

BLACKOUT

Volume 25

The Year-Round Coordinator Handbook

THE MODERN MULTIPLE DEFENSE

RESPONSIBILITIES OF A DC



- **Create a culture and environment that is positive, relentless, and sound. The Defensive UNIT should be TOGETHER and operating as one....not as four different groups.**
- **Set non-negotiables in practice habits, effort, timeliness**
- **Hire and cultivate a staff that emphasizes the things that are important to you and that are loyal to you and the Head Football Coach.**
- **Show the Head Coach and Administrators that you can be “The Head Coach of the Defense.” Take care of issues before they get to him. Examples... player discipline and accountability, practice organization**



CALENDAR OVERVIEW

- **January/February** – Quality Control, Self-Scout, Clinics/ Others Videos
- **March** – Spring Practice prep begins.
- **April/May** – Spring Practice
- **June/July** – Summer Workouts, Quality Control of Conference Opponents (Review game from last year and one more), Breakdown first two (if staff hasn't changed)
- **August-November** – Season Mode

POST SEASON QUALITY CONTROL



- **Take a deep dive into analytics. It is important to know exactly what your unit was and was not good at. Key measurables that I must know.**
 - **Yards Per Play (Goal= Below 5.0)**
 - **Explosives (10+) and Fatal (20+) prevention**
 - **Rushing Yards Per Carry**
 - **3rd Down Success by Distance (1-2) (3-4) (5-7) (8+)**
 - **Redzone TD Prevention Percentage**
 - **Turnovers Forced vs MOBPs (Missed Opportunities for Big Plays)**
 - **Havoc Rate (TFLs, Sacks, QBHs, Turnovers). Goal is 20%.**
- **Depending on where you are at as a program, take inventory of conference peers in where you realistically feel your talent level is. Are you playing well against those guys?**
- **Self-Scout actual calls with a Success-Failure Tab. Examples...**
 - **Runs under 3 years = Success**
 - **Any 3rd Down Stop= Success**
 - **1 yard run for a TD = Failure**

STATISTICAL ANALYSIS EXAMPLES

Red Flag Here



TOTAL DEFENSE

(RANKED 19TH OUT OF 157 IN DII)

TOTAL DEFENSIVE SNAPS: 648

TOTAL TOUCHDOWNS ALLOWED: 32

TOTAL YARDS ALLOWED: 3309

YARDS PER GAME: 300.9

YARDS PER PLAY: 5.11

POINTS PER GAME: 21.64

AVERAGE TIME SPENT ON FIELD: 29:37

RUN DEFENSE

(RANKED 49TH OUT OF 157 IN DII)

RUNS AGAINST: 377 (Includes QB Scrambles)

RUSHING TOUCHDOWNS ALLOWED: 12

RUSH YARDS ALLOWED: 1435

RUSH YARDS PER GAME: 130.5

RUSH YARDS PER PLAY: 3.81

PASS DEFENSE

(RANKED 73RD OUT OF 157 IN DII)

PASSING ATTEMPTS AGAINST: 271
COMPLETIONS AGAINST: 152
(56% COMPLETION RATE)

INTERCEPTIONS CAUGHT: 7 (T-107 IN DII)

PASSING TOUCHDOWNS ALLOWED: 17

TOTAL PASSING YARDS ALLOWED: 1875

PASSING YARDS PER GAME: 170.46

PASSING YARDS PER COMPLETION: 12.34

REDZONE DEFENSE

(RANKED 131ST OUT OF 157 IN DII)

OPPONENT REDZONE VISITS: 28

REDZONE RUSHING TOUCHDOWNS ALLOWED: 10

REDZONE PASSING TOUCHDOWNS ALLOWED: 11

REDZONE FIELD GOALS ALLOWED: 3

RZ VISITS WITH NO POINTS ALLOWED: 4 (14%)

RZ VISITS WITH 3 POINTS OR LESS: 7 (25%)

We understand statistics, analytics, and rankings are spotty when it comes to High School Football. The suggestion would be to find the statistical barometers you feel like you need to meet and judge them against that rather than solely your peers. Ex: Goal is 130 yards per game rushing. Did we meet that? We want to be off the field 80% of the time on 3rd and 5+... did we meet that? Use realistic measurables based on where your team is.

SUCCESS/FAIL

- Every call presents an opportunity to collect data and usage. This system creates a full inventory by game, season, or career of what calls have been best to us.
- Categories are divided by situation. For instance, a defense against a base run on first down's success/failure is measured separately than the same offensive scheme on 3rd and 6. If the player got four yards on 1st down, it would be a failure. If he got four yards on 3rd and 6, bring the punt team out!
- We try to divide these from a wholistic standpoint; the front, stunt, and coverage for one source of data and divide it segmentally. For instance, Heads Torch may be an effective front/stunt played with C3, but bad for us in C4. That data point may suggest we have a fit issue out of split-field and nothing wrong with the front.
- The human element must still exist. An example may be a call we run 18 times in a season, and one play went for 45 yards but the other 17 were less than 2.0 ypp. That is still a good call. Ask yourself with every fatal/explosive.....was it a bad call or was it a great play by the offense/poor play on the ball by the defense?

RULES FOR SUCCESS FAIL

1ST DOWNS

3 OR LESS YARDS ALLOWED = SUCCESS
4 OR MORE YARDS ALLOWED = FAIL

2ND DOWNS

LESS THAN HALF THE DISTANCE = SUCCESS
MORE THAN HALF THE DISTANCE = FAIL
 EX: 2ND AND 9 WITH A GAIN OF 4 = SUCCESS
 2ND AND 9 WITH A GAIN OF 5 = FAIL

3RD AND 4TH DOWNS

PREVENTING FIRST DOWN = SUCCESS
ALLOWING FIRST DOWN = FAIL
 EX: 3RD AND 7 WITH A GAIN OF 6 = SUCCESS
 3RD AND 7 WITH A GAIN OF 7 = FAIL


SUCCESS/FAIL BY CALL

BOMB 4 MIDS- 23x	9:14 61% FAIL	SABRE RAM 4 ARROW- 8x	3:5 63% FAIL
BASS CUBE- 22x	13:9 59% SUCCESS	STRONG EAGLE- 8x	3:5 63% FAIL
AVALANCHE- 19x	9:10 53% FAIL	BABE- 6x	2:4 67% FAIL
PICK MAX BROWN- 15x	10:5 67% SUCCESS	MAX BROWN- 6x	2:4 67% FAIL
STEM WEAK VAMPIRE- 13x	8:5 62% SUCCESS	STEM BEEF WEAK PANTHER- 6x	3:3 50% SUCCESS
STACK TAN CUBE- 12x	6:6 50% SUCCESS	STEM HEADS JELLY GREEN- 6x	4:2 67% SUCCESS
BASH 4 ALERT- 11x	6:5 55% SUCCESS	STEM JOKER GREEN- 6x	1:5 83% FAIL
BASH TEAR 4 ALERT- 11x	8:3 73% SUCCESS	STEM STRONG GHOST- 6x	4:2 67% SUCCESS
MUSKET 4 ARROW- 11x	8:3 73% SUCCESS	BASH TEAR AUTO- 5x	3:2 60% SUCCESS
LEAF5- 10x	4:6 60% FAIL	BASH AUTO- 5x	1:4 80% FAIL
BANDIT 4 TRACE- 9x	5:4 56% SUCCESS	DOUBLE SWORD COMBO- 5x	2:3 60% FAIL
CAVS- 9x	4:5 56% FAIL	PICK MAX TRIANGLE- 5x	3:2 60% SUCCESS
SABRE 4 ARROW- 9x	3:6 67% FAIL	SHORTER- 5x	4:1 80% SUCCESS
STACK CUBE- 9x	3:6 67% FAIL	SKULL AUTO- 5x	1:4 80% FAIL
BANDIT I KEY- 8x	4:4 50% SUCCESS	STACK LEWIS CUBE- 5x	3:2 60% SUCCESS
BASH RIP 4 ALERT- 8x	5:3 63% SUCCESS	STEM CHIEF COMBO- 5x	0:5 100% FAIL
BELL 4 MOD- 8x	3:5 63% FAIL	WASP- 5x	2:3 60% FAIL
RHINO- 8x	6:2 75% SUCCESS	WEAK VAMPIRE- 5x	2:3 60% FAIL

POST-SEASON PLAYER EVALUATION

- **“In-Season is about the team, the offseason, decisions are often made in the best interest of the player.” – Dean Smith**
- **It is important, at least twice a year, to sit down with every player to comprehensively give them the full picture of where they stand within the unit.**
 - **Why they played or why they did not**
 - **What can they do as underclassmen to improve**
 - **College – Portal thoughts**
 - **In their estimation, what can the program/coaches do to improve**
 - **This obviously requires the emotional intelligence of yourself and your coaches on whose opinions to give credence to.**
 - **Hard Data- A comprehensive grade sheet of the players performance in alignment, assignment, and production.**
 - **Long-Term Goals in football (recruiting) or post-grad (college, military, or work force)**

Production Chart Example



	AV DEFENSE	Total Plays	Graded Plays	GRADE	RADICAL EFFORT	ASSIST/BASE TACKLE	EFFORT/EDGE TACKLES	TFL	SACK	FF	FR	SCOOP	INT	PBU/DEFLECTION	STRIP 3 ATTEMPTS	HURRY	DEF TD	SAFETY	BLOCKED KICK	TKO/BLOCK DESTRUCTION	3RD /4TH DOWN STOP	LOAFS	SOFTS	MOBP	PENALTIES	CRITICAL PENALTIES	MISSED ASSIGNMENTS	MISSED TACKLE	CRITICAL ERROR	EXPLOSIVE CAUSED	TOTAL PRODUCTION		
#					(+5)	(+1)	(+2)	(+3)	(+4)	(+3)	(+2)	(+1)	(+4)	(+2)	(+1)	(+2)	(+6)	(+2)	(+4)	(+2)	(+3)	(-5)	(-4)	(-3)	(-2)	(-4)	(-4)	(-2)	(-5)	(-4)			
11	JED ROBINSON	230	184	75%	10	2									3							2	2			10	1				-34		
12	CHASE BRIGHTHARP	309	233	83%	14	4									1					1			1			7	2	2			-16		
29	COLIN CALVERT	18	12	83%	5																					2					-3		
52	CHANTWAN HARKLESS	23	18	70%	1	3	1																									11	
24	CADE EATYENSON	510	380	81%	28	8	1	1	1			1	1	1	4					3		1	1			14	6					4	
30	GLENN BULLOCK	103	80	80%	15	1				1			1																				22
22	NOAH LAY																																
16	CHRISTIAN SEXTON	195	158	75%	1	11	1	2		2						6						4	1				5	3	2			-18	

SPRING PRACTICE GOALS AND INITIATIVES



- **Player Development – When in spring, err on the side of slow installation and HEAVY fundamentals work. No matter the system, fundamentals win.**
- **Begin formulating the depth chart. At the end of spring, we don't have to know who the starters are, but we need a clear view of the 15-20 that are the guys we have to count on. At the HS level, I thought it was important to evaluate what a depth guy could do well... not what he lacked. Begin finding ways within your scheme to steal snaps from him doing what he can do. If a bad player is having to play a lot, there isn't much you can do.**
- **Find the holes in the scheme. The worst thing you can do in the offseason is get overly competitive with the offensive staff. Puts the defense in the worst situations!**

SPRING 2025 GOALS AND INITIATIVES

(AN INSIDE LOOK)



- 1) Adjust like a champion – We’ve been blessed with incredible staff stability here for three years.**
- Change is part of the deal in all walks of life. We can whine about it, but it is inevitable in football and life. Collectively, we choose how we foster it for good and continue to help the program grow**
 - Fresh ideas are good for me as the Coordinator. It was a double edge sword that all of us put this thing in together. Having a new look perspective on things can only help us grow schematically and technically. I will handle the gavel on the defense to make sure that we are working within a similar framework. But the house needs to always be under some type of remodeling or improvement.**
 - THIS WILL MAKE US BETTER IF WE HAVE THE RIGHT ATTITUDE.**



GOALS AND INITIATIVES

3) This unit must become more competitive on the football

- **We made incredible strides last year on Defense.**
- **#19 in D2 in Total Defense. Top 30 in scoring Defense. Over 90 spots of improvement there.**
- **Why?**
 - **Less fatals (plays over 20 yds) – 2024:: 48....2025 33**
 - **Less Explosives (plays 10 to 19 yds) – 2024: 1292025: 114**
 - **Better against the run – 2024: 5.0 ypc ...2025: 3.8 ypc**
- **Where we made no improvements?**
 - **HAVOC RATE– TFLs, SACKS, TAKEAWAYS. Too many MOBPs. Finish at the QB, finish in the backfield, and disrupt the football on the backend when it's in the air.**
- **THE BALL IS THE PROGRAM. We have to do a better job of getting it back to our guys.**

TAKEAWAY ATTEMPTS AND LOAFS



- **A combined 20 disruption plays AND/OR takeaways daily. After grading the film, ten up-downs per failure to reach this goal.**
 - **What is a Disruption Play?**
 - **Strip or Punch at Ball**
 - **A true disruption play – PBU, Batted Ball, Forced Fumble through contact, QBH**
 - **Math Changing Physicality...TAKING TWO because you are dominant at the POC**
 - **Anything else at our discretion**
 - **LOAFS = UNACCEPTABLE. Push through it. BE THE NATIONAL CHAMPIONS AT THINGS WE CAN CONTROL.**
 - **Our eyes**
 - **Our emotional readiness to play**
 - **Our physical and mental effort.**
 - **THESE REQUIRE ZERO TALENT**



WHO ARE WE?

- **We have become a **SOLID** Defensive football team. But **SOLID** isn't good enough. I want **SWAGGER** and **DOMINANCE NOW**. **E's** and **T's** ... add an **E** for **EDGE**. **PLAY WITH ONE**.**
- **FILL THE LEADERSHIP VOID VOCALLY**
 - **Heze isn't here. Josiah isn't here. DP isn't here. GET COMFORTABLE making each other UNCOMFORTABLE.**
 - **I've seen vocal leadership this offseason from Alex Andre, Cade Eavenson, Chase Brightharp, Daniel Williams, Alex Ledford, Scotty Miley, Colton Smith, Stan Young**
 - **I want more from Carter Wit, Cross Killen, Zack Ramsey and other guys WE KNOW that can play at this level.**



TAKE THE LEAP

- **Spring is the time for the next wave of players to take the leap. Older guys grow by about 1% if they are doing it right. Younger guys can grow by about 5% daily. Who's next in this program? Our replacements don't have to come from the portal... we believe in development.**
 - **Portal Guys were brought in to play.**
 - **Guys who didn't play much in 2025 were brought here to play eventually.**
 - **I don't determine the Depth Chart. These coaches don't determine the depth chart. YOU WILL BY YOUR PERFORMANCE.**



SUMMER

- **Summer is increasingly important at all levels of football. Because of time limitations in the spring, installation becomes a little easier in June and July, primarily with coverages and the opportunities to do 7on7.**
- **Still, the primary goal is physical conditioning and strength development for your team. Overuse and soft-tissue injuries can put you behind when the real work starts in-season. It's a great time to put in walk-through tempo AND station work if you are already sprinting in your conditioning.**
- **As a Coordinator, I like to take one week in the summer to go back and rewatch all of our conference opponents and create comprehensive notes after I've had time to decompress.**

General Notes

Got some BASTARDS... Quads, UNBALANCED, & a crazy amount of 12P

But 12P is who they were Before us, as well.

40 Snaps of A Lot of 4/4 Formations. Trump/Shot/Tru

- General Run Game Breakdown held True but they were a little more power oriented vs us. IZ First -> Power -> then Counter.

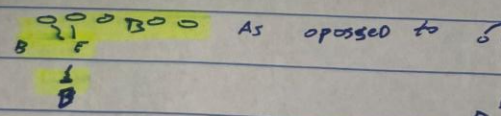
General Pass Breakdown -

Vanilla Pass Scheme -> General RPO/PAP outside the HoS Will Attack the Seams with Verts/Switch Verts.

Explosive Cut Ups

- They did a lot of GAP Scheme TO The TE.

- The Nuance of it was The TRE Block got to our Frontside BACKERS + gave us Fits



A Couple of Runs were BREAKDOWNS in Tackling.

Positive Game Experiences

- Switch Verts
- Fall out
- Rush Lane Breakdown

D+D Report

OK on First Down. POOR on 2nd & Third Down. 3 4th Down. Won The GAME.

Negatives Report

- Two man surface pressures Hugely successful
- Str. Eagle, Mc Partlen, Buck Conn, Surtkh.

were able to win in pass rush situations. Sacks off TENGO + Salsa

Rezone/Coast Line

Moving to Greely on GL that week was critical. Got 4th Down Stop + forced a RZ FG Another time.

Corrections

NBA's to 4/4 -> The TE on The Pa is the 2 LANE. Cost turn this loose again PLAY 133 NFL Post SAFETY.

DB LANDMARKS were an issue in this game.

- Corners closing in 2 Banger. (EVAN)
- Leveraged as AN inverted half player (EVAN)
- Over Ggapped in 3 Deep a few times. Outside Divider on a critical 3rd Down.
- Safety not in post in NFL.

What will they be ready for?

- Corner Fire off BACKSIDE of UNBALANCED
- Arrow Adjustments to UNBALANCED

Thoughts

- Cloud the C GAP more! Force the TE to get off the line.
- Have a few one worded Tempo calls that are specific
- 4/4 Specific Hot Pressures!!



SEASON MODE

- **Consistency! Find a schedule that aligns with the Head Coach and is fair to your Assistant Coaches.**
 - **The higher your position, the higher your empathy levels should raise. There's nothing more selfish than wasting others' time!**
- **Organization is paramount! Give out weekly duties as it relates to opponent breakdown, scouting report assignments, and card-drawing.**
- **Be aware of other Assistants' capabilities (the job must get done properly) and responsibilities (teaching, family, etc.).**
- **For more Staff Organization information, I'd suggest going back and looking at Volume 4. There, you can see a more in-depth look of how we structure weekly organization and practice plan.**



SCOUTING REPORTS

- **With phones, iPads, or Chromebooks at each player's fingertips, we have not printed a scouting report in years.**
- **Scouting Reports can be as thorough as they need to be, but typically with HS kids, we like to provide personnel reports and three to four key themes for the week. These could be scheme driven, player driven, or data-driven.**
 - **Example – “We must stop #32 from ever getting to the perimeter. If he gets there, he can change the game. Focus on five techs setting firm edge and force players not getting greedy inside. RUN!”**
 - **Example – “When they are in Toy Formation and the back is set strong, it is 92% RPO”**
- **Different position groups need different emphases.**



HUDL SCOUTING REPORTS

2024 SCHEDULE

09/05	West Virginia State	L	24-27
09/14	@Chowan	W	24-20
09/21	@Emory & Henry	L	0-41
09/28	Anderson		
10/05	@Carson-Newman		
10/12	@Wingate		
10/19	Lenoir-Rhyne		
10/26	@Newberry		
11/02	Catawba		
11/09	@Limestone		
11/16	UVA-Wise		

BARTON SCOUTING REPORT

2023 Record **6-5**

2024 Record **1-2**

Head Coach - Chip Hester - 5th Season (Year 7)

O.C. - Landon Mariani - 3rd Year

9 RB #9 Jay Long RS SO 5'10" 200

12 QB #12 Trevor Nored RS SO 6'1" 205 (Rhode Island)

46 FB #46 Jack White JR 6'1" 280

1 INSIDE WR #1 Jayden Flood-Brown SR 6'1" 200

5 OUTSIDE WR #5 Isiah Jacobs JR 6'4" 185

85 TE #85 Adrian Rhodes RS FR 6'5" 230

64 RT #64 John Brown JR 6'3" 380

78 RG #78 Hunter Sauls SR 6'3" 295

73 C #73 Connor Sauls SR 6'2" 295

74 LG #74 Seth Phillips SR 6'2" 285

76 LT #76 Trey Pickard SR 6'3" 295

20 Rackwan Batts SR 5'10" 255

19 Nazir Garrett RS FR 5'10" 175

3 DoVon Adams SR 6'4" 210

86 Kavaric Hightower RS FR 5'8" 150

14 Zakari Smith JR 6'6" 200

18 Jevon Myers SR 6'2" 200

*Indicates Returning Player

*Indicates New Transfer

2024 STATS

TOTAL OFFENSE	RUNNING GAME	PASSING GAME	SCORING
Total Yardage 766	Total Yardage 318	Total Yardage 448	Total Points 48
Total Plays 169	Rushing Attempts 93	Passing Attempts 76	Points per Game 16
Yards per Play 4.5	Yards per Run 3.4	Completions 39	Rushing TDs 5
		Yards per Catch 11.5	Passing TDs 0
			FGs 2-4

Barton QB's

#12 Trevor Nored
R-So
Rhode Island Transfer (Originally from Waldorf, MD)
6'1 205

*Notes- FCS Transfer. Unconventional low release. Has had a problem early with batted boys. Has a little Johnny Manziel in him....scrambler and offschedule playmaker. Must keep him contained in the pocket. Capable of making plays after the original play breakdown. Efficient thrower with underneath and intermediate stuff. They havent been real explosive yet but he's certainly capable. Willing runner in the Redzone especially.



#19 Nazir Garrett
R-Fr
Henderson, NC (Vance County HS)
5'10 175

* Played in mop up duty. 0-1 vs Emory and Henry. Looked more mobile than Nored. From HS tape , makes a lot of plays with his feet escaping the pocket and throwing it down field. Keep him contained and make him throw it on schedule.



HUDL SCOUTING REPORTS



ALL DOWNS BREAKDOWN

BARTON

49% RUN (84x) 51% PASS (87x)

PERSONNEL

11p-39% (67x)	(60% PASS / 40% RUN)
12p-30% (53x)	(67% RUN / 33% PASS)
10p-23% (40x)	(78% PASS / 22% RUN)
13T-5% (9x)	(100% RUN)
22p-2% (3x)	(100% RUN)
21p-1% (2x)	(100% RUN)

TOP FORMATIONS

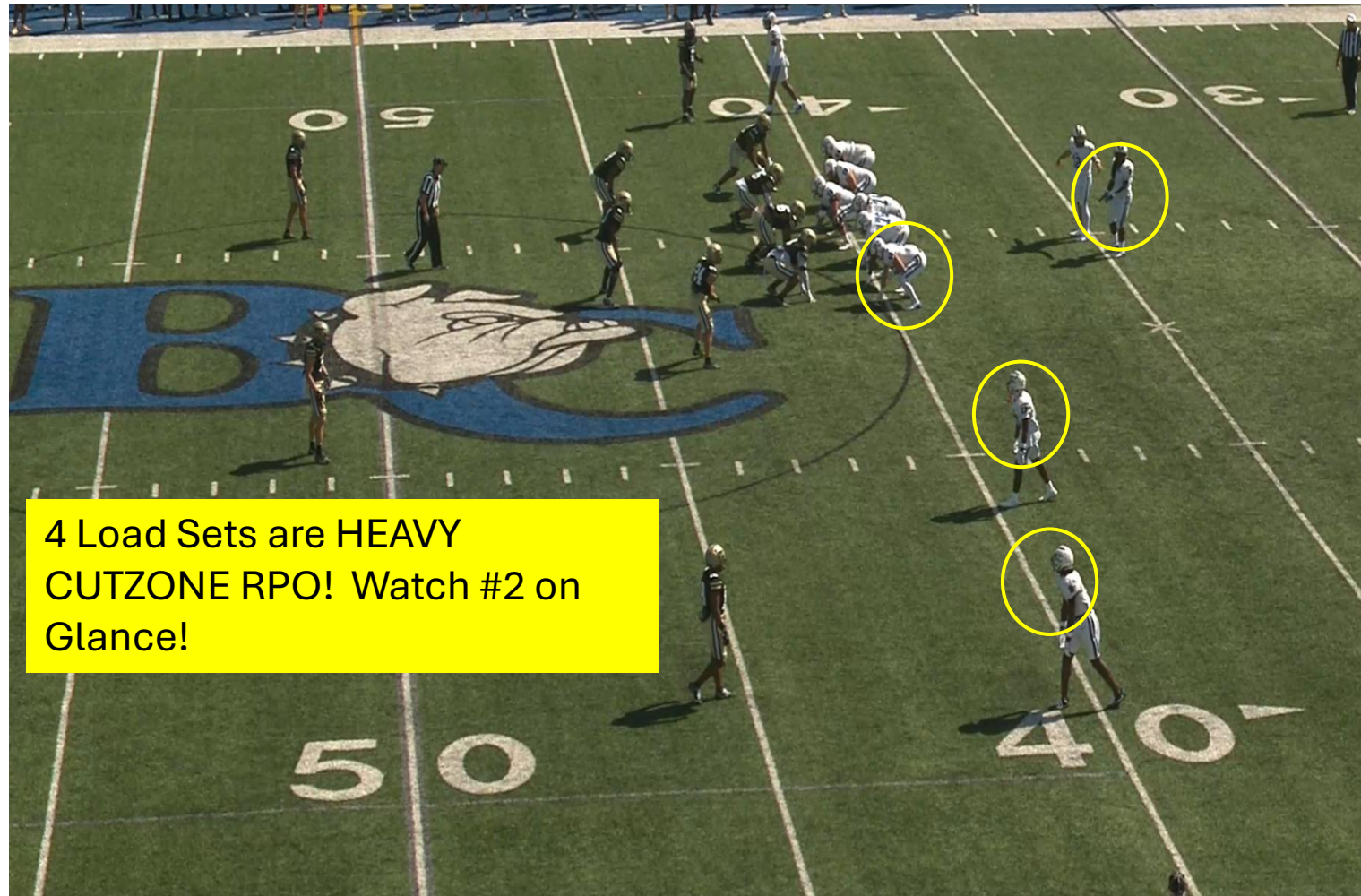
DOLPHIN- 12% (20x)	(65% PASS / 35% RUN)
TOY- 11% (18x)	(83% PASS / 17% RUN)
TRIPS- 10% (17x)	(76% PASS / 24% RUN)
DRAGON- 5% (9x)	(67% PASS / 33% RUN)
HUSKIE- 5% (8x)	(100% RUN)
DIP X OVER-5% (8x)	(71% RUN / 29% PASS)
TROJAN-5% (8x)	(71% RUN / 29% PASS)
DEUCE-4% (7x)	(57% PASS / 43% RUN)

TOP RUNS

COUNTER 25x
INSIDE ZONE 20x
STRETCH 18x
PIN AND PULL 5x
OUTSIDE ZONE 5x
TOSS 4x
POWER 3x
ISO 2x

TOP PASSES

FLOOD 11x
BUBBLE SCREEN 6x
SNAG 6x
VERTS 6x
GLANCE 5x
DAGGER 4x
MESH 3x
MESH WHEEL 3x
CROSS COUNTRY 4x
INVERTED SMASH 3x
HITCHES 3x
SLANTS 3x



4 Load Sets are HEAVY
CUTZONE RPO! Watch #2 on
Glance!



Practice Week

- **Sunday/Monday** – Bury previous game, fix core issues, consolidate scouting reports. Begin gameplan. Goal Line and Openers.
- **Monday Practice** – Goal Line and Base Plays. Finalize Opener Plan as a staff.
- **Tuesday** – Heavy Base and Base Pressure Day. Opener gameplan should be finalized. Begin 3rd Down/Redzone Prep.
- **Wednesday** – Finalize 3rd Down/Redzone Prep. Heavy situational practice day
- **Thursday** – Consolidate gameplan and call sheet finalization. Hully Gully's, 2 Minute, End of Game
- **Friday Walk Through** – Key Themes, Hully Gully's, End of Game
- **Friday/Saturday** – WIN!

GAMEDAY OPERATION



- **As a coordinator, you must decide where you call the game. There are advantages of both. It's critical to recognize what type of unit you have. The more mature, the more you can be away from them and in the box. But someone you really trust must be down to get it adjusted.**
- **I have done both, but have decided to be on the field recently because we can now use iPads if there is an issue with me seeing it.**
- **The staff must have duties on what and where to watch. No one needs a running commentary of the game. Position coaches watch their groups. Press box guys watch AWAY from our sidelines.**
- **Absolutely no talking by anyone during the play or during the playcalling sequence other than the coordinator or if you were spoken to. It's a stressful situation and requires the calmest environment.**
- **Between series, after the adjustments are done, find a place alone on the sideline to make notes for the next series. This is my way of cooking in the kitchen, but eating in the living room. You must remove yourself from the chaos at times. Assistant coaches should always be with their groups on the sideline.**
- **The unit with the ball follows the ball. If we are off the bench, we are away from the offensive substitutes farther from the ball.**
- **We sit by unit on the bench. From left to right: DL, ILB, OLB, SAFETIES, CORNERS. If you were not in the game on the last possession, you are not on the bench! BEHIND !!!!**
- **If a Sudden Change occurs before adjustments / subs have been communicated, the first group goes on the field.**
- **Encourage substitutions early (talk on Friday as a staff about ideal reps per player). In neutral or positive field positions STEAL reps! Be fresh in the fourth!!!!**