

# Coach T Newsletter

## Dedicated exclusively to youth football

June 2008

Let me take a moment and thank all of you for your support of the Coach T Newsletter. For those of you who have visited my web site at [www.coacht.tv](http://www.coacht.tv) to inquire about my DVD series "**How to Coach Youth Football**," I'd like to thank you. (<http://youtube.com/watch?v=XuxO1jxoCkE> )

I'm especially excited about the number of people who support youth football and find my DVD and my newsletter to be useful tools. Also, please feel free to request any of the Coach T newsletter back issues. You will soon be able to download them off the Coach T website. Also, I'll refer to techniques and drills throughout the newsletters that may direct you to youtube.com or my web site for video demonstration purposes. This month's newsletter focuses on preparation.

As many of you know, besides running youth camps and teaching first grade, I am also a high school football coach. In all of these roles, preparation is key. I pride myself in teaching the fundamentals and preparing my students for whatever challenge might confront them. Sometimes, however, you can't prepare your students or youth athletes enough for the unexpected.

It was a November evening at the Hubert H. Humphrey Medtrodome in Minneapolis when our high school team played for the state championship against an opponent who had beaten us during the course of the regular season. Not only have we had a great rivalry through the years but also, this year in particular, we felt it was our turn to be state champions. In this hard-fought battle, we finally scored a touchdown and go-ahead 2-point conversion to take the lead with seconds left. This is what happened...<http://www.youtube.com/watch?v=s4-QRR-eTpg>

It was heart breaking, to say the least, especially since "the Play" was run on ESPN's "Plays of the Week" over and over again. Our coaches and players knew how the Oakland Raiders felt when Franco Harris scored on the "Immaculate Reception." For everyone in that stadium, it was a game nobody will ever forget.

Remember this, no matter how much you and your team prepare, anything can happen. Preparation does, however, decrease the percentage of those serendipitous moments inherent in the game of football.

Preparation begins before the season begins. Preparation can mean putting together a playbook, formulating a code of conduct (for both players and parents), devising a practice schedule, as well as a list of goals you want to achieve during the course of the season. I also feel it's essential to have Player and Parent information form ready to hand out at the end of the first practice. This is a very valuable way to get parents, players, and coaches on the same page as you enter the season. Granted, players' goals and preferences will change during the course of the year. However, utilizing these forms will send a message to both the parents and the youth that you care about them and the form becomes a good starting point for clear communication. Personal information about medical conditions, learning disabilities and just general attitudes about the sport become valuable pieces of information that will help you prepare as a coach.

## Coach T Sample Player Form

Name \_\_\_\_\_

Preference: Offense or Defense (circle one)

Position preferences (both offense and defense):

Team Goals:

Individual Goals:

Is there anything that the coaches should know about you that would make your football experience most fulfilling?

## Coach T Sample Parent Form

Parent's Name \_\_\_\_\_

Player's Name \_\_\_\_\_

Is there anything we, as coaches, need to know about your son or daughter that would help make his football experience a positive one?

What would you like to see your son or daughter gain from playing football this year? (E.g. confidence, team experience, discipline, etc.)

Does your son or daughter have any medical problems that we should be aware of?

Are you available to volunteer in any capacity during the year? (E.g. making phone calls, copying and distributing print pieces, videotaping, providing sports drinks for games, etc.)

Any additional comments (include scheduling conflicts that we should be aware of)?

In my July newsletter, I'll include some tips on creating an offensive playbook for your youth football team. Some of these tips have come from readers of my monthly newsletter. As always, feel free to send me any suggestions, comments and questions you might have to me at [coacht@coacht.tv](mailto:coacht@coacht.tv). Also, send in your

favorite resources for books, drills and plays. I'd love to share them with everyone on the Coach T network.

You can also see if one of my youth football camps will be in an area near you by visiting my web site at:

[www.CoachT.tv](http://www.CoachT.tv)

I'd love to hear from you!

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