



OFFENSIVE LINE REMINDERS



1. **O-LINE SETS THE EXAMPLE** FOR THE TEAM – DO WHAT IS REQUIRED.
EX. TEAM RULES – WEIGHT ROOM EFFORT – PREPARATION
2. **BE MEN OF YOUR WORD.** DO WHAT WE SAY. FIRST **OPPORTUNITY** RULE.
3. DEMONSTRATE DISCIPLINE – “DOING WHAT NEEDS TO BE DONE – WHEN IT NEEDS TO BE DONE – AS WELL AS IT CAN BE DONE – DO IT THAT WAY ALL THE TIME.”
4. WORK EXTREMELY HARD TO DEVELOP “**NO BREAKING POINT.**” - ARA PARSEGHIAN
5. BE **TOGETHER** – BUILD UNIT **TOGETHERNESS** TO PLAY WITH “**ONE SET OF EYES**”.
6. DEMONSTRATE **TOUGHNESS** AT ALL TIMES. YOUR **BODY LANGUAGE** IS YOUR **BUSINESS CARD.**
7. RELENTLESSLY PURSUE IMPROVEMENT – ID WHAT NEEDS TO IMPROVE – PLAN IT – DO IT **HARD.**
8. *“THE BEST ADVICE I’VE EVER GOT IN COACHING CAME FROM MY FATHER. BEFORE I LEFT FOR MY FIRST JOB, HE SAID, ‘TEACH ‘EM TO AIM THEIR PADS THE WAY I TAUGHT YOU TO AIM YOUR BAT.’ IN OTHER WORDS, REPETITION. THE MOST IMPORTANT THING A COACH CAN SAY IS ‘DO IT AGAIN!’ BECAUSE YOU LEARN THROUGH REPS.”*
- JOE MOORE
9. **SACRIFICE** INDIVIDUALITY TO PROMOTE **TEAM.**
10. **TOGETHER** – ATTACK THE WEIGHT ROOM – MEETINGS – PRACTICE – GAMES
11. AVOID REPEATING MISTAKES – SHOWS YOU DON’T CARE.
12. **ACCEPT COACHING...** HOW: “YOU CAN EASILY SEPARATE ‘TEAM GUYS’ FROM ‘ME GUYS’ BY HOW THEY ACCEPT COACHING. THE GUYS THAT ACCEPT IT ARE ABOUT **WINNING**”
- BILL PARCELLS
13. *“WE LEARN WHEN UNCOMFORTABLE – BE WILLING TO GO THERE. THE HARDER IT IS, THE FARTHER WE GO.”*
- MARCUS LUTTRELL