

End of game fouls and procedures

Situational awareness

Situational awareness:

1. Identify problem areas that could occur at the end of the half/game.
2. Understand what each team is trying to do.
3. Know Zap-10 fouls and situations.
4. Know the status of: clock, TO's, down & distance.
5. Stay focused.

Prior to the game

- Conditioning – Year-long program
- Rules knowledge – Be the “rules-guy” on the crew
- Pre-Game – Participate and be vocal

Improve Your Situational Awareness

(besurvival.com)

- Learn to Predict Events (*Think ahead*)
- Identify Elements Around You (*Improve perception of what is happening around you*)
- Trust Your Feelings (Trust Your Preparation)
- Limit Situational Overload (*Decrease distractions*)
- Avoid Complacency (*Stay in the right Mindset*)
- Be aware of time (*The pace of the environment is constantly changing*)
- Evaluate and Understand Situations (Down-distance, Under 1:00, FG, On-side)
- Actively Prevent Fatigue (Decision Making Fatigue)
- Continually Assess the Situation
- Monitor Performance of Others (*Be alert for changes in the performance of those around you*)