



## Monti Youth Football 2025

***“ Many parts-one team, one body. All TOGETHER”-Tony Dungy***

**Thank you for coaching! You are Monti Football!**

- Feel free to reach out anytime with questions or concerns. We want to be involved and connected.
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# Offensive Philosophy

- ❖ We are a run first, downhill run team
- ❖ **Keep it Simple**-Quality over quantity
- ❖ Emphasize Fundamentals-Footwork, fakes, head position, etc
- ❖ Make as many plays look the same as possible; Install them as a series. Ex-Sweep, Trap, Shallow, Sweep Smoke
- ❖ Teach offensive line rules, block a path, not a man
- ❖ Most importantly-Have fun! Play games, compete, use trick plays



# Formations

1. Base
2. Wing
3. Trips

## Core Play Series

1. *Power Series*-Power/lead, Counter, Boot pass
2. *Sweep Series*-Sweep, Trap/Dive, Shallow pass (opt), Sweep smoke(opt)
3. *Pass Game*-

-3 step: 3/402, 3/494. 3/419

-Sprint out game (optional)-Buckeye, Spartan

-Screen game (optional) Fire, Smoke

# Drills

## Drill Guidelines-

- A. Fun!
- B. Competitive
- C. Football is an “old school” sport-Drills don’t have to be
- D. Think outside the box
- E. Involve everyone regardless of position; Everyone can do the same thing-This provides more/better reps and gives you greater opportunity to provide variety.
  - 1. Positions change as kids age-
  - 2. Kids mature at different rates
  - 3. A great fullback-blocks like a guard, runs like an RB; Lots of great lineman used to be running backs-let them do all drills!
- F. A good drill provides reps for multiple positions
- G. Be involved in the drill-If you can go through the motions, the kids can too
- H. Better yet-Involve your HS players

# Drills, cont'd

-The best drilled fb team is worthless if they don't know plays; There is no substitute for running plays vs air or bags

-Use Twitter/youtube

- A. Stance and starts-race/pool noodles/obstacle course <https://youthfootballonline.com/teaching-three-point-stance/>
- B. Change of direction drills-Think pro shuttle, zig zag drills <https://www.youtube.com/watch?v=TTFDQnOLq6Y>
- C. Blocking progression <https://youthfootballonline.com/run-blocking-progression-drills/>
- D. Mirror stalk block <https://www.football-tutorials.com/mirror-stalk-block/>
- E. Tennis ball block <https://www.football-tutorials.com/tennis-ball-blocking-drill/>
- F. 10 yard drive drill <https://www.youtube.com/watch?v=vGSgij4fjO0>
- G. Race to the QB <https://www.football-tutorials.com/5-pass-rush-drills/>
- H. Hand off drills <https://www.youtube.com/watch?v=K2GxSW-RQg4>
- I. Ball security <https://www.youtube.com/watch?v=cltrPy14Rh0>
- J. Open field running/tackling-think tag games <https://www.youtube.com/watch?v=iWumsUGKm7U>
- K. Breakthrough drill <https://www.football-tutorials.com/breakthrough-drill/>
- L. Read and go drill <https://www.youtube.com/watch?v=0khkwTMwgxc>
- M. Catching/throwing-Concentration/tip drills <https://www.youtube.com/watch?v=59F3kpBUn0Q>
- O. Route running/catching drills-Think NFL combine with multiple balls thrown <https://youthfootballonline.com/wide-receiver-route-running-drills-and-tips/>