



2008 St. Louis Rams/USA Football Coaching School Agenda (DRAFT)



7:30 – 8:30am Registration
 8:30 – 8:40am Welcome & Clinic Program (Scott LeVeque – USA Football, Mike Yarbrough – Rams)

Coaching Theory Sessions

8:45 – 9:15am Communication with Players, Coaches and Parents – Gary Bertolucci
 9:20 – 9:50am Building Effective Practice Schedules – Paul Day

9:50 – 10:00am BREAK

Rotating "Chalk Talk" Sessions (attendees can select one of the four "Chalk Talk" sessions per time period)

10:00 – 11:00 am Offensive Session – Running the Wing T – TBA
 10:00 – 11:00 am Offensive Session – Winning with an "I" Formation – Rob Dryden
 10:00 – 11:00 am Defensive Session – 5-3 Defense – TBA
 10:00 – 11:00 am Defensive Session – 4-4 Defense – Brian Watkins

11:00 – 11:10 am **BREAK**

11:10 – 12:10 pm Offensive Session – Running the Wing T – TBA
 11:10 – 12:10 pm Offensive Session – Winning with an "I" Formation – Rob Dryden
 11:10 – 12:10 pm Defensive Session – 5-3 Defense – TBA
 11:10 – 12:10 pm Defensive Session – 4-4 Defense – Brian Watkins

Lunch & Keynote Speaker

12:15 – 1:00 pm Box Lunch
 1:00 – 1:20 pm Keynote Speaker – **Scott Linehan – Head Coach, St. Louis Rams**

Fundamentals & Drills Sessions (Eight Stations – Rotate every 18 minutes)

1:30 – 4:10 pm **Position Fundamentals & Practice Drills – QB, RB, WR, OL, DL, LB, DB, Tackling**

INSTRUCTORS Matt Biermann (**QB**), Dan Lester (**RB**), TBA (**WR**), Jamie Pond (**OL**), Paul Day (**DL**), Jason Christopher (**LB**), Mario Patton (**DB**), TBA (**Tackling**)

1:30 – 1:48 pm Position Fundamentals & Drills - **QB, RB, WR, OL, DL, LB, DB, TKL**
 1:50 – 2:08 pm Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
 2:10 – 2:28 pm Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
 2:30 – 2:48 pm Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
 2:50 – 3:08 pm Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
 3:10 – 3:28 pm Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
 3:30 – 3:48 pm Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
 3:50 – 4:08 pm Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**

4:10 – 4:25 pm Position Fundamental & Drills Discussion (Coaches option to return to stations for questions)

4:30 – 5:00 pm Gift Bags, Wrap Up & Thank You

Speaker and Instructor Information:

Gary Bertolucci – Former President, Chesterfield Football
Paul Day – HC, Fort Zumwalt West High School
Rob Dryden – OL Coach, St. Charles High/
 St. Charles Youth Football
Brian Watkins – DB Coach, Fort Zumwalt West
Matt Biermann – HC, Parkway West Middle/
 QB Coach, Elite Football Academy

Dan Lester – RB Coach, Elite Football Academy
Jamie Pond – HC, Parkway South Middle/
 OL Coach, Elite Football Academy
Jason Christopher – DC, Parkway West Middle/ LB Coach,
 Elite Football Academy
Mario Patton – WR/DB Back Coach, Ritneour High School/
 DB Coach, Elite Football Academy