

Dave Cisar Winning Youth Football

Lauren Gardner

Dave Cisar Winning Youth Football: A Comprehensive Guide to Success

Dave Cisar, a renowned figure in youth football coaching, emphasizes a holistic approach that extends beyond Xs and Os. This guide delves into the principles behind his winning strategies, offering a roadmap for coaches aiming to build successful and well-rounded youth football teams. We'll cover everything from player development and strategy to fostering a positive team culture.

I. Building a Strong Foundation: Player Development & Character

Cisar's philosophy centers around developing well-rounded individuals, not just skilled football players. This involves:

Skill Development: Focus on fundamental skills – tackling, blocking, throwing, catching – through repetitive drills and individualized instruction. Avoid overwhelming young players with complex plays early on. Start with the basics and progressively introduce more advanced techniques. For example, dedicate specific practice time to proper tackling form, emphasizing shoulder tackling and wrapping up.

Physical Conditioning: Implement age-appropriate conditioning programs emphasizing strength, agility, and endurance. Avoid overtraining; prioritize rest and recovery to prevent injuries. Consider incorporating fun, engaging activities like relay races to keep players motivated.

Mental Toughness: Cultivate mental resilience through positive reinforcement, constructive feedback, and teaching players to handle pressure. Role-playing scenarios can help players develop coping mechanisms for challenging game situations. For instance, simulate a crucial fourth-down play in practice to build confidence under pressure.

Character Development: Emphasize sportsmanship, teamwork, respect, and discipline. Teach players

the importance of accountability and responsibility both on and off the field. Establish clear team rules and consistently enforce them. Reward positive behavior and address negative behavior constructively.

II. Game Strategy & Play Calling:

Cisar advocates for a balanced, adaptable approach to game strategy, emphasizing:

Understanding Your Team: Know your players' strengths and weaknesses. Tailor your play calling to exploit your team's advantages and minimize their vulnerabilities. For example, if you have a strong running back, incorporate more running plays into your offense.

Simplicity and Repetition: Keep plays simple and easy to understand for young players. Repetition during practice is crucial for mastering plays and building confidence. Start with a small playbook and gradually add complexity as players develop.

Adaptability: Be prepared to adjust your game plan based on the opponent's strategy and the flow of the game. Teach players to read the defense and make adjustments on the field. For example, if the opponent is consistently stopping your running game, shift to a more passing-oriented approach.

Special Teams: Don't underestimate the importance of special teams. Practice punting, kicking, and kickoff returns diligently. A strong special teams unit can significantly impact the outcome of a game.

III. Creating a Positive Team Culture:

A positive and supportive team environment is crucial for success:

Team Building Activities: Organize team-building activities to foster camaraderie and build relationships among players. This could include team dinners, movie nights, or volunteer work.

Positive Reinforcement: Focus on praising effort and improvement rather than solely on results. Celebrate successes, both big and small.

Constructive Feedback: Provide constructive feedback to players, focusing on specific areas for improvement. Avoid harsh criticism or public humiliation.

Parent Communication: Maintain open communication with parents to keep them informed about team activities, progress, and expectations.

IV. Common Pitfalls to Avoid:

Overcoaching: Avoid overwhelming young players with too much information or overly complex strategies.

Neglecting Fundamentals: Don't sacrifice fundamental skill development in favor of advanced techniques.

Lack of Discipline: Establishing and enforcing clear team rules is essential for maintaining order and respect.

Poor Communication: Maintain open communication with players, parents, and assistant coaches.

Ignoring Injuries: Prioritize player safety and address injuries promptly.

V. Step-by-Step Guide to Implementing Cisar's Principles:

1. Assess Player Skills: Conduct thorough evaluations of each player's abilities.
2. Develop a Training Plan: Create a comprehensive training schedule focusing on fundamentals and conditioning.
3. Establish Team Rules: Clearly define team rules and expectations.
4. Implement a Simple Playbook: Start with a small, easily understandable playbook.
5. Foster Teamwork: Implement team-building activities and promote positive interactions.
6. Provide Constructive Feedback: Offer regular, specific feedback to players.
7. Adapt Your Strategy: Be flexible and adjust your game plan based on opponent and game flow.
8. Communicate Effectively: Maintain consistent communication with players, parents, and coaches.
9. Celebrate Successes: Acknowledge and celebrate both individual and team achievements.
10. Evaluate and Improve: Regularly review your coaching strategies and adapt accordingly.

VI. Summary:

Dave Cisar's approach to winning youth football emphasizes player development, character building, and a positive team culture. By focusing on fundamentals, building a strong team bond, and adapting to the game, coaches can build successful teams while fostering a positive environment for young athletes.

VII. FAQs:

1. How important is winning in youth football according to Cisar's philosophy? While winning is a desirable outcome, Cisar prioritizes player development and character building. Winning should be a byproduct of hard work, dedication, and a positive team environment, not the sole focus.

2. What's the best way to handle a losing streak? Maintain a positive attitude and focus on improving individual and team performance. Analyze mistakes, adjust strategies, and encourage players to learn from their experiences. Emphasize effort and improvement over results.

3. How do I deal with challenging parents? Maintain open communication, listen to their concerns, and explain your coaching philosophy. Ensure parents understand your commitment to player development and safety. If conflicts arise, seek assistance from league officials or administrators.

4. How can I keep young players engaged and motivated throughout the season? Vary your practice drills, incorporate fun activities, celebrate small victories, and recognize individual accomplishments. Set realistic goals and reward players for effort and improvement.

5. What are some effective drills for teaching fundamental football skills? Focus on basic drills for tackling (shoulder tackling, wrapping up), blocking (proper stance and footwork), passing (grip, throwing motion, accuracy), and catching (hand placement, securing the ball). Use repetitive drills, providing individualized feedback to each player. Incorporate fun competitive elements to keep the drills engaging.

Link Note Dave Cisar Winning Youth Football

[worksheets on prepositions for grade 8](#)
[what was the education like in sparta](#)

[physiology of death](#)

No results available or invalid response.