



Special Teams
**Attitude Development and
Evaluation Through Competition**

Always Compete

Attitude Development

- Emphasis in Spring
 - Pack Vs. Krazy Jack
 - 4 Captains
 - Draft
 - Core Competitions (Lions/Gazelles, Lock/Load)
 - Wins
 - Participations
 - Making Plays

Intended Outcomes

- Provide leadership opportunity for role players
- Develop a sense of how players feel about each other
- Develop Always Compete Attitude
- Force coaches to evaluate all players
- Create Deliberate Practice environment

Krazy Jack Concepts

- Two possible Body Positions: **Speed** or **Power**
 - **Speed**-Man in Transition, gaining ground
 - **Power**-Football position, Power angles cocked (Change Direct, Strike)
- A man possesses two possible intentions (**Create** contact, **Avoid** contact)
- Options for avoiding contact: **Speed**, **Backdoor**, **Knockdown**, **2-Gap**
- **In Phase** or **Out of Phase**: Describes the relationship between the blocker and returner
 - **Out of phase**=Speed and Backdoor moves
 - **In phase**=2 gap and defeat high shoulder

Krazy Jack Concepts

- When we **2-Gap** we keep our **HANDS** on blocks, **EYES** on ball, **FEET** gaining ground
- Two ways to create contact:
 - **Attack and redirect** (Vs power player),
 - **Absorb and redirect** (Vs speed player)
- When moving to create contact, must be able to transition from speed to power