FOOTBALL CHARACTER FIRST PROGRAM

…IS A REGIMENTED WEEKLY CHARACTER CURRICULUM THAT PROVIDES A CHARACTER THEME EACH WEEK FOR COACHES TO IMPLEMENT AT PRACTICE. PLAYERS RECEIVE A HANDOUT AT THE BEGINNING OF THE WEEK TO TAKE HOME. THUS PROVIDING PARENTS WITH AN OPPORTUNITY TO SPARK SIGNIFICANT CONVERSATIONS AND BE A PART OF THEIR SONS CHARACTER DEVELOPEMENT…

How it works

Monday... Coaches give handouts C-Cards to players which have questions that they must answer and RETURN game day with parent signature. Coaches will read the handout with players that night after practice and do a quick check for understanding.

Coaches... can use language during practices that week to illustrate the character theme of the week and structure post practice pep talks to include the topic.

Parents... have a platform and a reason to engage in a conversation with their son that can be life changing.

Student Athletes... connect quality character as apart of quality athletics. They hear from their coaches and parents meaningful words of encouragement and direction.

Game Day... coaches collect C- Cards with parents signatures. These handouts become their field pass needed for players to participate in the game.

FOR Football Programs it gives a crystal clear message that football is more than a game it is the means to impact the lives of young men....

George Patton

A good plan violently executed now is better than a perfect plan executed next week.

Character Traits

Coaches will spend hours dissecting a variety of ways to attack an odd front or a teaching progression for their quarterbacks. But rarely will they intentionalize a system to teach the very purpose of athletics, the character maturation of their athletes. Character within a team is critical for victories on the field and more importantly for a winning community.

Below are some topics that will be covered

Season 1 –Character Traits

LOYALTY   WORK ETHIC

DETERMINATION   DISCIPLINE

SINCERITY   FAMILY

INITIATIVE   ENTHUS I ASUM

FOCUS   DESTINY

Success built on a Foundation of Character...   "Wooden"

Season 2 – Character Traits

Evil WINS when good men **do nothing**…
Silence is a sin!
Stand UP, Speak Up and PUT UP!!!
Ron Brown – Nebraska Football Coach

P   HUMILITY   P
AMBITION   O   G
         r
CONDITIO N   Thankfulnes S
CONFIDENC E   P
    S   G
    T   C
COMRADER Y   TALEN T
N   I
    V
MAKING A CHAMPION   SEASON 2   G
SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER.

C - CARDS

Players will receive a C- Card (Character Card) each week like the one below and turn it in game day with a parent signature.

**Teams can have cards customized with team logos

Wk 4

SKYVIEW HAWKS

WORK ETHIC
CONSISTENT HARD FOUGHT EFFORT

LIFE THEME	**FOOTBALL THEME**
Question	**Question**
What do you want to accomplish as a man say 20 years down the road. *Relationships, Job, Home, Car, Toys*	What do you want to accomplish as a Player this Year and next . . . Personally & for the Team
What will it take to get there? EDUCATION, Time, Sacrifices	What will it take to get there? Weight room, summer commitment??
How much competition do you anticipate?	How much competition do you anticipate?
Do you expect to excel? Why?	What is mediocrity & is it acceptable to you?
Truth	**Truth**
All men have a desire to succeed but few men have the **Work Ethic** to realize that SUCCESS!!	All men have the will to win few men have the will to prepare to win!!
Execution	**Execution**
Fill out the attached Goal Sheet ... Then are you Ready? FOLLOW THROUGH!!!	Fill out the attached Goal Sheet ... Then are you Ready? FOLLOW THROUGH!!!

Go to: www.coachmertz.com
Watch *Week 4 Video* . . . . Write thoughts on Back

"TRUE SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER"

Success is peace of mind which is a direct result of self satisfaction in knowing you did your best to become the best that your are capable of becoming.
JOHN WOODEN

There are 3 kinds of people
those who **make** things happen,
those who **watch** things happen,
those who **wonder** what happened.
Who are you?

LOYALTY
TO YOUR BELIEFS AND TO THOSE DEPENDING UPON YOU.

Wk 1

Life	**Football Theme**
Question #1 What are your Core Beliefs and do you stand firm?	Question #1 List 3 ways you have demonstrated loyalty to your team.
Question #2 How do you demonstrate loyalty to your family and friends.	Question #2 What is the difference between a group of loyal young men focused on a common goal vs. a group of individuals that look for personal glory?

TRUTH: SAYING YES and making a commitment to being LOYAL, whether to a person or belief system, will come with a sacrifice. It will require a **NO** to other relationships and/or opportunities.

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Watch Week 1 Video . . . . Write thoughts on Back

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Film Clips

Media presentations whether watched at home or in a team film room can be a great way to reinforce and build connections with the theme at hand.

All video clips can be watched at **www.CoachMertz.com**

Below are some topics that will be covered

SEQUENCE W/FILM

SEASON 1

Week 1 – Loyalty – Jake Locker

Week 2 - Family- Rudy 1& 2

Week 3 – Determination Tom Brady

Week 4 – Work Ethic- Urlacher

Week 5 – Discipline- I can I must

Week 6 – Enthusiasm- I am a Champion

Week 7 - Sincerity – How bad do you want it

Week 8 – Destiny -Powerful Beyond Measure

Week 9 – Initiative Better than Yesterday

Week 10 – Focus Jacob Rainey

"Our job as coaches is to **love** you.
Your job as players is to **love** each other."

Joe Erhman