

FOOTBALL PLAYS AND DRILLS

Our Mission in bringing you Football Tips Newsletter is to bring you the resources to help you realize all your football goals. It is, and always will be, a "work in progress", as we continue to seek out the plays, drills, tips, books, videos and products that are worth your time and consideration. We believe anyone, with the correct work ethic and desire (especially desire), can elevate themselves to elite coaching or player status. Why not you?

If you like this e-zine, please do a friend and us a big favor and "pay it forward."

If a friend DID forward this to you and if you like what you read, please subscribe by visiting <http://football-plays-and-drills.com/football-newsletter.html> You'll also receive our two FREE Special Reports: "**5 Keys to Discovering the Successful Coach Inside You**" and "**The Nanotechnology Patch Revolution**".

WE NEVER RENT, SELL OR GIVE AWAY YOUR PERSONAL INFO-SIMPLE AS THAT!

November 10, 2005

What Will You Find In This Issue?

Hmmmm, let's see...

-**Genious** (just kidding) Note From Dave & Matt

-This Month's "**Mind Altering**" Quote

-2 **Tantalizing & Turbo-Charged** Feature Articles geared to help you win now

-Quote of the Month #2

-Football Plays and Drills "**Recommends**", or 'How to **Skyrocket** Your Game to the Next Level'

Note From Us to You

I was thinking the other day about **all the things** that separate the great coach from the mediocre coach. What makes the difference between the best player and the worst player on your team?

Obviously, many **factors** play into this - natural talent, work ethic, dedication, etc.

But I found myself centering on **habits**. Wouldn't you agree that pretty much everything you do during your day is a habit? Whatever you do every day over and over again is your routine, or group of habits.

Now comes the interesting part. Are your daily behaviors (your habits) **positive** or **negative**? Are you engaged in daily activities that are slowly **improving** your coaching skills or player skills? Or are you **wasting** a ton of time each day on stuff that really doesn't matter much?

I took a hard look at my habits and found that I have some positive ones but also some real time wasters. I started to write all this out **on paper** and made a commitment to myself. I will continue with my positive behaviors but, more importantly, I will begin to replace my negative habits with daily activities that will improve my future.

After going through this exercise, life has a whole "**fresh start**" feel to it. I encourage you to do the same. You may like where this exercise takes you over the next 5-10 years!

All the best,

Matt Zavadil

Like This Ezine? Please Tell Us (and Have the Chance to **WIN**)

If you find the info in this issue helpful, please share it with us. We're looking for a few super testimonials for our website -- especially any to do with our advice helping you to improve your coaching or football skills. If your testimonial is chosen, we'll give you a free sample of the Energy Patches you'll read about later in this issue. Don't delay -- send us your testimonial right now! (100 words or less, please)

Just use our "Contact Us" page on our site to send us your testimonial.

(After a couple of months or so, we'll pick the best ones and add them to our site)

Quote of the Month

“Football is like life, it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority.”

- Vince Lombardi

Feature Article #1

Score At Least 5 More Points Per Game By Coaching Football Kicking Properly

- by Matt Zavadil

I bet **you're frustrated** that your team's football kicking skills are leaving at least five points on the field every game you coach. **Think about it**, how often have you been in a fourth and three situation on the opposition's fifteen yard line with no confidence in hitting the field goal?

You go for it instead of trying the kick and don't make it. Instead of a three point lead, your opponent takes over and drives down for a touchdown....

To read whole article, [Click Here](#)

Feature Article #2

We subscribe to John Maxwell's "Leadership Wired" Newsletter and thought this article had a great idea to help improve coaching and leadership skills:

Avoiding 'Mental Flabbiness'

By Dr. John C. Maxwell

I have a designated "**thinking chair**" in my office.

I don't sit in it when someone drops by to talk. I don't take power naps in it. I use it only for thinking.

This chair doesn't think for me, but it does speak to me every now and then. If I've gone a few days without sitting in it, its presence subtly reminds me that I'm not devoting enough time to the all-important task of **thinking**.

When we fail to make thinking a priority, we develop what author Gordon MacDonald calls "**mental flabbiness**." This may not sound like a life-threatening condition, but in some ways, it can be quite dangerous. Here's how MacDonald explains it:

"In our pressurized society, people who are out of shape mentally usually fall victim to ideas and systems that are destructive to the human spirit and to the human relationship," he writes. "They are victimized because they have not taught themselves how to think, nor have they set themselves to the lifelong pursuit of **growth of the mind**. Not having the faculty of a strong mind, they grow dependent upon the thoughts and opinions of others. Rather than deal with ideas and issues, they reduce themselves to lives full of rules, regulations, and programs."

You can't be an **effective leader** with a mindset like that—it's just not possible.

Fortunately, there is an antidote to mental flabbiness: **making time to think**. I realize this can be a daunting assignment for people whose schedules are already bursting at the seams. And yet, when we don't make thinking a priority, we're actually sabotaging our own creativity and success.

Think about it. One of the highest commodities in a person's life is a great idea. A great idea has transforming power. It can take you places you may never have dreamed of going. But great ideas don't come out of nowhere. They begin as thoughts. So it stands to reason that the more time we spend thinking, the more great ideas we'll have.

The good news is that it doesn't take hours of thinking each day to generate ideas and stay in good mental shape. You can accomplish a great deal in a few moments of concentrated, intentional thought.

Let me give you **two examples** of how this works in my life. Every morning, I devote three minutes to what I call "**big-picture thinking**." I look at my schedule for the day and ask myself one simple question: What's the main event?

Of all the things I'm going to do, of all the people I'm going to see, of all the experiences that I'm going to encounter, what's the main event?

You can't prioritize your day if you don't see everything in your day. That's why I practice big-picture thinking in the morning. I have to pick out my main event early, because whatever it is, that's where I had better be at my best.

I'm human, and I don't always hit the ball out of the park. Sometimes I don't hit the ball at all. But at the **main event**, I had better hit a home-run. Big-picture thinking helps me achieve that goal.

At the end of the day, I spend another five to 10 minutes doing what I refer to as "**reflective thinking**." I go to my thinking chair and spend time reviewing my whole day. I ask myself questions such as, "Who did I see today? How did I add value to those people? What lessons did I learn?"

Reflective thinking doesn't take long, but it's an incredibly valuable exercise because it turns experience into insight.

Can you imagine what would happen in your life if you practiced big-picture and reflective thinking? You would **stop wasting time** on things that don't really matter, which would give you more energy for the really important activities.

You would be more organized and efficient. You would experience less stress. Most importantly, you would also take more away from each day that would enable you to lead better the next day.

The best way to start this process is to designate a specific place to think. It doesn't matter if your "thinking chair" is in your den at home or your office at work. It just has to be a spot where you can do nothing but think for a few moments twice a day.

The **bottom line** is this: If you find a place to think your thoughts, you'll have **more** thoughts. If you find a place to **shape** your thoughts, you will have **better** thoughts. And if you find a place to **stretch** your thoughts, you will have **bigger** thoughts.

All this, from just three minutes in the morning and five to ten minutes at night. As you can see, the results far outweigh the time investment.

You can sign up for John Maxwell's Newsletter on his site <http://www.injoy.com>

Quote of the Month #2

"In doing your work in the great world, it is a safe plan to follow a rule I once heard on the football field: Don't flinch, don't fall; hit the line hard."

- Theodore Roosevelt

Football Plays and Drills Recommends

1) **"Peak Sports" Membership**
