

BLAINE/SPRING LAKE PARK YOUTH FOOTBALL MANUAL

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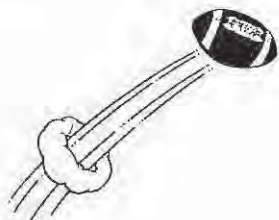
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**BLAINE/SPRING LAKE PARK FOOTBALL ASSOCIATION
COACHES' PLEDGE ~ 2001**

The undersigned have read and understand the rules and regulations of the Blaine/Spring Lake Park Football Association. We have or will attend the pre-season coaches clinic.

With regard to player participation, we will:

1. **ASSIGN** each player a defensive and offensive position or positions.
2. **START** every player at one of the assigned positions each game.
3. **PLAY** every player at least one-half of the plays from scrimmage at one or both of the assigned positions.
4. **AGREE** to the Association's stated policy on participation provided that the player is physically able (not injured), attends practice regularly, and is not a disciplinary problem.

The undersigned agree that winning is an important part of any game but secondary to the development of player skills and good sportsmanship. Furthermore, football should be a positive educational experience that is fun for all regardless of ability. We will do our best to uphold these principles and abide by the Rules and Regulations of the Blaine/Spring Lake Park Football Association.

PLEASE PRINT	
Team Name	Grade
PLEASE SIGN	
Head Coach	
Assistant Coach	Assistant Coach

BLAINE/SPRING LAKE PARK FOOTBALL ASSOCIATION

COACHING TIPS

The following suggestions are offered for our coaches in the Blaine/Spring Lake Park Football Association. We hope that you take time to read this material and give us your ideas, thoughts, and comments regarding the material contained in this section. Remember, a successful season is not measured by your won/loss record. You are dealing with young athletes who are looking for leadership as they work at becoming better players and good citizens in our community. With your leadership and organization skills, our players will have a great season full of learning and fun. Many teams in our program have succeeded with average talent, coached by parents without a technical football background. Enthusiasm on your part, coupled with good organization, is appreciated by the players and their parents. The following are but a few thoughts that you might find useful as you prepare for your coaching assignment.

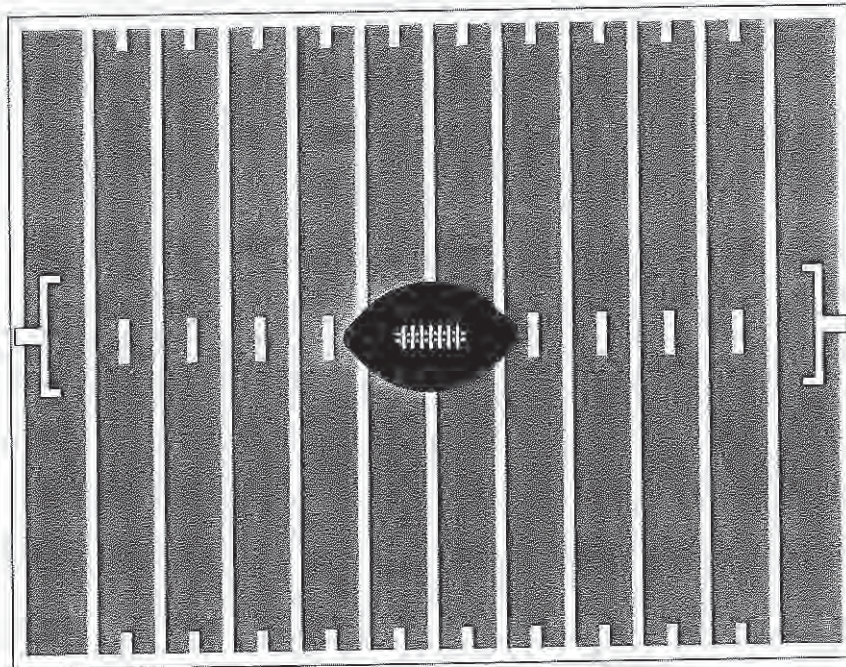
1. Review thoroughly and follow the Blaine/Spring Lake Park Rules and Regulations.
2. Communication with parents and guardians:
 - a. It is advisable to send an introductory letter to each parent early in the season. This letter should welcome the player and parents to our program. It should outline practice schedules, player responsibility for attending practices and games, as well as being on time and ready to participate. You should also cover something about your philosophy as the team's coach.
 - b. Most complaints that the commissioners receive are associated with playing time. Injury, poor practice attendance, or disciplinary action by the coach are the only reasons that a player might not play the required number of downs. Keep attendance records and other notes to document your actions regarding playing time. It is advisable that you communicate with both player and parent regarding reduced playing time. A lineup sheet is provided in this section for your use. It helps organize playing time prior to game time as well as creating a record for you.
3. Make sure your players know in advance the practice times, location of the fields and the duration of the practice. You can't tell the players or their parents too often. Practices can't be longer than two hours. Make certain that parents receive practice schedules. Don't assume that because you gave it to your players that it ever got home and on the calendar.
4. Our practice format provides an opportunity for players to try different positions and work on skills associated with those positions. Encourage the players to try their hand at different activities. It is fun for them and, who knows, you may discover a hidden talent.

Coaching Tips (continued)

5. Try to accommodate the player as much as possible regarding his desire to play on offense or defense or a favorite position, but remember you have the final say as to what position a person will play. Explain to the player why you need him in that spot and how important it is that he contributes to the overall success of the team. Every position on a football team is important. Emphasize the positives of playing different spots and how important the play of the individual playing those positions is. As you see the complexities of playing various positions, the time spent with your players detailing coaching points, the more enthusiastic the player will be about playing there. Some coaches might spend all of their time working with QB play or backfield details. The coach that does this is giving a message to the rest of the team that they really are not important.
6. The players should address you in a manner that you are comfortable with. "Coach" works well with most people. This call is up to you. Make certain that your team knows your preference. Your respect of your team members should be afforded to you by members of your team.
7. Learn the players names as soon as possible.
8. Be clear and concise with your instructions. Repeat details often. An example of this might be the use of the "hut" count when doing drills or other group activities.
9. A coach must correct mistakes. Mistakes will be made. Seldom are they made on purpose. Try to criticize and correct in a positive manner. Be constructive. Make the nature of the problem clear and teach the proper activity. When you correct, try to find things to praise. Never belittle a player. Try to use positive motivation whenever possible.
10. It is OK to send a player, players, or the entire team on a focus lap or two. They need to pay attention and use practice time efficiently. Remember, you will make mistakes too. Admit your error and assign yourself a penalty. A lap with the team might build a better bond with your players. Have fun with the team and your practices will produce better results.
11. Don't place too much importance on winning. Set attainable goals for your players and team. Skill development, work habits, and team play are all desirable and attainable goals. When you accomplish your goals, winning will take care of itself.
12. Never complain about the officiating in front or within earshot of your players. We have very good officials working our games. If you have a problem with an official, report it to your grade coordinator or the supervisor of officials. Unfortunately, we see too much official bashing on TV. It will not be tolerated in our youth program.

Coaching Tips (continued)

13. Make good use of your assistant coaches. Organize your practices so everyone is always working on something. An example might be an assistant working with blocking techniques of the offensive line while you or another assistant concentrates on backfield play.
14. You, or someone on your staff should carry a cell phone to games and practices in case of an emergency. A large bag of ice should be at games and practices as well. A health form should be filled out by each player and their parents and should be kept in your organizer for easy and immediate access in the event of an emergency. A health form is included in this section for your review and use.
15. Most of all, have fun. Enjoy yourself. Be both fair and firm. Your players will give back to you as much, if not more, of what you give to them. Ask for help whenever you need it. As a partner in our program, we need and appreciate your time and effort. Thank you very much and good luck with your season.



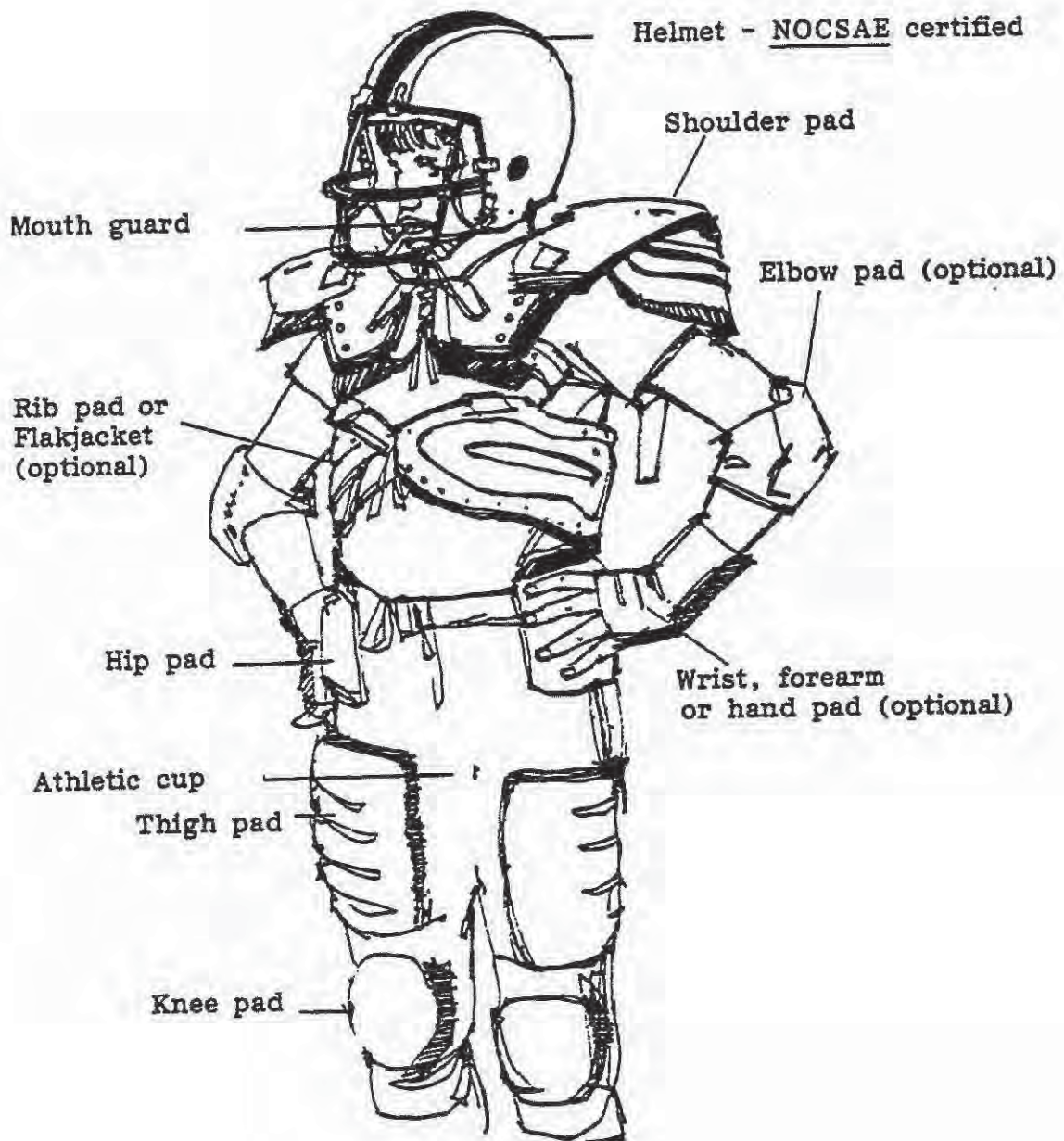
ARE YOU DOING A GOOD JOB AS YOUR TEAM'S COACH?

A CHECKLIST

1. The coach has well-organized practices with nobody standing around.
2. The coach demonstrates a solid knowledge of football and the ability to teach kids new skills.
3. The coach spends time talking to kids individually.
4. The coach pays attention to safety issues including conditioning, equipment use, playing conditions, and age appropriate activities.
5. The coach never belittles a player or uses inappropriate language. Correct and praise.
6. The coach listens to players and their parents.
7. The coach gives everyone a chance to play.
8. The coach doesn't let winning get in the way of good judgment and fair play.
9. The coach respects officials, opponents, and the rules of the game and teaches players to do likewise.
10. The coach tries to make sports fun.



EQUIPMENT



Shoes: All players must wear approved shoes. Any cleats must be permanently molded to the sole of the shoe and not exceed one-half inch in length.

All players must use approved equipment. Players not equipped as outlined under the Rules and Regulations section of this manual will be sent off the playing field until the proper equipment is acquired and worn.



Date: _____

Opponent: _____

BLAINE/SPRING LAKE PARK FOOTBALL ASSOCIATION

OFFENSE

1st

2nd

TE	
LT	
LG	
C	
RG	
RT	
SE	
LHB	
RHB	
FB	
QB	

DEFENSE

1st

2nd

LE	
LT	
NG	
RT	
RE	
LB	
LB	
LCB	
RCB	
SS	
FS	

1. Stance and Starts

A. Three-Point Form



Correct Stance

- ✓ Back flat, tail up (not too high)
- ✓ Head up, eyes forward
- ✓ Weight moderately forward on fingers
- ✓ Down hand inside back leg
- ✓ Legs spread and coiled



Incorrect Stance

- ✓ Head down, tail up
- ✓ Legs not coiled
- ✓ Weight too far forward

B. Lead RT/LF

C. Angle

D. Fold

E. Trap

F. Pull

RT/LF (45° to linebacker)

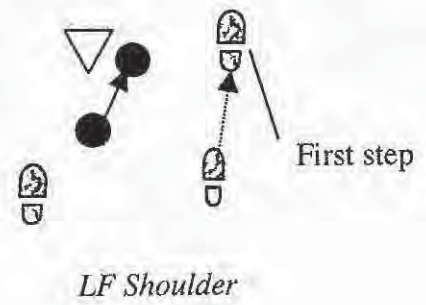
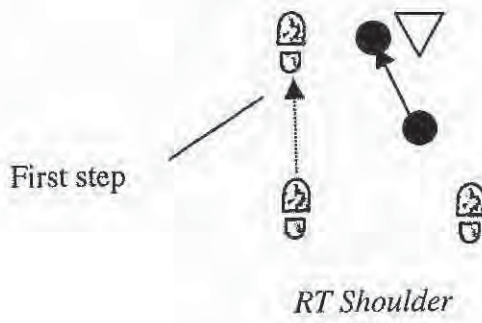
RT/LF (Lateral step – Go)

RT/LF (Whip elbow, 2-3 yards)

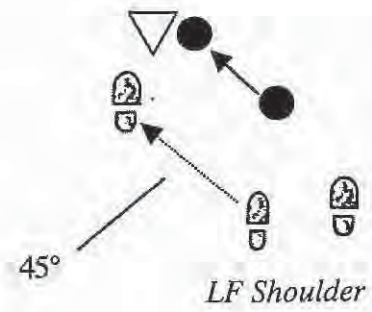
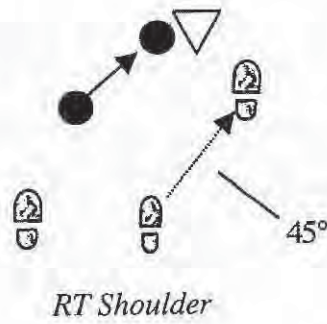
RT/LF (Power, Sweep, Waggle)



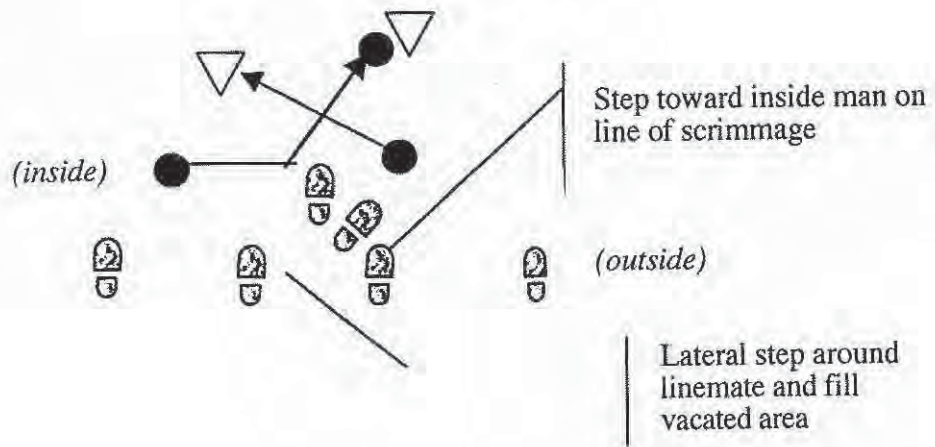
B. Lead



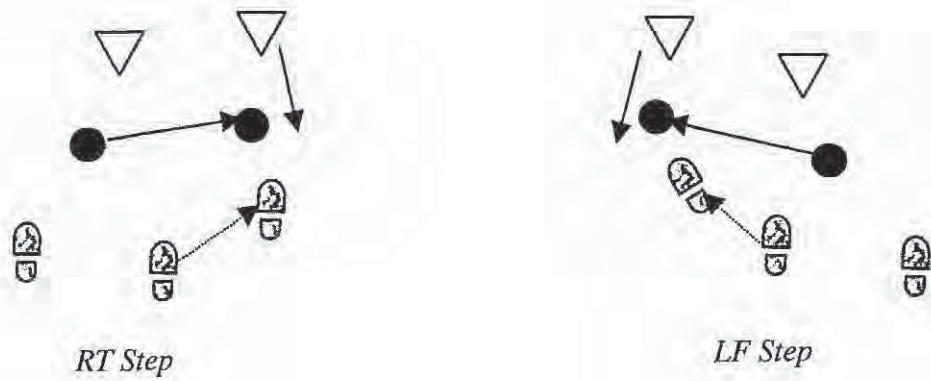
C. Angle



D. Fold/Cross Block



E. Trap



F. Pull



2. Blocking



A. Lineman

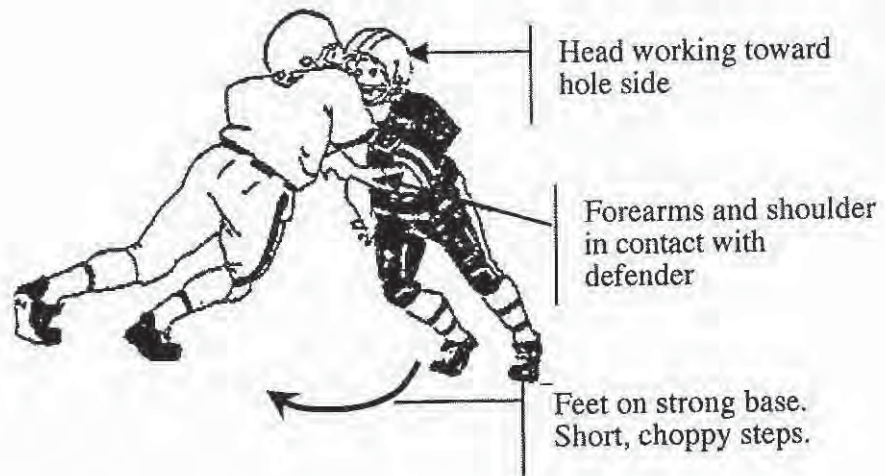
- 1) Review Three-Point Form
- 2) Review Stance and Starts

B. Good Step

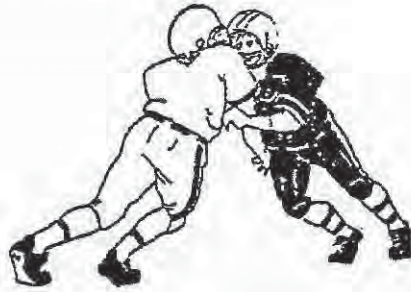
- 1) Drive with foot closest to opponent, head up, eyes open.
- 2) Head slides to downfield side.
- 3) Punch hands or forearm into opponent and step sharply.
- 4) Feet set at a wide base, short, chopping power steps.
- 5) Work low to get under opponent's pads, then rotate up.
- 6) (See first step illustration p. 4-2)

C. Form Fit

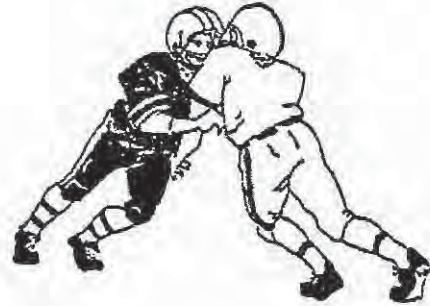
- 1) Keep head on side of opponent toward the downfield side.
- 2) Shoulder and forearm in contact with opponent.
- 3) Ear-hole on side of opponent working around to seal.
- 4) Turn opponent away from hole with foot drive and rotation.



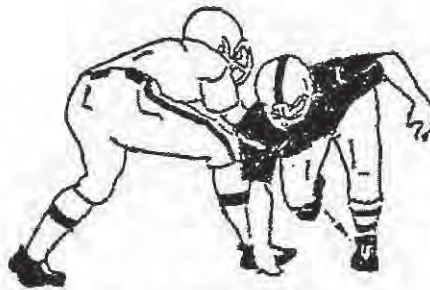
D. Blocking Techniques



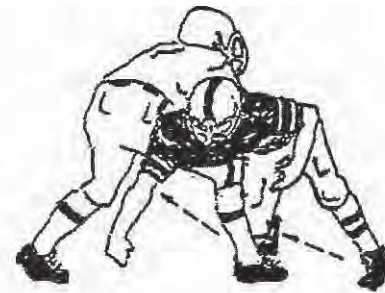
Lead RT Shoulder



Lead LF Shoulder



*Reach RT Shoulder
(hook)*



*Work Back into Defender
(seal)*



Pull



*Find Defender
Form Fit*

3. Shoulder Block Progression – Offensive Line

A. Stance

- 1) Three-point stance
- 2) Feet shoulder width apart
- 3) Feet point upfield (parallel)
- 4) 90-95% of weight on balls of feet
- 5) Back flat
- 6) Back end slightly raised above front end
- 7) Face up (look thru eyebrows)
- 8) Legs form power angles

B. First Step

- 1) Take first step in proper direction to execute desired block (6" step)
- 2) Freeze athlete after first step is taken and check it (don't overextend)

C. Hit Position

- 1) Start this drill in the hit position (not in a three-point stance)
- 2) Contact with shoulder
- 3) Head up
- 4) Arms tucked inside
- 5) Keep hands open to avoid holding
- 6) Back straight (set a table on the small of the back)
- 7) Good power angles in legs
- 8) Freeze athlete in this position (legs should tire)

D. Stance to Hit

- 1) Good stance
- 2) Good first step
- 3) Good hit position
- 4) Freeze athlete and check hit position

E. Hit Drive

- 1) Start in hit position
- 2) Short drive
 - a) Maintain hit position
 - b) Short quick power steps
 - c) Use hips to lift defender while driving him back
- 3) After a few second drive, freeze blocker in position

F. Full Progression (Stance-Hit-Drive)

- 1) Good stance
- 2) Good first step
- 3) Good hit position
- 4) Short drive using quick power steps
- 5) Freeze athlete in hit position

G. Shrug Drill

- 1) Same as full progression except while driving, the coach gives a “shrug” command and the defender attempts to lose the blocker.
- 2) Drill ends with blocker in hit position.

Ten Causes of Blocking Failure

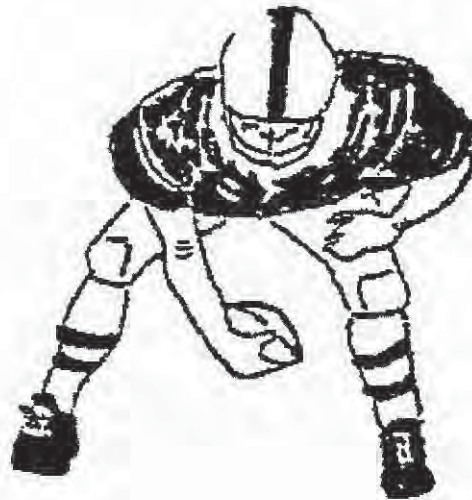
1. Ignorance of the assignment
2. Insecurity about the assignment
3. Not knowing how to block, or poor mechanics
4. Tipping off the assignment
5. Slow start or failure to “get off on the count”
6. Lack of aggressiveness
7. Lack of hustle
8. Failure to operate from a good base
9. Not accelerating on contact
10. Losing feet after contact

4. QB/Center Exchange

A. Center



- 1) Four-point stance, good form
 - a) head up
 - b) back flat
 - c) feet wider than shoulders
- 2) Thumb and forefingers of snapping hand astride of ball laces.



- 3) Snap should be firm and fast.
- 4) Ball turns one-quarter rotation from ground to crotch.

QB/Center Exchange (continued)

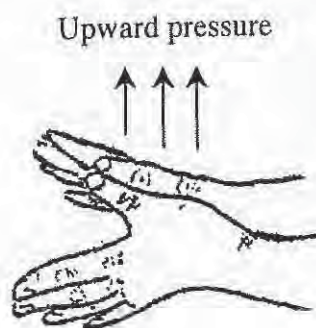
- 5) QB's top hand pulls upward pressure on center's crotch.
- 6) Center steps into block as he snaps the ball.

NOTE: It is NOT snap THEN block — it is block WHILE snapping.



B. Quarterback

- 1) Thumbs together
- 2) Passing hand (right if right-handed) placed firmly in center's crotch, palm down with upward pressure on center's crotch.
- 3) The companion hand joins the passing hand at the thumbs.
 - Palms face toward fingers, vertical to ground.
- 4) Hands of QB form a 90° angle with each other.

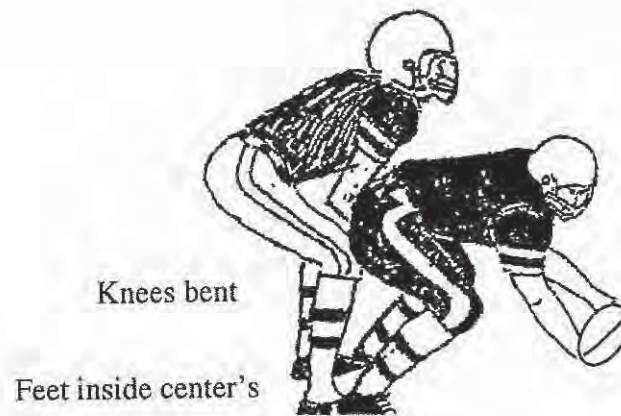


Grip and pull ball from snapper

- 5) With younger players, wrists should touch to prevent the ball from separating the hands.
- 6) As ball is snapped, QB must ride the center with his hands because the center is moving forward to block.

Quarterback (continued)

- 7) QB must form fit closely to center prior to snap.
 - QB's chest must touch center's back and his head must be up.
- 8) QB knees are bent, his feet inside center's legs.
 - QB's legs may bow outward to accommodate the form fit.



Form Fit

C. Quarterback Footwork

- 1) **Drive Step** QB opens to play side, stepping with the lead foot toward and along the line of scrimmage.
- 2) **Reverse Pivot** QB pivots on playside foot, away from the offside.
- 3) **Sprint Out** QB steps to the playside with the lead foot (drive step action) and sprints to the flank.
- 4) **Add Play Action** Sprint out and throw short 5 to 10 yard passes with receivers running crisp square-out patterns (see passing tree, p. 4-18)

5. Throwing Mechanics

A. Grip

- 1) Grip laces under tip joints of fingers (no palm pressure).
- 2) Throwing hand: index finger and thumb are placed behind laces (smaller hands move grip back on the ball).
- 3) Non-throwing hand: hold ball high preventing it from becoming loose.
- 4) Lift ball high (at or slightly above shoulders).



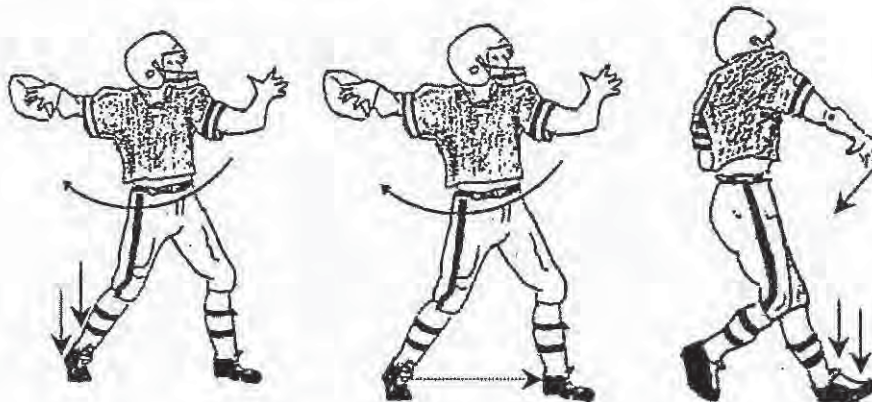
Right Hand Grip



Left Hand Pressure

B. Release

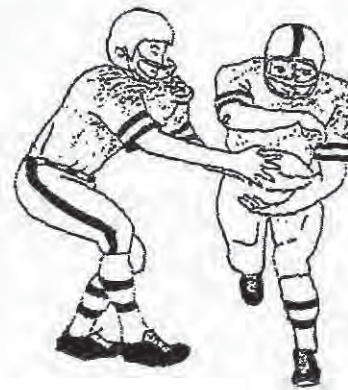
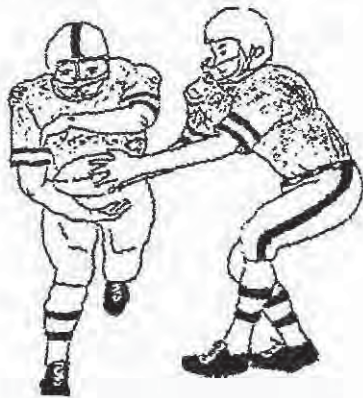
- 1) Ball is raised with passing hand to helmet height.
- 2) Passing arm, shoulders and hips are coiled, ready to release.
- 3) Step to target with lead foot (right-hand throw — left-foot step).
- 4) Tip of ball is raised toward target.
- 5) Transfer weight to front foot as hips open toward target.
- 6) Arm follows shoulder rotation, wrist snaps as ball rolls off fingers.
- 7) The follow-through brings the arm downward and inward.



6. Running Back/Ball Handling

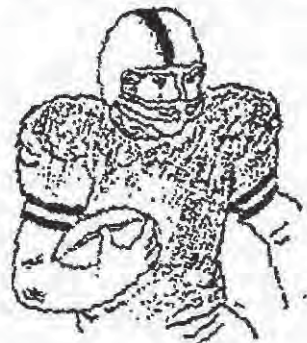
A. Hand-off Exchange

- 1) Running back's inside elbow up, thumb down, arm parallel to the ground.
- 2) Outside arm placed across the belt with elbow close to body, palm of outside hand faces up.
- 3) QB places ball firmly in the formed pocket.
- 4) Runner's eyes should focus on the area he will run to.
- 5) Running back takes the ball with both hands to prevent tacklers from ripping the ball away at the point of attack.



B. Three Points of Pressure

- 1) Running back must secure his grip on the ball.
- 2) Cover the forward tip of the ball with fingers and hand.
- 3) Pressure the mid-point of the ball with forearm.
- 4) Squeeze the back end of the ball with arm and ribs.
- 5) Run with a forward lean, hit the open hole and run up field.



Three Points of Pressure

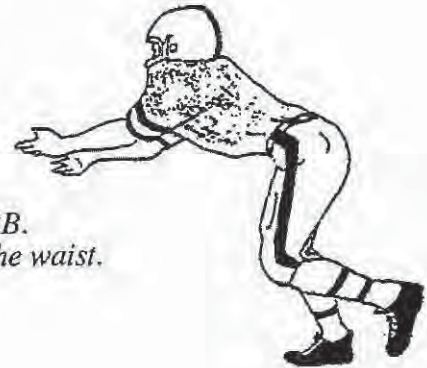
C. Pitch and Toss

- 1) A toss is made with one or two hands depending on hand size, ability, and/or coach's preference.
- 2) QB takes ball from snapper, steps away with lead foot at 45° angle to LOS.
- 3) RB leads laterally with lead foot on snap count, eyes focused on the ball.
- 4) QB pushes ball to the back, leading him slightly and keeping the ball above the RB's waist.
- 5) RB catches the ball with two hands and puts it away (three points of pressure).

A right-handed QB may be effective when running right by making a reverse pivot pulling away from center.



*The toss – Lead the RB.
Keep the ball above the waist.*



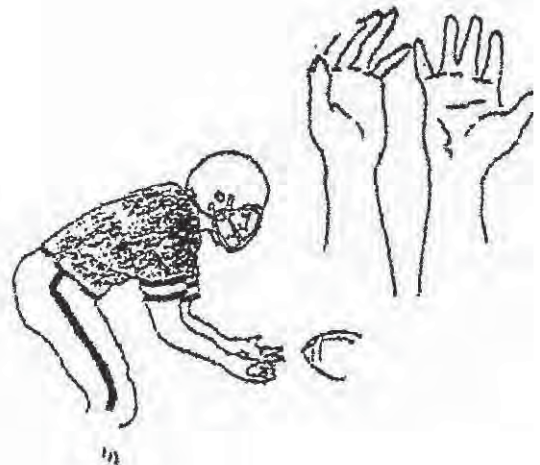
D. The Option

- 1) QB takes the ball from snapper and steps away with lead foot toward the back who is running toward the dive hole.
- 2) QB puts the ball in the back's pocket with both hands and rides the ball one quarter-turn toward the LOS.
- 3) QB pulls the ball out of the pocket and sprints down the line (parallel to the LOS) and is ready to toss the ball to the RB as described in Section C (above).
- 4) QB should read the contain defender and either toss or cut up inside the contain man (this read is an advanced skill but can be introduced at any level).

7. Receiving

A. Receiving Basics

Eyes	Focus on the ball until it is put away (three points of pressure)
Ball High	Thumbs and forefingers touch
Ball Low	Little fingers touch
Catch the ball near the stripe	
Cushion the ball	Arms and hands give to absorb momentum
Come back to the ball when possible	Don't wait for it to come to you
Run crisp patterns	An out pattern is a 90° cut, not 70°
Turn shoulders toward the ball not just the head	



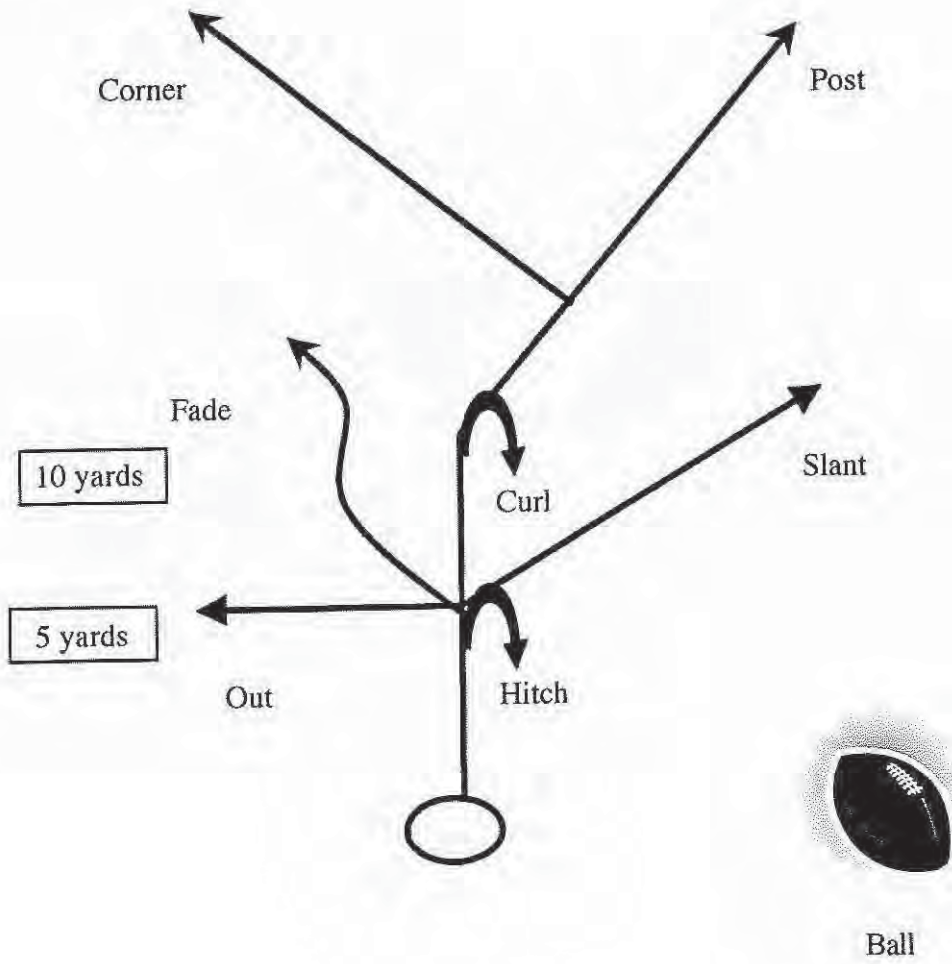
B. Running Routes

- 1) Ends or wide receivers must get off the LOS.
- 2) Receiver cannot allow a defender to push him along the LOS.
- 3) A head fake or deflection technique gets the pass route started.
- 4) The head bob.
- 5) The head and shoulder fake.
- 6) The arm route.
- 7) The swim.
- 8) The fake block.

C. Pass Patterns

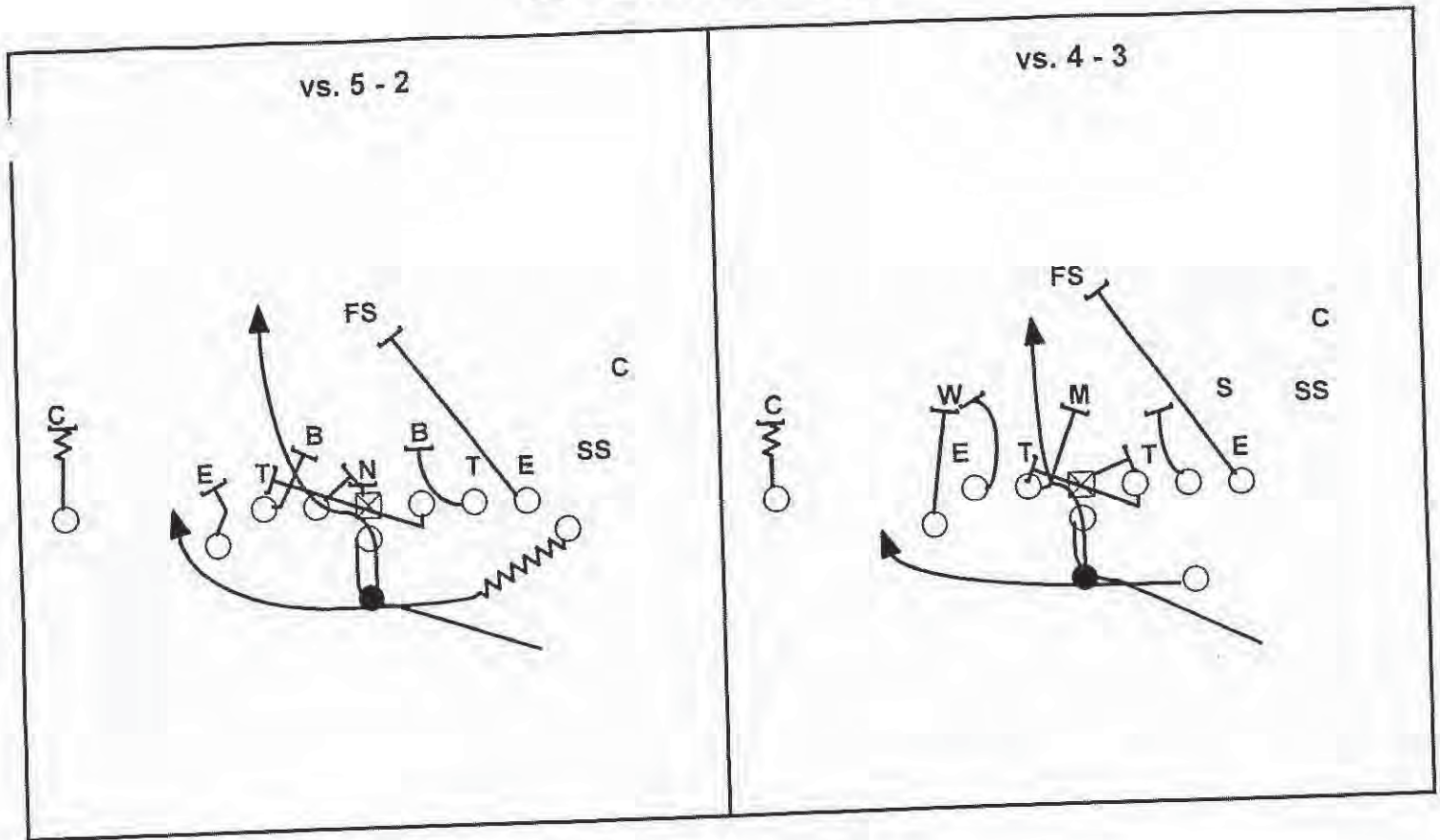
Square Out	5 yards down field and out 90°
Slant	Middle route 45° under deep coverage
Hitch	5 yards downfield, come back to the ball
Curl	10 yards downfield, come back to the ball
Post	10 yards downfield, streak to the goal post
Streak	Straight downfield over inside shoulder
Corner	Break off a post pattern, go to the corner
Fade	Inside takeoff, ball thrown outside to boundary
Swing	Belly behind LOS, swing upfield, look over inside shoulder
Flare	Same depth as a swing, release is from backfield alignment spot
Screen	Delay swing and flare
Circle	Release outside defensive end, circle in front of LOS in front of LBs

D. Passing Tree



FORMATIONS

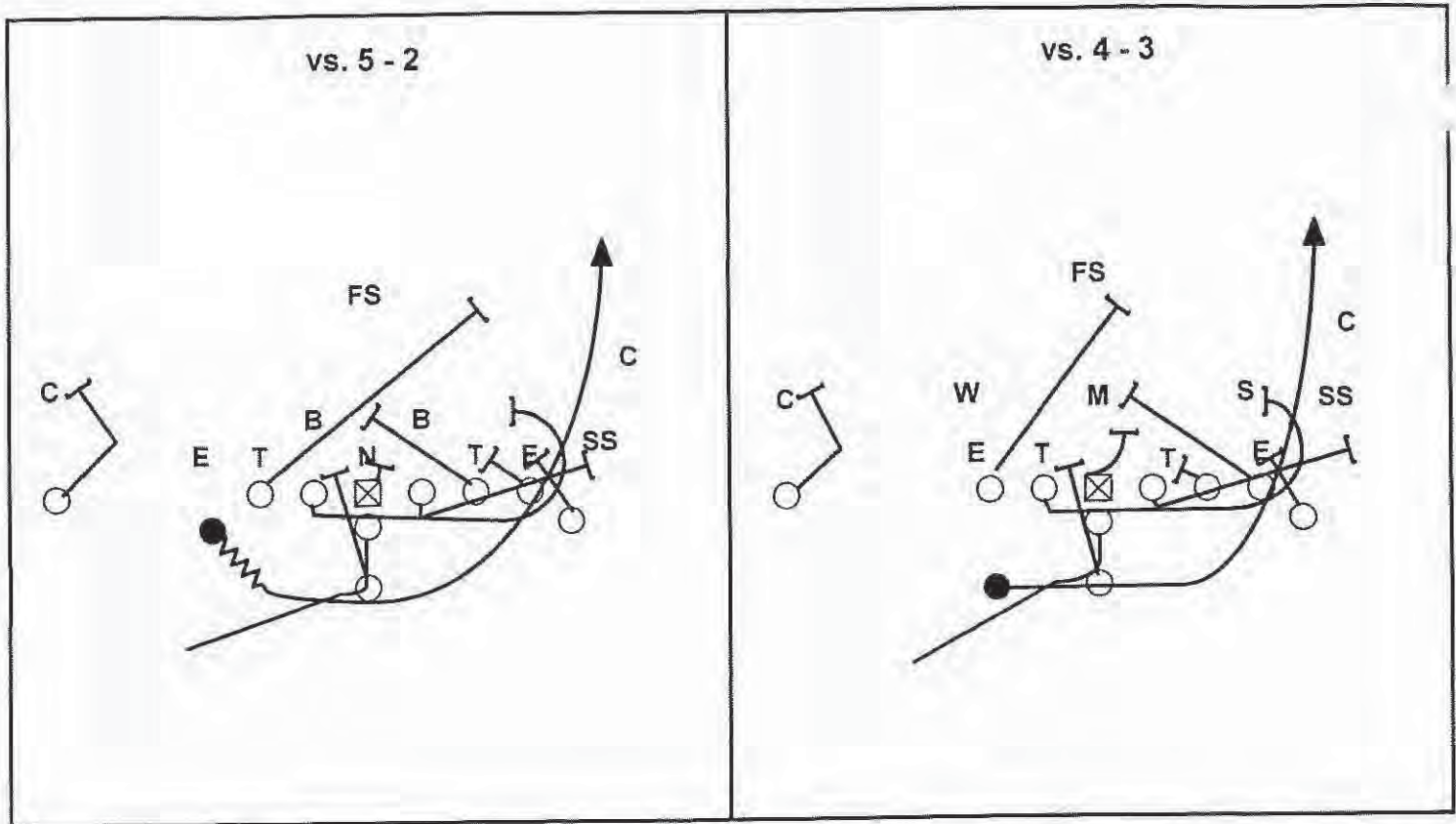
20 - 21 Trap to SE



Schemes - 21 Trap

- TE - Get downfield and block FS.
- LT - Escape if covered and get to nearest LB; if uncovered block nearest LB.
- LG - Double team nose vs. 50. If no down man inside, block backside LB.
- C - Double team nose vs. 50. Block back for pulling guard if he is covered.
- RG - Trap first down lineman past center.
- RT - Pull check, block near LB, go downfield.
- SE - Stalk corner. Do not block FS.
- LH - Influence for sweep, block SS.
- RH - Fake 29 sweep.
- FB - Aim for right foot of center, look for seam.
- QB - Reverse pivot, hand off, fake waggle bootleg.

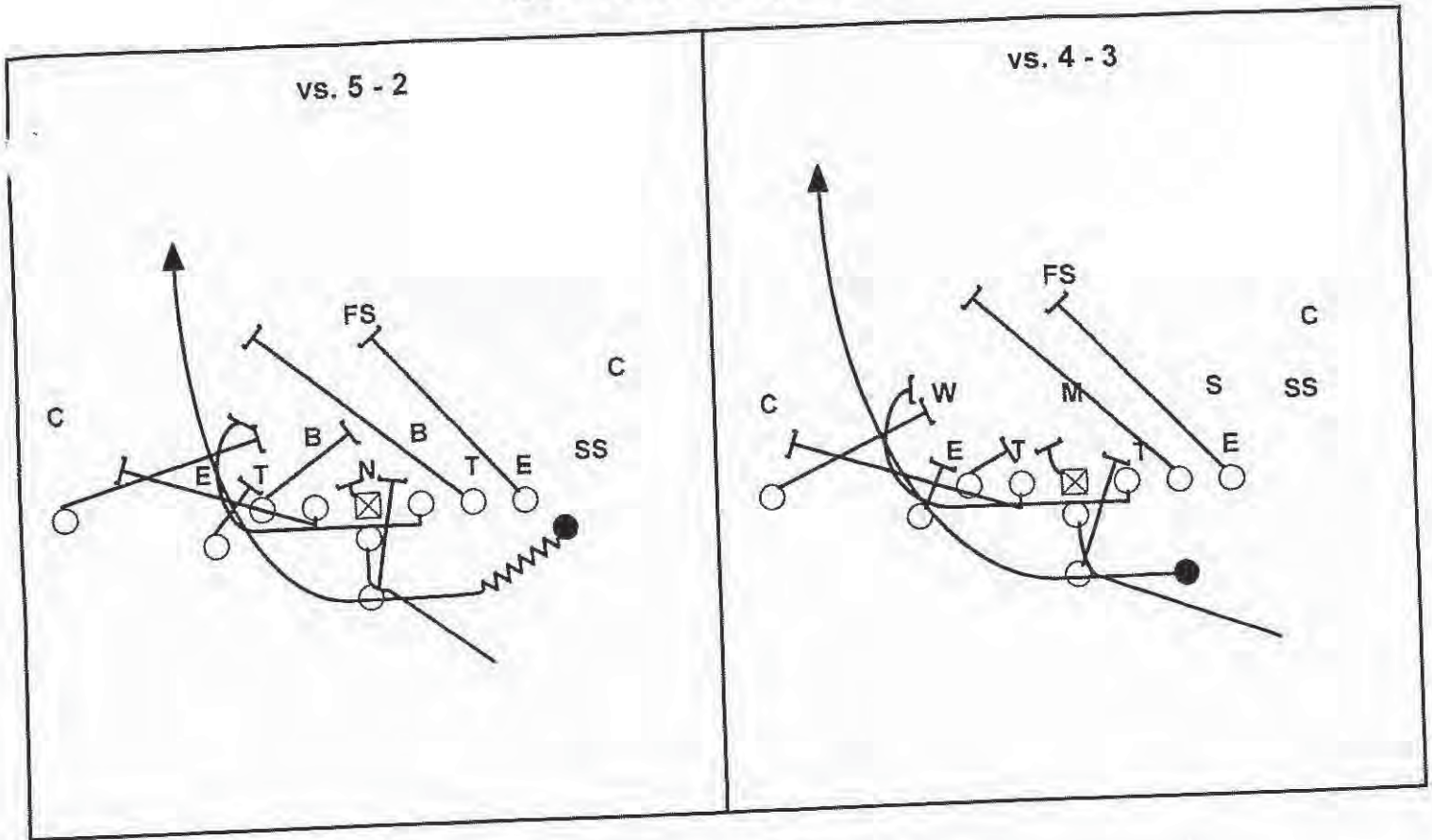
28 - 29 Sweep to TE



Schemes - 28 Sweep

- TE - Playside: Block down. Backside: Downfield for free safety.
- LT - Pull check. Get down field.
- LG - Pull, find LB through first daylight.
- C - Reach man on. If no man on, block backside LB.
- RG - Pull, kick out force.
- RT - Block down.
- SE - Cut off corner.
- LH - Motion, get handoff, find playside guard, read block on force man.
- FB - Give up midline, block blitzing LB, slanting nose or tackle.
- QB - Stay on midline, hand off, fake waggle bootleg.

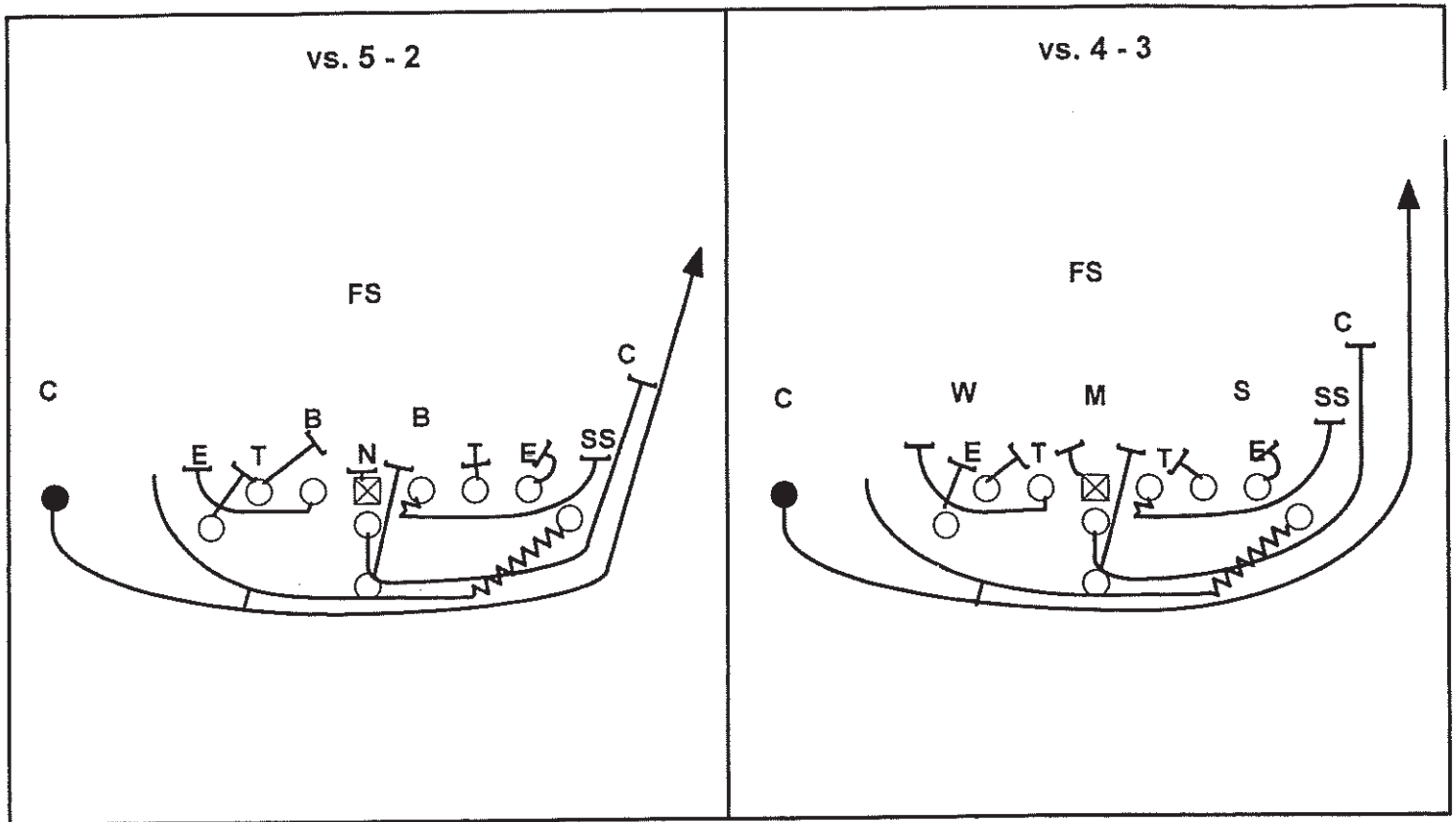
28 - 29 Sweep to SE



Schemes - 29 Sweep

- TE - Playside: Block down. Backside: Downfield for FS.
- LT - Block down.
- LG - Pull and kick out force.
- C - Reach man on. If no man on, block backside LB.
- RG - Pull and find LB through first day light.
- RT - Pull check. get downfield.
- SE - Playside: Take flat step down line of scrimmage, crack first man inside.
Backside: Cut off corner.
- LH - Block down.
- RH - Motion, get hand off, find playside guard, read block on force man.
- FB - Give up midline, block blitzing LB, slanting nose, or slanting tackle.
- QB - Stay on midline, hand off fake waggle bootleg.

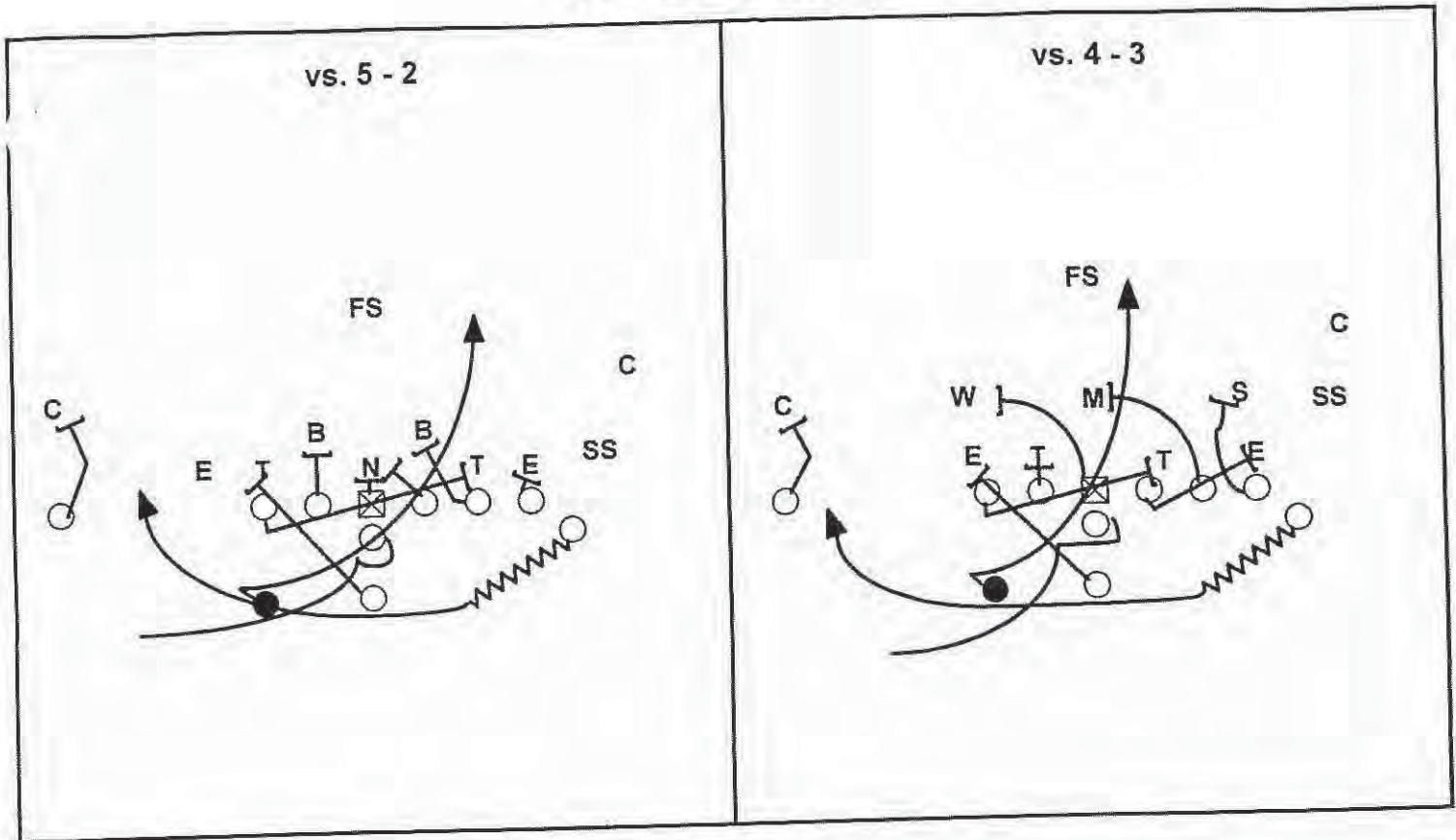
28 - 29 Reverse



Schemes - 29 Reverse

- TE - Hook man over.
- LT - Block 29 sweep.
- LG - Block 29 sweep.
- C - Block 29 sweep.
- RG - Pull to the left for three steps. Turn back and lead.
- RT - On if covered. Down if uncovered.
- SE - Come around, get hand off from HB, read block of QB.
- LH - Block 29 sweep.
- RH - Run 29 sweep, outside handoff to SE.
- FB - Block 29 sweep.
- QB - Run 29 sweep. Block most dangerous man.

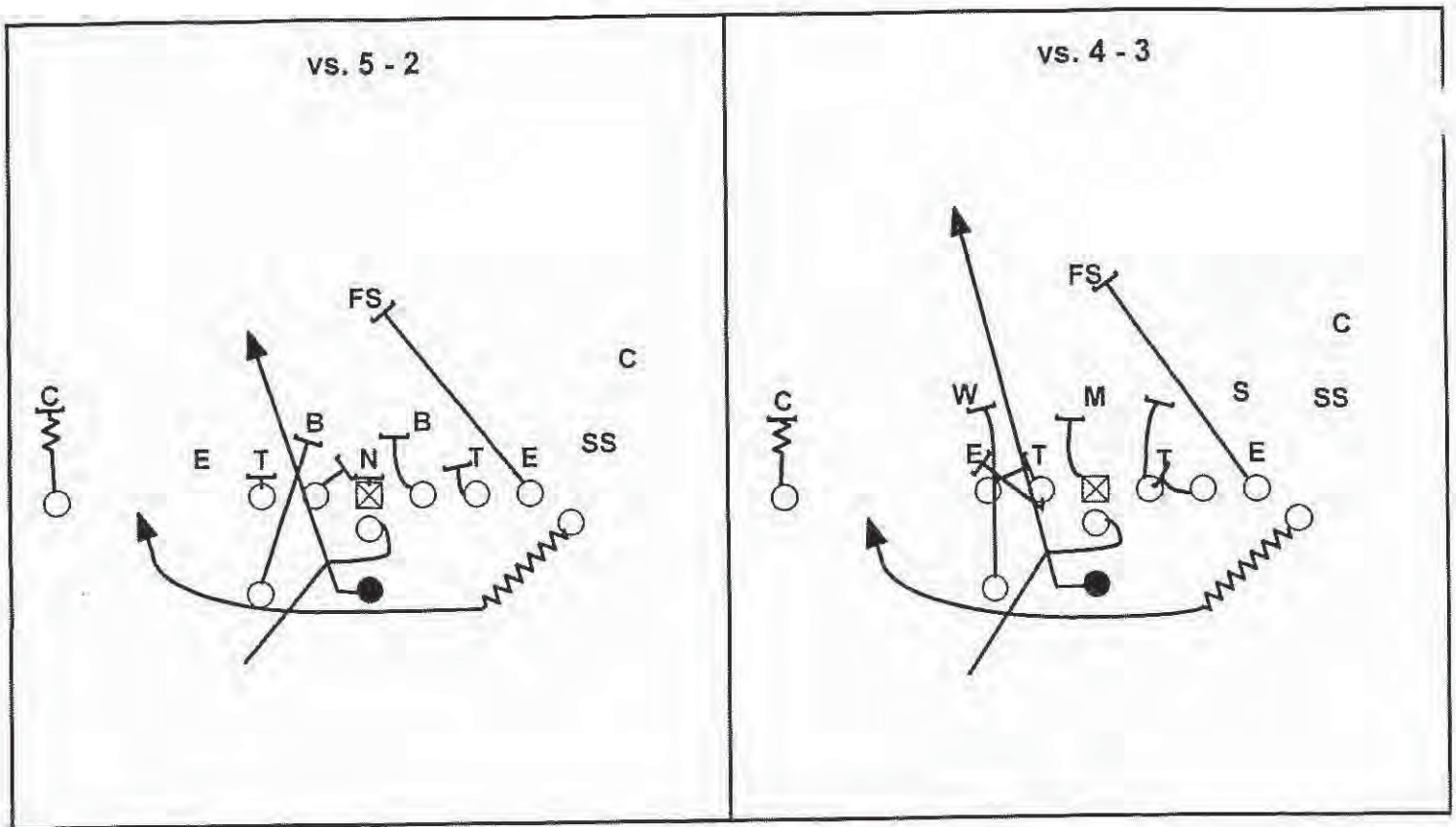
32 - 33 Counter



Schemes - 32 Counter

- TE - Block on. If guard makes "short" call, block outside.
- LT - Pull, trap down lineman past center. Pull inside out.
- LG - Block on - no man on, block over.
- C - Post on man over - no man over, go to backside LB.
- RG - Lead man on center. If covered, and can't get inside, influence.
- RT - Block first inside LB.
- SE - Cut off corner.
- LH - Get to diveback spot, take hand off and hug the double team.
- RH - Motion. If not in motion influence man over and block FS.
- FB - Aim for inside foot of tackle, block area.
- QB - Reverse pivot, hand off to HB, fake Counter Bootleg.

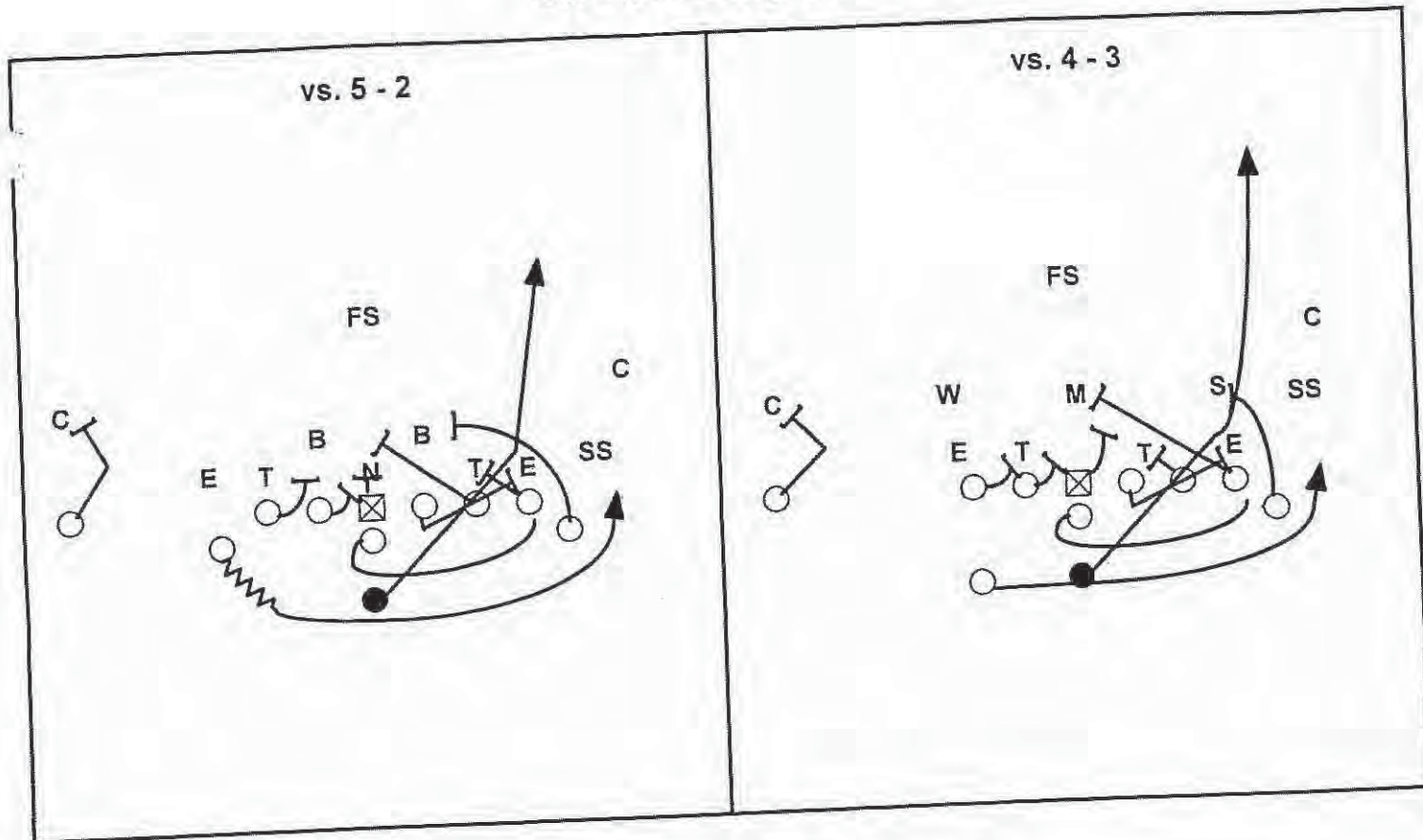
34 - 35 Belly Cross



Schemes - 35 Belly Cross

- TE - Get down field and cut off FS.
- LT - Block on. Cross with guard if both guard and tackle are covered.
- LG - Block down on nose if uncovered. Cross block with tackle if both guard and tackle are covered.
- C - Scoop with guard if covered. Playside gap if uncovered. Block nose vs. 50.
- RG - Scoop, unless "50 call", vs. 50 block on.
- RT - Scoop, unless "50 call", vs. 50 block on.
- SE - Stalk corner.
- LH - Block LB over you.
- RH - Motion, get into pitch relationship.
- FB - Take lateral step, read nose and DT, run to daylight.
- QB - Get ball to FB as deep as possible on reverse pivot.

36 - 37 Belly Down



Schemes - 36 Belly Down

TE - Block down.

LT - Scoop.

LG - Scoop.

C - Scoop with guard if covered. Playside gap if uncovered.

RG - Kick out first man outside offensive tackle.

RT - Block down.

SE - Cut off corner

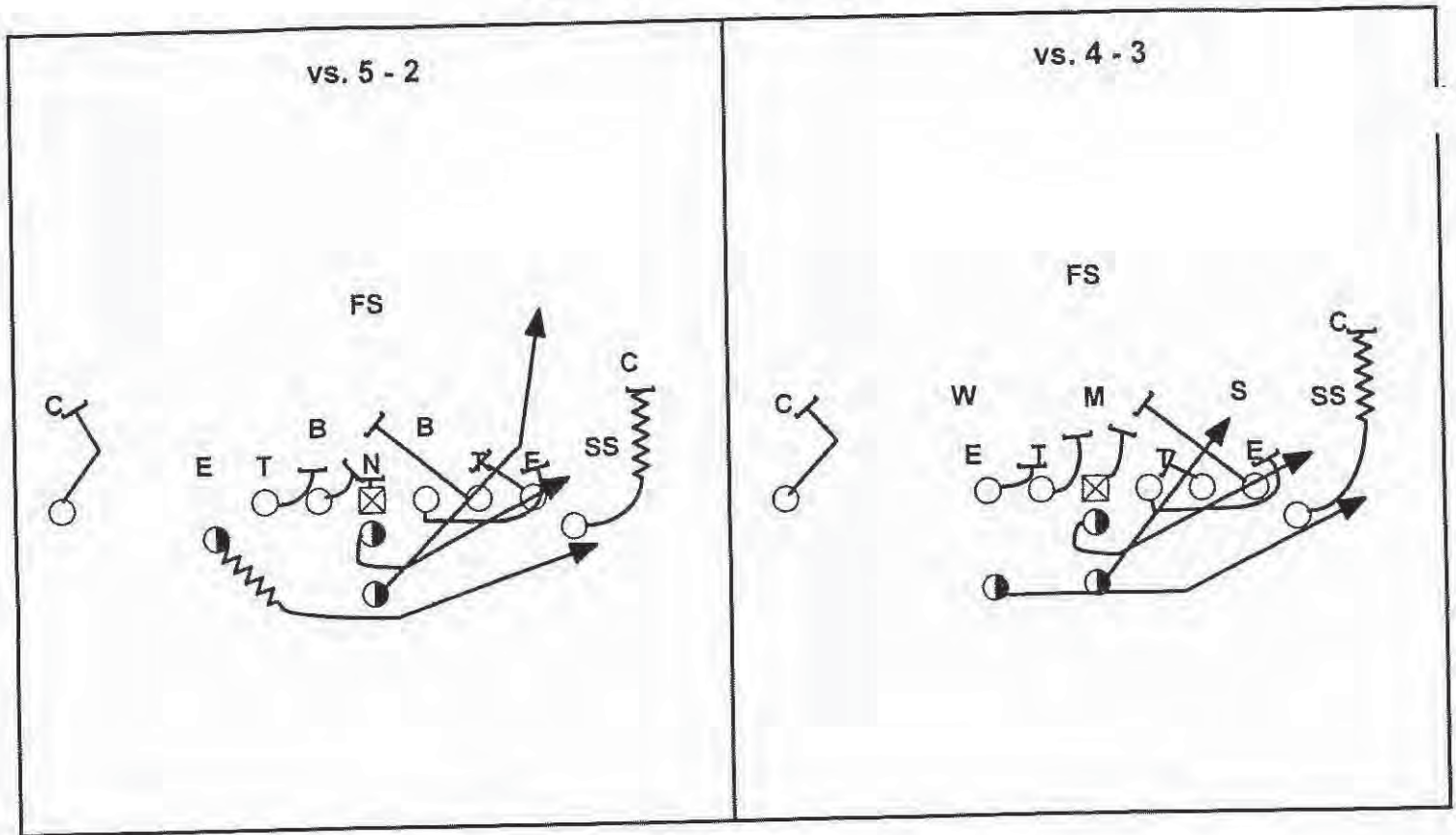
LH - Motion, get into pitch relationship.

RH - Block down on LB nearest you.

FB - Aim for outside foot of tackle; get there fast and flat.

QB - Reverse pivot, give the ball to the FB, carry out option fake.

36 - 37 Down Option



Schemes - 36 Belly Option

TE - Block down.

LT - Scoop.

LG - Scoop.

C - Scoop with guard if covered. Playside gap if uncovered.

RG - Log first man outside tackle.

RT - Block down.

SE - Cut off corner.

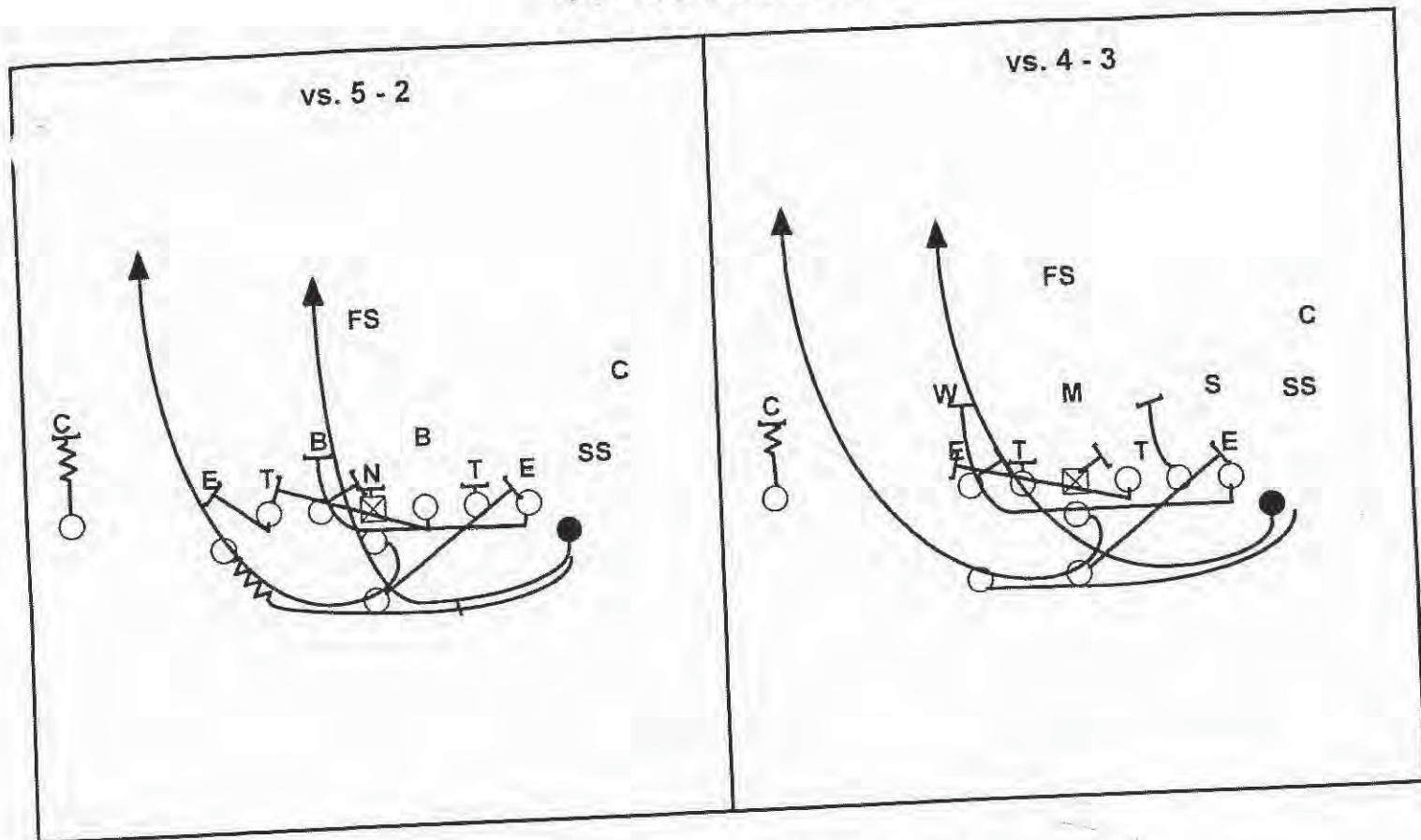
LH - Motion, get into pitch relationship.

RH - If there is one man outside you block LB. If there are two men outside stall the deepest man.

FB - Take same path as 36 -37. Block FS after ball is pulled.

QB - Reverse pivot, ride FB, pull ball, option first man outside TE.

44 - 45 Reverse



Schemes - 45 Reverse

TE - Pull, lead through hole, look outside.

LT - Gap, lead, influence.

LG - Gap, post, lead.

C - Post, area, away.

RG - Pull, kick out down man on or outside tackle.

RT - Pull check.

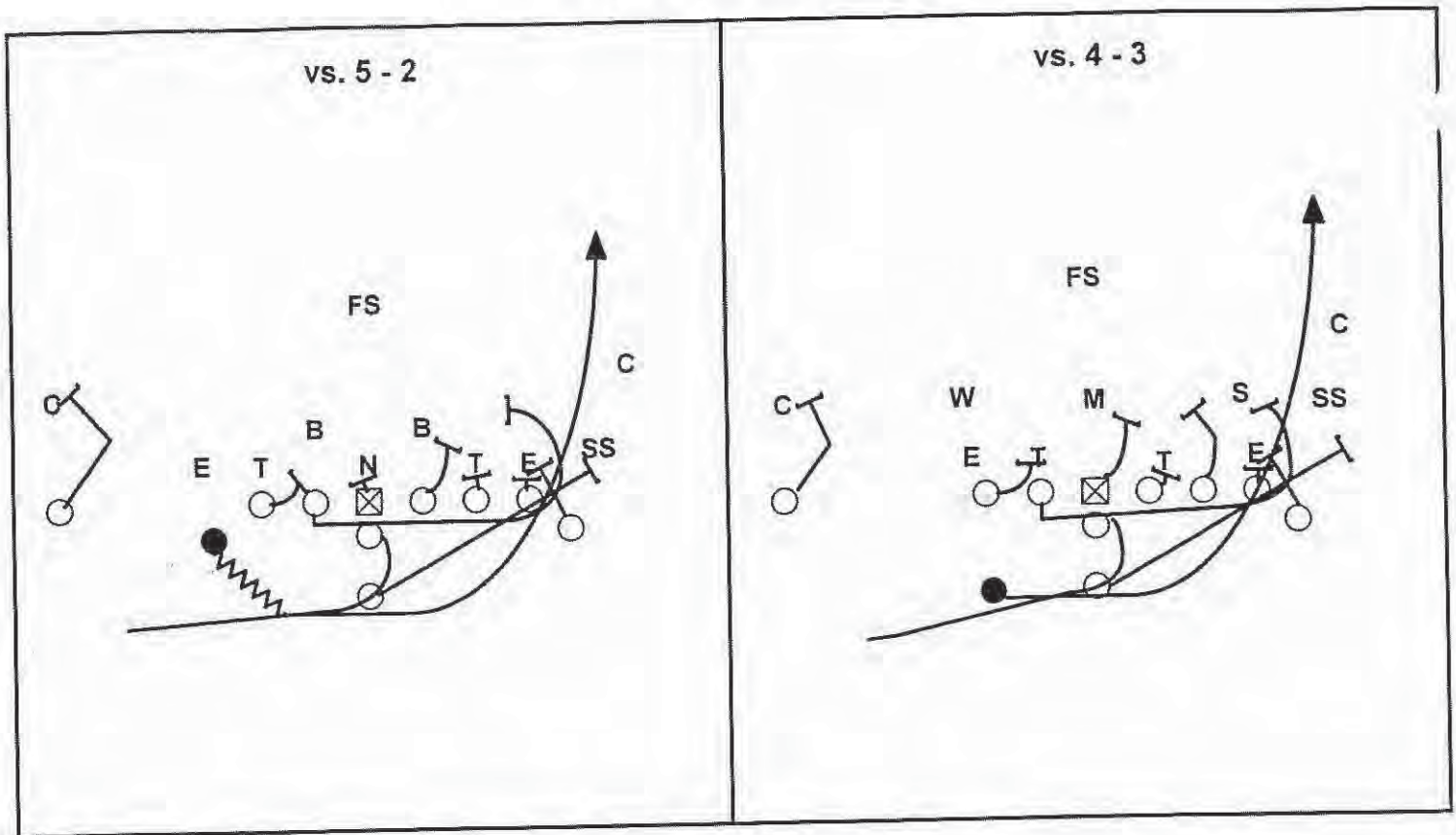
LH - Receive handoff from QB, give ball to other HB.

RH - Open up, receive ball from other HB, find tail of guard, cut inside him.

FB - Dive for outside foot of tackle, block most dangerous player.

QB - Open up, get ball to HB as quickly as possible, get off midline after handoff, get into pitch relationship with ball carrier.

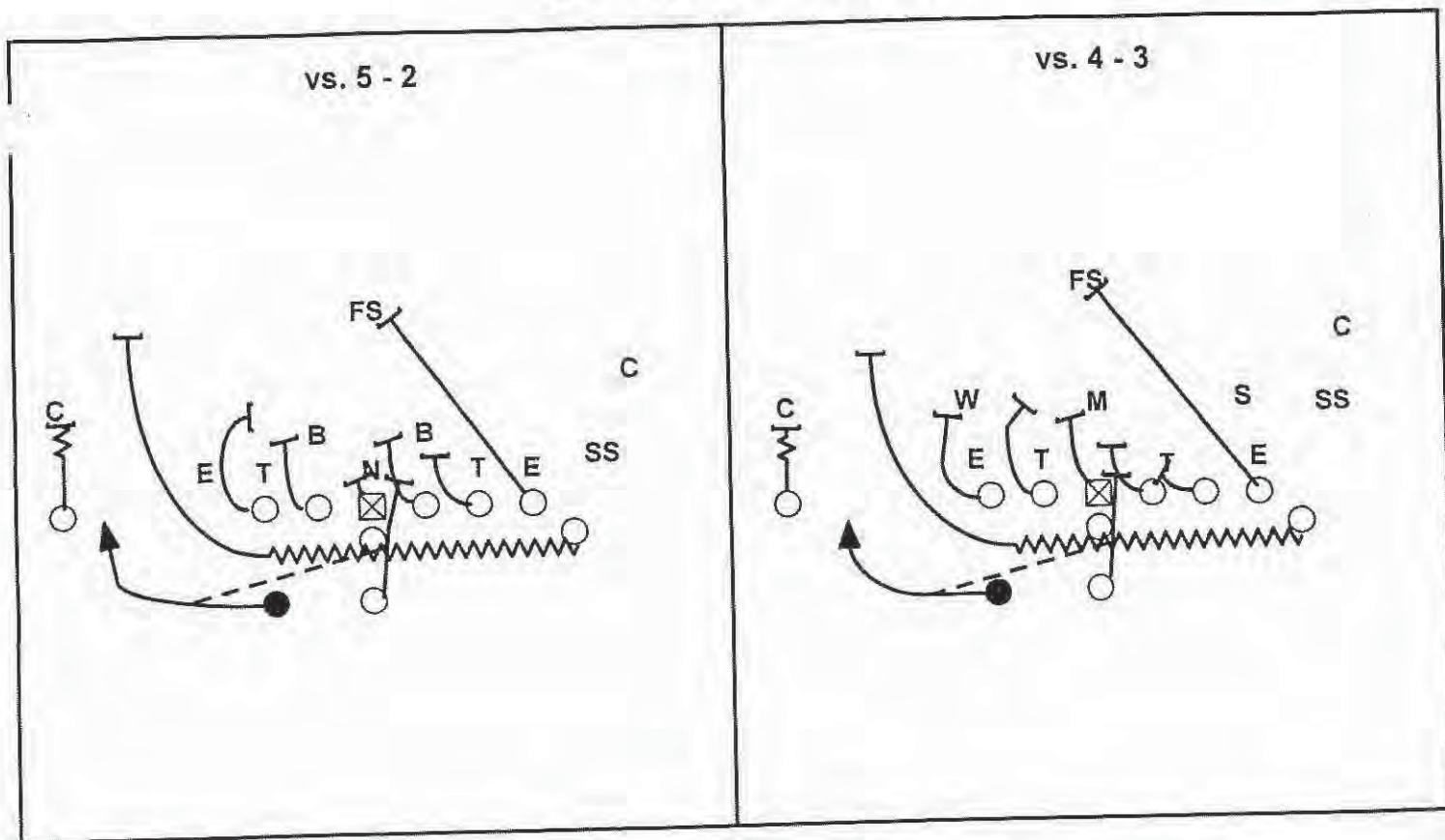
48 - 49 Power



Schemes - 48 Power

- TE - Double man on with HB.
- LT - Cut off man on guard.
- LG - Pull, lead up hole.
- C - On.
- RG - On.
- RT - On.
- SE - Cut off corner.
- LH - Replace FB's feet, find seam.
- RH - Double team with TE on man over TE.
- FB - Get on path inside out toward wing. Kick out first defender.
- QB - Open, get ball to HB as quickly as possible.

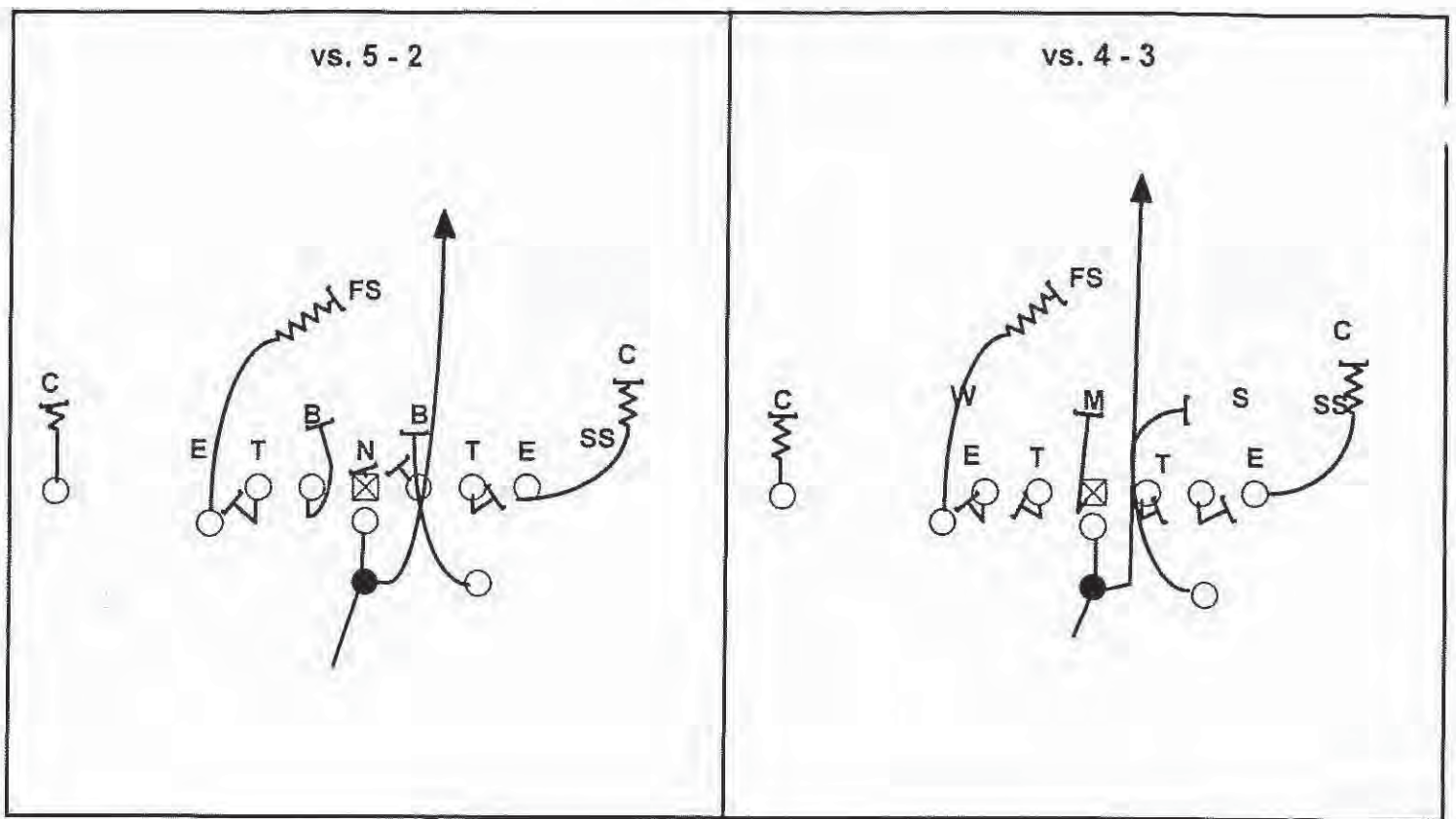
58 - 59 Quick Pitch



Schemes - 59 Quick Pitch

- TE - Get down field and block FS.
- LT - Pull outside and block inside LB.
- LG - Step playside, cut off far LB.
- C - Scoop.
- RG - Scoop.
- RT - Scoop.
- SE - Stalk corner.
- LH - Quick Pitch relationship.
- RH - Motion, Stalk first man outside tackle.
- FB - Fake 21 Trap.
- QB - Quick pitch, fake handoff to FB.

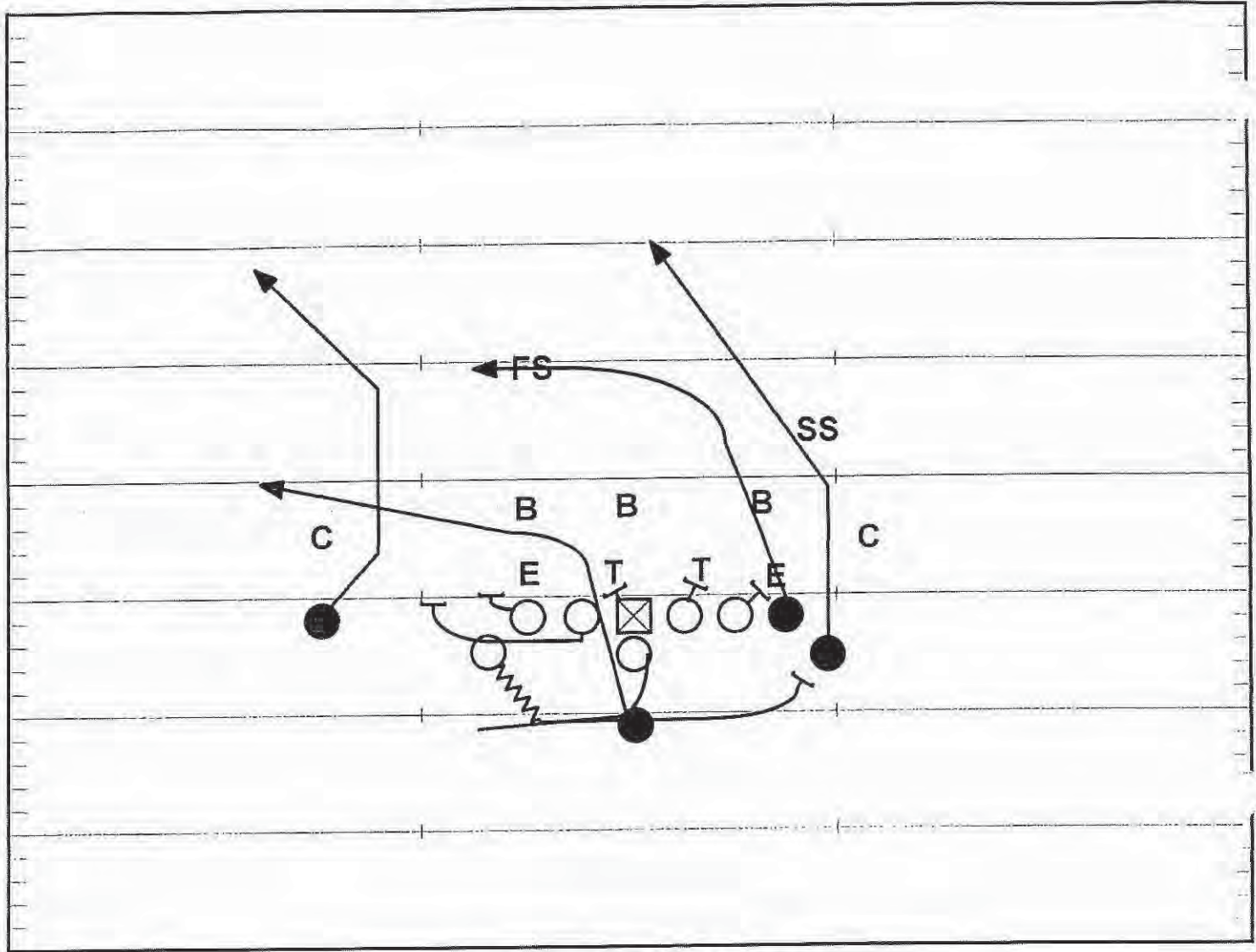
82 Draw



Schemes - 82 Draw

- TE - Release outside, stalk outside LB or SS.
- LT - Pass set, block first man head up or outside.
- LG - If covered, block to outside. If uncovered work with center on LB.
- C - Work with LG. Block nose and backside LB.
- RG - If covered, block man to outside. If uncovered, block nose.
- RT - Block first man head up or outside.
- SE - Stalk.
- LH - Release, stalk FS.
- RH - Lead, block near LB.
- FB - Stand up. Get hand off, find daylight.
- QB - Drop straight back, hand off ball, continue drop.

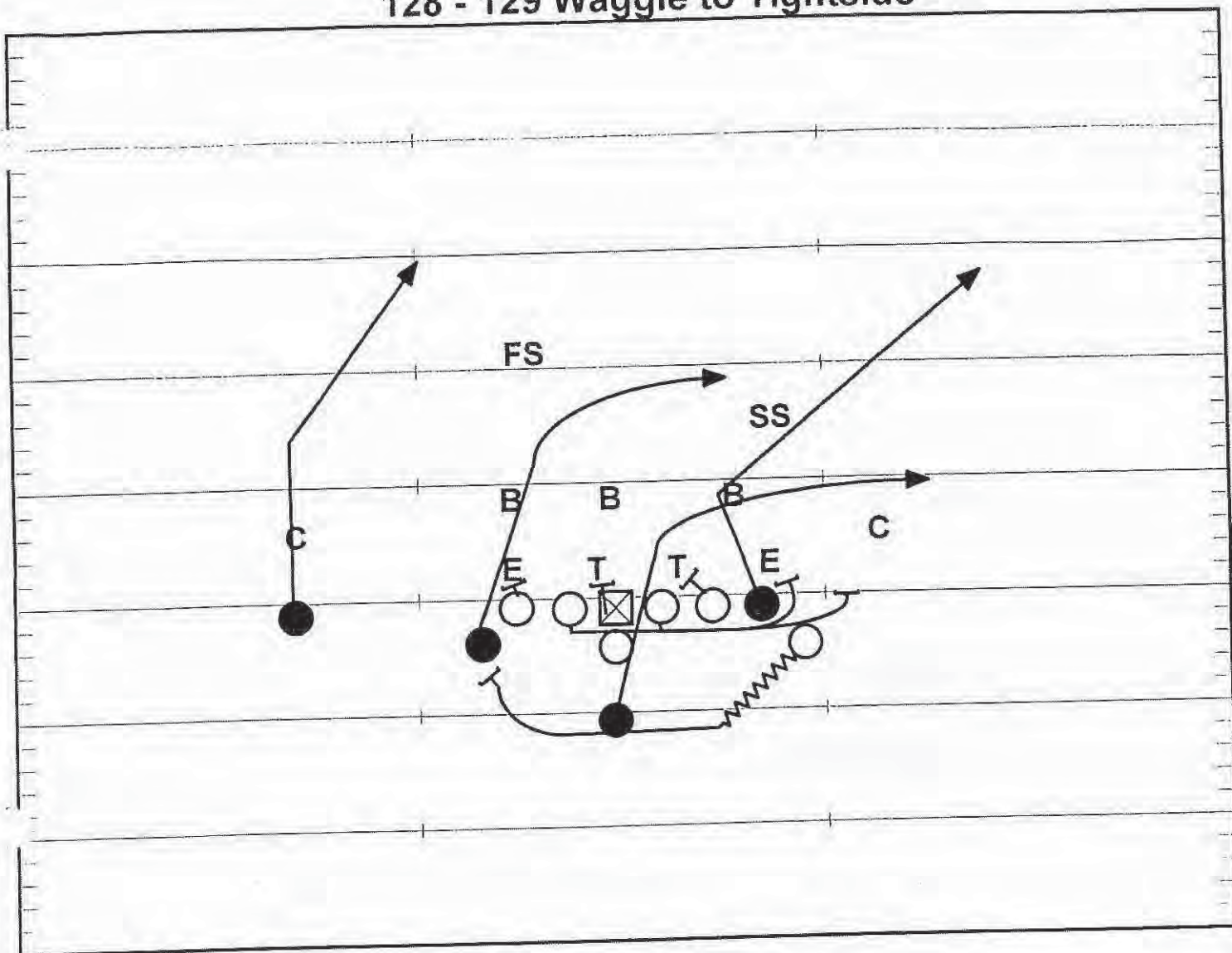
128 - 129 Waggle to Splitside



Schemes - 129 Waggle

- TE - Sprint to opening at 10 - 12 yards. Find hole and sit down.
- LT - Block on, or cross if guard is covered.
- LG - If uncovered pull and hook DE. If DE penetrates, let him go and block next man.
If covered block on or cross with LT.
- C - Reach, on, backside.
- RG - Pull, kick out penetrating DE. If covered, and there is an "eagle" call, block on.
- RT - Pull check.
- SE - Run corner route.
- LH - Motion, fake sweep. Block backside.
- RH - Run post, split CB and FS.
- FB - Give up midline, aim for left foot of C. Block blitzing LB, if possible release to flat at 4 -5 yards.
- QB - Stay on midline, fake sweep, run if open. If there is penetration set up and throw.

128 - 129 Waggle to Tightside



Schemes - 128 Waggle

TE - Flag

LT - Pull check

LG - Pull, kick out penetrating DE. If covered, and there is an "eagle" call, block on.

C - Reach, on, backside.

RG - Pull and hook DE. If DE penetrates, look for scrape LB.

RT - Gap, down, on.

SE - Deep post.

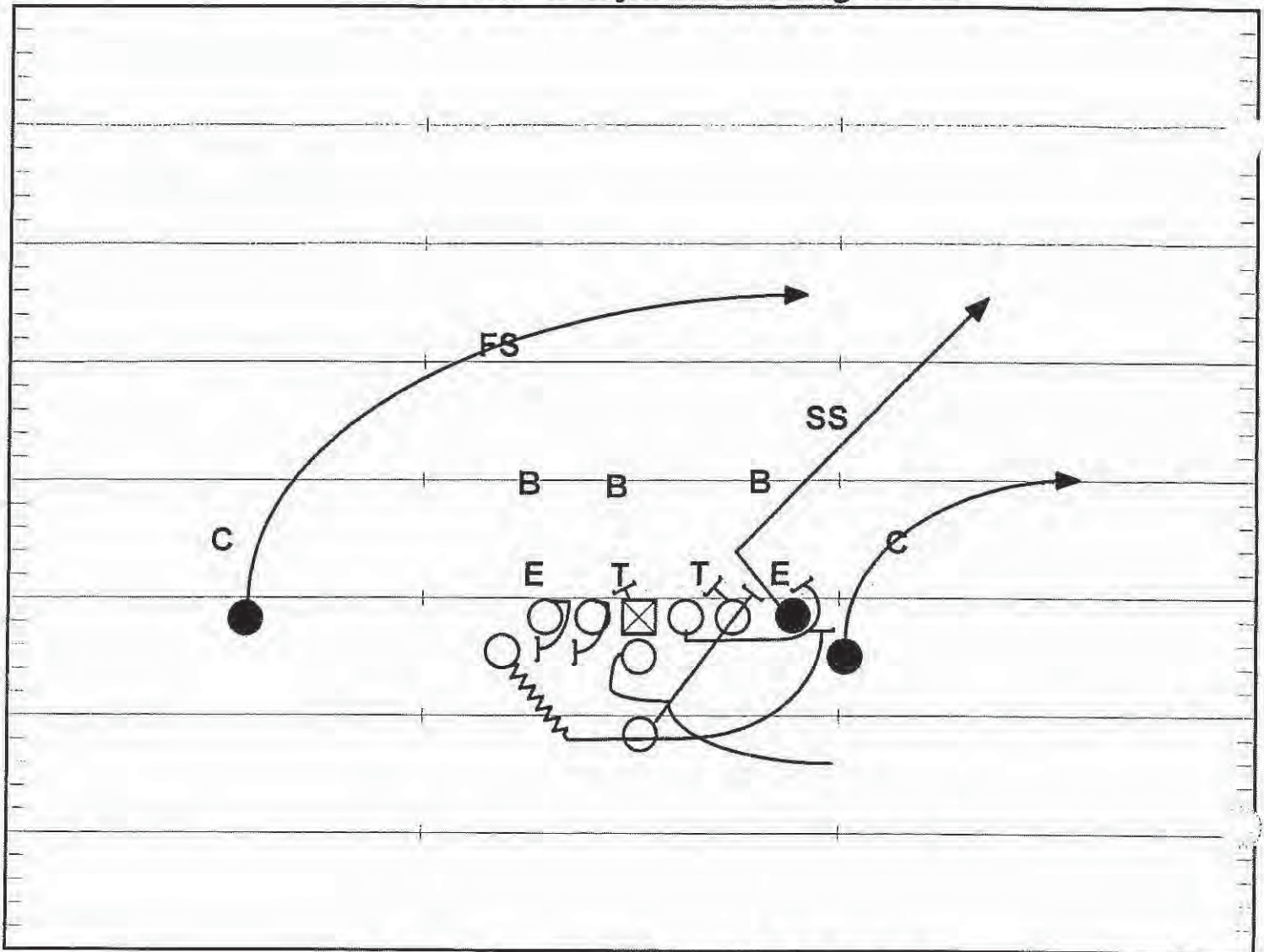
LH - Sprint to opening at 12 - 15 yards. Find hole and sit down.

RH - Motion, fake sweep, block backside.

FB - Get off midline, dive for right foot of center. Block blitzing LB, if possible get to flats at 4 - 5 yards.

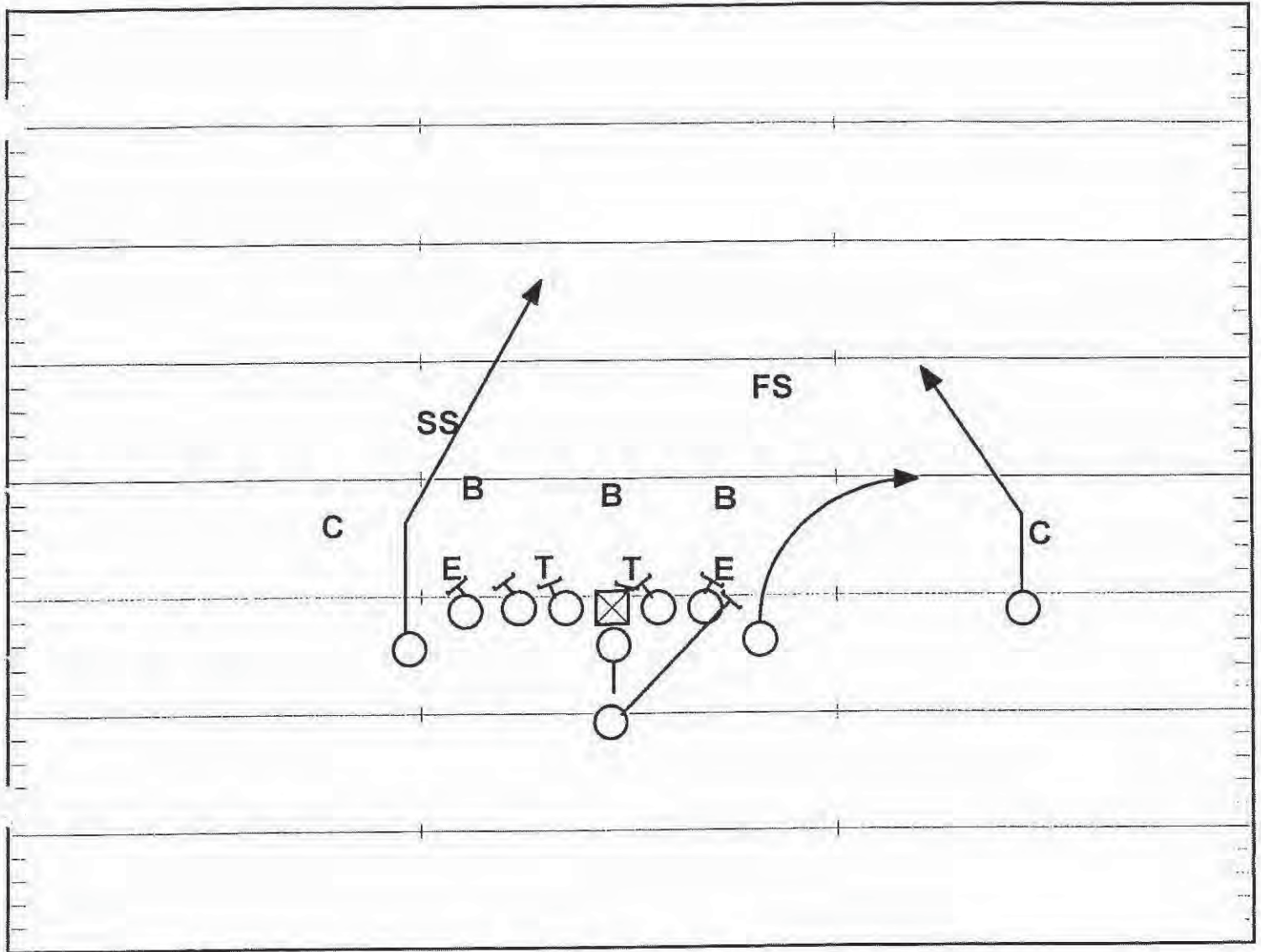
QB - Stay on midline, fake sweep, run if open. If there is penetration, set up and throw.

136 - 137 Belly Pass to Tightside



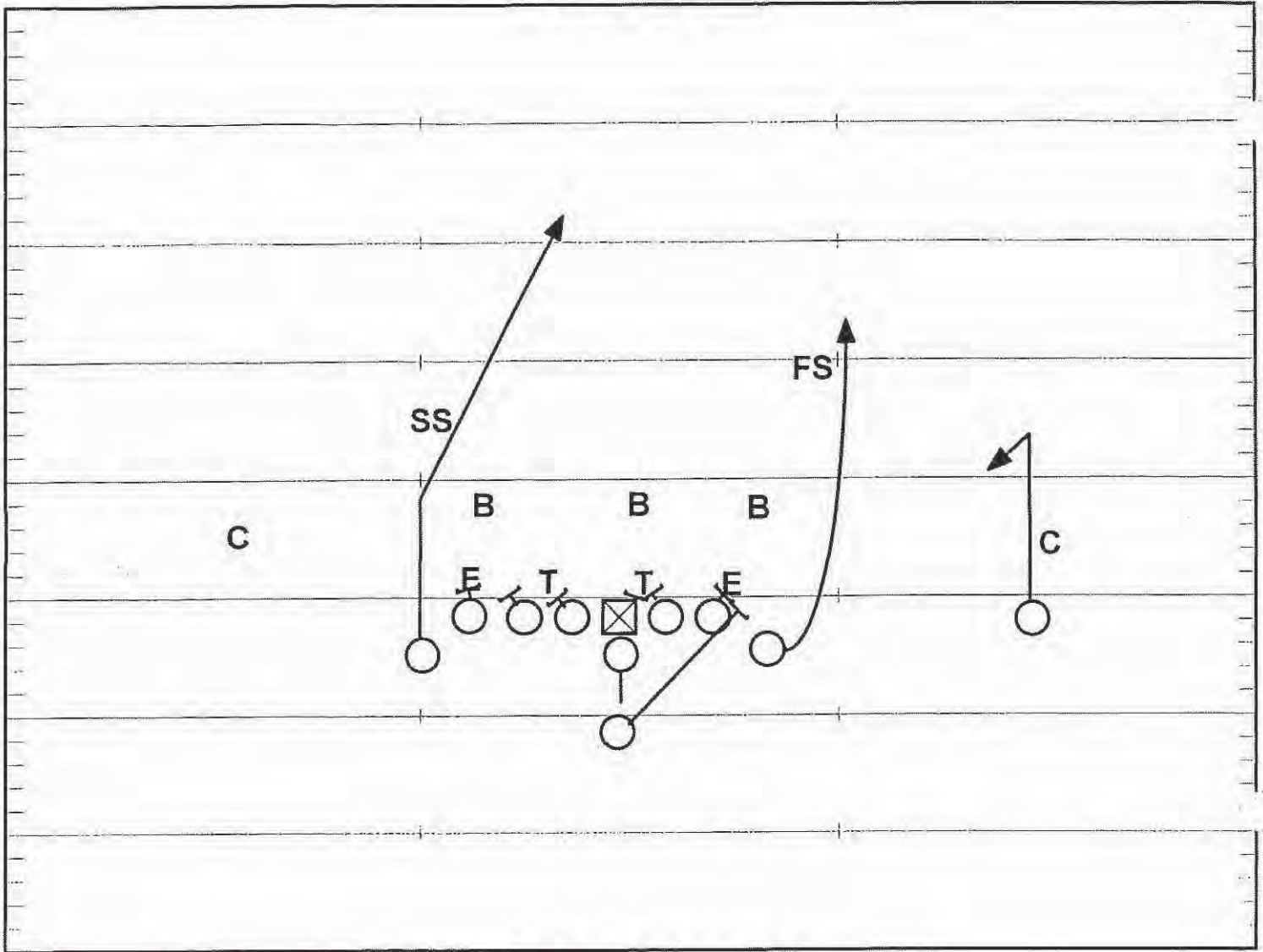
Schemes - 136 Belly Keep Pass

- TE - Release inside and run seam route between C and SS.
- LT - Step and cup.
- LG - Step and cup.
- C - If covered, block on. If uncovered, check blitz.
- RG - Pull and log DE.
- RT - Block down.
- SE - Run drag at a depth of 12 - 15 yards.
- LH - Motion, block first man outside tackle.
- RH - Step down and run to flat at a depth of 4 yards.
- FB - Fake Belly then look for someone to block. If no one shows, curl up.
- QB - Fake Belly and sprint outside. Throw off 6th step whe going right, 5th step when going left.



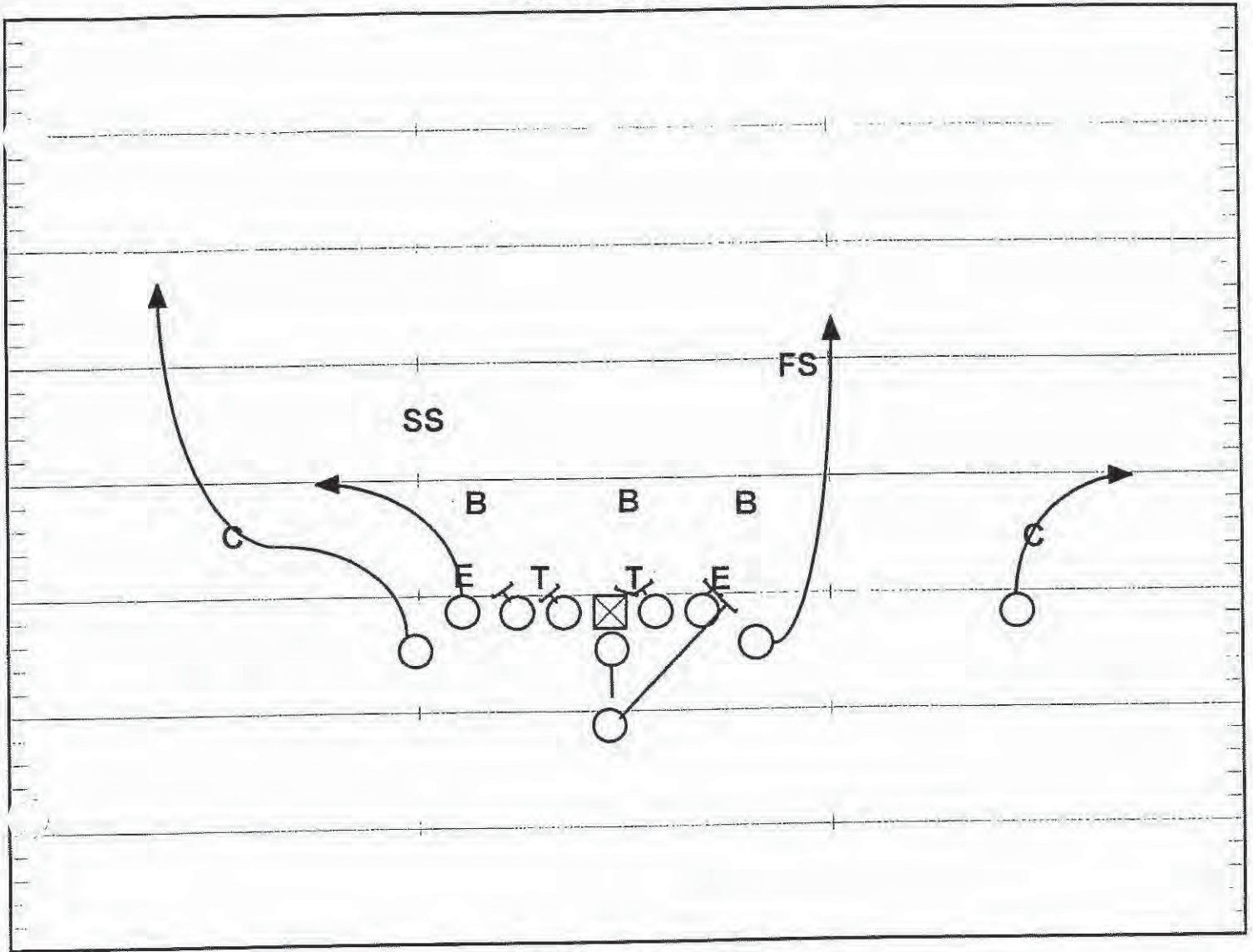
Schemes - 390

- TE - 300 Protection.
- LT - 300 Protection.
- LG - 300 Protection.
- C - 300 Protection.
- RG - 300 Protection.
- RT - 300 Protection.
- SE - Run slant.
- LH - Backside: run post. Playside: run speedout.
- RH - Backside: run post. Playside: run speedout.
- FB - 300 Protection.
- QB - 3 step drop.



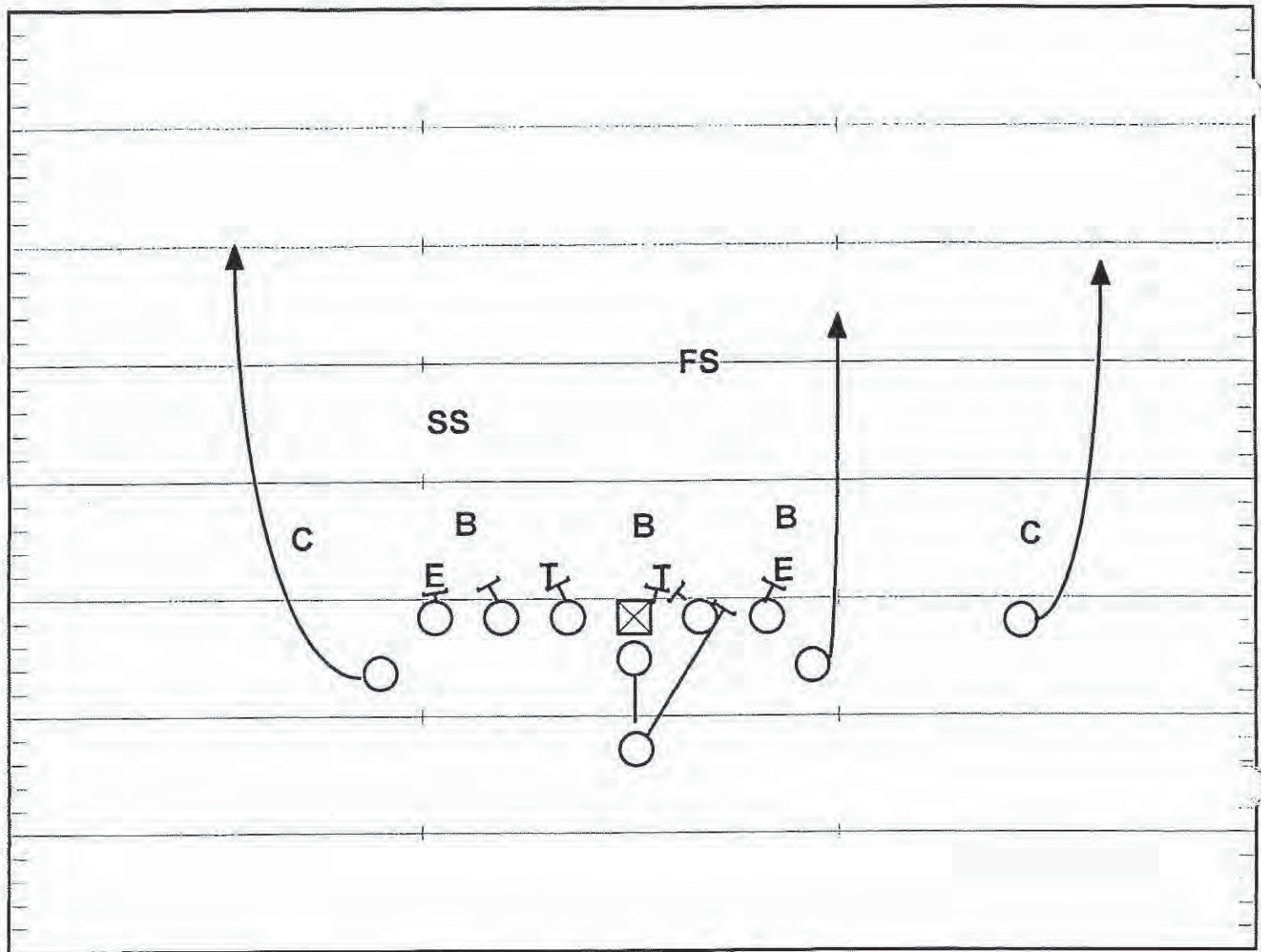
Schemes - 392

- TE - 300 Protection.
- LT - 300 Protection.
- LG - 300 Protection.
- C - 300 Protection.
- RG - 300 Protection.
- RT - 300 Protection.
- SE - Run stop.
- LH - Backside: run post. Playside: run seam.
- RH - Backside: run post. Playside: run seam.
- FB - 300 Protection.
- QB - 3 step drop.



Schemes - 394

- TE - Playside, run arrow. Backside, 300 protection.
- LT - 300 Protection.
- LG - 300 Protection.
- C - 300 Protection.
- RG - 300 Protection.
- RT - 300 Protection.
- SE - Run speedout.
- LH - Playside, run seam.
- RH - Backside, run wheel route.
- FB - 300 Protection.
- QB - 3 step drop.



Schemes - 398

TE - 300 Protection.

LT - 300 Protection.

LG - 300 Protection.

C - 300 Protection.

RG - 300 Protection.

RT - 300 Protection.

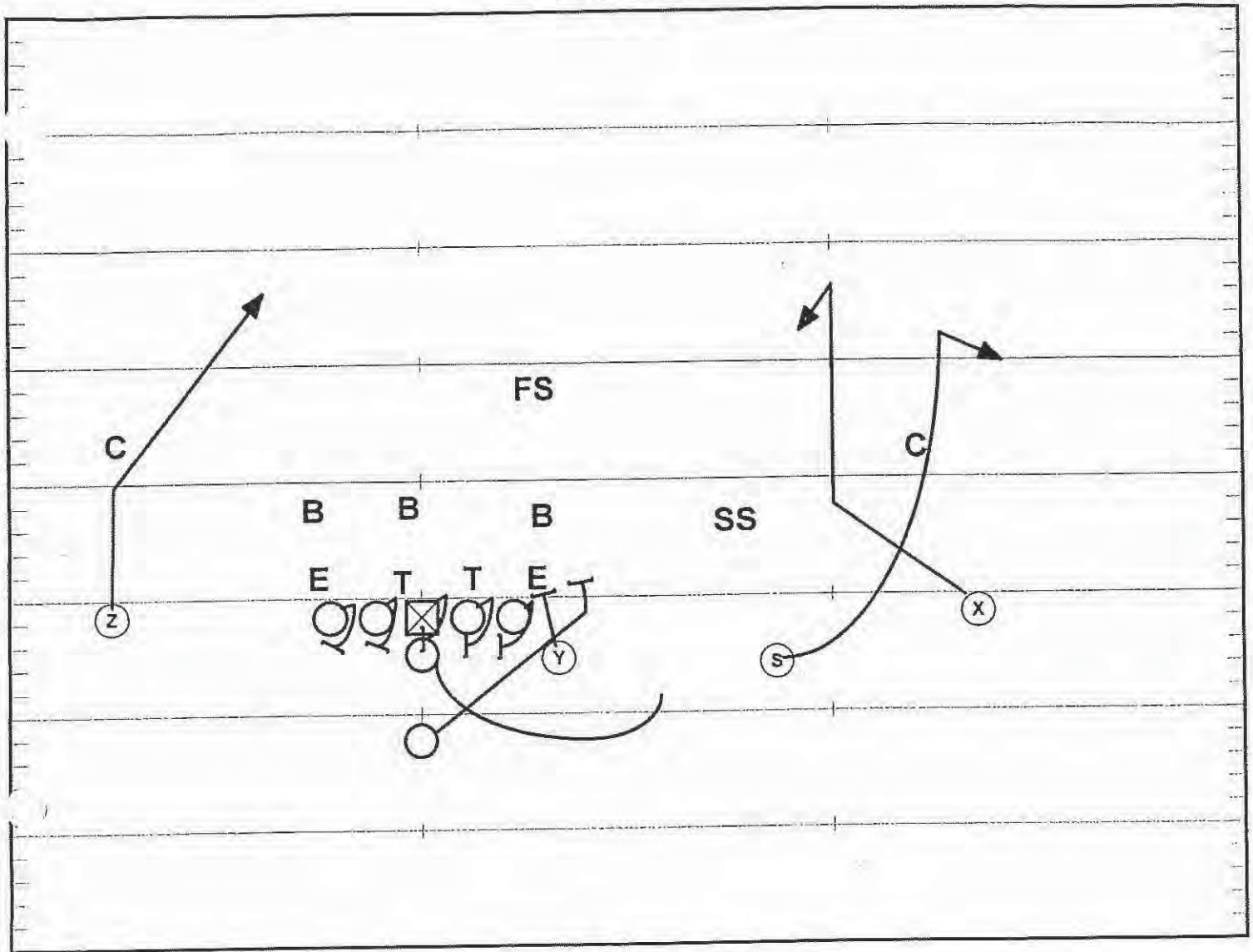
SE - Run fade.

LH - Backside: run go route if you are the widest receiver. If inside receiver run seam.

RH - Playside: run seam.

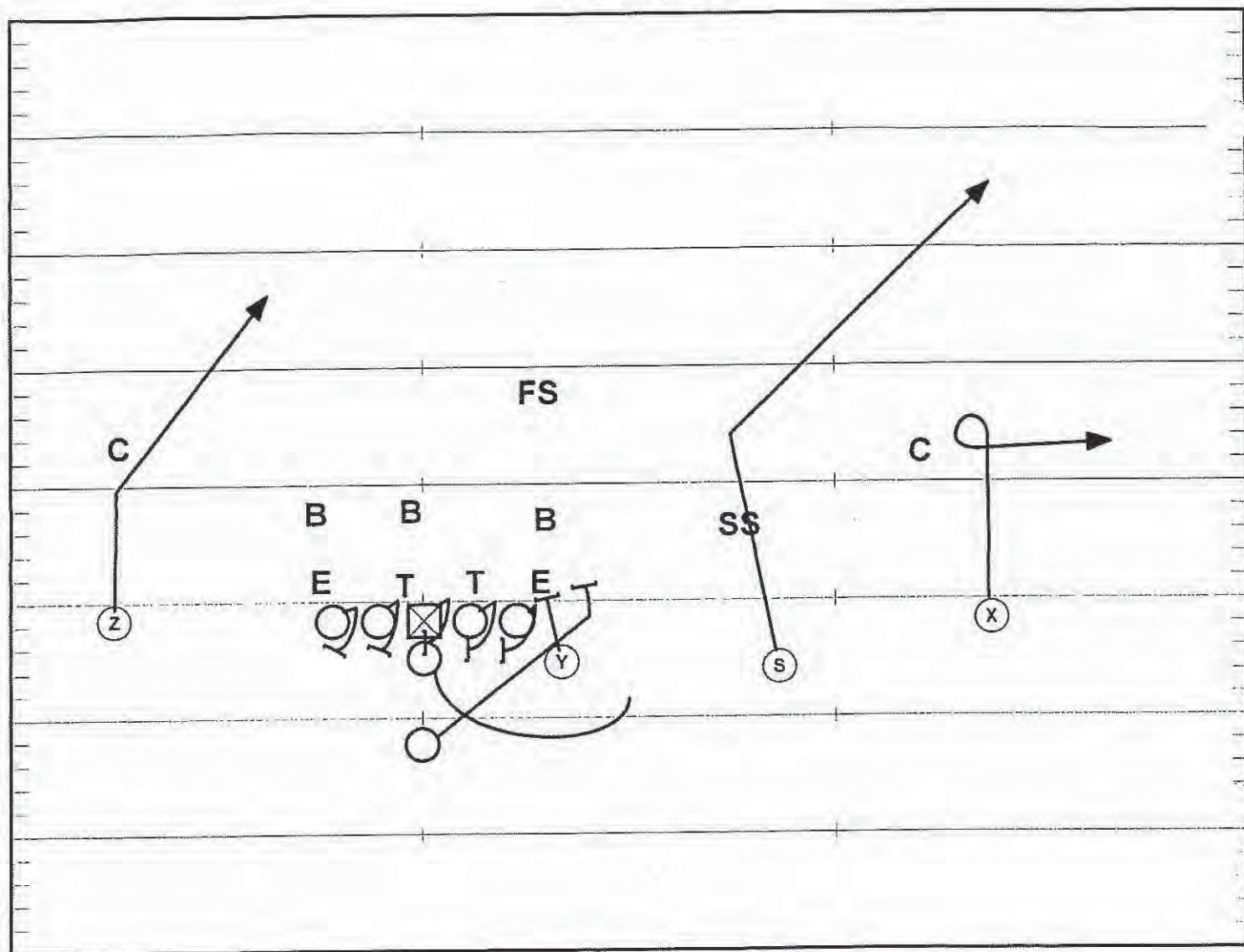
FB - 300 Protection.

QB - 3 step drop.



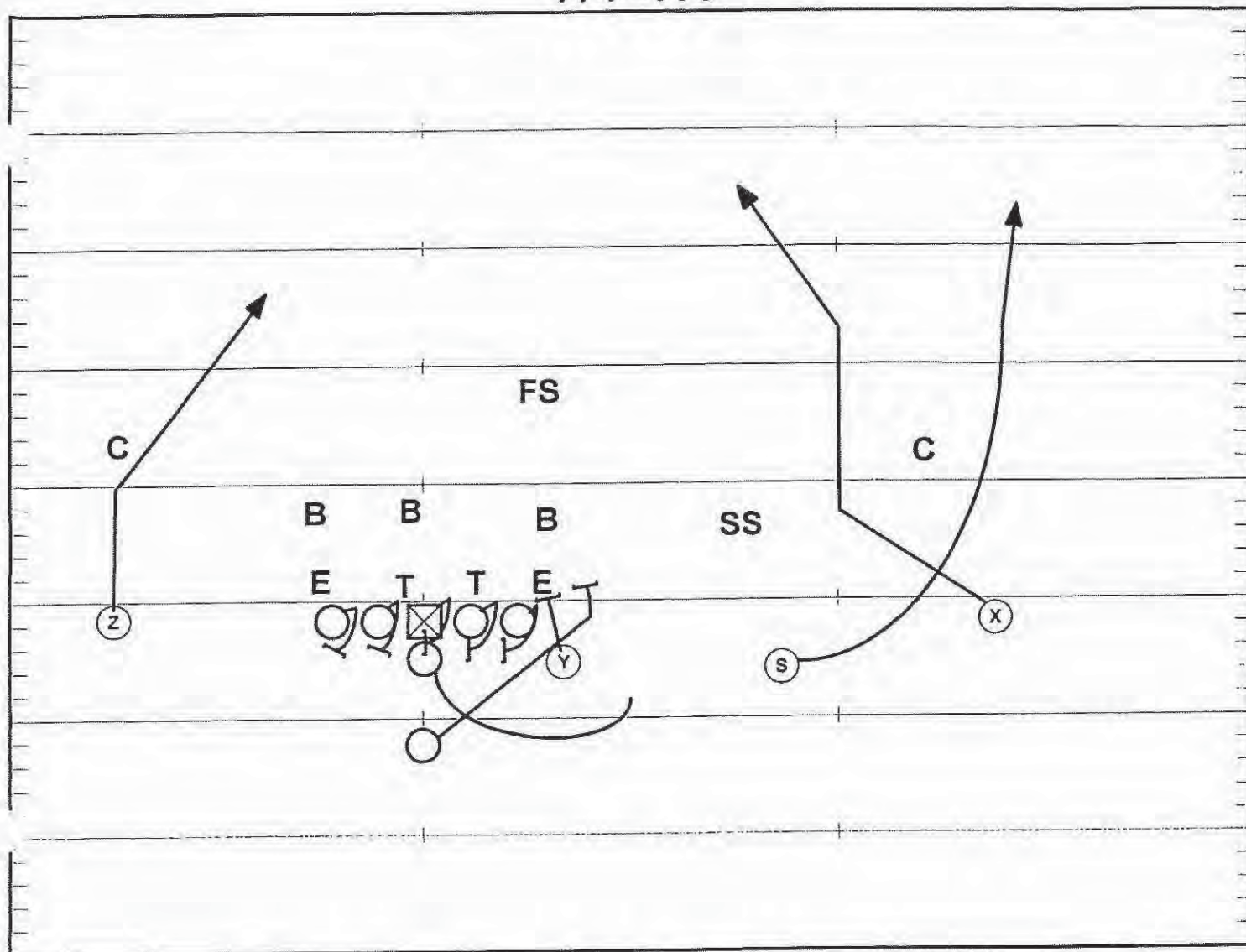
Schemes - 770

- TE (Y) - Block down.
- LT - 700 Protection.
- LG - 700 Protection.
- C - 700 Protection.
- RG - 700 Protection.
- RT - 700 Protection.
- SE (X) - Run comeback at 13 yards.
- LH (Z) - Run post.
- RH (S) - Run 11 yard out
- FB - Seal flank.
- OB - 7 step sprintout.



Schemes - 772

- TE (Y) - Block down.
- LT - 700 Protection.
- LG - 700 Protection.
- C - 700 Protection.
- RG - 700 Protection.
- RT - 700 Protection.
- SE (X) - Run revert at 8 yards.
- LH (Z) - Run post.
- RH (S) - Run flag at 18 yards
- FB - Seal flank.
- QB - 7 step sprintout.



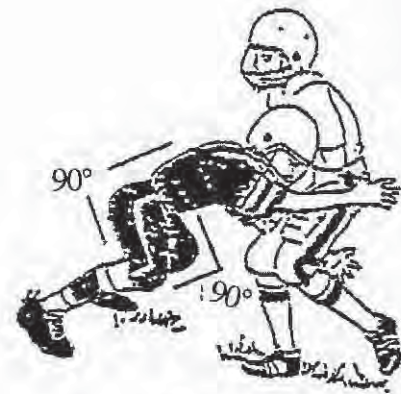
Schemes - 774

- TE (Y) - Block down.
- LT - 700 Protection.
- LG - 700 Protection.
- C - 700 Protection.
- RG - 700 Protection.
- RT - 700 Protection.
- SE (X) - Run post at 13 yards.
- LH (Z) - Run post.
- RH (S) - Run wheel.
- FB - Seal flank.
- QB - 7 step sprintout.

1. Tackling

A. Form

- 1) Face UP (See what you hit!).
- 2) Shoulder on numbers.
- 3) Ear hole on ball.
- 4) Wrap up with thumbs up.
- 5) 90° hips/knees drive through the ball carrier.
- 6) Stay under the runner's helmet.



Correct Stance

B. Head-On Tackling

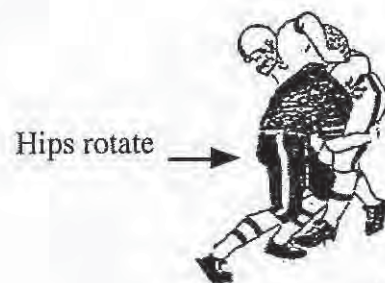
Walk through these drills. Progress to half speed.

Form is Important

- 1) Maintain a wide balanced stance.
- 2) Keep feet moving (choppy steps).
- 3) Come under control; don't overrun the target.
- 4) **Don't dive!** Keep head up, back arched, knees bent.
- 5) Stay below runner's helmet.
- 6) Head slides to outside of target before contact.
- 7) Drive shoulder into runner's numbers.
- 8) Rotate hips through and drive your legs.
- 9) Wrap up and pull the runner toward you.



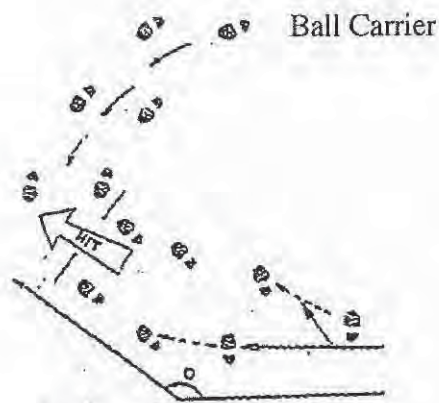
Shoulder drives into runner's numbers



Wrap up and pull feet of runner toward you

C. RT/LF Angle

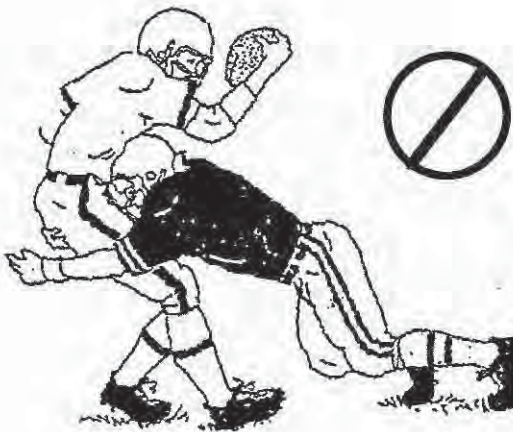
- 1) Stay under control and ready to move in a new direction.
- 2) Come in at cut-off angle.
- 3) Stay low in your best hitting position.
- 4) Drive head in front of ball carrier's numbers.
- 5) Drive shoulder through runner and wrap up.
- 6) Pull runner toward you as your feet and legs drive on.



Angle of Pursuit



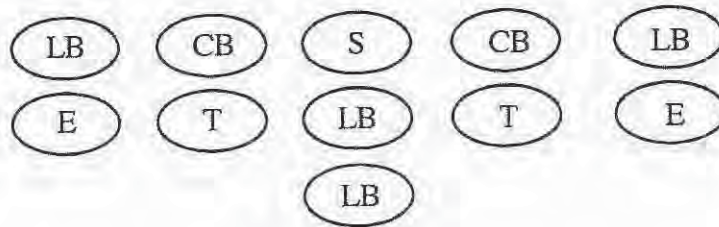
*Tackler
(first steps/no crossover)*



**DANGEROUS
DO NOT DO THIS!
SERIOUS INJURY POTENTIAL**

2. Defensive Huddle

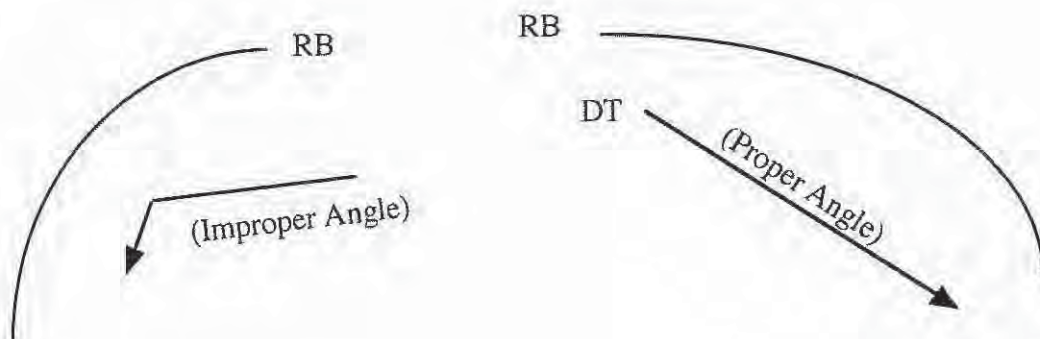
Our defensive huddle is two rows of five players facing the signal caller who's usually the linebacker. Front line has hands on knees, back line stands erect. When signal caller steps up to call the defense, the huddle becomes **QUIET**. When the call is made, the caller says, "Ready — Break." On "Break," everyone claps hands and takes his position.



3. Pursuit Drills

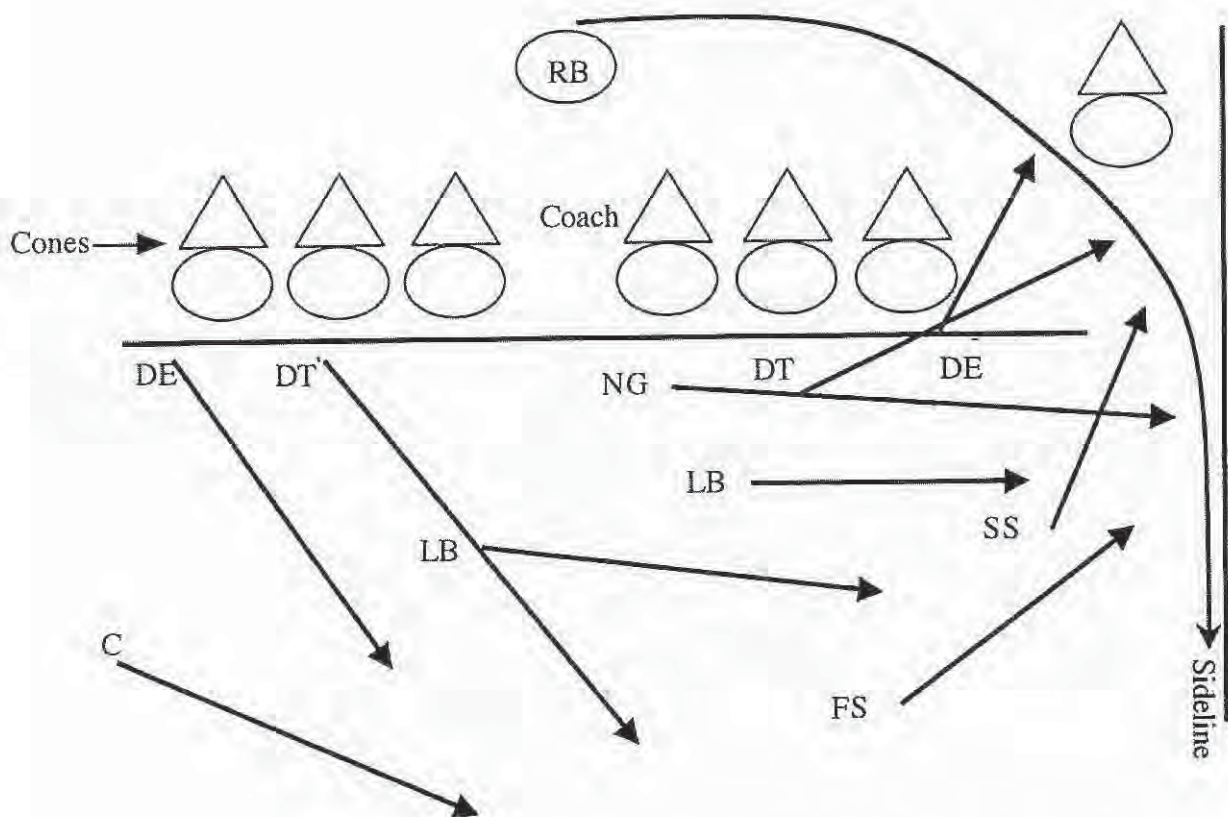
A. Individual Pursuit

Defensive practice should always include some sort of team pursuit drill. Pursuit is vital for a successful defense. Eleven men swarming to the ball at proper angles will frustrate and stop an opponent's offense. After a player gets in a proper stance and alignment and makes an initial move, they must react and find the football. A proper pursuit angle is extremely important to a great defense and must be practiced daily.



B. Three-and-Out Drill

A great way to get the whole defense hustling and taking proper angles as well as checking stances and initial moves is the team pursuit drill (3-and-Out drill). Line the players up in your defense (after breaking huddle) and coach can play QB facing the players. You can set cones up representing an offense to check alignments. As you are barking signals you can also check their stances.

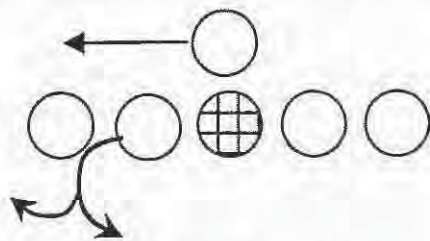


Coach snaps ball and tosses to a RB who heads toward the sideline. Players take initial move, then get into proper pursuit angles. When they get to the RB, they tag him and run behind him until all the players tag him. After the last man tags him, the coach blows the whistle and they stop in a huddle and chop feet (run in place). When the coach blows the 2nd whistle they sprint back to the coach and huddle up. If they looked good and hustled, tell them 2nd and 10; if they did a poor job, 2nd and 2. After 3rd down they can be done or they can do three more if no effort was shown. You can throw an interception on 3rd down and let them run it back for a touchdown.

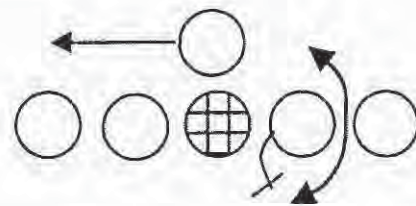
4. Defensive Line Fundamentals

A. Defensive End

- 1) Come across the LOS at snap of ball.
- 2) Protect your outside arm.
- 3) Left end
 - a) First step right foot.
 - b) Drive the right forearm under the chest of the blocker.
- 4) Raise the blocker and stuff him inside.
- 5) Fight through pressure.
- 6) Don't get hooked (if wing blocks down, fight through pressure).
- 7) Shed the block and move to the ball (pursue).



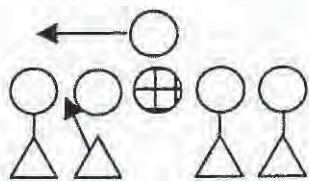
Fight through pressure



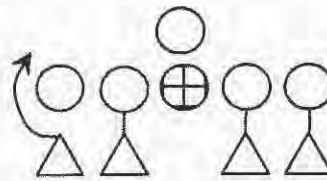
Never go around pressure

The rules do not allow stunts or blitzes by groups of linemen or linebackers. However, a line charge by a down lineman can and should be varied depending on the pre-snap reads and various field locations. A down lineman can fire out straight ahead or at the blocker's shoulders (right/left). In 6th and 7th grade, one lineman can rush the gap or loop at a time as part of his team's defensive strategy.

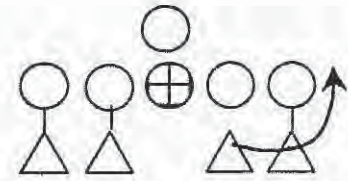
The following illustrates a slant, DE loop and DT loop.



A gap rush by left DT



A loop by right DE



A twist by right DT

Techniques Against Specific Blocks

1. If point blocker blocks down and the defensive lineman feels no pressure, a trap block is likely. DL steps down closer to the down block, shallow penetration and meets the trap block with his outside forearm under the blocker's shoulder pad.
2. Defending the double team is important for the down lineman to perfect. Taking on one blocker vs. two, splitting the double team with quickness and footwork, dropping to the ground and making a pile, and spinning out of the block are basic techniques that are effective against the double team. If the down lineman can occupy the double team, the defense has gained the edge over the offense. Even though you may not be able to make the tackle yourself, you will have given another player on your team the chance to make an open tackle.
3. The **reach or hook block** is easily neutralized by charging through the blocker's helmet. Remember, the OL will always try to get their helmets between the running lane and the tacklers. Go with the blocker's lead step and come across through the blocker's helmet and shoulders.
4. Defeating the lead block by a back is difficult because the DL often does not immediately see the back on his initial read. Because the DL is generally bigger than the back, some of the initial advantage of the block is lost. Meet the blocker low under his pads, get rid of the blocker and move to the ball carrier. The back may also be a part of a double team block as well as a scrape blocker. Defeat his charge, and you may have freed up your linebacker to make the tackle.
5. DL should be aware of blocking progression. Pre-snap reads should tell the defender who might block on him. Post-snap reads will confirm the blocking scheme. Get in the habit of ranking the blockers according to the progression of the offense.
6. Pass rushing techniques are numerous and effective depending on the quickness and skill of the various down linemen. The **bull rush** is the first and most widely used in youth football. The **jerk and pull** is a step up in difficulty. The **rip and run** is another progression of the pass rush. Wrist, arm and shoulder clubs work well with younger players. Slips, twists, and swims are also effective as well as fun when practiced with your team as part of a total defensive strategy. The section on pass protection strategy contains specifics on the mentioned techniques.

B. Defensive Tackle

- 1) Charge the opponent at the snap of the ball.
- 2) Right tackle — first step with left foot.
- 3) Left tackle
 - a) First step with right foot.
 - b) Drive right forearm under the chest of blocker.
 - c) Raise blocker up with forearm and shoulder.
 - d) Keep blocker's head inside.
 - e) Always fight through pressure.
 - f) Occupy and neutralize the double team.
 - g) Move toward the ball (pursue).

C. Pre-Snap Keys

- 1) Identify the offensive formation.
- 2) Locate the uncovered linemen or wings.
- 3) Check offensive line splits.
- 4) Look into backfield for clues. Progression:
 - a) QB
 - b) FB
 - c) HB
 - d) Wing
 - e) Flanker
- 5) Understand what the opponent tries to do in various downs and distances.

D. Post-Snap Reads

- 1) If a man attacks, step up and meet the block, plug the hole.
- 2) If your down lineman is doubled, attack the area.
- 3) Pulling lineman, go with him.
- 4) Fold blocking, step up and turn to the trap man.
- 5) Pass blocking, drop to pass coverage zone.
- 6) Try to read the NSB first step only.

Post-Snap Reads (continued)

- 7) NSP read only good if opponent doesn't cross its backs.
- 8) If opponent does cross its backs, the MLB reads the far back.
- 9) If opponent uses I formations, MLB reads either back.
- 10) A read through a lineman to a back is most advanced but difficult.

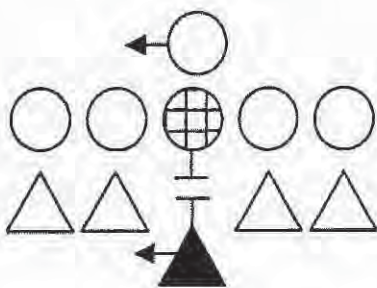
E. Reads

- 1) Attack the primary blocker, don't get form fit.
- 2) Fight through pressure (split a double team or spin out).

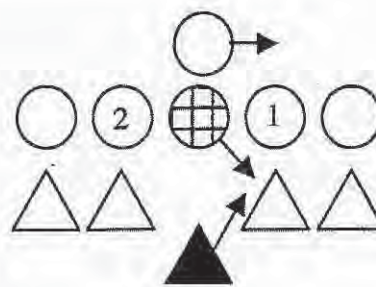
5. Linebacker Fundamentals

A. Middle Linebackers

- 1) A semi-erect stance, feet parallel, knees flexed.
- 2) Able to move in any direction.
- 3) Hands up, ready to fend off a blocker.
- 4) Lateral movement — stay in the hitting position. Never cross feet.
- 5) MLB turn and run only on outside quick play.
- 6) Be run ready — step up and meet the OL block.
- 7) When the center blocks down, step up and look for the cross block.
- 8) Read QB . . . if he opens to play side, lateral step with him.
. . . if he reverse pivots, go opposite direction (scouting reports).
- 9) If you see crossing action in the backfield and center blocks away, step up to LOS so trap blocker can't locate you.
- 10) Pursue outside action with good cut off angles; contain needs your help.



QB opens to play side; move laterally with him.

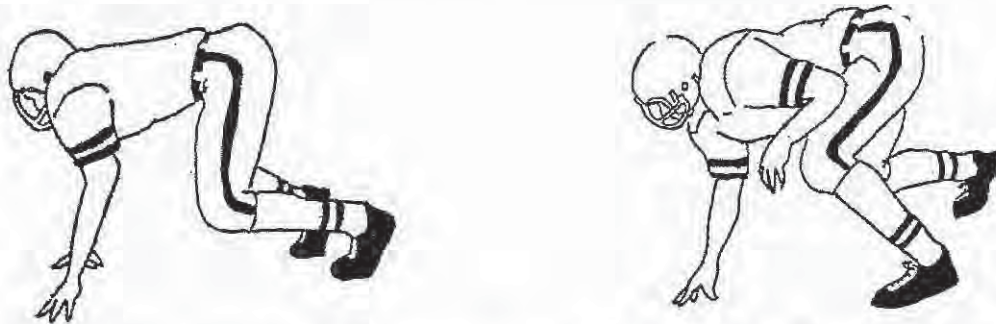


Rank likely blockers; close inside holes quickly.

B. Outside Linebackers

- 1) A semi-erect stance, hands ready to fend off blocker.
- 2) Able to move left or right, never get turned in or hooked.
- 3) Check the offensive alignment — know what plays can be run at you.
- 4) Play the drive block by stepping with inside foot, meet the block with inside forearm and shoulder, and keep your outside arm free.
- 5) Control the LOS, don't get driven back or turned in.
- 6) Pursue outside runs from inside out, take a good cut off angle.
- 7) Play the reach block by stepping laterally with blocker.
- 8) If your point man blocks down, step up inside looking for a pulling lineman or lead blocker.
- 9) OLB should check the flow of the backs and the depth of the pulling OLB to determine where the play would like to go.
- 10) Play the crossblock by pushing the outside blocker down and stuffing the hole.
- 11) The kickout block must be played with the inside shoulder and forearm keeping contain on the wide play as help will come from inside pursuit.

C. Defensive Stances



Three-Point Down Lineman

Four-Point Down Lineman

- | | |
|---------------------------------------|---------------------------------------|
| ✓ Feet spread to shoulder width | ✓ Feet spread to shoulder width |
| ✓ Knees bent 90° | ✓ Knees bent 90° |
| ✓ Legs coiled ready to attack | ✓ Legs coiled ready to attack |
| ✓ Hips slightly lower than shoulders | ✓ Hips level with shoulders |
| ✓ Reasonable amount of weight forward | ✓ Weight forward equal left and right |
| ✓ Ground hand open | ✓ Ground hand open |
| ✓ See the ball | ✓ See the ball |
| ✓ Recognize the attackers | ✓ Recognize the attackers |
| | ✓ Fire out low |

Defensive Stances (continued)



Linebacker

Semi-erect
Feet shoulder width apart
Outside foot dropped back slightly
Perfect balance
Able to move in any direction
Arms loose, hands open

Semi-erect to upright
Feet shoulder width apart
One foot dropped back slightly
Good balance, able to move in any direction
Arms hang down from shoulders
Look at the entire offensive formation
Read pre-snap keys



Defensive Back

6. Defensive Back Fundamentals

A. Pass Defense

Most pass plays at the youth level are play action or sprint out series. Unfortunately for the defensive back, these action plays are among the most difficult to defend. If you commit to the run too soon, the QB will see the receiver break open on the outside and throw over the DB downfield. If the DB reads the pass too long, it may be difficult to turn the run back. The DB and LBs must work together as a unit to provide effective pass defense. The backside DB and offside LB must rotate over to help the playside DB. The short out patterns are not as difficult to cover as are the slants, posts, fades, and curls thrown off play action.

B. Man-On-Man Secondary Coverage

Each eligible receiver on the offense is covered by a defender. LBs must get in this coverage scheme.

- 1) The pass defender lines up closer to the receiver at pre-snap (2 to 5 yards off LOS).
- 2) Look through the receiver to the ball.
- 3) Move with the receiver, keeping him slightly inside of you.
- 4) When the ball is thrown, leave your man and go to the ball.
- 5) Backpedal at the snap, run with the receiver using a crossover step as a transition.
- 6) When running with the receiver and your back to the QB, look at the receiver until he looks for the ball.

An added dimension to the man-on-man coverage is the bump and run. The DB lines up close to the LOS, head up on the receiver. When the ball is snapped, the DB moves to the receiver and makes contact, trying to delay or disrupt the pass pattern. Once the receiver breaks past five yards downfield, the DB can no longer make contact with him. The bump and run technique is an advanced skill that requires speed, strength and great reaction time. It can be used effectively when you know that the offense will throw and that they need yardage to get a first down (3rd and 15).

C. Zone Pass Defense

- 1) All secondary players have a cover area rather than a receiver.
- 2) Keep receiver in front of you in the zone.
- 3) Pass an eligible receiver to the next zone. **Don't follow him!**
- 4) DBs look to the QB for keys as to where the ball will be thrown.
- 5) Once the ball is thrown, move to it.
- 6) You may have more than one receiver at a time in your zone.
- 7) Your zone will move as the play develops.
- 8) Pressure from the DL is essential in order to play effective zone defense.
- 9) Make certain you can tackle the receiver in front of you when he makes the catch.
- 10) Again, read through the receiver into the backfield to give you the edge.

D. Defensive Keys

- 1) Identify the formation.
- 2) Note the eligible receivers.
- 3) Be aware of down and distance and wide side of field.
- 4) Think pass until run develops.
- 5) QB and football are primary keys.
- 6) Also, key the backs as you look through the football.
- 7) On pass, QB will look right where he is throwing — read the QB's eyes.
- 8) Communicate with your teammates.
- 9) Be aggressive. Don't be afraid to make a mistake!