A. Student

12-Point Process Analysis Essay

Eng 121

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**How football players prepare for football season**

Football is one of America’s favorite sports. Many people enjoy watching football during football season; however, fans do not realize how much hard work and preparation football players dedicate months before the season begins. Before the season starts, football players have thorough physicals, excruciating work out sessions, and extensive practice sessions all day long at training camps or OTA’s, off the field training activities. Football players study playbooks and film of their opponents for several hours a day and play in four pre-season games before the regular season begins, which they are not paid for. These are just some of the things that football players endure to make the team and be a valuable asset for their team during a grueling 16 football game season.

To begin with, thorough physicals and excruciating work out sessions is the first step that most players go through in preparing themselves for football season. Football players take such a beating during previous seasons of football that physicals are the first thing that coaches and trainers conduct on players to determine if they are healthy enough to play for the upcoming season. Together, they investigate the player’s entire body from head to toe through various test and x-rays. The player’s bodies are check from their outer appearance to specific organ systems. The physicals also include physical endurance and performance test. Most fans are naive in thinking that physicals are reserved for a patient experiencing symptoms; however, this is a good way of ensuring that a player is in general good health. Once the physicals are complete, players can begin working out to improve themselves as an athlete. Football players have to follow strict weight training schedules to either get them back in shape from slacking off during the off-season and to make sure they are physically prepared to play against their opponents. Work out sessions includes stretching, lifting weights, bench press, squats, leg presses and running. Coaches and trainers require that football players work out because this decreases their chance of getting injured during regular season; consequently, this does not guarantee that a player won’t get hurt. Moreover, physicals and work out sessions is a couple of necessary steps in preparing a football player for the upcoming season.

Next, studying playbooks and film from previous games and participating in practice sessions are some of the measures that football players use to prepare and increase their chances of being successful in the upcoming season. Many games are recorded throughout the regular football season and then broken down later by coaches to show players their opponent’s techniques of running the ball, throwing the ball and tackling. Coaches use the film of already played games to teach players their mistakes and help them to realize what they need to work on most during practice. Through watching the film, players are able to view themselves afterwards and see different aspects of how they performed during a game. In addition to watching film, football players also have playbooks that they have to study. A playbook is a notebook that contains descriptions and diagrams of various strategic plays and techniques relating to the game as well as formations. These playbooks offer strategic ways of winning against other teams during the regular season. Players are given playbooks at the beginning of preseason practices and it is their responsibility to study each individual play to ensure that they have accurate and extreme knowledge of excelling performance against their opponents on the playing field. Depending on whether it’s an offensive play or a defensive play, different formations require different combinations of players and a playbook helps football players to differentiate exactly what they need to do. As a result of studying the playbooks, coaches incorporate this into practice sessions. A coach uses the playbooks to practice the plays by dividing the team as a whole into scout teams and they play against each other. During the practice sessions, players are able to demonstrate the various plays that they have learned from studying the play book. Also, as the players are practicing the plays from the playbook, coaches are able to see if there are any corrections that need to be made or any room for improvement. Nonetheless, studying films, playbooks and practice sessions are just a few more of the necessary phases that football players go through in preparation for football season.

Finally, the last project that has to be completed in order for football players to be equipped for football season is pre-season games. Pre-season games are basically tryouts for rookies and undrafted players to make the 53 man roster; however, all football players have to participate. Pre-season games are another form of practice that players participate in; however, the only difference is scrimmages are played against other football teams in the NFL, the National Football League. During scrimmage games, players embody everything that they have learned through work out sessions, studying playbooks, watching films, and practice and illustrate it on the field. Scrimmage games help coaches to determine who their starting players should be during regular season. Scrimmage games also assist coaches in making decisions as to who needs to be cut. Consequently, players aren’t paid for pre-season games. The only person that profits from pre-season games is the owner. The owner makes money from ticket sales and concession stand sales. Once the pre-season games are complete and the final cuts have been made the football players continue to prepare for their first regular season game.

In conclusion, football players go through a lot of preparation before regular football season starts. Football players have thorough physicals, excruciating work out sessions, and extensive practice sessions all day long at training camps or OTA’s, off the field training activities. Football players study playbooks and film of their opponents for several hours a day and play in four pre-season games before the regular season begins. These steps may seem easy but they are very tiresome and time consuming. Even though football players go through all this, preparation is necessary to have a successful season.

Below are the comments I wrote for the student for this essay, which received 25 out of 25 points.

Student, this is a very nice informative process analysis. Your mechanics are well done, and your organization is pretty good as well. What concerned me, however, is the length. In reading your introduction, I already knew from the length of your multi-sentence thesis that you were going to cover a lot of ground. That's fine, but you really could have pared it back. One idea would be to have covered just the areas most people don't know about. For me, this would have been physicals, work-outs, and practices/training camps. If you had added more details to these three, each could have become their own paragraph and you would have been closer to the word count. This doesn't mean you couldn't mention all the other aspects of pre-season prep; those would have been fine to mention in the intro as more well-known parts of the preparation process.   
  
So I supposed my advice for you is to focus your attention on revision and paring down your ideas into something shorter and more manageable. You have the organization and mechanics down- now you need to learn how to cut back a bit. In your Reference Guide, read over 2e and f - these should give you some ideas, and the rest will probably have to come through practice. Overall, great work!