

# Stateline Comets Middleweights Offensive Playbook 2006



## ELEMENTS OF THE OFFENSE

**Formations (see slide #4)** – There are only 2 basic formations: **TIGHT** (Unbalanced Single Wing) and **SPREAD** (Unbalanced Shotgun) are the only formations. The QB is never under center. The FB is always the Left Slot in Spread and can Left or Right in Tight. There are 6 points of attack (POA's) which identify where the running plays are going and the blocking scheme. The POA numbers go in order (1-6) from left to right. In Spread, the spacing of the WR's is Ends at 8 yards from the interior line and the WB/FB 2-4 yards inside the End and 1-2 yards deep (the WR's must cheat inside as far as necessary when they need to execute crack back blocks). The line splits are 2 feet or less in Spread and zero splits in Tight. All backs and ends are in 2 point stances in Spread. The Ends, WB & FB are in 3 point stances in Tight. The TB sets up square to the LOS, Straddling the left foot of the C, at a depth of 3 - 3½ yards. QB lines up in a square straddling the left foot of the IG. The toes of the QB's lead left foot are aligned with TB's heels or slightly deeper. The precise positioning and depth of the backs is adjusted (as well as the cadence) to perfect the timing of the plays.

**Play Series.** The **4 series** we incorporate combine a power and misdirection rushing attack, along with play action passes. They are: **POWER, SPIN, WING and RIDE.** We also have 6 Quick Shotgun Pass Plays

**The BIG 10** There are 39 plays in this playbook and many more in our archives, but 10 plays are essential to success. All are from Tight formation. These 10 plays have been our most successful plays over the past 5 seasons. These plays must be mastered before any others are put into the offense. They represent a complete offense, with the ability to attack anywhere along the defensive front with power and deception. The BIG 10 are: Power 5, Power 4, Power 2, Power 6 Pass, Spin FB 4, Wing 5, Wing 4, Wing 1, Motion 2 and Motion 2 Pass. The Slide Titles of the BIG 10 plays are in **RED**.

**Cadence** – After each play the players will quickly get to their positions in the huddle. The player assigned to bring the play in says the play name. The QB repeats the play and the count twice in the huddle. The C goes to the ball after the 1<sup>st</sup> call. After the 2<sup>nd</sup> repetition, the QB yells “Ready” and everyone answers “Break”, clapping as they break the huddle and hustle to their positions. The linemen position themselves with proper spacing from the inside out. As soon as all the players are in position, the **TB** will begin the cadence. If there is no motion on the play, the TB will just yell “GO!”. If there is motion on the play, the TB will yell “SET!...GO!” in rhythm and the WB or FB will start their motion on “SET!”. The QB must stretch or shorten his call of “SET!...GO!” to allow the back in motion to get into the proper position for the play. The timing of the cadence and motion is critical. GO! And SET!...GO! Are the only snap counts we ever use (other than a shift designed to draw the defense offside).

**FB and WB Motion** – FB's and WB's go in motion quickly and run full speed. Again, the timing of the cadence and motion is critical. For this reason, it will be necessary for the FB's and WB's work with the TB's on timing of cadence and motion. during nearly every practice .

# POAs and Blocking Schemes for Running Plays

The POA determines the blocking scheme. The way we block each POA is listed below. There is only one blocking scheme for each POA number (with a few exceptions) regardless of the play call. Aside from the Wedge plays (4's), every play is blocked with essentially the same general scheme, which is: Down Block the Playside, Reach Block the Weakside, and overrun the POA with as many lead blockers as possible.

**1 – is a weakside (left) sweep.** The QT and C down block. The PT reaches to close the gap. The IG and OG pull and cut off pursuit. In Spread, the FB cracks back on the contain man and QE cuts off pursuit at level 2 (crackback on LB/DB). In Tight the QE down blocks and FB the lead blocks wide. The PE runs directly at the position of the middle safety in Cover 3. On Spin 1 plays, the QB completes his spin and seals the backside outside of the PT. The TB sells run opposite. Wing 1 is an exception to all rules (see Slide #34).

**2 – is a weakside off tackle play.** The QE, QT and C down block. The PT reaches to close the gap. The IG and OG pull and lead block. The FB kicks out the contain man. The PE reaches down 2 positions. The QB seals the backside outside of the PE's block. On Power TB 2 and Motion 2, the WB and QB lead through the POA.

**3 – is a weakside trap play.** The QT and C down block. The PT reaches to close the gap. (Notice the pattern for these positions). In Spread, the IG pulls and traps the first man outside of the QT's block. In Tight he lead blocks through the outside of the POA, looking for blocks from the outside in. The OG pulls and lead blocks through the POA, except on Power FB 3 where he reaches. In Spread, the FB and QE establish inside position to cut off the DBs coming from the outside, except that on the U3 they crack back on the first man inside. The PE runs directly at the position of the middle safety in Cover 3 (another pattern here). The TB and WB sell sweep right and left on Spin 3.

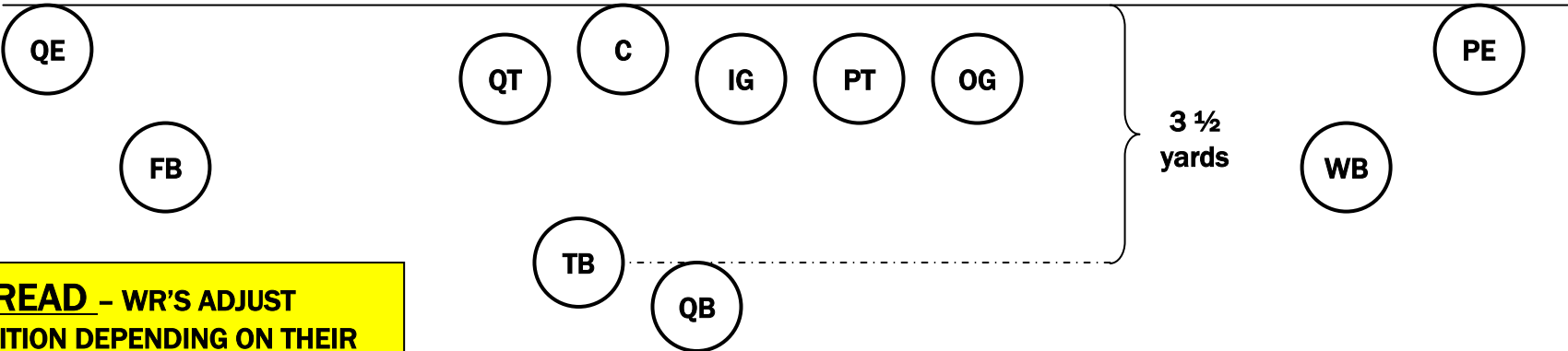
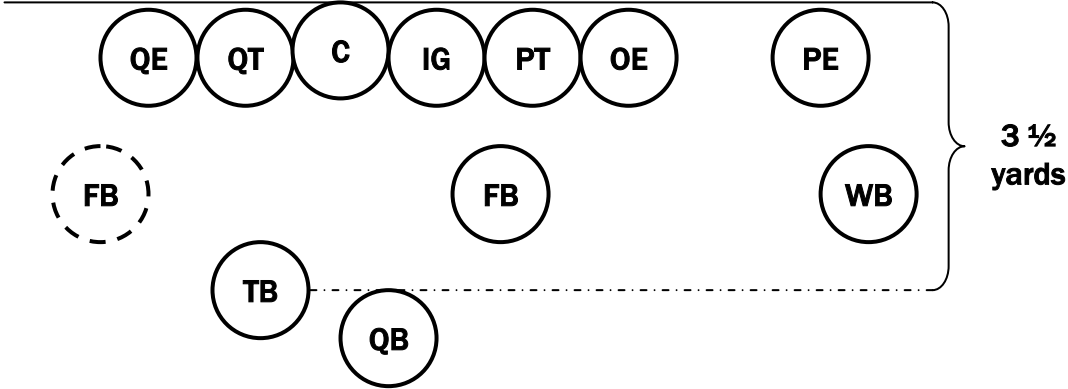
**4 – is a wedge.** Wedge blocking is a team technique that is very easy to learn. The specific technique is covered on Slide #47. The most important thing is that all the blockers in the wedge have to stay together, push forward as a group and overrun the POA.

**5 – is a strongside off tackle play.** The PT and OG down block (PT is closing the gap as always for IG pull). In tight, the PE takes a 1-2 yard split and down blocks. The C reaches to close the gap. In spread, the QT either does a short pull and turns back to cut off pinching defenders or (on Ride 5) pulls and lead blocks. On Ride 3, the QT pulls and leads through the POA. In tight, the QT reaches and the QE does the short pull. The IG pulls and lead blocks on the Power 5. The IG pulls and kicks out the contain man on other 5 plays. In Spread, the PE establishes inside position to cut off the DBs coming from the outside and the QE runs directly at the position of the middle safety in Cover 3. The backs assignments vary by series.

**6 – is a strongside sweep.** The PT and OG down block. The C reaches to close the gap. The QT does a short pull and turns back to cut off pinching defenders (again, notice the pattern). The IG pulls and cuts off pursuit. The WB cracks back on the contain man. In Spread, the PE cuts off pursuit at level 2 (crackback on LB/DB). In Tight, the PE down blocks. The FB and QB lead block. The QE runs directly at the position of the middle safety in Cover 3.

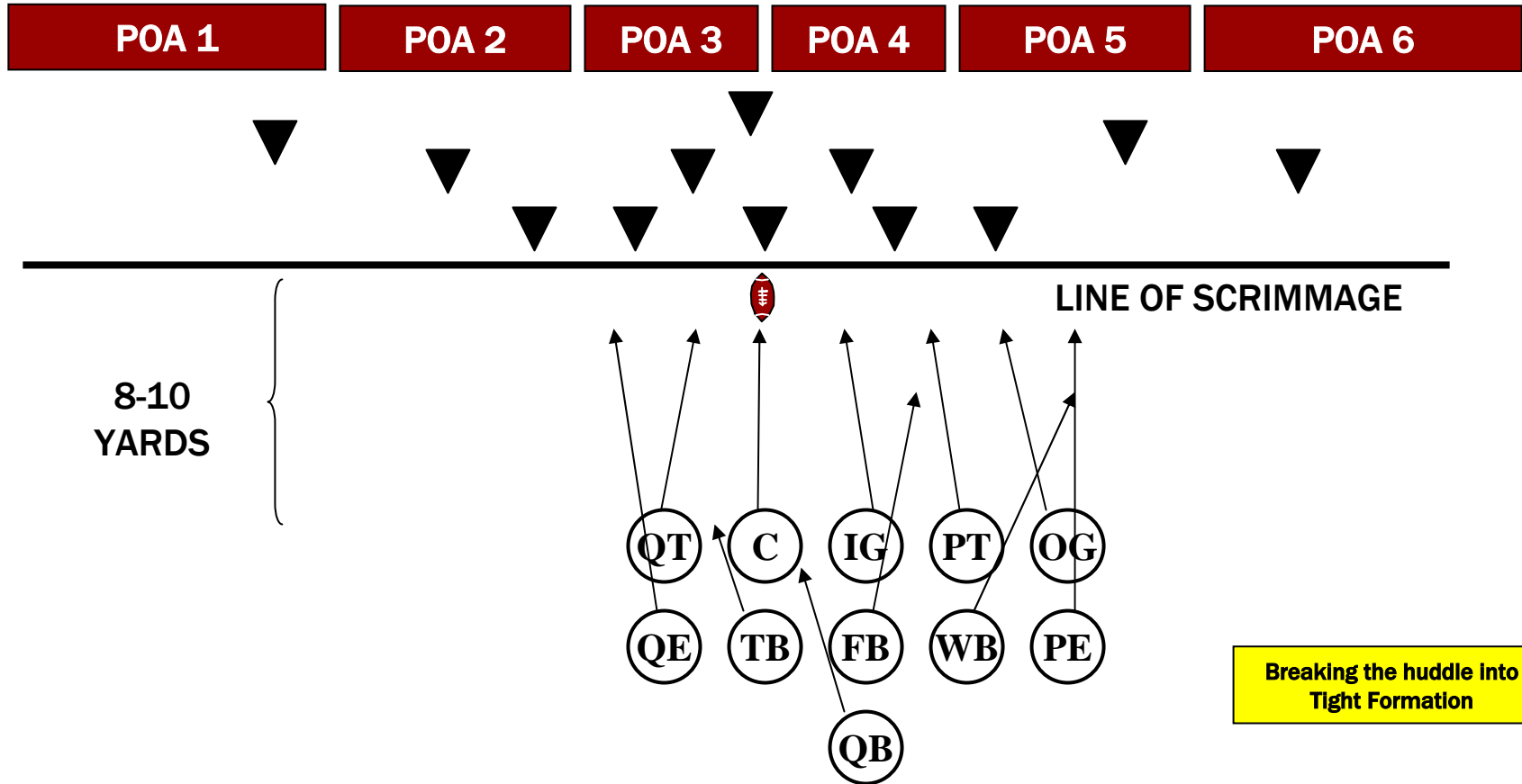
# FORMATIONS

**TIGHT** - FB ALIGNS TO THE LEFT ON ALL MOTION SERIES PLAYS, CERTAIN WING SERIES PLAYS AND ON SPIN 1



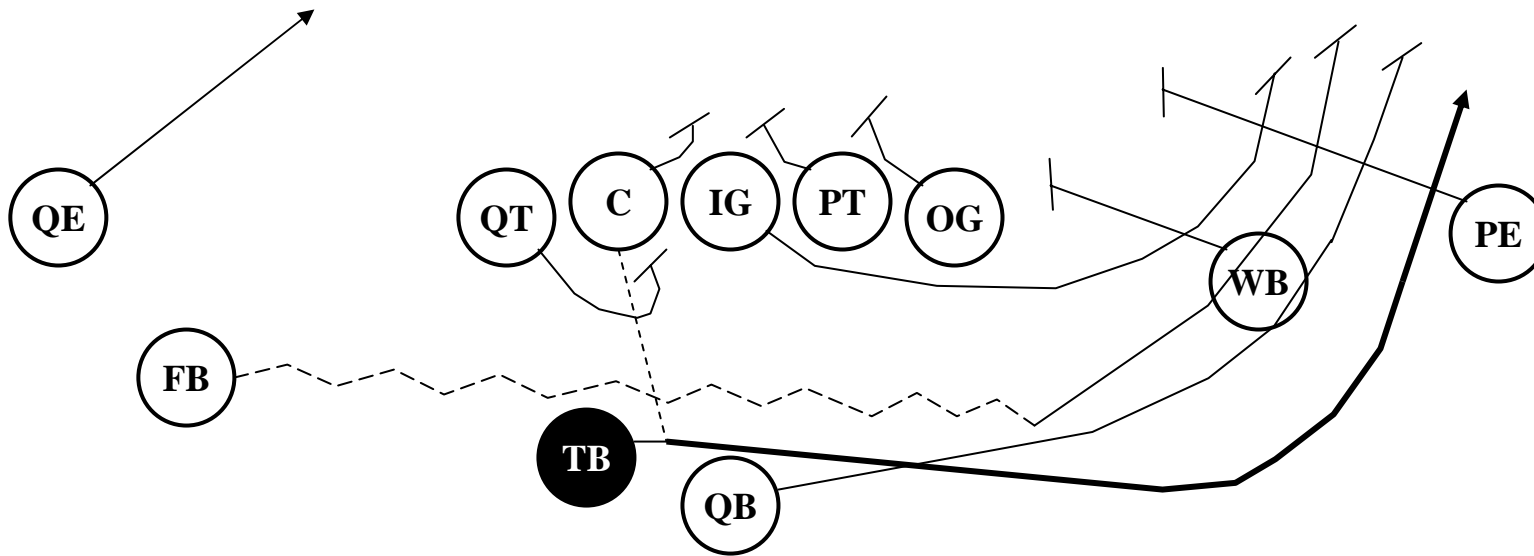
**SPREAD** - WR'S ADJUST POSITION DEPENDING ON THEIR ASSIGNMENT

# HUDDLE AND POINTS OF ATTACK



THE QB GETS THE PLAY CALL EITHER SIGNALLED IN FROM THE COACH ON THE SIDELINE OR FROM A PLAYER COMING IN (ALTERNATING QB'S IS A GOOD WAY OF SENDING THE PLAYS IN). INTERIOR LINEMEN STAND STRAIGHT UP WITH HANDS ON THEIR HIPPS. BACKS AND ENDS BEND AT THE WAIST WITH THEIR HANDS ON THEIR KNEES. BOTH LINES FACE THE QB. THE QB CALLS THE PLAY AND THE SNAP COUNT TWICE. THE CENTER RUNS TO THE BALL AFTER THE 2<sup>nd</sup> CALL. EVERYONE ELSE STAYS PUT UNTIL QB SAYS "READY". THEY ANSWER "BREAK". EVERYONE CLAPS AS THE TEAM BREAK THE HUDDLE AND HUSTLES TO THEIR POSITIONS.

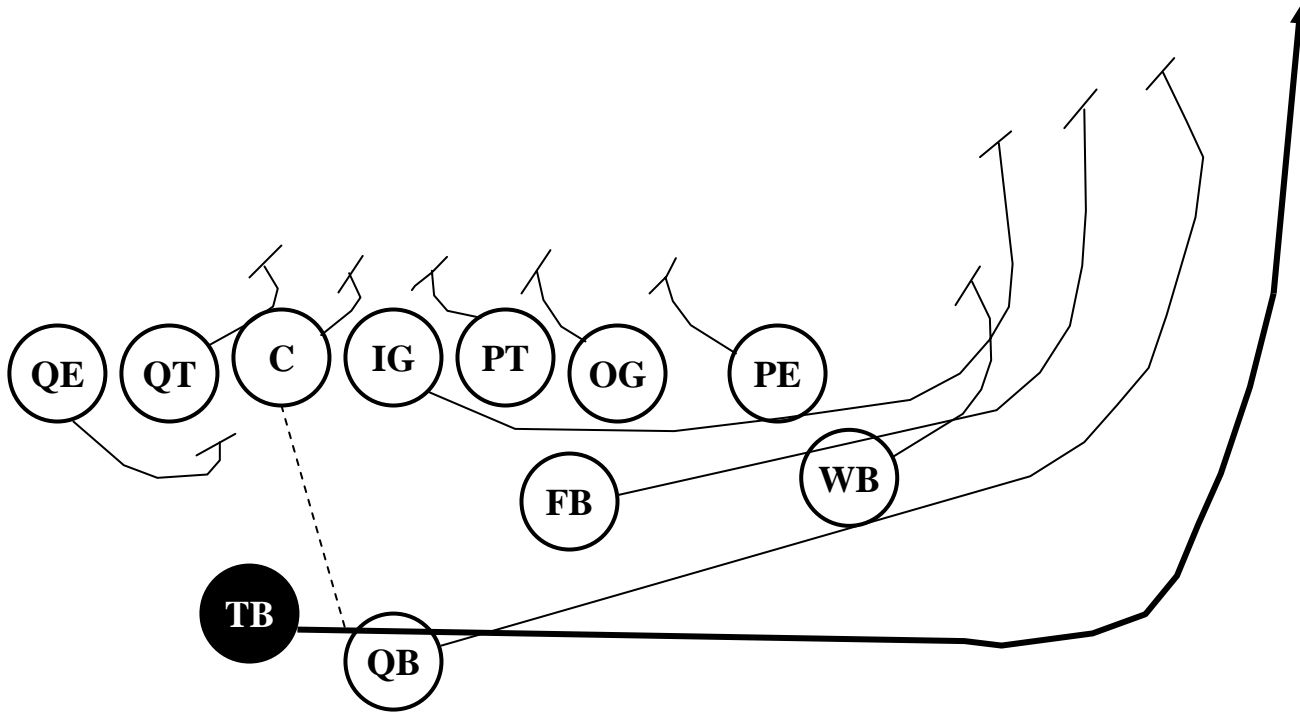
# SPREAD POWER 6



No defender can be permitted to cross the face of a lead blocker on any play

WB & PE must line up in good position to make their crack back blocks

# TIGHT POWER 6

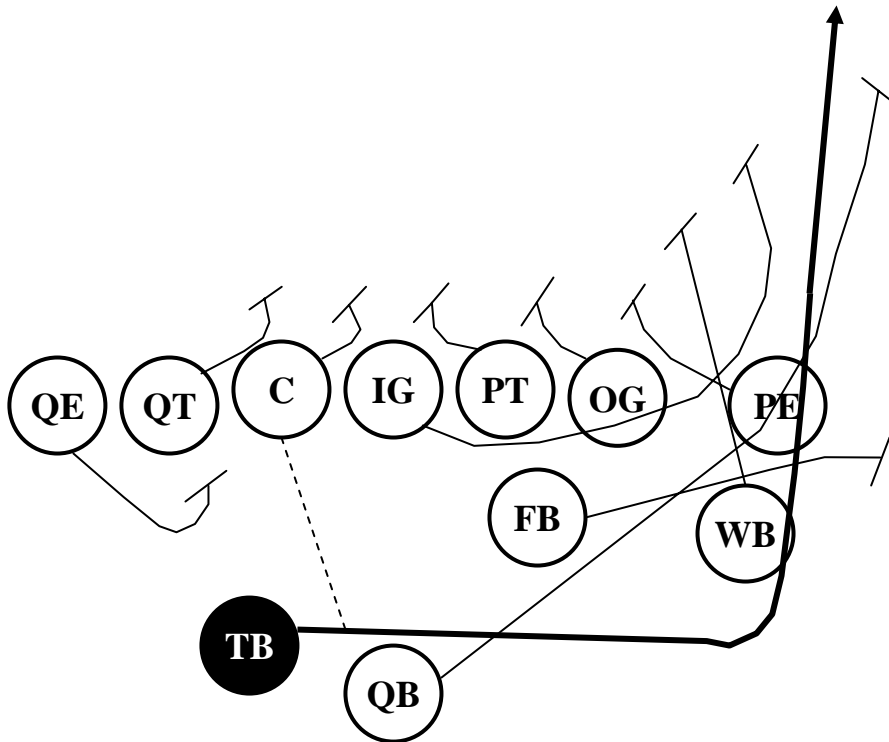


PE takes a 2 yard "nasty split" to set up his severe angle down block & widen the contain man

The WB's hook block on the contain man is the key block

PT down blocks and C reach blocks to "close the gap"

# TIGHT POWER 5



PE takes a 2 yard "nasty split" to set up his severe angle down block & widen the contain man

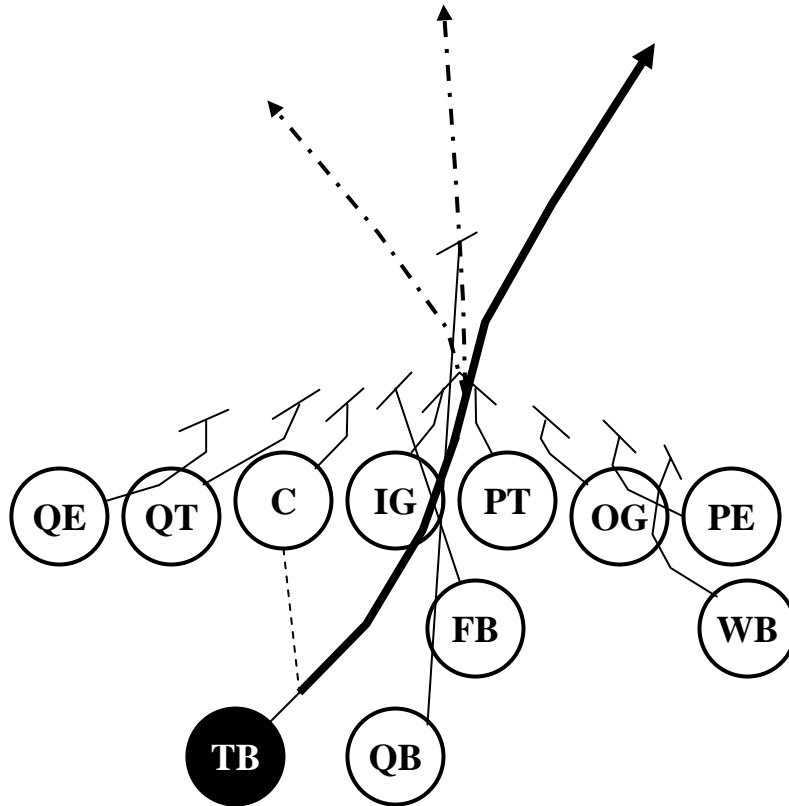
TB's path is a right angle to sell the sweep and get separation from the lead blockers

FB must keep his head on the downfield side of the contain man on the kickout block

IG must turn up immediately after clearing the WB & PE blocks



## TIGHT POWER 4



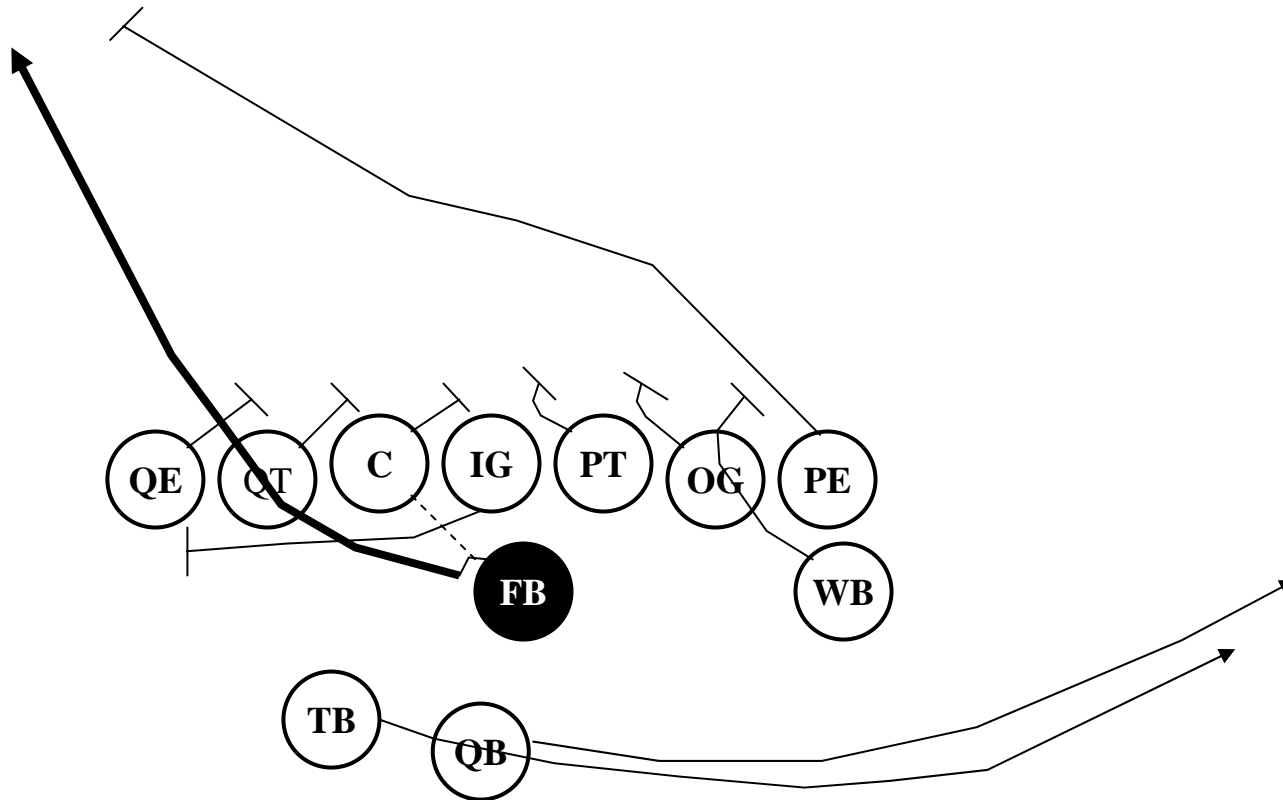
The IG & the PT are the point of the wedge and must stay shoulder to shoulder.

FB fills the gap between C and IG. QB runs hard through wedge and looks for his lead block ahead, then L then R.

Wedge blockers push forward at 45 degree angle to the point. Must stay together and overrun anything in their path

TB runs tight to QB's back and looks for an opening to break to the right. If right is jammed, burst straight ahead or wind back to the left.

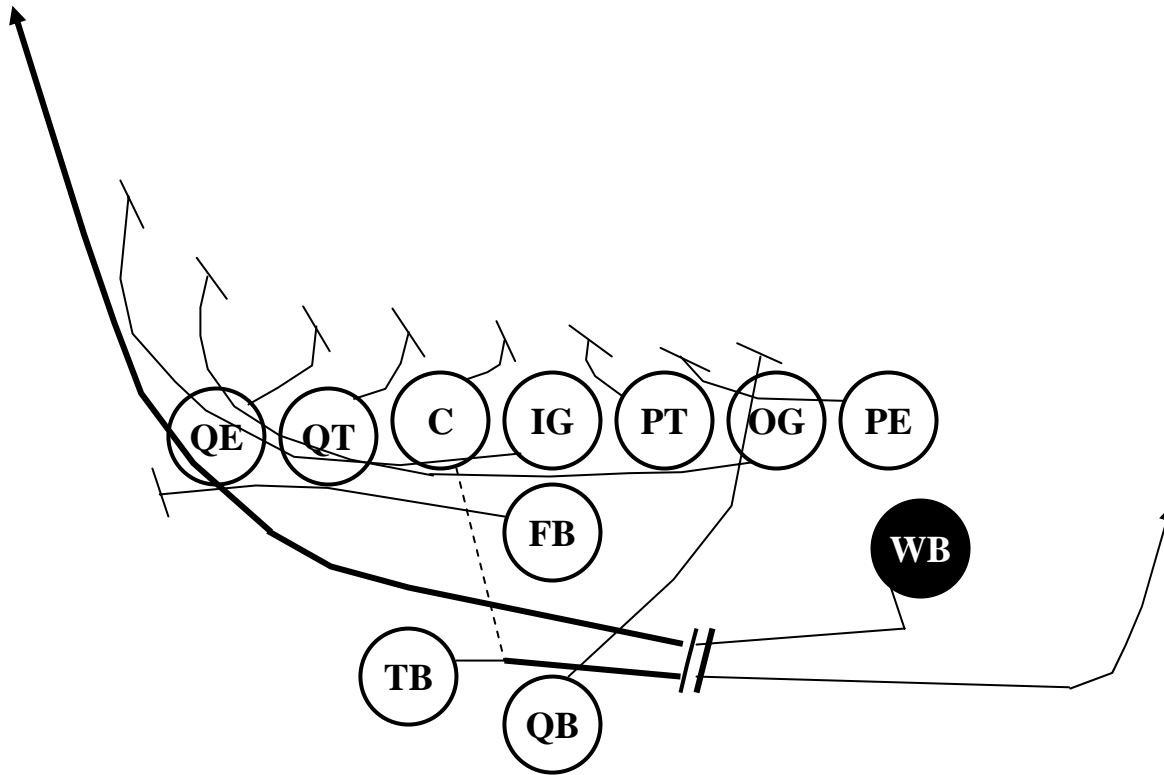
## TIGHT POWER FB 3



FB twists left and hesitates for a 1 count, hiding the football.

TB reaches low (fakes bad snap) and sells fake sweep (hands hidden)

## TIGHT POWER 2



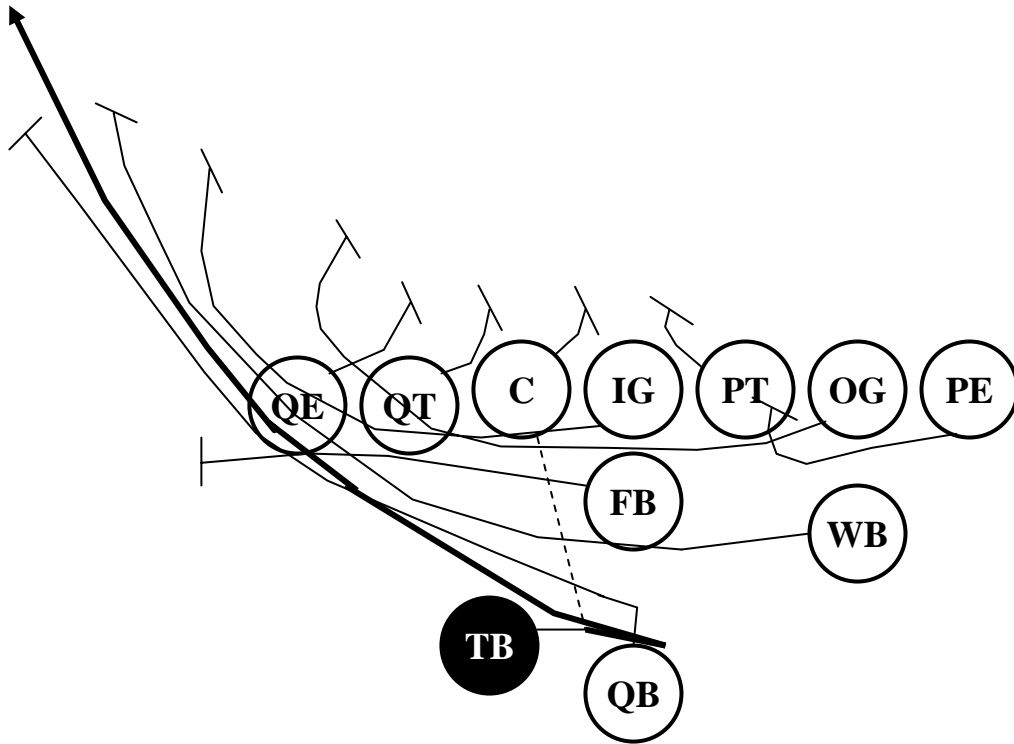
WB turns and hesitates for a split second, allowing QB to cross in front

TB must get the ball in the WB's belly - WB looks for Guards to follow

After exchange TB hides his hands on his right hip and sells the fake

Guard's must be careful not to clip downfield

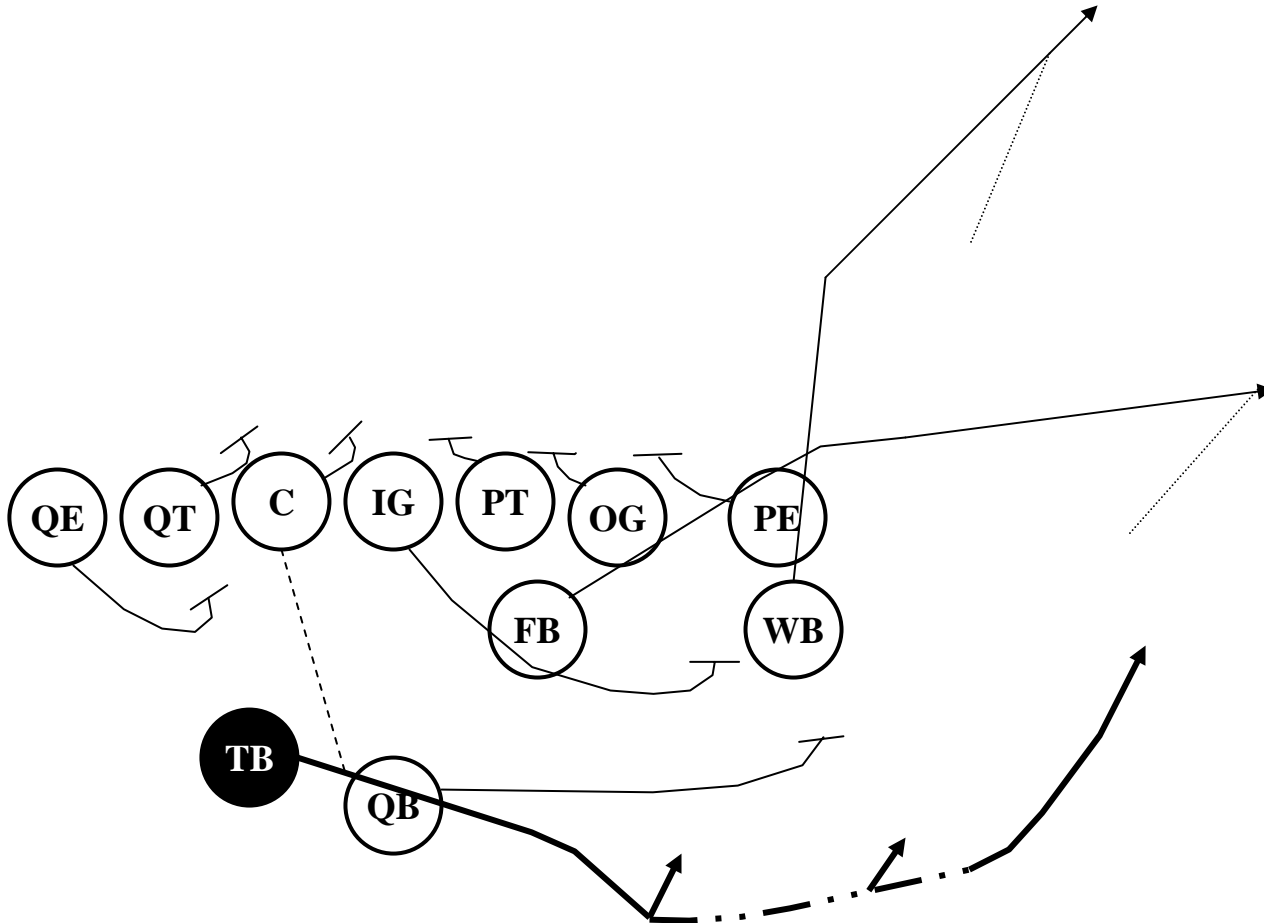
## TIGHT POWER TB 2



QB takes 2 quick steps forward (left-right), then pushes off right foot to lead block outside of TB's path

TB steps to sell sweep, then cuts back hard behind QB and WB - ball in left arm

# TIGHT POWER 6 PASS

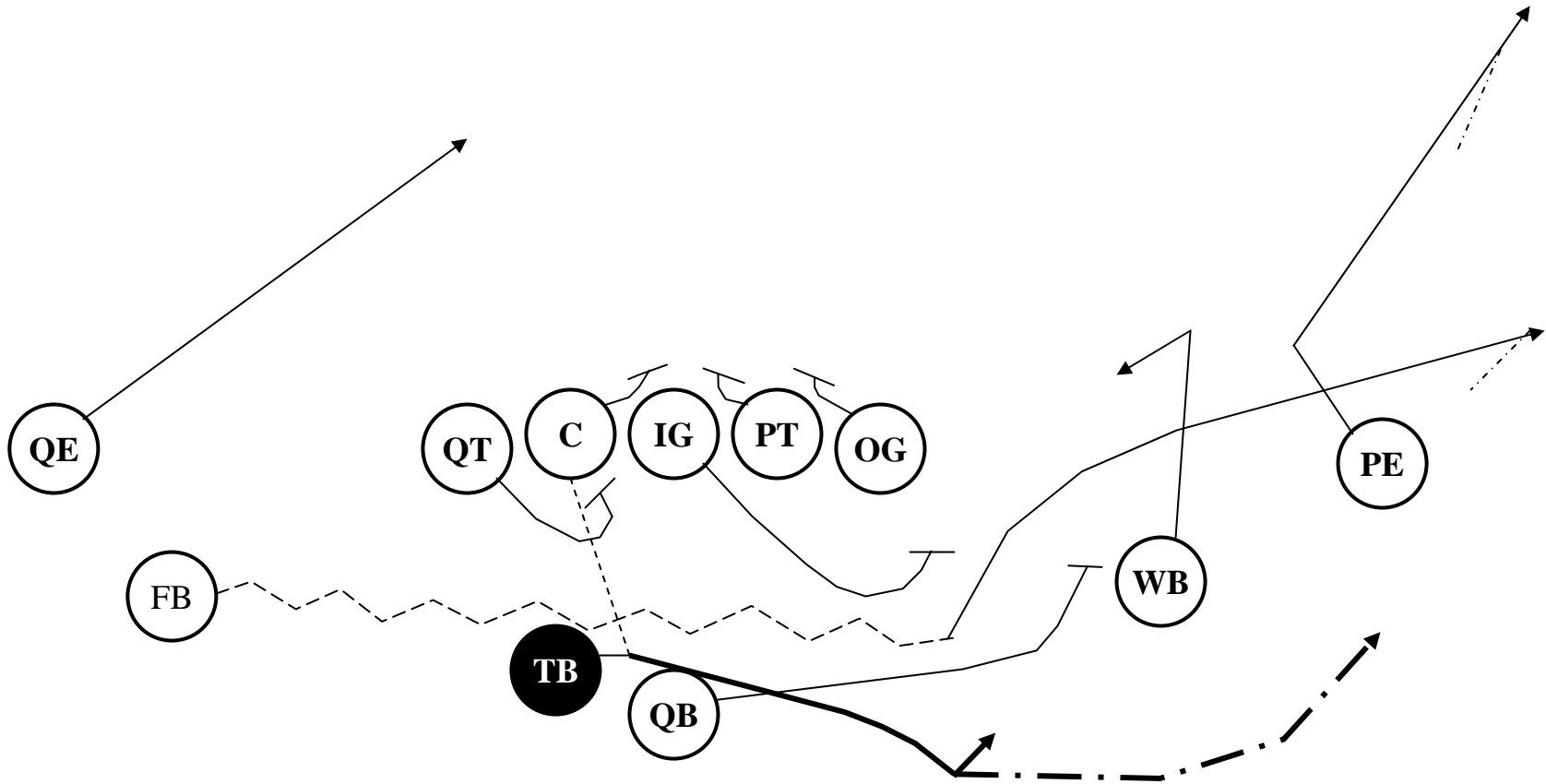


PE takes nasty split. WB fires straight ahead off PE's tail on flag route

FB must run a flat pattern. TB sells sweep for 4-5 steps pulls up & looks for WB 1<sup>st</sup>

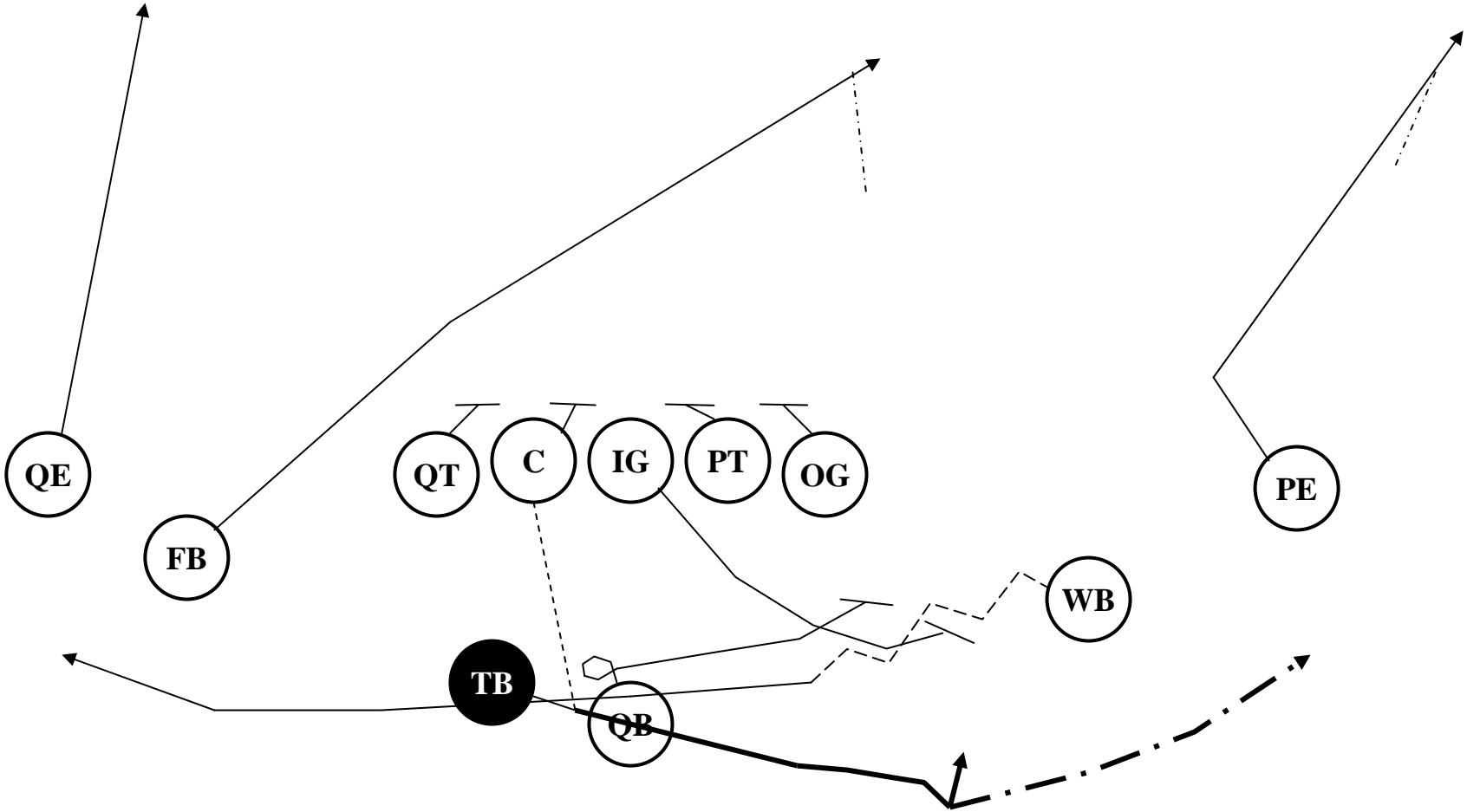
If WB is covered, TB continues to sweep wide and throws on the run to FB. If FB covered, TB runs sweep

# SPREAD POWER 6 PASS



WB picks FB's cover man. In man coverage FB should always get open on this play.

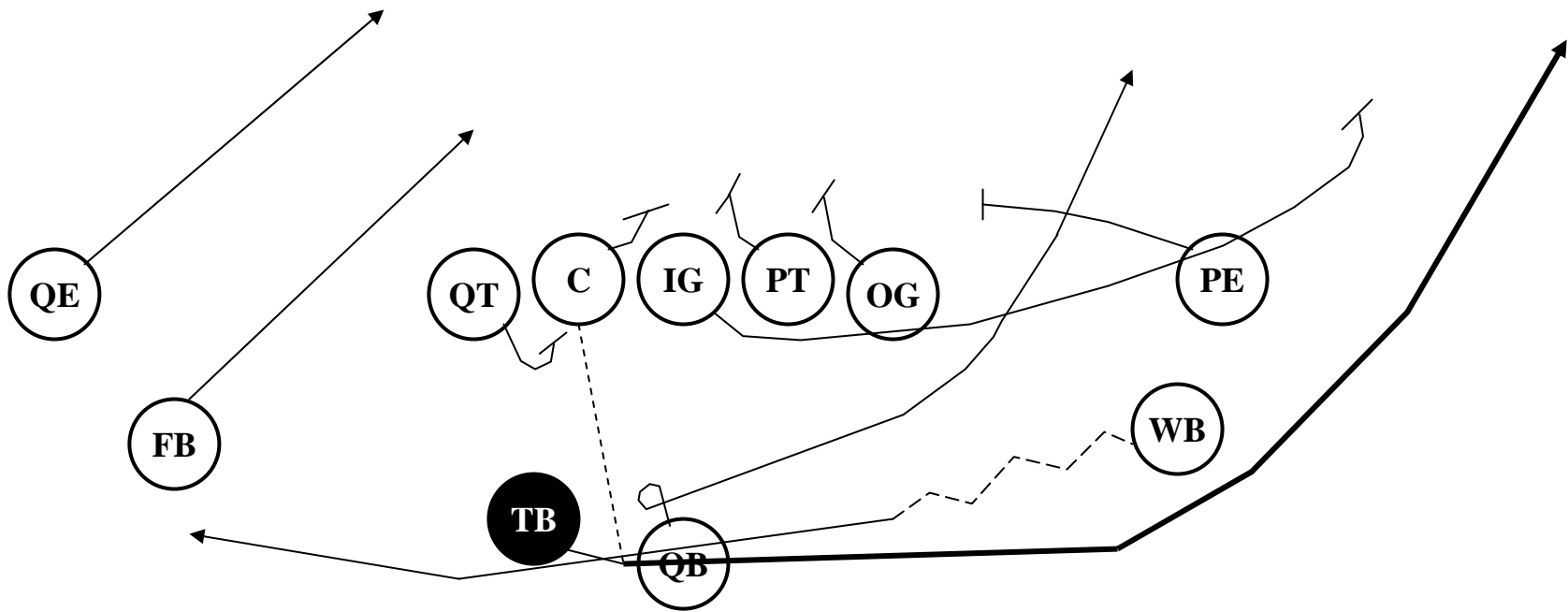
# SPREAD SPIN 6 PASS



QB & WB must mesh and sell their fakes. QB blocks any defender in his path

PE should come open quickly. If the safety helps, FB should be wide open

# SPREAD SPIN 6



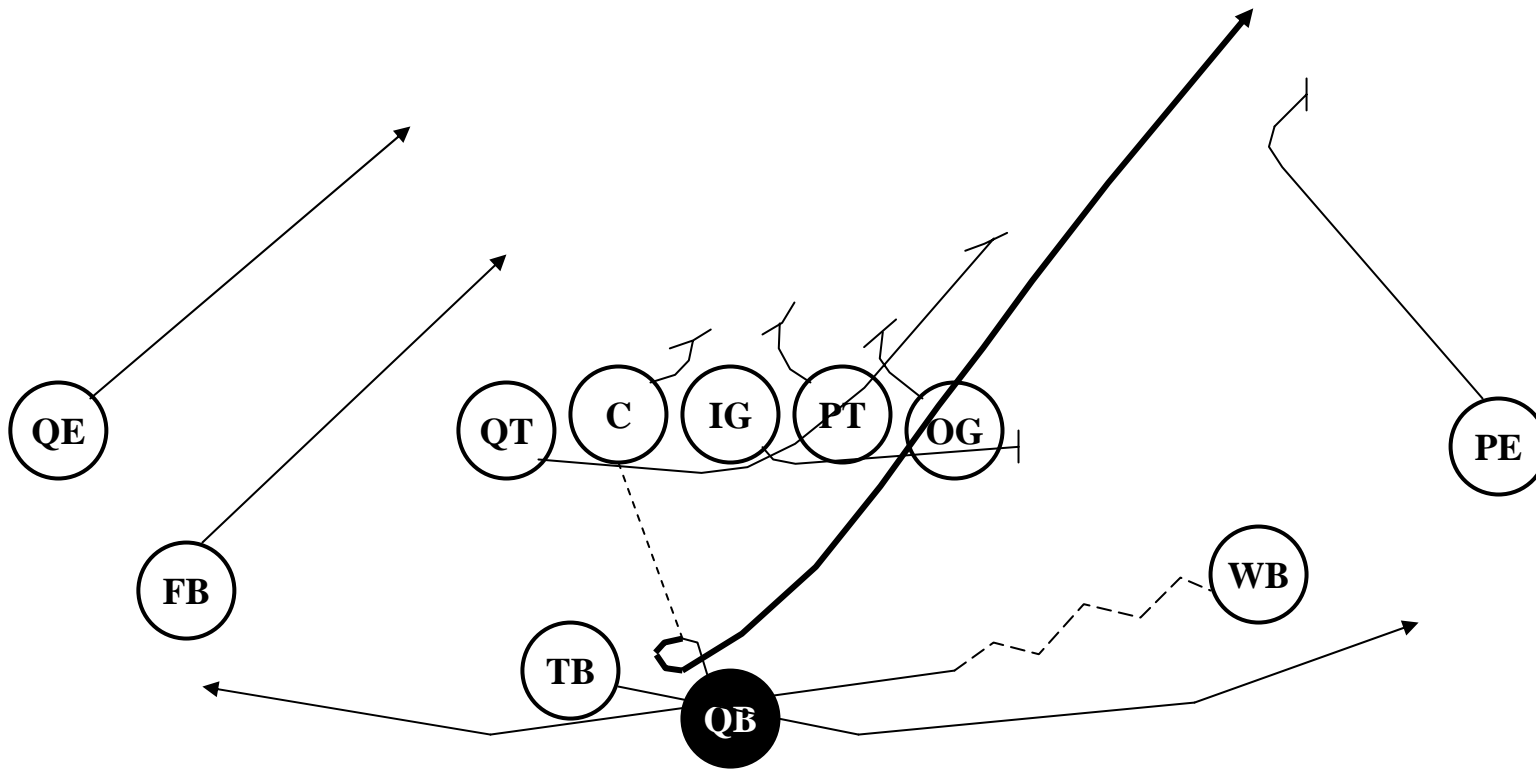
**QB & WB must mesh and sell their fakes.**

**PE's crack back is key - must cheat inside to be in position**

**IG must really sprint to get wide and lead block**



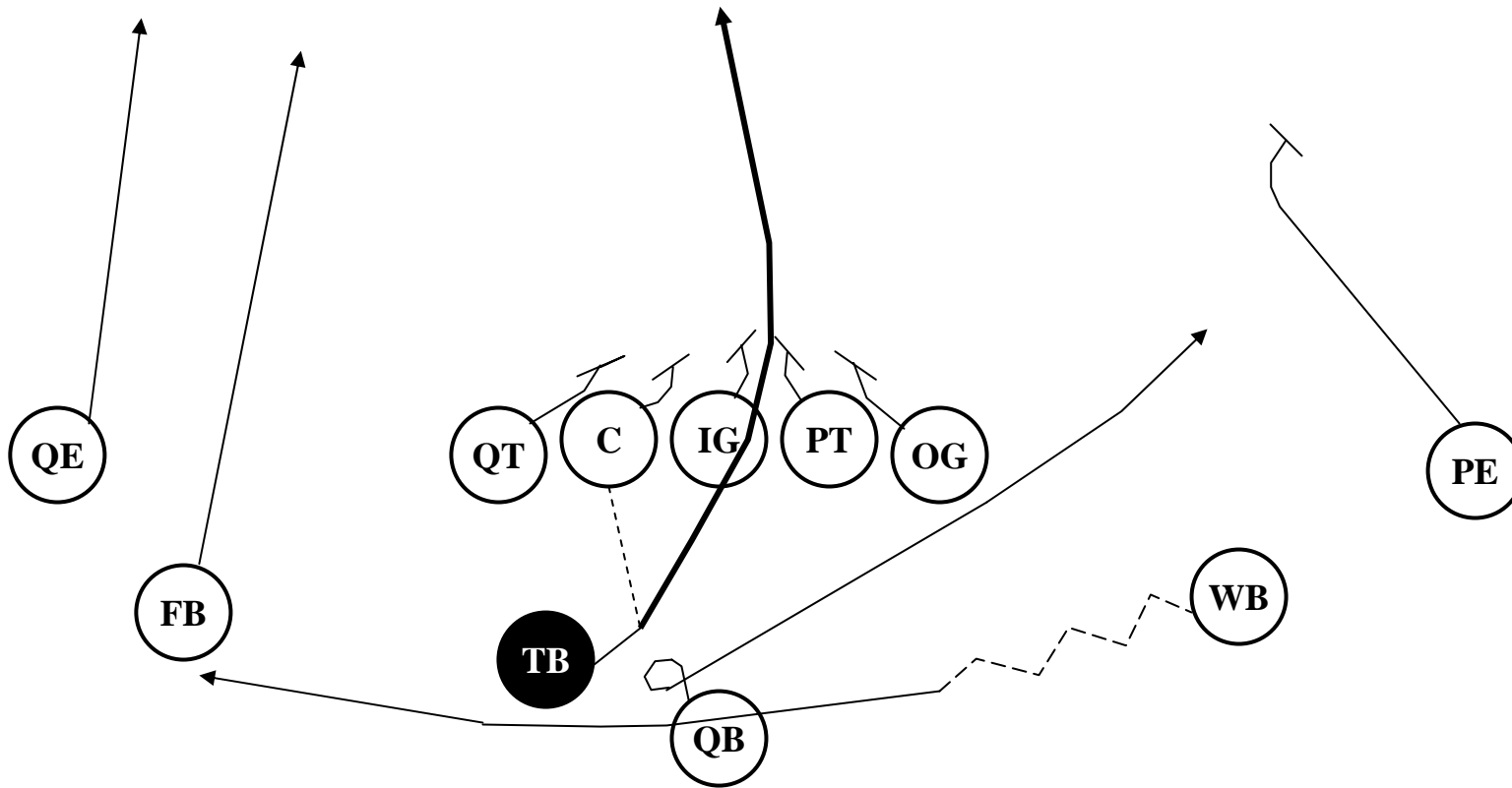
# SPREAD SPIN 5



TB & WB must sell their fakes

QB completes spin and sprints inside of IG's trap/kickout block

# SPREAD SPIN 4

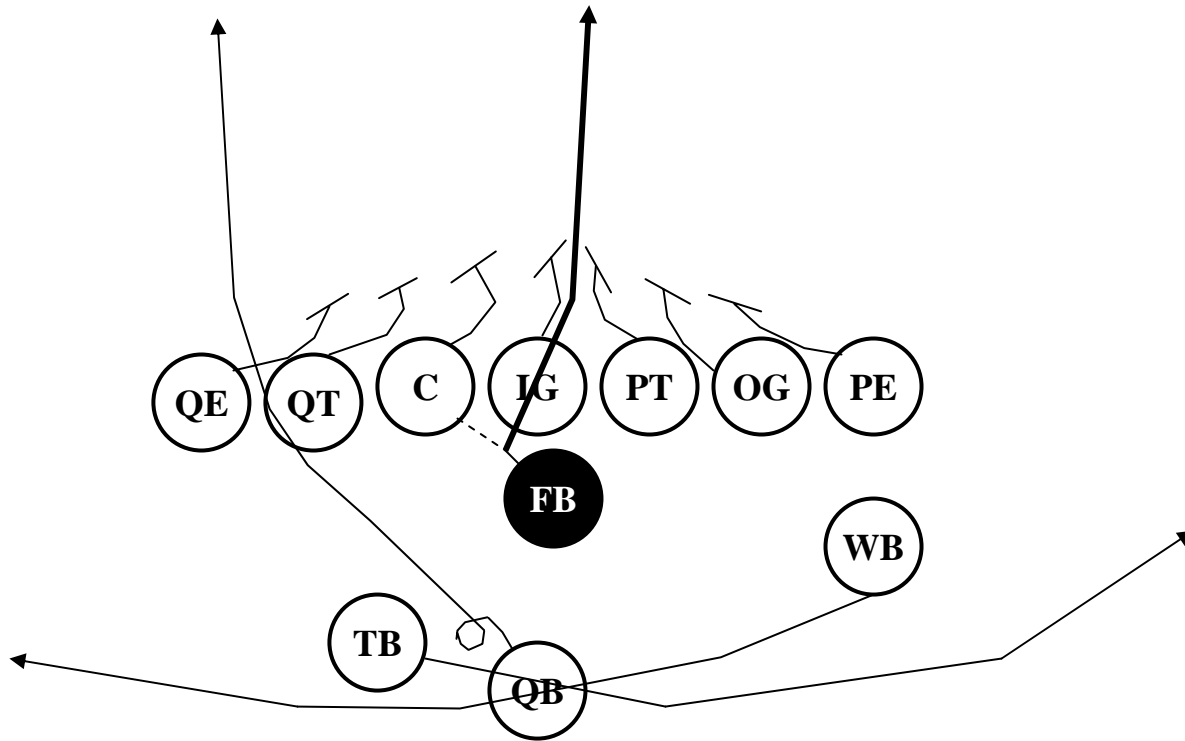


Receivers align as wide as possible

QB & WB must sell their fakes

C must hustle on wedge as he has no help

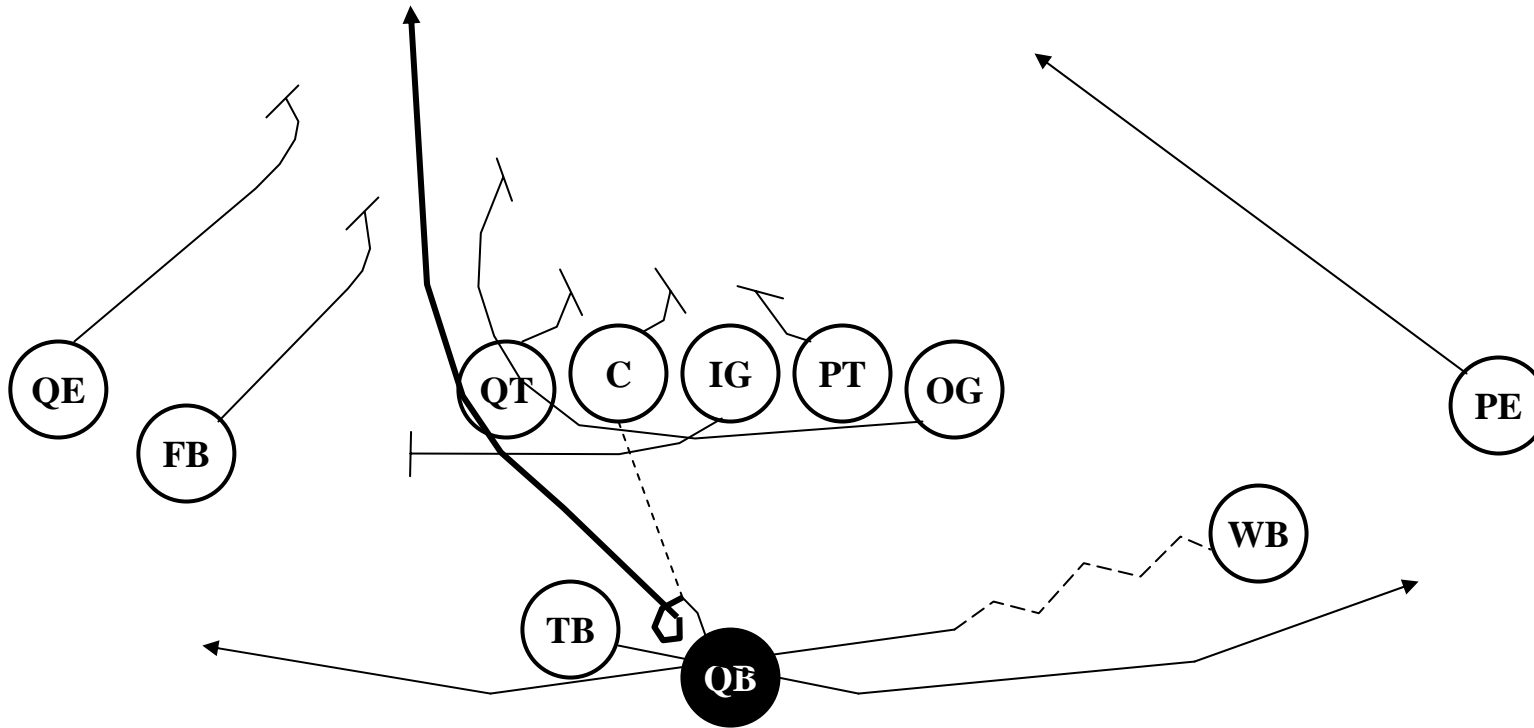
# TIGHT SPIN FB 4



QB, TB & WB mesh without the ball. Selling their fakes is key.

C must hustle on wedge as he has no help

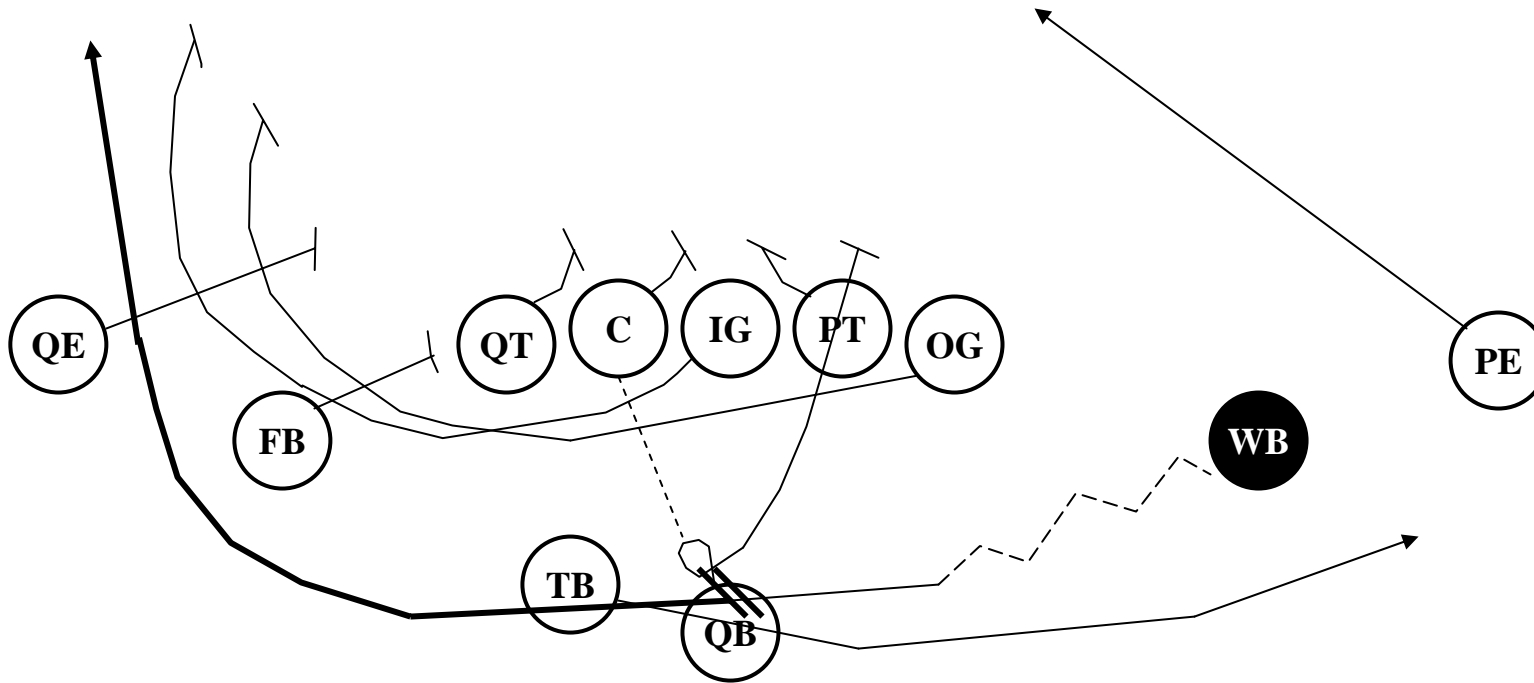
# SPREAD SPIN 3



TB & WB must sell their fakes

QB completes spin and sprints inside of IG's trap/kickout block

# SPREAD SPIN 1

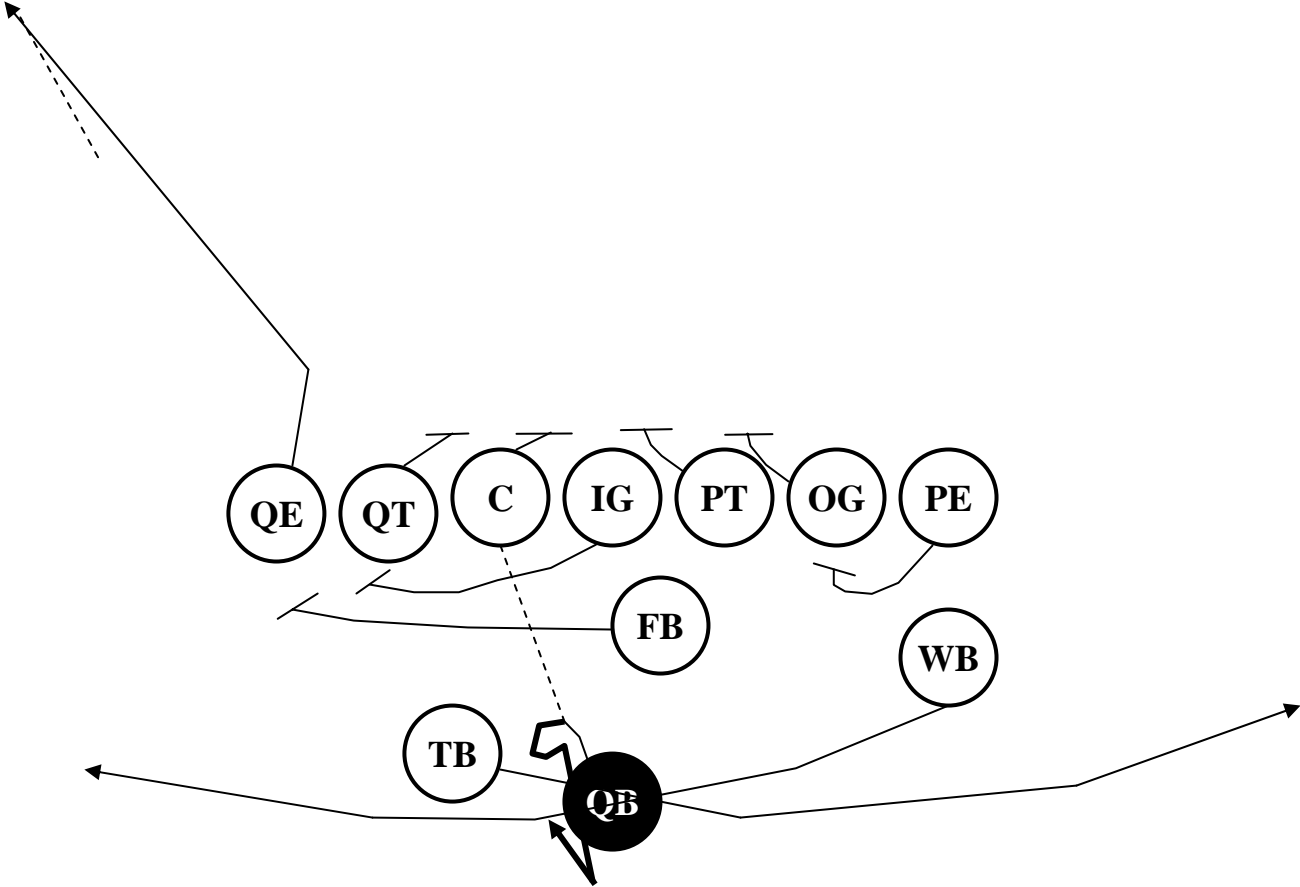


QE & FB must cheat inside to be in position to make crackback blocks

WB must time his motion to get the handoff as he hits full speed

IG & OG must get a little depth to get around crackbacks, but must really sprint to get outside

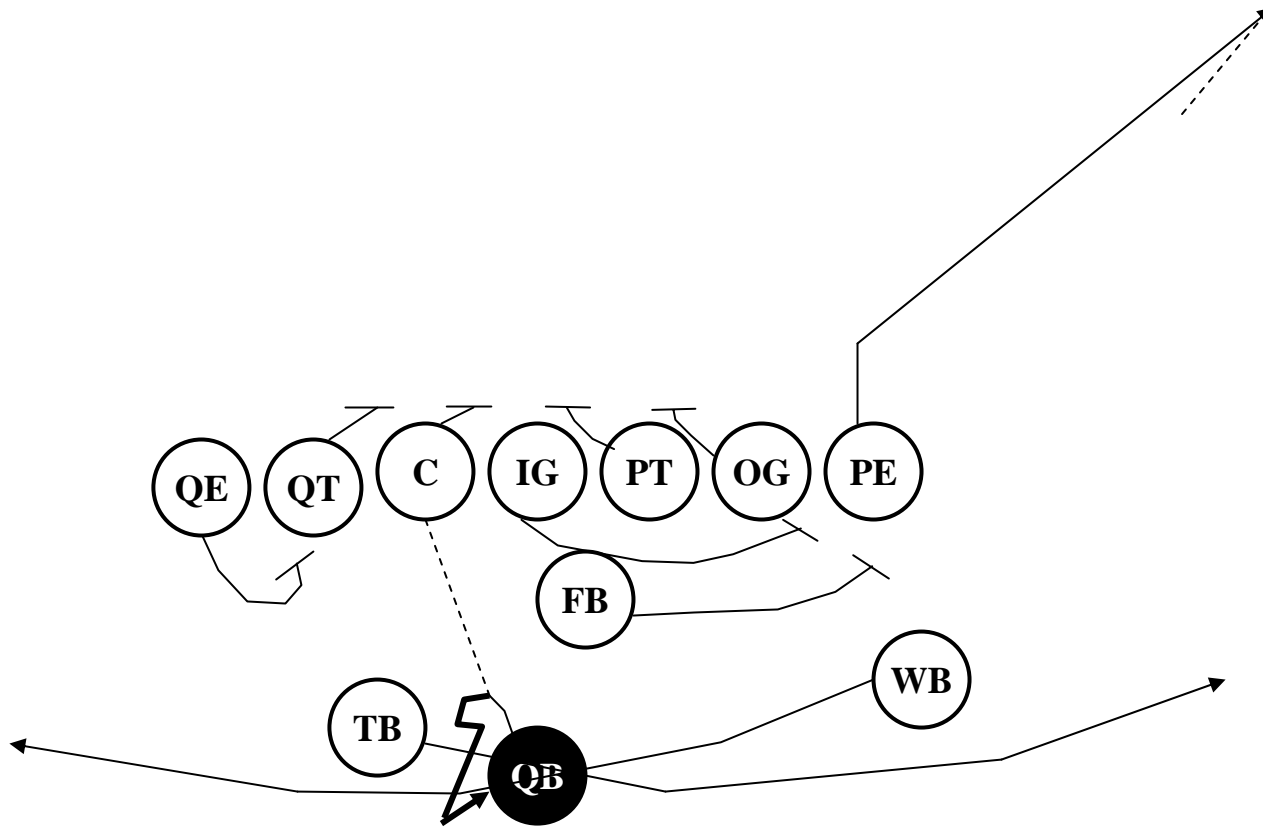
# TIGHT SPIN 3 PASS



**TB & WB must sell their fakes**

**QB Spins  $\frac{1}{2}$  way, then takes a quick shuffle drop and throws in rhythm**

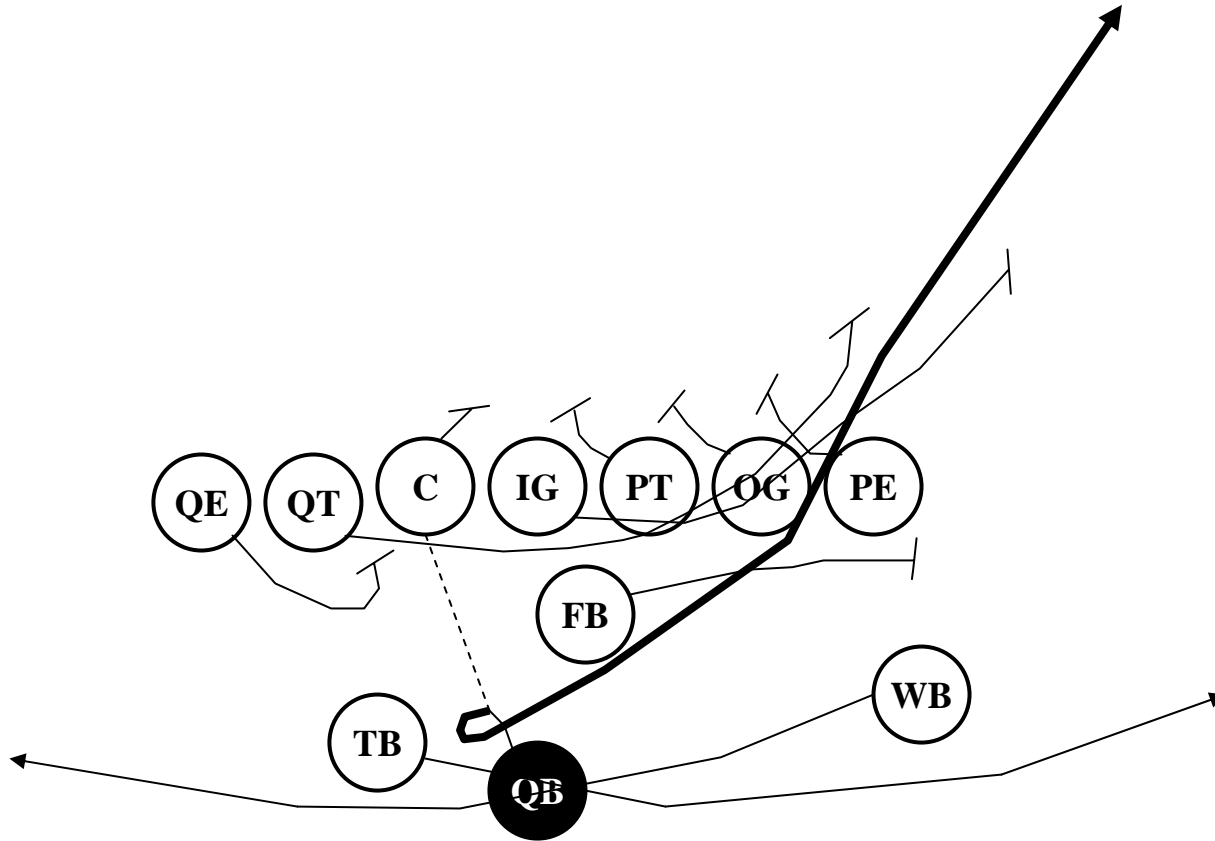
# TIGHT SPIN 5 PASS



TB & WB must sell their fakes

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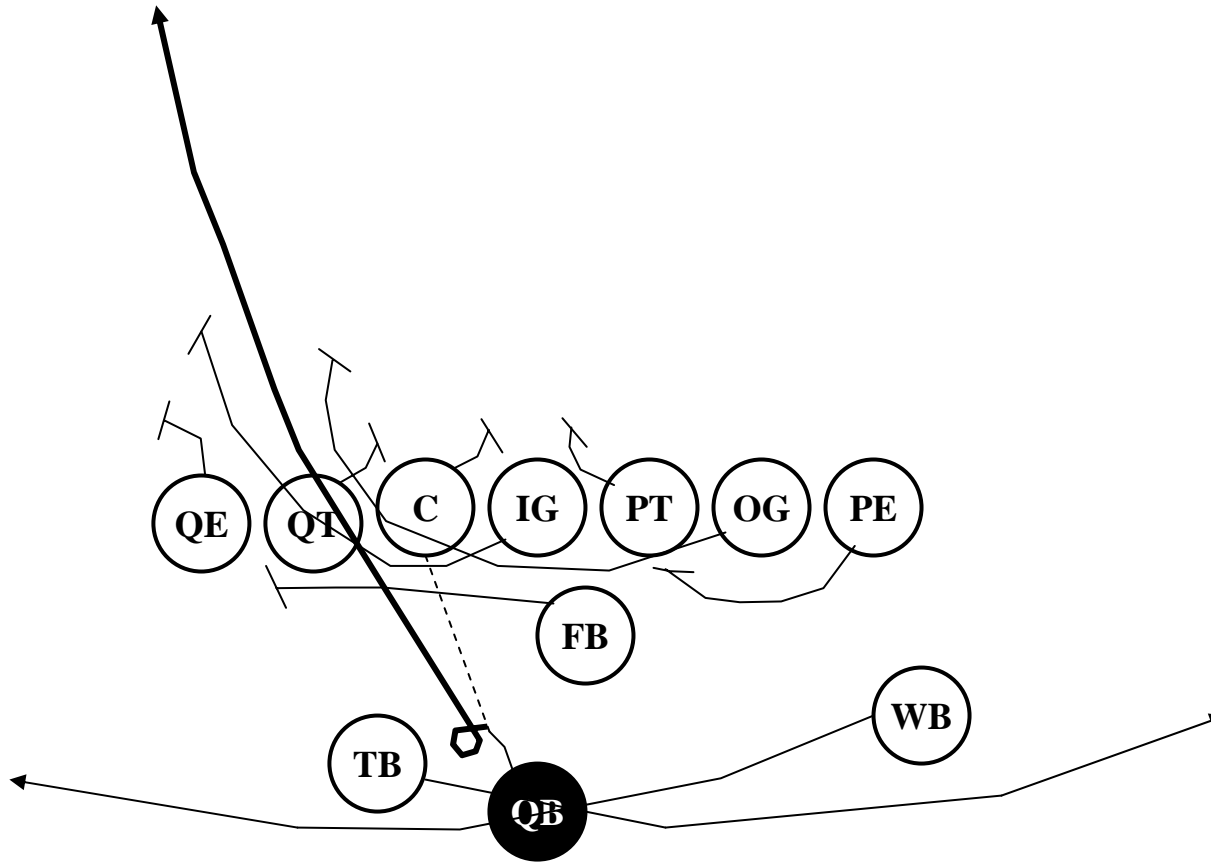
# TIGHT SPIN 5



If there are problems with weakside penetration, QT can reach block instead of pulling



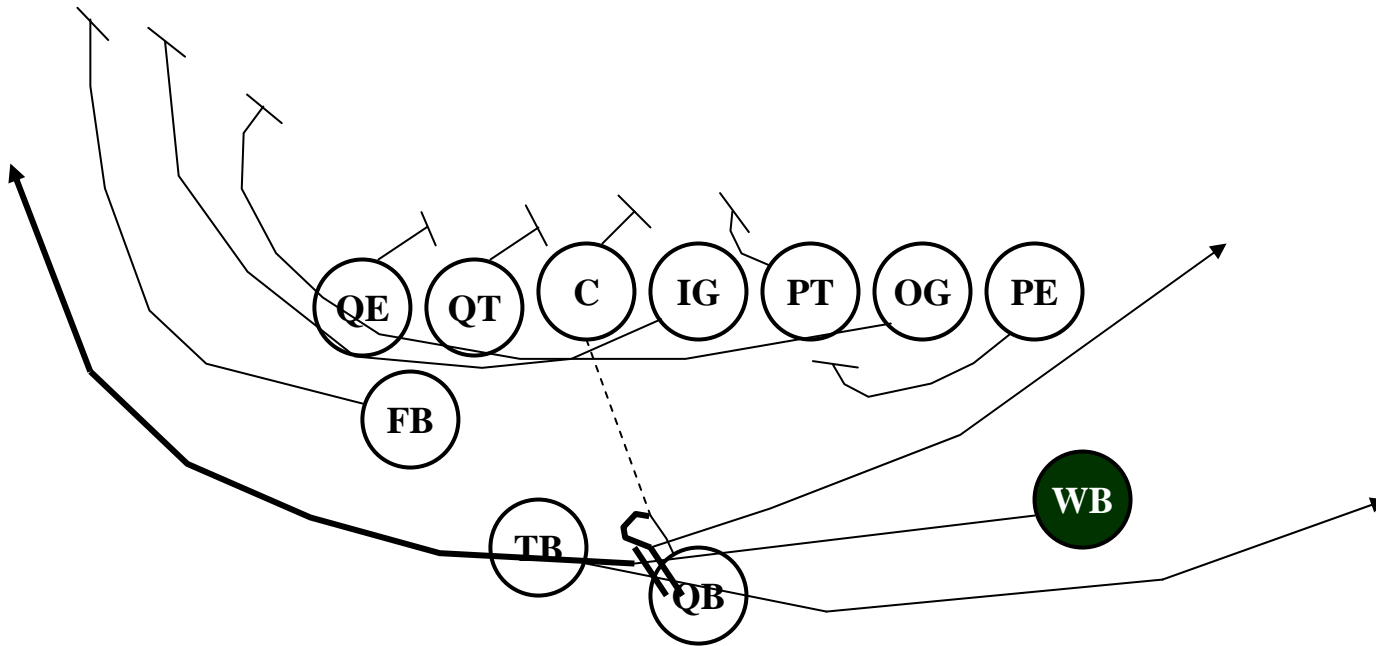
# TIGHT SPIN 3



TB & WB must sell their fakes

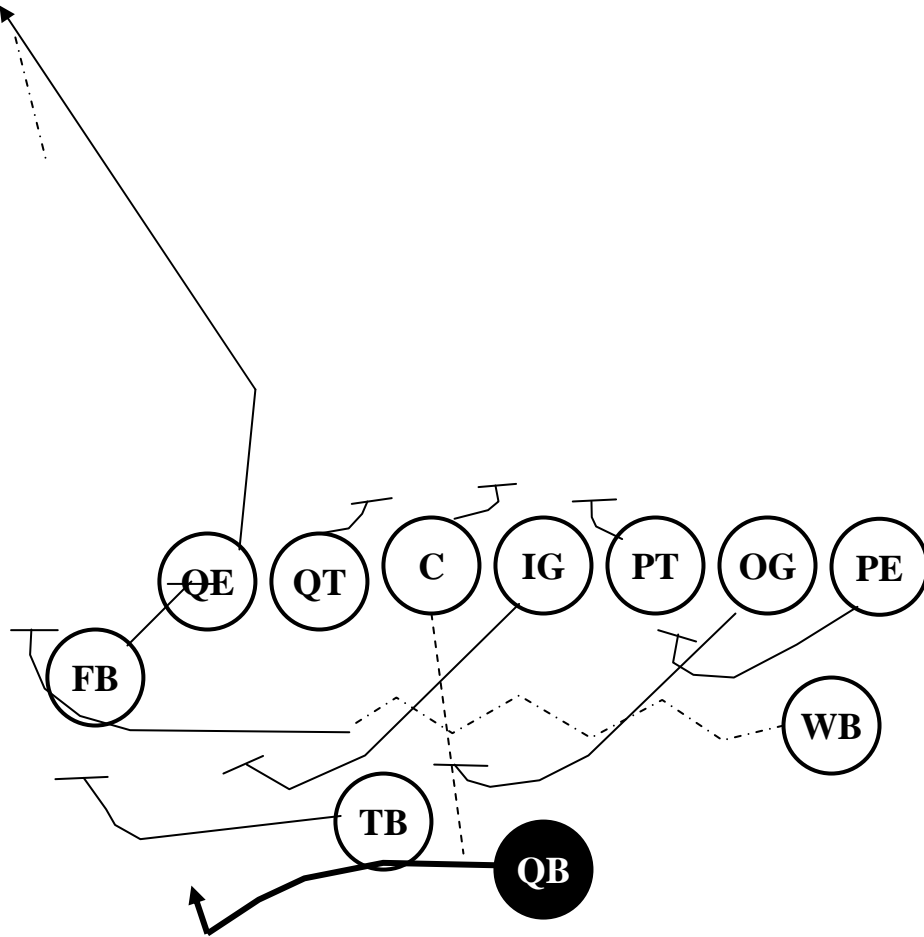
QB completes spin and sprints inside of IG's trap/kickout block

# TIGHT SPIN 1



IG & OG must really sprint to get outside

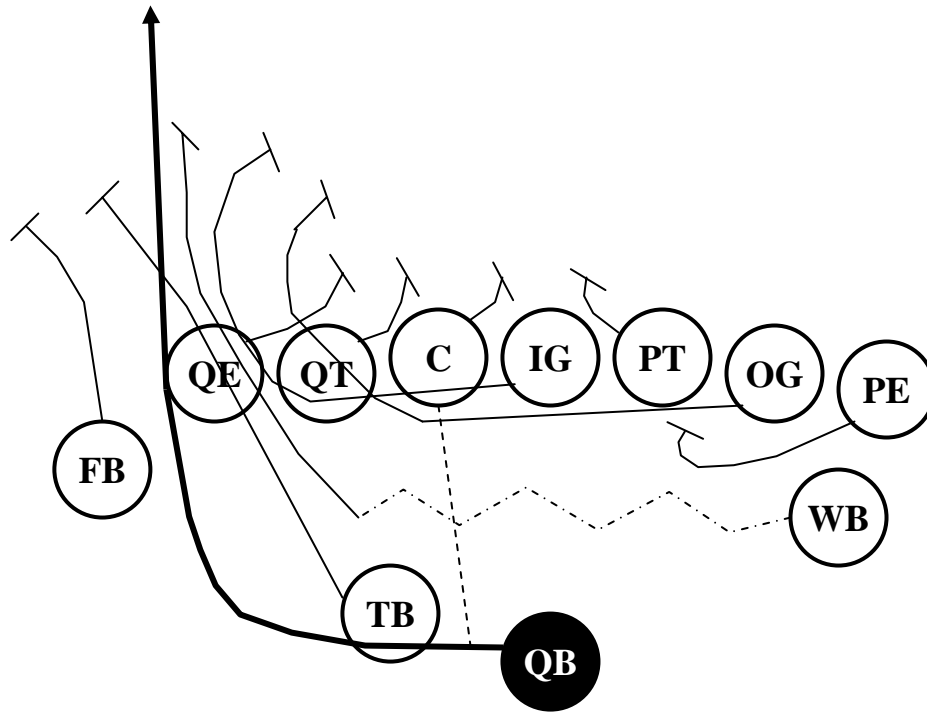
# TIGHT MOTION 2 PASS



WB's motion must be quick, but he must make sure the snap doesn't hit

QB sells run for 3 to 4 steps and then adjusts his body to make the throw

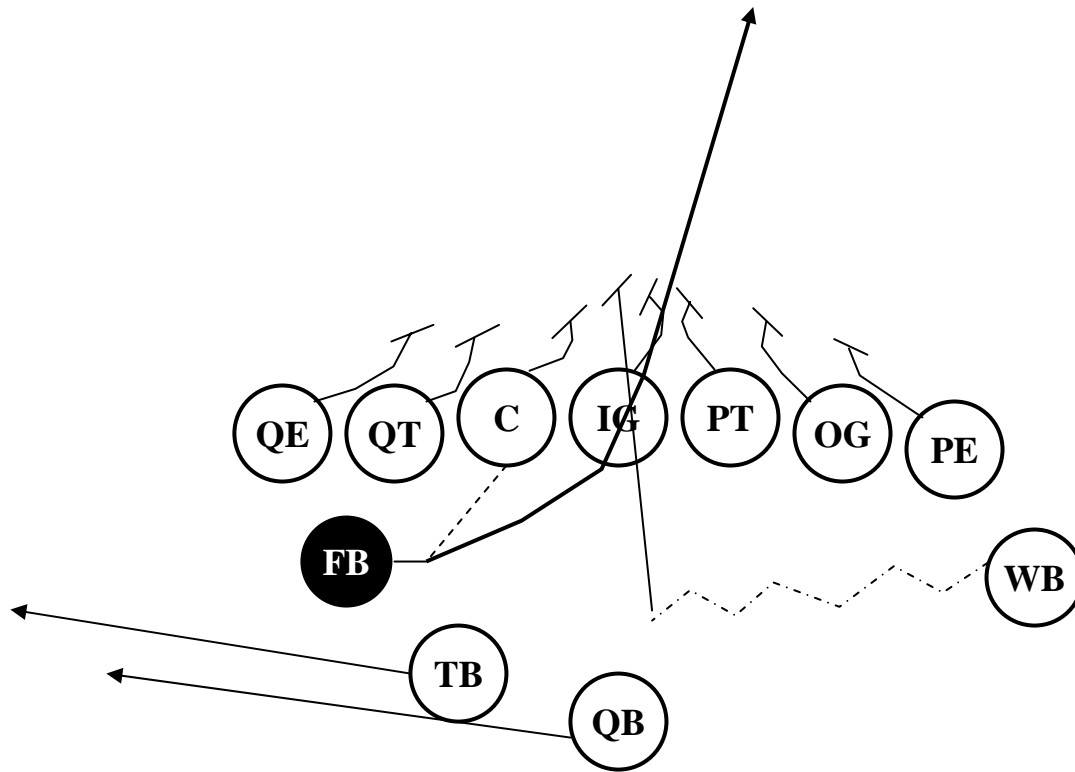
## TIGHT MOTION 2



WB's motion must be quick, but he must make sure the snap doesn't hit him

TB's path is a right angle to sell the sweep and get separation from the lead blockers

# TIGHT MOTION 4

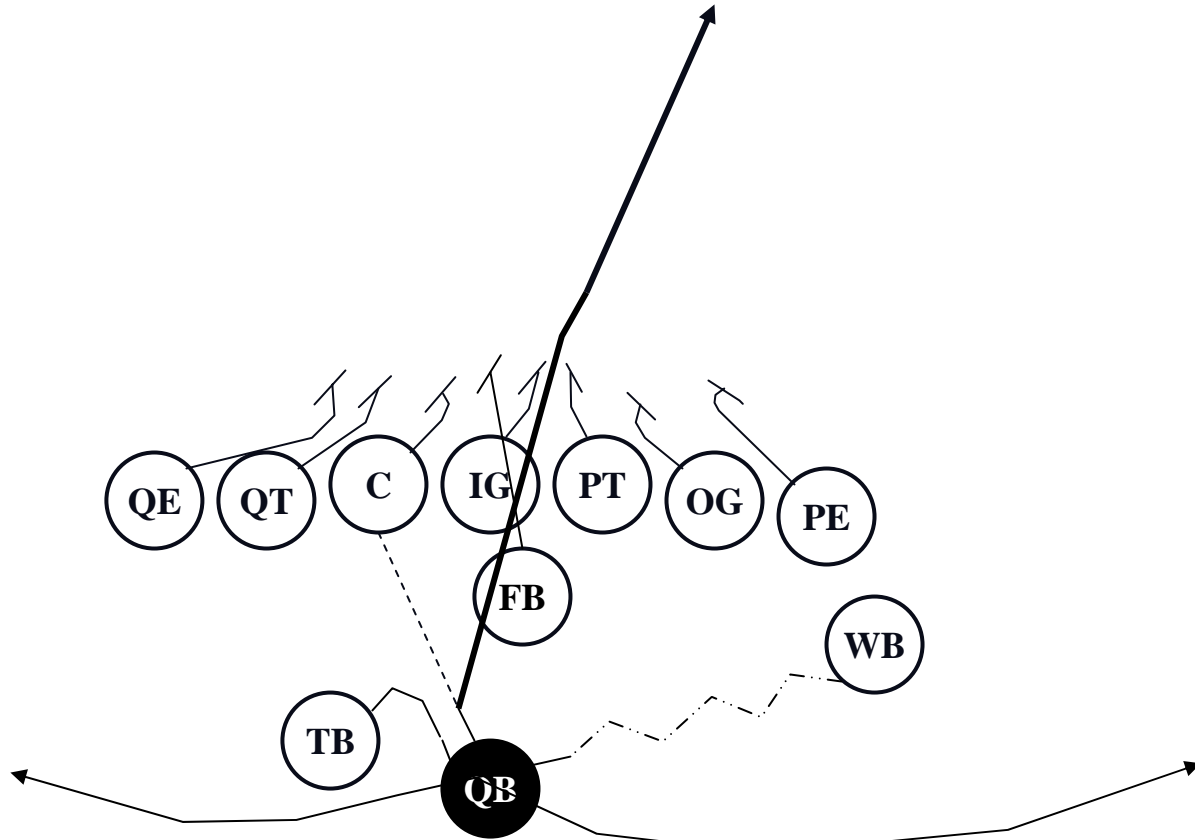


FB cheats inside. WB motion is slightly slower than normal

TB & QB fakes are key. Clutch chest & lay out sprint.

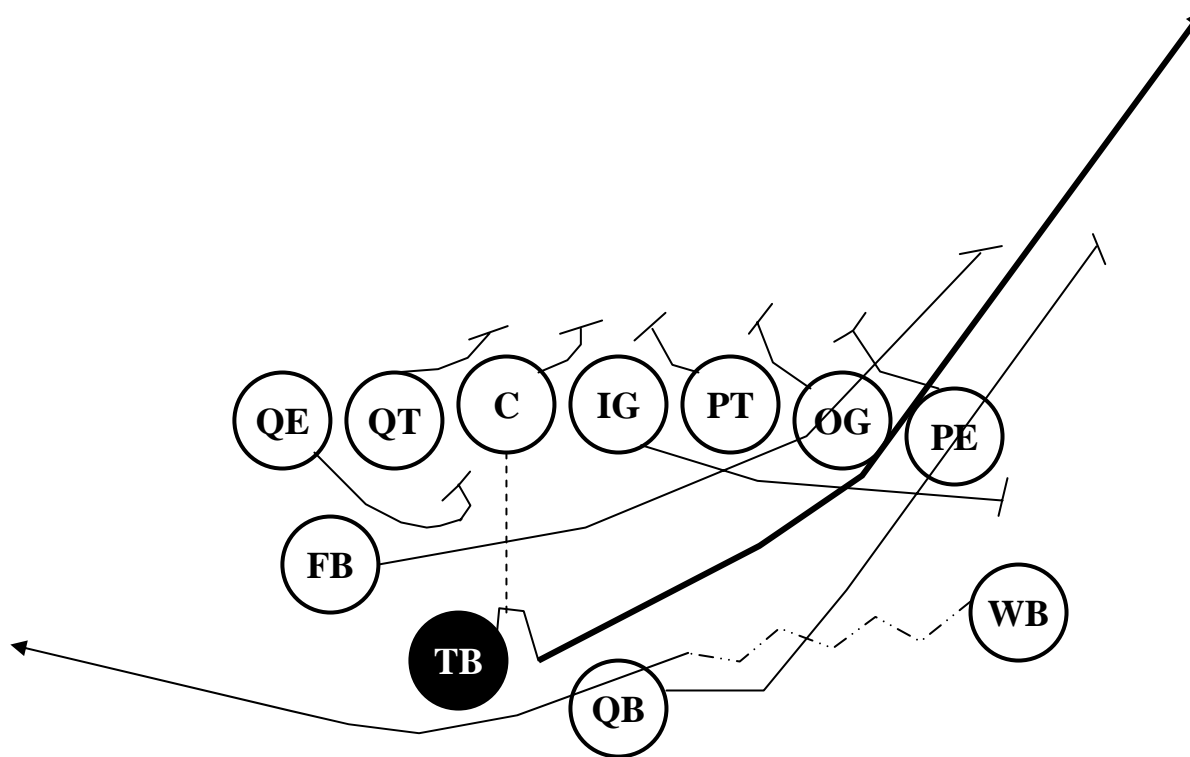
Snap must be very low and soft

# TIGHT WING 4



TB & WB mesh without the ball. Their fakes are key.

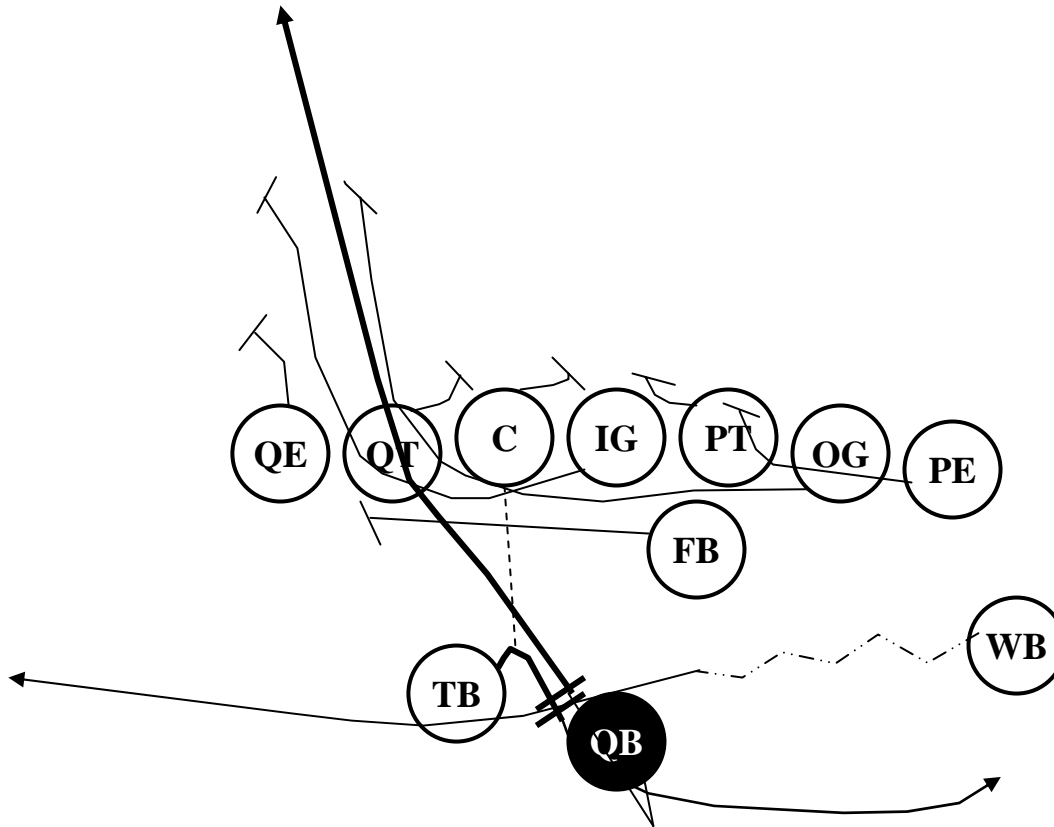
# TIGHT WING 5



TB catches and twists, turning his back to to the LOS, then pushes off right foot and sprints to POA

IG & FB switch normal roles. FB is aligned left to break formation tendencies

# TIGHT WING 3

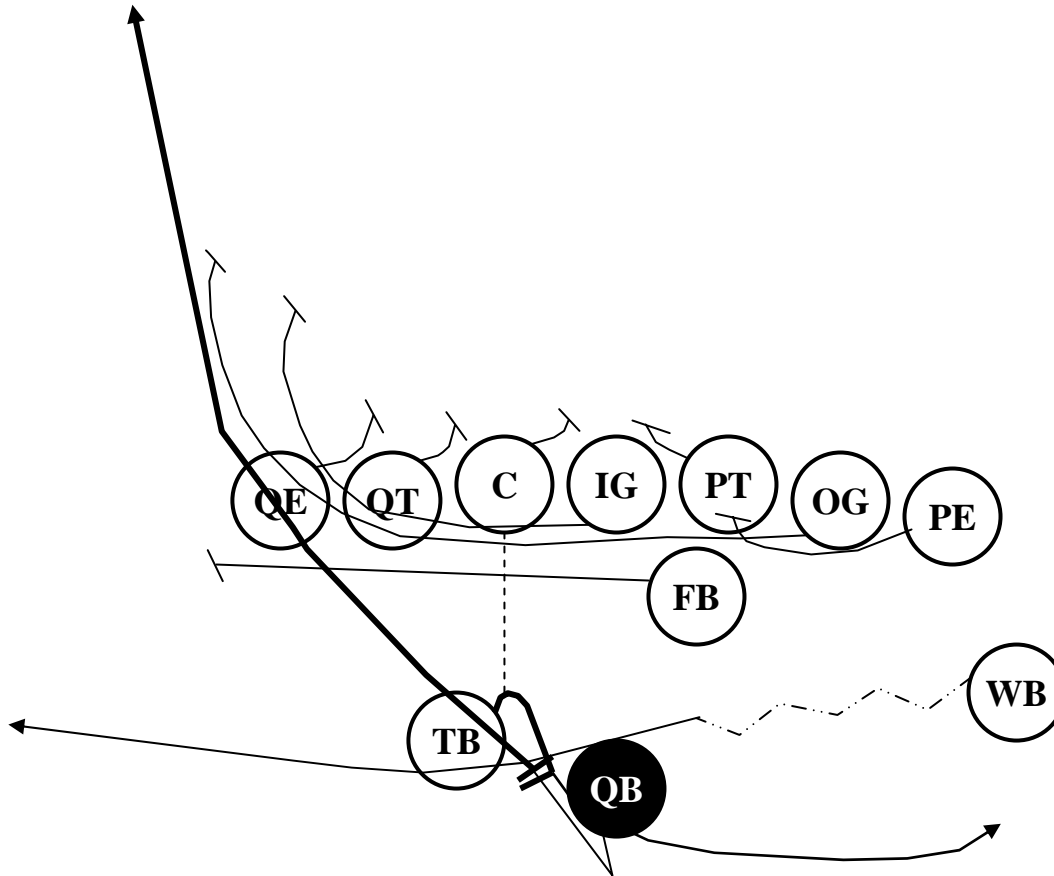


TB catches snap and pivots just short of 180 degrees holding ball in his belly. Then fakes bootleg giving hand off with his left hand on the first step.

QB jumps back quickly to allow WB to pass him, delays for a count, then sprints inside of the QB to the POA, taking the hand off on the first step



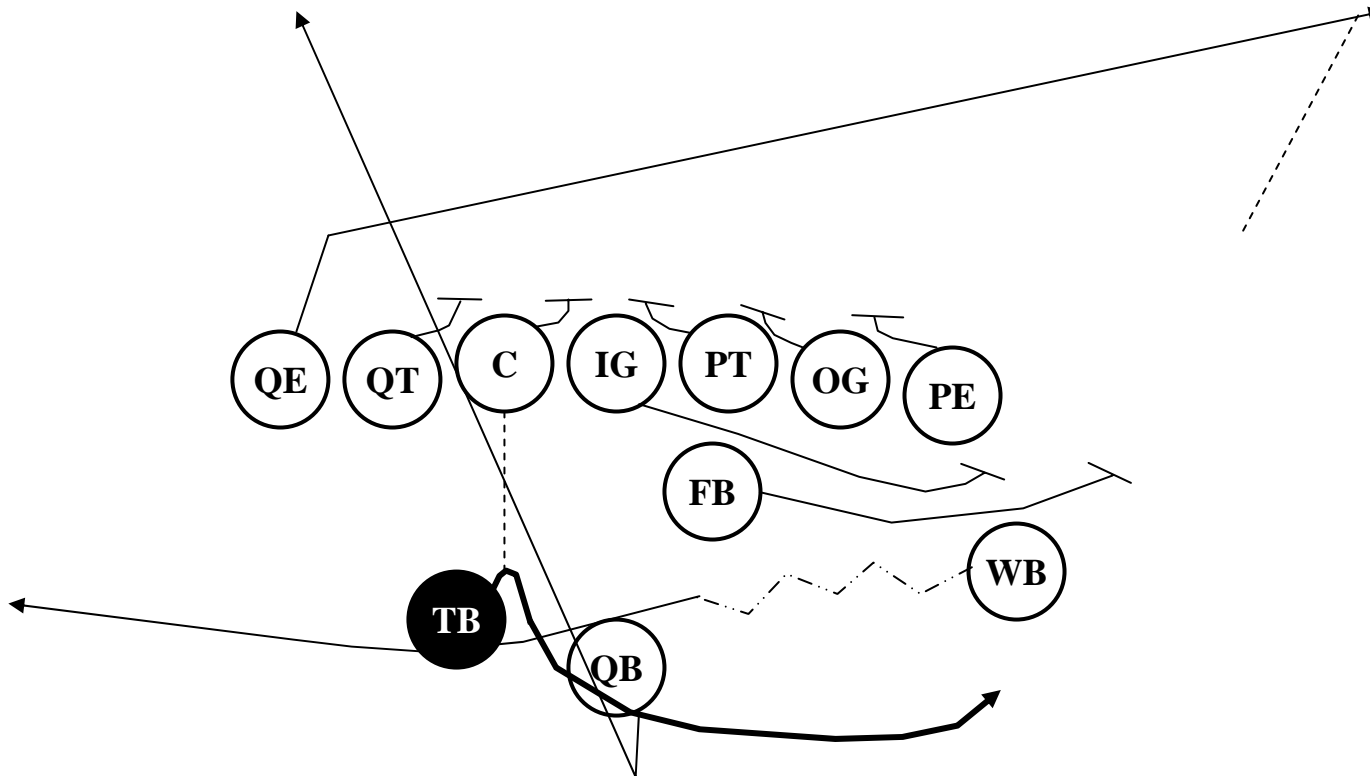
## TIGHT WING 2



TB catches snap and pivots just short of 180 degrees holding ball in his belly. Then fakes bootleg giving hand off with his right hand on the first step.

QB jumps back quickly to allow WB to pass him, delays for a count, then sprints outside of the QB to the POA, taking the hand off on the first step

# TIGHT WING 6 PASS

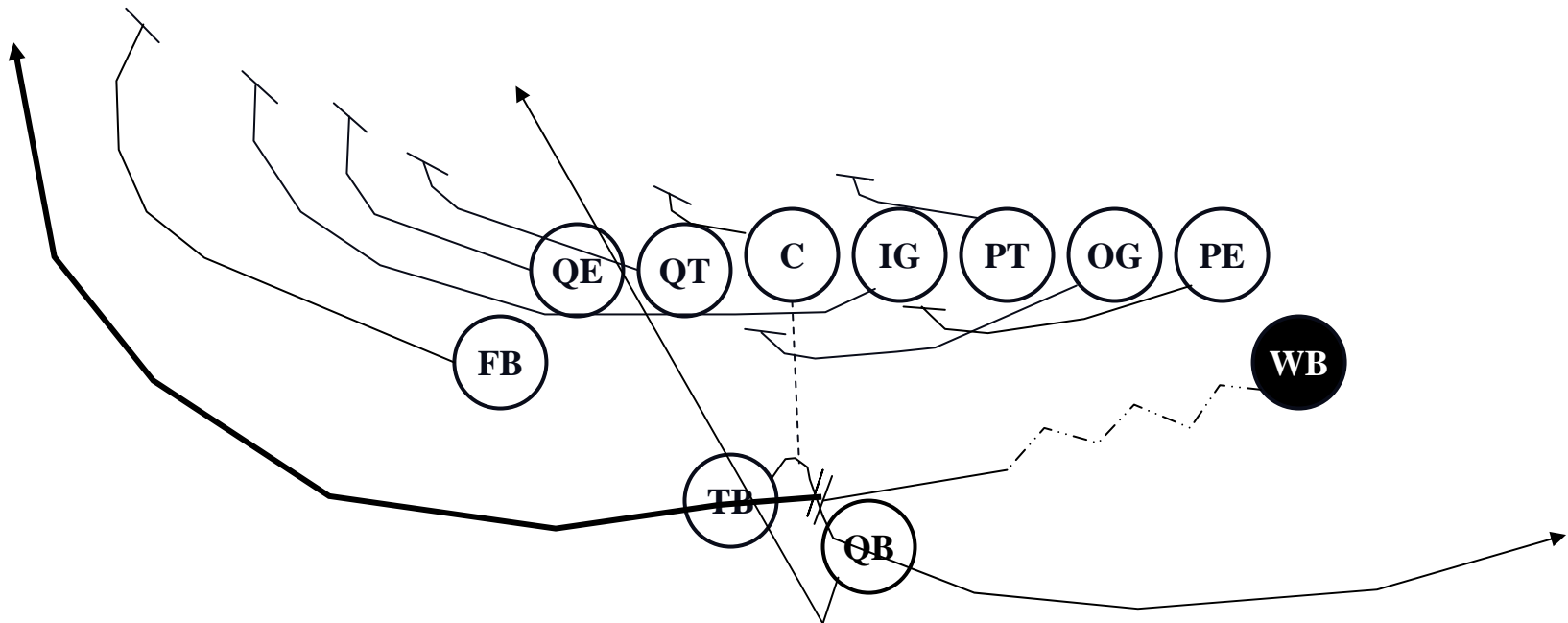


Same backfield action as Wing 3.

Run Pass Option for TB

QB and WB must sell their fakes

# TIGHT WING 1

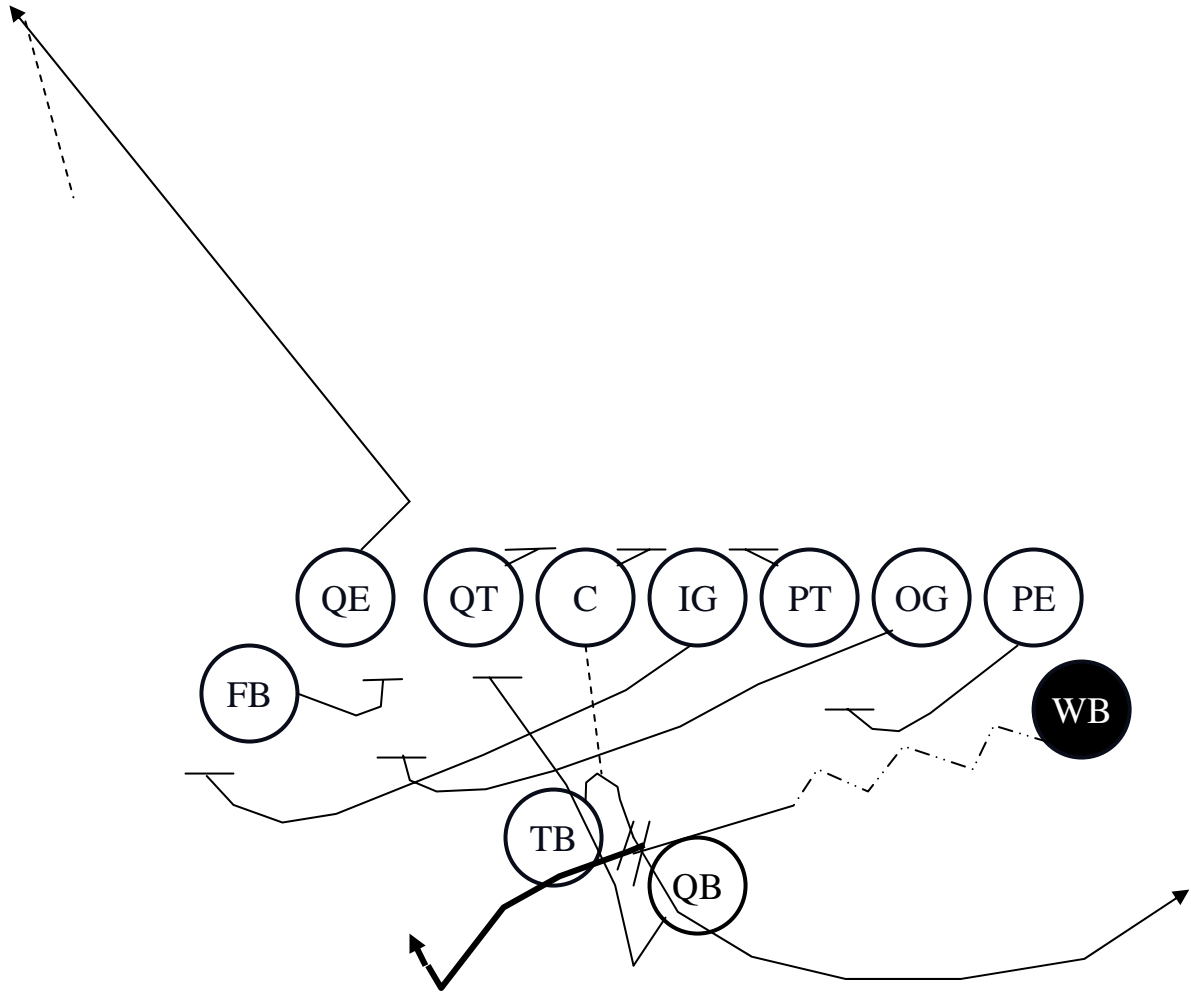


Blocking rule is that the entire line pulls except strippers (C & PT)

Timing of cadence and motion is critical so that WB gets hand off at full speed

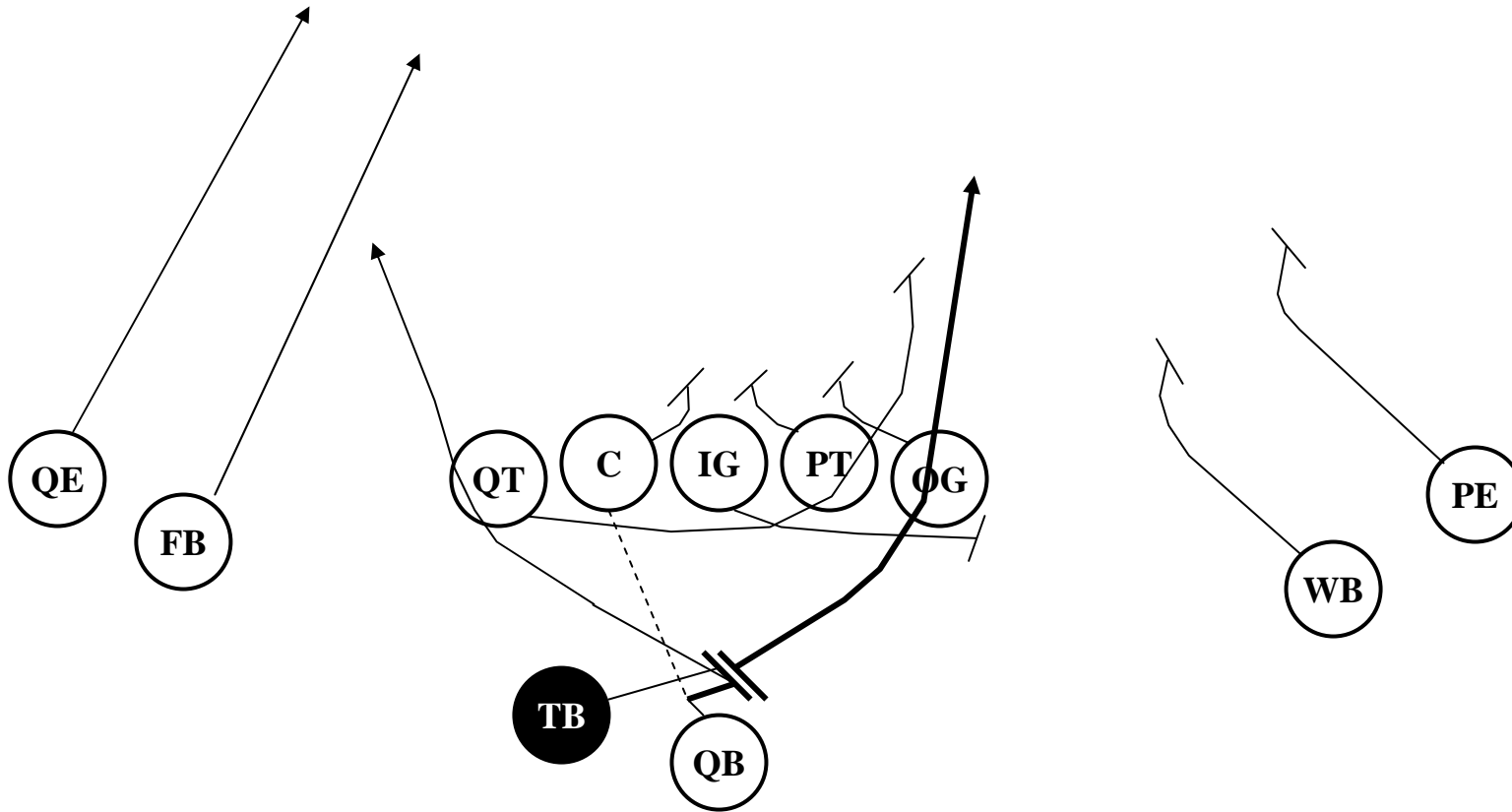
TB & QB must sell their fakes after the hand off

# TIGHT WING 1 PASS



**WB must slow down as he takes the hand off so he can adjust his body position quickly to make the throw**

# SPREAD RIDE 5

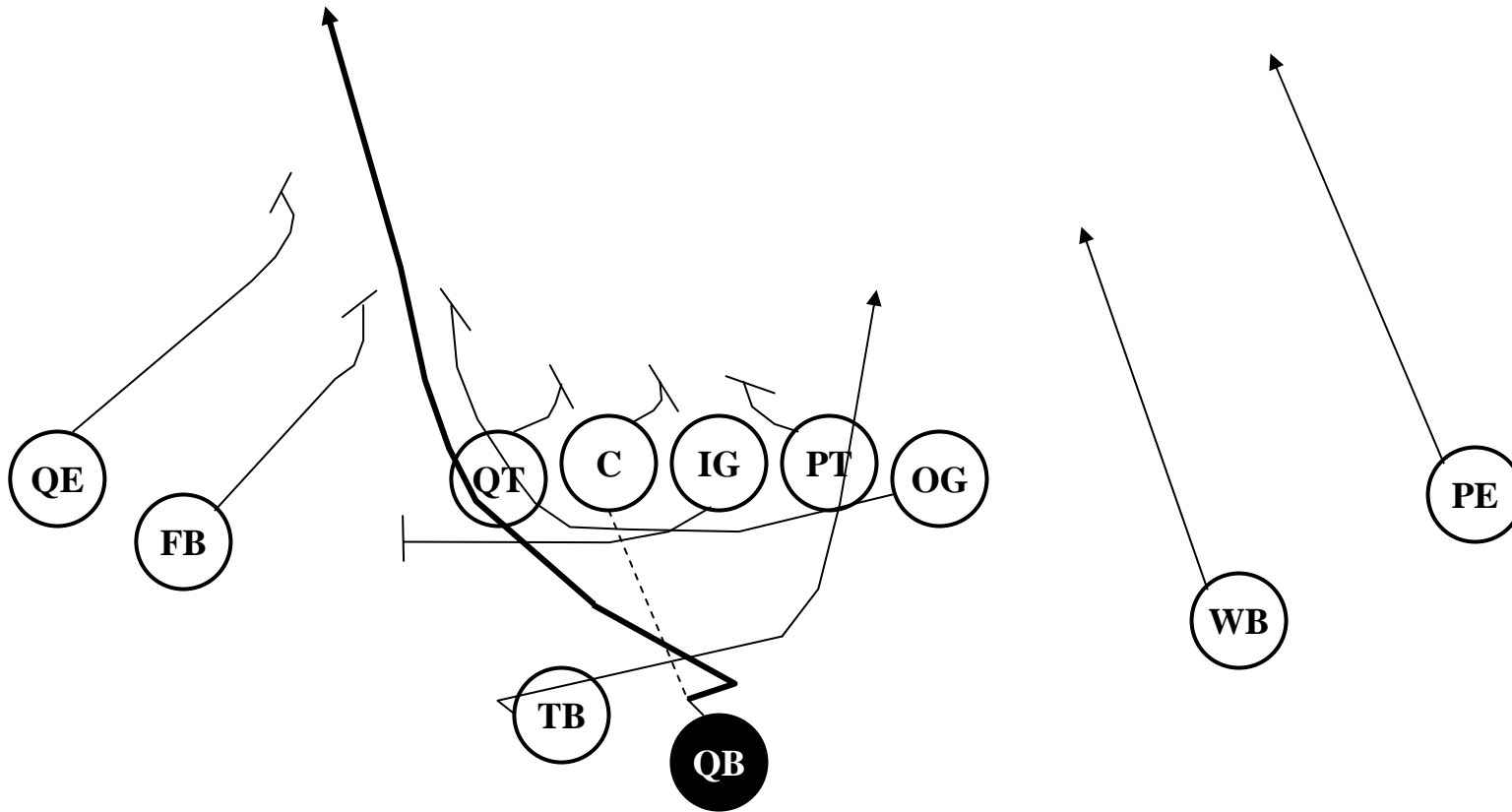


TB takes quick counter step and cuts in front of QB

QB steps toward C with left foot, catches and rides TB

QB holds the ball in the TB's belly allowing him to take it while he takes a long step with him before selling his keep fake to 3

# SPREAD RIDE 3



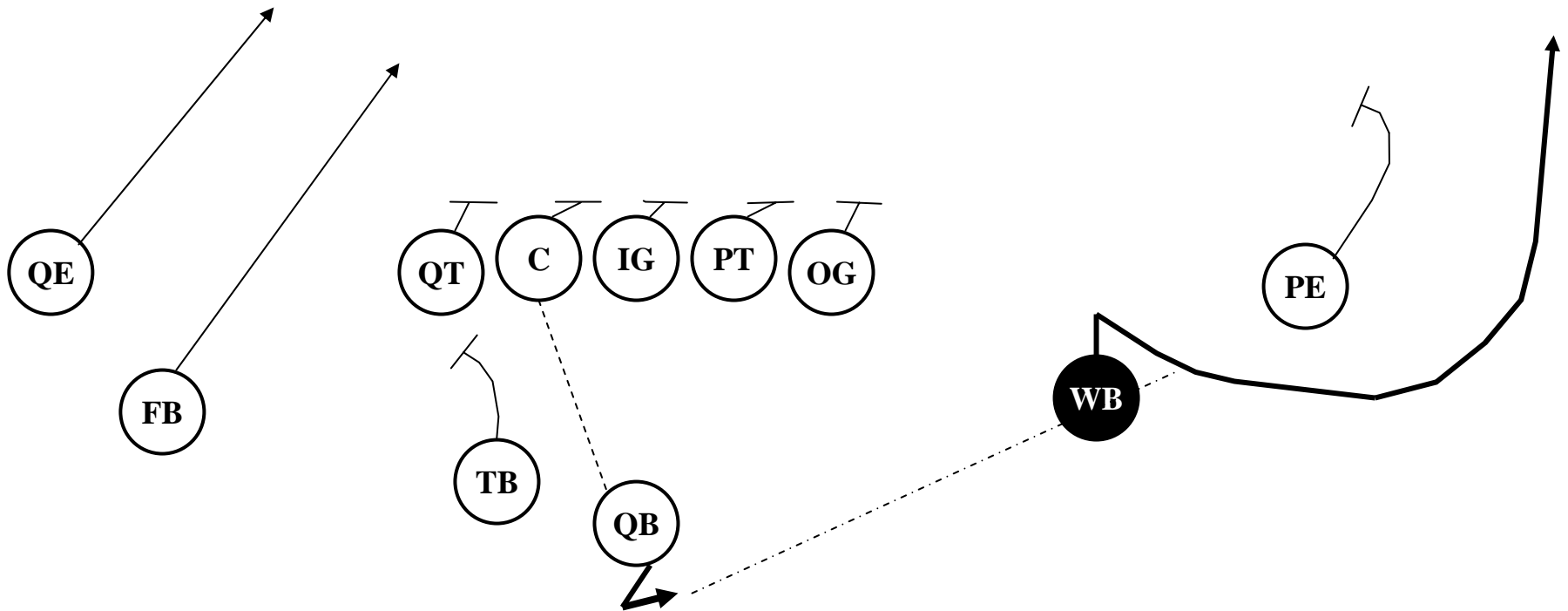
TB takes quick counter step and cuts in front of QB

TB must sell fake after the ride

QB steps toward C with left foot, catches and rides TB

QB holds the ball tight in the TB's belly and takes a long step with him before pulling the ball out and following the OG through the POA

# SPREAD WB SCREEN



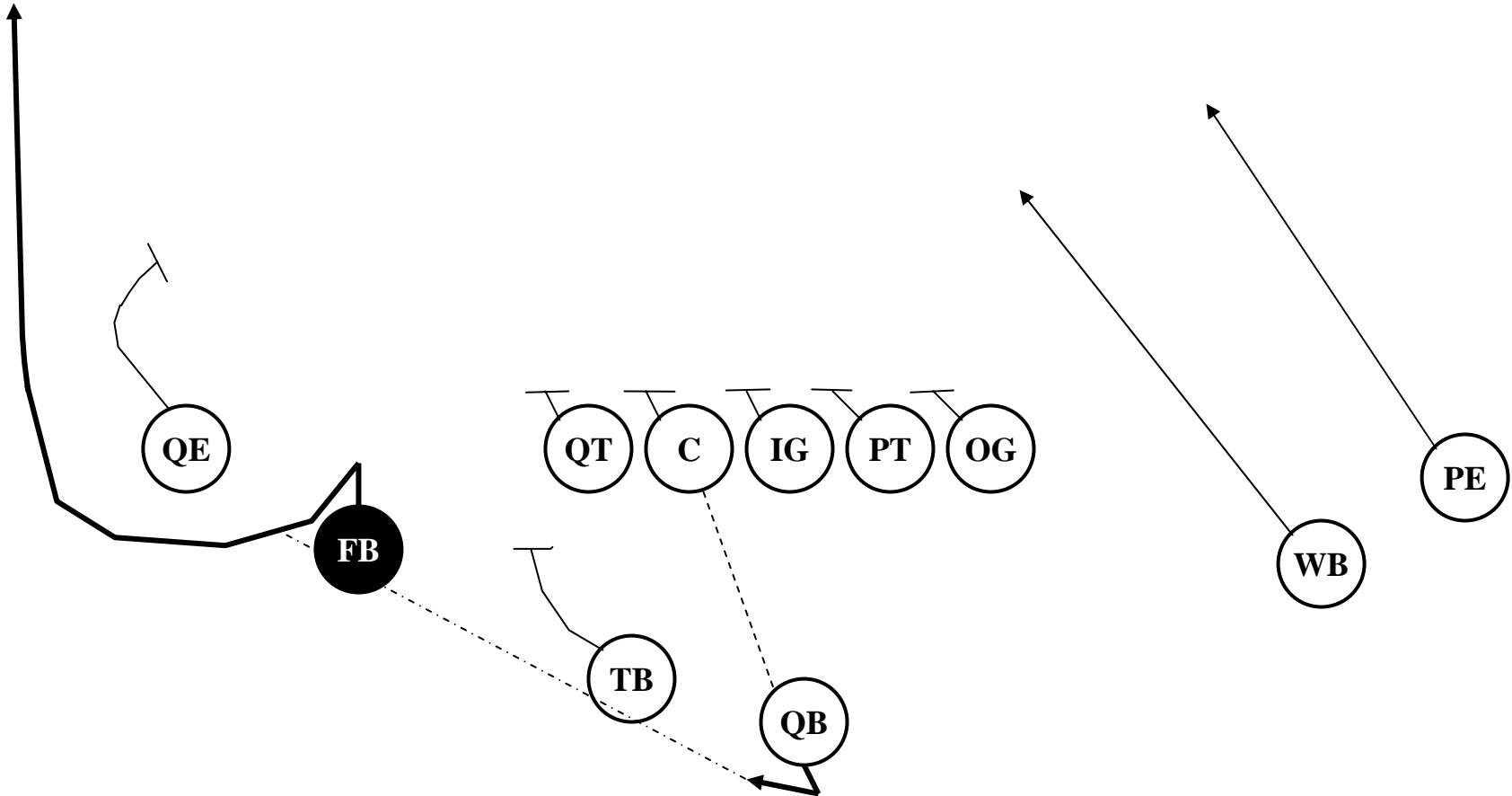
QB must catch and throw quickly like a baseball SS turning a DP

WB fires out of stance, but comes back to the ball

Run this play when coverage is loose on WB

O-line cuts right

# SPREAD FB SCREEN



QB must catch and throw quickly like a baseball SS turning a DP

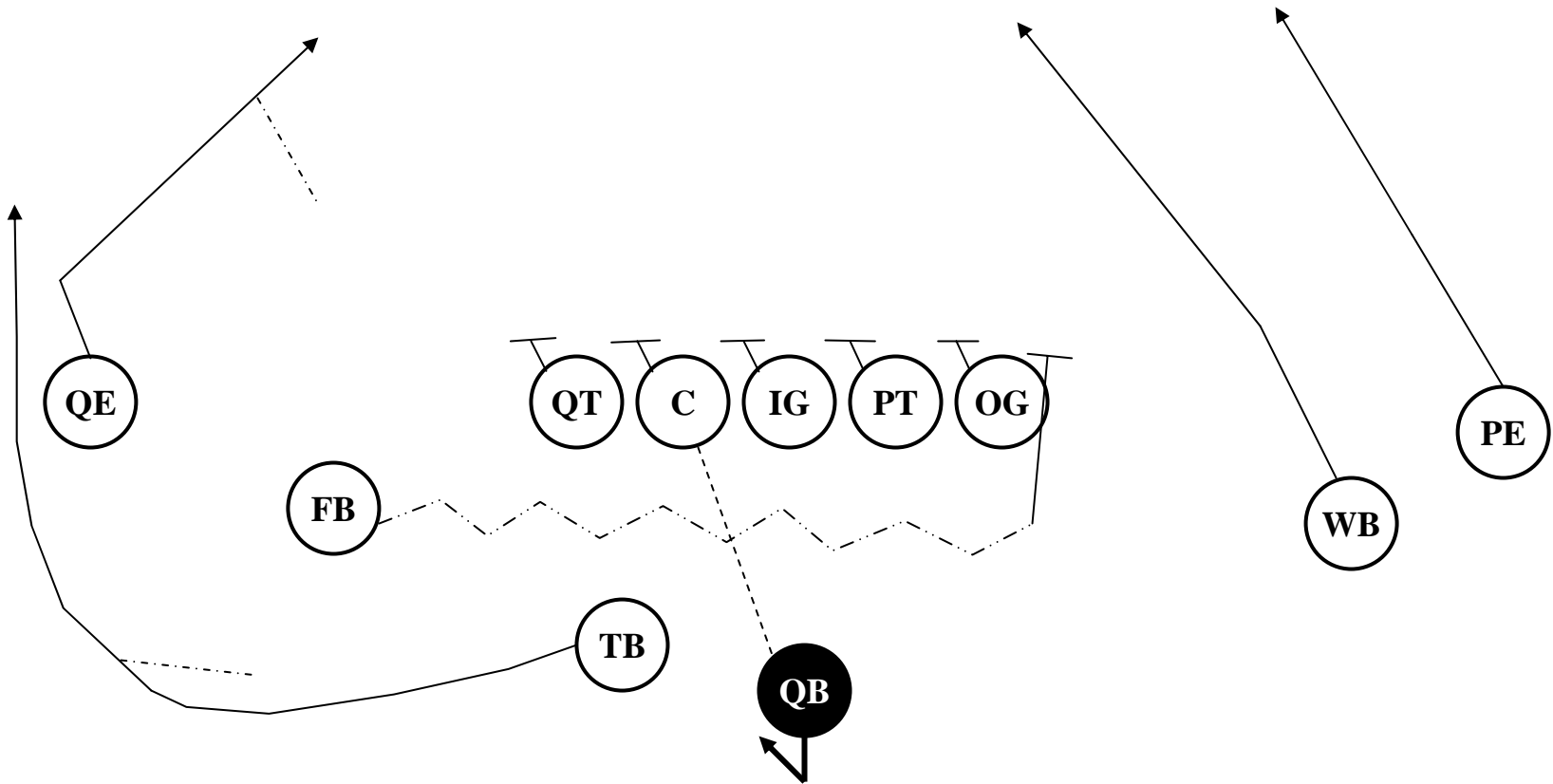
FB fires out of stance, but comes back to the ball

Run this play when coverage is loose on FB

O-line cuts left



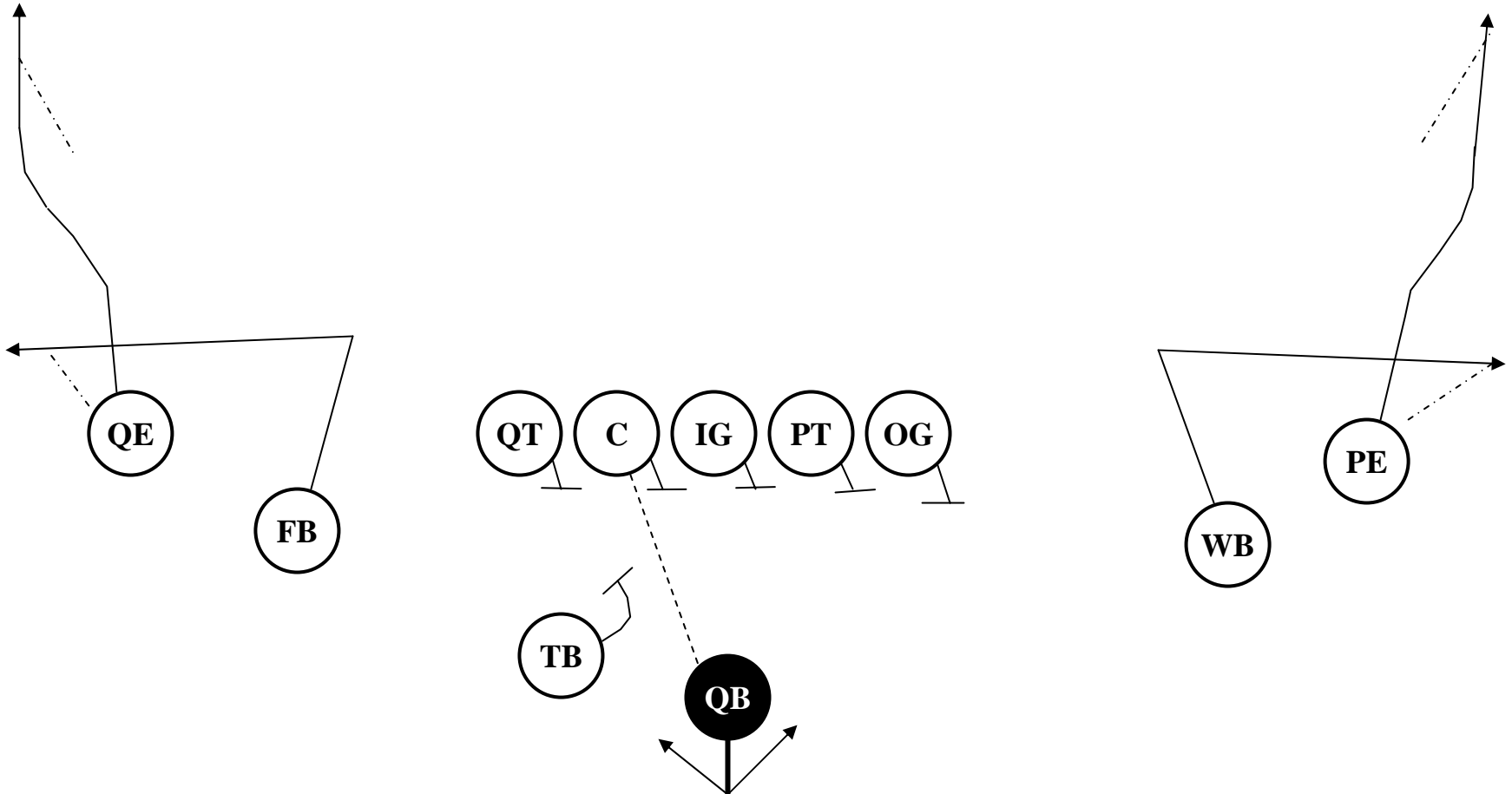
# SPREAD SLANT / SWING



Cadence is timed so snap is behind FB  
QE releases outside to turn CB's hips before cutting  
QB looks for QE immediately on slant

O-line cuts left  
If QE is covered QB quickly throws swing to TB

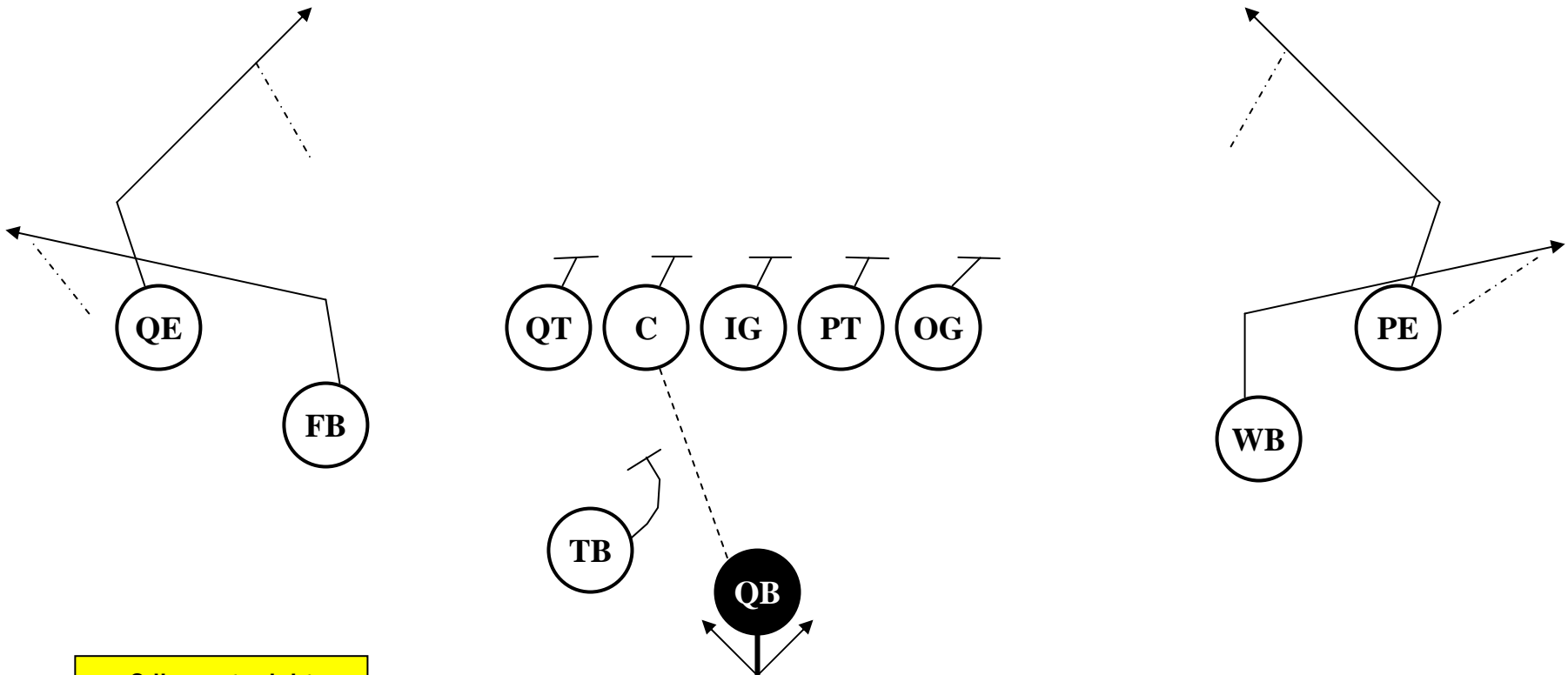
# SPREAD FADE L/R



QB takes quick 3-step drop and throws a high arching pass over the PE/QE's outside

If PE/QE is covered QB throws a relatively hard pas to WB/FB in the flat

# SPREAD SLANT L/R



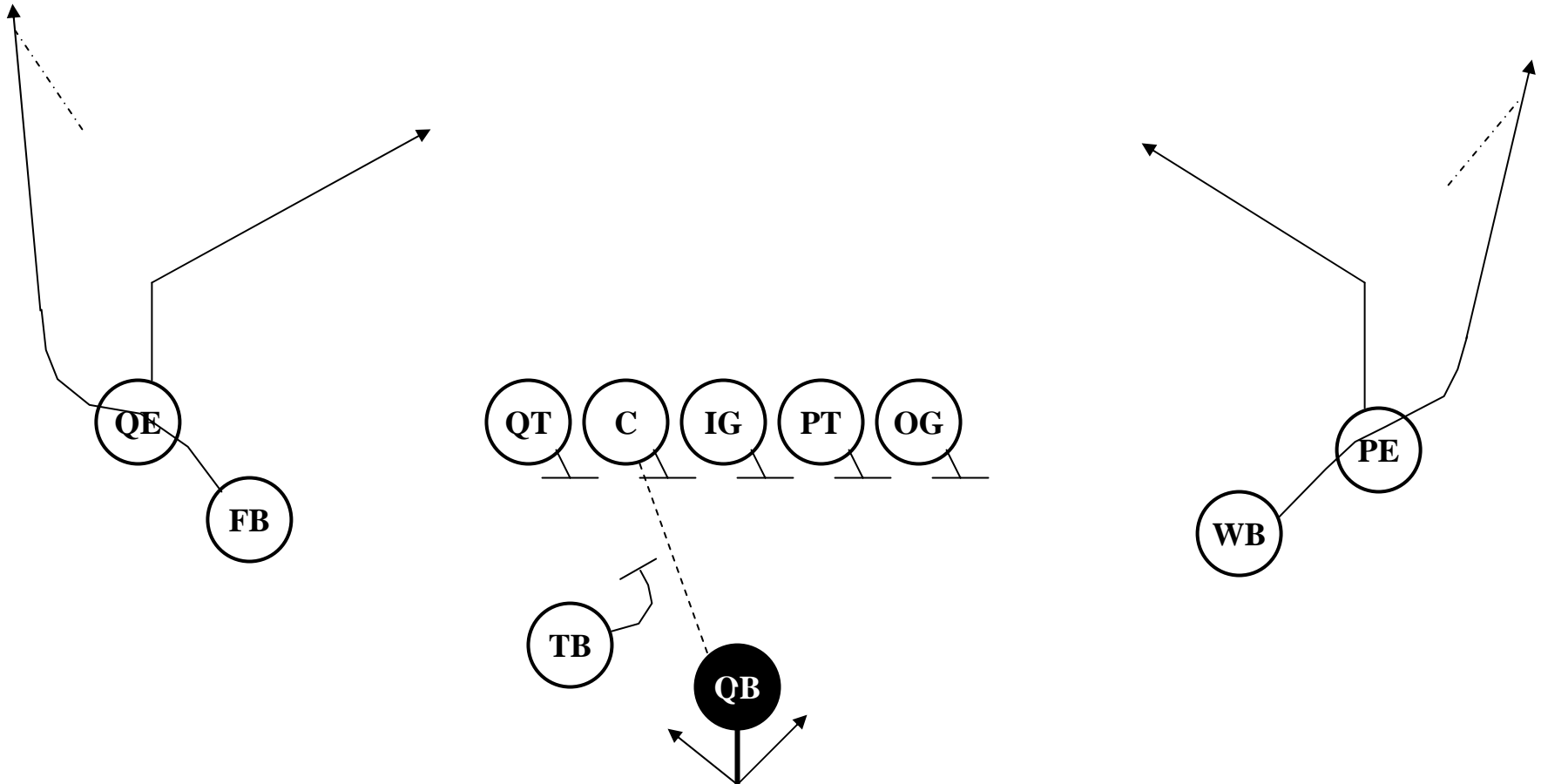
O-line cuts right

E releases outside to turn CB's hips before cutting

E breaks after 3-4 steps, turning his body to show the QB his jersey #. QB throws the pass hard at E's chest level or lower leading him so that he can make the catch on the run.

If PE/QE is covered QB throws a relatively hard pass to WB/FB in the flat

# SPREAD WHEEL L/R



WB & FB sell the out fake quickly and then burst upfield on a go/fade route

QB takes quick 3-step drop and throws a high arching pass over the PE/QE's outside shoulder

# BLOCKING TECHNIQUES

- **Good Stance** – Feet shoulder width apart and in a toe-to-heel relationship with the front foot opposite the down hand. Toes pointed straight ahead. Heel of back foot should be elevated slightly. Heel of front foot flat on the ground. Weight on both feet on the ball of the foot. Shoulders square with the line of scrimmage. Neck bulled. Head up. Butt just slightly higher than the shoulders. Spine ramrod straight. Down hand should form a 5-finger cup bridge and should be placed slightly forward of the top of the shoulder pad. Down hand should be 6 inches behind the rear point of the football. The arm that is not down is bent and tensed in a blocking position just above the thigh of the front leg. Weight should be evenly distributed between all 3 points. The diagram below shows the body position of a good right-handed stance shown from the side (the left arm and left leg are in Red).



- **Getting Leverage on Blocks:** A blocker must stay low as he moves so that when he makes contact he can explode up into the defender and then drive up and through him. Keep the back ramrod straight driving hard with the legs at a 45 degree up angle. Make contact with the broad surfaces of the forearm and the top of the shoulder pad. Roll the hips through underneath and keep the legs driving with a wide base and short choppy steps.
- **Down Blocking** – Take a short quick power step with the inside foot down the line of scrimmage at no greater than a 30 degree angle – a lateral step is best unless the blocker is quick. **STAY LOW**. Drive opposite arm across in same direction as lead leg. Acquire your target and drive into the defender with **OUTSIDE SHOULDER**, preferably pushing off hard on the inside leg as contact is made. When attacking, keep the head up, the neck bulled and the eyes on the defender's number. Aim the outside shoulder for the defender's horizontal midline (waist area). Drive the man down the line of scrimmage and do not allow penetration. Keep driving with short choppy steps. If the blocker misses slightly in front and the defender tries to slip off to the outside, twist the outside hip into him and keep bear crawling sideways into him. Note: If a player has trouble with the shoulder technique (that is, he is totally untrainable) but somehow he can get the job done throwing the block with the **HANDS** (to the near shoulder) or the **INSIDE** shoulder (to the near thigh), then we can let him use one of those techniques. But we cannot permit penetration, period.

## BLOCKING TECHNIQUES - continued

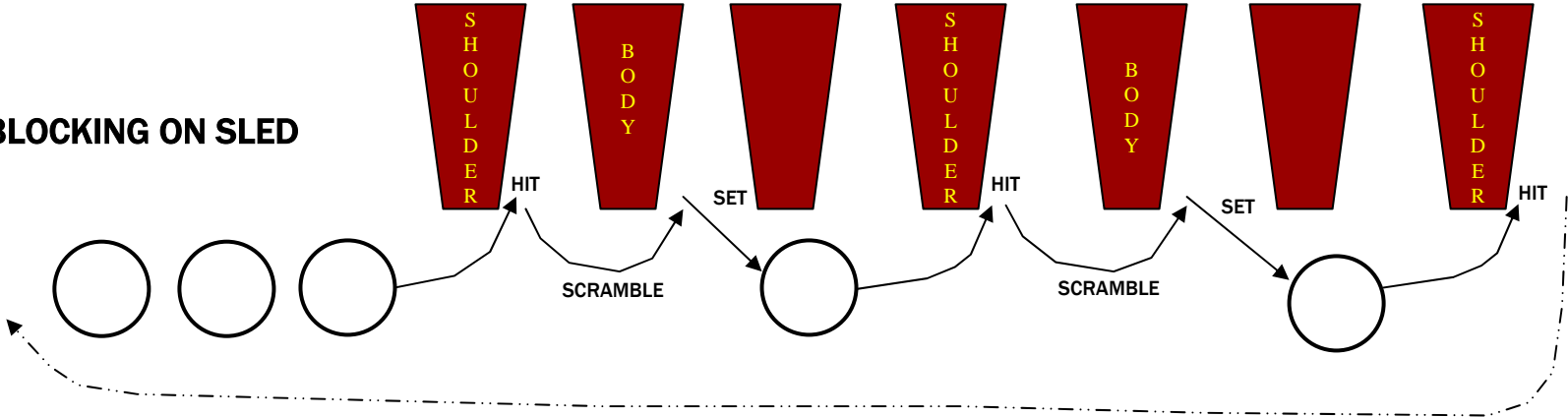
- **Down Blocking (continued)** – There are no blocking rules or line calls. In the SAB (severe angle blocking) technique we use, the down blockers are to fire out at the appropriate angle and aggressively attack the first defender they run into (this essentially results in a Gap-Down-Backer rule). In the unlikely event that there is no defender to block in the short attack zone, the linemen are to stay “on track” at full speed and attack pursuing defenders at level 2. We want maximum aggressiveness and no indecision.
- **Reach Blocking** - Take a short quick power step with the inside foot down the line of scrimmage at no greater than a 30 degree angle. STAY LOW. Drive the opposite arm across the body in the same direction as the lead leg. Acquire the target with your eyes and drive into the defender’s inside thigh with the OUTSIDE shoulder, pushing off hard on the inside leg.. If you miss it needs to be overshooting the defenders inside thigh, then bear crawling sideways into his legs. After contact, bear crawl into the defender and take up space to prevent penetration. Keep the back straight and the head up. Rule: Attack the first defender inside of you.
- **Pulling** - Push off hard on the foot opposite the direction you are pulling. Pull back behind the line of scrimmage at a very slight angle, stepping hard to the playside with the playside foot. STAY LOW. Drive opposite arm across in same direction as lead leg and sprint to the POA. Stay low with a forward lean. No defender can be permitted to cross your path, so attack any defender who tries. Push off the outside foot to turn up through the POA (see “Lead Blocking” below).
- **Trap Blocking (Includes Kickout Blocks)** –After the Pull Step, sprint to the POA while looking for a defender in your target area. Attack with your playside shoulder and drive him straight down the line of scrimmage. Aim the playside shoulder for the defender’s waist. Keep head on the upfield side of the defender and use good technique to get leverage. If the defender to be trapped or kicked out over penetrates and takes himself out of the play, turn upfield and become a lead blocker.
- **Lead Blocking**- Every play is designed to go through specific running lane at the point of attack called an “alley”. The lead blocker’s job is to get to the alley as quickly as possible and run through it, aggressively attacking any defender in the alley and screening him off from the ball carrier. A lead blocker’s responsibility is to attack anyone in the alley, but if the alley is clear the lead blocker looks to the inside for defenders pursuing. His job is to get in the way of these defenders to keep the alley clear. It’s important that lead blockers do not clip downfield. When the back is running in open field, the lead blockers simply run along and screen off the pursuing defenders.

# BLOCKING TECHNIQUES - continued

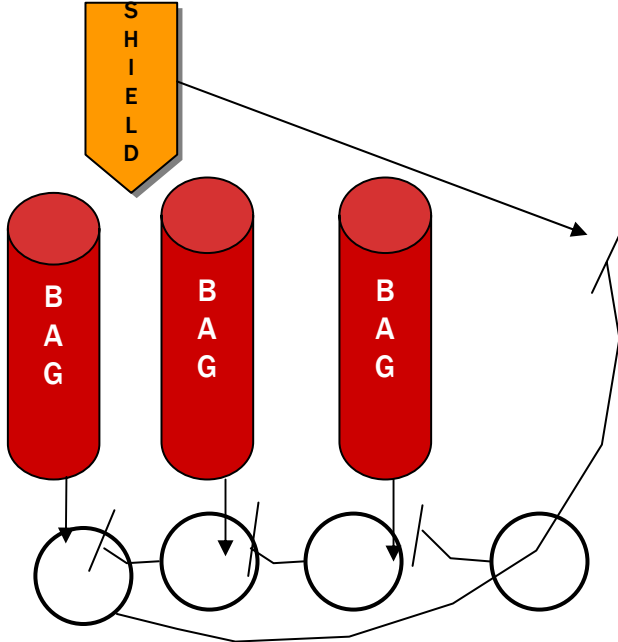
- **REMEMBER: Every Player is a Blocker** – This includes QB's, TB's, WB's E's... EVERY PLAYER. The blocking assignments of the backs are just as critical to each play's success as the blocking assignments of the linemen (in many cases, more critical).
- **Wedge Blocking** – The IG and PT are the point of the wedge. These players fire straight out, stay low and stay together. Everyone else in the wedge fires out at a 45 degree angle toward the point, stepping over the outside foot of the man next to him with his inside foot and pushing him forward. The push is done with the inside arm on the back of the man's shoulder with the thumb in the armpit. Everyone in the wedge stays low, stays together and keeps driving forward.
- **Crackback Blocks** – The technique is essentially the same as a Downblock, but the blocker must cover more distance to throw the block, so the timing is more difficult. It's critical that the WB or FB is positioned so that they can always get to a penetrating contain man at no greater than a 90 degree angle. It is very important to make contact with the outside shoulder keeping the head in front of the defender to avoid getting called for an illegal block. These blocks should be punishing because the blocker should have the element of surprise and a perfect blocking angle.
- **Pass Blocking** – On all Dropback Passes and the WB Screen, first responsibility of the OG, PT, IG, QT and C is to block the man over them or in their right gap. On the FB Screen and Slant/Swing, it is the man over them or in their left gap. On Quick Passes (Screens & Slant/Swing and the Slant) offensive linemen will immediately attack the defenders low (just above the knees) to bring their hands down. After contact, bear crawl and scramble to stay in contact with defenders legs. On the rest of the Dropback Passes, they will use a quick backstep technique. The lineman takes a quick step back with his outside foot, pulling the outside elbow back and setting up in a low hitting position. Bend at the knees and have all body weight on the balls of the feet. Keep the hips low with a straight back and the head up. Concentrate on the defender's chest or belly. Make contact with the defender with a 2 hand punch technique and then shuffle the feet to keep your body in good position between the defender and the passer. Maintain inside position and push the defender to the outside. Extend the arms to maintain separation from the defender. Give ground, but "get run over slowly".
- **WR Seal Blocks** - On FB & WB Screens, the End takes an outside release and sprints to establish outside position on the CB. As soon as he gets outside, he needs to close in quickly on the CB and attack by getting both hands into the CB's ribcage, keeping good body position as in pass blocking and fighting the defender to a standstill. All WR's use essentially the same technique with an inside release to seal off their cover defenders on most running plays to the 2, 3, 4 & 5 POA's.

# BLOCKING TECHNIQUE DRILLS

REACH BLOCKING ON SLED



DOWN BLOCKING & PULL VS. BAGS & SHIELD



Run both drills in both directions



# SKILL TECHNIQUES

- **Center Snap** – The Center takes a comfortable square stance with the feet slightly wider than shoulder width. The knees are bent and the butt is slightly higher than the shoulders. The head is dropped enough for the Center to see his targets in the backfield. The arm(s) are extended slightly in front of the head so that the backside of the football is directly under the forehead. The Center can use a one-hand or two-hand technique (whichever he does better). The one-hand technique is to put the laces down and the fingers spread on the laces like a QB throwing a pass and then throw soft spirals. The two-hand technique is with the laces up and the thumbs on either end of the laces, with the fingers spread gripping the sides of the ball.
  - ❑ **Snaps to the TB** – On Wedge Plays the snap is straight back. It is low and soft so that the TB can catch it at knee height as he steps toward the POA. In the Power Series (P2, P5, P6 & P6P) the aim point is to the right of the TB's right thigh. Leading him allows the TB to catch the ball in stride – the C's & TB's practice this extensively to zero in on the optimal aim point. The snap should have moderate zip. On the Wing Series (except Wing 4), the Snap is directly at the TB's hands with moderate zip. On Spin 4, the snap must be lower and softer to allow the TB to catch it easily as he heads straight to the wedge POA.
  - ❑ **Snaps to the QB** – In the Spin Series (except Spin 4) the snap is directly at the QB's left knee with moderate zip. This allows the QB to take a short step to the ball and start his spin motion. On Dropback and Quick Pass Plays the snap is directly at the QB's hands with moderate-to-high zip. Most of these plays depend upon the QB catching the ball and finding the laces quickly while positioning his body to throw the pass. The right speed and location of the snap are critical for these plays to be successful. On Wing 4 the snap must be lower and softer to allow the QB to catch it easily as he heads straight to the wedge POA.
  - ❑ **Snaps to the FB** – Always as low and soft as possible without hitting the ground.
  - ❑ **"Miss Low, Miss Slow"** - The Center must NEVER snap the ball above the target or with too much zip so that the ball gets past the QB or TB. In order to avoid disastrous plays, the Center's rule is *"Miss Low, Miss Slow"*.
- **TB & QB Stance** – The backs have wide low stances with their feet even and pointed at the line of scrimmage. The QB's feet straddle the left foot of the IG and the TB's feet straddle the C's left foot. They are bent over at the waist and bent deeply at the knees (almost a squat). Their arms are bent at a 90 degree angle with the elbows tight to their ribs. The arms actually point down at a 45 degree angle because of the forward body lean. Their hands form a basket directly under their heads, with their tips of their pinkies touching and their thumbs pointing up. *"Thumbs Up, Pinkies Down"* – see *"Catching the Football"* on Page 50.

## SKILL TECHNIQUES - continued

- **QB Spin** – On Spin Series plays, as the ball is snapped, the QB takes a step toward the line with his right foot and putting all his weight on the ball of the right foot. The exact spot he steps to will depend upon the area he is to go to at the end of the spin regardless of whether he's running the ball, blocking or faking.
  - If he's running to right (5) or (6), the first step with the right foot is straight ahead toward the LOS.
  - If he's running to left (3), the first step with the right foot is directly in front of his left foot.

The QB catches the ball just above the left knee and spins to his left, pulling the ball into the belly, pivoting on the right foot and swinging the left leg around in a complete circle. The QB only puts the ball into the TB's or WB's belly if he's going to hand off. Otherwise he keeps the ball hidden at his belly, pulling it up to his chest wrapped in both arms as he completes the spin and runs to the POA. If the QB hands off, he still completes the spin, acts as if he still has the ball and runs to the appointed area.

- **Fakes** – Selling fakes to the defense is critical to the success of any Spin Series play, Wing Series play or any misdirection play. Whenever there is going to be a hand off or a fake hand off in the Spin Series, the TB or WB lifts his upfield arm to shoulder height and puts the downfield forearm just below the waist (exceptions are WB Counters where the WB raises the downfield arm to shoulder height and puts the upfield forearm just below the waist). As they pass the QB, whether they get the ball or not, the back drops his upfield shoulder slightly and collapses the upfield forearm to the waistline. The back continues to run hard, with a lot of forward lean and the waist twisted slightly to keep the ball (or the hands) hidden behind his body. The principle of the Spin and Wing Series' is to mesh 3 backs moving in different directions with the ball completely hidden. After the mesh, all 3 backs (TB, QB & WB) are running hard and keeping the ball (or imaginary ball) hidden from the defense. When the backs really "**sell the fakes**", the defenders are hard pressed to find the ball. Selling the fakes means convincing defenders that you have the ball when you don't. A good fake is worth several blocks. Other fakes include the TB after he hands off to the WB on a P2 play, he pulls his hands away from the inside handoff and puts them on his downfield hip (concealing them with his body) sprinting hard to the right with a slight downfield twist in the waist. On a D4, the QB must act as if the snap is low, but that he was able to scoop it up and drop back. His hands must be concealed until he fakes throwing a pass deep right.

## SKILL TECHNIQUES - continued

- **Quick Passing** – On Quick Screen Passes, as well as the dropback slant passes, the QB must catch and throw the football as quickly as possible. He must concentrate first on catching the snap, but as soon as he catches the ball, the QB quickly moves his hips, shoulders and feet into position to make a quick throw to the primary receiver as his hands work to position the laces of the ball. His movement is similar to a shortstop in baseball turning the double play. As soon as he makes the catch, as he positioning himself for the throw, the QB must find his target with his eyes and make a very quick decision on where to throw the football.
  - ❑ **On the Screen Passes, there is only one receiver.** We will call these plays when the safety covering the FB or WB has backed off the line or is trying to play inside of the FB or WB. These plays will also be called vs. a zone. The QB throws a relatively hard pass just slightly ahead of the receiver so that he can catch it (with little or no adjustment) at waist to head height (preferably in stride at shoulder height). In the event that the CB slips past the E or the cover S/LB gets into the backfield quickly, the QB is to throw the ball where only the FB or WB can make the catch. Overthrow if the defender is inside. Underthrow if the defender is outside (the receiver must adjust). Throw the ball away if the defender is very close, always putting the receiver between the defender and the ball.
  - ❑ **On the Slant/Swing, Fade and the Slant, the E is primary on the slant route.** The QB must throw a relatively hard pass with a flat trajectory so that the E can catch the ball below shoulder level. The QB must lead the receiver so that he can catch the ball in stride. But do not overthrow the slant. If the slant is covered, the QB looks for the secondary receiver. The WB in the flat on D5, the FB in the flat on D2 and the TB on the swing route. On these routes, the throw is a medium zip touch pass thrown at an upward trajectory outside of the receiver to allow him to run under it.
- **3-Step Drop Deep Passing** – The Fade and Wheel Plays are designed to burn CB's, LB and safeties who are up tight to the line of scrimmage in man coverage, especially if they try to cheat inside and play the run. They will also be called vs. zone if the safeties are playing inside. After catching the snap, the QB simultaneously pulls the ball above his throwing shoulder and steps back with his plant foot (the one on the side of his throwing arm). The back point of the ball should be pointing at the ear hole of his helmet. He then does a quick crossover step straight back and plants his plant foot. As he makes the quick drop the QB gets his fingers on the laces and looks for the primary receiver (E on the Fade), (FB or WB on the Wheel). If the primary receiver has beaten the coverage, the QB throws a high trajectory pass over the receivers inside shoulder, "laying the ball out there" for the receiver to run under. If the E is covered on the Fade, the QB looks for the slotback (FB or WB) in the flat. If the primary receiver is covered on the Wheel, the QB overthrows or underthrows the receiver, away from the coverage putting the receiver between the ball and the defender. Do not throw into double-coverage. If the QB sees double coverage, he is to put the ball away and run up the middle on a draw. If a QB becomes proficient, he can be permitted to look for the opposite side wheel route if the primary receiver is covered tight or double-covered.

## SKILL TECHNIQUES - continued

- **Carrying the Football** – Securing the football is one of the most important skills of any back or receiver. The back point of the ball is jammed tight between the bicep and pectoral at the ball carrier's armpit. The front point is jammed into the flesh of the bottom segment of the middle finger. The thumb and fingers clamp down hard around the front point. The forearm clamps down hard on the side of the ball. The ball is carried "high and tight" (NY Giants TB Tiki Barber is a good player to copy – because he used to be a fumbler, but overcame it with good technique). The ball is tilted with the front point slightly upward (about 20 degrees). The ball carrier can pump his arm to some degree as he runs, but he must learn to run full speed with limited mobility of the ball carrying arm. The ball should always be carried in the outside arm, but the runner should only switch arms when there are no defenders close to him. The switch is done in front by sliding the ball across the top of the chest and reaching over with the opposite hand to clamp over the back point of the football. The ball is then pulled into the correct position in the opposite arm. Whenever the ball carrier is being tackled, he should clutch over the top of the ball with his free hand.
- **Handoffs** – It is the responsibility of the ball handler to look the ball into the runner's stomach. The runner goes to the appointed spot but his eyes look at the POA. The runner's forearm on the side of the handoff should be parallel to the ground with the elbow and the wrist at chin level. The opposite hand should be just below the navel with the palm up. The ball handler holds the ball with the thumb up and the forearm parallel to the ground. The football should be placed (not slammed) just above the navel. The runner clamps on to the ball with his wrists and hands. He shifts the ball to the outside arm as soon as he has control of it.
- **Catching the Football** - When catching the ball at chest level or above, the receiver makes a basket with his hands with the tips of his thumbs and index fingers together. He looks the ball all the way into his hands, squeezing the ball with his hands and then pulling the ball to his chest. When the ball is below chest level the receiver makes a basket with his hands with the tips of the pinkies and ring fingers together. Just as with a high pass, he looks the ball all the way into his hands, squeezing the ball with his hands and then pulling the ball to his chest.

# THE 7 HABITS OF WINNING TEAMS

1. **HUSTLE** – GIVE 100%. EVERY DRILL. EVERY DOWN.
2. **ENCOURAGEMENT** – BE A LEADER. USE YOUR ACTIONS AND WORDS TO LIFT YOUR TEAMMATES SPIRITS.
3. **ATTITUDE** – BE POSITIVE. BE CONFIDENT. BE COACHABLE.
4. **RESPONSIBILITY** – EVERYONE DOES THEIR JOB.
5. **TOUGHNESS** – IT'S NOT THE SIZE OF THE DOG IN THE FIGHT, IT'S THE SIZE OF THE FIGHT IN THE DOG.
6. **DEDICATION** – BE AT EVERY PRACTICE. PRACTICE YOUR SKILLS AND DO EXTRA CONDITIONING ON YOUR OWN.
7. **RESPECT** – TREAT YOUR TEAMMATES AND COACHES LIKE YOU WANT TO BE TREATED.

**REMEMBER THE ACRONYM “HEART DR.”. THESE HABITS ARE THE KEYS TO VICTORY IN FOOTBALL AND THEY WILL SERVE YOU WELL IN MANY OTHER ASPECTS OF YOUR LIFE**