GALLATIN FOOTBALL PROGRAM PHILOSOPHY…

The ultimate goal of our football program is to have the type program the entire student body and community can be proud of, both on and off the football field. We expect to build our program with young men who have character, self-esteem, self-discipline, and academic achievement. We will teach good work habits, leadership skills, teamwork, commitment, and strive to reach our highest potential.

TO BE A CHAMPION…

To be a champion, you need to act like a champion. You need to prepare like a champion. You need to practice like a champion. We expect our players to work like a “champion” in the weight room, in class, on the football field, and in our community. Seniors are expected to show tremendous leadership and dedication to each other and the program. As seniors it is your responsibility to model COURAGE, COMMITMENT, LOYALTY, TRUST, and encouragement to your teammates. EVERYONE MUST WORK TOGETHER!

FOOTBALL COACHING PHILOSOPHY

COACHING PHILOSOPHY: To create an atmosphere of pride and to teach each player the importance of attitude, confidence, character, knowledge, goal setting, and how these factors apply to life as well as football.

OFFENSIVE PHILOSOPHY: To create an offensive system which has the potential to be balanced in the running game and passing game. We want to effectively make our opponents defend the entire football field, and to be multidimensional in our attack. We will be physical in all positions on offense, and be very sound fundamentally.

DEFENSIVE PHILOSOPHY: To create a defensive system which is sound against the run and pass, and effectively be able to adjust to sets, shifts, and motion. We will stress running to the football, tackling, proper “alignment to assignment” and collision football at every position.

SPECIAL TEAMS PHILOSOPHY: To create a special team system which our opponents must practice to be concerned with. We want to develop a sense of pride with our special teams where our best and most deserving players strive to be part of this special teams effort. We want our special teams to be a threat every time we line up.
PROGRAM PHILOSOPHY

I. The Football Staff will coach their respective teams with these two goals in mind:
   A. To provide a meaningful and learning experience for all participants. We want all participants to be a better person for having taken part in our football program.
   B. The development of a sound feeder system to the varsity program.

II. The philosophy of the TOTAL program comes first. SUPPORT THE ENTIRE PROGRAM.
   A. Support other coaches (in players’ presence, never correct another coach).
   B. If differences exist between coaches, GO TO THAT COACH and work them out.
   C. Build for the future more so than the present.
      1. Stress fundamentals.
      2. Everyone should get an opportunity to play in games (7th/8th/9th and JV).
         Have a plan of action for substitution.
      3. Do not over criticize players—MAKE IT FUN TO PLAY FOOTBALL!

III. Handling Problems.
   A. Be proactive, plan ahead. Have a plan of action for substitution.
   B. Explain the decision process of the team.
      1. Players need to talk to their position coach, or the head coach on their progress, role, playing time, or other problems.
      2. Players may talk to team captains, unity council members, or coaches with regard to positive or negative situations on the football team.
      3. Explain that feeling upset at times will occur with some players, but complaining to parents and teammates hurt the team.
      4. Open door policy—Important players use this policy, or know it’s available for them. Encourage players to talk.
      5. Talk to your players about gossip. If you are not part of the problem, or part of the solution—do not say anything.

IV. Coaching Guidelines
   A. Fundamentals must be stressed throughout the program (7-12).
      Everyone must teach proper blocking, tackling along with all football fundamentals. Practices will consist of warm-up, individual
technique/footwork, group sessions (inside run game/skelly, etc) and team periods.

B. Defensively, everyone will run our varsity base defense (Nickel/5-2) and stunts incorporated. Our defensive philosophy is simple; everyone is expected to line up correctly, keep their outside shoulder free and fly to the football. Zone coverage and man coverage should be taught at all levels.

C. Offensively, everyone will run our varsity offense. We are a base I formation team, with the ability to run spread in our system. Inside zone blocking, combination, double teams, and scoop blocking will be taught at all levels. Pin and pulling are more used at the freshmen or high school level. All terminology and formations must be the same as the varsity—period! Our running game and passing game WILL have the same terminology—period!

D. Each coach should have a practice schedule made out in writing before starting practice. My suggestion is that the Middle School coaching staffs should meet once a week and discuss personnel, implementation of offense/defense/special teams, weekly and daily practice schedules and other important matters.

V. Playing Time

A. Middle School- At this level it’s very important to play everyone to promote football, and to try to give each player a good learning experience. Fundamentals, teamwork, and basic concepts should be stressed in the framework of the high school system. The goal should be to start as many players (in the first half) on offense/defense and special teams as possible. Our 7th and 8th grade teams should have as many players starting either on offense, defense or special teams. In the second half, coaches can dictate more the playing time of each player. Coaches always reserve the right to limit playing time due to lack of effort, missed practices or for other disciplinary reasons.

B. Junior Varsity- Fundamentals, teamwork, and technique will be stressed, along with the offensive, defensive and special teams philosophies. This level of competition is primarily for preparing underclassmen to move up in the program by continually working on skills, technique and concepts. Playing time will not always be equal, but coaches will try to play as many players as possible that deserve to play. Emphasis will be stressed on learning the varsity offensive, defensive and special teams schemes. Again, winning is important, but individual and team improvement are stressed. The goal will to start as many players as possible in all three phases of the game (offense/defense/special teams).

C. Varsity- Naturally, more emphasis is placed on winning at the varsity level. Fundamentals, teamwork, skills, concepts, and
technique will be stressed. Learning offensive, defensive, and special teams schemes and concepts are very important. Our coaching staff will expect players to commit to our speed, strength and conditioning program. Players will be expected to be involved in camps, passing leagues, and clinics to improve their skill level. Coaches will evaluate players and the team through daily practices and game-like situations. Playing time will not be equal, and will vary from player to player, and possibly game to game. Our philosophy is the “TEAM” will always come first!

**LEVELS OF COMPETITION**

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsity</td>
<td>May consist of seniors, juniors, sophomores and freshmen.</td>
</tr>
<tr>
<td>JV</td>
<td>May consist of juniors, sophomores, and freshmen.</td>
</tr>
<tr>
<td>7th/8th</td>
<td>Consist of 7th and 8th.</td>
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</tbody>
</table>

Our Coaching Staff will determine the level at which a player participates. The Head Coach will have the final decision regarding personnel. Players may play at more than one level.

**VI. LETTER REQUIREMENTS**

To earn a varsity letter in Football at Gallatin High a player must meet the following criteria.

A. You must attend all practices and games. If you cannot be at a practice/game, you must clear your absence with the head coach. If you are injured, you are still required to attend all practices and games if you are physically able. Again, you must clear your absence with the head coach.

B. To earn a varsity letter in Football, a player must participate in at least one play in nine different quarters during the season. Seniors who have been part of our Football program for the last three years who fall short on nine quarters may letter with the “good standing” with your coaches and teammates.

C. If you are suspended for disciplinary reasons, you are required to practice in all practices, unless you have been permanently dismissed from the team. If you played enough to earn a letter prior to suspension, you will lose your letter, or be dismissed from the team. These decisions will be made by our school administration and football coaching staff.
VII. TRAINING RULES AND SUGGESTIONS

A. Consumption of tobacco (smoking/chewing tobacco), drugs, or alcohol will not be tolerated. Players will be judged according to school policy (code of conduct). Stay away from situations in which illegal activity is taking place (smoking, drinking, drug use).

B. All players are expected to be on time for all meetings and practices. Any unexcused absence may result in being held out of the upcoming game. If you miss practice, you must notify your head coach (varsity-Coach Meyer). We will schedule Saturday “shake-outs” or practices, all will be scheduled in advance. Varsity players (10-12) will have a morning walk-thru/practice during the season on Mondays during the season. Lifting sessions will be available during the season.

C. If you need to make-up school work, you must notify Coach Meyer, not another player or coach. You will be expected to come to practice ASAP when your school work is completed. Please use mornings when possible to make-up school work.

D. NO HAZING, PERIOD! We expect all our players to respect each other. Hazing will not be tolerated at any level, and will result in the maximum punishment by the school administration and football staff.

E. The use of profanity will not be tolerated in school, the locker room, at practice, or at games.

F. Earrings or any type of jewelry will not be worn during practice or games.

G. Baggy shorts will not be permitted in school, the locker room, weight room or football functions.

H. Eat balanced meals and get plenty of sleep.

I. Take care of yourself- mentally, morally, and physically.

J. Stay away from other physical activities that could jeopardize your ability to participate on our team.

K. All players are expected to wear the appropriate football equipment and attire for practices, games, and team functions. All players will wear the proper game socks, football shoes, and equipment for all games (no ankle socks will be allowed for games).

L. Practice attire- Practice jersey, black shorts, t-shirt under your shoulder pads, helmet, football shoes, and mouthpiece.

M. Drink plenty of fluids (water, sport drinks, etc.) and stay away from pop as much as possible

N. Each player is responsible for his equipment and locking his locker.

VIII. TRAVELING TIPS AND DRESS

A. While traveling, we impress everyone with whom we come in contact. Players will be expected to conduct themselves in the
appropriate manner. All team members will wear the proper attire on our road games. You are responsible for any trash, or belongings you bring on the bus. If a problem arises regarding transportation, contact Coach Meyer, Mr. Mello, and Mr. Diller.

IX. CLASSROOM CONDUCT, BEHAVIOR AND GRADES

A. Each member of our team is important. Be loyal to your team, school and community. Focus on being positive. All players are expected to be a positive role model in the classroom, school, and community. Classroom behavior, study habits, and performance are a major focus of our team. Weekly grade sheets will be mandatory. All players will be held accountable and players who are failing classes will be expected to report to our morning study session. Playing time may be effected by failing grades, or poor student behavior in the classroom or school setting. Remember, you represent the GALLATIN HIGH FOOTBALL TEAM wherever you go, both on and off the football field. DO NOT LET OUR TEAM DOWN!

X. GENERAL RESPONSIBILITIES FOR ALL 7-12 FOOTBALL COACHES

A. You are responsible to the head coach for:
   1. Philosophy
   2. Equipment- Helping with check-out and check-in.
   3. Evaluation- Varsity- The varsity head coach will do an evaluation of the (7-12) coaches. All (9-12) assistant coaches will evaluate the head coach as well.

B. You are responsible to the Administration for:
   1. Keys.
   2. Professional conduct.
   3. All players must have a completed physical before practicing, along with SAC testing.
   4. Report any player violations of the student code of conduct or major discipline problems to the head coach, who will inform our Activities Director.

C. Public Relations
   1. Report games to the local paper. Emphasize the score, highlights, and outstanding efforts.
   2. Turn into to the Head Coach and Activities Director your end of season report (includes team record, statistics, records broken, and season summary.
   3. Turn in a list to the Head Coach/Activities Director all players who finished the football season.
D. Dangerous Situations
1. Go over the code of conduct, dangerous situations and player handbook, with all player signing off on it. It is highly recommended that coaches video tape proper blocking and tackling technique.

E. Supervision
1. Coaches must supervise the locker rooms—period. No player will be allowed to be unsupervised in the locker room or on the football field.
2. If players are waiting for rides, a COACH must stay and wait until the player gets a ride home.
3. Buses-
   a. Coaches will ride to and from all away games on the bus with the team.
   b. Players must be seated in the bus is in motion.
   c. Players must always enter and exit the bus from the front door. The rear door is only used for emergencies.
   d. Players must put cell phones away.
   e. All players are to ride to and from the game with the team. Any exceptions require verbal and written request from the parent and clearance from the activities office.
GALLATIN FOOTBALL PROGRESSIONS

7TH AND 8TH GRADE FOOTBALL
OFFENSE

I. OFFENSIVE LINE/TIGHT ENDS

A. All 7th and 8th grade linemen will be taught and execute a proper three
point stance, fit, and movement.

B. All 7th and 8th grade linemen will be taught to communicate by our
“Covered” and “Uncovered” rule for Inside Zone Scheme.
Communication begins from the Tight End all the way to the
backside. All Offensive Lineman must learn both the Covered
and Uncovered techniques.

C. Inside Zone plays will consist of 30-31 Give, Keep, Follow and 20-21
Read (Shotgun), 20-21.

D. All 7th and 8th grade linemen will be taught and execute our
Combination Blocks, used in our Lead Scheme (24-25 Lead).

E. All 7th and 8th grade linemen will be taught and execute our Iso
Scheme (22-23 Iso), which consists of Base Blocking
Technique (Covered Technique) and our Combination Block.

F. All 7th and 8th grade linemen will be taught and execute our Reach
Scheme (26-26 Sweep/Reach).

G. All 7th and 8th grade linemen will be taught and execute our Man or
Zone (Cup) Pass Protection Technique
(60-70 Series-Man Scheme or 90 Series- Zone Scheme-Cup) play
action passing protection (bootlegs) and our 85-95 series (Sprint-out
Reach and hinge technique).

II. RUNNING BACKS/FULLBACKS

A. All 7th and 8th grade backs will be taught the fundamentals to ball
security, learning to deliver a shoulder,
a kick-out block, isolation block and pass protection fundamentals
(Quick game and Sprint Out).

B. All backs will be taught our 30-31 Give/Keep/Follow series along with
our 20-21 and 20-21 Read series.

C. If you are running the Read Play—this needs to be a daily ten minute
session with QB’s and Backs.

III. QUARTERBACKS

A. All QB’s will be taught and execute our 3-step drop series, sprint-out
(85-95) and play action passing game (bootlegs).
B. All QB’s will be taught and execute the footwork/fakes with our running game. QB’s also need to spend time taking snaps under the center (and shotgun if possible).

IV. WIDE RECEIVERS

A. All 7th and 8th grade Wide Receivers will be taught the fundamentals of a good stance, take-off, stalk, crack and cut-off blocking.
B. All WR’s will be taught the fundamentals of catching the football in different situations and positions.
C. All WR’s will be taught and execute our Hitch, Speed Out, Slant, Pigtail, Hook, Comeback, Corner and Fade routes.

V. TIGHT ENDS

A. Tight Ends will need to execute all our blocking techniques and schemes. Tight Ends will be taught and execute the following routes: Speed Out, Seam, Fade, Pigtail, Drag.

7TH AND 8TH GRADE FOOTBALL
GALLATIN DEFENSE

I. DEFENSIVE TACKLES

A. Defensive tackles will be taught and execute a proper three point stance and alignment. All tackles need to work exploding off the football using proper footwork, hand placement, and low pad level.
B. Defensive tackles will be taught and execute proper technique vs base, down, reach, double team blocks.
C. Defensive tackles will be taught and execute proper pass rush techniques.
D. Defensive tackles will be taught and execute proper tackling technique.

II. DEFENSIVE ENDS

A. Defensive ends will be taught and execute a proper stance and alignment. All ends need to work exploding off the football using proper footwork, hand placement, and low pad level.
B. Defensive ends will be taught and execute proper technique vs base, down, reach kick-out blocks, and trail technique.
C. Defensive ends will be taught and execute proper pass rush techniques.
D. Defensive ends will be taught and execute proper tackling technique.

II. INSIDE LINEBACKERS
A. Inside linebackers will be taught and execute a proper stance, alignment, and responsibilities vs the run and pass.
B. Inside linebackers will be taught to read the near back to the guard.
C. Inside linebackers will be taught proper pass drops vs 3 step drop, sprint out and bootlegs. Play side LBers to the sprint out and QB bootleg will keep their outside shoulder free and hit the QB.
D. Inside linebackers will be taught and execute proper tackling technique.

III. OUTSIDE LINEBACKERS
A. Outside linebackers will be taught and execute a proper stance, alignment, and responsibilities vs the run and pass.
B. Outside linebackers will be taught to read the TE or offensive tackle (down, reach, turnout, reach, pass set). With play to you—you are our “force” player and you must keep your outside shoulder free and make the play and force it back to our inside LBers. With play away, you must SIT and think counter, reverse, bootleg and screen to you.
C. Outside linebackers will be proper pass drops vs 3 step, sprint out and bootlegs. Outside linebackers are flat defenders.

III. SECONDARY
A. All Corners and Safeties will be taught and execute a proper stance, back pedal, alignment, and responsibilities vs the run and pass.
B. All Corners and Safeties will be taught both man and zone principles. In our zone coverage, we will run only Cover 3 which is our three-deep coverage.
C. All Corners and Safeties will be taught and execute proper tackling technique.

IV. KICKING GAME
A. 7th and 8th grade players will be taught and instructed on the proper technique of long and short snapping.
B. 7th and 8th grade players will be taught and instructed on the proper technique of punting.
C. 7th and 8th grade players will be taught and instructed on the proper technique of holding, place kicking and kickoffs.
I. OFFENSIVE LINE/TIGHT ENDS

A. All linemen will be taught and execute a proper three point stance, fit and movement.

B. All lineman will be taught to communicate by our “Covered” and “Uncovered” rule for Inside and Outside Zone Schemes. Communication will begin from the Tight End all the way to the backside. All linemen must learn both the “Covered” and “Uncovered” techniques.

- Inside Zone Run Plays: 20-21, 20-21 Read (Gun) and 30-31 Series
- Play-action Passes: 520-521 Boot and 560-571 Blue.

C. All linemen will be taught and execute our Power Schemes which include our Lead Scheme and Iso Scheme.

- Lead Scheme Run Plays: 24-25 Blast or 24-25 Lead
- Play-action Passes: 524-525 Blast Pass
- Iso Scheme Run Plays: 22-23 Iso and 12-13 Iso (Gun)
- Play-action Passes: 522-523 Iso Boot.

D. All linemen will be taught and execute our Counter Schemes which include our 20-21 T and 10-11 T.

- Counter Scheme Run Plays: 20-21 T and 10-11 T
- Play-action Passes:

E. All linemen will be taught and execute our 60-70 Series Pass Protection and our 85-95 Sprint Out Protection.

F. All linemen will be taught and execute our screen package.

II. RUNNING BACKS/FULLBACKS

A. All running backs will be taught the fundamentals to ball security, learning to deliver a shoulder, kick-out block, isolation block and pass protection fundamentals (60-70 series and 85-95 series).

B. All backs will be taught and execute our swing and stick routes in our intermediate passing game.

C. All backs will be taught and execute our screen package.

III. QUARTERBACKS

A. All QB’s will be taught and execute our 3-step passing game (60-70 series), sprint-out passing game (85-95 series), and our play-action passing game (bootlegs).

B. All QB’s will be taught and execute the footwork/fakes with our running and passing game. QB’s need to spend time taking snaps.
under center and from the shotgun.

C. All QB’s will be taught about our reads in our passing vs Cover 3, Cover 2, Man and Blitzes. We basically read the flat defender. All QB’s will identify the safety (or safeties) and the flat defenders on every play!

IV. WIDE RECEIVERS

A. All Wide Receivers will be taught the fundamentals of a good stance, take-off, stalk, crack and cut-off blocks.

B. All Wide Receivers will be taught the fundamentals of catching the football in different situations and positions.

C. All Wide Receivers will be taught and execute our Hitch, Speed Out, Slant, Pigtail, Hook, Comeback, Fade, Corner, Curl and Barb Routes.

V. TIGHT ENDS

A. Tight Ends will need to execute all our blocking techniques and schemes.

B. Tight Ends will be taught the fundamentals of a good stance, take-off.

C. Tight Ends will be taught the fundamentals of catching the football in different situations and positions.

D. Tight Ends will be taught and execute same routes as WR’s.

GALLATIN DEFENSE

I. DEFENSIVE TACKLES

A. Defensive tackles will be taught and execute a proper three point stance and proper alignment. All tackles will work on exploding off the football using proper footwork, hand placement, and using low pad level.

B. Defensive tackles will be taught and execute proper technique vs base block, down block, reach block and double team block.

C. Defensive tackles will be taught and execute proper pass rush techniques (swim, rip, bull rush).

D. Defensive tackles will be taught and execute proper hitting and tackling technique.

E. Defensive tackles will execute their assignment then RUN TO THE FOOTBALL!
II. **DEFENSIVE ENDS**
A. Defensive Ends will be taught and execute a proper stance and alignment. All Ends need to work on proper hand placement and exploding off the football using low pad level.
B. Defensive ends will be taught and execute proper technique vs base blocks, down blocks, reach blocks and kick-out blocks.
C. Defensive Ends will be taught and execute proper pass rush techniques.
D. Defensive Ends will be taught and execute proper hitting and tackling technique.
E. Defensive Ends will be taught and execute proper hitting and tackling technique.
F. Defensive Ends will be taught and execute proper alignment/responsibilities with play to and away from him.
G. Defensive Ends will execute their responsibility and RUN TO THE FOOTBALL!

III. **INSIDE LINEBACKERS**
A. Inside Linebackers will be taught and execute a proper stance, alignment, and responsibilities vs the run and pass.
B. Inside Linebackers will be taught to read the near back (power step) to the Guard or Scheme.
C. Inside Linebackers will be taught and execute proper pass drops vs 3-step drop, sprint out and bootlegs. The playside LBer to the sprint out or bootleg will keep their outside shoulder free and hit the QB.
D. Inside Linebackers will be taught and execute proper hitting and tackling technique.
E. Inside Linebackers will execute their responsibility and RUN TO THE FOOTBALL!

III. **OUTSIDE LINEBACKERS**
A. Outside Linebackers will be taught and execute a proper stance, alignment, and responsibilities vs the run and pass.
B. Outside Linebackers will be taught to read the TE or Offensive Tackle (down, reach, turnout, reach, and pass set). With play to you—you are a “force” player and you must keep your outside shoulder free and make the play (force it back inside). With play away from you—you must SIT and think counter, reverse, bootleg and screen to you.
C. Outside Linebackers will be taught proper pass drops vs 3-step, sprint out, and bootlegs. Outside Linebackers are flat defenders.
D. Outside Linebackers will be taught and execute proper hitting and tackling technique.
E. Outside Linebackers will execute their responsibility and RUN TO THE FOOTBALL!
IV. SECONDARY
A. All Corners and Safeties will be taught and execute a proper stance, back pedal, alignment, and responsibilities vs the pass and run.
B. All Corners and Safeties will be taught both man and zone principles. In our zone coverage, we will teach both our Cover 3 (3-deep) and Cover 0 or Quarters Coverage.
C. All Corners and Safeties will be taught and execute proper hitting and tackling techniques.
D. All Corners and Safeties will perform their responsibility and RUN TO THE FOOTBALL!

V. DEFENSIVE SCHEMES
A. The Junior Varsity and Varsity Teams will implement our Nickel Defense along with our Wolf (5-2) front and Strong Defense. We will use our Bear Defense as our goaline.
B. The Freshmen is concentrate of using Cover 3 along with some man principles.
C. The JV and Varsity will implement Cover 3, 0 and Man Coverage.
D. Freshmen, JV and Varsity will run our inside and outside stunts.

VI. KICKING GAME
A. Freshmen, JV and Varsity players will be instructed on the proper technique of long and short snapping.
B. Freshmen, JV and Varsity players will be instructed on the proper technique of punting.
C. Freshmen, JV and Varsity players will be instructed on the proper technique of holding, place kicking and kickoffs.