



Zionsville Youth Coaches  
The **E.A.G.L.E** Standard

## Meeting Agenda

Blocking Technique  
+Basic Drills

Tackling Technique  
+Basic Drills

E.A.G.L.E. Standard

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## Blocking Basics



- Block with your eyes, and feet
- Find Your Aiming Point
- Body Position
- Hand Placement
- Active Feet
- EFFORT!!!!**



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-Block with your eyes, and feet

**EYES:** Up and on your  
aiming point

**FEET:** First steps are  
**CRITICAL**

-Find Your Aiming Point

Based on the Play

Where do we want the ball  
to go?

Where is the defender?

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## -Body Position

Make the “Tackle”  
Eyes Up Elbows in  
Come to Balance

## -Hand Placement

On Defender’s Chest Plate  
Thumbs Up  
Arms “Inside”  
OL: Eliminate Space  
Perimeter: Create Space





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-Active Feet

All Cleats in the Ground  
Compact Steps  
Feet in your Frame  
Feet never stop

-**EFFORT!!!!**

The vast majority of  
blocking is **EFFORT!!!**



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Basic Drills:

Offensive Line:

Stance and Steps

Punch: Kneeling/ Standing  
Boards

Fit and Finish

Perimeter

Square Drills

Approach+Come to balance

Punch

Feet and Finish

# Tackling Basics



- Tackling Position
- Leverage
- Contact Progression
- Feet on Contact
- Roll/Hawk Tackling



# Tackling Basics

## -Tackling Position

Feet under Hips

Hands in Holsters

Chest Up

Eyes Up

## -Leverage + Drills

Find a Hip

Where is your Help

Where is the sideline





# Tackling Basics

-Contact Progression + Drills

Close Proximity:

Shoulder "Fit"

Fit + Punch

Fit + Punch + Drive

-Distance Progression

No Space

1-2 Yards

5 Yards no contact

5 yards + Contact

# Tackling Basics



-Roll/Hawk Tackling

Keep Leverage

Attack the thigh boards

Grab the Hamstrings

Roll on Contact

Progression: (Drills)

Kneeling with Bag

Standing with Bag

Moving with Bag

Kneeling w/Partner

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**E**<sup>3</sup>  
Activate

**G**rit

**L**eadership

**E**xcellence

# Zionsville Football Leadership Program

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# E<sup>3</sup>

Energy

Effort

Enthusiasm

- BRING THE JUICE!
- Relentless Pursuit
- Be Positive and Encouraging!
- All-In

EFFORT DOES NOT MEAN WORKING “HARD” IT MEANS GIVING YOUR VERY BEST IN WHATEVER SITUATION OR POSITION IN WHICH YOU FIND YOURSELF

# Zionsville Football Leadership Program

## A Activate



- Daily Pursuit of Improvement
- Know your role and prepare to execute
- Always have a notebook
- Film Study
- Sit Up Front

“NOTHING GREAT WAS EVER ACHIEVED WITHOUT ENTHUSIASM.”

Ralph Waldo Emerson

# Zionsville Football Leadership Program



## Grit

GRIT = Perseverance and passion towards Long-Term Goals

- ATHLETIC GOALS
- ACADEMIC GOALS
- FUTURE GOALS

“SUCCESS IS NOT FINAL, FAILURE IS NOT FATAL: IT IS THE COURAGE TO CONTINUE THAT COUNTS.”

Winston Churchill

# Zionsville Football Leadership Program



# L

# eadership

- Integrity: Do right even when no-one is watching
- COMMUNICATE
- BE EARLY
- Coach and Encourage others
- Support other programs
- Be an active member of your community

“PLAY FOR THE NAME ON THE FRONT OF THE JERSEY, AND THEY’LL REMEMBER THE NAME ON THE BACK”

Tony Adams

# Zionsville Football Leadership Program

## Excellence



- You are a STUDENT first
- EXCELLENT Technique
- Do YOUR Job!
- Develop TRUST with coaches and Teammates
- Expect the best from yourself and all other members of this team!

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**E<sup>3</sup>**

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# E<sup>3</sup>

Energy

Effort

Enthusiasm

- Questions:
  1. What does showing great effort mean to you?
  2. Describe one way in which you displayed E3 this week.

EFFORT DOES NOT MEAN WORKING “HARD” IT MEANS GIVING YOUR VERY BEST IN WHATEVER SITUATION OR POSITION IN WHICH YOU FIND YOURSELF

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## Activate



- Questions:
  1. Who in your mind is a great example of someone who is always “Activated”
  2. Give an example of a time when you were prepared and things went well, and a time you did not prepare and things went poorly.

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## Grit

Your Grit will be displayed in the face of adversity.

- Write down 2 Individual Goals
- What are our Team Goals
- It's bigger than you!

[Inky Johnson](#)

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## Leadership

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# Zionsville Football Leadership Program



## Leadership

- Integrity: Do right even when no-one is watching
- Name the BEST leader you know/know of.
- How can you be a leader even if you are not vocal?
- What does it mean to be a Servant Leader? [Ed Reed Little Things](#)

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## Excellence



- Excellence is.....
  - A Process
  - A Habit
  - A Mindset
  - An achievable Goal

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**E**<sup>3</sup>  
**A**  
**G**  
**L**  
**E**