

Norman North Timberwolves
Moms Football Huddle
2024



Itinerary

6:00pm - Welcome

6:05pm - Staff Introductions

6:10pm – Sons Introduce Moms and 1 thing they are thankful for

6:15pm - Football 101 Presentation

6:35pm – Offensive Chalk Talk – Zach Fleming and Rocky Moore

6:50pm – Defensive Chalk Talk - Rob Willis and Josh Owen

7:05pm – Nutrition – Coach Jones

7:20pm - On Field

- **10 Minute TEAM Warm Up**
- **10 Minute Indy**
- **20 Minute Group**

8:00pm - Closing and Pictures



Coaching Staff

Justin Jones

Head Football Coach

Phone: 405-313-9011

Email: justinj@normanps.org



Staff Introductions



Player Introductions

1. Players Introduce Yourself
2. Introduce your Guest
3. Tell us why you are most thankful for your guest



Moms Huddle Objectives

- Have fun & fellowship
- Safe place to ask questions
- Enjoy watching due to better understanding
- Learn about your son's offensive and defensive position and what to look for
- Learn some skills



Program Core Vision/Mission/Core Values

Vision: *Build quality young men to be champions in life through football*

Mission: *To be the hardest working, best conditioned and most disciplined team in the state of Oklahoma.*

Core Values: *Trust - Unity - Drive*



Pre-Test

1. How long is a football field with Endzones?



Pre-Test

2. How many yards do you need to get a 1st Down?



Pre-Test

3. How many downs do you get to try to get a 1st Down?



Pre-Test

4. How many players can be on the field for a team?



Pre-Test

5. In an offensive formation how many men must be on the line of scrimmage to be a legal formation?



Pre-Test

6. How many points is a Touchdown Worth?



Pre-Test

7. How many points is a safety worth?



Pre-Test

8. What does PAT stand for?



The Game and Scoring Points

Game is 4 Quarters - 12 minutes each (48 Minutes)

Half Time is 20 Minutes

Must be 3 minutes of warm-up after half time

Teams have 4 Downs to move the ball 10 yards

Scoring Points:

Touchdown = 6 Points

Field Goal = 3 Points

Point after Touchdown (PAT) - 1 Point

Two Point Conversion= 2 Points

Safety = 2 points



Equipment



Helmet

Hip, tail, thigh and knee pads



Shoulder Pads

Mouth Guard



Girdle

Receiver Gloves



Cleats

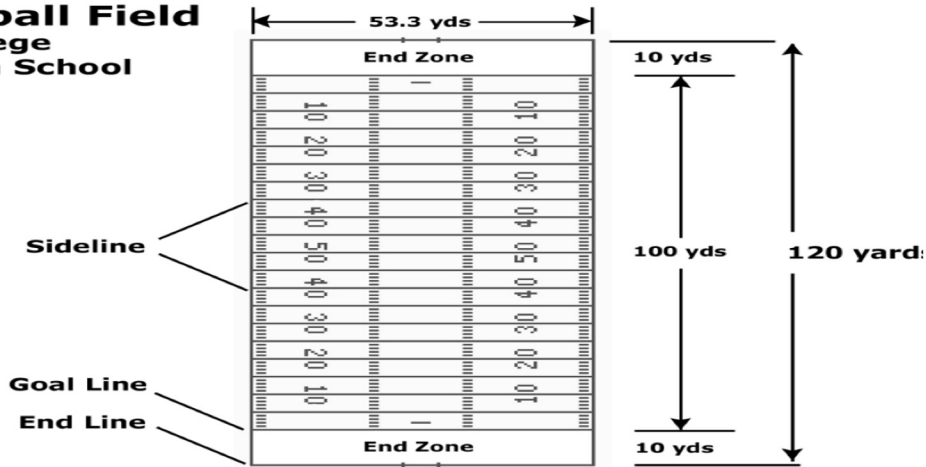
Lineman Gloves



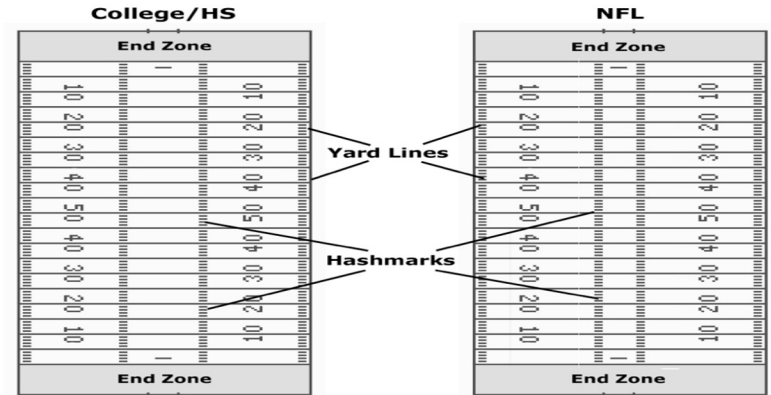
Field Dimensions

Football Field

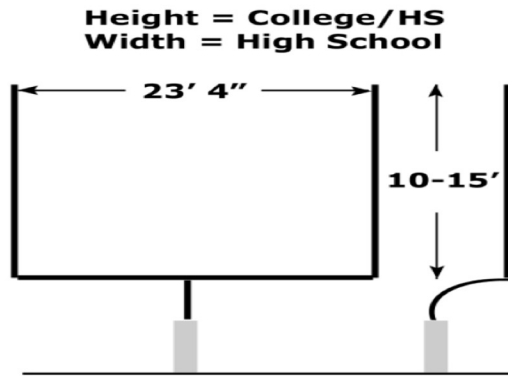
- College
- High School



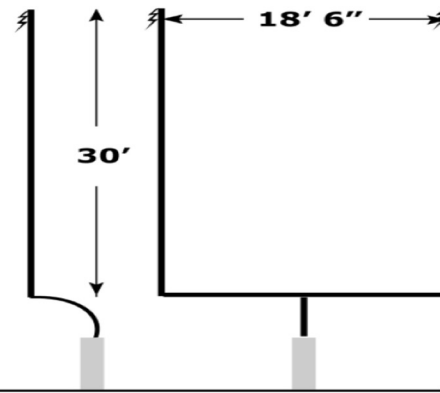
- Yard Lines
- Hashmarks
- End Zones



Goal Post Dimensions



Height = NFL
Width = NFL/College



Offensive Basics - Coach Fleming/Coach Moore

11 players

Position Names

Offensive Line: Left Tackle, Left Guard, Center, Right Guard, Right Tackle

Skill Positions:

L Receiver

R Receiver

H Back

Y Back (TE)

F Back

Quarterback



Defensive Basics - Coach Owen/Coach Willis

11 players

Position Names

Defensive Line: End, Nose, Tackle, Viper

Linebackers: Dog, Rock, Buck, Jack

Secondary: Corner, Stinger, Wasp, Corner



Special Teams – Coach Jones

11 players - Depends on Team

Position Names - Depends on Team

OUR Specialist:

Kicker

Punter

Deep Snapper

Holder

Returners



Referee Signals



Player Safety/Management/Recovery

**Safety – Heat Related/Equipment/Concussion
Protocols/Athletic Trainer/Strength and Conditioning**

Management – GPS Trackers/Weigh In and Out/Play Count

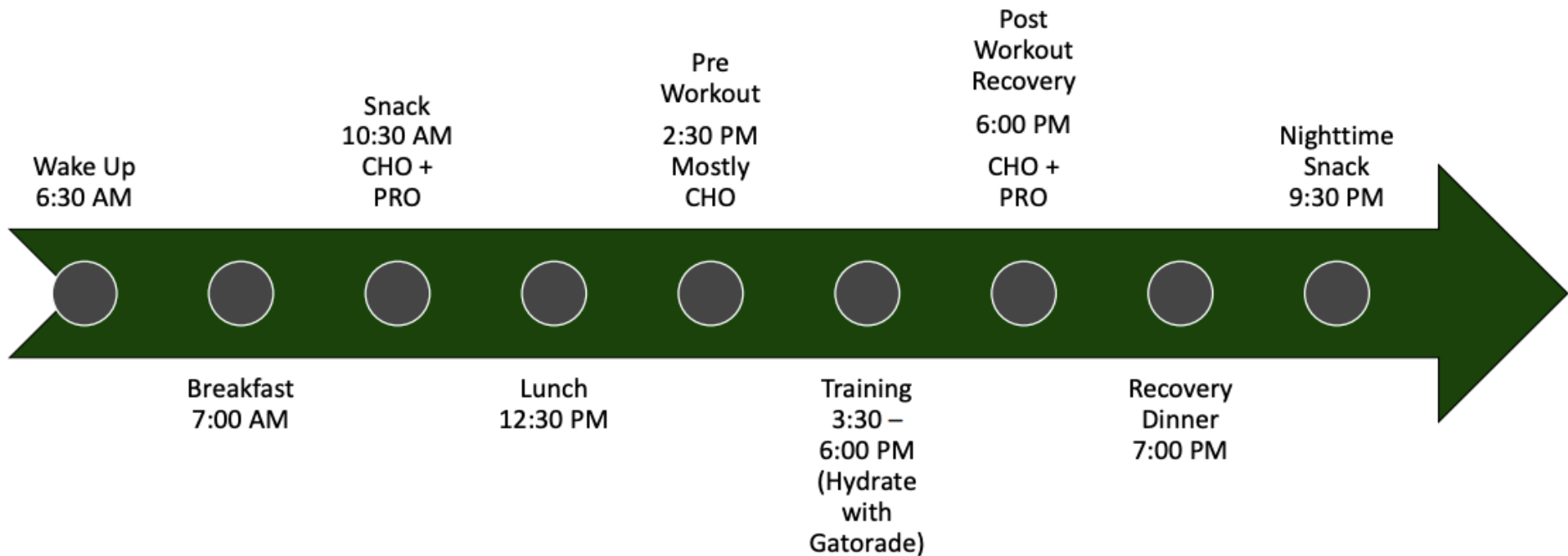
Recovery –Nutrition/Normaltechs/Ice&Stem



PROPER NUTRITION



Norman North Nutrition Timing Plan (Position Meeting Days)



PROPER NUTRITION



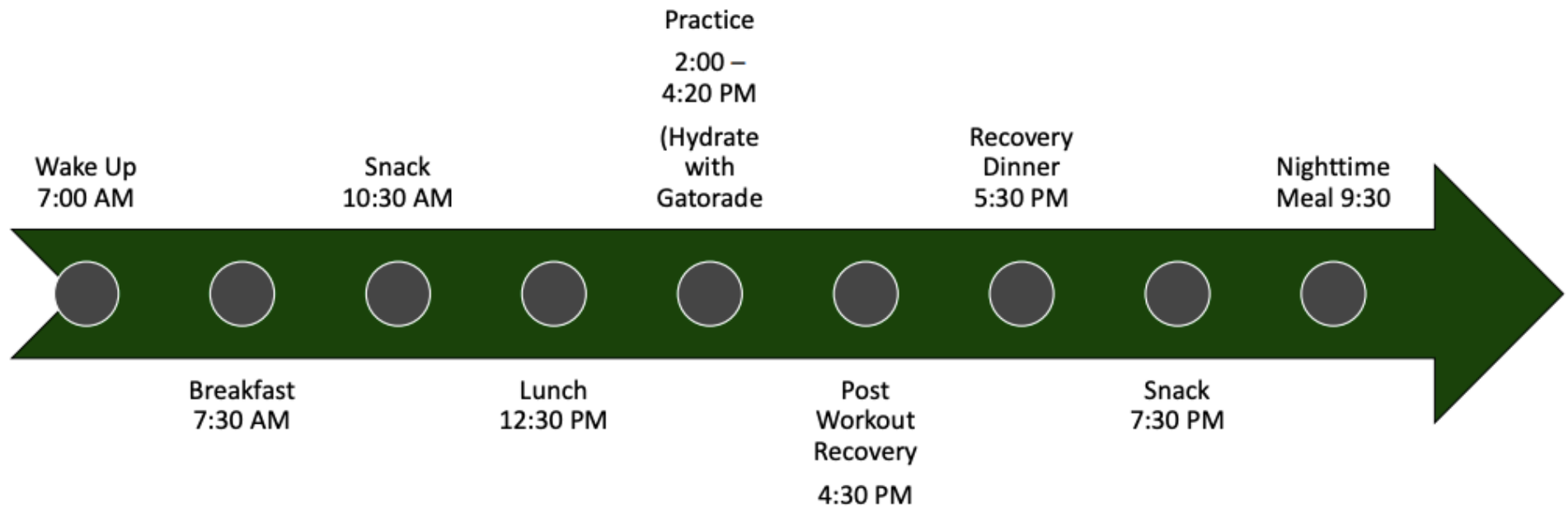
Norman North Nutrition Timing Plan (Lift Days)



PROPER NUTRITION



Norman North Nutrition Timing Plan (Shell Days)



Nutrition Basics

- **Carbohydrates: provide energy during high intensity training**
 - Potatoes, rice, pasta, breads, oats, fruits
- **Protein: repairs and rebuilds muscles**
 - Chicken, steak, fish, Greek yogurt, beef jerky, cheeses, deli meat, milk
 - Portion size of protein is about the size of an iPhone
- **Fats: long term energy source**
 - Nuts, seeds, oils, dressings, fatty fish, eggs, full-fat dairy



Before/During Practice

- 30-60 minutes before practice have simple carbohydrates
 - Simple carbohydrates: low in fiber, digest quickly, provide quick source of energy
- Practice lasting longer than 60 minutes, add quick carbohydrate snack halfway through



4 Hours Before
180g-300g carb

3 Hours Before
135g-225g carb

2 Hours Before
90g-150g carb

1 Hour Before
30g-60g carb

GO TIME
30g-60g carb
per hour

Carbohydrates

Protein

Fat



53g carb
2g protein

23g carb
1g protein



12g carb
1g protein



10g carb
1g protein



38g carb
4g protein



36g carb



9g carb

Post Practice Recovery

- **Protein + carbohydrates**
 - Protein to repair and rebuild muscles
 - Carbohydrates to replenish energy stores
- **Get a quick source of nutrition consumed within 1 hour after training**
 - Important to help weight gain athletes meet calorie needs
 - Protein shakes with at least 30g protein + carb snack such as fruit
- **Aim to eat a full meal within 2-3 hours after training**



Hydration Basics

- **Majority of fluid intake should come from water**
- **Sports drinks can be useful around practice but should not be the only fluid drank during the day**
 - EX: Gatorade, Powerade, Body Armor
- **Minimum water requirement is $\frac{1}{2}$ your body weight in ounces of water each day**
 - 200-pound player
 - $200/2 = 100$ ounces per day, MINIMUM
- **Add 16 ounces to daily intake for every 1 hour of practice**
 - 2-hour practice = +32 ounces of water



Performance Plates

Weights only days

Practice Days

MODERATE TRAINING:

FATS
1-2 Tablespoon(s)

Whole Grains
Pasta
Rice
Potatoes
Cereals
Breads

Lean Protein
Poultry
Meat
Fish
Eggs
Dairy/Soy
Legumes
Nuts/Seeds

Vegetables
Raw Veggies
Cooked Veggies
Veggie Soups

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

Fresh Fruit
Stewed Fruit
Dried Fruit

Avocado
Oils
Nuts
Seeds
Cheese
Butter

HARD TRAINING:

FATS
2-3 Tablespoons

Grains
Pasta
Rice
Potatoes
Cereals
Breads

Lean Protein
Poultry
Meat
Fish
Eggs
Dairy/Soy
Legumes
Nuts/Seeds

Vegetables
Cooked Veggies
Veggie Soups
Raw Veggies

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

Fresh Fruit
Stewed Fruit
Dried Fruit

Avocado
Oils
Nuts
Seeds
Cheese
Butter



Pair carbohydrate with activity level...
More activity = More carbohydrate



Weight Gain Strategies

- Eat 5-6 times per day
 - Evenly space out meals if possible, aiming to eat every 3 hours
- Increase portion sizes at meals and add milk or juice on the side
- Drink liquids after eating instead of while eating
- Increase calories at meals by:
 - Drizzling olive oil on veggies and protein
 - Melting cheese on foods such as broccoli, mashed potatoes, etc.
 - Eating whole fat dairy such as whole milk and whole fat Greek yogurt
- Pair carbs and protein together for snacks
- Avoid eating fried food, fast food, candy, etc. just because it's high in calories
 - Look for lean proteins, whole grains, and fruits and veggies to optimize performance



Fast Food Tips

- Look for lean proteins, whole grains, and vegetables
 - Grilled chicken options are better than fried chicken options
 - Wraps
 - Fruit sides
 - Salad sides
- Limit empty calories from soda and sports drinks when eating out
- Chipotle and sandwich shops are great options!

- Food at places like McDonald's are high in calories, but are they good calories?



Question And Answers



ON FIELD PRACTICE

OFFENSE

GO WITH YOUR SON'S POSITION

- NORTH SIDE OF FIELD

DEFENSE

GO WITH YOUR SON'S POSITION

- SOUTH SIDE OF FIELD

**Mom and Sons Picture in
stands to end the Evening**

