

SECTION #15

PRACTICE PHILOSOPHY AND IMPLEMENTATION

Preparing for Success - Practice Philosophy

Philosophy

Our practice philosophy and implementation will provide the framework for our success on game day. We utilize a pro-style practice with an emphasis on operating at a high tempo and getting maximum reps. Most of our sessions are in uppers or shells during the course of the season. Contact during the season is very limited, and we rarely take contact to the ground in practice. This allows us to get maximum reps while limiting injuries and remaining fresh over the course of a six month long season.

Schedule

Our typical in-season practice schedule will include three practice sessions, team meetings, and a team film session per week. Our pre-game routine will typically include a film session, meetings, and a walk-through. This schedule can be altered as needed depending on the week, our schedule, and the overall condition of our team.

Development

Practice sessions serve as a developmental tool for our active, in-active, and practice squad roster. Participation in our weekly practice sessions will provide needed experience and development for inexperienced indoor/arena rookies trying to make an impact on our roster.

Implementing the Game-Plan

The meeting room and the practice field are the two areas in which our staff implements our weekly game-plan. Each has a tremendous importance and we view the field as an extension of the meeting room. We are believers in the chalk-it, walk- it , talk-it approach to installing and implementing new concepts. This approach offers various ways for our players to absorb our game-plan, realizing that our players have varied learning styles.

Emphasis on Situational Football

We are firm believers in situational football and we will take every opportunity to prepare our team for all contingency situations that we will face during the course of a game. By practicing high pressure situations in practice , it will enable us to execute during the game with a calm and calculated approach.

Training Camp Philosophy & Implementation

Philosophy & Installation

We hold our training camps sessions over a two week period. During the first week of camp we install our basic concepts in all areas of offense, defense, and special teams. The second week of training camp practice is used to begin the installation of our game-plan vs. our week #1 opponent.

Finalizing the Roster

There are league mandated cut-down dates that must be followed as we release players from our camp roster. It is our belief that we release players as soon as we determine that they will not have an opportunity to contribute to our roster. The majority of our cuts happen after the first week of camp prior to the start of the second week of camp as we install our week #1 game-plan.