

My Thirty Two Year Journey While Revolutionizing Pro Football Special Teams



Throughout my thirty-two-year career as a special teams coordinator in professional football, I have witnessed and been a part of numerous transformations within the game. From inventing new strategies to implementing cutting-edge training techniques, I have dedicated my life to revolutionizing special teams and ensuring their crucial role in the success of football teams.

The Beginning of My Journey

My journey began back in the early 1990s when I first set foot on the field as a young coach. Special teams were often overlooked, seen as a mere afterthought in the game. However, I saw the untapped potential in this aspect of football and recognized the opportunity to make a difference.

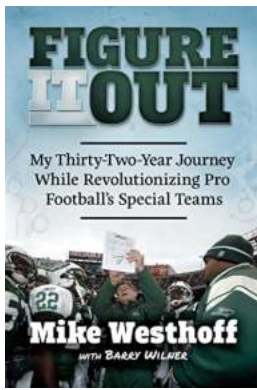


Figure It Out: My Thirty-Two-Year Journey While Revolutionizing Pro Football's Special Teams

by Baby Professor (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 6530 KB
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Enhanced typesetting	: Enabled
Word Wise	: Enabled
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Item Weight	: 9.6 ounces
Dimensions	: 5.5 x 0.75 x 8.25 inches



One of my initial challenges was to gain the trust and support of players and coaching staff. Convincing them of the importance of special teams was no easy task, but through relentless determination and innovative ideas, I began to slowly change their perceptions.

Inventing New Strategies

As a professional specializing in special teams, I recognized the need for fresh strategies that would give teams a competitive edge. I started studying various successful special team units from different sports and analyzed their approaches, adapting and refining their techniques to suit football.

One of my most significant breakthroughs was the implementation of unconventional formations and plays during kickoffs and punts. These innovative strategies caught opponents off-guard and allowed our team to gain a strategic

advantage on the field. These strategies not only revolutionized special teams but also impacted the game as a whole.



Training Techniques That Transformed Special Teams

Another crucial aspect of revolutionizing special teams was the use of novel training techniques. Through comprehensive physical conditioning programs and specialized drills, I emphasized the importance of speed, agility, and coordination for special teams players.

Building a cohesive unit that worked seamlessly together was a central focus of my training methods. By enhancing communication and cooperation between players, we were able to execute plays flawlessly, maximizing our chances of success.

The Impact on Pro Football

Over the course of my thirty-two-year journey, the revolutionized special teams strategies and training techniques have had a profound impact on professional football. Today, special teams are no longer treated as an afterthought but are recognized as an integral part of a team's success.

Other teams started adopting our approaches and incorporating them into their own game plans. This created a ripple effect throughout the league, leading to more exciting and unpredictable special teams plays. Fans eagerly anticipate these moments, knowing that something extraordinary might happen on every kickoff or punt.



The Legacy I Leave Behind

As I near the end of my career, reflecting on my thirty-two-year journey in revolutionizing pro football special teams fills me with great pride. I leave behind a legacy of innovation, dedication, and an unwavering belief in the potential of special teams.

Coaches and players who have worked with me have gone on to become leaders themselves, passing on the knowledge and strategies I have shared. The influence of my methods extends far beyond the field, as the impact on the game transcends generations.

In

My thirty-two-year journey while revolutionizing pro football special teams has been one of incredible challenges and significant accomplishments. From humble beginnings to transforming the way special teams are perceived and executed within the game, I am grateful for the opportunities I have had to make a lasting impact.

As I pass the torch to the next generation of coaches and players, I hope they continue to push the boundaries of what is possible on special teams. The game of football is ever-evolving, and it is up to each of us to leave our mark and contribute to its progress.

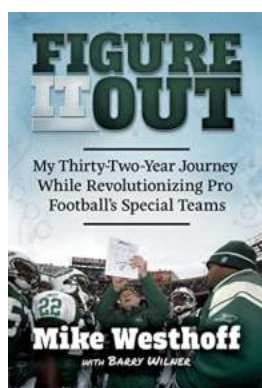


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“We called Mike Westhoff the mad scientist. He changed the game.” — Roger Goodell, NFL commissioner

Simply put, Mike Westhoff is the greatest special teams coach in National Football League history.

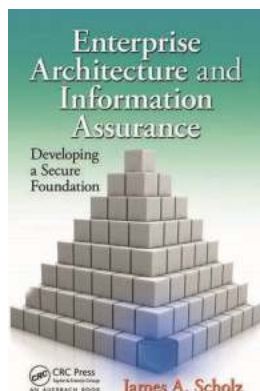
Sharp-witted, creative, and intensely focused, Westhoff spent thirty-two years working alongside and learning from some of the legends of the sport—including Don Shula, Dan Marino, Bear Bryant, and Woody Hayes—while revolutionizing the most misunderstood phase of the game.

Over the course of 657 games, primarily with the New York Jets and the Miami Dolphins, Westhoff was a relentless innovator—constantly figuring out new ways to help the individual skills of hundreds of players surface and develop.

Interviews with dozens of his contemporaries and former players such as Sean Payton, Taysom Hill, and Zach Thomas provide a rare glimpse of NFL life beyond the field—inside the offices, meeting rooms, and locker rooms with one of the game’s most unforgettable personalities.

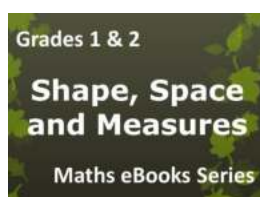
But his story isn’t just about football. Westhoff also shares intimate details of his multiple battles with cancer and the life lessons learned through the fights.

In Figure It Out, Westhoff presents his one-of-a-kind experiences and unfiltered views in his trademark style—a refreshing blend of honest (sometimes brutally so), funny, and poignant. His deep insights into the workings of special teams—illustrated by 27 detailed original diagrams—and timely commentary on the current state of pro football reveal a critical side of the sport that very few truly understand.



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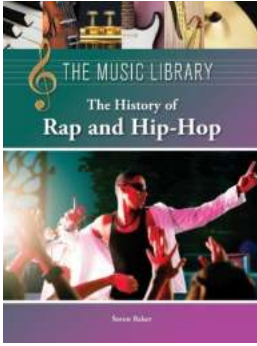
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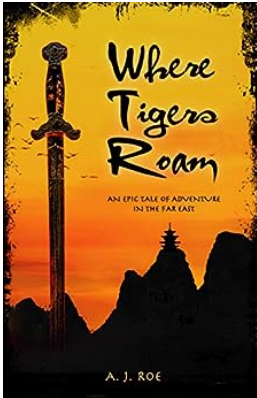
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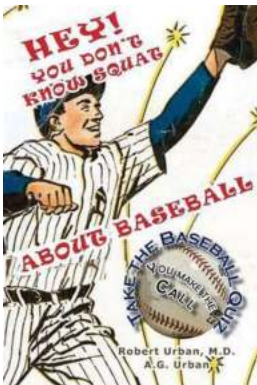
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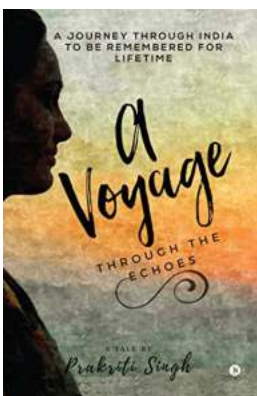
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