

# June 2011

As of 5/1/2011

## WCHS FOOTBALL LOVE – LEAD – COMPETE

Head Coach: Kevin Oberlander [koberlander@westernchristian.org](mailto:koberlander@westernchristian.org)

~ June 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>May 31</b> Spring Football 3:15 – 5:15	<b>1</b> Spring Football 3:15 – 5:15	<b>2</b> Spring Football 3:15 – 5:15	<b>3</b> Spring Football 3:15 – 5:15	<b>4</b>
<b>5</b>	<b>6</b> Spring Football 3:15 – 5:15	<b>7</b> Spring Football 3:15 – 5:15	<b>8</b> Spring Football 3:15 – 5:15	<b>9</b> Spring Football 3:15 – 5:15	<b>10</b> Spring Football 3:15 – 5:15	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Last Day of School	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Summer Workout 3:30 – 5:30 Weight Room Speed & Agility	<b>21</b> Summer Workout 3:30 – 5:30 Weight Room Football Work	<b>22</b> Summer Workout 3:30 – 5:30 Weight Room Speed & Agility	<b>23</b> Summer Workout 3:30 – 5:30 Weight Room Football Work	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Summer Workout 3:30 – 5:30 Weight Room Speed & Agility	<b>28</b> Summer Workout 3:30 – 5:30 Weight Room Football Work	<b>29</b> Summer Workout 3:30 – 5:30 Weight Room Speed & Agility	<b>30</b> Summer Workout 3:30 – 5:30 Weight Room Football Work	<b>Notes:</b> Times and dates are subject to change. Passing leagues and lineman competitions are TBD	

More Calendars: [Jul 2011](#), [Aug 2011](#), [Sep 2011](#)

# July 2011

AS of 5/1/2011

## WCHS FOOTBALL LOVE – LEAD – COMPETE

Head Coach: Kevin Oberlander [koberlander@westernchristian.org](mailto:koberlander@westernchristian.org)

~ July 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 HOLIDAY - OFF	5 Summer Workout 3:30 – 5:30 Weight Room Football Work	6 Summer Workout 3:30 – 5:30 Weight Room Speed & Agility	7 Summer Workout 3:30 – 5:30 Weight Room Football Work	8	9
10	11 <u>NBC Summer Camp</u> Summer Workout 4:00 – 6:00 Weight Room Speed & Agility	12 <u>NBC Summer Camp</u> Summer Workout 4:00 – 6:00 Weight Room Football Work	13 <u>NBC Summer Camp</u> Summer Workout 4:00 – 6:00 Weight Room Speed & Agility	14 <u>NBC Summer Camp</u> Summer Workout 4:00 – 6:00 Weight Room Football Work	15 <u>NBC Summer Camp</u>	16
17	18 Summer Workout 3:30 – 5:30 Weight Room Speed & Agility	19 Summer Workout 3:30 – 5:30 Weight Room Football Work	20 Summer Workout 3:30 – 5:30 Weight Room Speed & Agility	21 Summer Workout 3:30 – 5:30 Weight Room Football Work	22	23
24	25	26	27	28	29	30
31	<b>Notes:</b> Times and dates are subject to change. Passing leagues and lineman competitions are TBD					

More Calendars: [August](#), [September](#), [October](#)

# August 2011

As of 5/1/2011

## WCHS FOOTBALL LOVE – LEAD – COMPETE

Head Coach: Kevin Oberlander [koberlander@westernchristian.org](mailto:koberlander@westernchristian.org)

◀ Jul 2011	~ August 2011 ~						Sep 2011 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15 WCHS Football Retreat	16 WCHS Football Retreat	17 WCHS Football Retreat	18 Start of 2 – A – DAYS Times and dates TBA	19	20	
21	22	23	24	25 Fall Sports Parent Mtg. 6:30pm - Sanctuary	26	27	
28	29	30	31	Notes: Dates subject to change. Passing leagues and lineman competitions TBA			

More Calendars: [Sep 2011](#), [Oct 2011](#), [Nov 2011](#)



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## Changed Lives & Championship Football



**LOVE** - is our foundation



**LEAD** - future husbands, future fathers, future workers



**COMPETE** - against our best self



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### What we value

#### Love is the foundation

*"If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal."* **1 Corinthians 13:1**

*"And now these three remain: faith, hope and love. But the greatest of these is love."* **1 Corinthians 13:13**

- Team unites in love, falls apart with hate (Protect intimacy and camaraderie)

#### Selfless leaders

*"Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds."* **John 12:24**

*"Just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."* **Matthew 20:28**

- selflessness vs. selfishness
- Power is manifested when individuals die for the sake of the team
- You'll be surprised what happens when no one cares who gets the credit

#### Fierce competitors

*"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly"* **1 Corinthians 9:26**

*"The real measure of me is not what I can do in comparison to others, but what I can do in comparison with my own best self."* **–Frosty Westering**

- Glorify God through excellence not winning
- Mirror room VS. Window room.
- "Double Win". Opponent's best brings out our best. Our enemy is not the opponent (*Ephesians 6:12; our battle is not against flesh and blood but against darkness [devil]*).



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### What we teach

#### Develop GREAT friendships, create a brotherhood:

- Emphasize people over productivity
- Name your kids after each other
- Get to know one another in a special, meaningful way
  - How do we create this?
    - Pre-season retreat with Coaches & Players
    - Pray as a team, before and after practice
    - Have fun. Bowling night, game night, etc...
    - Team handshakes and hugs whenever possible

#### Playing great football/Championship play:

- Compete in practice!
- 100% effort 100% of the time
- Potential performance gap
- Love the challenge
  - How do we create this?
    - Master the basics & fundamentals (Extraordinary in the ordinary)
    - Be a preparation freak
    - Despise passivity
    - Many roles, equal value (bench players, scout team, starters)

#### Complete Players = Complete Team:

A great coach will help his team realize the leadership impact they have on campus. The following questions should be raised:

- Do we have a good attitude about chapels, give attention when there?
- Is our team GPA above a 3.0?
- Are our player's leaders on the WCHS campus?

*We are looking for changed hearts not blind obedience.*



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### The Five Foundational Principles to Build a Program On

1. Long term over the short term (reap what we sow)

Coaching point – great wedding vs. great marriage

2. Team over the individual (power in selflessness)

Coaching point – selflessness builds. Selfishness destroys

3. Inside person over the outside person (win the heart)

Coaching point – if we win our player’s hearts, we have them completely

4. Weak over strong (protect the weak)

Coaching point – we really need each other (everyone)

The body is made up of many parts, yet is one body. The weaker parts are indispensable. The less honorable parts deserve special honor. When one part suffers, all suffer. When one part is honored, all are honored

5. Love is the cornerstone (love of the game/teammates)

Coaching point – love can conquer hate, but hate can’t conquer love



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# Disciplined Guidelines

### 1. What's important comes first...

- God  
We will be a praying staff and team
- Family  
Honor your Father and Mother
- Academics  
Committed to responsibility... not comfort  
No excuses

### 2. Attend and be early to every practice, meeting, and team function

- Dressed in appropriate team wear  
The following *ARE* excused absences:
  - Family emergencies
  - Illness
  - Personal family issues

The following *ARE NOT* excused absences:

- Appointments (Doctors, Dentist, Tutoring, etc...). If it's impossible to schedule - outside of football, please have the athlete come talk to me
- No ride. Please contact me if you do not have a ride and we will work it out

\* Student/Athletes will be asked to be great communicators to Head Coach in all circumstances



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# The Future

### Year 1 goals/vision

#### *Program*

- Establish and create a strong culture of “Love, Compete & Leadership”
- Become a program that prays in all situations (coaches and players)
- Continue old traditions, create new traditions
- Build a great strength and conditioning/nutrition program

#### *Varsity Team*

- Win more than 50% of our games

### Year 3 Goals/Vision

#### *Program*

- Become a contagious sport on campus with Students, Parents, and Community
- Team GPA above 3.0
- Develop solid and consistent Junior Varsity Team

#### *Varsity Team*

- Seriously compete for the Ambassador League Championship
- Make the playoffs



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### Western Christian Football Program Weekly Schedule

#### Reflection Monday

Monday is our football programs most important day. Each player will be given a notebook/binder to write in and accumulate the handouts throughout the year. We will focus and discuss as a TEAM what is expected of everyone. This meeting will set the tone for the upcoming week. The meeting will include the following:

- Discussion about the past week (put-ups & highlights, things we need to work on, etc...)
- Message delivered by the Head Coach. Will include the theme for the week. Message will ALWAYS include scripture or stories from scripture. Will also include handout for the athletes to follow along with and keep for later use.
- Athletes will be given 5 – 10 minutes of reflective time on their own. In this time they will write what they thought about the message, about the theme for the upcoming week, how their past week went, etc...
- During the athletes reflective time they will also be asked to include four goals for the week.
  - Spiritual goal
  - Social goal
  - Academic goal
  - Football goal.

Players will be asked to voluntarily share these goals to the team.

On field (helmets, shoulder pads and team shorts):

- Dynamic stretch
- Individual position time
- Team time
  - Correct mistakes made in Friday's game
  - Show next Friday's opponent fronts, blitzes and coverage's.
- Special teams



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### Competition Tuesday

Our players are asked to compete at their highest level. We will apply and stress competition on this second day of the week. Not only will offense vs. defense compete, we will also play other games (like hustle ball, or team relays) that don't have to do with football but still teach the athletes how to compete.

On field (full pads):

- Dynamic stretch
- Individual position time
- Competition time
- Lineman, Linebackers, QB's, RB's: Inside drill; WR's, DB's: 1 on 1's
- Team time
- More competition time

Other:

- Watch more film of us, begin watching film of opponent
- Special teams meeting

### We Get Better Wednesday

We will use Wednesday as a day to make improvements as individuals and as a team. Our goal is to get better as a unit each week and Wednesday will be a great day to stress and assess whether we are moving forward in all phases of the game.

On field (full pads):

- Dynamic stretch
- Offense vs. defense goal line competition (3 downs to score from the 10 yard line)
- Individual position time
- Lineman, Linebackers, QB's, RB's: Inside drill; WR's, DB's: 1 on 1's
- Team time
- Special teams

Other:

- Watch more film of us, begin watching film of opponent
- Special teams meeting



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### Perfect Thursdays

Thursdays give us a day to go through all of our plays, reminders, and strategy for the next day (game day). Not only will this be a light day physically, but the culture around the team should be light and fun as well. A “no worries” attitude will be conveyed to allow the athletes to take their mind off the game and focus on each other, while still showing a great knowledge and motivation of the game plan.

On field (helmets only):

- Offense and defense run through all plays and reminder of opponent alignments, formations, plays, coverage’s, etc...
- Special teams depth chart and strategy

Other:

- Assigned Coach will give a short message to the team. Each Coach will do this during the year at least once. Message will be on the field/in the stands and will be brief (about 10 minutes). Message does not have to be about football.

### Game day Friday

On game day our players will be asked to bless the following people with “thanks you’s” & a great attitude:

- Opponent
- Parents, fans
- Referees
- Restaurant workers during team meal
- Professors

After school:

- walk through’s
- pre-game meal. (invite 1 teacher, administrator, counselor, or coach from other sport)

Before game:

- Speaker to give devotion. (Pastor, teacher from Western, etc...)
- Head Coach will address the team before athletes take the field.

After game:

- “After glow”. Give players/coaches a chance to give put-ups and “atta-ways”. Occasionally have after glow with the crowd.



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# Off-Season Preparation/Notes/Ideas

### Finding great coaches

- Look for hard working coaches first. Talented/knowledgeable coaches second. Above all they must want to follow through with the vision of the program.
- Continuity of staff is SO important! I will take only committed coaches.
- Enthusiastic coaches (hands in the pocket vs. hands out of the pocket/coaching on the run!)

### Preparing coaches

- Share my vision so they can help carry it out.
- Meet with coaches individually to explain there personal role.
- Create Coaches Manual

### Servant leadership development with seniors

- When the seniors become servant leaders the culture of the program changes dramatically.
- Seniors will learn servant leadership directly from head coach through senior leadership meetings.

### Team development (trips, games, activities)

- Taking team to bowling alley.
- Implementing competition relays through conditioning
- Hustle ball
- Create an atmosphere that kids want to be a part of.
- HAPPY PLAYERS PLAY BETTER

### Player expectations

- Goal setting, players must know where they are headed.
- Set goals but realize the goal is not at the end of the road, it IS the road. Enjoy the process!

### Training (strength & conditioning)

- I believe in 5 components of creating better physical football players in the weight room. This includes Crossfit, back squats, power cleans, deadlifts, upper body strength (push-ups, bench press and pull-ups).



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# In-Season Notes & Ideas

### Start of season retreat

-Healing individual hearts, uniting the team, creating new friendships, making old friendships stronger.

### How to approach each practice/day

-Seize the opportunity, we don't "have a good day" we "MAKE it a great day."

### Weekly coaches meeting

-Communication is key between coaches.

### Senior meetings

-Monday morning, only with head coach.

-Seniors will be the first to know what the theme of the week will be and will be asked to carry it out being a great example of it throughout the week.

### Weekly game de-brief

-Monday after school in classroom, head coach talks, gives players chance to talk about game, positives and negatives.

-Important time for head coach to implement the week's objective

### 1 different coach gives team devotion every week

-All coaches mandatory.

### Game day

-Pregame meal

-Coaches serve the seniors plate of food; seniors serve the juniors and sophomores.

-Pregame devotion by guest speaker (Dad, Pastor, etc...)

-Coaches duties

(Booth, sideline, special teams, etc...)



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(In-season notes & ideas cont...)

### Academics

- Study hall
- Progress reports

### Put ups/atta-ways!

-The power of the put up! This gives players the chance to say something good about a teammate during the week (Ex. *"Billy had a great practice today and really worked hard. He had an interception that changed the momentum of the game!"*)

Repeat after me!

"Hey Billy!"

(team) "HEY BILLY!"

"Go Billy!"

(team) "GO BILLY!"

"Ata-way!"

(team) "ATA-WAYYYYYYYY!!!"

### Notes

- Fundraising
  - Game day Media Guide
- Boosters/Parent involvement
  - Have to have great president!



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# Schematic Philosophy

## Offense

Develop a great offensive line

Keep overall scheme, formations and plays SIMPLE  
-do a few things well

Establish a great running game  
-veer option  
-dive trap  
-sweep  
-belly

Protect the ball

Create big plays with the passing game

## Defense

Einstein ball  
-know where to go and what to do on every play

Keep overall scheme, alignment, coverage's and blitzes SIMPLE

Tackle well  
-Eliminate big plays

Create turnovers

Be aggressive, physical and run to the ball



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### Special Teams

Gain the hidden yards

Stay disciplined in your assignment

Spend ample time in practice on Special Teams

-don't overlook Special Teams

Create game changing plays

-returns

-blocks

-takeaways

**Football comes down to two  
things...**

**Blocking!**

**&**

**Tackling!**

**-Coach Andy Lambert**



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### Western Christian High School Head Football Coaching Duties

- Implementing a vision/goals
- Providing a discipline team structure
- Being involved with booster club/fundraising
- Be a great communicator with parents/guardians
- Set up a sound practice schedule each week during the season
- Set up a sound off-season schedule including summer workouts, lineman camps, and passing leagues
- Recruiting and managing assistant coaches
- Completing and organizing paperwork: physicals, medical insurance, emergency cards, etc...
- Organize equipment in a clean manner including: shoulder pads, helmets, game wear, practice wear, sleds, dummies, shields, bags, chutes, footballs, etc...
- Lead end of year banquet
- Help Athletic Director with the following: setting up game schedule, developing relationship with league coaches/opponent coaches, attend league meetings
- Assist with field maintenance



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### Coaches Manual (under construction)

#### Great Coaches = Great Team:

*Great coaches should ask themselves the following questions:*

- Do our players play hard, with passion?
- Are they a selfless teammate?
- Do they encourage others?
- How do our players act off the field?
- Do you know the player's family's names, past, personal information?
- Are we growing as coaches, do we work constantly to grow in the game and in teaching?
- Are you thorough in your preparation?
- Are you enthusiastic everyday... in every situation?

What type of coach are we looking for?

Expectations of coaches

To the degree players believe their coaches love them, to that degree players will respond to their authority with: immediacy, great effort, and smile on their faces

Hands in the pocket coaching vs. on the run coaching

The power of the tongue

Are we known to our players as "SERVANT LEADERS?"

The majority of this material is from the minds of other people. Coaches who have coached me and the coaches who coached them. Some notable names where I have received my material.

- Scotty Kessler (Former Greenville College Head Coach)
- Andy Lambert (Sterling College Head Coach)
- Eric Hehman (Malone College Head Coach)
- Frosty Westering (Former Pacific Lutheran Head Coach)
- Jon Lehman (American Fork High School Defensive Coordinator)

These men love football. But more than loving football they love impacting the lives of young men.