

PERFORMANCE

SAFETY

TRAINING

COACHING

PROFESSIONAL

FOOTBALL

POWER

TECHNIQUE

DRILLS

REVOLUTIONARY

CAMPS

EDUCATION

EFFECTIVE

INSTRUCTIONAL

EXCELLENCE

CURRICULUM

REPETITION

SHAPE

SHARPEN

POLISH

PROGRESSIVE

OPTIMAL

INTUITIVE

SCIENTIFIC

CLINICS



SAFETY THROUGH SUPERIOR TECHNIQUE

CONTACT CERTIFICATION

(LEVEL 1)

COACHES MANUAL

ELEVATE PERFORMANCE

PROTECT THE PLAYERS

PRESERVE THE GAME



TIP OF THE SPEAR DIGITAL CONTACT CERTIFICATION

COACH,

FOOTBALL IS REACHING A CRITICAL TIPPING POINT, WHERE CONCERNS ABOUT CONCUSSIONS AND LONG TERM EFFECTS, SUCH AS CHRONIC TRAUMATIC ENCEPHALOPATHY (CTE) HAVE LED TO RAPID ATTRITION IN OUR SPORT. GOVERNING BODIES CONTINUE TO MANDATE NEW RULES AND REGULATIONS EACH YEAR THAT OFTEN LEAD TO LESS AND LESS HANDS-ON TIME SPENT WITH YOUR PLAYERS. INSTEAD OF INCHING CLOSER TO A SOFTER VERSION OF OUR GAME THAT WILL SOON BE UNRECOGNIZABLE, WE ENVISION THE FUTURE OF FOOTBALL MAINTAINING THE PHYSICAL AND AGGRESSIVE NATURE OF CONTACT WHILE AT THE SAME TIME, IMPROVING PLAYER PERFORMANCE & EMPOWERING PLAYER SAFETY. TOGETHER WE CAN ACHIEVE SAFETY THROUGH SUPERIOR TECHNIQUE!

WE GREATLY APPRECIATE THE TIME YOU INVEST IN TEACHING YOUR PLAYERS THE LIFE LESSONS FOOTBALL CAN OFFER AND UNDERSTAND THE NEGATIVE STIGMA THAT COMES WITH TRADITIONAL COACHING CERTIFICATIONS. TIP OF THE SPEAR IS NOT A "CHECK THE BOX" PROGRAM, OUR GOAL IS TO ARM YOU WITH THE MOST ADVANCED AND DETAILED TECHNIQUES FOR CONTACT AND REASONS "WHY" THEY ARE BETTER THAN TRADITIONAL METHODS. WHETHER THIS IS YOUR FIRST YEAR COACHING OR YOU HAVE BEEN AROUND THE GAME FOR DECADES, WE GUARANTEE YOU WILL LOVE THIS PROGRAM!

THE FOLLOWING MANUAL CAN BE USED AS A NOTE TAKING GUIDE DURING THIS COURSE OR AS A RESOURCE FOR CONTINUED LEARNING AND REFERENCE THROUGHOUT YOUR SEASON.

TIP OF THE SPEAR "DIGITAL CONTACT CERTIFICATION"

- **GOALS**

- ESTABLISH CLEAR "PRINCIPLES OF CONTACT"
- INTRODUCE NEW & EFFECTIVE TECHNIQUES FOR ALL FORMS OF CONTACT
- PROVIDE A PLAN TO EXPEDITE SKILL DEVELOPMENT
- OFFER TIPS TO OPTIMIZE MOVEMENT PREP & NUTRITION
- IDENTIFY & DISCUSS IMPORTANT RISK MANAGEMENT TOPICS

- **AGENDA**

- FORCE DEFLECTION (BLOCKING & DEFEATING BLOCKS)
- HIGH SPEED CONTACT (SHOULDER CONTACT, TACKLING & TACKLE AVOIDANCE)
- SPORTS PERFORMANCE
- RISK MANAGEMENT
- CERTIFICATION ASSESSMENT

SCOTT PETERS
FOUNDER - TIP OF THE SPEAR

MIKE POLLAK
DIRECTOR OF TRAINING - TIP OF THE SPEAR



B.L.A.S.T.®

“PRINCIPLES OF CONTACT”

INGREDIENTS REQUIRED TO APPLY & RESIST OPTIMAL FORCE ON THE FIELD

BASE

LONG

ASCEND

SQUARE

TRIANGULATE



C.U.F.F. TECHNIQUE PROGRESSIONS

EXPEDITE SKILL DEVELOPMENT

C.U.F.F.

COIL → **UNCOIL** → **FIT** → **FINISH**

LINEAR PROGRESSION

EACH PHASE OF THE C.U.F.F. ACRONYM IS DESIGNED TO ADVANCE AND EXPEDITE SKILL DEVELOPMENT BY ISOLATING SPECIFIC SKILLS WITHIN AN OVERARCHING CONCEPT FOR CONTACT. WE CAN TAKE A BROAD CONCEPT, SUCH AS A BASE BLOCK, AND FOCUS ON DEVELOPING THE SPECIFIC SKILLS WITHIN THE C.U.F.F. PROGRESSION TO DEVELOP BETTER CONSISTENCY AND CONFIDENCE, LEADING TO BETTER PERFORMANCE ON GAME DAY.

COIL - STORING ENERGY IN OUR PRE-CONTACT POSTURE AND STANCE

UNCOIL - EXTENSION OF THE HIPS TO DRIVE THE HANDS

FIT - THE CONNECTION POINT OF CONTACT WITH THE HANDS & SHOULDERS

FINISH - POST CONTACT TECHNIQUES TO SECURE CONTROL





“FORCE DEFLECTION”

“HORIZONTAL PRESS”

TRADITIONAL METHODOLOGY FOR CONTACT INVOLVES PUSHING OR DRIVING AN OPPONENT ON A HORIZONTAL PLANE.

THIS “HORIZONTAL PRESS” IS EXTREMELY INEFFICIENT AS IT TAKES A LOT OF ENERGY EACH PLAY TO MEET AND EXCEED THE ONCOMING FORCE OF THE OPPONENT.

TAKING LEAD OR DRIVING STEPS DISABLES THE HIPS AS THE POWER SOURCE FOR CONTACT AND PUSHING OR PRESSING UPON CONTACT LEADS TO INADVERTENT AND UNNECESSARY HELMET CONTACT.



“FORCE DEFLECTION”

TIP OF THE SPEAR TEACHES “FORCE DEFLECTION” AS IT IMPROVES PLAYER PERFORMANCE AND SAFETY. “FORCE DEFLECTION” CHANGES THE SPINE ANGLE OF THE OPPONENT BY DEFLECTING THE ONCOMING FORCE OF THE OPPONENT VERTICALLY, BY CREATING LIFT THAT IS GENERATED BY THE HIPS DRIVING THE HANDS.



“FORCE DEFLECTION” IS SUPERIOR TO THE “HORIZONTAL PRESS” BECAUSE IT ALLOWS MAXIMUM POWER TRANSFERENCE FROM THE HIPS WHILE ALLOWS THE HELMET TO STAY OUT OF CONTACT.

BY STAYING SQUARE WITH THE HIPS, PLAYERS ARE ABLE TO BETTER ADJUST TO LATERAL MOVEMENT BY THEIR OPPONENT, LEADING TO MORE CONSISTENCY ON THE FIELD.



BLOCKING "BRIDGE FIT" NOTES

COIL

UNCOIL

FIT

FINISH



DEFEATING BLOCKS "PILLAR FIT"

NOTES

COIL

UNCOIL

FIT

FINISH



HIGH SPEED CONTACT "BUCKLE FIT" NOTES

COIL

UNCOIL

FIT

FINISH



SHAPE – SHARPEN – POLISH

SKILL DEVELOPMENT MODEL

SHAPE

SHAPE DRILLS ARE NON-FOOTBALL DRILLS DESIGNED TO DEVELOP MOVEMENT PATTERNS CONSISTENT WITH TIP OF THE SPEAR TECHNIQUES.



“ROLLING MEATBALLS”

SHARPEN

SHARPEN DRILLS ARE NON CONTACT, POSITION SPECIFIC FOOTBALL DRILLS DESIGNED TO DEVELOP CONTACT SKILLS WITH OR WITHOUT PARTNERS.



“BRACE + SQUEEZE”

POLISH

POLISH DRILLS ARE COMPETITIVE DRILLS DESIGNED TO TEST AND REFINE A SPECIFIC TECHNIQUE OR SKILL IN CONTACT OR NON-CONTACT CAPACITIES.



“KING OF THE RING”



S.P.P.A.A.T.

SELF COACHING TOOL

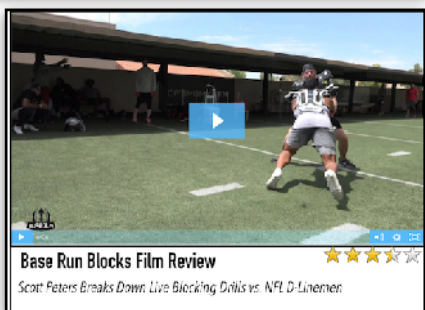
<u>CATEGORY</u>	<u>DEFINITION</u>	<u>EXAMPLE</u>
SEQUENCE	ORDER OF STEPS CARRIED OUT WHEN EXECUTING A TECHNIQUE	⤴ COIL, UNCOIL, FIT, FINISH
POSTURE	POSITION OF THE BODY DURING A TECHNICAL SEQUENCE	⤴ TRIANGULAR BASE ⤴ ELBOWS INSIDE THE FRAME
PLACEMENT	SURFACE OF POINT OF CONTACT ON OPPONENT	⤴ CHEST-PLATE ⤴ NEAR POINT SHOULDER
ANGLES	ROUTE OF DEPARTURE & RELATIONSHIP OF THE BODY, RELATIVE TO AN OPPONENT DURING A PLAY	⤴ ACCOUNT FOR DISTANCE/SPEED ⤴ TRIANGULATE
ASSIGNMENTS	POSITION-SPECIFIC OBJECTIVES OF A PLAY BASED ON SCHEME	⤴ CONCEPTUAL LEARNING ⤴ PRE-SNAP RECOGNITION
TIMING	RATE/SPEED/MOMENT OF INITIATING STEPS WHEN EXECUTING A TECHNICAL PROGRESSION	⤴ VISION/SITUATIONAL AWARENESS ⤴ CLOSING SPEED & PROXIMITY

THE S.P.P.A.A.T. SELF-COACHING TOOL HELPS PLAYERS CORRECT TECHNIQUE FLAWS ON THEIR OWN, ALLOWING THEM TO OBJECTIVELY ANALYZE, ISOLATE & IDENTIFY THE EXACT CAUSE OF BREAKDOWN WHICH CAN LEAD TO GREATER CONSISTENCY, PRODUCTIVITY AND SAFETY ON THE FIELD.



NEXT STEPS

VIDEO



TIP OF THE SPEAR OFFERS 100+ INSTRUCTIONAL AND DRILL VIDEOS THROUGH OUR WEBSITE. BROWSE THROUGH OUR YEAR-ROUND SKILL DEVELOPMENT DRILLS, POSITION SPECIFIC 1 ON 1 SESSIONS WITH CURRENT NFL PLAYERS AND SIT IN ON PREVIOUS NCAA & NFL CLINICS.

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CLINICS



COACHING CLINICS ARE ELITE IN-PERSON SEMINARS THAT CAN BE CUSTOMIZED TO MEET THE NEEDS OF YOUR PROGRAM TO HELP YOU AND YOUR STAFF TAKE YOUR PROGRAM TO THE NEXT LEVEL. COACHES AT ALL LEVELS HAVE CALLED THIS THE "BEST CLINIC THEY HAVE EVER ATTENDED!"

CAMPS



INSTRUCTIONAL CAMPS OFFER HANDS-ON TRAINING FOR YOUR PLAYERS. TIP OF THE SPEAR INSTRUCTORS, ALL OF WHOM ARE FORMER NFL PLAYERS, FACILITATE A 2 HOUR INSTRUCTIONAL CAMP USING A COMBINATION OF PROGRESSIVE AND COMPETITIVE DRILLS. ARM YOUR TEAM WITH THE MOST ADVANCED SKILL DEVELOPMENT PROGRAM FOR FOOTBALL.

CERTIFICATION



YOUTH LEAGUES AND SCHOOL DISTRICTS ARE NOW PROVIDING TIP OF THE SPEAR CERTIFICATION TO THEIR COACHES AND PLAYERS. IN-PERSON CERTIFICATION FROM TIP OF THE SPEAR COMBINES AN IN-PERSON COACHES CLINIC AND INSTRUCTIONAL PLAYER CAMP FOR THE MOST COMPREHENSIVE INSTRUCTIONAL PROGRAM AVAILABLE. TIP OF THE SPEAR IS RAISING THE BAR IN COACHING EDUCATION. UPGRADE YOUR PROGRAM TODAY!

FOR MORE INFORMATION ABOUT THESE PROGRAMS AND MORE, VISIT WWW.TOSFB.COM



THANK YOU

THANK YOU AGAIN FOR YOUR DEDICATED LEADERSHIP TO MAKING FOOTBALL BETTER THROUGH SKILL DEVELOPMENT. IF YOU HAVE QUESTIONS, COMMENTS OR SUGGESTIONS REGARDING ANY ASPECT OF OUR CURRICULUM, WE ARE HAPPY TO HELP.

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