

“SECOND EFFORT” SUMMER FOOTBALL PROGRAM

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DISCIPLINE

“If you don’t do the little things, you won’t accomplish the big things.”

-Bob Knight

The tougher you are **MENTALLY**,
the tougher you are **PHYSICALLY!**

The athlete who **MENTALLY** won't
do it, is no different from the athlete
who **PHYSICALLY** can't do it!

ATHLETE SAFETY FIRST!

- Emergency Plan in place
- Certified supervision
- Coach-to-athlete ratio
- Proper warm-up & cool-down
- Hydration
- Supplement / PED Education
- Sickle-Cell Trait

LIABILITY

- Must be able to justify what you are doing
- Scientific approach
 - Ex: Northwestern University
 - 16 Million Dollar Settlement

Pre-season is the most critical training period for any sport. For Football, that means summer. A summer commitment goes with choosing to play the sport!

YOU WIN WITH PEOPLE!



“Fatigue Makes Cowards Of Us All”

Vince Lombardi



Jimmy Johnson Fatigue Video

<http://www.nfl.com/videos/dallas-cowboys/0ap2000000094750/A-Football-Life-Fatigue-makes-cowards-of-us-all>

*“You are only as good
as your commitment”*

*-George Yarno
Jacksonville Jaguars*

The 25%-75% Rule

- 25% = **WHAT** you do
- 75% = **HOW** you do it

Summer Success Triangle



Training Specificity

1. Energy System (ATP-PC)
2. Movement (Position)
3. Open-Based (Cadence + Ball-Movement)
4. Tempo (Pace)

Summer Goals

- Prepare the minds and bodies of the athletes to practice at the highest level during fall camp.
- There is no off-season program that totally prepares an athlete to play a football game. The biggest part of preparing to play is practice.
- The football coaches must have bodies that are mentally and physically prepared to practice at the highest level!
- Voluntary workouts are the best environment for evaluating the **LEADERSHIP** and **COMMITMENT** of your team.

Summer Rules

1. Be on time.
2. Follow directions.
3. Train to WIN!

Factors to Consider in Designing Your Summer Program

1. Depth of **YOUR** team
2. Your **AND** your opponent's style of offense
(it will affect both sides of the ball!)
3. Facilities, supervision, & equipment
4. Applicable State & Association rules
5. Athlete jobs & vacation schedule
6. Fall practice conditioning philosophy

Program Guidelines

1. Run workouts like a sport practice / No “buffet-style” lifting!
2. Late is the same as absent!
3. Stand tall
-If you bend over physically, you bend over mentally
4. All drills out of a position stance whenever possible
5. All drills **FULL SPEED** / must **FINISH!**
6. Group accountability for all mistakes post-workout
7. Fundamentals & technique **FIRST!**

Program Guidelines Cont.

8. Run between stations & on / off the field
9. Must have an **OVERTIME & SUDDEN-CHANGE** component
- 4 quarters is not enough! Expect the unexpected!
10. Wear fall practice footwear if possible (blister prevention)
11. Offense / cadence
Defense / ball-movement
12. Make every drill competitive
13. Do it right the first time!
-Knock over a cone, false starts, missed lines, not following directions, etc. / DRILL IS REPEATED + 5 *up-downs* PW!

Program Guidelines Cont.

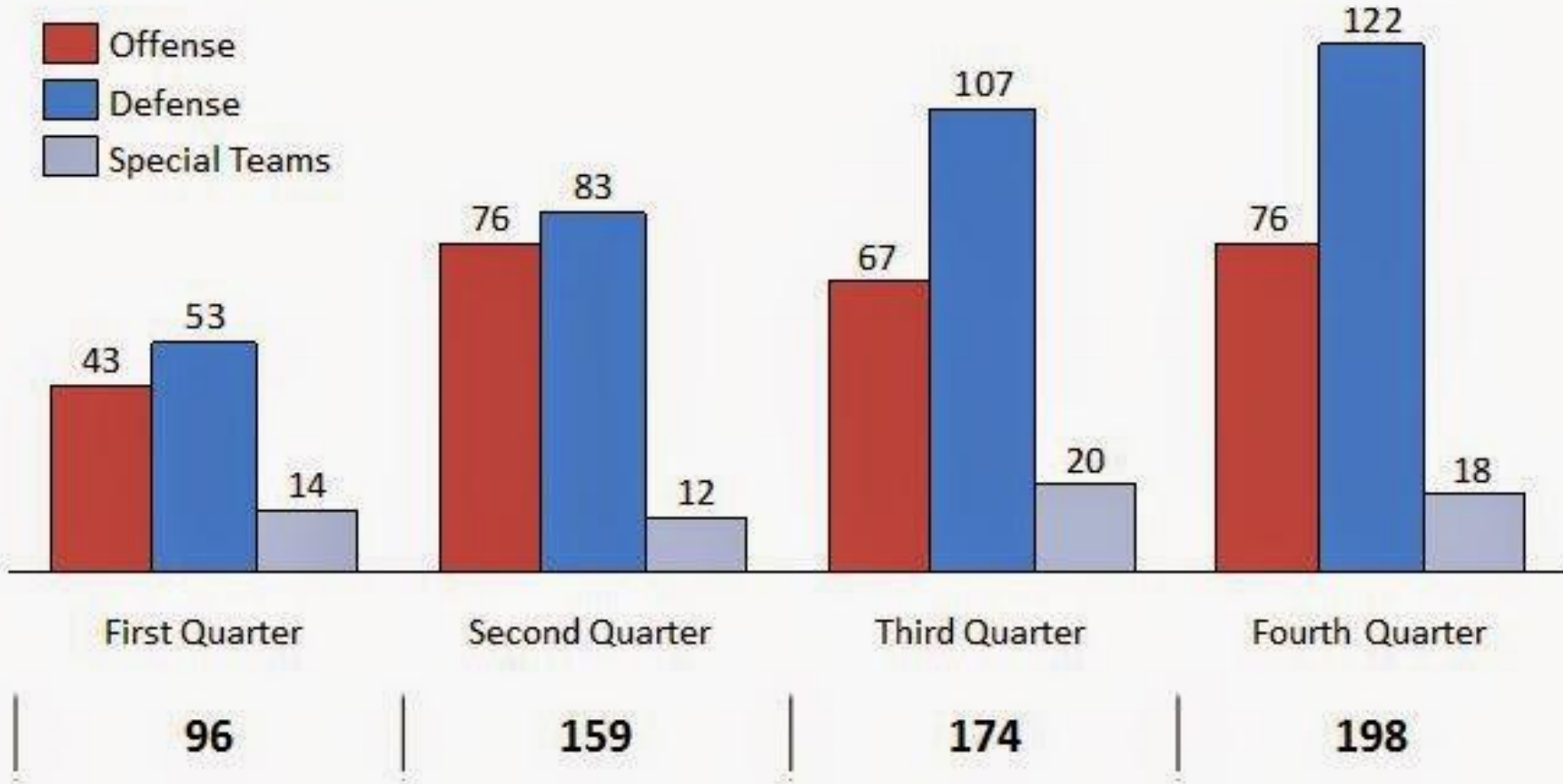
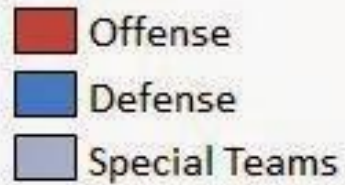
14. If it doesn't prevent injury or improve performance, get it out of your program!
15. Start the heat acclimation process / run in PM if possible. Turn weight room A/C off!
16. All reps are considered "**plays**"
17. Monitor the **RECOVERY** and **MORALE** of your athletes daily

Football Injuries

- Most prevalent:
 - CONCUSSION
 - KNEE
 - ANKLE
 - SHOULDER
 - HAMSTRING STRAINS



Number of In-Game Injuries By Quarter, 2014 NFL Regular Season



4TH Quarter Football Scoring (2014)

University of Oregon

145 / 83

Southern Oregon University

178 / 90

TRAIN EXPLOSIVELY & PLAY PHYSICAL!



Any ***SCHEME*** or ***TEMPO***
can be out hit!

Summer Weekly Lifting Schedule

M	T	W	Th	F
Dynamic Warm-up (DWU)		DWU		DWU/ Balance
Jump-Rope or Dot Drill		Jump-Rope or Dot Drill		Group Foot Speed
Heavy Bench		Heavy Clean		Heavy Legs
Light Clean		Light Legs + Light Bench		<i>"Competition Friday"</i>
Hand-Eye (Juggle TB's) Balance Drills		Hand-Eye Balance Drills		Weekly Guest Speaker and/or motivational video

Friday is a **TEAM LIFT day / 6AM
Team building and Recovery!**

(See "Sample Lifting Week" in Handout)

Summer Weekly Conditioning

M	T	W	Th	F
Dynamic Warm-up	Dynamic Warm-up		Dynamic Warm-up	Tempo Running
*Position Agilities	Acceleration Speed Drills		Acceleration Speed Drills	
*Position Metabolic Conditioning	Vertical Plyo's		Horizontal Plyo's	
Sudden Change + O.T.	Perfect 20's & 30's/Agilities		Perfect 10's & Agilities	
Core/Partner Stretch/Hydrate	S.C./O.T./Core/ Partner Stretch/ Hydrate		S.C./O.T./Core/ Partner Stretch/ Hydrate	

- *ALSO DO BEFORE VOLUNTARY PLAYER PASS SKELLY**
- *GET DRILL FROM POSITION COACHES**
- * PMC / Work up to 4 quarters of work**

Sample Agility Circuit

Tuesday	Thursday
Bags	Ropes
Speed Ladder	4 Corner (Shuttle / BP / Carioca)
Pro Agility (PS)	Mirror-Dodge
60-Yd Shuttle (Skill) 40-Yd Shuttle (Lineman)	40-Yd Shuttle (Skill) 20-Yd Shuttle (Lineman)
Sleds or Prowler (Lineman) Stairs or Ramp (Skill)	Sleds or Prowler Stairs or Ramp

Lineman must push against resistance!
Monitor / Calculate total “plays” ea. workout

2014 Average Offensive Plays Per Game

NFL	College
Philly: 70.7	Baylor: 90.3
NE: 67.5	WSU: 87.5
Seattle: 63.5	Oregon: 77.4
Tenn.: 57.4	New Mexico: 61.9

Never Give Up.
Never Stop Believing.

Suggested Readings

1. “Concussions Can be Fought From the Neck-up” -Fox Sports Article
2. PED / Steroid Education
 1. www.Taylorhooton.org
 2. www.drugfreesport.com

Thank you...

- Dave Johnson
- Rob Younger
- Tony Decker
- Chris Carlisle / Seattle Seahawks HSC
- Chris Fisk & Craig Howard / SOU Football Staff
- All of my staff, former players, and Coaches at Montana, Washington State, LSU, Kentucky, and Oregon State
- My daughters, April & Allison
- And most importantly: Everyone in attendance here!

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