

DRHS COACHES

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BEHRENSSEN (OC/QB)

PAUL SHEEHY (STC/
DL)

TIERRE DURAN (JVHC/
DB)

CHRIS FLYNT (WR)

JEFF HINES (DL)

MARK LEON (DB)

ERIC NEYEN (LB)

MATT OSTERHAUS
(OL)

JARED SCHULZ (RB)

GORDON STANT (OL)

PAUL LUNA (FHC)

KEVIN CROGHAN (F)

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Navy Cardinal Insider

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Coach Woj's Spotlight:

Football season is upon us and I am so excited to see what 2016 season brings for Dakota Ridge High School and DRSA youth football and Pop Warner. We started practice for the high school on Monday the 8th and have had 3 really good practices. The kids and coaches have brought a lot of energy to the practice and kids are really having fun playing right now. Goal is to keep that going so we can play 14 games this season.

We scrimmage Bear Creek high school on Friday August 26 at Bear Creek High School. The JV and Freshman will scrimmage at 4:00 and the varsity will go at 6:00. Our varsity and JV team then head to Florida on August 31 for 5 days to open the season at ESPN Wide World of Sports complex against Heritage High School from Palm Bay Florida. The JV will play Bell Creek Academy on Saturday September 3. Our freshman will open on Thursday September 1 at Dakota Ridge High School against Silver Creek from Longmont. I am hoping we will get a good crowd to support the freshman on opening day.

I want to wish all the players and coaches from the DRSA Football programs the very



Coach Woj
DRHS Head Coach

best of luck during the upcoming season. What a great chance to show people around the state how great the Dakota Ridge community is and how we can play football here. What a great chance to build relationships and just watch kids having fun playing the greatest game there is.

After this newsletter, we will be just doing monthly updates throughout the season until January when we will start the "regular" monthly newsletters again. If you get a chance please come support our football team and players by watching a game. There is nothing better than watching high school football on a cool fall Friday night.

We have a couple of important games I hope you can make. WE will be hosting our youth night on Friday September 16 vs. Vista Ridge High School at Jeffco Stadium at 4:00. We would love to recognize all our youth teams and coaches during this game. We will be hosting our Think Orange and Think Pink games in October as well and will get you more information about those as we get closer.

I will leave you with this:

SOMETIMES YOU FACE DIFFICULTIES, NOT BECAUSE YOU ARE DOING SOMETHING WRONG, BUT BECAUSE YOU ARE DOING SOMETHING RIGHT."

Best of luck this year and please let me know if there is anything we can help you with during the season. Hope to see you all at Eagle Fest on August 20, 2016.

EMBRACE THE GRIND!
Ron Woitalewicz
Coach Woj
Head Football Coach
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Upcoming Events/Dates

Events for DRHS Football

- 1st Day of practice 8/15
- Picture Day: Aug. 19th
- Intra-squad Scrimmage
 - Sat. Aug. 20th
- Scrimmage vs. Bear Creek
 - **Trailblazer Stadium**
 - Friday Aug. 26th
 - 4:00 Freshman/JV
 - 6:00 Varsity

More Events for DRHS Football

- **DR EagleFest**
 - **Sat. Aug. 20th**
 - **@DRHS**
- Leave for Florida
- Game 1: Heritage-Palm Bay
 - 9/2 8:00pm Disney
- Game 2: Pueblo Centennial
 - 9/10 12:00pm Jeffco
- Game 3: Vista Ridge
 - 9/16 4:00pm Jeffco
 - Youth Appreciation Game

Events for DR Youth/Community

- Mandatory Player Weigh-ins
 - 8/14 Park Meadows
 - Dick's Sporting Goods
- DR EagleFest
 - Sat. Aug. 20th
- Pop Warner Preseason Jamboree
 - Sat. Aug. 20th
- 0 Week Games
 - Sat. Aug. 27th

Events for DR Youth/Community

- Dakota Ridge HS Youth Appreciation Game
 - Vs. Vista Ridge
 - 9/16 4:00pm
 - @ Jeffco Stadium
 - Please arrive before 5:00
 - All DRSA teams will be recognized!!!

“Running backs need knee drive and body balance. By driving their knees, a running back will not only have better acceleration, but will also not be as easy to stumble up in traffic”

Coach Schulz: Running Back Play

One of my favorite movies of all time would be Blood Sport, the 1988 movie following Frank Dux into a martial arts tournament in Hong Kong where he defeats the savage Chong Li for the title. I can still remember when Jean-Claude Van Damme needed to prove he is worthy of the tournament by showing the Dim Mak (the touch of death) on a stack of bricks by only breaking the bottom brick in a stack of five. The Dim Mak refers to any martial arts technique that would kill using a seemingly less than lethal force. It incorporates the use of pressure points and disrupting the flow of life energy qi. The identity of our running backs is Dim Mak; where we seek to find pressure points in the defense and deliver that lethal

blow to our opponents where they understand they have stepped onto the field against a dangerous team. In this article I want to focus on the fundamentals of the position, and maybe give you a new way to begin talking about these important skills with your players.

To successfully establish a Dim Mak culture there are a few must haves a running back will need. We will strive to include all the must haves into each drill we do as a running back group. 1) Running backs need knee drive and body balance. By driving their knees, a running back will not only have better acceleration, but will also not be as easy to stumble up in traffic (body balance). 2) In every drill players will emphasize an aggressive burst of speed to finish where they are always fin-

ishing the run. I want to see the aggressive burst out of cuts/spins/jukes/jump cuts/etc. This is where players will be lazy by going into a move explosively, executing the proper technique, but will then coast out of the drill. Players need to get vertical after the move and aggressively accelerate away from a defender. I want to see players are finishing 10 yards beyond the play and giving/showing one move within those 10 yards every rep. 3) Running backs need to always fall forward, but this is taken care of if the first and second must haves are being met. 4) Ball security is the last must have, because it is easier to score offensively if we have the ball. If a running back cannot control the ball, they will not play running back.

...Running Back Play Continued

The progression of teaching the fundamental ball handling skills are given below. Players should be comfortable with holding a football in both arms and drills should be done at least twice (alternating carry arms each time). The ball should be carried with 5 points of pressure: hand, forearm, bicep, arm pit, and chest. The nose of the ball gripped between the index and middle finger in the hand, in contact with the forearm and bicep, tucked tight with the back nose of the football in their arm pit, and always solid against the chest. Ideally the ball carriers hand is pinned to his collarbone, but the ball hand wrist must always be carried above the elbow to eliminate as much of a gap as possible between the backs body and elbow. Running backs should focus on keeping the ball still in their grip as running and using one hand as the carry hand and the other as the weapon hand.



Players need to get two hands on the ball when going into contact, and are taught to use their weapon hand (non-ball carrying hand/off hand) to grab and squeeze onto the ball carrying hands' forearm just below the wrists. I teach this method so players always keep the ball in the same position. I don't like them moving the ball lower into the middle of their body, because kids will naturally create a gap between their body and elbow showing the ball to a defender behind them. A good way for players to feel the correct sensation would be to ask them all to act like body builders for about 15 seconds; like they are the next Arnold Schwarzenegger. Then have them put the ball in one arm and cover up below their wrist with the other thinking about using their muscles the same way they did when flexing. You will feel the ball tighten and secure into your body.



The last fundamental stressed about ball security would be being able to switch hands and put the ball in the outside arm allowing the field arm to act as our weapon against the defense. We can now use our off hand to stiff arm, or rip through would be tacklers. To switch hands players will take their off hand and "slap" their ball carrying bicep. This will put their fingers into position for grabbing the nose of the football and rotating it to the other arm; keeping the ball high and tight throughout the transition from one side to the other. By keeping the ball high and tight throughout the transition we never let a defender behind us see the ball, giving him the chance to poke it out creating a turnover.



"The ball should be carried with 5 points of pressure: hand, forearm, bicep, arm pit, and chest."

Player Spotlight: Jacob Soderlin

Jacob wears number 67 for the Eagles and was a starter for the team at right tackle last fall! As with all the offensive linemen he played a huge role in the success that the DR offense had in 2015.

This season Jacob is making the move down to guard and has had an awesome offseason despite the challenges associated with a position change.

By making this position change

Jacob has helped the Eagles put together what should be one of the best offensive lines they have had in recent memory.

He will help the other members of the OL anchor the offense and help the first year starters at other positions make the adjustment to varsity football!

Check out Jacob's highlights at:

<http://www.hudl.com/athlete/2662062/jacob-soderlin>





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*Soaring High
With Eagle Pride*

Dakota Ridge Football works hand in hand with Dakota Ridge Youth Football. Our youth football program falls under our youth sport organization, the DRSA. The DRSA's mission is to make a positive impact in the community and the lives of our children and youth by providing a quality sports development program for the Dakota Ridge area and high school. They also strive to create an environment of leadership and role models, and they recognize the importance of shaping the lives of our children and future leaders.

www.dakotaridgesports.org

Youth Coaches Corner by David Loomis

Welcome to the 2016 Pop Warner season! Now is the time to install that high flying, pistol to shotgun-pitch-option-hook-and-ladder based offense you've been dreaming of! You know the one, the center pistol snaps to a sidesaddle QB who pitches it further back to a back who throws it to the eligible tackle who then laterals it to the center, then the center can hand it to any one of three backs as they mesh downfield instead of in the backfield. It's going to be beautiful!

I think we've all seen some pretty interesting plays take shape in youth football and I'm sure we've all gotten the itch at some point to try to install something a little more exotic than what we really need. Remember though, regardless of scheme, the team that blocks and tackles the best will win most youth football games. It's important at this point of the season, particularly as we get to start going full contact in practices, to focus on solid fundamentals. Some drills that we have had success with when teaching blocking and tackling are:

Slow Oklahoma: An Offensive lineman vs. a defensive lineman, similar to an Oklahoma drill. Instead of a running back though, a coach starts with the ball and WALKS to a point past the

line of scrimmage. If the defensive lineman touches the coach the O Lineman loses. Make it a game where the Offensive player gets 2 points for sustaining his block and the D Lineman gets 1 point for getting to the coach. High score can sit out a set of sprints (or whatever you use to torture players at the end of practice).

Sumo: Just like it sounds, 2 players start heads up and must push each other out of a circle or past a line. Run this tournament style and crown a champion.

Tackling: It's a good idea to work on form tackling vs. pads before moving on to tackling someone that fights back. Create some muscle memory focusing on good form; this will create confidence in your players as well before they start hitting live players. When they are ready to graduate to player vs. player tackling start with form tackles, then move to the thud level of contact (full contact speed but do not go to ground). Manipulate some of your match ups in the lines if you can. Avoid obvious mismatches, we want to instill confidence early and challenge some of our more aggressive players.

Remember, full contact time is limited to 30 minutes per practice. Plan well and make good use of this time.

Continue to work on the fundamentals of blocking and tackling throughout the season. Then, as you look at your 127 page playbook ask yourself this question: Would you rather face a team that runs 10 plays perfectly or a team that runs 30 plays pretty well? Teams that run plays pretty well can be stopped with some adjustments and planning. Teams that run just a few plays perfectly with everyone sustaining their blocks are a nightmare to beat. Solid fundamentals and good team execution are a powerful combination.

I hope that everyone enjoys this first season in Pop Warner, our future begins now. GO EAGLES!

This season Coach Loomis led the Dakota Ridge 5th grade team to a playoff appearance in their first year playing at the division I level, and is a year removed from Dakota Ridge's first ever Carnation Bowl championship. He will be providing an article each month to help address some of the situations and concerns that youth coaches encounter.



I AM A COACH BECAUSE...

I am a coach because of the **kids** and the **passion** I have for the sport itself. There is no other feeling quite like **helping** young athletes further develop their natural **persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection** with, and **respect** for, others, not only in competition, but in **life!**