

Weight Room

- Functionality – lean mass - explosion
- Try to compete everyday
- Help out little guys
- Lift Monday-Thursday, offseason-summer
- Push-Pull days vs upper and lower body
- Squat - Monday
- Clean/DL - Tuesday
- Bench – Nebraska cycle – Wednesday
- Clean/DL/Front Squat - Thursday

Weight Room

- DB/KB swings
- Thrusters
- WB Throws
- Bulgarian Split Squats
- Barbell hip thrusts
- Tempo Squats
- 1 arm DB snatch
- Tire flips
- Lunges
- Sled pushes and Pulls

Weight Room

- In-Season:
- Monday - Push
- Tuesday - Pull
- Wednesday – Circuit
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- Tempo work
- Lift heavy
- Core
- hamstrings

Weight Room

- Mix up routine
- Core – connect the dots
- One-leg, one arm
- 20 rep squat max
- Tabata
- AMRAPs
- EMOM
 - Every minute on the minute

Defense

- Have to tackle well in space
- AMSAP – As much speed as possible on the field
- Diversify defensively/secondary
- Timely turn-overs
- 2016 State game two pick sixes
- 2017 State game two fumble sixes
- 2018 Semi's 1 pick six

Defense

- Front 5 have to be two gap (at least) players.
- NG Both A gaps
- DE's squeeze B gap and contain C gap
- LB's squeeze A gap, play B gap and scrap to C gap
- C's 4-6 yrd by 1 reading TE, set the edge on run their way
- S's 5-7 yrds deep free.

Secondary

- Lasso/Roam
- Inside Out/Over under
- Man
- Cov. 3
- Sky – Deep 4ths
- LB's have flats generally