

## Statement of Faith

We believe in:

The supernatural and complete inspiration of the Scriptures: That they are inerrant, and that their teachings and authority are absolute, supreme and final. (2 Timothy 3:16, 2 Peter 1:21)

The tri-unity of God: God the Father; God the Son; and God the Holy Spirit (Luke 3:22; Matthew 28:19; 2 Corinthians 13:14)

The personality and sovereignty of God: The personality and deity of Jesus Christ, begotten of the Holy Spirit, born of the Virgin Mary, very God and Very Man. The personality and deity of the Holy Spirit Who indwells every true believer and testifies of Christ, seeking to occupy us with Him and not with ourselves, not our experiences. (John 1:1-3, John 1:14, Matthew 1:18-23, 2 Corinthians 5:21, John 16:7 – 15, Acts 5:3-4, 1 Corinthians 12:13, Romans 8:9, Ephesians 3:16 & 5:18, Acts 1:9 Galatians 5:22 – 23)

The resurrection of Jesus Christ: That His body was raised from the dead according to the Scriptures, and that He ascended into heaven and sits at the right hand of God as the believer's advocate. (Luke 24:36 – 43; Hebrews 4:14 – 16, Acts 1:11)

The sinfulness of man: That all human beings are born with a sinful nature, are totally depraved and need a Savior from sin. (Genesis 3:1 – 24; Romans 5:12; John 3:3-5)

The atonement: That Jesus Christ became the sinner's sacrifice before God and died as the propitiation for the sins of the whole world. (John 3:16, John 14:6, 1 Timothy 2:5; Romans 3:23 – 26)

The necessity of the new birth: Salvation is by grace through faith, and not of works. Saving faith will maintain good works in the life of the believer. (Ephesians 2:8-9; Titus 3:5 – 7; 1 Peter 1:18 – 19)

The Church: That the church is composed of all who trust Christ as their only Savior, and that all believers are called into a life of separation from worldly and sinful practices (Ephesians 1:22-23; 4:11-16; 5:24-32; 1 Corinthians 12:12 -1 3).

The literal resurrection of the body, both of the just and unjust (Luke 24:36-43)

Satan: His existence and personality as the great adversary of God and His people: Revelation 12:1-10, his judgment (John 12:31, and his final doom (Revelation 20:10).

The everlasting blessing of the saved and the everlasting punishment of the lost: (Romans 14<sup>th</sup>10-12; 2 Corinthians 5:10; Revelation 20:11-15; John 3:16; Matthew 25:46)

The evangelization of the world: The supreme mission of God's people in this age is to preach the Gospel to every creature. (Mark 16:15)

The Second Coming of Christ according to the Scriptures (1 Thessalonians 1:10; 4:16-17; Revelation 3:19; 19:11-20:6)

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I have placed my faith and trust in Jesus Christ, alone, for my personal salvation.

I have read this statement and am in agreement with these Biblical Truths. I will not teach or speak against these truths.

Please sign and date here:

\_\_\_\_\_ Date \_\_\_\_\_

## Coaching Profile

Name \_\_\_\_\_

Best Phone Number (optional) \_\_\_\_\_

Email address (optional) \_\_\_\_\_

Website (if any, optional) \_\_\_\_\_

Coaching Experience (required):

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### **For internal office use only:**

Name:

Best phone number:

Email address:

Website:

## SCORE DRILL

Level: Advanced

### Purpose:

Young ball carriers tend to run too upright especially at the goal line at the point of contact. This drill helps them to learn “body lean”, “head position”, and “proper knee position”.

### Equipment Needed:

1. 2 Air shields
2. Football
3. Players in full equipment

### Instructions:

1. Have the two players with the air shields stand on a simulated goal line about eight inches apart.
2. Have the ball carrier in a running back stance five yards away.
3. On command, have the ball carrier dive straight ahead splitting the air shields and scoring.

### Coaching Tips:

1. Early on have the air shields further apart so the runner can learn to drive through the gap.
2. Stress keeping the head up, while bending the knees and leaning forward. Never let the runner split the air shields with his head down.
3. Head up = roll the neck and see the hole (facemask forward).
4. On occasion, have the air shield holders split at the last second. If the ball carrier doesn't fall down he isn't leaning enough.
5. Change the air shields every two runners.
6. Do not allow the ball carriers to get more than a five yard start. If anything, shorten the impact by shortening the distance to the shields.

### Drill Diagram:

Ball carriers become waiters, waiters become air shield holders, and air shield holders go to ball carrier.

Diagram to come

## How to Teach the Handoff

The football is the most important asset on the football field. The offense must handle it with care and score with it if possible. Therefore, handling the ball must be taught properly and clearly. There are at least two people involved in the handoff, the ball carrier and the quarterback.

### Ball Carrier Techniques

1. The BC forms a pocket by putting his arm closest to the QB (inside arm) across his chest with this thumb pointing down his sternum. The elbow must stay up and out of the way of the handoff.
2. The lower arm is placed across the hips with the palm of the hand up.
  - a. A common mistake occurs as the BC leans forward and his elbow drops. The elbow needs to stay up, keeping the arm parallel with the ground, no matter how far he bends over.
3. The ball is placed in the pocket to the low, far elbow.
  - a. Often the BC allows his low elbow to fall away from his body creating a space that the ball could fall through. Keep the low elbow tight to the body.
4. As the ball is placed in the pocket the BC controls the ball with the lower arm and hand. As he pulls the ball out it will be in the outside arm and away from most of the defenders.
  - a. See Coaching Nugget on Ball Carrier Fakes for how a BC takes and carries out fakes.

### Quarterback Techniques

1. Upon securing the snap from center, the QB should have both hands on the middle of the ball.
  - a. Holding on to the end is not secure enough to keep the ball from being knocked out of your hand inadvertently.
2. Place the ball across the BC's body to the far elbow.
  - a. Hook the ball into the pocket. The QB is mainly responsible for the handoff because the runner is looking for the opening to run through.
  - b. By holding the ball in the middle, the QB has a much more secure grip for faking as well.

### Defensive Lineman should not watch the ball

When a defensive lineman jumps offside anywhere in the world, you will hear someone yell "watch the ball". I believe that except for the nose guard, you can't watch the ball and the offensive lineman across from you. Watch the lineman across from you and go on his movement. If you watch the ball, you will be slow to fire out and will probably be blocked. Move on the movement of the offensive lineman. He's your key!

Submitted by Mike Stanley