



**USA Football Coaches School
St Monica High School
July 11, 2009**

- 7:00 – 8:00am** Registration
- 8:00 – 8:10am** Welcome to USA Football Youth Coaches School: Bucky Brooks, Regional Manager, USA Football

COACHING THEORY SESSIONS

- 8:10 – 9:00am** Building Effective Practice Plans: **Larry Muno, Head Coach, St. Monica HS**
- 9:10- 10:00am** Communication with Parents, Coaches and Players: **Christian Gascou, Def. Coord., St. Monica HS**

CHALK TALK SESSIONS

- 10:10 – 11:00am** Spread Offense – **Larry Muno, Head Coach St. Monica HS**
Flag Football Fundamentals – **TBA**
Executing the 4-4 Defense – **TBA**
Running the "50" Defense – **Christian Gascou, Def. Coord., St. Monica HS**
- 11:10 - 12:00pm** Spread Offense – **Larry Muno, Head Coach, St. Monica HS**
Flag Football Fundamentals – **TBA**
Executing the 4-4 Defense – **TBA**
Running the "50" defense – **Christian Gascou, Def.Coord., St. Monica HS**

LUNCH & KEYNOTE SPEAKER

- 12:00 – 12:30pm** LUNCH **SPONSOR TBD**
Importance of Proper Equipment Fitting – Riddell Representative

FUNDAMENTALS & DRILLS SESSIONS

INSTRUCTORS **Ed Polite (LB), Brandon Jones (DB), Nick Longshore (DL), Nate Longshore (QB), Nick Longshore (OL), George Hunter (RB), Larry Muno (WR), Clinician (TACKLE)**

- 12:45-1:00pm** Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
- 1:00– 1:15pm** Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
- 1:15 –1:30pm** Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
- 1:30-1:45pm** Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
- 1:45-2:00pm** Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
- 2:00-2:15pm** Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
- 2:15-2:30pm** Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
- 2:30-2:45pm** Position Fundamentals & Drills – **QB, RB, WR, OL, DL, LB, DB, TKL**
- 2:45-3:00pm** WRAP-UP / INDIVIDUAL TIME / GIFTS

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