

CYAA Coaching Goals

Division 4

- _____ Know the difference between offense and defense.
- _____ Identify most of the positions and what their jobs are.
- _____ Learn the basics of gripping and throwing the football.
- _____ Learn the basics of how to hold the football when running (switching hands, etc).
- _____ Learn how to stay stationary and not move until the ball moves.
- _____ Learn proper hand placement for QBs when under center.
- _____ Learn how to “catch with your hands” (thumbs and forefingers together for the “triangle”).
- _____ Learn the basics of blocking and stress why it is important.
- _____ Learning the basics of giving and receiving a handoff (which elbow is up? No hands)

Division 3

- _____ Review and build on all Division 4 goals.
- _____ Identify all positions and know what their jobs are.
- _____ More details of pass and run blocking techniques (footwork, angles, good balance).
- _____ Learn concepts of defensive pursuit and proper angles.
- _____ Learn to use the sidelines as a defender.
- _____ More detailed QB throwing skills (here, here, EAR), turning body, stepping into throw.
- _____ Learning basic pitch techniques (open hips, point to target).
- _____ Teach the basics of zone vs. man to man defense.
- _____ Teaching linebacker responsibilities (zone, read-and-react).
- _____ Basics of rushing the QB (swim move, bull rush, spinning).
- _____ Learn basic pass routes (hook, slant, fly).
- _____ More “catching with your hands”, hands away from your body.
- _____ Repetitive snapping drills (under center, pistol, shotgun, long snaps)
- _____ Punting and Kicking basics (don’t kick with your toes).
- _____ Catching punt and kick basics.

CYAA Coaching Goals

Division 2

- _____ Build on all Div 4 and Div 3 goals.
- _____ Holding your blocks longer, creating a hole.
- _____ Rolling off your blocks and looking downfield.
- _____ Ball carriers – using your blocks, hitting the hole and bouncing outside, not getting ahead.
- _____ QB techniques (here, here, EAR), “eyes up”, step into throw.
- _____ QB roll outs, proper footing, throwing on the run.
- _____ QB throw the ball away, not up for grabs. Live to fight another down.
- _____ QB/RB timing on handoffs and pitches... execute full speed and full power
- _____ Field terminology (Flat, Post, Corner, Slot).
- _____ RB blocks and then becomes safety outlet (QB dumps off into the flat).
- _____ Advanced receiving techniques (catch and tuck, better route running, tighter cuts, more routes).
- _____ Advanced receiving techniques (ball shielding, elevating, proper shoulder turns on “out” routes).
- _____ Learning the design of a play and what the goal is (not every play is a touchdown).
- _____ Safety and Corner responsibilities.
- _____ How to draw out a run and prevent big yardage.
- _____ Avoid over-pursuing the ball carrier and learning to stay home on the backside (anti-reverse).
- _____ Basic stunting
- _____ Defensive containment of the backfield.
- _____ Don't look at your players as young kids. Have high expectations and they will execute.
- _____ Don't look behind you. Do YOUR job and let others do theirs.
- _____ Being vocal. Feeling comfortable raising your voice (loud and proud)

CYAA Coaching Goals

Division 1

- _____ Build on all prior Divisions.
- _____ Practice how you play.
- _____ Speed kills, executing at full speed.
- _____ QB techniques (weak side roll outs, going “over the top”, play action, when to put air under it).
- _____ QB techniques (how to move the chains, check downs, touch passing, good decision making).
- _____ WR how to block in the open field, no overcommitting.
- _____ Corners and safeties, attacking the block and blowing up the play
- _____ Receivers – how to block and release... positional blocking
- _____ Defense - Using your voice... call out the play (PASS! RUN! REVERSE!)
- _____ Defense – bend but don’t break... understand what you can give up.
- _____ QB – be a leader. Learn the plays. Direct your troops.
- _____ How to identify bad matchups and basic audibles (reading the defense)
- _____ Directional punting, coffin corners.
- _____ No one player is more important than the team. Playing together. Success comes from everybody executing their job better than the opposing player executes his job.