Jim McQuaide

Shawn Surdy

Solon High School

Solon, Ohio

Assistant Coaches

Jeff Ames	Mike Brashear
Ed Bubonics	Kurt Gielink
Bruce Heinrich	Dan Iwan
Thom McDaniels	Dave Mortland
Garrett Patty	Matt Pinney
Matt Richardson	Rich Shirilla
Shawn Surdy	

Keys

- Meet all Year – Personnel
- Youth Program
   Coaches Meet
   Coaches / Players Attend Practice
   Host Practice
- Assume Nothing
- Good H.S. Players – 4 DI in 7 years
- Read / Learn / Ask – Still much to do
- Best Job - Teach / Coach

Basics

- Discuss / Study – Winter / Spring

- Personnel All Year

- Off-Season Drills

- June – Meet / Instruction

- July – Instruction

- Double Sessions Work

- Game Week Work

- Specifics

Practice / Game

- Scouting Report

- Specialists – Before

- Kicking – During

- Offense / Defense – Add to Period

- Thursday – Situations

- Friday – Meet Before / Video / Halftime

- Saturday – Review Game

- Sunday – Personnel / Adjustments

Issues

- 2 way players divide time

- Varsity vs. JV Time

- Players distracted – Counting who above and behind

- Routes / Blocking / Hands when tough all affect time

Passing Game

1. Pre-Season

2. Doubles

3. Game Preparation

Pre-Season

1. January – May

    - Clinic, Staff Meetings,

    Playbook, Player Led Drills

       - Tennis Ball Drills

       - Jugs

       - Routes

Pre-Season

2. June – July

- Playbook Mtg.'s, QB Practices, Instruction/Install
- Pad n' Go, Plays going out, in, and red zone

Pre-Season

Instruction/Installation
Each Phase (PA, 3/5 Step, Sprint, etc…)
- Indy (technique work)
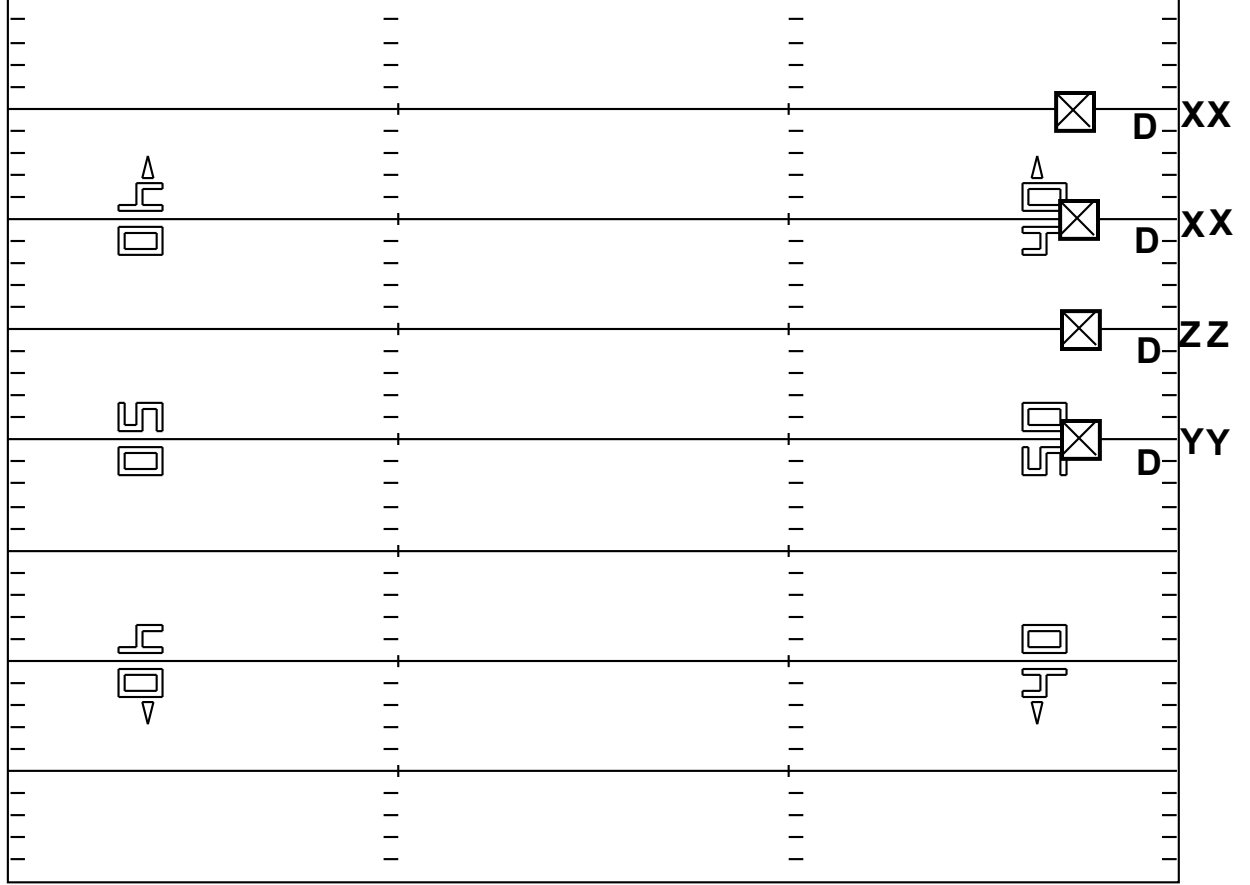- Group (timing – drop, routes, with read)
- Perimeter/Team

Indy

RELEASE DRILL

-Hand to joint combat progression at LOS

-Side hand to elbow (fast and violent) / backside
 hand is a whip (abbreviated swim technique) /
 release hip to hip through defender to stack

-Release into Cone Drill
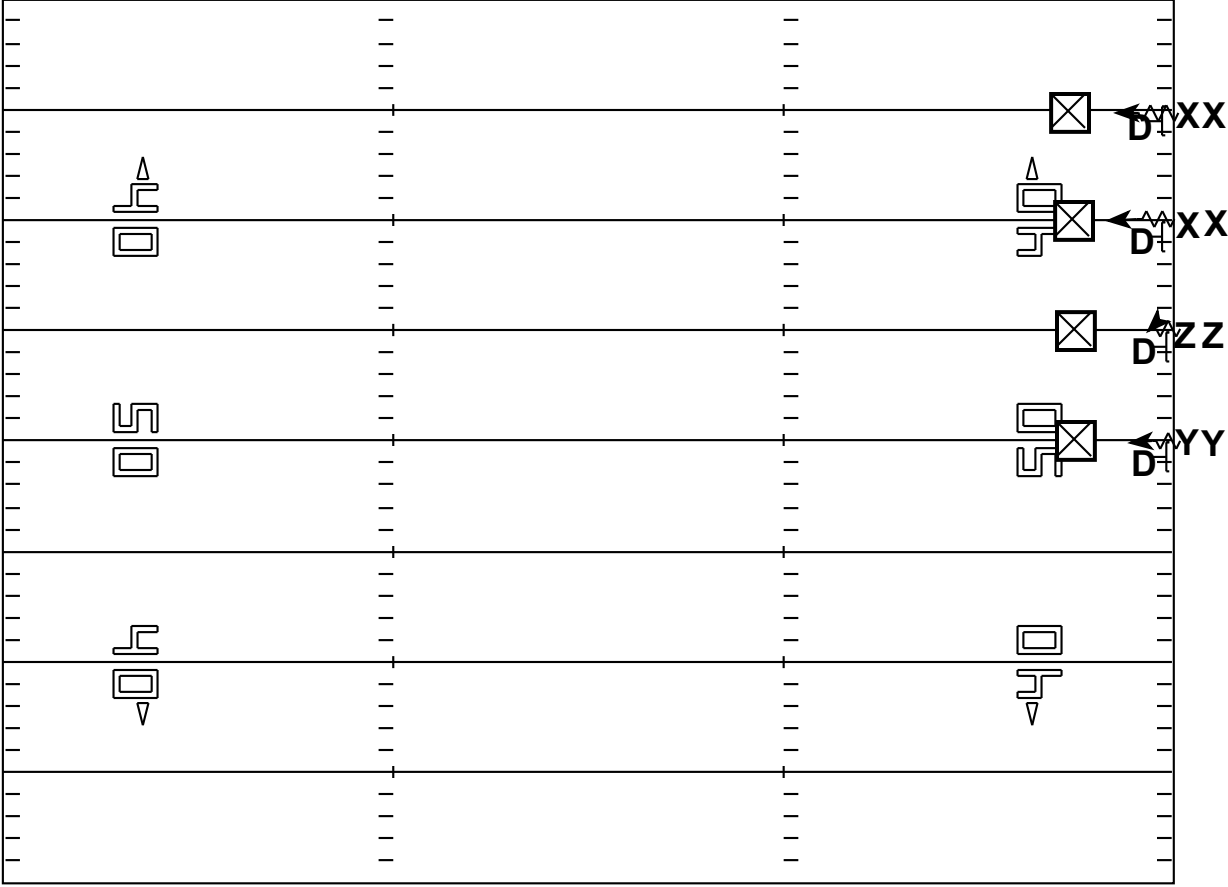
(Press/Soft jam/Cat/Zone)

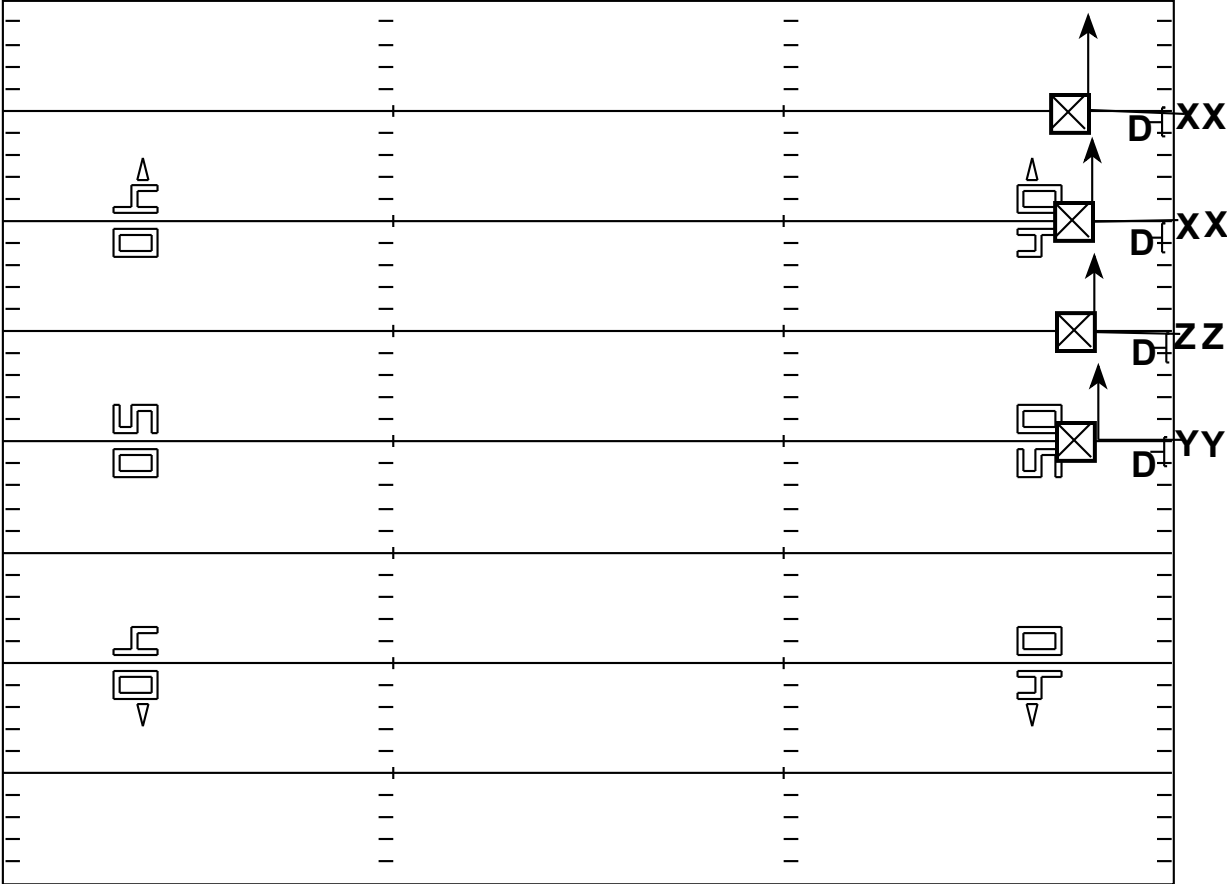Addition (wiggle/crossover)

INDY

Indy

Indy

CONE DRILL

-Cones 5 yards from WR lines

-Crisp cuts (Hitch/Out/Slant)

-Lower hips/shoulders

-Shoulders over front toes

-Weight on toes

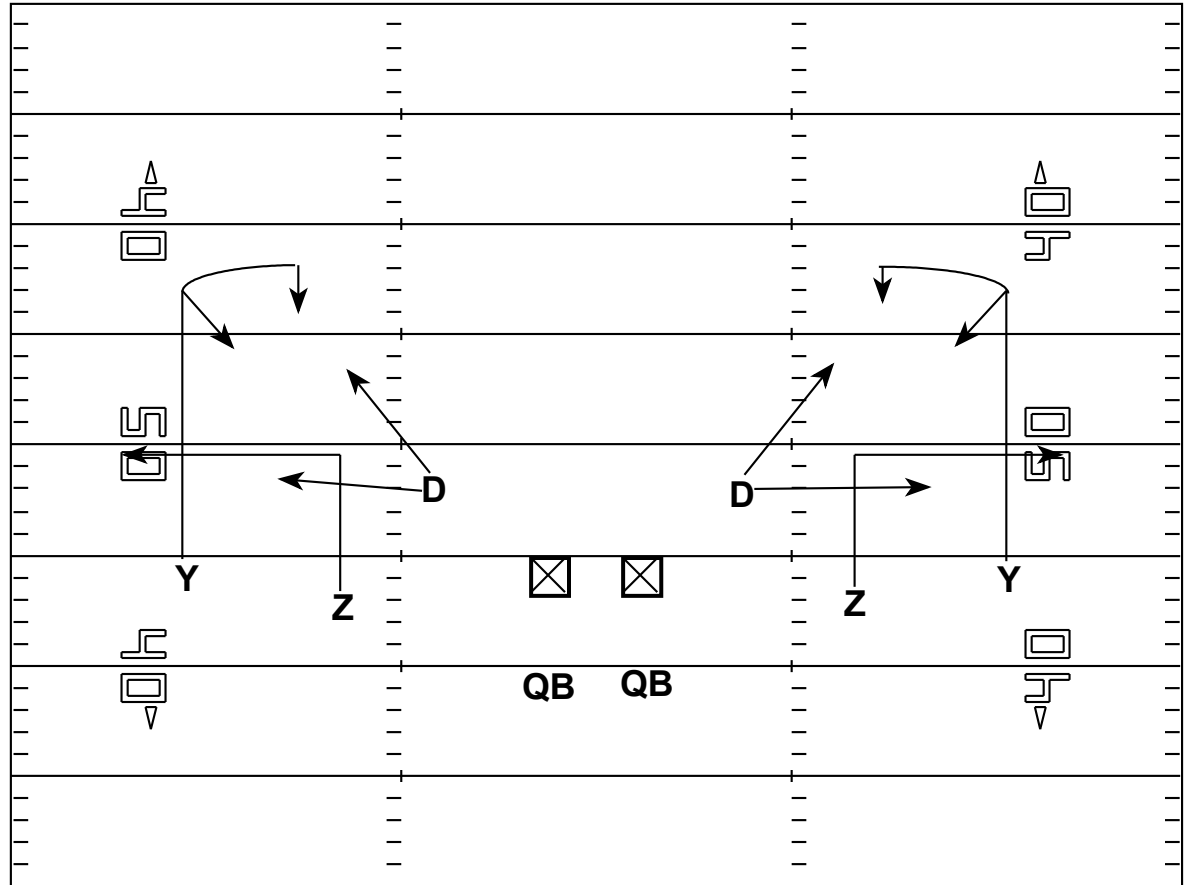**Freeze first time through**

(What are HS DB's most afraid of?)

Indy

Group

High Energy/High Reps/Short Period
- ½ field Varsity / ½ field JV
- Combination WR lines/2 QB's
  taking snaps
- Always give QB a defender to
  READ and throw off of

Group

Perimeter/Team

Tempo/Reps

- 2 Huddles (1 Varsity/1 JV)
- Signal in all plays
- Run through script twice (even/odd)

Doubles

1. Extra Individual Periods
   (Special Teams Periods)
2. Route Technique
   - vs. Zone/Man
   - vs. Cushion/Jam

<u>Extra Indy Periods</u>

Re-teach Technique/Skills #1

TAP DANCE DRILL
- 1 line facing the sideline (15 yards from sideline, coach 10 yards)
- Throw ball when WR is about 5 yards from sideline
- Catch and check feet position in relation to sideline

Addition to drill (Turn and accelerate up field)

Tap Dance Drill

<u>Doubles</u>

3. Blocking Technique
   - To/Away
   - Cushion/Jam (Outside Run)
4. Re-Teach Schemes
   - Work Towards Perfection

Stalk Blocking Drill

SHUFFLE BLOCKING

- Shuffle down line mirroring defender

- Punch defender outside shoulder with open hand

STALK DRILL

- Release off LOS for 5 yd

- Ready position, short choppy steps (baby steps) to reel in defender

- Fit defender, punch (elbows in) and drive legs (low), keep base underneath you

Stalk Drills

Stalk Drill

D ∿∿∿ ⊠ ═══ **X XX**

D ∿∿∿ ⊠ ═══ **ZZZ**

D ∿∿∿ ⊠ ═══ **YYY**

Shuffle Blocking

D   D   D

X   X   X
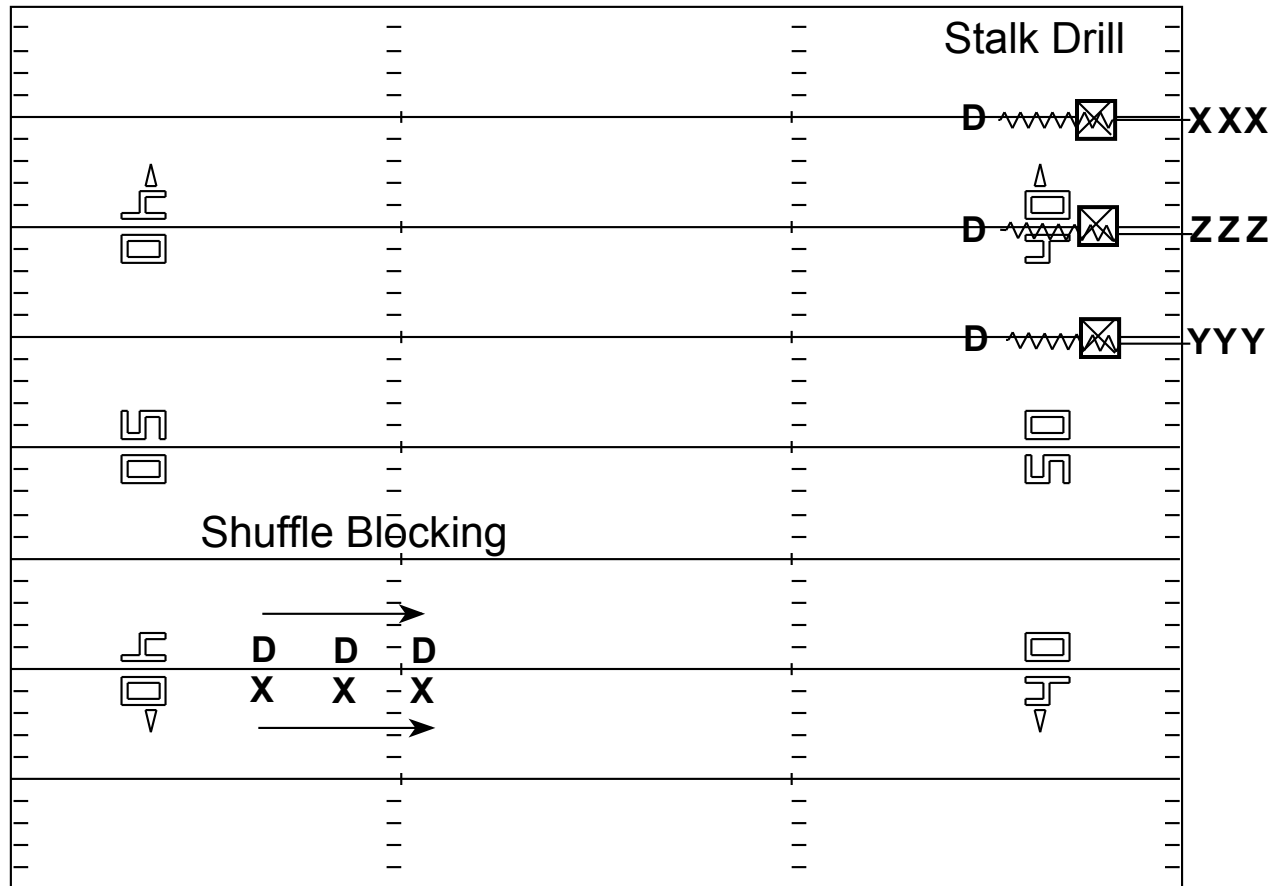
Doubles

5. QB/WR Timing
6. Red Zone Pass
7. Jugs Machine

Game Preparation

1. Weekend Film/Game Prep
2. Scouting Report
3. Introduce Opposing Defense and New Schemes

Game Preparation

4. Individual, Inside Run, and
   Kick Off Periods
   - Corrections/Improvements
   - Route Technique/Drills
5. QB/WR Timing

Game Preparation

6. Perimeter (2 Huddles)
- Signals
- Situations
- 2 Minute Drill

Game Preparation

7. Team
    - Situations
    - 2 Minute Drill/Red Zone
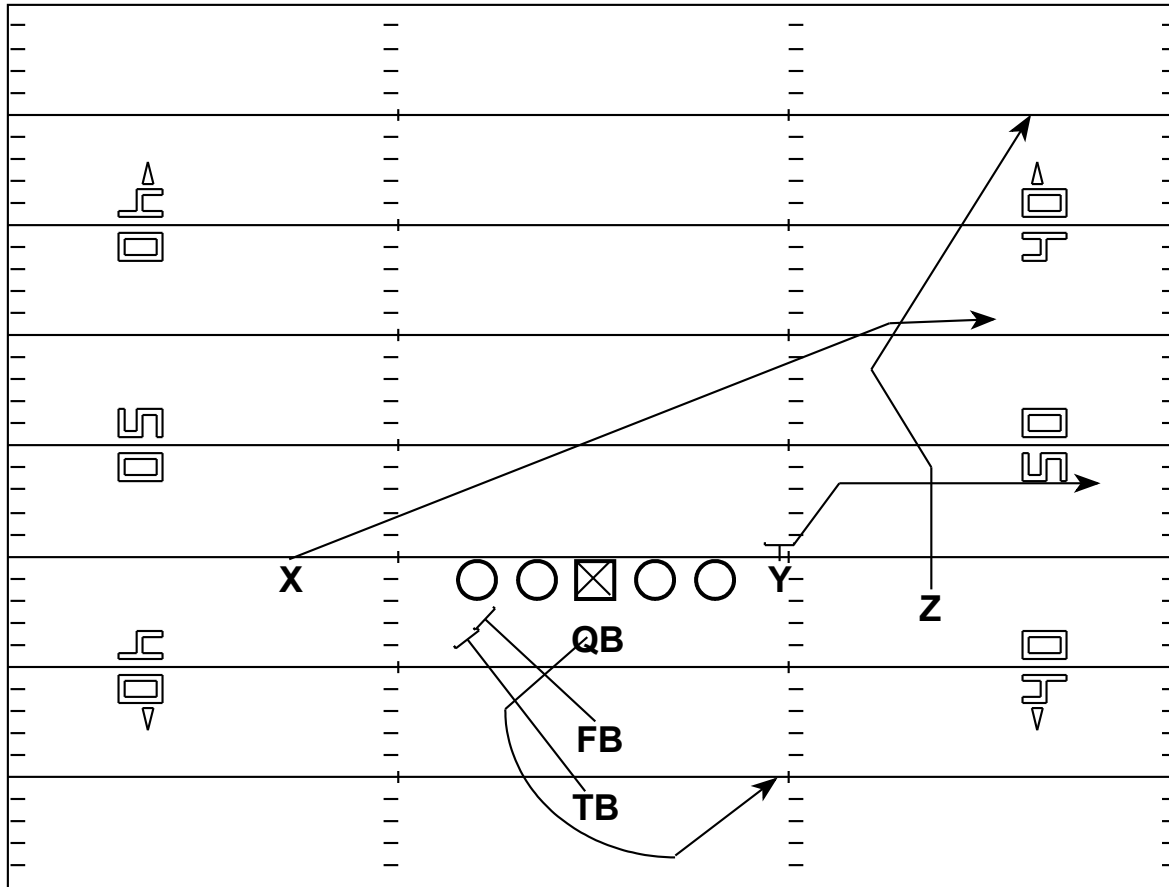8. After Practice
    - Jugs/Red Zone Routes

Play Action Pass
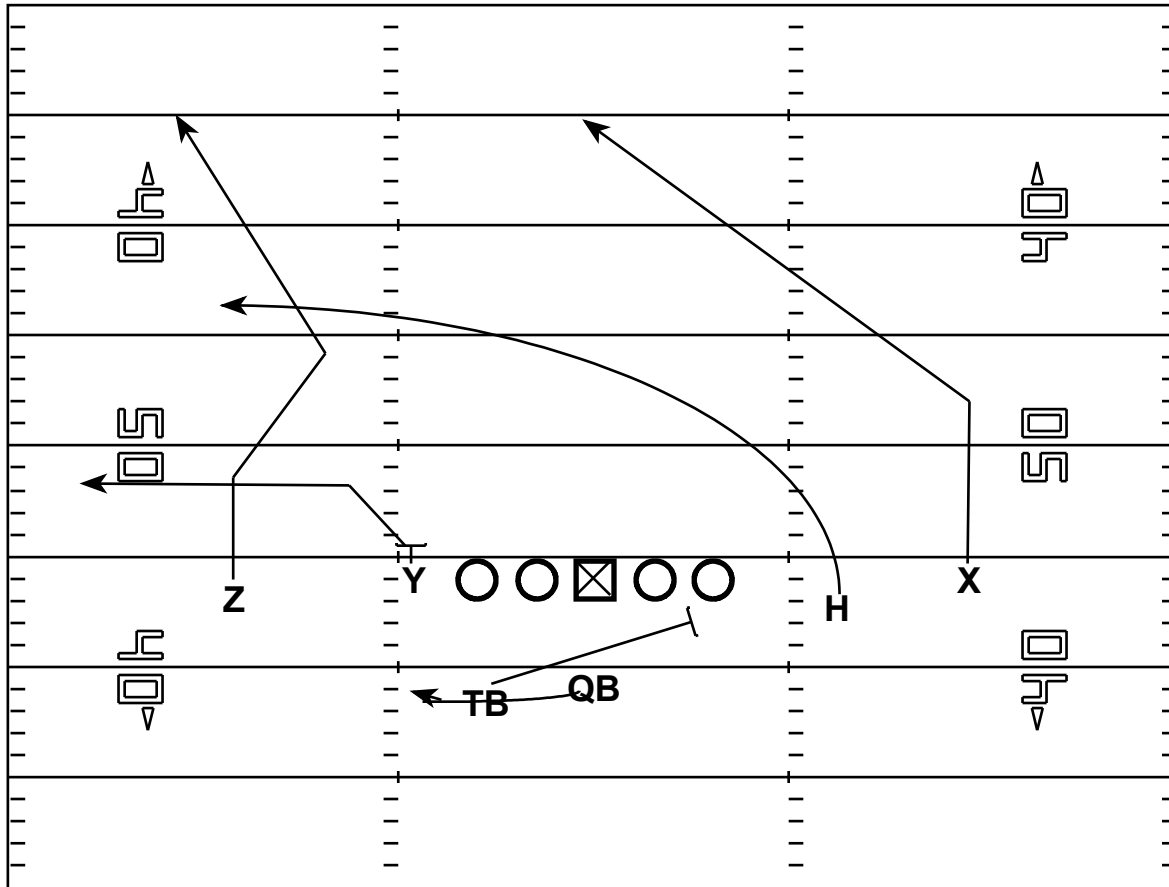1. Slide Pass

2. Stretch Pass

3. Lead/Smash Pass

Slide Pass

Stretch Pass

Lead/Smash Pass