

Dear Coach,

You and your defensive staff are encouraged to attend the FCPGA "Coaching Effective Defense" Clinic, (emphasis on tackling, block protection 'n shed, and block protection to tackle techniques and teaching progressions), Friday - Saturday, February 26-27, 2010 at Poway High School in Poway California (North San Diego County).

Our weekend together will include lecture, graphics, video study, on the field demonstration, and coaches participation "walk thru" sessions.

This is a "hands on" clinic so have your coaches attend in coaching wear.

Feel free to call me at (858) 748-7566 if you have any questions.

Cordially,

*Bill*

Bill Williams • FCPGA President

★ ABOUT THE CLINICIAN ★



Bill Williams is recognized as one of the premiere clinicians in the nation. Over the years has cliniced High Schools and Junior College Coaches from 25 states. On the collegiate level, Bill has cliniced coached from the SEC, ACC, Big East, Sun Belt, Big 10, Big 12, Mountain West and PAC 10 Conferences. NFL coaches that have benefited from Bill's teachings include Dallas Cowboys, Atlanta Falcons, Buffalo Bills, New York Giants, New York Jets, Pittsburgh Steelers, Kansas City Chiefs, and New Orleans Saints.

★ CLINIC AGENDA ★

**Friday, February 26**

4:30 pm: Registration

6:00 pm - 7:20 pm: Setting the tone for tackling in the off season: Buzz words • Attention to detail in teaching generic tackling in shorts or sweats • Lifting 'n exercises pertaining to tackling.

7:40 pm - 9:00 pm: "Generic" tackling for all positions, from shorts into pads • "Strain" tackling techniques and "stiff arm" tackling progressions.

9:10 pm - 10:10 pm: Overlooked situational tackling techniques' 'n coaching points; one arm tackling. One arm and two arm tackling.

**Saturday, February 27**

8:00 am: Registration • Doors Open

9:00 am - 10:20 am: Playside-backside "Profile" tackling • "shimmy" tackling • "profile late shimmy" tackling progressions for all positions, from shorts into pads.

10:40 am - Noon: "Shimmy near foot" tackling progressions for defensive backs and linebackers • "jump cut" Tackling responses • "rat in the hole" Sideline tackling disciplines.

12:20 pm - 1:40 pm: Defensive line block protection - "Low eyes" to tackle teaching progressions vs. run game • "QBL" tackling vs quarterback launch points.

2:00 pm - 3:20 pm: Inside-outside linebackers block protection - "low eyes" to tackle vs run game.

3:40 pm - 5:00 pm: Defensive backs: Block protection to tackle progressions • tackling after catch.

★ FEEL FREE TO CONTACT THESE COACHES ★  
ABOUT BILL'S PRESENTATIONS

- Joe Woodruff, Northwest Goufford H.S. (Greensboro, NC)
- Steve Bogan, South Hills H.S. (Covina, CA)
- Randy Dewitt, Granite Hills H.S. (El Cajon, CA)
- Jon Lovett, U. of Miami (FL)
- Nick Holt, U. of Washington
- Greg Robinson, U. of Michigan
- Bob Gregory, U of California
- Chuck Clemens, U of Central Missouri
- Chris Ash, Iowa State University
- Bobby April, Buffalo Bills
- Joe DeCamallis, Dallas Cowboys
- Bruce DeHaven, Seattle Seahawks.

★ PROFESSIONAL GROWTH 'N RESOURCE ★  
OPPORTUNITIES AT THE CLINIC

Visit the FCPGA tables throughout the clinic. An FCPGA representative will give you insights into the various services and resources that are available to you and your staff, and players. Bill Williams will be available during the breaks to personally discuss your needs and interests.

- Video Club Membership
- In-service Staff Clinics
- Multi-service In-service Clinics
- Individual Coach Consulting
- Instructional Mini-Camps for Every Player and Coach in Your Program.



*"The Finest in Football Education."*

# FCPGA "COACHING EFFECTIVE DEFENSE" CLINIC

Pre-registration form - Return with fee **February 26 - 27, 2010 • Poway H.S., Poway, CA**



Name \_\_\_\_\_  
 School / Organization \_\_\_\_\_  
 \* Home / Address \_\_\_\_\_  
 City / State / Zip \_\_\_\_\_  
 E-mail Address \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Staff Attending \_\_\_\_\_

Make Checks and Money Orders Payable  
 to: Bill Williams - FCPGA CED Clinic  
 and mail to:

Bill Williams  
 FCPGA CED Clinic  
 13868 Olive Mill Way  
 Poway, California 92064

## ★ QUICK FACTS ★

- ★ **DAYS • DATES**  
Friday - Saturday, February 26-27, 2010
- ★ **LOCATION AND DIRECTIONS**  
Poway High School  
15500 Espola Road  
Poway, California 92064 (North San Diego County)  
• Log onto [mapquest.com](http://mapquest.com) for directions to Poway High School.
- ★ **CLINIC FORMAT:**  
Lecture, graphics, board work, video study, on the field demonstrations, coaches participation "walk thru" sessions
- ★ **CLINIC INFORMATION:**  
Bill Williams • FCPGA Tel: (858) 748-7566
- ★ **CLINIC INVESTMENT:**  
\$100.00 Per Coach, Pre-Registered and Received by February 23, 2010, payable by check or money order. Any P.O.'s must be accompanied by a check. Late registration at the door is \$110.00 per coach in check, money order, or cash. No Refunds.
- ★ **AIRPORT:**  
San Diego Lindberg Field
- ★ **LODGING: Early reservations a must.**
  1. **Best Western Country Inn • Poway, CA**  
Tel: (858) 748-6320 ask for the "Bill Williams Clinic Rate". 5-6 minutes to Clinic
  2. **Ramada Inn • Poway, CA**  
Tel: (858) 748-7311 No special rate but reasonably priced. 8 minutes to Clinic
  3. **Holiday Inn Select, Miramar**  
Tel: (858) 695-2300, 23 minutes to Clinic

**NO VIDEO TAPING ALLOWED**

the FOOTBALL COACHES  
 PROFESSIONAL GROWTH  
 ASSOCIATION'S



# "COACHING EFFECTIVE DEFENSE" CLINIC

(Emphasis on tackling, block protection 'n shed to tackling)

**FRIDAY • SATURDAY**

**FEBRUARY 26-27, 2010**  
**Poway High School**  
**15500 Espola Road**  
**Poway, CA 92064**  
 (North San Diego County)