

Kokomo High School Running Backs
(By Jason Spear-KHS Assistant Coach- Running Backs)

Our running backs are special kids! They have to be tough mentally and physically and accept the role of a leader for our football team. Our philosophy is, “hit or be hit!” We teach our guys to play with a helmet to helmet mentality. We also stress the importance of BYOB (be your on blocker). They must be physical! All of our drills are directly related to our expectations. We teach our kids to block, run hard, and secure the football! Footwork, balance, and agility are also important areas that we place high emphasis.

Our running back expectations include: breaking tackles, finishing runs, making defenders miss, making great fakes, making blocks, taking something out of the defender on every play, gaining at least 3 yards on every play, and securing the football. We also expect a kid to set the bar at practice, on a daily basis. It doesn't matter if it is a freshmen or senior, we want a guy to set the bar and tempo for the practice.

We grade our running backs weekly and we have high expectations for them in terms of whether or not each of them, individually, had positive or negative plays that would enable us to win the game. We don't accept our backs getting tackled by one defender but if they do, they receive low scores. We score each play using a 0-4 scoring rubric. The scoring rubric includes: 0-1 for little or no effort and not making the play, 2 for giving effort but not completely finishing the play, 3 for giving a great effort and finishing the play, and 4 for going beyond the call of duty and making a great play!

Our running backs must also be team players! As coaches, we demand a team first attitude. Blocking and faking is just as important as running the ball. We take pride in teaching a, “Team Above Me-Team First” attitude.

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