

Lana,

Please send the below to all WY FB Officials. Thank you!

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August 27, 2025

Football Officials,

Welcome to Zero Week! I hope you're as excited as I am to begin spending our Friday Nights under the lights (and Thursdays and Saturdays, too)! Is your gear washed? Have you dug into film yet? Hopefully you've stepped onto the field for a scrimmage to "bust the rust off" as well. As we get into the season, please reach out if there's anything that comes up during the week or after your games.

### **Week Zero Training Email**

1. Rules Knowledge -- Own Your Learning!
  - a. Week One Rules Quiz: <https://forms.gle/ZMUNWrRQYGVIdohM6>
  - b. I welcome feedback on this new format for the quizzes! Please enjoy this as you hit the road this week!
2. Field Mechanics
  - a. As we begin a new season, it's always beneficial to review the mechanics POE's for each of the crew positions. I have consolidated them into a single location that you can find here:
    - i. Link: [https://docs.google.com/spreadsheets/d/1MTP\\_nsoGcT3OCmwysbshlQQCdM4tpDRcdsh9DuU9\\_hE/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1MTP_nsoGcT3OCmwysbshlQQCdM4tpDRcdsh9DuU9_hE/edit?usp=sharing)
    - ii. There is a tab for each of the crew positions listed at the bottom of the page.
3. Officiating Philosophy
  - a. It's always good to level-set on our philosophy as it relates to Offensive Holding at the beginning of each year.
    - i. We should all strive for our Offensive Holding (OH) fouls to be **BIG**.
    - ii. Set the Tone: Whomever on your crew throws that first OH foul sets the tone for the whole crew for the whole game.
    - iii. Did You Know: Studies show that if an OH is thrown on a series, there's something like a 75% chance that drive will result in a punt.
      1. That means our OH fouls have the distinct ability to be drive killers.
    - iv. Now, I'm not telling you to stop throwing OH. This is simply a reminder for all of us to make sure our fouls rise to that high level, worthy of a flag.
  - b. Offensive Holding (The Buckets Revisited!)
    - i. Some of you have heard me state that we as a state (wholesale) are throwing too many flags, and specifically, too many holds. I would encourage you to re-evaluate your philosophy related to offensive holding and ensure you're only throwing those fouls that truly rise to the top level. Can you put every Holding foul into one of these 5 buckets?
      1. Grab & Restrict: The blocker controls the defender with two hands outside the defender's frame usually at the shoulders. The blocker controls the defender's movement preventing him from reaching for the runner to make a tackle or rushing the passer. The key to recognizing this as a foul will be the defender's unsuccessful attempts to tackle the runner or rush the quarterback.

2. Hook & Restrict/Turn: The blocker hooks the defender above the waist with one hand and controls or redirects defender's movement. This usually occurs when the blocker's feet are beat, and the defender is even with him or past him.
  3. Take Down: The blocker grabs the defender with two hands or hooks him with one hand above the waste and takes him to the ground. *These should almost always be thrown, regardless of location on the field.*
  4. Tackle: This usually occurs when the blocker loses contact with the defender; or the defender beats the blocker's feet and is even with him or beyond him, or the defender is running away from the blocker. The blocker grabs or hooks the defender around the waist or below or dives and hooks the defender with one or both arms or hands at the lower legs or ankles causing the defender to go to the ground.
  5. Reverse Take Down: The blocker, who appears to be getting overpowered or run over, grabs the defender inside the frame of his body and pulls the defender down on top of him as he is falling backward.
4. Football Teaching Tapes -- It's a 2-4-1 deal this week!
- a. As you watch film, you'll be directed to the new-to-us VidSwap platform. If you need access, or can't find your invite email, please reach out to Chad at the WHSAA.
    - i. Here is a tutorial of how to use VidSwap:  
<https://www.youtube.com/watch?v=bTyOdmk15Go>
  - b. Here's this week's Teaching Tape – Speaking of Offensive Holding!
    - i. Link: <https://youtu.be/KFXek0H46rI>

Have a great week, hydrate, stretch well, and remember to...

*Set the Tone! --Tyler*

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