

Eastern Illinois University
College of Education and Professional Studies
Department of Physical Education
Spring 2010
PED 3480 – Football Coaching
12:00 p.m. – 1:40 p.m. T/TH Lantz 3401

Instructor: Bob Spoo and Staff
Phone: 581-7762

Office: O'Brien Stadium 1006
Office Hours: MWF 8:00 a.m.-12:00 p.m.

COURSE DESCRIPTION:

To provide the student with a basic knowledge of offensive and defensive football as well as special teams play. Emphasis is placed on coaching methods and techniques of each position. However, team concepts are discussed as they relate to game planning, organization, and strategies.

METHODS OF EVALUATION

- 240 pts. Quizzes: Twelve (20 pt.) quizzes covering in-class discussions and presentations.
- 150 pts. Attendance: The course is dependent on class participation in order to gain a full perspective of course content. Each class is worth 5 points (5x30=150)

TOTAL POINTS: 390 Total points

390 - 351 = A
350 - 312 = B
311 - 266 = C
265 - 234 = D

Course Outline

<u>Date</u>	<u>Subject</u>
1/12	Review syllabus – Football Q&A
1/14	The Players-O/D terminology-Defensive Numbering System
1/19	Men in Stripes (The Role of the Officials)
1/21	Offensive Systems-Offensive Formations-Defensive Alignments
1/26	Plays-Game Management-Strategies-Game Plan
1/28*	EIU Offensive Organization-System & Rules-Substitutions
2/2	QB
2/4	QB
2/9	QB
2/11*	QB
2/16	TE
2/18*	TE
2/23	OL
2/25*	OL
3/2	WR
3/4*	WR
3/9	RB
3/11*	RB
3/15-3/19	Spring Break
3/23	EIU Defensive Organization-System & Rules-Substitutions
3/25*	Defensive Game Plan
3/30	DL
4/1*	DL
4/6	LB
4/8*	LB
4/13	DB
4/15*	DB
4/20	Punt/Punt Block
4/22*	Punt/Punt Block
4/27	Kickoff/Kickoff Return
4/29*	Kickoff/Kickoff Return

* indicates quiz