

REP

THE PRE-SNAP PROCESS

A SIMPLE PROCESS. A POWERFUL ADVANTAGE.

REP helps players organize the natural pre-snap process: recognize the defensive look, eliminate unnecessary possibilities, and prime themselves to react when the ball is snapped.

It also gives coaches a consistent framework for reinforcing pre-snap reads throughout weekly preparation, practice, and game review.

R <i>RECOGNIZE</i>	E <i>ELIMINATE</i>	P <i>PRIME</i>
		
GOAL Recognize essential information.	GOAL Reduce unnecessary possibilities and noise.	GOAL Align your thoughts and vision.
FOCUS Opponent formations and personnel.	FOCUS Prioritize what you're seeing.	FOCUS Read your key. Don't just look at it.
OUTCOME Know what you're seeing.	OUTCOME Know the top plays.	OUTCOME Be ready to react.
THEME Memory / Recall	THEME Memory / Anticipation	THEME Reaction



COACHING APPLICATIONS

PREPARING

Use REP during playbook learning, film study, position meetings, walkthroughs, mental reps, and practice to help players connect what they need to remember with what they will need to recognize on the field.

Players can see how they progress from recalling the play in isolation to working through the full pre-snap rhythm over the course of a practice week:



WEEKLY FILM



MENTAL REPS



TEAM PERIODS

LEARNING FROM THE GAME

Use REP during film review and game evaluations to identify where the pre-snap process broke down.



Did the player recognize the correct information?



Did the player eliminate unnecessary possibilities?



Did the player prime the correct key?



What needs to change during the following week of preparation?



REP IS A HABIT.
RUN THE PROCESS EVERY SNAP.

