



Crusader Flexbone: Why We Run It

I. Goals of Presentation

- A. Challenges and benefits of flexbone
- B. Help coaches create a culture that supports flexbone
- C. Provide specific strategies for buy-in
- D. Understand why a culture that supports the flexbone will breed future success

II. Coaching Dilemma

- A. How do I win the most games?
- B. What happens when opponent is equal or better?
- C. Can culture be the magic bullet?

III. Reasons We Chose Flexbone

- A. Personal knowledge
- B. Success of service academies vs talented opponents
- C. Success with undersized players
- D. Best potential for consistent success

IV. Reasons Why We Love Flexbone

- A. Experienced success
- B. Beyond X's and O's
- C. Team first mentality
- D. Players learn and practice selflessness
- E. Foundation of character and servant leadership development
- F. Recruits like minded coaches

V. Challenges to Flexbone Culture

- A. Me first culture
- B. Not trendy
- C. Issue for parents and players

VI. Combatting Challenges

VII. Specific Strategies

- A. Tug of war
- B. Father-Son trip
- C. Moms football 101
- D. Character and leadership meetings...other

VIII. Personal Application

IX. How the Flexbone Culture Breeds Success