

FRISCO CENTENNIAL FOOTBALL

WEEKEND WORK PLAN

By Mark Howard, Head Football Coach

I've been a Head FB Coach for 19 years and have struggled with having to work on Sundays. It has nothing to do with not wanting to put in the time and effort to prepare but rather by wanting to honor God and family. I was brought up "old school" in the sense that you worked every Saturday and Sunday during the season. As an assistant coach I was always very fortunate to have been part of football staffs in which the Head Coach did not require us to come in on Sundays until after Church and lunch with our families. When I became a Head FB Coach I did the same thing. There's been only one time in my career as a Head Coach that we didn't work on Sundays and that's because I was in a smaller school district and we chose to work a long Saturday (until 6:00 – 7:00 pm).

I've always felt like you had to work both days on the weekend to get everything done in order to best prepare as coaches and players. My wife would often comment that she wished we didn't have to work on Sundays so coaches could be home with their families. I understood what she was saying but in my mind I simply felt there was no way around it. I would always tell my wife that all of the Christian Head FB Coaches I knew and respected worked on Sundays as well.

Fast forward to football season of 2011.....In a conversation with Vance Gibson, Head FB Coach at Frisco High, he mentioned that he wasn't going to require his players to come in on Saturdays to watch video, lift, and run. He said he felt it would give his coaches an earlier start in preparing for the upcoming opponent. I agreed but it was hard for me to fathom not bringing players in on Saturday as I've always brought them in every year as a Head Coach. He said it would then be optional for the offensive or defensive staffs to meet on Sunday afternoons but it wasn't required. I thought long and hard about what he was committing to and decided we would give it a try as well. The following schedule is what worked for us. I'm not saying this will work for everyone but it made it possible for our coaching staff to not work a single Sunday this past season.

Saturday Routine

**7:30 am - Report to work and grade game video / Record stats both sides of the ball
(Off / Def staffs work independently)**

9:30 am - Start watching video of opponents

12:00 – 12:45 pm – Lunch Break

12:45 pm – Continue watching video

3:00 pm – ?? Game plan / put scouting report together for respective side of the ball.

The only thing I required was that no one left until we had put the best game plan together that would give our team the best chance to win on Friday night. The defensive staff usually met longer than the offensive staff. On an average I would say the Offense finished around 5:00 and the defense between 6:00 - 8:00. We did this for 13 weeks and it worked great! My coaches and players were both more refreshed during the season. I really struggled at first with not bringing in the kids on Saturdays but I think the 48 hrs they were away from us really made a difference. I think my entire staff felt physically as good week 13 as we did week 1.

The only way you can make this work is to not bring your kids in on Saturdays as a group. Players got grade sheets from their position coach on Friday night after the game and graded themselves on Saturday mornings between the hours of 10:00 am – 2:00 pm via HUDL. During that block of time the players would then report to the fieldhouse to go over their grades with their position coach. Each position coach would check the player's grade sheet and make additional comments as needed. If a player didn't have access to the internet we would set them up on a computer at school. This method kept the players accountable.

After trying this routine for the first time we will continue to do the same thing next season. The only glitch would be if you had a Saturday game. You would then have to work on Sunday because of being a day behind.

Is it coincidental that we had the most successful season ever in our program by not working on Sundays? I choose to believe that by honoring God's 4th Commandment and not working on Sundays really did make a difference.