

# SCICOH SHARKS FOOTBALL

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## BLUE [VARSITY] & WHITE [JUNIOR VARSITY] TEAM PHILOSOPHY

Outlined by Coach Rob DeSalvo

Similar to other sports, SciCoh Football can have an A team & B team - or Varsity/JV for each grade level depending on roster size. We identify these two teams as our Blue Team (Varsity) and White Team (JV). First and foremost, we are 1 total team with all players and coaches operating with a single mission – player development, creating an environment for all players to achieve success on the field and to have fun!

For those new to football or new to how and why we need to organize the team in this way, here is the rationale that goes into SciCoh Football's team structure:

- At the youth football level, due to the fact that our players are still developing, growing, and learning the game - players may be asked to play several different positions throughout a game/season.
- There are only 11 players allowed on the field at any given time during a game. If every player has a specific position on offense or defense, at a minimum a team should carry 22 players. So, with high roster numbers at most grade levels, we have a lot of players to get playing time for. The only way that is possible is to have 2 teams - Blue and White.
- Players develop at different rates. Size, speed, and level of intensity/grit play a role but it is also a player's understanding of core football skills, offensive/defensive strategy, and the ability to execute with confidence in game situations. As teams and players mature, the pace of play increases, and players must be able to match not just their own team but the opposing team's pace of play. All of this translates to player safety. We strive to put all our players in the best position to perform, be successful, have fun, and to be safe.
- Playing time: Coaches have been evaluating the players every day during pre-season camp and have a very good idea of where they all stand. Live competition against other teams is one of the best places for players to learn and develop. But also know that playing time will not always be 100% equal.
- There is a balance between individual playing time and team playing time. For example, the 11 players that make up our offense need to work together in order to develop timing and cohesiveness and too much change can be detrimental to execution, at any level. Having said that, substitutions throughout a game should be expected.





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## FORMATION OF BLUE [VARSITY] & WHITE [JUNIOR VARSITY] TEAMS

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In order to allow our coaching staff to help give players dedicated practice time and game time, we split our players into a Blue Team (Varsity) and White Team (Junior Varsity). This gives them more time to learn, develop and play - not standing around watching.

- Our White team schedule will be Saturday games and Blue will play Sunday (with possible Saturday night games).
- We will look to carry a game day roster of around 22-24 players – this allows for maximum playing time with proper substitutions and backups to allow for the proper player and game management.
- White Team players will have all their playing time by position on Saturday and Blue will operate the same way on Sunday.
- There will be certain players designated to only White - and certain players designated to only Blue. However, in order to carry the right game-day roster, there will be a need for some White Players to dress for a Blue Game and some Blue Players to dress for a White Game. They will serve as back-ups by position but playing time will be limited. This is due to the fact that they will already have played a full game on Saturday or will be playing a full game the next day, on Sunday.
- Lastly, nothing is set in stone. As the season progresses, if a player has really developed quickly and is showing that they can make the transition to Blue, then Coaches will adapt and adjust as necessary. We want you to be aware that it could happen the opposite way as well. If a Coach's assessment was off and someone is having a little trouble adjusting, we might get them reps in a White game to get them on track instead of Blue.

If you have any other questions, please reach out to your Head Coach. Go Sharks!

