

Meeting Agenda

Blocking Technique +Basic Drills

Tackling Technique +Basic Drills

E.A.G.L.E. Standard



Blocking Basics

- -Block with your eyes, and feet
- -Find Your Aiming Point
- -Body Position
- -Hand Placement
- -Active Feet
- -EFFORT!!!!!



-Block with your eyes, and feet EYES: Up and on your aiming point FEET: First steps are CRITICAL

-Find Your Aiming Point
Based on the Play
Where do we want the ball
to go?
Where is the defender?



-Body Position
Make the "Tackle"
Eyes Up Elbows in
Come to Balance

-Hand Placement
On Defender's Chest Plate
Thumbs Up
Arms "Inside"

OL: Eliminate Space Perimeter: Create Space



-Active Feet
All Cleats in the Ground
Compact Steps
Feet in your Frame
Feet never stop
-EFFORT!!!!!

The vast majority of blocking is EFFORT!!!



Basic Drills:

Offensive Line:

Stance and Steps

Punch: Kneeling/Standing

Boards

Fit and Finish

Perimeter

Square Drills

Approach+Come to balance

Punch

Feet and Finish



- -Tackling Position
- -Leverage
- -Contact Progression
- -Feet on Contact
- -Roll/Hawk Tackling



-Tackling Position
Feet under Hips
Hands in Holsters
Chest Up
Eyes Up

-Leverage + Drills
Find a Hip
Where is your Help
Where is the sideline



-Contact Progression + Drills Close Proximity:

Shoulder "Fit"

Fit + Punch

Fit + Punch + Drive

-Distance Progression

No Space

1-2 Yards

5 Yards no contact

5 yards + Contact

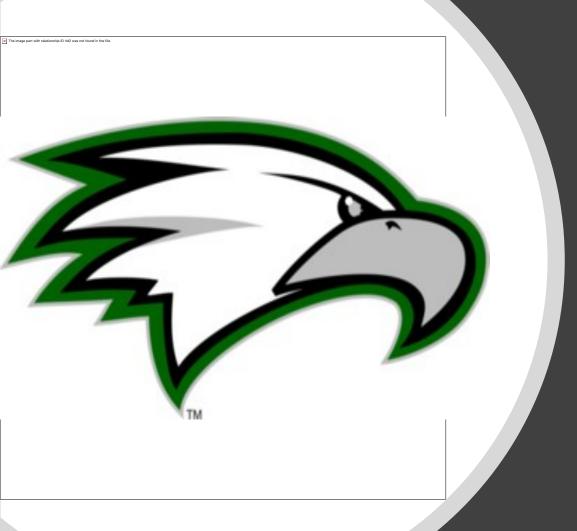


-Roll/Hawk Tackling Keep Leverage Attack the thigh boards Grab the Hamstrings Roll on Contact Progression: (Drills) Kneeling with Bag Standing with Bag Moving with Bag Kneeling w/Partner





Activate Grit Leadership Excellence



Energy Effort Enthusiasm

- BRING THE JUICE!
- Relentless Pursuit
- Be Positive and Encouraging!
- All-In

EFFORT DOES NOT MEAN WORKING "HARD" IT MEANS GIVING YOUR VERY BEST IN WHATEVER SITUATION OR POSITION IN WHICH YOU FIND YOURSELF



Activate

- Daily Pursuit of Improvement
- Know your role and prepare to execute
- Always have a notebook
- Film Study
- Sit Up Front

"NOTHING GREAT WAS EVER ACHIEVED WITHOUT ENTHUSIASM."
Ralph Waldo Emerson



Grit

GRIT = Perseverance and passion towards Long-Term Goals

- ATHLETIC GOALS
- ACADEMIC GOALS
- FUTURE GOALS

"SUCCESS IS NOT FINAL, FAILURE IS NOT FATAL: IT IS THE COURAGE TO CONTINUE THAT COUNTS."
Winston Churchill



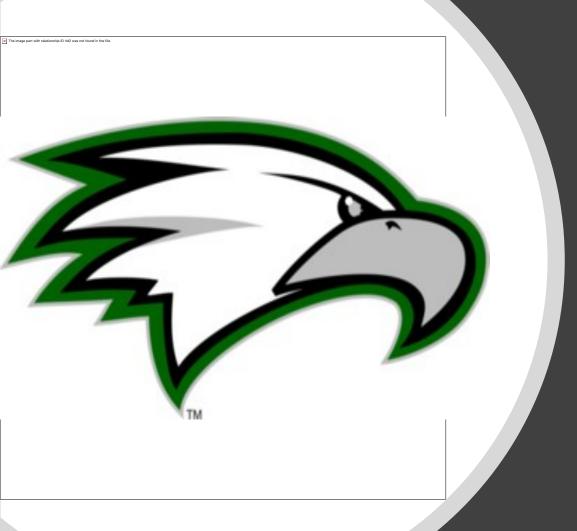
Leadership

- Integrity: Do right even when no-one is watching
- COMMUNICATE
- BE EARLY
- Coach and Encourage others
- Support other programs
- Be an active member of your community



Excellence

- You are a STUDENT first
- EXCELLENT Technique
- Do YOUR Job!
- Develop TRUST with coaches and Teammates
- Expect the best from yourself and all other members of this team!



Energy Effort Enthusiasm

- BRING THE JUICE!
- Relentless Pursuit
- Be Positive and Encouraging!
- All-In

EFFORT DOES NOT MEAN WORKING "HARD" IT MEANS GIVING YOUR VERY BEST IN WHATEVER SITUATION OR POSITION IN WHICH YOU FIND YOURSELF



Energy
Effort
Enthusiasm

- Questions:
- 1. What does showing great effort mean to you?
- 2. Describe one way in which you displayed E3 this week.

EFFORT DOES NOT MEAN WORKING "HARD" IT MEANS GIVING YOUR VERY BEST IN WHATEVER SITUATION OR POSITION IN WHICH YOU FIND YOURSELF



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Activate

- Questions:
- 1. Who in your mind is a great example of someone who is always "Activated"
- 2. Give an example of a time when you were prepared and things went well, and a time you did not prepare and things went poorly.

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Grit

Your Grit will be displayed in the face of adversity.

- Write down 2 Individual Goals
- What are our Team Goals
- It's bigger than you!
 Inky Johnson

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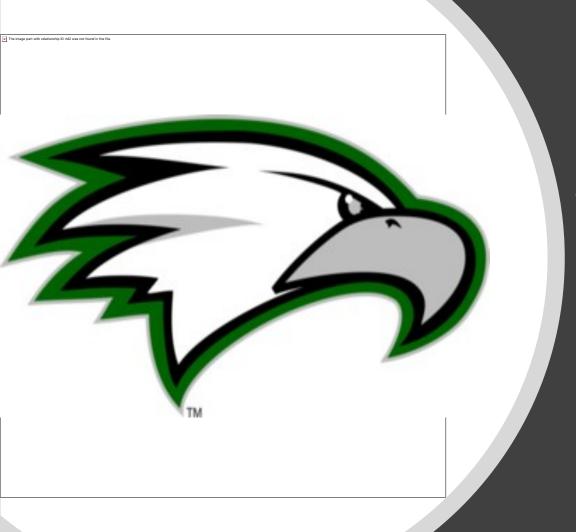
Leadership

- Integrity: Do right even when no-one is watching
- Name the BEST leader you know/know of.
- How can you be a leader even if you are not vocal?
- What does it mean to be a Servant Leader? Ed Reed Little Things



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Excellence

- Excellence is.....
 - A Process
 - A Habit
 - A Mindset
 - An achievable Goal

Zionsville Football Leadership Program
The **E.A.G.L.E** Standard

