



## 2008 Saints/USA Football Coaching School Agenda - DRAFT

7:30 – 8:30am Registration – just outside cafeteria (doors will open at 7 a.m.)  
 8:30 – 8:40am Welcome & Clinic Program

### Morning Coaching Theory Sessions (Two are selected per clinic)

8:45 – 9:15am Building Effective Practice Schedules – **Instructor, TBD**  
 8:20 – 9:50am Steps for Creating a Positive Relationship with Parents – **Instructor, TBD**  
 9:50 – 10:00am BREAK

### Rotating "Chalk Talk" Sessions (Coaches will rotate between both sessions)

10:00 – 11:05am Offensive Session – Running the Wing T – **Instructor, TBD**  
 11:10 – 12:15am Offensive Session – Winning with an "1" Formation – **Instructor, TBD**  
 10:00 – 11:05am Defensive Session – 3-4 Defense – **Instructor, TBD**  
 11:00 – 12:15am Defensive Session – 4-4 Defense – **Instructor, TBD**

### Lunch & Keynote Speaker

12:15 – 12:45pm Box Lunch  
 12:50 – 1:15pm Keynote Speaker - **TBD** (Saints Player or Coach)

### Afternoon On-field sessions (Seven Stations – Rotate every 25 minutes)

1:30 – 4:45pm Position Fundamentals & Practice Drills – QB, RB, WR, OL, DL, LB, DB, S.T.  
 4:45 – 5:20pm Round-Table Discussion (Coaches option to return to stations for questions)  
 5:25pm Evaluations & Wrap Up

### Rotating Theory Topics Include:

Building Effective Practice Schedules	Developing a Coaching Philosophy
Understanding Field Position	Team / Program Management
Breaking Down Game / Practice Film	Best Practices: Equipment, Health & Safety
Positive Motivation Techniques	Communication with players, coaches and parents
Implementing Meaningful Drills (Ind, Group, Team)	

### Rotating "Chalk Talk" Sessions Include (Offense / Defense):

#### **Offense**

Wing "T"	Single Back (Spread)
"1" Formation	3 Step Drop Passing
Double Wing	Movement Passing (Roll out, Play Action)
Single Wing	Attacking Man-to-Man or Zone Pass Coverage
	Short Yardage & Goal Line

#### **Defense**

4-3 w/8 man front variations	4-4
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5-3

Short Yardage & Goal Line

6-2

Man-to-Man Pass Coverage

Zone Pass Coverage

Developing a Blitz Package

Teaching Proper Fundamentals of Tackling