



NHIAA
FOOTBALL MEETING
APRIL 8, 2018

WELCOME



Agenda

- Introductions/overview
- Changes for the 2018 season
- NH's 14 day plan
- Science behind the acclimatization period
- Sharing of practice plans



Start Date

- From Wednesday of Week 6
- To Monday of Week 7
- Coincides with all other start dates
- Rational
 - Reduces exposure to concussive hits by shortening the season
 - Allows for one additional week of summer for athletes



14 Day Acclimatization

- ⦿ Restricts activities for the first 14 practice days of the season
- ⦿ Precautions for student athletes practicing in the heat of the preseason
- ⦿ Allows for a gradual increase of activities



Acclimatization (OLD)

- Day 1 – Day 3: Shoes, Helmets and shoulder pads, no contact, doubles allowed
- Day 4 and Day 5: Full pads, contact with sleds and dummies, limited player to player contact, no scrimmages, doubles allowed
- Day 6: “full go,” scrimmages and doubles allowed.



Acclimatization (NEW)

- Day 1 – Day 2: Helmet only, one practice up to 3 hrs. in length, hour long walkthrough (3 hrs. between sessions) no contact
- Day 3: Helmet and shoulder pads, one practice up to 3 hrs. in length, hour long walkthrough (3 hrs. between sessions), contact with sleds dummies and shields
- Day 4 – Day 5: Helmet and shoulder pads, one practice up to 3 hrs. in length, hour long walkthrough (3 hrs. between sessions) contact with sleds, dummies, shields and limited player to player

New continued...

- ⦿ Day 6: full pads, double sessions allowed*, (5 hrs. of practice limit and no one practice can exceed 3 hours), min of 3 hrs. rest between sessions, full contact, no scrimmages
- ⦿ Day 7 – Day 14: full pads, double sessions allowed* (5 hrs. of practice limit and no one practice can exceed 3 hours), min of 3 hrs. rest between sessions, full contact.

* A day of doubles must be followed by a day with a single session and optional 1 hour walkthrough.

Definitions

- ⦿ Practice
- ⦿ Walkthrough
- ⦿ Rest Period
- ⦿ Scrimmage
- ⦿ Limited player to player contact
- ⦿ Day off

Comparison

Old

5 days of acclimatization

Shells allowed on day 1

Double sessions allowed day 1

No restrictions on doubles

No restrictions on length of practice

No contact days 1-3

Full contact day 6

Scrimmages allowed day 6

New

14 days of acclimatization

Shells allowed day 3

Double sessions allowed day 6

Doubles restricted

Restrictions on length of practice

No contact days 1-2

Full contact day 6

Scrimmages allowed day 7

Science behind the change



Dr. Michael Ferrara

Dean, College of Health and Human Services
University of New Hampshire

UNH Practice Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31	1 REPORT DAY Fresh-10:30-11:45 Upper-3:00-4:00 MEETING-4:15 Dinner-6:00	2 Fresh Eval-8:30 Condo Test/Hel Practice-2:30 Dinner- 6:00	3 Media Day 1 Day Schedule AM Practice 8-11 Media Day Dinner-5:45	4- Acclimation Day 1 Day Schedule AM Practice 8-11 Dinner-5:45	5 Acclimation Day 1 Day Schedule AM Practice 8-11 Dinner-5:45
6 Acclimation Day 1 Day Schedule AM Practice 8-11 Dinner-5:45	7 C Schedule Prax-7:00-9:30 Pads Dinner- 5:00	8 RECOVERY AM OFF Meet/Walk Dinner- 5:00	9 A Schedule AM Practice 8-11 Lift Dinner- 5:45	10 B Schedule AM Practice 8-11 Dinner- 5:00	11 A Schedule AM Practice 8-11 Lift Dinner- 5:45	12 B Schedule AM Practice 8-11 Dinner- 5:00
13 A Day Schedule AM Practice 8-11 Lift Dinner-5:45	14 C Schedule Prax-7:00 & 9:30 Lift/Flow Dinner- 5:00	15 RECOVERY AM OFF Meet/Walk Dinner- 5:00	16 A Schedule AM Practice 8-11 Lift Dinner- 5:45	17 B Schedule AM Practice 8-11 Dinner- 5:00	18 A Schedule AM Practice 8-11 Lift Dinner- 5:45	19 B Schedule AM Practice 8-11 Dinner- 5:00
20 A Schedule AM Practice 8-11 Lift Dinner- 5:00	21 B Schedule AM Practice 8-11 Helmets Dinner- 5:00	22 FINAL SCRIMMAGE NOON	23 RECOVERY AM OFF Meet/Walk Dinner- 5:00	24 Day Off	25 Maine Prep 3:30-6:00 Practice	26 Maine Prep 3:00-5:00 Practice
27 Maine Prep 3:30-6:00 Practice	28 Maine Prep 7:00-9:00-Practice	29 Maine Prep 3:30-6:00 Practice	30 Maine Prep Walk	31 MAINE		

UNH Fall Camp Practice Schedule

A Day

7:00 Breakfast
7:15 Tape & Treat
8:15 Practice
10:30 Ice & Roll
11:15 Lunch
1:15 Treat & Recovery
2:45-3:00 Special Teams Meet
3:00-4:00 Meet & Lift (Install)
4:00-5:00 Meet & Lift
5:05-ST Walk
5:45 Dinner
7:15 Spec Teams Film
7:35 Position Meet (Practice Tape)-Paul
8:40 General Meet
9:45 Dorm
10:00 Lights Out

C Day

8:00 Breakfast
8:15 Extra Treat & Recovery/Meet
11:30 Lunch
1:00 TREAT
1:30 Special Teams Meet
1:45 Meet & Lift
2:45 Meet & Lift
3:50 Special Teams Walk
5:00 Dinner
6:00 Treat
7:00 Practice
9:30-Team Meet
9:45-Snack- Big Snack
10:30-Dorm
10:45 Lights Out

B Day

7:00 Breakfast
7:15 Tape & M Treat
8:15 Practice
10:30 Ice & Roll
11:30 Lunch
1:15 Extra Treat & Recovery
3:45 Special Teams Meet-Paul
4:00 Position Meet (Paul)
5:15 Dinner
6:30 Position Meet
7:30 WALK
8:50 -Team Meet
9:10 Snack
10:15 Dorm
10:30 Lights Out

D Day

8:00 Optional Breakfast
11:00 LUNCH
12:15-Position Meet
1:15-Walk
1:35-St Walk
5:00-Dinner
6:45-ST Meet
7:15-Position Meet
8:15-General Meet
10:15-Dorm Room
10:30-Lights Out



PLYMOUTH HS OVERVIEW

8-13	Monday	5-8 pm	
8-14	Tuesday	5-8 pm	
8-15	Wednesday	5-8 pm	
8-16	Thursday	5-8 pm	
8-17	Friday	5-8 pm	
8-18	Saturday	8-11 am	Special Teams day
8-19	Sunday	Off	
8-20	Monday	5-8 pm	
8-21	Tuesday	6 pm	Scrimmage Upper Valley Jamboree @ Hanover
8-22	Wednesday	5-8 pm	
8-23	Thursday	5-8 pm	
8-24	Friday	10:00 am	Home Scrimmage vs. Dover
8-25	Saturday	TBA	
8-26	Sunday	Off	
Game Week			
8-27	Monday	4-7	Lifting, Films, Walk Through
8-28	Tuesday	4-7	
8-29	Wednesday	4-7	
8-30	Thursday	8-11	
8-31	Friday	3-5:30	
9-1	Saturday	2:00	Game vs. Bow
9-2	Sunday	OFF	
9-3	Monday*		
School Starts			
9-4	Tuesday	3-6 pm	



PLYMOUTH DAY 1

FOOTBALL PRACTICE		8/13/18
No Contact		
Drill	Time	Comments
Team Meeting	5:00	Introduce Coaches Seniors
Warm up/ stretch	5:10	Coaches please help
Sprints	5:25	
Water		
Agilities	5:40	Please have your station set
Water		
OFFENSE:	6:05	
Individual Skill	6:05	Dive Handoffs Power Blocking HB Blocking for 12-18 Line/TE run blocking
Individual Scheme <u>Skills: Varsity</u> Boyle, Spear Currier, Sullivan <u>Skills: JV</u> Mausolf, Dalzel Pogue, Cleary TE- Lamb Line: V: Sanborn/Bownes JV: Cass/Austin	6:20	200- 800 formation Teen series 12-18, 13-17, 14-16, Quick Pitch, FB Pitch Power series 22-28 & 23-27 FB Power 22-28 & 23-27 HB Power *2 Hole Kick out 1 st man outside #1 Blocker (widest offensive man not WR) **3 Hole kick out 1 st man outside #2 Blocker Please see attached sheet on blocking strong side vs weak side power rules.
Team	6:35- 6:55	Team Plays vs Ashland Warriors. Walk through rules with odd and Even fronts
DEFENSE:	7:00- 7:45	
SPRINTS	7:45	
All Athletes need to pick up packet after practice. Day 2 Helmets Only		



PLYMOUTH DAY 2

FOOTBALL PRACTICE					8/14/18				
No Contact									
Drill		Time		Comments					
Warm up/ stretch		5:00		Coaches please help					
Sprints/Water		5:15							
Agilities/ Water		5:25		Please have your station set					
Water									
DEFENSE: 5:40 Water breaks by position									
		10		10		10		10	
D-Backs	414 Read Coverage	Man to Man		Formation Recognition		Goal Line Walk Through			
D-Ends	Stance and Tackle Reads	TE Reads, ARC, On, Pass, Pull Away		Unbalanced and 6 Front		Goal Line			
D-Tackles	2 Gap rules	Double Teams and Pulls		Unbalanced and a 6 Front		Goal Line			
OLB	TE Blocks Down, Traps Plays and Pass Releases	Stunts - Fire, Rip, Flash, Fire Shark, Ram		Formation		Goal Line			
ILB	Tackle Blocks rules	Stunts - Add Hurricane Stunts		Formation		Goal Line			
6:20 water									
6:25 - Introduce Pursuit Drill									
OFFENSE: 6:40									
		10		10		10		10	
QB	Flood Drop 5 step	Waggle Drop Roll Out		Skelly		Team			
RB	Flood FB Play Action/Block DE (Attack) HB Fake Power or swing	Waggle FB: Blitz to pattern Or #3 man HB: Fake special Block DE		Skelly		Team			
WR	Flood (post) to conversion	Waggle Weak: Quick Slant Strong: Comeback		Skelly		Team			
TE	Flood Playside - Flag Backside- Block	Waggle: Weak and strong		Skelly		Team			
Line	Pulls- kickout and belly	Waggle Pull		Pass Blocking Rules		Team			
Waggle: Playside -#1 Out, #2 Flag, Backside- #1 Drag, #2 Post									
SPRINTS		7:45							
All Athletes need to pickup packet after practice. Day 3 Helmets and Shoulder Pads									



HDH FOOTBALL 2018

MONDAY 8/13, (HELMETS #1)

7:30-7:35> Attendance

7:35-8:10> Learn Flex, Form Run / Circuits-agilities

8:10-8:15> h2o

8:15-8:35> Kick Off

8:35-8:40> H2O

8:40-9:00> Kick Return

9:00-9:05> H2O

9:05-9:40> Offense (positions, hole #'s, stance, splits, formations, huddle, cadence)

9:40-10:10> Defense (positions, alignments, gaps, fronts, strength calls, coverages)

10:10-10:25> Learn Pursuit Drill

10:25-10:30> H2O

10:30-10:35> redhawk run

11:00-12:00> "o" positional meetings



HDH FOOTBALL 2018

TUESDAY 8/14, (HELMETS #2)

7:30-7:35> Attendance

7:35-8:10> Flex, Form Run / Circuits-agilities

8:10-8:15> h2o

8:15-8:35> Punt (spread / tite)

8:35-8:40> H2O

8:40-9:00> Punt Return

9:00-9:05> H2O

9:05-9:40> Offense (insert base formations / base run plays)

9:40-9:45> h2o

9:45-10:15> Defense (insert fronts, gap/run responsibilities, coverage's, hunt as a pack)

10:15-10:25> Pursuit Drill

10:25-10:30> H2O

10:30-10:35> 20's

11:00-12:00> "d" positional meetings



HDH FOOTBALL 2018

WEDNESDAY 8/15, (SHELLS #3)

7:30-7:35> Attendance

7:35-8:10> Flex, Form Run / Circuits-agilities

8:10-8:15>h2o

8:15-8:25> kick return

8:25-8:35> punt return

8:35-8:45> pat/fg

8:45-8:50> h2o

8:50-9:05> indy "o"

9:05-9:35> unit "o" (qb/rb)–run mesh, (rec)blocks/routes, (line)-base, dbl, cut, down, trap, reach

9:35-9:40> H2O

9:40-10:00> team "o" run game (run 3 teams @ Same time)

10:00-10:05> H2O

10:05-10:25> indy "d"

10:25-10:35> hillcats

11:00-12:00> "o" positional meetings



HDH FOOTBALL 2018

THURSDAY 8/16, (SHELLS #4)

7:30-7:35> attendance

7:35-7:50> flex, form run

7:50-8:05> intro tackling / form tackle drill

8:05-8:10> h20

8:10-8:30> circuits-tackling / turn overs

8:30-8:35> h20

8:35-9:05> indy "d" (run/pass)

9:05-9:10> h20

9:10-9:40> unit "d" (lb/db – 7 on 7), (d-line – gap/run responsibilities / pass rush)

9:40-9:45> h20

9:45-10:05> team "d" (inside run / outside run / base stunts)

10:05-10:10> h20

10:10-10:25> indy "o"

10:25-10:35> 40's

11:00-12:00> "d" positional meetings



HDH FOOTBALL 2018

SATURDAY 8/18, (full PADS #6)

7:30-7:35> Attendance

7:35-8:10> flex, form run / circuits-tackling / turnovers

8:10-8:15> h2o

8:15-8:45> indy "d" (run/pass)

8:45-8:50> H2O

8:50-9:20> unit "d" (lb/db – 7 on 7), (d-line – run responsibilities / pass rush / 1 on 1's)

9:20-9:25> h2o

9:25-9:45> team "d" (run/pass)

9:45-9:50> h2o

9:50-10:15> onside kick off / hands team

10:15-10:25> PAT/FG/fire- 10 for 10

10:25-10:35> pursuit drill

11:00-12:00> "specials" team meeting

MONDAY 8/20, (full PADS #7)

7:30-7:35> Attendance

7:35-8:10> Flex, Form Run / circuits-agilities

8:10-8:15> H2O

8:15-8:55> indy "o" -run mesh / screen, Team "o" (run / screen)

8:55-9:00> H2O

9:00-9:35> quik kick / punt fake / spike / victory formation

9:35-10:15> UNIT "d" / Team "d" / punt block, pat-fg block, prevent (tall and 21 in front)

10:15-10:20> H2O



EHS Practice Day 1

Daily Practice Schedule Helmets Only		Practice #1 Monday 8/13/18 8:00am – 11:00am
	<u>*Helmets Only No Contact</u>	
8:00-8:20	Introduce Dynamic Warmup	All Assist
8:20-8:36	<u>8 Stations – Circuit Training</u>	
8:36-8:40	Water	
8:40-8:52	<u>Introduce Base Defense</u>	Cover II-III
8:52-9:10	<u>Individual Defensive Groups</u>	
	<u>D-Line</u>	<u>D-Ends</u>
	<u>LB's</u>	<u>DB's</u>
9:10-9:15	<u>Walk Through – Explain – Inside Drill</u>	
9:15-9:25	<u>Secondary Shell</u>	
	LB's/DB's No Throw! Reads/Responsibility	D-Line Reads/Responsibility
9:25-9:35	CAT Drill – Introduce Pursuit	
9:35-9:50	<u>Team Defense vs I, II, III</u>	
	<u>Back Check – Boundary Calls</u>	
9:50-9:55	Water	
9:55-10:25	<u>Individual Offensive Groups</u>	
	QB's	RB's
		<u>OLine</u>
10:25-10:38	<u>42/28 Drill</u>	
	Backs/Center/Guards	Tackles/TE's POA Drill Blocking Rules
10:38-10:53	<u>Team Offense on Air</u>	
10:53-11:00	Conditioning	



EHS Day 1 walkthrough

Daily Practice Schedule
Helmets Only/Walk Through

Practice #2
Monday 8/13/18
2:00pm – 4:00pm

*Helmets Only No Contact

- 2:00-2:15 Flexibility
- 2:15-2:25 Specialist
Snappers – Punters – KO – FG – EX PT
Return Men – Punt Block Tech.
Lineman – Big Skill
- 2:25-2:50 Punt Team
Kick Off Walk Through
FG
EX PT
- 2:50-3:00 Happy Valley - Stretch
- 3:00-4:00 Individual Positional Meetings
Post/Discuss Tuesday's Practice



EHS Day 4

Daily Practice Schedule Helmets/Shoulder Pads

Practice # 7
Thursday 8/16/18
8:00am – 11:00am

*Helmets/Shoulder Pads

8:00-8:15	Flexibility - Stretch		
8:15-8:31	<u>8 Stations – Circuit Training</u>		
8:31-8:35	Water		
8:35-9:35	<u>Individual Offensive Groups</u>		
	“O Line” Drills/Schemes	Backs Drills/Schemes	Tackles/TE's Individual Drills
9:35-9:45	<u>42/28 Drill</u>		
	Tackles/TE's Individual Drills		
9:45-9:55	<u>Backs/Ends</u>	<u>Tackles/Guards/Center</u>	
	Pass/Shell	Drill Work	
9:55-10:10	<u>Team Offense vs Bags</u>		
10:10-10:15	Water Break		
	10:15-11:00 Sophomores Weight Room		
10:15-10:25	<u>Individual Defensive Groups</u>		
10:25-10:33	<u>Inside Drill vs. Bags</u>		
10:33-10:40	<u>Secondary Shell</u>	D-Line Reads	
10:40-10:50	<u>Team Defense</u>		
10:50-11:00	Conditioning and In		



Questions.....

Thank you for coming and for all that you provide to the student athletes in New Hampshire