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**T** oughness

**E** ffort

**A** ccountability

**m e**



## **RESPONSIBILITY**

Each member of the staff has areas of responsibility within the program. These are yours to handle as you see fit. I expect to be kept posted but do not hesitate to implement concepts that will make us more effective in these areas. If the idea involves a policy change or will require funds from the budget clear it with me first.

The continued growth of this program requires that we investigate and research ways to improve our efficiency. Do not hesitate to bring up thoughts that will help us achieve this goal. There is a fine line between treading on someone's turf and suggesting ways to improve an area of our program. We, as coaches, must be thick-skinned enough to take constructive input and utilize it for the enhancement of the program in the same manner we ask of the players.

**T.E.A.m** is as relevant to us as it is to the players!

## **COACHING**

Each of us has our own style of coaching and this blend of personalities is a great combination. No one should feel obligated to coach in a specific manner but there are a couple of areas that I expect from each coach on the staff. First and foremost, establish good communication with your players. Be clear in regard to your expectations of them and hold them accountable to this standard both on and off the field. Let all your players know where they stand and what they must accomplish to reach a higher level of performance. Secondly, demand that each player in your group demonstrate physical and mental toughness regardless of the situation they find themselves in. Third, coach effort, every member of the team must give us his best effort and nothing less is acceptable. Correcting fundamentals and techniques should be left up to the position coach but effort needs to be coached by all of us on a consistent basis. Last, and certainly not least, be prepared for all meetings and practice. We demand the best out of our players so they deserve our best. Always plan more individual time than you actually have, no one should be standing around during practice.



## SEVEN STEPS TO CHAMPIONSHIP FOOTBALL

### **PRIDE**

Have the desire and determination to be the best. Take advantage of your strengths and work hard to improve your weaknesses. Set the goal of becoming a better player every time you step onto the practice field.

### **UNSELFISHNESS**

Football is the ultimate team sport. Games are won or lost by team efforts. A true champion wants to be in position to make great plays but not at the cost of jeopardizing the **T.E.A.m** concept. Everyone must carry out his assignment on each and every snap. **DO YOUR JOB!**

### **TOUGHNESS**

Toughness is more than a physical state. Great players and great teams possess tremendous mental toughness. We will respect all of our opponents but we will fear no one!

### **EFFORT**

This is the one area that each individual has total control over. Regardless of an individual's ability his effort is a direct reflection on his desire to be successful and his commitment to win. Total effort on every snap is synonymous with winning football! Out hustling an opponent has a devastating effect on their morale.

### **ENTHUSIASM**

Emotion plays a huge part in the game of football. Be excited when you or one of your teammates make a play!

### **CONSISTENCY**

Great teams and productive players perform at a consistently high level.

Focus is the key to consistent play. Knowing your assignments and taking care of your responsibility each and every time the ball is snapped will help the team and yourself achieve this step.

### **POISE**

Believe in yourself and your ability to make the play by relying on your fundamentals in crunch time. Relish being involved in pressure situations. Poise is the ability to "**Get It Done**" regardless of the circumstances!



## SELF EVALUATION

We have 8 opportunities during the season. We will be judged by how we handle each one. To begin with we must have the ability to maintain total focus on our upcoming opponent.

Learn to treat every game like it is the only one on our schedule. What happened last week is over and done with, what will happen in future weeks may not be relevant if we do not take care of the task at hand.

Everyone must be totally honest when they evaluate their performance for the week (**Mirror Test**). How you approach the week will have a significant impact on the team's success.

Do not just evaluate your game performance, evaluate your week of preparation. In short, the commitment you make each and every day will effect your individual achievement as well as the destiny of the team.

Ask yourself the following three questions:

Did you apply yourself in meetings and video sessions to better understand the opponent and the execution of our game plan?

Did you practice with the same type of intensity that will be required of you on game day? Did you focus on your assignments and techniques in practice?

Did you prepare yourself physically during the week so that you were able to perform with maximum efficiency on game day? This includes, taking care of all sports medicine issues, getting proper rest and fueling your body properly in preparation to operate at your maximum capacity on game day.

Many of the situations that arise on game day are beyond your control. However, you and you alone directly control the above-mentioned. Are you willing to make the sacrifice?

# 1. BEAT THE MAN ACROSS FROM YOU

*Win the battles in order to win the war!*

## Fundamentals (Skill, Big Skill, Big)

### **Defense:**

Movement  
Block destruction  
Tackling

### **Offense:**

Movement  
Blocking  
Ball handling and security

### **Special Teams:**

All of the above + Specialists

## Positional Techniques

Individual  
Group  
Unit

# 2. DO YOUR JOB

*Be Accountable!*

Alignment, Assignment, Effort

# 3. PLAY WITH PASSION

*Enough said!!*

6-8 plays a game make the difference

Approach each play like it is your last opportunity



**Skill:** DB's, WR's, RB's, QB's

**Big Skill:** LB's, FB's, TE's,  
DE's

**Big:** DT's, OLine

# BATES FOOTBALL FUNDAMENTALS

**FEET, HANDS AND EYES / EYES, FEET AND HANDS**

## **EVERYDAYS**

### **OFFENSE**

- STANCE AND MOVEMENT
- BALL SECURITY
- BLOCKING

### **DEFENSE**

- STANCE AND MOVEMENT
- BLOCK DESTRUCTION
- TACKLING

# 2 Point Stance

RB

R

R

R

R

R

R

## Checkpoints:

- a. Feet Parallel
- b. Narrow Base
- c. Shoulders over knees, knees over toes
- d. Screw big toes into the ground
- e. Fingertips on thighs, elbows in
- f. Eyes scanning

## 2 Step Drill: (No false steps)

- a. Rt Foot fwd, repeat. Lt Foot fwd, repeat
- b. Rt Foot lateral, repeat. Lt Foot lateral, repeat
- c. Rt Foot lateral, crossover with left. Rt Foot lateral, crossover with left.

# 2 Point Stance

LB

D

D

D

D

D

D

## Checkpoints:

- a. Feet Parallel
- b. Narrow Base
- c. Shoulders over knees, knees over toes
- d. Weight slightly on balls of feet (air under heels)
- e. Arms relaxed, ready to shoot hands

## 2 Step Drill: (No false steps)

- a. Rt Foot fwd, repeat. Lt Foot fwd, repeat
- b. Rt Foot lateral, repeat. Lt Foot lateral, repeat
- c. Rt Foot back, repeat. Lt Foot back, repeat

# 3 Point Stance

## O Line

**B**

**B**

**B**

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**B**

**B**

**B**

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### Checkpoints:

- a. Toes as close to parallel as possible.
- b. Narrow Base
- c. Flexion in hips and ankles
- d. Weight distributed on both feet.
- e. Down hand in front of facemask , On fingertips
- f. Off hand outside of knee.
- g. Hips slightly lower than shoulders (flat back)

### Bird Dog Drill: (Right handed stance, repeat out of left handed)

- a. 4" step with right foot (repeat with left foot)
- b. load hands with 1<sup>st</sup> step
- c. Shoulders should be over front knee
- d. Get 2<sup>nd</sup> step in ground ASAP
- e. After initial teaching always use a snap count.

# 3 Point Stance

## D Line

D

D

D

D

D

D

### Checkpoints:

- a. Toe to instep relationship
- b. Narrow Base
- c. Flexion in hips and ankles
- d. Weight on knuckle of big toe of front foot.
- e. Down hand in front of facemask (Back foot = down hand). On fingertips *Hand in the man*
- f. Off hand cocked, ready to shoot hands.
- g. Hips slightly higher than shoulders

### Get off Drill: (Right handed stance, repeat out of left handed)

- a. Step replace with back foot (no more than 6")
- b. Shoot hands with 1<sup>st</sup> step
- c. Shoulders should be over front knee
- d. Get 2<sup>nd</sup> step (front foot) in ground ASAP
- e. After initial teaching always use simulated snap

# Staggered Stance Receivers

R

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R

R

R

---

R

R

## Checkpoints:

- a. Inside foot
- b. Narrow Base
- c. Shoulders over knees, knees over toes
- d. Weight slightly on inside of front foot
- e. Arms bent but relaxed.

## 2 Step Drill: (Out of right footed stance, repeat with left footed stance)

- a. Back foot forward, repeat.
- b. Front foot lateral, repeat.
- c. Back Foot lateral, repeat

# Staggered Stance

## OLB's and DB's

R

R

R

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R

R

R

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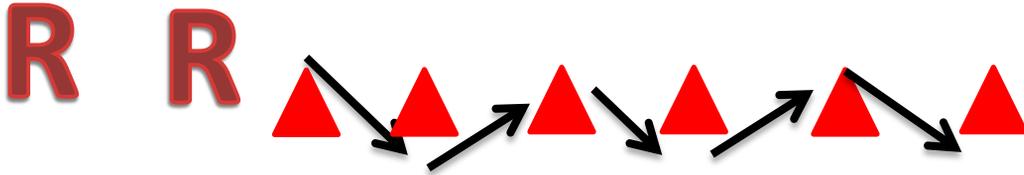
### Checkpoints:

- a. Inside foot up( Outside foot up for corners)
- b. Narrow Base
- c. Shoulders over knees, knees over toes
- d. Weight balanced (backpedallers can have more weight on front foot)
- e. Arms bent but relaxed.

### 2 Step Drill: (Out of right footed stance, repeat with left footed stance)

- a. Back foot forward, repeat.
- b. Front foot forward, repeat.
- c. Front foot lateral, repeat.
- d. Back Foot lateral, repeat.
- e. Back foot back, repeat.

# Movement



6 Cones placed 18" apart

## Weave

- Shoulders and hips facing forward
- Weave through cones planting on outside foot

## High Knees

- Shoulders and hips facing forward
- High knees over cones

## Lateral Icky

- Shoulders and hips facing sideways
- 2 feet up and back in each hole

## Slalom

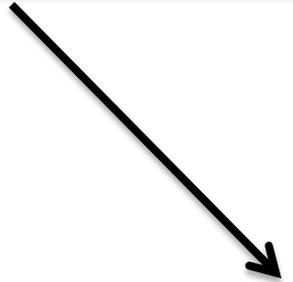
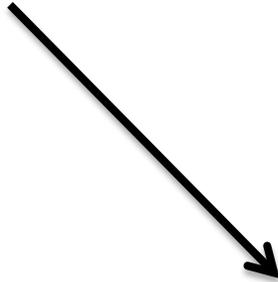
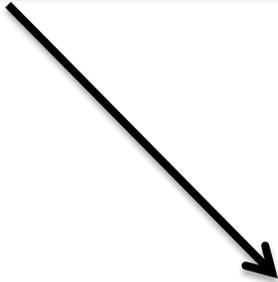
- Shoulders and hips facing forward
- Feet together and weave through cones

# Movement

**D**

**D**

**D**



## **Shuffle: When ball is in the tackle box**

- a. Lead with play side foot, toe pointed downhill (no false step)
- b. Recover w/ back foot (no X over, no hop)
- c. Shoulders square to LOS, low pad level

## **Lateral Run: Ball outside tackle box (Run)**

- a. Lead with play side foot, toe pointed downhill (no false step)
- b. Crossover back leg for speed
- c. Shoulders square to LOS, low pad level

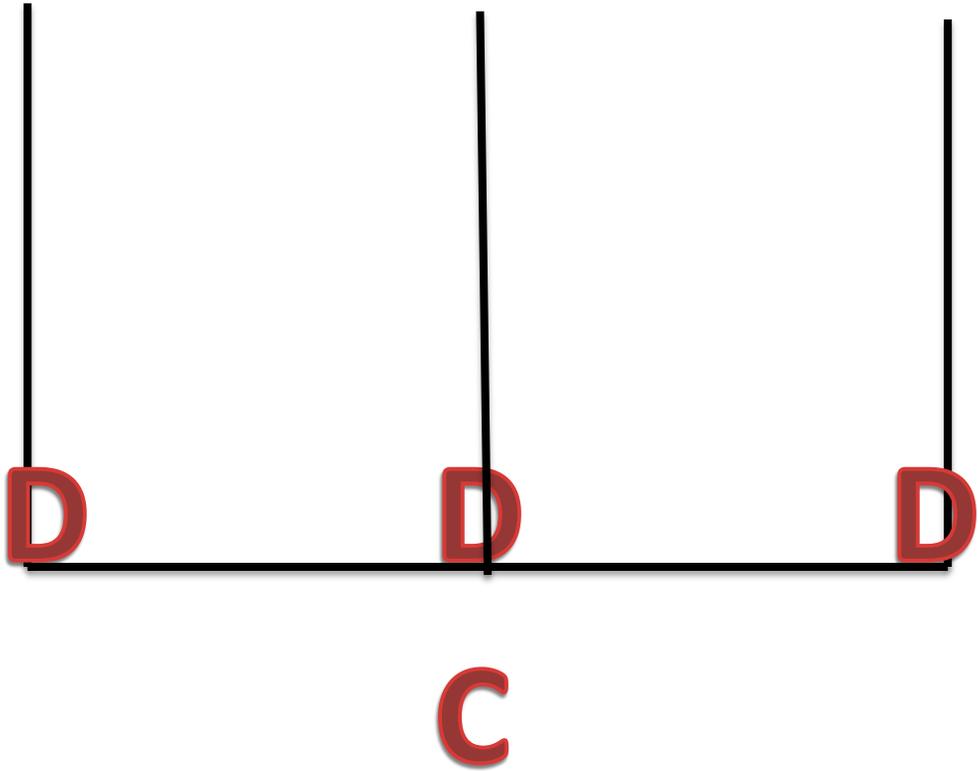
## **Lateral Run: LB's Width Drop (Pass)**

- a. Open hips at 45', toe pointed at landmark (no false step)
- b. 2 shuffle steps to eliminate draw
- c. Crossover back leg for speed with low pad level

## **Backpedal: DB's (LB's when no width is needed)**

- a. Push off front foot pull with same side elbow, reach with back foot (6" max) step
- b. Walk out for 3 steps (read) Increase tempo if needed
- c. Shoulders square to LOS, low pad level

# Stance and Movement



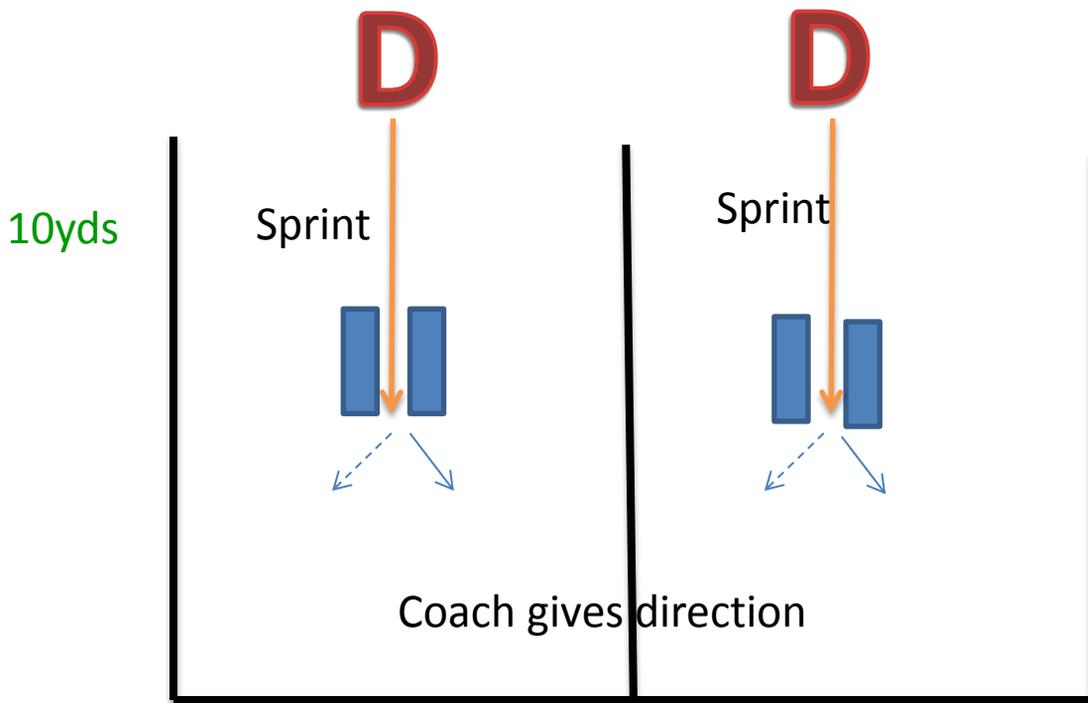
## Backpedal Drill:

- a. BP on the line (10yds).
- b. BP weave off the line (10yds).
- c. BP on the line transition down hill at 45' angle.
- d. BP on the line turn and run

## Width Drill:

- a. Exit out and 45' to adjacent line(10yds).
- b. Exit out and 45' to adjacent line transition back down line toward coach).
- c. Exit out and 45' to adjacent line, continue 45' cuts (4 times)

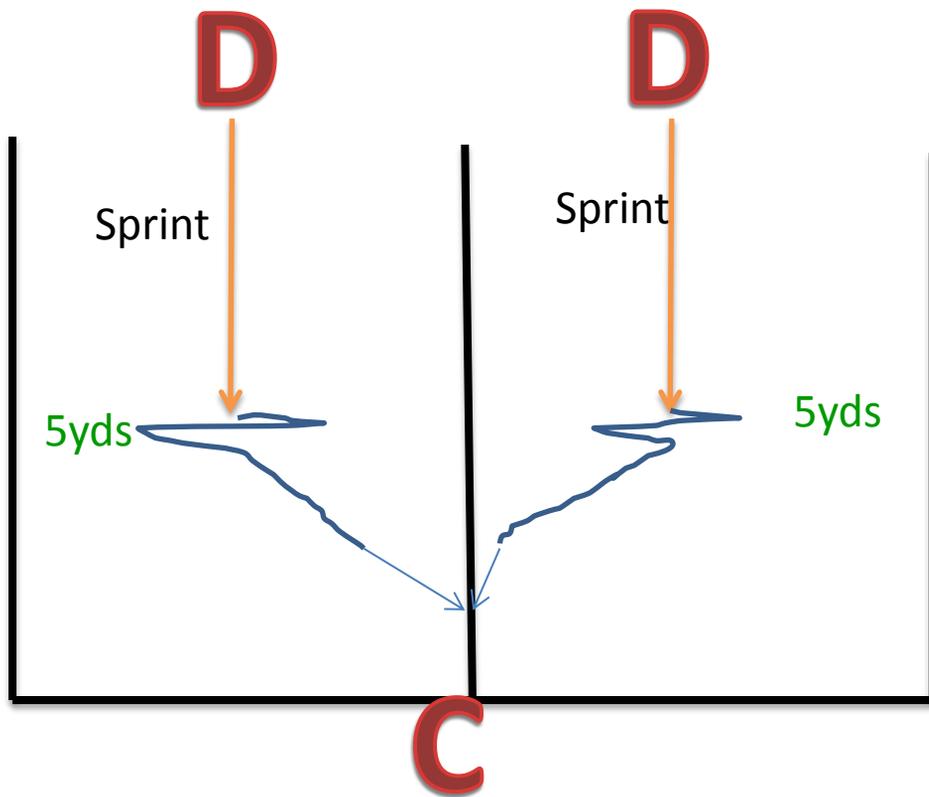
# Movement



## Gather Drill:

- a. Sprint forward through step overs (1 yd apart)  
touch bags with finger tips,  
shimmy feet
- b. Mirror Shuffle off coach downhill at 45'

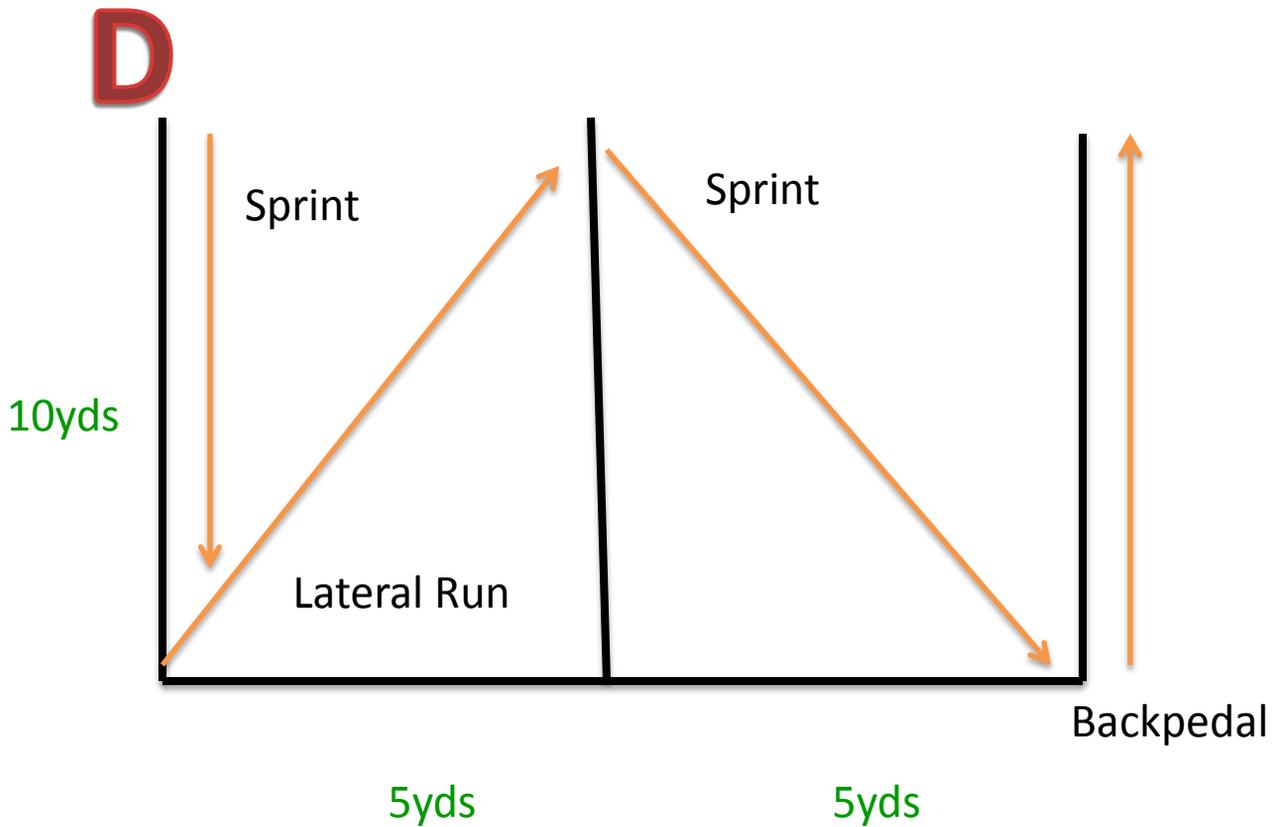
# Movement



## Shimmy Drill:

- Sprint forward 3 yards and shimmy feet.
- Mirror Shuffle off coach downhill at 45'
- Finish drill on shoulder of coach

# Movement



## M Drill:

- Sprint forward 5yds gather and buzz feet
- Mirror Shuffle off coach downhill at 45'
- Plant and burst to coach, gather and buzz feet

# Tackle Progression

**LB**

**B**

**LB**

**B**

**LB**

**B**

## 1. Fit

- a. Stagger feet, lead foot split crotch
- b. Head up, Eyes in V of neck, Proud chest
- c. Flex in hips, knees and ankles
- d. Hands holstered

## 2. Uppercut (violent with arms)

- a. Rip through armpits
- b. Uncoil hips
- c. Grab cloth

## 3. Run the feet

- a. Step with outside foot
- b. Accelerate on contact

## 4. Progression

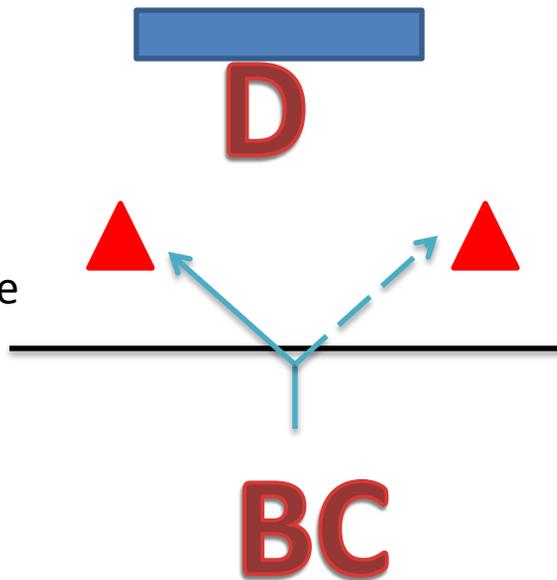
- a. From fit position
- b. 1 step back
- c. Arms length
- d. 5 yds

\* Repeat from angled alignment

# Tackling Drills

## Explosion Tackle

D and BC 3yds  
apart  
Cones 4yds apart  
1yd in front of line



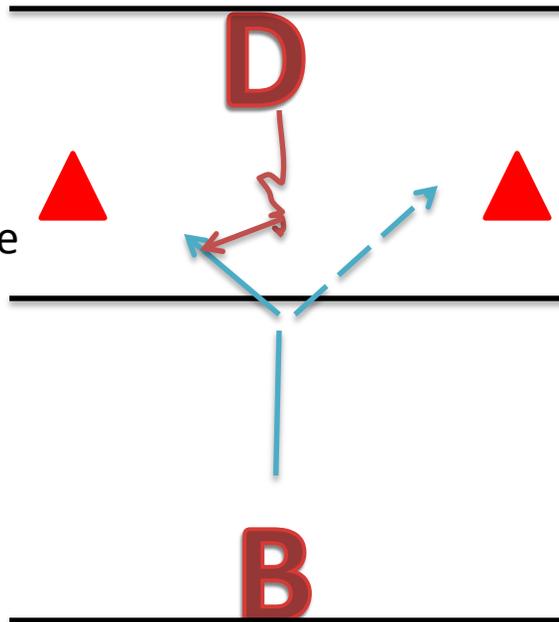
1. Coach will designate ball carrier's direction
2. BC starts forward on coach's command
3. BC will break Rt or Lt at the line staying inside the cone
4. D heels are against step over bag. No step. Uncoil on contact. will come to balance and execute angle tackle

# Tackling Drills

## Angle Tackle

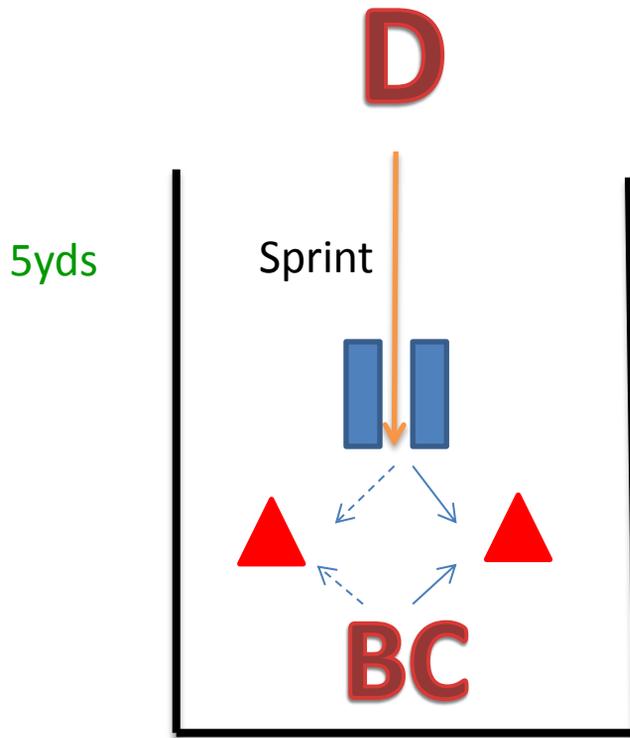
D and BC 6yds  
apart

Cones 5yds apart  
1yd in front of line



1. Coach will designate ball carrier's direction
2. BC and LB start forward on coach's command
3. BC will break Rt or Lt at the line staying inside the cone
4. D will come to balance and execute angle tackle

# Tackling Drills

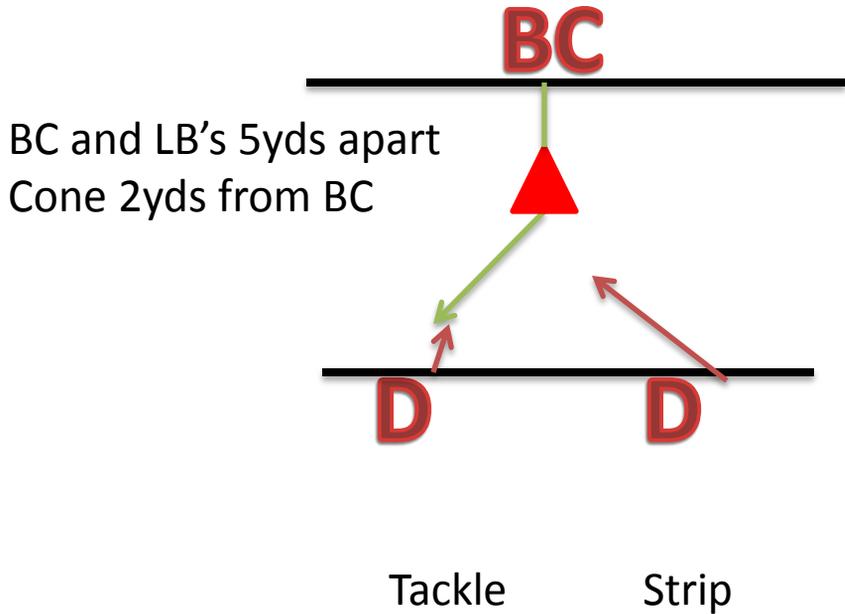


## Gather Tackle:

- a. Sprint forward through step overs (1yd apart) touch bags with finger tips
- b. Mirror ball carrier and angle tackle

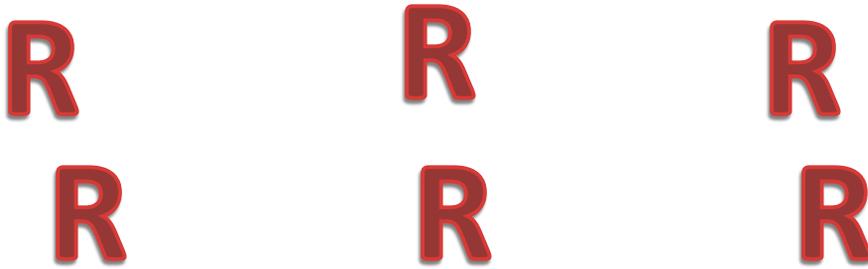
# Tackling Drills

## Strip Tackle



1. BC runs forward and breaks on cone ( Rt or Lt )
2. LB to break tackles. LB away strips

# Ball Security Progression



## 1. 4 Points of Contact

- a. Front tip between index and middle finger
- b. Forearm
- c. Crook of elbow
- d. Chest

## 2. High and Tight

- a. Front tip on near number
- b. Back tip on rib cage

## 3. 5 Points of Contact

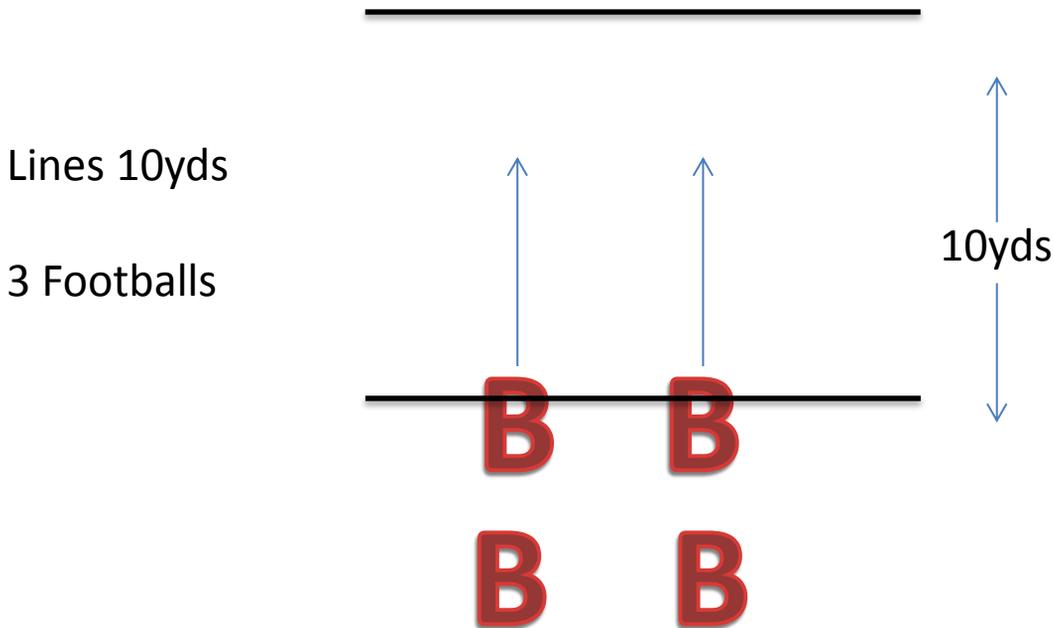
- a. Off hand on top off ball
- b. Secure back tip

## 4. Change Hands

- a. High and Tight (right hand)
- b. 5 points of contact
- c. High and tight (left hand)

# Ball Security Drills

## High and Tight



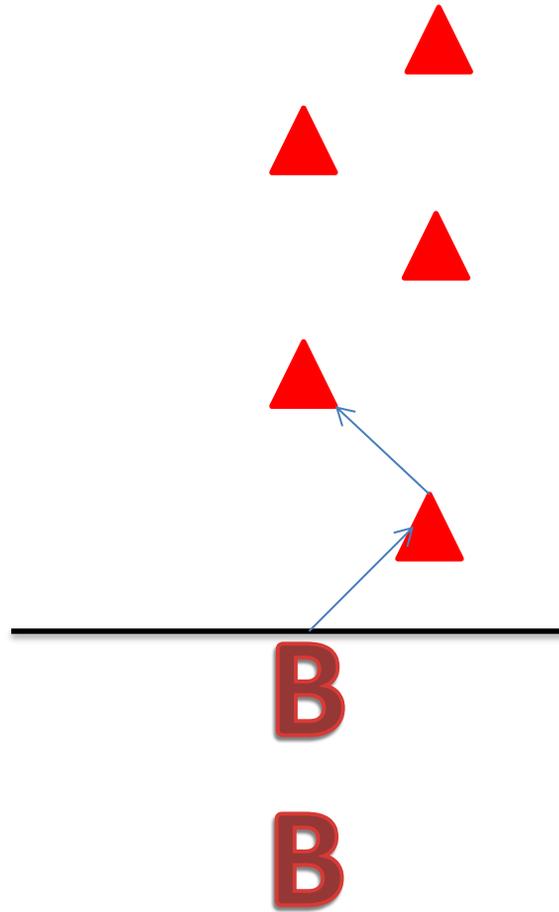
1. **High and tight:** (turn and repeat with ball in opposite arm)
2. **Stumble Bumble: put off hand down 3 times** (turn and repeat with ball in opposite arm)
3. **Juke: Next RB in line stands at 5yds. BC jukes to the right**(turn and repeat with ball in opposite arm)
4. **Ball Rip: Next RB in line stands behind BC holding on to jersey with left arm, punching ball with right arm** (turn and repeat with ball in opposite arm)

# Ball Security Drills

## Cuts

1<sup>st</sup> Cone 3yds  
away at 45' angle  
All other cones  
3yds from  
previous cone.

3 Footballs

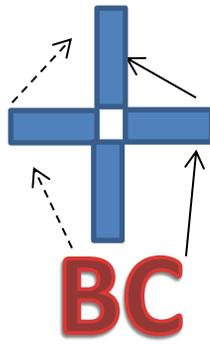


1. BC's start with ball in outside arm (right if going to the right)
2. BC's will cut inside the cone and change hands with the ball (point inside foot to next cone)
3. Juke last cone to inside

# Ball Security Drills

4 step over bags  
aligned so inside  
edges are touching

3 footballs



## Star Burst:

- a. BC puts left hand between bags  
ball is in right hand.
- b. Spin counter clockwise until BC is  
back at starting point
- c. Repeat with ball in other hand  
moving clockwise

# Block Destruction Progression

**D**

**B**

**D**

**B**

**D**

**B**

## 1. Knees (laces on ground)

- a. Hands holstered (6point if D Line)
- b. Hand placement (Target)
- c. Thumbs up, Elbows in
- d. Violent punch (grab ) + Separate
- e. Hit + Hold (check Target)

## 2. Knees (toes on ground)

- a. Hands holstered (6 point if D Line)
- b. Punch (grab) + Separate
- c. Hip roll

## 3. Stance

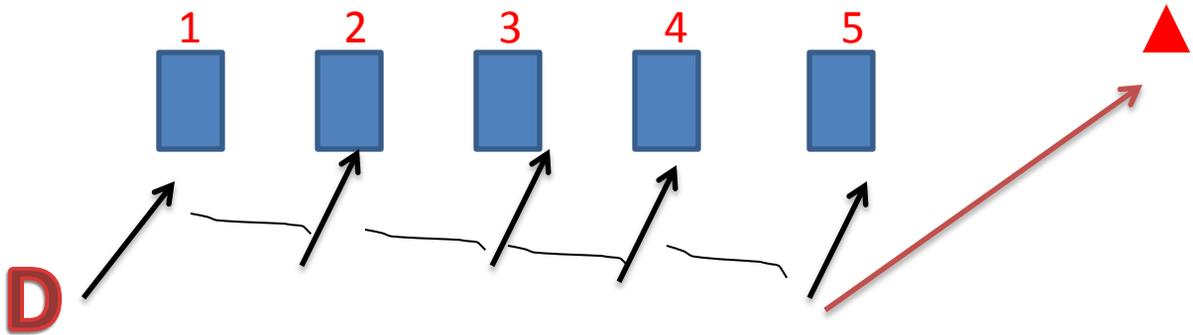
- a. Eyes in V of neck
- b. Punch (grab) + Separate
- c. Hip roll
- d. Run feet

## 4. Escape

- a. Pull and Shrug
- b. Rip (Only when blocked by alignment)

# Block Destruction

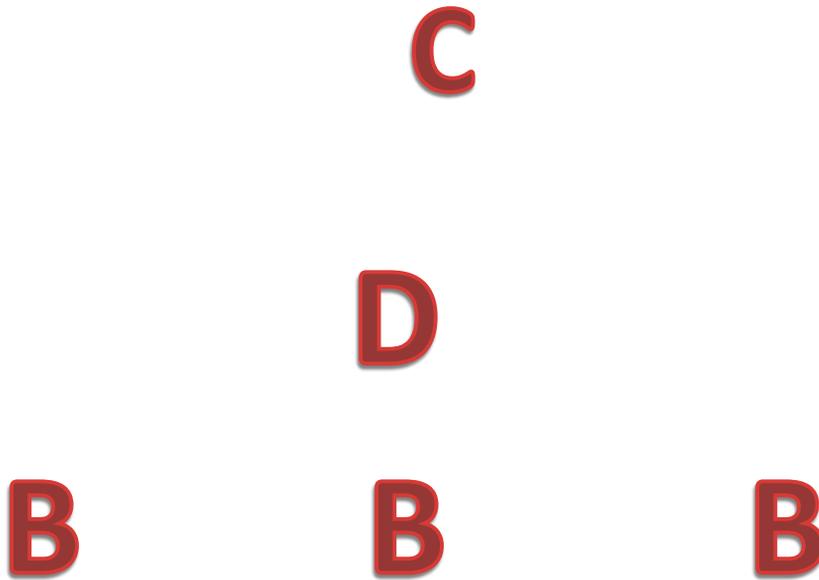
## Sled Drill



1. Down the line, finish on cone
2. Shuffle (every other bag)
3. Lateral run (3 + 5)

# Block Destruction

## 3 on 1 Drill



1. Coach will designate blocking order
2. Blockers will engage full speed then let D escape. Next blocker must wait until D recovers.
3. D will punch and patch 1<sup>st</sup> and 2<sup>nd</sup> blockers, rip 3<sup>rd</sup>

# Blocking Progression

D

B

D

B

D

B

## 1. Knees (laces on ground)

- a. Hands loaded
- b. Hand placement (Target)
- c. Thumbs up, Elbows in
- d. Violent punch , fists together
- e. Hit + Hold (check Target)

## 2. Knees (toes on ground)

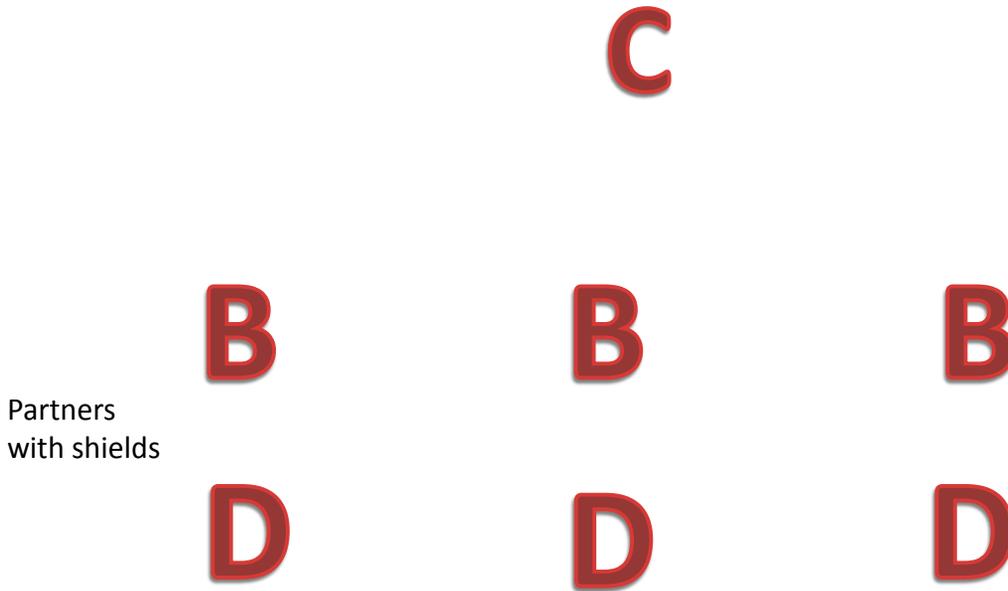
- a. Hands loaded
- b. Punch
- c. Hip roll

## 3. Stance

- a. Eyes in V of neck
- b. Step and load
- c. Punch
- d. Hip roll
- e. Run feet

# Blocking

## Drive Block Drill



1. Blockers in 3 point stances, 18" from shield holders, head up (Drive block).
2. Use stance commands
  - a. Stance
  - b. Step and load
  - c. Step and punch
  - d. Finish
3. Repeat with blockers splitting stance of defenders ( Reach and Cutoff)