



By: CUBuffs.com



MacIntyre Sees 'Balanced' Progress In Training Camp

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By: Josh Casey, CU Sports Information

BOULDER – History suggests that defenses usually progress faster than offenses early in training camp, with offenses generally struggling to develop cohesion. Defenses often use that lack of coordination to their advantage.

At Colorado, however, it might be a good sign that neither side has been able to consistently gain the upper hand through the first 14 days of fall camp.

"I think it's been pretty balanced," coach Mike MacIntyre said. "I think the defense has been playing well and I think the offense has been doing some good things, too. Of course there's days when one is ahead of the other or one looks better than the other. Usually with offense the timing of it is usually why they're not but the kids worked this summer so I thought it kept the timing pretty good on offense."

Players on both sides of the ball worked diligently in the spring and over the summer to create and maintain stability through endless drills and repetitions.

"I feel like both sides of the ball are looking real good," defensive end Chidera Uzo-Diribe said. "We're getting a lot of reps out here so it's only going to help our conditioning and that will help us get more prepared for game time."

While the offense and defense are showing signs of progress, it may be the individual play of two freshmen that has been the most surprising sign in all of camp. Although MacIntyre won't know for sure who will play on Saturdays and who will redshirt until next week or after, he feels two players specifically have stood out through two and a half weeks of practice.

"Devin Ross (receiver) and Chidobe Awuzie (defensive back) would play right now and they play on special teams too so those two guys would definitely play right now," MacIntyre said. "There are others that are on the fringe but if you ask me today those two would play."

NOTABLE: MacIntyre commented after practice that right guard Daniel Munyer is continuing to make strides towards returning to full-contact drills by as early as next week. Munyer fractured his fibula and missed most of spring practices and off-season workouts. He started every game at either right guard or center last season . . . For the past couple of days, upperclassmen have been assisting freshmen move from their temporary camp lodging (Millennium Harvest House) to their dorms . . . Wednesday morning's practice marks the first of fall camp that is closed to the public and media. Wednesday also marks the camp's final day of two-a-days. Thereafter, the Buffs will have morning practices.

Colorado Buffaloes Football

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Football: CU Buffs' Mike MacIntyre not ready to name starting QB

By Brian Howell Buffzone.com Boulder Daily Camera

Posted:

Buffzone.com

Mike MacIntyre and his staff spent a large chunk of Sunday watching film of Saturday's scrimmage. Overall, MacIntyre liked what he saw and he said "we got a lot accomplished."

The Buffs aren't ready to name a starter at quarterback, however. Junior Connor Wood has been running the first-team offense and has had a good camp, but true freshmen Sefo Liufau has looked good, too. MacIntyre was pleased with how Liufau moved in the pocket and "created" plays a few times Saturday.

Sophomores Stevie Joe Dorman and Jordan Gehrke are also vying for the job.

"I thought they all did some good things and I wouldn't say I was disappointed with any of them," he said.

Asked what he still needs to see out of his quarterbacks, MacIntyre said, "I just need to keep seeing competition every day; come to work every day. That position, you learn when they make a mistake or throw a pick, how they react and come back the next series. All of that is teachable moments that they've got to come through and it tells me a lot about them."

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Football: CU Buffs' Jack Harris getting comfortable at left tackle

By Kyle Ringo Buffzone.com Boulder Daily Camera

Posted:

Buffzone.com

Jack Harris wasn't supposed to be on left side of the Colorado offensive line this fall, but he's making the most of suddenly being the man responsible for protecting the quarterback's backside.

Harris was moved to left tackle in the offseason after playing on the right side at tackle and guard throughout his career. His former teammate, David Bakhtiari, left for the NFL in January a year earlier than expected, leaving a vacancy at the position Harris now mans.

Former Buff Alexander Lewis would have been the most likely replacement for Bakhtiari had he stayed in the program, but he chose to transfer to Nebraska in the spring shortly before being arrested and charged with assault for an off-campus incident.

That left coach Mike MacIntyre and offensive line coach Gary Bernardi with few options at left tackle. Either move Harris there and coach him through all the adjustments in technique and footwork and responsibilities or play a raw underclassmen and hope for the best.

"Jack's had a great camp," said Bernardi, who is in his 33rd season coaching offensive linemen at the college level. "I've been very, very pleased with him. He's done a great job, he's a good leader, he's an excellent technician. People forget about that. They think about everybody just mauling guys and all of that; he is a really good technician. I'm really happy with that part of it."

Bernardi said Harris might not look like he has the quick feet and athleticism for left tackle but he has been surprised by both of those aspects of Harris' game since he started coaching him in the spring.

Harris logged the third most playing time among CU offensive linemen last fall at both right guard and tackle. He led the team in touchdown blocks and had his best game of the season late in the year against Washington when he graded out at 90 percent.

"It's going well," Harris said. "I feel like I'm even getting better over there."

Harris' one concern is his weight. He is worried he might be losing too much of it after a spring and summer in strength coach Dave Forman's conditioning program and all the work of the first two weeks of fall camp. He is listed at 6-foot-7 and 295 pounds on the pre-camp roster and says he has been eating extra food and drinking shakes to keep his calories up.

Harris was named one of six team captains earlier this summer and Bernardi said Harris was among the first to claim a leadership role after the coaching change was made in the winter.

All of these developments are pointing toward Harris having a strong senior season and possibly continuing an impressive streak of CU sending left tackles to the NFL. The last three players to play left tackle in Boulder -- Tyler Polumbus, Nate Solder and Bakhtiari -- will all be on NFL rosters this fall and all will likely be starters for their respective teams.

Harris is well aware of those three men, having played with two of them.

"It's pretty cool," he said. "Hopefully I can follow in that footstep. They're all great guys and I have a standard to uphold. So hopefully I can do that."

With junior Daniel Munyer being out for much of training camp and coaches moving players around on the line, Harris was feeling late last week that the group still had plenty of ground to cover in terms of gelling and fine-tuning communication.

He isn't just talking about projected starters. He wants starters and their backups to feel comfortable playing together and being put in unusual situations in the middle of games. Kind of like the change he was asked to make in recent months.

"I just want to get all 10 of us on the same page," Harris said. "So when we all go out there, we know exactly what we're doing and we can execute it perfectly. I want the entire offense, but particularly the line, to be like that. I still feel like we have some work to do with communication and stuff, but that is my big goal.

"So we're not confused and we know where we're going. If we work together, we'll be OK."

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Howell blog: CU Buffs' Lindsay making good impression

By Brian Howell, Buffzone.com Boulder Daily Camera

Posted:

Buffzone.com

With a crowded backfield led by Christian Powell, Colorado might have a hard time spreading the ball around to many running backs this season.

One young player who has been very impressive during training camp this month, however, is Phillip Lindsay. The 5-foot-8, 165-pound true freshman from Denver South High School is already earning respect for the way he runs the ball and plays the game.

"He's a fireball, man, and he plays with a chip on his shoulder, almost like some of the walk-on kids that really are trying to prove themselves," CU running backs coach Klayton Adams said. "He plays with a fire in his eye and you've got to love it."

Lindsay is the first Denver South player on the CU roster since 1983. He tore his left ACL early in his senior season, and missed the bulk of the year. But, he was a dynamic play-maker for the Rebels before that.

So far, he's been flashing those skills when given the opportunity to carry the ball.

"I would call him a bundle of energy," CU head coach Mike MacIntyre said. "I really like Phillip. He's doing really well. It doesn't look like there are any repercussions from his knee injury and I've been very, very pleased with Phillip."

Adams has been impressed with Lindsay's hard-nosed style of running.

"He runs bigger than you probably think," Adams said. "When you watch his high school film you think he's really quick and fast and then he gets out here in pads and you go, 'Whoa, the dude is pretty physical, too.'"

Because the Buffs do have so many options at tailback, with Powell, Tony Jones, Josh Ford, Donta Abron and others, Adams isn't quite sure if Lindsay will play or redshirt this season.

"It's probably a little bit too early to tell," Adams said. "I think he's definitely got the ability to; we've just got to watch his knee and see where that's at. It hasn't been a problem at all, but we've just got to watch his knee and see where that's going to be at and see how strong it is."

"You can always use a guy that plays with his hair on fire like that on special teams and if he's doing that you can always find places to use him offensively, too."

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CU Buffs' new-look offensive line has nowhere to go but up

By John Henderson *The Denver Post* *The Denver Post*

Posted:

DenverPost.com

BOULDER — The numbers would suggest a loud call for an overhaul.

Last year, Colorado's line allowed 50 sacks in 12 games. Nationally, only Washington State, with 57, gave up more, and Mike Leach's pass-happy Cougars ran fewer times than any other team in the country.

However, CU's line should be able to improve its pass protection this fall, for many reasons, despite losing two starters it expected back.

The Buffs' vertical passing game last year went about as far as the next first-down marker. With few speed threats on the outside, spotty play from their quarterbacks and a true freshman tailback, defenses played man-to-man on the outside and rushed everyone but the team chef.

"It was really tough," senior center Gus Handler said. "You were constantly under pressure. We prepared the best we could. It was just unfortunate that they brought nine people."

This year the Buffs can offer a different look. Star receiver Paul Richardson returns from a torn ACL after missing all of 2012. The conversion of lightning-quick D.D. Goodson from tailback to receiver and the addition of 6-foot-3 freshman Jeff Thomas also bring more speed to that side of the ball.

Junior Connor Wood looks like a brand-new quarterback.

"Our chemistry is a lot better," junior guard Kaiwi Crabb said. "We all get along on and off the field. We're communicating."

They should have good chemistry. There aren't many of them.

CU lost two returning starters when left tackle David Bakhtiari left early for the NFL and left guard Alex Lewis transferred to Nebraska. Junior Daniel Munyer, a starter at guard and center last fall, fractured his tibia in spring and may not join camp until next week. Sophomore Jeromy Irwin, who can play guard and tackle, broke a bone in his foot at home this summer and won't return before the bye week Sept. 21.

"We've had a lot of moving parts," first-year coach Mike MacIntyre said. "We've had to move some guys around. You'd like everybody to stay healthy, but if you've got guys you can move around to multiple spots, if you do have injuries during the year, especially during a game, it doesn't panic anybody."

Fortunately for Wood, his two chief protectors at tackle appear set. Senior Jack Harris, 6-foot-7, 295 pounds, moved from the right side to the left to replace Bakhtiari. Sophomore Stephane Nembot, 6-7, 305, is an NFL body on the right side.

On the inside, MacIntyre is moving four or five guys between center and the guard spots, but Handler appears solid at center. Munyer could grab one guard spot, although is still only doing individual drills, and freshmen Alex Kelley and Jonathan Huckins will likely contribute at either guard or center.

"I think they are jelling," MacIntyre said. "I really do. They're starting to get better at what they do. They're starting to fit. There aren't nearly as many missed assignments."

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