

# Offensive Philosophy

The Spartan offense is designed to set the tempo of the game. Offensively we believe in being aggressive and running an attack style of offense. Offense is an opportunity to score points and wear down the moral of the opponent. It is up to the coaching staff to put an offense in the best possible position to do this based on; the offensive personnel to work from, scouting preparation and in-practice planning. The first thing that needs to be identified are the athletes within the offense and what they can succeed at the best, but not be limited to. An offense needs to be fully equipped to face any style of defense and the pressure that they bring. Being able to run multiple formations and plays out of different sets are imperative to being successful, and to control the flow of the game. A great offense needs to be effective in both the run and passing game, while being able to execute plays of both styles at any time. The more that a defense has to prepare for, the more options an offense will have to keep them guessing and on their heels.

An offense needs to be able to utilize strategy based on both the scouting of a defense and also game time adjustments. We believe that an effective offense needs to be able to take what the defense is willing to give you and exploit it. When the defense makes their adjustments we need to be able to identify that and then take advantage of the next weakness they are giving up. This is both an important part of preparation and also game time identification. A great offense isn't able to give a ratio of run to pass plays, but rather takes advantage of the defenses they face based on opportunity and strategy. Offensive success comes from being diversified and the ability to set up a defense for different types of plays in all types of situations. An offense has to be disciplined and prepared for an opponent knowing that it only takes one successful play to break open a game. A great offense takes advantage of the opportunities that a defense gives and also gives their own defense a passion to go out and get the ball back into the offense hands.

# Defensive Philosophy

We strongly believe that a great defense needs to be able to set the tone of the game. This is accomplished by playing sound defense with the ability to adjust to the offensive formations because of being fully prepared for the opponent. A great defense must be aggressive and be able to blitz, while being completely sound in doing so. It's crucial that a defense utilizes its strengths in personnel and doesn't try to play outside of its abilities. A great defense needs to be able to play their techniques with discipline and unselfishness. It must be able to identify every offensive set a team displays and both respect their offensive strengths while taking advantage of their weakness. A great defense supports the team offense, but cannot rely on them to win the game. It needs to be able to keep the opponent out of the end zone, create turnovers and take advantage of opportunities when they occur.

The ability for a defense to recognize and adjust to a different style of offense on the fly is critical. It's the coach's job to have its defense prepared through practice and film review. Defensive athletes must be taught to understand why adjustments are made and what changes in technique are required to be successful. A tremendous amount of discipline, focus and sound fundamentals are required to prevent any let downs. A great defense is also able to have a short memory and regroup to learn from errors. A reflection of passion, energy, and trust in a system are the foundation of defensive success.