

FOOTBALL FILM



IMPORTANCE OF HIGH QUALITY FILM

"The Film Doesn't Lie"

- Detailed performance evaluations
- Improved player performance
- Identifying strengths and weaknesses
- Opponent and self scouting
- Strategy development
- Higher recruitment potential
- Enhanced competition levels

PRACTICE FILM

***"Practice doesn't make perfect. Perfect practice makes perfect."
- Vince Lombardi***

- You must film practices to get better as a team
- Prioritize filming any and all compete periods over individual drills when resources are low
 - Team
 - Pass Skelly
 - 1 v 1 - OL v DL, WR v DB
- Football is played on the field, corrections are made in the classroom
- Hard to believe it until you see it

GAME FILM

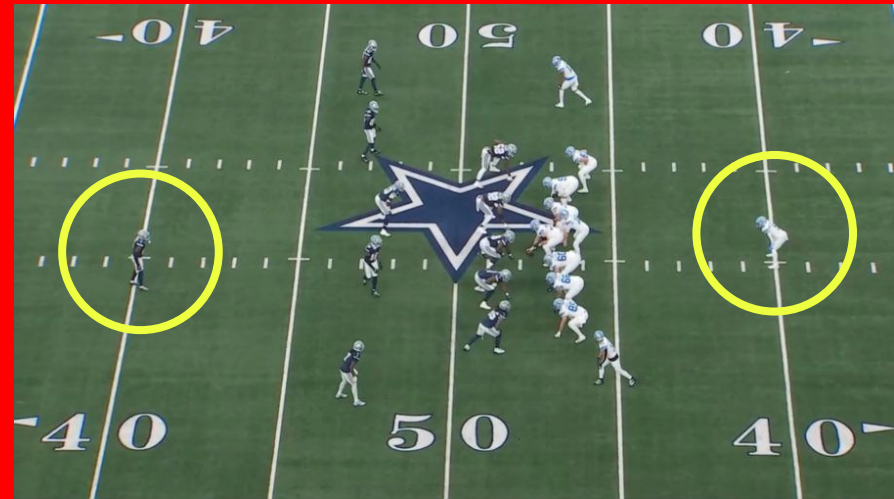
"League requirement"

- Film is a priority and should be treated as such
- Home teams are required to film, away teams should too
- All games should receive a Sideline and End Zone view
 - Split it up between home and away teams when resources are low
- Every play **MUST** be recorded
- Every play is an **INDIVIDUAL** clip (no open feeds)
- Film is for the teams, not for broadcasting
 - If you want highlights for social media, use a different camera

SIDELINE FILM

"All 24, all the time"

- Higher elevation = better film
- Start tight and widen slowly as the play develops
- Picture from 3 yards behind deepest players - ie. RB and Safety
- Never zoom in once a play starts
- Eliminate excess field/track/stands
- All 24 until QB throws, then follow
- Start when OFF breaks the huddle
- End 2 seconds after whistle



ENDZONE FILM

"Box before ball"

- Higher elevation = better film
- Start with a tight shot focusing on 3 yards outside of the box on either side, widen as play begins to keep entire box in focus
- Never zoom in once a play starts
- Follow the ball late
 - Minimize zoom out
- Start film once Centre gets to ball
- End 2 seconds after whistle



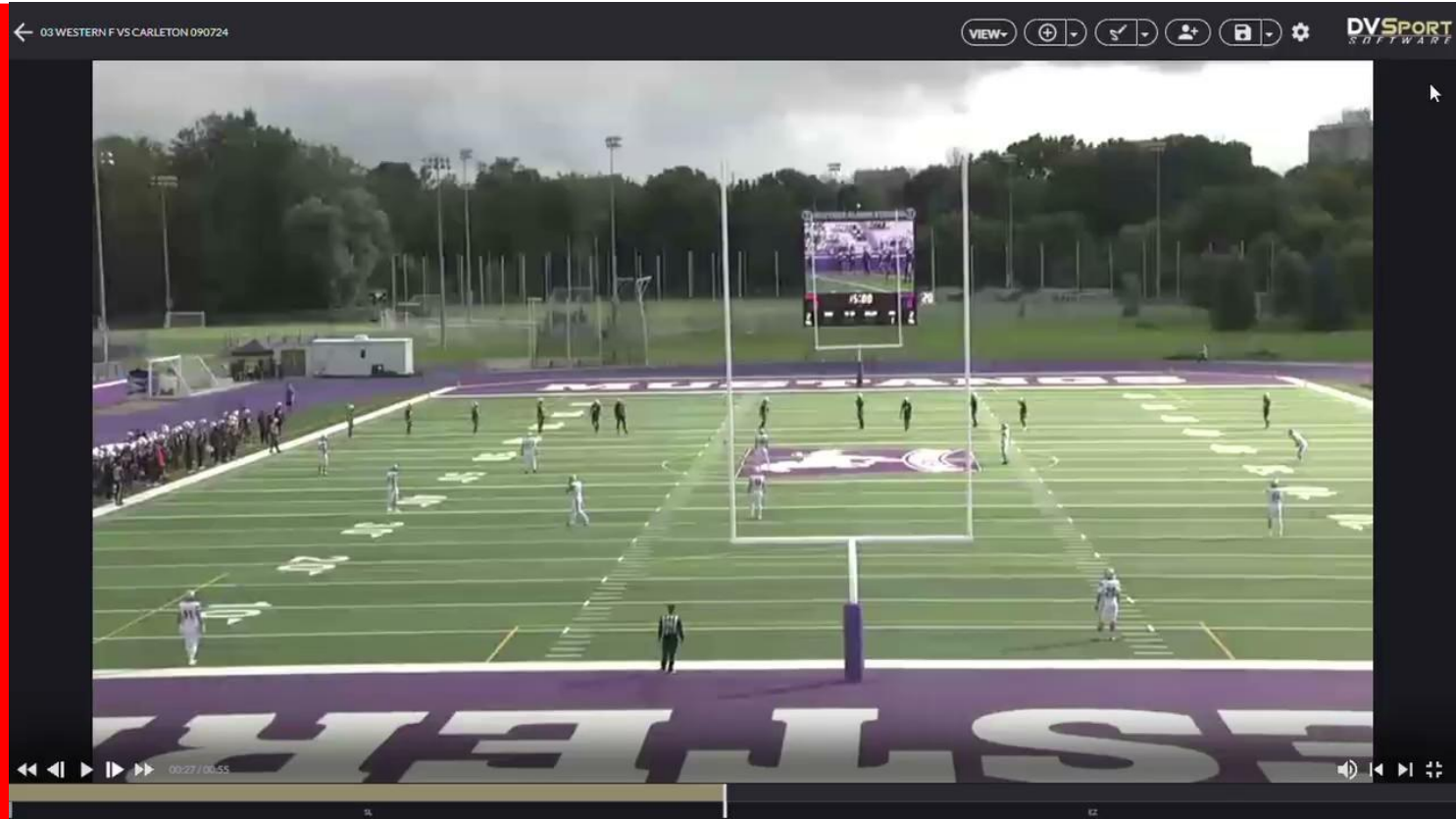
KICK OFF/KOR

SIDELINE



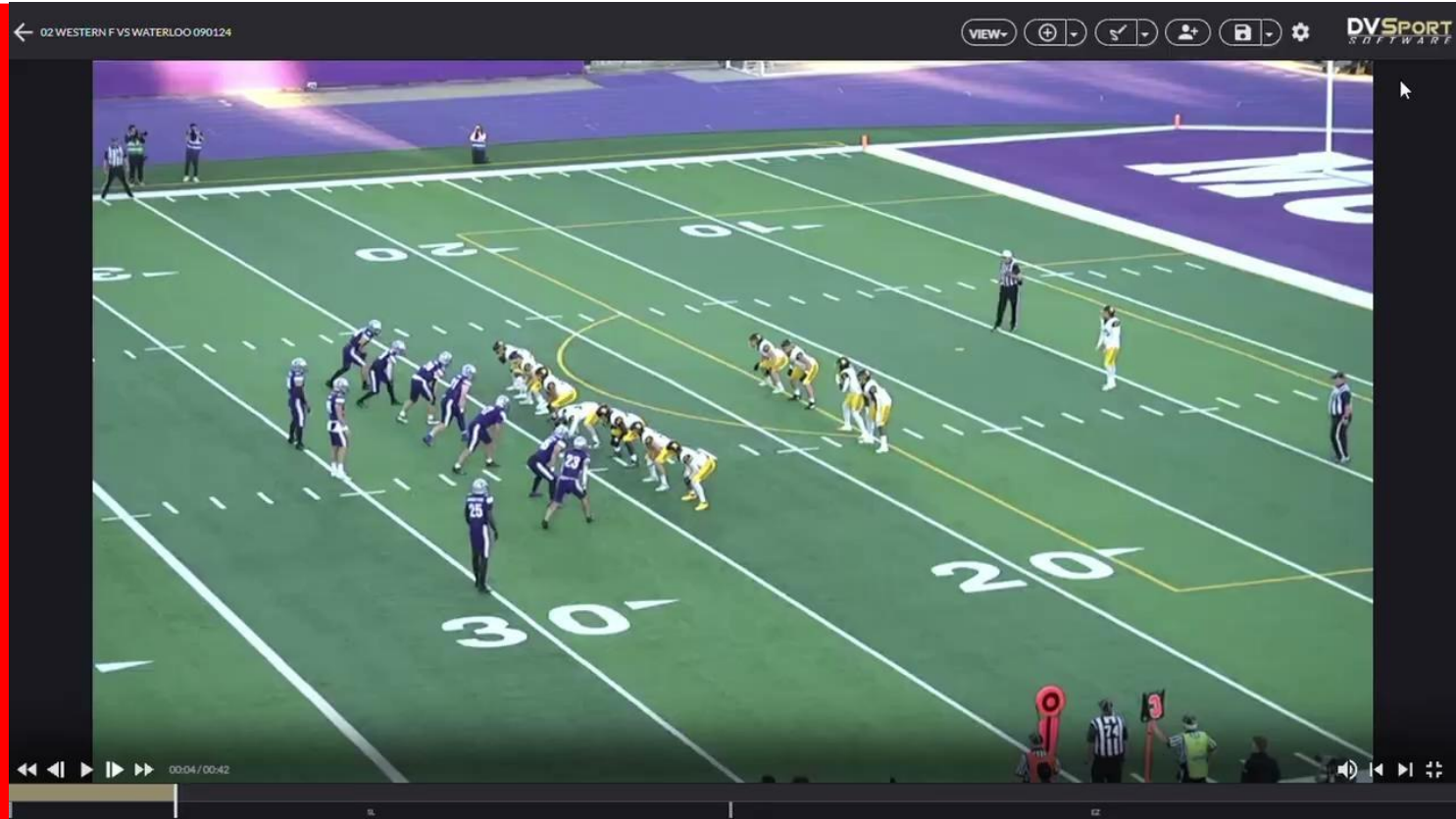
KICK OFF/KOR

ENDZONE



PUNT/PR

SIDELINE



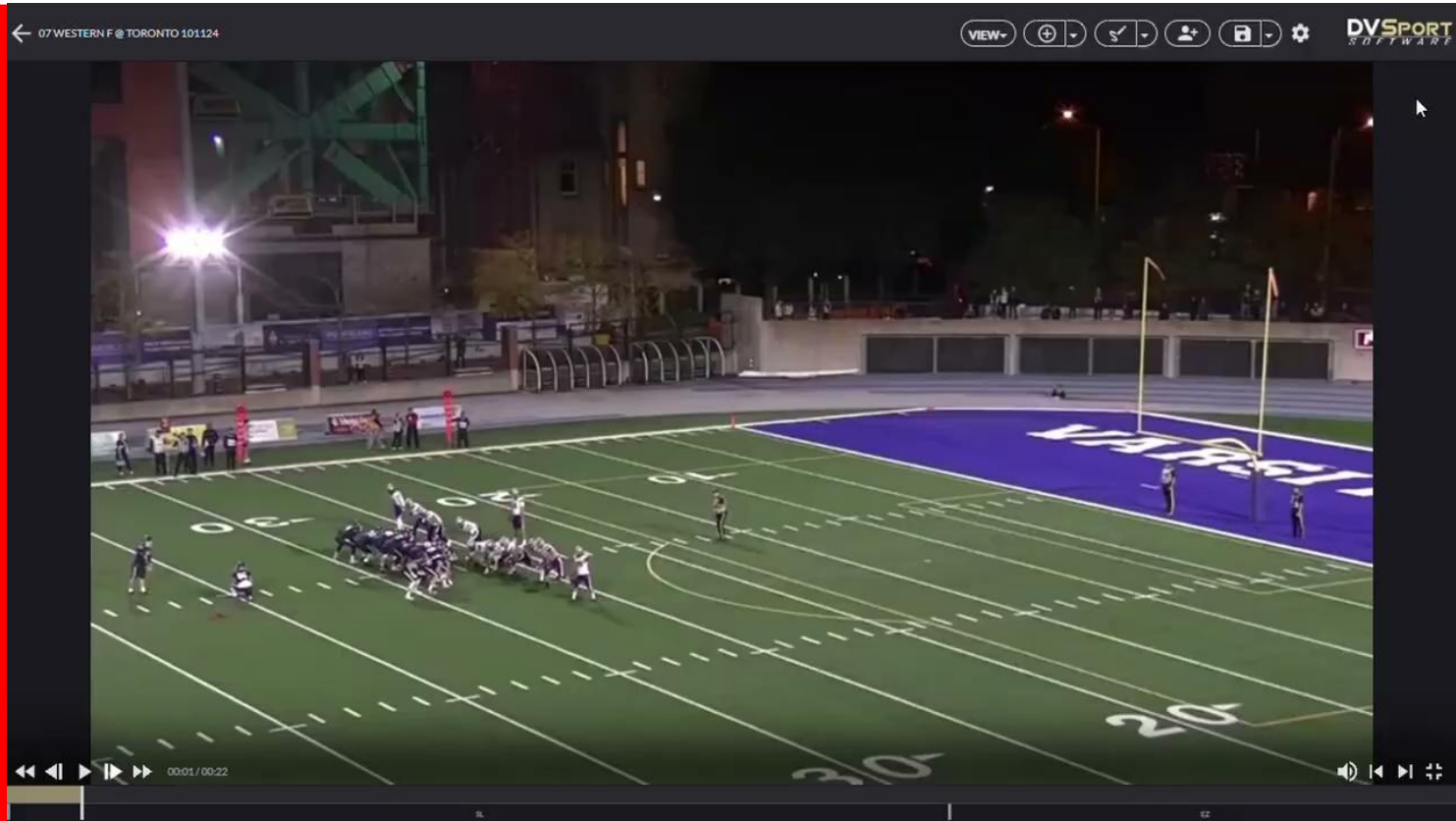
PUNT/PR

ENDZONE



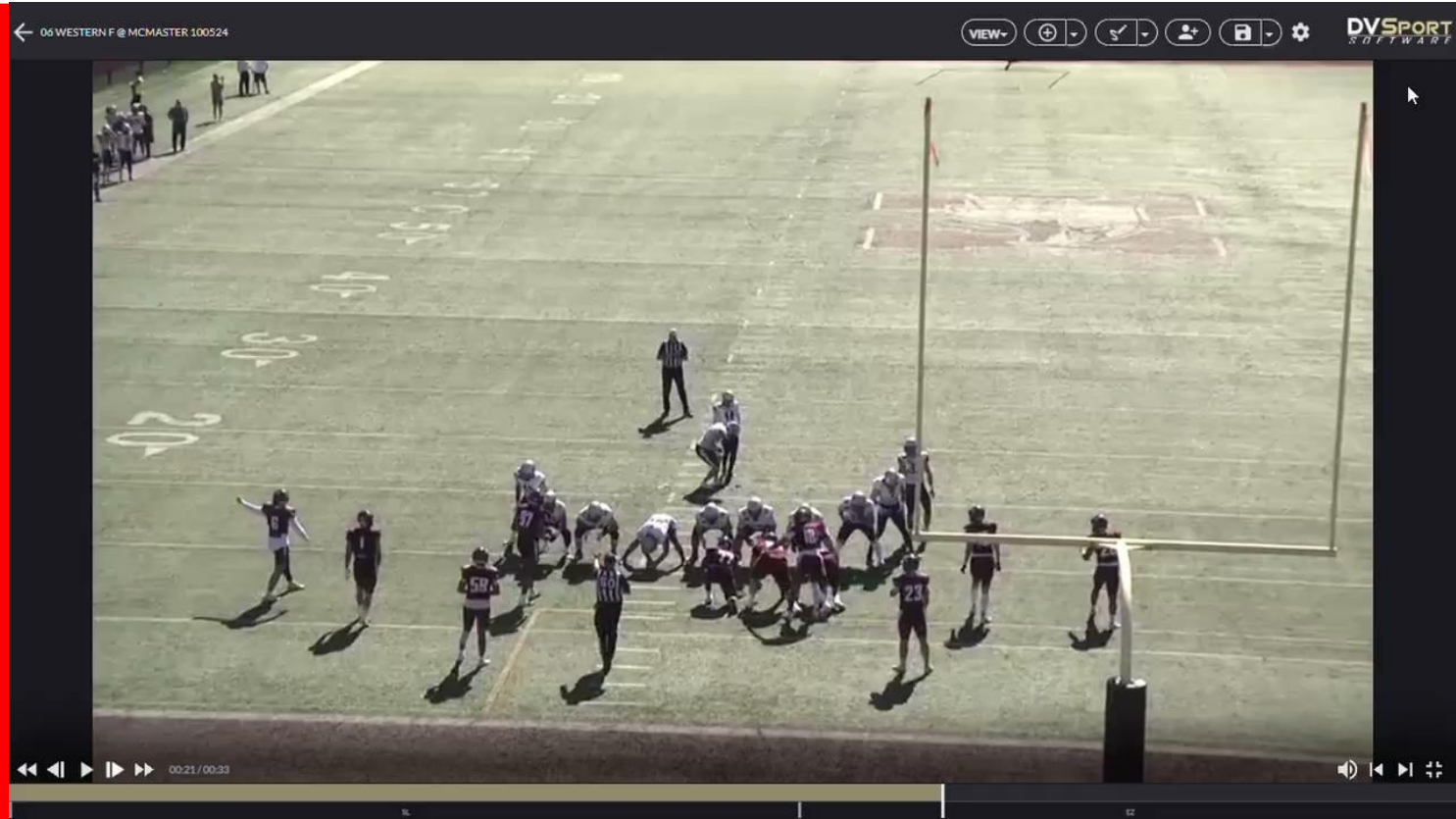
FIELD GOAL/FGB

SIDELINE



FIELD GOAL/FGB

ENDZONE



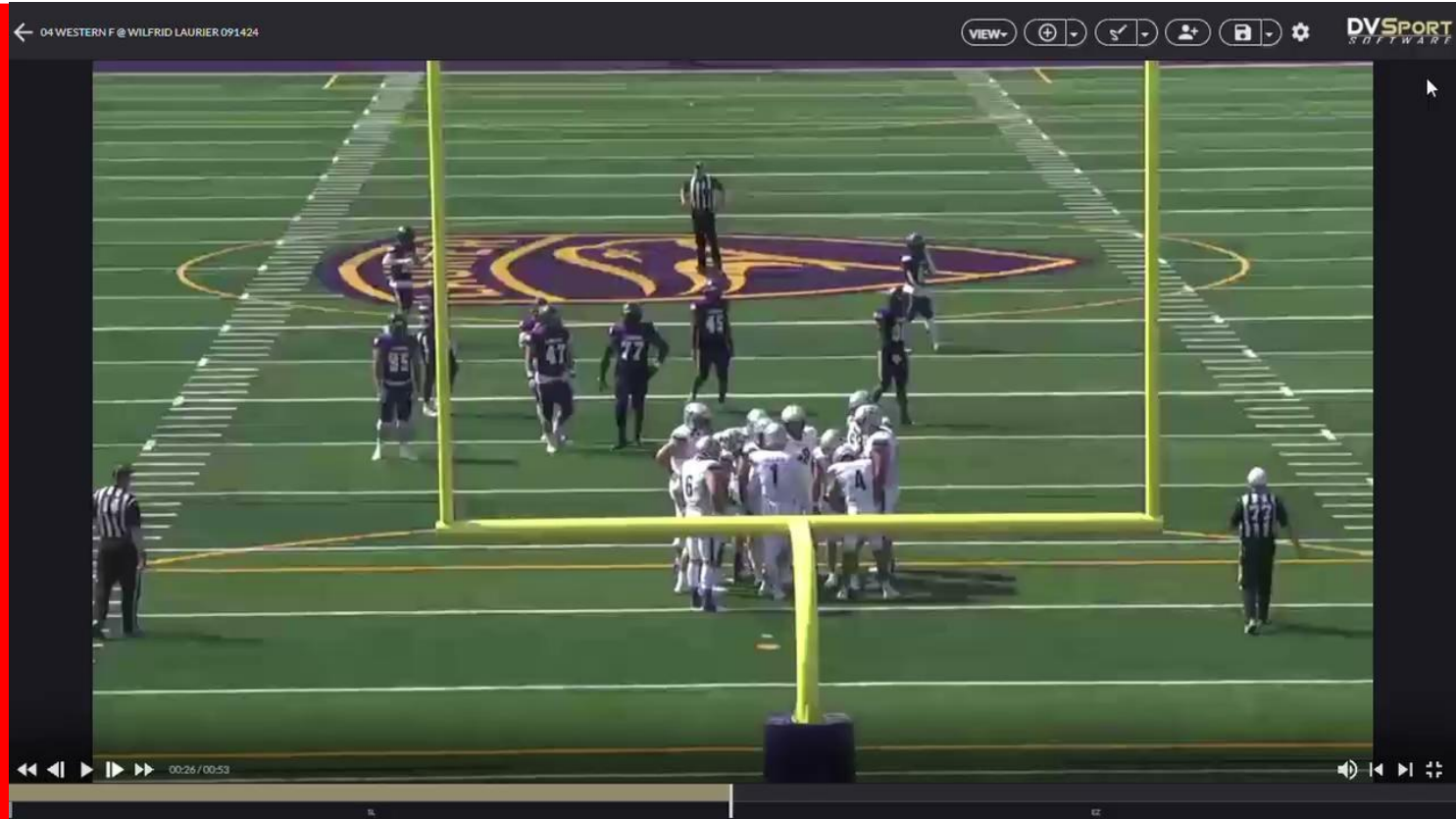
RUN

SIDELINE



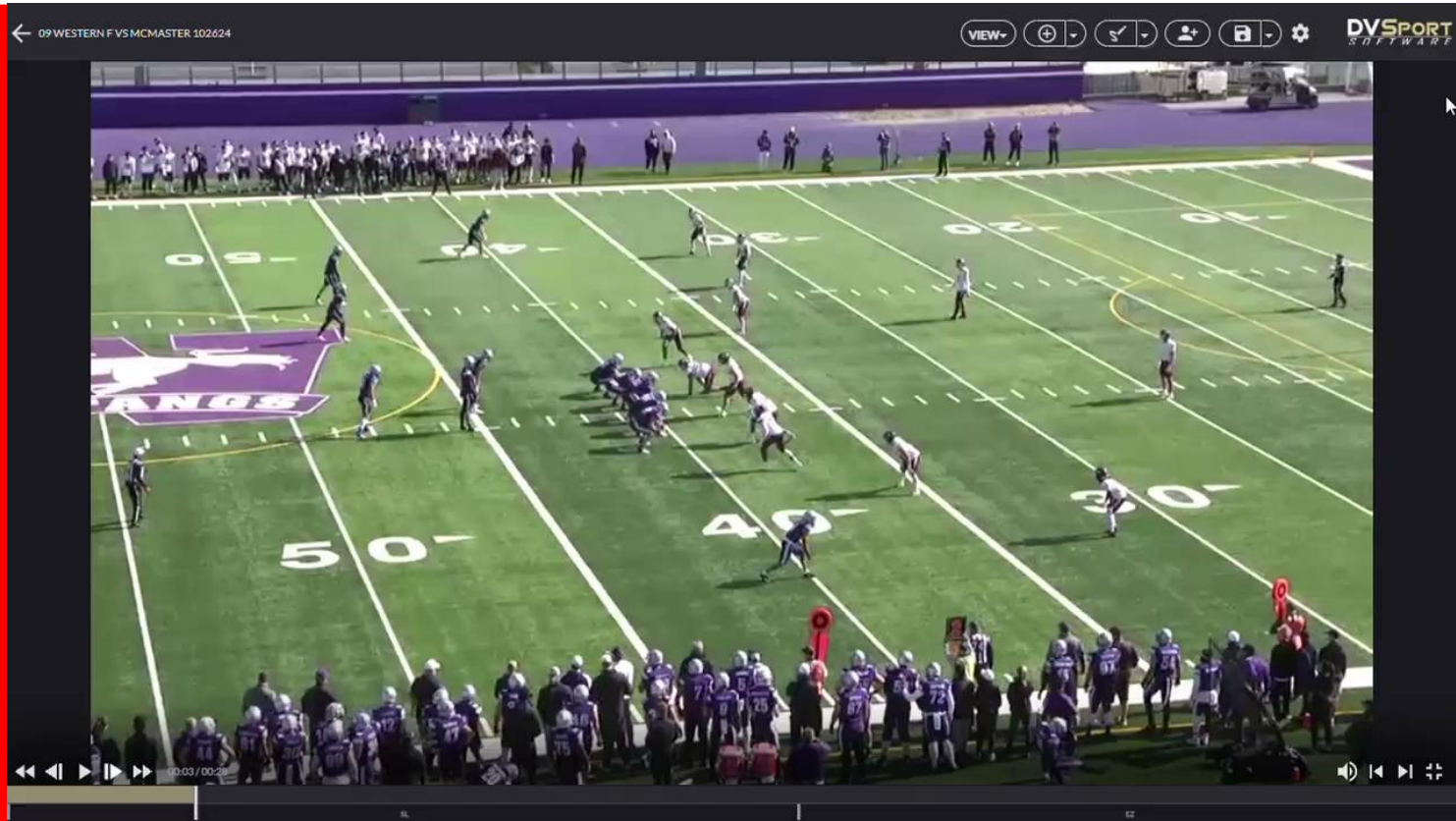
RUN

ENDZONE

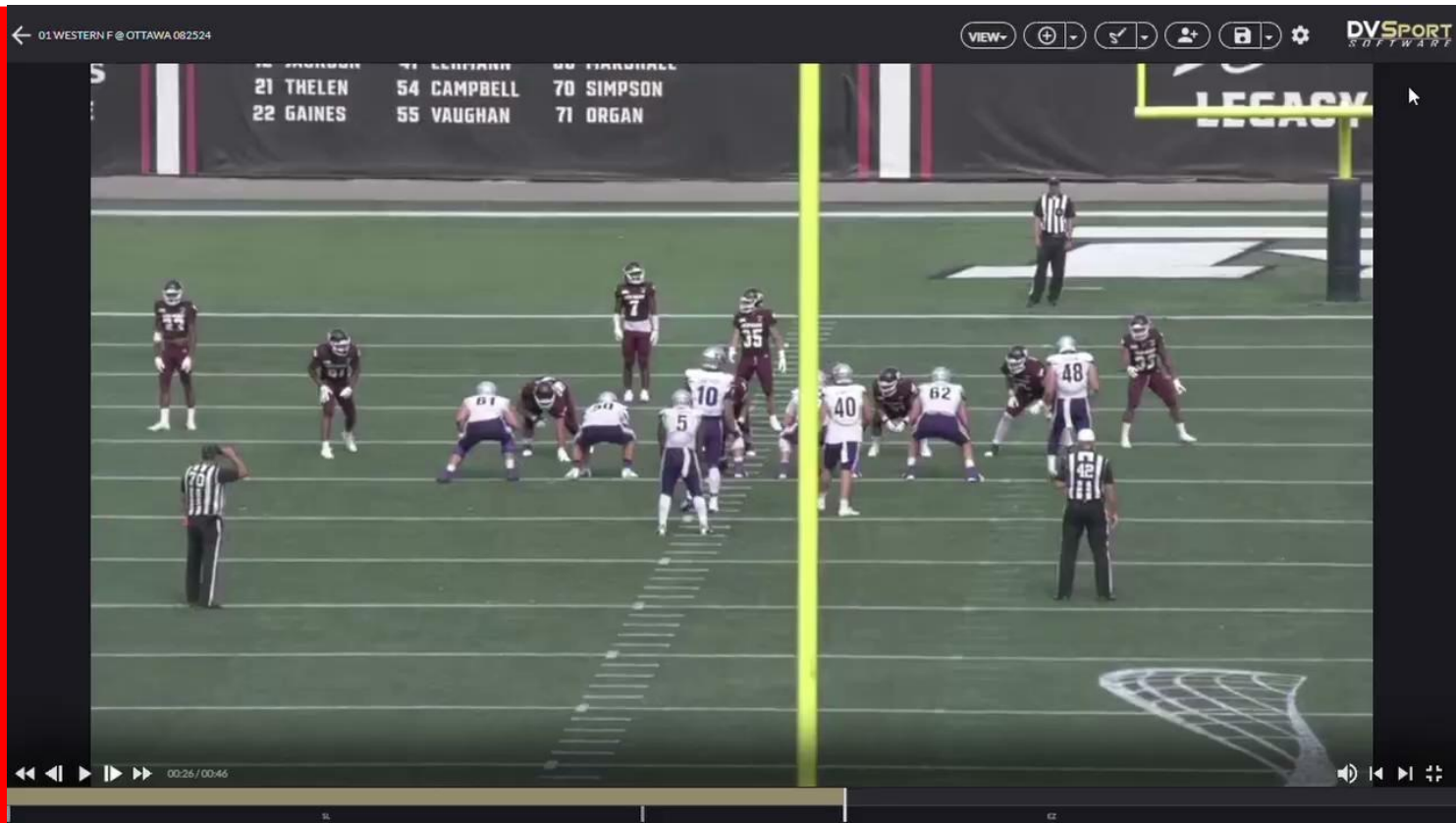


PASS

SIDELINE



ENDZONE



HOW TO BREAK DOWN FILM DATA

- Intercut Sideline (1st) and Endzone (2nd) before tagging

Team Tags

- Self/Scout team side of ball
 - OFF/DEF/K
- Field Position
 - Own territory is negative (-) number, opponent territory is positive (+) number
- Down
 - 1st, 2nd, 3rd
- Distance
 - yards to go
- Gain/Loss
 - +/- yards gained during the play
- Play Type
 - Run/Pass

OFFENSIVE TAGS

- Personnel
 - Base, 5R, Heavy, Demon, Goalline, etc.
- Formation
 - Base, Trips, Trips WK, 41, 32, 23, etc.
- Motion
 - WR Pre-snap movements
- Protection
 - 50/51, 60/61, 70/71, playaction, rollout, etc.
- Play
 - Play name run or pass

OPPONENT DEFENSIVE SCOUT

- Don't waste your time breaking down all plays only look at the plays where the offense is running the same formations that you run
- Breakdown data:
 - Front
 - Stunt
 - Blitz
 - Coverage
- Watch for adjustments to offensive formation
- Look for blitz tendencies based on down, distance and field position
- Watch explosive plays against
- Identify player strength and weaknesses
- Identify lack of adjustment to formation advantages

DEFENSIVE TAGS

- Front
 - Over G, Under G, Tight, Wide, Heads, 50, etc.
- Stunt
 - Twist games amongst the DL
- Blitz
 - Sam, Mack, Will, Half, FS
 - A, B, C, D frontside
 - 1, 2, 3 4 backside
- Coverage
 - Cover 0, Cover 1, 2 Man, Cover 3 Hold, Cover 3 Cut, Cover 4, Match, etc.
- Coverage Adjustment
 - Defensive audible based on offensive formation

OPPONENT OFFENSIVE SCOUT

- Start with 3 most recent games to identify tendencies
- Calculate Run/Pass percentage
 - Down and Distance
 - Field Position
 - Formation
 - Personnel
 - Motion
- Identify all offensive formations to have an adjustment for each
- Does personnel or formation give anything away?
- Do they run some plays more than others?
- Are they favour plays to the Field/Boundary or Right/Left
- Key on weapons and have an answer for when they are isolated

WATCHING FILM WITH PLAYERS

- Do not waste time, keep corrections short and concise
- Kids lose focus quickly, make sure you are prepared ahead of time to be efficient
- It's not personal, keep feedback clear and directed to all at the position
- Give positive feedback when warranted, don't waste time with a shit sandwich on every correction. BE BLUNT!
- Ask questions to gauge understanding, if they don't know they won't be able to self correct it and you need to re-explain
- Point out opponent team strengths and weaknesses, NOT WEAK PLAYERS