I. TITLE: Coaching Football I

II. CATALOG DESCRIPTION:
This course will present the technique and strategy in the various styles of offense and defense. Laboratory experience will be provided.

III. PURPOSE:
To gain a better overall understanding of the game of football from a coaching perspective.

IV. COURSE OBJECTIVES:
Upon successful completion of this class, students will be able to:
A. Review basics of offense, defense, and special teams.
B. Learn the fundamentals of coaching in high school and college setting.
C. Develop students’ thought process through coaching situations.

V. CONTENT OUTLINE:
A. Management
B. Scouting
C. Conditioning
D. Coaching

VI. INSTRUCTIONAL ACTIVITIES:
A. Drill Instruction.
B. Article Research.
C. Comprehension Testing.

VII. FIELD, CLINICAL, AND/OR LABORATORY EXPERIENCES:
none

VIII. RESOURCES:
Class notes taken will be of high value.

IX. GRADING PROCEDURES:
Based on 160 points
80 – Attendance
40-Class Assignments
15-Mid-Term Test
15-Final Test
10-Two Pop Quizzes (5 pts. Each)
X. ATTENDANCE POLICY:
This course adheres to the attendance policy published in the current MSU Undergraduate Bulletin. Attendance in class is mandatory and a major part of your grade (See Above). Only prior notice to class will be excused. I will check my messages before going to each class session. Anything beyond that time will be deemed absent.

XI. ACADEMIC HONESTY POLICY:
This course adheres to the academic honesty policy published in the current MSU Undergraduate Bulletin. You are expected to take responsibility for your own assignments and complete them yourself. Failure to do so will result in the appropriate discipline. Anyone proven to have cheated on any material will receive an automatic “E” for a grade.

XII. TEXT AND REFERENCES: none

XIII. PREREQUISITES: none

XIV. STATEMENT OF AFFIRMATIVE ACTION AND EQUAL OPPORTUNITY:
Murray State University does not discriminate on the basis of race, color, national origin, sex, religion, marital status, age, or disability in employment, admission, or the provision of services, educational programs and activities, and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities and equal opportunity to participate in all programs and activities. For information regarding nondiscrimination policies contact the Office of Equal Opportunity, 270-809-3155.

XV. FLAG SYSTEM/CONTINUOUS ASSESSMENT:
Student progress is continuously assessed throughout the teacher preparation program. Appropriate professional characteristics and dispositions, in addition to academic achievement, are assessed. Positive and negative flags are submitted and by faculty to Teacher Education Services and then presented to admission committees. Negative flags are carefully reviewed to make a determination as to whether a student should be denied admission OR if a professional development plan will be designed for the students’ progress towards program completion. NEGATIVE FLAGS MAY BE GROUNDS FOR DENIAL OF ADMISSION TO TEACHER EDUCATION AND/OR STUDENT TEACHING.
CLASS TOPICS SCHEDULE (Tentative)

“What people see during a game is only 15% of what coaching consists of.”

We will view all topics from the perspective of High School, College, & occasionally Professional.

1. Intro. / Review Syllabus.
2. Q & A Basics of Football
3. Define Positions-Offense/Defense/Special Teams
4. Basic Schemes & Philosophies-Offense/Defense/Special Teams
5. Fundamental Drills
6. Developing an Offensive/Defensive/Special Teams Play Style
7. Policy & Planning for your staff and team
8. Planning your year-phases
9. Recruiting-How to sell/What to sell
10. Formulating a Practice & Work Week Schedule
11. Scouting your opponent/Scouting your own team
12. Scouting Reports
13. Conditioning/Strength Training
14. Film Study/Cutups
15. NFL Coaches Video
16. Dealing w/ Player Issues
17. Team Safety-Equip/Rules/Injury Situations
18. Avoiding Complacency w/ your team and your staff
19. Your Team, Your Program/Handling Adversity
20. Movie
21. Discipline – Plan & Approach
22. Fundraising & Marketing
23. Self-Improvement as a coach
24. Developing your Coaching Resume/Interviewing/Networking
25. Coaching Economics

This is not necessarily a chronological order or exact science of each class session. As in coaching each day may bring a new idea or a new challenge that we may undertake as a class topic or activity.