

Hi (Parent Name),

My name is Greg Barton and I help coach in the Barton Football program. Mark Evans forwarded to me your email and asked me to respond.

Question

Mark

My son will be a high school senior next year and will play both ways. As a running back and a defensive back. Are the sessions specific for those positions or combined? Are all 2-1/2 hour sessions basically the same. Would four (4) sessions at each position be sufficient for learning his skills? My son is an honor student, goes to the gym 5 days a week and also has a part time job, so his schedule is very limited.

Thank you for your time

(Parent Name)

Answer

These camps are designed to train athletes at a very high level stressing a tremendous work ethic. Peer pressure is sometimes a negative and sometimes a positive. In these camps the peer pressure is a positive. Whether it is in Oregon (Portland Community College) or Washington (University of Washington) many of the top athletes in the Northwest will be in the workouts. An example is Jake Heaps the junior QB at Skyline HS. He has never missed a Barton workout and in our camps he is probably the hardest worker we have. Jake already has around 20 D-1 offers from some of the top colleges in our country. He will come to the training early, he will outwork everyone and he will be a positive role model for players of all ages. That is what we expect from repeat players. They understand that work ethic, discipline and structure is what our workouts are all about. Do they have fun? Of course they do. Why are they there? The top players have a passion for the game and they are dreaming everyday in becoming the best player they can be. With so many players from so many schools in the camp, the peer pressure to compete is a real positive and an advantage to each and every player.

Whether your son comes one day, 4 days or 8 days he will get something out of these workouts. He is a defensive back and a running back. We do not train specifically for these positions. Our philosophy is in the winter, it is to your advantage to get a head start on weight training and conditioning and in competing head to head with others around the area in football training. We will train Quarterbacks as a group and Skill Position Players as a group. Skill Position players are made up from wide receivers, slots, tight ends, fullbacks, running backs, outside linebackers, inside linebackers, cornerbacks, and strong a free safety's. One thing that all Skill Position players have in common is they are good athletes. All must be strong; all should be quick and fast, and all better be very smart. All workouts for the Skill Position athletes combine speed and quickness work, explosive work, and running patterns and catching the ball. Running patterns and catching the ball is a great way to condition and to develop better athleticism.

Parents of most running backs always ask, "Can you make my son a better running back?" The answer is both yes and no. First, who taught Reggie Bush how to be a running back? Who taught Walter Payton to be a running back? The answer is they are Hall of Fame type running backs for a couple of reasons. **One**, they have GOD given talent. When USC had Mike Garrett (Heisman Trophy winner), OJ Simpson (Heisman Trophy winner) and Marcus Allen (Heisman Trophy winner) as running backs, the head coach John McKay said he just had to make sure that they were pointed in the right direction. Sure he was kidding, but in truth he was also being honest. Those guys are not normal people walking the streets. I played D-1 Football and in the NFL as a QB, I saw every RB in the NFL and they are unbelievable. How do you train those guys? I had great teammates who played running back. One was another Heisman Trophy winner, Steve Owens from the U. of Oklahoma. Sure they all do drills, etc. but when they run they do not have a clue what they are doing. They just have "it". What is "it?" I don't know, but if I had "it", I would have been a heck of a running back in the NFL. **Two**, they lived in the weight room as no position comes close to running backs when it comes to the physical punishment. In addition they were in great condition. They were running all the time, especially catching passes in the off-season.

Running Backs must be able to do a lot of things. Run with speed, run with quickness and run with power. They must be able to run block and pass block. They must be able to catch passes out of the backfield. The great news like Reggie Bush can also line up in the slot and run pass patterns. He was so good at USC, he would line up also at wide receiver and run patterns. So why do I mention this? Situational subbing is a big thing in football. Let's say Johnny is the running back. If it is 3rd and short and Johnny is taken out of the game that tells me he either cannot run block or he can't run with power. If it is 3rd and long and Johnny is taken out of the game, that tells me either he can't pass block or he can't

catch the ball coming out of the backfield, or he's simply not good enough to line up in the slot or as a wide receiver. I tell running backs that I would be embarrassed if they take me out because I can't do one of these things. Some of these skills are again god given and some are earned through hard work.

Defensive Backs should train in the winter and spring in the weight room and in playing other sports or in coming to camps as a Skill Position kid and run pass patterns. One of one coverage is fine, but the chances of injury increase as you begin competition. In the winter, I like seeing DBs running patterns to help develop their athleticism and for conditioning. Another thing I tell all DBs in our camps; "train" to become a wide receiver and attend the Chalk Talks that Taylor Barton holds. Why? As you train as a receiver you learn about why receivers move their arms, why their heads are up and their eyes are looking past you. You learn about how to run pass patterns. All of this is taught to BEAT a defensive back. Taylor's Chalk Talks are for QBs and Skill kids. He teaches players the basic defensive coverages and how to attack these defenses. He teaches how to read DBs alignments, their positioning, their eyes. He teaches the reasons why we share down a Free Safety or SS; we want to hold them and then we come back to throw somewhere else. DBs should hear this. You are now listening to the enemy in how they read coverages and how they take advantage of certain defenses. Taylor will go over cover 1 free, cover 1 hole, cover 3, cover 2 zone, cover 2 man, quarters, quarter-quarter/half and more.

Regarding what we teach, we will teach basics and then get after those basics with repetitions.....then we will add new skills (always using basics) and then more repetitions.....this goes on and on all winter, spring and summer.

Last, I don't know if your son has any ambitions to play football after high school. You mentioned that he is a good student and that is a major victory right there. Through another company we are involved in; Next Step College Sports (www.nextstepcollegesports.com), we work with college football coaches throughout the country at all levels (D-1, D-1AA, D-1, D-3, NAIA, Prep Schools, and Junior Colleges in helping players get to colleges. I have coaches calling me from all over the country asking me about players in the Northwest. Think about this, in our camps that we hold in the winter, spring and summer, we sure get the MAJORITY of the good players, so if I were these coaches I would probably be calling us also. They simply ask us about certain kids, or they might say, "We are looking for a good wide receiver. We are a D-3 school. If the kid has a great GPA, 3.6 or better, we will have excellent money for him.".....I get calls like this year-round. But it obviously all begins with our camps and training.

Gary, I hope this helps you. Thank you for looking into our program. I wish you and you entire family the best always. Happy Thanksgiving.

Greg Barton

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