

Grand Prairie Senior Raider Playbook

Edition 2003

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Chapter 1 – The Philosophy of the System

Our double-wing system is a little different from the classic Wyatt or Markham systems. I have worked on tailoring this offense for kids and feel that the system itself is pretty easy for kids to not only understand but to execute as well. I have also found that the double-wing is easily adaptable to any type of youth league whether it is weight restricted or backfield/line restricted. This year I have taken lessons learned from the last five seasons running the system, watching the younger age group coaches, and listening to other coaches that run the system and tried to correlate this into one effective system that any of our coaches could apply to their team and have success with it. Our main emphasis is always on the fundamentals first; stance, breakdown stance, explosion, blocking, handing the ball off (or tossing), running with the ball, faking, passing, and catching. All of these are important for an offense to be successful and has to be reinforced at each practice.

Some Key Points to our System:

- 1) We want to run the ball using power and deception. We do this with three base plays out of various formations to take advantage of what the defense is showing us. We excel in these three plays as they allow us to branch out to other plays that feed off of the base system.
- 2) We will use misdirection, play action passing, and a perimeter passing game to attack defenses that over pursue or over defend our base offense.
- 3) Keep our system simple and try to paint a mental picture for our players to follow as we teach each formation, play, and scheme to them.

The Base Offense:

- 1) To tailor our offense for young players we base it on three core plays from which we derive our complete offensive playbook, the Wedge, the Super Power/Power, and Counter. We utilize numerous variances from these core plays to counter the defensive reaction.
- 2) At the youth level it is very important that you have a play that you can always go to that will sustain the drive. When a coach first starts installing this offensive system the first play to master is the wedge as it will get you through the lean times while the team learns the nuances of the other two plays. As they master the other two plays and become more proficient with this system their dependence on the wedge decrease but not be eliminated. The Wedge provides you with the ability to settle your offense and drive down the field as they gain confidence in themselves if something goes wrong or you need to calm the team down.
- 3) Wedge is a simple teamwork play that is a portion of our power offense. It is based on the old single wing wedge. In our system we always have the center be the focus of the wedge unless we are in one particular formation and then it goes to the play side guard. Either way this play is about your line working as one unit driving one or two guys off the ball as the running back gets in behind the wedge. There are many ways to run this play and we have several variations that we use.
- 4) The Superpower or power is the other portion of our power running game. Where the wedge is power in the middle the Super Power and Power are power plays at the edge of the offense or the classic off tackle hole. We have several ways to adapt this play to the defense that is being run at us; this allows us to run our base offense even while the defense adjusts to stop it.

- 5) The counter play is our main misdirection play against the defense when they start to over react to the super power/power. We have other misdirection plays but this play is the heart of our misdirection and it allows us to attack a defense that is looking to stop or super power/power with over pursuit from the backside.
- 6) The double wing uses all of these approaches to good effect to create an offense that couples power, misdirection, and good play-action passing game into one system that creates as much confusion in the defensive backfield as possible. The play action pass must be off actions the defense will see a lot and you are going to be successful at. So we use actions off the wedge, super power/power, and counter to force the defense to defend run as we pass. This reduces the pressure on the passer and receiver and allows us the cushion we need to succeed at completing the passes we throw.
- 7) The key to this offense is to know what the defense is doing and then attack it with the understanding of what will work against it.

Offensive Goal for Success:

Our league uses 8-minute quarters and a running clock after you are 30 points ahead of your opponent. This means that you don't have a lot of time for multiple series. The truth be told on average we have 2.5 series per quarter which means we have a total of 10 series all together before the game is over. I have used entire quarter to drive the ball down the field on numerous occasions and I have also scored on the first play as well. The key to a good offense is having a consistent drive that eats up the clock and scores. With that in mind we strive to score 14 points a half. That takes into consideration two touchdowns and one two-point conversion per half since we never go for a 1-point PAT. If you can do that with 8-minute quarters you will win the majority of the time. That means by the end of the game you are going to have 28 points and most youth offenses are not able to put 28 points on the board against average defenses much less a well prepared defenses with a ball control offense. The normal starting point for most youth offenses is on their 45-yard line, which means you have 55 yards to drive the ball for a touchdown. In these cases we try to have a series of six to twelve plays down the field before we score. That means we have to average 4.68 yards to 9.16 yards to get down the field and score from 55 yards out. Now that sounds impossible but if you look at this in small steps and realize you need to gain ten yards in four downs then your task is much simpler. This is a four down offense and unless we are on our 15 yard line or less or on our 30 yard line or less in a close game near the end then we will go for it on fourth down. So all we have to do is average 2.5 yards a down to move the first down markers forward unless we fall under one of the two situations above and then it is 3.333 yards a down since you are operating with only three downs. We strive to gain four yards a play with our power running game and look to gain even more yards with our misdirection, play-action, and perimeter passing game. As long as we achieve the four yards a play we can easily move the ball down the field against our opponent. With that being said penalties will kill this or any offense. Just one five-yard penalty is the bane of any offense as it takes you from that 2.5 ypd to 3.75 ypd. So you must reduce and eliminate all offensive penalties in order to have a successful offense.

Tactics of the Double Wing

To reiterate once more the primary focus of our philosophy is three base plays; the wedge, super power, and counter. These plays form the nucleus of our offense and we must be able to attack any team any where on the field with these three plays. The wedge and the power form the power attack while the counter is the misdirection attack of our base offense.

Note: It is essential that teams get good at the base offense first. Younger teams and teams new to the double wing should invest the time at getting good at the wedge as it will give them a simple power play while they refine the super power and counter.

When deciding how to first attack a defense look at two places; the middle of the defense for the wedge and the defensive ends for the super power. The linebackers and defensive backfield is the key to the counters; if they over pursue to the super power and over load on the wedge than they can be attacked with misdirection. If they play disciplined run defense than the play-action pass is the best way to misdirect the defense.

Questions to ask yourself:

- 1) Can I wedge the middle of the defense? Is the center overloaded if so can you wedge at the guard in an unbalanced formation?
- 2) What technique is the end man on the line of scrimmage (EMLOS) playing? Boxing? Reading on the line? Pinching? Can he be kicked out effectively? Or does he have to be logged?
- 3) What formations will give our base offense the best advantage attacking this defense using our base plays? Can we widen the defense and run our base plays? Do we stay in compressed formations since they are defending the sweep and/or pass? Do we use a loose set to isolate a playside linebacker and then have the slot/wingback crack to the inside?
- 4) Does the defense over pursue or over commit to the power and wedge? If so they can be countered or misdirected.
- 5) Does the defense play strict run assignment defense? If so the play-action pass is the best way to attack since it puts them in position of having to make a choice.
- 6) Is the defense over playing the outside run and the base running game? If so we can attack with a perimeter passing game.

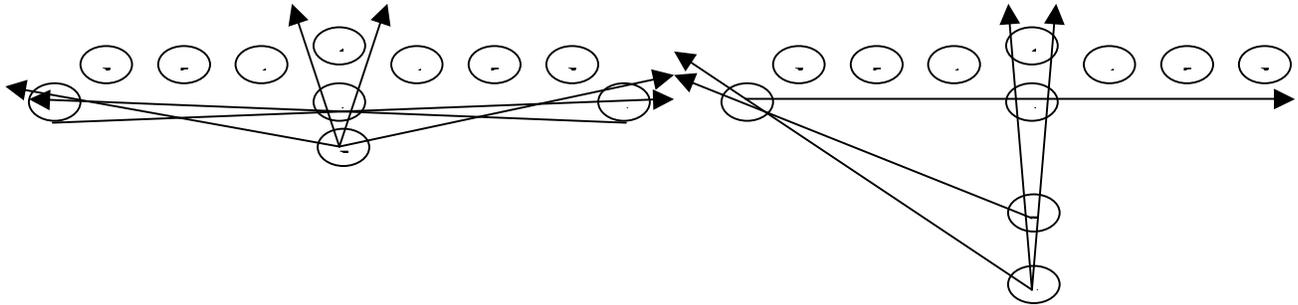
Note: At the younger ages question 3), 5), and 6) should be avoided are simplified. At the younger age groups less formations is more effective unless you have the time to prepare your team for using them and lining them up correctly. At the younger age groups (6 to 9) a passing game is really not needed to be effective but if you can work on making one play-action pass effective it can open your offense up dramatically.

Note: This offense is a four back offense and it becomes more effective if you get your QB fully involved in the running game.

An explanation of Lines of Force in the Running Attack

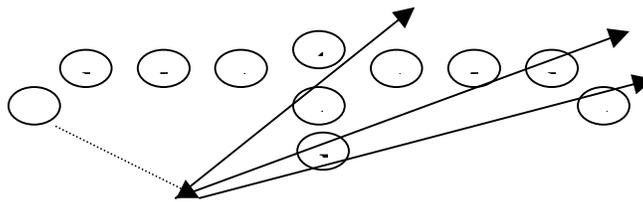
One of the major reasons this offense works well is due to the different lines of force it creates compared to some of the other offensive systems used at our level. Looking into the backfield and drawing a line between any two or three backs creates a line of force at the LOS. A line of force can be defined as the strongest point of attack an offense has due to the power that can be placed directly at the LOS/gap by the offensive formation via two or more backs hitting that hole/gap. This is one reason that the Wing-T, Single Wing and the Double Wing are so effective. They create multiple lines of force and allow the offense to attack with strength at the defense.

An example of this using the standard I-wing and the Double-wing will explain what I mean.



Looking at these two formations the I-Wing formation has five lines of force two of those being with three backs right up the middle. The one problem with this formation is that it does not have a balance lines of force and this reduces its ability to be an effective misdirection offense and has a limited power attack. It also places its major lines of force at the strength of the defense. Look at the Tight formation of the Double-wing it has six lines of force balanced through out the formation. It also has two major lines of force but they are directed at the D gaps instead of the A gaps which means the main focus of this formation is pointed at the main weakness of most defenses. It also has one additional line of force compared to the I-Wing formation due to the balanced attack.

By using motion we can also alter the lines of force to point at the C gap or the B gap as well. Of course the I-wing can do this as well but not as effectively and not to both sides.



By using our Rip and Liz motion we can alter the lines of force to take advantage of what the defense is not protecting.

(Thanks to Coach Clark Wilkins (aka Dum Coach) for explaining his Lines of Force theory in football.)

Explanation of Misdirection

When we say misdirection football what we are talking about is forcing the defense to react to one look while we do something else. Sounds generic but I did this for a reason. I personally think there are different forms of misdirection and having a good understanding of the different types and how to use them can only make you a better coach in my opinion.

- 1) Immediate Misdirection – The offense at the snap of the ball executes several actions in the backfield (normally going in different directions or changing directions in mid step) forcing the defense to commit early to protecting their area of responsibility and isolating the area, gap, and defender that they are actually attacking. Several examples of this are: a cross buck action out of a split backfield, the spinner series out of Single Wing, and the buck lateral out of the single wing. Each of these forces the defense to immediately respond and attack.
- 2) Developing Misdirection – The offense runs a base play forcing the defense to respond to that action and then counters off that action. A good example is the Criss-Cross of the Wing-T, the lead-draw of the I formation, and the infamous double wing counter. Each forces the defense to sit and wait while the base play develops which in turn forces the defenders at the point of attack to stop the base play by themselves as the rest of the defenders sit reading the counter off that action.
- 3) Play action passing game – Yes this is a form of misdirection. You are faking a run action and forcing the defense to respond to that run-action all the while attempting to throw behind the defense or to the perimeter of the defense.

Chapter 2 Terms

A-Back – Left Wing Back; normally your most dependable power running back

B-Back – Full back; best blocking back, tough, mean, hard pounding inside runner

C – Back – Right Wing Back; normally your fastest running back

Center – the offensive lineman snapping the ball.

Counter - Wingback opposite of motion gets the ball with an INSIDE handoff. This is also our blocking scheme for counter as well. Backside guard kicks out the EMLOS while the playside severe down blocks.

EMLOS – End Man on Line Of Scrimmage.

End – the last man on the line of scrimmage on each side of the ball.

Guard – the offensive lineman lined up each side of the center.

Inside Handoff – The wingback receives the ball from the QB while in between the LOS and the QB. Used in a counter play.

Keep – The QB follows his same path but KEEPS the ball and becomes the runner as the primary ball carrier fakes.

Lead – B-back leads into the hole and blocks first linebacker he comes to.

LOF – Line of Force; the imaginary line created when you take two or more backs and line them up in a manner that points them to the area you plan to run at.

LOS - Line of Scrimmage; the imaginary line that runs down the width of the field to indicate the placement of the ball.

Motion – Movement of one player who is not on the LOS after the other members of the offense are set. He may continue his motion during the snap of the ball but must not simulate the snap of the ball or head towards the LOS.

Outside Handoff – The QB hands off the ball to the wingback as he goes away from the LOS and under or behind the QB and not inside the QB. Used in a Reverse play.

Power - This is our basic blocking and running scheme. The playside severe down block while the backside reaches hard to playside to seal off leakage.

Tackle – the offensive lineman lined up on the outside of the guards.

Tight End – the End lined up to the outside of the tackle or near the tackle.

Trap – Blocking scheme where the Back Side Guard (BSG) pulls and kicks out the first defender on the opposite side of the center. The Playside Tackle and End if there release and seals the first linebacker to the inside. Primary ball carrier is motion wingback.

Reverse – Uses an outside handoff and is run just like counter except the backside guard logs the EMLOS instead of kicking out.

Shifting – Movement of one or more players for the offense sets. All players must come to rest and not move for one second before the ball is snapped or any motion occurs.

Slot – The Wing back who moves out to 8 yards in a receiver stance.

Snap Count – GO – READYYYYYY-HIT is our snap count. We can add additional hits by saying on two or three.

Split End – the End lined up away from the tackle or split away from the line.

Super - Tells QB to spin out as he tosses and seal the run force (CB).

Wedge – A form of blocking that has the offensive line collapse onto one defender, normally a nose tackle or defensive guard while forming a wedge that drives him back as if forms a pocket in the defense for the BB to run through. This is the only call that tells the BB he is getting the ball.

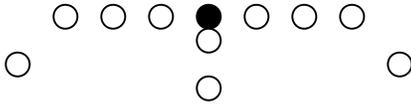
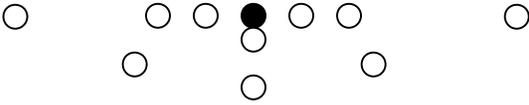
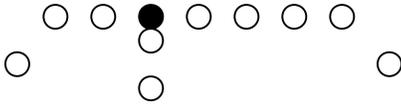
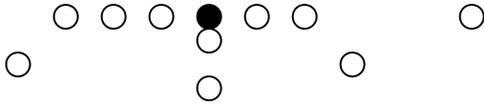
Wingback – The back lined up to the outside of the tight end or the offensive tackle and tilted inside in a two-point stance. The actual term for wing back is a player off the line of scrimmage and on the outside of a tight end but in our system it applies to player off the line of scrimmage and near the last lineman on his side.

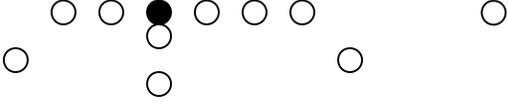
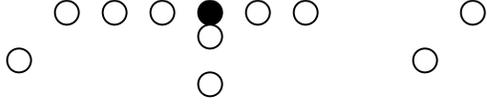
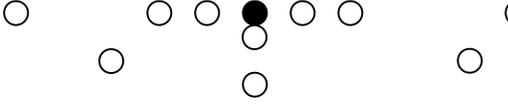
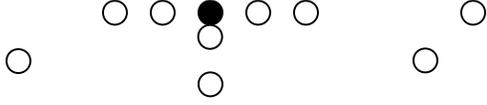
Chapter 3 Formations and Motions

Formations

We use a balanced and symmetrical approach to our formations. Balanced meaning there are an even amount of players on each side of the center (5.5 on each side) and symmetrical meaning that both sides of the center are mirrored. The reason for being balanced is two fold really; one it allows us to easily see what a defense is doing as far as formation and coverage, two it means the defense must align on us balanced are they will have a weakside giving us an advantage in numbers on one side. Both of these means we are dictating to the defense what they will do and whenever you can force a defense into doing what you want you have already begun to win the game. We also use non-symmetrical formations as well to move defenders around so that we can attack them more effectively. We also use unbalanced and nonsymmetrical looks as well as a change up to our balanced/symmetrical look. This allows us to overload a side or isolate a defender while still achieving a balanced attack on one side.

In our offensive system we use a set of formations that have the ability to adjust the defense into the look that we want so that we can most effectively attack it. We do this by moving the ends and wingbacks into different looks that force the defense to adjust or leave a player open. Our base formation is the Tight formation and it is how we derive are base attack and what we will use to base our formation adjustments on.

<p>Tight Formation</p> 	<p>Split Formation</p> 
<p>Double Right Formation (Left as well)</p> 	<p>Out Right Formation (Right as well)</p> 

<p>Over Right Formation (Right as well)</p> 	<p>Wide Right Formation (Left as well)</p> 
<p>Stretch Right Formation (Left as well)</p> 	<p>Loose Formation</p> 

Tight formation – Base formation; zero line splits, tight end on each side, wingback in two point stance facing inwards at a 45 degree angle, QB under center, BB two feet behind the QB in a three point stance. Called Tight due to a tight end being on each side of the formation. Balanced/Symmetrical

Split formation – same as the tight formation but the ends split out 8 yards and the wingbacks move in near the tackles. We use this formation to isolate the cornerbacks are move them away from our base running game. This leaves the defensive end and outside linebacker alone with no run support from the cornerback against our base attack. Called Split due to a split end being on each side of the formation. Balanced/Symmetrical

Double Right formation – this a nothing more than a tight formation with the left tight end moving over to the outside tight end position on the right side. Giving you a unbalanced /non symmetrical look that appears symmetrical if the defense is not paying attention to the player count on each side. We use this to create an overload or a bubble on the strong side of the offense and to force an overload so that we can attack the backside with misdirection. Called Double Right because we doubled the tight ends on the right side by moving one over. Unbalanced/Non-Symmetrical (appears symmetrical).

Out Right formation – this formation has a split end on one side and a tight end on the other. It appears as a split formation on one side and a tight formation on the other giving us the advantage of both formations; we can isolate one cornerback this way and still apply max blocking on the other side. Called Out Right because only the right end splits out. Balanced/Non-Symmetrical.

Over Right formation – this formation has a split end (backside end) and a wingback and a tight end on one side forcing the cornerback to extend out and cover the split end. This is an

unbalanced/non-symmetrical formation that offers a split side look on the backside without a receiver. Call Over Right because the back side tight end is Over on the other side as a split end.

Loose formation – this is a spread formation with a split end 10 yards out and a slot receiver 8 yard out and 1 yard back. This formation is used to widen a defense out horizontally and to create isolation on the defenders covering the split ends and slots. It is a balanced/symmetrical formation. Called Loose because it is the opposite of the tight formation.

Wide Right formation – this has a loose look on the right side while having a tight look on the left side. It is used to widen a defense out on one side and still have a tight look on the other side. Balanced/non-symmetrical. Called Wide Right because of the loose look on the right side.

Stretch Right formation – this has a loose look on the right side while having a split look on the left side. It is used to stretch the defense out further along the LOS and still have a split look on the backside. Balanced/non-symmetrical. Called Stretch Right because of the loose look on the right side and the split look on the left side.

Tight side, Split side, Loose side:

An important point to note about teaching our plays in multiple formations is the offense is only going to see three looks on the front and backside. All you have to know is the little differences for each look based on our rules.

Snap Count

Before motion is discussed we need to have a clear understanding of the snap count we use in our system. This snap count is designed to make defenses react and to signal our offense what is coming.

GO – READYYYYYY – HIT is our base snap count.

- All no motion plays go on the G of GO
- All Rip/Liz plays go on the H of HIT; motion begins on R of READYYYYYY.
- All Rocket/Laser plays go on the H of HIT; motion begins on R as well.
- All Rex/Lex plays go on the H of HIT; motion begins on R as well.

Motion

Motion in the Double Wing is very important to the misdirection aspect of the double wing. Since we motion on every super power the defense becomes fixated on the motion as a prelude to the super power. As they see it time and again they start to accept that the super power is coming “this way” since the motion is coming “this way”. This makes our counters to the backside and our traps in the middle much more effective since it deceives them visually and they must commit to the super power are the defenders at the POA will be overwhelmed.

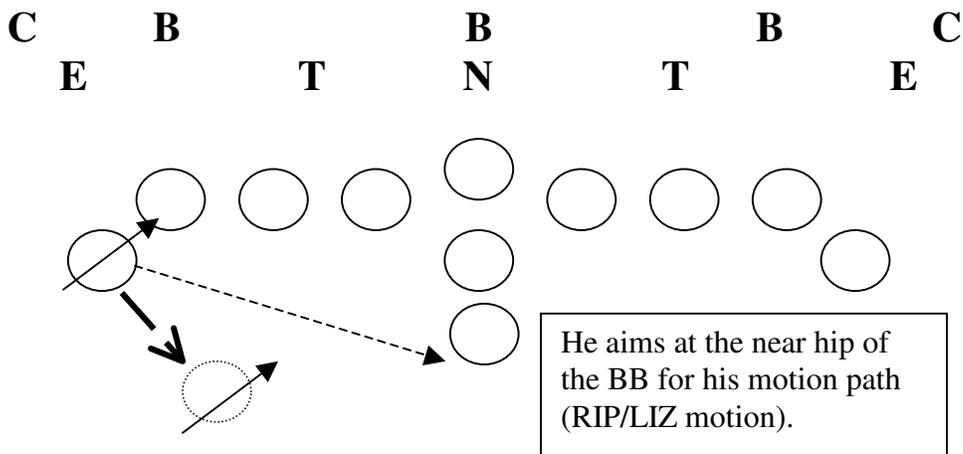
I call this motion a PRE FLOW; what I mean by this is that it tells the defense we are going in that direction or flowing in that direction when we run super power. This pre flow is very

important as it sets up the majority of our misdirection in this offense. When the QB and BB move to the playside this sets up the FLOW and establishes the illusion that power is going to be ran which sets up or counter play and other misdirection plays.

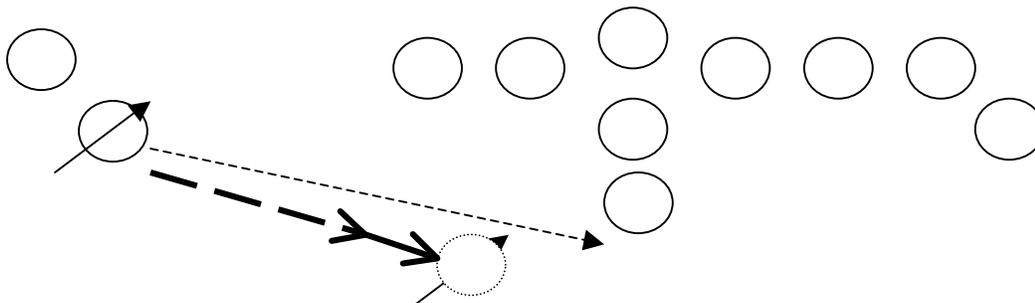
The motions above are Rip/Liz and Rex/Lex motion. Rip/Liz motion is our base motion while Rex/Lex is essentially a fast motion to put the slot into the same area as Rex/Lex from a loose look.

RIP example

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REX example

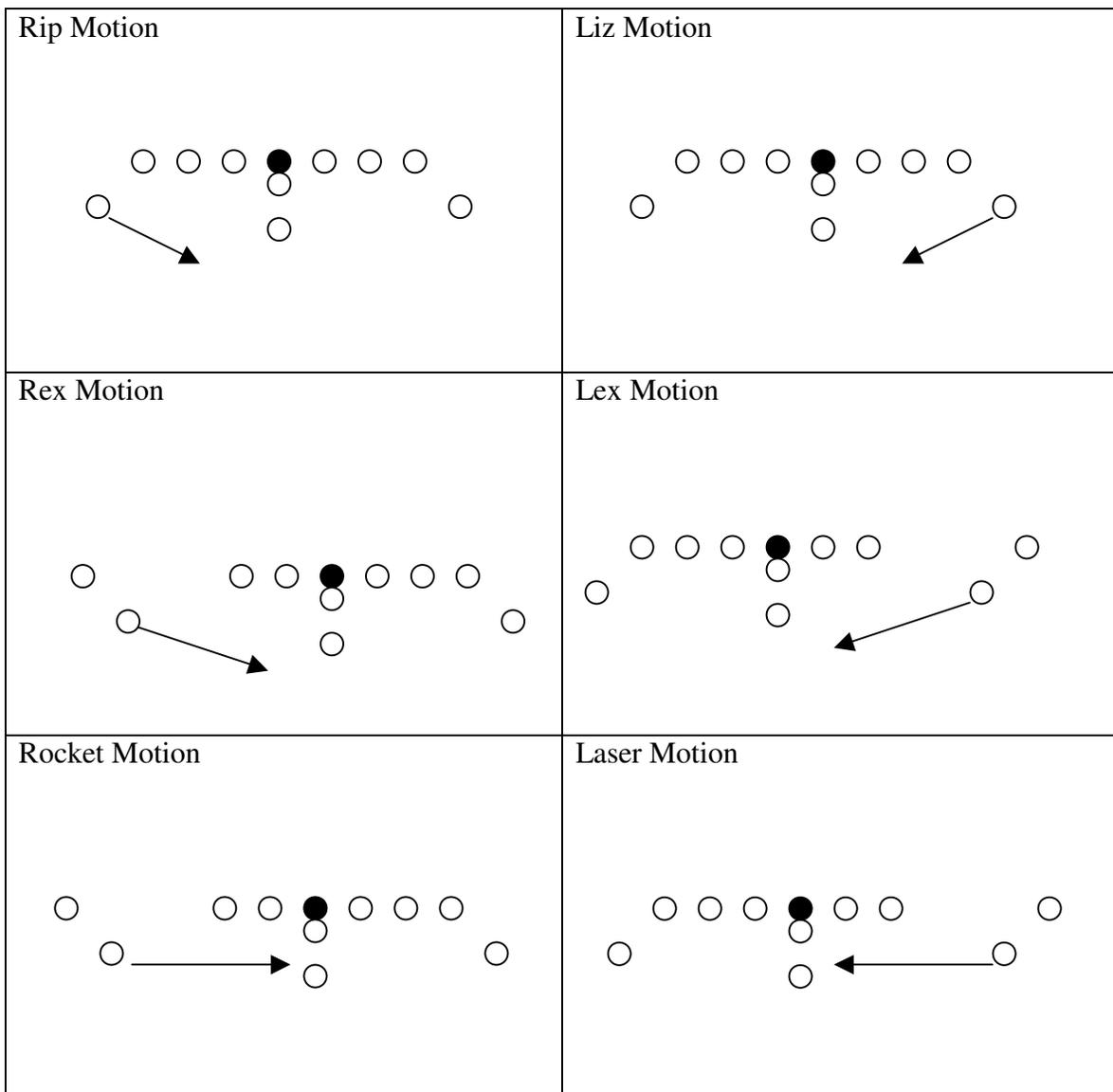


With Rip/Liz motion he takes two shuffle steps on the R of READYYYYY. His path is a yard behind the near hip of the B-Back and he is still facing in the same direction as when he started. On Hit he takes one additional shuffle steps as he his receiving the toss handoff then he fires into the hole. We tell him to continue along the path he was following and to stay aligned with the LOS and stay square to the LOS as much as possible. The reason for the additional shuffle step after Hit is to force the wingback to slow down and to take the toss without rushing it. Secondly it allows the backside linemen the time to pull and clear the wingback. We emphasize to the wingback (runner) that he must let the backside guard and tackle cross his face before he hits the hole. The post shuffle step gives them that time to cross his face. It also forces the wingback to stay as square as possible to the LOS as he hits the hole we want this so that he has a cutback to the inside or the outside as well as driving forward.

Rex/Lex he sprints (fast motion) until he gets to the outside shoulder of the OT and then faces and shuffles just like Rip/Liz motion.

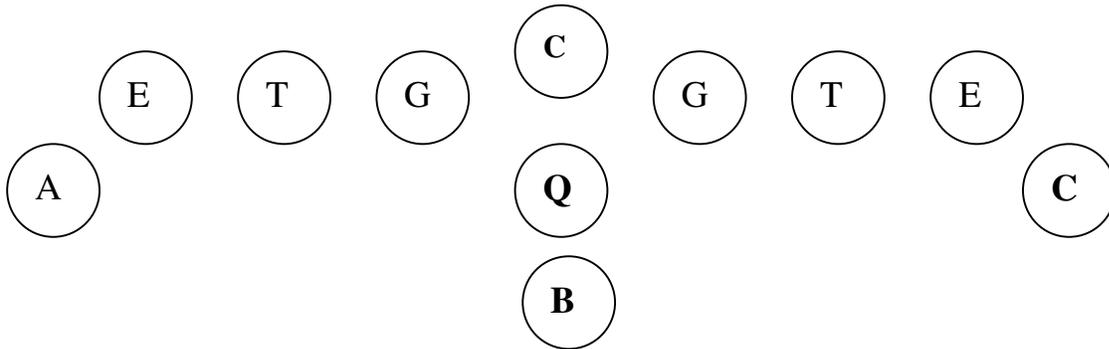
Note: If "STOP" is added to the end of the motion this informs the motion man that he is stopping his motion action. So Rip Stop or Lex Stop on the snap of the ball he will do something else then is normal action. We do this because it is assumed the motion is getting the ball unless it is Wedge and if he is not getting the ball is going to fake the power action off rip/liz. So if we want him to actually do something else we say Rip-Stop this informs him his base assignment has changed.

We also use a Rocket/Laser motion for the jet sweep series. Unless you are using the series of offense you will not need this motion. This is a fast motion parallel to the LOS used to get the motion man to full speed and across the formation. It is just a deceptive as the above motions but where the above motion is used to position a player and lull the defense this motion forces the defense to react or respond immediately. Used only on a loose look.

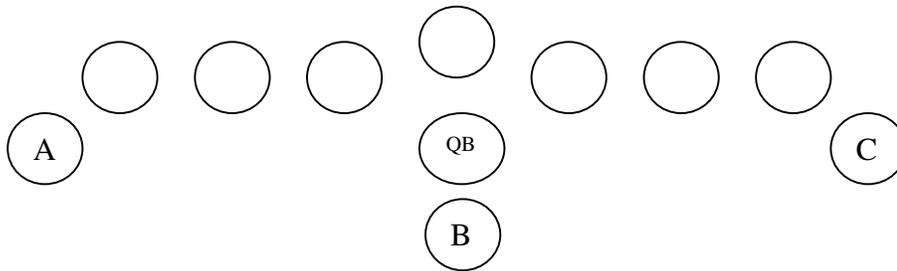


Chapter 4 – Calling the System

The Double-Wing Play calling System



We are not going to number our offense instead we are going to keep it very, very simple. Our play calling will state the formation, motion, and the play; which will also be the blocking call, the direction, and finally the snap count. Numbers tend to confuse some kids and having them try to sort out even and odd numbers for right and left just adds to the confusion of it all so we use words in phrases that paint a clear picture of what we want them to execute.



All of the backs are identified with letters except for the quarterback which is just QB.

First we need to discuss how we communicate what we want from our offense. We do not use a numbering system. I have found that numbers just get in the way of allowing a youth player to fully grasp what you are trying to achieve, as he has to decipher what you are saying through a system of numbers and then recall what he has to do. Instead I want him to draw a mental picture from what I say that allows him to easily understand what he has to do. Each word has a specific meaning and the words grouped together tell the players what they have to do so that the team can execute the play.

When a play is called the first thing that is told to the offense is the formation. We give each formation a specific name that defines what the formation will look like; again a word picture. Example Tight meaning we have a tight end on each side; Split we have a split end on each side; Wide Right meaning we have the right side in a loose look while the left side is in a tight look.

TIGHT (Formation)

Next if motion is being used we call the motion. The will also tell the offense the snap count unless we go on an extended count. No motion is on GO and motion we go on HIT.

TIGHT RIP (Motion)

Next we call the play, which includes any special adjustment and the blocking/backfield action.

TIGHT RIP POWER (POWER = Offtackle blocking scheme and back field action)

Next we call the side that the play is going to.

TIGHT RIP POWER RIGHT (Going to the right side)

Next we tell them what the play is on.

TIGHT RIP POWER RIGHT On Hit (Going on the H of Hit)

This is the basic format for calling our plays in our offense. We constantly reinforce this terminology to our players and get it ingrained into them that all they have to do is take each part and create picture of what they have to do. We have some rules and adjustments on our playing calling so that each player and coach understands what is going on from play to play as well.

All play calls are assumed to go to the motion wingback (Power, Trap, and G for example) except for Wedge which goes to the B-back, Counter and Reverse which go to the wingback opposite of the motion wing back. I do this to simplify the play calling and to allow for versatile play calling.

Secondly any play that does not go to the motion back means the motion back is faking the power action unless otherwise noted.

Basic calls:

Wedge – wedge blocking scheme B-Back is getting the ball.

Power – power blocking scheme motion wing back is getting the ball.

Counter – counter blocking scheme opposite wing back is getting the ball.

Reverse – counter blocking scheme opposite wing back is getting the ball.

Trap – trap blocking scheme motion wing back is getting the ball.

G – G blocking scheme motion wing back is getting the ball.

Reach – reach blocking scheme motion wing back is getting the ball.

Examples –

Tight Rip Power Right - goes to the LWB (motion wing back gets the ball)

Tight Rip Counter Left – goes to the RWB (opposite wing back gets the ball and motion wing back fakes power action)

Tight Wedge Right – B-back gets ball

Tight Rip Wedge Left – B-back gets ball (motion wing back fakes power action)

Tight Rip G Right – motion wing back gets the ball (LWB)

Tight Rip Trap Right – motion wing back gets the ball (LWB)

Adjustment Calls:

Now if we want someone else to carry the ball are we want to change the backfield action we simply add the ball carriers tag or a word tag to indicated that.

BB for B-Back

WB for opposite wing back

QB for Q-Back

Keep for QB to keep the ball and continue action

Lead for B-back to lead into the hole and seal first linebacker away from hole

End for end near normal runner

Super for QB to toss, spin and seal run force to play side

C is placed at the end of a play to tell the QB and non-motion WB to execute a counter action. Used to give a counter look to a play instead of having the QB and WB execute their normal duties.

Examples –

Tight Rip Super Power Right (motion wing back has ball and QB seals playside runforce)

Tight Rip Super Power Keep Right (QB fakes toss spins and keeps ball into hole)

Tight QB Wedge Right – B-back and QB exchange assignments with QB keeping the ball.

Tight Rip BB Trap Left – B-back get the ball and motion wing back runs power action.

If we call a pass in this system we simply attach PASS to the end of the play called.

Example – Tight Rip Super Power Pass Right

Important note on this is that the linemen must be taught that pass means they must not block down field. Normally the officials will give them a 3-yard cushion (free blocking zone) until they call illegal man down field but this is completely up to the discretion of the referee.

Chapter 5 – Base Package and Adjustments

The Base package:

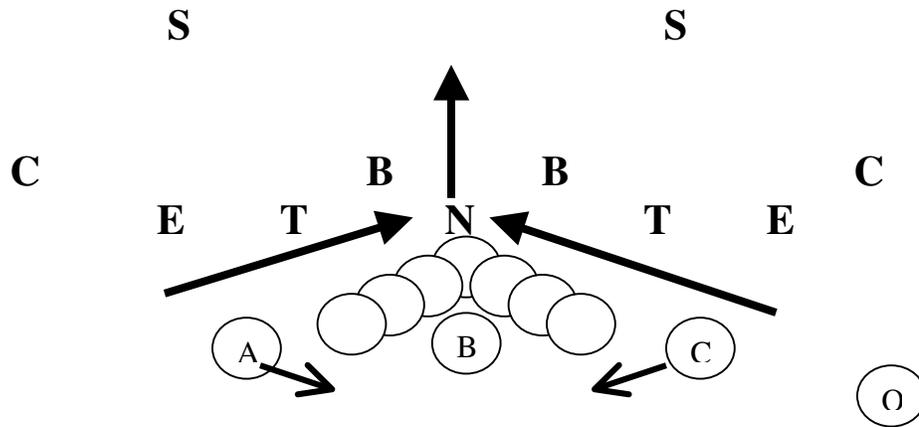
The premise of our system is to run with power and misdirection and then to take advantage of the defenses inability to stop the base offense or the way the defense is stopping a particular play within our base system.

We use three plays in our base; super power, wedge, and counter. For the younger age levels power often replaces super power if the team is having a difficult time mastering the toss aspect of the super power. The super power provides us with a motion oftackle power play that sets up our counter play, which goes to the opposite side of the super power and motion. The wedge is a middle power play based on the single wing wedge blocking. We can use several variations of it with or without motion and different backfield actions. This year we are using a no motion wedge and a motion wedge with counter action as these always seem to be the most effective for us. If you have noticed we do not have a pass play or a sweep play in our base package and the reason for this is really simple; these three plays if executed well will afford us the opportunity to move the ball effectively and setup other support plays in our offense. Everything we do as an offense is based on these three plays and forcing defenses to respond to these three plays.

Some comments about our system this year:

- Due to the level of talent and size that our lineman face we have had to make some changes to our basic double wing philosophy. First we are going to a severe angle blocking system. This is to reduce the amount of thinking our lineman have concerning blocking rules and there by making them less tentative and more aggressive. LESS THINKING = MORE ACTION
- Secondly we are going to teach just a single lineman pulling and have a system in place to not pull on the backside on powers this season. This might appear unsound to a double wing coach but the concept keeps with the philosophy in my opinion. The basic philosophy of the double wing is to try and put more people at the point of attack then the defense has while not causing leakage across the interior line; in other words you pull the backside tackle and guard. The other general double wing rule is if you face an eagled front you must either block down or not pull one of the lineman; generally the tackle. What as happened to our offense when playing the top two teams in our conference is they use a 8 man front and blitz which is normally not a problem in most cases but with these two teams it represents a very big problem due to the large mismatch in talent/size we have against them. Since we play in a Line Restricted League (115lbs or over plays on the line at the time of me writing this) most of our lineman weigh in around 150lbs and are average to above average in talent. In fact what we normally do is place backs on the line that are backups and have reasonable size (105 to 114lbs). Normally this gives us an advantage in speed and ability but with these two particular teams it actually hinders us due to the size miss match since they have size/talent/speed and our kids have speed/talent or size/talent. Now that I have had two seasons of scouting not only the senior teams but also the junior and bantam teams I can see that they have a deep well of very talented lineman that we have to deal with in our scheme.

TIGHT Formation
Play WEDGE RIGHT



<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield.</p>
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<p>QB On "GO", make sure everyone is set. Step out of the B-Back's path with your right foot. Nothing fancy, just hand him the ball and Then take three steps to gain depth and bootleg around the right side as if you have the ball. A good fake can pull several defenders off the Wedge.</p>	<p>B-Back HIT QUICKLY WITH NO DELAY. Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight and get in it and while in the wedge stay low.</p>	<p>A-Back Hinge Block – pivot on inside foot and block inside out. Make any defender go around your outside shoulder.</p>	<p>C-Back Hinge Block – pivot on inside foot and block inside out. Make any defender go around your outside shoulder.</p>
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Notes: The man at the point of the wedge (The center) and the people on both sides of him are only men likely to actually hit an opponent. Everyone else must avoid opponents. First contact must be made with a teammate to their inside. (Failure to do so is likely to result in penetration of the wedge.) They must stay together and keep their feet moving.

Wedge Variations

There are several other ways to run the wedge to make it appear as if another plays is happening while the wedge is being ran on the defense. Personally I like using wedge with something happening behind it to force the defense to react to that as well (immediate misdirection). I have run the wedge off of five other actions and had success with them all.

- **Super Power**
- **Power**
- **Counter**
- **Wedge Pass**
- **Jet Sweep**

Tight W Wedge Pass Right – I have had some success running the wedge like this especially out of the loose look when the defense expected us to throw to the perimeter. Run wedge and then have the QB fake pass action. Hold the defense on the perimeter and forces the defensive ends to attack the QB.

We use the wedge for many other plays to include QB Wedge (QB sneak with the BB faking the fumble behind him). We actually have the BB stand to take a handoff and spin and flop on the ground as if he has the ball. Never fails the DE's bits on this as do the outside defenders (FREE TACKLE!).

We also use it for shovel passes to the wingbacks as the QB drops showing a perimeter pass off a three-step drop.

We also can call Keep which tells the QB to keep the ball on the bootleg. So Tight Wedge Keep Right tells the QB to keep the ball after faking the wedge handoff to the BB.

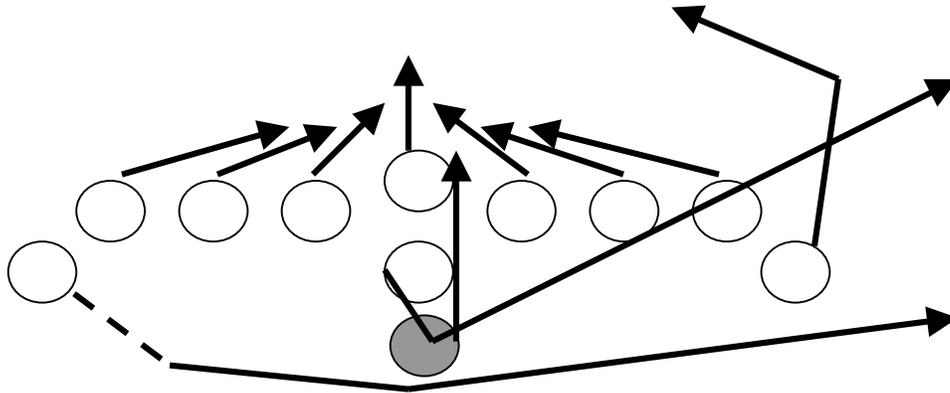
Using the Roll Snap

The center can execute a roll snap directly to the B-Back through the QB's leg. For us this is just having him roll the ball straight back with a quick roll. The B-back scoops it and then executes the wedge play while the QB executes his faking action. This is s DIRECT Snap series with a Spinner Action.

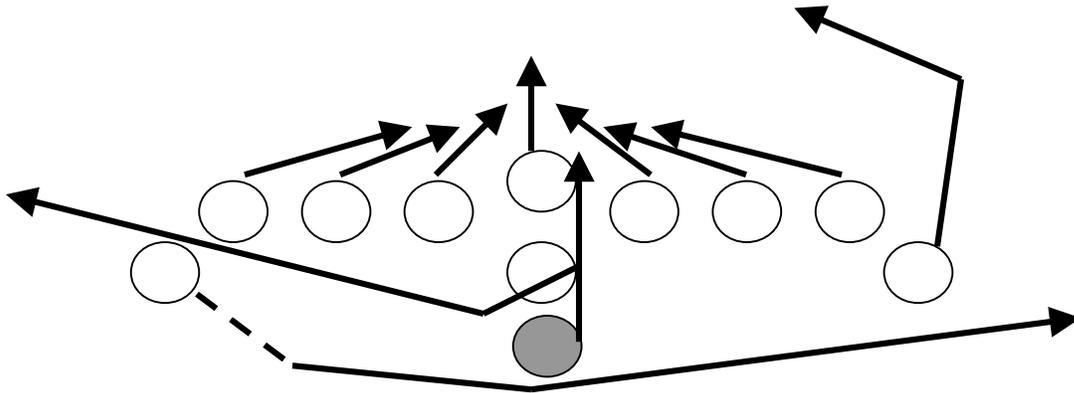
Tight Rip Wedge Right (super power action behind the wedge)

Tight Rip Wedge Rt C (counter action behind the wedge)

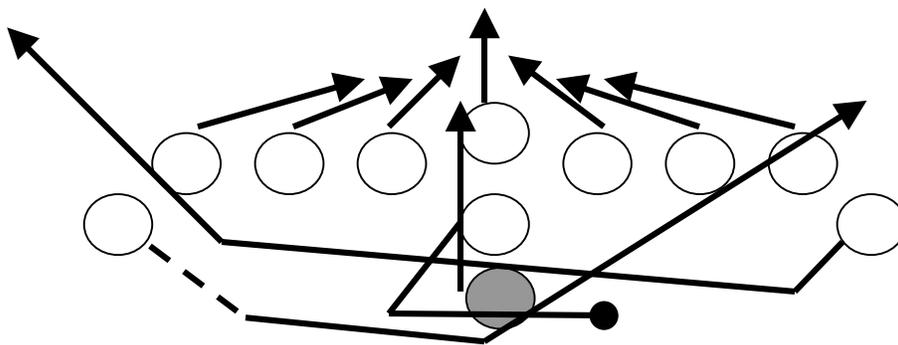
Five Wedge variations –



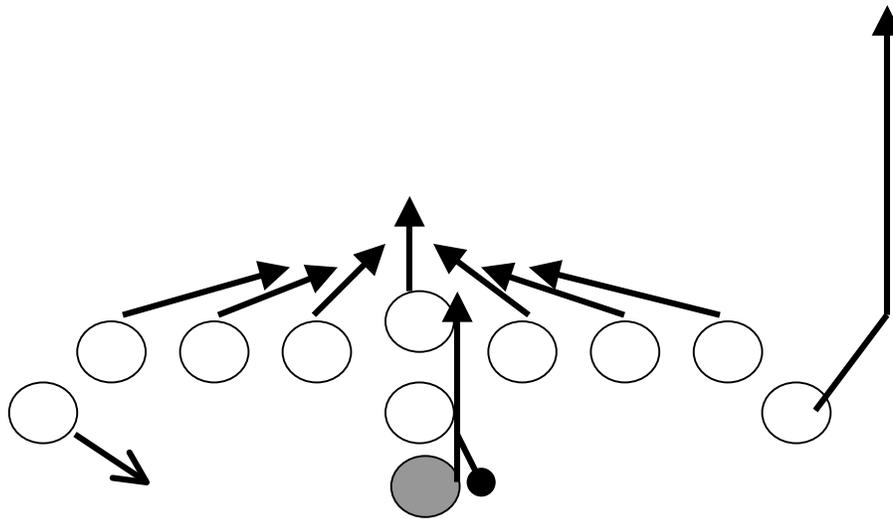
Tight Rip Wedge Right – This can be ran out of any of our formations except Loose formations which must use Rex on the loose side and with or without motion. The QB hands the ball off has he spins to fake toss and seal the PSCB.



Tight Rip Wedge Right – This is the same as above except you are using power instead of super power. Some of our younger teams do not run super power so the power variation would be used in lieu of that.



Tight Rip Wedge Right C – This can be ran out of any of our formations except Loose looks which has to use REX/LEX on the loose side and with or without motion. The QB hands the ball off as he steps to fake the counter handoff. I have found that this is the best variation out of all of them as it forces both outside linebackers to defend their spot letting you isolate the middle of the defense against your wedge.



Tight Wedge Right with pass action. This is a good way to run the wedge if the defensive secondary and linebackers are looking for pass.

Notes on the Wedge:

In order for your wedge to be successful you must teach the line to work together and move together as one otherwise the wedge will not work effectively. I always start teaching the wedge with it already formed and me holding a shield in front of the center and on GO it moves forward. I start off just trying to get them to move me five yards and still stay together as they surge forward. We work on this until they can move me fifteen yards down the field.

After that I have them setup in formation and just work on getting into the wedge and surging forward. After that I combine the to and work on refining footwork and increasing the speed of the forming and the surge.

The Center is key to the success of you wedge play. If your wedge is breaking down fast look at your center because more than likely he is not charging forward but standing up and he has to fire out and get going forward to allow the wedge to form as it moves forward otherwise it will just turn into a log jam. I always try to place a kid that will fire out and move vice a big kid. The better your center the better your wedge will be.

The other thing that I like to do is to place dummies parallel to the line of scrimmage with the tops on the outside leg of the guards. This gives you the alley that the wedge has to get into and forces the lineman to slide and get their feet the knees and feet up. Getting the feet and knees up is the key to beating the submarining defensive lineman. After a NT or DT has been stampeded once or twice they often stop the submarining all together no matter how much their coach is yelling at them to do it.

In our base wedge I like to have our wingbacks hinge block to force the ends to go around as the wedge surges forward.

Keys to the Wedge

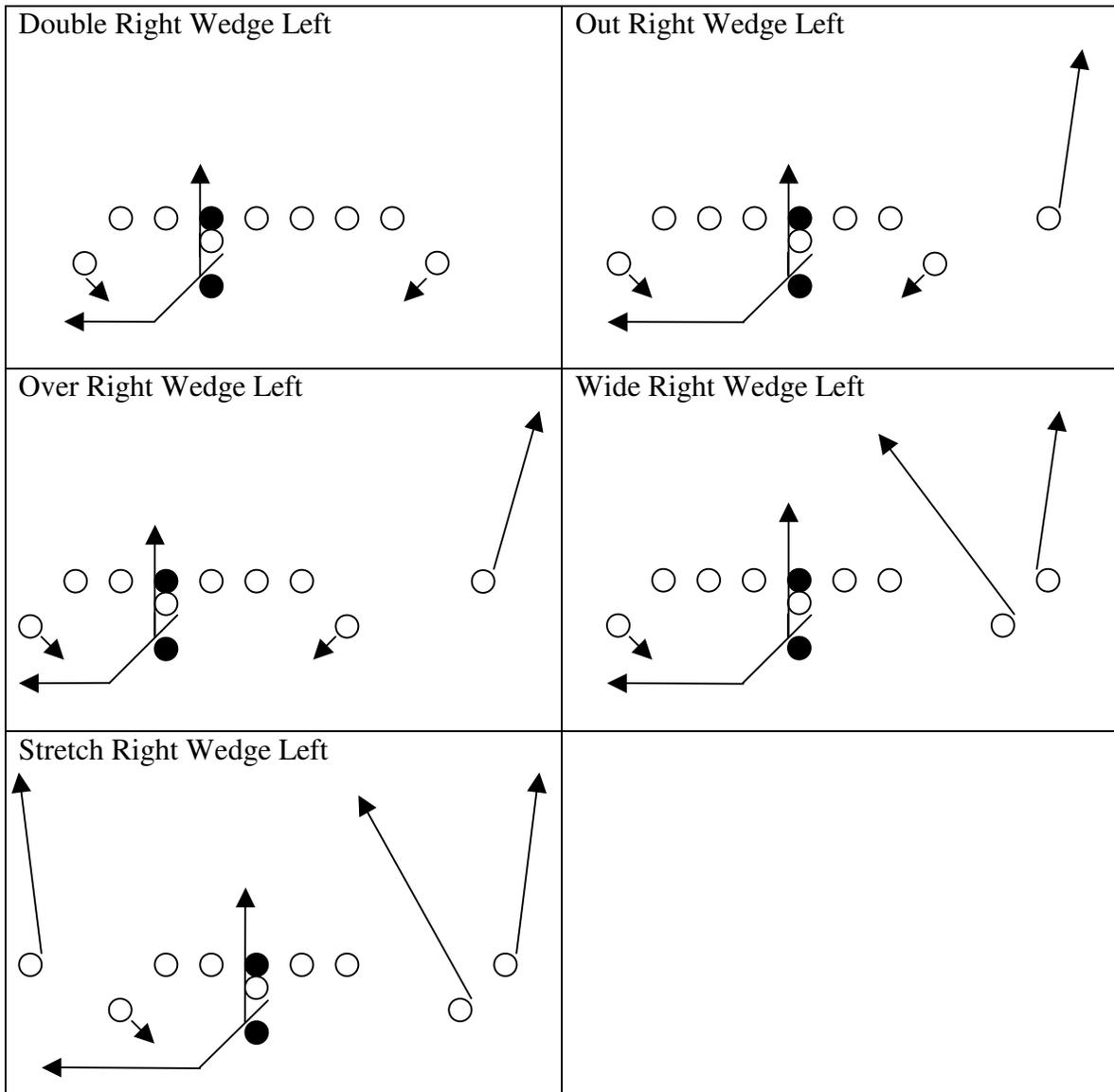
- 1) Forms quickly as it moves forward and the blockers must stay low as they move forward and keep their legs and knees up.
- 2) Makes contact with as few defenders as possible as it forms and begins to move.
- 3) It must not allow penetration. – Penetration stops the wedge!
- 4) It must not stop moving forward. – Stopping allows the defenders to stop the wedge from behind!
- 5) The runner must stay small behind the wedge.
- 6) If the runner feels the wedge breaking up he must get into the first daylight (crack) and burst up field.
- 7) The runner never stops or tries to go around the wedge.

The wedge is a very effective play but you have to stress the little things for it to work. The blockers must slide inside and behind the center and lock shoulders quickly as they drive forward. The fewer defenders they engage as they move inside and forward the better off the wedge is of working. They must lock there inside shoulder to the outside rib cage of the center and allow no penetration to occur. The wedge must always be moving forward once it stops the play is dead in the water. If the runner feels the wedge slowing he has to find a crack of daylight and get in it and burst up field. While in the wedge the runner must drive into the back of the center and stay small behind him. This reduces the chance of him being seen by the defense and enhances play actions and misdirection of the wedge action.

The footwork is essential for the wedge. The blockers must take a slide step and engage their shoulder into the ribs of the next inside blocker quickly. They have to keep sliding and moving forward until the wedge fully forms. Once it forms they must get their knees high and stay low so that Frogging/Submarining defenders get ran over and that defenders trying to slow the wedge by barreling into it are lifted up and back as the wedge drives forward.

Submarining/Frog Defenders

Submarining defenders are a real problem but the key is to keep attacking with the wedge. A defender throwing himself at the feet of the wedge is in big trouble. He is going to get ran over and by a lot of players. Normally a frogging defender will do this once or twice and normally he will stop the wedge for zero to two yards of gain but it doesn't take long for that defender to realize that he is going to get stomped on and ran over if he keeps doing it. So eventually he doesn't do it anymore as the wedge running him over conditions him; the key is to stay with the wedge as this will wear out the interior line as they throw themselves at the wedge in an attempt to stop it. If you stay with it by the end of the game the wedge as a wearing down effect and this will benefit your base package. Super power and counter become easier to run as the defense attempts to stop the wedge. The blockers must keep their KNEES up and legs PUMPING when this occurs. Run the defenders over and condition them to not hit the ground in front of the wedge.



Notes: We can run wedge to either side of a formation but we prefer to run to the loose side so that we account for both defensive ends (WB hinge blocks backside and the QB boots playside).

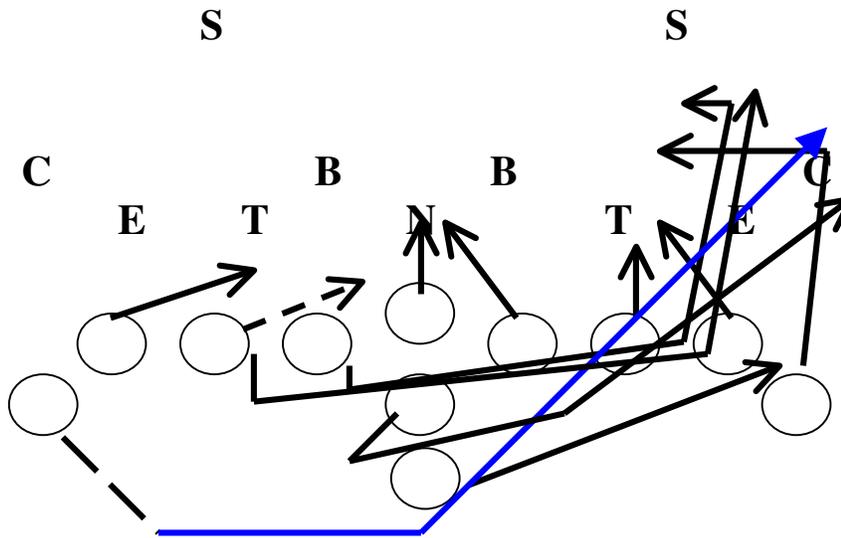
Note: Split Adjust – SE run fades; WB hinge blocks

Note: Loose Adjust – SE run fade; Slot runs hash

Note: Wedge Left is the opposite side play call.

TIGHT Formation (Actual DW super power play (Toss))

Play RIP SUPER POWER RIGHT



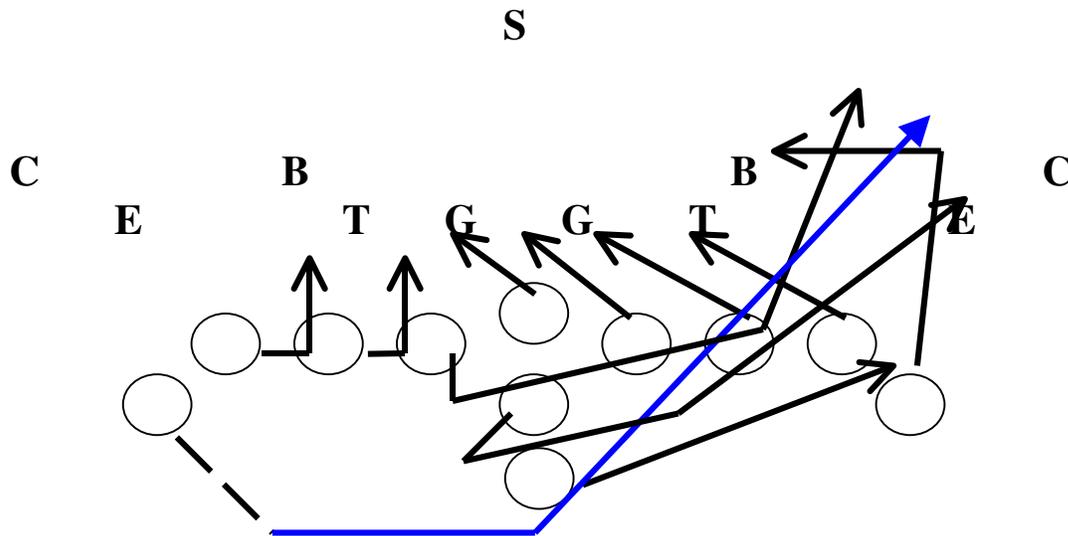
LTE Shoeshine	LT Wall off(pull) Shoeshine if Eagle or 8 man/blitz front	LG Walloff(pull)	C MOMA rule	RG GOD rule	RT GOD rule	RTE GD rule
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<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o’clock. Spin & toss a soft ball at number height – but no higher.</p> <p>Get your eyes around to playside and make sure B-Back is KICKING OUT his man.</p> <ul style="list-style-type: none"> If he is, run inside his block and seal CB to outside. If he LOGS or is jammed inside you seal next man outside. 	<p>B-Back KICK-OUT first defender to show. This is usually the EMLOS (DE). KICKOUT = Aim at the defenders inside shoulder and blow him up and out of the hole with the wishbone block.</p> <p>If the defender sits in the hole and tries to wrong shoulder you than LOG him inside.</p> <p>LOG = attack the outside shoulder and try to seal him towards the inside by hitting the outside shoulder and rotating your hips inside.</p>	<p>A-Back Fast motion towards the BB’s heels. Never take your eyes off the ball until you have caught it. Catch it and get in the wake of the pulling backside lineman.</p> <p>Run inside the block of the B-Back and if necessary push on the backs of the lineman; Once through the hole, be prepared to cut back if it is there.</p> <p>If the B-Back LOGS or turns upfield, than bounce outside.</p>	<p>C-Back Your action depends on what the inside gap looks like between you and the tightend.</p> <p>If the gap is filled you block down. GD just like the TE.</p> <p>If the gap is clean then Seal block the playside line backer. Moving out and clearing the line and then immediately back inside to seal the PSLB to the inside of the tightend.</p> <p>Any formation with out a TE you GD automatically.</p>
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TIGHT LIZ Super Power Left. (Adjustment to an Eagled front or 8 man/Blitzing front is the “O” call for BSG to pull and BST to shoeshine or for the entire playside to Down block).

TIGHT Formation (Raider Super Power Play 2003)

Play RIP SUPER POWER RIGHT



LTE Slide to the inside and block first defender coming across LOS.	LT Slide to the inside and block first defender coming across LOS.	LG Pull and seal first open defender you come to	C Severe Down Block	RG Severe Down Block	RT Severe Down Block	RTE Severe Down Block
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<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o’clock. Spin & toss a soft ball at number height – but no higher.</p> <p>Get your eyes around to playside and make sure B-Back is KICKING OUT his man.</p> <ul style="list-style-type: none"> If he is, run inside his block and seal CB to outside. If he LOGS or is jammed inside you seal next man outside as you go UNDER him. 	<p>B-Back You must block the first defender that you see cross the LOS as you take a hard step toward the LOS and towards the end of the line.</p> <p>If the target (EMLOS or DE normally) cross the LOS you KICKOUT block by attacking the inside shoulder and driving him towards the outside.</p> <p>If the target sits on the LOS or squeezes down the LOS you must take a depth step to move away from the LOS and arc underhim and attack his outside shoulder and seal him inside with a LOG block.</p>	<p>A-Back On the “R” of READY take two shoulder width shuffle steps aimed 1 yard behind the BB’s near hip with your body pointed at the QB’s near hip. As the ball is snapped make on last shuffle step and hit the hole fast and hard with your body square to the hole. Never take your eyes off the ball until you have caught it. Catch it and get in the wake of the QB and BB.</p> <p>If the BB kicks out the EMLOS then run inside of him. If he LOGS the EMLOS then follow the QB as he goes under and look for daylight and get up field fast. DO NOT string this play out.</p>	<p>C-Back Make an outside release and clear the LOS and then immediately back inside to seal the PSLB to the inside of the play. You should be perpendicular to the LOS and your inside hip should squeezing the LOS so that no one crosses your face into the hole.</p> <p>AVIOD CONTACT w/EMLOS</p> <p>DINGO call from coach tells you to Severe Down Block.</p> <p>If you have no TE on your side you look for the Dingo call (Severe Down Block).</p>
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TIGHT LIZ Super Power Left. (Adjustment to an Eagled front or 8 man/Blitzing front is the “O” call for BSG to pull and BST to shoeshine or for the entire playside to Down block).

Notes about the Super Power:

Key points of the Super Power

1. We use motion (Rip/Liz) to condition the defense into thinking that the play will be going in a certain direction. I call this pre-flow as the defense sees the super power over and over they become aware that the motion indicates what direction the super power will be hitting and the POA (Point of Attack).
2. We get as many players to the POA as is possible without causing leakage across the LOS especially on the playside. This allows us to block all of their defenders and mask our runner in a crowd of blockers. Essentially what we are doing is making a tunnel for the runner to get into with as many blockers out front as possible to hide him from the inside pursuit. Due to the defenses we are facing the tunnel is being created but we are not sending out a line of blockers as we have in the past because the pressure is at the LOS and not at the second level.
3. We use Severe Down Blocking playside and Slide blocking on the backside to simplify the blocking for our blockers and allow them to be more aggressive.
4. On all of our plays that go between the wing backs, except wedge, we attempt to bust the hole open by kicking out the outside defender and down blocking the inside defender. We do this on powers, traps, G's, and counters. This is a fundamental part of the power play and it allows us to attack a defensive front no matter what they show us. On super power plays we further pry the hole open by sealing off both sides of the next level with the wingback inside and the quarter back outside creating a tunnel that the runner can get into.

This year we are moving away from the traditional Double Wing Super Power (Toss) play and adapting it to what we are facing; pressure front with superior interior lineman. The last two years I have watched very closely as our team faced the top two or three teams in our league and the one thing I have noticed time and time again is that we don't have the impact lineman that they have. What I mean by this is that these teams have two to four lineman that have a outstanding Size/Speed/Talent combination while we have either Size/Talent (lineman who are slow) or Talent/Speed (backs used as lineman that are severely undersized). This has greatly concerned me especially after scouting the junior and bantam teams and seeing that this will continue into the near future. During the playoffs we made an adjustment this past season that worked very effectively for us and allowed us the opportunity to dominate their defensive front and I have examined it very thoroughly and believe with the additional improvements we can use this as a mainstay throughout the year.

Here was the problem we were facing: The interior lineman DG's and DT's were by far and away vastly superior in Size, Athleticism, and Speed in comparison to our lineman. We were consistently seeing these kids shoot across the LOS and causing havoc in our backfield even though they were being double teamed our down blocked. What we did last season was say no lineman will pull on the backside everyone playside is blocking GOD/GD (TE) and the backside is reaching playside. It worked and worked well because what was happening was we were now getting double teams on the best players on the line. What I did this season was tweak that to give us the ability to actually be aggressive across the entire front. The Severe Down Blocking allows us to do this and allows us an easier teaching progression then using blocking rules. I won't go into to much detail here about our blocking system changes but this one little change allows us to teach team blocking, be more aggressive, and nullify these types of players just as we do with our wedge blocking.

Changes

First we are using a Severe Down Blocking System for all of our plays except wedge plays. Essentially meaning we will never use an ON or DRIVE block on the playside. We also will not have the traditional double team as well. What we will do is take a radical down block angle (30 degrees) and continue down that path until they reach a target. Normally the down block is done at a 45 degree angle but the more radical angle will take a blocker down a path and he will hit the first defender near him or he will continue down the path and hit the next defender on the line (who could be already engaged with a down block essentially making it a double team at a radical angle) or taking the blocker to the second level and sealing a linebacker to the backside.

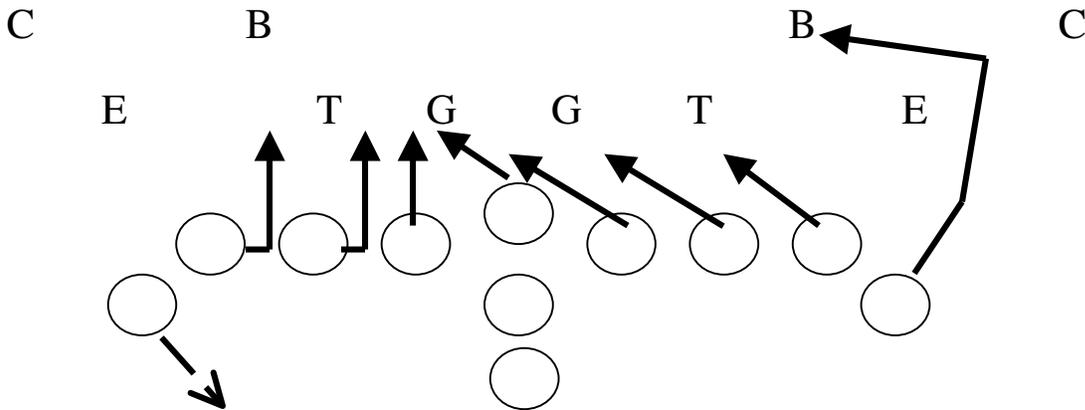
Secondly we have the backside reach with these rules in mind:

No one is pulling (BASE) the first blocker backside blocks ON/IN and the rest slide and block the inside shoulder of the first defender they come to. What this does is force double team on the interior lineman and in some cases on the backside it will force a triple team. What we want is to stop all leakage on the interior line especially against teams that have superior interior lineman that can cause problems. This way we either down blocking, double teaming, or triple teaming them.

If a blocker pulls (POWER) than everybody behind him is considered backside and must slide towards playside as above. We do this in G, Counter, and Trap as well.

Example of the Severe Down Block playside and the Slide backside.

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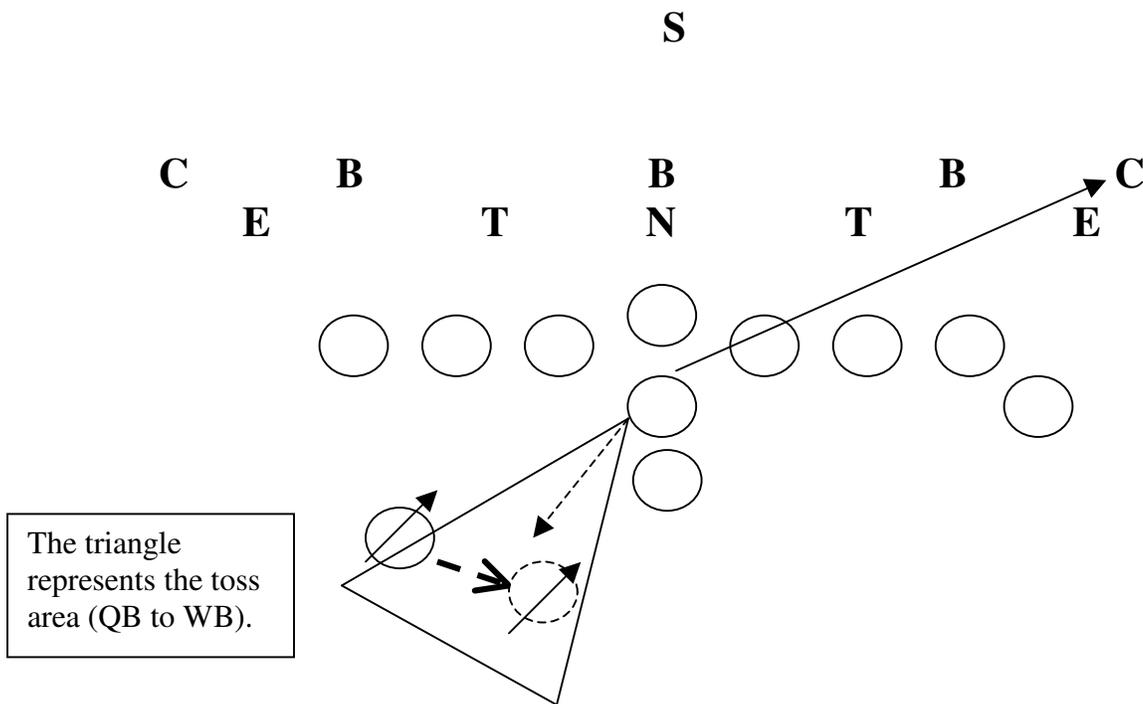


Fundamentals of the Super Power Play

My thought process on the super power is that I want the defense to know that we are going to run this at them and we are going to run misdirection and playaction of it as well.

Basically if you want to beat us you have to stop the super power and all of its many facets that we use. That is easily said but not easily achieved and here is why.

Remember with Rip/Liz motion he takes two shuffle steps on the R of READYYYYY. His path is aimed one yard behind the near hip of the B-Back and he is still facing in the same direction as when he started (at the QB's near hip). On Hit he takes one additional shuffle step as he is receiving the toss handoff. We tell him to hit the hole hard and fast reading the QB and B-back's path; if the QB goes under the B-back then he has to hit on the outside hip of the B-Back but as long as the QB is going inside of the B-Back he has to hit that hole fast. The reason for the shuffle step after Hit is to force the wingback to go slow and to take the toss without rushing it. We emphasize to the wingback (runner) that he must follow the QB and B-Back and read what they do. It also forces the wingback to stay as square as possible to the LOS as he hits the hole we want this so that he has a cutback to the inside or the outside as well as driving forward.



Note QB and BB relationship: The sequence is B-back first, then QB, then runner into the tunnel. The QB must spin, toss, and get into the tunnel created by the down block inside and the kick out. This means that his footwork and technique must be well tuned, as they are key to the super power being effective. The QB should have a pigeon toed stance that is no more than shoulder width apart to allow for a good balanced spin and toss stay tight to the LOS so that you can easily get inside of the BB. If he gets caught up along the LOS it will affect the path of the runner and the run force can shut the play down from the outside in by stepping into the tunnel. The B-Back must take his first step with his playside foot towards the far hip of the playside guard and the flow towards the EMLOS unless that defender sits or squeezes

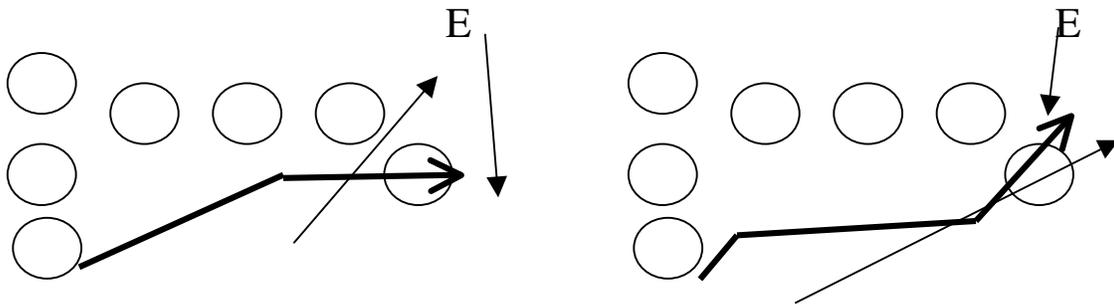
inside and then his next step is to gain depth away from the LOS and arc around the EMLOS so LOG him inside.

Note about the Tunnel: the tunnel created by the Down/Seal block inside and the Kickout/Seal block outside. Also if a blocker on the playside does not have a target on the LOS to block his path will take him into the second level and force backside pursuit to go over him, which will cause him to give ground and time to the runner. Creating that tunnel at the first level with the Down block inside and the Kickout outside is very important as well as the seal block on the inside and outside on the second level.

Play of the B-Back

Kick Out (take an inside banana path and attack the inside shoulder of the DE and kick him outside). Playside footstep towards the Playside guard's far hip. His helmet must be behind the inside shoulder of the defender so that he signals the QB and ball carrier that the hole is open.

Log (take an outside banana path and attack the outside shoulder of the DE and seal him to the inside). Must take a depth step to get away from the LOS so that he can arc around the EMLOS and seal him inside.



The key to teaching this is to drill it into the B-Back so that when he sees it he can respond correctly.

The number one area that youth offenses attack is the outside because of this the number one area youth defense defend is the outside D gap (Sweep). In order to do this they must give up another hole somewhere in the line. Usually that hole is the inside D gap or C gap (offtackle). This is the Achilles heel of most youth defenses and should be the main area of attack. Once you attack this hole defenses adjust one of four ways.

1. They move the outside defenders in tight and the DE pinches to stop the oftackle run. Time to LOG that DE and bounce the play outside.
2. They move an inside defender (A or B gap) into the oftackle hole. Time to wedge or trap since those guys are probably coming hard to stop the oftackle play or attempting to clog the hole by sitting and stuffing the blocker.
3. They move the backside over in a shift by following motion. This is simple to beat, either don't motion and run the same play or run counter (my preference).
4. They move up the secondary in an effort to put more men in the box. Time to pass or run a super power keep. Both attack the defense by forcing them to respect the power and still hit them in the same exact hole.

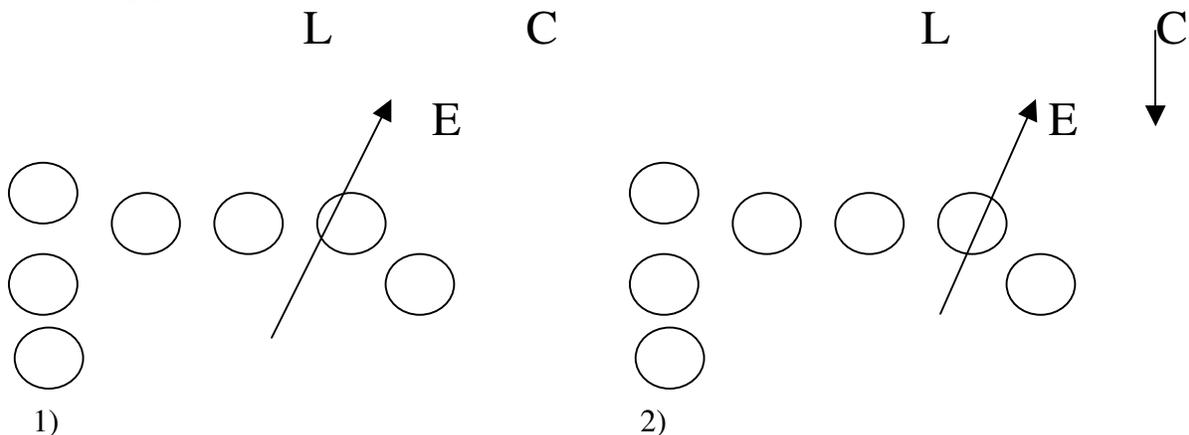
Play of the Motion Wingback (Ball Carrier)

The wingback must take a consistent motion path and be in the right place to take the toss. The extra shuffle step is very important as well as it allows for the Wingback to not rush the play but after he takes the shuffle step and secures the ball he has to exploded towards the hole and get up field. This play is not meant to be strung out you have to gain four yards a carry. The ball carrier must stay square unless he has to flow under the B-back due to a LOG block in that case he must now aim of the outside hip of the B-back and get up field. Again do not take attempt to take this wide.

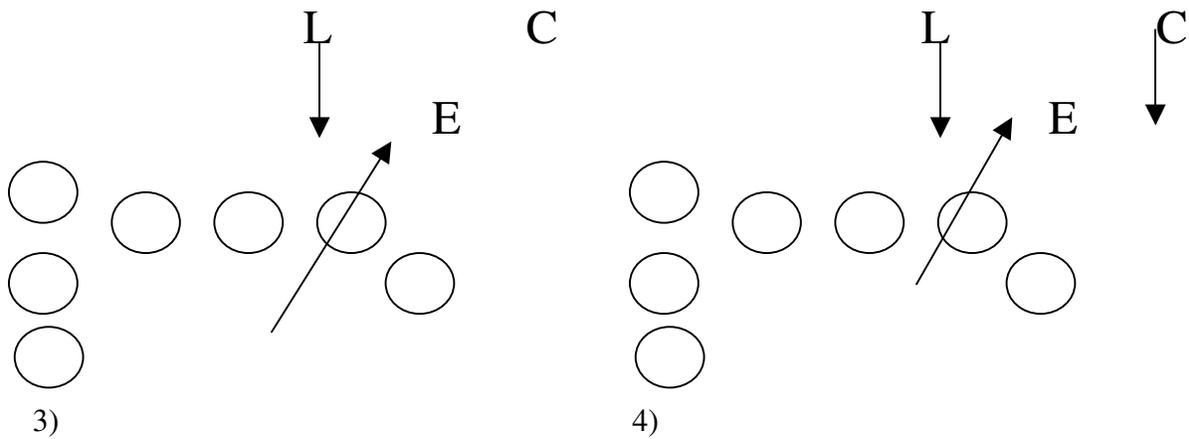
Three Formation Looks and the Adjustments

One key to our success in this offense throughout the years is being able to beat the OUTSIDE TRIANGLE of the defense. You can do this with blocking schemes, as we do, in the play or you can beat it before the play starts with formationing. The outside triangle is the way I describe the DE and his support and does not take into account the DE's technique in any way. The triangle is only a representation of the support the end receives from his support defenders and that is all.

OUTSIDE TRIANGLE – Defensive End on LOS, OLB second level (can be strong safety) on the inside (C gap) of the DE, and the Corner back in the second level on the outside of the DE (D gap).



- 1) The classic Outside Triangle against our tight formation is handled with our base rules.
- 2) If the outside support defender comes up to the LOS and he has taken himself out of a position to support the DE against the off tackle play but is supporting the DE for the sweep play. He also may become a problem if the DE sits or squeezes as the runner is now going outside and if the QB cannot seal the corner inside (log block). Then he could become a problem.



- 3) The inside support defender comes up showing blitz. This is generally not a problem as he is now in the down block path. Since he has dropped we can adjust by calling **DINGO** and telling the PSWB to sever down block as well which will force a double team.
- 4) Both support defenders come up applying pressure to the playside. Normally this is not an issue as we handle it with 2) and 3). But if the DE sits or squeezes this can become a problem just as above.

So how do we defeat these problems using our rules and formations? This is very simple really; although we have a multitude of formations really what we have is three distinct looks on the perimeter that we can show the defense and each allow us to affect the Triangle so that we can take advantage of the support defenders and isolate the Defensive End. I firmly believe the success of this offense is based on how effective you are at attacking that defensive end on the playside and forcing the backside and secondary to make the stop on the playside to open your misdirection and playaction passing game.

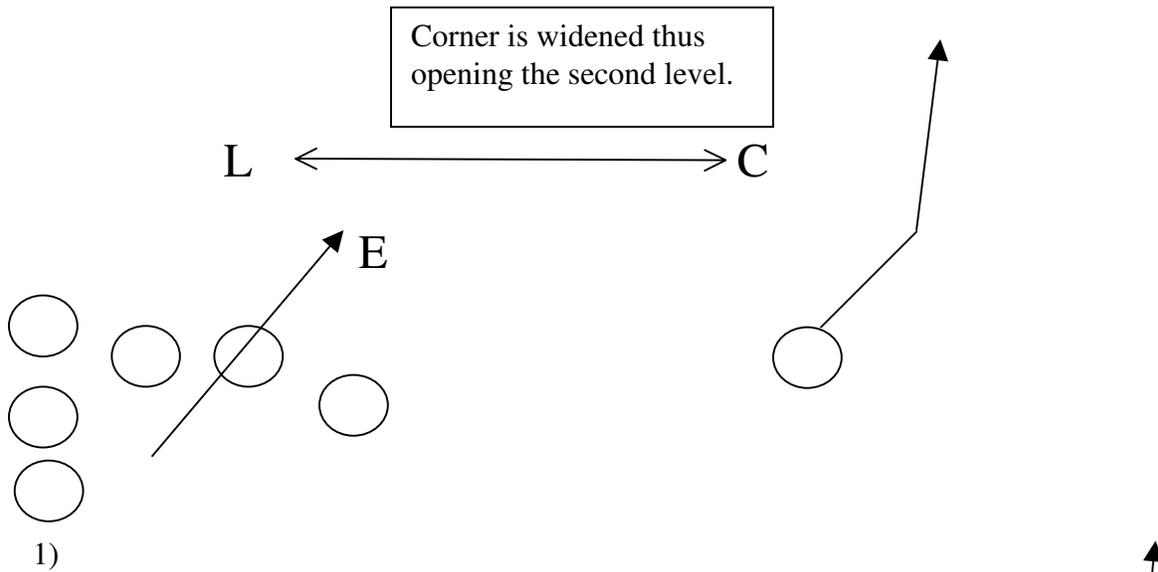
Our base formation is the Tight formation so normally the Defensive End has both the OLB and CB supporting him but we can isolate and seal both of these defenders in most cases but if they are giving us problems within our scheme we can formation them first and then beat them with our scheme.

The **Split look** is one way of doing this as it allows us to take our tightend and move him out to a split end and run a deep fade which will move the corner back out with him allowing for a widen second level hole and an easier block now for the QB to make when he seals that corner to the outside. Our only adjustment on this is to look for the Playside Wingback need to **DINGO** or not. If OLB is still at the second level and in his normal position then stay base but if he drops down or he widens out have the wing Dingo. If the OLB widens then the QB can seal him outside and let the split end take the CB out of the play. FIGURE 1 below.

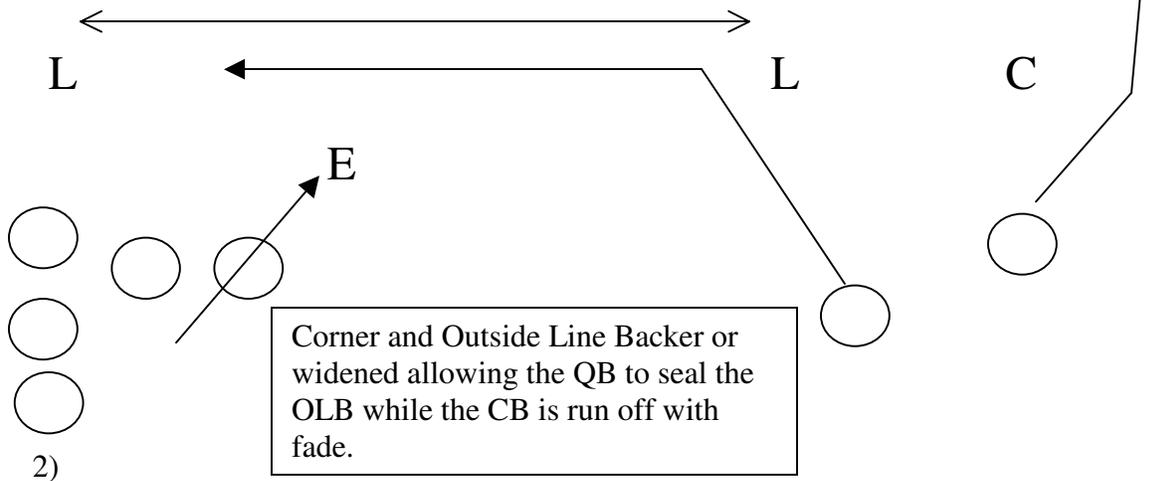
The **Loose look** is our way of dealing with both support players at once by widening them. The end goes into a split look and he is responsible for taking the corner out of the play with a long fade route while the slot (wing back) follows his rule of sealing the first linebacker inside which means he now must crack the inside linebacker while the QB seals the outside linebacker now who is extended out 8 yards to cover the slot. Essentially we are running off the CB sealing the outside linebacker to the outside with the QB and cracking the inside

linebacker with the playside wingback. What we have done in this look is we have completely isolated the defensive end against the off tackle play as he has no support on the C or D gap. FIGURE 2 below.

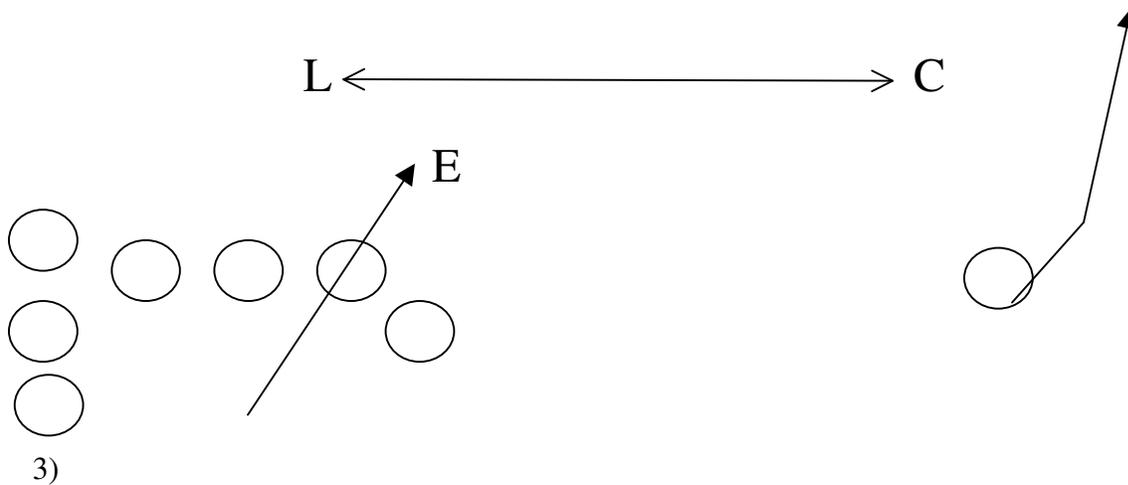
Note: The Over formation has a split end and a tight end on the strong side due to the backside end going over to the split end. In this case what you have is a tight look with a split end. Essentially you are moving the corner back out with a split end but you still have a tight end and wingback. FIGURE 3 below.



Split Look



Loose Look



Over Formation Look (Tight look with a Split End - Unbalanced)

Note: Our split ends play a key role in our offense, as you will see in our passing game. The key to holding those corners is to run a convincing fade route, as this is the route we run on the super power and counter pass. Again every thing must look the same until the actual play is executed so the little differences in each play causes the defense to start freezing in place as they try to figure out what is going on.

Play of the Playside Wingback:

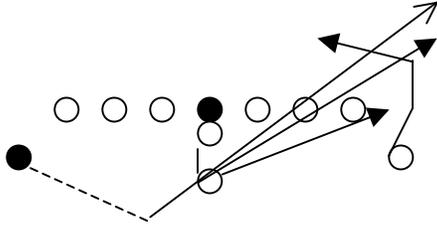
The wingback in normal circumstances must get around the defense end and then seal the first linebacker coming playside. He has to stay as tight to the LOS as possible without allowing the Linebacker to go over him but still not allow him to cross his face into the LOS. When he makes his block his head goes across the front of the defender's body so that he naturally seals the defender from the LOS and forces him to go over the top of him if at all.

The crack in the loose is nothing more than an extension of the inside seal rule and he has to get inside fast and follow the guidelines above. His block is key to the success of the runner once he passes the LOS and goes into the second level.

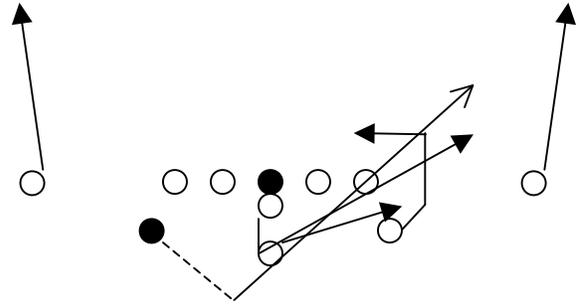
The **DINGO** call is our way of accounting for gap pressure, a good inside defender, or a blitzer on the inside of the playside wing back. The wingback follows the same rule (Severe Down Block) as the line does in this case. Adjustment is made by the line coach; at the older age groups 12 and above you can have the line automatically make the adjustment.

The **DOUBLE** call is our way of telling the QB to spin and double the DE with the BB. He does this by hitting the DE on the inside shoulder with his head on the front of the DE locking him in with the B-back and kicking him out.

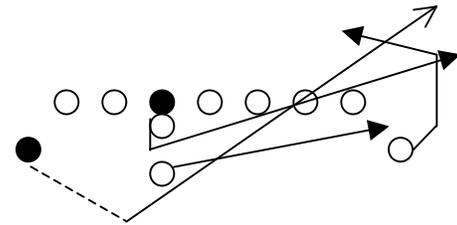
Tight Rip Super Power Right



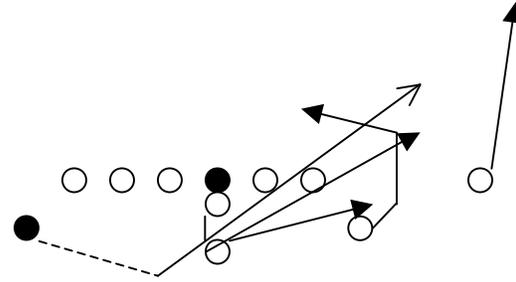
Split Rip Super Power Right



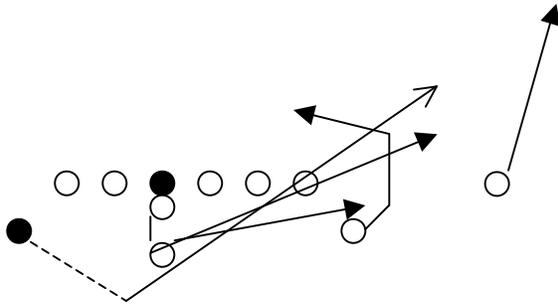
Double Right Rip Super Power Right



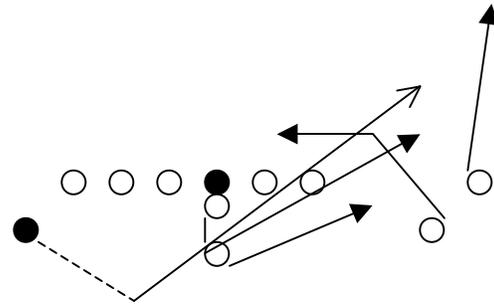
Out Right Rip Super Power Right



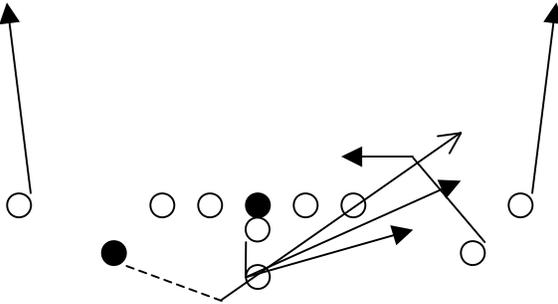
Over Right Rip Super Power Right



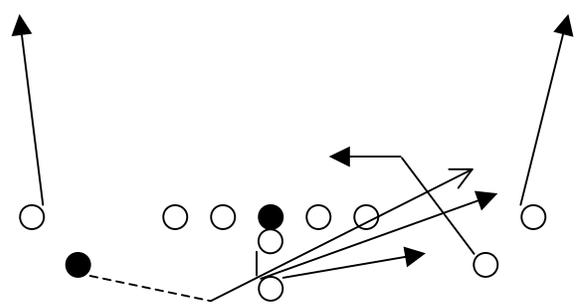
Wide Right Rip Super Power Right

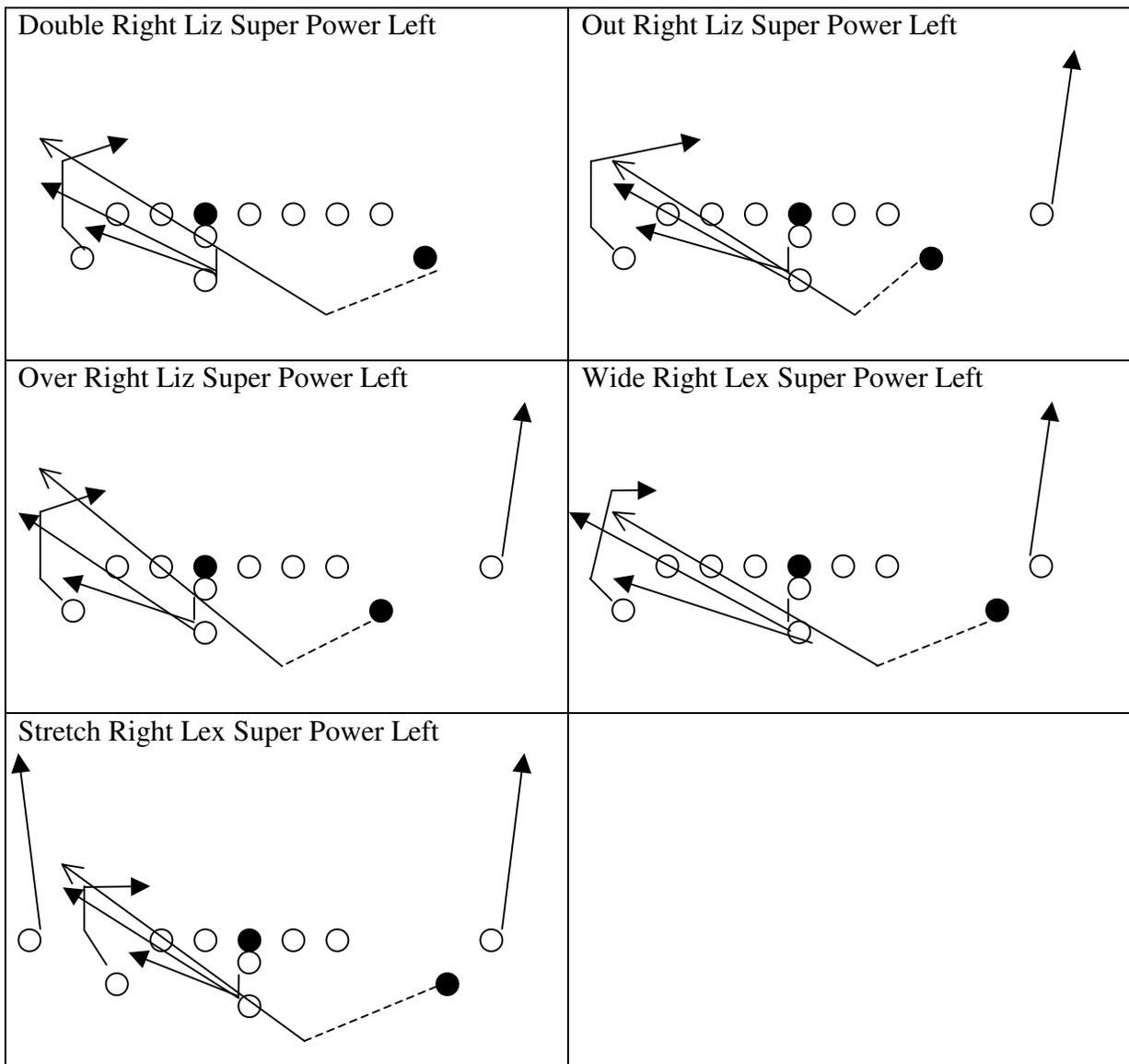


Stretch Right Rip Super Power Right



Loose Rex Super Power Right





NOTE: Adapting these back over to the traditional DW super power made famous by Markhem and Wyatt is very simple. Backside is split or loose simply pull the BSG only and anything formation with the playside split or loose would have the PSOT block Gap Down as a rule.

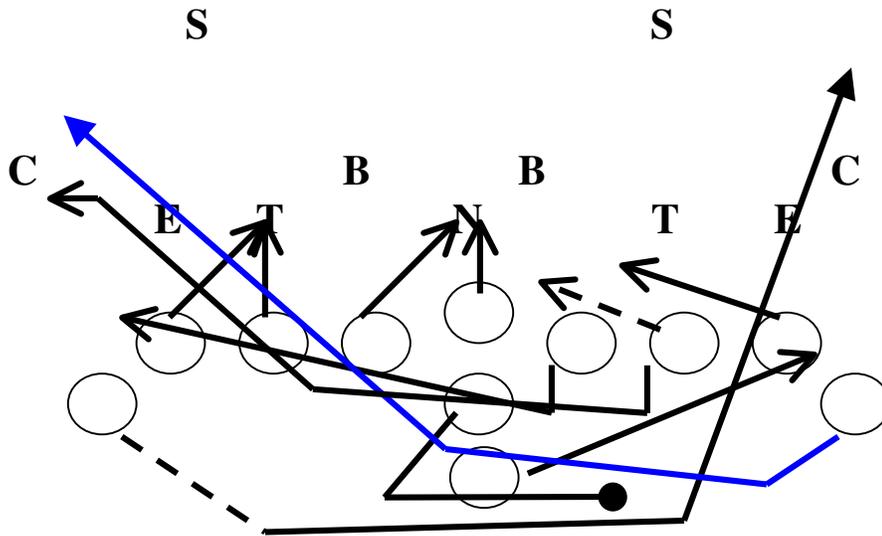
Variations of the Super Power:

Super Power Keep Right: The QB keeps the ball and gets into the tunnel as fast as possible. This allows us to hit the oftackle hole much faster while they focus on the motion wingback.

Super Power Right QB Right: This is the bootleg under the BB as the motion wingback fakes super power. This is a very good play if the LB, CB, and DE are stepping inside to stop super power as it allows the QB to get under and around the outside triangle.

TIGHT Formation (Actual DW Counter Play)

Play RIP COUNTER LEFT

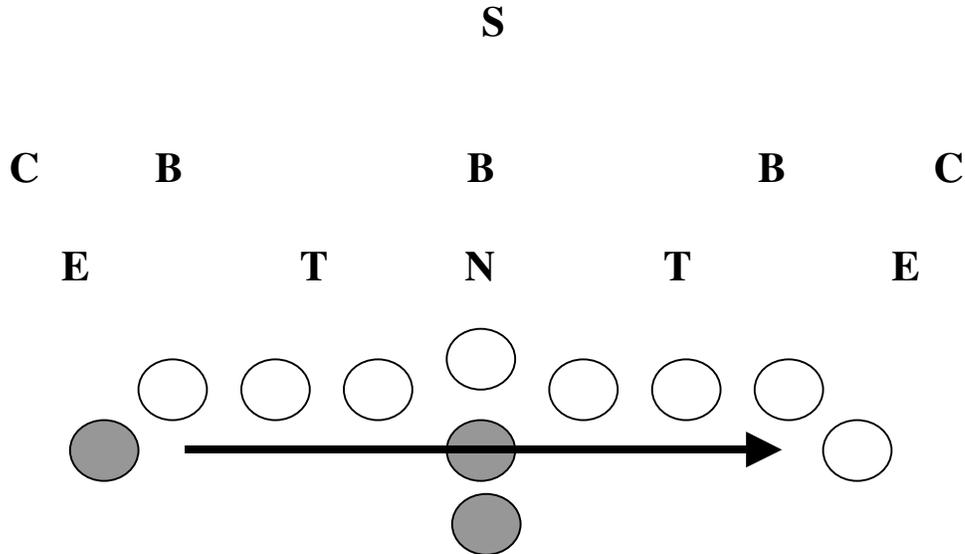


LTE GD	LT GOD	LG GOD	C MOMA	RG Kick- Out first man to show. EMLOS (DE)	RT Pull and seal run force (CB) Shoeshine if Eagle or 8 man/blitz front.	RTE Shoeshine
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<p>QB Reverse and spin and make an INSIDE handoff.</p> <ol style="list-style-type: none"> Step around with the left foot to 7 o'clock. STAY LOW AND HIDE THE BALL. Take on additional step with the right foot to 7 o'clock then pivot to the inside on your right foot and step towards the center with the left foot. Make a good fake to the A-back then tuck the ball as you come towards the center the C-back will be to your inside. You must watch the ball in and make a good hand-off. 	<p>B-Back KICK-OUT first defender to show. This usually the EMLOS (DE). Aim at the defenders inside shoulder and blow him up and out of the hole with solid block to his inside shoulder.</p>	<p>A-Back Rip motion – SL-O-O-OWLY as if running POWER; DON'T TAKE IT TO DEEP! 1) Fake the Toss action the attack the hole as if running power. Run for 10 yards and drive off any defender coming to tackle you. Be Physical!!</p>	<p>C-Back Drop-step, take inside handoff, cut inside the guard's kick out block, break outside. 1) Take one deep drop step with your inside foot – don't turn your shoulders away from the line and DON'T TAKE A COUNTER STEP 2) DO NOT DELAY – head for the tightend with your path between the QB and the center. (Inside handoff) 3) The handoff will come from the backside. Secure the ball and hit the hole fast. DO NOT CUT BACK INSIDE.</p>
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SPECIAL INSTRUCTIONS: Tight Liz Counter Right goes to the opposite side. Adjustment – If you face a eagled front or a 8 man/blitz front have the BST shoeshine or down block the playside. (As a rule we always have the BST shoeshine)

SUPER POWER AND MISDIRECTION



Flow going to right side forcing the defense to respect power via motion and movement in the backfield.

At the youth level defensive backfields generally key the backs or key the backs through the guards. By doing this they allow us to deceive them with the use of our motion/pre-flow and movement in the backfield/flow.

Normally the defense keys in this manner on the double wing –

ILB/MLB = BB

OLB = TE

CB = WB

FS = Flow (well coached teams coach the FS to key the QB)

If the defense want to match up then they key in this manner –

ILB/MLB = BB

OLB = WB

CB = TE

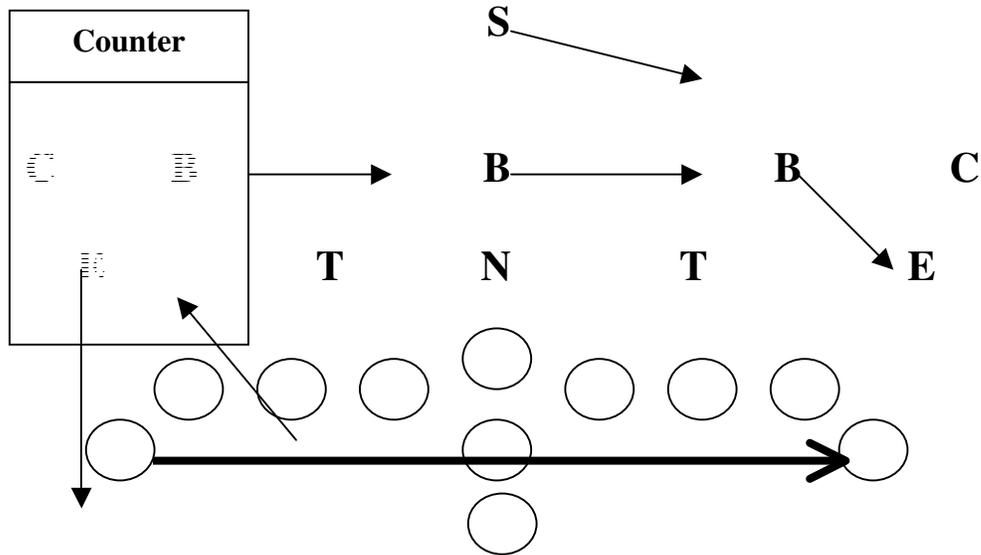
FS = QB

Often the defense might have the MLB/ILB key through the guards and into the backfield. At the youth level what that really means is that the backfield can still misdirect the defense.

The threat of Super Power forces the defense to defend towards the flow this means that the ILB, BSOLB or BSCB (whoever is keying the BSWB), and FS are moving towards the flow to stop the super power as it attacks that side of the defense.

When they do this they open themselves to the counter (opposite WB hits against the flow) or the X (BB hits into the B gap opposite flow) or the G towards the backside. Once that happens the defense responds by having the player keying the BSWB cross key or hesitate on the backside of flow to spy on the Counter. This now creates a gap in the defensive interior

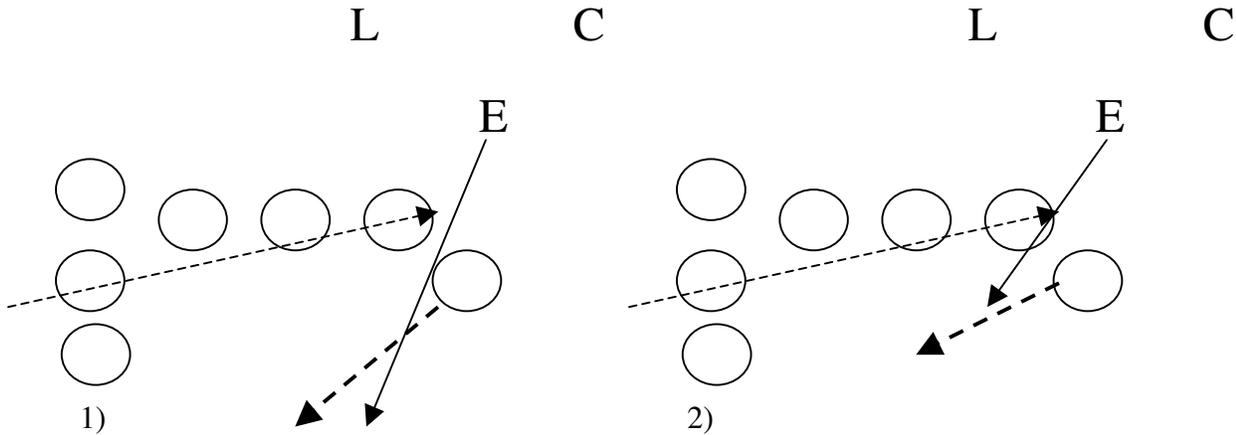
when the ILB flows with the B-Back and the FS moves to the flow as well. When this happens they open themselves to either the TRAP or WEDGE depending on what the defensive line is doing. If they (DLINE) are attacking upfield then trap them if they are reading then wedge them. Now you have placed the defense in a quandary which means the super power is much more effective since the defense is sitting and reading vice reacting and attacking.



Backside Linebacker and Cornerback: When the defense over pursues to flow they leave the backside open to these plays and we have to attack this weakness. By effectively countering a team that has it backside pursuing hard vice cross reading the opposite wingback allows us the big play opportunity and the ability to make the defense hesitate as well or sit on the backside as we attack with our super power play. Also you might notice that we are again attacking the outside triangle on the backside.

Most defenses we face have the Corners rolled up on the LOS defending sweep or covering the end if they have a split end on their side.

Backside Defensive End and Motion: I really feel motion and the depth of it affects your counter play. We have a motion back take a deep motion path by having him aim one yard behind the B-back and take two shoulder width shuffles inside. This takes him about two to three yards deep and behind the inside the hip of the tackle. What this does normally is on the snap of the ball the BSDE gets in the habit of taking a path at the depth of our motion wingback and then follow his path attempting to run him down. If your motion wingback's path is short or shallow that Defensive end's path will take him right into the countering wingback's path. So that is why I like my motion wingback to take a deep motion vice a shallow motion.



Two Schools of Thoughts: There are those that believe you should hold the counter and use it very little; more of a big bang play when the defense gets lulled into defending your power running game. Then there are those that believe it should be mixed in liberally to keep the defense honest and allow for a more honest playing defense. I do both depending on the defense I am facing. In the past I have been more of a hold it till I need it but I have found that mixing in the counter a lot more keeps the defense on its toes and forces them to defend the entire front at all times. The yards per play on your counter will drop if you use it more often along with the amount of long yardage TD's but the impact of the play is still very significant in the impact it has to your overall power running game. Also I have found if I am mixing super powers and counters the play action pass becomes the big play as the defense tends to squat on the LOS trying to stop your base offense (Super Power, Wedge, and Counter).

Misdirection and Faking: The key to good misdirection is faking or making the play appear as your base play (super power in this case). You must stress that the Motion wingback, B-back, and QB execute great fakes. The motion wingback must run hard and act as if he has the ball for 10 yards. This forces the defense to honor him and that means fewer players defending the counter and the bigger the chance for long play. The QB is not responsible for providing a fake until he delivers the ball to the counter back.

Play of the Countering Back: The countering back must take a drop step to slide him out of the way of the B-back who is going to be executing a kickout to the EMLOS near him. Once he does that he aims for the far hip of the last player on the LOS (OT or TE) and heads toward him keeping the QB to his outside. As soon as he secures the ball he looks for daylight. That daylight might appear on the other side of the center (A gap) or down the line at the D gap. He has to get up field fast and get to the outside boundary fast. The runner

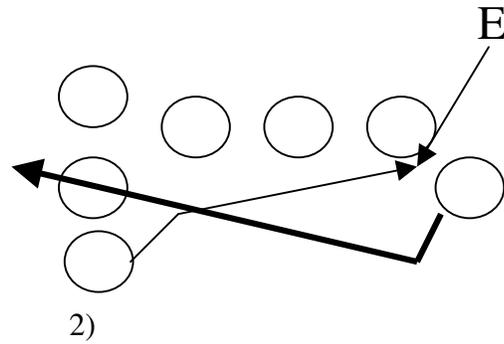
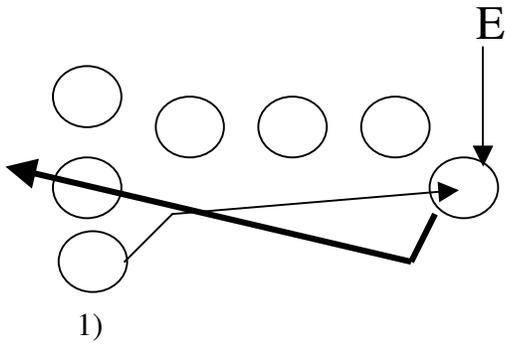
must never cut this play back inside as the defenders that are recovery from the power action will be heading towards you from that direction.

L

C

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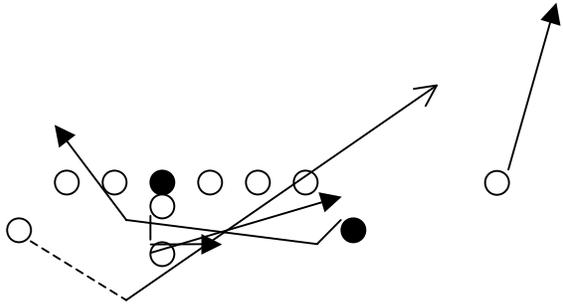
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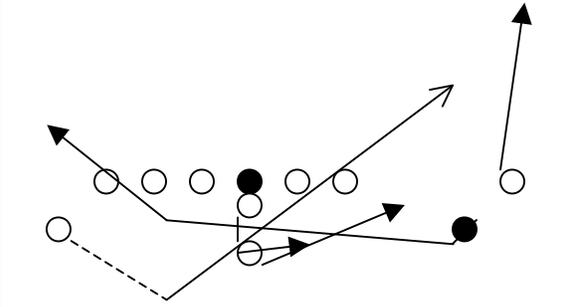
Examples above of the drop step and clearing the B-back's kick out block to the backside defensive end.

<p>Tight Rip Counter Left</p> <p>This diagram shows a defensive line of seven circles. A thick black arrow starts from the left, passes behind the line, and points to the second circle from the left. A thin black arrow starts from the second circle from the left, goes down and then right to the rightmost circle. A dashed line shows a path from the leftmost circle, down, and then right to the rightmost circle.</p>	<p>Split Rip Counter Left</p> <p>This diagram shows a defensive line of seven circles. A thick black arrow starts from the left, passes behind the line, and points to the second circle from the left. A thin black arrow starts from the second circle from the left, goes down and then right to the rightmost circle. A dashed line shows a path from the leftmost circle, down, and then right to the rightmost circle. An additional arrow points from the leftmost circle up and right towards the rightmost circle.</p>
<p>Double Right Rip Counter Left</p> <p>This diagram shows a defensive line of seven circles. A thick black arrow starts from the left, passes behind the line, and points to the second circle from the left. A thin black arrow starts from the second circle from the left, goes down and then right to the rightmost circle. A dashed line shows a path from the leftmost circle, down, and then right to the rightmost circle.</p>	<p>Out Right Rip Counter Left</p> <p>This diagram shows a defensive line of seven circles. A thick black arrow starts from the left, passes behind the line, and points to the second circle from the left. A thin black arrow starts from the second circle from the left, goes down and then right to the rightmost circle. A dashed line shows a path from the leftmost circle, down, and then right to the rightmost circle. An additional arrow points from the leftmost circle up and right towards the rightmost circle.</p>

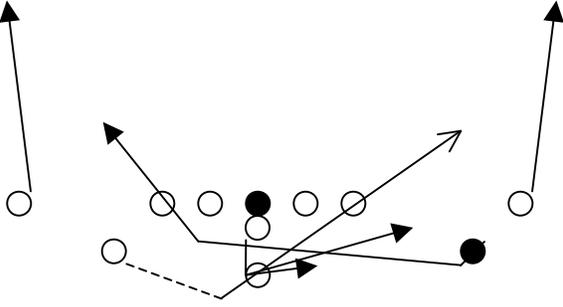
Over Right Rip Counter Left



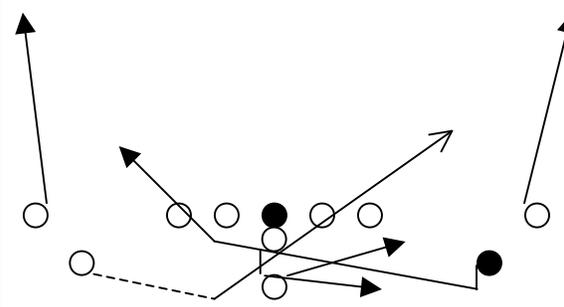
Wide Right Rip Counter Left



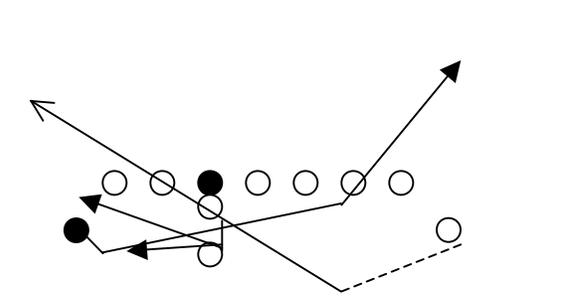
Stretch Right Rip Counter Left



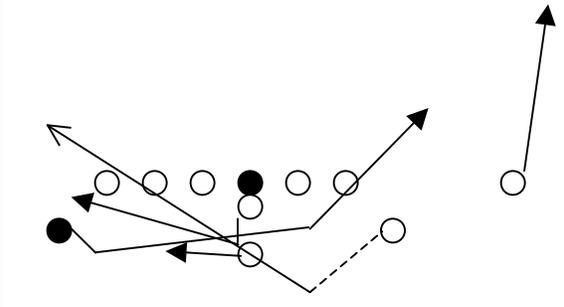
Loose Rex Counter Left



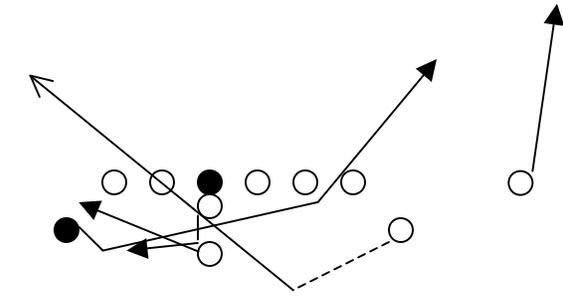
Double Right Liz Counter Right



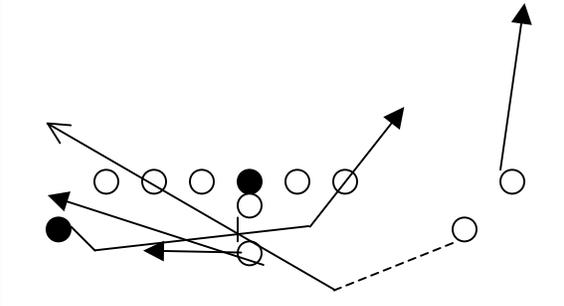
Out Right Liz Counter Right

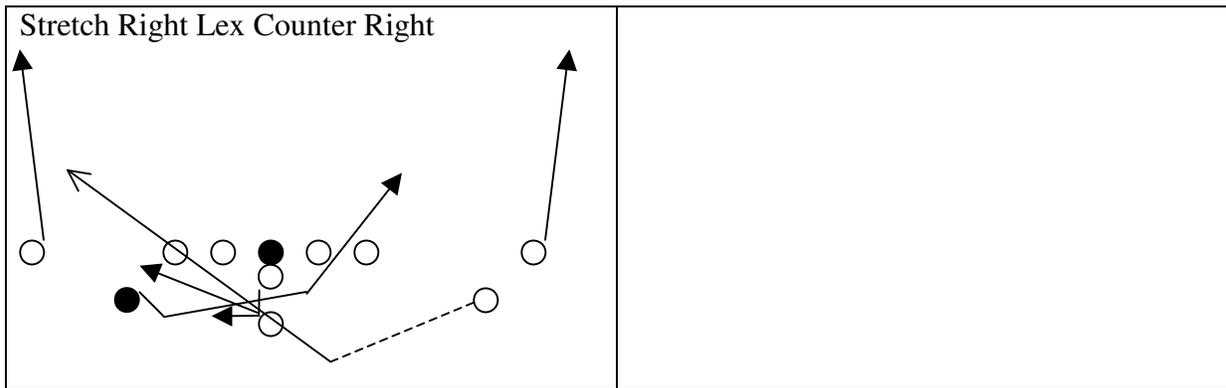


Over Right Liz Counter Right



Wide Right Lex Counter Right





Variations of the Counter:

- Lead Counter Left – tells the BB to lead the counter and seal the playside corner outside. Offers a little more power to the counter play. If the ILB is keying the BB don't call this as it will lead him to your counter play.
- Counter Right Keep Left – tells the QB to keep the ball and follow the motion back into the hole as he seals the run force. This is a great play for defenses that have the power side defenders going to the counter and not staying home.
- BB Counter Left – tells the BB to counter step and then take the handoff as the QB completes his spin. This is a much faster hitting counter. The counter WB can either block as if power or can carry out his counter action but extend it out along the LOS even getting in a pitch relationship with the BB.
- Criss Cross Counter Left – Tell the QB to toss and then follow super power route and then the motion back turns take two slow steps and makes a inside handoff to the countering back who then cuts it up field.

Note: Teaching the three base plays.

- I explain our philosophy of power and misdirection.
- I explain we have three base plays and we do everything based on these three plays.
- I explain the base Tight formation show them the various formations we will start with.
- I then have them get in and out of the formations a few times and I have them tell me what they are as they get into them.
- I then explain the wedge to them and why we use it and when.
- I then have them form the actual wedge and run it against a NT with shield a few times until they can drive the NT 5 yards without breaking up. (We work on this until they can drive me 10 yards and then 20 yards)
- I then have them get into a Tight formation and get into the wedge until they can do it and form a good wedge quickly. We then work on it with various formations.
- We then work on the wedge from snap and execution. Latter we add dummies across the LOS starting at the Guard's outside hips to force the wedge to get their knees up and to collapse inward.
- Once they understand the wedge we have them get into formation and we explain the severe angle blocking and what each player has to do on the Super Power and then we have them execute it a few times to each side slowly against air. Then we do the same with Counter.

- Once this is done we break into Line and Back Group so that we can teach fundamentals and technique.
- At the beginning of each offensive practice session afterwards we do this to reinforce the wedge and reinforce the basics. Each time we teach a new play we do the same thing as well.

Chapter 6 – The Line (blocking schemes and coaching techniques)

Blocking is the Key to a SUCCESSFUL OFFENSE!

In order for this system to be effective you as a coach must have a sound understanding of the blocking system. For the sake of understanding why we made the change to the Severe Angle Blocking system I am going to list the information on the GOD system we used previously so that you have a full understanding of our thought process.

Offensive Line Priorities:

- 1) Protect the inside gap first
- 2) Take any advantage away from the defender by stance, position, and blocking technique
- 3) Attack the POA with as many blockers as possible
- 4) Stop all playside and backside leakage across the interior
- 5) On all plays except for wedges we will down block the inside and kick out the outside of a hole

We do this by teaching our lineman stance and position first:

- 1) Get in a two-point stance with their hands touching their thigh pads.
 - a. This is essentially a break down position
 - b. Their feet are no wider than shoulder width apart
 - c. The heels are slightly off the ground and the shins are forward slightly
 - d. They drop their hips slightly (not the waist)
 - e. Their head and eyes are up
 - f. This allows the young lineman to react faster then the defensive lineman both in wedging and down blocking
- 2) The lineman are back off the Los as much as legally possible
 - a. The rule, for being on the LOS, is top of the helmet must be even with the center's hip.
 - b. If the ear hole is in line with the hip pad of the center then the guard is usually right on the money. We have the guards, then tackles, then tight-ends align in that order to stop the bowing effect.
 - c. We use zero to six-inch line splits (about the size of a dollar bill). Start with zero line splits and adjust if you have too.
 - d. Don't be afraid to move them up or adjust to make the play more effective. At the younger ages these things have to be done in order to succeed.
- 3) Get in a three-point stance with their inside hand down (used if you want to use a three point stance vice a two point stance)
 - a. The down hand is directly in front of the back foot
 - b. Their feet are no wider than shoulder width apart
 - c. There is very little weight on the down hand
 - d. Their eyes are up and tails are down
 - e. The easy way to get them in this stance is to get them in a good four point stance then have them take their outside hand and put it on their thigh.

Severe Angle Blocking System

Severe Angle Blocking rules. (Coach John Carbon)

1) Get off the ball!!

2) Don't block down after a certain man,(the tackle, the nose, a linebacker), No, you block down a lane, at a severe angle and whatever gets in your lane is who you block.

3) Everybody on the playside of the first puller, blocks down at the same severe angle. Everybody on the backside of the first puller reaches hard to the playside. Everybody must block down at the same angle, if we have penetration or leakage from the defense it is because one of our linemen did not block down at the same angle as everybody else. Playside line will down block at a severe angle (30-degrees) to seal and drive the playside interior defensive line to the inside. The backside will do one of two things depending on if there is a pull or not.

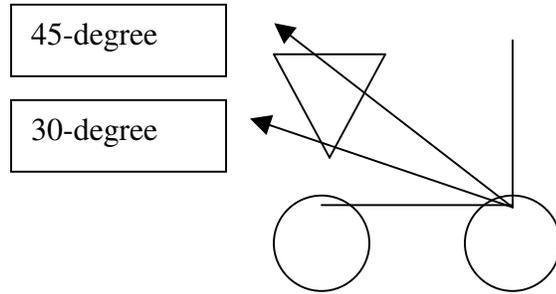
Definition: "Severe angle", an angle of 30 degrees from the line of scrimmage.

Raider Rules:

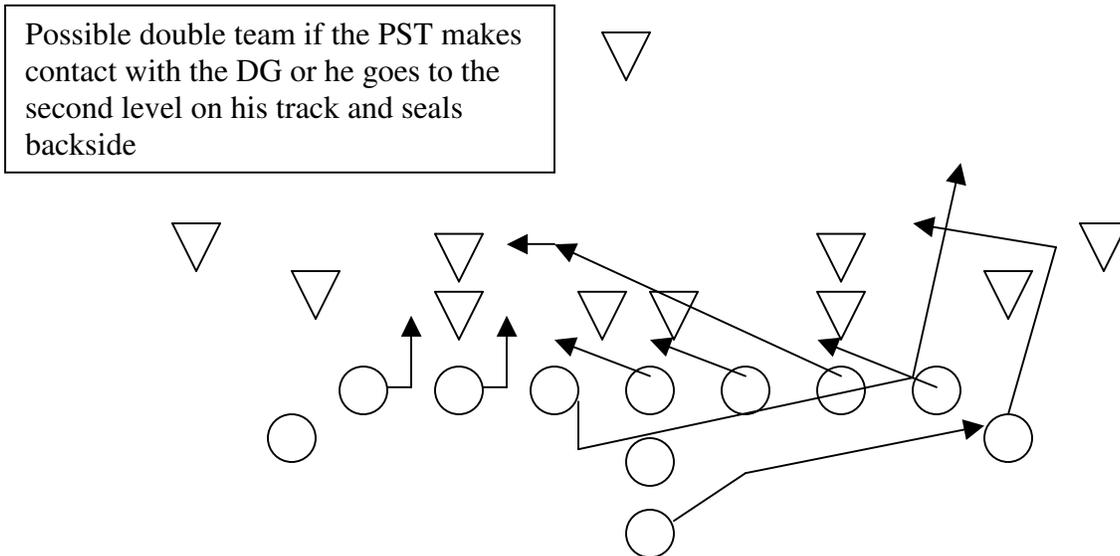
- All down blocks are made at a 30-degree angle on a straight path until you make contact with a defender and then you block that defender. You must stay on the same 30-degree track all the way to the out of bounds.
- Your helmet must go in front of the shoulder of the defender and your outside shoulder must form an "L" with your helmet on the defender's shoulder. If the defender is playing 2-gap or reading then switch to the helmet at the rear of the shoulder with your shoulder again forming an "L" on the defender's shoulder.
- All playside blockers down block to seal the inside and stop leakage across the playside and pursuit from the backside. Essentially you are walling off the LOS from the defense.
- If a blocker pulls he is the last playside blocker and the backside players slide (reach) block to seal the first defender they come to off. The BSG or PSG are the only players that pull in this scheme.
- If a blocker does not pull then the first backside player blocks ON/IN to seal the backside off and everyone else backside slides towards playside. The only case of this is the BASE scheme and the Center is the last playside blocker while the BSG is the first backside blocker who has to block ON/IN
- Traps are handled the same way except the blockers playside of the trap move up and seal the first linebacker backside to seal the second level off to the inside.

Most down blocks are made at a 45-degree angle so that you can pick up scrapping linebackers if you don't have a defender to block on the LOS and drive an interior lineman into the second level when you do have one. Which I completely agree with but in our offense the key thing we have to do is seal the interior leakage off and the easiest way to do this is by driving defenders down the line and creating a pile at the interior line. If the blocker takes a direct 30-degree path this will take him to the second level on the backside and allow him to pickup backside pursuit of an OLB or CB. The ILB is the responsibility of the PSWB as that back will either be sealed by him or have to go over the seal block of the PSWB on the PSLB.

Example of the difference between the 45-degree and the 30 degree down blocks.

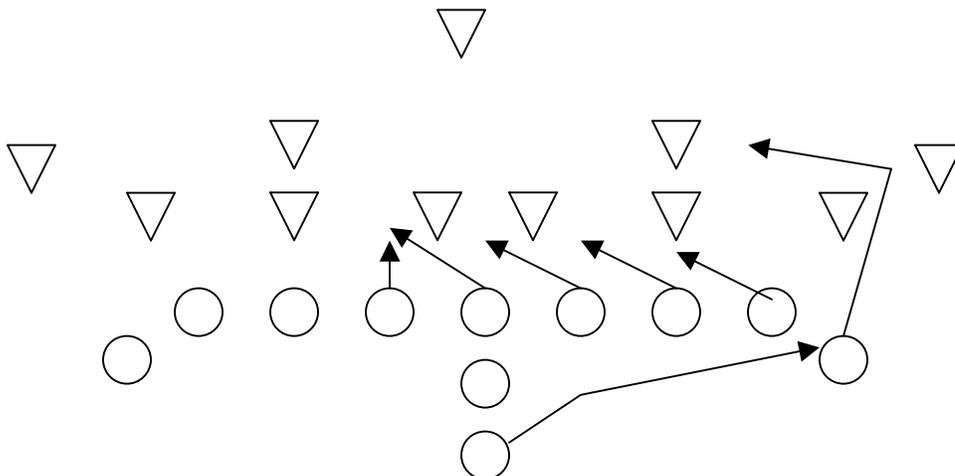


Example of the Power scheme (BSG pulls – last playside player)



Note: The PSDG can be doubled and the BSDG can be double as well with the BST reaching. If the BSTE has a hard time reaching the inside defender he can shoeshine block him.

Example of the Base scheme (Center is last playside player)



What I like about this scheme is it really teaches team blocking in the same format that the wedge does but at various holes with simple instructions.

Severe Angle Blocking (SAB)

Comments by Coach John Carbon

The cool thing about severe angle or track is that it does not lock you on to a particular defender. I think it is a great way to start to teach the concept. I see my older linemen getting comfortable with it and making calls on LOS to get better blocking angles.

I don't think this is any different than other schemes except it picks up all blitzes and stunts. It also makes it easy on the guys as far as who to block. We simply take out the "on".

The more aggressive the simpler to wall off. Have you ever had somebody hit you from a side angle while your running? In most cases you're in for a huge spill.

Two things I have noticed that are always a given is that the guy that gets off the LOS faster has a better chance and the guy that hits at an angle always beats his man.

Now if you can get away with down blocks that gives you an edge that is hard to beat by the defense.

I don't think I'll ever go "on" again while I coach. (only exception is a wedge)

The advantages you get from SAB is just too much to look over. The average OL weight of FRAILES was 228.83 Lb and beat a team for the championship that average on DL 247 LB. We gave up on average 20 pounds per man and controlled the LOS and did not give up a sack or a run for loss yardage.

The clear advantage is leverage and picks up any stunts or blitzes because of the track blocking involved in the system. I think that if you went to NASA and asked them to come up with a blocking scheme for football they would give you SAB. I have read a good amount of books on blocking and this system is the only one of its kind. The fact that any time you go "on" you best have a better athlete at that position or you will get beat. With SAB this is not a factor unless you have a 100 pound linemen blocking a 250 pound DT.

John

>Do you back the linemen as far off the ball as possible?<

Yes but it works either way. We did this because our linemen worked best by pulling flat to the LOS. Every time we had them pull deep we had problems with missed blocks on bucksweep. The minute we went flat it all came together.

>Do you have any drills for teaching this blocking style?<

*The key point is explosion. You need to get them to come off the LOS at 400 MPH or like we like to say "a rocket up their a**". We made that the main focus of the drills because we had a few wrestlers on the team and they shared some pointers. The progression for us is the same except we emphasize "the explode" and the "getting your feet under you as fast as possible". Make sure they understand the "hat to numbers" so they always have their helmet*

in the right place when blocking. Use the "L" of the head and shoulder to lock the defender in the block.

>could you use a board drill with the boards placed at a 30 degree angle to the line and have the linemen fire off on their track and block bag down the boards?<

Sure. The most important thing you can do for the kid is give them as much positive reinforcement on the advantages to the system. The minute that skinny linemen sees he can move heavier linemen he will think he can block a MAC truck thanks to SAB.

Now, this past year we faced three types of DL. The gapper that was a joke to block because his own inertia and position made him an easy block. We like to think he lined up blocked. The plunger (submarine, frog) that we also feel was an easy block. If they got low we instructed our OT's to go to four point unless they had to pull. In the wing-t we pulled OG's most of the time so the DT's most often got blocked by OT's. The last one but maybe the hardest was the "reader" but in that case we also did well because he would get blindsided on every play. After a while the DT's would look for the block and that would take away from his ability to read the offense.

Here is a little something to back up the SAB. Eddie Robinson the legendary Grambling coach and winningest (400+) football coach at any college level used a close cousin to SAB. He called it "wall and close down blocking." The other coach I will mention is Carl Gentry that won more than 300 games as a high school coach used a blocking system where his OT's always blocked down.

From Coach John Carbon:

"First, I emphasize the correct stance. I try to get my linemen in a fullback type stance as compared to Wyatt. The basics are the same but we try to keep the feet even. We do this by getting our guys to let their belly fall between their thighs. This moves their hips to a correct position. Most kids that have problems getting into the stance are basically arching their back by instinct instead of letting their stomach fall between their legs.

1) Stand up and place both feet about shoulder width apart. Your feet should be under your armpits or shoulders. You can cheat either foot back up to a heel to toe relationship.

2) Now, lower yourself straight down by maintaining a point of balance. At this point you're a human chair in a sense. Make sure to have your knees over the points of your feet. If when you lowered yourself your knees when in then you must move them out.

3) Now lower your back while letting your stomach fall between you thighs. You should be totally balanced. This is the part where most kids have the problem. We all make it to this point but the "arch their back" syndrome must be corrected.

4) The down hand must come down and rest only on your fingers. No fist or flat-handed support. You should have your fingers in a tight "duck" or "U" type with the thumb as the back support and the front four together as front support.

5) You should be able to see forward. If you can't your butt is too high so lower it ever so slightly until you can see forward. The rest hand should be placed in such a way that your shoulders are even on both sides. If this can be done by placing your elbow on the knee that is fine but if not you can place your rest hand on the back of your calf on the lower leg.

You know have the perfect stance. You can block or pull either way as well as perform the scoop and seal.

Second point.

There is something to be said about blocking that most coaches forget.

1) The guy that gets off faster wins most of the time so do as many explosion drills as possible. Make sure they explode forward (you get my idea). Some kids like to do what I call helicopter blocking. They rise first then go forward like a helicopter does when it takes off. We don't do that and I have been known to use any device to create a chute to keep my guys exploding forward (sideways in SAB) and low. Be sure to emphasize that they explode faster and faster and stay low. If you can do that you will win many battles on the LOS.

Major points are explosion and staying low.

2) It is very important to drill them with the first step. I have guys that like to use their inside foot as a pivot while their outside foot explodes. This is a no-no. They must take the inside foot "power" step and then follow with the outside foot. Keep the legs moving!!!! Some kids hit and stop moving their legs. Make sure they follow thru on the legs and keep moving or chopping at all cost. Their strength is in their legs at the younger age.

Emphasis on keep moving the legs.

3) The hit must first be with the shoulder followed by the "ice picks" or what I call "punch" (and the increase in leg movement). At no time do we separate our shoulder from the defender. We leave that to the pro's and zone blocking. We shoulder block.

The emphasis is in creating the blocking surface.

4) Then we get under the defender and speed up.

So EXPLODE LOW-HIT, PUNCH and FIT-DRIVE; DRIVE, DRIVE!!!!

I can't emphasize how important your line work can be.

John

BTW, I like to show my kids the importance of explosion with a little visual aid. I place both palms of my hands facing each other and explain that my right hand is the O-linemen and my left hand is a D-lineman. I then clap my hands. That shows them that neither hand dominated on the snap so they ended in a stalemate. I then explain that explosion and staying low is everything on the LOS. Next I do the same thing with my hands but this time I only move my

right hand and push my left hand back with the hit. That and I emphasize that the guy that gets off first wins.”

Keys to SAB:

1. Blocking at an angle puts defenders that are lined up on the LOS in an already blocked position.
2. Allows you to leverage the defender's center of gravity and make him lighter as you become heavier.
3. This requires you to explode into him at an angle and to keep your feet under you and near the defender; feet under your center of gravity as you maintain as much body contact with the defender as you drive him away from the play.
4. Do not lean into your defender as this only allows you to push him and your feet out not under your center of gravity. Get under him and lift and drive.
5. Your first step is always the foot towards the gap to open your hip to the defender. You must keep your inside hip, foot, and shoulder towards the inside gap.
6. If a defender attacks you get your head in front of him and use your outside shoulder to form an “L” with your head to lock him into your body as you make contact and drive him away from the play.
7. If a defender reads/sits then you get your head behind his shoulder and have your inside shoulder for a “L” to lock him into your body as you make contact and drive him away from the play.
8. You must explode into your track and attack the first defender you come to. Don't slow down.

Thanks to Coach John Strollo for his outstanding Severe Angle Blocking Presentation.

Physics of an Angle Block

Comment from Coach Ted Seay:

For those of you who suspected there was a reason that angle blocking was easier for your kids, here is a short discussion of the physics behind it.

Let's say two linemen oppose each other head on. The stud defender produces 300 pounds of force, while your scrawny O-lineman is good for only 200 (I can go through those calculations, too, but trust me for now). If your guy attempts a straight-ahead drive block, he will negate 2/3 of the DL's charge, but the DL will continue in the same direction with 100 pounds of force (i.e., your kid just got his ass run over).

Now: Let's see about two different cases of angle blocking. One involves making contact at a 90 degree (right) angle, the other at 30 degrees -- what John Carbon has been calling "severe angle" blocking.

The harder case first -- OL impacts DL at a 30 degree angle, same forces involved. The resultant force (R) equals the sum of the square of the two individual forces, minus twice the product of the two forces times the cosine of the angle (30 degrees):

$$(90,000 + 40,000) - (120,000 \times .866) = 161.49 \text{ pounds}$$

The angle at which the DL will be displaced with a force of 161.49 pounds is 38 degrees (I won't even bother with the math for that one). So instead of moving straight back, flat on his back, your scrappy little OL is now moving the DL off his path at a 38-degree angle with a net force of 161.49 pounds.

Now the easy one -- for a right-angle collision (say, a good trap block or kick out block), the square of the resultant force is equal to the sum of the squares of the two individual forces:

$$R\text{-squared} = 90,000 + 40,000 = 130,000; R = 360.55 \text{ pounds}$$

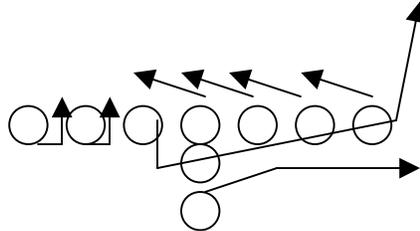
The DL will now be displaced at an angle of 34 degrees with a net force of 360.55 pounds...in other words, he is flying ass over teakettle -- sideways.

Bottom line: Seek blocking angles wherever possible.

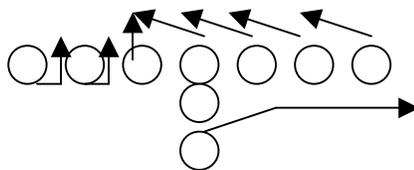
It is very important for us as a coaching staff to understand why we always want to block using an angle block vice a drive block. By always using an angle block whether it be a down block, trap block, or kick out block we give our blockers a decisive advantage over the defenders even if they are superior. The key to a good sound angle block is coming off the ball explosively from low to high, a good sound base, staying low, keeping your feet on the ground as you make contact, and exploding through the defender as you maintain contact on him.

Blocking Schemes

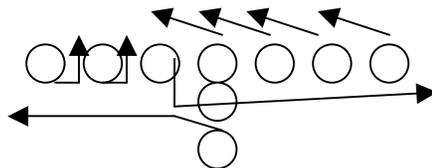
Power – PSTE, PST, PSG, and Center down block (Severe Angle Block), BSG pulls and leads into the hole sealing the first defender he comes to inside out. BST and BSTE slide (reach) to playside must seal the backside off from the BSG's outside hip back (INSIDE OUT). We can shoeshine the backside if needed.



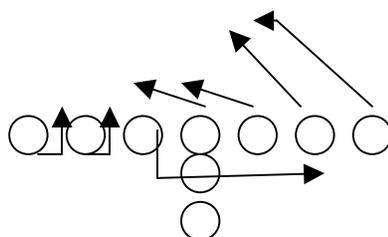
Base – PSTE (drop if split or loose look), PST, PSG, and Center down block (Severe Angle Block). BSG blocks ON/IN and leads into the hole sealing the first defender he comes to inside out. BST and BSTE (drop if split or loose look) slide (reach) to playside must seal the backside off from the BSG's outside hip back (INSIDE OUT). B-Back kicks out EMLOS playside. This is used as an alternate to Power when we face teams that have superior interior line man and we have to seal them off or pressure fronts that emphasize attacking the LOS with 9 or more players.



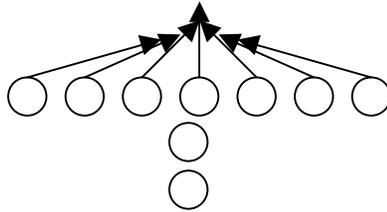
Counter - PSTE (drop if split or loose look), PST, PSG, and Center down block (Severe Angle Block). BSG pulls and kicks out EMLOS while BST and BSTE (drop if split or loose look) slide to playside. B-back kicks out BSDE (no call on this it stays kickout). We can shoeshine the backside if needed.



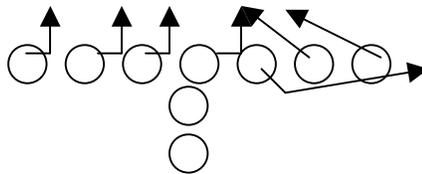
Trap- PSTE (drop if split or loose look) and PST release and move up to second level and seal first linebacker coming from backside (usually ILB). Center and PSG block down while the BSG pulls and traps first defender to show past the Center. BST and BSTE (drop if split or loose look) slide to playside. We can shoeshine the backside if needed.



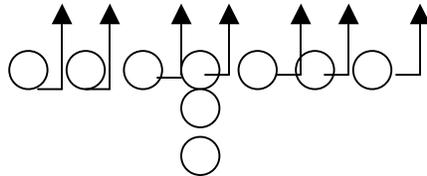
Wedge – We concentrate all of our linemen on to one defensive line man, the NT or the center of the defense if it is an even front.



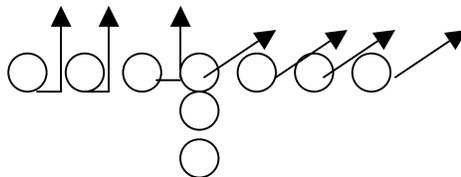
G – PSTE (drop if split or loose) and PST down block. PSG pulls and kicks out first defender to show (usually EMLOS). Center, BSG, BST, BSTE (drop of split or loose look). If no TE this reverts to an X block.



Reach – All blockers reach towards playside. If split or loose look playside and/or backside then drop. PSTE to PSG Reach block and Center to BSTE Slide block.



Out – All blockers on the backside (BSG to BSE) slide block as the Center to PSE Out block (SAB towards the outside). If in a split look no PSTE or BSTE. This is a great change up scheme that opens the A gap.



Training the O-Line

Key elements:

1. Good two-point stance and base
2. Explosiveness off the LOS
3. Good initial contact and maintaining that contact
4. Executing a Down, Inside Seal, Reach (slide), Pull and kickout, and Pull and seal
5. Reacting to the cadence correctly and quickly

Drills used to teach the offensive line:

When we start teaching the line blocking it will begin during the Evaluation week before the draft. We attempt to teach the fundamentals of blocking, aggressiveness, and explosiveness to all of our players. We emphasize the importance of blocking to every player on the team and they all must understand how to execute a good block. Key points we emphasize the first week:

- Proper stance
- Explosiveness
- Contact
- Severe down blocking – staying on TRACK until a defender is in your path

After our evaluation week and draft weekend we start teaching the offense, teaching technique, refining technique, teaching scheme, and refining scheme.

- Proper down blocking, slide blocking, reach blocking, pull and trap, pull and seal, and shoe shine techniques.
- Proper Power, Base, Counter, and Wedge Schemes.
- After mastering the above schemes teach the G, Trap, and Reach Schemes.

Used when first teaching the O-line and when going back to the basics:

Break Down Stance Drill – Circle Formation – have each player get in a break down stance and then a two – point stance. Teaches 1). This can be down as part of team warm ups with the entire team.

Cadence Clap Drill – Circle Formation – Coach has all players place hands up in front of face palms facing each other. Go through each leg of the cadence having the clap in unison on the call. On “GO” – “GO” (everyone claps on the G of GO) and so on. Teaches 5). This can be down as part of the team warm ups with entire team.

Two – Point Stance Drills – Circle formation – have each player get in a four point then a three point and then a two point. It is nothing more than a break down position with the knees bent and the hands elbows resting on the thighs. Teaches 1)

Chute and Board Drill – Chute and board with defender (shield as first then live) – blocker assumes two-point stance on GO fires off keeping a good base and drives the defender straight back and out of the chute. He must stay low, explode, maintain contact and a wide base. (one of few times we teach drive block). Teaches 1) and 2).

Head to Head Drill – Circle Formation - Two blockers face each other in a proper two-point stance spaced apart as if on the LOS. On GO they both attempt to block the other by exploding into the other blocker and then maintaining proper contact until you drive your opponent out of the circle or put him on the ground. If they start to hold or cheat in any way or tire out restart them. We usually start with one pair and as they get better increase the amount of pairs in the circle (usually three). Teaches 1), 2), and 3)

Tennis Ball Drill (modified Clark Wilkin's Drill) – Have several coaches or one work on the weakest linemen first. Have the blocker get in a good stance (two-point for us) and get arms length away on his 30 degree track (coach should actually be just above the track). Tell the blocker that when you drop the tennis ball from head height he must explode with his gap side foot first and catch the ball. Teach him to explode with his away foot and hip power step and follow through. As he improves move farther down the track; if he can catch the ball 5 feet out then he is exploding off the LOS. Now place a bag a foot behind the ball as it drops he now must get his away side shoulder into the bag with good form after he catches the ball.

Used throughout the season:

Six Point Contact Drill – two rows of players facing each other - start with air then bag then player. Go to four point contact repeat. Go to two-point stance and repeat. Teaches 2) and 3)

Explode (Angle Block into the pit) into the Pit – Dummy Pit with defender holding shield – Blocker is at the normal LOS distance on GO he explodes into the defender driving him backwards into the pit. Repeat this with the blocker and defender at a 45-degree angle and the defender stepping in front of the pit as the blocker explodes into the defender. Teaches 2), 3), and 4).

Angle Contact Drill - two rows of players facing each other at 45-degrees with defender holding shield facing blocker. On GO the defender steps fast towards the GAP while the blocker goes from a two-point stance and explodes executing a down block at slow speed first stopping on initial contact to each side and then switching defender and blocker. Then repeat at full speed maintaining contact and driving the defender back while making sure the blocker is staying on his track and not adjusting it. Teaches 3).

These are Daily Offensive Line Drills –

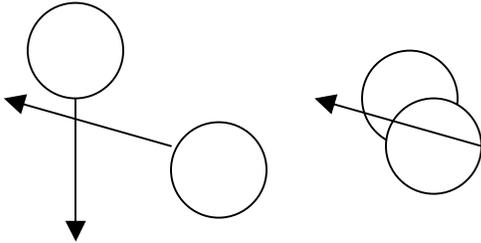
Line Technique Progression Drill – 5 blockers facing 5 defenders (w/ shields or dummies at first). This is done in order and one team does all of the blocks to both sides and then they swap and repeat the process.

- Down block – the defender takes a side step to the left so that he is one full player away and the blocker is in a good two-point stance. On GO the defender charges straight up field and the blocker takes a 30-degree jab step with the defender side foot aiming your head in front of the defender's inside shoulders and making contact with the forearms as he thrusts up and then following through with the rest of the body in a upward thrust as you drive him at a 30-degree angle towards the backside. Keep a good base (shoulder width) and don't over extend instead take short steps as you block him. The object is to seal the defender off from penetrating by placing your head and body across his near shoulder as you down block him. Do this twice

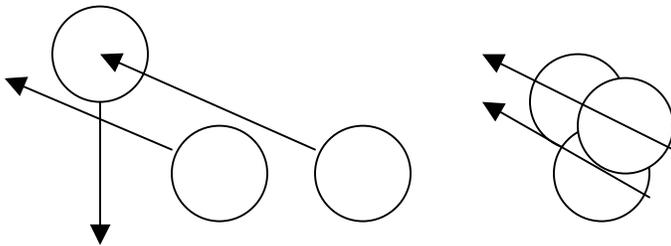
watching for explosion, proper first step, low stance and delivery, contact, and follow through. **THEY MUST LEARN TO FINISH OFF THE OPPONENT.**

- Now have the defender line up in the same spot take a full step back and a slide one more step away. Repeat the process again the defender charges up field and the blocker does the same thing. He must stay on his 30-degree track and explode.
 - Now have the defender reset in the same spot and slide one more step away and on GO have the defender flow to playside. The blocker must again explode off the LOS on his track and as he goes up to the second level he begins to square off his shoulders towards the backside and blocks the first defender he comes to. He must not let the defender cross his face towards the LOS. The defender must go over the top of the blocker to get around him.
 - This should be done to both sides.
-
- Slide Block – the defender again takes a side step to adjust correctly to the blocker. On GO the defender charges up field. The blocker takes a short side step towards the defender with his defender side foot and then begins to slide laterally down LOS attempting to cross the face of the defender as he punches out with his hands aiming for the far shoulder and center chest plate (this and the reach block or the only time will teach the punch). As you make contact you must close off the inside by sliding in front of the defender and then make body contact with the defender as you punch him and maintain contact. The idea here is to stop his forward progress as you slide in front of him and then engage him. We use this block on the backside of plays instead of shoeshine so that we can run various KEEP misdirection plays as well as not worry about Hi-Lo illegal blocks. Done to both sides. The key is getting as much blocking surface on the defender and slowing his charge has be attacks.
 - Reach Block – the defender is in the same position as above. On GO the defender charges up field. The blocker repeats the process above except he must continue to work to the opposite side of the defender and up field. The object is to seal the far side shoulder off. As he slides laterally he must engage the defender and drive him inside as he works around him. As soon as he gets position he must finish the defender off by driving him down the LOS. This is a hard block to master but with reps and can be a very good block. This should be done to both sides. Do not cross your feet slide your feet as you engage the defender.
 - Shoeshine Block – the defender is in the same position as above. On GO the defender charges up field. The blocker makes an immediate crossover step and shifts his body inside and parallel with the LOS as he aims for the ear hole of the center. He stretches his outside arm towards the center and as he lands he continues to work towards the center's ear hole by bear crawling. If a defender attempts to go over him he lifts up with his butt first.
 - Pull and Kickout – the defenders line up three yards away in a vertical line with shields facing their blocker. The blockers get in a two-point stance facing 90-degrees from defenders and online with them in a vertical line. On GO the defender steps hard towards the kickout and attempts to defeat it as the blocker drops their defender side foot so that it points down the LOS. As they do they fire back their inside elbow as they drop and then step with their backside foot. They must stay low and be prepared to fire into the defender's inside shoulder to kick him out. He must explode into the defender, maintain contact, and drive him outside. This has to be done to both side.
 - Pull and Seal – the defenders line up as above except they are facing away from the blockers and move up two yards and allow for space between each pair

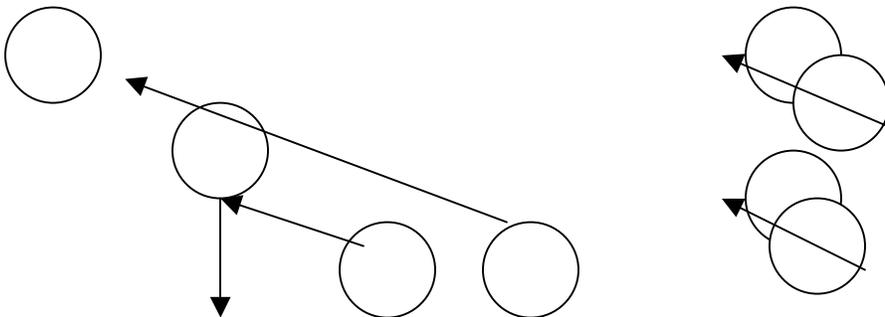
(blocker/defender). On GO the defender sits and waits for blocker and the blocker drops his defender side foot fires his elbow back and moves down the LOS. He should attempt to keep his hips some what pointed at the LOS so that as he clears the cone placed at 3 yards he should square up to the LOS and look for the first defender coming. The defender steps up and attempts to stop the blocker from sealing him inside. This should be done to both sides.



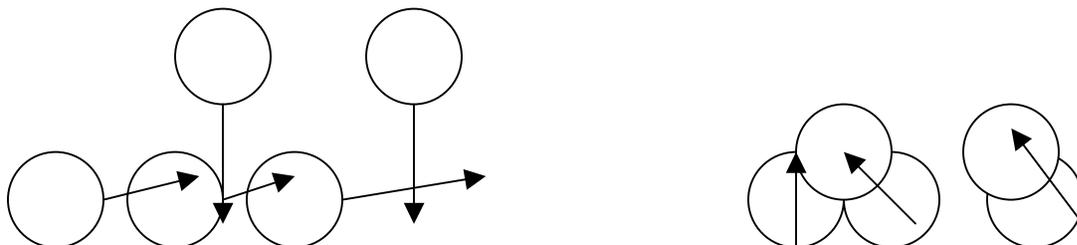
Severe Down Block - 1) is the aiming point of blocker. 2) head is in front of the defender while far shoulder locks the inside shoulder of the defender away from the play.



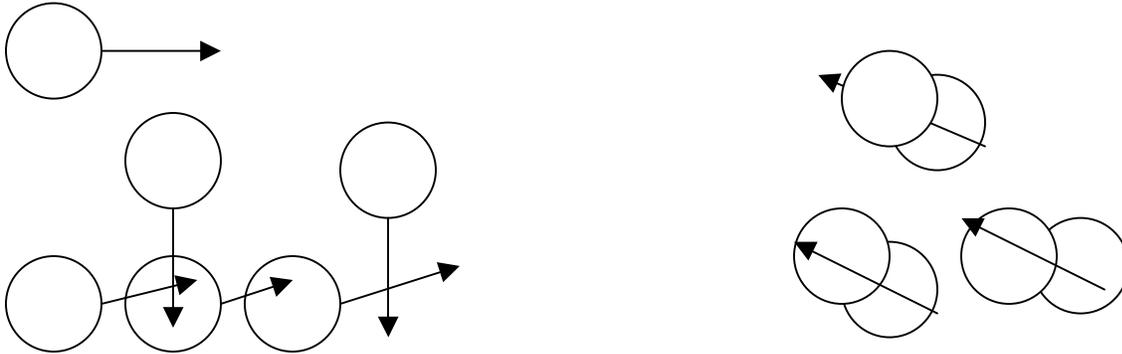
Severe Down Block leading to a double team - 1) track of both blockers take them to the first defender. 2) both players lock into the defender and drive him away from play.



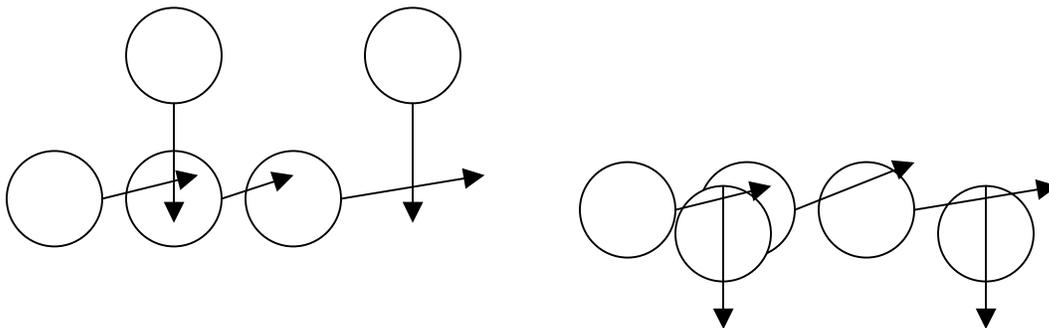
Severe Down Block - with next playside blocker moving to the second level and squaring to the backside defender and forcing him to go over the top.



Slide Block - 1) the blockers slides to playside working to the defender's playside shoulder as they punch out to stop the charge of the defender as they work to get to the playside. 2) The blockers engage the defenders after punching out by getting their bodies into the defender and locking them away from the play.



Reach Block – 1) the blockers slides to playside working to the defender's playside shoulder as they punch out to stop the charge of the defender as they work to get to the playside. 2) the blocker continues to work to the defenders outside shoulder and as he engages that outside shoulder he then drives him inside 3) The blockers engages the defenders after punching out by getting the body into the defender and locking them away from the play and driving him down the LOS or away from the play.



- Shoeshine Block – 1) the blocker makes an immediate crossover step and shots his body inside and parallel with the LOS. 2) He stretches his outside arm towards the center and as he land he continues to work towards the playside by bear crawling. If a defender attempts to go over him he lifts up with his butt first.

Line Scheme Progression Drill – This drill is simply placing your line in front of cones, defenders with bags and shields, or defenders and running the schemes. You should use a ladder approach to this so that you can make sure they fully understand where they have to go, footwork, and follow through.

- Point – On snap count everyone points to where they are going. Do this to both sides to make sure they understand their path.
- First Step – On snap count everyone takes his first step and freezes. Do this to both sides and make sure footwork and stance is correct.
- Walk Through – On snap count everyone walks their path and freezes on the whistle. Do this to both sides and makes path and alignment is correct.
- Full Speed – On snap count everyone executes their blocks at full speed. Do both sides and look for proper technique and timing.
- Power, Base, Counter, G, Trap, Reach, and Wedge can all be down in this manner for the lineman. You should do this in a Tight and Split look so they know how each look affects their job.

Center – Quarterback exchange

I am providing three methods of snapping the ball so that you can find the easiest method for you centers to snap the ball. If your youth league allows the parallel snap I would use this as it requires less skill for the center and it allows him to concentrate on actually getting the ball into the quarterback's hands and blocking. Once he has mastered this you can move on to one of the other snaps. I prefer the Two Handed Thumbs Up Snap of the two.

Parallel Snap

Parallel snap from center: (if the league allows you to use it – it is illegal under NF and NCAA rules but most youth leagues allow this snap are don't police it)

We use the parallel snap; the center turns the ball so that it points down the LOS and holds the ball by the points (if his hands are big enough he can use one hand on the center of the ball side opposite of the laces). The ball is placed so the laces strike the quarterback's hands on the exchange.

The center must get in a good stance with his tail/back level and his head up. He snaps the ball and moves at the same time but he has to keep is tail down as he takes his first step. A quick snap is essential to center's ability to block.

The quarterback has his hands positioned (right handed) with the right hand pressed right between the thighs of the center with the hand spread open. The hand must be pressing just below the tailbone and the base of left hand's thumb should be against the base of the right hand's thumb to form a V that the ball will be placed in. The quarterback must learn to keep the V open, fingers spread, and relaxed. As the ball is snapped the center brings the ball directly from the ground into the V in a straight upward motion. If it is done right the hands of the quarterback will close around it securely.

One Hand V Snap

One Hand V; the center holds the ball with either one or two hands (if small hands use two hand method) with the hands on the top portion of the ball forming a cup if using two hands. The center snaps the ball as he brings is towards the QB's hand he drops his left hand and twists the ball so that it is now parallel to the LOS as it hits the QB's hand. The ball is placed so the laces strike the quarterback's hands on the exchange.

The center must get in a good stance with his tail/back level and his head up. He snaps the ball and moves at the same time but he has to keep his tail down as he takes his first step. A quick snap is essential to center's ability to block.

The quarterback has his hands positioned (right handed) with the right hand pressed right between the thighs of the center with the hand spread open. The hand must be pressing just below the tailbone and the base of left hand's thumb should be against the base of the right hand's thumb to form a V that the ball will be placed in. The quarterback must learn to keep the V open, fingers spread, and relaxed. As the ball is snapped the center brings the ball directly from the ground into the V in a straight upward motion. If it is done right the hands of the quarterback will close around it securely.

Two Hand Thumbs Up Snap

Two Hand Thumbs Up; the center holds the ball with either one on the top portion of the ball. The center snaps the ball as he does he flips it by flipping his hand up as he brings the ball directly up towards the QB's hands. The ball is not twisted in this manner but flipped so that the top of the nose actually faces the QB as it is placed in the hands of the QB. The ball is placed so the laces strike the quarterback's hands on the exchange.

The center must get in a good stance with his tail/back level and his head up. He snaps the ball and moves at the same time but he has to keep his tail down as he takes his first step. A quick snap is essential to center's ability to block.

The quarterback has his hands positioned with the thumbs straight up and touching each other and the hand opened with the fingers spread wide forming a W. The W is resting right below the center's tailbone and relaxed. As the ball is snapped the center brings the ball directly from the ground into the W in a straight upward flipping motion. If it is done right the hands of the quarterback will close around it securely.

Chapter 7 – The Backs (schemes and coaching techniques)

BALL SECURITY is the KEY to being a SUCCESSFUL Back!

In order for your backs to be effective they must be aggressive blockers and good fakers as well as runners. This offense requires everyone not carrying the ball to either block or fake and executing these correctly makes this offense very deadly. The fewer players chasing the actual runner means more opportunities for him to have a breakaway play (Fewer Defenders to ball = Bigger chance of TD!). Stress the little things at all times like proper stance, location, footwork, ball handling, and path to daylight. It is the little things that make each back and your offense successful.

Offensive Back Priorities:

- 1) Be an aggressive and fundamentally sound blocker
- 2) Protect the ball at all times
- 3) Hit the proper lane
- 4) Get up field when you see daylight
- 5) Never ever take negative yardage to get away from a defender
- 6) Fake as if you have the ball and are really running with it

We do this by Teaching the Back Stance and Position first:

The backs set up using the system below:

1. B-Back (FB) Stance

- 3-point stance one hand down and same side foot back (numbers on the knees)
- Down hand is directly in front of the back foot
- Feet are no wider than shoulder width
- Very little weight on the down hand 50 to 60% of weight on front foot (bend at the knees and then place the hand down)
- Their eyes are up, tails down
- Have them get into a four point stance then move foot back and hand down

2. B-Back Position

- Line up directly behind QB
- Should be able to almost touch the QB if you stretched your arm out
- In a 3-point stance, this helps to hide the BB and makes the deception game better.

3. A and C-Back Stance (WB's)

- 2-point stance with knees bent in a good fit position
- Feet shoulder width apart and on line with one another
- Hands resting on the knees
- Head and eyes up
- A three-point stance can also be used to create more deception or slow down a WB who is prone to jumping. The stance has his inside foot back and inside hand down.

- No forward lean but the back should be in a good fit position reading to fire off on the snap count

4. A and C-Back Position

- Angled inward at 45 degrees and looking at the tight end's outside hip
- Just able to reach out and touch the tight end's outside hip. One yard off the LOS and one yard outside of the tight end
- Do not lean forward
- Sit into your stance

5. Quarterback's Stance

- Feet back as far as possible with arms fully extended to avoid colliding with pulling linemen (guards).
- Narrow stance with toes pointed in (pigeon toes) to make pivoting easier.

Next Teach Proper Blocking Technique

1. Kick Out Block

- This block is executed by the B-Back on the EMLOS if he crosses the LOS
- In a proper three-point B-Back stance the player Kicks Out (takes an inside banana path and attacks **the inside shoulder** of the DE and kicks him outside).
- Playside foot steps towards the Playside guard's far hip.
- His helmet must be behind the inside shoulder of the defender so that he signals the QB and ball carrier that the hole is open on the inside of him.

2. Log Block

- This block is executed by the B-Back on the EMLOS if he sits on the LOS or pinches down inside.
- Log (take an outside banana path and attack the outside shoulder of the DE and seal him to the inside).
- Playside foot steps towards the Playside guard's far hip
- Must take a depth step to get away from the LOS so that he can arc around the EMLOS and seal him inside.
- He has to attack **the outside shoulder** of the DE to seal him inside.
- His helmet must be behind the outside shoulder of the defender so that he signals the QB and ball carrier that the hole is open on the outside of him.

3. Wingback Inside Seal Block

- This block is executed by the playside Wingback on the first linebacker coming playside.
- Out of a two-point stance he takes an outside release and then immediately works inside getting his body square to the backside.
- He should squeeze down on the LOS as works inside and not allow any defender from the backside to cross his face and attack the LOS.

- As the defender approaches he **attacks the inside shoulder** (shoulder near the LOS) and forces the defender to go over him if he can.
- The wingback must get his helmet across the inside shoulder of the defender to seal him from the LOS and the playside.
- Do not be overly aggressive its better to get position inside quickly and set and force the defender to go over you as you chip him with your near shoulder than it is to attack him and allow him to get around you.

4. QB Outside Seal Block

- This block is executed by the Quarterback on any “Super” call towards the outside run force (normally the CB).
- The QB should have a pigeon toed stance that is no more than shoulder width apart to allow for a good balanced spin and toss stay tight to the LOS so that you can easily get inside of the BB.
- Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o’clock.
- You should be near the LOS and perpendicular to it. This will allow you to go inside of the B-Back’s kick out as he executes it. If he Logs you go under him.
- As you go past the B-Back you must find and aggressively engage the outside runforce (normally Corner back) by **attacking his inside shoulder** and sealing him the outside. You must drive him out of the area to widen the tunnel as the second level. Your head must be on his inside shoulder show that the runner sees the tunnel is sealed.

5. Wingback’s Down Block (DINGO CALL)

- This block is executed when the DINGO CALL is made.
- The Wingback executes a severe down block just like the lineman do.

6. QB Double Kickout Block (DOUBLE CALL)

- This block is executed when the DOUBLE CALL is made.
- Used when a DE is proving to be a problem.
- He does this by hitting the DE on the inside shoulder with his head on the front of the DE locking him in with the B-back and kicking him out.

7. BB Lead Block (LEAD)

- This block is a call to tell the BB to block instead of his normal action in the play.
- Is block is determined by the play and the defender he is blocking.
- If inside he seals the defender inside (similar to WB inside seal)
- If outside he seals the defender outside (similar to QB outside seal)
- If defender is in the hole you must get low and blast him out of the hole.

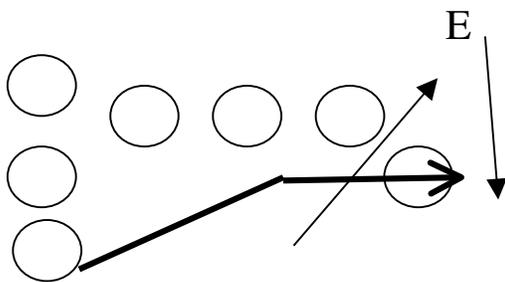
1) Taking A Handoff

- Make a pocket using arms and hands
- Ball side arm is parallel to the ground and just above the chest
- Ball side arm is pointed outward towards the handoff location
- Palm and forearm is facing down
- Away side arm is parallel to the ground and just below the belly button
- Away side elbow is point to the opposite side of the handoff
- Palm and forearm is facing upwards
- Ball is place into the midsection and away hand secures it in a 4 point contact
- Palm – forearm – bicep – midsection
- Ball side palm is place in top of it and gives it a 5-point contact for security

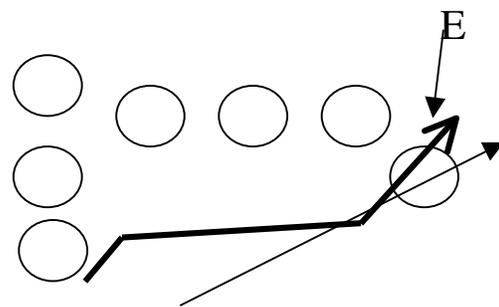
2) Making A TOSS Handoff

- Step with the Toss side foot towards the wingback.
- The toe should be pointed at the wingback.
- As you step you toss the ball from the waist to the wingback lightly.
- The ball should fly directly into the belly button of the wingback with the point of the football that is away from the quarterback.

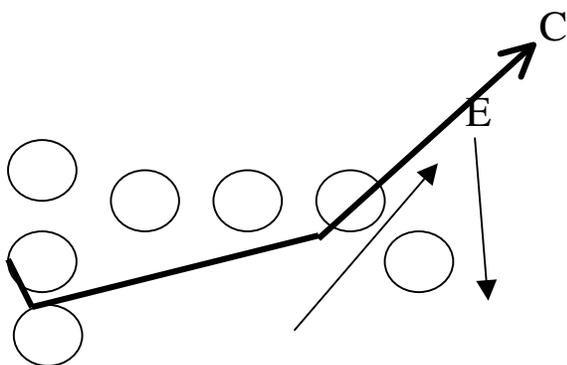
Back Blocks Illustrated:



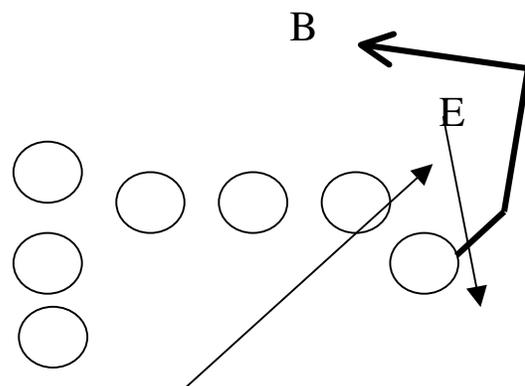
B-Back Kickout



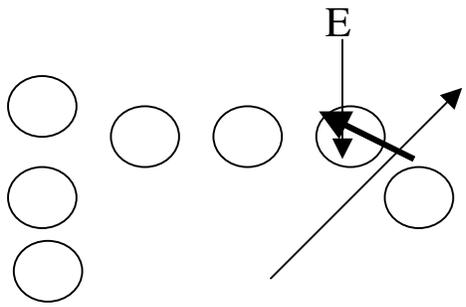
B-Back Log



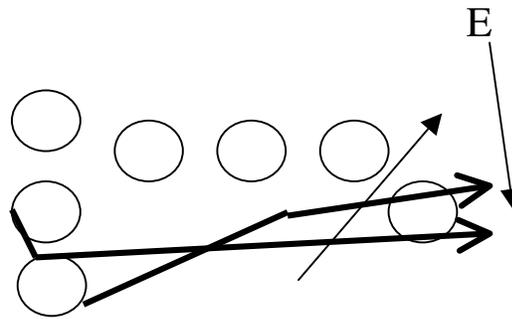
QB Outside Seal



WB Inside Seal Block



WB "DINGO CALL" Severe Down Block



QB "DOUBLE CALL" Block

Ball Handling

Holding the Ball

- 1) One arm – Open Field Running - ball rests on the forearm with the rear point in the cup of the inner elbow and the top point is covered by the middle finger and cupped by the remaining fingers. The ball should be tight and resting against the ribcage. The ball should always be on the opposite side of the tackler or pursuit if possible.
- 2) Two arms – Contact/LOS – ball in the one arm method but the ball is moved to right below the chest and the opposite arm covers the top of the ball with the forearms resting on top of the ball as the ball is pressed into the body with the ball arm. The opposite arm's hand should rest over the cup of the ball arm's elbow.

Training the Backs

Key elements:

1. Ball Security and Ball Handling (Protect the ball)
2. Good Stance and Position (QB/BB/WB)
3. Blocking
4. Faking
5. Footwork
6. Schemes

Drills used to teach the Backs:

When we start teaching backs we stress ball security and ball handling first and foremost. Once we feel that all the backs understand the emphasis we place and they should place on protecting the ball we move to blocking. Every back on this offense is required to know how and effectively execute the blocks for his position. Once these are established we start working on running schemes and within this process we emphasis faking and proper footwork. At all TIMES we STRESS BALL SECURITY. We stress these areas specifically when teaching our backs the running game.

- Stay low and protect the ball
- Explosiveness
- Attack the hole
- Know the blocking scheme
- First daylight you see get up field immediately

Used when first teaching the Backs and when going back to the basics:

Break Down Stance Drill – Circle Formation – have each player get in a break down stance and then a two – point stance. Teaches 1). This can be down as part of team warm ups with the entire team.

Cadence Clap Drill – Circle Formation – Coach has all players place hands up in front of face palms facing each other. Go through each leg of the cadence having the clap in unison on the call. On “GO” – “GO” (everyone claps on the G of GO) and so on. Teaches 5). This can be down as part of the team warm ups with entire team.

Ball Tug Drill – Circle Formation – Coach hands ball to the player facing him and has him grasp the ball in the Left arm correctly and then strikes the ball and then has the player switch and repeat the process. He then has the player turn around and repeat the process from the back. You can also do this to the left and right by having the player first face to the left with the ball inside and then the right with the ball inside. This is a good way to reinforce each player the correct way to secure the ball and protect it.

Ball Zig Drill – 5 cones in a straight line; first four 5 yards apart and the last cone 10 yards apart. On GO the ball carrier jogs to the left or the right of the first cone as he chooses a side he places the ball on the opposite side of his body that the cone is near (defender). As he passes the first cone he then aims to the opposite side of the other cones and switches the ball to the other side quickly and securely. He does this for all three cones on the fourth cone he sprints to the far cone and then picks a side and switches the ball at the same time. Have everyone in the line do this at least once.

Ball Gauntlet Drill – two row of players face each other ½ yard apart and on one knee. A defender with a bag or shield is at the opposite end of the gauntlet. The ball carrier must protect the ball as he charges through the gauntlet. Every player attempts to jar or strike the ball loose. No grabbing just a rapid hit. As the ball carrier leaves the gauntlet the defender attacks him trying to knock him off stride. The ball carrier must protect the ball and then lower his shoulder and drive the defender back. This is a fun way to teach ball security and aggressive running. Have the Ball Carrier/Defender do two each switch and then replace a pair in the gauntlet until everyone has had a chance. Doing it in this format moves things along faster and it allows you to check and recheck for bad habits.

Explosion Drill – Need a piece of rope ½ inch wide 8 feet long with a piece of 2 foot water hose on it and knots at both ends to keep it from falling off. Surgical tubing or resistance line can be used as well. At least two to four helps this go faster. A ball carrier starts in a two-point stance with ball in hand. The rope is around the waist and a resistance man is behind him with the line taut. On GO the runner explodes towards a set of cones and a defender with a shield. The resistance man must keep the line tight but not pull on the rope at all. He should just relax and let the ball carrier pull him along. The runner must explode and increase speed and then burst into the defender and drive him out of the inside of the cones. NOTE – this can be done without a defender as well for a non-contact drill. Runner must stay low – this helps to improve his explosiveness coming out of his stance and into the hole.

Teaching our Backs the Offense:

B-Back Handoff Drill – QB aligns to a cones that represents a center (or use center to get snaps in) with a B-Back aligned correctly behind him. A defender sits slightly to the right of the cone. On “GO” the BB hits the right side and the QB executes a correct Wedge handoff and follow through action as the BB takes the handoff, secures the ball, and hits the shield (CENTER) as he stays low and drives down the field until the coach yells “CRACK” at that time he explodes out off the shield and up field until you whistle him to stop. Have him switch to the left and repeat the process. Have all of your backs do this set at least once. This will get them used to getting the ball and staying low in the in the wedge. Correct any mistakes you see; QB Handoff, footwork, BB ball handling (two handed), staying low, keeping his knees up and feet moving, and exploding out of the shield and upfield.

Wing Back Toss Drill – Create a skeleton of the line (center and ends for points of reference) have the WB set up on the left side (AB side) and the QB as well. You can use a center as well to work on snaps. On Super Power Cadence the WB executes Rip motion (show them the correct way to motion) and the QB spins and toss a soft ball to the WB who has to catch it and secure it with soft hands and then set and explode into the hole. The QB executes his super power movement as well. Have them to this to the other side and then move the WB to the end of the line. Watch for footwork, ball handling, and explosiveness into the correct lane .

Wing Back Inside Counter Hand Off Drill – Create a skeleton of the line as above. Have a WB set up on the left side (AB side) and a QB as well. You can use a center as well to work snaps. On Super Power Cadence the WB executes a correct Counter drop for the inside handoff and the QB executes his footwork and fake. Stress ball handling, footwork, staying low, and exploding into the first daylight he sees.

Back Blocking Drill – This is all done at the same time – need skeleton line of cones:

- B-Back Blocking Drill – B-Backs pair up (defender with a shield (EMLOS/DE)) and practice Kick Out Block(DE crosses LOS) and Log Block (DE sits/pinches). Stresses exploding into the defender from a low to high position, correct footwork, correct contact point, and finishing off the defender.
- Wing Back Blocking Drill – W-backs pair up ((ILB)defender with a shield) and practice Tight Inside Seal, Loose Inside Seal, and DINGO call (Down Block) from both sides. Stress the same things as you do with the B-Back blocking drills.
- QB Blocking Drill – QB pairs up ((CB) defender with a shield) and practice the Outside Seal from a tight and loose look. Stress the same things as above.

I have my backs practice this in sets to each side. I usually repeat the first two. This allows you to work on timing of the blocking exclusively and proper footwork and technique.

- 1) Tight look – Kickout/Inside Seal LT/RT
- 2) Tight look – Log/DINGO LT/RT
- 3) Loose look – Kickout/Inside Seal LT/RT
- 4) Loose look – Log/DINGO LT/RT
- 5) Tight look – DOUBLE call (QB/BB)/ Inside Seal LT/RT

- 6) Tight look – DOUBLE call (QB/BB)/Dingo LT/RT
- 7) Loose look – DOUBLE call (QB/BB)/ Inside Seal LT/RT
- 8) Loose look – DOUBLE call (QB/BB)/Dingo LT/RT

I have one pair to do a set and then switch until both pairs of backs have completed the four sets. By pairing up the backs this allows them to see an other back execute it and learn from the other player. The last four I teach after the first four are mastered or when we need them.

Teaching the Schemes:

Backfield Action Drill – Skeleton Line of Cones – two pairs of backs working in mirrored pairs (BB/DE, QB/CB, WB/ILB for blocking and WB/Safety for runner – his job is to attack the runner and force him to work for his yardage)

We Run each action against a mirrored set of defenders with shields and/or bags. The purpose of this drill is to teach the scheme, timing, and fine tune the techniques involved for each play.

When we first teach the offense we start with

Super Power Rt and Lt
Counter Rt and Lt

We have each group do it twice to both sides and then twice to the other side. Then we have the groups switch and repeat. We keep doing this until we get the timing and techniques down. After they mastered we move to:

Super Power Rt and Lt
Super Power Keep Rt and Lt
Counter Rt and Lt
Counter Keep Rt and Lt

As we add more plays we do the same thing. Each group does each one twice to each side. As the season goes on you should have to do less and less of your base.

This allows us to concentrate on developing the back's timing and footwork on each play. As they realize that for the most part they are doing the same thing for each play except for change in one or two assignments it becomes easier and easier to use variations off the same plays. When your doing this drill you really want to stress the Blocking, Faking, and Footwork along with the Ball Handling. Make sure your runner is hitting the hole correctly and keep stressing that he has to explode into the hole and get up field. To many younger players want to dance instead of putting their shoulder down and gaining yardage.

Chapter 8 – Support Plays

By support plays I mean any play that is not in our base offense. These plays are designed to either enhance our base system or add some flavor or variety to our offense by giving us a different looks.

Support Play List

Rip Wedge-C Lt (counter action) (direct snap to BB as well)

Rip Wedge-P Lt (pass action)

Wedge Rt KeepRt

Rip Wedge Rt Pitch Lt

Rip Super Lead G Rt

Rip Super Power Keep Rt

Rip Super Power Rt QB Rt

Rip Reverse Counter Lt

Rip Criss Cross Counter Lt

Rip BB Counter Lt

Rip Counter Lt Keep Rt

Rip Lead Counter Lt

Rip BB Trap Rt

Rip BB Trap Lt

Rip BB G Rt

Rip BB G Lt

Rip Lead Trap Rt

Rip WB Trap Lt

Rip Stop WB Shovel Wedge Left

Rip Stop WB Shovel Trap Left

Rip Super Reach Rt

Rip Super Power Sweep Rt

Rip Reach Rt

Rip Reach Rt Keep Lt

Jet Series

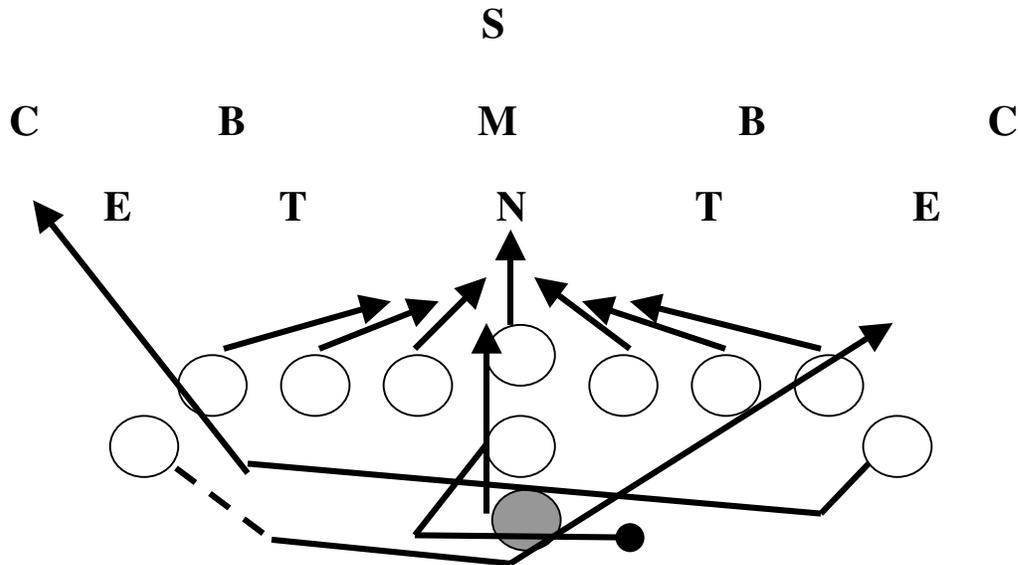
Rocket Reach Rt

Rocket QB Wedge Lt

Rocket Super Power Lt

Rocket BB Trap Lt

TIGHT Formation
Play Rip Wedge-C Right



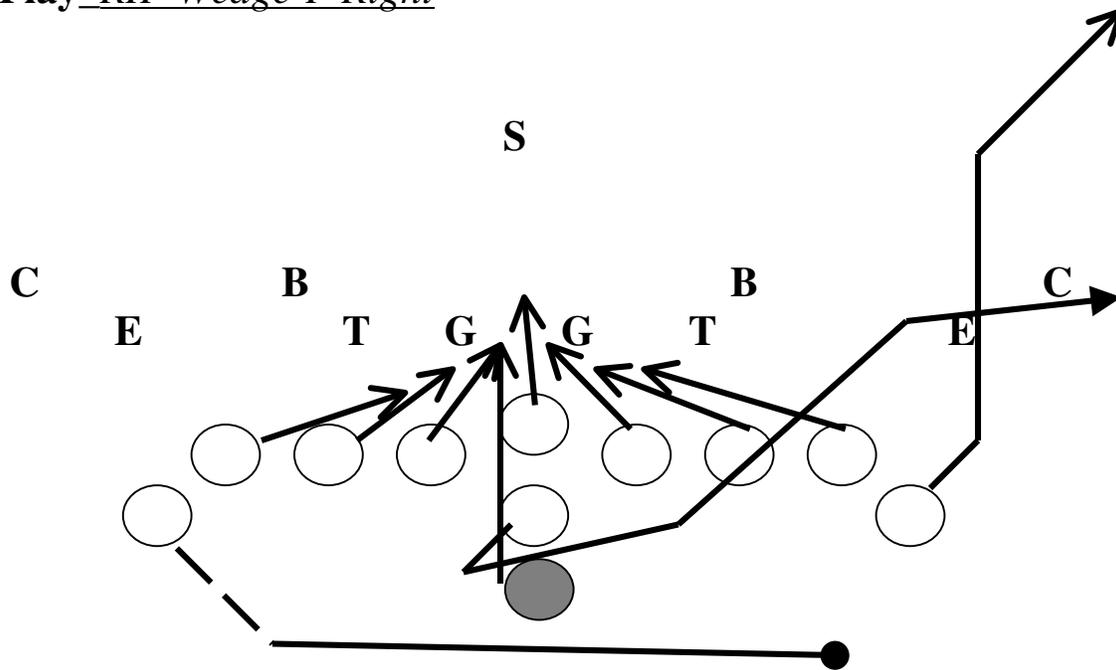
<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>
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<p>QB On "Hit" you execute a counter handoff action but as you turn towards the motion man you hand the ball off to the B-Back hitting the wedge. Then continue with the Counter Fake.</p>	<p>B-Back HIT QUICKLY WITH NO DELAY. Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight and get in it and while in the wedge stay low.</p>	<p>A-Back Rip motion then fake super power action for 10 yard up field. You have the BALL attitude.</p>	<p>C-Back Fake counter action for 10 yards up field. You have the BALL attitude.</p>
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Notes: The man at the point of the wedge (The center) and the people on both sides of him are only men likely to actually hit an opponent. Everyone else must avoid opponents. First contact must be made with a teammate to their inside. (Failure to do so is likely to result in penetration of the wedge.) They must stay together and keep their feet moving.

TIGHT Formation (Raider Super Power Play 2003)

Play RIP Wedge-P Right



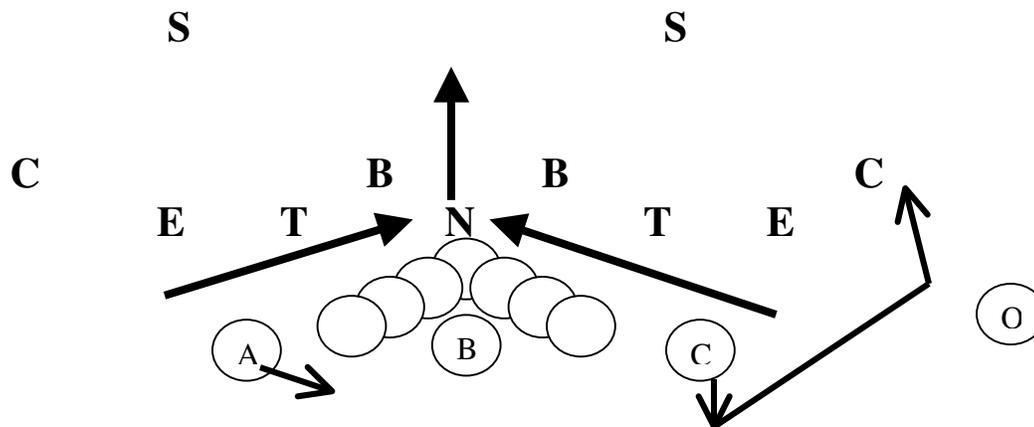
LTE Wedge if Tight. If Split run Fade.	LT Wedge	LG Wedge	C Wedge	RG Wedge	RT Wedge	RTE Wedge if Tight. If Split run Fade.
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<p>QB At the snap spin but handoff the ball to the B-Back on the left side as you complete your rotation. Then follow your seal path and go into the flat looking for the pass. You must sell the route.</p>	<p>B-Back HIT QUICKLY WITH NO DELAY. Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight and get in it and while in the wedge stay low.</p>	<p>A-Back On the "R" of READY take two shoulder width shuffle steps aimed 1 yard behind the BB's near hip with your body pointed at the QB's near hip. Fake the toss and then sprint to a depth of 4 yards just under and inside of the WB's original point and fake the pass. You must sprint, set, and fake the throw.</p>	<p>C-Back Make an outside release and then run a banana route and look for the pass from the A-back. If in a Split look you stay in and wedge.</p>
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TIGHT LIZ Wedge-P Left. This is a very good play against teams overplaying Super Power and looking for pass and counter. This can be roll snapped as well for a direct snap action to allow the QB to have a more convincing spin. Note about this play is that the backside end will more than likely chase the AB thinking pass.

TIGHT Formation

Play Wedge Right Keep Right

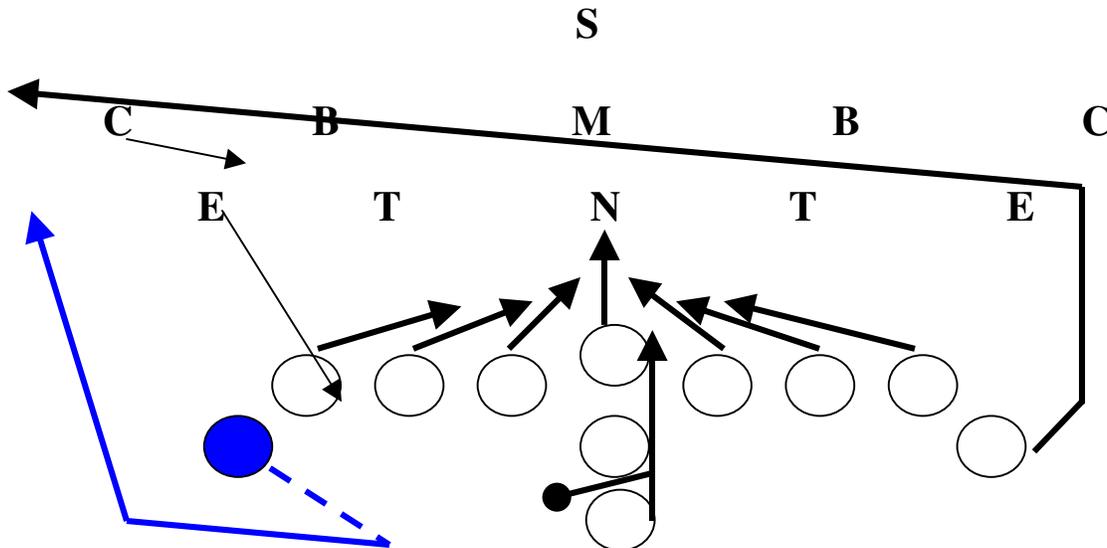


<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield.</p>
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<p>QB On "GO", make sure everyone is set. Step out of the B-Back's path with your right foot. Nothing fancy, hand fake and keep the ball in your belly then take a depth step away from the LOS and get around the corner fast and first daylight get up field.</p>	<p>B-Back HIT QUICKLY WITH NO DELAY. Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight and get in it and while in the wedge stay low. Good Fake!</p>	<p>A-Back Hinge Block – pivot on inside foot and block inside out. Make any defender go around your outside shoulder.</p>	<p>C-Back Step back to fake the hinge block and let the DE commit then work to his outside and seal him in as the QB goes under you release to outside and block the first defender you see.</p>
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Notes: The key is the C-Back letting the EMLOS inside and sealing him and then as the QB comes around moving to the next level and sealing the first defender he comes to.

TIGHT Formation
Play Rip Wedge Right Pitch Left



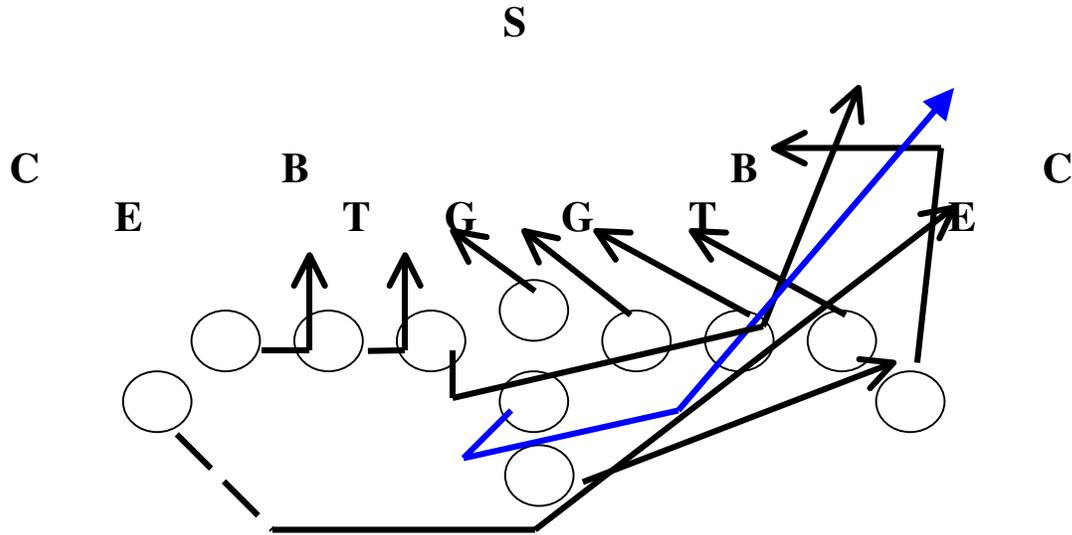
<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>
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<p>QB On "Hit" you execute fake wedge handoff and then spin around and toss the ball to the A-Back</p>	<p>B-Back HIT QUICKLY WITH NO DELAY. Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight and get in it and while in the wedge stay low. Good Fake!</p>	<p>A-Back Rip motion then take one more shuffle step as the ball is pitched to you and then crossover to the playside and get up field and to daylight fast. You can have the back actually spin back around and then get outside. If the DE is attacking his outside hip this would put the DE out of position as he spun around. The DE would now be inside of him.</p>	<p>C-Back Outside Release and then get up field and to the playside and seal the first defender you come to on the playside.</p>
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Notes: This is a great play at the younger age groups and becomes less and less effective at the older age groups. If you see the CB and DE biting down on the motion this is a good way to get outside of them on the motion side fast.

TIGHT Formation (Raider Super Power Play 2003)

Play RIP Super Power Keep Right



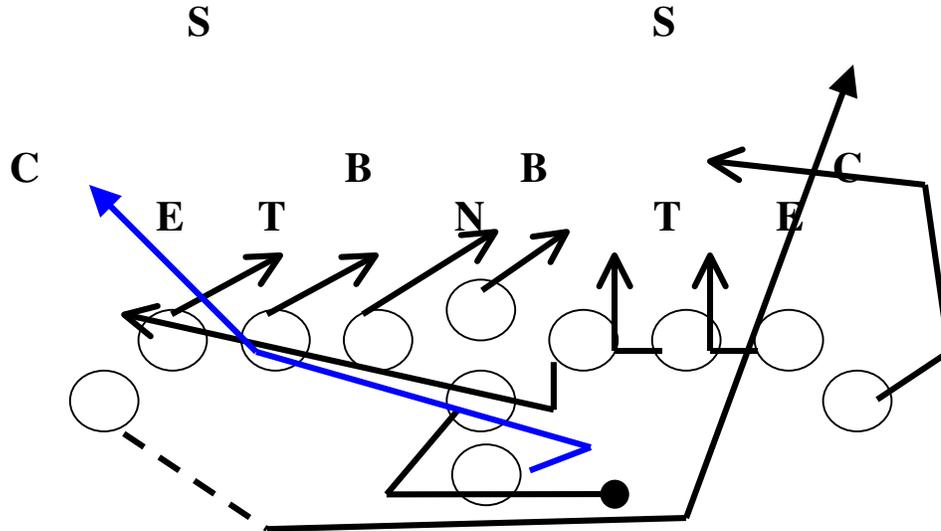
LTE Slide to the inside and block first defender coming across LOS.	LT Slide to the inside and block first defender coming across LOS.	LG Pull and seal first open defender you come to	C Severe Down Block	RG Severe Down Block	RT Severe Down Block	RTE Severe Down Block
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<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you "fall backwards" in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o'clock. Spin and get to the hole fast; stay flat to the LOS and stay small.</p> <p>Get your eyes around to playside and make sure B-Back is KICKING OUT his man.</p> <ul style="list-style-type: none"> If he is, run inside his block and seal CB to outside. If he LOGS or is jammed inside you seal next man outside as you go UNDER him. 	<p>B-Back You must block the first defender that you see cross the LOS as you take a hard step toward the LOS and towards the end of the line.</p> <p>If the target (EMLOS or DE normally) cross the LOS you KICKOUT block by attacking the inside shoulder and driving him towards the outside.</p> <p>If the target sits on the LOS or squeezes down the LOS you must take a depth step to move away from the LOS and arc underhim and attack his outside shoulder and seal him inside with a LOG block.</p>	<p>A-Back On the "R" of READY take two shoulder width shuffle steps aimed 1 yard behind the BB's near hip with your body pointed at the QB's near hip. As the ball is snapped make on last shuffle step and hit the hole fast and hard with your body square to the hole. Carry out a good fake into the hole and for 10 yards. Go a little wider than normal to open the space for the QB.</p> <p>If the BB kicks out the EMLOS then run inside of him. If he LOGS the EMLOS then follow the QB as he goes under and look for daylight and get up field fast. DO NOT string this play out.</p>	<p>C-Back Make an outside release and clear the LOS and then immediately back inside to seal the PSLB to the inside of the play. You should be perpendicular to the LOS and your inside hip should squeezing the LOS so that no one crosses your face into the hole.</p> <p>AVIOD CONTACT w/EMLOS</p> <p>DINGO call from coach tells you to Severe Down Block.</p> <p>If you have no TE on your side you look for the Dingo call (Severe Down Block).</p>
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TIGHT LIZ Super Power Left. This play hits faster and much closer to the LOS than the Super Power. If the Defense is keyed on Super Power, Counter, and Super Power Pass then this can be a big hitter.

TIGHT Formation (Raider 2003 Counter Play)

Play RIP BB COUNTER LEFT



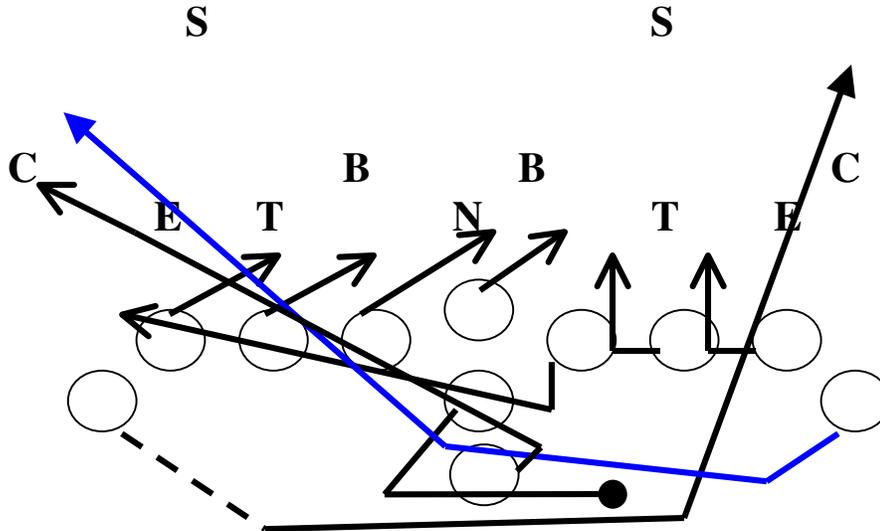
LTE Severe Down Block	LT Severe Down Block	LG Severe Down Block	C Severe Down Block	RG Kick- Out first man to show. EMLOS (DE)	RT Slide to the inside and block first defender coming across LOS.	RTE Slide to the inside and block first defender coming across LOS.
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<p>QB Step around with the left foot to 5 o'clock. STAY LOW AND HIDE THE BALL. Take one additional step with the right foot to 3 o'clock. You should be parallel to the LOS and facing the C-Back.</p> <p>A you move down the line give an inside handoff to the C-back and watch the ball in then continue carry out the Super Power fake.</p>	<p>B-Back Take an inside step as if kickout blocking and then take a step in side with playside foot between the QB and the center and create a pocket for the handoff. Stay tight to the LOS and take the inside handoff and then follow the BSG into the hole. The first daylight you see get up field.</p>	<p>A-Back Rip motion – SL-O-O-OWLY as if running POWER; DON'T TAKE IT TO DEEP!</p> <p>Fake the Toss action then attack the hole as if running power. Run for 10 yards and drive off any defender coming to tackle you.</p> <p>Be Physical!!</p>	<p>C-Back Make an outside release and clear the LOS and then immediately back inside to seal the PSLB to the inside of the play. You should be perpendicular to the LOS and your inside hip should squeezing the LOS so that no one crosses your face into the hole.</p> <p>AVIOD CONTACT w/EMLOS</p> <p>DINGO call from coach tells you to Severe Down Block.</p> <p>If you have no TE on your side you look for the Dingo call (Severe Down Block).</p>
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SPECIAL INSTRUCTIONS: Adjustment – If you face a eagled front or a 8 man/blitz front have the BST shoeshine or down block the playside. (As a rule we always have the BST shoeshine)

TIGHT Formation (Raider 2003 Counter Play)

Play RIP Lead Counter Left



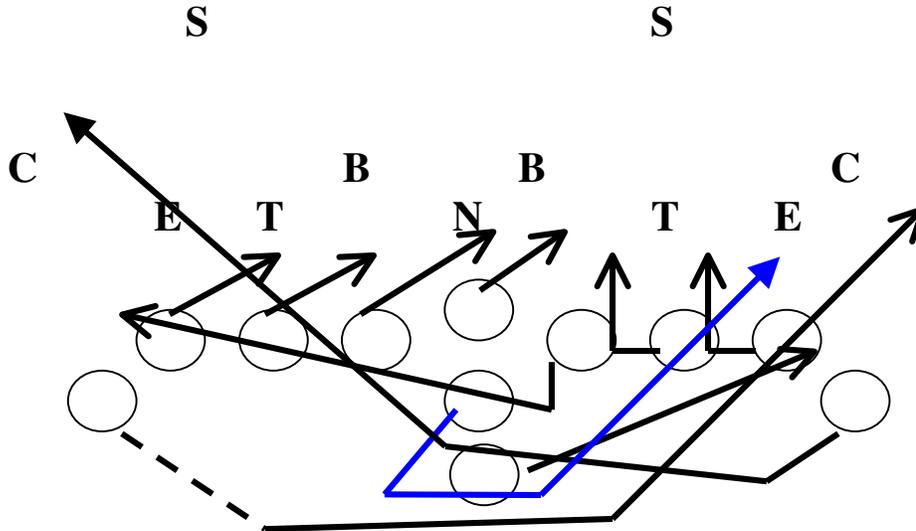
LTE Severe Down Block If Split run Fade route	LT Severe Down Block	LG Severe Down Block	C Severe Down Block	RG Kick- Out first man to show. EMLOS (DE)	RT Slide to the inside and block first defender coming across LOS.	RTE Slide to the inside and block first defender coming across LOS. If Split run Fade Route
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QB Step around with the left foot to 5 o'clock. STAY LOW AND HIDE THE BALL. Take one additional step with the right foot to 3 o'clock. You should be parallel to the LOS and facing the C-Back. As you move down the line give an inside handoff to the C-back and watch the ball in then continue carry out the Super Power fake.	B-Back LEAD Block by taking a counter step and faking the kickout to the backside and the stepping with the playside foot in between the QB and the center. and seal the outside run force. This is nothing more than the QB's Outside Seal Block.	A-Back Rip motion – SL-O-O-OWLY as if running POWER; DON'T TAKE IT TO DEEP! Fake the Toss action then attack the hole as if running power. Run for 10 yards and drive off any defender coming to tackle you. Be Physical!!	C-Back Drop-step, take inside handoff, cut inside the guard's kick out block, break outside. 1) Take one deep drop step with your inside foot – don't turn your shoulders away from the line and DON'T TAKE A COUNTER STEP 2)DO NOT DELAY – head for the opposite OT's outside hip with your path between the QB and the center. (Inside handoff) 3) The handoff will come from the inside. Secure the ball and hit the hole fast. Look for first daylight you see and get up field. DO NOT CUT BACK INSIDE.
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SPECIAL INSTRUCTIONS: Adjustment – If you face a eagled front or a 8 man/blitz front have the BST shoeshine or down block the playside. (As a rule we always have the BST shoeshine)

TIGHT Formation (Raider 2003 Counter Play)

Play RIP Counter Left Keep Right



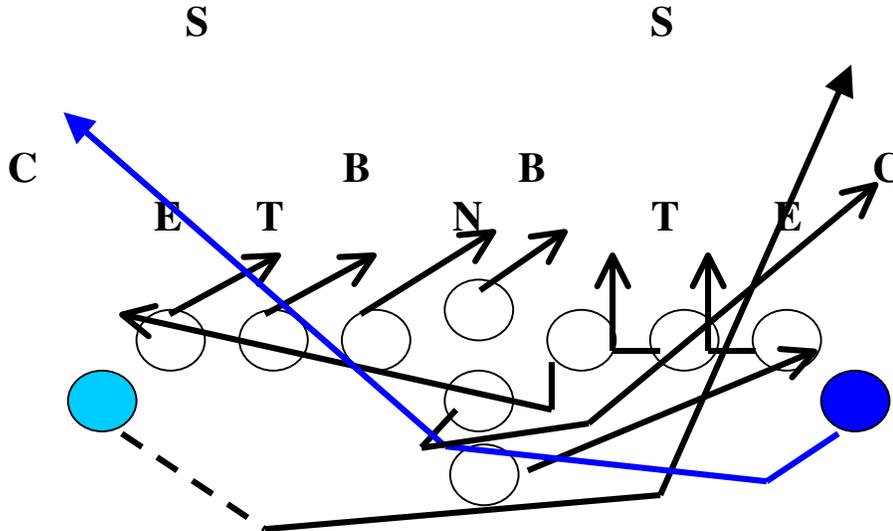
LTE Severe Down Block If Split run Fade route	LT Severe Down Block	LG Severe Down Block	C Severe Down Block	RG Kick- Out first man to show. EMLOS (DE)	RT Slide to the inside and block first defender coming across LOS.	RTE Slide to the inside and block first defender coming across LOS. If Split run Fade Route
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QB Step around with the left foot to 5 o'clock. STAY LOW AND HIDE THE BALL. Take one additional step with the right foot to 3 o'clock. You should be parallel to the LOS and facing the C-Back. As you move down the line give an inside handfake to the C-back and keep the ball in your belly and then explode into the hole created by the BB kickout and reach the defenders trying to work inside of the reach.	B-Back KICK-OUT first defender to show away from the play. This is usually the EMLOS (DE). Aim at the defenders inside shoulder and blow him up and out of the hole with solid block to his inside shoulder.	A-Back Rip motion – SL-O-O-OWLY as if running POWER; DON'T TAKE IT TO DEEP! Fake the Toss action then attack the hole as if running power. Run for 10 yards and drive off any defender coming to tackle you. Be Physical!!	C-Back Drop-step, take inside handoff, cut inside the guard's kick out block, break outside. 1) Take one deep drop step with your inside foot – don't turn your shoulders away from the line and DON'T TAKE A COUNTER STEP 2)DO NOT DELAY – head for the opposite OT's outside hip with your path between the QB and the center. (Fake Inside handoff) 3) Fake the hand off and follow the BSG into daylight and fake for 10 yards. SELL the counter! DO NOT CUT BACK INSIDE.
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SPECIAL INSTRUCTIONS: This is a good change up play to a team that is over playing the counter when they see it. If the BST is over pursuing inside this is a great way to hit the gap he is creating when the BSDE is kicked out.

TIGHT Formation (Raider 2003 Counter Play)

Play RIP Criss Cross Counter Left

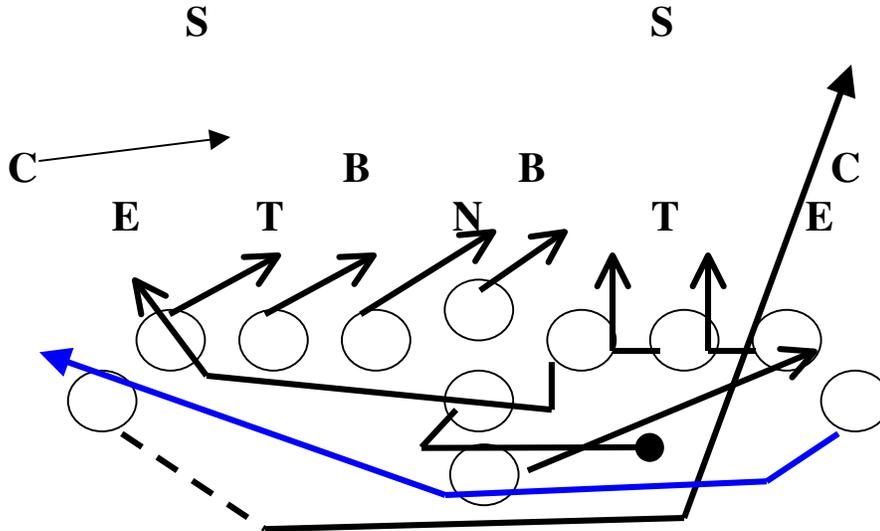


LTE Severe Down Block If Split run Fade route	LT Severe Down Block	LG Severe Down Block	C Severe Down Block	RG Kick-Out first man to show. EMLOS (DE)	RT Slide to the inside and block first defender coming across LOS.	RTE Slide to the inside and block first defender coming across LOS. If Split run Fade Route
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QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you "fall backwards" in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o'clock. Spin & toss a soft ball at number height – but no higher. Get your eyes around to playside and make sure B-Back is KICKING OUT his man. <ul style="list-style-type: none"> If he is, run inside his block and seal CB to outside. If he LOGS or is jammed inside you seal next man outside as you go UNDER him. 	B-Back KICK-OUT first defender to show away from the play. This is usually the EMLOS (DE). Aim at the defenders inside shoulder and blow him up and out of the hole with solid block to his inside shoulder.	A-Back On the "R" of READY take two shoulder width shuffle steps aimed 1 yard behind the BB's near hip with your body pointed at the QB's near hip. As the ball is snapped make on last shuffle step and hit the hole fast and hard with your body square to the hole. Never take your eyes off the ball until you have caught it. Catch it and get in the wake of the QB and BB. Don't not squeeze the LOS instead stay to the outside shoulder of the CB and hand off the ball. Slow down as you approach the Hand off point. If the BB kicks out the EMLOS then run inside of him. If he LOGS the EMLOS then follow the QB as he goes under and look for daylight and get up field fast. DO NOT string this play out.	C-Back Drop-step, take inside handoff, cut inside the guard's kick out block, break outside. 1) Take one deep drop step with your inside foot – don't turn your shoulders away from the line and DON'T TAKE A COUNTER STEP 2)DO NOT DELAY – head for the opposite OT's outside hip with your path between the QB and the AB. (Inside handoff). Slow down until you have the handoff. 3) The handoff will come from the AB on the inside. Secure the ball and hit the hole fast. Look for first daylight you see and get up field. DO NOT CUT BACK INSIDE.
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TIGHT Formation (Raider 2003 Counter Play)

Play Rip Reverse Counter Left

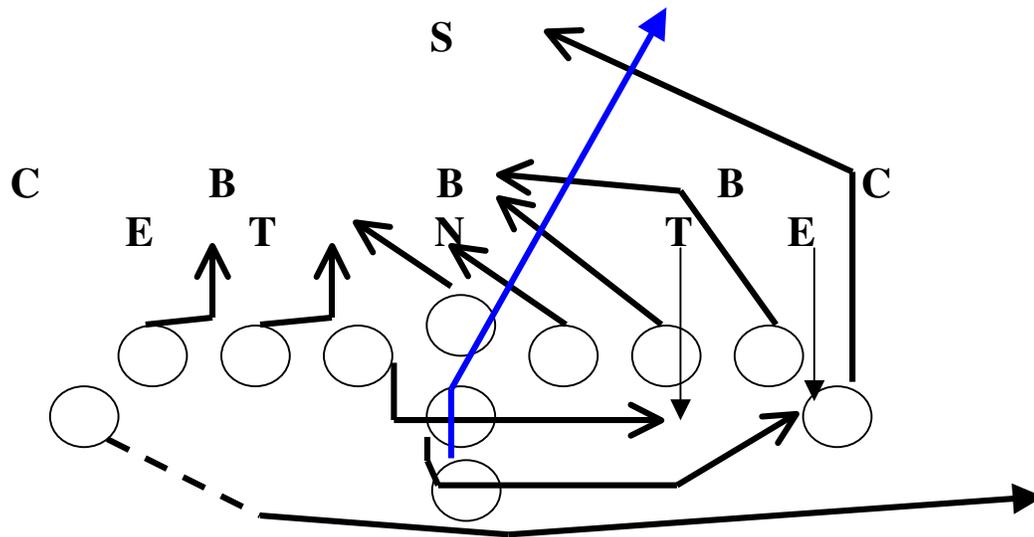


LTE Severe Down Block If Split run Fade route	LT Severe Down Block	LG Severe Down Block	C Severe Down Block	RG LOG first man to show. EMLOS (DE) (outside shoulder)	RT Slide to the inside and block first defender coming across LOS.	RTE Slide to the inside and block first defender coming across LOS. If Split run Fade Route
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QB Step around with the left foot to 5 o'clock. STAY LOW AND HIDE THE BALL. Unlike the normal counter play do not take the additional step instead stay on your normal super path and hand the ball off on the outside (OUTSIDE HANDOFF). As you move down the line give an outside handoff to the C-back and watch the ball in then continue carry out the Super Power fake.	B-Back KICK-OUT first defender to show away from the play. This is usually the EMLOS (DE). Aim at the defenders inside shoulder and blow him up and out of the hole with solid block to his inside shoulder.	A-Back Rip motion – SL-O-O-OWLY as if running POWER; DON'T TAKE IT TO DEEP! Fake the Toss action then attack the hole as if running power. Run for 10 yards and drive off any defender coming to tackle you. Be Physical!!	C-Back Drop-step, take outside handoff, cut inside the guard's kick out block, break outside. 1) Take one deep drop step with your inside foot – don't turn your shoulders away from the line and DON'T TAKE A COUNTER STEP 2)DO NOT DELAY – head for the opposite OT's outside hip with your path between the QB and the AB. (Outside handoff) 3) The handoff will come from the outside. Secure the ball and hit the hole fast. Look for first daylight you see and get up field. DO NOT CUT BACK INSIDE.
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SPECIAL INSTRUCTIONS: Adjustment –This is a good call against a DE that is sitting on the LOS and trying to squeeze the inside counter. If the outside run force is biting inside this is a killer. Good for younger teams as well.

TIGHT Formation
Play Rip BB Trap Right



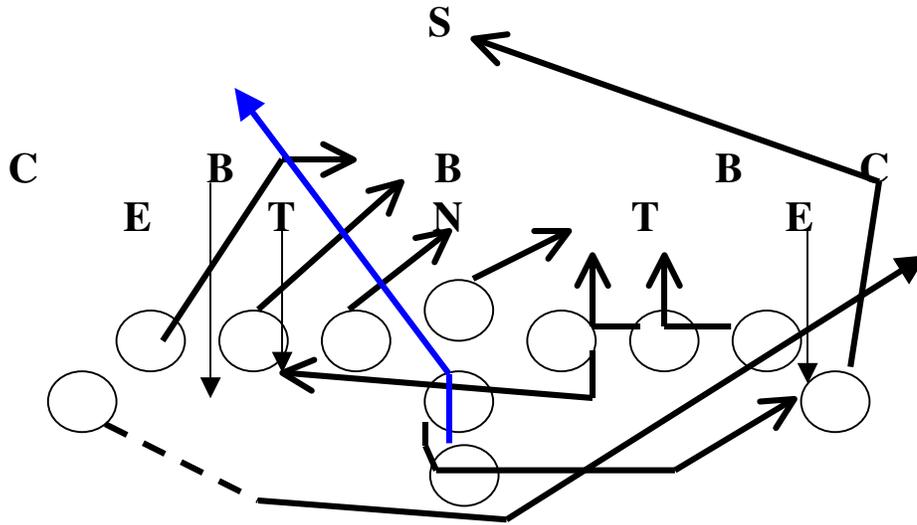
LTE Slide block If split run fade route.	LT Slide block	LG Pull to Trap first man to show on the opposite side of the center. Run through center's feet.	C Severe Down block	RG Severe Down Block	RT Release clean and Seal first LB you come to on the inside	RTE Release clean and Seal the first LB you come to on the inside even if he is already blocked by the RT. If split run fade route.
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QB Spin just as you do on the Super power but as you face away from the LOS handoff the ball to the B- back then complete spin and seal the EMLOS (PSDE) off.	B-Back Go from a 3-point stance to a crouch 2-point. Take ball then hesitate until QB and BSG clear then hit hole low and fast.	A-Back Rip motion like Power. Fake Power action for 10 yards.	C-Back Wall off first DB inside; normally a Free Safety (Cover 1 or Cover 3) or the backside safety in a Cover 2.
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Notes: This is the Inside Trap when the first defensive lineman on playside can be trapped. The opposite call is TIGHT LIZ BB TRAP LT.

TIGHT Formation

Play Rip BB Trap Left



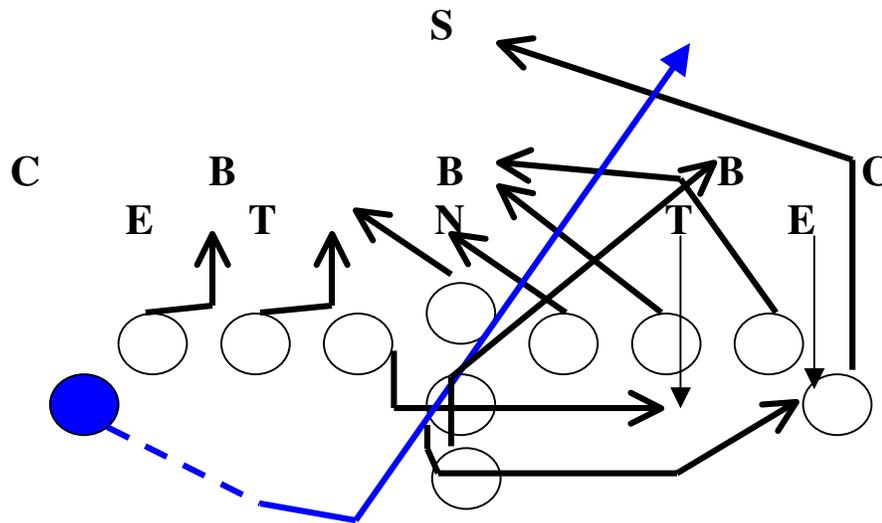
<p>LTE Release clean and Seal the first LB you come to on the inside even if he is already blocked by the RT</p> <p>If Split run Fade Route.</p>	<p>LT Release clean and Seal first LB you come to on the inside</p>	<p>LG Pull to Trap first man to show on the opposite side of the center. Run through center's feet.</p>	<p>C Severe Down block</p>	<p>RG Severe Down Block</p>	<p>RT Slide Block</p>	<p>RTE Slide Block.</p> <p>If Split run Fade Route.</p>
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<p>QB Spin just as you do on the Super power but as you face away from the LOS handoff the ball to the B-back then complete spin and seal the EMLOS (PSDE) off.</p>	<p>B-Back Go from a 3-point stance to a crouch 2-point. Take ball then hesitate until QB and BSG cross your face then hit hole low and fast.</p>	<p>A-Back Rip motion like Power. Fake Power action for 10 yards.</p>	<p>C-Back Wall off first DB inside; normally a Free Safety (Cover 1 or Cover 3) or the backside safety in a Cover 2.</p>
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Notes: If the backside is attacking aggressively are the BSLB is on the LOS then the backside trap off of Rip Super Power action can be a killer as the defense as created a natural gap in its own defense. Liz BB Trap Right to the other side.

TIGHT Formation

Play Rip Lead Trap Right



LTE Slide block If split run fade route.	LT Slide block	LG Pull to Trap first man to show on the opposite side of the center. Run through center's feet.	C Severe Down block	RG Severe Down Block	RT Release clean and Seal first LB you come to on the inside	RTE Release clean and Seal the first LB you come to on the inside even if he is already blocked by the RT. If split run fade route.
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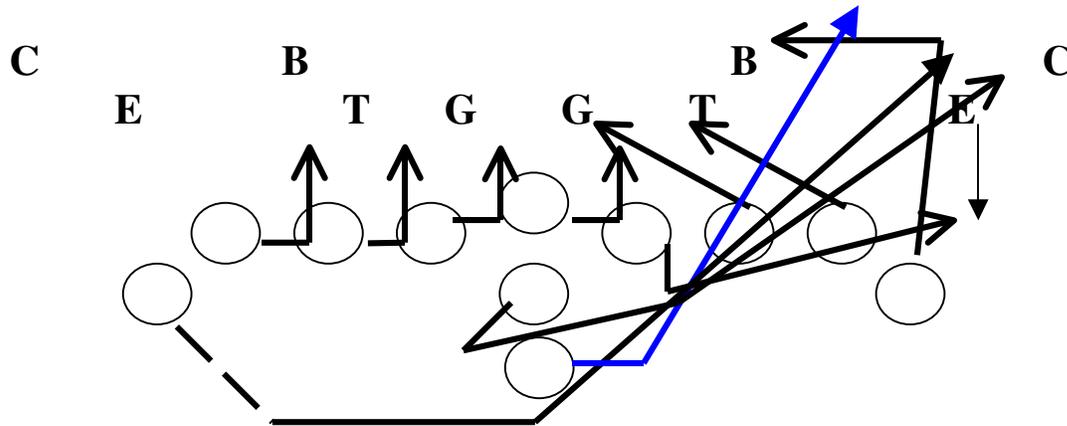
QB Toss handoff just as you do on the Super power but then complete spin and seal the EMLOS (PSDE) off.	B-Back Wait for BSG to cross your face then LEAD block into the hole. If inside seal in If outside seal out If in hole blast him out of the hole by getting low and kicking him out.	A-Back Rip motion like Power. Secure the toss take one more shuffle step and explode into the hole with a low profile.	C-Back Wall off first DB inside; normally a Free Safety (Cover 1 or Cover 3) or the backside safety in a Cover 2.
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Notes: This is another way to get the ball to the A-back and run trap with a lead. If the defense is overplaying the Super power this is a great way to set them up with a power type trap in the gap created when they cover the counter and attack the super power.

TIGHT Formation (Raider Super Power Adjustment Play 2003)

Play RIP BB G Right

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<p>LTE Slide to the inside and block first defender coming across LOS.</p> <p>Split look run fade route.</p>	<p>LT Slide to the inside and block first defender coming across LOS.</p>	<p>LG Slide to the inside and block first defender coming across LOS.</p>	<p>C Slide to the inside and block first defender coming across LOS.</p>	<p>RG Pull and kickout the first EMLOS. (PSDE).</p> <p>No TE this reverts to a X block</p>	<p>RT Severe Down Block</p> <p>No TE this reverts to an X block.</p>	<p>RTE Severe Down Block</p> <p>Split look run fade route</p>
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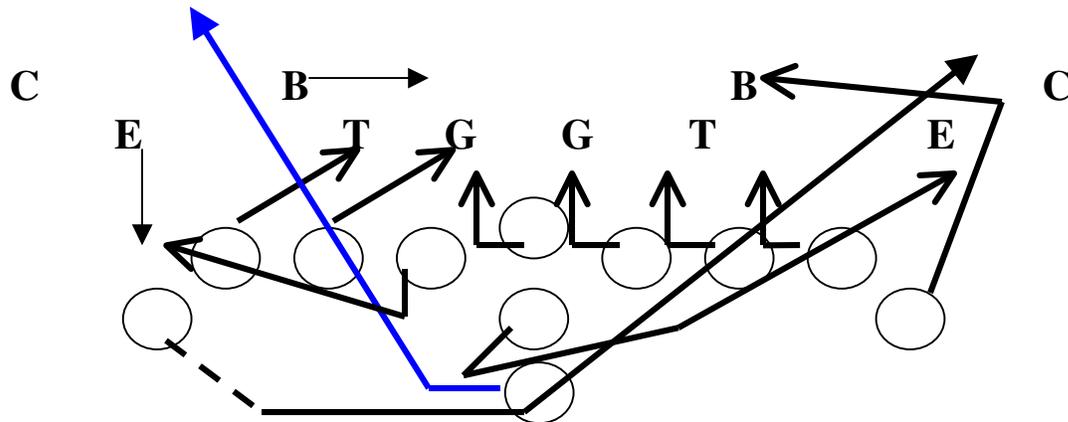
<p>QB Quick, short motion- call for the ball quickly. Spin and as you face the BB handoff the ball as you "fall backwards" in the direction of the playside end. Complete your spin as you handoff the ball.</p> <p>Get your eyes around to playside and make sure B-Back has the ball. Then follow through and complete your outside seal block on the run force.</p>	<p>B-Back Get the handoff and stay low. Take side step towards playside then explode into the hole after the QB crosses your face.</p> <p>Stay to the inside of the QB as the AB is going to fake the power action a little wider.</p>	<p>A-Back On the "R" of READY take two shoulder width shuffle steps aimed 1 yard behind the BB's near hip with your body pointed at the QB's near hip. As the ball is snapped make on last shuffle step and hit the hole fast and hard with your body square to the hole. Carry out a great fake and hit the hole wide so BB can get inside the alley created by the blocking and you attacking the lane wide.</p>	<p>C-Back Make an outside release and clear the LOS and then immediately back inside to seal the PSLB to the inside of the play. You should be perpendicular to the LOS and your inside hip should squeezing the LOS so that no one crosses your face into the hole.</p> <p>AVIOD CONTACT w/EMLOS</p> <p>DINGO call from coach tells you to Severe Down Block.</p> <p>If you have no TE on your side you look for the Dingo call (Severe Down Block).</p>
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TIGHT LIZ BB G Left. This is a good change up play if you want to get the BB involved and change the way your attacking the PSDE.

TIGHT Formation (Raider Super Power Adjustment Play 2003)

Play RIP BB G Left

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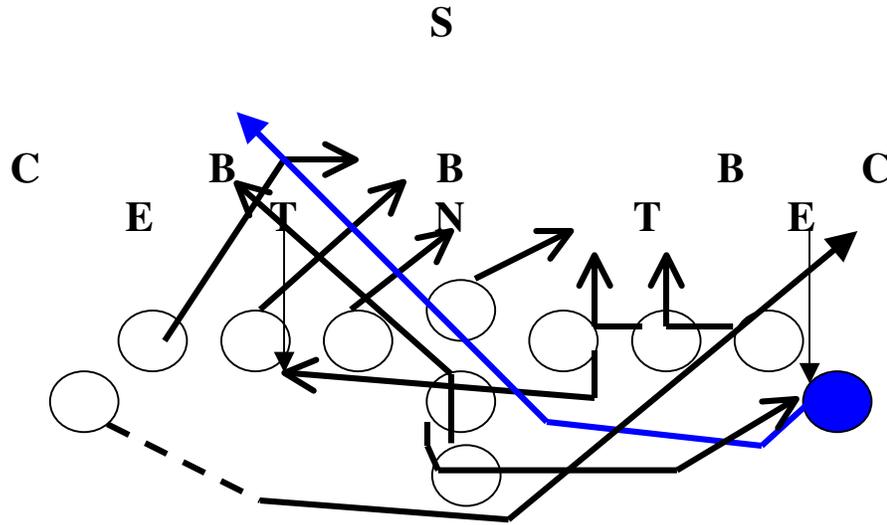
<p>LTE Slide to the inside and block first defender coming across LOS.</p> <p>Split look run fade route.</p>	<p>LT Slide to the inside and block first defender coming across LOS.</p>	<p>LG Slide to the inside and block first defender coming across LOS.</p>	<p>C Slide to the inside and block first defender coming across LOS.</p>	<p>RG Pull and kickout the first EMLOS. (PSDE).</p> <p>No TE this reverts to an X block</p>	<p>RT Severe Down Block</p> <p>No TE this reverts to an X block.</p>	<p>RTE Severe Down Block</p> <p>Split look run fade route</p>
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<p>QB Quick, short motion- call for the ball quickly. Spin and as you face the BB handoff the ball as you "fall backwards" in the direction of the playside end. Complete your spin as you handoff the ball.</p> <p>Get your eyes around to playside and make sure B-Back has the ball. Then follow through and complete your outside seal block on the run force.</p>	<p>B-Back Get the handoff and stay low. Take side step towards playside then explode into the hole. You should be on the tail of the PSG.</p> <p>Hit the hole tight to the inside.</p> <p>Get outside as you get past the LOS.</p>	<p>A-Back On the "R" of READY take two shoulder width shuffle steps aimed 1 yard behind the BB's near hip with your body pointed at the QB's near hip. As the ball is snapped make one last shuffle step and hit the hole fast and hard with your body square to the hole. Carry out a great fake and hit the hole wide so BB can get inside the alley created by the blocking and you attacking the lane wide.</p>	<p>C-Back Make an outside release and clear the LOS and then immediately back inside to seal the PSLB to the inside of the play. You should be perpendicular to the LOS and your inside hip should squeezing the LOS so that no one crosses your face into the hole.</p> <p>AVIOD CONTACT w/EMLOS</p> <p>DINGO call from coach tells you to Severe Down Block.</p> <p>If you have no TE on your side you look for the Dingo call (Severe Down Block).</p>
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TIGHT LIZ BB G Right. This is nothing more then the X but using a G blocking scheme that reverts to a X block if the TE is missing. If LB is flowing to motion this is a faster way to attack him.

TIGHT Formation

Play Rip Lead WB Trap Left



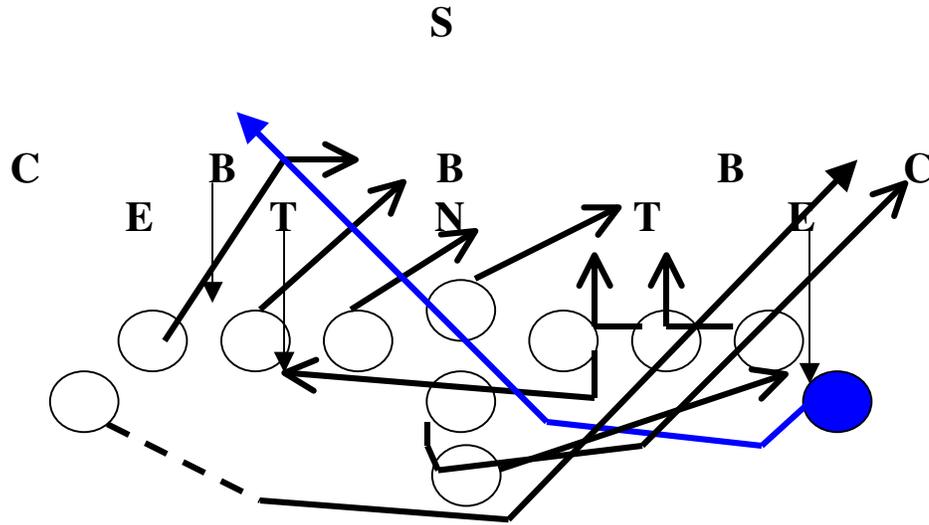
<p>LTE Release clean and Seal the first LB you come to on the inside even if he is already blocked by the RT</p> <p>If Split run Fade Route.</p>	<p>LT Release clean and Seal first LB you come to on the inside</p>	<p>LG Pull to Trap first man to show on the opposite side of the center. Run through center's feet.</p>	<p>C Severe Down block</p>	<p>RG Severe Block Down</p>	<p>RT Slide Block</p>	<p>RTE Slide Block.</p> <p>If Split run Fade Route.</p>
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<p>QB Step around with the left foot to 5 o'clock. STAY LOW AND HIDE THE BALL. Take one additional step with the right foot to 3 o'clock. You should be parallel to the LOS and facing the C-Back.</p> <p>A you move down the line give an inside handoff to the C-back and watch the ball in then continue down the line and kickout the BSDE.</p>	<p>B-Back Wait for BSG to cross your face then LEAD block into the hole. If inside seal in If outside seal out If in hole blast him out of the hole by getting low and kicking him out.</p>	<p>A-Back Rip motion like Power. Fake Power action for 10 yards.</p>	<p>C-Back Drop-step, take inside handoff, cut inside the guard's trap block, break outside.</p> <p>1) Take one deep drop step with your inside foot – don't turn your shoulders away from the line and DON'T TAKE A COUNTER STEP</p> <p>2) DO NOT DELAY – head for the opposite OT's outside hip with your path between the QB and the center. (Inside handoff) Stay tight to the center.</p> <p>3) The handoff will come from the inside. Secure the ball and hit the hole fast. Look for first daylight you see and get up field. DO NOT CUT BACK INSIDE.</p>
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Notes: Liz Lead WB Trap Rt. This is a good play against a team that is reading the counter and overplaying Super Power.

TIGHT Formation

Play Rip WB Trap Left



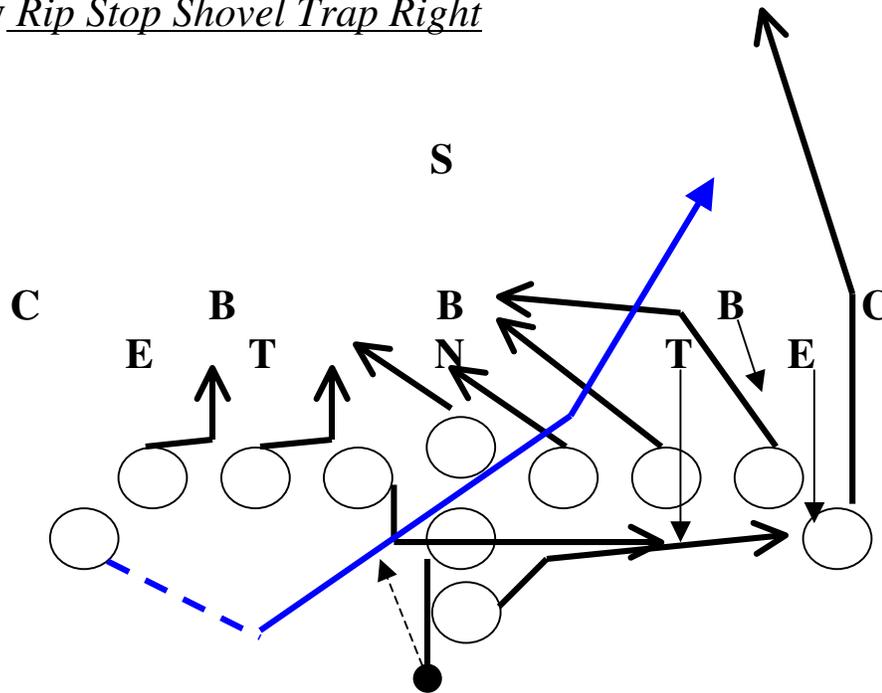
<p>LTE Release clean and Seal the first LB you come to on the inside even if he is already blocked by the RT</p> <p>If Split run Fade Route.</p>	<p>LT Release clean and Seal first LB you come to on the inside</p>	<p>LG Pull to Trap first man to show on the opposite side of the center. Run through center's feet.</p>	<p>C Severe Down block</p>	<p>RG Severe Block Down</p>	<p>RT Slide Block</p>	<p>RTE Slide Block.</p> <p>If Split run Fade Route.</p>
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<p>QB</p> <p>Reverse and spin and make an INSIDE handoff.</p> <ol style="list-style-type: none"> Step around with the left foot to 7 o'clock. STAY LOW AND HIDE THE BALL. Take on additional step with the right foot to 7 o'clock then pivot to the inside on your right foot and step towards the center with the left foot. Make a good fake to the A-back then tuck the ball as you come towards the center the C-back will be to your inside. <p>You must watch the ball in and make a good hand-off.</p>	<p>B-Back</p> <p>KICK-OUT first defender to show. This is usually the EMLOS (DE). Aim at the defenders inside shoulder and blow him up and out of the hole with solid block to his inside shoulder.</p>	<p>A-Back</p> <p>Rip motion – SL-O-O-OWLY as if running POWER; DON'T TAKE IT TO DEEP!</p> <p>Fake the Toss action then attack the hole as if running power. Run for 10 yards and drive off any defender coming to tackle you.</p> <p>Be Physical!!</p>	<p>C-Back</p> <p>Drop-step, take inside handoff, cut inside the guard's trap block, break outside.</p> <ol style="list-style-type: none"> Take one deep drop step with your inside foot – don't turn your shoulders away from the line and DON'T TAKE A COUNTER STEP DO NOT DELAY – head for the opposite OT's outside hip with your path between the QB and the center. (Inside handoff) Stay tight to the center. The handoff will come from the inside. Secure the ball and hit the hole fast. Look for first daylight you see and get up field. DO NOT CUT BACK INSIDE.
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Notes: Liz WB Trap Rt. This is a good play against a backer biting down on the counter.

TIGHT Formation

Play Rip Stop Shovel Trap Right



LTE Slide block If split run fade route.	LT Slide block	LG Pull to Trap first man to show on the opposite side of the center. Run through center's feet.	C Severe Down block	RG Severe Down Block	RT Release clean and Seal first LB you come to on the inside	RTE Release clean and Seal the first LB you come to on the inside even if he is already blocked by the RT. If split run fade route.
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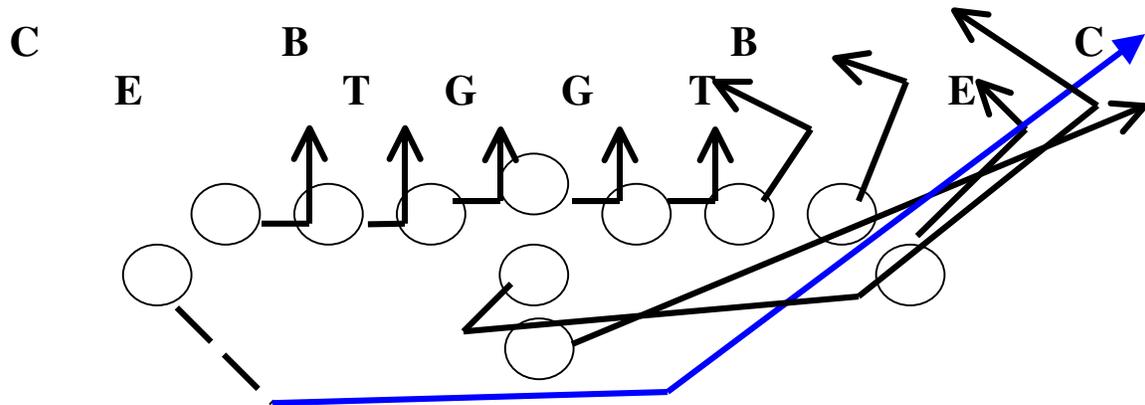
QB Three step drop just as the A-back crosses your face make a soft direct shovel pass in front of him. As you drop look at the C-back and sell the pass. Make the shovel pass while doing this.	B-Back Kick Out block EMLOS (PSDE) This is to influence the PSLB to come down and defend the power action.	A-Back Rip Stop Motion take a drop step with the outside foot to sell the hinge block on the BSDE then cut inside for path aimed between the center and QB. Look for the shovel pass secure the ball and follow the BSG to the hole. The first daylight you see get up field fast and get outside.	C-Back Run a Seam route and sell the pass as if it is coming to you.
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Notes: Liz Stop Shovel Trap Left This is a off of Rip Stop play-action passing.

TIGHT Formation (Raider Super Power Adjustment Play 2003)

Play RIP Super Reach Right

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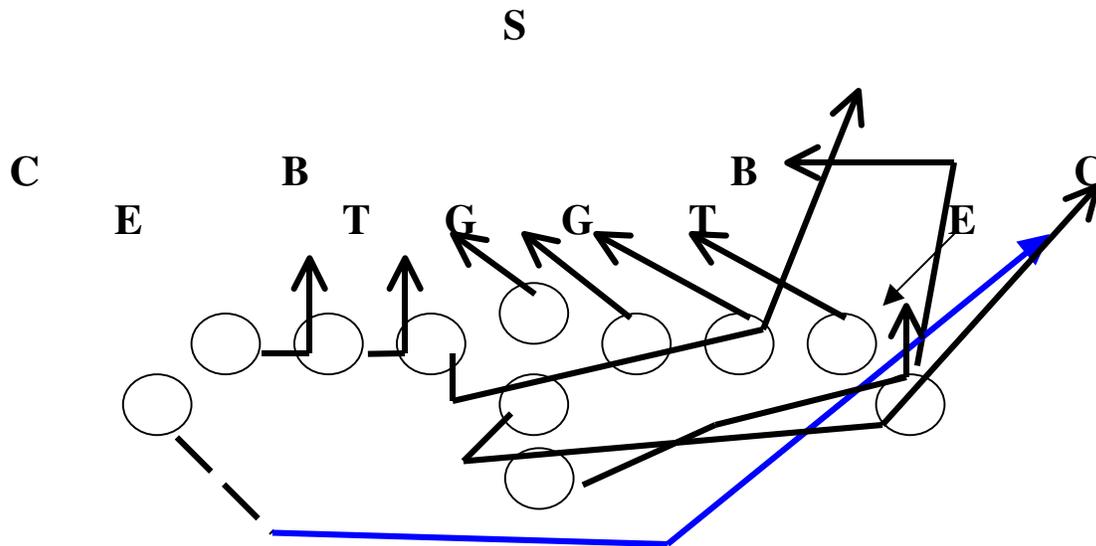
<p>LTE Slide to the inside and block first defender coming across LOS.</p> <p>Split look run fade route.</p>	<p>LT Slide to the inside and block first defender coming across LOS.</p>	<p>LG Slide to the inside and block first defender coming across LOS.</p>	<p>C Slide to the inside and block first defender coming across LOS.</p>	<p>RG Slide to the inside and block the first defender coming across the LOS</p>	<p>RT Reach block 3rd player from outside.</p> <p>If no TE then reach 2nd player on the outside.</p>	<p>RTE Reach block 2nd player from outside.</p> <p>Split look run fade route</p>
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<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball in front of the exploding WB so that he catches the ball on the run. IAs you "fall backwards" in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o'clock. Spin & toss a soft ball at number height – but no higher and a few feet in front of the WB.</p> <ul style="list-style-type: none"> You must get between the WB and the BB and then seal the first free defender pursuing to playside. (inside seal). If no one then seal the inside runforce (safety) off. 	<p>B-Back Take an immediate angle to the outside run force (CB) and kick him out of the play. If he pinches or sits and gives up his outside shoulder log him in just as you would a DE.</p>	<p>A-Back On the "R" of READY take two shoulder width shuffle steps aimed 1 yard behind the BB's near hip with your body pointed at the QB's near hip. As the ball is snapped cross over step and exploded to the playside and look for the SOFT toss in front of you. Secure the ball and look for the first daylight and get up field. Stay inside of the BB's kickout on the Runforce (CB). If he logs him go under.</p>	<p>C-Back Reach block 1st player on the outside.</p>
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TIGHT LIZ Super Reach Left. This is a great change up play against the EMLOS when running Super Power. If the PSDE is pinching down or sitting this is another way of attacking him and having the AB explode to the outside as the DE tries to squeeze down the power play.

TIGHT Formation (Raider Super Power Play 2003)

Play RIP Super Power Sweep Right



LTE Slide to the inside and block first defender coming across LOS. Split run fade route.	LT Slide to the inside and block first defender coming across LOS.	LG Pull and seal first open defender you come to	C Severe Down Block	RG Severe Down Block	RT Severe Down Block	RTE Severe Down Block Split run fade route.
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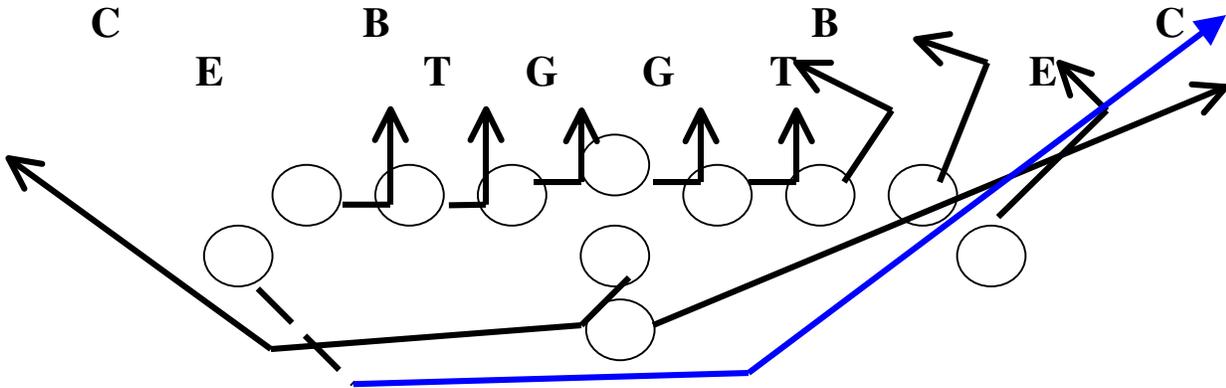
QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you "fall backwards" in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o'clock. Spin & toss a soft ball at number height – but no higher. <ul style="list-style-type: none"> B-back is going to LOG block on this so you must go under him and then kickout (outside seal) the runforce (CB). 	B-Back You must block the first defender that you see cross the LOS as you take a hard step toward the LOS and towards the end of the line. This is an automatic LOG block as this play will be called when we see the DE sitting or squeezing down an the CB far enough out that the QB can make an outside seal..	A-Back On the "R" of READY take two shoulder width shuffle steps aimed 1 yard behind the BB's near hip with your body pointed at the QB's near hip. As the ball is snapped make on last shuffle step and cross over step and attack off the outside hip of the B-Back; hit the hole fast and hard with your body as square to the hole as possible. Never take your eyes off the ball until you have caught it. Catch it and get in the wake of the QB and BB. First daylight you see get up field.	C-Back Make an outside release and clear the LOS and then immediately back inside to seal the PSLB to the inside of the play. You should be perpendicular to the LOS and your inside hip should squeezing the LOS so that no one crosses your face into the hole. AVIOD CONTACT w/EMLOS DINGO call from coach tells you to Severe Down Block. If you have no TE on your side you look for the Dingo call (Severe Down Block).
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TIGHT LIZ Super Power Sweep Left. This is another way to attack a PSDE who is squatting on the LOS and trying to squeeze down the power. If the CB is isolated out wide this is a good way to run the sweep on them. The WB must attack the LOS and get up field at the first sign of daylight.

TIGHT Formation (Raider Super Power Adjustment Play 2003)

Play RIP Reach Right

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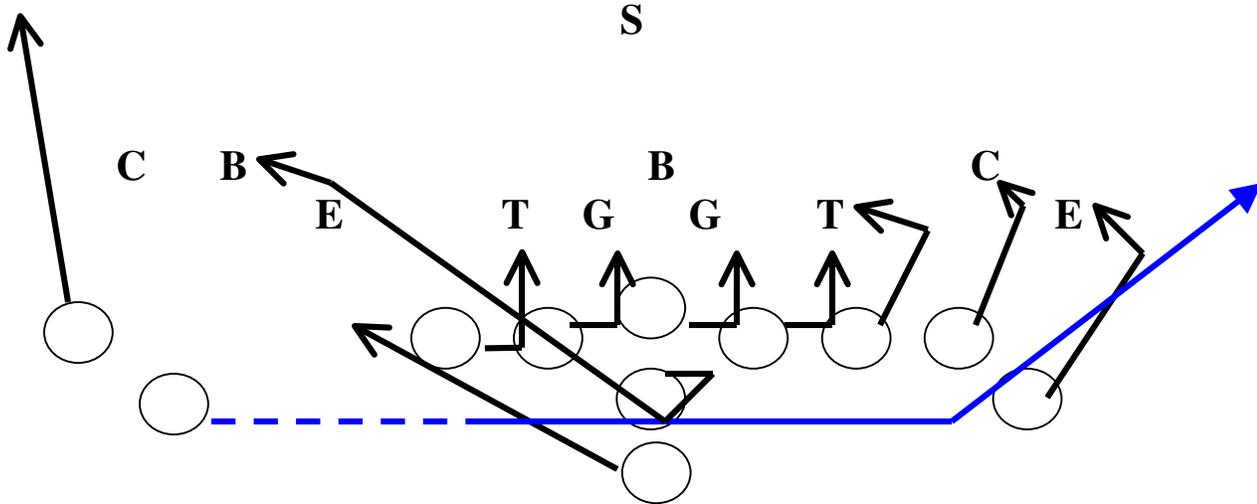
<p>LTE Slide to the inside and block first defender coming across LOS.</p> <p>Split look run fade route.</p>	<p>LT Slide to the inside and block first defender coming across LOS.</p>	<p>LG Slide to the inside and block first defender coming across LOS.</p>	<p>C Slide to the inside and block first defender coming across LOS.</p>	<p>RG Slide to the inside and block the first defender coming across the LOS</p>	<p>RT Reach block 3rd player from outside.</p> <p>If no TE then reach 2nd player on the outside.</p>	<p>RTE Reach block 2nd player from outside.</p> <p>Split look run fade route</p>
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<p>QB Reverse spin and toss the ball in front of the A-back as he explodes towards the playside.</p> <p>If the DE is sitting or squeezing then take a few fast depth steps and bootleg outside.</p> <p>If the DE is boxing then complete your spin and stay shallow to the LOS and attack the outside in the GAP created by the DE.</p>	<p>B-Back Take an immediate angle to the outside run force (CB) and kick him out of the play. If he pinches or sits and gives up his outside shoulder log him in just as you would a DE.</p>	<p>A-Back On the "R" of READY take two shoulder width shuffle steps aimed 1 yard behind the BB's near hip with your body pointed at the QB's near hip. As the ball is snapped cross over step and exploded to the playside and look for the SOFT toss in front of you. Secure the ball and look for the first daylight and get up field. Stay inside of the BB's kickout on the Runforce (CB). If he logs him go under.</p>	<p>C-Back Reach block 1st player on the outside.</p>
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TIGHT LIZ Reach Left. Alternative to the super reach. As a counter you can call LIZ Reach Right Keep Lt and the QB attacks the DE with the ball as above.

Wide Left Formation (Jet Series)

Play Rocket Reach Right



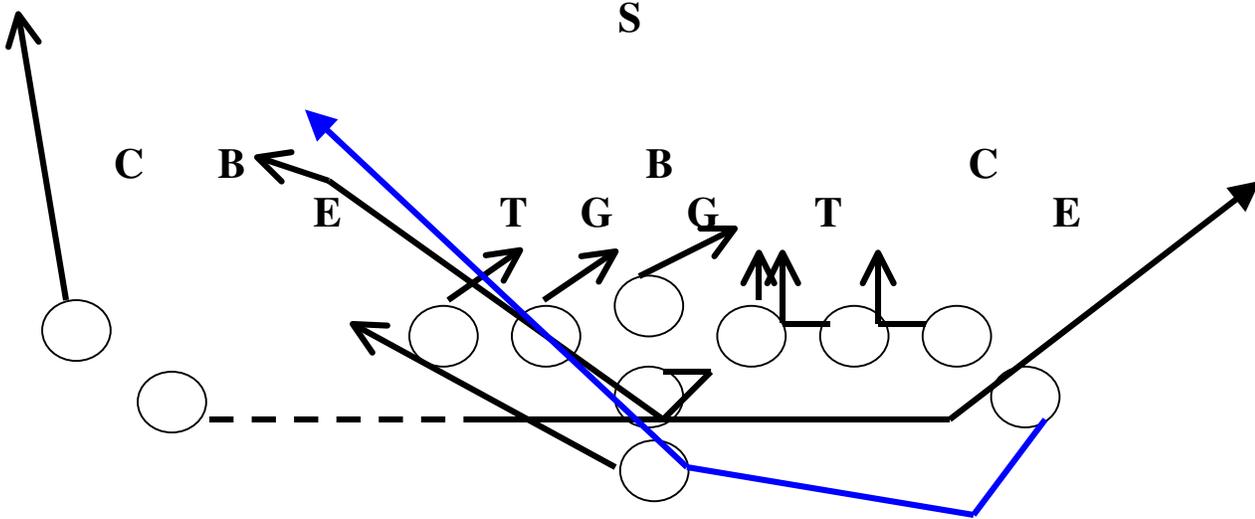
LSE Run a fade route	LT Slide to the inside and block first defender coming across LOS.	LG Slide to the inside and block first defender coming across LOS.	C Slide to the inside and block first defender coming across LOS.	RG Slide to the inside and block the first defender coming across the LOS	RT Reach block 3rd player from outside. If no TE then reach 2 nd player on the outside.	RTE Reach block 2nd player from outside. Split look run fade route
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QB Reverse handoff to the A-back. Drop your right foot to 6-o'clock and hand off ball. Then complete spin to backside and Seal first defender you see to the outside. Snap should happen when the A-back reaches the inside shoulder of the BST. You might have to adjust this inward or farther back depending on the QB and WB.	B-Back Kick Out BSDE.	A-Back Rocket Motion – make pocket for handoff, secure ball and get outside and up field at first daylight. This as to be done at full speed.	C-Back Reach block 1 st player on the outside.
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Jet Series – Speed and the 1-2-3 block of the WB, PSTE, and PST or the key to getting the back outside. We are faking the Super Power action to the backside as well.

Wide Left Formation (Jet Series)

Play Rocket Super Base Left



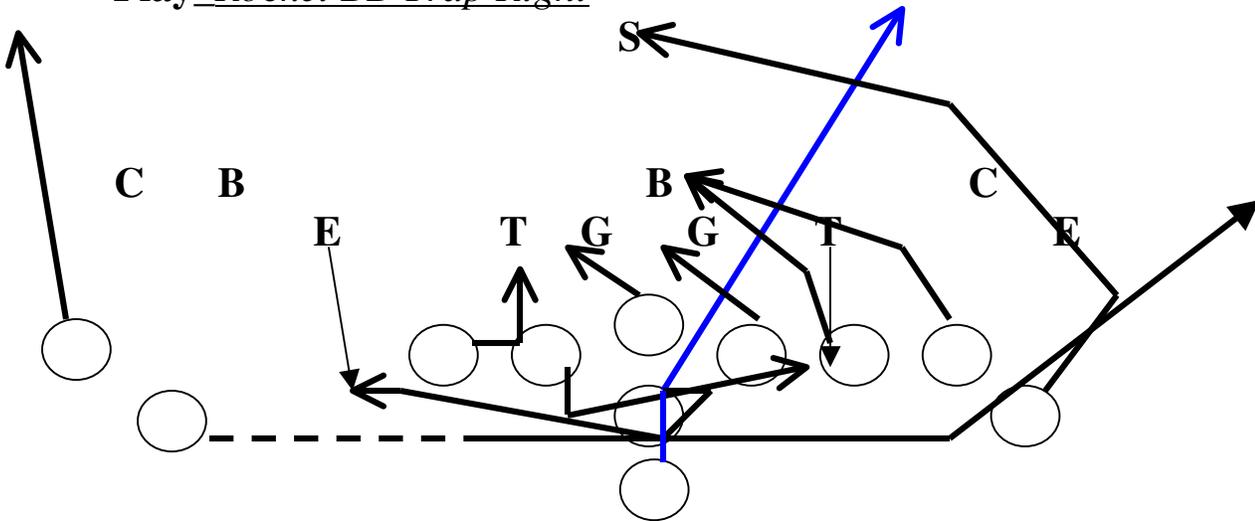
LSE Run a fade route	LT Severe Down Block	LG Severe Down Block	C Severe Down Block	RG On/In Super Power – tells the RG to pull and seal.	RT Slide block	RTE Slide Block
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<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the right foot and pivot on your left foot, so that the right foot lands about 9 o’clock. Spin & toss a soft ball at number height – but no higher.</p> <p>Get your eyes around to playside and make sure B-Back is KICKING OUT his man.</p> <ul style="list-style-type: none"> • If he is, run inside his block and seal CB to outside. • If he LOGS or is jammed inside you seal next man outside as you go UNDER him. 	<p>B-Back You must block the first defender that you see cross the LOS as you take a hard step toward the LOS and towards the end of the line.</p> <p>If the target (EMLOS or DE normally) cross the LOS you KICKOUT block by attacking the inside shoulder and driving him towards the outside.</p> <p>If the target sits on the LOS or squeezes down the LOS you must take a depth step to move away from the LOS and arc underhim and attack his outside shoulder and seal him inside with a LOG block.</p>	<p>A-Back Rocket Motion – make pocket for fake handoff then rock the cradle. Fake the sweep for 10 yards. Sell the sweep.</p> <p>This has to be done at full speed.</p>	<p>C-Back Take a deep drop step aimed one yard behind the near hip of the B-back. The ball is going to be tossed to you secure it and hit the hole fast and hard. You are not going to be as square to the hole as in a normal power play so just get to daylight and up field.</p> <p>Follow the QB as he is reading the BB’s block.</p>
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This play in my opinion is a great counter play. It is power play that is placing pressure on the loose side corner back and backer. This with the super base pass play can be devastating to an offense that is over playing

Wide Left Formation (Jet Series)

Play Rocket BB Trap Right

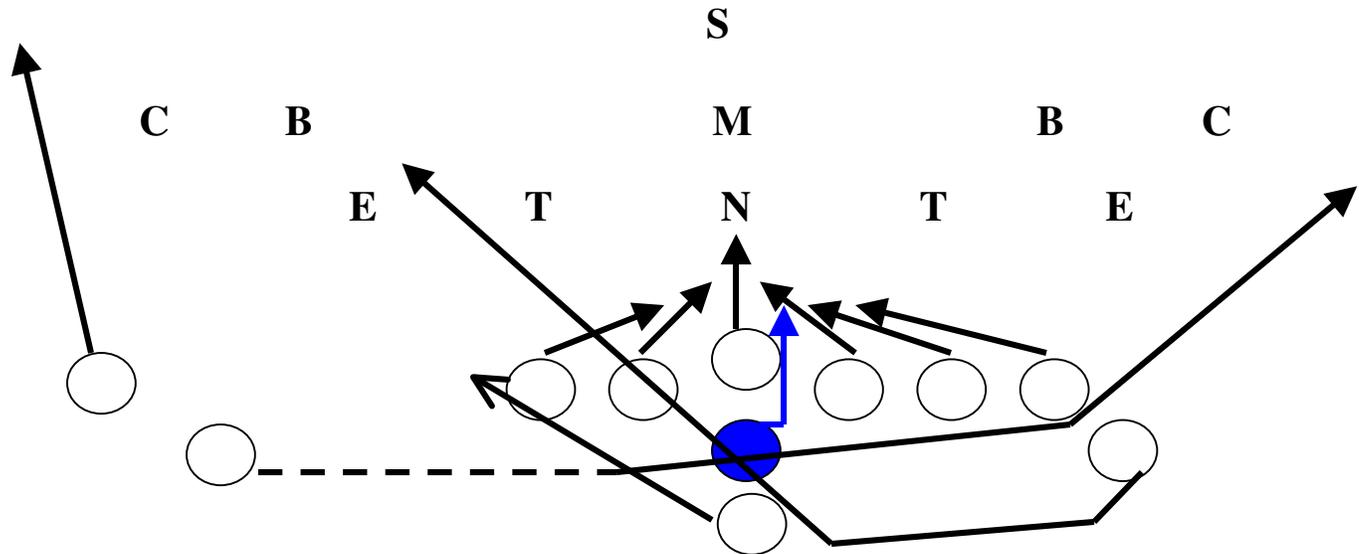


LSE Run a fade route	LT Slide Block	LG Pull to Trap first man to show on the opposite side of the center. Run through center's feet.	C Severe Down Block	RG Severe Down Block	RT Release to next level and seal first LB you come to.	RTE Release to next level and seal first LB you come to even if he is already sealed. IF split run fade route.
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QB Quick, short motion- call for the ball quickly. Spin and stop when you face the BB. Make sure you get depth from the LOS so that the BSG can trap. Hand off ball to BB and then complete spin and kick out the BSDE.	B-Back Hold let the QB hand you the ball then let him cross your face and then follow the BSG and hit the first day light you see. Get to the outside fast. You must be patient and let the jet man past and the BSG and QB to clear so that the defense bits on their actions.	A-Back Rocket Motion – make pocket for fake handoff then rock the cradle. Fake the sweep for 10 yards. Sell the sweep. This has to be done at full speed.	C-Back Release outside then work back inside and seal the first secondary defender you see inside.
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This is an inside misdirection play to the BB off the Jet play.

TIGHT Formation
Play Rocket QB Wedge Right



<p>LSE Release outside and run Fade Route.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>
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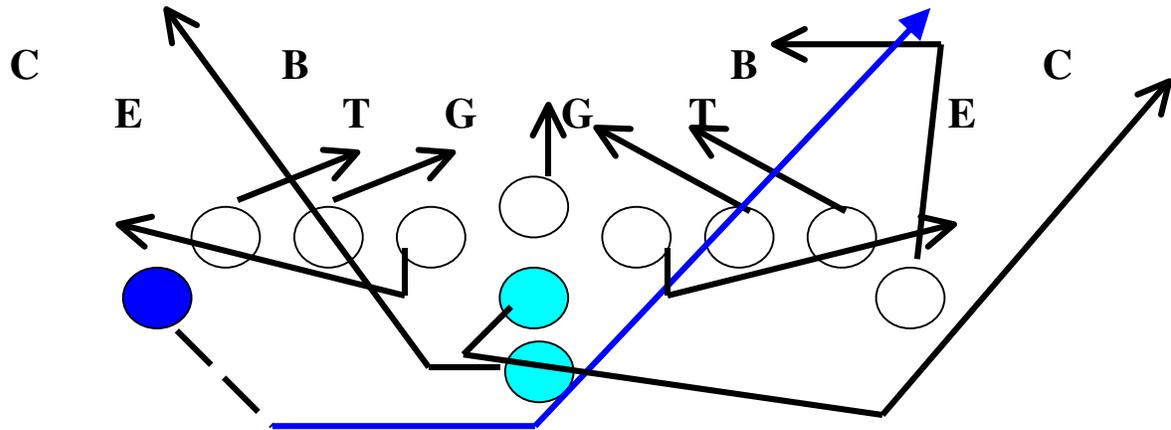
<p>QB Take a drop step with the right foot to 3'oclock and then step into the wedge. Keep the ball in your belly.</p>	<p>B-Back Kick Out BSDE.</p>	<p>A-Back Rocket Motion – make pocket for fake handoff then rock the cradle. Fake the sweep for 10 yards. Sell the sweep. This has to be done at full speed.</p>	<p>C-Back Take a deep drop step aimed one yard behind the near hip of the B-back. Fake the toss for ten yards up field.</p>
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Notes: This is a great play at the younger age groups and become less and less effective at the older age groups. If you see the CB and DE biting down on the motion this is a good way to get outside of them on the motion side fast.

TIGHT Formation (Raider Experimental Play 2003)

Play RIP Double G Right (QB Rt/BB Lt)

S



LTE Severe Down Block Split look run fade route.	LT Severe Down Block No TE this reverts to an X block.	LG Pull and kickout the first EMLOS. (PSDE). No TE this reverts to a X block	C On – slide to playside	RG Pull and kickout the first EMLOS. (PSDE). No TE this reverts to a X block	RT Severe Down Block No TE this reverts to an X block.	RTE Severe Down Block Split look run fade route
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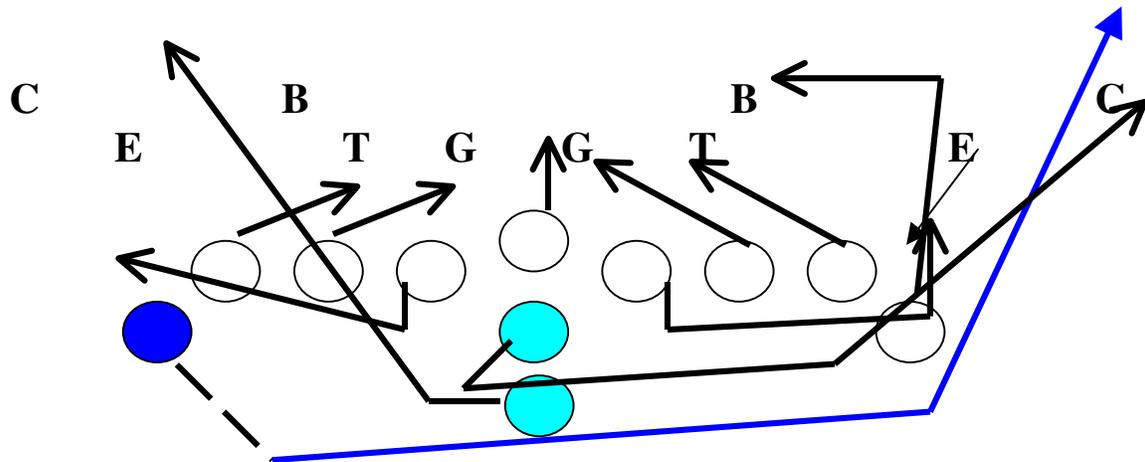
QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 5 o’clock. Spin & toss a soft ball at number height – but no higher. <ul style="list-style-type: none"> After the toss and the AB crosses your face gain depth with three steps and then get outside and up field at first daylight. IF you don’t have the ball you fake for 10 yards upfield. Rip Double G Rt QB Rt – ball call 	B-Back Take side step towards playside make pocket then explode into hole. If you don’t have the ball you fake hard for 10 yards upfield. Rip Double G Rt BB Lt is the ball call.	A-Back On the “R” of READY take two shoulder width shuffle steps aimed 1 yard behind the BB’s near hip with your body pointed at the QB’s near hip. As the ball is snapped make on last shuffle step and hit the hole fast and hard with your body square to the hole. Never take your eyes off the ball until you have caught it. Catch it and get in the wake of the QB and BB. If the BB kicks out the EMLOS then run inside of him. If he LOGs the EMLOS then follow the QB as he goes under and look for daylight and get up field fast. DO NOT string this play out.	C-Back Make an outside release and clear the LOS and then immediately back inside to seal the PSLB to the inside of the play. You should be perpendicular to the LOS and your inside hip should squeezing the LOS so that no one crosses your face into the hole. AVIOD CONTACT w/EMLOS DINGO call from coach tells you to Severe Down Block. If you have no TE on your side you look for the Dingo call (Severe Down Block).
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TIGHT LIZ Double G Left. I am toying with this series of plays and I see it being very misdirective yet using our same scheme. A lot of pressure is placed on the defense to defend both C gaps and the motion side D gap. Basically forces each defender to defend their gap.

TIGHT Formation (Raider Experimental Play 2003)

Play RIP Double G Sweep Right (BB Lt)

S



LTE Severe Down Block Split look run fade route.	LT Severe Down Block No TE this reverts to an X block.	LG Pull and kickout the first EMLOS. (PSDE). No TE this reverts to a X block	C On – slide to playside	RG Pull and LOG the first EMLOS. (PSDE). No TE this reverts to a X block	RT Severe Down Block No TE this reverts to an X block.	RTE Severe Down Block Split look run fade route
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QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o’clock. Spin & toss a soft ball at number height – but no higher. <ul style="list-style-type: none"> • Outside seal the Run Force (CB). 	B-Back Take side step towards playside make pocket then explode into hole. If you don’t have the ball you fake hard for 10 yards upfield. Rip Double G Rt BB Lt is the ball call.	A-Back On the “R” of READY take two shoulder width shuffle steps aimed 1 yard behind the BB’s near hip with your body pointed at the QB’s near hip. As the ball is snapped cross over step and look for the soft toss in front of you as you explode to the sideline. First daylight you see get up field. Stay inside of the QB’s seal block on the run force.	C-Back Make an outside release and clear the LOS and then immediately back inside to seal the PSLB to the inside of the play. You should be perpendicular to the LOS and your inside hip should squeezing the LOS so that no one crosses your face into the hole. AVIOD CONTACT w/EMLOS DINGO call from coach tells you to Severe Down Block. If you have no TE on your side you look for the Dingo call (Severe Down Block).
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TIGHT LIZ Double G Left. Once the PSDE starts pinching down on the G play he opens himself to being seal inside. This leaves the run force isolated with the QB able to seal him outside has he tries to secure the outside gap.

Chapter 9 – Passing Game

Our passing game is actually two systems melded into our running game. We are not a passing team so our passing game is a direct reflection of our running game and is intended as an enhancement to that running game. We have a vertical play action passing game and a quick perimeter passing game; each allows us to attack the defense in a different way but still follows the basic philosophy of offensive football. The premise of our passing game is to force the defense to attack our running game and by doing so create holes in their coverage that we can take advantage of. These holes are often in the vertical area (deep middle and deep outs) or at the perimeter of the field as we are an off-tackle running team.

The key ingredient to our passing game is to teach the basic fundamentals of passing and receiving then teach the actual play with pattern until they have mastered the play to both sides. After they have done that with a few passing plays we then refine their technique and work on improving the little things that will make them a better passing team.

Play Action Passing Game

The play action passing game is based on the principle of forcing the defense to react to our base running attack and then attacking them vertically; it is a form of misdirection football that allows us to get behind the defense as they attempt to pursue or attack our running game. It is the only way we really pass vertically as it forces the defense to defend the run and it allows our receivers a better chance of getting behind the defenders and less pressure on the passer as the defense reacts to run. The key element to remember is it is a form of misdirection football. It is used in concert with your other forms of misdirection football it will allow you to effectively attack gaps in the defense as they over react to the running package.

We have some basic rules that we use for our play action passing game:

1. We use base run blocking schemes and teach our lineman not to go farther than 1 yard up the field. If they pull they simply seal out (kickout) or fill the gap they normally pull through. Since we rely on our play action to freeze the defense we also move our passer under the action and away from backside pressure. This allows the passer to get the ball off and put pressure on the defense to come from the backside to make the play on the passer.
2. We couple these with passing patterns that we use as templates to match up the best pattern and run blocking scheme to use for that particular season, game, or team. We try to limit the amount of receivers we send out into a pattern especially if the formation is compressed. We use the best action and pattern that will cause the defense to break down or produce holes in their coverage.
3. We use both the quarterback and the wingbacks as passers. The wingbacks are the base passers in our play action passing game. This is due to the fact that defense's coverage tends to break down when they see a "halfback type" pass and rush up to stop the run. It is especially difficult on teams that require the coverage to play a dual pass cover/run support role. If we decide to use the quarterback as a passer we add the tag KEEP to the pass play to inform the team that the quarterback is throwing the ball. It also changes who will be in the pattern but that will be discussed later.

4. Our patterns are designed to accommodate both the tight, split, and over looks as well as the loose look with some very simple changes to the patterns that stay consistent through out the passing game.
5. We will always have a primary vertical route and a safety valve in the flat. The only case were we do not have a primary vertical route is the in the case of a throwback route (Far and Away patterns) or in the case of a horizontal route (Drag pattern).

When we play action pass:

I follow this line of thinking when I start looking to play action:

1. If the secondary is coming up to support run before the snap.
2. If the secondary is dropping coverage and pursuing run before the ball has crossed the LOS.
3. Does the defense play strict run assignment defense? If so the play-action pass is the best way to attack since it puts them in position of having to make a choice. When ever a defender has to think that means he is not reacting.

Passer Drop action:

Sprint, Set, Throw: I have my passers sprint on play action passes to a depth of 4 yards inside and below the kick out or 4 yards and outside of a log/reach block. Either way I have found that this is the safest location for the passer to get and throw from. As the defense collapses on the runner faking this forces them to attack that spot and not beneath it. It also forces backside pressure to sprint as well while looking for counters. I want him to get to that launch point fast (SPRINT) and then set his feet and throw the ball to the open receiver to avoid the backside pressure. He needs to get in the habit of looking for his target as he sprints to his launch point so that if he does not see him or he is covered that he can throw to the safety valve. Whether it is the wing back or the quarter back they both must understand they are throwing off the backfield action of the running play so the must execute it fast and get to the launch point FAST! By doing this it makes the pass much easier for your passer as he is allowed to set, plant, and throw the ball with a good passing action vice throwing on the run.

Run blocking actions that we use for our play action passing game:

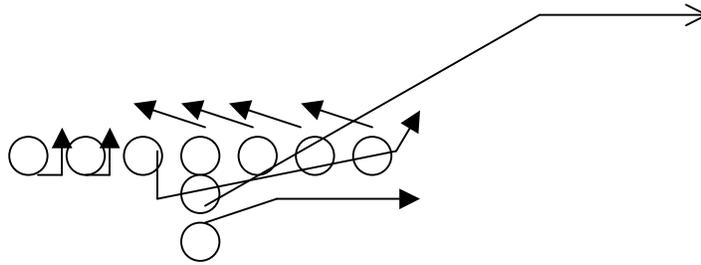
- Super Power action
- Counter action
- Wedge action
- G action
- Trap action
- Lead Trap action
- Double G action

We will use the base run actions more often than anything else due to these being what the defense will see from us in our running game more often than not. Remember that the object of the play action is to show the defense something that they are conditioned to seeing and then throw off that action. It does you no good to throw off a run action you if don't use often. The super power and counter are the two actions we use the most along with the

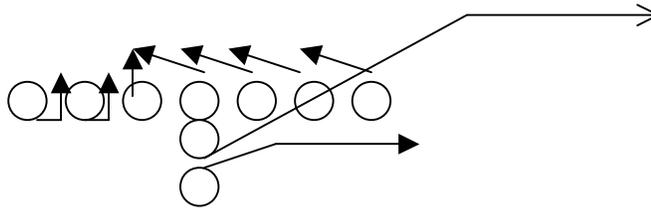
wedge action. The only change to the basic scheme is that all linemen must not travel more than one yard past the LOS when the tag PASS is placed on any play.

Play Action Blocking Schemes

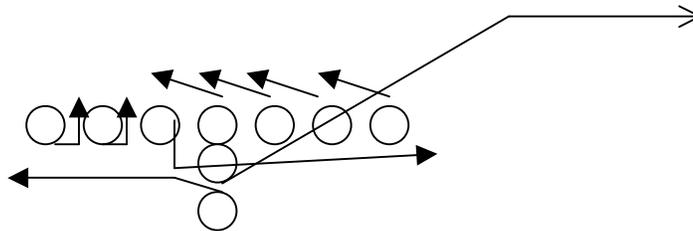
Super Power –



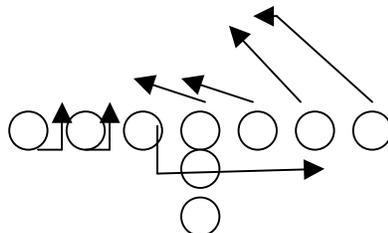
Base



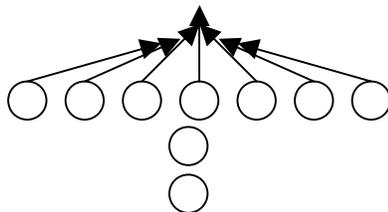
Counter -



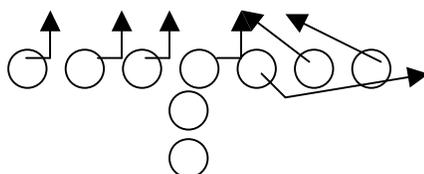
Trap-



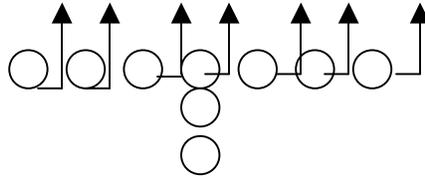
Wedge –



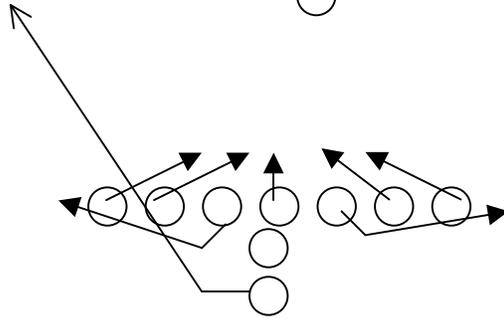
G –



Reach –



Double G –



Play Action Passing Templates:

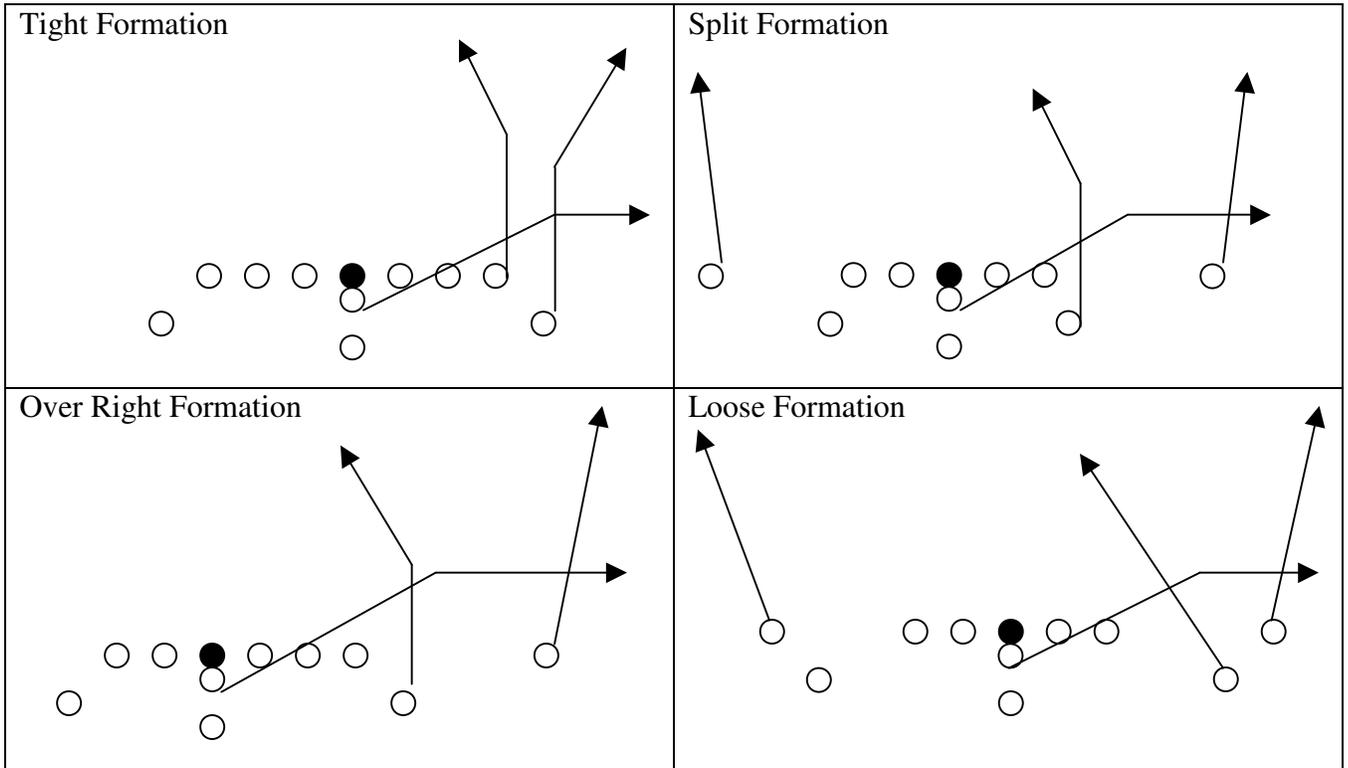
Corner Pass

<p>Tight Formation</p>	<p>Split Formation</p>
<p>Over Right Formation</p>	<p>Loose Formation</p>

Keep Pass – QB passer, BB releases to Flat, Motion WB kicks out.

This is one of our most basic passes it puts one primary receiver into the route dependant on the formation. If it's a tight look the WB runs banana route while the QB runs a flat route. If it is a split or over look then the split end runs a fade route while the QB runs a flat route. If it's a loose look then the split end runs a fade while the slot runs a hash as the QB runs a flat route. The object is to attack the deep out and use the flat as a safety valve if the passer does not see the primary or he is covered. Object is to attack the playside deep out while the defense attacks the playside C or D gaps (offtackle/sweep).

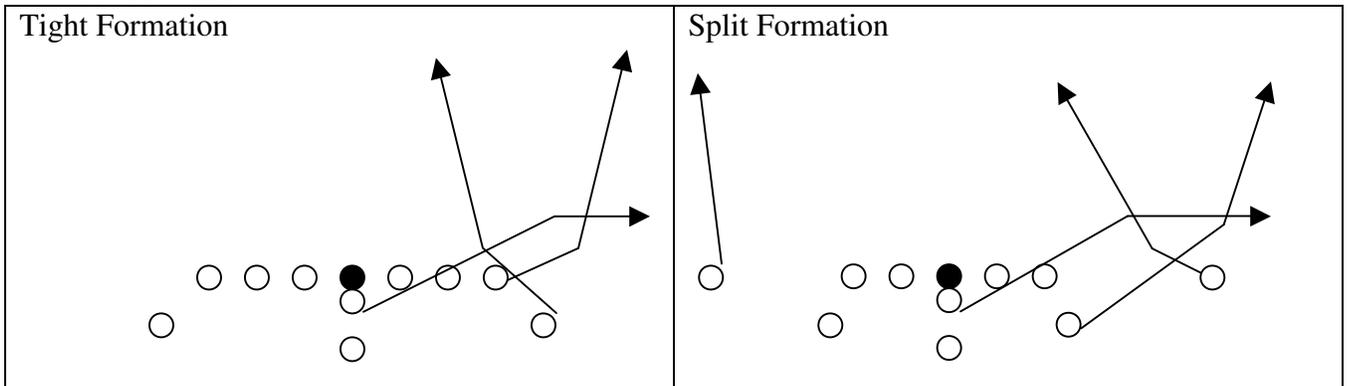
Seam Pass

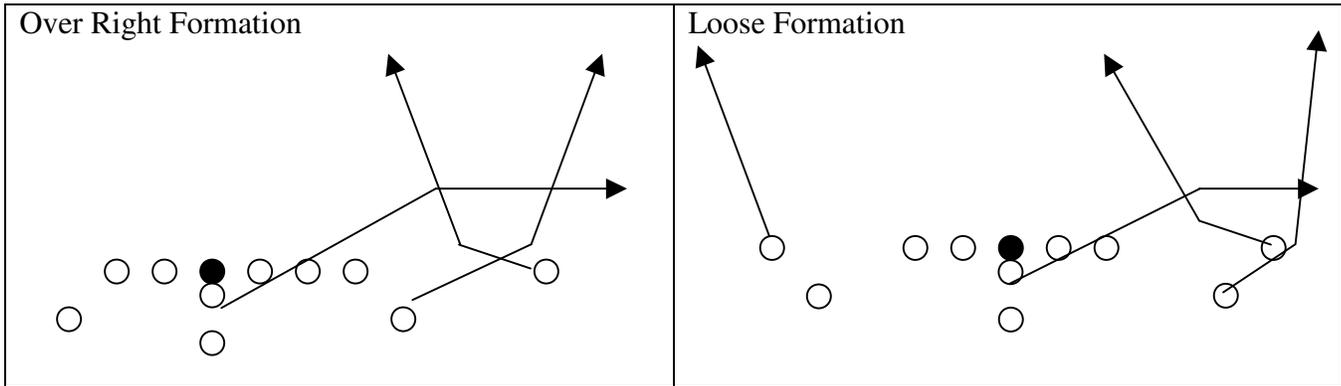


Keep Pass – QB passer, BB releases to Flat, Motion WB kicks out.

This is nothing more than the corner pattern with a seam route built into it for the primary route. This is used when the defense is overplaying the deep out to defend the corner pass. In a tight look it has the PSTE release into a seam route. In a split and over look the WB runs the seam route. In a loose look the slot runs a hash route. The primary route is the Seam route and the safety valve is the flat route. Object is to attack the deep middle as the defense attacks the C/D gaps and defends the deep out.

Wheel Pass

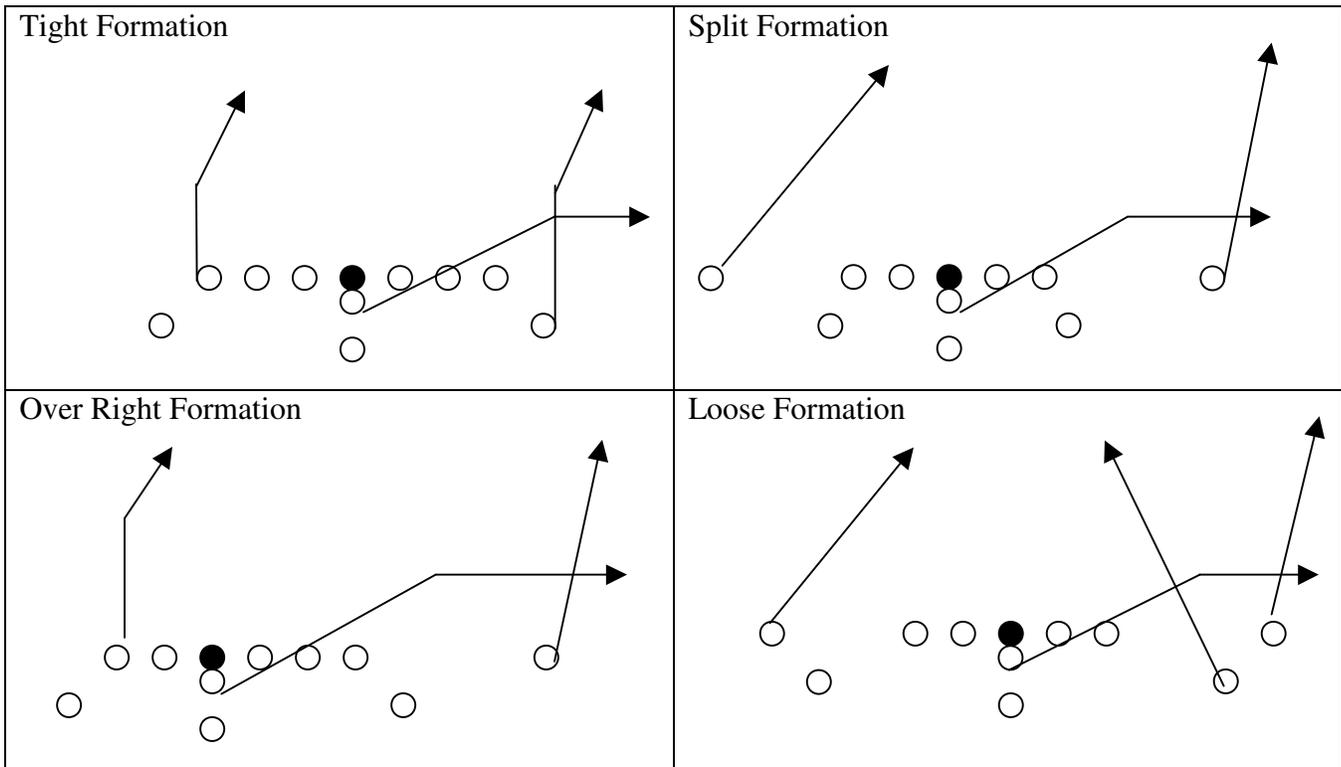




Keep Pass – QB passer, BB releases to Flat, Motion WB kicks out.

The Wheel pattern is a radical crossing pattern that attempts to cross to receivers short and then get up field to attack the coverage vertically. It is a great pattern to use against press coverage. In the tight look the PSTE release outside radically for five steps and then turns up field and runs a fade route while the PSWB delays until the PSTE cross his face then he release radically under him and has soon as they cross he releases up field into a seam route. The split and over looks are the same as above except the WB and End exchange assignments. The outside receiver must go under the inside receiver; the inside receiver must release fast and get wide and up field fast so that the outside receiver and get under him and up. The primary receiver is the fade route and the safety valve is the flat route. If the defense dictates it they play can be changed so that the primary route is the seam route. Basically this is nothing more then the Corner and Seam patterns with a rub built into it. The loose look is a much faster rub with the outside receiver releasing radically inside and the inside receiver releasing radically outside and as soon as they cross face they cut up field into their routes. Object is to rub press defenders off and attack the deep out as the defense attacks the LOS to defend the oftackle/sweep.

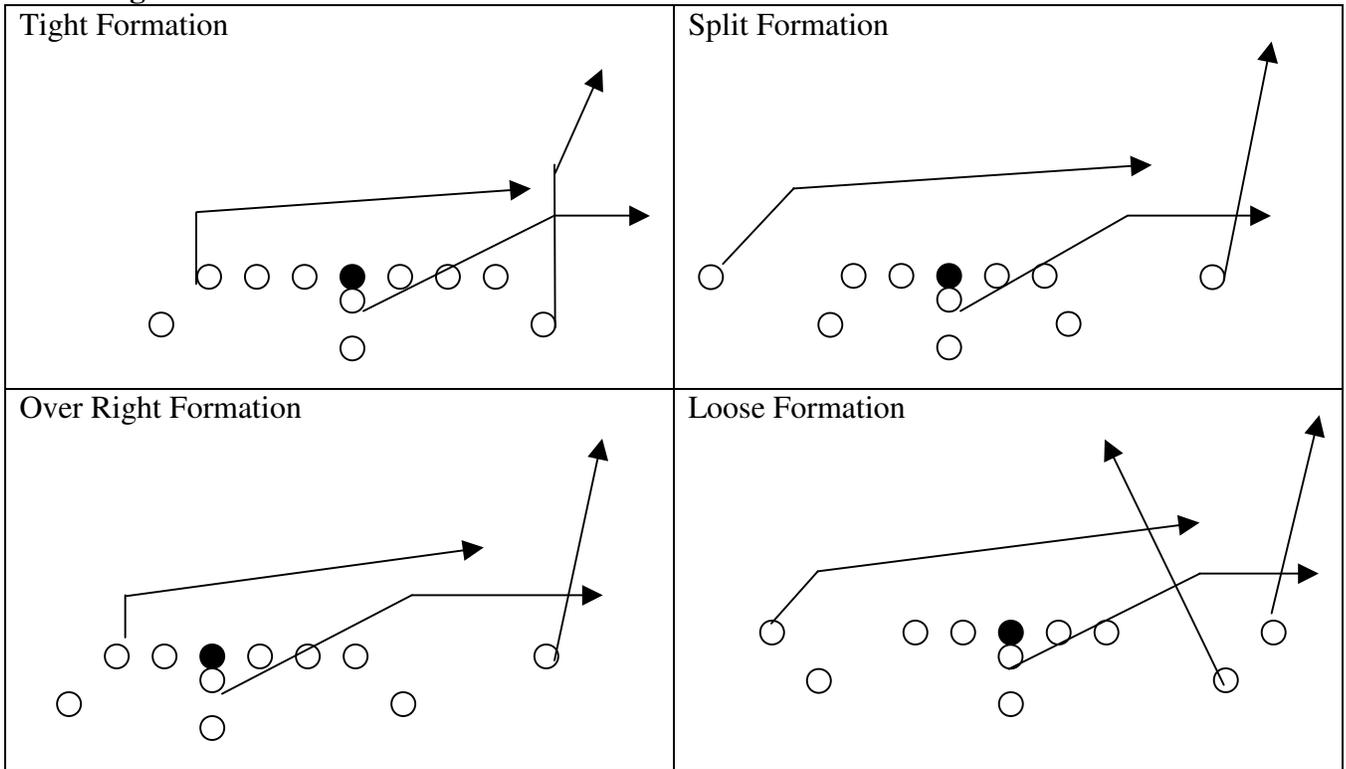
Hash Pass



Keep Pass – QB passer, BB releases to Flat, Motion WB kicks out.

The hash pattern is another pattern built off the corner pattern. If the defense is rolling towards playside to defend the corner pattern and coming to defend run then the backside seam should be wide open. This is exactly the same as the corner pattern except the back side end releases into a seam route in the tight and over look while in the split and loose look he releases into a hash route. The primary is the seam/hash route of the BSE with the safety valve again being the flat route. Object is to attack the deep middle from the backside as the defense attacks the LOS to stop the oftackle/sweep.

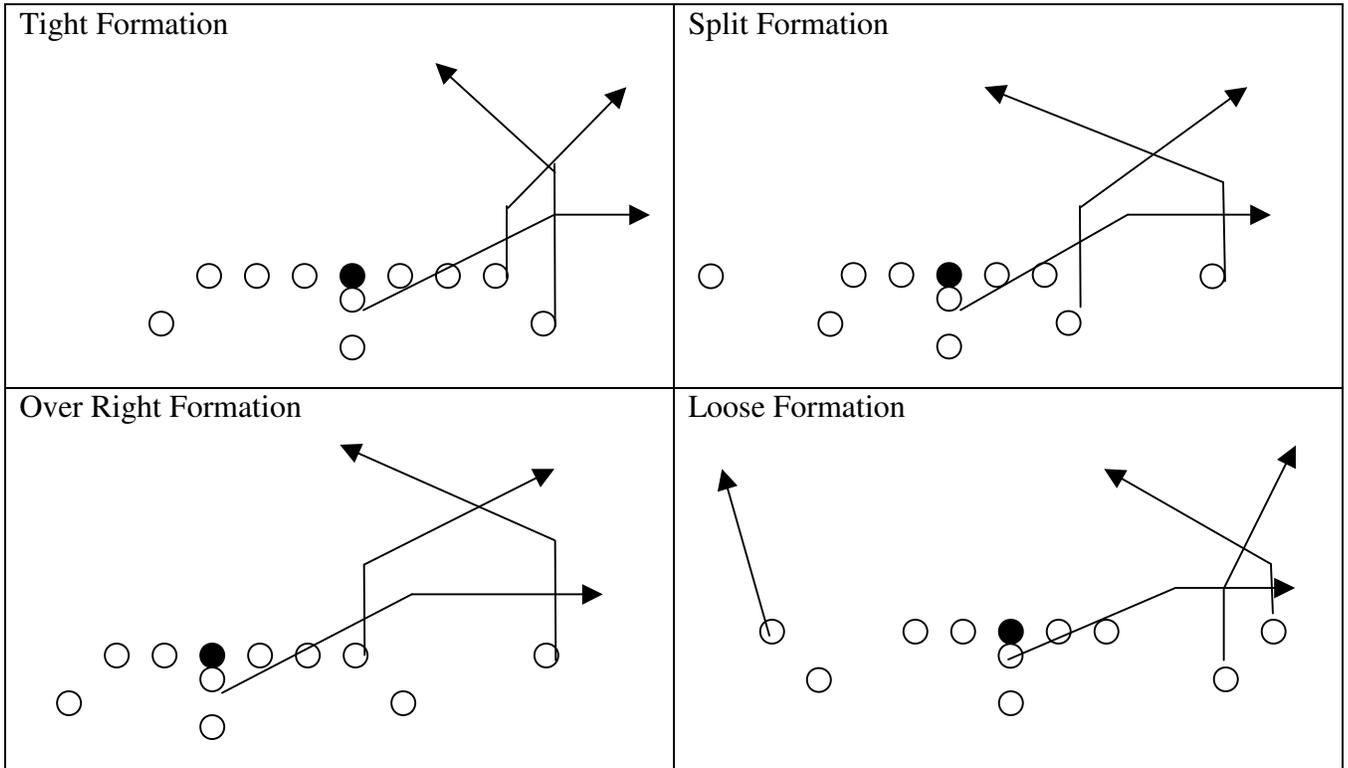
Drag Pass



Keep Pass – QB passer, BB releases to Flat, Motion WB kicks out.

The drag pattern is built off the corner pattern and it again involves the BSE running a drag route. If we see the defense slamming down on the LOS and the secondary overplaying the deep coverage, especially to the playside, then running the drag becomes an effective pass route to attack them with. It is run exactly the same as the corner pattern except the BSE runs a drag route to depth of six to nine yards up the field. The BSE once he release inside must get the playside fast and look for the ball as he gains width from the LOS. The playside routes act as clearing routes to push the defense up and outside as the drag route moves to playside. The primary route is the drag and the safety valve is the flat route. Object is to force the defense to defend the oftackle/sweep and the deep out as the BSE moves to playside.

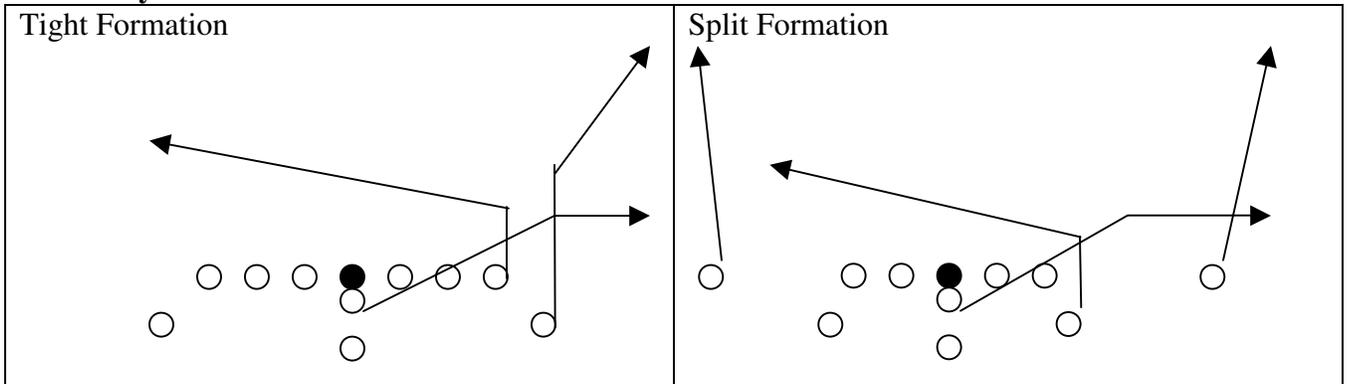
Scissor Pass

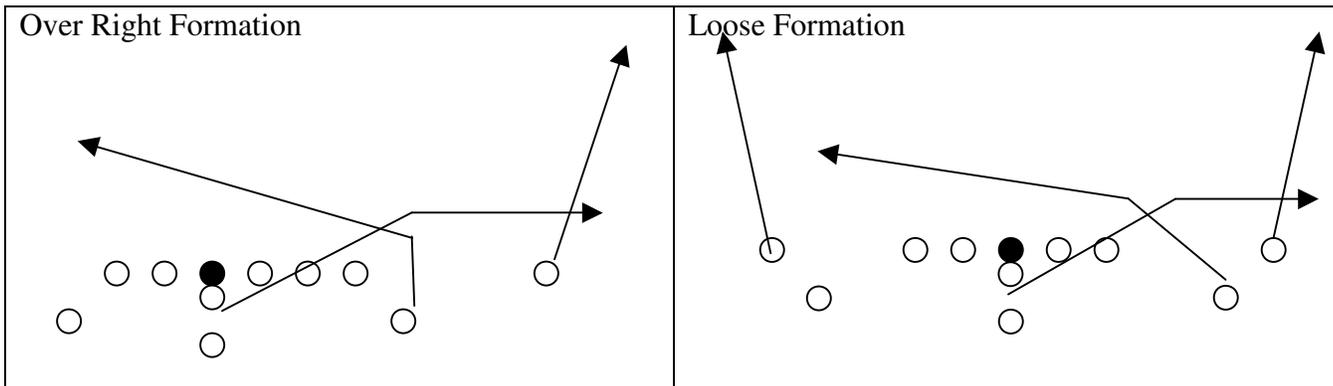


Keep Pass – QB passer, BB releases to Flat, Motion WB kicks out.

Scissor pattern is another crossing pattern like wheel but were wheel attempts to cross and rub at the LOS this scissor pattern attempts to move the defenders down field and then cross and rub the inside defender off to get the inside receiver open for the banana route. The outside receiver must get up field fast and hard and then cut inside as the inside receiver cuts outside and underneath him. The primary route is the playside inside receiver and the safety valve is the flat route. You have to time up the route's steps so that the outside receiver cut inside first and the outside receiver cuts under him to rub off his defender. He must be going at full speed as he cuts outside to take advantage of the rub and get open. Object is to cross receivers so that the primary receiver gets outside into the corner (deep out) as the defense bits on the oftackle or sweep.

Away Pass

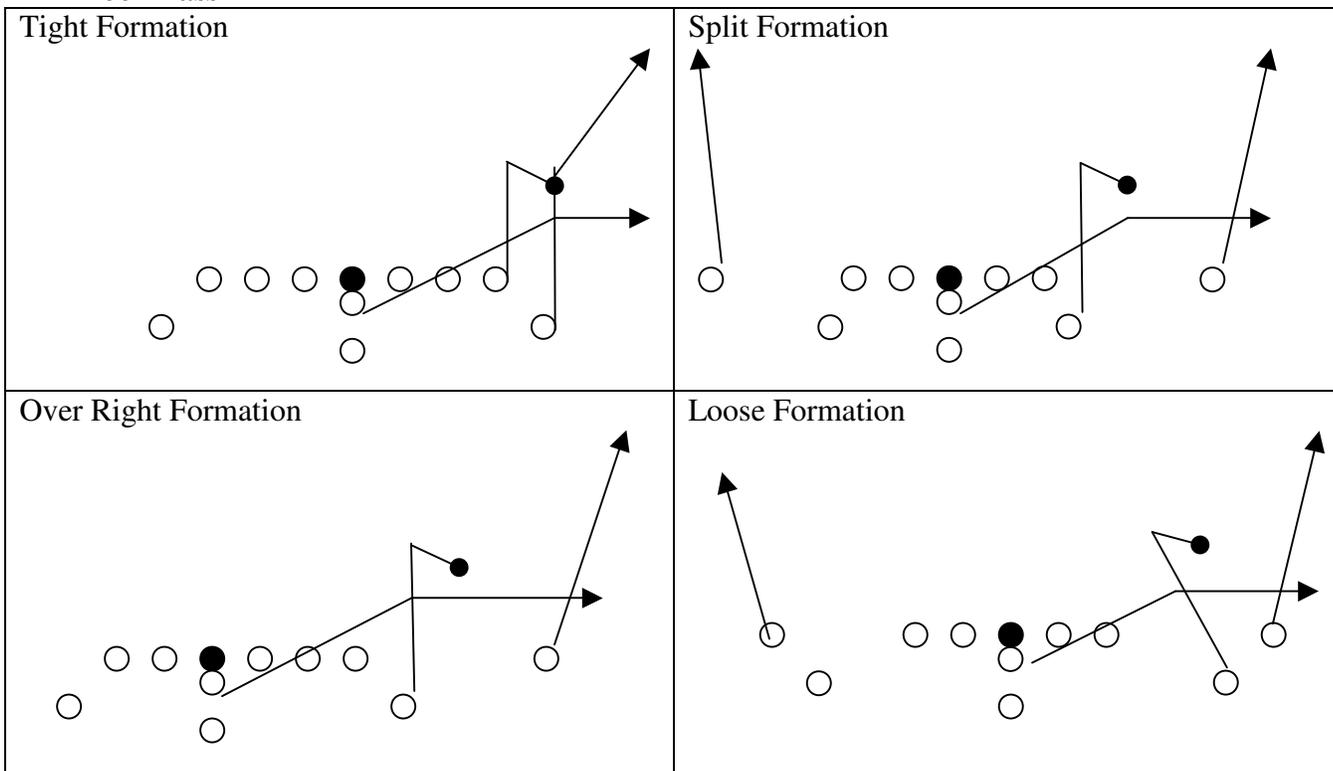




Keep Pass – QB passer, BB releases to Flat, Motion WB kicks out.

The away pattern is built off of the corner pattern. It is designed to be a throw back or a bootleg to the backside of flow. The second receiver playside runs a drag route towards backside gaining depth just as he would on the drag pattern. In Tight it is the PSTE, in Split and Over it is the PSWB while in the Loose it is the PS Slot. The primary receiver is the drag route while the safety valve is the flat unless it is a bootleg then it is a pass/run option if the receiver is not seen or covered. Object is to get a receiver on the backside of flow to take advantage of over pursuit and defenders coming down on the LOS to defend counter.

Hook Pass

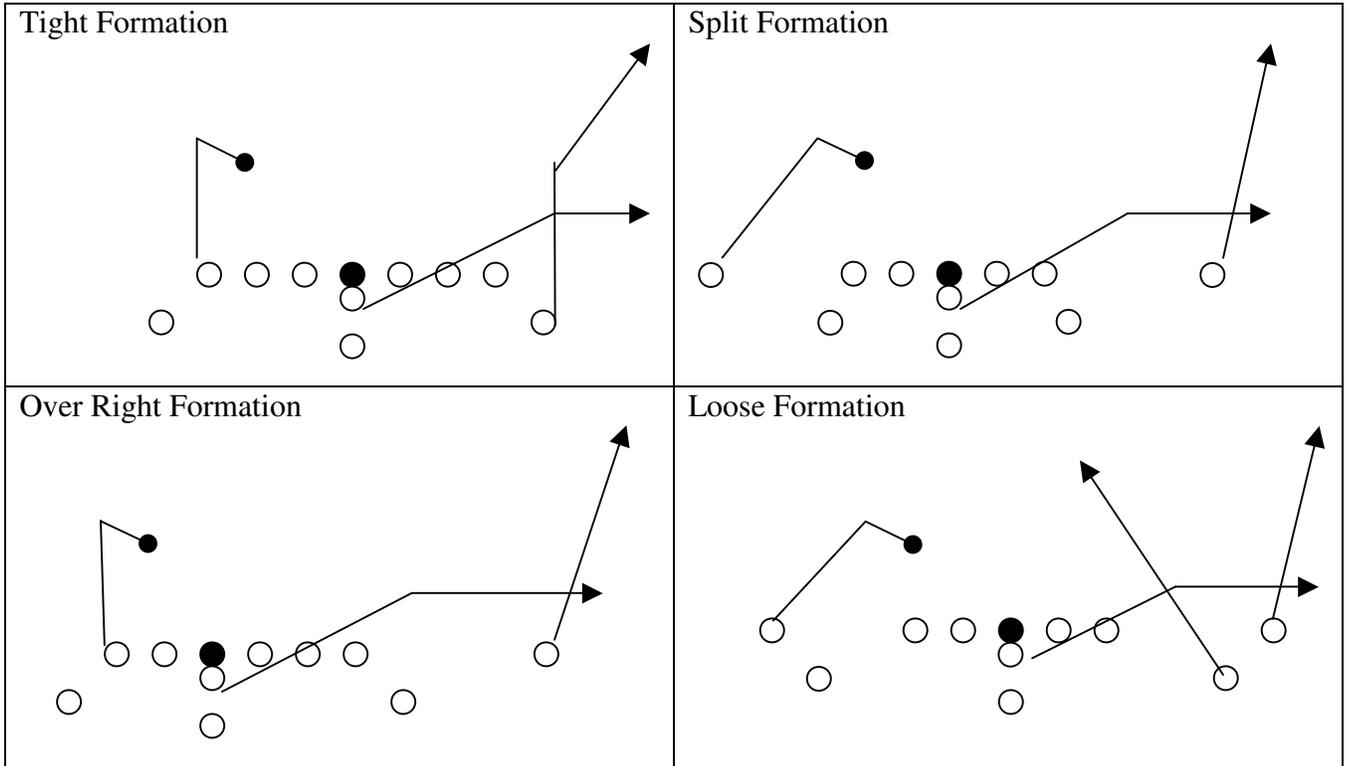


Keep Pass – QB passer, BB releases to Flat, Motion WB kicks out.

This play is built of the corner pattern as well. The primary receiver is the second receiver inside running the hook route and the safety valve is the flat route. He release upfield 6 to 8 yard and then works outside in to an open space facing the LOS. In Tight it is the PSTE, while in the split and over it is the PSWB and in the Loose it is the PS Slot. Bear in mind in loose that the receiver should radical release inside to sell the Hash route to force the

defender to move farther inside. The object here is to attack the hole created when the defense defends the corner pattern and the base running game.

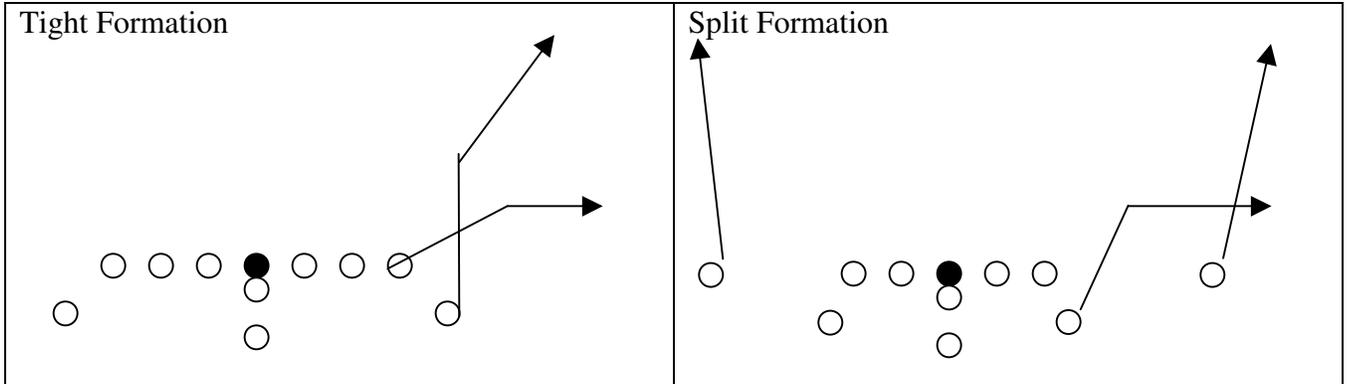
Far Pass

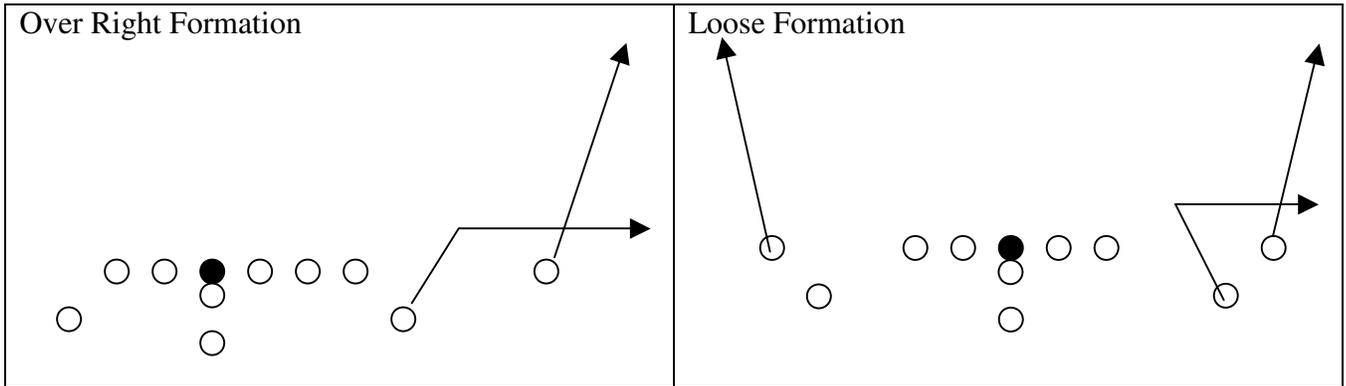


Keep Pass – QB passer, BB releases to Flat, Motion WB kicks out.

The far pattern is another pattern built off the corner pattern. It is doing the same thing that the away pattern is doing. We want a receiver to get open on the backside of the base run action and either throwback or bootleg away from flow. The primary receiver is the backside second receiver running the inside hook route and the safety valve is the flat route on playside if it is a throwback. In tight and over it is the BSTE while in split and loose it is the BSSE. Object of this pattern is to get flow going to playside and then hit the backside receiver who should be open in space.

Bench Pass

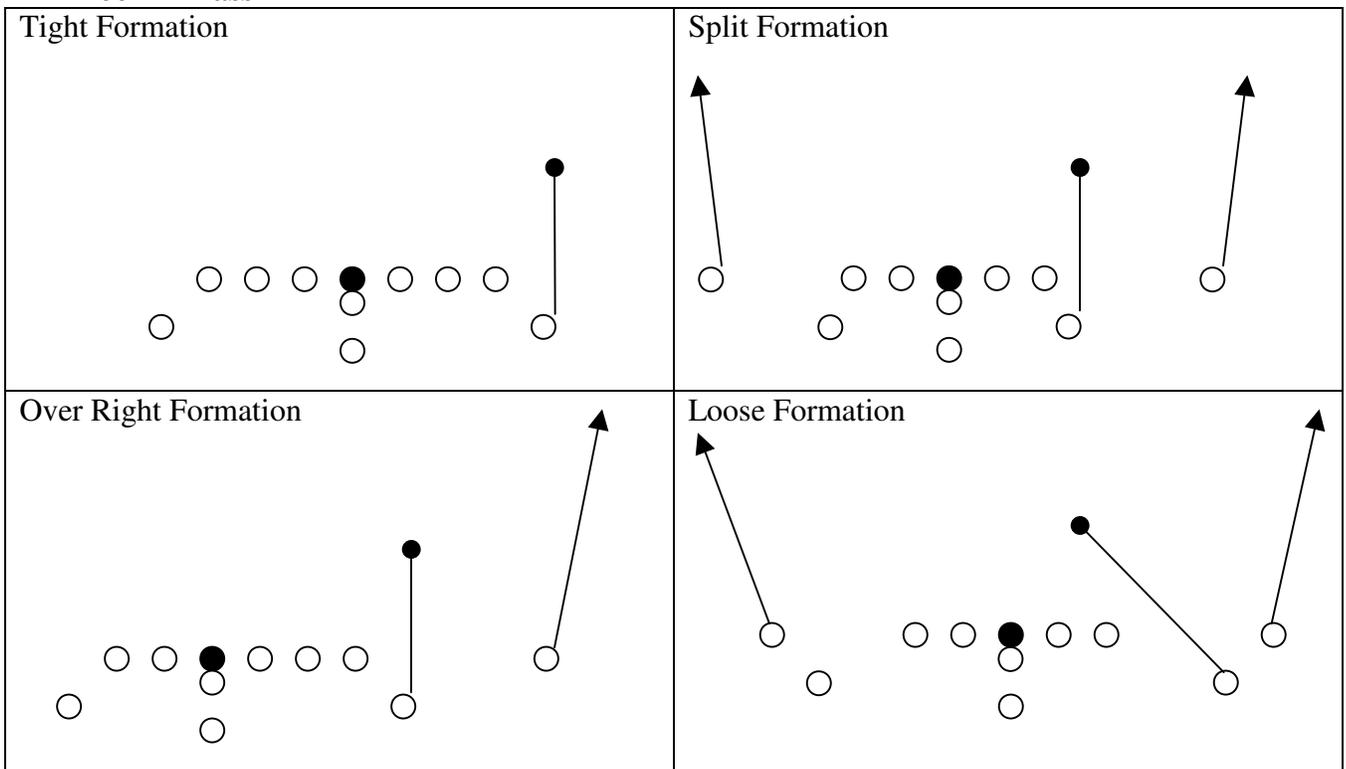




Keep Pass – Motion WB blocks, QB rolls and passes, BB kicks out.

This is a simple combination pattern with the first playside receiver running a banana route and the second playside receiver running a short route. The primary receiver is the first receiver running the banana/fade route and the safety valve if that receiver cannot be seen or is covered is the short route. In tight the PSWB runs banana and the PSTE runs short while in the split and over the PSSE runs a fade route and the PSWB runs a short route. In the loose formation the SE runs fade and the slot runs a radical inside release short to sell the hash route first.

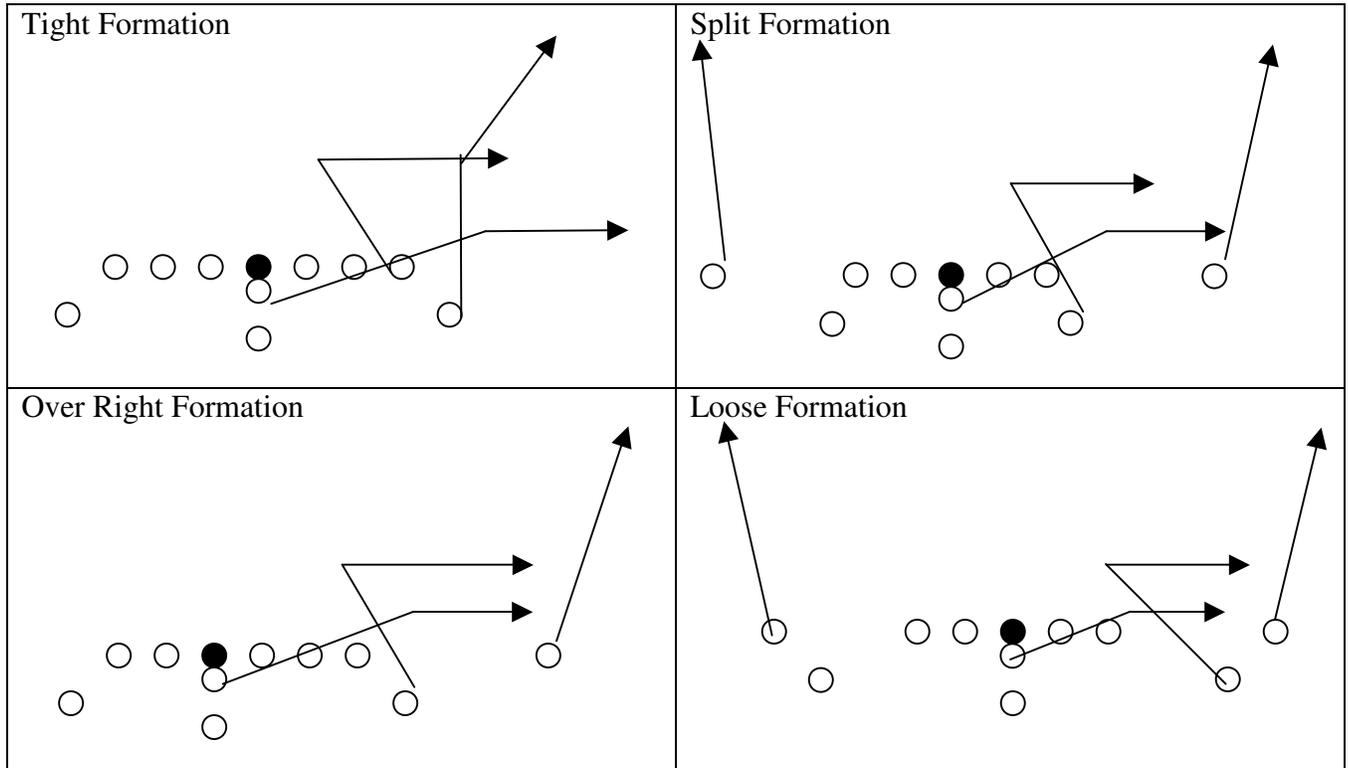
Look In Pass



Keep Pass – QB passer

The look in pattern is a very simple pattern using the nearest playside receiver to release and get behind the linebackers and look in as he goes by for a simple dump pass. This is a pass used against a defense attacking the interior of the line to stop an inside run action similar to wedge. The primary receiver in tight is the PSWB while in split and over it is the PSWB and in loose it is the slot running a radical inside release and working inside and behind the linebackers.

Mesh Pass



Keep Pass – Motion WB blocks, QB rolls and passes, BB kicks out.

Mesh pattern is based on the bunch principle; it is the most basic bunch pattern. The first outside receiver runs a banana/fade pattern while the second receiver runs a whip out pattern and the safety valve is the flat route. The primary receiver is the whip out pattern while the safety valve is the flat route. The tight formation the PSWB runs a banana route, the PSTE runs the whip out pattern, and the QB runs the flat route unless noted. The split and the over formations the PSSE runs the fade, the PSWB runs the whip out, and the QB runs the flat route. The flat route in the pattern is going to be opened due to the rub action of the whip out and the clearing action of the banana/fade. So a lot of passes can go the flat. An alternate way of running this action in the over formation is to have PSTE run the flat route under the whip out.

Designing a Play Action Pass Play:

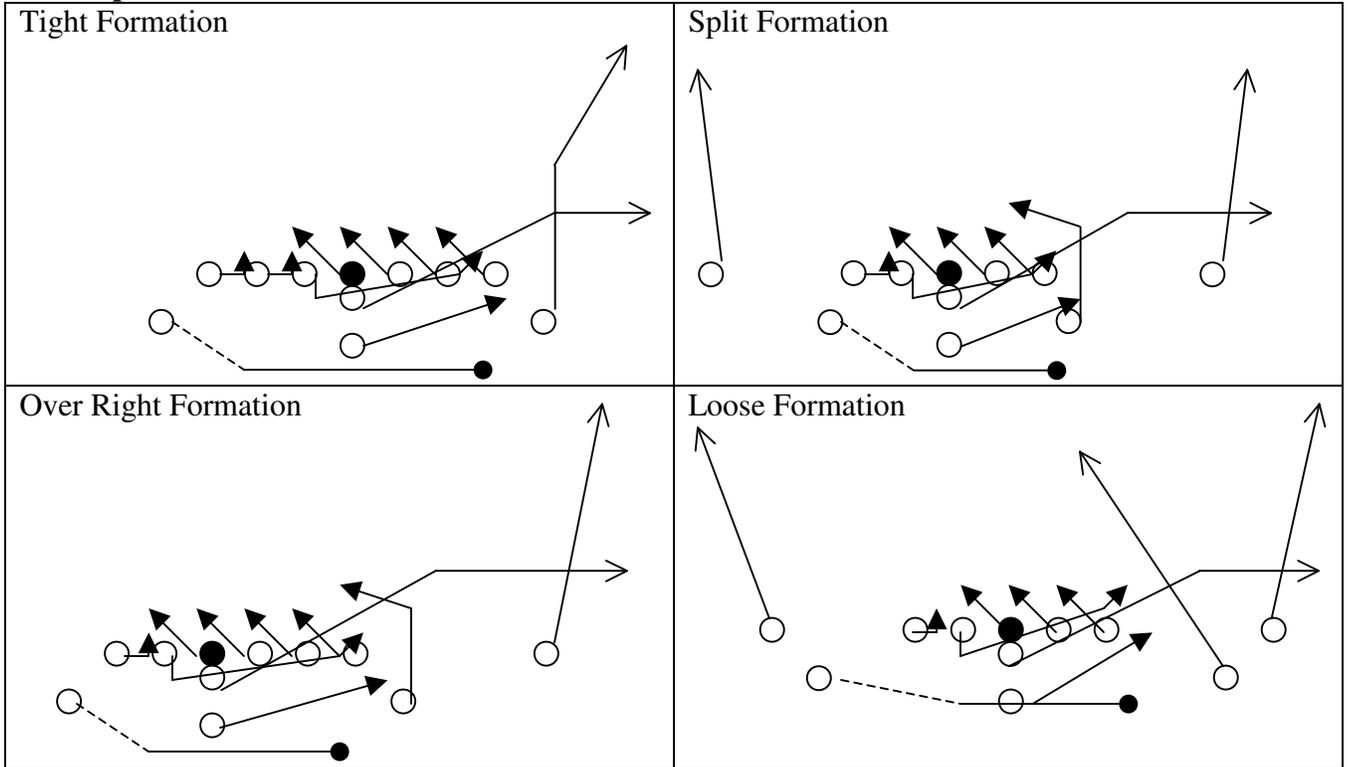
I design and call my plays according to the level of kids I am coaching. If I am coaching older kids that can handle multiple pass plays I will use the full terminology if not I will only use a few patterns in concert with a few actions and leave out the pass pattern name for sake of simplicity.

For example:

The most common plays I use are the Tight Rip Super Power Corner Pass but since I coach 10/11's I normally just shorten that to Tight Rip Super Power Pass since it is the only one of maybe three patterns I use. Tight Wedge Look In Keep Pass becomes Tight Wedge Keep Pass.

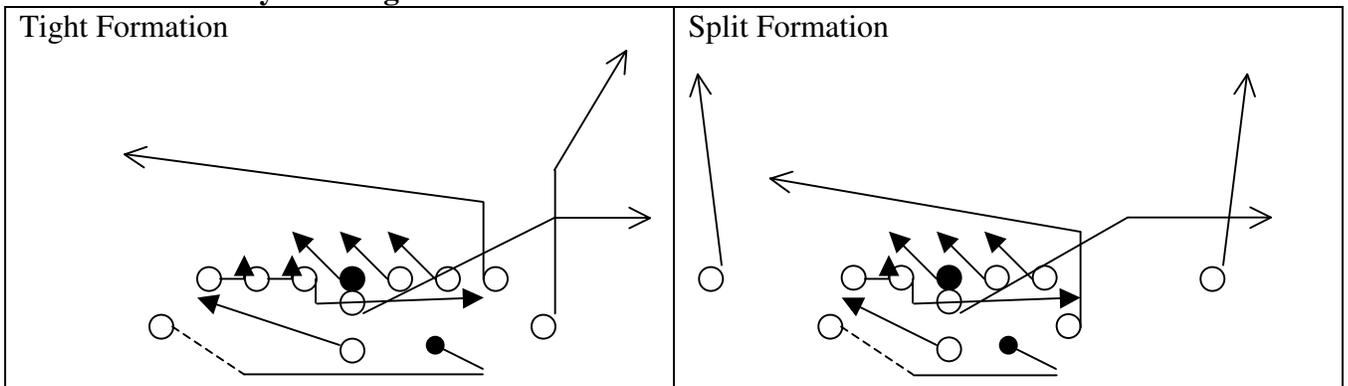
Examples of Play Action Pass Plays.

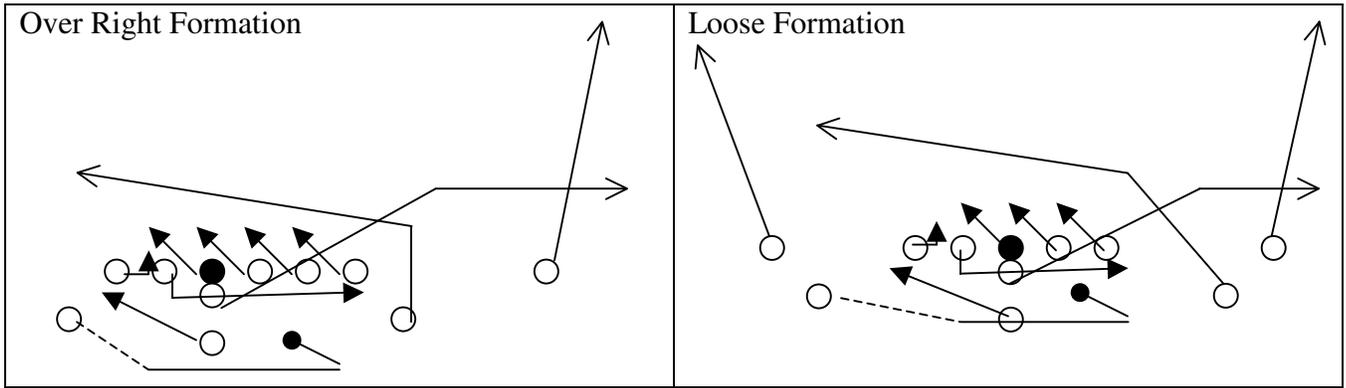
Super Power Corner Pass



This is our base play action pass that we base the majority of all of our play action passing game off of. It is a simple pass that gets a receiver outside and vertical while using our base power action to force the defense to attack the LOS while getting a receiver deep and behind them.

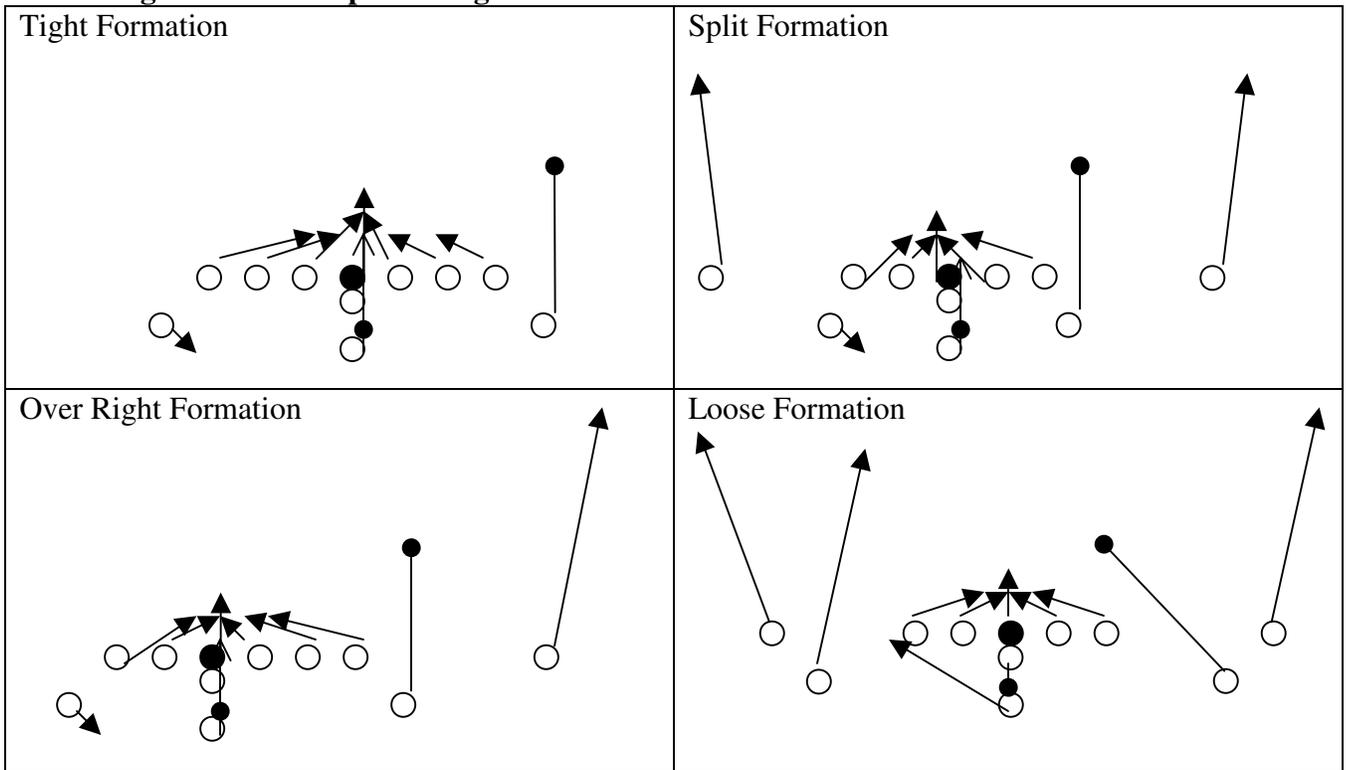
Counter Away Pass Right





When we are getting pressure from the backside or we are having a problem with the linebackers sitting on the backside we run some form of throw back and this happens to be one of the more successful passes we can use. The counter blocking allows us to kick out both defensive ends to reduce backside pressure and the throwback allows us to get the defense flowing to playside and then throw back into the gap created by the defense sitting on misdirection, defending the super power, and defending the playside pass. If the passer sees the flat wide open he needs to be taught to take the easy pass every time.

Wedge Look In Keep Pass Right



Wedge look in keep pass is are basic pass off the wedge run action. When we see the defense playing tight to the LOS or attacking the LOS as they see wedge then we try to dump a pass behind

Loose Passing Game (Quick Drop Perimeter Passing Game):

We have had a great amount of success with our Quick Perimeter Passing Game, which uses a split end and slot receiver spread out on both sides of the center in a balanced/symmetrical front. Our belief is that when we "Spread" it is to thin the defense out along the line of scrimmage creating a horizontal thinning of the defense. This gives us two advantages; one it allows us to see what type of coverage we are facing and who is covering who, secondly it isolates our receivers against their defensive backs and places a lot of pressure on them to cover their man individually.

When we pass out of any Loose formation our primary goal is to gain positive yards off of mismatches caused by the defense not covering the formation correctly. We aim for 5 yards a reception and 3 yards on any running play. With that in mind we must consider several things and always keep them in mind when we run a play.

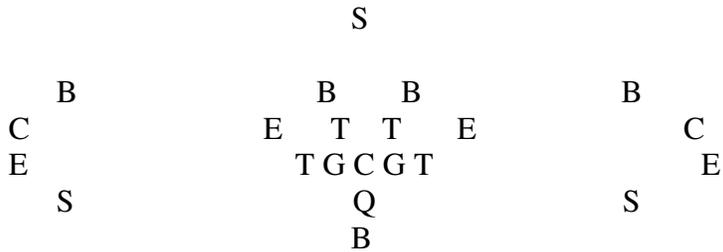
1. Protect the passer with aggressive blocking and short drops.
2. Use receiver pairs and complimentary routes that create vertical and horizontal gaps that can be attacked by a passer easily
3. Isolate a defender and attack him according to the coverage he is using, give the illusion of a deep pass whenever we run a short or medium pass.
4. The reception yards are not as important as the yards after the catch, if we gain 6 yards after the catch for each reception we now have a first down and we keep the chains moving.
5. The quarterback must run or throw the ball away if the coverage dictates not to throw the ball.
6. Run the ball when the defense dictates too never force a pass on the defense let them become vulnerable to the perimeter passing game by defending the interior running game.

We attack a defense based on a few rules and use these rules every time we spread against a defense.

1. We will spread the defense out if we feel that their two defenders on one side are at a disadvantage against our two receivers.
2. We will spread the defense out if we feel that they are not prepared to cover four wide receivers.
3. We will spread the defense out if we feel they will over cover the pass and open the run up between tackles.

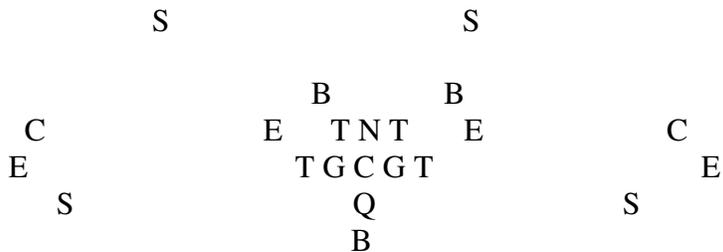
These rules are not hard to explain but they are important to understand. Normally a youth defense has eight men at the LOS with three cover guys in the secondary. When we spread by the very nature of the formation it dictates that four men at a minimum go into coverage. Usually this means the corners cover a receiver on each side and the strong and free safety cover a receiver on each side. Defenses that use three defensive backs must now align a linebacker on a receiver usually the opposite side of the safety. Now if we look at the numbers that means if the defense decides to go COVER 0 (man to man no FS) they now have seven men on our seven men at the LOS. We now have isolated two defenders on two receivers to each side and can now attack them according to their coverage and strength of position this is RULE 1. We also have the opportunity to attack them on the backside using the vertical routes because of no safety in the middle. If they go COVER 1 (man to man with

Loose Formation against 44 defense using COVER 1



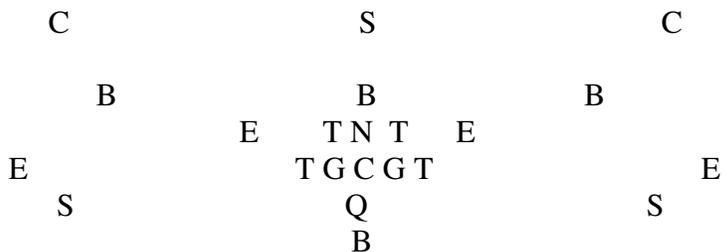
Notice how we gained a run advantage and still have the isolation on both sides of the center.

Loose Formation against 52 defense using COVER 2



Notice how the defense must decide to leave the slot uncovered or send the linebacker or end to cover. They could play zone but this still leaves a big passing advantage for us or if they cover down we now have five on six run advantage.

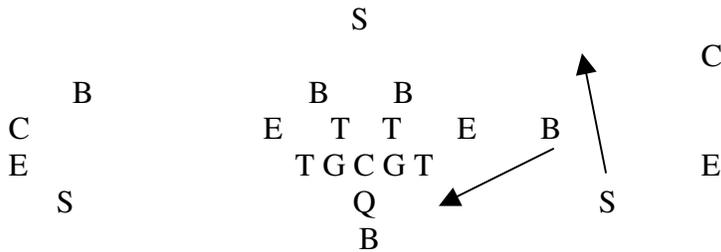
Loose Formation against 53 defense using COVER 3



Notice how we now have a two on four isolation advantage against this defense because of the three deep coverage.

Now that we know the Coverage we must now know what type of pressure the individual defender is going to apply to our receiver pairs so that we can follow our RULES. Lets look at one pair of receivers and place different types of techniques on them because this will determine what type of pass play we will call. Never force a play let the defense play a technique and then beat them by using it against them.

Lets look at what we consider uncovered first off. If the split end's man is 7 or more yards off him in any direction he is uncovered. If the slot's man is 5 or more yards off him in any direction he is uncovered. This rule allows us to say that we will throw to any man uncovered by the defense. If a defense does not cover the slot man but instead insists on pressuring with him then we will throw to that receiver until they stop us. They might roll a safety into SKY on him but in doing so they open the vertical lanes somewhere. SKY and CLOUD mean that either the Safety (SKY) or CB (CLOUD) drop into the FLAT to cover.



The LB has left the slot uncovered, while the CB is playing soft and leaving his guy uncovered also. This might be a 1 or 2 yard pass with a big YAC potential. The next part of the equation is to know how the individual back is covering the receiver. There are four basic techniques we look at when attacking a secondary.

1. ZONE – defender is dropping into a zone and covering the deepest player. In our case the FLAT, HOOK, and the lower part of the DEEP OUT are what we are concerned with unless we attack with the HASH or FADE route backside in which case we would be concerned with the Deep MIDDLE and Deep OUT zones. Basically you will have a nice sized cushion between receiver and defender, because they are sitting on a particular route to take it away. Press the zone defender back by driving him deeper with a fake burst as if running Hash or Fade.
2. SOFT – the defender is playing man to man but 3 or more yards off. You don't see this very often at the youth level. Basically they are looking to stop the intermediate to deep routes and giving you the short pass knowing they can play to receiver. You can tell what routes they are taking away by his technique also. Inside shoulder technique (head up to receivers inside shoulder) is trying to take all inside routes away. While an outside technique does the opposite. If playing Head-up he his reading the receiver's release and then positioning himself to stop that release be it inside or outside. Use the same technique as above.
3. HARD – the defender is playing man to man and no more than 3 yards off. This is the common pass coverage technique at the youth level. They are covering the receiver and taking away the receiver's route from the get go. The route techniques are the same except they are now taking away the short routes too. Use the technique above to drive him back or if he is getting physical then use a more radical release the direction of the route or use the swim/club technique to get past him.
4. BUMP & RUN – the defender is playing as close to the receiver as possible and maintaining contact as long as possible. The object is to disrupt the receiver and by doing so disrupt the pass play which in turns gives a higher chance of defensive pressure getting to the quarterback due to the delay in the pass play. The route technique is still used to take away either the inside or outside. Also

they can play a push-pull technique (one hand drives in a shoulder while the other hand pulls a shoulder) or the jam technique (same as a block you punch into the receiver's chest getting him to straighten up and not allowing him to release. This is the hardest technique to beat but the hardest for the defense to teach and be successful with. Good B & R teams are very difficult to pass against while average B & R teams can be easy to beat. Radical release or Swim/Club technique are the best to use against this type of coverage.

You could actually say there are three types of coverage; zone, man to man, and bump and run. We split the man-to-man up because we felt it clues us in on the ability level of the corner. In most cases if a corner is not good at covering the coach will place him in SOFT cover to compensate for this. Another case might be that the CB has been getting beat and is adjusting himself. Either way it is an indication that the CB's ability does not match up with your receiver. Bear in mind he might also be playing prevent and allowing the cushion to take place.

The Spread passing game is dependent on the defender's coverage but we can dictate this coverage by attacking the coverage until they adjust out of it. Bear in mind that youth defenses are not going to be complex. What you have to discern is are they playing man-to-man, bump and run, or zone coverage. Once this is found out and the type of team coverage you can attack the defense accordingly. Before we get into the primary routes let's talk about the backside vertical package. This package consists of the slot running a Hash route and the split end running a Fade route. We run this vertical package to pin the safety in the deep middle and to run off the backside corner, in effect taking out two defenders maybe even three if the defense is in cover 2 man to man. We don't usually throw to the vertical package unless we see the safety running up to defend run, shifting over to SKY, playing a ROBBER technique, or double covering another receiver. In this case when we call our pass we attach HASH or FADE to tell the quarterback to throw to the slot or split end backside. If your quarterback does not have the arm or confidence then don't have him throw these routes. All of our other routes give the illusion of running a vertical route so we actually use it more as a deception force than anything else.

The QB

We are not attempting to teach a QB to make a read or to make a decision on where to throw. We as coaches will decide that all the QB has to do is execute and throw the ball.

Some key points to remember about teaching the position:

- Must be able to take a snap from center
- Must have proper footwork for a quick step and three step drop
- Must have proper ball placement after the snap and a quick set and release.
- Must not hold the ball or hesitate.
- Must throw the ball accurately at 15 yards or less.

All of these are very teachable at the youth level and take very little team time to develop. By developing a tape that shows what you want the QB to do and giving him that he can drill himself to improve. The key is to start by teaching and building confidence in the taking the snap, making the drops, throwing the ball, developing throwing strength and speed. All of these will develop confidence and accuracy in your QB. He doesn't have to be a super star but he must be dedicated and motivated in accomplishing the above.

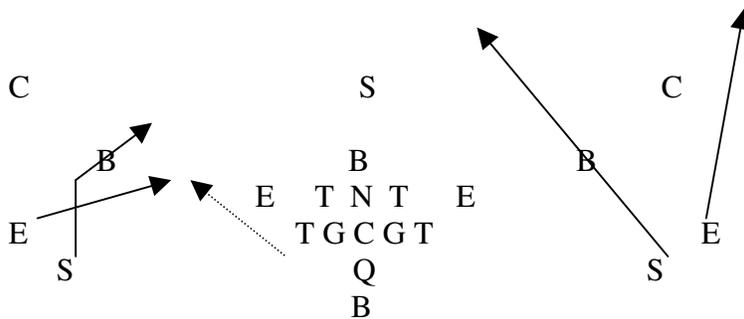
Receivers

In our base offense we use our Ends as split ends and our Wing Backs as slots when we go loose. The receivers must understand a few things and have a few qualities to succeed with this package.

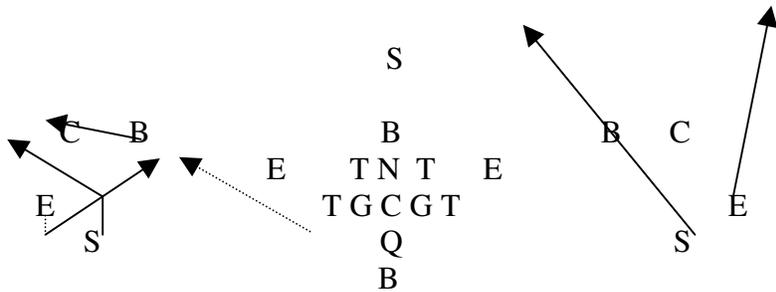
- Must have a proper stance
- Must know how to take a radical release, inside release, and outside release
- Must know how to separate from a defender using the above releases
- Must understand how a rub or natural pick works
- Must develop good footwork, hand-eye coordination, and concentration skills
- Must run routes and patterns correctly

Teaching the receiver these fundamentals can be done in conjunction with teaching the play by breaking up the QB, slot, and a split end and running each play repetitively on a side and then switching sides. This allows each team to develop confidence in the above skills.

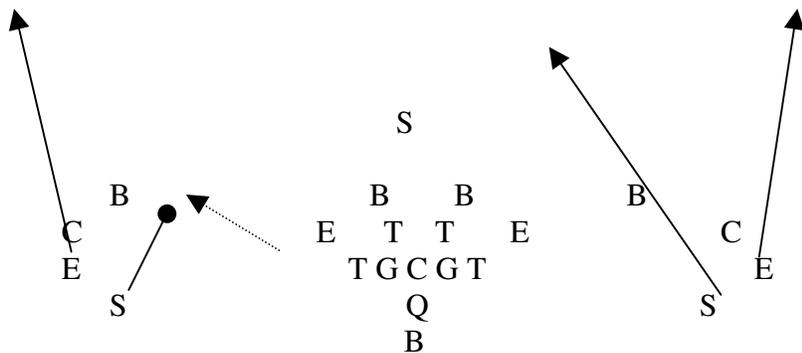
The **short route packages** are design to get five yards positive each reception and allow the receiver to get additional yards after the catch. Each is used to attack certain coverages.



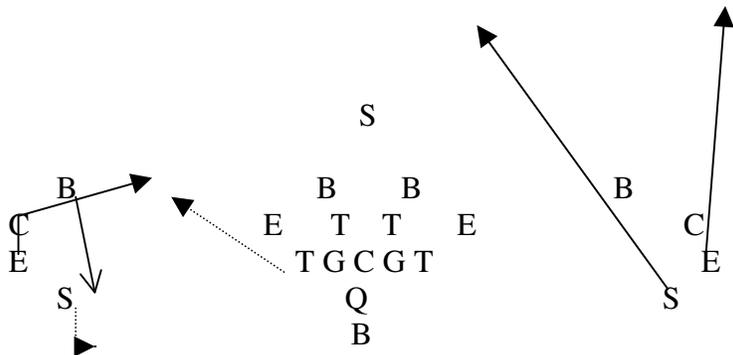
The SHORT package is based on the split end running a Quick Slant under the slot's Slant route. This route is best used against a ZONE or SOFT cover CB. You must watch the inside defender sitting on the FLAT zone. The slot must drive the inside defender deep so that the quick slant can get under the inside defender while forcing the CB to trail him with the inside release. This package can work on a bump and run technique or a hard inside shade tech but the slot must release clean and must sell the deep threat on the burst then cut hard inside and force the defender to cover him. The split end also must release clean and gain separation fast.



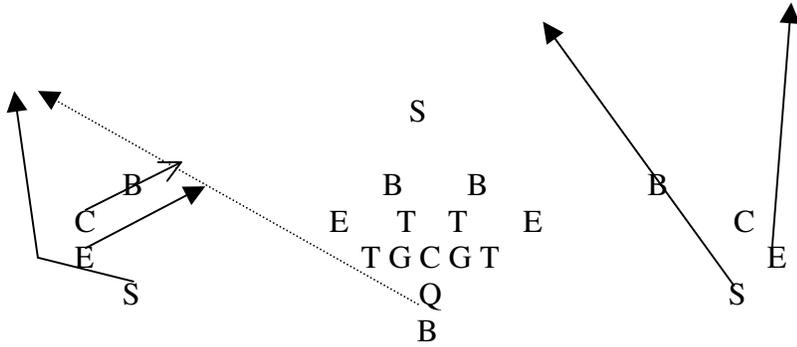
RUB SCREEN is best used against a bump and run or hard tech. The slot receiver must rub the man on the split end, this means to interfere with his coverage by running between him and the split end. It is not a pick he his not making contact with the cover man instead he his screening the defender with his body at the same time the split end releases into the inside flat. The split end shuffles back until the slot rubs the cover man and then he releases looking for the ball immediately. This can be run against a soft cover if the CB is playing up but it is best played against the above.



POP PASS is an immediate throw to the slot that releases and looks for the ball. The quarterback must throw the ball ahead of the receiver so that he can catch on the run by doing so it allows him to gain additional yards after the catch. This pass is best used against a ZONE or SOFT cover. Also if the inside defender is blitzing often then the pop pass behind him can be a good pass to stop it. The slot must sell the Hash route to force the defender to back pedal giving him space to make the reception. We default to this for UNCOVERED PASSING by the quarterback signaling to the offense (BLUE/BROWN) to change the blocking direction and to tell the receivers to switch to the POP PASS. If the SE is left uncovered



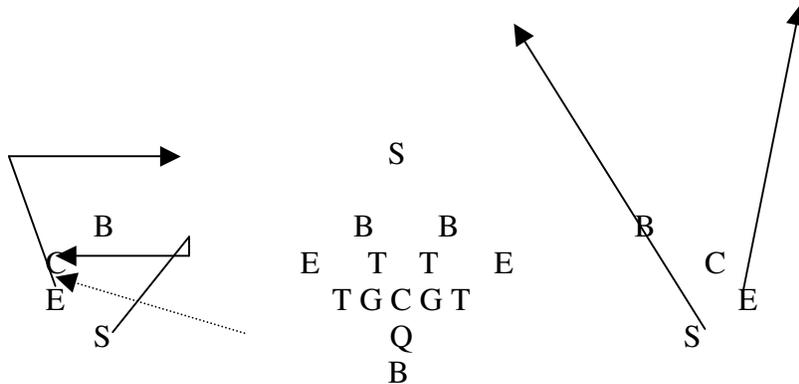
VACUUM PASS is the reverse of the rub screen in that the slot receiver shuffles back and turns to the quarterback as if to get a pass behind the LOS often called a TURN route. By doing so he sucks the man over him behind the LOS mean while the split end releases over the sucked in defender for the ball which is thrown into the empty space. This is best used on HARD man to man or BUMP and RUN tech. It is also useful against ZONE or SOFT cover if they are biting hard on the inside receiver. Especially useful after hitting a couple of Pop or Rub routes since the defender will break on the slot if he suspects a pass to him.



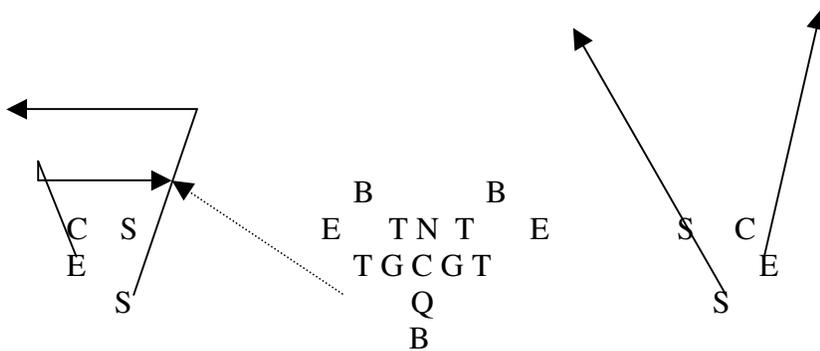
CROSS PASS is another reversal of the rub screen in that the split end runs a quick slant to force his defender inside while the slot takes a radical release outside and under the quick slant and then as he clears the split end he cuts up field and runs fade. Basically an exchange of routes that uses a outside in rub technique to wall off the inside (slot) defender. The quick slant is viable against zone or soft cover but against hard or bump and run the fade is the main point of attack due to the rub and radical release.

The **medium packages** we use are designed to get to a short route or a medium route by reading short to deep with the primary receiver being the short route. This allows us to teach the quarterback reading progression in a very easy fashion. Because they are crossing each other the quarterback does not have to use his full vision instead he reads and throws while viewing both receivers. Most of the time it is thrown to the short route but often the defense starts squatting on the short routes in the FLAT so the medium route opens up because of the horizontal and vertical gaps created by over covering the short route.

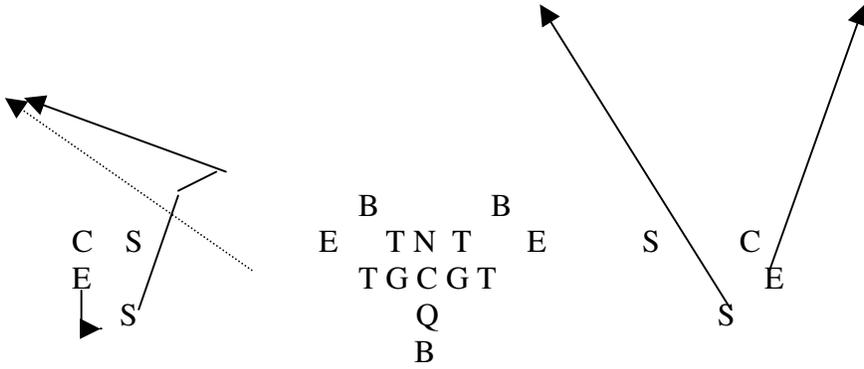
The three routes we use are the WHIP IN, WHIP OUT, and SMASH ROUTE they all are expected to gain 9 yards on reception. This exceeds our desire of 5 yards positive that we said originally.



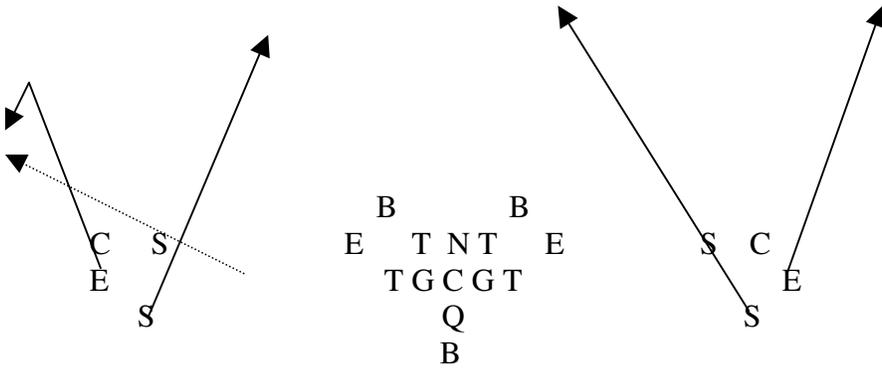
The WHIP OUT pass is a combination of the IN route and the WHIP OUT route. By running the whip out route at five yards below the IN route it creates a horizontal gap for the quarterback to throw in. The primary route is the Whip out unless we tag the IN on the end of the play.



The WHIP IN pass is a combination of the OUT route and the WHIP IN route, it is the exact opposite of the WHIP OUT pass. The Whip In is the primary unless we tag OUT on the pass play. Both of these routes can be run against any type of coverage although ZONE and SOFT are the best to run them against.



The SMASH PASS is a combination of the TURN route and the SMASH route it uses the same principle as the vacuum pass except the split end is the first option with his turn route and then the smash route being the second read. The quarterback looks to the turn route first faking a throw right to the receiver's numbers. He must set his feet to the smash route when he fakes the turn throw so that he does not waste time resetting. We can call the turn by adding TURN to the end of the play call in that case he throws to the split end if the defender is playing to soft or in a zone. The smash route is the QB's primary throw and is down of a quick drop, he is looking for the outside defender to get sucked in to the turn route and the inside defender to play the receiver to the inside. The best time to call this is against a HARD cover or BUMP and RUN cover.



The HINGE PASS is a simple comeback pass to the split end of his fade route. The slot receiver runs his hash route to pull off his defender to the inside so that we can isolate the outside receiver one on one. The intention is to get the defender to over cover the fade which is one of our primary pass routes in our base offense so that we can have the split end make a hard outside step and move back towards the LOS and the sideline. The QB throws this off a three step drop. The route is thrown at about 6 to 10 yards depending on the speed of the receiver and the QB's drop.

We call our offense based on our rules. We look at the defense if they are stacking up ten and eleven players at the line then it is time to spread them out and force them to cover four receivers. We also see if they are giving us certain pass routes based on coverage and technique and then attack them until they change out of that setup. In one particular game we called the RUB SCREEN four times going left then right and then going right and left. This forced the defense into having their inside defender play soft, which allowed us to attack them with the POP pass the next play.

One thing we like to do on short yardage and goal line when we want to spread is to place the DOUBLE TAG on the play called. This tells the offense that the route package will be mirrored on both sides and the vertical package is dropped. For example if we call LOOSE POP PASS RT we would run the POP pass on the right side and the vertical package on the left. If we call LOOSE DOUBLE POP PASS RT we would run the POP pass on both sides with the right side being the primary but the quarterback is actually going to read both sides and take the side that the defense is weaker compared to that play.

Pass protection in the Loose formation –

Slide Protection -

With slide protection we have the five-lineman take a slide block playside and aggressively block to that next gap over. The object is to seal off the inside and playside while the BB kicks out the backside defender that shows first (usually the DE).

The QB takes a quickstep drop or a three-step drop – (step-step-set throw) the ball should be off that fast.

Note: Because we have the ability to use multiple formations with the loose passing game if we have a WB on the backside he will hinge block and the BB will kick out the DE on the playside. By doing this we account for both of the DE's if they are giving us a problem.

Shine Protection –

With shine protection we have the five lineman shoeshine to the playside to seal off the interior and the playside while the BB kicks out the backside defender that shows first (usually the DE).

The QB takes a quick step drop or a three step drop – as above

Note: Because we have the ability to use multiple formations with the loose passing game if we have a WB on the backside he will hinge block and the BB will kick out the DE on the playside. By doing this we account for both of the DE's if they are giving us a problem.

Wedge Action –

The line runs wedge action and the BB kicks out to the backside.

The QB takes a quick step or a three-step drop – (step-set throw) the ball as to be off fast because the PSDE is not accounted for.

This is playaction pass all the way.

Note: Because we have the ability to use multiple formations with the loose passing game if we have a WB on the backside he will hinge block and the BB will kick out the DE on the playside. By doing this we account for both of the DE's if they are giving us a problem.

QB NOTE –

QB must account for the playside DE at all times. He does this by making his drop and if he sees the DE take a hard rush at him he sets lets the DE commit then slides outside for two steps then throws the ball. (Step – Step – SET (Commit) – Slide – Step – Set throw). I have found this causes a 2 second delay so the QB must step and set fast and keep is eye on the receiver for it to succeed.

The Boxing DE is not a concern against the QB but a Press or Crash DE is a concern and the QB must account for that PSDE.

Deep Passing Game –

If we want to hit the defense deep we look at the Hash route off another play and that plays blocking action. Example – Loose Rub Pass Rt HASH. The QB would take his three step drop look off the defense to the play side pass then throw back to the hash. We run this if the defense does not have a safety or the safety is SKY, ROBBER, or playing run hard.

OUT and IN route technique –

We have the receiver running these routes at a opposite 45 degree angle then cut back flat to the in/out side. This forces the defender to play inside of the angled release and makes the cut back towards the pass easier.

Uncovered Passing –

When we go Loose we have one objective to get the ball to the perimeter and attack the interior of the defense. One way of doing this is to look for an uncovered receiver and throw to him until they cover him. We do this under these rules.

If a split end is not covered by any defender within 10 yards or any slot not covered by a defender within 5 yards is considered UNCOVERED. These distances are used for youth QB's so that the uncovered read is easy to see and make. The QB will come to LOS and look at all four receivers. If he sees this he will shout BLUE/BROWN (LEFT/RIGHT) or ORANGE/OLIVER (RIGHT/LEFT) your choice; either can be used. This alerts the line to shine block in that direction and to alert the receivers that if they are covered they are to run off their man (HASH/FADE) and the uncovered receiver runs a NOW if slot or a TURN if Split.

QB uses a quickstep drop.

The Loose Package out of multiple formations

One of the many things I have been toying with is tying both the loose and the DW packages together to make one cohesive offense. By using the two below formations I think it is not only possible but it makes both packages far more effective as the defense now must be prepared to defend not only the Double-Wing's ability of power and misdirection but it must also defend against the perimeter passing attack of the Loose package as well. I think the perimeter passing attack really places a tremendous amount of pressure on the defense to pick its poison so to speak. So coupling the Loose concepts together with the Double-Wing should place the defense into a terrible position by spreading the slot side out allowing you to either run at it with power or attack it with the pass. If the defense compresses on the slot side the pass opens up on the perimeter. If they sit on the receivers then you can seal them off and run in a widened tunnel. Furthermore the counter game is still available on the wingback side as well. I also think the jet series from the slot to the wingback side is an easier teach now with the slot being extended out somewhat allowing him to get full speed by the time he reaches the interior line for the jet series.

Stretch LT. Formation brings in the backside Slot to the Wingback position to allow the BB to kick out the playside end while the BSWB hinge blocks the BSDE. We can also now use the WB on a dump pass or a throwback pass. This can either be to the left, as below, or to the right.

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E           T G C G T           E
  S           Q   S
             B

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The backside end still runs a fade route and the backside WB now hinge blocks the backside while the BB kicks out playside.

Wide LT. Formation brings both the slot and end in so that you now have a Wingback and a Tight end now to protect the backside and allow the BB to kick out playside. This allows for us to offer more protection to the backside and it gives us the ability to use the TE or the WB for a dump pass or a throwback pass. This can either be to the left, as below, or to the right. Normally the WB hinge blocks the backside and the TE follows the line blocking rules.

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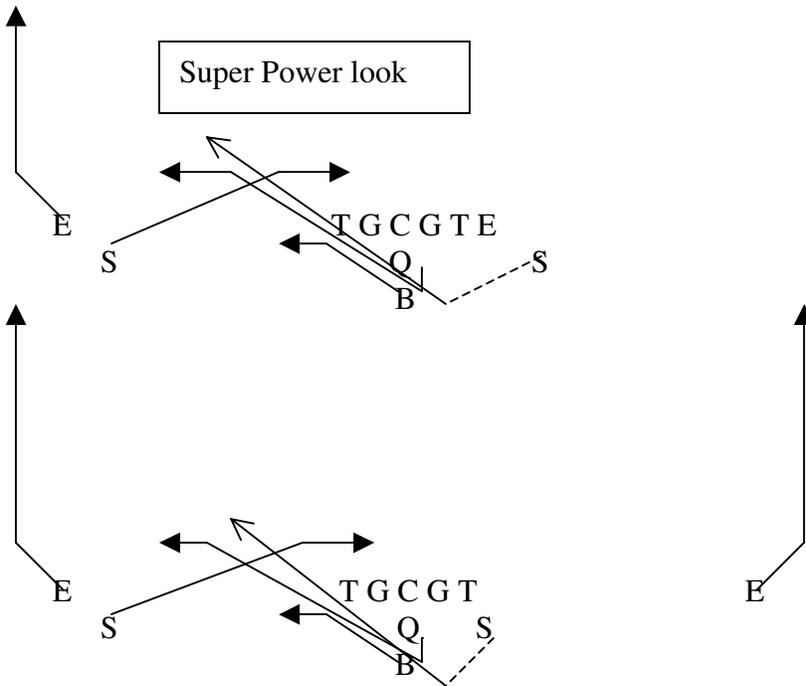
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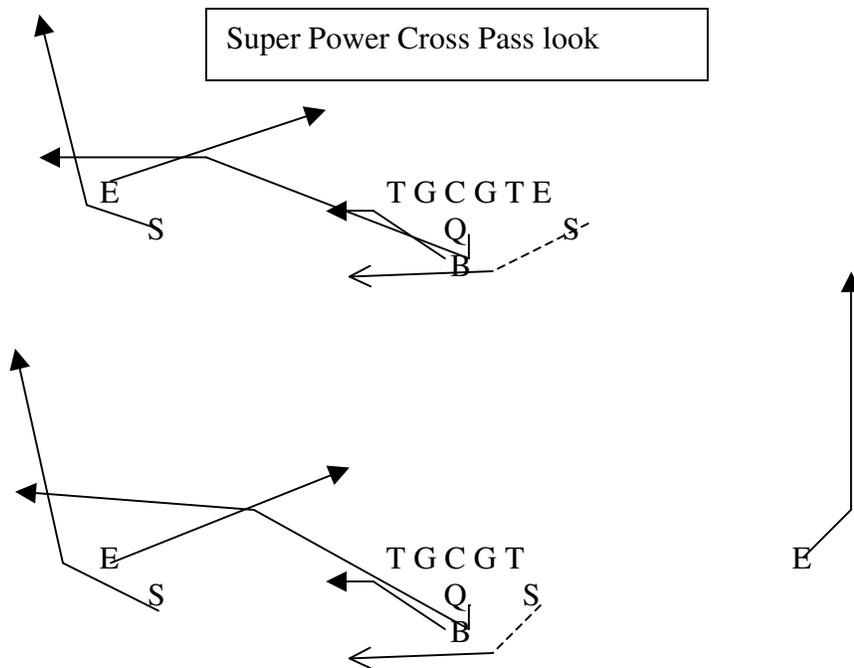
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The one benefit of these two formations, other than the obvious additional protection offered on the backside, is that it gives us the ability to incorporate our base double wing offense into the series. Normally we only use the wedge, X, and trap schemes of the double wing which are all BB plays or if Keeps/Leads to the QB. This allows us to mesh the two systems together but still have a change up offense that can put the defense on its toes quickly.

Some adjustments that should be made if you mesh DW and Loose:

- We can run Power and Reach to wide side with a minor adjustment to the slot's rule.
- Normally on Powers a WB would be on the strong side and would take a outside release and then inside to seal the first linebacker coming playside. Now the slot by rule must move inside and crack the first linebacker scrapping towards the play. This will allow the QB to seal the slot defender to the outside. In effect this should open a larger tunnel for the power play.
- Normally on Reach a WB would attempt the seal the next defender outside to the inside with a reach block. Now the slot must do the same thing as power since he cannot obviously reach he will sprint inside and crack the first linebacker coming playside.
- The counter to the WB side will be slower to develop due to the length of the Slot from the playside (8 yards). This should actually make the counter more effective in my opinion as the BSLB will more than likely flow to what he thinks is playside due to the time delay of the slot going to the playside. I also think it will be much harder for the BSLB to cross key a slot who is not in his peripheral vision.





Motion from the slot

Fast motion that places the slot into a wingback position similar to where the WB would be if using RIP/LIZ called REX/LEX can be used as well. Make sure the slot squares his shoulders to the QB so that the toss works. This would allow you to run super power/power to the WB side and counter towards the slot side. This would allow you to attack the defense to both sides of the field using our base attack.

If used in conjunction with the laser/rocket motion (JET/FLY) you can also develop a serious offtackle attack off the JET/FLY action. Imagine the defense end shifting out to defend the fly and then hit him with super power.

Chapter 10 – Coaching the Passing Game

Teaching the Fundamentals of the Pass:

My passing game is predicated on having multiple passers and I do this for several reasons. First if your passing game is predicated on the quarterback and only the quarterback then if he ever goes down or the defense finds away to affect that portion of the passing game you have become limited which might be the difference between winning and losing a game. By having your passing game spread out amongst three players even if the distribution of the passing game is not balanced gives you the latitude and ability to be aggressive even in the face of an unexpected injury or missing player. Secondly it forces a tremendous amount of pressure on the defense to stop not one but several passers in the backfield and when ever you create multiple threats in any area you place more pressure on the defense to respond to that threat even if you don't intend on following through with it in every game or in every series.

Keys to Passing:

- The ball is below the ear and the throwing arm is cocked and ready to throw as soon as you drop or make your action to pass off of play action.
- You must set with the non-throwing foot and hip pointed in the direction of the target along with the point of the elbow of the non-throwing arm.
- As you throw it starts from the twisting of your hips, upper body, and into your arms. The hand as you release the ball should point in the direction of the receiver. This forces the hand to come down on the ball creating spin.
- Upon delivery of the ball the non-throwing foot is pointed just inside of the receiver and your hips are square to the receiver as well. This is caused from the rotation of the hips and shoulders as you throw.
- If the ball is thrown directly at the receiver the throwing hand should be pointed at the chest of the receiver. The index finger should be the last part of your body to touch the ball and should be point at the receiver. (bullet pass)
- If the ball is lofted at the receiver the hand should be point above the receiver and the throwing shoulder should drop slightly. Index finger pointed above the receiver. (bomb/pooch pass)
- A receiver moving must be lead. The distance you have to throw the receiver determines the lead. The longer the throw the more lead. A short throw should lead a receiver at least 1 yard; a long throw should lead a receiver 5 yards are even more depending on the speed of the receiver and the ball as well as the loft. A bullet type pass needs less lead then a lofted pass.
- If throwing off an action you can either Stop, Set, and Throw or you can Throw on the run. A younger less experienced passer benefits from the Stop, Set, and Throw as it is easier to teach.
- Throwing on the run the passer must open his hips to the receiver (hips facing the receiver) and he must realize that he has added power if throwing to a receiver on his throwing side and less power throwing to a receiver on his off side since he is now throwing across his body. He also must realize that there is a natural tendency to under throw the ball so you must stress the hand points at the target correctly.

Ball Grip:

A proper grip affects the throwing mechanics and trajectory of the football so it is imperative that the passer learns to hold the ball correctly. Each passer's grip will be slightly different due to variations in hand size and hand strength but a few things are common amongst every grip and they must be stressed to every passer.

Thumb – Pushes the ball during the initial throwing and release action; provides leverage. If a passer's hand is big then the thumb will tend to point to the back of the football while a passer with a small hand the thumb will tend to point more towards the middle of the ball. The important thing is that there should be a space between the thumb, palm, and football that should not exceed a ½ inch of space. The easiest way to check this is the place your non-throwing hand index finger can fit between the palm and the ball. The space and size is proportional with kids; so his index finger should fit into his palm or a coaches pinky finger will do as well.

Little Finger – Controls attitude of the ball (like front sight alignment of a rifle). It must be on at least one of the first three laces of the near the front of the ball. Once it gets set correctly it should not be adjusted.

Fore Finger (Index) – The forefinger controls the accuracy of the football. It needs to be about 45 degrees to the back of the football. You might have to adjust this if the ball does not leave the hand correctly. The forefinger is the last finger to leave the grip of the football and is responsible for completing the spinning rotation on the ball and propelling the ball forward.

Middle Finger – Just on or just off the laces and is pointed vertically across the ball; perpendicular to the point of the ball.

Fourth Finger - Should have contact with the laces, at least to the first knuckle overlapping the laces.

Spacing – Two points of spacing that should be noted; one is the spacing of the finger from each other. A proper spread of the fingers, that is the fingers are spread wide, provides stability of the overall grip of the ball. Proper spacing allow the QB to hold the ball in one hand as he rotates his arm to throw. He should be able to run with his arm down at his side. If the ball does not fall out he has proper spacing and grip. Secondly; the spacing between the palm and the football is important as well since palm provides nothing in the way of ball security or delivery. The spacing is critical for a correct feel of the ball as this affects the pushing of the ball on the release.

Proper Throwing Mechanics and Delivery:

Like ball grip proper throwing motion is affected by the body type and arm length of your passers but a few things need to be taken into consideration when instructing your passers on throwing mechanics.

Arm Rotation – (assuming a right handed passer)

Step 1 Arm Position - right handed passer uses his left hand to drive the ball up into the throwing motion. The left pushes up and comes off the ball naturally at about the shoulder.

Step 2 Shoulder Position – throwing arm elbow extends out and back just below the wrist until the ball reaches shoulder level. The football is lifted up above the shoulder to position behind and higher than the elbow.

Step 3 Angle of the Football – football is turned slightly outward from the body. The nose of the ball is pointed away from the passer and should be tilted upwards slightly. The non-throwing hand hip and shoulder are pointed down field at the receiver.

Step 4 Release – The non-throwing shoulder and hip must rotate backwards as the throwing hip and shoulder followed by the throwing shoulder and hip rotating forward to apply momentum and force to the throwing arm as it completes the throwing action. The elbow leads the releasing action as the front hip and shoulder open towards the receiver. The front foot steps towards the target as the hips rotate. **DRIVE YOUR BELLY BUTTON TOWARDS THE TARGET!** At this point the football goes from pointing outwards to naturally pointing at the target as it is thrust forward as it reaches its highest point in the passing arc. As the front foot steps the whipping twist of the lead hip must take place. This gives you complete hip rotation and applies that force to the throwing arm which in turn applies it to the ball.

Step 5 Finger Release – The fingers leave the ball in this order – little finger (attitude), fourth finger, middle finger, thumb, and fore finger. The forefinger provides accuracy and the final spin of the ball. It should be pointed at the target (bullet) or above the target (lob or bomb) and the throwing shoulder should drop if it is a lob or bomb. Velocity is generated from the feet, hips, and shoulder and then into the arm, wrist, and finally the hand. The arm should straighten or lock out as the football leaves the hand, which provides additional push.

Ball Position:

The ball once snapped (quick pass) or after bringing it up from the belly button (play action) should be below the throwing shoulder with both hands on the ball. This allows the passer to set and throw the ball with relative ease and quickness. The higher the ball is held the faster the ball can be delivered. The ball should be just above the numbers and below the ear and away from the body. This ensures a full range of motion and allows for a tight spiral.

Foot Work:

The feet must work in concert with the arms in the passing process if not one of two things often happen. First if the feet lead too far ahead of the arm in the throwing action the ball dives or sails. Second if the arm is too far ahead of the feet the ball lacks velocity or force behind it. The passer must get in the habit of stepping towards the receiver as he passes to improve both velocity and accuracy of the pass. Generally the throwing arm should be at the middle of the arc when the lead foot hits the ground.

Passer Drills:

Grip and Stance:

Roll the Ball and Set – Have the passer hold a ball in his opposite hand at his side while in a balanced stance with his feet shoulder width apart. On GO he brings the ball up to his throwing shoulder with a proper grip and sets in a proper throwing stance ready to throw the ball. Work for 10 reps. Check for a good, consistent grip and stance.

Arm Strength:

Throwing from the Knees – The passer kneels on both knees and throws to another passer 10 yards away for twenty throws each. Increase distance by one yard a day or until he can longer throw a direct pass (bullet) and then have him work on that distance until he can throw a direct pass. Demand proper grip and throwing mechanics. Improves arm strength. Have your QB and WB's from your first and second teams work in lines with each other. So QB – WB – WB on one side facing their mirror on the other side.

Feet Together – The passer stands with his feet together and parallel about shoulder width apart. He throws to another passer 10 yards away increasing the distance as above. Work for twenty throws using proper grip, throwing mechanics. He keeps his feet planted as he throws. His body weight is balanced on both feet. Improves upper body mechanics and velocity. Should work the in teams as above.

Drops and Setups:

Quick Perimeter Passing Game Drops – QB Only!

Quick Drop: This drop allows for our QB to get the ball to a receiver fast. Patterns like the Rub Pass, Short Pass, Look In (play action) and Vacuum Pass are when you use a quick drop. Any route that takes under two seconds or is under five yards should use a quick drop.

Assuming a Right-Handed QB Throwing to the left – The passer drop steps with his right foot, a short step with his left foot and throws the ball.

Throwing to the right – he does the opposite.

Either case he must place the ball into a throwing position from the snap. As soon as his short step sets he must be ready to throw. The actual drop should be 1 to 1 ½ yard deep.

Three-Step Drop: This drop allows our QB to get depth from the LOS and time up to patterns that are at a short to medium depth like fades, hash, out, and in routes. The depth of the drop is 3 to 5 yards. The QB must have the ball in a throwing position from the snap. As soon as the last foot hits the ground the passer must have the ball off.

Assuming a Right Handed QB – He drop steps with his right foot and the left crosses over, then the right foot drop steps again. When throwing to the left his first step is to reach, then crossover, and finally reach. On the final step he should open his front hip to a 45-degree angle with the LOS.

Drop Drill – Have a QB and a receiver working in tandem and with an opposite team (QB-R and R –QB) so a receiver is catching the ball and a QB is throwing it. You can have a center also work in snaps as well. The QB practices the Quick Drop and 3 step drop with a receiver to his front, left and right 10 yards away. Emphasizing a proper grip, throwing setup and stance. Work for 5 to the middle, left, and right. Have the receiver practice catching the ball correctly.

Pattern Drop Drill – Has above except the QB works with a group of receivers and on a specific pattern from the LOS. Again stress proper grip, throwing mechanics, drop, and footwork. Stress to the receivers proper receiving mechanics and route running. Work for 5 reps to each side. Should have a QB and a group on the left and a QB and a group on the right and then rotate the teams to the other side. So each team gets 10 reps total for each pattern.

Play Action Drill – The coach works with a skeleton unit of QB, WB, BB, Ends. Run each play action pass using the Sprint, Set, Throw. Work for 5 reps to each side. Have first and second team rotates after 10 reps. Stress getting to your launch point quickly; setting and throwing.

Teaching the Fundamentals of the Reception:

The key to having a successful passing offense is finding kids that can and want to catch. You have get them reps and stress the importance of stance

Keys to Receiving:

- Get in your eyes on the ball and get your body in front of the ball. Focus on the center of the white stripe and wrap your hands around it.
- Focus on the ball and attempt to catch it at its highest spot as it approaches you.
- Go after the ball don't wait for it to come to you.
- Spread your fingers and get your thumbs together to form a triangle if the ball is above your waist. Watch the ball in to the triangle and as the ball comes in wrap your hands around it. Keep your hands loose and not straight out. They should be relaxed but spread with a slight inward bend in the fingers and palms.
- If the ball is below your waist get your pinkies together and form a shovel and get them under the ball.
- If the ball is over your shoulder your head turns towards the ball and shoulder it is coming to and your hands go up and together with pinkies touching.
- Secure the ball to your side by locking it in.
- Get up field fast.

The Passer Drills above can be used to stress most of the receiver fundamentals. The drills below concentrate on the receiver exclusively and develop the needed skills he has to have to be a good receiver.

SAT Drill (receiver Stance, Alignment, and Takeoff) – they must have a good stance, know where to align within their formations and have a solid take off.

Stance – the Receiver is in a two point stance with the inside foot up and the outside foot staggered with a two – heel relationship (have up to six inches of space) between the inside

and outside foot. He should have his arms up and parallel to the ground and he should be slightly bent at the hips and the front knee should be bent slightly as well.

Alignment – In a split look the ends are 8 yards from the tackle and in a receiver stance. The wingbacks are in a 45 degree two point runner's stance. In a loose look the ends are 10 yards from the tackle and the slots are 8 yards and 1 yard back from the tackle. In a tight look the wing backs are in a 45 degree two point runner's stance and the ends are in a two point lineman's stance. In the over look the split end is 8 yards from the tackle in a receiver stance and the wingbacks are in a 45 degree two point runner's stance and the tight end is in a two point lineman's stance.

Takeoff/Release –

TE outside release – on all routes the tight end takes a radical release with his outside foot slides his inside foot as he rips his inside arm outward to clear the defender.

WB outside release – on all routes the wingback takes a outside release step with his LOS foot then crosses over with his deep foot and gets up field.

Split Ends/Slots – Radical release is the preferred release.

Radical Release –

A release by the receiver at a 30 degree angle (nearly flat against the LOS) which forces the defender to travel flat as well and behind the receiver. This is a great release when used in conjunction with a rub technique.

Swim/Club move –

The receiver windmills his near arm over the defender at the same time he attacks the defenders near arm with his forearm sweeping the defender's arms away from him and the release. Mean while the swimming action of his near arm allows him to go over the shoulder of the defender to get a clean release on the cover man. He must then burst to gain separation on the defender.

Double Club move –

Probably the easiest way to teach a receiver to release from a defender. The receiver releases towards his route and as he approaches the defender he straightens both arms and sweeps them towards the defender attacking his shoulders. His forearms should make contact with the defender's hands as he attacks the defender's shoulders with his hands. The object is to drive past the defender by driving him out of the way using the arms and hands to attack the shoulders.

OUT and IN route technique –

We have the receiver running these routes at an opposite 45 degree angle then cut back flat to the in/out side. This forces the defender to play inside of the angled release and makes the cut back towards the pass easier.

Whip OUT and IN route technique –

This type of release is very easy to teach and use. It has become increasingly more popular with the college and pro passing teams because it forces the defender to never turn his hips away from the receiver even when his hips point to a specific direction.

The whip technique is done in this manner. The receiver release in the opposite direction at a 45 degree angle and with his playside foot (if receiver is running a wheel in on the left side it would be his right foot) he jams then spins back towards the LOS (outside to inside) then as he faces the opposite boundary bursts while he faces the LOS and looks for the pass. This technique forces the defender to over play the hip turn to the opposite direction which forces the defender to take steps towards the backside of the actual route. As the receiver completes the spin this gives him extra separation as he bursts towards to opposite direction.

Teaching the Play and Developing Sound Fundamentals:

Pattern Drop Drill – Has above except the QB works with a group of receivers and on a specific pattern from the LOS. Again stress proper grip, throwing mechanics, drop, and footwork. Stress to the receivers proper receiving mechanics and route running. Work for 5 reps to each side. Should have a QB and a group on the left and a QB and a group on the left and then rotate the teams to the other side. So each team gets 10 reps total for each pattern.

Play Action Drill – The coach works with a skeleton unit of QB, WB, BB, Ends. Run each play action pass using the Sprint, Set, Throw. Work for 5 reps to each side. Have first and second team rotates after 10 reps. Stress getting to your launch point quickly; setting and throwing.

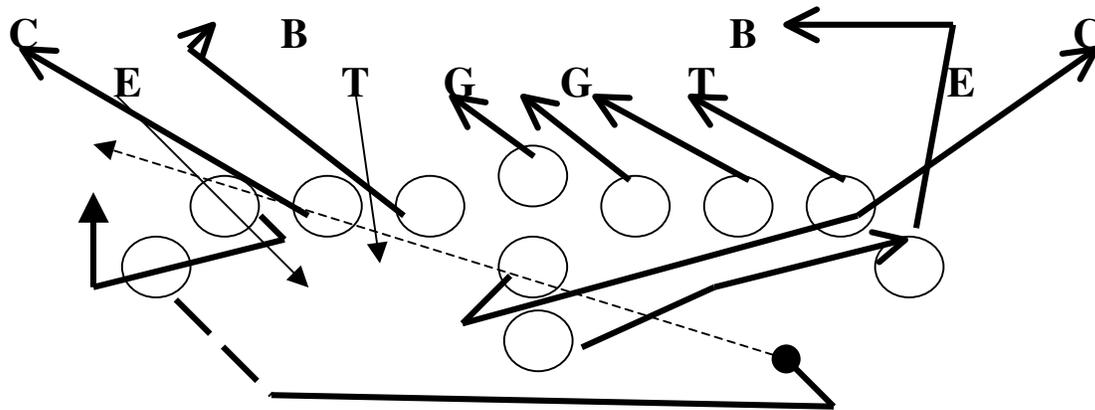
After that we just run offense/defense at full speed to let them get used to seeing defenders. The key is to let them get comfortable running the patterns with good form and technique once they get that down the defenders are not an issue.

On each drill use cones or markers of some type at first to indicate the pattern paths and landing point of the ball (vicinity). As the get it down they won't need the cone path or the landing cone. Example is on the Look In we have a cone set that the Receiver must past and then look in as the go by it to get them used to the distance we are looking for.

TIGHT Formation (Raider Super Power Play 2003)

Play RIP End Screen Pass Left

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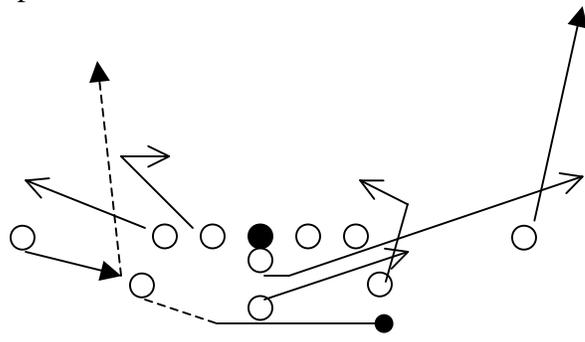


<p>LTE Take a deep step inside then drop your outside foot get under the LOS and widen to the outside about 2 yards and look for the ball. Get up field fast.</p> <p>Split Break inside under the LOS and look for the ball and then get in the alley created by the blockers.</p>	<p>LT Engage the DT for a count of ONE ONE THOUSAND then go. Get up field and kickout the run force (CB). If he goes to playside turn back inside and seal the first defender you come to. Might be double teaming the PSLB with the Guard.</p>	<p>LG Engage the DT for a count ONE ONE THOUSAND then get outside and upfield and seal the first defender you come to on the inside (PSLB).</p>	<p>C Severe Down Block</p>	<p>RG Severe Down Block</p>	<p>RT Severe Down Block</p>	<p>RTE Severe Down Block</p> <p>Split run fade route.</p>
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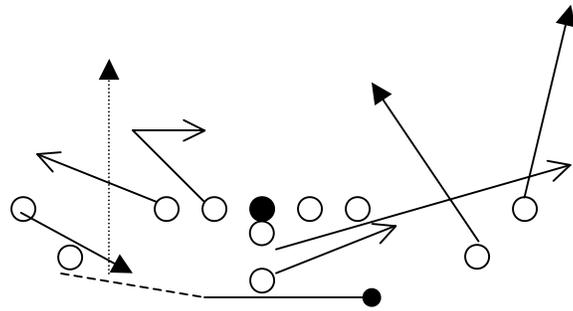
<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you "fall backwards" in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o'clock. Spin & toss a soft ball at number height – but no higher.</p> <p>Seal Run Force to outside</p>	<p>B-Back You must block the first defender that you see cross the LOS as you take a hard step toward the LOS and towards the end of the line.</p> <p>This is an automatic LOG block as this play will be called when we see the DE sitting or squeezing down on the CB far enough out that the QB can make an outside seal..</p>	<p>A-Back On the "R" of READY take two shoulder width shuffle steps aimed 1 yard behind the BB's near hip with your body pointed at the QB's near hip. Get the ball and get to your Launch point. Show the ball a if pass to force the defense to rotate to playside.</p> <p>As you go to set reverse and set towards the backside and then make a lob pass over the BSDT ad BSDE into the Ends path upfield.</p>	<p>C-Back Make an outside release and clear the LOS and then immediately back inside to seal the PSLB to the inside of the play. You should be perpendicular to the LOS and your inside hip should squeezing the LOS so that no one crosses your face into the hole.</p> <p>AVIOD CONTACT w/EMLOS</p> <p>DINGO call from coach tells you to Severe Down Block.</p> <p>If you have no TE on your side you look for the Dingo call (Severe Down Block).</p>
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TIGHT LIZ End Screen Pass Right.

Split Formation



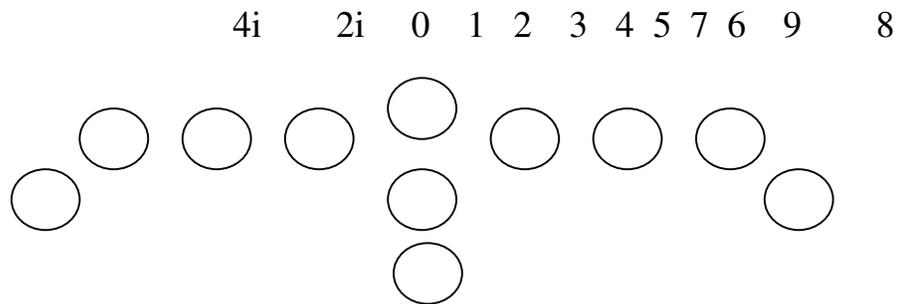
Loose Formation



Chapter 11 – Coaching the System

In order to call plays successfully and have success with each series of plays you need understand how to call plays and what to look for when watching the defense. You also need to have a working knowledge of how the defense aligns and what common defenses you are going to face week in and week out. I have found leagues tend to gravitate towards similar defenses and offenses. Don't ask me why but having coached in three youth leagues on two different coasts and in Texas they ran similar offenses and defenses as a rule within each league. Scouting is a big help and knowing what to look for will help you to quickly assess a defense and their strengths and weakness. First you need to know a few things about the defenses your going to face. Like defensive line techniques and what head up, inside shade, outside shade, and gap defenders are. How linebackers align and what their responsibilities are by their alignments. You also need to know what a two gap and one gap defender is. What the different types of secondary coverage's are capable of and how they work. You need to know if a defense is a pressure defense or a bend-don't-break type defense. Most importantly you need to understand how the Defensive End and the support behind him is doing on each side of the offense. This is very important as your calls are going to be based on what you see the defensive end doing and his support (Outside Triangle) is doing.

Defensive Line Techs



The techniques represent where the lineman lines up in relation to the offensive gaps and lineman. Even number including 0 is Head Up (directly over the blocker) or On the man they are over. Odd numbers are in the gap some people say they are outside shade of the inside lineman as well. Even numbers with (i) indicates they are inside shade (2i and 4i)

Outside Shade – Meaning the defender's inside eye is aligned with the blockers outside eye.

Inside Shade – Meaning the defender's outside eye is aligned with the blockers inside eye.

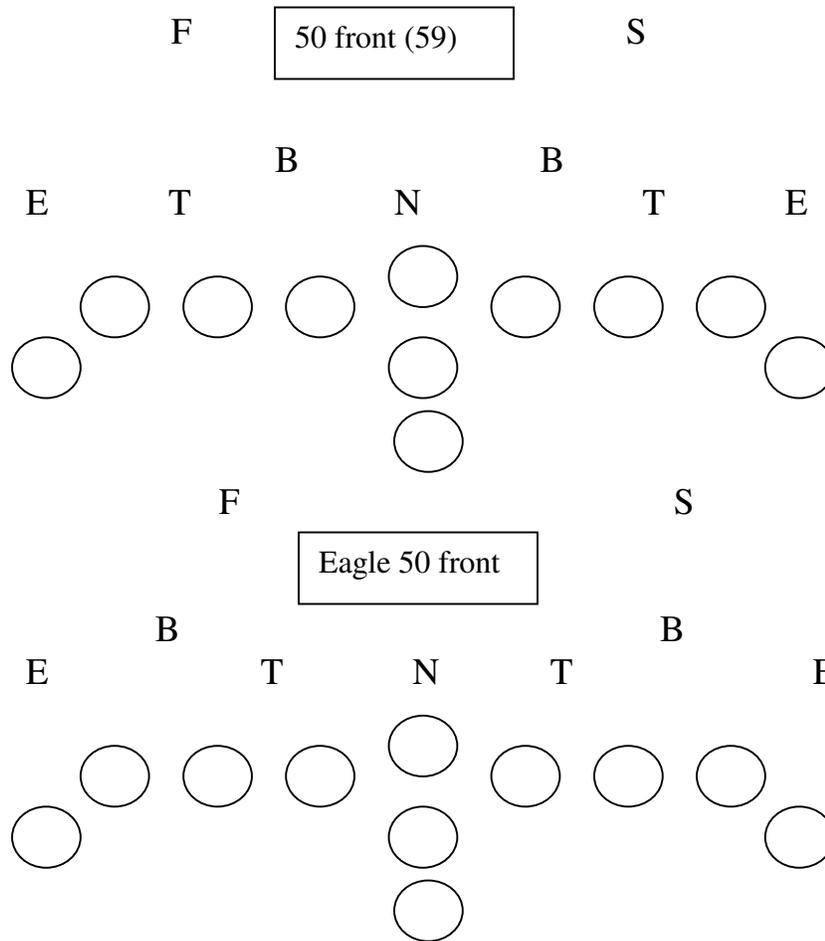
Head up – Meaning the defender is directly over the blocker (mirrored).

Gapped – Meaning the defender is directly in the middle of two blockers.

Eagled Front – Meaning that three interior lineman are lined up head up or near the two guards and the center.

The reason the DE's numbers are listed as they are is because of how important his position on the TE/OT and WB is to a defense. So 7 is used for inside shade of the TE, a 6 is head up, and a 9 is used for outside shade of the TE and 8 is a wide DE.

Bum Phillips is the inventor of this system and Paul "Bear" Bryant made it famous while at Texas A&M in the 50's.



Linebackers

Mike (Middle linebackers) tend to be the better tacklers and toughest kids on the team. So isolating them is a fundamental part of your offense. This is major reason why I tend to send my B-back the wrong way instead of filling to pull him away from counters and misdirection or I isolate him by sealing him in with a WB block. Because he tends to be the more aggressive player they also tend to blitz him more so be prepared for pressure to come from the A or B gaps. The tell tale sign is when a backer gets into a semi-receiver stance and generally his feet are pointing to the gap or space he is going to.

Sam (Strong side Backers) tend to be the next best tacklers and second toughest kid on the team. They also tend to align on the left side of the field or the offenses right side.

Will (Weak side Backers) tend to be the next most athletic and faster of the backers on the team.

If the linebackers align tight to the LOS (1 to 3 yards) then they are looking to stop the inside running game. If the backers align at a depth of 4 to 6 yards they are looking to stop the pass or the outside game. A good indication of what they are looking to stop is to see if they Mike is at a greater depth than the outside backers. If so then they are looking to stop the outside

game (MIKE is has his own pursuit lane). If they are the same depth they are looking to defend pass.

If the backers stack behind the lineman be prepared for stunts and the closer they align the more aggressive their stunting will be and the less concerned they will be with pass and outside contain.

Secondary (Corners and Safeties)

More often than not a youth defense is going to align in a cover 1 or cover 3 secondary to defend your offense. I very rarely see a cover 0 or cover 2 secondary and I have yet to see a cover 4 defense while coaching youth football.

1. Cover 0 – No Free Safety. Safety and Corners are aligned near the LOS more than likely playing press coverage/bump and run or blitzing. This often a call off a Cover 1 team. Getting vertical off of play action is key to beating this coverage for us.
2. Cover 1 – Free Safety keying either QB or backfield action or playing the deep middle for pass. This is normally a man to man coverage but can often be used to roll into a cover 2 or cover 3 zone. Attacking the deep out perimeters with fades and bananas off of play action and isolating the corners and using our perimeter passing game is key to defeating this coverage.
3. Cover 2 – Two safeties splitting the field in to deep halves with either man or zone underneath. These guys can play zone or double cover the outside receivers. The key is attacking the middle of the field and flooding the sides and attacking the flat. This can be zone rotated to out of Cover 1.
4. Cover 3 – Safety and two deep corners. They are looking at not giving up the deep pass with either zone or soft man to man. Either way play action to the perimeter or quick perimeter passing game is the way to attack this in the air. This can be zone rotated into out off of Cover 2 or the corners can drop into cover 3 from cover 1.
5. Cover 4 – Both safeties and both corners are splitting the deep field in to quarters. This is basically a prevent style coverage. Run the ball or attack the perimeter.
6. Sky coverage – is when the Safety rotates into the flat from another coverage.
7. Cloud coverage – is when a Corner rotates into the flat from cover 2 or cover 4.
8. Robber tech is when a defender, usually a safety, drops into a specific area to rob a pattern from a passer. Used normally to take away the inside TE hook or seam pass. Corners can drop into a specific area as well to take away a out or in route as well.

Suggestions when calling plays.

Tight End Side

Most Youth defenses align the DE outside the TE (9 tech) outside shoulder of the TE or a(8 tech) wide (1 to 2 yards) outside the TE.

Rule – If TE and defense lines DE outside (8 or 9 tech) of TE run inside of DE by kicking him out.

Rule – If TE and defense lines head up (6 tech) or inside (7 tech) the TE then seal the DE inside by reaching him or blocking down and run outside.

Option is a little more difficult to run on a tight side due to the CB and DE being able to switch assignments and making the pitch key a little more difficult. I don't use an option package.

Split End Side

Most Youth defenses keep the DE wide (8 tech) when there is no TE so just follow the rule above. On the other hand some defenses move the DE on the outside shoulder of the OT (5 tech).

Rule – If SE and defense lines DE outside shoulder or headup on the OT run outside of him by reaching or logging him.

Rule – If SE and the defense keeps the DE wide continue kicking him out and running inside. Acts like a natural nasty split by virtue of the DE not realigning.

Rule – If the Corner back is fully supporting RUN split him and isolate him using the Outside Triangle rule.

Option on the wide side is easier since the SE forces the CB to follow and allows for a easier pitch key on the lone DE.

Double Tight End's

Defense cannot run a four man front effectively (1 and 3 teching) and the oftackle is open on both sides.

Rule – If the defense is playing a four man front with 1 and 3 techs then go to a double tight and run Traps and G's.

Nasty Split End

This is an end that splits 1 to 4 feet to create a bigger gap in the C gap usually the tight end starts by adjusting out a little farther to see how far the DE will be pushed out. Because most youth defenses don't adjust for a nasty split this gives the ability to open a hole before the play even starts. Be careful about nasty splitting out to far as you can nullify the TE's down block. I have the TE just split out 1 feet and if the DE follows then the next play to that side

he goes 1 ½ feet and he does this until he gets him split out to 2 ½ feet. Past the distance and I think you start to nullify the TE's down block. If you can get a DE to split out 2 ½ feet or even 1 foot then you just widened the hole with out even blocking it.

Rule – If the DE is playing a 6, 9, or 8 tech have the playside TE widen his split and see if the DE widens with him then kick him out and run inside of him.

Keying the Defensive End

Normally the defensive is going to go straight up the field showing his inside shoulder and is prime for the B-Back's kickout block.

Rule – If the defensive end shows his inside shoulder kick him out and run into the C gap.

Rule – If the defensive end wrong shoulders the B-Back (sitting in the hole and showing his outside shoulder) then the B-Back should Log block him by blocking his outside shoulder and sealing him inside and run outside of him.

Rule – If the defensive end is crashing inside and expecting the B-Back's kickout then have and interior line man (PSG on G block) kickout the defensive end as he keys the B-back and run inside of him into the C gap.

Keying the Interior Defenders

We want to put the defensive line man into a quandary at all times and at the same time control the line of scrimmage by control the interior defensive lineman.

Rule – If the defensive interior is an ODD front then double team the playside.

Rule – If the defensive interior is an EVEN front, gapped, stunting, or blitzing then down block the playside.

Rule – If the defensive interior is attack aggressively up field they are prime for being trapped.

Rule – If the defensive interior is sitting on the line of scrimmage trying to read the play then they are prime for being wedged.

Rule – If the defensive interior is submarining or dropping on first sign of wedge then go back to offtackle and outside as they have isolated the defensive end.

Keying the second and third level of the defense

Rule – If the backside linebacker/s are flowing to the playside then run a counter play to the backside.

Rule – If the defensive is playing the run all out then run playaction pass and force the defense to sit and read run/ put them into a position quandary.

Rule – If the playside backer is flowing to stop the primary runner (power) then hit inside of him. (Running G and letting the PSWB seal the next LB inside as the PSLB flows to the decoy WB or running TRAP as the inside LB flows playside.)

Rule – If the defense is not assigning someone to the QB then bootleg him to backside or playside.

Rule – If the corner back is playing run support, not covering his man, are keying the QB then run a bootleg pass and force him into a wrong/wrong situation.

Rule – If the safety is coming up to support run then playaction and throw behind him or away from him (wedge pass and super power pass are good examples).

Rule – If the defense is playing man then use rubbing techs and radical releases. Most youth teams do not BANJO their defenders if the receivers cross.

Rule – If a slot defender or corner back is not covering a receiver, blitzing, run supporting throw to that receiver (Pop Pass).

Formations

Rule – If the defense is defending sweep (spread out along the LOS) or has two defenders at safety then run TIGHT formation and attack from tackle to tackle.

Rule – If the defense is compressing on the TIGHT formation then go SPLIT and run the same plays. Isolate the cornerbacks on each via the Outside Triangle Rule.

Rule – If the defense is still compressing or blitzing in the Split go to the LOOSE look and run interior running plays (WEDGE, TRAP, and X), throw to the perimeter, or run your base plays via the Outside Triangle Rule.

Rule – If the defense does not appear to have alignment rules then go to the unbalanced Double formation or Over formation every so often and run at the strong side (no alignment to the strongside = bubble in the defense).

Rule – If the defense over shifts to stop the running on the strong side of the unbalanced formation then hit them with counter or sweep to the weakside.

2003 Approach –

This season we are going to teach our base offense with these formations and then branch out with these plays initially:

Formations:

Tight, Split, Out Right and Left, Double Right and Left, Wide Right and Wide Left.

In reality we are only teaching the Tight, Split, Loose, and an Unbalanced look to the kids.

Plays:

Super Power
Counter
Wedge

Super Power Keep
Super Power Sweep
Super Power Corner Pass (Super Power Pass)
Wedge Keep
QB Wedge
Wedge-C
Wedge Look In Pass (Wedge Pass)
Counter – QB Keep
BB Counter
Rub Pass

By the playoffs plan on having these installed as well if we can handle them and as we need them:

Super Lead G
BB G (both sides of motion)
Lead Trap
Counter Away Pass (Counter Pass)
Cross Pass
Reach

(Looking at using the Double G Right play as well) initially for extra points.

Chapter 12 – Adjusting the System for Younger Kids (6 and 7 year olds)

Dealing with smaller kids you have to take a few more things into consideration than you do with older youth players. There are a few things you can do to simplify the offense so that smaller kids have an easier time running it.

No motion – Don't use motion; kids at this age are like kittens so just seeing all the movement in one direction in the backfield will often make your counters and misdirection effective.

Have power back align deeper – When your back field sets have you wing back running powers or faking powers set one to two yards deeper than your countering back. This allows each wingback to have running lanes.

Have wingbacks move inside under outside shoulder of tackles – If the play is not developing fast enough have due to the wingbacks not getting in the hole quick enough have them move inside slightly like an extended wishbone backfield.

Motion indicates that WB aligns over the inside shoulder of the tackle instead of motioning – Instead of using motion have the motion take indicate that the wingback align to the toss point which is approximately on the inside shoulder of the tackle and 1 to 2 yards deeper than the B-back and aimed at the near hip of the QB.

Run wedge as the primary base play vice super power – At this younger age the wedge is a much better play and will develop faster than the super power. Building a series of that might be more effective.

Wedge Rt/Lt

QB Wedge Rt/Lt

Wedge Rt Sweep Lt (with the PSWB reaching EMLOS and the QB bootlegging to the backside.

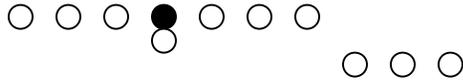
Wedge Rt Keep Rt (as above except QB keeps on bootleg backside)

Wedge Rt Sweep Pass Lt (with TE running a banana route – not a high percentage throw but just showing the pass at this level can call of the dogs.)

Wedge Rt QB Wedge Lt (a double wedge with the QB either giving or faking spinning and going on the opposite side in the wedge.)

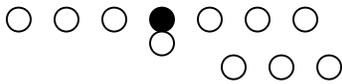
Use less formations and less plays and key on execution – With the younger kids less is more and working on execution can make the difference with these kids.

Use overloaded formations like BROWN – Most youth teams don't adjust well to unbalanced formations so overloading every once in while can be a big advantage for the offense. To the right it is called BLACK



You can run a lot of our plays out of this to include QB Wedge, Counters, Sweeps, and QB Sweeps to the strong and weak side. Not to mention the passing game if you elect to use one.

Steve Calande's Beast Formation is another excellent formation to use as well: We will call it RED to the right and BLUE to the Left.



This formation screams wedge and power football. You can run a lot of different plays using our blocking schemes out of this offense.

Offense Installation:

The key with this group is to teach the basics Super Power, Counter, Wedge, and if you can get a QB with speed and athleticism use the keeps of these actions. You will want to have a sweep but bear in mind that defense look to do two things; never give up the outside (sweep) and never get beat deep. Since most younger youth teams don't bother pass that means the sweep is what the defenses look to stop first and foremost.

Chapter 13 – Philosophy, Leadership, Aggressiveness, Mental Toughness, and Team SAS

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.

-Vince Lombardi

Youth Football Coaching Philosophy

I don't know the key to success, but the key to failure is trying to please everybody.

-Bill Cosby

As Coach it is important that you have a clear picture of how you want your team to view the sport of football. With that in mind it is essential you have a Coaching Philosophy written down that lays these things out in a clear and concise format so that you can review it from time to time. It gives you a blueprint or a road map as to how you want your team to develop above and beyond the X's and O's. Below is my coaching philosophy:

I have seven corps beliefs when it comes to coaching youth football and I hold them to be hard fast rules that I stick to.

1. Teach each athlete Commitment and Responsibility to Self and Team
2. Teach each athlete Sportsmanship and Fair Play.
3. Teach each athlete Discipline and Mental Toughness.
4. Teach each athlete the Fundamentals of Football.
5. Inspire each athlete to have passion for the Game and for the Success of the Team.
6. Have Fun and let the Team enjoy the experience of Camaraderie.

Training Our Youth To Be Leaders

Leadership Traits and Principles of a Coach and a Player

Leadership Traits

Bearing

Courage (Moral and Physical)

Decisiveness

Endurance

Enthusiasm

Intitiative

Judgement

Justice

Knowledge

Loyalty

Tact

Unselfishness

Leadership Principles

Know yourself and seek self-improvement

Be physically and technically proficient

Develop a sense of responsibility among your players and teammates

Make sound and timely decisions

Set the example (don't become an example)

Know your Players and look out for their Welfare

Keep your Players informed

Seek responsibility and take responsibility for your actions as a coach and a player

Ensure tasks are understood, supervised, and accomplished

Leadership

How To Lead Your Team

What's In The Article

1. What Is Leadership
2. Why Leadership Is Important To College Coaches
3. Know Your Role
4. Stand Up For What You Believe In
5. Lead By Example

What Is Leadership

Leadership is defined as "the process whereby one individual influences other group members towards attaining defined group or organizational goals." * So, exactly what is leadership well that definition is straight out of a book and we all know how straight forward and definitive books tend to be. Leadership cannot be defined through a simple sentence it is an always changing and complex matter. Leadership can be seen in everyday life activities such as giving advice to a friend or helping a sibling do his/her homework. Leadership in athletics can be as simple as listening to a teammates problems or inspiring your teammates to practice harder. Leadership in athletics is key to a teams success because leaders create the informal culture of a team. Informal culture can be defined as a team's attitude. An example of this is a team that trains hard and practices hard has a hard working attitude or a team that loafs around and messes around during practice has an undisciplined attitude. Leadership is the ability of an athlete to inspire his/her teammates to help the team reach a shared goal like winning a conference championship.

Why Leadership Is Important To College Coaches

College coaches are always looking for good team leaders. College coaches want team leaders because team leaders shape the attitude of the team. College coaches want team leaders because they inspire other athletes to be great, they create a team attitude, and they run the locker room. What does running the locker room mean? At the college and professional level the locker room is where a team begins to be built. If a team has a good attitude in the locker room it is very likely that they will carry that attitude out onto the field. The locker room is where all the complaining goes on and all the inspiring takes place. A team leader controls the attitude in the locker room, if certain players begin to complain in

the locker room a good team leader can help to resolve locker room matters. College coaches are always looking for team leaders because the coaches cannot run the team once they are off the field, they must rely on the team leaders to run the team both on and off the field. The players are the one's that truly run a team and coaches know this, that is why most college coaches ask high school coaches questions about a prospects leadership skills. It is to every athletes benefit to be a leader because this skill can make an athlete irreplaceable.

Know Your Role

Teams cannot have too many leaders because this will actually negate the effects of leadership because if everyone tries to lead then there is no one to follow. Most leadership comes from upperclassmen such as Juniors or Seniors, but there are exceptions. The reason as to why most leadership comes from the upperclassmen is because they have been around long enough to know what is going on and how things are supposed to be done in order to succeed. Do not let the your title such as Freshman or Junior dictate your role on the team but you must be aware of where you fit into a team's structure. Roles are very important in leadership because it is through roles that leaders are defined. To be a leader one must act like a leader, just because someone is a team captain does not necessarily mean that he/she is a leader.

Standing Up For What You Believe In

One common trait that leaders possess is the courage to stand up for what you believe in. Any time you stand up for what you believe in you are expressing leadership ability. By standing up for what you believe in you are taking a stand on something and that is very respectable. No matter what your role is make sure that you do what you believe is right and that will always be the right thing to do when everything is said and done. Leadership is a great thing but sometimes leaders are wrong so, do what is right and you will be fine.

Lead By Example

Leaders must always lead by example. This means that if you stand up and preach that in order for your team to win your team must train hard then as a leader you must train hard. Leading by example is somewhat easy, whatever you want your team to accomplish you must do or else your credibility as a leader will suffer. Training hard is an easy way to lead by example. A leader must always be prepared to do what he/she wants the team to do so, that he/she can establish credibility. So, if you want your team to train harder in the off season then you must be prepared to train harder in the off season. Leading by example is a very simple strategy you must do what ever you want your team to do.

Source Cited

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Article Written by Garrett Shea Instructor for The Leadership Development Program

Leadership

Creating A Drive To Succeed

What Is In The Article

1. Drive
2. Desire For Achievement
3. Ambition
4. Passion
5. Tenacity

Drive

Drive is a very important characteristic of a leader. Drive consists of passion, desire for achievement, ambition, and tenacity. Drive is extremely individualized meaning that every individual has his/her own unique drive. Drive fuels a leader to be the best he/she can be in whatever field he/she chooses to pursue. Drive is the motivation for a student athlete to earn good grades or to earn all conference honors. Drive helps to create the goals he/she wants to accomplish. The best way to create drive is to find something one is passionate about such as winning a conference championship. After finding out what your areas of interest are it is then up to you to use this drive to help accomplish your goals. Drive is something that everyone can create on their own by using their own wants or desires to create their own drive.

Passion

All great people have a passion that drives them to greatness. This passion is the fire that burns within them that pushes them past the obstacles of their professions. Athletes need passion to push them past all of the bureaucracies, all the pain, and all the disappointment that they face in athletics. Passion is a great thing because it is contagious, it spreads like wild fire. Passion is easily recognized by others and once it is recognized everyone wants to find their own passion. Passion pushes athletes through the bad times and creates the good times.

Desire For Achievement

Desire for achievement can best be described as how much effort an athlete is willing to put forth to succeed. The best way for an athlete to realize his/her desire to succeed is by listing his/her goals and then examining what he/she is willing to do to accomplish them. The goals an athlete sets for himself and his team will create a final destination for an athlete. The effort he/she puts into getting to his/her final destination can be seen as his/her desire for achievement. The driving force that fuels an athlete's desire can come from anything, but it is important to find a driving force that can create passion. Great leaders need a source of fuel that can push them to succeed, that force can be found in an area that leaders have a strong interest in. This source of fuel can be used whenever an athlete has a set back or is faced with some sort of adversity.

Ambition

What is ambition? Ambition is where an athlete wants to go or what he/she wants to accomplish in his/her life. Ambition is a driving force that can fuel an athlete to accomplish great things. If a high school athlete says he/she wants to participate in the the Olympics then he/she has tremendous ambition. It is one thing to say you want to participate, but to actually accomplish this feat requires a tremendous amount of dedication, training, and discipline. Ambition is a great attribute to have because it provides hope, but one must realize that hope will not make one great. This skills one learns and practices makes one great.

Tenacity

Tenacity is the trait that allows a student athlete to keep pursuing his/her goal after a failure or a set back. Tenacity allows a student athlete to pursue his/her dreams and goals in the bleakest of times. Tenacity is what allows a great person to be great. Every great person is faced with a moment of despair and it is the trait of tenacity that propels him/her to continue pursuing greatness. Tenacity can be seen everyday on the athletic field whether it is watching an athlete get knocked down and get back up or by watching an athlete get cut by a team and try out for the same team the next year. It is well documented that Michael Jordan got cut by his Junior Varsity team and tried out for the next year and the rest is history. If Michael Jordan had not been a tenacious player he may not have been the superstar we know him as today.

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Article written by Garrett Shea Instructor for The Leadership Development Program

Developing Aggressiveness and Mental Toughness

They can do all because they think they can.

-Virgil

Mental Toughness

Mental toughness is a trait that can be improved and developed by every person.

The following words are the key to its development:

"The ability to do what needs to be done at the time it needs to be done whether you like doing it or not". Author Unknown

You can't develop mental toughness by doing football plays. It comes from a set pattern of training that starts with physical conditioning.

I have read a lot of posts on a lot sites on how coaches forgo conditioning in lieu of just doing plays at a quickened pace. The fact is they are really missing the point of conditioning. It's not just for physical conditioning is for mental conditioning as well.

When you first start a conditioning program you have to first break a player down physically as well as mentally. They have to know their limits and barriers. Everyone has them. They are developed at a very young age. When a kid first climbs up a tree and falls down and he realizes heights can get you hurt that is a barrier. The first time he attempts to lift his body up of the ground while on the monkey bars and can't do it the first time and stops that is a barrier. The first time a kid gets his bell rung in the tackling drill or blocking drill and starts being passive that is a barrier. The first time a kid gets winded in a sprint drill and slows down that is a barrier. The key to a good conditioning program is it brings a player to a point just past his limitations. Each and every time you push him a little further a little longer. He soon realizes those conditions or barriers are set by himself. Marines have been doing this for over 200 years and they are very good at it.

- 1) Break them down physically let them see their barriers.
- 2) Push them to that barrier and past each session.
- 3) Once they make progress maintain that level and push them a little more.
- 4) Once the level becomes easy for them then break them down again and repeat the process.

With kids this is very easy as they are not well conditioned and they have a tremendous amount of limitations placed on themselves.

Doing conditioning camps before season starts to prep them to the heat and to physically and mentally prepare them for football can benefit each child and reduce heat and injury problems. A well-conditioned player is less prone to becoming a heat casualty or getting injured.

Once the season starts we do tackling and blocking drills along with a limited amount of heavy conditioning. We do competition drills that force the kids to work together and push each other. Competition breeds Excellence and Excellence breeds Winners!

The key is to get the kids to see their physical limitations and then push them past it gradually. Once an athlete sees that they can push themselves to improve often they will push harder to get past those barriers. All you have to do is point them in the right direction.

The Marine Corps does this through Physical Training, Obstacle Courses, Confidence Courses, Swim Qualification, Hand to Hand Training, and Combat Readiness Courses all developed to train a Marine physically and mentally. It pushes them to either excel past it or fail. Since there is no room for failure they learn to adapt to it and push past those barriers. You can do the same thing in football as well through good drill selection and a solid tough conditioning program tailored to your kids.

Developing Team Speed, Agility, and Strength

Our conditioning camps are three days for two or three weeks if we can get it in. Each day is 1 hour of conditioning. We work on developing good habits like drinking water and lots of it throughout the day. Getting off the colas and the couch. We constantly talk about heat prevention and stretching as well. We also do this to prepare the kids for the Pre Draft Evaluation Day.

Each Week is done as below -

1st Day -

1) Warmup - 15 yard line with 10 and 5 yard line increments.

Have a wide field for 20 players double arms length apart.

- 1) Jog there and back
- 2) High Knees (slow we want reps not speed)
- 3) Butt Kickers (as above)
- 4) Drum Majors (as above)
- 5) Back Pedal
- 6) Shuffle
- 7) Karioca
- 8) Sprint (right hand touches the line there and left hand touches line back)

Allow for a quick drink of water talk to them about Hydration and form running.

- 2) Two Lines - Facing each other -
Crunches 1 minute switch/ 30 seconds switch/ 30 seconds
Pushups 1 minute switch/30 seconds switch/ 30 seconds

Allow for a quick drink of water talk about giving 100% and giving everything for that 1 minute or that 30 seconds.

3) Hill Drill - We have a hill that is 30 yards long at a 30 degree angle. We cone of a distance of 20 yards in the middle.

- 1) bear crawl up // crab walk down
- 2) High knees up fast reps // butt kickers down fast reps
- 3) sprint up getting knees up // sprint down lengthening stride.
- 4) sprint again
- 2) 5) Backpedal up keeping a high stance and then sprint down with high knees.
repeat series.

4) Back to warm up ladder 15/10/5 yard (there and back each part

Sprint/Sprint/Sprint x2 (right hand touches the line there and left hand touches going back)
Shuffle/Bear Crawl/Crab Walkx2

Back Pedal - sprint back/Back Pedal - Sprint Back/Back Pedal - Sprint Backx2

Water Break.

5) Competition Drill (divide group into even teams of 4 to 7 players as many teams as needed)

Place cones with a distance of 50 yards apart. On GO each team sends a runner down does 10 push ups and then sprints back claps the hand of the next runner. You do this until everyone finishes. The team that wins is done. All the other teams continue until there are two teams left. The last team must run the ckt again at full speed. The incentive is to win period.

6) Cool downs - Form Team Circle do Jumping Jacks slow and controlled for 15 and then have them stretch hams/quads/calves.

2nd Day

1) Warm up as above

Water Break -

2) DC Speed Drills (Clark Wilkins)

30 yards there - stop and go back. Everyone goes; make sure you have a long line.

"The first race is the frog race. The kids have to hop like frogs across the line. This is actually the most important of the races and you'll see why the first time you run it. Kids have no "explosion" strength at all. Zero. Zip. Nada. If you develop it, you get a quick start plus good drives out of your offensive line. The one thing you have to watch for is that it is possible to strain a knee in a frog race. So you have to tell kids to drop out if they feel anything in their knees. Those that stick it out (Which is about 95%) you ride hard. After all, it is a race.

The next race is knee highs. The kids high step their 30 yards. In this race, the kid who finishes last is the winner. You want those knees high and small steps. Ride 'em hard.

The next race is "Leaping Gnomes". Here the kids take the longest steps possible in their stride. Get those feet W-A-Y out in front of them! They should look like they're trying out for ballet.

The next race is backwards. Once they've done that it's time for the real thing - SPRINT! Emphasize pumping of arms and forward lean and run 'em that 30 yards full speed. The first time you run it, the winner will cross the line 7 yards ahead of the loser. After five weeks though, the entire pack will be coming across the line within two yards of each other, and you will be SMOKING other teams on defense. I consistently start with the slowest team in the league and finish with the fastest.

"buttkickers". As the kids do their 30 yards they have to bring their heels to their buttocks. Hence, the name.

Water Break

3) Push up Contest - split players into groups. 4 to 7 players with at least 4 teams. Each team chooses a counter to count for the other team. The remaining players then form a line around the coach with counters on the inside near the coach. On GO each player must get 10 pushups. The counter counts them when he goes straight up and then down and touches the counters fist which is under his chest. IF you catch the counter cheating disqualify his entire team. First team through sits out. The rest of the teams repeat until one team is left and they do it again. Again this pushes to players to work under pressure.

Water Break

4) Hill Drills as above

Water Break

5) Crunches (1minute switch/30 seconds switch/ 30 seconds switch)

6) Cool downs

3rd Day

1) Warm ups

2) Sprints - 50 yards there stop and back/ 40 yards there stop and back/ 30 yards there stop and back/ 20 yards there stop and back/ 10 yards there stop and back. They should be pushing themselves hard as they shorten the distance.

Water Break

3) Crunch Contest as push up contest

Water Break

4) Hill Drill as above

Water Break

5) Push Up (1 minute switch/ 30 seconds switch/ 30 seconds switch)

Water Break

6) Cool Down.

We do this to get them properly conditioned both mentally and physically. We constantly talk them about water and heat. Proper eating and doing these things on there own.

Additional Information, Drills, and Exercises for Speed, Agility, and Strength Conditioning.

Proper Running Form – (from Coach Jay Ridgeway PACWEST Athletics)

“Posture:

Running with good posture is critical for reducing fatigue and minimizing injury. Imagine if you tried to run for 3 to 4 hours with a hunched over back with shoulder forward. How do you think you would feel during and after the run? Your upper and lower back and even your neck would likely be hurting from the strain of bouncing up and down.

Keep yourself upright no matter if it is a 16 mile run or a jog around the block!! Head up, arms in, chest high.

Lean:

Mother Nature is our best ally in this situation. By using a slight lean forward in your running form (while of course maintaining proper posture!!) you will find that GRAVITY will help "pull" you forward. If you lean just enough when standing you will eventually "fall forward" forcing you to take a step forward. This is all due to simple gravitational pull!! If you learn this technique well enough you will find that you feel as if your stride is "gliding" vs. "pushing off" through each step.

So take advantage of a free resource that is ALWAYS available, gravity, and "fall" your way into each step.

Arms and Hands:

Over the years I have found there is be an amazing variety of "styles" used by people. Arm and shoulders tucked up and tight creating tension and fatigue in your neck and shoulders. Then there is the wildly loose arms flying all over the place. Where I recommend is to think of your arms as part of a complex, moving piece of machinery. Your legs are moving in a steady rhythm. You're breathing doing the same. So naturally your arms need to be part of this precise smooth movement. Your arms pumping speed directly correlate to the Leg Turnover rate.

First, your shoulders need to be relaxed and set back (remember posture). Your arms should be down with your hands near your hips. If you notice when you run your legs and arms move in opposite rhythm, left leg forward, right hand/arm forward. Right leg forward, left hand/arm forward. This is due to balance and maintaining center of gravity. Your hands and wrist should be relaxed with the thumb resting on the index finger and the fingers just slightly balled.

Try to picture the movement of your hands and arms in a tight and narrow oval that moves your hands out then back in. It is as if your hands on "locked" on to a virtual oval track, out then in then out then in, out, in, etc. With your arms sweeping in as if it is pulling you forward, like stroking through water while swimming. It should be a nice fluid motion that mirrors the smooth forward motion of each leg. Remember to try and think of your body as a well-oiled machine that has parts that move in precision together.”

From Dr. Gabe Mirkin

“When children look awkward when they run, they usually have an imbalance in their muscles, or muscle or nerve damage. Your center of gravity is the spot in your body with equal weight in front and in back. Every motion you make is aimed at keeping your body balanced around your center of gravity. When you move one part of your body forward, you must move another backward to keep you from falling. When you move your left leg

forward, you must move your right arm forward and your left arm backward. When you move your right leg forward, you automatically move your left arm forward and your right arm backward. People who don't do this look funny when they run. You can't talk a person into efficient running form and you cannot think yourself into good running form,. You have to run faster in practice.

It is usually of little value for a coach to tell an awkward child to change his form. The child should first be evaluated by a physician for conditions that affect nerves and muscles. If none is found, the coach should have the child repeat the motion over and over until the brain can coordinate the body's motions about his center of gravity. To correct poor running form, a person must go out and run every day and when he is in good shape, he should start running short interval sprints as fast as he can. A typical twice-a-week workout may be to run 15 100-yard sprints almost flat out, with a short rest between each run.”

Phase 1: 40 -Yard STANCE AND START (Article Written By AthleteOne's Speed and Strength Expert)

Creating Your Personal Stance

An athlete's stance should be comfortable but compact. The young athlete tends to be *too* comfortable in his/her stance. Your stance should be as compact as you can make it without losing the power of your first step. Do not trade comfort or a compact stance for POWER. Make sure you have as much power as you can generate out of your stance. You can measure the power of your stance by timing the first 10 yards of your sprint.

Positioning Your Feet

Most professional football players use a sprinter stance with, their front foot about two inches from the starting line. The forward foot should be your power foot. (An excellent way to figure out which foot should be forward is by standing straight up and having a friend stand behind you and push you forward. Whichever foot steps should be the back foot.) The back foot should rest in a semi-locked position at the instep of your front foot.

Your Hands And Arms

You should place the hand opposite your forward foot on the line with most of your body's weight rested on that hand. If you are starting with your right foot forward, your left hand should be on the line. (Your power leg is easily determined using the drill mentioned later in this article.) The hand not on the ground should be on your hip. Your arm should be cocked at a 90-degree angle and ready to shoot forward.

Your Body Position

Your butt should be the highest part of your body. Your head should be faced straight ahead; you can look at the ground or at the finish line. Your back should be flat, NOT ARCHED UPWARD!! Your muscles should be relaxed. Relaxed muscles move extremely faster than flexed muscles. Example: Flex your arm at a 90-degree

angle and see how fast you can move it. You cannot move it very fast unless you allow it to relax.

Start: Your First Couple Steps

Once you are in your stance you should take a deep breath, let it out and *explode* forward. Your first step should be an explosion! The arm that starts in the air should shoot forward. Your first step should be as low to the ground as possible. **DO NOT STAND STRAIGHT UP AT THE START!** You should attempt to be as close to the ground as possible coming out of your stance. Your first step should be as straight as possible. Any step to the side will cost you valuable time. The start to a 40-yard dash must be an explosion because you are gaining the necessary momentum that will carry you through the 40 yards.

Drills to Help You Create A GREAT Stance and Start

To Determine Your Power Leg

- Stand straight up, relaxed, and have a friend stand behind you and push you forward. Whichever leg goes forward should be start back in your stance. The leg that you use to push with is your power leg. That is the leg that should be in front when you are starting.

To Create Your Own Stance

- Get down in your 40-yard stance and hold it for 30 seconds. Explode out of your stance and repeat the process. Never stand up out of your stance; this creates bad habits. **ALWAYS EXPLODE** out of your stance whenever you get into it. Practice your 40-yard stance as much as possible. Try to create a stance that allows you to get your feet as close to the starting line as possible.

To Explode Out Of Your Stance

- Lie on your stomach and have someone blow a whistle. Upon hearing the whistle, push yourself up as fast as possible and explode forward for 10 yards. Practice staying as low to the ground in your initial start as you possibly can.
- Lie on your back and have someone blow a whistle. Upon hearing the whistle, roll over to your stomach and explode for 10 yards.
- Sit on the ground with your legs flat on the ground either facing or with your back to the starting line. Try doing this drill both ways! Have a friend blow a whistle. Upon hearing the whistle, explode of the ground and burst for 10 yards.
- Start in a squat position, hold it for five seconds and burst out of the position for 10 yards. Concentrate on taking your first step as straight as you possibly can. Drive your arms and explode for 10 yards. Try this drill both and with your back to the starting line. When doing this drill with your back to the starting line, do a half eagle, turning your entire body around, and burst for 10 yards.

Weightlifting Recommendations to Improve Your Explosion

- Hang cleans
- Squats (Body Squats for youth players)
- Leg press
- One-legged squats (light weight)
- Lunges (without weight for youth players)

Plyo-metric Drills to Improve Your Explosion

(Do plyo-metrics on a grass surface and only twice a week. Plyos should be done in low reps and with close attention to the proper form.)

- One-leg frogger jumps 3x15 jumps
- Broad jumps 3x5 jumps
- Squat thrusts forward 3x15 jumps
- Scissor kick lunges 3x15 jumps

Other Drills to Improve Your Explosion

- Foot fire for 20 yards
- In-and-outs for 20 yards
- Speed ladder drills

Phase 2: The First 10 Yards

What Is in the Article

- What the first 10 yards tell college scouts
- Benefits of running the first 10 yards well
- Burst
- Body position
- Arms
- 10-yard times

- Drills
- Weight and strength training

Keys

- Explode and accelerate
- Take powerful steps
- Run in a straight line
- Pump arms as fast as possible
- Stay low to the ground

What the First 10 Yards Tell College Scouts

Most college scouts time the first 10 yards of the 40 to evaluate an athlete's power and quickness. A good 10-yard time tells scouts that an athlete possesses excellent quickness and power as well as the potential to run an extremely fast 40-yard dash. The first 10 yards of a 40 is an excellent indicator of an athlete's feet and burst.

Benefits of Running the First 10 Yards Well

The 40-yard dash is a quick speed burst in which every step and every tenth of a second counts. It is broken down into five phases; the second is the first 10 yards. The first 10 yards are crucial because they account for what should be the slowest portion of the sprint and allow an athlete to create the momentum he/she needs to gain the speed he/she will need to finish the sprint strong. In the first 10 yards of the 40, an athlete can gain the crucial tenths of a second that will make or break his/her time. Athletes who learn to run the first 10 yards well can improve their 40 time by two to five tenths of a second. Think about it: An athlete who runs a 4.8 can drop his/her time to a 4.5 just by improving the first 10 yards of his/her sprint.

Burst

The first 10 yards should be an explosion—it's all about acceleration. An athlete must generate power and speed in these first ten yards by making sure he/she takes the proper steps to gain ground. Try to take 5-6 steps in the first 10 yards of the sprint to gain as much ground as possible while not over-striding. Your steps should be as straight as possible but not too long, because that will cause you to overextend your stride, which can cause such problems as lack of power, a stumble, or a slow initial 10 yards. The first steps of a 40-yard dash must be powerful and fairly compact. Don't take too short steps! Short steps will cost you valuable time and vital energy.

Body Position

You should be low to the ground, not running fully erect until around the 15-yard marker. To keep low to the ground, practice looking at the ground for the first 10

yards. This tends to keep your body low and helps you accelerate. Leaning forward to generate power. Younger athletes tend to tense up in the first 10 yards and slow down. Make sure you are relaxed in the first 10 yards. This will generate a tremendous amount of speed and acceleration!

Arms

An athlete's arms should be pumping fast in the first 10 yards. This forces the athlete's legs to move faster. Concentrate on driving your arms quickly.

Ten-Yard Times

Speed Athletes

An excellent 10-yard time is anything under 1.6 seconds for speed athletes. Younger athletes will tend to have slower 10-yard times because they do not have the power needed to run a fast time.

The Bigger Athletes

For larger athletes, an excellent 10-yard time is anything under 1.8 seconds. The 40-yard dash was created for the smaller, quicker athletes, but the 10-yard sprint is an excellent measurement for bigger athletes. If you fall under this category, pay extra attention to running a fast 10-yard time.

Drills

- Pro agility shuttle (20 yards total)
- Sitting arm pumps for five seconds
- Speed ladder
- Change of direction drills
- Ten-yard sprints
- Falling-forward ten-yard sprints
- Squat sprints (NO WEIGHTS)—do a squat and then sprint 10 yards
- Squat jumps then sprint 10 yards (NO WEIGHT)
- Uphill sprints
- Resistance sprints—have a partner hold a towel around your waist and pull him for 10 yards)
- Broad jump to a 10-yard sprint

Weight and Strength Training

- Squats
- Hang clean or power clean
- Hamstring curls
- Hip flexor raises (NO WEIGHT)

Article Written By AthleteOne's Speed and Strength Expert

Phase 3: 40 Yard Dash

Phase 3: from the 10 yard mark to the 30 yard mark

What's In The Article

1. Keys to Phase 3
2. What college scouts look for during the 10 yard mark to the 30 yard mark
3. Top speed phase
4. Speed maintenance
5. Stride
6. Body position
7. Arm drive
8. Foot position
9. Drills

Keys To Running Phase 3

- Continue to accelerate until the 20 yard mark
- You should be running almost fully erect by the 20 yard mark
- Your stride should be at its peak at the 20 yard mark
- Your turnover should be at its peak by the 20 yard mark
- Arm drive should be powerful and quick
- Relax
- Maintain form

What College Scouts Are Looking For During The 10 And 30 Yard Mark

Between these markers college scouts are looking for an athlete that shows a smooth running style which consists of a fluid motion and powerful strides. College coaches want to see an athlete runs with grace and good form. Good form is defined as high knee drive, powerful arm drive, and a lengthy stride. Granted that an athlete's 40 yard time is the ultimate evaluator for college coaches however, an athlete ability to run with grace and good form presents a very attractive image to college coaches because it shows an athletes athleticism.

Top Speed Phase

After an athlete has accelerated to the ten yard mark he should continue to accelerate to the 15 yard mark where the acceleration phase should end and his top speed phase should takeover. From the 15 yard mark to the 25 yard mark an athlete should be sprinting at top speed. Within this ten yard span the athlete should be running at his fastest speed. This top speed phase should be achieved using powerful arm drive and a quick turnover rate. Turnover rate is the time it takes an athlete to complete a stride. Turnover rate can be examined by seeing how long it takes him to complete each stride. During the top speed phase an athlete should have achieved optimal stride length where he can cover the most ground in the fastest time.

Speed Maintenance Phase

The top speed phase can only last a certain amount of time because fatigue begins to set in on the athlete's muscles. The maintenance phase follows the top speed phase once the fatigue sets in this phase occurs at about the 25 yard marker. Once the athlete enters the speed maintenance phase he must concentrate on being as efficient with his strides as possible. Efficient strides mean that an athlete is covering as much ground with as little energy as possible. During the maintenance phase an athlete must remain relaxed and be extremely focused on his form. In order for an athlete to run a successful 40 it is crucial that he maintain the speed that he has built up and that means he must increase his stride to compensate for the decrease in his turnover. It is imperative that he pay close attention to his stride. To optimize an athlete's stride he must have good knee drive and extend his leg from the knee to create a pulling motion. During this phase the athlete's leg motion should drive the knee forward; extend the lower leg forward; pull the leg down; contact the ground; and bring the foot up as high to the butt as possible. The athlete's foot should be just grazing his butt on the backend of his stride. This phase calls for a different motion than that of the first 25 yards of the sprint. The first 25 yards of the sprint calls for the athlete to create a pushing motion whereas the maintenance phase calls for a pulling motion. The pulling motion calls for an elongated stride and smooth, powerful arm drive. It is absolutely necessary that the athlete remain as relaxed as possible to reduce the factor of fatigue which is occurring during the maintenance phase.

Stride

An athlete's stride is a very important factor in running the 40. Speed is measured by stride x turnover rate. An athlete's stride can make or break his 40 time. If an athlete is running a good or bad 40 stride is the answer to his success or failure. A good stride during the maintenance phase covers 5 yards or more for every 2 strides. If an athlete can accomplish this feat he will probably be able to run a sub 4.6 second 40 yard time depending on how effective his turnover rate. To increase stride make sure you stretch every day. Also, try back pedaling for distance, kick legs back as far as possible.

Body Position

An athlete's body position during the 10 yard mark to the 30 yard mark should be progressively erecting. From the 10 yard mark to the 15 yard mark an athlete should allow

his body position to naturally rise from the low center of gravity position which he should have had during the first 10 yards. The natural rise in body position will allow his stride to increase and allow him to cover more ground per stride. During the entire 40 yard sprint an athlete should maintain a good forward body lean. Caution extreme forward body lean will decrease stride and an extremely tall body position will decrease power.

Arm Drive

Arm drive is crucial to a good 40 yard time because the faster the arms move the faster the legs move. A fluid, powerful arm drive creates power and an increased turnover rate. Make sure that when sprinting the arms must stay relaxed. A good indicator of relaxed arm drive is the hands. Be aware of your hands when you are running the 40 because constricted hands usually means that your arm drive is constricted as well. Your hands should be relaxed, try to keep your fingers relaxed by having your thumbs slightly resting on your index fingers.

Foot Position

One of the best ways to combat fatigue in a sprint is to keep your toes pointed upwards like you would do if you were doing standing leg curls. The further your toes are pointing upward the less stress you will be placing on your hamstrings consequently, the less fatigue you will incur during the sprint and the faster you will run. Try to keep your feet locked at a slightly higher angle than you would have them if you were standing flat footed.

Drills

Running

- Flying thirties (start jogging ten yards and then break into a 30 yard sprint; 40 yard sprint total)
- Leader of the band marches for twenty to thirty yards
- 80 yard interval sprints (jog 20 yds, sprint 20 yds, jog 20 yds, sprint 20 yds)
- Form running drills walk 20 yards like you were running twenty yards and hold the knee at the top for three seconds during each stride
- Uphill sprints for 30 yards
- Tire pulls for thirty yards
- Stride checkers
- Lunges for 3-10 sets of 100 yds each (no weight)
- Walk on heels for 3-4 sets for 20 yards each (Note your shins will be extremely sore in the morning)

Weights

- Squats for 10-15 reps lighter weight
- Lunges
- Standing leg curls
- Regular leg curls
- Lower back lift ups (light weight no weight up to 15 lbs)
- Wall Sits

Plyometrics

- One legged bounds
- Squat jumps 10-15
- Broad Jumps 3 broad jumps in a row (the elite athletes can jump 10 yards in 3 jumps)

Phase 4: 40 Yard Dash

The 30 to the 40 yard mark

What's in the article

1. Keys To Running Phase 4
2. What College Scouts Look For In Phase 4
3. Form Running
4. Maintaining Speed
5. Decrease Body Fat
6. Stride
7. Finish
8. Drills

Keys to running phase 4

1. Maintain good running form
2. Increase stride
3. Keep head still
4. Arm Drive
5. Knee Drive
6. Good butt kick
7. Finish past the 40 yard mark strong

What college scouts look for in phase 4

During phase 4 or from the 30 yard mark to the 40 yard mark college scouts are looking for good form and the ability of an athlete to finish strong. During this phase college scouts want to see an athlete maintain good form and finish strong. An athlete's ability to finish strong tells college scouts that the athlete is a strong runner. Phase 4 is an excellent indicator of an athlete's strength. Younger athletes tend to fatigue at about the 30 yard mark. Those athletes that can finish a 40 strong show that they are strong and efficient runners.

Form Running

An athlete that is able to maintain good form at the end of the 40 will have a significantly better 40 time because he/she is able to be that much more efficient with his/her strides. Good form allows an athlete to use less energy and cover more ground. In the later part of a 40 athletes must attempt to cover ground with their strides because their muscles are fatiguing with every stride they take. By using good form running mechanics athletes can

combat their fatigue and cover more ground. Good form running consists of good knee drive, powerful arm drive, keeping the head still, a relaxed body, forward body lean, good stride length, and good butt kick.

Maintaining Speed

Maintaining speed is crucial to an athlete's success in running a good 40 yard time. This is one of the biggest reasons an athlete runs a poor time in the 40 because an athlete can accelerate well in the first half of the 40, but unless he/she is able to maintain the speed he/she has built up he/she will not run a successful 40. Maintaining speed is dependent on an athlete's strength and running form. By staying relaxed when sprinting an athlete can be extremely more efficient in his/her sprint. An excellent example of this can be seen when watching Olympic athletes run the 100 meter sprint. When watching a 100 meter race most athletes are relatively close at the 50 meter mark but once they hit this mark the more efficient sprinters begin to separate themselves from the pack. The athletes that are able to separate from the pack do so because of the efficiency of their stride and turnover. This means that these athletes take longer strides and faster turnover. An athlete can create longer strides and faster turnover towards the end of the race by focusing on strength training such as weight lifting, resistance running, and conditioning as well as by decreasing body fat, and increasing muscles range of motion. Decreasing body fat is a critical factor that directly effects speed.

Decrease Body Fat

By decreasing body fat an athlete can gain a competitive advantage over all competitors. Body fat is a factor that can directly increase an athlete's speed. Less body fat allows for an athlete's muscles to function more efficiently, which results in faster times. If an athlete is looking for an easy way to increase speed he/she can decrease body fat. An athlete can decrease body fat by doing cardiovascular work such as riding a bike, jogging, swimming, or any other exercise that is catabolic. An easy rule of thumb when doing cardiovascular work is to do low impact work that is not too strenuous for a period of time around 45 minutes a day. By doing this type of work consistently (4 times a week) one can make significant gains to decrease body fat. Another way to decrease body fat is through eating right. What is eating right? It's simple, create a plan that provides a balanced diet where one eats five to six small meals a day. By eating five to six small meals the body's metabolism is raised which means the body is continually burning calories. Another easy way to decrease body fat is by burning more calories than one takes in. This means that one must exercise and train hard. A consistent diet along with consistent exercise will result in decreased body fat.

Stride

Stride one of the two components that make up speed, the other being turnover rate. In the later part of the 40 stride is a critical factor. An athlete should be aware of his stride when sprinting. To run a sub 4.6 second 40 an athlete should take two strides per 5 yards from about the 20 yard mark on through the finish. At about the 15 to 20 yard mark an athlete should begin to come close to hitting two strides for five yards, after the 20 yard mark an athlete should try to hit two strides for every 5 yards, a stronger athlete will be able to further increase his stride to somewhere around two strides for 5-6 yards. If an athlete is hitting two strides for six yards at the end of the 40 he is in good shape to run a successful 40. After the 30 yard mark a younger athlete will notice that his stride is slightly decreasing. If this is the

case an athlete should concentrate on his strength training which will allow him to maintain a good stride at the end of the sprint. Note that from the 30 to the 40 yard mark athletes should not over stride because this causes an athlete to lose power. Stride length can be developed through strength training and increasing the muscle's range of motion by stretching or doing other exercises that will increase range of motion such as walking leg kicks.

Finish

The finish is one of the most important points in the 40 yard dash because an athlete can lose or gain crucial hundreds or tenths of a second. When finishing a 40 many athletes try to lean over the finish line, this is a good way to finish a race such as the 100 meters, but when running a 40 coaches do not stop the watch until the entire body has crossed the line. So by leaning over to cross the finish line athletes actually lose vital tenths of a second. The best way to finish a 40 is by running hard through the line. If you find yourself able to slow down and stop before the 50 yard mark you are probably slowing up. An athlete's momentum should take him well past the 50 yard mark. Many younger athletes think that they are finishing through the 40 yard mark however most do not. If you have access to a video camera try to tape your 40 and examine your finish. A main reason that athletes do not finish strongly is because of a lack of strength. Weight lifting will help athletes get stronger but it is not necessarily weight lifting that will solve an athletes problems when it comes to finishing a race. The best way to improve an athlete's ability to finish is by doing 50 yard sprints or even 60 yard sprints. This is an excellent way to improve an athletes finish and running strength. Conditioning also plays a vital role in an athlete's ability to finish. Such conditioning drills that will help an athlete finish are 200 yard sprints, 110 yard sprints, and even 300 yard sprints.

Drills

Speed

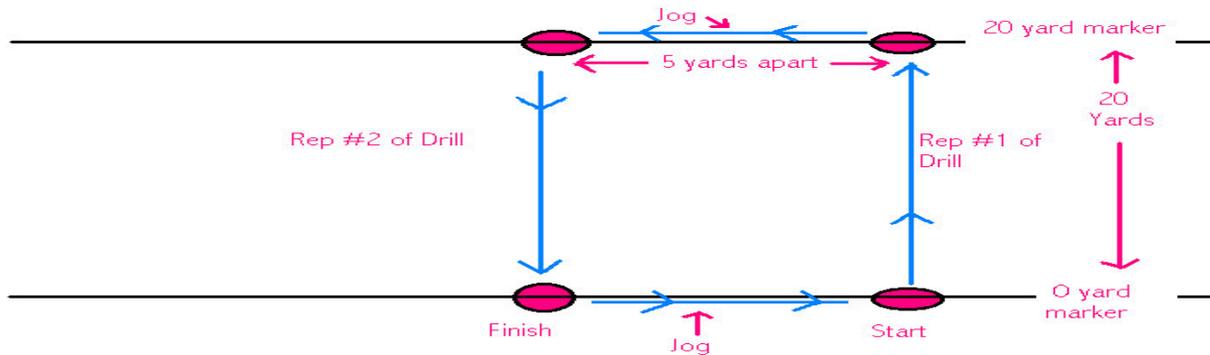
- Flying 50's (Jog 10 yards and sprint 50 yards for a total of 60 yards) 5 reps
- 50 or 60 yard sprints 10-15 reps
- 200 yard sprints (Start at the goal line sprint to the opposite goal line and back) 6 reps
- 300 yard sprints (Start in the corner of the end zone sprint all the way around field) 5 reps
- 150 yard sprints (Start in the corner of the end zone sprint to the opposite corner and then walk diagonally back to the starting point and repeat) 6 reps
- 110 yard sprints (Start at the end line and sprint to the goal line) 12 reps

Strength Training and Weight Lifting

- Squats
- Leg Curls
- Standing leg curls
- Lunges with weight
- Lunge 100 yards (NO weight) 4-12 reps (depending on other drills you are doing)
- Squat Jumps (NO Weight) 10-12 reps for 4 sets
- One legged squats (LIGHT WEIGHT)
- Front Squats (LIGHT WEIGHT)

The Dynamic Warm-Up

Set up 4 cones in a rectangular shape 20 yards by 5 yards. You should complete each drill up and back. Make sure that you never stand still or walk during the warm-up. The warm up should be quick bursts, it is not a race.



1. Strides
2. A skips
3. Quick high knees (get as many steps in as possible)
4. Quick foot hip turns
5. Slow side shuffle (pause and hold each rep)
6. High Knee Carioca
7. Tapioca
8. Slow knee drive (pause at the top of each knee drive)
9. Quick in and outs (focus on a good hit position with good knee bend)
10. Backwards in and outs
11. Straight leg drives (extend your arms forward and touch your toes to your fingers)
12. Quick shuffles
13. Backpedal strides
14. Bounds
15. Duck walks
16. Quick one legged froggers
17. Lunges
18. Fast foot fire
19. Strides

These drills should focus on fast feet and quality reps. After these drills are completed your muscles should be ready to function at a high level. If necessary stretch for 3-5 minutes.

Chapter 14 – Using the Stack I and other I formations with the DW concept. (Next update)