

Chapter 1 : Frank Strauss (Author of Dawn of a Dynasty)

*Hawk Planner for Better Coaching: Strategic Coaching System for Volleyball Coaches (Hawk Planners) [Matt Hawk, Steve Reinschmidt] on theinnatdunvilla.com *FREE* shipping on qualifying offers.*

October 30, Stolen base attempts per stolen base opportunity There was an era in baseball when base stealers ruled the game. Vince Coleman and Rickey Henderson terrorized pitchers with hundreds of bases taken with their speed and guile instead of their bats. Managers attempted to stop the thievery with rocket-armed catchers and countless throws to first base. But the understanding of what contributes to a stolen base became more sophisticated over time. The time it took a catcher to throw to second base was only part of the equation. Pitchers played a large role. The slide-step was developed to drastically reduce that time. Pitchers were encouraged to vary their times to become less predictable. It led to a significant reduction in stolen base attempts and stolen base success over time. As the Seahawks come off a dismal seven-sack performance on offense, it is about time we become a little more sophisticated in our understanding of what factors contribute to a sack. The Offensive Line The offensive line in the pass protection equation is akin to the rocket-armed catcher. Everyone knows the importance of a good offensive line when it comes to protecting the quarterback. It is easy to pin all the blame on the big fellas when you see a defensive player blow by them for a sack, and they have a key role. It just is not the complete picture. Time To Throw How long an offensive line has to protect the quarterback is arguably more important than the quality of the players on the line. Consider that in times this season that Russell Wilson has dropped back to pass and got rid of the ball in 2. In the times he has taken 2. His rating on those quicker throws is Throwing in just 2. Peyton Manning has made a career of releasing the ball quickly to avoid sacks, even behind very suspect offensive lines. He leads the NFL with a 2. Russell Wilson ranks 36th in the NFL in time to throw, averaging 3. Only Michael Vick and Terrelle Pryor take longer. He has improved slightly from his rookie year when he took 3. Depth Of Throw Time to throw might be the most important factor to pass protection, but what contributes to that length of time? One obvious relationship is how far down-field a quarterback is throwing. The longer the throw, the longer the drop-back, the greater the time to throw. Seattle ranks fifth in the NFL in average yards per completion at Scheme The depth of throw is largely effected by scheme and quarterback decision-making within that scheme. Pete Carroll has made it clear that he wants to run to setup big play throws. Seattle should always be among the league leaders in yards per attempt and yards per completion if things are going right. Wilson, though, has shown a reluctance at times to take the quick throw either to an underneath route or to his backs in the flat. That is more him than scheme. Receiver Separation Seattle has a useful resource it is not using Another contributing factor on time to throw is how well the receivers are winning on their routes and giving the quarterback a target to hit quickly. Slot receivers are often a solution when quick route wins are needed. Seattle happens to have the 1 slot receiver in the NFL in terms of yards per route run and catch rate source: An Effective Running Game Not only can a quarterback not be sacked when the team runs the ball, but it creates opportunity for play-action passing to be more effective. Lineman and linebackers cannot be pure pass rushers if they have to honor the run. Wilson is 1 in the NFL in percentage of play-action passes per dropback. He has a That is still weeks away, and is still very myopic in terms of diagnosing the problems causing the protection breakdowns. Wilson is quite possibly the most valuable player on the team and needs to be protected. This is a long-term issue that must be attacked in multiple ways. The coaching staff needs to return to its run commitment, regardless of how many players the defense stacks in the box. Getting back to the run will expose Wilson less often to hits and improve the effectiveness of the play-action to deter pass rushers. There needs to be a greater mix of quick passes in the offense, and Wilson needs to be more willing to use them. Percy Harvin returns and is sure to be part of that solution. Baldwin should be as well. Wilson may never be Manning when it comes to quick throws, but maybe he can get to the middle of the pack with his idol, Drew Brees at 2. It is time for Seahawks fans and Seahawks coaches to take a more nuanced look at the pass protection problems. No area needs to improve more for this team the rest of the way.

Chapter 2 : Chicago Tribune - We are currently unavailable in your region

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The living dead and the undead stalked television and film. You had to fear the Beard and fend off the sounds of the vuvuzela. Also, it was hard to turn on the television without seeing a member of the Family Palin. And what about Tiger Woods return to golf at the Masters? It was his first competition in nearly five months. Those moments and others defined our popular culture in . However, in the sports heavenly body of . If you asked any Seattle Seahawks fan now, in , looking back they would offer as a rejoinder the hiring of Pete Carroll. After the Mike Holmgren era ended in Seattle, the Seattle Seahawks hired their seventh head coach in franchise history, hometown favorite, Jim Mora. He only lasted one season with the organization, which he finished the season , after losses in the final four games by a combined score of . He became the first Seahawks head coach to be let go after just one season. After back to back losing seasons it felt like the team was on a decline. The Seahawks were in trouble. It was sleepless in Seattle as fear crowded the air for this beloved team and was headed to its destination to non-fulfillment. The Seahawks were used to winning at the helm of great coaching. Mike Holmgren was going to be hard to replace. In his 17 years of coaching the Green Bay Packers and the Seattle Seahawks, he finished his career with a combined winning percentage of . How do you follow that? What the Seahawks needed in terms of coaching was experience, success, a great mind-set, and someone who would make an immediate impact if they wanted to get back to their winning ways. In they went on and hired the most attractive name in team history since Mike Holmgren, Pete Carroll. Carroll brought 18 years of NFL experience and 19 years of collegiate experience with him to Seattle. Carroll would finish the season losing the rest of his games. He only lasted one year with the team. The Panthers won the game, 13 to 7. Carroll in red and gold? While there, his defense was in the top five in terms of points allowed. The 49ers allowed only 16 points a game in those two years. The New England Patriots gave him that chance where he went on and never finished with a losing record in the three seasons with the team. According to some experts, he was considered a better fit for college football than the NFL. Carroll was known and still is for his energy, youthful enthusiasm, and excellent mind-set in terms of recruiting. He ended his career at USC with two national championships appearances, winning one, and seven consecutive BCS bowl games, winning six. He had four Top five recruiting classes, 53 players selected in the NFL draft with 14 of them coming out of the first round. In , his effect on the college football landscape was named one of the biggest developments over the past decade in ESPN the Magazine. In , Carroll was announced as a member of the USC athletic hall of fame class. He was inducted May 18th, In , the first year as the Seahawks head coach, he brought the team to a record. Despite the losing record, he still managed to lead them to the playoffs due to the lack of competition in the NFC West. A feat unfathomable from the despair of early January . Since then, Pete Carroll has turned an organization that was declining, and fast to one of the most dominating teams ever assembled in the history of the NFL. Cutting fan favorites to formulating players that no team would take a chance on into all-pros. Carroll took a lot of risks on players and was graded poorly for it. His unique ability to recruit players truly separates him from other coaches. Since Carroll arrived in , including the playoffs, the Seahawks have a . After all that has been accomplished, it seems that recognition is still nonexistent, no? Carroll has yet to win the coach of the year award and probably never will due to the talent he consistently brings home. He has coached the Seahawks with a chip on his shoulder, just as his current players do when they play. Pete Carroll is 66 years young and going into the season, he might have his best roster as a head coach at any level. The disparaging of Pete Carroll will keep writing his legacy until it probably kills him.

Chapter 3 : The disparaged Pete Carroll - Hawk Blogger

This feature allows the planner to be completely opened by the coach for use and also prevents the scratching and catching caused by typical wire theinnatdunvilla.com, Matthew is the author of 'Hawk Planners for Basketball coaches For Better Coaching Strategic Coaching System', published under ISBN and ISBN

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Chapter 4 : A Sample Day of Eating for Any Fitness Goal â€“ Hawk Strength

Matthew C. Hawk is the author of Hawk Planner for Volleyball Coaches (avg rating, 0 ratings, 0 reviews, published), Hawk Planners for Better Coa.

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Chapter 7 : MultiFUNCTION-Planer

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Chapter 9 : The Plan For Better Pass Protection - Hawk Blogger

Hawk Strength is the perfect place to start your fitness journey. We were all beginners at one point or another and there are a lot of questions you might have towards fitness as far as bodybuilding, power-lifting, or just trying to stay healthy and in shape.