players need to focus on quickly chopping their feet to move the wall as much as they possibly can. After about 10 to 15 seconds stop the drill, and the players must stand up with their feet in the position they ended in. Now the player is standing upright, have them reach their hands out to touch the wall. There are three possible player out comes:

1 – The player can just touch the wall with their finger tips meaning they have the correct amount of forward drive into the block and their feet are in the right spot under their body.

2 – They can touch the wall with their palm meaning they do are too upright in a block and will not have enough drive behind their block.

3 – They can't reach the wall meaning they have over extended themselves into the block where their feet are too far behind them, and they will

just be leaning on a defender with no balance.



Fit and Drive – Putting it all together

With the basic concepts of the fit installed, the players will now take their steps into a defender holding a bag, making violent contact with the defender in the proper form. I want the bag holders to hold the bag at a downward angle simulating the pad level of a defensive lineman. Coaches will look for proper fit position with acute power angles in their ankles, knees, and hips. Next players will continue this drill by taking steps at the rate of about 1 per second on a coach's signal. We want to emphasize keeping the fit position while driving defenders backwards, and taking short

quick heel to toe steps; which will allow us to maintain our power throughout the block. I also want to watch the width of player steps to see the feet stay outside of the hips on each step creating a solid base for balance in the block. When the player has driven the defender 10 yards I will give a signal for players to stop in and hold the proper fit to make sure they have not lost the form while driving. This is where I will adjust players back to the fit if it is wrong in any way. When players are demonstrating the skills in segmented pieces, I will have them do the same drill at full speed. The finish can be added to the end of the steps where players sense the defender is off balance and we throw our hips through the block and violently explode up and through the defender.



“Coaches will look for proper fit position with acute power angles in their ankles, knees, and hips. ”

Player Spotlight: David Brandt

David is #19 for the Eagles and is coming off of a great Junior campaign where he saw playing time in all 3 phases of the game! David is a defensive starter at Linebacker for the Eagles and has shown the ability to play at both the inside and outside linebacker spots. On offense David was used at the tight end position. This past year David was in the top 10 for the Eagles

in tackles and averaged 20 yards per reception at TE. He even had a receiving TD!

The Eagles are anticipating another great year for David and look forward to his leadership role growing.

Check out David's highlights at:

<http://www.hudl.com/athlete/2662081/david-brandt>





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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

Wouldn't it be great if you could have one more practice than your opponents each week? Imagine how much more you could get done. Heck, you could install that special triple option quad reverse halfback passback hook-and-ladder and your special facemelter defense all before the first game.

If you plan in advance and budget your practice time well you can get that extra practice in without spending any more time on the practice field. Some things that you can do to maximize the use of your practice time:

Have a plan. Have a written practice plan that accounts for every minute of practice time. Distribute copies to your coaches prior to practice starting to make sure that everyone knows the schedule and is familiar with the drills that you will be running. You might be surprised at how much coaching time most youth teams commit to coaching coaches.

Water breaks. Make sure to allow time for water breaks, but keep in mind it doesn't take long for kids to get a drink of water. Many water breaks devolve in to 10 minutes of kids running

amok and coaches standing around trying to figure out what to do next. Use the time that they are drinking water to explain a drill or a play; bust out the whiteboard and diagram a play, etc. If you make use of this time and take 3 water breaks in one practice you just gained 30 minutes of productive practice time in one night.

Warm ups. A lot of practices start with 15-20 minutes of stretches and warm ups. Consider changing to dynamic warm ups that allow players to get their heart rates up and get stretched out in a much shorter time period. By your 3rd week of practice you can have players leading their own warm ups for 7 minutes and by 8 minutes in you are on to your first drill or install. You just gained 10 minutes of football focused practice time.

Make sure that your players and families understand the importance of timeliness. If practice starts at 5 and they are pulling in to the parking lot at 5pm they are late. Practice starting at 5 means fully suited up, mouth guard in, helmet on, water bottle lined up and the player ready to go at 5pm. If you are asking

for your families to respect your time in this way make sure to return the favor. We are asking for a huge time commitment from our families. When they show up to pick up their player at 7pm and practice is scheduled to end at 7pm show that you value their time by letting practice out at 7pm sharp.

Lines. Avoid them. People HATE standing in line and it's not productive time. Break in to smaller groups or run drills that include more players.

Make a conscious effort to keep practice moving at a high pace at all times. At the end of an efficient football practice both the players and the coaches should be exhausted. Ditch the triple option quad reverse halfback passback hook-and-ladder though, we always miss the QB back handspring and it throws the timing all out of whack.

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!**