LCA Football Coach Oakley Watkins Show Season 2 Episode 8 w/ Brady Couch & Bode Darland 11/10/2026 Transcript

(Transcripts are generated by AI and may contain errors)

It's time for the LCA Football Coach [music] Oakley Watkins Show, live from the home of the Eagles in Lexington, Kentucky, on the OrthoLinks [music] Sports Network. The Coach Oakley Watkins Show is presented by Dr. Jason Hunt with the Joint Preservation Center [music] and the Kentucky Bluebird Grill and Pub.

Now here's the host of the Coach Oakley Watkins Show, Jason Hunt. >> All right, we're back here. Another playoff win, so that feels good to say. Anytime you have any playoff win, it's good to say.

Um, like we do every week, talk about what you you thought about Friday night and Thursday night actually, and then what we're doing this week heading in and what did you see in that Metcalfe County game?

>> Yeah, I think last week for us was we've been preaching the word urgency and consistency and energy, those three words with our guys. And obviously playing on Thursday, the schedule was a little different from our weekly routine. I thought we started fast, which has been something we've really been preaching cuz I felt like Washington County and PRP, we did not do that. So we started fast on Friday and had some guys, some young guys especially step up and play in some roles and I was first varsity start for Kingston Sigmon at at middle linebacker and then Drew Williams really got the quasi start on both sides of the ball for us, playing linebacker and then also was in our two running back sets as well and and played really well. Had 78 yards rushing and two touchdowns and had five tackles on defense and then you had Kingston with his first varsity start at middle linebacker at 11 tackles. So I thought that was really cool to see from those guys.

But then the following day was a little different with the week schedule. We came in on Friday and we got after it. I mean, we had a conditioning session, a tough team toughness session, and really was proud of our guys. It honestly one of the best practices we've had all season was on that Friday and they could have come in and said, coach, we we played last night. Like why are we doing this? But they really approached it with a mature mentality. So I was I was really proud of our guys.

>> Um when you look at the young guys getting the reps this time of the season, when we go through the end of our district and then some of the what we call cleanup time and they're getting those reps, what kind of maturity and growth have you seen specifically from the young guys throughout this season?

>> Yeah, I mean I think Kingston and Drew Friday is a great example of just their growth. I don't know early in the season if those two guys are ready to play on a stage like that and to see like they're both extremely talented young players.

But just seeing their maturity practicing against these older guys on a regular basis. We always talk about that's the secret sauce here like freshmen here practice against seniors.

Like that's something not a lot of places do. A lot of places have their own freshman teams. So just seeing those guys level of comfort with the speed of the game, adjusting to it, I think that group as a whole, the freshmen and really our sophomore classes, we're playing a lot of sophomores too that have been really really impactful.

You talk about Ethan Jet and Brody Boyles on the line of scrimmage and then you talk about John Seegler and Alan Cox as guys that are are playing as as sophomores.

We've got a couple other in that grouping too that that are playing more. I mean that's something that's doesn't happen by happenstance. I think it's something that the practice and the repetition, you're seeing a lot of growth with those guys. So those two classes are going to be really really special for us.

>> Something I love seeing is once the once the starters are done, they're still locked in. They're cheering on their teammates. They're getting really excited when the young cats are making touchdowns and making plays and so

that's really cool to see. It means means the world to the to the young guys, but also shows that a little bit of the culture that's built here as a team that >> That's a running joke with our guys because I tell them and they know this.

We are playing 48 minutes. I don't care what the score is. So, if you're an older guy and you're out, if you ask me, am I done? Am I coming out? That you're locked in mentally for 48 minutes supporting those younger guys.

So, I love hearing you say that. That's another example I can say to these guys that >> Yeah. >> it's something that people notice. So, >> I can tell. I can tell a big difference and it's important uh for uh not only that, it's important for the parents of the young guys. And they're noticing that their teammates are cheering them on. So, uh good job. I mean, we can see it come to fruition.

>> Hey, it's important. >> you have coach blinders on. You can't see it because you're still coaching. >> Yes. Yes. I >> on the sidelines. >> Yeah. They made my night. So, thank you.

>> Um as always, uh one of the most important parts of this show is getting players on. So, give us some introduction on who's uh coming on tonight and uh tell us a little bit about each of them.

>> Let's stick with the numerical uh order. So, we've got number two and number four tonight. So, we'll start with number two, Brady Couch. He's a tight end, defensive end for us. He is his growth.

You talk about somebody that's grown a bunch. Playing the tight end position in high school is really really hard um because most of those guys will play both ways and we ask our tight ends to do a lot, but then the number one thing we ask them to do is block. And they've got to be really really familiar with our shifts and motions. And Brady, for this being his first year playing tight end, right now is playing the best football of his career. He's catching the heck out of the football. He's uh we had a clip Friday night, Metcalfe County. He legitimately had three pancakes in a span of 40 yards on one play. And that is hard to teach young players how to do that. And I know a lot of people get caught up in stats and all that kind of stuff, but like when people evaluate the tight end position, what Brady's doing shows he's a high-level talent. And he's uh showed a lot of twitch. We direct snapped it to him playing quarterback the last couple weeks too, which has been really cool to see, but he is playing at a high high level. Uh and it's really cool for me to see that because he's been somebody that's dealt with some injuries early in his career and getting to see the joy on his face as he makes big plays and just the joy his teammates have when he makes big plays too, says a lot about who he is.

So, excited that people get to hear from him today. And then number four, Bo Darlin. We'll see. He said today he's PR trained, so we'll see what that looks like.

But I think when people when you talk about Bo, he's just a a joy to coach. Like he's a guy that there's two types of players that you can coach. One that you got to continue to push and push and push. Bo is one of those in practice I have to pull back because he's being, and I say too physical, like we want to take care of each other in practice. But he just plays with a relentlessly high motor all the time. I think anytime people football on our tape, they say, man, that number four, he plays his absolute tail off. And he has to play both sides of the ball for us as well in some heavy sets, but he's a next level player as well just like Brady is and high football IQ. Obviously he comes from a football family, but joy to coach makes me better as a coach just by how he challenges me in a lot of things and I just love watching his growth and looking forward to seeing him step into more of a leadership role as as things continue to progress here.

>> All right. We'll take a short break. We'll be right back with Brady Couch. Back here with Brady Couch. Brady, you saw heard what your coach said about you.

Let's go back to last year. So you win a state championship, the dust settles and you had a big growth period last year getting in the weight room, taking care of your body.

What was your focus coming into this season and what did you want to accomplish in the off season? >> Well, my main goal this off season was just getting bigger, gaining a lot of weight cuz I was only 160 lbs when I got hurt, so it

was a big goal for me to get gain muscle and weight. And then I'd say going to this season was just block as hard as I can and just be there with my team when I don't have the ball in my hands.

>> What have you always been a tight end position? What did you do growing up? What positions do you play? >> I've always played receiver and corner, which that's what I was last year.

>> What's the hardest transition when you're learning the tight end position? You talk Coach talked to you about like you got to block and you got to learn blocking schemes. Like what's the hardest part for transition to you going to the tight end position?

>> Probably just I mean there's a lot more motions I feel like and like blocking linebackers and linemen is a lot different than blocking a corner. >> Yeah.

And then the season starts. We always play a really tough schedule. At some point the identity you found in whether the defense is going to lead the way or the offense is going to lead the way kind of had to paint itself out as the season went on. So what did you see in growth wise from the beginning of the season to where we are now as a team?

>> I'd say we get along a lot better. We didn't have a lot of like chemistry at the start of the year and I feel like we were kind of just like soft. I feel like we've gotten a lot more violent and like aggressive and we're a lot more dialed in and locked in.

>> And then as we start the playoffs just like every playoff it's you win or go home. So it's a different mindset. What have you guys done as a team to prepare for that type of part of the schedule as as opposed to the beginning of the schedule?

>> We've just been watching a lot of film and stuff and preparing every week and just I feel like the team's been a lot more focusing ever since playoffs have started and everybody's just got that mindset win or go home.

>> Now we came off the field at Shawnee and you were making sure everyone understood that that ball you got was a pass from Nash because that was your first career touchdown, right?

>> Yeah. >> So you were making sure that everyone heard that that was a pass and you get that. And then since then talk about that. Talk about how you feel you've matured and become more comfortable as a tight end.

>> Yeah, I'd say definitely from the first game I was just like kind of uncomfortable and I was kind of just playing to make or I was playing just to like not mess up and now I'm just playing to make plays and just playing free and not worrying about messing up.

>> Yeah. You got some more touchdowns hopefully in the tank. >> Hopefully. >> Now let's talk about outside of football. So do you play any other sports?

>> No, I just lift in in off season. >> And then you're going to run track >> and get super fast? >> Maybe. Yeah, hopefully. >> So we run track. What do you do for fun outside of the football season? I know football's all worked during that time.

What will you do in the off season uh when you're not working out and you're not concentrating on football? >> Um I play a lot of golf with my dad and just my buddies and then sometimes I go fishing.

>> Can you beat him? >> My dad? >> Yeah. >> Uh-uh. >> What's your best score? >> Uh I shot a 80 at Carney Hills. >> And 80 is good. But Carney Hills is good for you because you can hit the ball anywhere and still find it.

>> Exactly. >> That's how you can get away with it. Yeah, it's open. Um what would you want to say to the fans of LCA? We always have good crowds that travel. We've had people support us. We're going to continue to get that in the playoffs.

Uh I'll give you a second to talk to your classmates or your fans about uh what it means to you guys for their support. >> Um I'd say just keep showing up and just bringing the energy. I mean our student sections have been really good, especially at the start of the year, all those big games, everybody was there. Um so just keep showing up and all the fans coming in.

>> All right. Hopefully uh if things go like we want them, we'll have a reserve section at Kroger Field. >> Exactly. >> All right. Good job. All right, back from a short break. We're here with Bodie Darling. You did get second in line because you're number four, but it's not very often that you know two and four go together. So you heard what your coach said about you. What is it about football that gets you so excited?

Why do you love this game so much? >> Uh I like to go out there and you know, I think it's time when especially Friday nights, you know, you may have had a bad test or something, had a long day of school, just go out there and kind of you know, let it all loose, go hit somebody. Um it's one of my biggest things. I love to go I love to go hit somebody. You know, I play D line so a lot of my contact with them, you know, two yards, but um just you know, playing violent, playing physical, letting it all on the field, you know, just what I love to go do.

>> You must have a an influence from Thomas cuz same exact thing he said. I have a long day at school and that just brings me joy to go hit somebody. And so we were talking about his motor and how it goes and the first person I see that also catches on and lights the fire is you. He can get you fired up pretty fast as you're uh playing. It looks like you both have a a great time playing football, so that's great. So, let's talk about like we do with everyone else. What did you do in the off-season getting prepared for this season? What kind of personal goals did you have coming into the season?

>> This off-season I worked out with coach Hyde a lot on my defensive line coach. I mean, I thought he really helped me to kind of come into my own. Last year I thought I had a pretty good season for a sophomore and I think I just this year my goal is to build on that.

Just to, you know, kind of get even better and just to, you know, keep grinding, you know. That senior class we had last year was a big loss. I knew especially my class is we had a you know a lot of starters especially a lot of sophomores.

We had to kind of fill some shoes and a lot of the seniors as well. So I think just going in, you know, doing my part, working out with coach Hyde, getting better at my craft and you know just trying to become a better leader throughout the rest of the team.

>> Awesome. Now what's the hardest part of your job? What's the hardest thing for you to do well? >> Oh. Like football wise? >> Football wise. >> Beat double teams.

>> Okay. >> They get honest to us a lot. Coach Matty, coach Hyde, but like you know we ran a three-man front, so you know >> Number wise you're going to get double teamed.

>> going to get double teamed a lot especially if they bring a tight end in and I'm down in a three technique or something like that, you know. So probably beating double teams.

Yeah, for sure beating double teams. That's it gets rough sometimes. >> I got you. And then the same thing we talked about before, we have a really tough schedule at the top of our schedule.

District play is what it is. We have to our components our opponents we don't get to pick. What's the mindset the transition after Catholic? You start district play. Now we're starting playoffs. What do you do as a team differently or what do you guys do as a team differently? And what do you do differently to get ready for this playoff run?

>> I would say as a team, you know, I thought we we kind of started off after Catholic, you know, we weren't as locked in as we should have been. I think the past you know two weeks we've we've really stepped it up and I think we're kind of in that mindset now as hey it's playoff time, it's time to go, you know.

Our goal is another state championship, so I mean I think everybody's kind of in that same mindset now and I think that's where I've been. And I I've always, you know, kind of tried to have the same mindset, you know, get better each week and um go as hard as I can at practice just to, you know, we have one goal and you know, these games right now just it's all we got to win these to get to our goals, so.

>> Yeah. Let's talk about the same thing off the football field now. Like what do you enjoy doing off the football field? Um what do you spend your time doing when you're not working out and and doing football?

>> Um I love to fish. So I spent my my dad I started fishing with my dad when I was younger, so I go out with him a lot and then uh my friend EJ, Easton Justice, uh I kind of I didn't fish for a while and then he he started taking me we we went a bunch of middle school and I've kind of just been hooked on it ever since.

>> Yeah. >> So I mean whenever I get extra time I I go fish and then uh recently EJ as well took me hunting last year. So I killed my first buck. It wasn't very big, but so >> first one's you never forget.

>> saw I I got into hunting this past year, so I'm going to go duck hunting time winter comes around and turkey in the spring and then >> Nice. >> try to get me another buck here uh when I can, so.

>> So in your in your household um you know, with your dad coaching, your brother playing football, like do do you guys watch any other sports? >> Wrestling.

>> Wrestling. >> Well, we grew up wrestling, so my brother [clears throat] uh my brother he's a better wrestler than me. >> But you're not talking WWE wrestling.

>> real wrestling. So you know, uh we we grew up with uh the Cars which they're a pretty legendary family, so I've been I've been wrestling since I was 4 years old, but you know, a lot of that we watch a lot of the UFC as well, but football, wrestling, that's about it.

Really we don't watch any any basketball or nothing like that. Just contact sports. >> Something violent. That's right. Um and then the last thing, talk about the fan support through this year, talk to your classmates or uh to the people who go to school and what what message do you have for them?

>> Go to the games. Cuz I think I think last year especially Belfry at home, Mayfield at home both those games I thought the crowd definitely played into it. I mean it was cold, it was rainy versus Mayfield, you know, people didn't have to be be there, but y'all were there and we traveled not traveled I mean it's right down the road, but you know, we we got fans out, so I mean I think that you know, that's a big factor in each and every game we play especially I mean even Catholic like when we went there this year.

>> Yeah. >> I mean the the >> People still showed up on Saturday. >> showed up, I mean, and it was it was a tough game and I think the crowd plays into it so much. I think if we get to I mean it just brings up all of us and we're all ready to go when there's a big crowd, so.

>> Awesome. All right, we'll wrap it right back up with coach Oakley Watkins next. >> Every Kentucky high school athlete already has a page on Blue Grass Board.

Most families just haven't claimed it yet. It starts with the scoreboard. Every KHSAA score, every sport live. But the scores are only half of it. Search any athlete in the state and here's their page. The photo, the number, the team's record, this season's badges, player of the week, a 150 yd game. Every game adds to it automatically.

Season stats straight from the box scores, a game log, career highlights. Nobody has to type any of this in. It just shows up Friday night. If college ball is the goal, the rest is here too. Film, measurables, academics, and a way to reach the family for verified college coaches only, never public. And your family sees who's looking.

Claiming the page takes a parent about 5 minutes. Add a photo, fix the height and weight, paste the huddle link if you have one. Everything is optional.

Keep the recruiting status current if that's your road. And the private tab, grades and test scores is seen only by college coaches we've verified. But here's the thing. Nine out of 10 high school athletes won't play in college and this page is still theirs.

Post game cards they can share the same night. Milestone badges, a keepsake of every season, a page that stays up after graduation. It's free and only a parent or guardian can claim it.

Go to bluegrassboard.com, find your athlete and tap claim. They're already on the board. Make it theirs. >> All right, we're back >> here. Last segment, Coach Oggie Watkins.

We always look forward to this segment. So, um it should not be too hard uh when you have a eight-win team coming in for our players to lock in and say we need to handle business this week, but um it's still sometimes can be a challenge in this round of the playoffs. It's like a little trap area between if we're not taking care of our business. They have nothing to lose.

Um by coming here on the road and trying to get a win against us to talk about that. What it what's important that we do this week getting ready for Friday.

>> Yeah, I think one thing about Greene County is again they're eight and three. I mean they just beat the Boys and really there's one point in the game was 24 to six and the Boys has had the best season in their young program's history and have played they played LaRue County who's undefeated in 3A and lost 36 to 35. So, you look at their losses. Their losses to LaRue County who's undefeated.

West Jessamine week one undefeated and then Somerset who's a one loss team with their only loss to a really good team in Ohio. So, it's like their losses are to collect collective one loss.

>> Same like our losses to zero losses but almost the same. >> Yes, very similar. So, and they're they are really good at what they do. The quarterback is a really really good football player. Um they are heavy heavy counter team. So, that's something that obviously we do a lot of offensively.

So, our defense sees that every day, but they do a really good job of it. They shift the motion some. They've their quarterback is a downhill runner. He's physical. So, that's one thing that's I mean you got to be able to stop counter when you play Greene County. Um the other thing too is defensively they do some stuff that not a lot of teams do in terms of they'll walk up their outside linebackers basically give you a better presentation against any formation that you get which most teams will walk those guys off and just be in a true three four and play some games with them.

Well, they go ahead and put them up here and make you block block them from the jump. So, those things are are a little different from what they do defensively.

Um, but I think it's a testament to how well they're coached. I mean, I think Coach Phelps there does a great job. Um, and you saw that with their plan that they had against the Boys. I thought they really made the Boys quarterback uncomfortable and just did what they were really good at on offense, and the Boys had some problems stopping some of the things that that they hang their hat on. So, our guys know, I mean, and I tell them this time of year like it's urgency. Like I don't care who we're playing, who it is, we're focusing on us, and we are just being as urgent in our approach as we possibly can be on a daily basis.

>> What do you think's the key to that? We said it almost every show, but do you literally think it's the leadership of the team stepping up? Like the the players have to take ownership of that or where do you get that urgency or how do you make it if you don't have it?

>> Well, I think Friday was a this past Friday where we didn't play, it was phenomenal and just emphasized and showed our guys what that looks like because urgency is not coming to practice and just being like, oh, it's another day.

It's like are we going to get through this? Like when's practice over? Like we were in here for an hour and a half

watching tape and then got in here and we pushed the sled and we sprinted, had two different competition groups going and it was just a bunch of guys encouraging each other. Like I use the example of PRP was at when Pax fumbled, guys go in immediately to pick him up and say, hey, let's go. Like that to me is urgency. That's picking your brother up. Like urgency to me is not um just making excuses. Body language is down. Like that's that's a representation of like, well, there's more to come. Like I've got time. Like we don't have time, right? And that's the thing about Friday session is I really felt like there was a lot of detail orientation. Guys were looking each other in the eye. When things if a team lost in a certain session, other guys that were on the winning team still got in there and did the exercises with them or encouraging them. Like that to me is urgency is guys saying like, like there's not much left of this season, no matter how this thing plays out. So, let's to make the most of every single day we have, and it's a blessing to be here. And I think that's one thing we really saw Friday. I mean, I left here so encouraged Friday night.

And really wasn't sure because I knew I was going to challenge them, and I wasn't sure how they were going to take it. So, they they they rose to Yes, they rose to the occasion.

>> Awesome. And then what do we need to accomplish both in all three phases of the game to to have success against Greene County? Like special teams specifically, defense. What what's the mindset and what do we need to accomplish when you say take care of our business and be urgent? What does that mean from a defensive standpoint? And also, we talked about their quarterback already, but and then the special teams.

>> Yeah, I'll start with the special teams. I think we we've repped it and been really intentional about this the last couple weeks. It's just being alert for anything funky on kickoff.

A lot of teams this time will do a lot of pooches and they'll do some squib kicks or some onside kicks. So, we've done worked a lot of different scenarios there, just making sure we're prepared for that.

We're trying to be diverse in some different things we do. We've had some success in our two-point stuff off of our swinging gate, which has been really really good. But we were also six for six on the PATs, and we've been really really good in the PAT game the last few weeks, which has been a huge improvement for us.

And then also in our prompt formation, if if we're in a position where we have to punt, they do some different things that we've got to be alert and ready for.

Defensively, to stop counter, and this ironic boat he mentioned double teams, like we've got to be really good at being on those split double teams and understand when you feel it, not being pushed back. You got to throw your hip back into it.

We got to be able to squeeze and not allow these guys climbing for our linebackers to get there with ease. So, we've spent a lot of time just being physical with our hands with our defensive linemen from a defensive perspective. And offensively, it's sorting out the presentation they give you defensively to where our guys up front have got to be prepared to win one-on-one matchups and that's something that I think that's why they do it with their walk fives five guys is just to try and put them in position to say hey we think if there's five on five one of those guys is going to lose at some point and I've challenged our guys with that and that's why they do it and we let's let's go right and that's something that >> You said it's a numbers game but you like five on five when it comes to numbers.

>> I'm I'm I'm a big believer in that you hear me say that over and over and over so I think that's we've just really emphasized some one-on-one stuff and short yardage getting face across putting your helmet in a in an advantageous position and then we got to be able to block better on the perimeter too that's been an area that I've really harped on with that group and cuz our screens have not been as explosive as I would have expected the last couple weeks and a lot of that is we just haven't done a great job prone blocking so that's another area those guys have been challenged in this week.

>> All right we'll hopefully put all three of those things together come back after a win and we'll have another show this the podcast is just like everything else if we don't win we don't get to do one >> So we want to keep doing

them.

>> Hopefully we are able to keep doing them. >> right see you next time. >> Thanks for joining us for the LCA Football Coach Oakley Watkins show tune in next [music] week to hear from more LCA players and Coach Oakley Watkins.

Don't forget to contact our sponsor [music] Dr. Jason Hunt and the Joint Preservation Center for all your sports medicine needs and until next week go Eagles.