

OFFIENSIE

What it takes to be No. 1



You've got to pay the price.

"Winning is not a sometime thing; it's an all-the-time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing.

"There is no room for second place. There is only one place in my game and that is first place I have finished second twice in my time at Green Bay and I don't ever want to finish second again. There is a second place bowl game, but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do and to win and to win and to win.

"Every time a football player goes out to ply his trade he's got to play from the ground up—from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That's O.K. You've got to be smart to be No. 1 in any business. But more important, you've got to play with your heart—with every bra of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

"Running a football team is no different from running any other kind of organization—an army, a political party, a business. The principles are the same.

The object is to win—to beat the other guy. Maybe that sounds hard or cruel. I don't think it is.

"It's a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they're there—to compete. They know the rules and the objectives when they get in the game. The objective is to win—fairly, squarely, decently, by the rules—but to win.

"And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline. There is something in good men that really yearns for, needs, discipline and the harsh reality of head-to-head combat.

"I don't say these things because I believe in the 'brute' nature of man or that men must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour—his greatest fulfillment to all he holds dear—is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle—victorious."

by Vince Lombardi

OFFENSIVE OBJECTIVES

- 1) WIN THE GAME.
- 2) SCORE 20 POINTS.
- 3) GAIN 280 YARDS TOTAL OFFENSE.
- 4) GAIN 160 YARDS PASSING.
- 5) GAIN 100 YARDS RUSHING.
- 6) RUN 50 OFFENSIVE PLAYS.
- 7) MAXIMUM OF 2 SACKS PER GAME.
- 8) MAXIMUM OF 1 TURN-OVER PER GAME.
- 9) AVERAGE 5 OR MORE YARDS PER OFFENSIVE PLAY.
- 10) VARSITY OFFENSIVE TEAM GRADES OUT AT 75% OR HIGHER.

TO BE A GREAT OFFENSIVE TEAM, WE MUST ELIMINATE THESE MISTAKES!

- 1) PENALTIES - THEY STOP DRIVES AND CAUSE TOUCHDOWNS TO BE CALLED BACK.
- 2) TURNOVERS - WE CAN'T SCORE IF WE DON'T HAVE THE BALL.
- 3) MENTAL MISTAKES - KNOW THE PLAY BOOK AND WHAT YOUR ASSIGNMENTS ARE.
- 4) LACK OF EFFORT - GIVE 110% EVERY PLAY!

INDIVIDUAL OFFENSIVE OBJECTIVES

OFFENSIVE LINEMAN:

- 1) GRADE OUT AT 75%
- 2) 2 PINS
- 3) 4 KNOCK DOWNS
- 4) 4 DOWNFIELD BLOCKS
- 5) 2 BLOCKS ON 1 PLAY
- 6) A KEY BLOCK ON A BIG PLAY OR TOUCHDOWN

SPLIT ENDS AND SLOT BACKS:

- 1) 5 RECEPTIONS
- 2) 75 TOTAL SCRIMMAGE YARDS
- 3) GRADE OUT AT 90%
- 4) 8 DOWNFIELD BLOCKS
- 5) 2 BLOCKS ON 1 PLAY
- 6) 6 POINTS
- 7) A GAIN OVER 40 YARDS

TIGHT ENDS:

- 1) GRADE OUT AT 75%
- 2) 3 RECEPTIONS AND/OR 40 YARDS RECEIVING
- 3) 2 PINS
- 4) 4 KNOCK DOWNS
- 5) 2 BLOCKS ON 1 PLAY
- 6) 6 POINTS
- 7) A GAIN OVER 40 YARDS

INDIVIDUAL OFFENSIVE OBJECTIVES

RUNNING BACKS:

- 1) GAIN 75 YARDS OR AVERAGE 6 PLUS YARDS PER CARRY
(MIN. OF 8 RUSHES)
- 2) GRADE 90%
- 3) 3 RECEPTIONS AND/OR 40 YARDS RECEIVING
- 4) 2 PINS
- 5) 4 KNOCK DOWNS
- 6) 6 POINTS
- 7) A GAIN OF 40 YARDS OR MORE.

QUARTERBACK:

- 1) GRADE 90%
- 2) 60% PASS COMPLETION (10 ATT. MIN.)
- 3) 150 YARDS PASSING
- 4) NO INTERCEPTIONS
- 5) THROW FOR 6 POINTS
- 6) GAIN POSITIVE RUSHING YARDAGE
- 7) A PLAY OF 40 YARDS OR MORE.

TEAM VERSUS

**"SEEK YE FIRST THE KINGDOM OF GOD
& ALL THESE THINGS WILL BE ADDED UNTO YOU."**

TEAM PRAYER

DEAR LORD, IF IT IS WITHIN YOUR WILL PLEASE GRANT FOR US;

- 1) THAT WE WILL SEEK GODS' WILL FOR HIS LIFE.**
- 2) THAT GOD WILL PROTECT US FROM SERIOUS INJURY.**
- 3) THAT WE WILL PRACTICE HARD & PLAY HARD IN GAMES.**
- 4) THAT WE WILL DISPLAY GOOD SPORTSMANSHIP, WIN OR LOSE.**
- 5) THAT WE WILL WORK HARD IN THE CLASSROOM.**
- 6) THAT WE WILL TRAIN HARD DURING THE OFF SEASON.**
- 7) THAT WE WILL BECOME THE MEN THAT GOD INTEND FOR US TO BE.**
- 8) THAT OUR FAMILY'S WILL GROW CLOSER TOGETHER & TO GOD.**
- 9) THAT GOD WILL PLANT IN OUR MINDS THE IDEAS THAT EXPRESS GOD'S
WILL FOR OUR LIVES.**

SERIES CADENCE

The following snap counts will be used for each series that we use in our offense.

10 series on 1

20 series on 2

30 series on 1

40 series on 2

50 series on 1

60 series on 2

70 series on 1

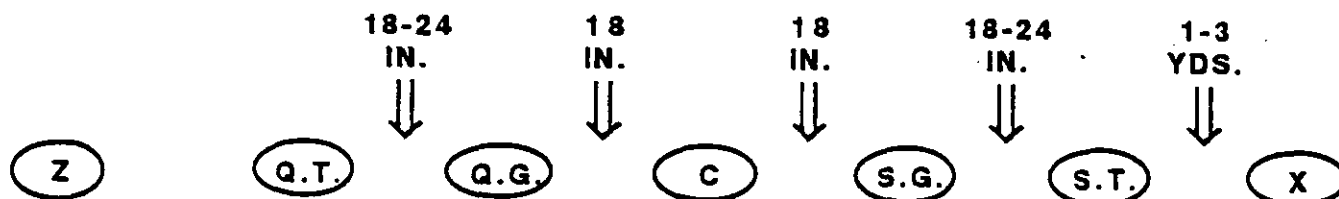
80 series on **second number.**

90 series on 1

LINE SPLITS, PLAYER ALIGNMENT & HOLE NUMBERING

Our FB will align himself directly behind the QB, approximately 3-5 yards deep, depending upon his quickness. If we are in a two back set, the running back will align himself directly behind the offensive tackle about 5 yards deep. The Z and W receivers will line up any where from 6 to 15 yards off of their nearest offensive lineman, depending on their assignments. The Z receiver will always line up on the line of scrimmage and the W receiver will line up 1 to 2 yards off of the line of scrimmage. If the formation calls for a slot back, he will align himself 1 to 2 yards of the line and 1 to 3 yards off the shoulder of his offensive tackle.

LINE SPLITS



LIGHTNING LINE SPLIT

GUARD - CENTER GAP: 24 inches

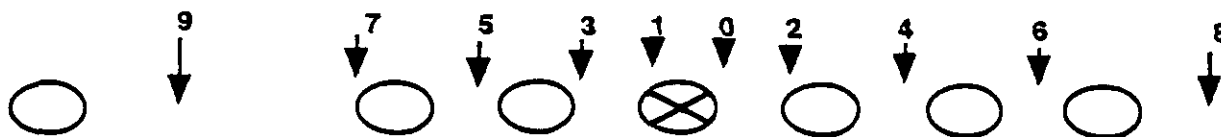
GUARD - TACKLE GAP: 30 inches

TACKLE - TIGHT END GAP: 36 inches

Lightning Splits will be used in running situations only and will be called by the coach.

HOLE NUMBERING

All odd numbered holes are to the left side of the center ; all even numbered holes are to the right side.



The rule for the 7 & 9 and 6 & 8 holes when there is a split end to the left, right or both sides; the 6 & 7 holes are the outside hip of the offensive tackle, the 8 & 9 holes are anywhere outside the tackle or tight end to the sideline.

OFFENSIVE COMMUNICATION AND STRUCTURE

The primary advantages that the offense has over the defense each play is knowing when the ball is going to snapped and where it's going. This requires a numbering system that clearly communicates an entire system simply and quickly.

The system used in our offense to communicate the information necessary for a play to be executed is thru the use of a 3 digit numbering scheme. These 3 digits may be preceded by a prefix term or terms indicating formation alterations and/or the addition of motion to that play. The term used after the prefix and 3-digit number indicates the play action series being used. Each of the digits in the number of a called play conveys information to the players on the field; the first digit indicates the base formation to be used; the second digit indicates backfield series, and the third digit indicates the hole the play is going thru. The offensive hole numbering has the holes to the right side of the center numbered with the even numbers, 0-2-4-6-8, and all holes to the centers left numbered with the odd numbers, 1-3-5-7-9.

EXAMPLE OF A PLAY CALL

<u>PREFIX</u>	<u>FORMATION</u>	<u>SERIES</u>	<u>HOLE</u>	<u>SUFFIX</u>
RAT	2	6	2	STING

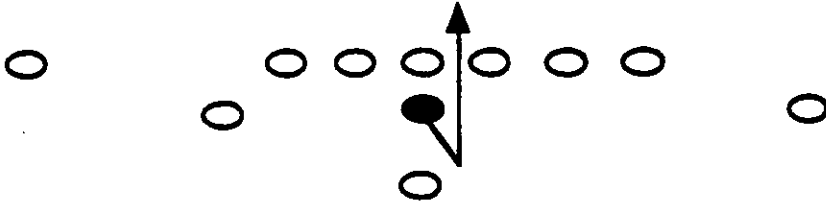
PLAYER ALIGNMENT, SPLITS AND HOLES

There are several formations we will utilize in our Run and Shoot offense but the internal make up of the offensive line, including the tight end, will stay basically the same. Our offensive linemen will be called by the following names; strong tackle, strong guard, quick tackle, quick guard, center and tight end. The strong tackle and guard will always line up on the same side as the tight end, whom lines up to the right side if the first digit of the 3-digit play number is a even number (200-400-600-800), or to the left if the first digit is a odd number (300-500-700-900). The quick tackle and guard will always line up on the opposite side of the tight end. The line splits for the interior line and the alignments for the backs and receivers will vary depending on whether we are running or passing the ball, see the next page for the line splits and backfield alignments.

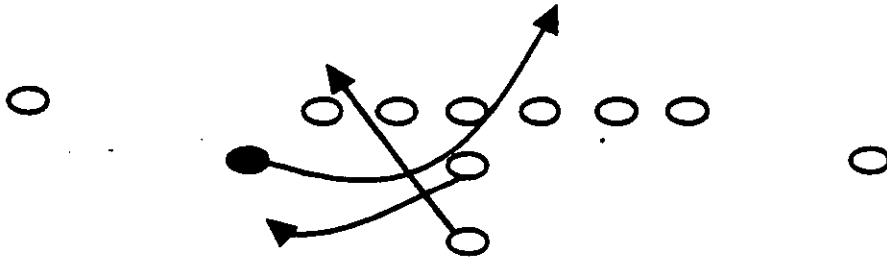
OFFENSIVE SERIES

The second number of our offensive calls will indicate the type of backfield action we will be using on a particular play.

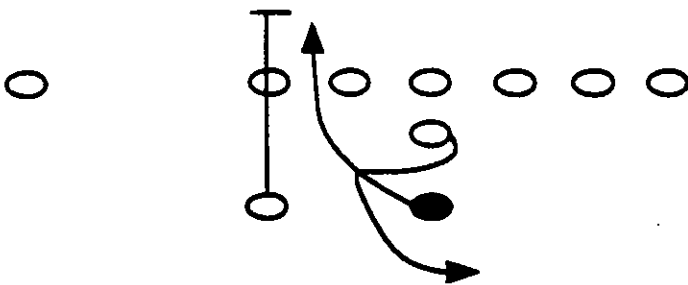
10 Series: QB rollouts, sneaks, options; anything that might involve the QB as a runner.



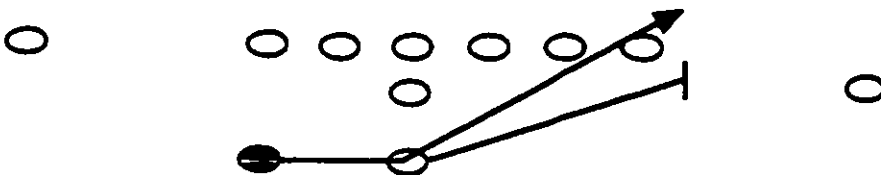
20 Series: Any type of cross buck, counter, or misdirection action involving the normal 2 or 3 runningbacks.



30 Series: Power run plays involving the fullback as the ball carrier.

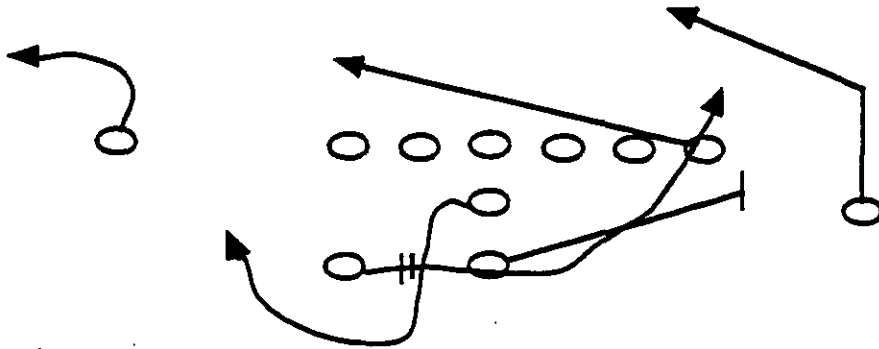


40 Series: All run plays, except for the crossing action plays, that involve the R-back as the ball carrier.

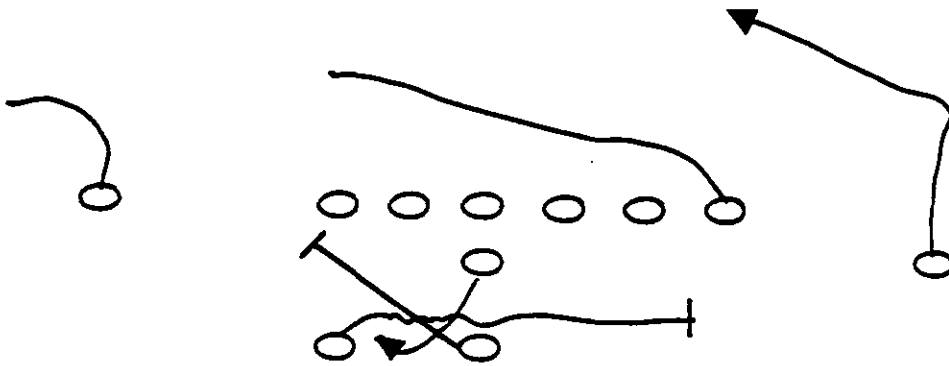


Offensive Series
pg 2

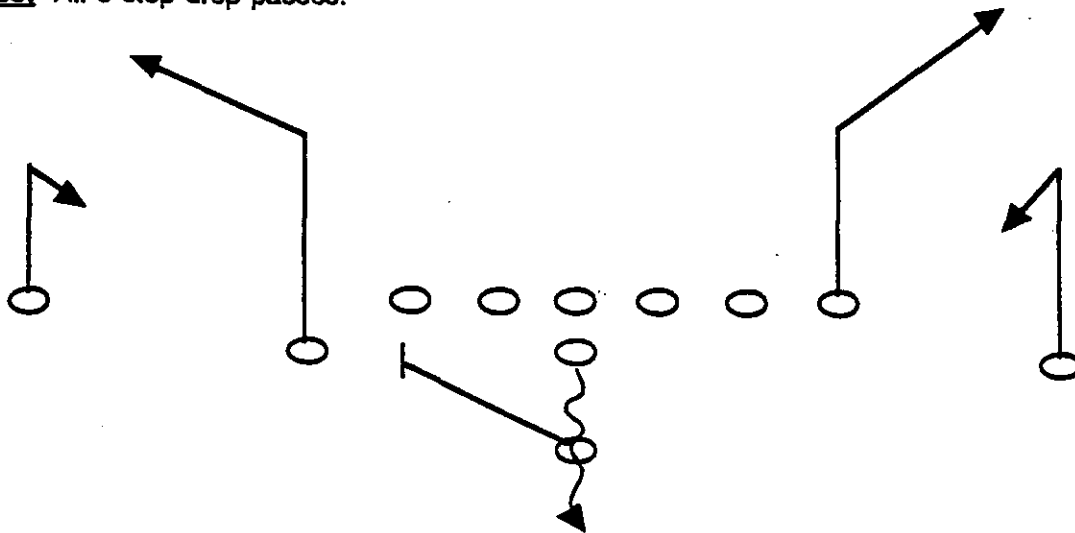
50 Series: Any play action pass or quik passes & screens.



60 Series: All 3 step drop & roll passes.

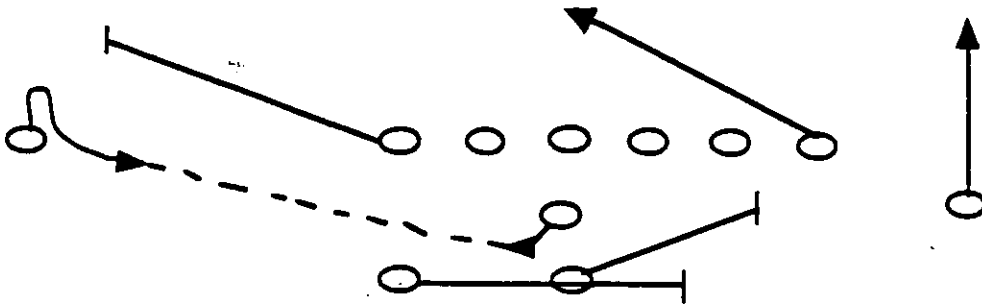


70 Series: All 5 step drop passes.

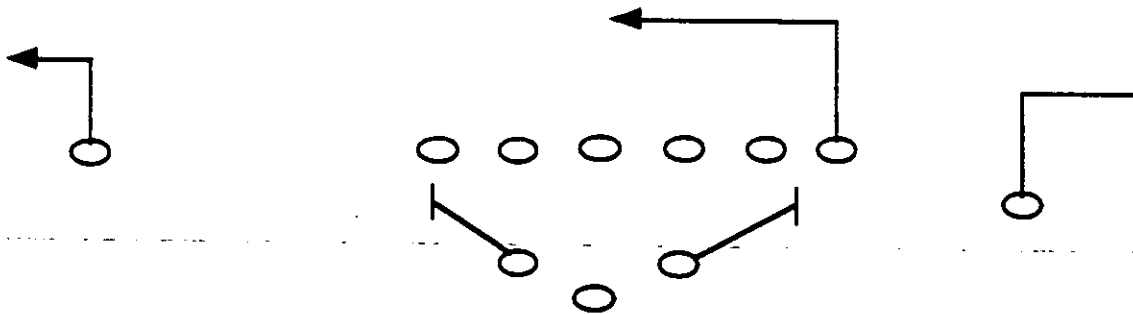


Offensive Series
pg 3

80 Series: All Special Plays, such as reverses and trick plays.



90 Series: All Plays that we run with the QB in Shot Gun formation.

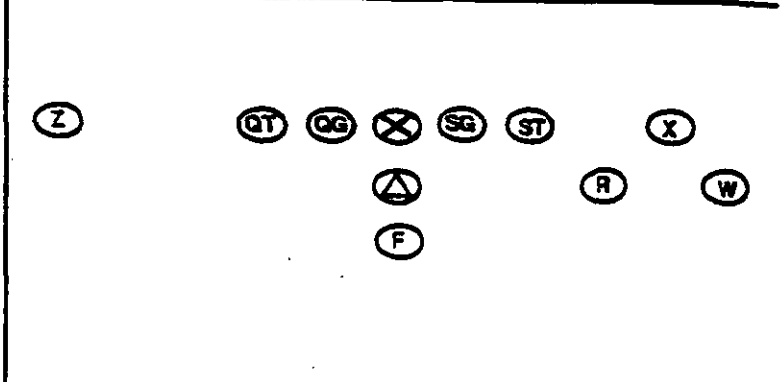
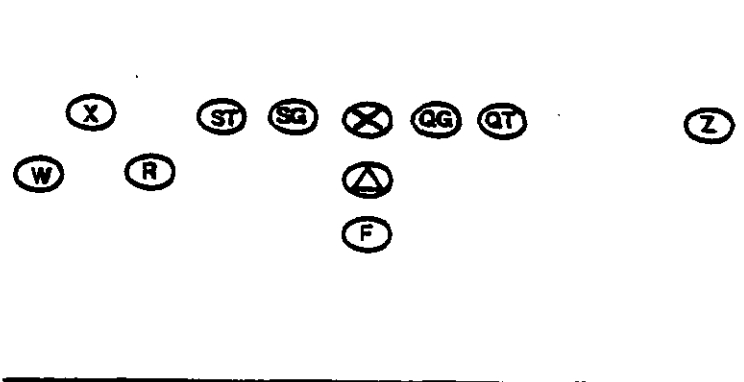


OFFENSIVE FORMATIONS

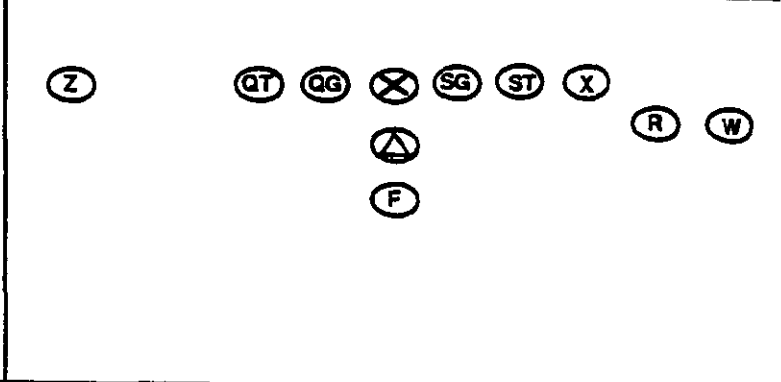
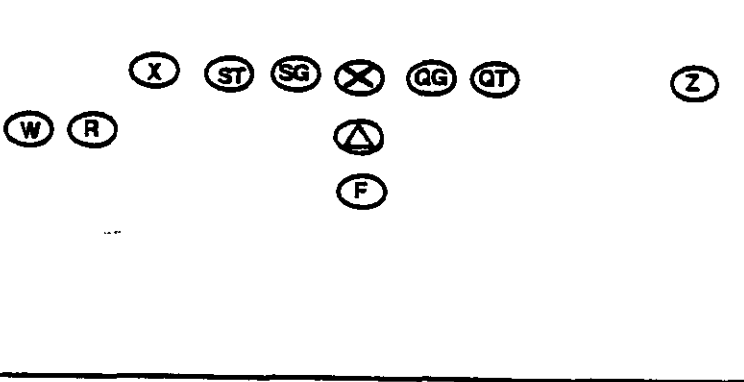
<p>300</p>	<p>200</p>
<p>500</p>	<p>400</p>
<p>700</p>	<p>600</p>
<p>900</p>	<p>800</p>

200-300 FORMATION VARIATION

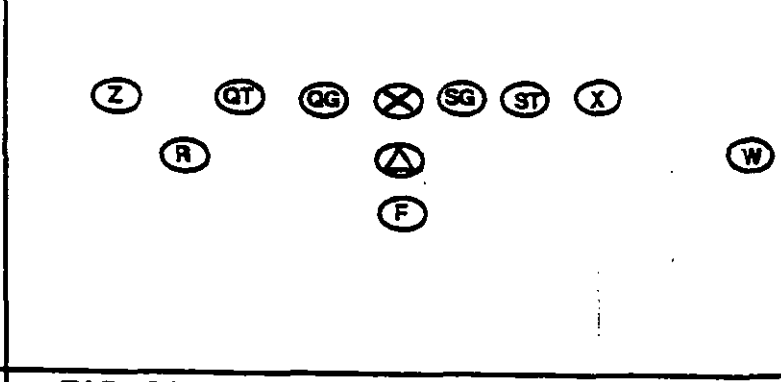
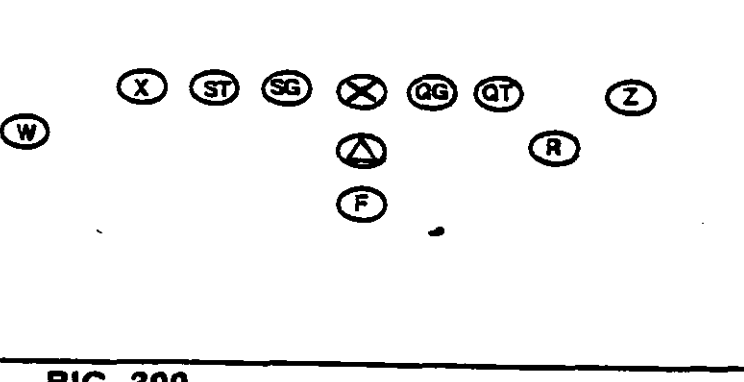
ACE 300 | **ACE 200**



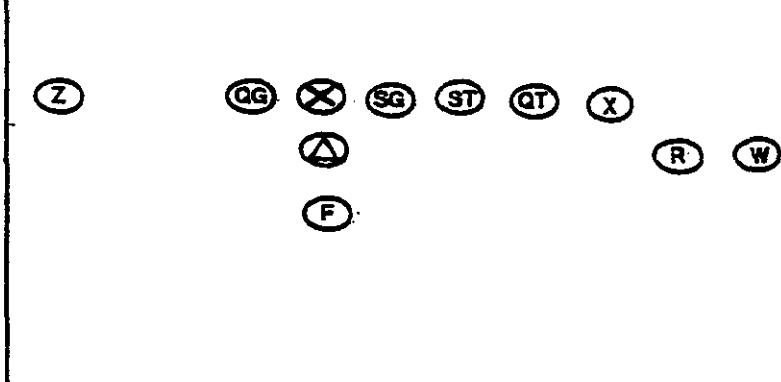
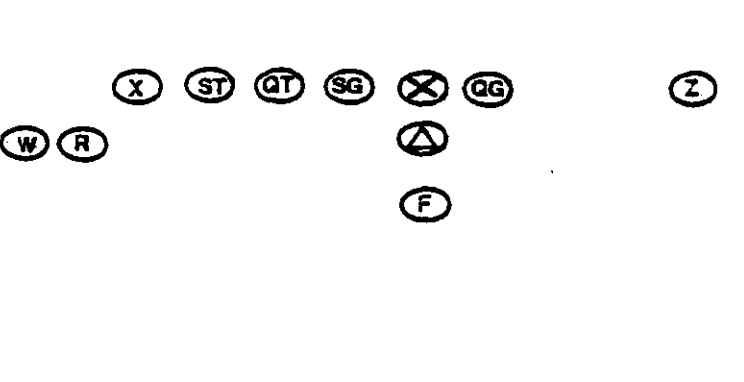
LOAD 300 | **LOAD 200**



LIZ 300 | **LIZ 200**



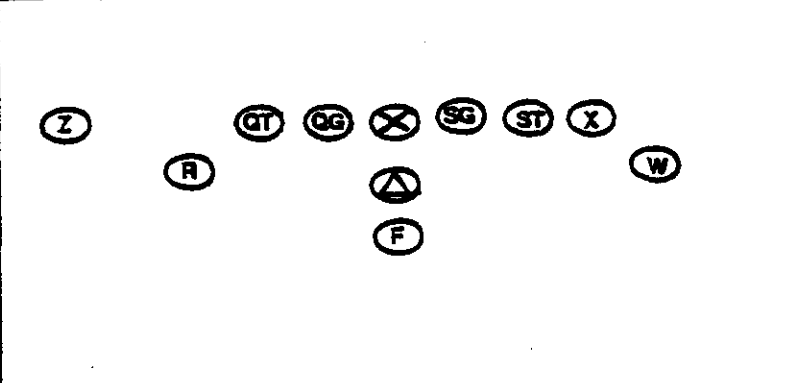
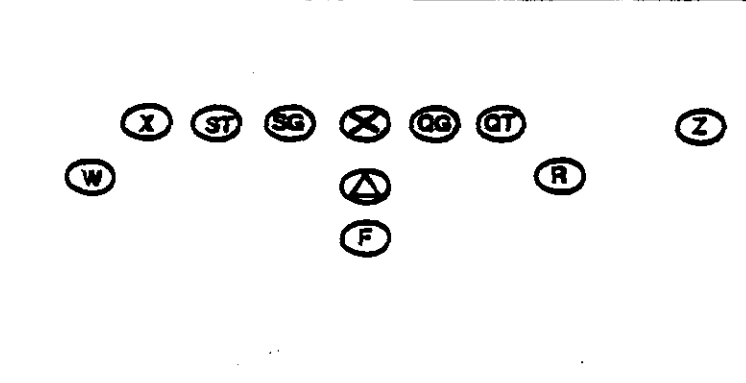
BIG 300 | **BIG 200**



200-300 FORMATION VARIATION

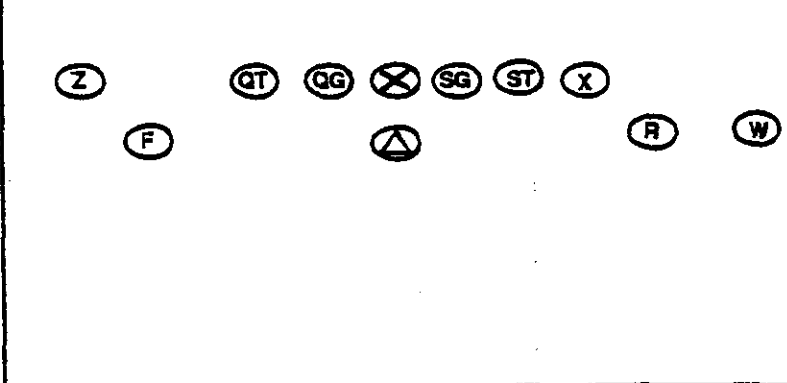
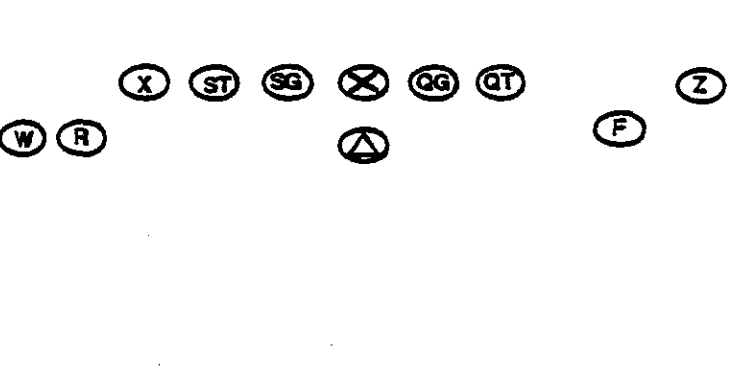
WING 300

WING 200



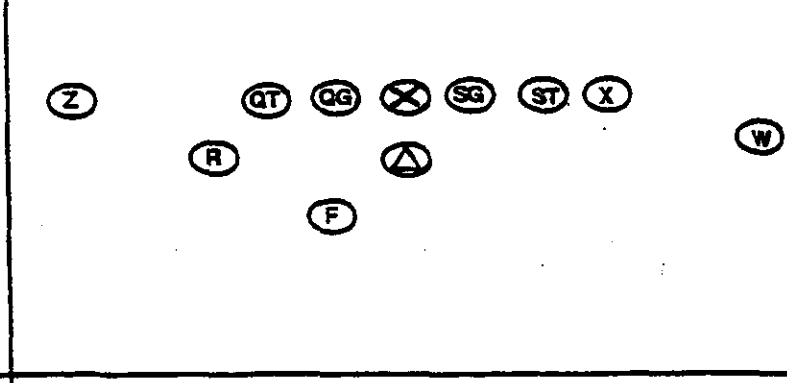
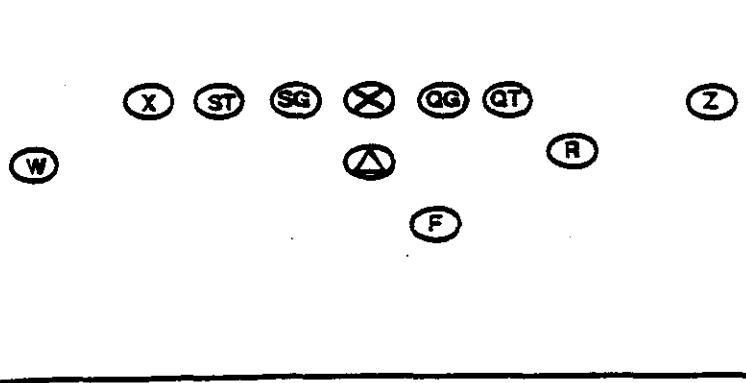
NICKEL 300

NICKEL 200



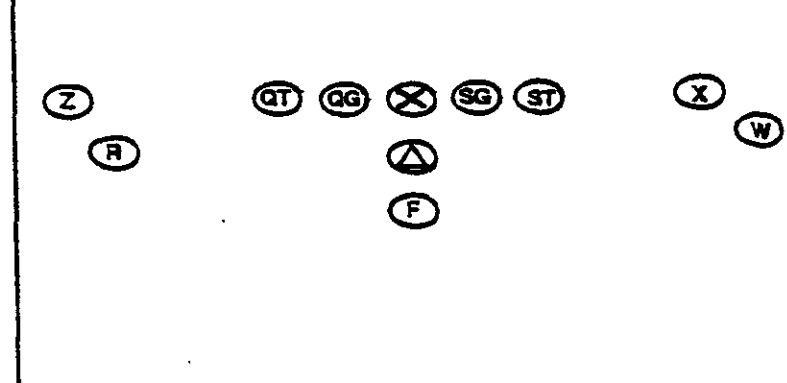
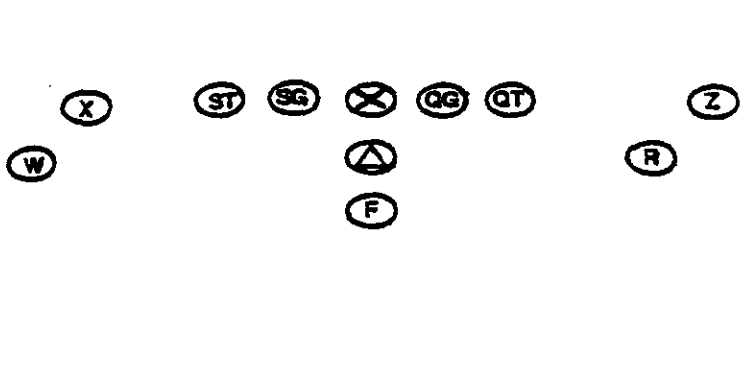
WEAK 300

WEAK 200



TWINS 300

TWINS 200

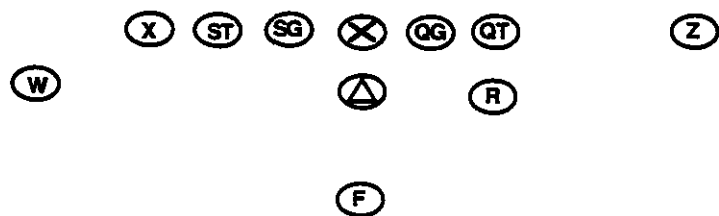


200-300 FORMATION VARIATION

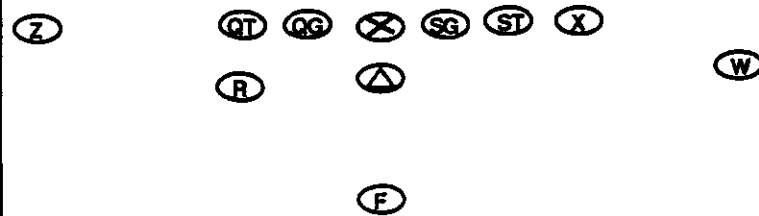
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<p>SHORT 300</p>	<p>SHORT 200</p>
<p>SPREAD 300</p>	<p>SPREAD 200</p>
<p>TIGHT 300</p>	<p>TIGHT 200</p>

200-300 FORMATION VARIATION

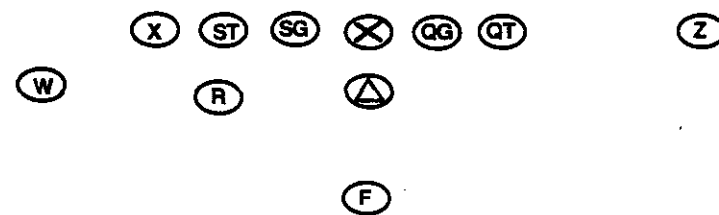
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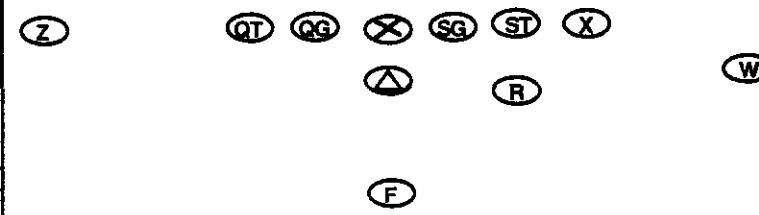
QUEEN 200



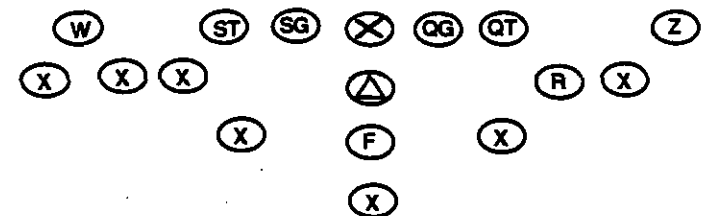
KING 300



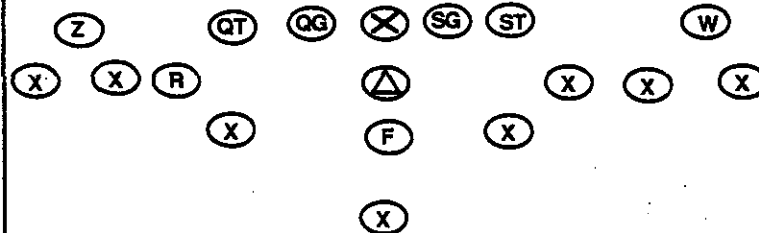
KING 200



XRAY or EXIT 300



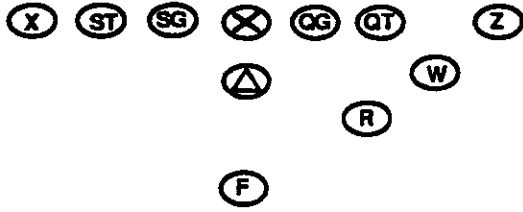
XRAY or EXIT 200



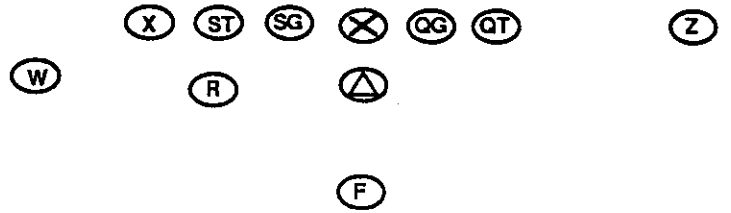
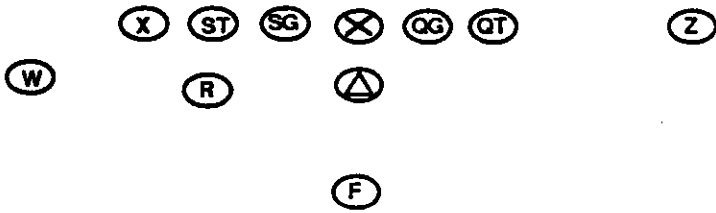
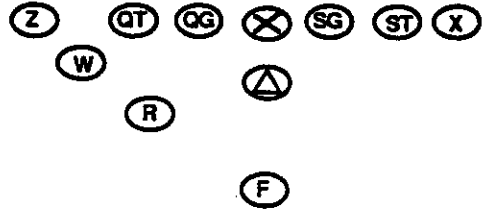
XRAY 200 & 300 allows the X to line up anywhere he legal can. W must be up on the line, like in a loose 200 or 300 set. Before the snap of the ball the X must either shift or motion into his proper position at the POA and carry out his assignment. If Exit 200 or 300 is called the X does exactly as he does in Xray but his shift or motion is away from the POA, to decoy the defense.

200-300 FORMATION VARIATIONS

Jack 300

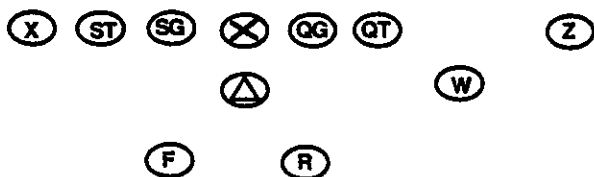


Jack 200

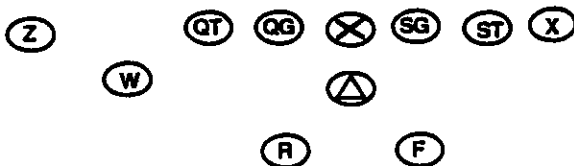


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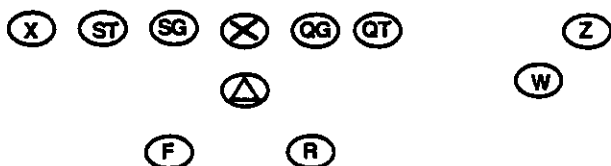
SLOT 500



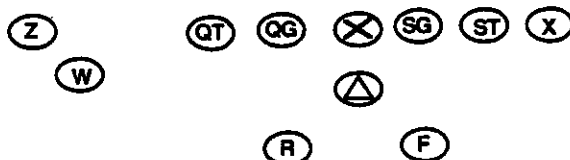
SLOT 400



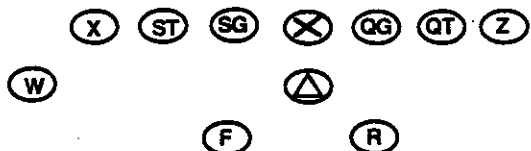
TWINS 500



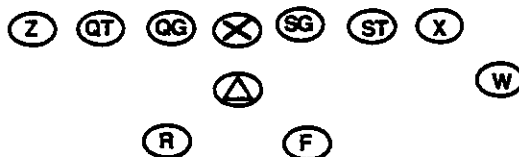
TWINS 400



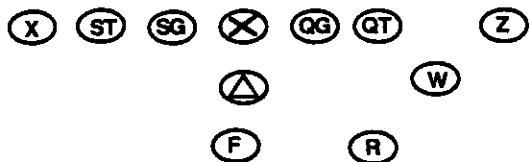
WING 500



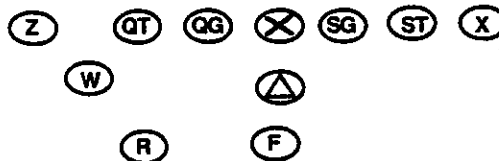
WING 400



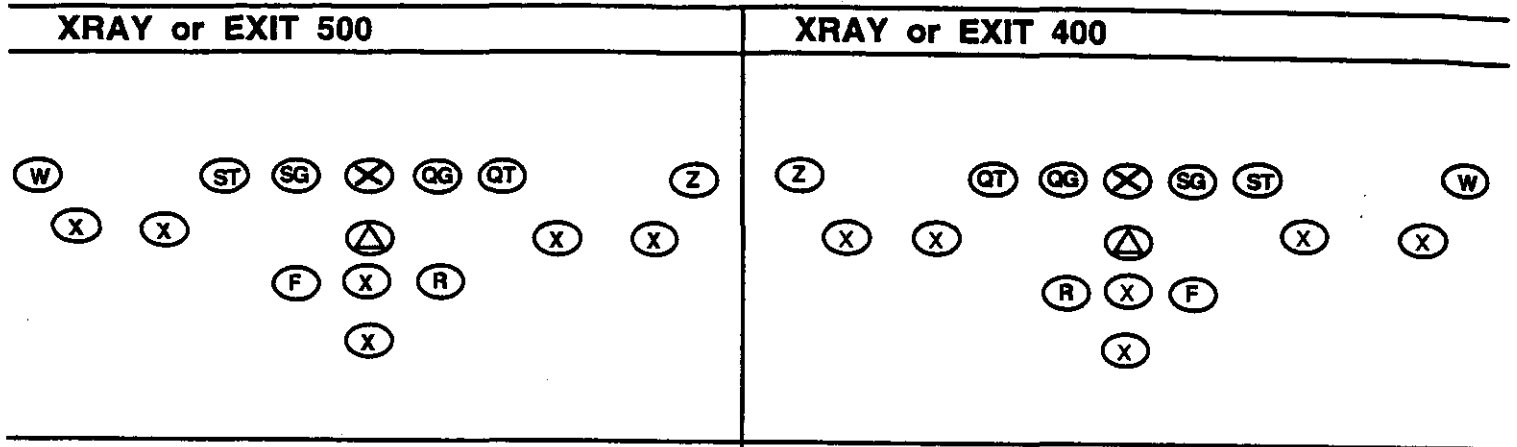
JACK 500



JACK 400

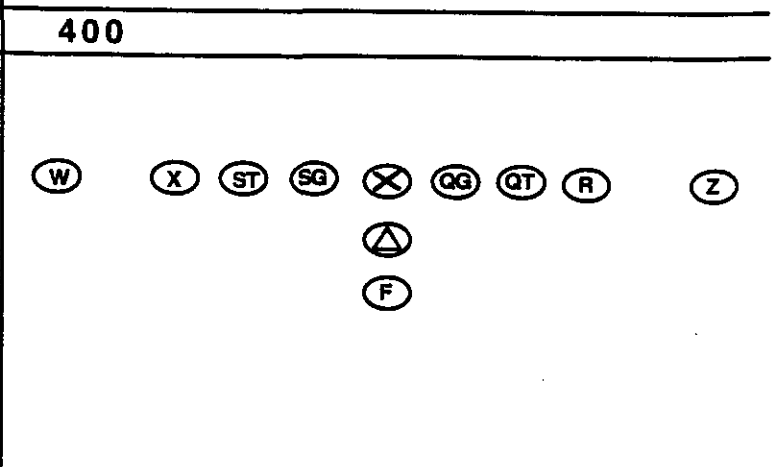
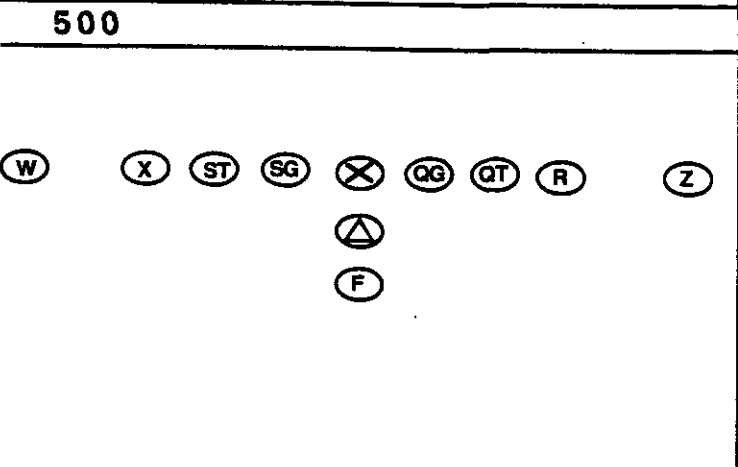
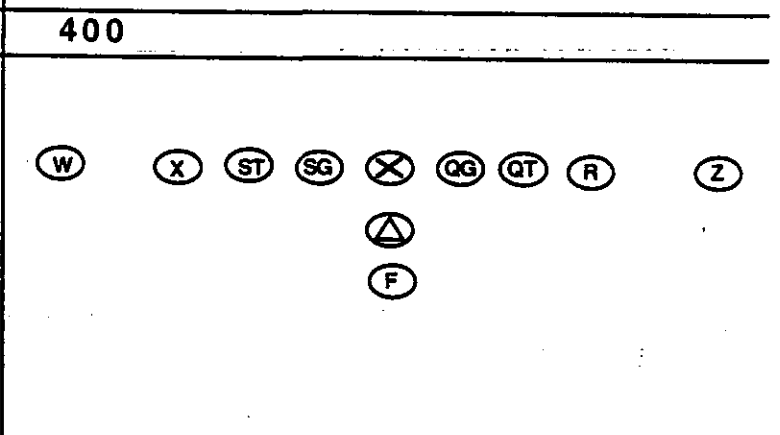
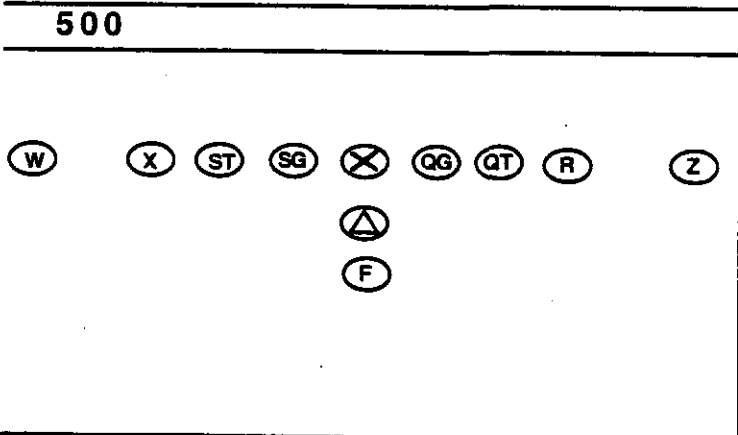


400-500 FORMATION VARIATION



XRAY or EXIT




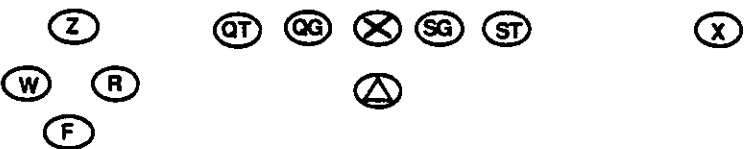
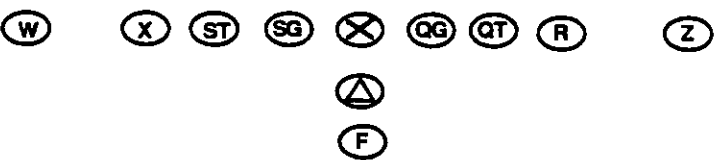
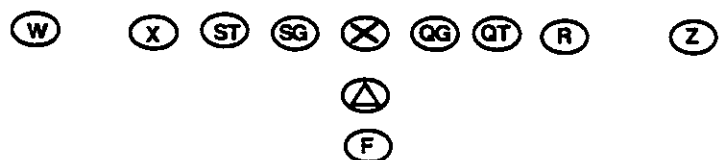
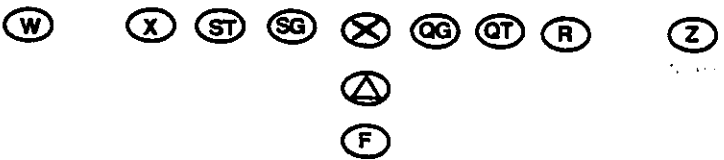
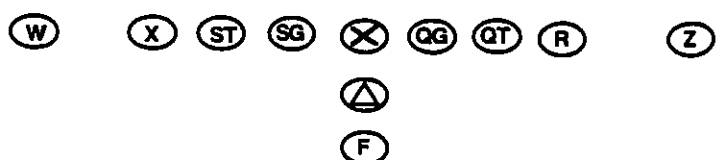
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600-700 FORMATION VARIATION

TIGHT 700	TIGHT 600
<p>(X) (ST) (SG) (X) (QG) (QT) (Z)</p> <p>(R) (W)</p> <p>(△)</p> <p>(F)</p>	<p>(Z) (QT) (QG) (X) (SG) (ST) (X)</p> <p>(W) (R)</p> <p>(△)</p> <p>(F)</p>
LOOSE 700	LOOSE 600
<p>(X) (ST) (SG) (X) (QG) (QT) (Z)</p> <p>(R) (W)</p> <p>(△)</p> <p>(F)</p>	<p>(Z) (QT) (QG) (X) (SG) (ST) (X)</p> <p>(W) (R)</p> <p>(△)</p> <p>(F)</p>
ACE 700	ACE 600
<p>(X) (ST) (SG) (X) (QG) (QT) (Z)</p> <p>(R) (W)</p> <p>(△)</p> <p>(F)</p>	<p>(Z) (QT) (QG) (X) (SG) (ST) (X)</p> <p>(W) (R)</p> <p>(△)</p> <p>(F)</p>
WEAK 700	WEAK 600
<p>(X) (ST) (SG) (X) (QG) (QT) (Z)</p> <p>(R) (W)</p> <p>(△)</p> <p>(F)</p>	<p>(Z) (QT) (QG) (X) (SG) (ST) (X)</p> <p>(W) (R)</p> <p>(△)</p> <p>(F)</p>

600-700 FORMATION VARIATION

Raid 700	Raid 600
 <p>Diagram showing formation for Raid 700. Circles contain letters X, ST, SG, X, QG, QT, Z, R, W, F. A triangle is below the first X. The letters are arranged in a staggered line with Z, R, W, F below.</p>	 <p>Diagram showing formation for Raid 600. Circles contain letters Z, QT, QG, X, SG, ST, X, W, R, F. A triangle is below the X between QG and SG. The letters are arranged in a staggered line with Z, W, R, F below.</p>
Bomber 700	Bomber 600
 <p>Diagram showing formation for Bomber 700. Circles contain letters X, ST, SG, X, QG, QT, Z, R, W, F. A triangle is below the X between SG and QG. The letters are arranged in a staggered line with Z, R, W, F below.</p>	 <p>Diagram showing formation for Bomber 600. Circles contain letters Z, QT, QG, X, SG, ST, X, W, R, F. A triangle is below the X between QG and SG. The letters are arranged in a staggered line with Z, W, R, F below.</p>
700	600
 <p>Diagram showing formation for 700. Circles contain letters W, X, ST, SG, X, QG, QT, R, Z, F. A triangle is below the X between SG and QG. The letters are arranged in a staggered line with F below.</p>	 <p>Diagram showing formation for 600. Circles contain letters W, X, ST, SG, X, QG, QT, R, Z, F. A triangle is below the X between SG and QG. The letters are arranged in a staggered line with F below.</p>
700	600
 <p>Diagram showing formation for 700. Circles contain letters W, X, ST, SG, X, QG, QT, R, Z, F. A triangle is below the X between SG and QG. The letters are arranged in a staggered line with F below.</p>	 <p>Diagram showing formation for 600. Circles contain letters W, X, ST, SG, X, QG, QT, R, Z, F. A triangle is below the X between SG and QG. The letters are arranged in a staggered line with F below.</p>

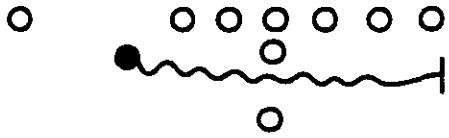
800-900 FORMATION VARIATION

TIGHT 900	TIGHT 800
<p> (X) (ST) (SG) (X) (QG) (QT) (Z) (W) (F) (R) </p>	<p> (Z) (QT) (QG) (X) (SG) (ST) (X) (F) (W) (R) </p>
GOLD 900	GOLD 800
<p> (X) (ST) (SG) (X) (QG) (QT) (Z) (F) (W) (R) </p>	<p> (Z) (QT) (QG) (X) (SG) (ST) (X) (W) (F) (R) </p>
JUMBO 900	JUMBO 800
<p> (X) (QT) (ST) (SG) (X) (QG) (Z) (W) (F) (R) </p>	<p> (Z) (QG) (X) (SG) (ST) (QT) (X) (F) (W) (R) </p>
TROJAN 900	TROJAN 800
<p> (W) (X) (ST) (SG) (X) (QG) (QT) (Z) (F) (R) </p>	<p> (Z) (QT) (QG) (X) (SG) (ST) (X) (W) (F) (R) </p>

R-BACK MOTION

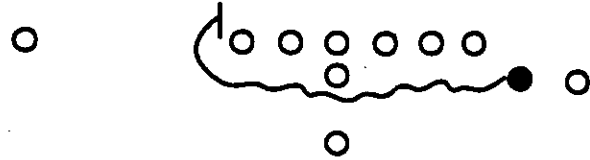
*Reduce To
Two*

These are the 8 types of motions that can be used by the R-Back.

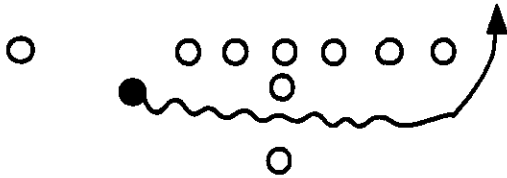


RAT (Block the DE or trap block)

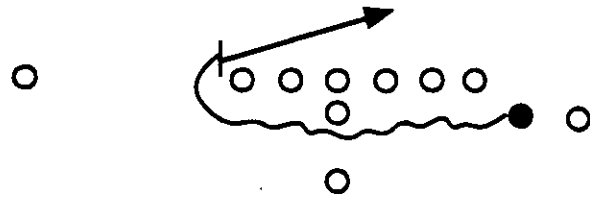
Block



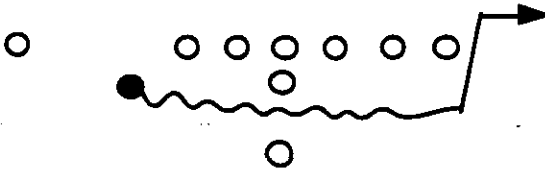
ROOK (Hook the DE or OLB)



ROAR (Motion into some up field pattern)

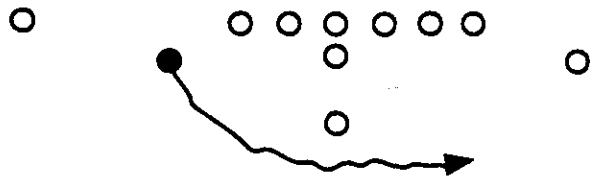


RELAY (Block, then delay into a drag)

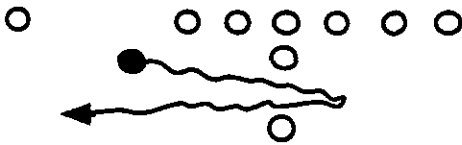


ROUT (Motion into an out or Zip)

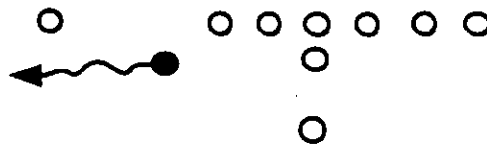
Pass



RUMBLE (Deep motion under the FB)



RIP (Motion in and reverse out)

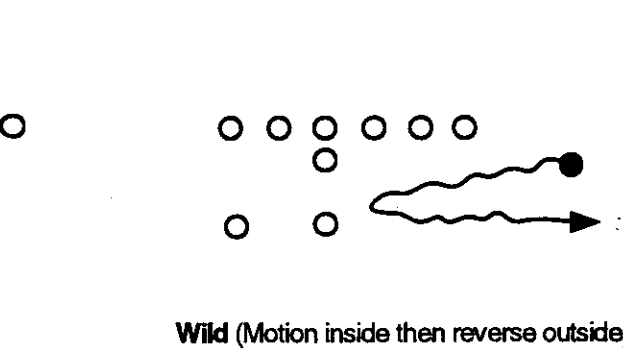
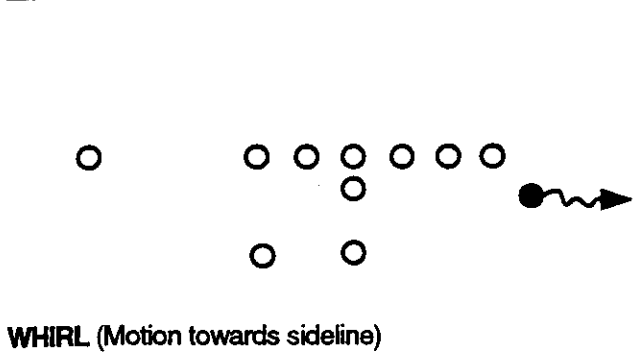
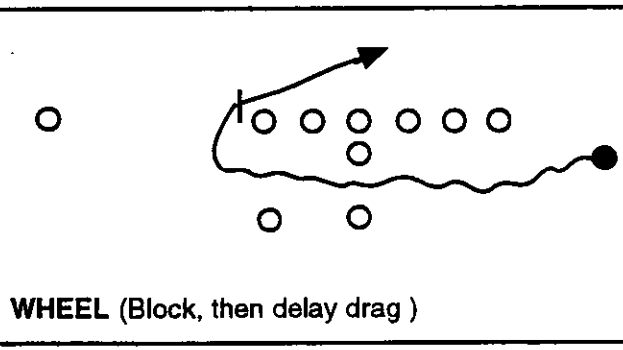
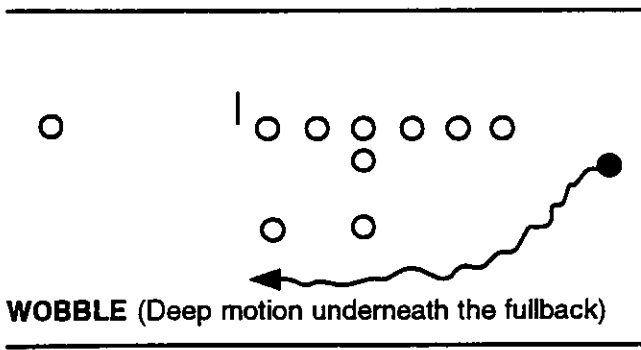
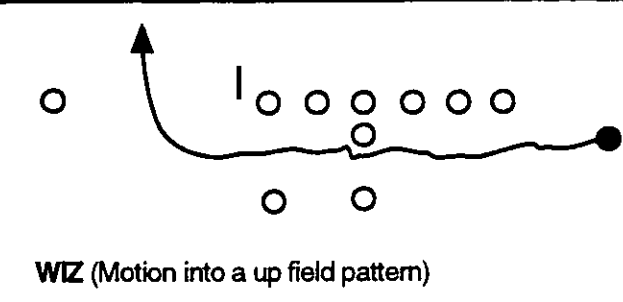
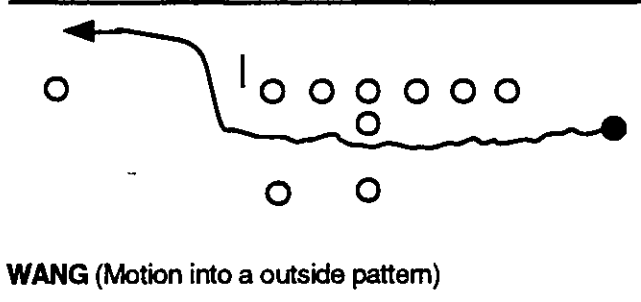
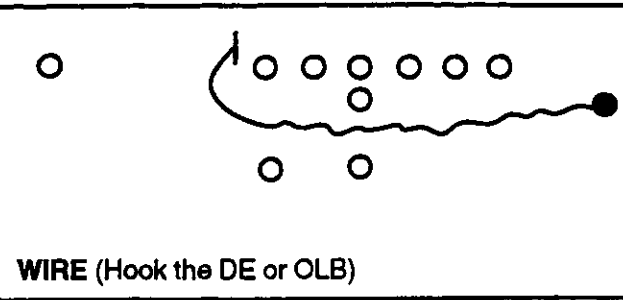
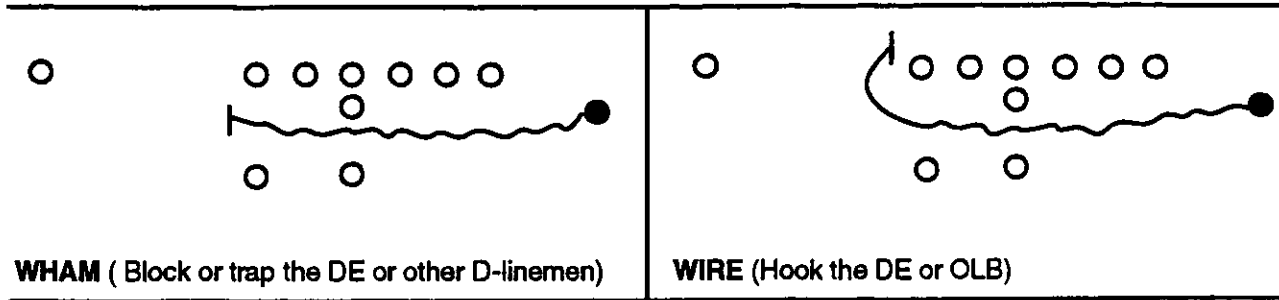


RAW (Motion to sideline)

Reduces To W-2-POD + wire run

W RECEIVER MOTION

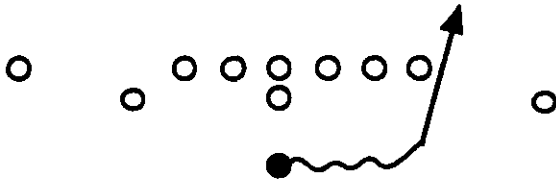
These are the 8 types of motions that can be used by the W Receiver.



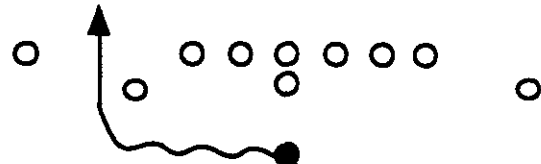
Reduce
to
Flex
and
Flame

F BACK MOTION

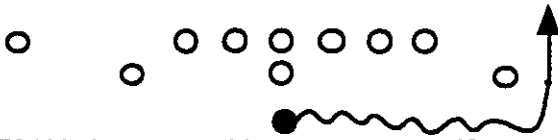
These are the 8 types of motions that can be used by the F Back.



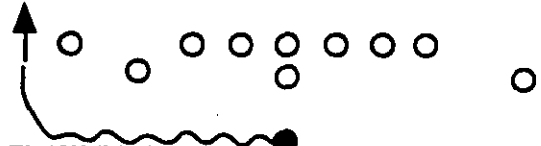
FLAME (Motion to strong side, cut up off TE)



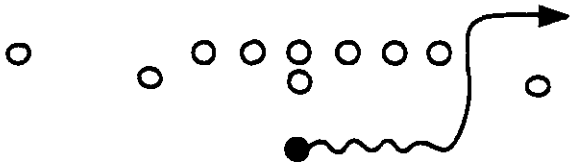
FLARE (Motion to quick side, cut up off slot)



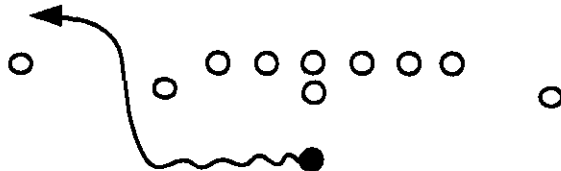
FLEX (Motion strong side cut up outside W)



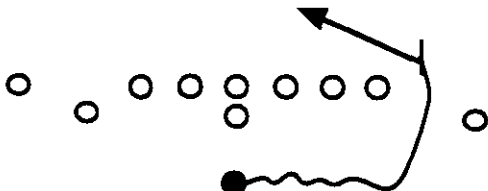
FLAW (Motion quick side cut up outside Z)



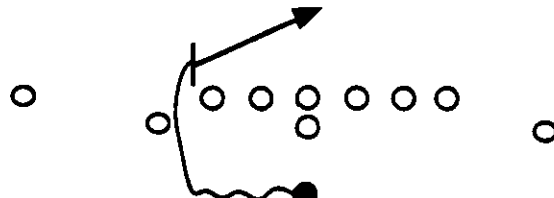
FLEET (Motion to strong side into a out pattern)



FLAT (Motion to the quick side into a out pattern)

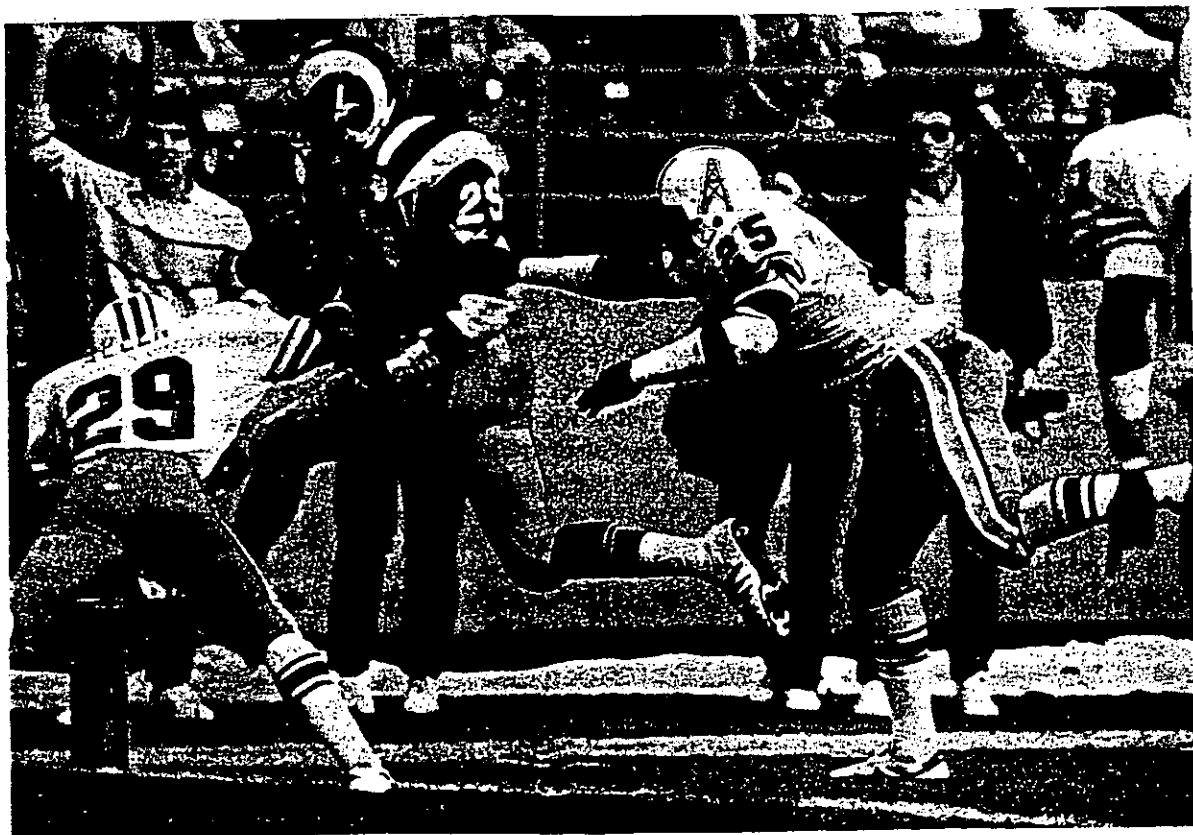


FLEW (Motion to strong side into a delay drag)



FOUL (Motion to Quick Side into a delay drag)

RUN OFFENSE



Run Offense Position Assignments

Play: 30-31 Buck **Variations:** 30-31 Buck Trap

Quarterback: Reverse pivot out and handoff the ball to the fullback as deep as possible. The qb should then bootout towards the TE, watching how the backside DE, LB & CB play boot action.

Fullback(F): Lineup at a depth of 5 to 7 yards. Receive the ball as deep as possible, just like the inside zone play, read the play side hole that opens up and run to daylight. On the buck trap, the FB will follow the guard to the hole.

Runningback(R): The R-Back will carry out one of two assignment (1) kick out the DE/OLB (2) fold up thru the first opponents to show.

Tight End(X): Cutoff inside gap & go down field to block the safety.

WideReceiver(Z): Stalk Block or run off the cornerback.

Flanker/Wing(W): Run off the receiver or crossfield block.

Center(C): Double team playside gap or nose defender with QG or bump off to the ILB.

Strong Guard(SG): Cutoff playside gap or go block 2nd level.

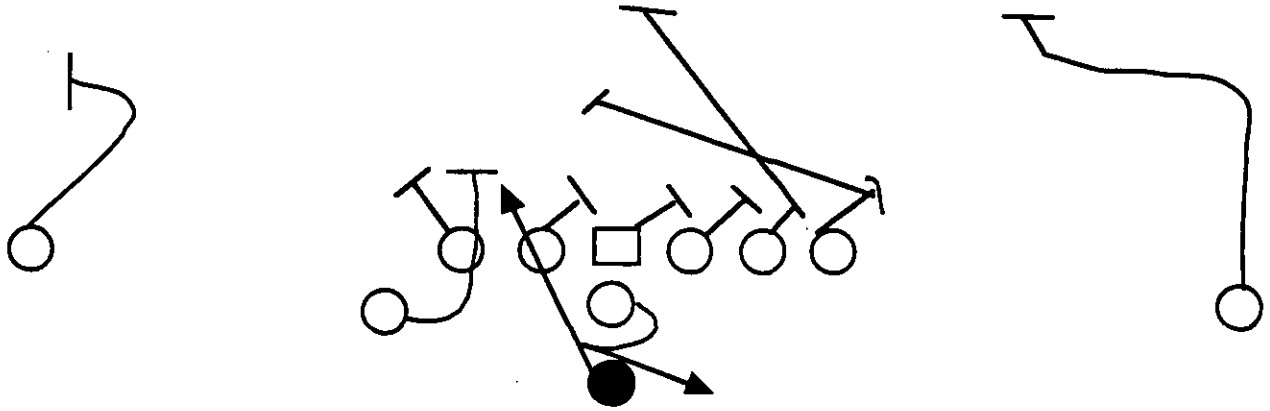
Strong Tackle(ST): Cutoff playside gap & crossfield block.

Quick Guard(QG): Drive block/double team vs man on; possible x block or fold block.

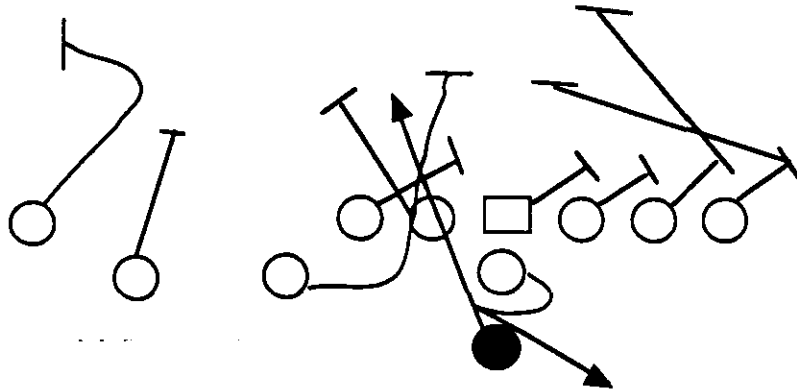
Quick Tackle(QT): Drive/Kick-out block vs man on; possible x block or fold block.

NOTES:

30-31 BUCK

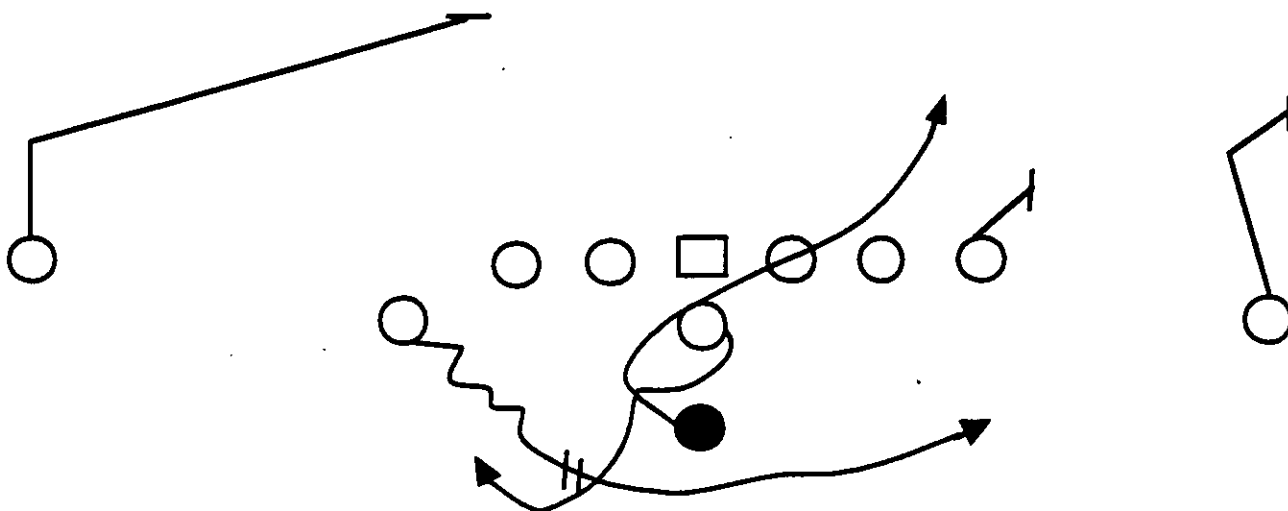


231 BUCK

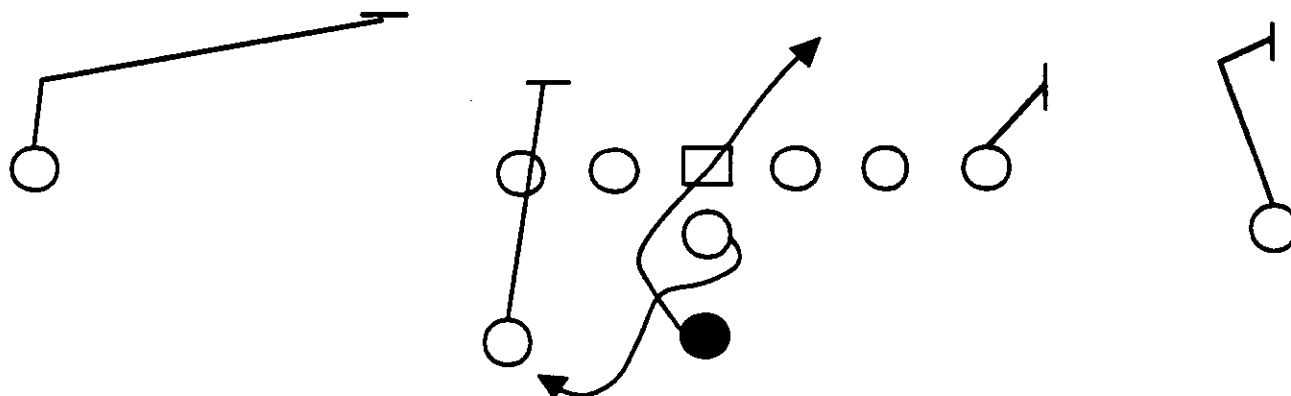


631 BUCK

30-31 BUCK TRAP



RUMBLE 230 BUCK TRAP



431 BUCK TRAP



Play: 34-35 Blast Variations:

Quarterback: Reverse pivot out and handoff the ball to the fullback as deep as possible. The qb should then bootout towards the SE, watching how the backside DE, LB & CB play boot action.

Fullback(F): Lineup at a depth of 5 to 7 yards. Receive the ball as deep as possible, just like the inside zone play, read the play side hole that opens up and run to daylight. F Should always look for backside cutback.

Runningback(R): Cutoff inside gap & go crossfield to block at the POA.

Tight End(X): The X will carry out one(1) of Three(3) assignment (1) Double team the Def tackle (2) fold up thru the 4-5 hole and block the ILB (3) Kick out the DE/OLB.

WideReceiver(Z): Run a post and go down field to block the safety.

Flanker/Wing(W): Stalk block or run off the playside cornerback. Lead on ILB from power back in 800 & 900.

Center(C): Versus even fronts double team playside gap (DT or off set nose) with SG or possible bump off to the backside ILB. Versus odd fronts drive or double team with SG nose tackle.

Strong Guard(SG): Double team nose or Def Tackle, possible bump off to playside ILB, if no fold is called.

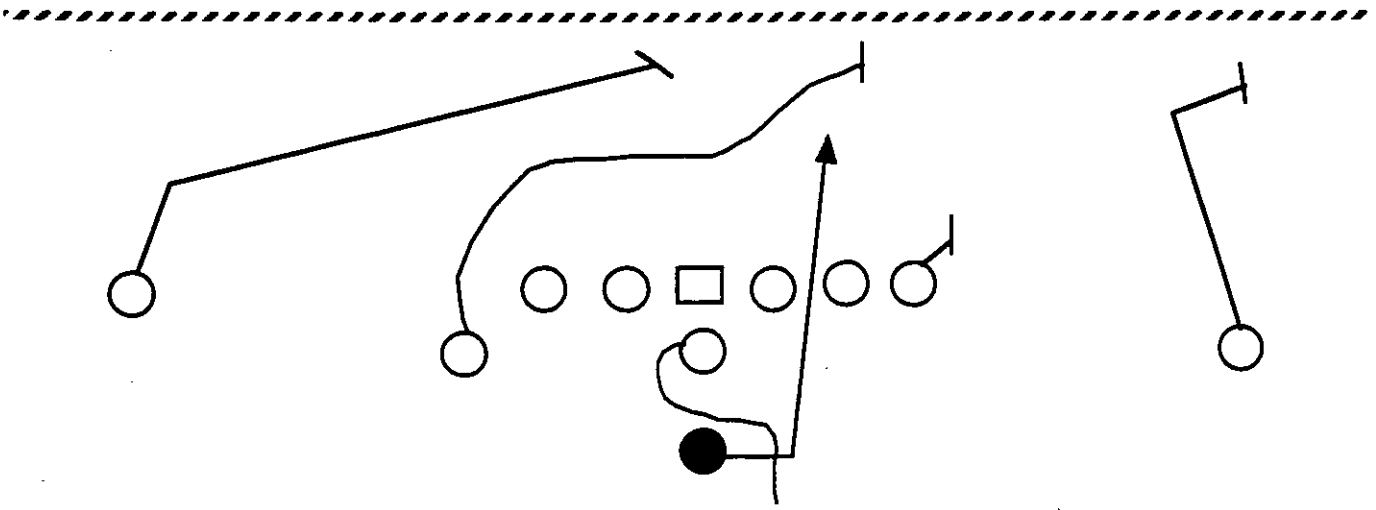
Strong Tackle(ST): .Drive/Kick-out block vs man on or outside tech; possible fold block with X leading on ILB.

Quick Guard(QG): Cut off playside gap, crossfield block, try to get into 2nd level lanes vs LB flow.

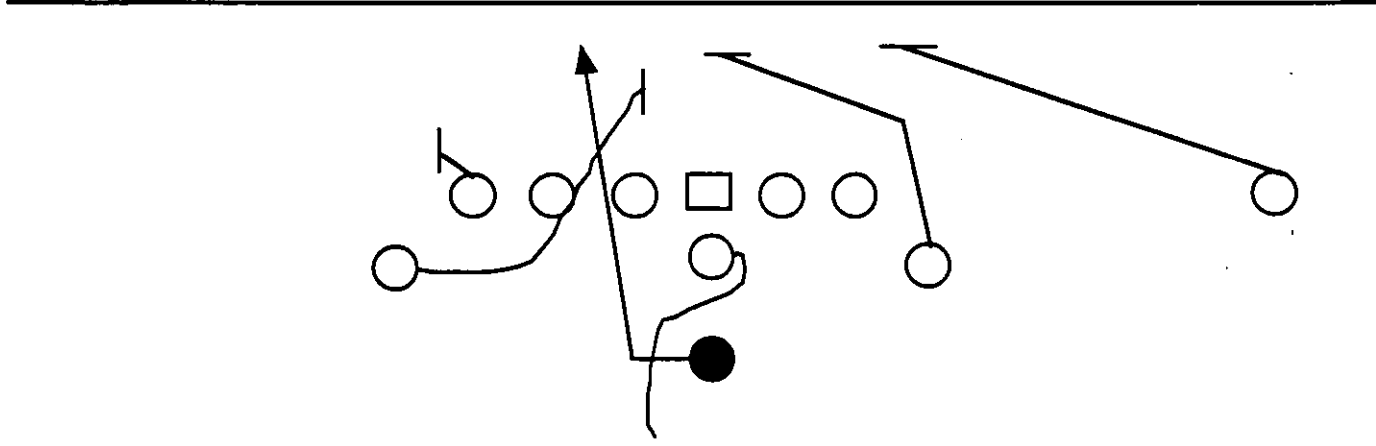
Quick Tackle(QT): Cutoff playside gap & crossfield block.

NOTES:

34-35 BLAST



234 BLAST



WING 335 BLAST



Play: 38-39 Toss Variations: 58-59 Dump Keep

Quarterback: Reverse pivot out and shovel pitch the ball to the fullback. Make sure the ball is pitched out in front of the FB between belt & Numbers high. The qb should then boot out hard towards the TE, watching how the backside DE, LB & CB play boot action.

Fullback(F): Lineup at a depth of 5 to 7 yards. Take 3 lateral (even drop steps) steps towards the hole and receive the ball about numbers high. Just like the outside zone play, read the block of the R Back, run inside or outside to daylight.

Runningback(R): The R-Back will carry out one of two assignment (1) block down or reach block the DE/OLB (2) kick out the DE/OLB

Tight End(X): Cutoff inside gap & go down field to block the safety.

WideReceiver(Z): (1) Stalk Block or run off the cornerback (2) crack back on OLB if the QG pulls on CB.

Flanker/Wing(W): Run off the receiver or crossfield block.

Center(C): Reach block playside gap or scoop to the ILB.

Strong Guard(SG): Cutoff playside gap or scoop 2nd level.

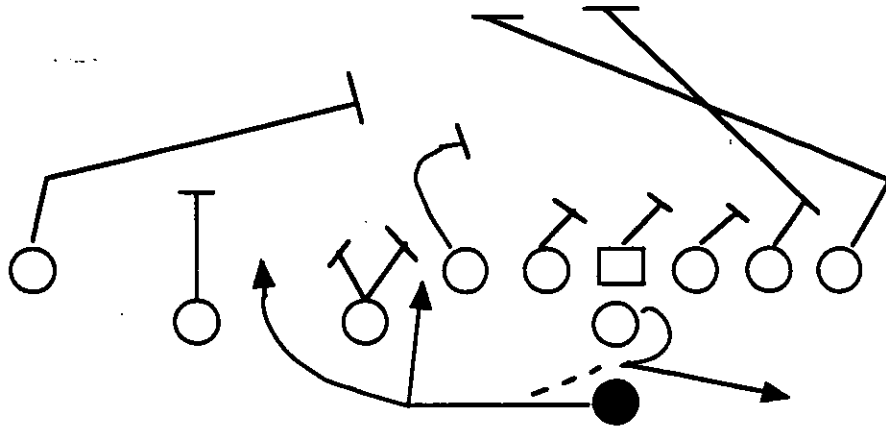
Strong Tackle(ST): Cutoff playside gap & crossfield block.

Quick Guard(QG): Drive block man on; reach ILB or possible pull on CB.

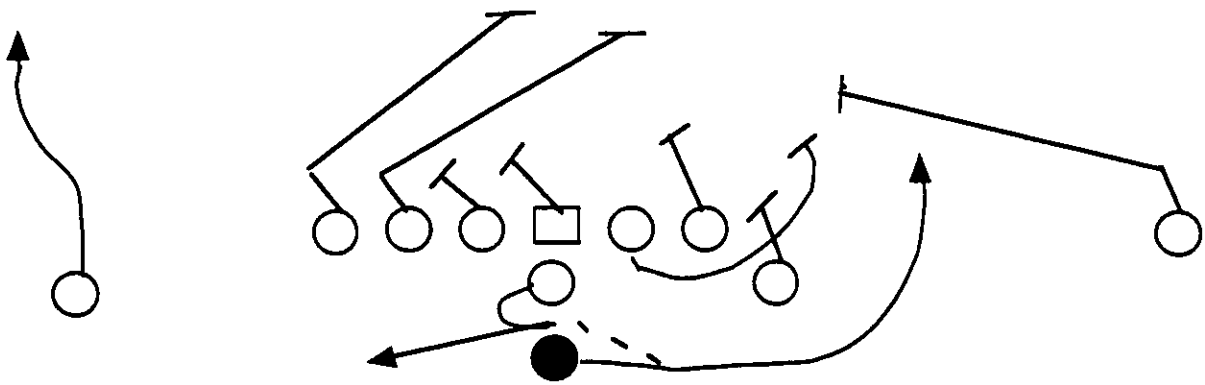
Quick Tackle(QT): Reach block vs man on; down block on ILB or adjacent down defensive lineman.

NOTES:

38-39 TOSS



639 TOSS



338 TOSS

Variations: 58-59 Dump Keep

Quarterback: Reverse pivot out and fake shovel pitch to the fullback. The qb should hide the ball on his hip and then boot out hard towards the TE watching the block of the pulling QG; may run the naked boot versus the hard flat rush of the DE.

Fullback(F): Lineup at a depth of 5 to 7 yards. Take 3 lateral (even drop steps) steps towards the hole and receiving fake toss. F should coverup like he has the ball and run to daylight.

Runningback(R): The R-Back will cut off the inside gap and neutralize the DE/OLB backside pusuit

Tight End(X): Cutoff inside gap & go down field to block the safety.

WideReceiver(Z): (1)run off the comerback (2) downfield block on safety.

Flanker/Wing(W): Run off the reciever or stalk block CB if he stays home..

Center(C): Block man on or reach block playside gap or scoop to the ILB.

Strong Guard(SG): Drive or down block man on.

Strong Tackle(ST): Drive or down block man on; possible scoop to 2nd level.

Quick Guard(QG): Drive block man on; reach ILB or possible pull on OLB or CB.

Quick Tackle(QT): Cutoff block playside gap; crossfield block.

NOTES:

Play: 38-39 Pitch **Variations:** 58-59 Boot

Quarterback: Reverse pivot out and shovel pitch the ball to the fullback. Make sure the ball is pitched out in front of the FB between belt & Numbers high. The qb should then boot out hard towards the SE, watching how the backside DE, LB & CB play boot action.

Fullback(F): Lineup at a depth of 5 to 7 yards. Take 3 lateral (even drop steps) steps towards the hole and receive the ball about numbers high. Just like the outside zone play, read the block of the X, run inside or outside to daylight.

Runningback(R): Cutoff inside gap & crossfield to block the safety.

Tight End(X): The X will carry out one of two assignment (1) block down or reach block the DE/OLB (2) kick out the DE/OLB

WideReceiver(Z): Run post into safety, downfield block.

Flanker/Wing(W): (1) Stalk Block or run off the cornerback (2) crackback on OLB if the ST pulls on CB.

Center(C): Reach block playside gap or scoop to the ILB.

Strong Guard(SG): Double team with C or ST bump off to the playside ILB

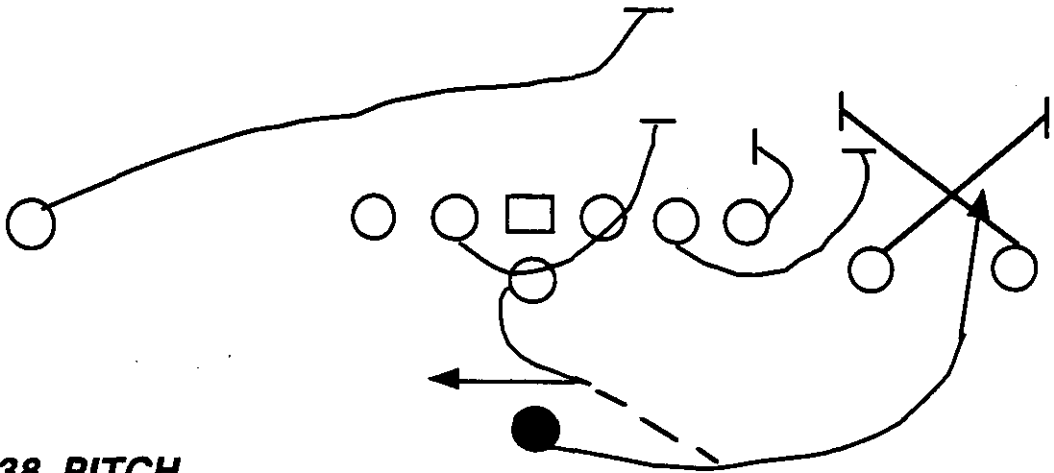
Strong Tackle(ST): Drive or double team Def Tackle, possible pull on corner.

Quick Guard(QG): Cutoff playside gap & crossfield block.

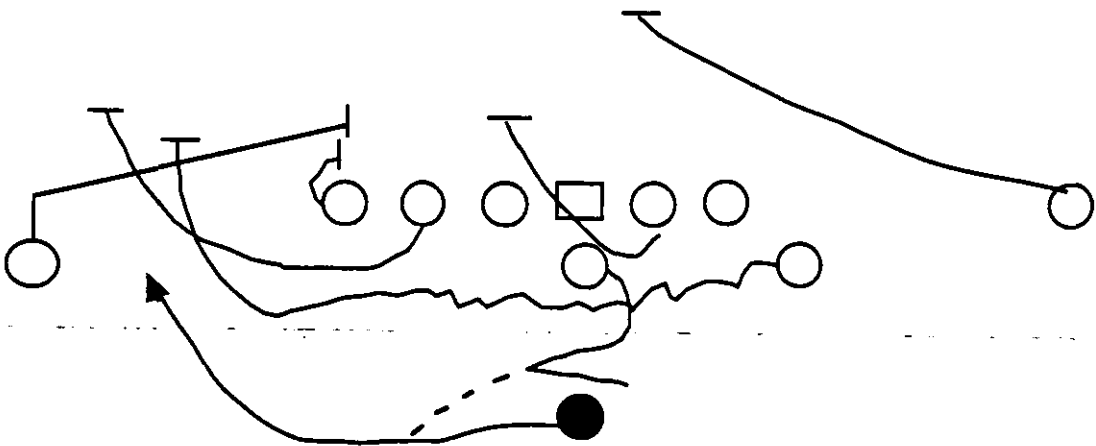
Quick Tackle(QT): Cutoff playside gap & crossfield block.

NOTES:

38-39 PITCH



LOAD 238 PITCH



RAT 339 PITCH



Variations: 58-59 Boot

Quarterback: Reverse pivot out and fake shovel pitch to the fullback. The qb should hide the ball on his hip and then boot out hard towards the Z watching the block of the pulling QG; may run the naked boot versus the hard flat rush of the DE.

Fullback(F): Lineup at a depth of 5 to 7 yards. Take 3 lateral (even drop steps) steps towards the hole and receiving fake toss. F should coverup like he has the ball and run to daylight.

Runningback(R): The R-Back will pin the DE/OLB inside. Versus a hard charging DE/OLB go to next level and block LB Flow.

Tight End(X): Cutoff inside gap & go down field to block the safety.

WideReceiver(Z): (1) Stalk Block or run off the cornerback (2) crack back on OLB if the SG pulls on CB.

Flanker/Wing(W): Run off the receiver or crossfield block.

Center(C): Reach block playside gap or scoop to the ILB.

Strong Guard(SG): Pull to CB or cutoff playside gap or scoop 2nd level.

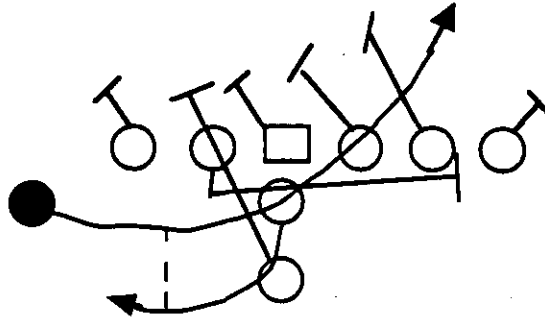
Strong Tackle(ST): Cutoff playside gap & crossfield block.

Quick Guard(QG): Drive block man on; double team with C Bump off to ILB.

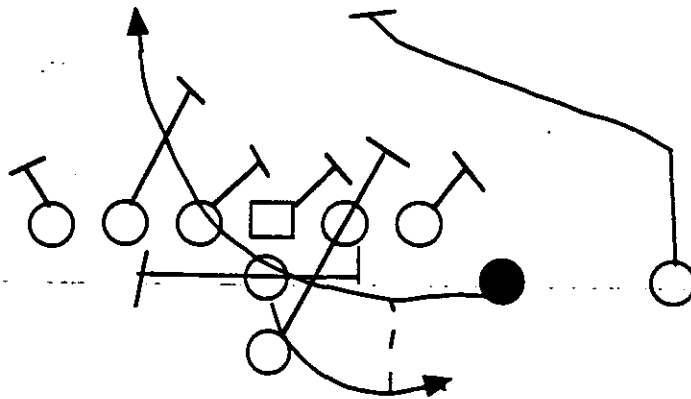
Quick Tackle(QT): Reach block vs man on; down block on ILB or adjacent down defensive lineman.

NOTES:

24-25 SHUTTLE PASS



224 SHUTTLE PASS



725 SHUTTLE PASS



Play: 24-25 Shuttle Pass **Variations:** 24-25 Shuttle Keep, 24-25 Shuttle Cross

Quarterback: Take a 3 step roll out towards the Z receiver and pitch the ball forwards towards the R back, who is running behind & parallel to the LOS towards the hole. Against a hard trailing end the qb should fake the pitch and keep the ball following his F..

Fullback(F): Lineup at a depth of 5 yards.(1) When base block is called, Attack the inside number of the DE/OLB, when he is floating drive him up field.(2) If the DE/OLB takes a hard, sharp inside angle and tries to trail the R, the F must take a hard inside thrust into him, cutting off the inside pursuit.(3) If we pull the QG, the F must fill hard into the guard gap, ready to take on a blitzing ILB or stunting Def Lineman.

Runningback(R): The R-Back will on the snap of the ball run inside parallel with the LOS and receive a short forward pitch from the QB. The R then needs to square his shoulders get upfield into hole 2-4 or 3-5 as quickly as possible. When we pull the QG, R should follow him to the hole.

Tight End(X): Kick out DE/OLB when the QG traps the Off tackle or if we base block it; Block down on ILB or go to safety if QG traps the DE/OLB .

WideReceiver(Z): Run post into safety, downfield block.

Flanker/Wing(W): Run off the receiver or Stalk block the CB.

Center(C): Double team nose with SG versus an odd front; Reach block playside gap or scoop to the ILB versus even or uncovered. Possible back block to QG gap if F is need to control backside pursuit.

Strong Guard(SG): Double team with center on nose, bumping off to a ILB. Possible double team with ST versus man on if we are trapping the DE/OLB.

Strong Tackle(ST): Block down on ILB or double team with SG when blocking an even DE/OLB and then bump off to ILB when trapping odd Def Tackle. Drive block or double team Def Tackle when base is called.

Quick Guard(QG): Drive block man or scoop to ILB on base call; trap DT vs odd front; DE/OLB vs even front.

Quick Tackle(QT): cut off block vs man on; reach DE or 5 Tech Tackle when pulling the QG.

NOTES:

Variations: 24-25 Shuttle Keep

Quarterback: Take a 3 step roll out towards the Z receiver and fake pitching the ball forwards towards the R back, who is running behind & parallel to the LOS towards the hole. Keep the ball following his F.

Fullback(F): Lineup at a depth of 5 yards. Attack the outside number of the DE/OLB, versus a floating DE/OLB the F must maintain contact and drive him up field. If the DE/OLB takes a hard, sharp inside angle, the F need only jolt him before continuing on upfield after the next 2nd level defender(LB or CB).

Runningback(R): The R-Back will on the snap of the ball run inside parallel with the LOS and receive a faked forward pitch from the QB. The R then, if not tackled on the fake, should continue on block any backside pursuit.

Tight End(X): Cutoff inside gap & go down field to block the safety.

WideReceiver(Z): Read DE/OLB(1) Stalk Block or run off the cornerback versus floating DE play (2) crackback on OLB versus hard charging DE.

Flanker/Wing(W): Run off the receiver or crossfield block .

Center(C): Reach block playside gap or scoop to the ILB.

Strong Guard(SG): Cutoff playside gap or scoop 2nd level.

Strong Tackle(ST): Cutoff playside gap & crossfield block.

Quick Guard(QG): Drive/reach block man on in even front; Double team Def Tackle with QT free man bump off to the ILB.

Quick Tackle(QT): Reach block DE/OLB vs even; Double team Def Tackle with QG free man bump off to the ILB.

NOTES:

Play: 10-11 Wedge Variations:

Quarterback: Against an even front, lean on center and drive into gap with the greatest movement. Versus odd fronts take a drop hesitation step and give the guard and tackle time to wedge.

Fullback(F): Lineup at a depth of 5 to 7 yards. Fake toss or pitch away from called hole.

Runningback(R): Cutoff inside penetration and surge to second level.

Tight End(X): Cutoff inside penetration and surge to second level. Possible double team on def tackle.

WideReceiver(Z): Run off the cornerback.

Flanker/Wing(W): Run off the cornerback.

Center(C): Double team playside gap or nose defender with QG.

Strong Guard(SG): double down on inside defenders.

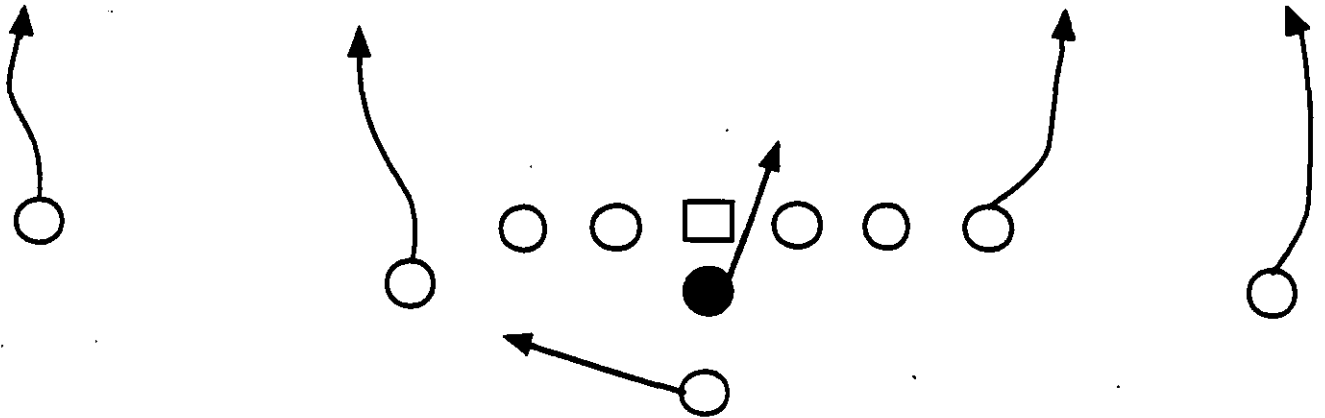
Strong Tackle(ST): double down on inside defenders.

Quick Guard(QG): Block down into inside gap

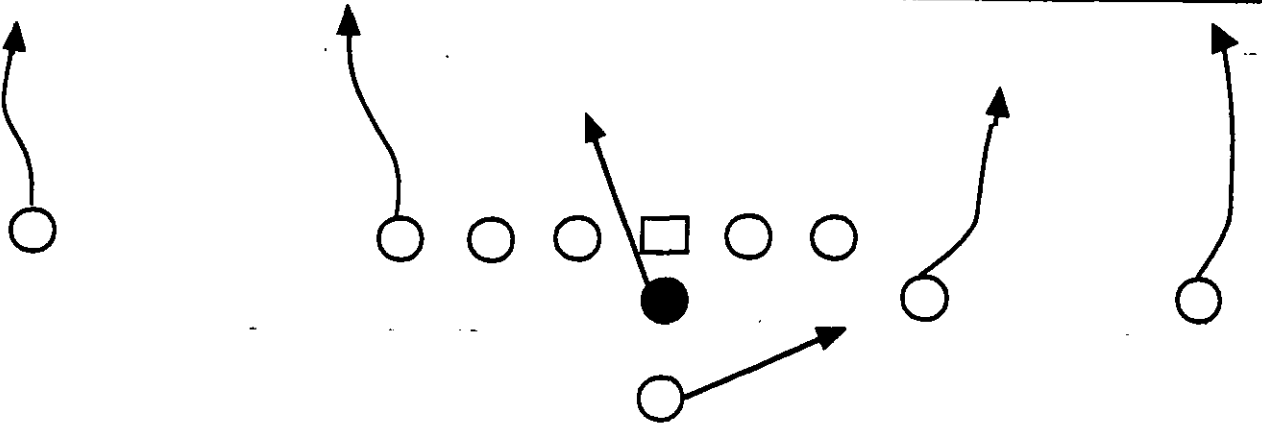
Quick Tackle(QT): Block down into inside gap.

NOTES:

10-11 WEDGE



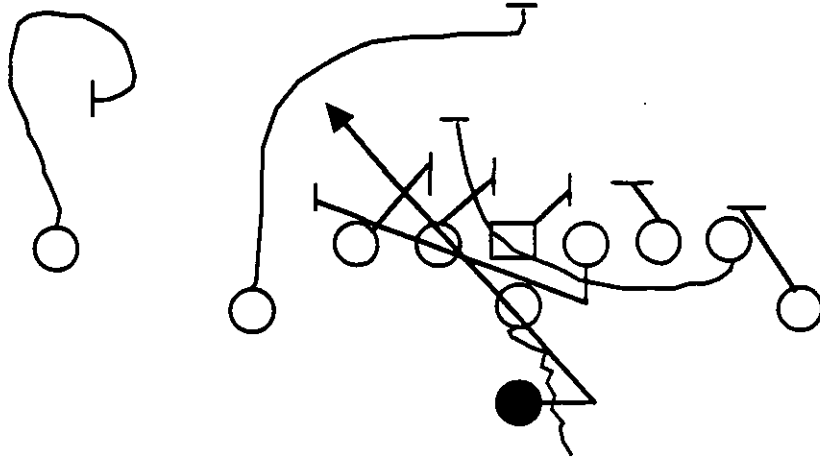
210 WEDGE



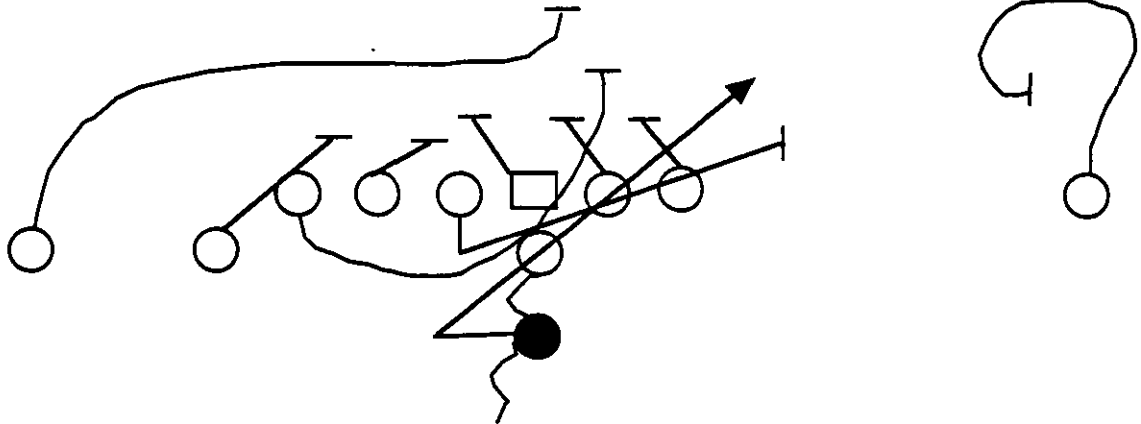
311 WEDGE



32 - 33 REDSKIN



WING 231 REDSKIN



LOAD 332 REDSKIN

PASS

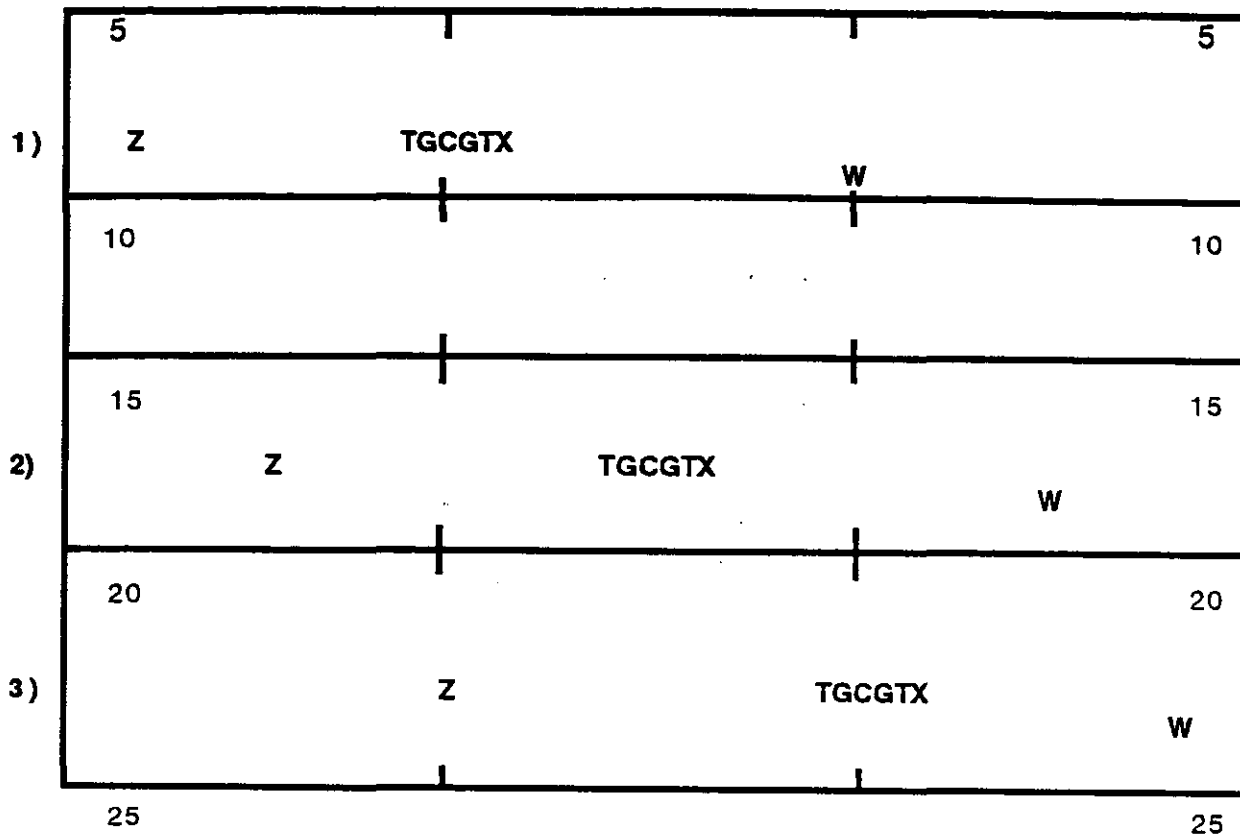
OFFENSE



**PASS
OFFENSE**

- 1. 3 STEP ROLLS**
- 2. 3 STEP**
- 3. 5 STEP**
- 4. SCREENS**
- 5. NO BACK**

RECEIVER'S FIELD ALIGNMENT



- 1 & 3) When the ball is located on the hash mark, as in examples 1 and 3, the short side receiver should always be at least 6 yards away from the sideline; on a marked field the top of the sideline numbers should be used. The wide side receiver should never align wider than just outside the hash mark.
- 2) When the ball is located near the middle of the field, both split receivers should align 6 to 8 yards outside their hash mark, depending on what route the receivers are running.

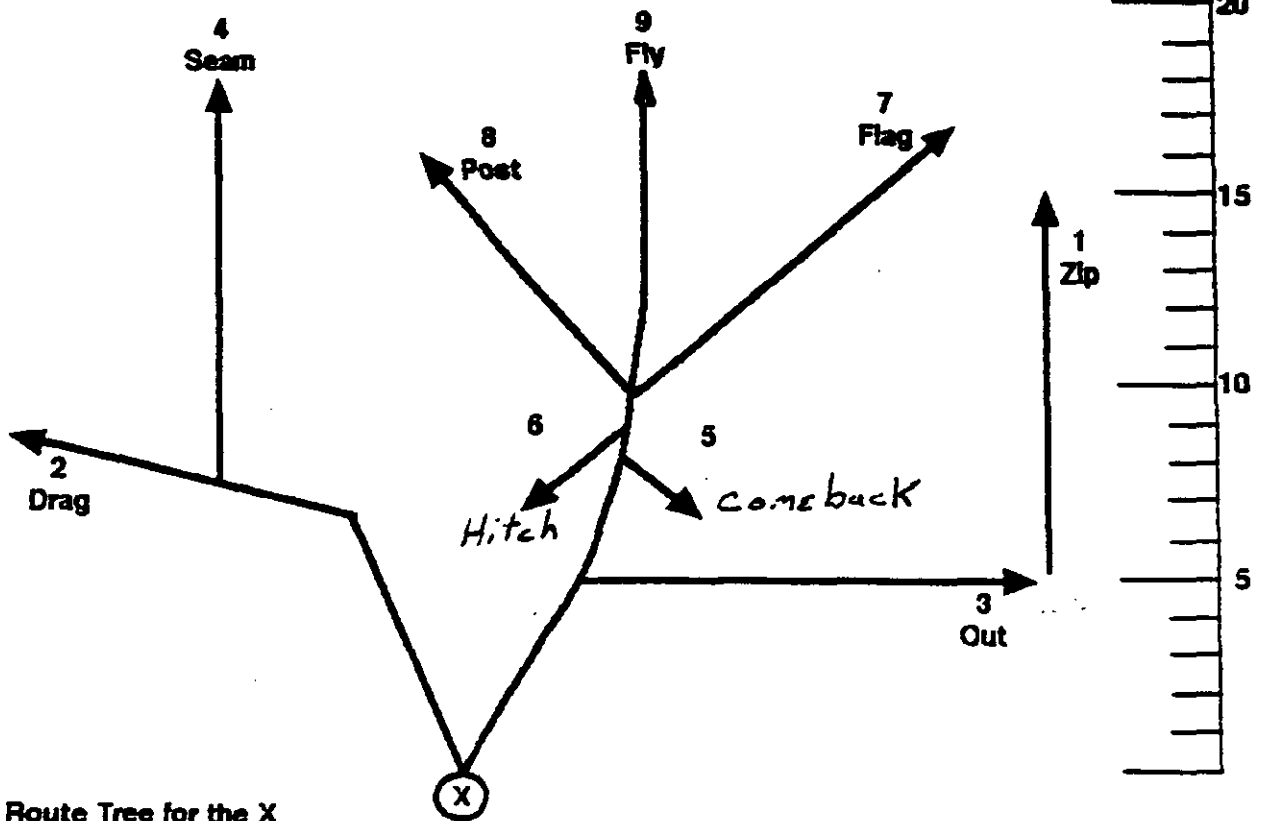
TIPS FOR RUNNING PASS ROUTES

- 1) All outside receivers will use a staggered two point stance.
- 2) Know what type of release you will want use for each pattern
 - a) inside
 - b) outside
 - c) straight
- 3) Come off the ball, hard and quick, as if you were attacking the db. Attack the opposite shoulder of the direction you will be making your cut.
 - a) **Outside Cut:** drive at your defenders inside shoulder.
 - b) **Inside Cut:** drive at your defenders outside shoulder.
- 4) Make a hard, sharp, cut into your base pattern.
- 5) Never run a pattern shorter than required; always run the pattern at the required depth.

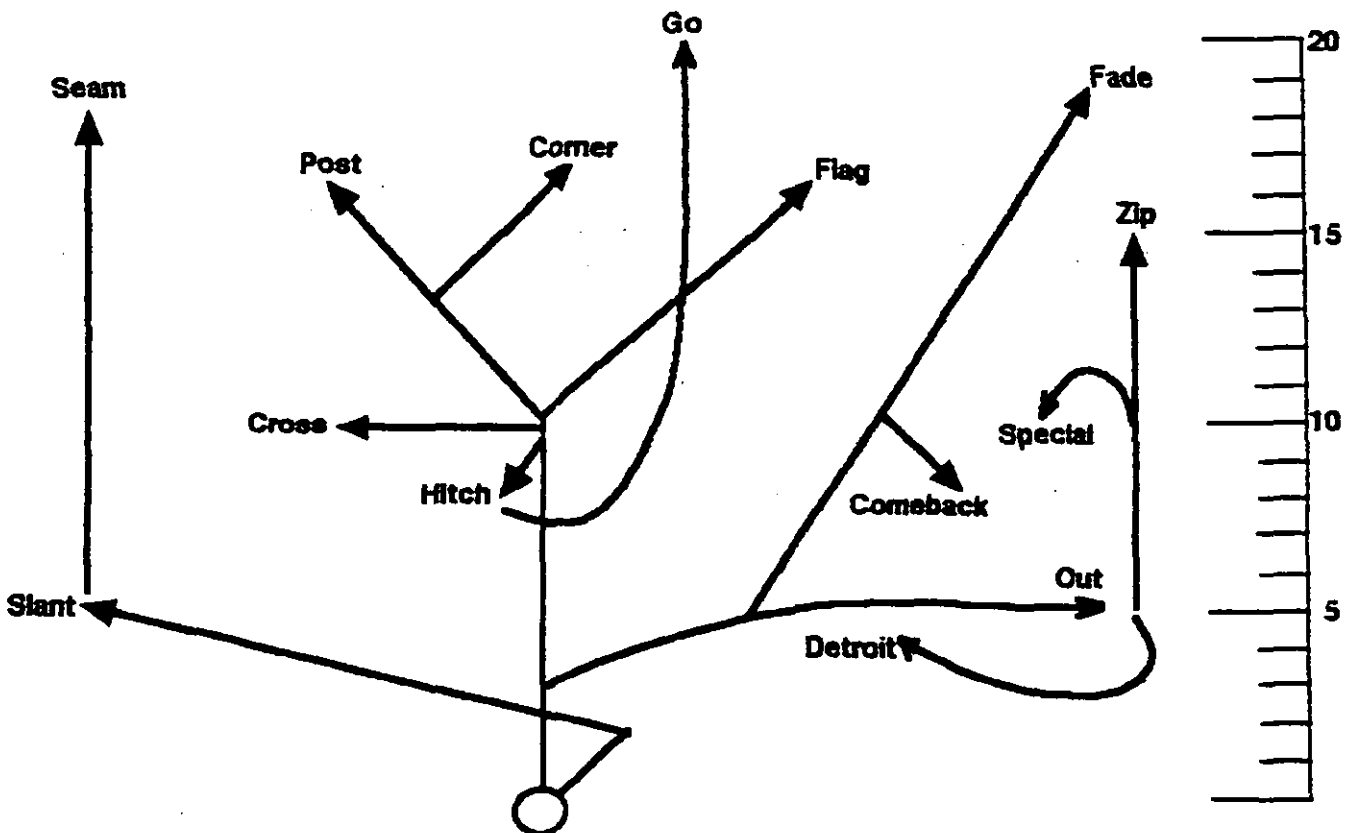
**TIPS FOR RUNNING PASS ROUTES
(continued)**

- 6) We will always run all patterns at full speed, whether you are the primary receiver or not because you never know when the Q.B. may have to go to the 2nd or 3rd receiver.
- 7) If you are running an outside route, such as the out or flag, try to walk the defender covering you in, as far as he'll go up to a minimum split of 8 yards. If you are running an inside route, such as the post or slant pattern, try walk your defender out as far as he'll go, still leaving at 6 yards between you and the sideline.
- 8) If you see the Q.B. in trouble, run back towards the Q.B. with your hands up, giving him a chance to complete the pass.
- 9) If the ball isn't coming to you, be a blocker on your teammates with the ball.
- 10) As well as practicing the receiving of the football, all receivers should practice tucking the ball away and bursting 10 yards up field after each and every catch.

RECEIVERS PASSING TREES



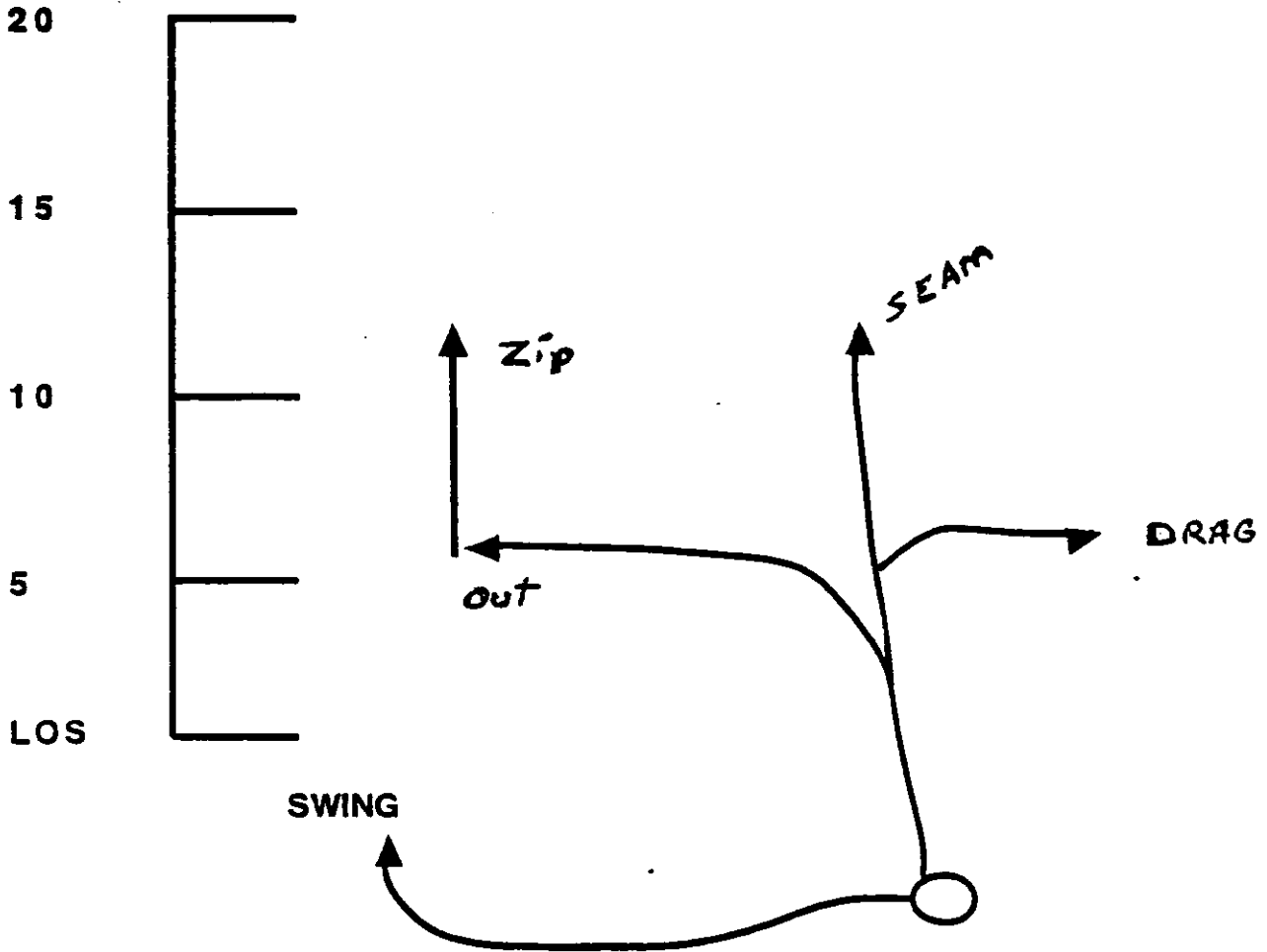
Pass Route Tree for the X Receivers. X Receivers need to memorize each patterns number and name.

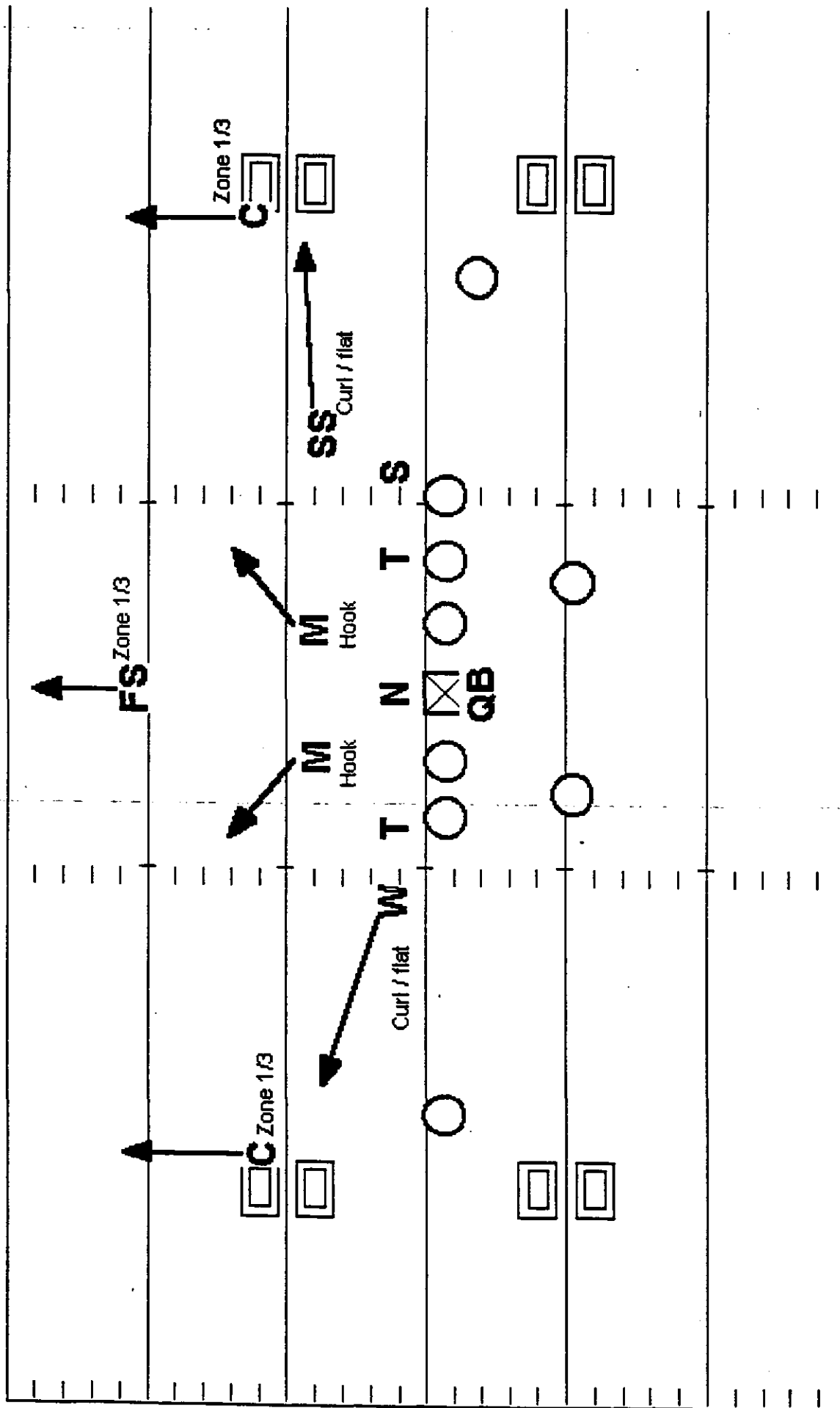


The Receivers at the Z, W and R positions need to know all of these patterns.

RUNNINGBACK PASSING TREE

Pass Routes for the R and F, coming out of the backfield.





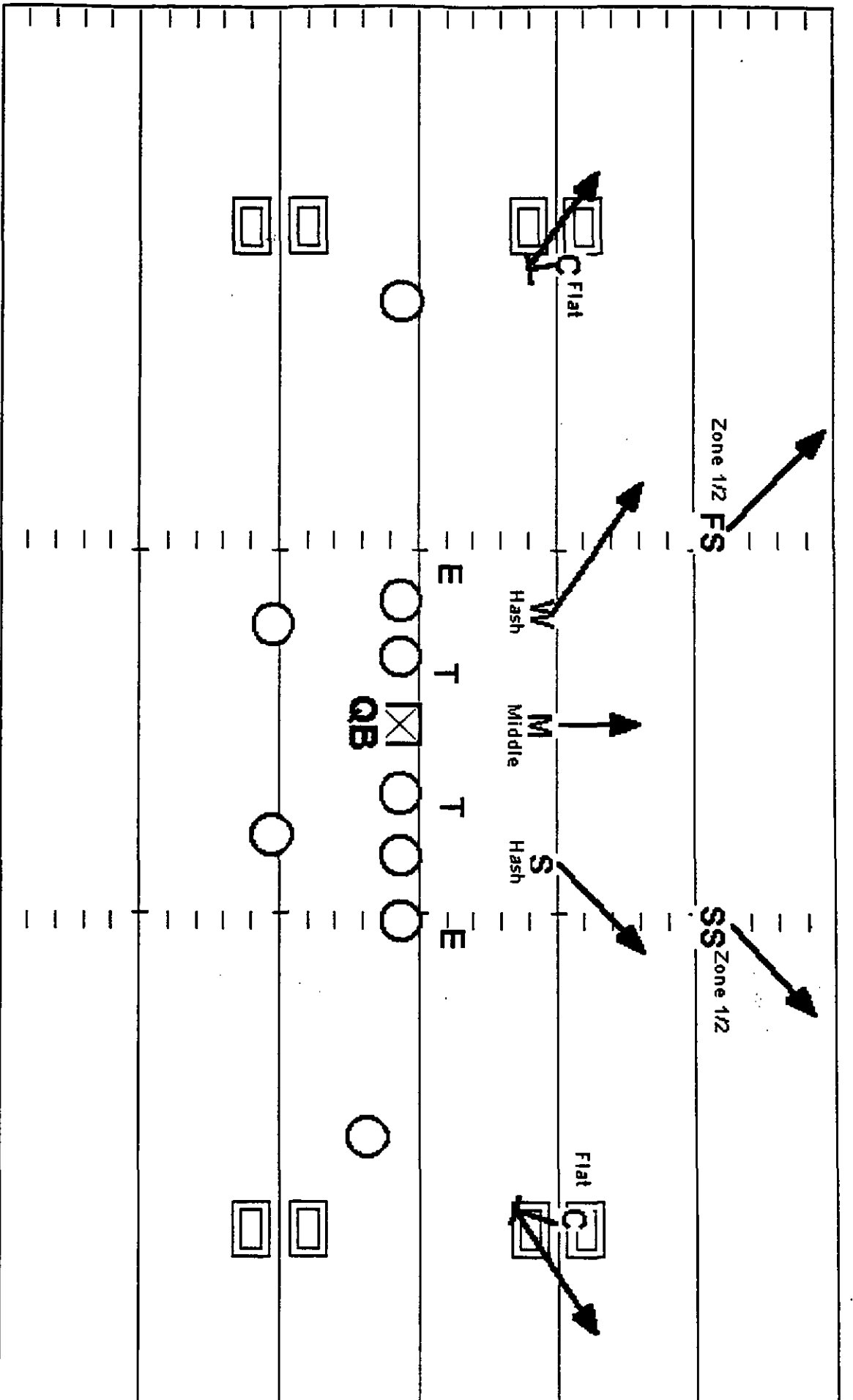
STRENGTHS

1. Three-deep secondary.
2. Four man rush.
3. Run support to SS.

WEAKNESSES

1. Weakside curl / flat.
2. Strong-side curl.
3. Limited fronts.
4. Flood routes.
5. Run support away from SS.
6. Dig routes. (Square-in routes)
7. Four verticals.

COVER 2 ZONE



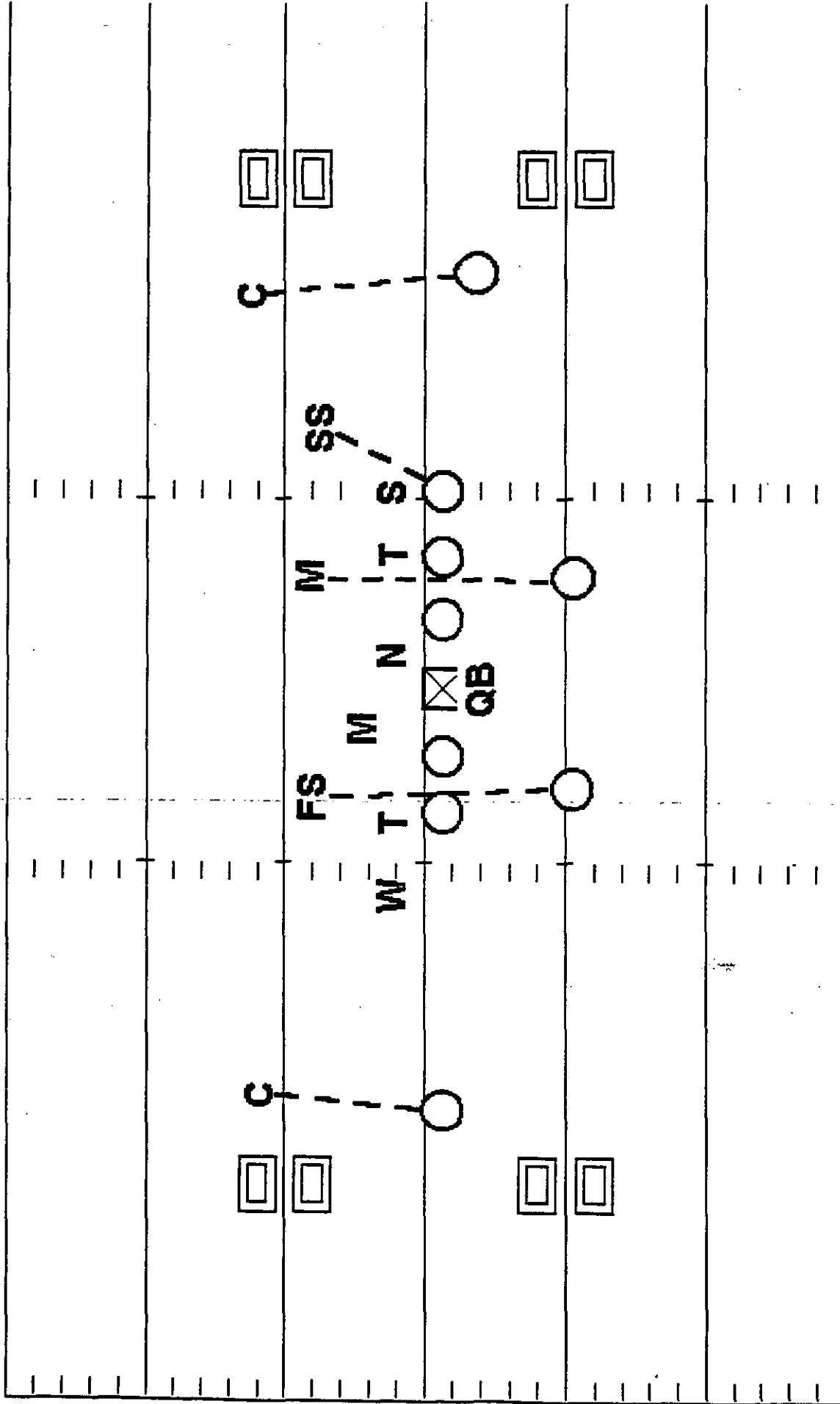
STRENGTHS

1. Five underneath coverage.
2. Ability to disrupt timing of outside receivers with jam.
3. Can rush four.
4. Flat areas.

WEAKNESSES

1. Deep coverages;
 - a. fade area,
 - b. deep middle.
2. Strong-side curl.
3. Run support off-tackle.

COVER 0 MAN



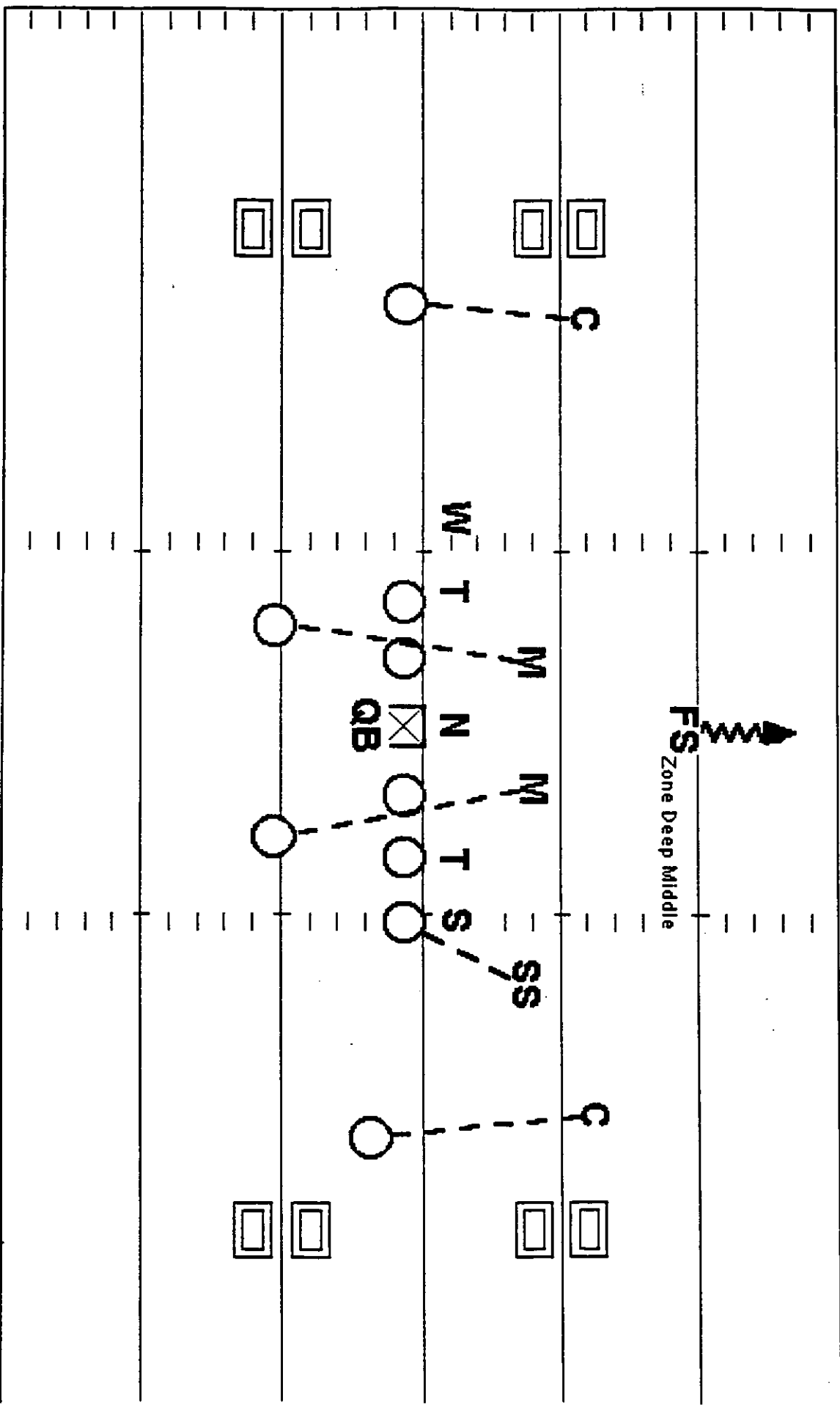
STRENGTHS

1. Pass rush.
2. Can rush six.
3. Tight coverage.
4. Good run support.

WEAKNESSES

1. No underneath help;
 - a. crossing routes,
 - b. breaking routes,
 - c. pick routes.
2. Nobody in the middle of the field - deep post route.

COVER 1 FREE



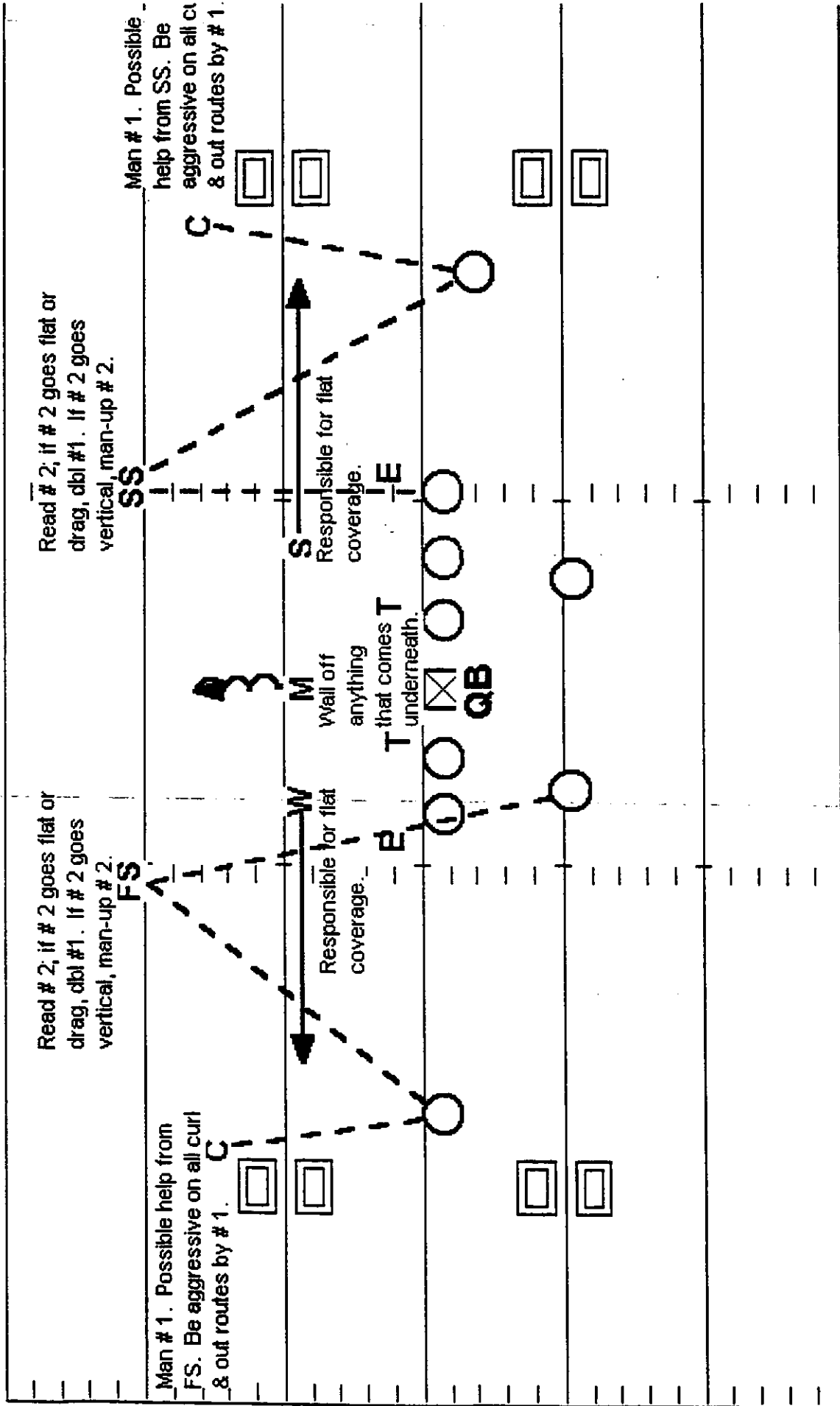
STRENGTHS

1. Help in the deep middle.
2. Tight coverage.
3. Good run support to SS.
4. Can rush five.

WEAKNESSES

1. No underneath help;
 - a. crossing routes,
 - b. breaking routes,
 - c. pick routes.
2. Play action passes.
3. Out routes.

QUARTERS COVERAGE



STRENGTHS

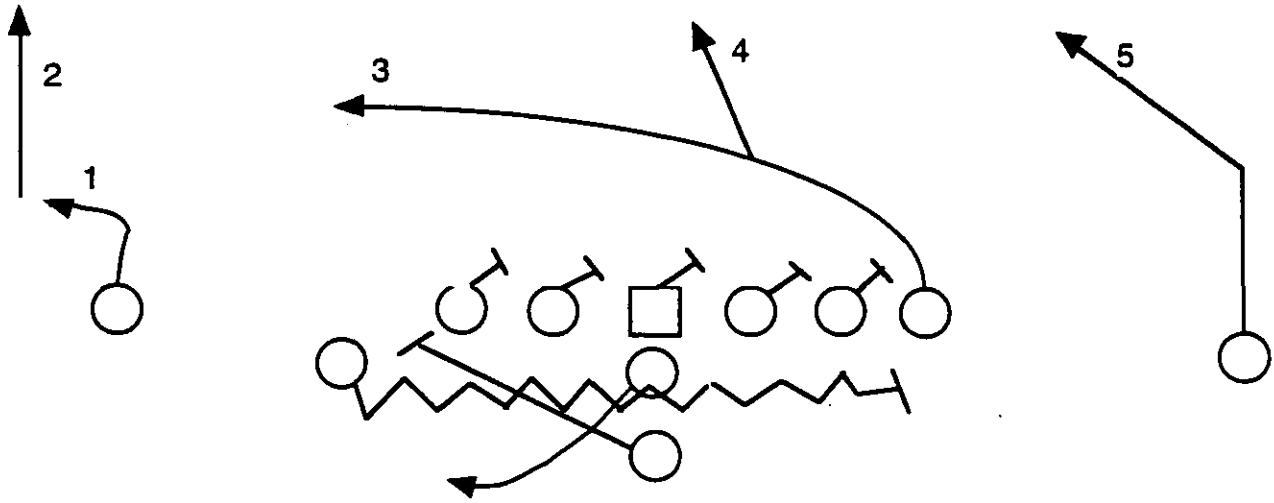
1. Four-deep coverage.
2. Run support from safeties.
3. Ability to double cover outside receivers.
4. Allows corners to play aggressive technique on outside receivers because they have help over-the-top from safeties.

WEAKNESSES

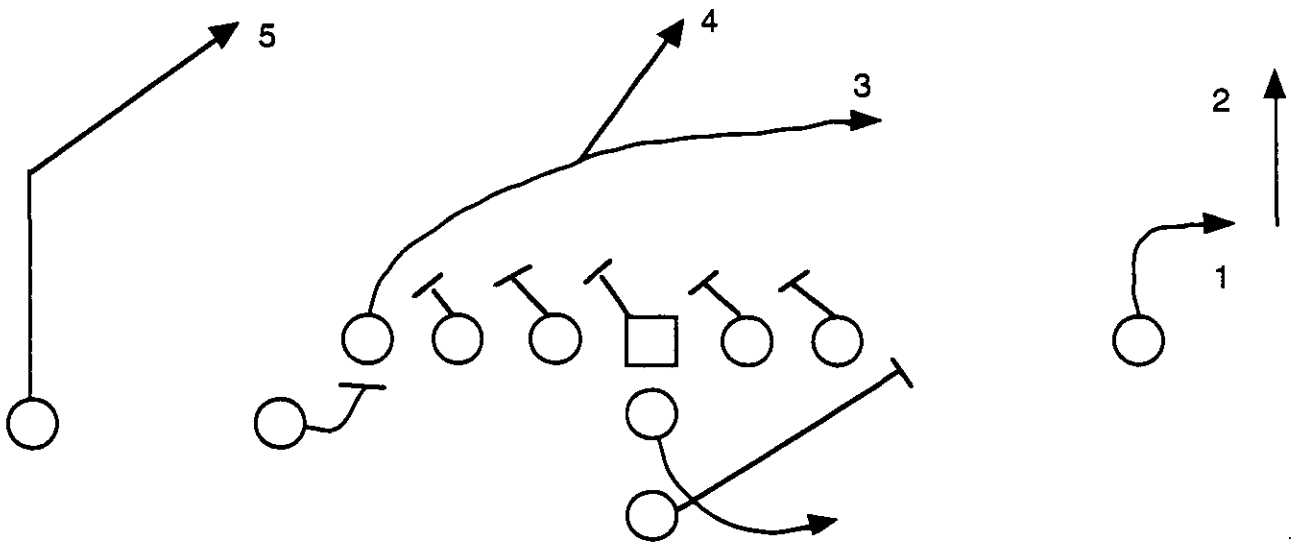
1. Flat coverage.
2. Safeties are very susceptible to play-action.
3. Double coverage on # 1 can be nullified by having # 2 attack the coverage of safety.

PLAY 62 STING	Z READ SPEED OUT TO ZIP	R BLOCK FOR X BY MOTION, FORMATION OR PULL	F BLOCK DE TO Z/ QUIK SIDE	X DRAG OR RUN SEAM VS COV 2	W POST
67 DASH	POST OR SLANT	DRAG OR BLOCK IF RAX IS CALLED	BLOCK DE TO X /STRONG SIDE	FLAG OR OUTSIDE HITCH	SPEED OUT INTO CURL
73 FADE	FADE/HITCH	10-12 YD DRAG OR BLOCK IF RAX OR MAX IS CALLED	SHALLOW DRAG OR BLOCK FOR X IF MAX OR FAX IS CALLED	OUT	FADE/HITCH
72 FADE	FADE/ HITCH	10-12 YD DRAG OR BLOCK IF RAX OR MAX IS CALLED	RUN OUT OR BLOCK FOR X IF MAX OR FAX IS CALLED	DRAG AT 6-7 YDS DEEP	FADE/HITCH
74 FADE	FADE/ HITCH	SWING PASS TO Z OR BLOCK IF RAX OR MAX IS CALLED	SWING PASS TO X OR BLOCK FOR X IF MAX OR FAX IS CALLED	RUN SEAM OR HITCH IN FRONT OF SAFETY	FADE/HITCH
72 SLIDE WEAK	POST OR CURL IN WINDOW	READ SPEED OUT TO ZIP	BLOCK TO Z/ QUIK SIDE DE	DRAG(72), POST (78) OR BLOCK (70)	POST ON 72, OR MIAMI IF 70 OR 7 IS CALLED.
73 SLIDE STRONG	POST OR MIAMI DRAG IF RAX IS CALLED	RUN SHALLOW DRAG OR BLOCK IF RAX IS CALLED	BLOCK DE TO X /STRONG SIDE	READ SPEED OUT TO ZIP	POST OR CURL IN WINDOW
59-58 DUMP PASS	POST, STALK SAFETY	BLOCK DE HEAD THEN RUN SHALLOW DRAG	FAKE TOSS TO CALLED 8 OR 9 HOLE	RUN SEAM /FLY AFTER BUMPING DE	FADE/HITCH
50-51 BUCK PASS	CORNER ROUTE	BLOCK DE OR OLB	FAKE BUCK THRU 0 OR 1 HOLE AND RUN FLAT ROUTE	SHALLOW DRAG AT 6-8 YDS DEEP	POST
54 ZOOM	GET QUIK SCREEN	BLOCK OLB AFTER DT CLEARS ACROSS TO DE	FAKE TOSS AWAY FROM Z	STALK SAFETY ON SEAM	FADE RUN OFF
50 WHAM	POST, STALK SAFETY	STALK BLOCK CROSS FIELD	RUN TOSS AWAY FROM W	STALK BLOCK CB ON W	GET QUIK SCREEN
89 DALLAS SCREEN	CRACK INSIDE ON CORNER	MOTION AWAY FROM Z SIDE	BUMP DE INSIDE SLIDE TO FLATS FOLLOW LINEMEN	RUN SEAM TO OCCUPY THE SAFETY	FADE RUN OFF

62 STING

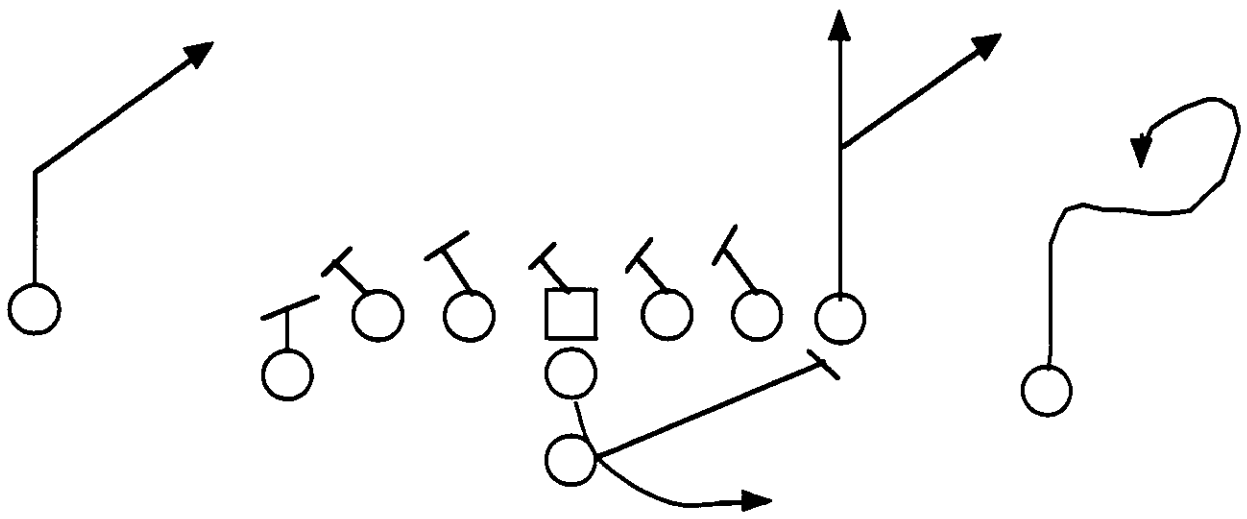


RAT 262 STING

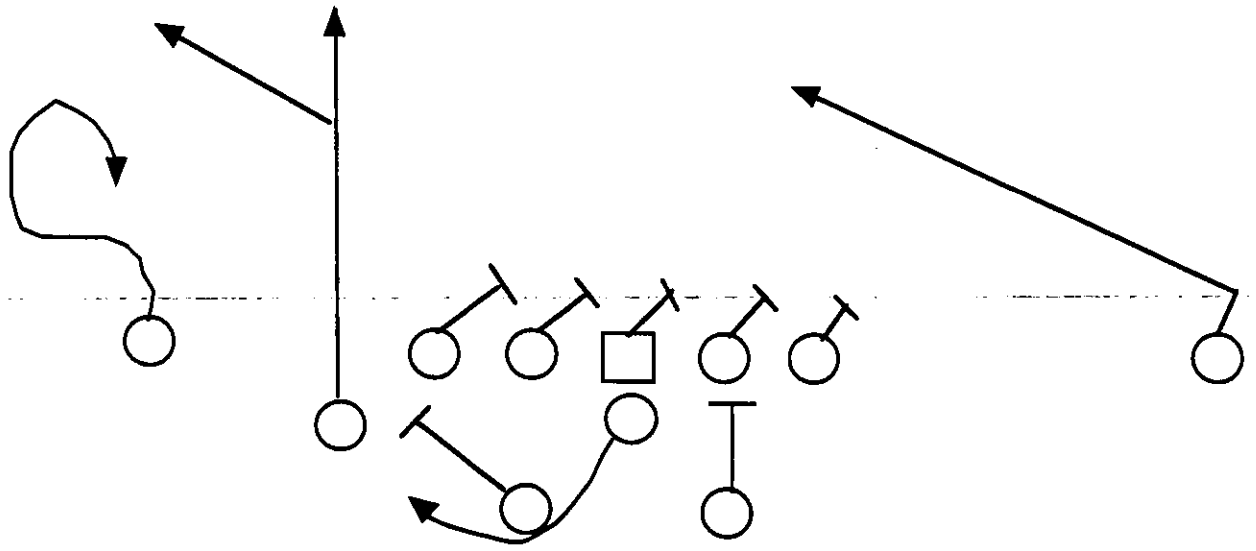


LOAD 362 STING

67-69 DASH



267 DASH

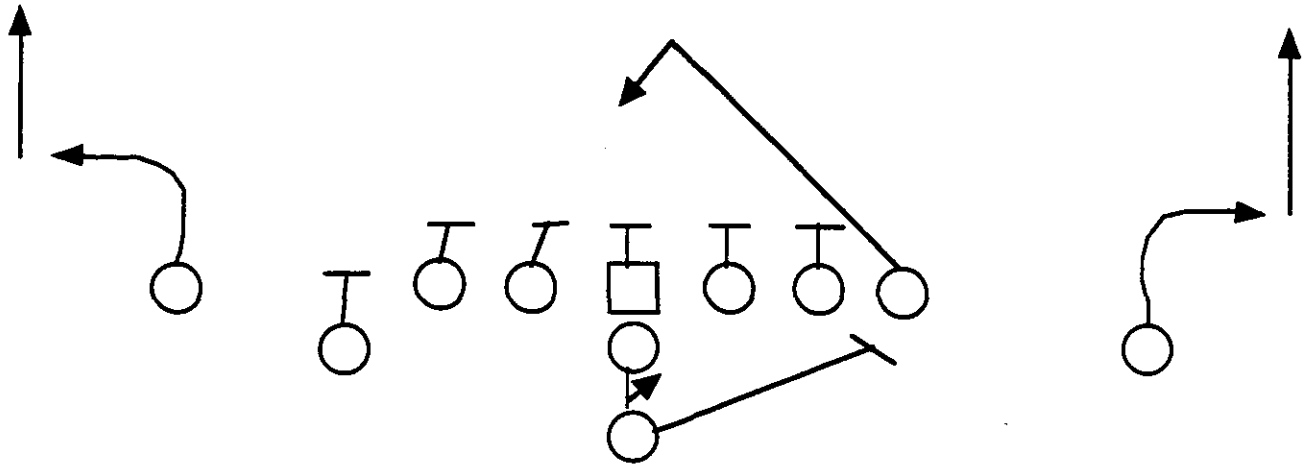


569 DASH

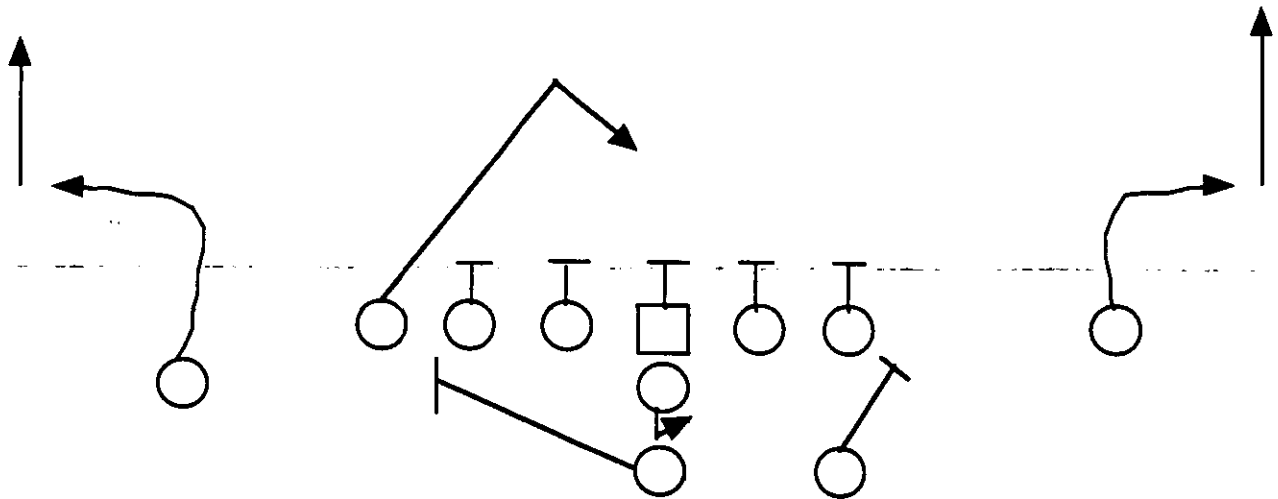


2. 3 STEP

64 OUT



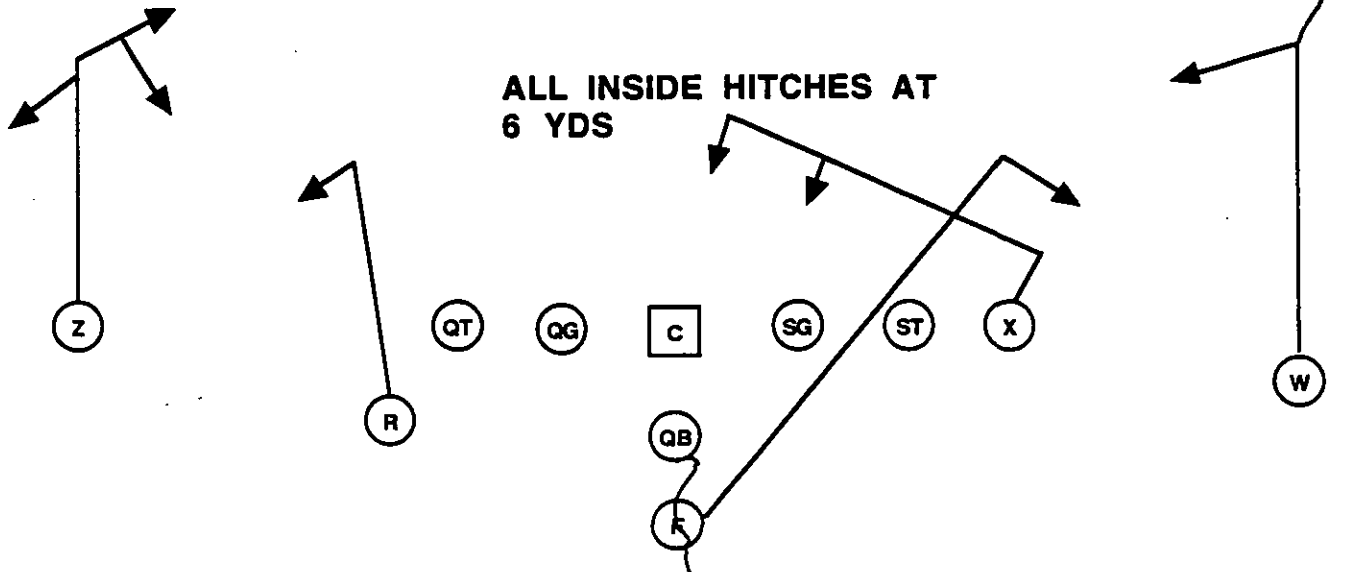
264 OUT
(264 ZIP ON READ)



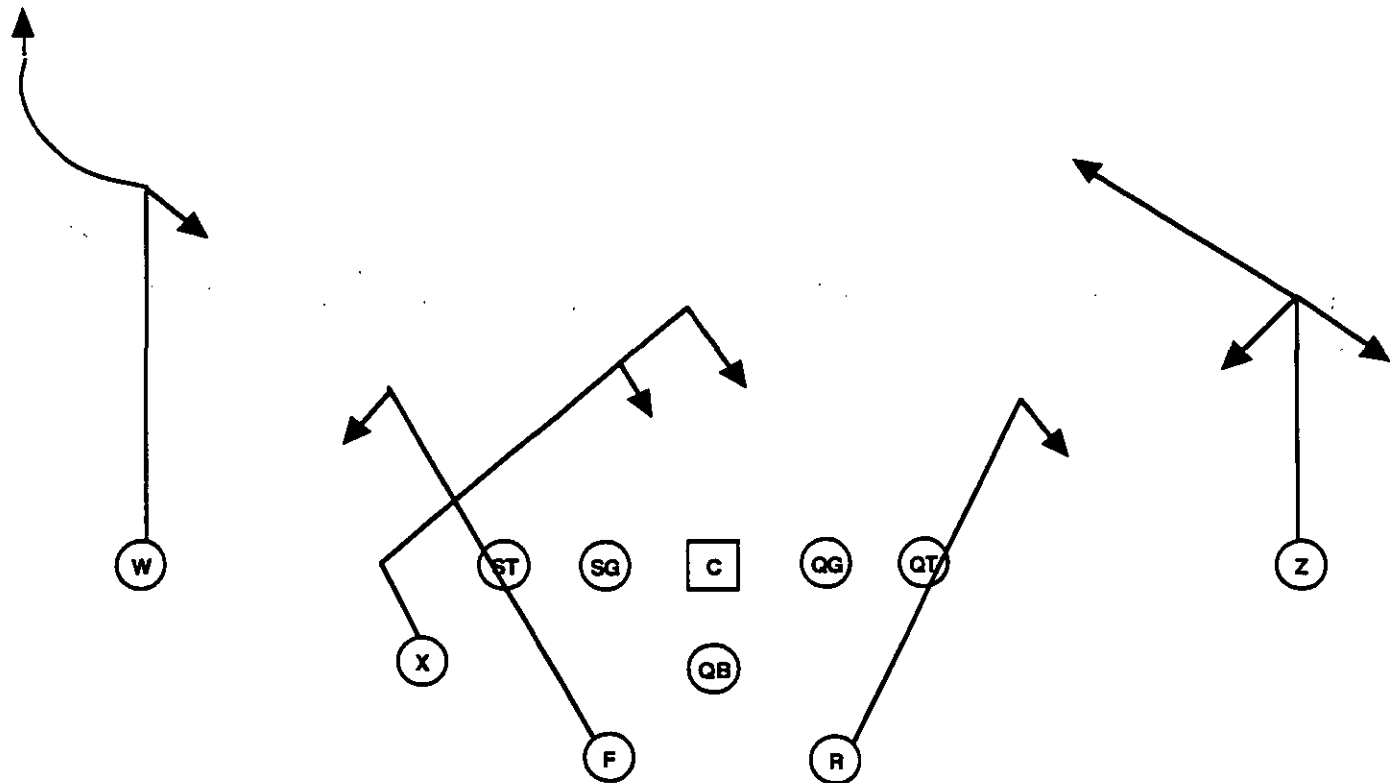
364 OUT
(364 ZIP ON READ)

64 CARDINAL

HITCH OR COMEBACK, UNLESS FS
JUMPS X, THEN RUN A POST

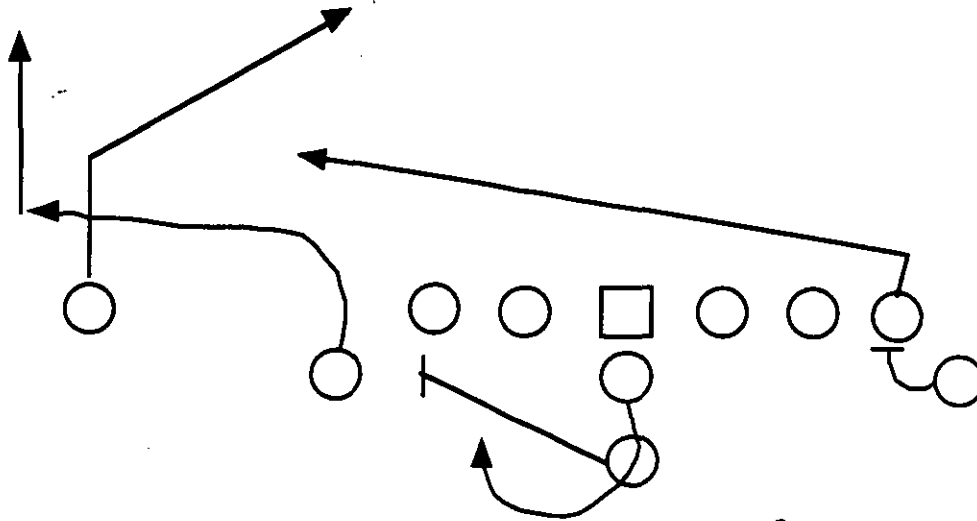


264 CARDINAL

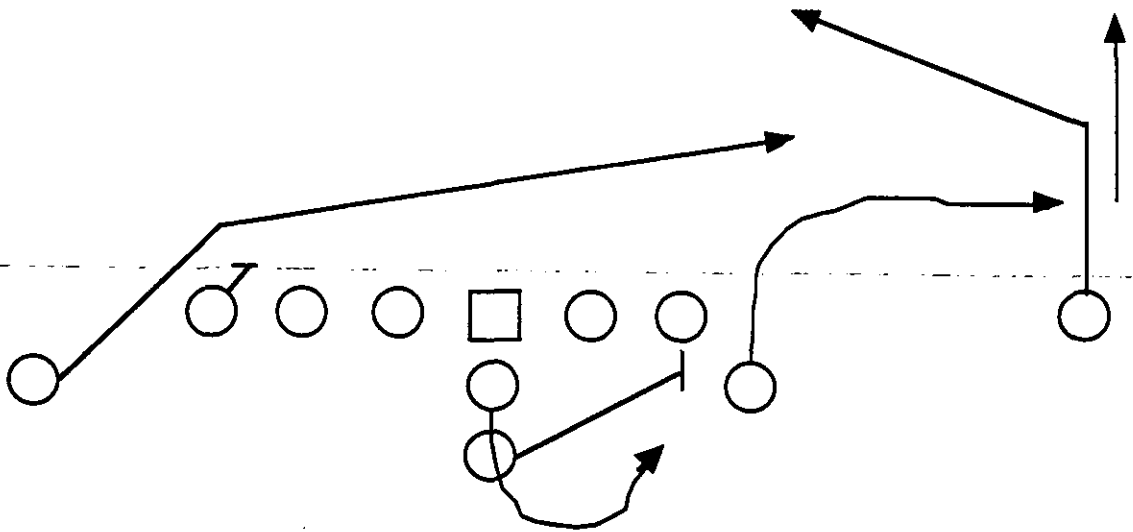


464 CARDINAL

72-70 SLIDE WEAK

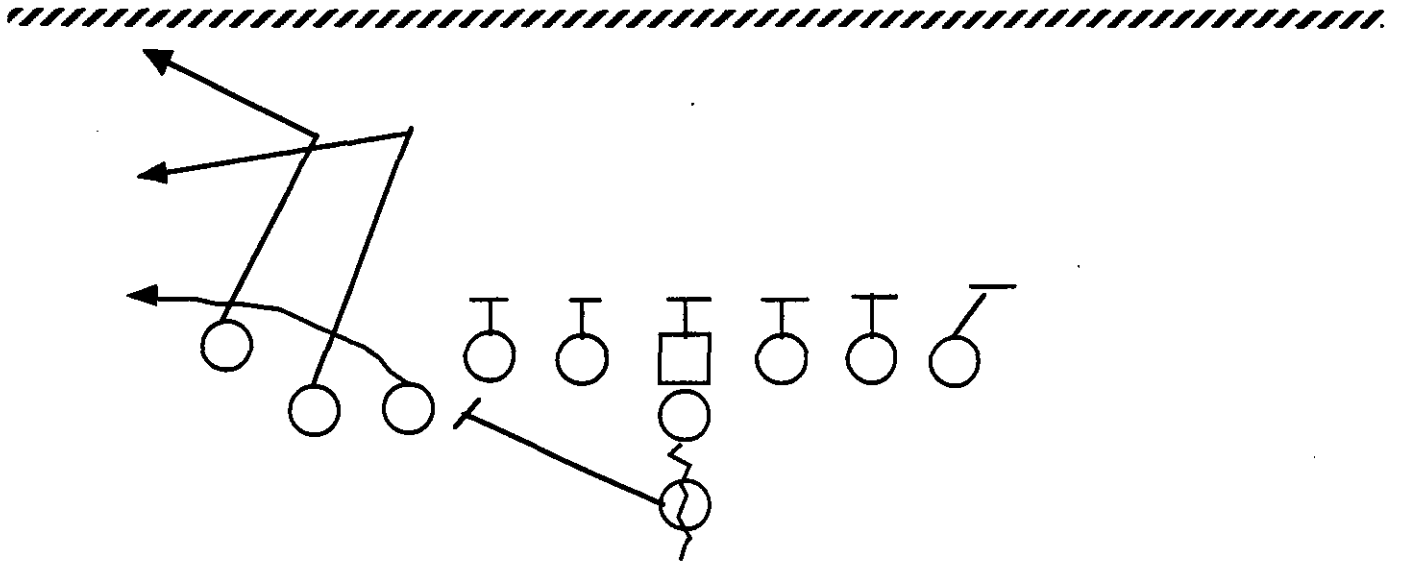


WING 272 SLIDE WEAK

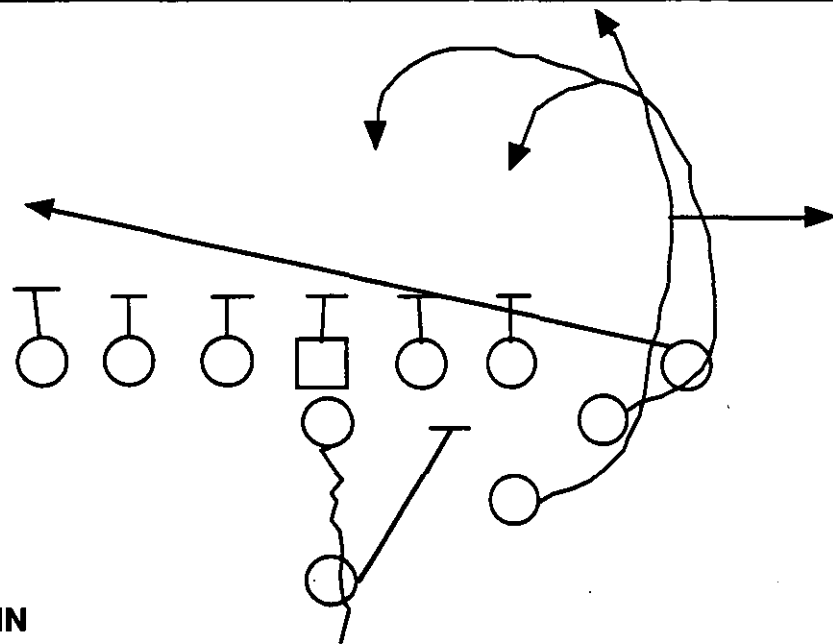


370 SLIDE WEAK

70 FLOOD IN/OUT

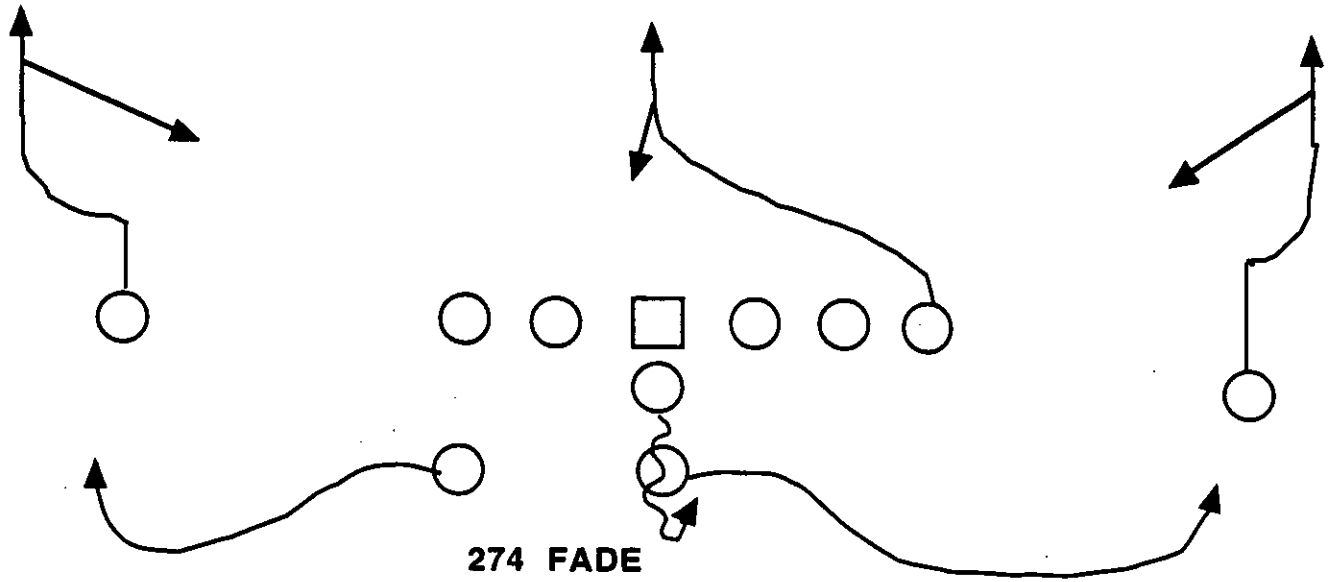


670 FLOOD OUT

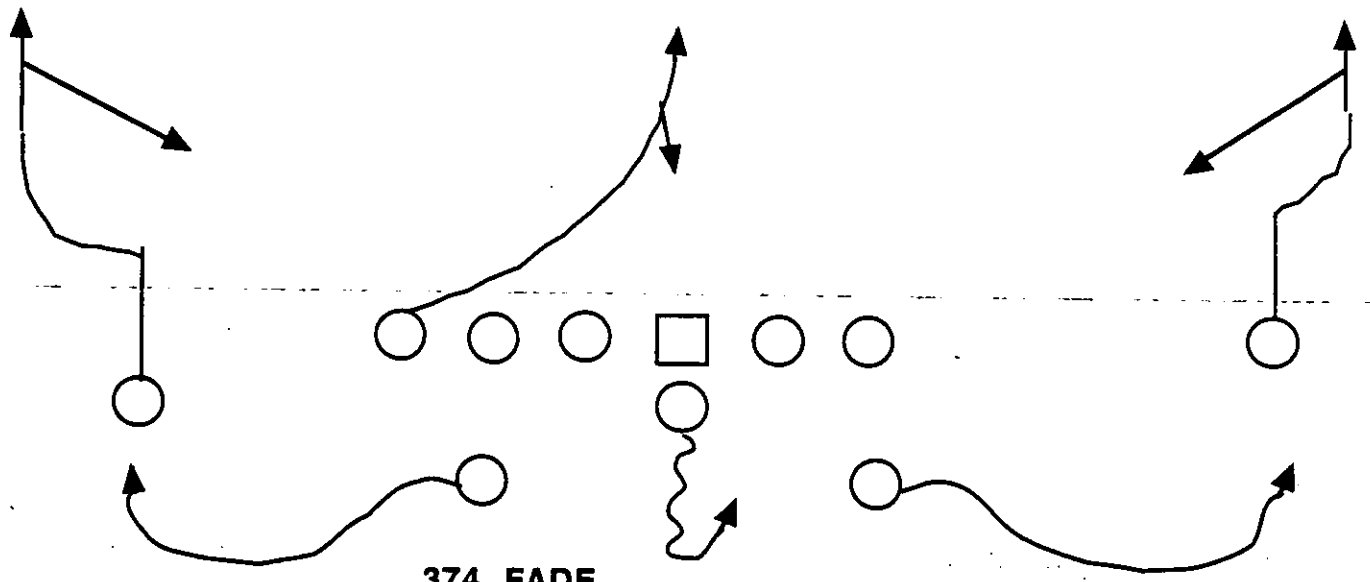


JACK 370 FLOOD IN

74 FADE



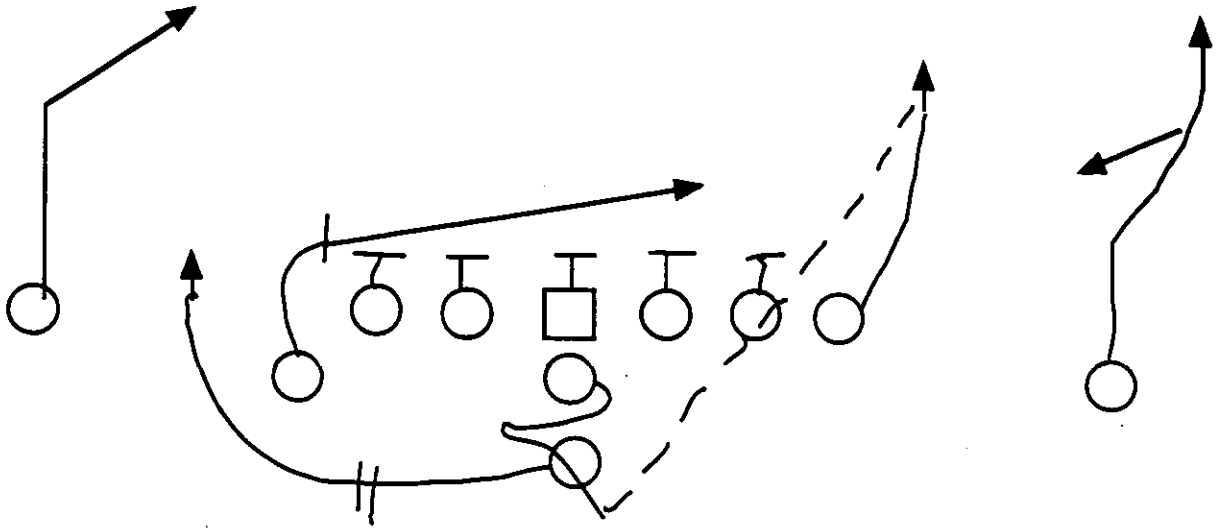
274 FADE



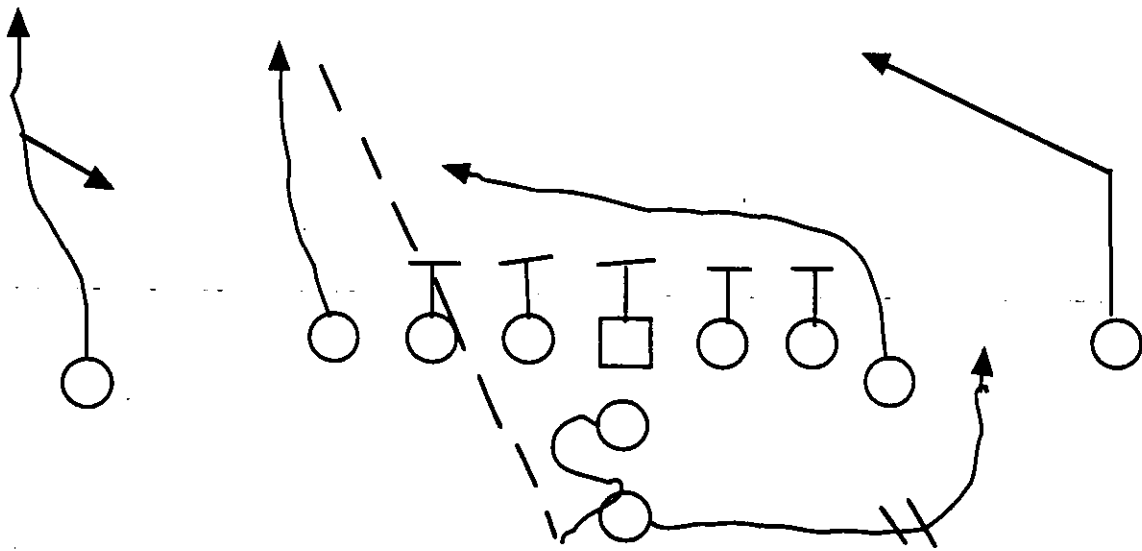
374 FADE

**PLAY
ACTION
PASSING**

58-59 X DUMP

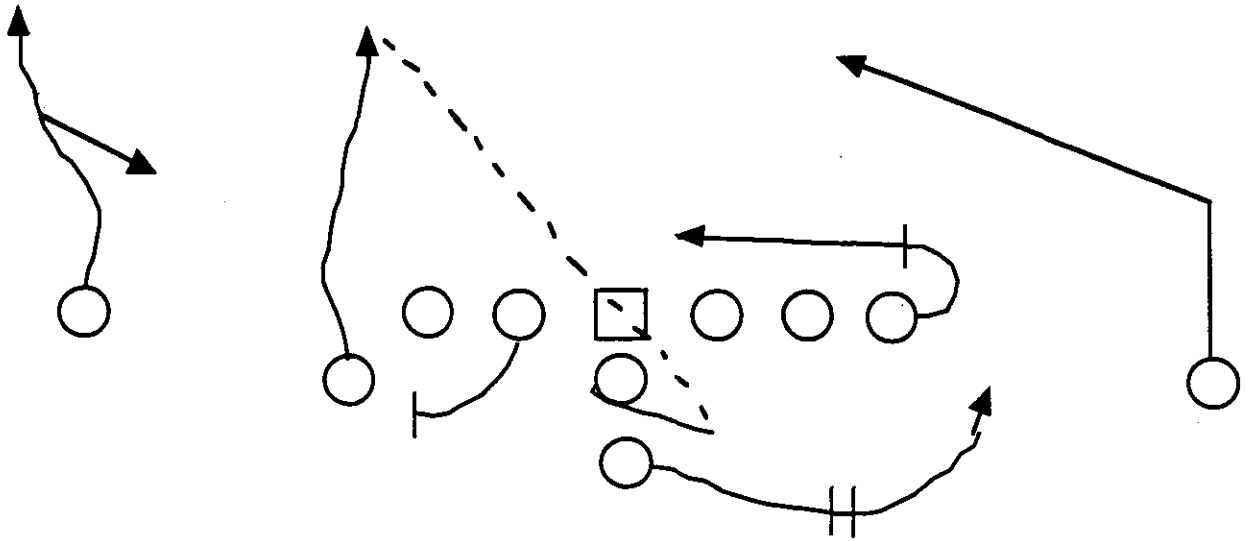


259 X DUMP

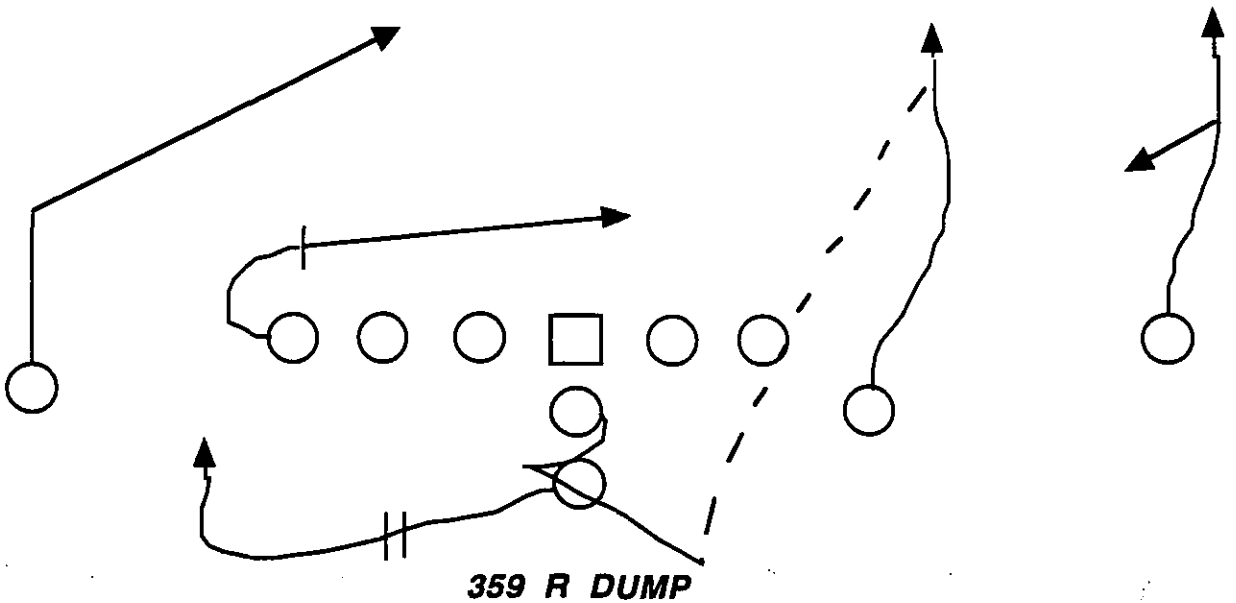


358 X DUMP

58-59 R DUMP

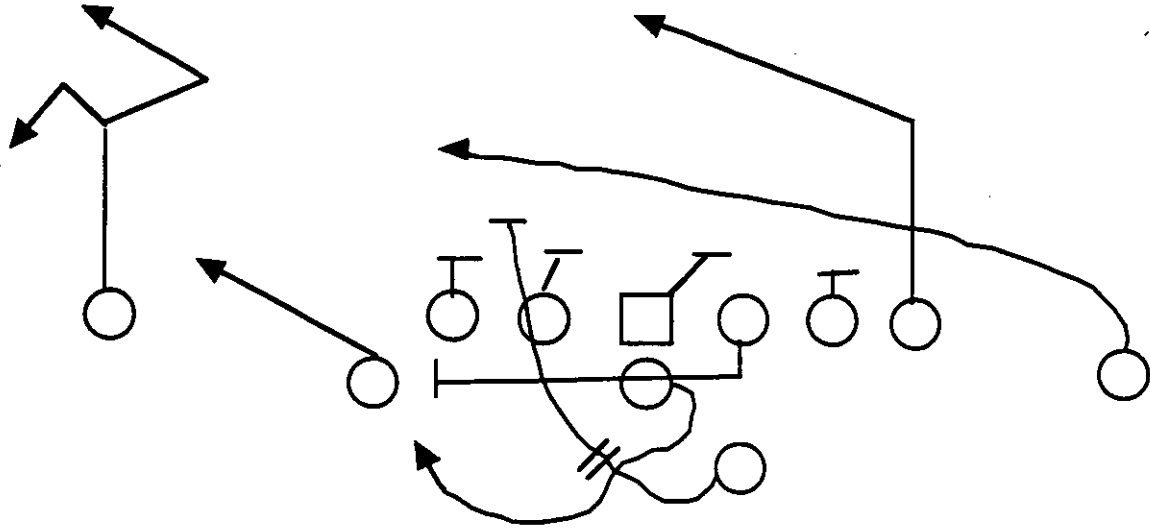


258 R DUMP

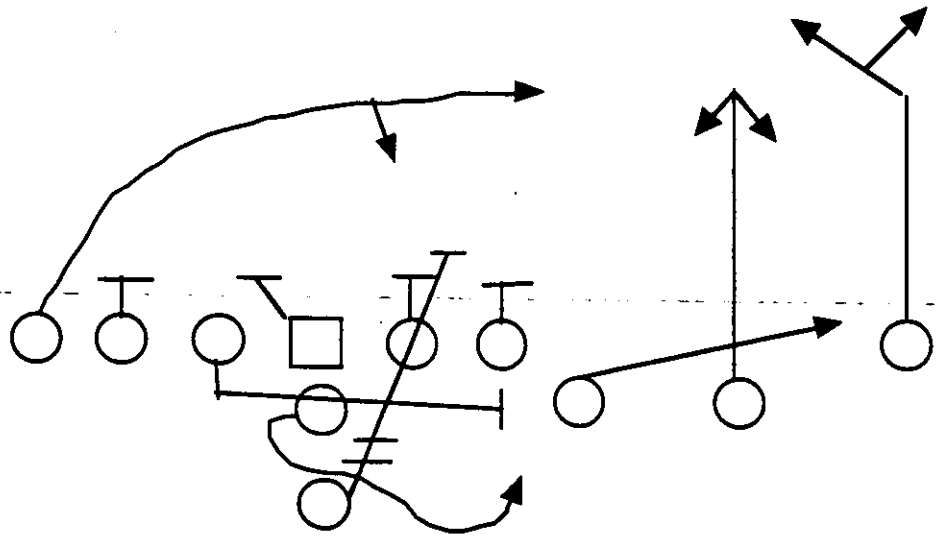


359 R DUMP

30-31 BUCK PASS I

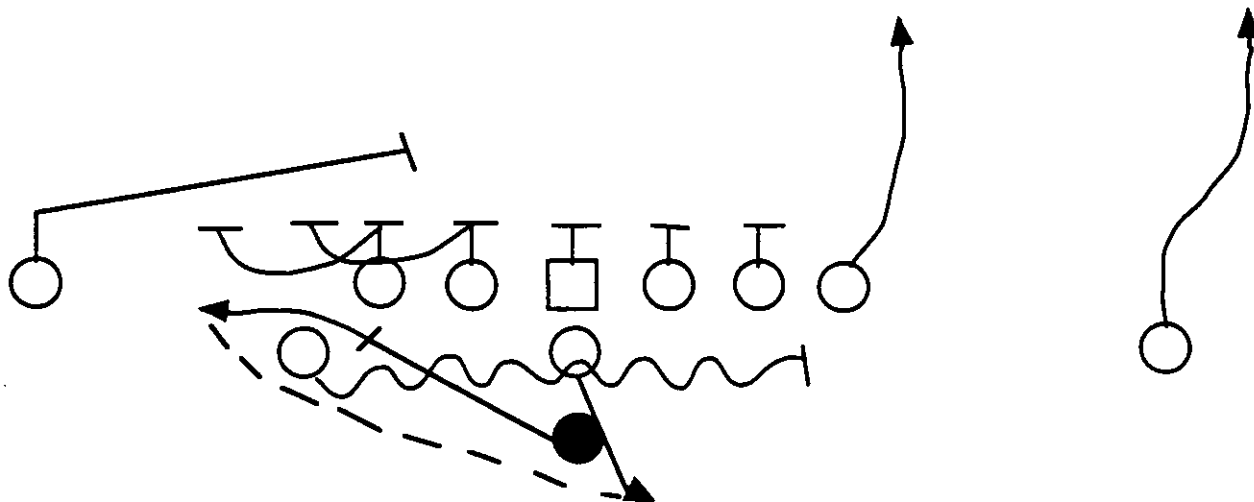


231 BUCK PASS

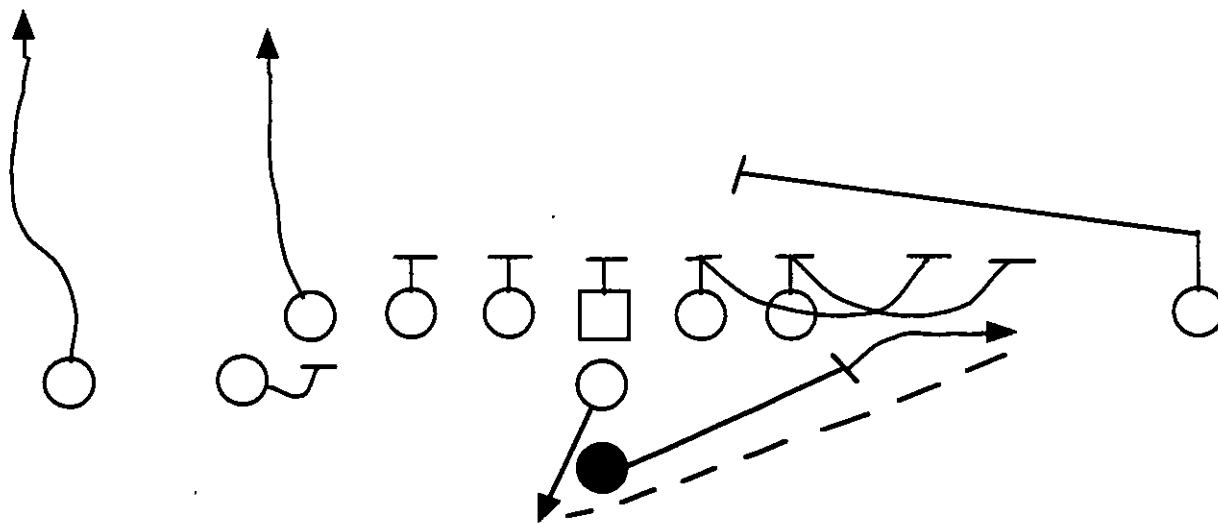


730 BUCK PASS

89 DALLAS SCREEN

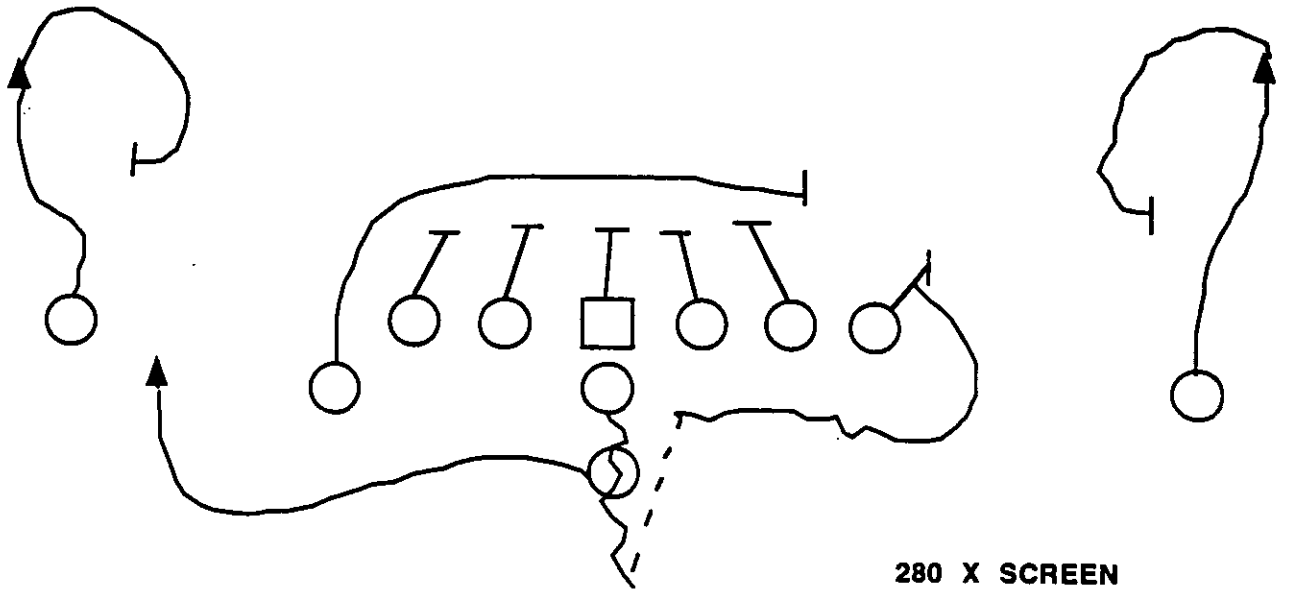


RAT 289 DALLAS SCREEN LEFT

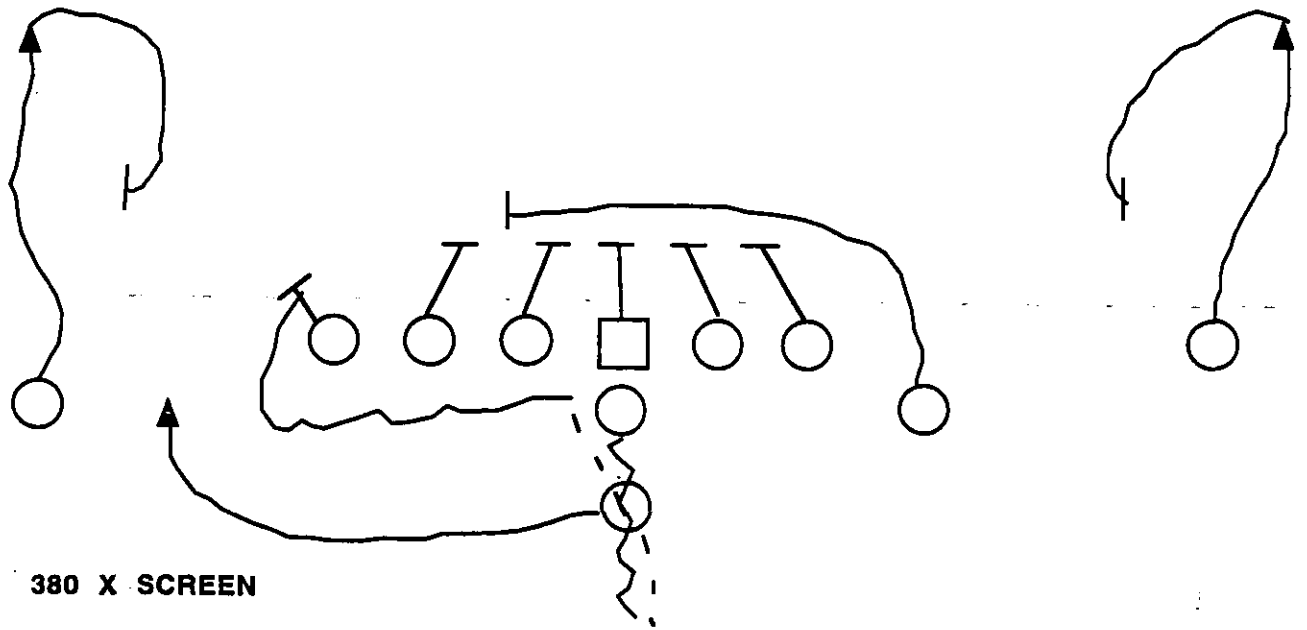


LOAD 389 DALLAS SCREEN RIGHT

80 X SCREEN

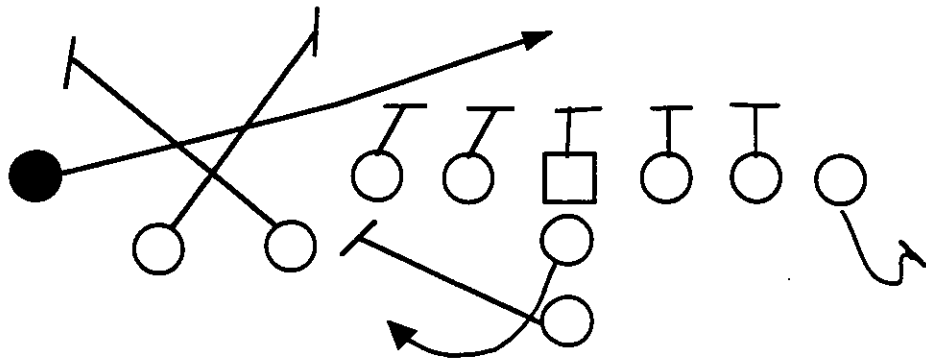


280 X SCREEN

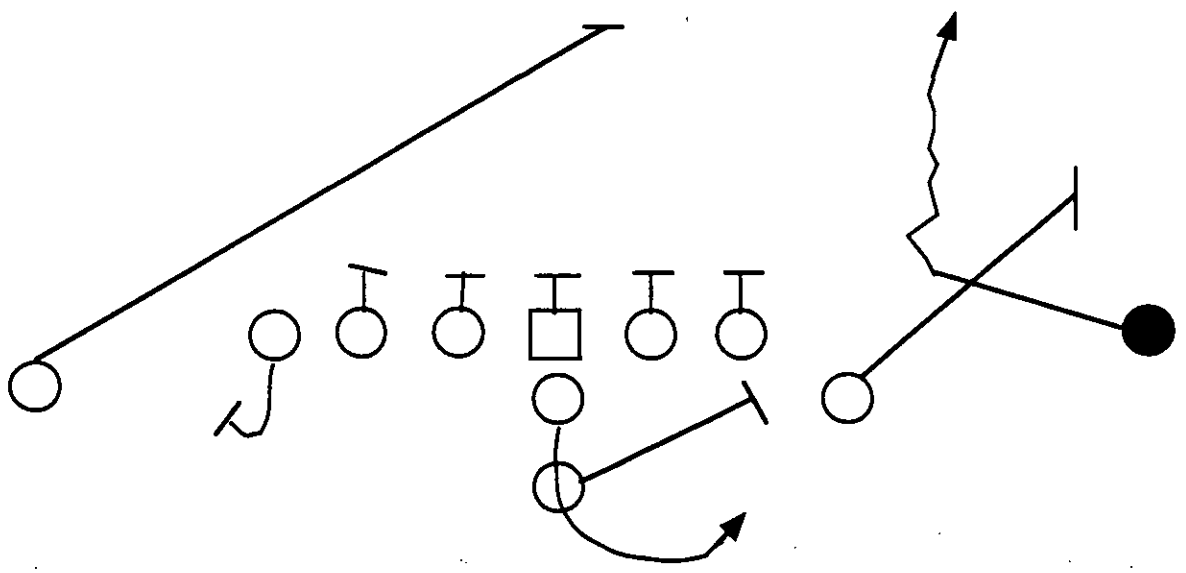


380 X SCREEN

50 ZOOM



650 ZOOM



350 ZOOM

HOME

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Defense & Coverages

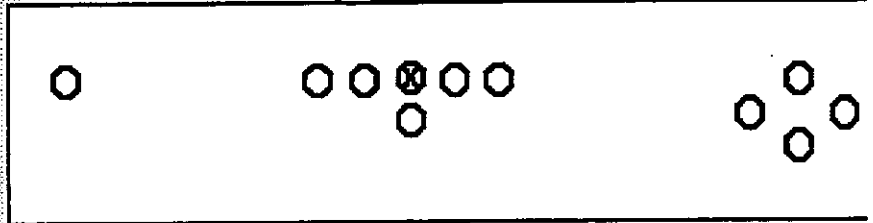
Audibles

Line Blocking

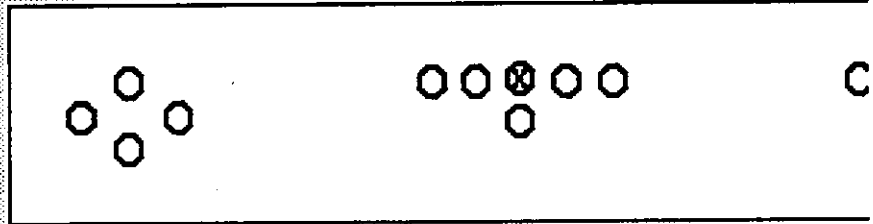
Air-Raid Attack

The Air-Raid package in this offense is a no back, no tightend, wide open form formation I like to use to catch a defense off guard, jump start the offense, or just fun every once in a while. The formation has the "Y" receiver split wide to the field and the TB, X, Z, and F receivers split to the other side of the field in a diamond formation.

Air-Raid Right



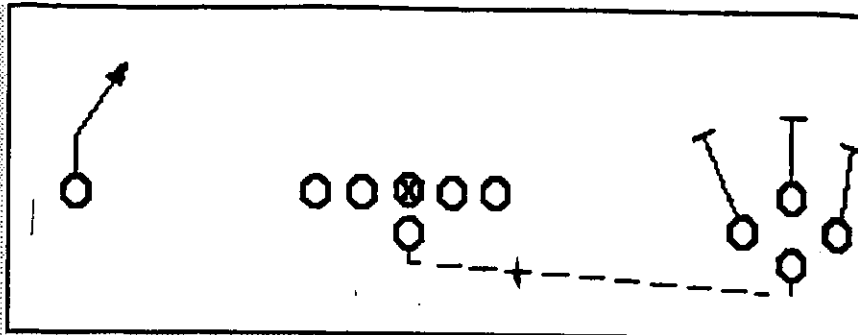
Air-Raid Left



I like to take my TB and put him on the front of the diamond, put F in the back, X on the right, and Z on the left.

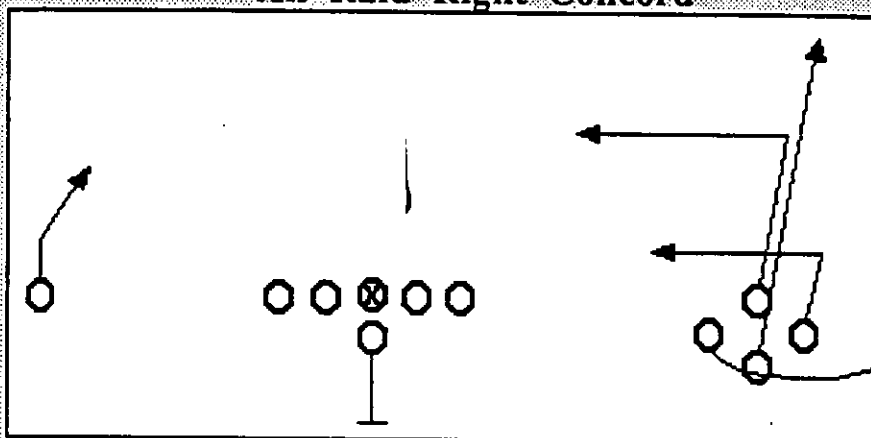
There are 3 passing plays called Eastern, Concord, and Delta, and a QB draw. I screen to the back man, Concord uses double-in's, and Eastern is a bunch of cr receivers to throw off the D-backs. All of these plays are called at the LOS by the on the coverage or blitz's by the defense. Plus the route run by the split receiver from the play called to the diamond side. For example if the ball is on the left the quarterback would just call Air-Raid right in the huddle. Then the QB would read the defense, call the play twice to the right, i.e. "Concord, Concord", then the pattern that he wants his "Y" receiver to run, i.e. "93, 93". The 93 tells the " do a quick slant. (see 90's passing)

Air-Raid Right Delta



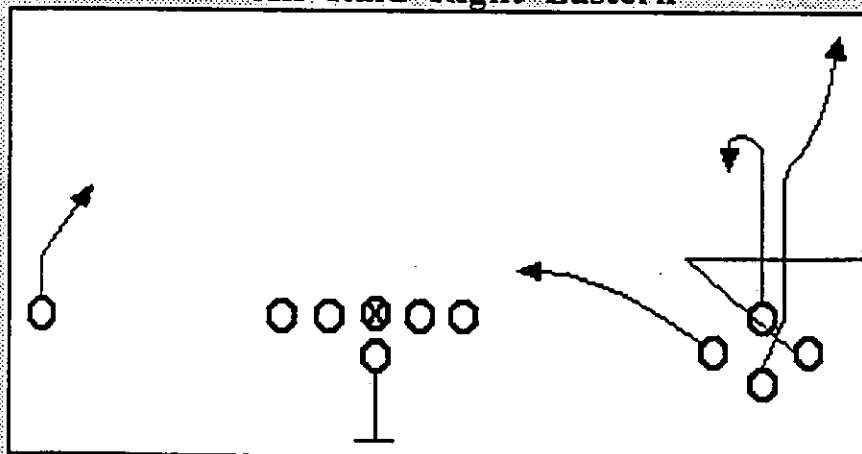
Delta is used when you have a big cushion by the D-backs or a 4-on-3 situation quick dump to the back man and the other three guys block.

Air-Raid Right Concord



Concord is used when you have a zone coverage. The QB should take a 5 step

Air-Raid Right Eastern



Eastern is used when you have a blitz or man coverage. On a blitz you can drop into a shotgun to give him that extra second and throw a quick dump to the left receiver doing a cross pattern. Or you can run a quick slant or hitch to the "Y" depending on which side of the field the blitz is from. If there is no blitz the QB step drop back.

The QB draw is used when you have no middle LB's. At the LOS the QB just

The QB takes a five step strait drop back, then takes off in an open hole. The re
all run fly routes in man coverage or block in a zone coverage.

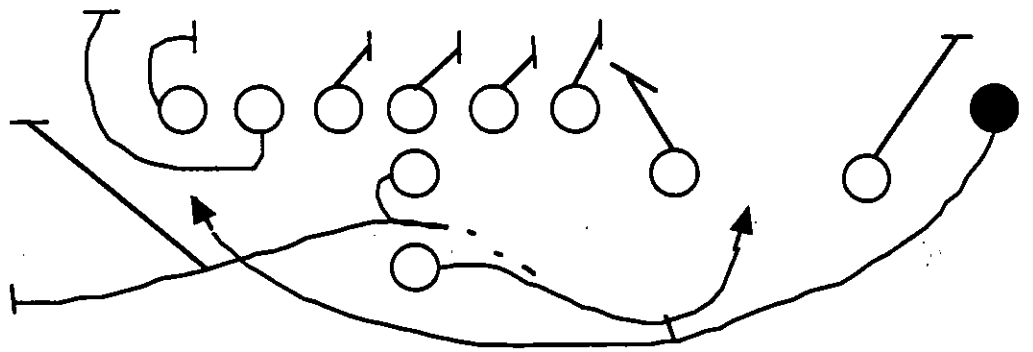
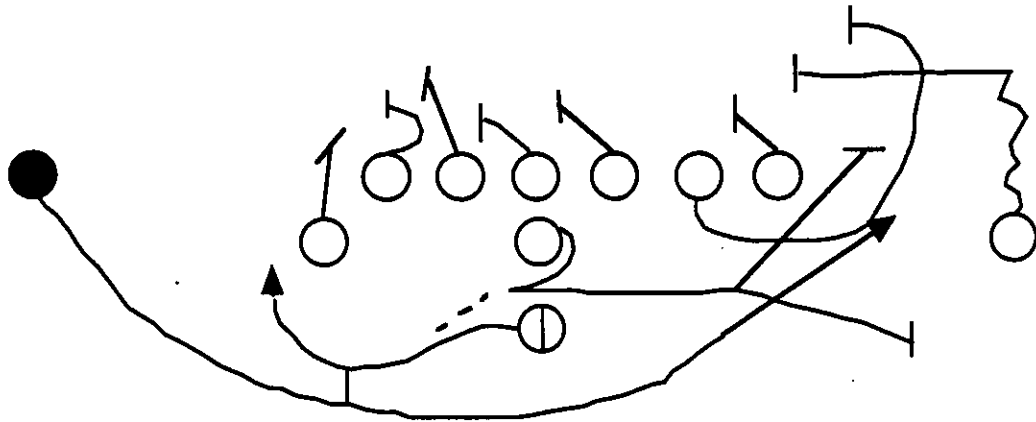
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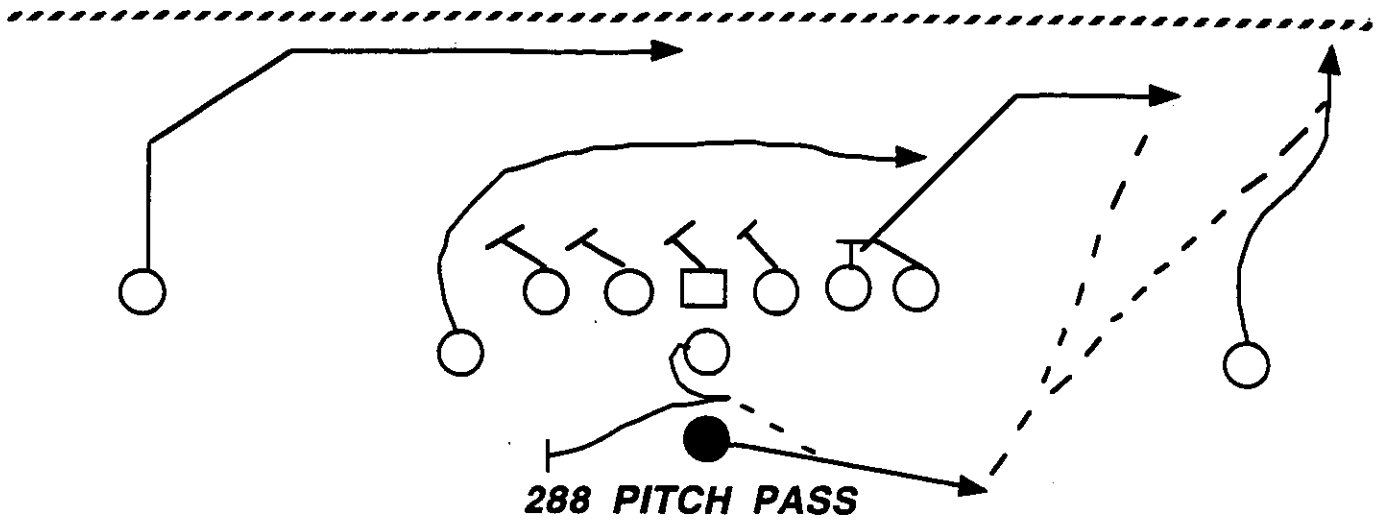
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TRICK
&
SPECIAL
PLAYS

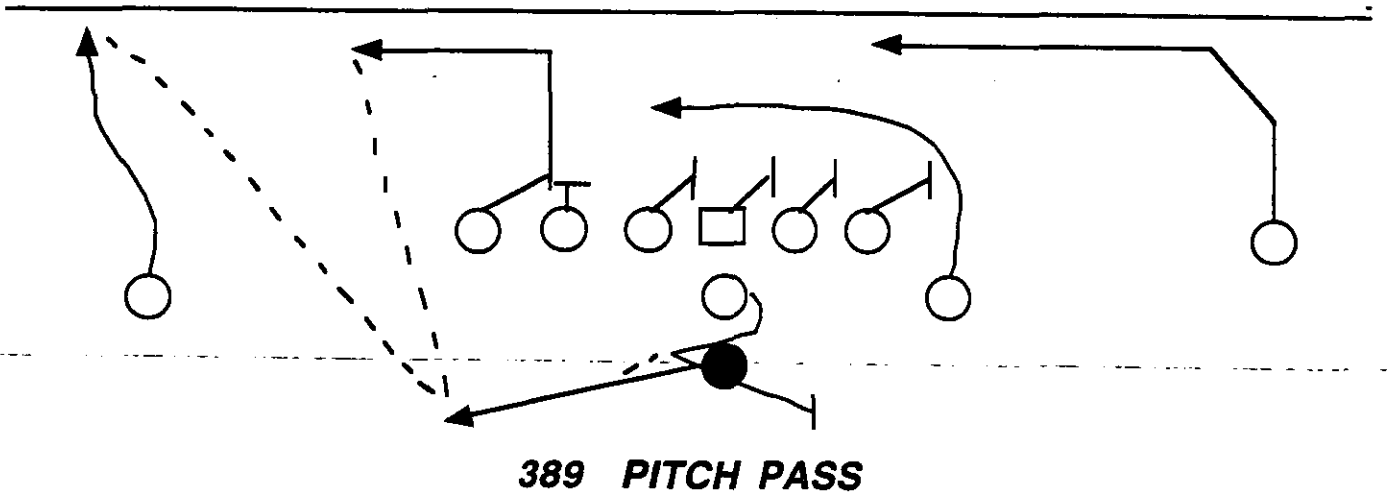
88-89 Z REVERSE



88-89 PITCH PASS

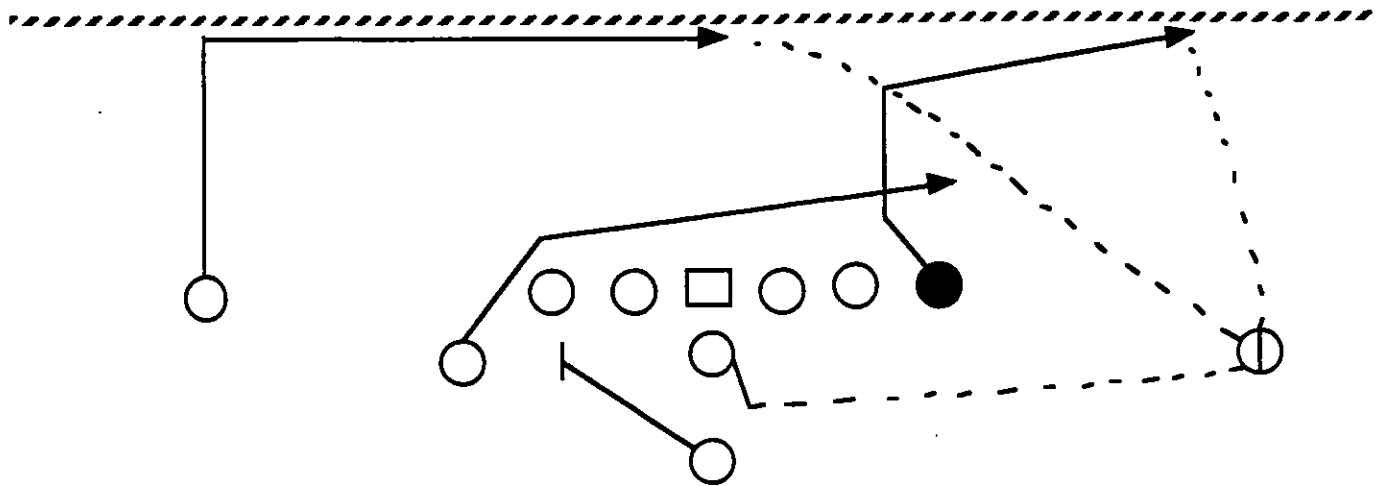


288 PITCH PASS

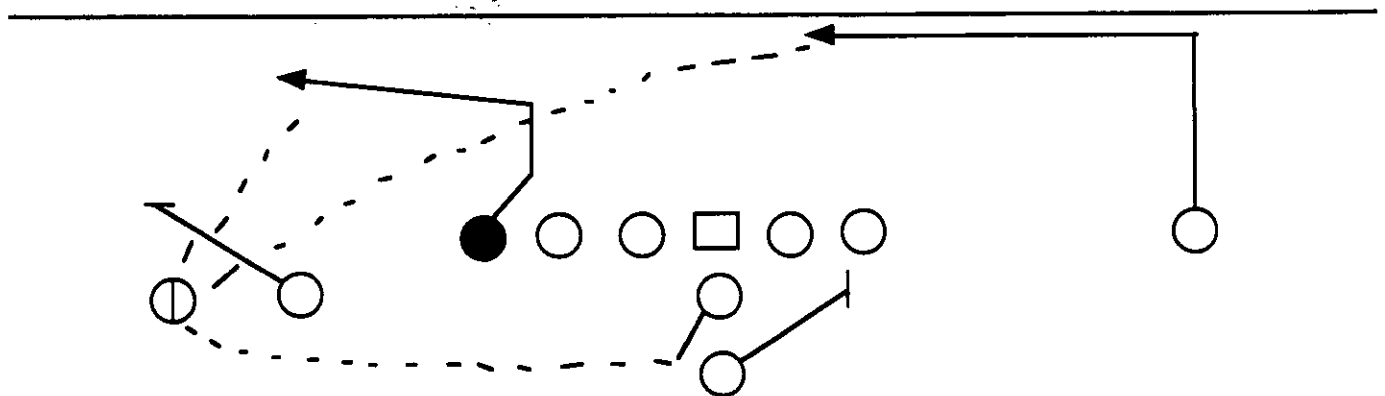


389 PITCH PASS

88-89 DOUBLE PASS



288 DOUBLE PASS



LOAD 389 DOUBLE PASS



OFFENSIVE BLOCKING



Introduction

"THE LINEMAN PAVES THE WAY"

The halfback gets the glory for scintillating play.
The fullback rates applause for power in the fray.
The quarterback is highly praised after a winning day.
Yet - no one lauds the lineman, but the lineman paves the way.

The backfield stars gain headlines that blaze their glory forth.
Their punt and pass performances are praised as they cavort.
The dazzling runs and touchdowns make grid fans pay and pay.
Who pays to see the lineman? Yet - the lineman paves the way.

The forward wall is opened, the backfield ace slips through.
He makes a sparkling line plunge and to him is credit due.
But the greater glories vanish, for the real star of the fray,
Is unnoticed as he rises - he's a lineman - leads the play.

Fans will always cheer the scorer as he dashes down the field.
Little thinking of the lineman - stocky guards who never yield;
Sturdy tackles never flinching; raw-boned ends who stalk their prey;
Pivot men at center starring-unsung who lead the play.

So I sing the lineman's praises as he makes each signal click.
Unassuming and scant noticed as he aids each plunge, pass, kick.
In my book each lineman sturdy is the hero of each play.
Join me as I sing the praises of the men who pave the way.

Stan W. Carlson¹

¹Stan W. Carlson, Football Fables.
(Minneapolis, Minn., The Olympic Press, 1949), p. 11

BASIC OFFENSIVE BLOCKING RULES:

Although most of our blocking schemes will be predetermined during each practice week, dependent upon what defense our opponents from week to week. However, during the course of a game defenses may show us a look that we did not cover, therefore it is crucial that our linemen are familiar with the different types of blocks they may have use over the course of a game; these blocks are described in the following section. It is also important that ~~our~~ linemen know our base blocking rule of: Gap, On, LB, which can be used in most blocking situations.

GAP, ON, L.B.ER:

Our linemen will be trained to follow these 3 rules at all times, unless they are designated to follow a specific blocking scheme:

1) GAP: If there is a defender in our inside gap, we must always block him first, despite the alignment of any other defenders.

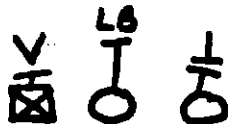


2) ON: If no defender threatens our inside gap, our next responsibility is to block any player lining up head to head with you.



3) LINEBACKER:

The last of these three rules is to look for an unblocked LB at the point of attack and block him.



BASICS TO REMEMBER:

- 1) Always get a piece of your designated man, especially at the P.O.A..
- 2) If you're not sure who you should block, remember the blocking rule, Gap-On-LB, and hit someone in the opposite color jersey.
- 3) Remember, if the Ball Carrier has passed you, don't hit anyone, just screen off potential tacklers who are pursuing the play from behind. We don't need penalties for unnecessary blocks.
- 4) Don't go downfield on pass plays, you're only allowed 3 yards beyond the line on pass plays.
- 5) Chop Blocks are illegal! On the line, you must hit above the waist first, before you may drop down and hit a mans' legs. Downfield, no blocks may be below the waist.
- 6) Block until you hear the whistle; If you knock down your man, look for another man to block.

FUNDAMENTALS

STANCE - LINEMEN

A. CENTER

1. Feet parallel and shoulder width or slightly wider.
2. Head - raised slightly from parallel.
3. Tail - slightly higher than head.
4. Knees turned out.
5. Heels - raised slightly, about one to two inches.
6. Ball and Center's head relationship - ball is in front of you, not under you. Front point slightly up.
7. Exchange - lift ball with stiff wrist. Palm down, quarter turn of ball. Ball hits upper hand. (Never turn wrist down) Lower forearm will contact inner thigh.
8. No weight on holding hand.
9. Important - one movement. Ball is snapped and entire body moves forward.
10. Elbow will be outside thigh.
11. Center is responsible for QB hand position and pressure.
12. Center is responsible to check for team alignment.
13. Don't snap ball too early. If anything, feel as if line is moving before snap.
14. Moderate weight forward.
15. Head up in stance and eyes open.
16. Keep back flat as ball is snapped.

STANCE - GUARDS, TACKLES, ENDS

1. Feet - arm pit width - straight upfield - stagger - heel, toe - weight on balls of feet. Let heels come up naturally - don't flex back of legs - adjust to physical size and play.
2. Head - slightly raised - enough to see belt high of man you're blocking. Look out of the tops of your eyes - don't flex muscles in back of neck.
3. Shoulders - parallel with ground. Should be free from legs.
4. Hips and back - straight - not twisted. Back parallel with the ground, same height as shoulders and flat.
5. Knees - in line with insides of feet and ankles. Bend knees enough to flatten back and make power producing angles. Drive leg, knee must bend a little more than lead leg knee to level the hips.
6. Arms - the up arm is bent at the elbow. The forearm rests on the outside of the leg just below the knee. Hand loose fisted. The down hand reaches out from the shoulder to a point even with the tip of the head gear and on a line just inside the rear foot. Fingers make a five point cupped bridge. The length of reach can vary according to the forward weight needed to execute a particular assignment.

GUARDS

1. Right or left hand stance.
2. Down hand reaches slightly ahead of shoulder.
3. Vary weight distribution without giving away direction.
4. When pulling or using pocket protection, the heel of the forward foot will touch the ground because of weight redistribution.
5. Line up on the rear tip of the ball.

TACKLES

1. Right or left hand stance. Toe - heel.
2. When pulling or using pocket protection, the heel of the forward foot will touch the ground because of weight redistribution.
3. Line up on the rear tip of the ball.

ENDS

1. Same as tackles
2. Line up on rear tip of ball.

STANCE - QUARTERBACK

A. HALFBACKS

1. Feet - inside leg back shoulder width. Inside hand down. Stagger - heel and toe.
2. Head - raised - cocked - see the def. alignment. Don't give away play.
3. Back - parallel to line
4. Heels - up foot - heel down - back foot raised.
5. Hand - cupped.
6. Weight distribution - vary according to play. Don't give away play.

B. FULLBACKS

1. Feet parallel (Rt. or left hand down)
2. Weight - don't tip off
3. Head - see the def. alignment
4. Back - parallel to ground.

C. TAILBACK

1. Feet parallel
2. Hands on knees
3. Two point stance
4. (Six inches from FB heels)
5. Head and shoulders square
6. Weight evenly distributed

BLOCKS AND TECHNIQUES

I HEAD ON BLOCK

This block is used at point of attack when you have the option of taking the defender in either direction. Most of the other blocks that you will use start out as head on blocks, but at the last moment, the headgear slips to one side or the other. For this reason, the head on block must be mastered first.

TECHNIQUE:

1. Fire out on the count.
2. Lunge off forward foot (Drive) and step with rear foot (Lead).
3. Keep your base which is your foot spread (shoulder width).
4. Aim forehead under defender's chin. Keep head up - look your block in.
5. Gather yourself for explosion - at moment of contact, explode entire body weight by snapping the arms and headgear (bull neck) into the opponent's solar plexis with a lifting action (throw chest out). Timing is very important.
6. The legs must be up under the body and the knees bent at all times.
7. Keep the back flat with the pelvis tilted forward.
8. Battle the defender driving him off the line of scrimmage, using short digging steps. Should there be a temporary stalemate, stay in front - to get an opponent moving initial hit must be overpowering.
9. Take the defender the way he wants to go and maintain blocking interval - sustain!!

II POST BLOCK

We will use this block when an inside man is receiving help from a man to his outside. The post man must get directly in front of the defensive man and stop his forward penetration.

TECHNIQUE:

1. Hit out with count.
2. Drive off leg farthest away from defensive man.
3. Jab outside foot to defender's outside foot.
4. Keep base - shoulder width.
5. Look block into belt buckle area of defensive man.

6. Snap arms and shoulders into defender with a lifting motion.
7. Keep a flat back.
8. When you feel blow of drive man, slide your tail toward him.
9. Together drive the defensive man off of the line of scrimmage at a 45 degree angle to the inside. You must maintain pressure and never let the defensive man penetrate by splitting the two blockers.
10. Should the defender angle crossing your face to the inside, you must block him alone.
11. Maintain the interval - sustain.
 - A. Post blocking vs. Spearing defender
 1. Hit out with count.
 2. Lunge off of both feet.
 3. Ram forehead under chin and into crotch of defender.
 4. Thrust arms between defender's legs.
 5. Drive defender off line of scrimmage by scrambling on all fours.
 6. Maintain interval.
12. If defender veers out, the outside man becomes the post and the inside man the drive blocker.

III DRIVE BLOCK

This block is used by the outside man when he is helping another player to drive a defender off of the line of scrimmage.

TECHNIQUE:

1. Hit out with count.
2. Drive off farthest foot from defender and jab the near foot directly toward the middle of opponent.
3. Aim forehead at the hip, deliver blow, uncoil body.
4. Control opponent, turning him by applying squeeze with forearm, shoulder and head.
5. Maintain the angle - don't open the seam.
6. You must get movement - use short digging steps - keep your base.

7. Maintain interval.

A. Drive block vs. Angles and stacks.

1. Adjust on the move according to your assignment.
2. Keep head up maintain blocking position.
3. Expect a veer every play and be able to adjust under pressure
4. Maintain interval - don't waste yourself.

IV SHOULDER BLOCK

This block is to be used when you have a blocking angle at the point of attack.

TECHNIQUE:

1. Adjust split - try to cover part of defender.
2. Drive off leg farthest away from defender.
3. Always lead step to block with foot nearest defender.
4. Maintain base slightly wider than shoulders.
5. Keep angle - your near foot to defender's for foot - fight to keep shoulders parallel to line of scrimmage.
6. Knees flexed.
7. Flat back (tail down).
8. Head up and in contact with hip. Make contact with head.
9. Explode - shoulder and forearm into opponent.
10. Drive opponent off line of scrimmage with lifting and driving action.
11. Apply squeeze with forearm and head.
12. Drive using short choppy steps.
13. Maintain interval.

V CUT OFF BLOCK

This block is used primarily by lineman removed from the point of attack for the purpose of stopping pursuit.

1. Hit out with count.
2. Thrust off both legs.
3. Shoot head to outside of defenders inside leg and hip.
4. Thrust the arms to a position straddling defender's inside leg.
5. Head up, shoulders parallel to the ground.
6. Gather legs quickly - don't go to knees.
7. Drive defender on all fours - fight to get head up field.
8. It is imperative that you make and maintain contact.
9. Block the full interval.
 - A. Stand up running cutoff and release downfield - Throw high when assured you will not be called for clipping.
 - B. Straight out lunge - cutoff
 1. Used by tackle when we do not care about losing missing a guy to the outside.
 2. Lunge right out of stance as far as you can reach - try to cut off defender's inside leg.

VI CROSS SHOULDER BLOCK

This block is used when blocking to the inside and it is necessary to stop opponent's penetration. It should not be used when you must coordinate with the man to your inside.

TECHNIQUE:

1. Reduce split.
2. Hit out with count.
3. Step with foot nearest defender.
4. Anticipate opponent's charge.
5. Aim the head in front.
6. Explode the outside shoulder and forearm into defender's side.
7. Drive opponent laterally using short digging steps.

8. If defender spins out, reverse giving backside go on all fours of "leg whip".
9. Maintain interval.

VII SCRAMBLE HOOK

Use this block to stop the defender's pursuit to the outside.

TECHNIQUE:

1. Hit out with count.
2. Thrust off both legs.
3. Short head to outside of defender's hip.
4. Thrust the arms to a position straddling defender's outside leg.
5. Head up - shoulders parallel to the ground.
6. Gather legs quickly - don't to to knees.
7. Drive defender on all fours - fight to keep the head up field.
8. It is important that you make and keep contact.
9. Block the full interval.

VIII PULL AND FILL

This block is used to fill an area vacated by a pulling lineman - when the area to be filled is occupied by a linebacker.

TECHNIQUE:

1. Pull on the count.
2. Thrust off of outside leg and step parallel down the line of scrimmage.
3. At the same time twist the head and shoulders to the inside by snapping the inside elbow back.
4. Try to get your head on the pulling lineman's tail to close the gap.
5. Run over any free man in the area.
6. If center is blocking back, continue past guard area, turn thru 1st daylight and block or clip any man within 3 yards of line of scrimmage.

A. Filling on a lineman in your inside gap.

TECHNIQUE:

1. Reduce split.
2. Hit out on count.
3. Thrust off of outside leg.
4. Anticipate opponent's charge.
5. Throw head, shoulders, and arms in front of and beyond defenders.
6. Gather legs quickly and scramble on all fours - do not go to knees.
7. Get the head up field and give defender backside go.
8. Maintain interval.

IX SHORT TRAP

Use the short trap technique when the defender your trapping is in close proximity.

TECHNIQUE:

1. Pull with the count.
2. Thrust off of drive leg and step parallel to the line of scrimmage with the lead leg.
3. At the same time, twist the head and shoulders in the direction of the pull by snapping the inside elbow back. *Steps 2 and 3 must be done simultaneously without raising up.
4. Get an "inside out" approach with the body under control.
5. Get feet up under you and blast him out of the hold in a lifting motion with the right shoulder and forearm when pulling to the right - left shoulder and forearm when pulling left.
6. Log him in if necessary.
7. Maintain interval.

X LONG TRAP

Use the long trap technique when the defender being trapped is further removed.

TECHNIQUE:

1. Pull with the count
2. Pull shallow in the direction of the trap.
3. Work up into the line, getting an inside out approach.
4. Approach with body under control.
5. You can use either a shoulder block or cross shoulder block.
6. Gather feet up under you and hit up through defender, driving him outward.
7. Log him in if necessary.
8. Maintain interval.

XI HITOUT PROTECTION (ZOOM)TECHNIQUE:

1. Hit out with count.
2. Use head on blocking technique.
3. At the moment of contact, snap the arms "up" not "out" - "Knock him loose" to gain control.
4. Hit up through opponent - knees flexed - flat back - "leverage".
5. Don't overextend.
6. You must make and keep contact.
7. Stay in front of defender - "shadow him".
8. Keep your tail between defender and QB.
9. If you think you are losing defender, go into a cross body block.
10. Stay off your knees.
11. Maintain interval.

XII POCKET PROTECTION (THREE TYPES)

- A. Hit and Recoil - This is our base protection.

BLOCKS AND TECHNIQUES
OFFENSIVE BACKS

I. FB & HB Blocking end out on off tackle:
OT Blocks Drive off inside leg - straight line - shoot out, not up. When you are one foot from the defensive man explode a double forearm at his numbers by arching your back - aim your helmet just under the man's chin with a lifting motion. Legs wide apart and lean forward - chopping steps for maximum leverage. Immediately after impact, fight to get your head inside the man and root him laterally. Never allow him to get under you or cross your face after contact.

If he pinches, continue to take him in. These will be rare occasions usually on short - short yardage plays. Get him moving laterally and sustain a 4 second interval! It is a stand up block.

II. FB & HB Blocking end in from backfield position to HB position:
Speed Block Drive off inside leg - straight line exactly as in O.T. block Body lean and deliver a hard forearm with your inside arm to the defender's waist line area and outside hip. In one unbroken thrust, after the impact of forearm, force your body lean through the man and slide the hit arm beyond his outside leg. If you execute this well your back and shoulder area should collapse his knees.

If it does not - bridge on all 4's never touching your knees to the ground and crab him.

If you've executed too low or missed contact - roll up into man attempting to entangle legs.

The key is speed to get there, angle of approach straight line, deliver the blow 1st, one continuous motion in final position. Wind up with your head upfield always and win your "one on one" by sustaining a 4 second interval. This is a throw block.

FB- position - same technique only flare step for man's outside leg as log in block.

If man boxes or feathers to side line block him inside out with your head inside of him.

III. FB & HB
"ISO"
Block When lead blocking on a LB or ISO blocking - go directly straight line using OT technique exactly except for head placement. Keep it in center of man and take him straight back until he moves one way or another - then ride him the way of his momentum.

You must be under him and cannot let him stalemate you or bury under you - root him from the bottom up! Sustain interval.

IV. HB - FB
Set Pass
Protection When using set protection, always align the body with a slight inside step up thus encouraging the rusher to one side - (outside).

If he insists because of a stunt, on going inside, throw your helmet across chest and ride him into the pile up.

When you set - never lunge - wait - stand ground and deliver blow directly staying in the middle of man - recoil. Fight him, Give ground grudgingly.

If you feel him over rushing to your outside as a last resort throw at him with your head across his bow.

Never allow LB dog man to meet you deep in backfield. When you see the man blitz - attack him on L. O. S. Know your rule - sustain. This is a stand up block.

<p>V. HB-FB Run Action Pass</p>	<p>Most always you attack the man and hit low to get his ar down. After the first hit recoil - pass is no secret any mor <u>This is a stand up block disguised.</u></p>
<p>VI. HB-FB Log in Block</p>	<p>The log-in is performed by an I back, a near back, a mot back or a full back. It is <u>stand up</u> or <u>throw</u>. It is prediacted on speed and position. Run swiftly at a angle parallel to the man that enables you to get leverage on his outside leg. If you get the leverage angle close the gap and execute "<u>tack on</u>" with your head to his outside hip and upfield. If you throw make sure you throw to his outside but make contact high and finish with head and inside arm upfield. <u>Roll into him and up his legs if you miss throw.</u> If the man doesn't allow you leverage position it is bec you went too directly at him and did not flare for his outside leg - or - you went too wide and allowed him to fire gap - or he raced you to the sideline. When he races you to side line take him as wide as you c and then wheel or reverse body block him inside out!</p>
<p>VII. Adjust Block (2 Men)</p>	<p><u>Seal on Buck Sweep or Pitch.</u> (Adjust and Reach) This block is the technique adjustment of a wing back or slot back along with an offensive tackle or tight end. Basically: If the offensive lineman puts his head to the inside of any man on or over him, the <u>back will seal that on or over man.</u> 1. If the on or over man veers or pinches inside of the off sive lineman, he wastes himself, but allows a LB from inside to wipe off. The <u>adjustment comes by the back seeing this and continuing past it for the LB.</u> 2. If the defensive man does not interfere with the inside move of the offensive blocker, he then must be sealed by the back Technique: Inside leg back shoot out with head across man and forearm of outside arm hit. After contact, reverse body. NEVER ALLOW this man to penetrate through the gap. After succesful seals have been made, his wariness may allow him to drop off or feather out. In this case continue on through to seal any inside pursuit. The guards, QB, FB will pick him up. 3. When the <u>offensive lineman puts his head to the outside reach man you reach the very next man</u> or look for a LB flowing inside.</p>