

Coach T Newsletter

Dedicated exclusively to youth football

July 2008

It's football time again. In celebration of the beginning of football season, I am offering a free "Overview" DVD to the first ten people who reply. You don't have to pay for shipping or handling either. Just be one of the first ten to request it and you should receive in just a few days.

The Overview DVD is packed full of advice from coaches, parents, youth players and medical professionals. The highlight of the DVD is procedures to implement in the case of injury. There is also a coaching session on stretching and warm-up. A segment on injuries from the Overview DVD can be found at: <http://youtube.com/watch?v=63QHc0whCPc>

As always, 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 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 can also download them off the Coach T website. Additionally, 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 I'd like to address comments that you have sent in regarding your offensive playbook. Some of the comments I received include:

"Keep it simple. I only have eight plays to the left and the same eight plays to the right. I'd rather have great execution than a complex playbook. For me, it's been quite successful."

"I like to start off a game with a play-action fake dive pass. It's the best play to throw on since no youth coach I ever met would consider throwing on the first play of a game. Most defensive coaches expect the dive play on the first play."

"Train the defense your playbook in the first half with dives, sweeps, off tackles... your vanilla plays. In the second half, incorporate your counters, misdirections, play action passes and reverses. The opposing team never seems to have time to adjust."

"My favorite play to run if I need a first down or an extra point is to run a TE drag. I fake an off tackle to the left and get the quarterback to sprint to the right. The TE is strong right, blocks for two seconds and sneaks out into the flat. He's always open. The linebackers either freeze or get sucked into pursuit."

"I know it's kind of cheap, but I like to fake a reverse and have my team yell "reverse" at the point of the would-be hand-off. I'm not proud but sometimes I get desperate."

"The sprint out pass is the only pass play you really need to run in youth football. The success rate is high, the defenses can't seem to adjust, and the turnover rate is very low."

"In sweep plays, if the playside corner is staying back, keep running the sweep. If he comes hard, throw the sweep pass."

"I find out who my best left-handed passer is on the team. I'll run an option pass with him at tailback. Usually youth coaches put their weakest corner on the defense's right (offense's left) and you can usually get him to bite."

"My philosophy is not to keep running a play until the defense adjusts... when they adjust, I just wasted a play. I like to run a play and come back with a misdirection or counter derivative of that play. Then I might go back to the original play. Say, dive, counter, dive. "

Please send me your comments regarding any advice you might have relating to youth football. I'll be sure to pass it on. Also, check out these two youtube videos. I'd love to get your feedback.

[youtube.com/watch?v=jc1E#188FC0](https://www.youtube.com/watch?v=jc1E#188FC0)

[youtube.com/watch?v=Pmum#188FD3](https://www.youtube.com/watch?v=Pmum#188FD3)

Send me any suggestions, comments and questions you might have to me at 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

I'd love to hear from you!

Coach T

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