

PRACTICE INJURIES

Coaches,

I have noticed that we are sustaining some injuries in practice. We need to curtail our contact drills and soften them so as to maintain a safe practice environment. Any contact sport has its share of injuries and I understand that but I have been discussing this topic with our AD Mike Coleclasure for a little while now and I think its time we re-evaluate our practice content and activities. I was going to speak with you all in person but I think its necessary to get the word out immediately. I would like you to contemplate the following ideas to incorporate in your practice regimen:

- Cut down on Scrimmaging - use walk thru techniques and 3/4 speed scripts
- Cut down on 1 on 1 tackling (2 Forces coming to impact). If you want to practice tackling:
 - Go thru it 3/4 speed and form fit
 - Use the 2 Black pop up tackling dummies in the block house
 - Use the Red pop up sled
 - Lay the kids down, helmet to helmet and get up and tackle
 - Cut the distance down between players on the tackle drill
 - Don't do too much tackling !
- Incorporate more skill work in your practice
- Incorporate more use of the sleds!! It looks like the 5 man sled doesn't get used!
- Run thru your plays, pursue and form fit

There are other ideas but I feel I needed to reach out to you now and adjust what you have been doing. If you have been going "light" with contact, then fine, please continue - All the coaches need to be INNOVATORS with there practice plans - use your heads to create purposeful drills to address your players/teams weaknesses!!

Keep up the good work and keep pluggin.

thx
gene