



FREE COACHING GUIDE

5 Install Mistakes That Cost Coaches Practice Reps

(and the fix for each one)

Every rep you spend re-teaching something is a rep you don't get back. These five mistakes show up constantly in youth, high school, and college install weeks — and every one of them is fixable before your next practice.

1

Installing the whole playbook in one sitting

Coaches try to cover every concept for a position group in a single meeting because the season feels short. Players retain almost none of it — by day three of camp, half the install is gone.

THE FIX: Break install into one section per teaching session — footwork one day, reads the next, protections after that. Depth beats speed every time.

2

Teaching only off slides, with nothing in players' hands

A concept that only exists on a projector screen disappears the moment the meeting ends. Players get to practice with no way to check themselves against what was taught.

THE FIX: Put a one-page quick-reference card in every player's hand — something they can carry to the field and glance at between reps, not just recall from memory.

3

Moving on without checking understanding

A coach explains a concept once, sees a few nods, and moves to the next slide. Confusion doesn't show up until team period — where it costs a rep, or worse, a series.

THE FIX: End every teach with a 60-second comprehension check — have a player repeat the concept back in their own words before advancing. Catch it in the room, not on the field.

4

Inconsistent terminology across the coaching staff

One coach calls it a "bubble," another calls it a "smoke," a third calls it something else entirely. Players spend more energy translating language than executing.

THE FIX: Standardize terminology across the whole staff before install week starts. Write it down once, put it in every coach's hands, and use the same words every single time.

5

No path for players to study outside of practice

All the learning is compressed into practice and meeting time, so there's no reinforcement in between — and no easy way for players who missed a rep to catch back up.

THE FIX: Give players a self-study guide they can review on their own time. Practice time should reinforce concepts players already started learning, not introduce them cold.

Want the System Built to Avoid All Five?

Every Next Rep Football position package already includes a teaching deck, a coach's guide, a quick-reference card, and a player self-study guide — built by a coach, for coaches, so you're not building any of this from scratch.

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