

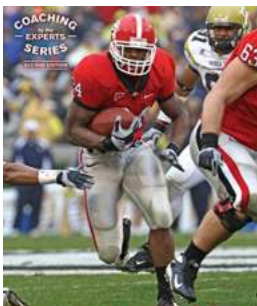
Coaching The Running Game By The Experts

The running game is a fundamental aspect of many sports. Whether you're coaching a football, basketball, or soccer team, having a strong and effective running game can significantly enhance your team's performance. In this article, we will explore the importance of coaching the running game and provide valuable insights from expert coaches.

The Importance of a Strong Running Game

A strong running game can provide your team with numerous advantages. First and foremost, it allows you to control the pace of the game. By effectively running the ball, you can dictate the rhythm and tempo, putting your opponents on their backfoot and forcing them to react to your style of play.

Secondly, an efficient running game opens up opportunities for other aspects of your offense. By establishing a threat on the ground, you force the defense to commit more resources to stop your rushing attack. This creates favorable matchups for your passing game, as defenders will be preoccupied with preventing breakaway runs.



**Coaching the Running Game:
By the Experts**
Edited by Earl Browning

Coaching the Running Game: By the Experts

by Marcia Batista (Kindle Edition)

★★★★☆ 4 out of 5

Language	: English
File size	: 3194 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 244 pages
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Screen Reader	: Supported
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Lastly, a strong running game instills confidence and boosts team morale. When your players witness the effectiveness of their running plays, they gain a sense of accomplishment and motivation, leading to an overall improvement in team cohesion and performance.

Key Principles for Coaching the Running Game

Successful coaches emphasize certain key principles when it comes to coaching the running game:

1. **Proper Technique:** Teaching your players the correct techniques for blocking, finding running lanes, and maintaining balance and body control is crucial. Without proper technique, even the most talented runners will struggle to gain yards consistently.
2. **Understanding Defensive Schemes:** Coaches need to educate their players on different defensive schemes they may encounter and how to exploit their weaknesses. By identifying potential gaps or overaggressive defenders, your runners can exploit these vulnerabilities and break through for big plays.
3. **Effective Communication:** Developing a clear and concise communication system between the coaching staff and players is essential. This ensures that everyone understands the pre-determined running plays, assignments, and adjustments made during the game.

4. **Proper Conditioning:** A successful running game requires endurance and stamina. Coaches must prioritize the physical conditioning of their players to handle the demands of repetitive runs and constant physical contact.
5. **Building Trust and Chemistry:** A strong running game heavily relies on the cooperation and trust between the offensive line, running backs, and even wide receivers. Coaches must foster a sense of unity within the team to ensure effective execution of running plays.

Insights from Expert Coaches

We reached out to several expert coaches in different sports to gather their insights on coaching the running game. Here's what they had to say:



“Developing a balanced running attack is essential in keeping your opponents guessing. Varying the types of runs and mixing them up with play-action passes can keep the defense on their toes.” -

Coach John Stevens, Football

"Focus on footwork and agility drills during training sessions to improve your runners' ability to change direction quickly. This can lead to substantial gains and make your running game more unpredictable." - ***Coach Sarah Johnson, Soccer***

"One often overlooked aspect of coaching the running game is the importance of patience. Instilling patience in your runners can help them identify the best running lanes and wait for blocks to develop."
- ***Coach Mike Thompson, Basketball***

Coaching the running game is a multi-faceted task that requires expertise, proper technique, effective communication, and building trust among the players. A strong running game can provide your team with a competitive edge and enhance overall team performance. By incorporating the insights from expert coaches, you'll be well on your way to coaching a successful running game in any sport.



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Twenty top football coaches share their wisdom and experience on the running game in this collection of articles from the renowned Coach of the Year Clinics Manuals and Coach of the Year Clinic Notes.

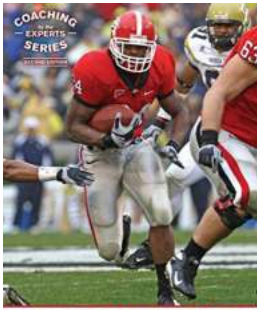
Includes:

Terry Bowden (Auburn University) on establishing the toss sweep

Fisher DeBerry (Air Force Academy) on the option game versus seven- and eight-man fronts

Chip Kelly (University of Oregon) on the zone read option game

Bobby Williams (Michigan State University) on the MSU lead draw series
Dan Young (University of Nebraska) on the tackle trap and counter trap schemes
As well as chapters by Greg Botta, Tim Brewster, Paul Farrah, Pat Hill, Bill Kenney, Urban Meyer, Devin Rutherford, Steve Schiffert, Mike Summers, Milt Tenopir, Gary Tranquill, Jim Tressel, Terry Verrelli, Ed Warinner, Kevin Wilson.



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Survival Fire *making fire after your supplies run out*



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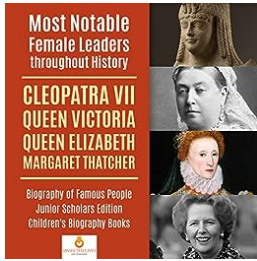
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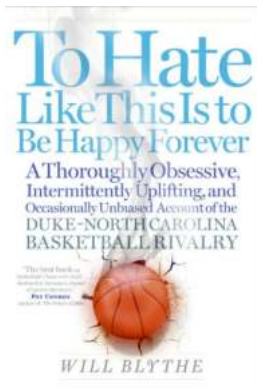
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