



ROOKIE TACKLE

CLEVELAND ROOKIE TACKLE RULE BOOK & GUIDELINES

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IMPLEMENTATION AND GAME PHILOSOPHY

Like all other forms of youth football, USA Football envisions leagues and clubs adopting the Rookie Tackle game structure and adding this offering to their league pathway. While USA Football will provide the initial game structure and rule book, we are aware it will be governed and implemented at local levels. As such, the number of players on the field may vary from six to eight to meet community needs, registration numbers or individual circumstances.

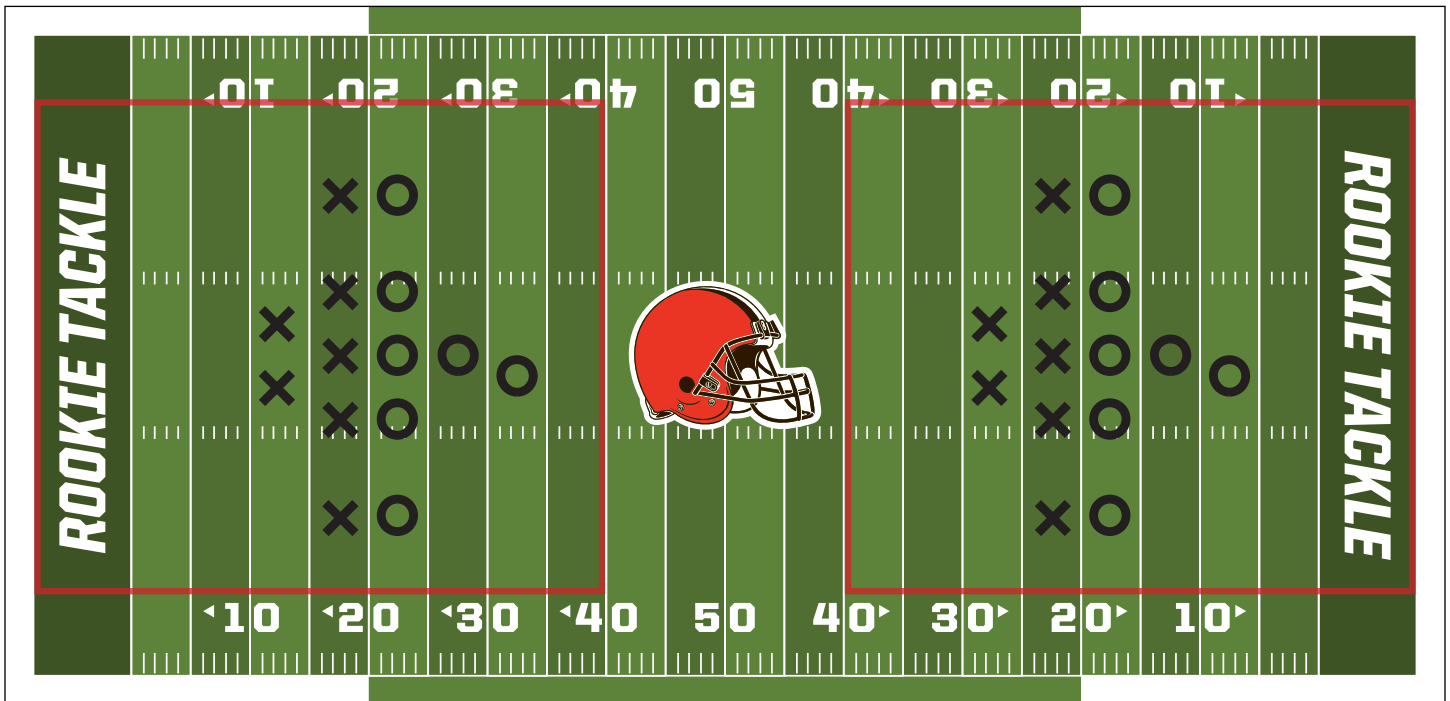
THE GOALS OF THE ROOKIE TACKLE GAME ARE:

1. All participants learn to play all positions and learn all football skills that are required by the game.
2. Maximizing player enjoyment and skill development.
3. Ensuring all players have meaningful playing time and the opportunity for improvement and success.
4. Providing a bridge between flag football and the 11-player, full-field tackle version.
5. Encouraging leagues to play on a smaller field size that is appropriately scaled to the age and skill level of the youth football player.
6. Encouraging a fast-paced game with more plays, greater activity and the promotion of fun.
7. Emphasizing fundamental skill development by isolating situations for players to showcase their abilities via formation regulations and limited field size.
8. Allowing leagues and clubs to maximize field space by playing two games at a time on one regulation-sized football field.
9. Limiting roster sizes to foster participation and provide more focused, individualized coaching attention during practice and on game day.

ROOKIE TACKLE FIELD OF PLAY

1. The playing field is 40-by-35 1/3 yards, allowing for two fields to be created on a traditional 100-yard field at the same time.
2. The sidelines extend between the inside of the numbers on a traditional football field and should be marked with cones every five yards. Use traditional pylons, if available, to mark the goal line and the back line of the end zone.
 - A. Additional cones can be placed between the five-yard stripes and in line with the inside of the numbers to further outline the playing surface if desired.
3. All possessions start at the 40-yard line going in toward the end zone.
4. This leaves a 20-yard buffer zone between the two game fields for game administration and safety purposes. Game officials, league personnel, athletic trainers and designated coaches are allowed in this space.
5. Players not in the game stand on the traditional sidelines with one or more coach to supervise.
6. First downs, down markers and the chain gang are administered in accordance with National Federation of State High School Associations (NFHS) or local rules - starting from the 40-yard line.

FIELD OF PLAY



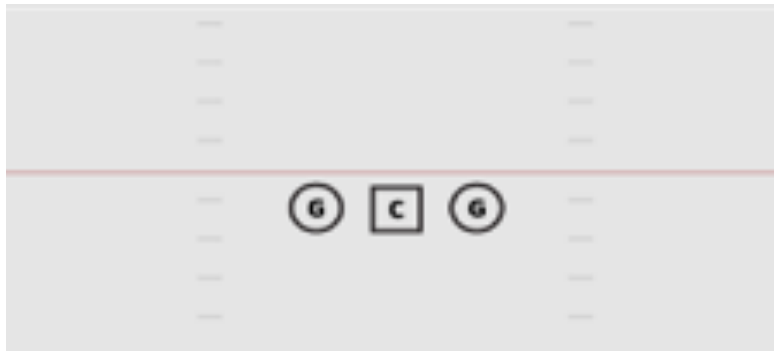
7-PLAYER RULES

ROOKIE TACKLE USES THE NFHS RULE BOOK AS A BASE AND EMPLOYS THE FOLLOWING ADJUSTMENTS FOR 7-PLAYER FOOTBALL:

1. Because of the all players, all positions, all skills philosophy, there are no restrictions on jersey numbers or player positions.
2. All game action takes place on one half of the field with all possessions starting on the 40yard line going toward the end zone.
3. A turnover on downs brings the ball back to the 40-yard line, and the teams switch sides from offense to defense, defense to offense.
4. Turnovers on interceptions or fumbles are blown dead immediately. No returns are allowed in order to protect players from running toward the 20-yard administration zone between the two fields. Play restarts on the 40-yard line with the recovering/intercepting team now on offense. There are no defensive touchdowns.
5. After each play, the ball is spotted in the middle of the field. Hash marks are not used.
6. Because of the limited field size, all 15-yard penalties are enforced as 10-yard penalties.
7. No penalty on the offense can take the ball beyond the 40-yard line to ensure the administration zone.
8. Penalties on the offense that are called and accepted on or behind the 40-yard line result in a loss of down.
9. Penalties on the offense called between the 40-yard line and the end zone in which yardage is lost, even if limited in enforcement by the 40-yard line, are enforced as written in terms of down lost or replayed.
10. There are no defensive safeties. Tackles behind the 40-yard line are spotted at the 40-yard line.
11. All personal foul penalties include an immediate substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. We call this a cooling off period.
12. All plays are blown dead and the ball is returned to the 40-yard line if an offensive ball-carrier or a fumbled ball crosses over midfield or at the official's discretion if coaches, administrators or players from the multiple fields and the dead zone area become close enough in proximity to be a concern for safety.

OFFENSIVE ADJUSTMENTS

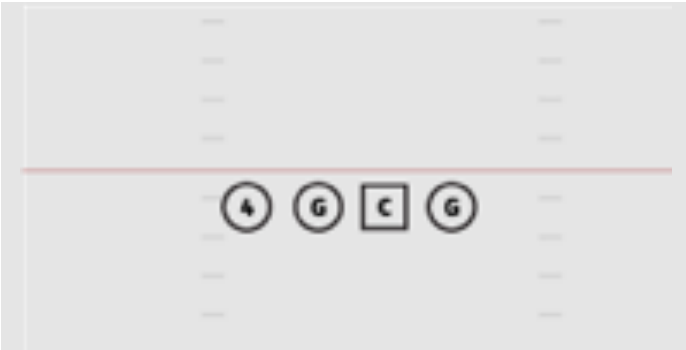
1. Each play must include three offensive linemen - a center and two guards, one on either side of the center. These players are ineligible for first touch as the receiver of a pass regardless of the numbers on their jerseys. Player rotations may result with traditional non-lineman numbers at these positions for the purpose of fundamental skill development.



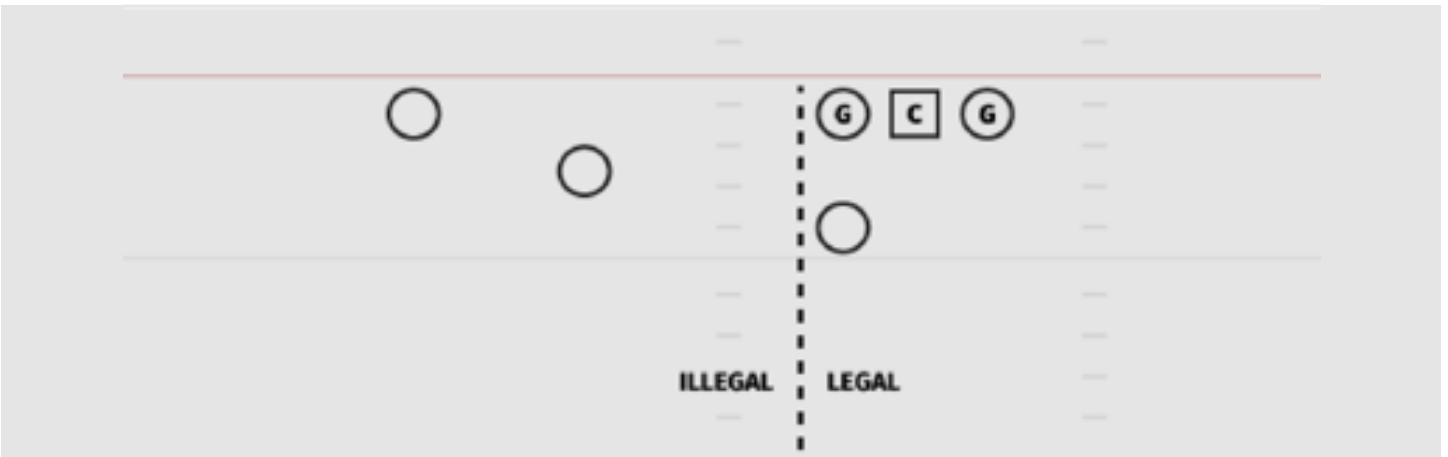
2. Guards are required to play from a two-point stance. There are no three-point stances.
3. The center may only have his or her snapping hand down.
4. The distance between a guard and center may not exceed three feet (1 yard) but may be closer.
5. Because of the all players, all positions, all skills philosophy, players should change positions during the game. Therefore:
 - A. The three offensive linemen must identify themselves on each play by raising their hands as they break the huddle and approach the line of scrimmage.
 - B. Once identified as an offensive lineman, players may not shift to another position.
 - C. All three offensive linemen are ineligible for first touch on a pass, including a guard who is uncovered by an end.
6. The quarterback-center exchange may be direct, pistol or shotgun.
7. Quarterback sneaks are prohibited in all situations because the defense is not allowed to have players aligned over the center or in the center-guard A gap.
8. The offense must have four players on the line of scrimmage. No more, no less. The fourth player can be a tight end or split end.
9. Each team must declare a minimum of 2 quarterbacks. Only one person declared as quarterback may be in backfield at any given time. Example if prior to start of game a team declares 2 quarterbacks, if they are both on field at same time one must play as a linemen (center or guards)

OFFENSIVE ADJUSTMENTS

10. The four offensive players who are not playing guard or center may be deployed in positions at the coach's discretion as long as one is on the line of scrimmage (see rule 9).



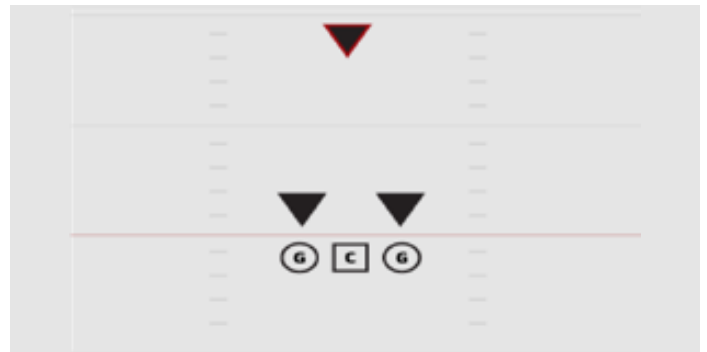
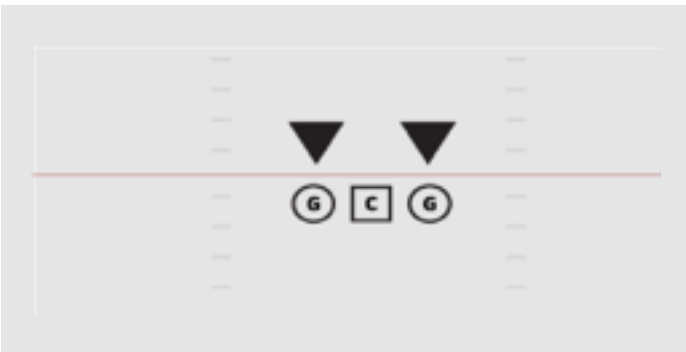
11. No trips formations are allowed.
- A. For purpose of Rookie Tackle, Trips is defined as any three players outside the guard-to-guard box



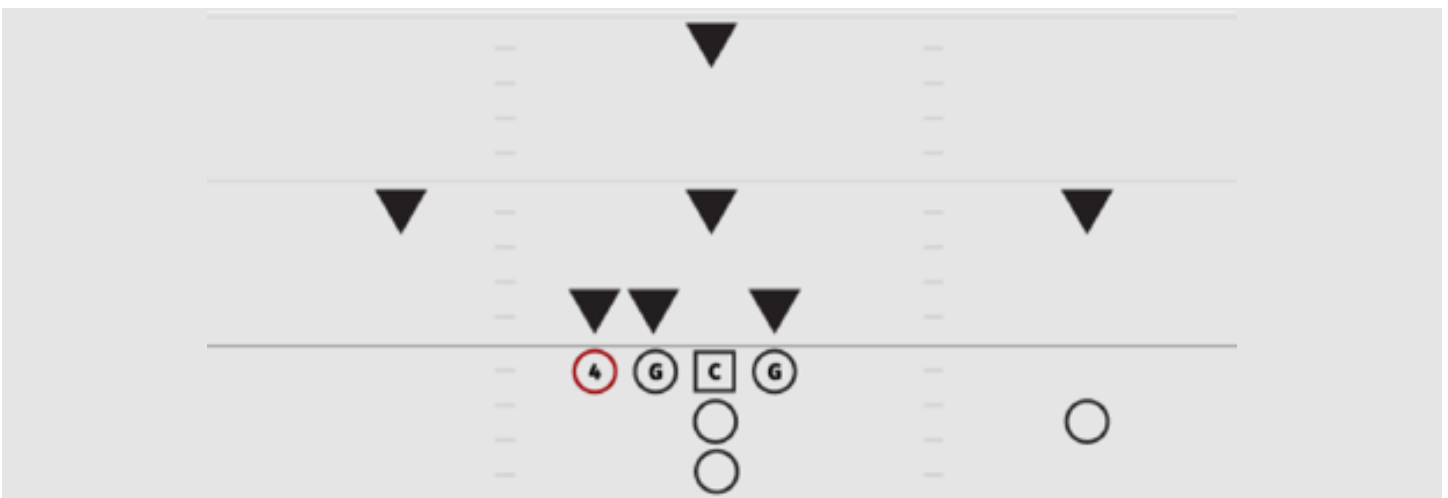
12. Motion is allowed by a backfield player as long as it does not create a trips formation.
13. All blocks below the waist, in any situation, are illegal.

DEFENSIVE ADJUSTMENTS

1. Defenses may only have two defensive linemen unless an offensive formation includes a tight end. In that case, a third defensive lineman may line up over the tight end.
2. Defensive linemen must be in a two-point stance.
3. Defensive linemen over guards must be aligned in a head up or outside shade position.
4. Players in an outside shade must always have one foot aligned inside the stance of the opposing guards



5. The defense must have one player at least 10 yards from the ball.
6. The remaining four players can be deployed at the coach's discretion but must be four yards off the line of scrimmage unless covering a tight end or split end on the line of scrimmage.
 - A. Example: If the offense aligns with its fourth line-of-scrimmage player as a tight end, then the defense may align a player directly over the tight end on the line of scrimmage to balance the running surface.
 - B. Defenses are not required to match the fourth player on the line of scrimmage but have the option to do so.



DEFENSIVE ADJUSTMENTS

1. No blitzes are allowed. Players within the box at the snap can penetrate upon the snap. Linebackers, safeties and cornerbacks (both on the line and at depth) can flow to the ball naturally after a handoff is made, but predetermining penetration to a specific gap is illegal.
 - A. The box includes offensive players who line up within two yards of the ball and on the line of scrimmage along with the defensive players lined up directly over them.
 - B. On pass plays, anyone outside the box on the snap cannot rush the quarterback and must remain behind the line of scrimmage in pass coverage.
 - C. Coaches are encouraged to be creative with their formations but not use “the box” to delay defensive penetration.
 - D. NOTE: The restriction on blitzing is intended to encourage skill development within the passing game and allow young players to execute a successful handoff with limited penetration.
2. Only one defensive lineman may advance thru the A gap.
3. If the ball is inside the 4-yard line, the four non-linemen, non-deep players may align on the goal line.

SPECIAL TEAM ADJUSTMENTS

1. There are no special teams.
2. There are no kickoff or punts.
3. Each possession starts with the ball on the 40-yard line, regardless of whether there is a score, turnover or turnover on downs.
4. There are no extra points by a kick.
5. All PATs are attempted through a run or pass try. Coaches can choose to go for one point from the 3-yard line or two points from the 5-yard line.

TIMING AND OVERTIME

1. Each game is made up of four 10-minute quarters with a running clock.
2. The option for adjusting the number of timeouts or to stop the clock on PAT tries or turnovers is a league-specific decision.
3. The first- and third-quarter breaks are two minutes to allow for water, rest, instruction and new position assignments to ensure rotations occur and players learn multiple skills.
4. Halftime is five minutes.
5. Total game time is 49 minutes, not including timeouts. This allows for each age group to be on and off the field in one hour.
6. Overtime is played only in playoff games **(if the league hosts playoffs)**.
 - A. For more information on playoffs, see the appendix and ensure that playoffs fit within the recommended number of total games per season for the age group.
 - B. This may limit the number of regular season games played by a league.
 - C. To ensure equal playing and individual development opportunities for all players, consolation rounds should be played by those leagues that host playoffs.

SCORING

1. Offensive touchdowns are worth six points.
2. PATs are the coach's choice to attempt a one-point try from the 3-yard line or a two-point try from the 5-yard line.
3. With no special teams, there are no field goal attempts.
4. There are no defensive touchdowns as all turnovers are blown dead immediately. No returns are allowed to limit play back in the direction of the administrative zone.
5. There are no two-point defensive safeties. All tackles behind the 40-yard line result in a loss of down, but the offense retains the ball, and the ball is re-spotted at the 40-yard line to preserve the administrative zone.

TEAM ROSTERS - LINEUPS

1. Rosters limits should therefore be set to 10 - 14 players in accordance with league adoption. This roster size ensures all players achieve meaningful playing time and is more manageable for the coach. Players should be rotated not only between offense and defense but among both line and backfield positions during the course of a game.
2. USA Football recognizes that body size alone is not the determining factor of on-field success and therefore coaches should look to ensure competitive matchups by a blend of body size, speed, temperament, skills and ability.
3. These rules should act to guide opposing teams' coaches in a partnership of providing the best developmental experience for players, not to be exploited in order for coaches to scheme favorable matchups in search of victory.
4. Prior to start of each game, coaches are required to exchange "lineup" cards. Each card should display the player rotation by player number for each position for each quarter on both offense and defense. The intent of ROOKIE Tackle is to ensure each player has opportunity to play skilled and line positions. Quarterbacks cannot play consecutive quarters. Skilled position players should rotate to line positions each quarter.

QUARTERS	1	2	3	4
QB	7	14	12	10
RB	30	32	42	7
RB	45	37	88	99
RECEIVER	12	99	32	45
LINE	14	42	99	88
LINE	32	30	7	14
CENTER	37	45	10	12
OFFENSE				

QUARTERS	1	2	3	4
RIGHT TACKLE	42	12	42	99
LEFT TACKLE	30	10	30	12
RIGHT ILB	99	7	88	88
LEFT ILB	12	14	7	7
RIGHT CORNER	88	32	45	10
LEFT CORNER	7	99	14	14
SAFETY	10	37	37	32
DEFENSE				

PARTICIPATION BEST PRACTICES

1. USA Football Rookie Tackle coaches will be trained to teach the fundamentals of every position with the aim to rotate players to sample a variety of positions throughout the course of the season. The goal of the 7- player bridge game is to introduce players to contact skills of blocking and tackling while building off of the flag football model of multi-position skill development. To accomplish this, “all player, all positions, all skills” remains the focus for coaches in this introduction to tackle football.
2. USA Football recommends that team rosters be set at two times the game format being played.
3. Mismatches in ability levels should be identified early on in the game and changes made as soon as possible to ensure competitive balance. Coaches are encouraged to keep players at an assigned position for the duration of the quarter and rotate on the quarter break. Athletes are not to be situationally shifted from line to skill positions during the quarter when a key moment occurs.
4. Fourth- and fifth-grade age levels of Rookie Tackle football can adopt the Junior Tackle Football rules of assigning two position each on offense and defense - either the line or backfield - with the all players, all positions mandate lifted. This rule change is allowed at the older age groups as this group, by age, could qualify for Junior Tackle and could be playing under Rookie Tackle rules because of league structure, organizational size or other factors

COACHES

1. Each team is allowed one coach in the huddle and on the field at all times to facilitate instruction, faster play calling, to keep the speed of the game and activity levels high. Once the huddle is broken, the on-field coach may and should assist the officials in alignment issues as the goal of the game is development, not persistent penalties.
2. After the huddle is broken, though, there is to be no extra instruction, audibles or changing of plays allowed. Extra instruction after the huddle break will result in one (1) warning, and any continued infractions will result in a 5-yard penalty. This rule is enforced per team, not per individual coach.
3. Teams have the option to rotate which coaches are on the field at any time.
4. Remaining coaches and players must be on STANDARD HIGH SCHOOL out of bounds lines

RECOMMENDED SEASON LENGTH AND GAMES PER SEASON

1. Rookie Tackle football is designed to be fall-only seasons with a maximum of 10 games per season. There should be a minimum of five days off between games to allow for adequate rest, recovery and practice time dedicated to fundamental skill development and learning the game.
2. A league that incorporates playoffs into its yearly calendar must adjust the number of regular season games as well as preseason scrimmages so the total does not exceed 10 competitions. Leagues that host playoffs should also consider hosting consolation rounds so that all members of all teams receive the same number of games and opportunity for development.

WEEKLY PRACTICES AND CONTACT LIMITS

1. Rookie Tackle, regardless of the format and number of players, should limit preseason practices to three per week with no two-a-days. After an acclimatization period is conducted, full-contact drills (defined as Thud and Live Action by USA Football's Levels of Contact) should be limited to 30 minutes per practice for no more than 90 minutes total per week.
2. During the regular season and playoffs, practice is reduced to a maximum of two per week to accommodate the game with each practice having a full-contact limit of 30 minutes and not exceeding 60 minutes per week.

****THE PRECEDING REPRESENTS PRACTICE AND IMPLEMENTATION GUIDELINES BASED ON OUR CURRENT LEVEL OF KNOWLEDGE. RECOMMENDATIONS ARE SUBJECT TO CHANGE AT THE CONCLUSION OF THE 2017 TESTING PERIOD TO ACCOMMODATE KEY ACADEMIC LEARNING FROM THE RIGOROUS**

THE IMPORTANCE OF PRACTICE

1. Designing quality practice is the most basic of all coaching activities and essential for optimal learning of skills and game tactics along with physical and mental conditioning.
2. A quality practice nurtures athlete motivation and maximizes skill development.
3. Some athletes are not motivated by practice and will complain about it and give poor effort during practice thinking they should save energy for competition.
4. One of the primary reasons athletes think this way and devalue practice is because they have experienced poorly designed practice sessions.

1. Fundamentals before creativity
2. Use variety
3. Teach new material at start of practice
4. Quick transitions between activities
5. Increase complexity from practice to practice
6. Conditioning for learning
7. End on a positive note
8. Avoid altering the plan during the lesson

PRACTICE GUIDELINES: FREQUENCY AND DURATION BY AGE GROUP

AGE GROUP	NUMBER OF PRACTICES	DURATION OF EACH PRACTICE
Less than 10 years old	2 days per week	60 to 90 minutes
Less than 12 years old	2 to 3 days per week	75 to 90 minutes
Less than 14 years old	3 days per week	75 to 90 minutes

“Long practices are neither desirable nor particularly beneficial.”

NFL Coach Tom Coughlin One of the most common errors is practice sessions run too long.

This leads to a loss of focus. Replace “How will I fill the practice time?” with “How can I use the least amount of practice time in the most efficient way?”

COACHING CONTACT SKILLS

BLOCKING

1. Body position. Correct body position leads to safer contact. Poor body position can make the head and neck vulnerable to injury
2. Aiming points. The head should never be used to initiate the block. Disciplined eyes give blockers the correct aiming point and direction of movement to initiate contact.
3. Strike. Strike the opponent with the hands or surface (front of shoulder, top of upper arm and forearm) when making all blocks. Never strike with the helmet or facemask.
4. Gain movement. Use the snap of hips and continue footwork through contact to move the defender on run blocks or stop his charge and stay in-front of him on pass protection.

SHOULDER TACKLING

1. Dominate your leverage. Depending on the position on the field and play call, players will either be assigned an inside-out or outside-in responsibility. They will dominate this leverage by tracking the near hip and eliminate the ball-carrier's ability to run in the other direction.
2. Swoop to near foot position. As players enter the contact area, they will shorten their stride, lower their centers of gravity and get the leverage foot forward to prepare for contact.
3. Shoulder tackle: Athletes tackle with their shoulders, making contact at the proper aim point for the type of tackle being executed. Players keep their heads to the leverage side and make contact with near foot and near shoulder.
4. Wrap, squeeze, finish. On contact, all players secure the tackle, squeeze the ball-carrier and finish the tackle. The finish could be "drive for five" or a roll depending on the type of tackle.

GENERAL TEMPLATE FOR PRACTICE

GENERAL TEMPLATE FOR PRACTICE

1. Overview and life skill - 2 to 5 minutes
2. Warm up/athletic development - 10 minutes
3. Water break - 2 minutes (small groups)
4. Individual skill period - 40 minutes
5. Center/QB exchange - 5 minutes
6. QB/RB handoff - 5 minutes
7. QB/RB pitch - 5 minutes
8. Passing and receiving - 10 minutes
9. Tackling circuit - 10 minutes
10. Water break - 2 minutes (small groups)
11. Team period - 30 minutes
12. Offensive formations - 10 minutes
14. Competition - 20 minutes
15. Review and life skill - 5 minutes

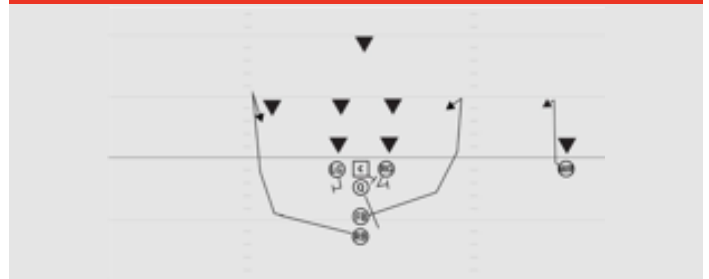
SAMPLE PLAYS AND FORMATIONS

ROOKIE TACKLE 7-PLAYER PRO ALL CURL LEFT



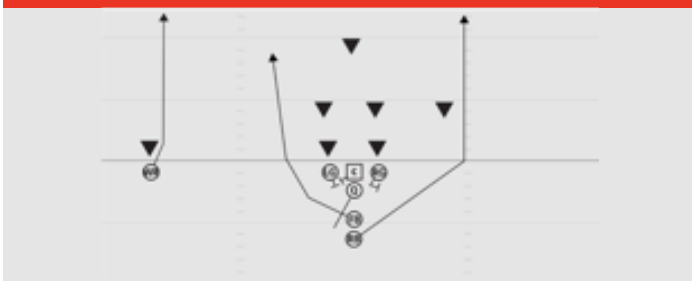
- WR 5 - yard Curl
- LG Big on the big pass protection
- C Pass protection, help with any inside rush
- RG Big on big pass protection
- Q 3 - step drop
- FB Release playside, 5 yard Curl on the hash
- RB Release opposite playside, 5 yard Curl on the hash

ROOKIE TACKLE 7-PLAYER PRO ALL CURL RIGHT



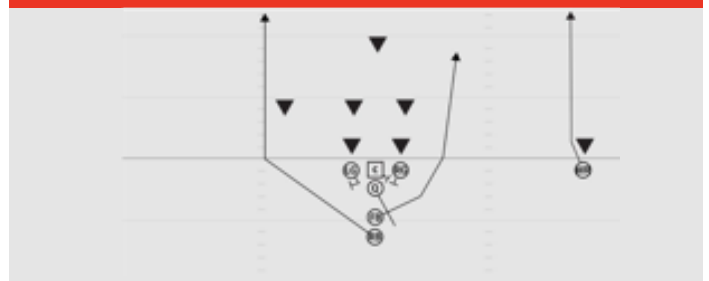
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- WR Release opposite playside, 5 - yard Curl on the hash

ROOKIE TACKLE 7-PLAYER PRO ALL GO LEFT



- WR Inside release, Go route staying between numbers and hash
- LG Big on the big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- Q 5 - step drop
- FB Release playside, Seam route staying inside the hash
- RB Release opposite playside, Seam route aiming down the hash

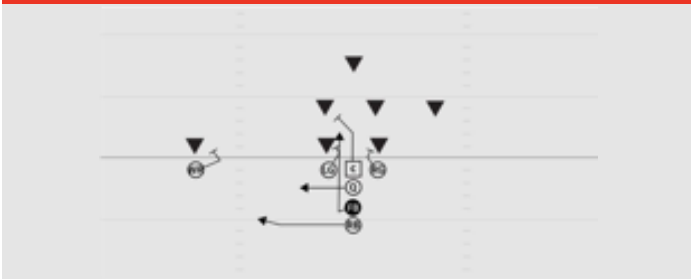
ROOKIE TACKLE 7-PLAYER PRO ALL GO RIGHT



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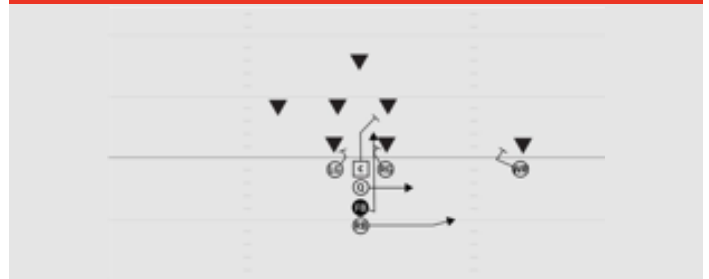
SAMPLE PLAYS AND FORMATIONS

ROOKIE TACKLE 7-PLAYER PRO DIVE LEFT



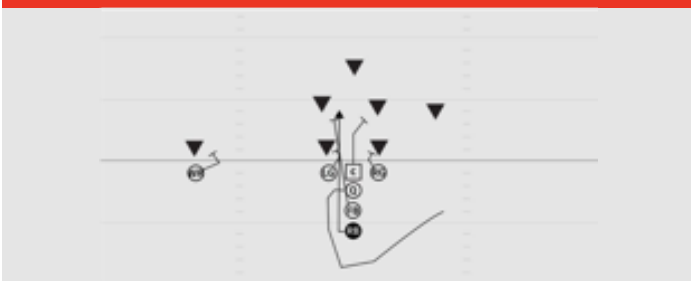
- WR Stalk block cornerback
- LG Drive block inside half of defensive lineman
- C Drive block most dangerous linebacker
- RG Scoop block defensive lineman
- Q Open playside, give dive hand-off, attack down line of scrimmage
- FB One lateral step and attack the A gap
- RB Fake sweep

ROOKIE TACKLE 7-PLAYER PRO DIVE RIGHT



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ROOKIE TACKLE 7-PLAYER PRO ISO LEFT



- WR Stalk block cornerback
- LG Drive block inside half of defensive lineman
- C Drive block linebacker away from play call
- RG Scoop block defensive lineman
- Q Open playside, hand-off to second player through (RB), continue with bootleg fake
- FB Lead back playside linebacker
- RB One lateral step, attack A gap and read FB's block

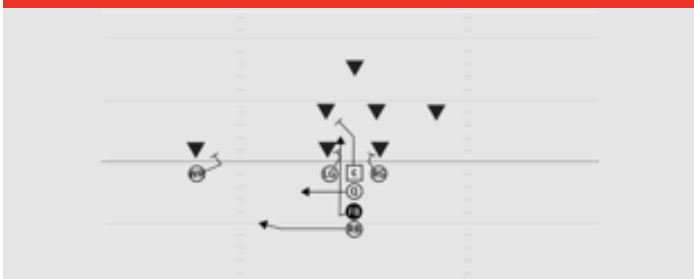
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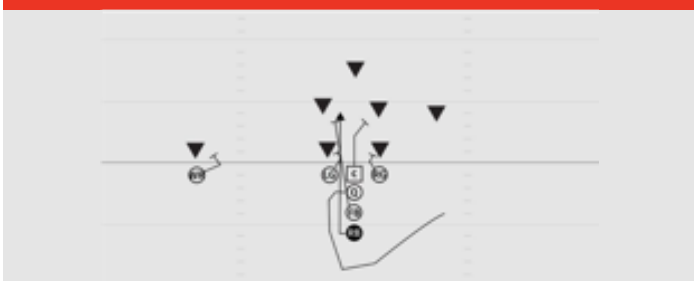
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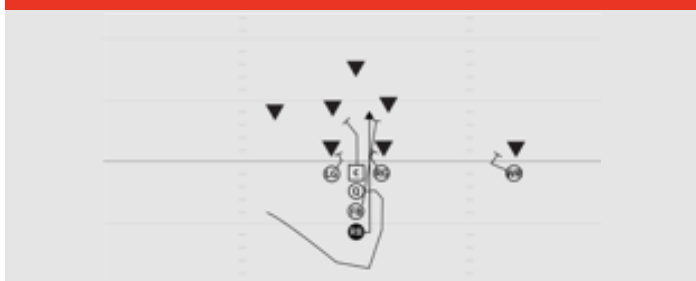
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- FB Lead back playside linebacker
- RB One lateral step, attack A gap and read FB's block

ROOKIE TACKLE 7-PLAYER PRO SWING LEFT



- WR 3 - yard slant route
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- Q 3 - step drop
- RB Swing route playside
- FB Swing route opposite playside

ROOKIE TACKLE 7-PLAYER PRO SWING RIGHT



- WR 3 - yard Slant route
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- Q 3 - step drop
- RB Swing route playside
- FB Swing route opposite playside

ROOKIE TACKLE 7-PLAYER PRO TOSS LEFT



- WR Stalk block cornerback
- RG Reach block defensive lineman
- C Cut-off block backside linebacker
- LG Scoop block defensive lineman
- Q Reverse pivot out and toss to RB
- FB Lead around the edge and block most dangerous
- RB Bucket step, gain width and shoulders square, secure pitch and follow FB

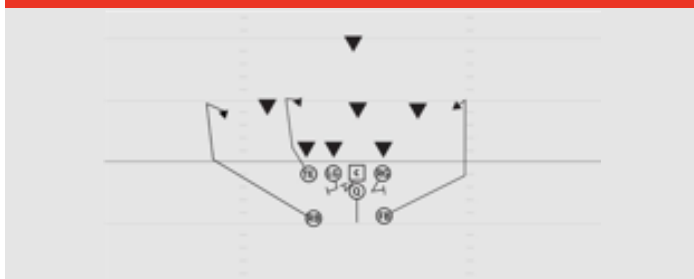
SAMPLE PLAYS AND FORMATIONS

ROOKIE TACKLE 7-PLAYER PRO TOSS RIGHT



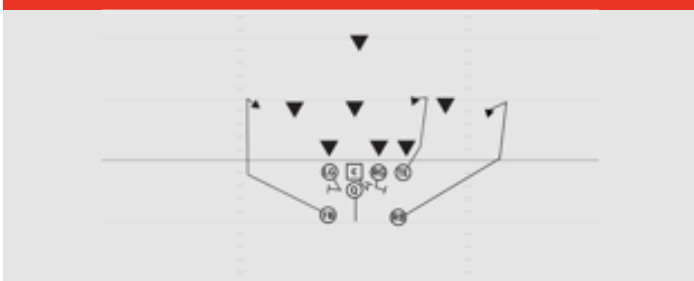
- WR Stalk block cornerback
- RG Reach block defensive lineman
- C Cut-off block backside linebacker
- LG Scoop block defensive lineman
- Q Reverse pivot out and toss to RB
- FB Lead around the edge and block most dangerous
- RB Bucket step, gain width and shoulders square, secure pitch and follow FB

ROOKIE TACKLE 7-PLAYER TIGHT ALL CURL LEFT



- TE 5 - yard curl route inside widest defender
- LG Big on big pass protection
- C Pass protection, help on inside rush
- RG Big on big pass protection
- RB 5 - yard curl route aiming between number and hash
- FB 5 - yard curl route aiming between number and hash Q 3 step drop

ROOKIE TACKLE 7-PLAYER TIGHT ALL CURL RIGHT



- TE 5 - yard curl route inside widest defender
- LG Big on big pass protection
- C Pass protection, help on inside rush
- RG Big on big pass protection
- RB 5 - yard curl route aiming between number and hash
- FB 5 - yard curl route aiming between number and hash Q 3 - step drop

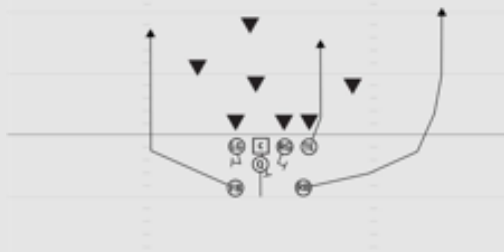
ROOKIE TACKLE 7-PLAYER TIGHT ALL GO LEFT



- TE Outside release, Seam route
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- RB Go aiming between number and hash
- FB Go route aiming down hash Q - 5 step drop

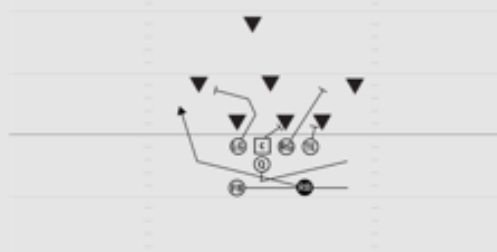
SAMPLE PLAYS AND FORMATIONS

ROOKIE TACKLE 7-PLAYER TIGHT ALL GO RIGHT



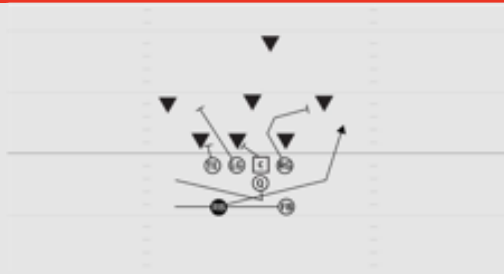
- TE Outside release, Seam route
- RG Big on big pass protection
- C Pass protection, help on any inside rush
- LG Big on big pass protection
- RB Go aiming between number and hash
- FB Go route aiming down hash 5 - step drop

ROOKIE TACKLE 7-PLAYER TIGHT CROSS LEFT



- LG Inside release, work back out to widest defender
- C Block back on defensive lineman
- RG Inside release to widest linebacker to that side
- TE Base block defensive lineman
- RB Delay one second to let play develop, take path between QB and FB, attack edge around unblocked defensive lineman and read LG block
- FB Fake sweep
- Q Open deep, fake sweep outside hand-off to RB

ROOKIE TACKLE 7-PLAYER TIGHT CROSS RIGHT



- RG Inside release, work back out to widest defender
- C Block back on defensive lineman
- LG Inside release to widest linebacker to that side
- TE Base block defensive lineman
- RB Delay one second to let play develop, take path between QB and FB, attack edge around unblocked defensive lineman and read LG block
- FB Fake sweep
- Q Open deep, fake sweep outside hand-off to RB

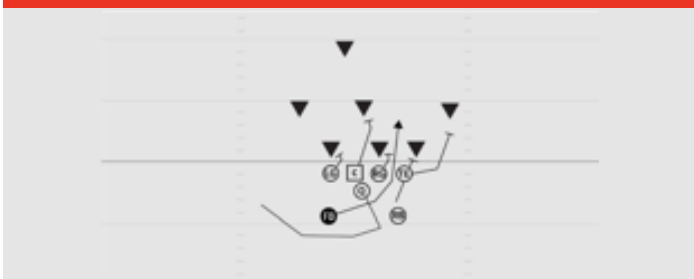
ROOKIE TACKLE 7-PLAYER TIGHT KICKOUT LEFT



- TE Arc release to widest defender
- LG Reach block defensive lineman
- C Reach block middle linebacker
- RG Scoop block defensive lineman
- FB Attack B gap behind RB's kickout block
- RB Kickout widest defensive lineman
- Q Open playside, continue on bootleg fake

SAMPLE PLAYS AND FORMATIONS

ROOKIE TACKLE 7-PLAYER TIGHT KICKOUT RIGHT



- TE Arc release to widest defender
- RG Reach block defensive lineman
- C Reach block middle linebacker
- LG Scoop block defensive lineman
- FB Attack B gap behind RB's kickout block
- RB Kickout widest defensive lineman
- Q Open playside, continue on bootleg fake

ROOKIE TACKLE 7-PLAYER TIGHT SWEEP LEFT



- LG Reach block defensive lineman
- C Reach block middle linebacker
- RG Scoop block defensive lineman
- TE Scoop block defensive lineman
- RB Lateral path across formation, receive hand-off and follow FB
- FB Lead around the corner and block the most dangerous defender
- Q Open deep and give flat hand-off to RB

ROOKIE TACKLE 7-PLAYER TIGHT SWEEP RIGHT



- LG Reach block defensive lineman
- C Reach block middle linebacker
- RG Scoop block defensive lineman
- TE Scoop block defensive lineman
- RB Lateral path across formation, receive hand-off and follow FB
- FB Lead around the corner and block the most dangerous defender
- Q Open deep and give flat hand-off to RB

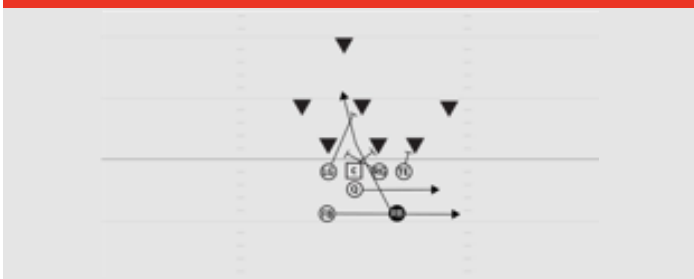
ROOKIE TACKLE 7-PLAYER TIGHT TRAP LEFT



- RG Inside release, drive block middle linebacker
- C Block back on defensive lineman
- LG Trap block playside defensive lineman
- TE Base block defensive lineman
- RB Pause one second to time up with puller, attack A gap behind trap block
- FB Fake sweep
- Q Fake sweep down the line and give inside hand-off to RB

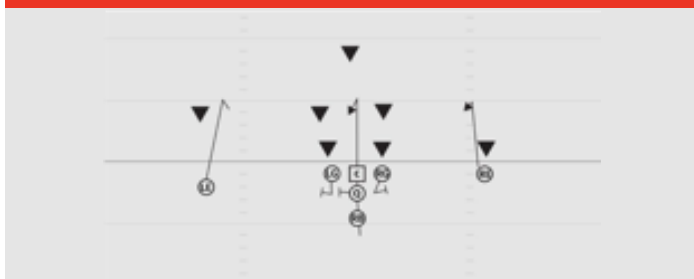
SAMPLE PLAYS AND FORMATIONS

ROOKIE TACKLE 7-PLAYER TIGHT TRAP RIGHT



- LG Inside release, drive block middle linebacker
- C Block back on defensive lineman
- RG Trap block playside defensive lineman
- TE Base block defensive lineman
- RB Pause one second to time up with puller, attack A gap behind trap block
- FB Fake sweep
- Q Fake sweep down the line and give inside hand-off to RB

ROOKIE TACKLE 7-PLAYER SPREAD ALL CURL



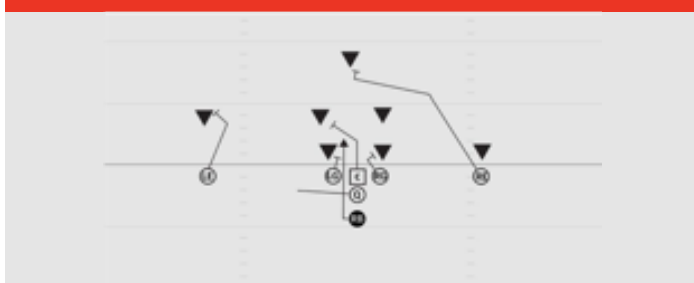
- LE 5 - yard Curl route
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- RE 5 - yard Curl route
- RB Release through the line, 5 - yard Curl route
- Q 3 - step drop

ROOKIE TACKLE 7-PLAYER SPREAD ALL GO



- LE Outside release, Go route
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- RE Outside release, Go route
- Q 5 - step drop
- RB Release through the line, middle of the field. Go route

ROOKIE TACKLE 7-PLAYER SPREAD DIVE LEFT



- LE Stalk block cornerback
- LG Drive block most dangerous lineman
- C Drive block most dangerous linebacker
- RG Scoop block defensive lineman
- RE Inside release work to block deep safety
- Q Open playside, dive hand-off, continue fake down the line
- RB One lateral step, attack A gap, follow C's block

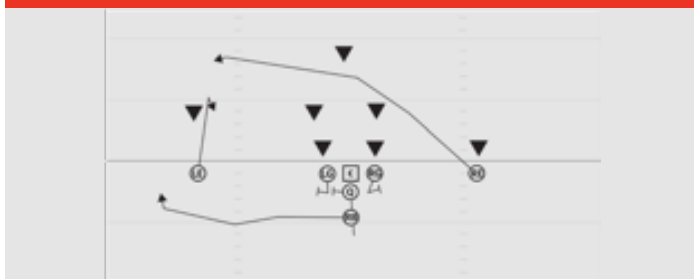
SAMPLE PLAYS AND FORMATIONS

ROOKIE TACKLE 7-PLAYER SPREAD DIVE RIGHT



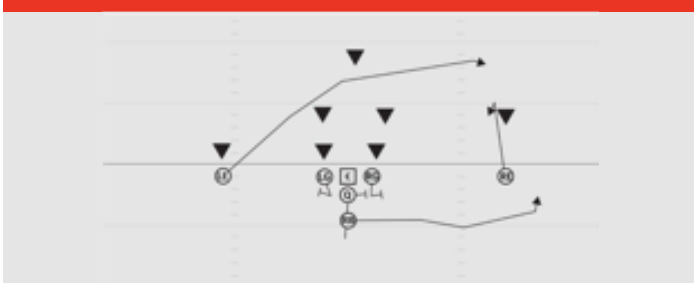
- LE Stalk block cornerback
- RG Drive block inside half of defensive lineman
- C Drive block most dangerous linebacker
- LG Scoop block defensive lineman
- RG Inside release work to block deep safety
- Q Open playside, dive hand-off, continue fake down the line
- RB One lateral step, attack A gap, follow C's block

ROOKIE TACKLE 7-PLAYER SPREAD FLOOD LEFT



- LE 5 - yard Curl route
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- RE Crossing route working to 8 yards deep
- Q 5 - step drop
- RB Swing route playside

ROOKIE TACKLE 7-PLAYER SPREAD FLOOD RIGHT



- RE 5 - yard Curl route
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- LE Crossing route working to 8 yards deep
- Q 5 - step drop
- RB Swing route playside

ROOKIE TACKLE 7-PLAYER SPREAD STRETCH LEFT



- LE Stalk block cornerback
- LG Reach block defensive lineman
- C Reach block playside linebacker
- RG Inside release, cut-off block backside linebacker
- RE Inside release, work to block deep safety
- Q Open deep playside, continue bootleg fake after hand-off
- RB Attack outside edge of LG, read block

SAMPLE PLAYS AND FORMATIONS

ROOKIE TACKLE 7-PLAYER SPREAD STRETCH RIGHT



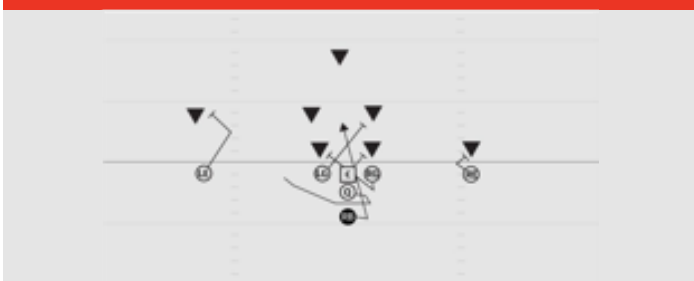
- RE Stalk block cornerback
- RG Reach block defensive lineman
- C Reach block playside linebacker
- LG Inside release, cut-off block backside linebacker
- LE Inside release, work to block deep safety
- Q Open deep playside, continue bootleg fake after hand-off
- RB Attack outside edge of LG, read block

ROOKIE TACKLE 7-PLAYER SPREAD TRAP LEFT



- LE Stalk block cornerback
- LG Trap block defensive lineman
- C Block back on defensive lineman
- RG Inside release for most dangerous linebacker
- RE Stalk block cornerback
- Q Open playside, bootleg fake after hand-off
- RB Lateral step to time up with puller, follow Guard into the hole

ROOKIE TACKLE 7-PLAYER SPREAD TRAP RIGHT



- RE Stalk block cornerback
- RG Trap block defensive lineman
- C Block block defensive lineman
- LG Inside release for most dangerous linebacker
- LE Stalk block cornerback
- Q Open playside, bootleg fake after hand-off
- RB Lateral step to time up with puller, follow Guard into the hole



USA Football believes in the passion, intensity, joy, confidence and sense of community football brings to those who play, coach and love it. From practice to playoffs, we work to make the game better and safer, ensuring that nothing stands in the way of a player's excitement for the sport.

We evolve and grow the sport through innovative standards and best practices to advance coach and player development, participation and safety within the fun of the game and its inherent values. As the sport's national governing body and member of the U.S. Olympic Committee, USA Football partners with leaders in medicine, child advocacy and athletics to support positive football experiences for youth, high school and other amateur players.

Our dedication to football pushes us to provide the best certifications, resources and programs, keeping the spirit and integrity of the game alive for the millions of athletes who enjoy the fun and benefit of playing.

Are you making the sport of football better and safer?

Heads Up FootballSM is an important program making a positive difference in how youth football coaches are trained, fundamentals are taught and player safety is addressed. Heads Up Football was created by USA Football, the official football development partner of the National Football League and the Cleveland Browns. Heads Up Football certified coaches will lead the camp you are attending. To find out how your league can become a Heads Up Football league, visit www.usafootball.com/headsup.

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