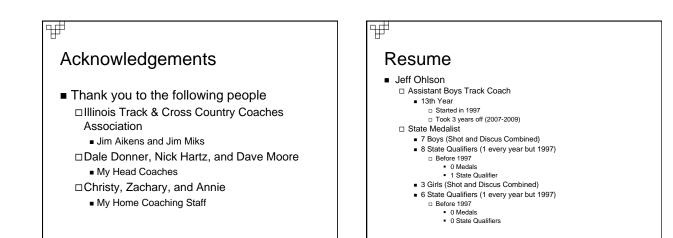


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Outline

- Acknowledgements
- Biography
- Philosophy
- Practice and Activities
- Conclusions



Resume

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- □ USA Track & Field Certified (Level 1)
- Teach Physical Education
 - Have all the Strength and Conditioning
 - Our Speed/Agility/Flexibility/Cardiovascular training program for our athletes
 - 80 minute class periods
- □ Head Football Coach
- □ Was the Head Coach Girls Basketball for 10 years

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Philosophy

- Disclaimer
 - □ Works at BVHS, but everybody and every situation is a little different.
- Looking for Ideas
 - □Very little of what I do is my own
 - I love gathering information about other peoples approach
 - Drill
 - Practice Organization
 - Techniques
 - Teaching
 - Correcting

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Philosophy

- Selling Your Program
 - □ Make the kids believe that your way is the best. ■ Results help
 - □ Make them believe they are special.
 - Be there and support them
 - Listen to there ideas
- Keep it Simple
 - I have multiple sport athletes
 - Lot of basketball players that I do not get till March
 - 7 of my kids that medaled at state have been basketball players

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Philosophy

- Make it fun for them
 - □Cut practice short at times
 - Give them a day off if schedule permits
 - \Box Couple of games here or there
 - □Relax the atmosphere when you need to
 - Crank up the intensity when it calls for it

Ŧ Philosophy Genders □Know your throwers - How are they motivated? What are they like? How do they handle pressure? How much coaching can I do in a meet? □I coach my boys and girls similar I ask them to do the same drills, the same techniques, and the same preparations.

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Activities and Practice

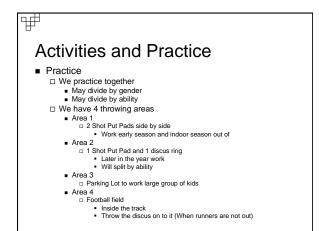
- Introduction to who I am and what I am about. Introduction to who i can e ■ Background ■ My Experiences ■ Top 30 list ■ The bait ■ My Philosophy for events ■ Throw both ■ Compete ■ Proceedures

 - Procedures
 - Practice and Meet expectations

 Listen and try

 - Equipment
 Share and responsibility
 Depth Chart
 Numbers don't lie

Who is the best and what you have to do to make the top 3 in each



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Activities and Practice

- Activities
- Disc Bowling
 - □ Overhead Shot Throw Compete in coed teams or by gender
- Meets
 - □ Work both genders
 - Run a lot
 - □ If boys and girls in separate location Go to the boys
 - Coach electronically

Conclusion Key Points Organization Have a plan to work both Selling Points Make the kids believe that your way is the best. Make them believe they are special. Keep it simple and make it fun

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