

## **Colorado Head Coach Mike MacIntyre**

### **General**

“First of all, we’re excited about spring practice starting. We’ve been meeting according to NCAA rules which you can meet two hours a week (with players), and we’ve been doing agilities and they have hit the weight room hard. Coach Forman and the strength staff have done a great job and the kids have bought into it, so I’m excited about what is going on there. The way that we do spring practice, I stretch it out for a couple different reasons; number one: I want to keep their lifting cycle going so that we are able to lift three days a week hard, and that keeps that going, we want these kids within an 18-month period to completely change their bodies. So, we have that within a process and we’re trying to speed it up, and then we practice on Tuesdays, Thursdays, and Fridays so we can give them some recovery time and practice hard and get a lot of reps in. Then, we can meet on Mondays and Wednesdays so we can get a lot of meeting time in and use the full 20 hours. This (schedule) will enable us to do that, we will get more meeting time, be able to install more, be able to get more questions answered and be more informative instead of just trying to bang it out in a three week period. We also do it strategically that we practice eight practices before spring break and seven afterwards. The first eight are truly evaluating and working and getting the culture of what we want in practice, we won’t put our whole offense in, we won’t put our whole defense in. I’m a true believer that if you think it slows you down. So, we want to do a few things and let the kids play so we can evaluate. And we’ll end up probably moving some guys around to different positions; we did that at San Jose State and a couple of the kids are phenomenal at the positions they moved to, so that gives us the ability to really evaluate athletic ability. Then, we want to see toughness and everything else that goes along with football. As far as a depth chart, we have no depth chart. We are basically going to probably do it by seniority at first and then just go. They will all basically get the same amount of reps in those first eight practices the way we have practices set up. And so, it won’t be quite as smooth probably with all that adjusting, but we will be able to get the kids out there to evaluate them correctly. Then we will come back from spring break and kind of have a semblance of a depth chart to be able to attack it a little bit better, and then we will be able to install more, and more, after we get all the basics in. That is kind of the philosophy there so you can understand what is going on with that.”

### **On Moving Players To Different Positions**

“Yeah, I’ll move some daily, practice one day here and say, ‘well, let’s look over here’. So, we’ll do that and probably a little bit more after we get into pads; the first two days we’re in pajamas, we don’t play real football until next Tuesday [March, 12<sup>th</sup>], but that is kind of a learning process of how to move around. You know it is always fun, we’re going to go out there, our coaches know where to go on the practice field, but they are used to going places on different practice fields, and the kids will have to get used to our timing and our horns, and the way we move and effectively run practice. I think it is very organized and we get a lot done. It will be a little bit slower the first couple of days because you are kind of learning where to go and what to do, but once they get it going it will be moving smooth.”

### **On How He Wants Player’s Bodies To Change**

“I want them to be completely fit, we got some guys that look good right now, and we have other guys that we have get a little bigger and stronger, we’ve got guys that have to lose weight and look more fit. I want us to walk out there looking like a well-fit football team and we’re in the process of doing that. I’d say we have a lot of kids that are close to that, but I want us all to be that way. So, we kind of have that

whole cycle that we use in the plan that we have in place to get them there. Some guys will get there quicker, some guys are almost there now, and there are quite a few guys that we have to keep pushing. In the past, when I was playing college football, you lifted weights and then when spring practice started you barely lifted, and then you were going. I don't like that structure, so this is why we put this structure in place."

### **On How Physical Spring Practices Will Be**

"On the days that we can hit, we're going to hit. We've got a lot of guys that we need to see. We're not going to scrimmage every time we can scrimmage the whole amount of time, but we're going to be able to move around and be physical. We will go in pads every day that we can go in pads, and utilize that to its fullest."

### **On His Impressions Of The Team's Talent Level Based On Film**

"I have no idea. And what I mean by that is: I'll tell you when I get on the field and see them in person. I have always been that way, I've always done it that way. You know, I've watched, I've seen, I kind of have a feel, I want to know about depth chart and a few things. But until I really get on the field and really watch them do things all of a sudden you will go, 'wow that guy is quicker than you thought he was', and 'that guy is a little bit more powerful when he tackles than that guy is', and then you can kind of move them around. I really think film doesn't lie, but it doesn't tell all of the truth, that is kind of what I always like to say."

### **On Differences Between This Spring And Future Springs**

"Well, I think the difference is you kind of have to put everything in very slowly, but sometimes that's good because you are really concentrating on the fundamentals. Sometimes as coaches you want to get ahead with the scheme too quick and we always try to tie that back, and this definitely makes you do that. I mean, they don't know the snap count, they have seen the formations, we've shown them, we have kind of gone over the snap count, but they have never done it as a full team, they have never lined up as a full team until the very first practice the way the NCAA rules allow it. Now, you have to show them just how to get in a huddle, you won't have to do that next year, they will know how to get into the huddle. And then on the sidelines they will have to learn the signals, how we do it, so all those elementary things that take time to do, you just pick them up and go with them when you start regularly."

### **On Switching Player's Positions In Future Years**

"We'll still switch guys every once in a while, you know, you always try to tweak and do that if another kid is improving and you think this kid can help us here but that guy is good enough to start over here to help you team wise. It's not as big as you will your first spring because we really don't know the guys, so we will kind of look at that as it goes."

### **On Where Team Needs To Improve**

"I did that to help me recruit a little bit, and the area that I saw, is that defensively, and this nothing negative on them, I just thought that we needed more overall team speed on defense, so that is why we signed fast athletic linebackers. They might not be the biggest guys in the world but they are fast and athletic because they have to tackle those guys. Basically, we play eight spread football teams next year, that are hurry-up, fast pace, and play with really five little guys – four receivers and most of their running backs are really quick little guys – and most of the quarterback is always a runner, so you have

got to have guys that can run with those guys and tackle them. So, I feel like linebacker wise, we loss some linebackers that started last year, and they didn't sign any linebackers the year before, and we signed two linebackers that came in in January so they will be in the mix simply because there is just not a lot of depth out there. Then, they played a lot of secondary kids last year and we have to figure out where they fit in the mix, there might be a guy that is playing safety that could play corner, or vice versa. We just have to find a way to get the best players on the field. Offensively, 'P-Rich' wasn't out there last year and then we have Jeff Thomas who came in, so you have two receivers that weren't on the field last year and you have to see them do some things and figure out are they better at 'X', are they better at slot, or are they better at 'Z'; does one of them run the ball better, does one catch the ball better on high jump balls, those are the type of things you figure out."

### **On How Much Special Teams Work Will Be Done In The Spring**

"We do quite a bit, that is where I kind of look at the overall team all the time because there might be a backup wide receiver who could be our best special teams player, I don't know. But, I've got to see him do drills, and do some special teams live and run down on kickoff, or run down a punt, and do that type of thing. Every day we will basically have 25 minutes of special teams work at every practice. Now some of them will be a drill that shows you special teams techniques and that type of thing, it might not always be lining up in a punt formation or a field goal formation, but there will be at least 25 minutes of special teams work in every practice. I think that is absolutely critical. Then, of course coach Neinas will be working with the snappers, and the holders, and the kickers all the time."

### **On Paul Richardson's Status**

"He's been doing a good job in the winter workouts, we haven't had any setbacks, he has kind of come along slowly but he has looked good. We will just see how it goes. Sometimes, when you first come back you kind of get out there and go and it gets soar and you might have to hold him out so it won't swell up, that kind of thing, just like you would come back from any type of injury. But to me, he has looked good moving around out there, and he's been bubbly and excited about being there, so it is good to see."

### **On Shane Dillon**

"The film I saw of him, he looked pretty athletic, and he has looked pretty athletic running around doing our agility drills and he will get a shot to show what he can do."

### **On Installing Offense**

"In the first eight days we are not going to install every single day a ton of stuff. Next spring at this time, we will just go out there and start calling it; 99 percent of the kids are going to know it. So, you have to really take that slow, because you don't want to overload them. Just getting the snap count, and lining up correctly, and knowing which is a left call or a right call for us. Those type of things in the heat of the battle out there, that is why you have to take it slow, because you don't want to paralyze them and then you can't see, and you might think, 'well that guy isn't very good', but it's because he is thinking so much. The second half we will be putting in more and more, we will not have the whole offense or the entire defense in by the end of spring, but we will have the major concepts in, which to me learning anything is learning the concepts, if you learn the concepts and then add wrinkles to it you'll be fine. But, if you don't have the basic concepts down forget it."

### **On What Goals Are For Spring**

“Well, come out of spring completely healthy, number one. Number two: have a good semblance of our two-deep depth chart, and then have a great feeling for where any freshmen we feel like have to be in the two-deep depth chart when we start to give a couple of guys a shot in that area. And then, the most important to me, is to build a culture of a team attitude. That they come out of this having a good feeling about themselves, have a good feeling about me, so that in the summer they keep a good work ethic going and they keep improving and when they come back in the fall they have a great positive attitude. To me, that is very, very big. I think with football, or all sports, so much of it is the mental aspect because every game has its ebbs and flows, and if you can handle the ebbs and flows by being mentally prepared and feeling good about your team and understanding what you are doing then I think you can fight through a lot of those situations. I think that is a big overall theme of our spring also.”

### **On Restructuring The Culture**

“There’s no doubt, the culture we want to set, and that is no knock on the things done in the past, but every staff that comes in has a certain culture they want to set, a certain identity. What I want them to do is really bond, and then also really get a lot of self-worth and self-esteem at their position and understanding it. And I think if they do that then you keep maturing as a football team and I think it flows into the summer workouts which are critical; their focus there, their work ethic, and their mentality, and come in with a fresh approach when we hit August.”

### **On Gaining A Feel For The Team**

“Our first workout, up until today, to me I feel as if they have really improved and I guess the word would be they have kind of bought-in to what we are asking them to do and they seem excited about it.”

### **On Wanting To Get A Sense Of Who The Leaders Are In The Spring**

“Yeah, I would. I kind of will be able to start seeing that and understanding that. Also, those leaders need to kind of know where we are coming from, so I think it is a combination there. But I would love to figure out who those leaders are, but that is usually a process, it is not something that comes on like a light bulb real quick, it’s a process. I don’t know who the leaders are and who the players really listen to, and you will kind of start seeing that and understand it and get a feeling for it, as we go through spring practices and meetings I will be able to notice who they kind of listen to and who they follow.”

### **On The Quarterback Competition**

“We are going to give all six of those quarterbacks a shot in the first eight days, and then after that we will have to narrow it down to three of them and let them compete and then give Sefo [Liufau] a chance to compete when he comes in. With no true incumbent, it is truly an open door and they will all have to compete and work out it. It’s funny, but it’s absolutely true, the quarterback gets all the credit and all the blame. If you are winning the quarterback gets most to all the credit, and if you are losing he gets most to all the blame. That is the nature of that position, and no doubt it is a critical, critical position. Hopefully, we have more than one, because in today’s world they get hurt, or with the concussion stuff, if they get dinged a little bit, you are going to hold him out a week or two. So, it is a little bit more important to have two (quarterbacks) than it was before really; it was always important but I think it is a little bit more important in today’s football than it ever has been.”

### **On What He Learned From Rebuilding San Jose State**

“The first thing that will help me, was that I was able to bring so many people with me that understand what we want to do. From the academic coordinator, to the strength coaches, to the recruiting

coordinator, my football operations, to all my coordinators, they know our theme, they know what we want, and what we're looking for so I think they are able to send the same message clearer. When I went to San Jose State, there was only one person that I hired who I ever knew, and then I was able to keep most all those guys here with us and they understand what we want to do. I think that is critical because my same voice, my same message is going out to everyone, and they understand what we want to see and what we want to do."

### **On Playing One vs. Two Quarterbacks**

"Yeah I think you always want one guy that you can put your hat on and he is the one that is going to take us, and you're not going to jerk him out unless he is hurt. But, what I meant by that (having two quarterbacks) is that they are one snap away from getting hurt so the next guy better be good. And that goes for any position, but of course we all know that position is so critical. But I would like to have one guy that you can stand with and there he goes."

### **On Opening Practice To Public**

"I don't want anything out there (on the internet about practice), and if we do and I can't stop that, then I'll have to close practice, and I do not want to do that. I want a dad that is home in the afternoon and has a boy that wants to go watch practice, I want him to be able to take him to practice and experience that. I want that boy to fall in love with Colorado football, or even just football, because I love this game. So I do not want that to hinder it, so if there are blogs or people that keep saying stuff, hopefully we can find who it is, and we can just remove that person. I sure hope that doesn't happen, it might, but I don't want to close everything down because two or three people are doing something to hurt everyone else. So, that's why I open up practice, I think it's good, I think it's great to have the kids running around and parents or former players come by and not have to worry about everything. So, that is what I want to create and that is what we will push to create."

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