

The First
O. V. A. C.
ALL STAR



Football Coaches
and
Injury Clinic

FRIDAY and SATURDAY - JULY 30 and 31, 1976

**WEST LIBERTY STATE COLLEGE
WEST LIBERTY, WEST VIRGINIA**

-- SINCE 1943 --

The birth of the Ohio Valley Athletic Conference was conceived through the efforts of a handful of Ohio Valley Educators who saw the demand for the stimulation and promotion of a diversified program for competitive athletics in the Ohio Valley. With faith, hope and the willingness to work, the OVAC has now become an "interscholastic giant" in serving the Youth of the Upper Ohio Valley.

Today, 33 years later, the OVAC is the largest interscholastic conference in Ohio and West Va. of its type since it serves all member schools without any subsistence from either state. Presently, it ranks as the second largest conference of its kind in the nation and its reputation is widespread as many of its formats are used as models by many state athletic associations. Currently the OVAC has a direct working relationship with the NCAA regarding high school all star contests and has been instrumental in formulating administrative details for such events.

Consolidations, involving member schools during the 60's and middle 70's, have reduced the conference membership to 46 schools which now spans 13 counties in Ohio and West Va. and serves some 6,500 athletes in 10 athletic levels. Presently the organization has a hold on all future memberships, although additional growth of the conference is possible within the foreseeable future. In all aspects, the OVAC sponsors its own championships and is independent of both state associations although the use of rules and regulations by each state are strictly enforced.

The OVAC's administrative body of five executive board members carry the responsibilities of its many athletic programs. In fact the overall business of the conference is handled by this board although its own constitution and by-laws serve to advise the administration in all aspects of conference business. A major contribution to the OVAC are its scholarship and donor programs since both are extremely significant in giving balance to both athletics and academics in which the conference serves. In addition the OVAC has donated over \$45,000.00 to charity in the upper Ohio Valley from those proceeds earned in only four conference all star charity football contests. Such a classic has assisted many charities throughout the valley in continuing there vaunted efforts in helping others.

II

With the movement toward female competition on the interscholastic level, the OVAC has endeavored to keep pace with the advent of many championships for girls during the 1976-77 year. This will mark another page in the history of the conference as it solidly supports the role of serving the Youth of the Upper Ohio Valley. During the upcoming year, a total of four championships will be held for girls and does not include those other sports where girls and boys compete on the same squads.

Without question, interscholastic athletics are alive and electrifying and still provide clean, fresh, decent and fair entertainment. This Ohio Valley Athletic Conference Sponsored Clinic should strengthen those ideals by all high school coaches with the intent to better improve the athlete mentally, morally and physically.

Let us all remember....."Success is not always measured in WINS but in ABILITY to complete the JOB.

AGENDA

Friday, July 30

- 8:30 - 9:15 Registration
9:30 - 9:45 Welcome
9:45 - 10:20 Jim Thomas (Wheeling Central, W. Va. H.S.) - Veer "T"
10:20 - 10:55 Don Charlton (East Liverpool, Ohio H.S.) - End Over Offense
10:55 - 11:05 Break
11:05 - 11:40 Bob Kottlowall (Winterset, Ohio H.S.) - Controlling the Ball and Using the Clock
11:40 - 12:25 Andy Urbanic (Penn Hills, Pa. Sr. H.S.) - The sprint Out Attack
12:30 - 1:30 Lunch
1:45 - 2:20 Houser Griddle (South Charleston, W.Va. H.S.) - Flip Flopping Personnel
2:20 - 2:55 Mike Hayden (Parkersburg South, W.Va. H.S.) - Moving the Monster
2:55 - 3:05 Break
3:05 - 3:40 Ron Pobolish (Cadiz, Ohio H.S.) - Coaching the Secondary in High School
3:40 - 4:25 Art Bernardi (Butler Area, Pa. H.S.) - Multiple Defense
4:25 - 4:30 Open Question Session
4:30 - 5:30 All Star Practices (Practicing Fields)
5:30 - 6:30 Dinner (Krise Hall)
7:00 - 9:00 New Concepts in Athletic Training
Tim Kerin - Head Trainer, University of Pittsburgh
Tim McCormick - W.Va. All Stars - Wheeling Park, W.Va. H.S.
Mike Young - Ohio All Stars - St. Clairsville, Ohio H.S.
9:15 - Snoker (Student Union)

Saturday, July 31

- 7:30 Breakfast (Krise Hall)
8:00 - 9:15 Registration (Hall of Fine Arts)
9:00 - 10:50 Defensive Line Play
9:00 - 9:35 Gary L. Stevens (Interior Defensive Line Coach, W.V.U.) - Interior Play vs. the Running Game
9:35 - 10:10 S. D. "Foge" Fazio (University of Cincinnati) - Rushing the Passer
10:10 - 10:25 Joe Ault (Salata College) - Varying Techniques of the Defensive End
10:45 - 10:50 Open Question Session
10:50 - 12:00 Break
11:00 - 11:45 Jerry Sandusky (Penn State University) - Linebacking
11:45 - 12:30 Don Ault (Bethany College) - Multiple Secondary Techniques
12:30 - 1:30 Lunch (Krise Hall)
1:45 - 2:30 Joe Avanzano (University of Pittsburgh) - The Kicking Game
2:30 - 3:45 Offensive Line Play
2:30 - 3:05 Alex Gibbs (Ohio State University) - Center Play and the Trapping Game
3:05 - 3:40 Dick Anderson (Penn State University) - One on One, the Power Block (Double Team) and Protecting the Passer
3:40 - 3:50 Open Question Session
3:50 - 4:00 Break
4:00 - 4:45 Joe Krivak (University of Maryland) - Coaching the Receivers
4:45 - 5:30 Harry Jones (University of Pittsburgh) - Back Field Play
5:30 Adjourn

THE TWIN VEER IN HIGH SCHOOL

BY: Jim Thomas

Wheeling Central High School

I. Why The Twin Veer?

A. We feel that it is the best for us because of the following advantages:

1) We can overcome our "Lack of Numbers" by being flexible and interchanging positions

- a) Line
- b) Receivers
- c) Backs

2) We can run or pass equally well.

3) We can spread the defense.

4) We can simplify assignments and spend more time on techniques.

5) We can run to either side

6) We can get "variety" after the snap.

II. Basic Running Plays

1) Read Option

2) called dive

3) called pitch

4) outback

5) Outside Veer

6) Counter Dive

7) Counter Option

8) Lead Option

III. Basic Passing Philosophy

1) Numbering Systems

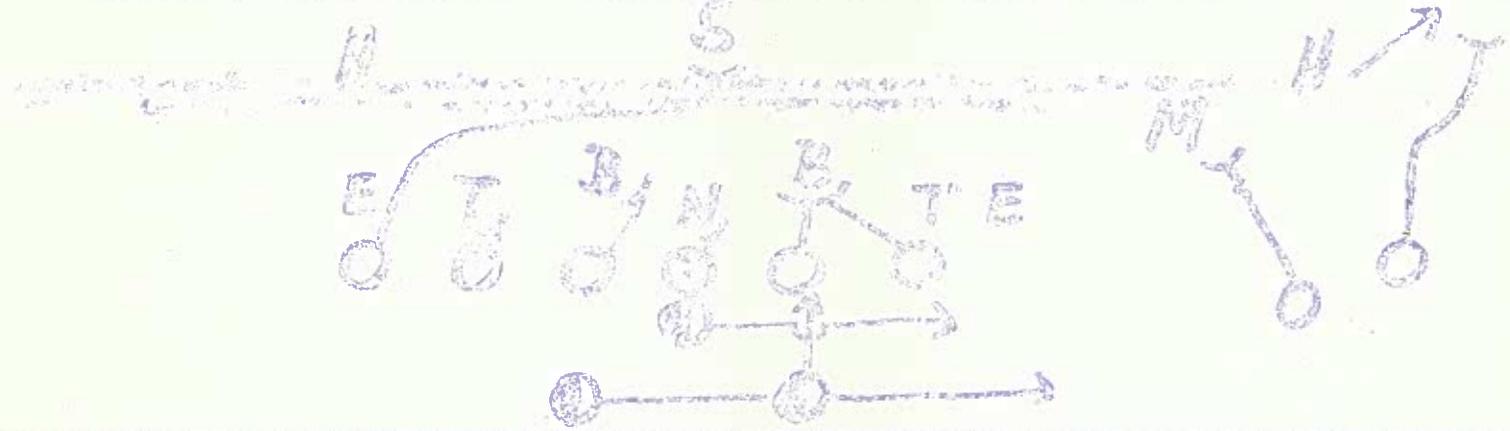
2) Flexibility of Patterns

IV. The "Clap Drill"

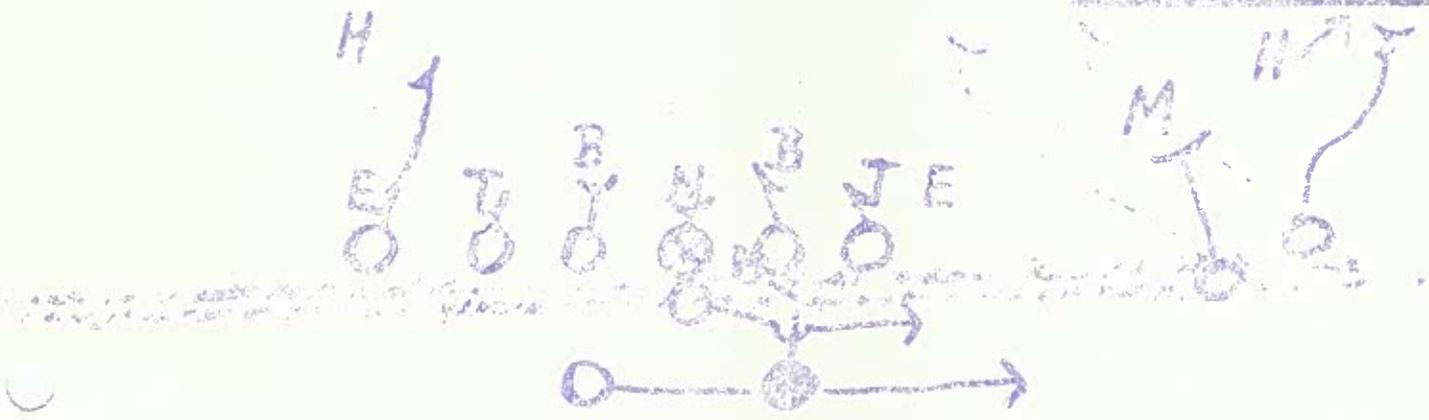
BASIC SPLITS



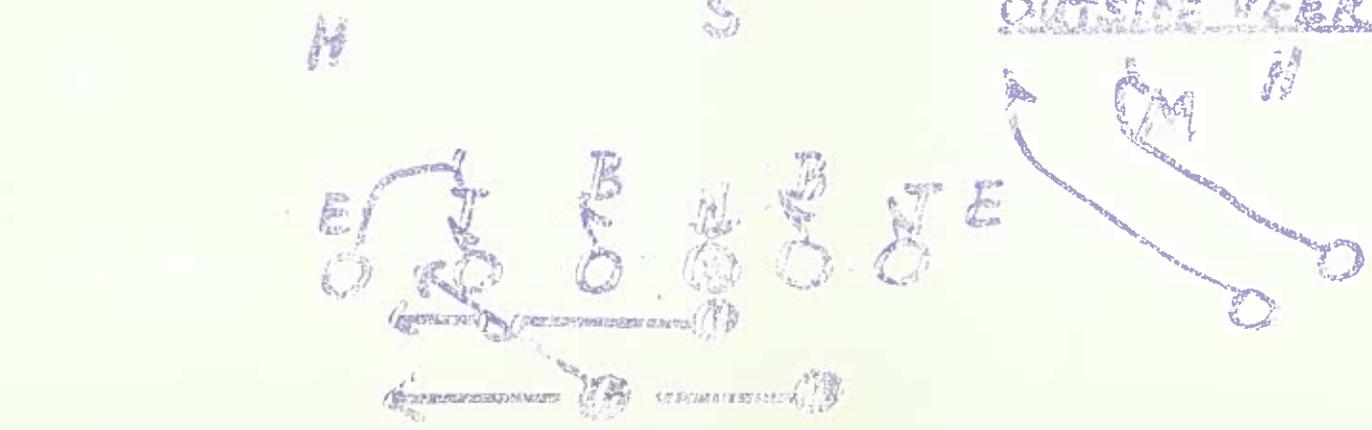
REGULATION CROSS LINE Called FIVE



CUTBACK



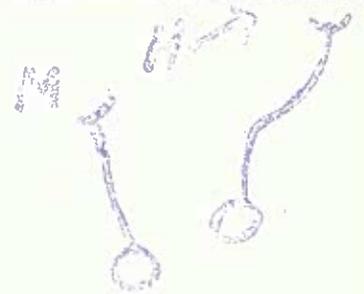
OUTSIDE VEER



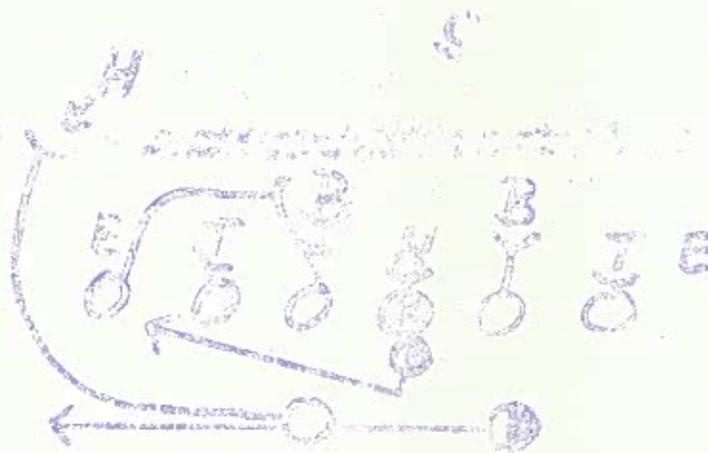
COURT SIDE



COURT OPTION



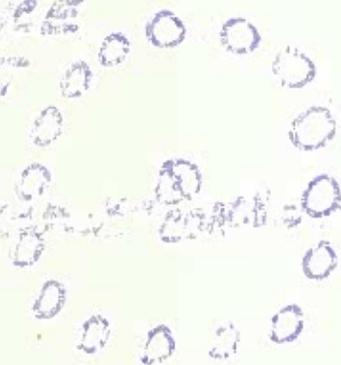
LIAD OPTION



CLAP DRILL

COACH CALLS CACENACE
TEAM CLAPS ON COUNT

- 1) CACENACE RECOGNITION
- 2) TEAM TIME
- 3) QUICK START
- 4) TEAM MOVABLE
- 5) "REST" DRILL



Formation Offense . Specifically Unbalanced Line

Don Charlton

Head Football Coach

Warren Westport Reserve High School

I. Reasoning Behind Formation Offense.

- A. Add to opponents preparation time.
- B. Take advantage of your opponents defensive sets.
 1. Match your strengths against your opponents strengths, both from a formation standpoint and a personnel standpoint.
 2. Match your strengths against your opponents weaknesses in both formation and personnel.
- C. Give complete flexibility to your offense.

II. Unbalanced Formations Must Be a Part of Your Total Offensive Scheme if You Believe in Formation Football Offense.

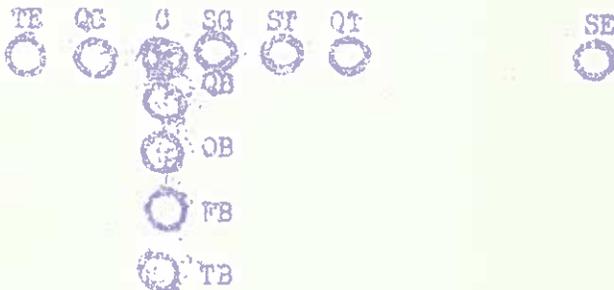
- A. Balanced line formations can be defended within a basic defensive scheme.
- B. Unbalanced line formations require your opponents to make adjustments in basic defensive theories.
- C. Addition of backfield sets, shifting, and motion adds more to preparation time and defensive adjustments of your opponent.

III. Simplicity in Teaching Multiple Formations.

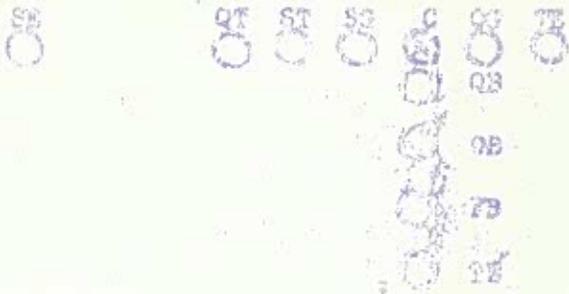
- A. Terminology (Must have basic these).
- B. Play calling using terminology.

IV. Specific Unbalanced Sets and Placement of Personnel .

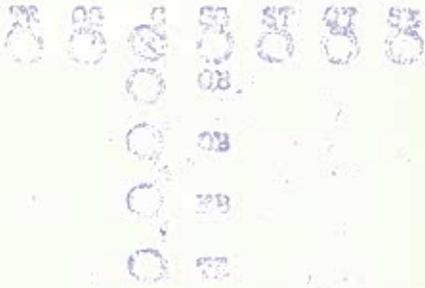
A. Army



B. Navy



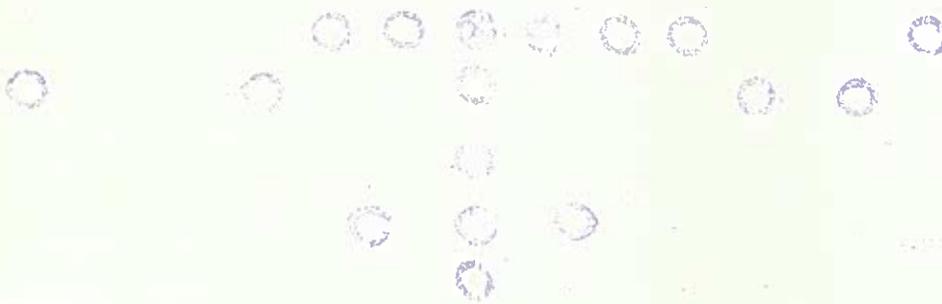
C. Cadet



D. Marine



E. Overlapping backfield table



1. Stack I



2. Full House



E. Continued.

3. Flank - wing



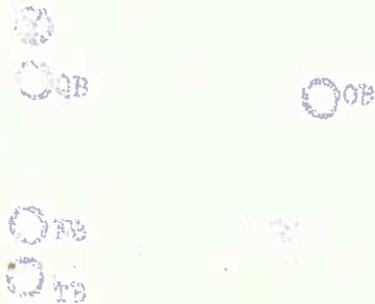
4. East - West



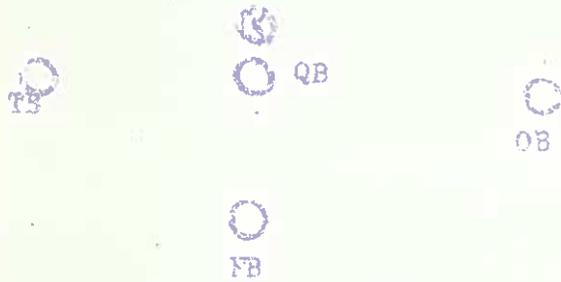
5. Tip - Top



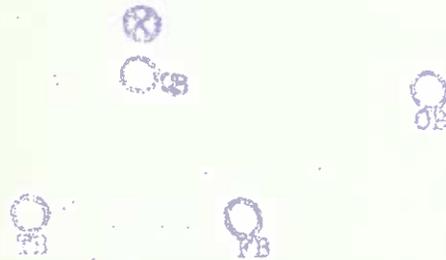
7. Flank - wing I



4. Flank - wing (double)



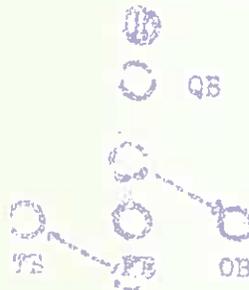
6. North - South



8. Tip Up - Top Up



10. Shifting



V. Using the Unbalanced Line.

A. Advantages .

1. Can run to both sides effectively.
2. Can force placement of opponents personnel to set up inside game.
3. Counters work well.
4. With shifting and motion, the passing game can take advantage of secondary placements.

B. Opponents defensive game plan can be quickly analyzed and exploited.

1. Overcompensation to one side leaves the other more vulnerable.
2. Overcompensation to the same leaves the always more vulnerable.

Doc Wetzel
Wintersville High School

CONTROLLING THE BALL AND USING THE CLOCK

Ball Control

Split Series

This series was developed to control the ball or eat up the clock. When you are at this stage in the game the defense is attempting to force a mistake, fumble, busted assignment etc. by stunting or using a penetrating defense of some kind. You better be prepared. This series can be run from many different backfield sets, power I, split, power set from slot or qb or flanker.

A. Split Series

1. works off of strong at man on man blocker on line of scrimmage. (Tackle or Guard)

B. qb or Tackle Call's (on line)

1. May be by numbers, letters or colors.

C. Stunting Defenses

1. Block defense as it shows after snap regardless of call.

EXAMPLES

Miss Call

13 Eagle



14



Hot Call



- Rules
- 1 - out
 - 2 - post man over
 - 3 - LB your area
 - 4 - over
 - 13 - double with 1

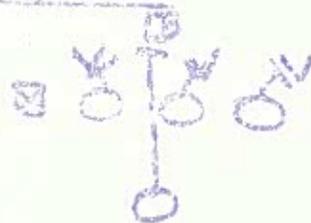
Hold Call



- Rules
- 1 - out
 - 2 - out
 - 3 - double your
 - 4 - post - LB away
 - 13 - lead



Miss Tech 1



ANDREW N. THOMPSON

HEAD COACH

PINE HILLS SENIOR HIGH SCHOOL

I. GENERAL PHILOSOPHY:

Our basic philosophy revolves around the concept of establishing a ball control offense built upon a good solid running game. Our passing game must coincide with this theory and compliment our running game. We believe you must throw the ball effectively if you are to have a consistent offense. We do not have to throw the ball a lot to have an effective passing game. Knowing when to throw and where to throw are the most important aspects of a good passing game. We throw the ball for the following reasons;

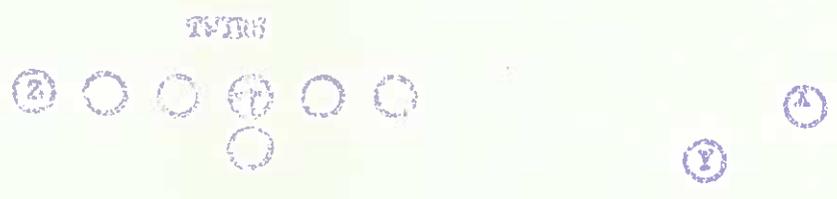
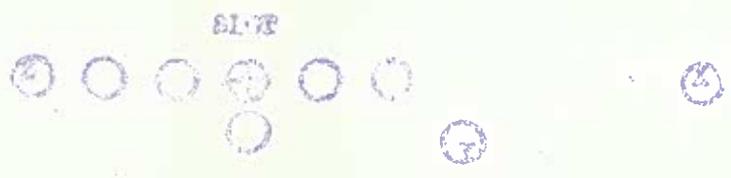
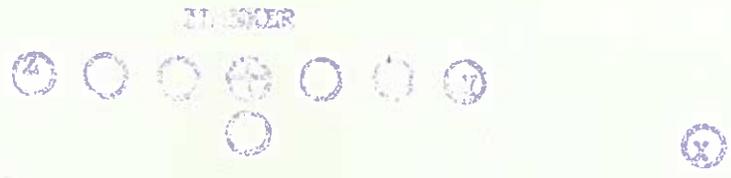
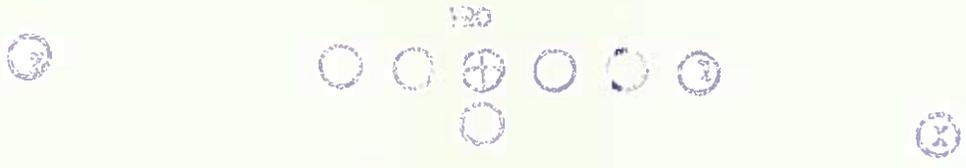
1. To compliment our running game. We must be able to balance up our offense by forcing the defense to defend against both the run and the pass.
2. Gain long yardage when needed. This is usually a third down and long yardage situation which dictates this.
3. If we are losing and time is running out, the passing game is the best chance for success.

To completely understand the strategy of our pass offense, it is imperative to understand defensive recognition, play selection, and automatics. We must understand defensive alignment to know its strength and weaknesses versus our offensive sets and patterns. On most of our passes, we are keying the strong safety as a primary read, but our Q.B. must also be aware of the L.B. and their underneath coverage. We do not anticipate losing yardage in our passing game, and we therefore instruct our Q.B. to do the following;

1. Never take a loss on 1st or 2nd down! Throw the ball away!
2. Never take a loss in the scoring zone!
3. Only take a loss to avoid an interception!
4. On third down (outside the scoring zone) we can take a loss, because we will punt on 4th down.

II. FORMATIONS AND LINEUPS:

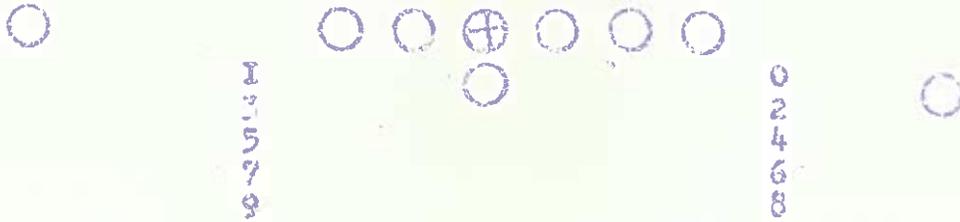
We basically run the only 4 offensive formations;



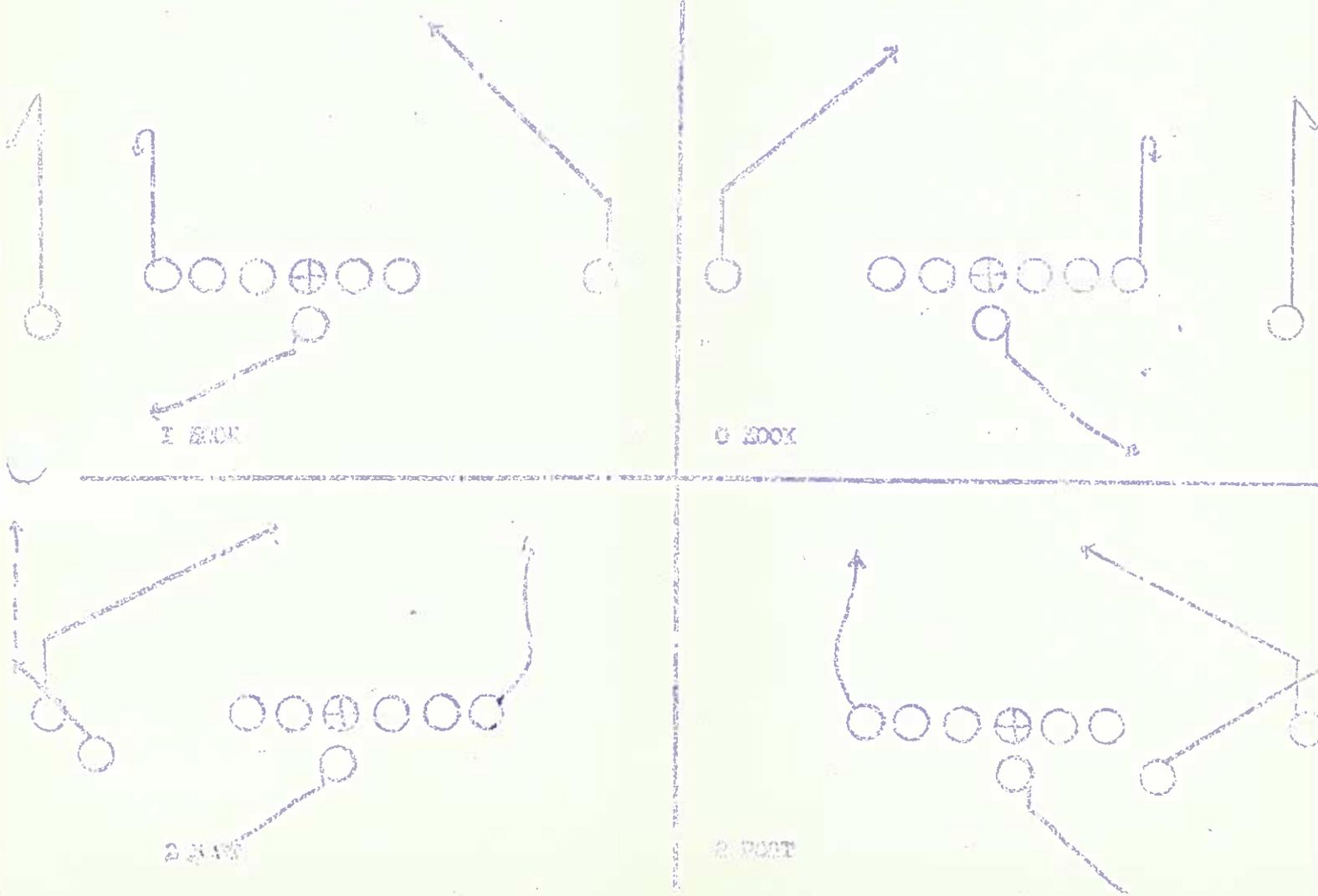
These formations best suit our offensive scheme because we can 1. run our power offense from all spots; 2. spread the defensive perimeter and open running lanes in the secondary; 3. permits a quick release by our receivers; and 4. isolates good receivers on a one on one situation.

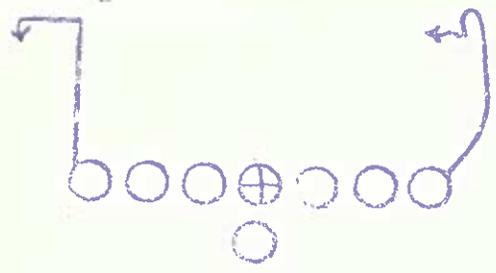
We letter our receivers X, Y, and Z, starting from the widest receiver on the strong side and work back to the weakside. We do not letter our two running backs.

III. COMBINATION THEORY:

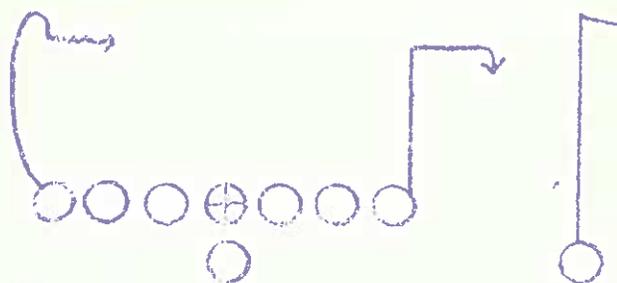


We run 5 basic patterns using X Y Z in combination routes. These 5 basic patterns will stay consistent throughout our entire passing scheme, irregardless of play action or spin action. The backfield action, and the length of our cuts will be the only thing that varies. Our Q.B. can change any individual route in the pattern by simply refering to the X Y Z concept in the huddle.

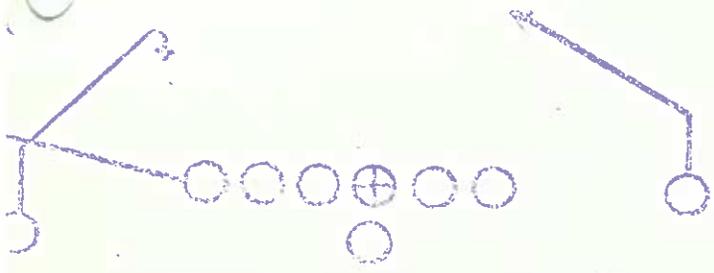




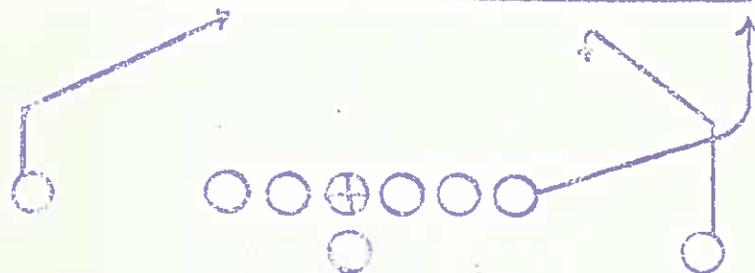
5 OUT



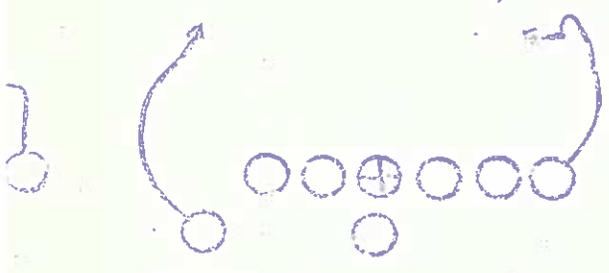
4 OUT



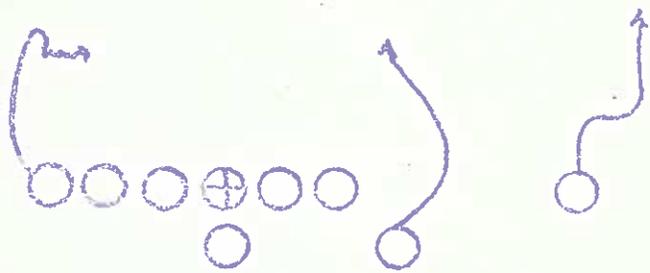
7 CURL



6 CURL



9 SEAM



8 SEAM

Note;

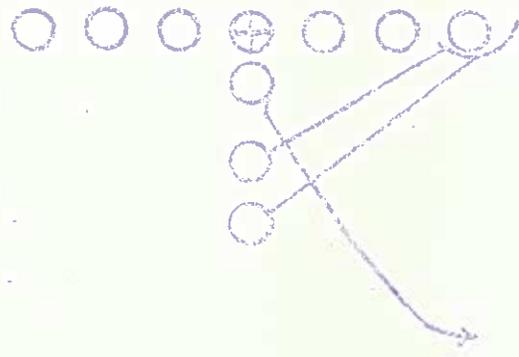
1. We will only run a backside pass with 2 in a split alignment.
2. The backside T.E. will always run a hookside, unless a 2 or 3 route is called. then he will run a go.
3. The backside S.E. will always run a post, unless a 2 or 3 route is called. He will then run a go.

IV. PENN HILLS PASSING GAME:

All passes will be numbered 100, 200, or special, and the number the series comes from. For example, a play action pass from our dive series would be "130". The last digit of the number will designate the type of pattern we want, unless it is a "special" type of pass

<u>SERIES NO.</u>	<u>TYPE OF PASS</u>	<u>TYPE OF PASS</u>	<u>ROUTES</u>
1. 120 Series	Play Action	Counter Veer	5
2. 130 Series	Play Action	Dive	5
3. 150 Series	Play Action	Blast	2
4. 180 Series	Sprint	Sprint	5
5. 190 Series	Quick 3 Step Drop		3
6. 220 Series	Run Pass Action	Counter Veer	2
7. 230 Series	Run Pass Action	Dive	2
8. F.B. Option	Special	--	-
9. F.B. Flood	Special	--	-
10. Power Boot	Special	--	-
11. F.B. Delay	Special	--	-
12. Screens	Special	--	-

V. 180 SPRINT SERIES:

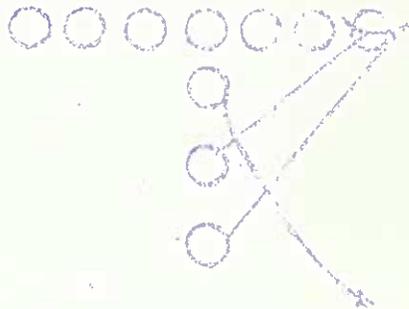


STEPS:

Q.B.: Drop step and open for a depth of 7 yards. We want him to set and throw -- we are not running the true sprint and trying to pressure the corner. We throw first - scramble second.

F.B.: Responsible for the overblock on the defensive end, unless we are doubling him from an I set. Run for the outside leg of the end and block him into the center. Don't leave your feet!

T.B.; I alignment, we can do the following:

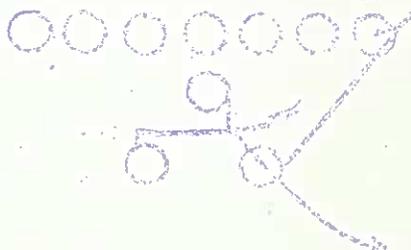


1. Double on the side.

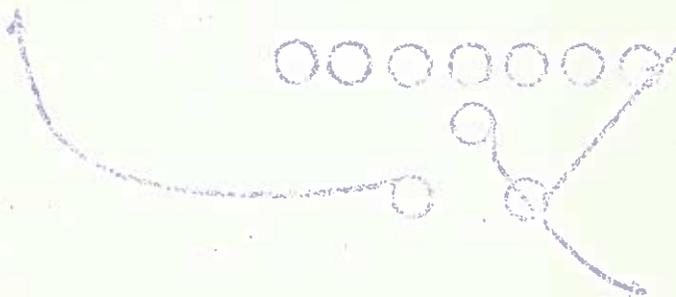


2. Run a flare.

Split alignment, we can do the following:



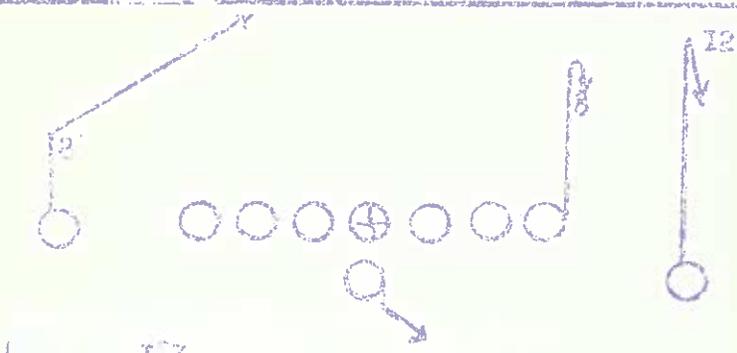
1. Set up underneath.



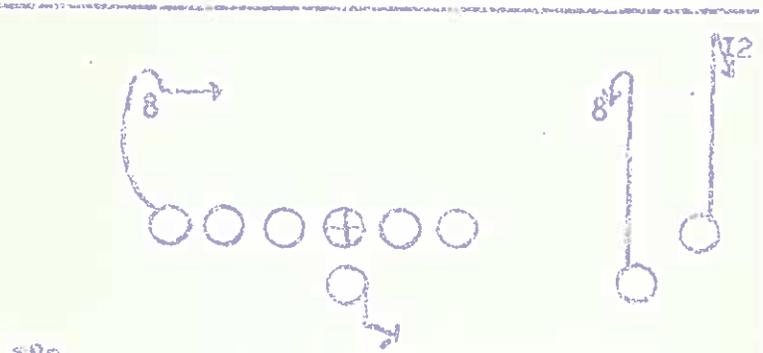
2. Run a throwback.

PRO

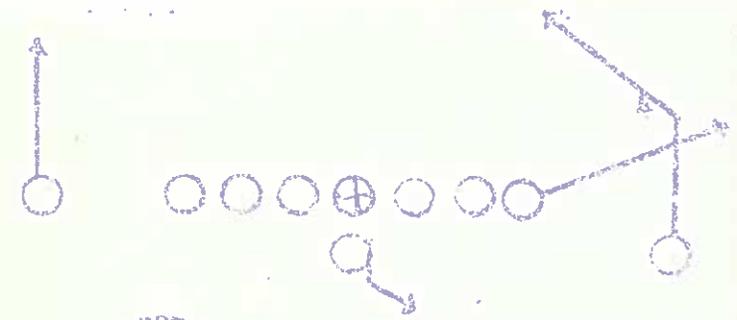
TWINS



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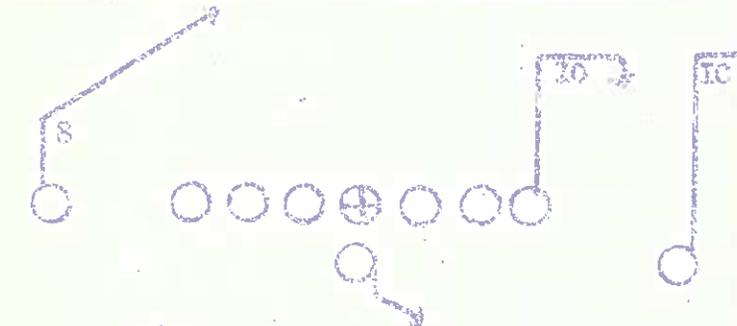
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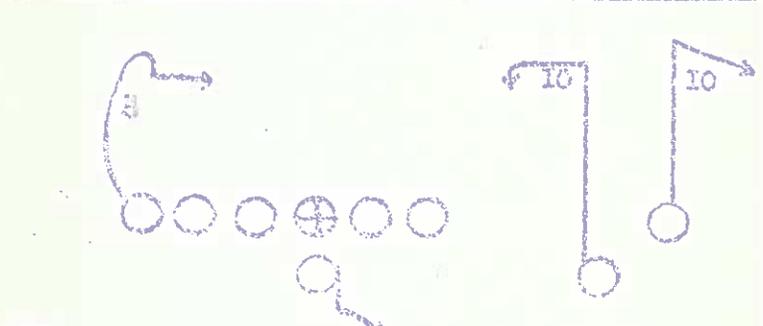
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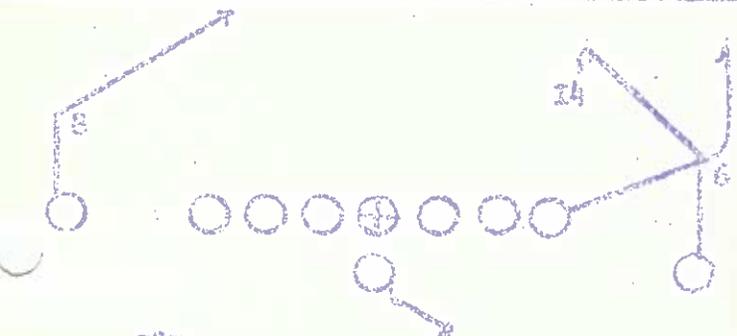
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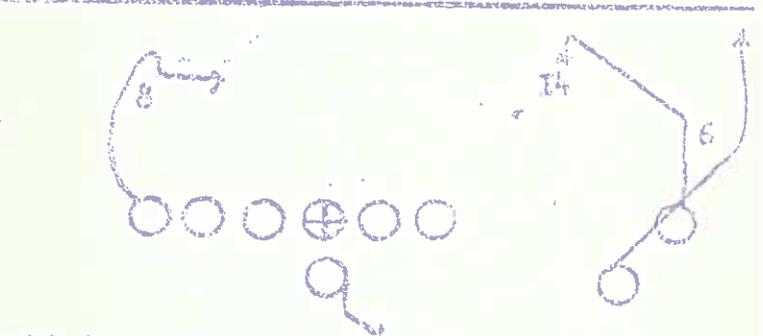
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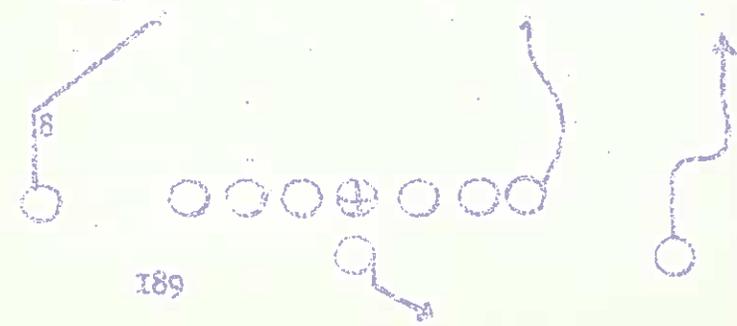
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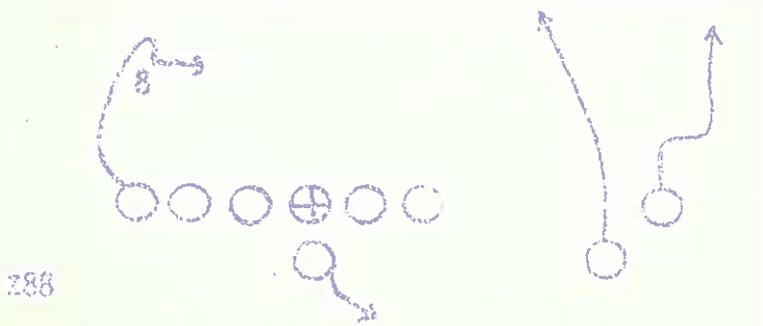
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186



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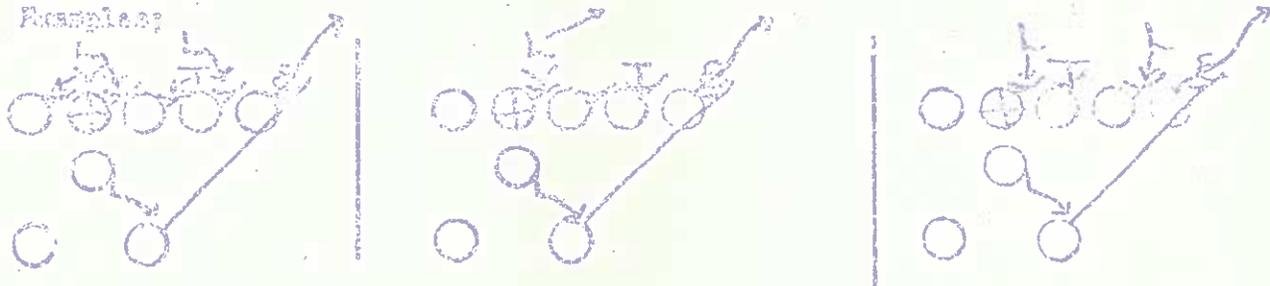
188

SPRINT PROTECTION:

Sprint out blocking is divided into two areas, - playside and backside. The playside is determined by the side the Q.B. sprints to. An example would be a 184 pass. Our even side in our numbering system is the right side of the L.O.S.. Therefore, we would be sprinting to our right establishing the right as playside and the left as backside. If we were to run a 185 pass, the opposite would be true.

PLAYSIDE RULES: MAN ON, OUTSIDE, NYT, LEVEL.

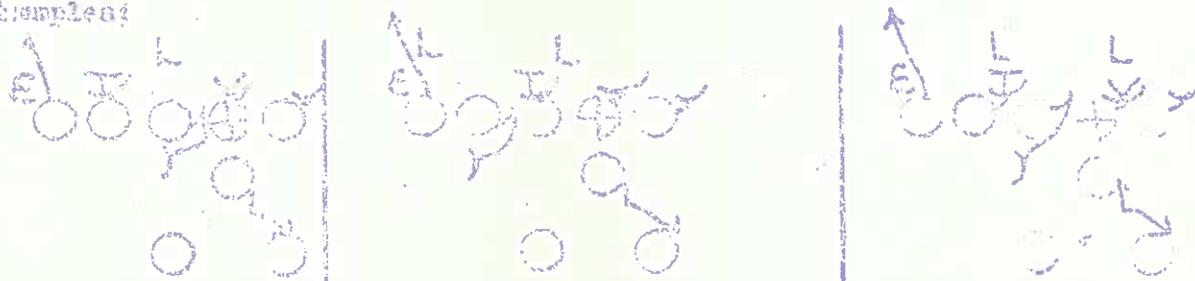
Examples:



NOTE: Our CENTER always blocks playside.

BACKSIDE RULES: MAN ON, INSIDE, NYT, PICK.

Examples:



The backside linemen take their first two steps the same as the playside does. If no one comes through his area of responsibility, he takes one more short short jab step with his rear foot and pivots, dropping his back foot to set up pick action. We want movement on the defensive man, we do not want to be catchers.

VI. 240 1122 RUN OPTION SERIES:

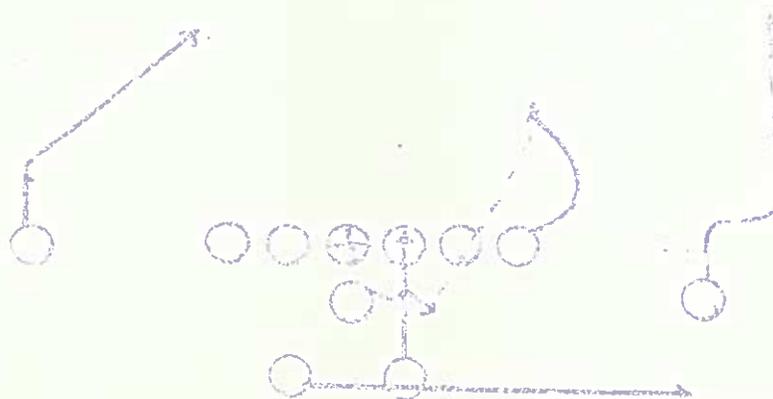
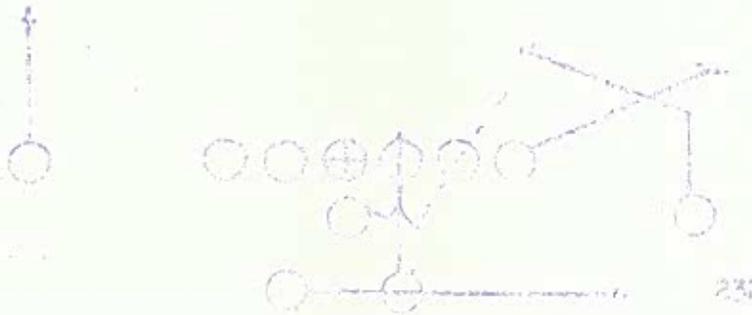


STEPS:

Q.B.: Take your dive steps and wash up with the F.B. Pull the ball and read the Strong Safety. If he takes the deep outside or flat, throw the ball into the open. If he "hangs" or is playing man, continue down the line and option the end.

F.B.: Sprint for the sideline under center. Lock up with the Q.B. in an option relationship receiving his duty for the read.

F.D.: Release across the face of the defensive end and work to the seam or sideline. (On a 240 junction block the flat)



HOME: CRIDDLE

HEAD COACH

SOUTH CHARLESTON HIGH SCHOOL

FLIP-FLOPPING PERSONNEL IN YOUR OFFENSIVE ATTACK

Basically our style of attack at South Charleston High School is a possession offense. The most important factor in maintaining possession of the football is the consistency of each play. This simply suggests that any play which forces the offensive team into a situation of needing to gain more than one yard to make a first down, should be eliminated or carefully redesigned to improve its probability of success.

The play which damages the offense more than any other is the one which loses five or ten yards. This may be caused by a penalty, a fumble, a pass interception, or a misread blocking assignment. Whatever the cause these situations put the defensive team in the driver's seat for now the offensive team must go for the long desperation play and the percentages of success are very limited.

Obviously this approach to the game requires that mistakes be kept to an absolute minimum. Therefore our offensive practice organization is designed to concentrate on a few well-learned plays. Thus the "I" formation with flip-flopping personnel fully satisfies our basic requirements for a consistent offense.

Our basic formation is the Wing "I" (diagram 1.1 and 1.2). We also use "Light" (diagram 2.1 and 2.2), "W" (diagram 3.1 and 3.2), and "S" formations (diagrams 4.1 and 4.2). In each formation we flip-flop personnel so that we have a right and a left formation with each offensive set. One side of our offensive line is known as the Strongside (side of the wingback) and the other side is the Quickside. The Strongside always goes to the formation side.

Our interior linemen have a basic split of two feet. The wingback is two yards out and two yards back from the nearest interior lineman. Our wide outs are at least six to eight yards from the nearest man. Fullback and tailback's toes are four and six and one-half yards respectively from the football. Our defensive hole numbers are shown in diagrams 5.1 and 5.2. Even numbers are always to the strongside and odd numbers to the quickside. Our backs are not numbered and our plays are run in series. In play calling we give the formation first, the play number, and the starting count. Example "I" right - 22 - on one or "I" left - 22 - on two.

Offensive huddles vary as much as the plays they lead to at the line of scrimmage. In the flip-flop system where players change sides for different formations, the huddle plays a key role. In breaking the huddle it is easy for the line to arrive at the ball when we are in any right formation: they touch the outside, find the center and sprint to their position. (diagram 6.1). When we break to a left formation, then the linemen alternate with the quickside going first, (diagram 6.2). Once the line has gone, the backs can fall easily into place. Although during the first day we bump helmets and step on toes a few times, it doesn't take long to develop the necessary precision.

The main reason we flip-flop our personnel is simplicity. When you have a simple offense you have fewer plays to learn which leads to less confusion and more aggressiveness among your players. Also the chance for missed assignments is reduced. We know that flip-flopping is not the answer to all the problems of offensive football. You must have play execution and of course you must have the material. We believe that by flip-flopping we can get better execution in our offense.

The advantages of flip-flopping your personnel are:

1. A selection of plays that will give you a complete and consistent offense.
2. Fewer learning assignments for your players and coaches, which means more thorough teaching and learning.
3. Specialization of players. With more time being applied to special duties, the players become more proficient at their respective jobs.
4. Favorable mis-matches of personnel are created by the flip-flop technique.
5. The consistency of the flip-flop makes it a favorable field position offense.
6. Simplicity and economy of practice time. This indirectly strengthens you in other areas of the game due to time saved on offense.
7. You have players who can fill the required positions on your offensive team each and every season.
8. Each player is operating at a position where his natural talents can best be developed and where these same natural talents can best serve the flip-flop offense and the team.
9. Less confusion- more aggressiveness. The simplicity of "flip-flop" eliminates hesitation and confusion on the part of the players.

In discussing the flip-flop with other coaches many have asked what do you do in case of an injury, either during a game or when a player may be forced to miss several games. We feel that the problem is actually easier to solve for two reasons. First, we have spent much more time on individual technique; therefore, the substitute has become better prepared to step in and do the job. Secondly, if we should be forced to ask someone to change positions, he only has half as many assignments to learn. When we have an injury in our line, we interchange our second-string lineman so as to get our third best guard, tackle, or end into the starting lineup on either the strongside or quickside of the offensive line. He has such a small number of plays to learn that he has no trouble adapting and he can block with either shoulder because of flip-flopping in practice. If an injury occurs in our backfield we go with our second-stringer at that position. We also have come backs to learn the plays at more than one position.

Another question that often comes up is whether or not a defense can key on the strongside or quickside. This has not been a problem for three factors. First, by adding more formations to either side, we can control their coverages and they have to reposition our offensive sets and adjust.

Secondly, although a defense may be able to react to our offensive set, they still don't know what plays to look for. Most of our plays can be run from many different formations. ~~The offense can be run from many different formations.~~ The offense is also balanced; there are as many quickside plays as there are strongside plays. Finally, many of our quickside plays actually hit with more power than those to the strongside.

In selecting personnel for our offensive attack the requirements for the positions are so simple that the positions can be adequately filled each and every season. I am not going to give you a list of prerequisites as long as your arm for any one position, for we just do not get tailor-made material very often on our high school level of play. The strongside of the offensive line must be made up of your three physically largest and strongest and most aggressive offensive linemen. Finding those three players is a simple matter for any coaching staff that is well acquainted with its personnel. The quickside guard, tackle, and end must be quick and agile young men regardless of their size. Such material is available on every football squad in the country, even though the degree of competency will vary greatly. In our "I" formation the tailback is the best ball-carrier because he will carry the ball twenty-five to thirty times a game. The fullback's first job is to be a good blocker. The wingback must be able to block, catch passes and if he can run with the ball so much the better. The quarterback must be chosen with the greatest of care, for he is your offensive leader. He must be a good ball-handler, taker, runner, and passer. The personnel necessary in the flip-flop offense is always there on your squad, just looking you in the eye and waiting for a chance to perform.

In closing, the flip-flop has been very beneficial to our offense over the past nine years. During ninety-one games involving three different coaching jobs we have been shut out five times. Two years we have averaged over thirty points a game. Two other years we have averaged over twenty points per game. So the flip-flop has provided us with a simple and consistent offense. The biggest benefit we have received from the flip-flop is that it enables you to get the most of the potential ability from your available personnel.

"I" - Right

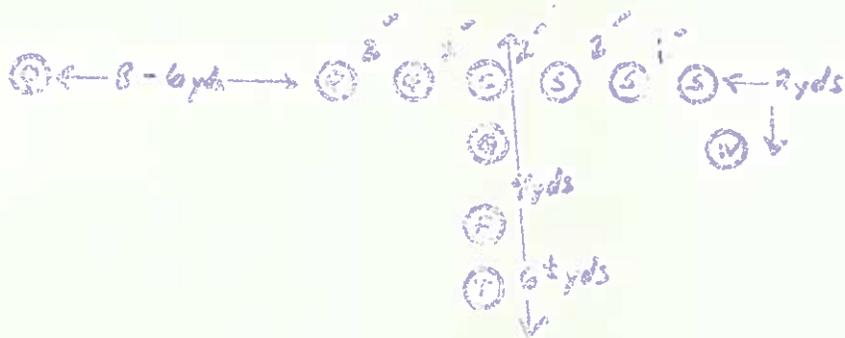


Diagram 1.1

"I" - Left



Diagram 1.2

"Tight" Right



Diagram 2.1

"Tight" Left

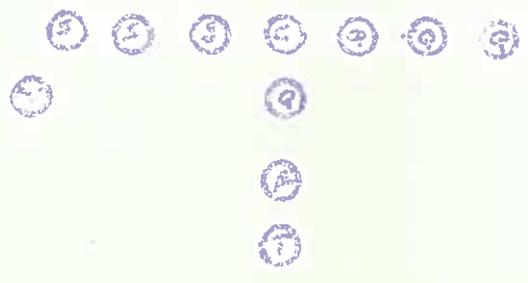


Diagram 2.2

11
Pro - Right

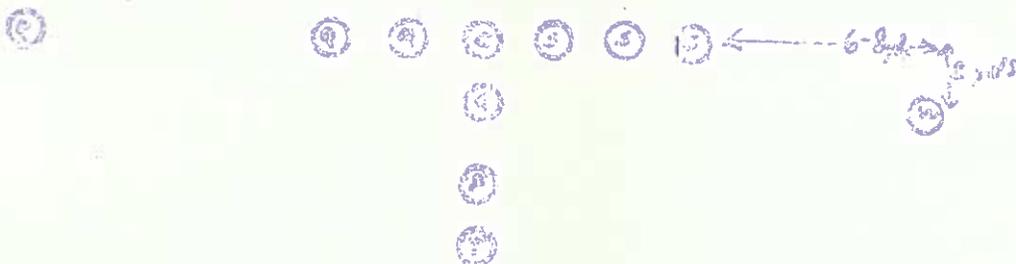


Diagram 3.1

11
Pro - Left

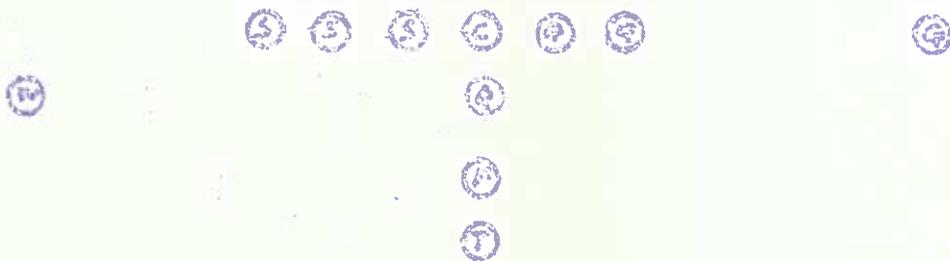


Diagram 3.2

"Slot" Right

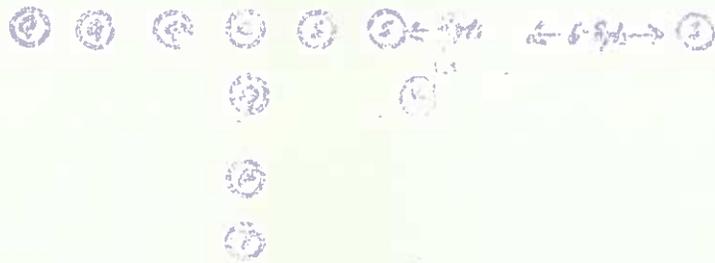


Diagram 4.1

"Slot" Left



Diagram 4.2

Hole Numbers

Formation Right

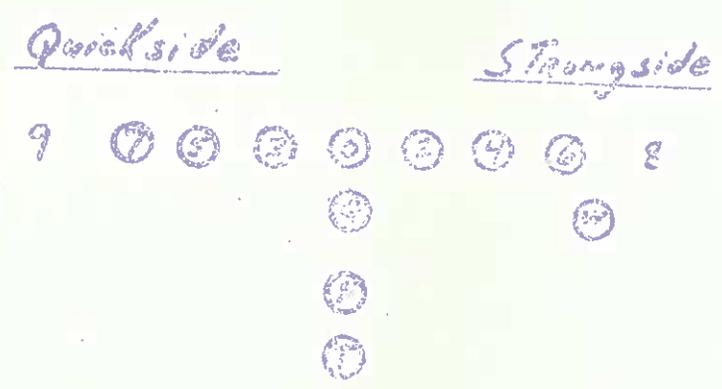


Diagram 5.1

Formation Left

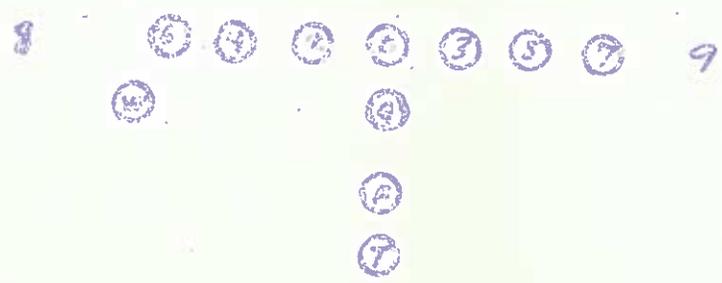


Diagram 5.2

Breaking The Huddle

Formation Right



Diagram 6.1

Formation Left

(Quickside goes first)

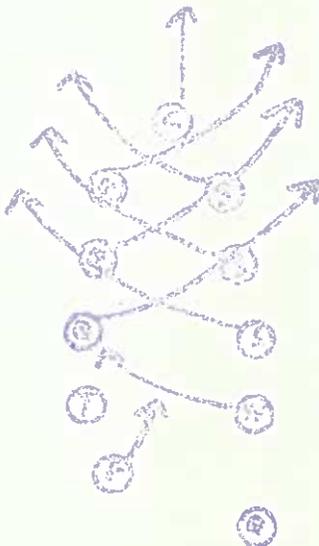
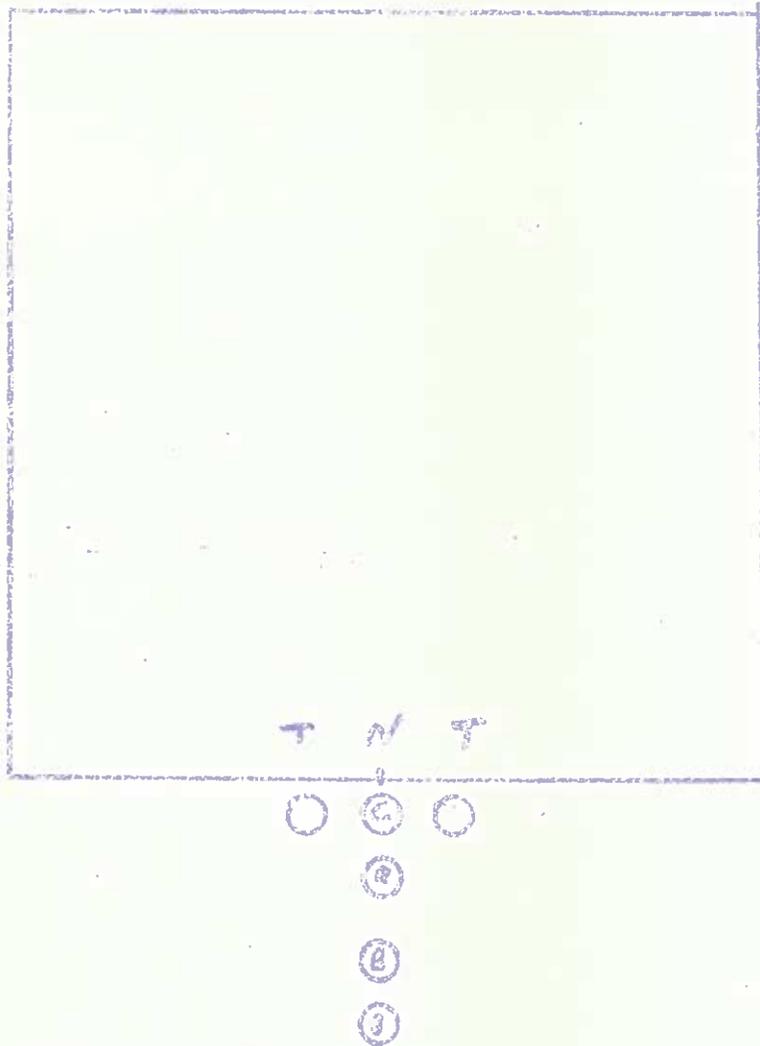


Diagram 6.2

Favorite Drill

Three on Three



1. Mark off 10 yd by 10 yd square.

2. Three Defensive players vs Three offensive blockers. (one must be a center)

3. Use QB and Two Backs. (QB and non-ballcarrier cannot block)

4. Offense has four downs in which to score.

5. Ball is spotted AFTER every play.

Mike Hayden
Head Coach
Parkersburg South High

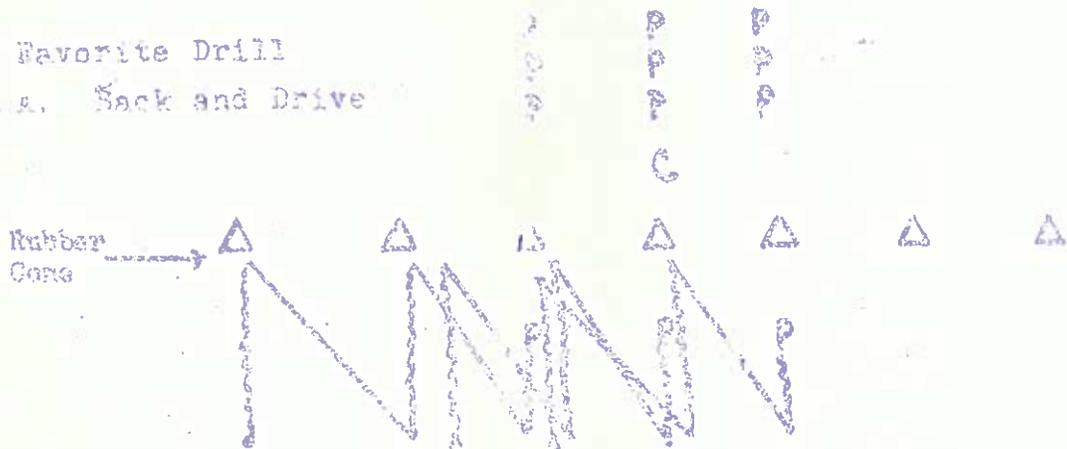
MOVING THE MONSTER

- I. The General Monster Rule
 - A. Balanced Formation
 - B. Strength of Formation

- II. The Reasons For Moving The Monster
 - A. Pro-set
 - B. Slot-I
 - C. Veer with Twins
 - D. Power-I

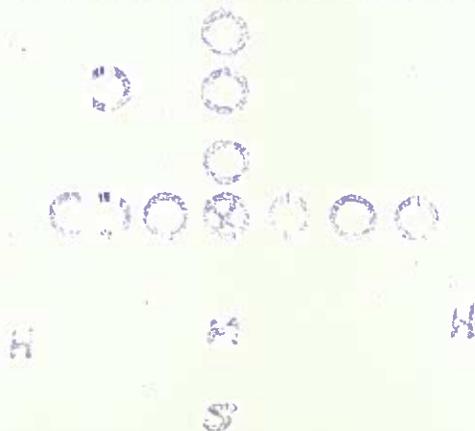
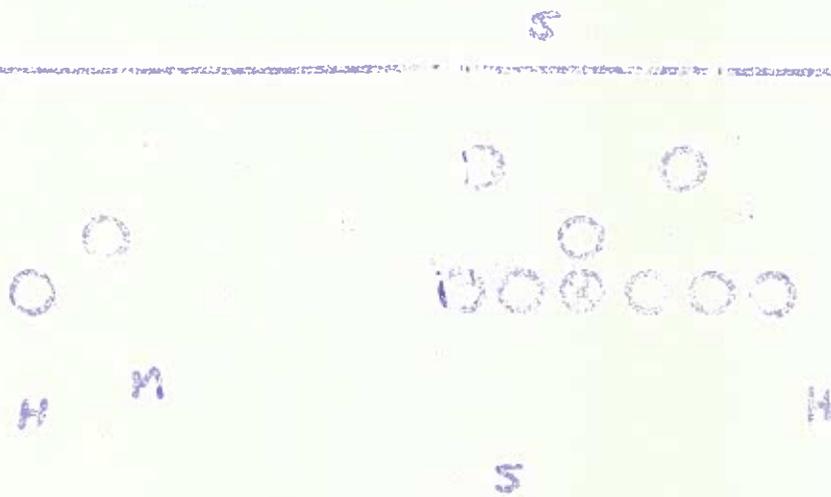
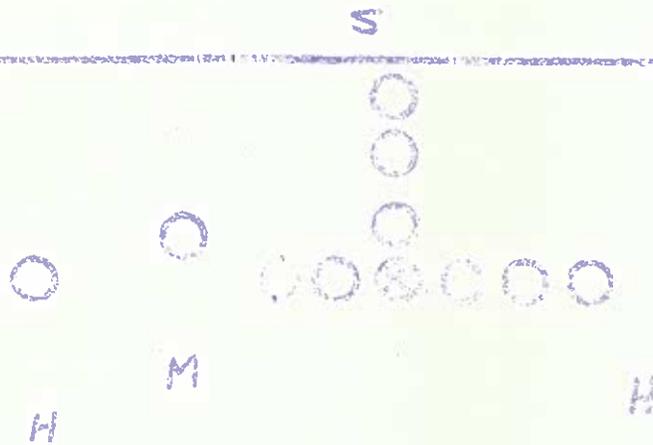
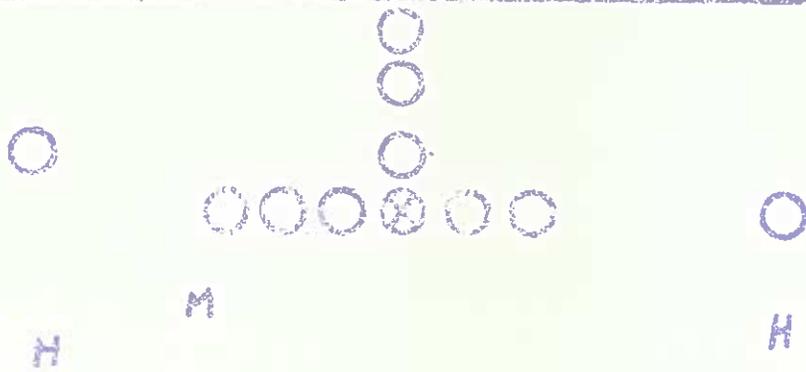
III. Favorite Drill

- A. Sack and Drive



1. Coach will have players line up 5 yds. in front of core.
2. Coach raises the ball-players back-peddle-10 yds.
3. Coach gives direction-players drive to next core in that direction.
4. After at least 2 repetitions-throw the ball.

MOVING THE MONSTER



Bob Pololish
Head Coach
Cádiz High School

COACHING THE SECONDARY IN HIGH SCHOOL

- I. Philosophy of Cadiz Defense
- II. Secondary Qualifications
- III. Stance
- IV. Footwork
- V. Mental Attitude
- VI. Tackling
 - A. Technique
 - B. Drills
- VII. Pass Defense
 - A. Qualities
 - B. Individual Drills
 - C. Group Drills
- VIII. Basic Coverage
 - A. Alignment
 - B. Responsibilities
 - C. Keys
 - D. Adjustments
- IX. Structure of Zone Pass Defense
- X. Game Preparation
- XI. Two Platoon Football

INTERCEPTION ROUTES

On the coach's command (now verbal) both defenders will take their prescribed routes. The front defender (left) will swing in front of the dummy and attack the ball at its highest point while the back defender (right) will trail seven to ten yards behind the dummy and intercept any tipped balls. The front defender is going for the interception while the back defender is playing for the tip. Catch the ball, kick it away, then send it to the manager.

After going through once, switch sides; having the right defender in front and the left defender in behind.

XXXX

XXXXXX

10-10-10

XXXX

↑ 15 Yrs.

○
COACH

POB.

NOTRE DAME DEAN DEFENSEPHILOSOPHY

Our basic defensive thinking is to play a forcing type of defense. We believe that our basic defense must be organized in this manner to achieve this goal. We also believe that we must take advantage of the personnel that is available to our coaches. As a result we have two platooned our boys as much as possible to a complete defensive unit and a complete offensive unit.

Our second defensive philosophy is to have and even alignment and an odd alignment. This can be done by making adjustments without great changes to the basic defenses. We want to destroy and cause confusion to the offensive blocking patterns. I am sure that offensive coaches will agree that high school linemen can be confused when alignments change every down or every other down.

With these thoughts in mind we decided to study the Notre Dame 4-4 defense. We were using the OKLA. defense and liked the corner play. We liked the invert coverage in the secondary, however, we wanted to get to a 3 deep coverage to eliminate the rotation problems. After studying the 4-4 defense we felt that we could combine the corner play, and the 3 deep coverage. As for the running game the idea of the tackle and the two inside line backers looked great to our staff. We felt we could create confusion to blocking assignments for the interior offensive blockers.

To supplement this 4-4 defense we made adjustments to Penn State's Eagle defense without changing the corner, end, and secondary coverage.

New offensive trends in high school have forced us to make a few changes. The ability of high school Q.B.'s to sprint and roll out, and the great speed to the outside has caused us some worry and a need for change of our ends and corners. We now believe that ends must have the freedom to apply quick and reckless pressure to the Q.B.'s. We want the Q.B. to pull-up quick and throw quick.

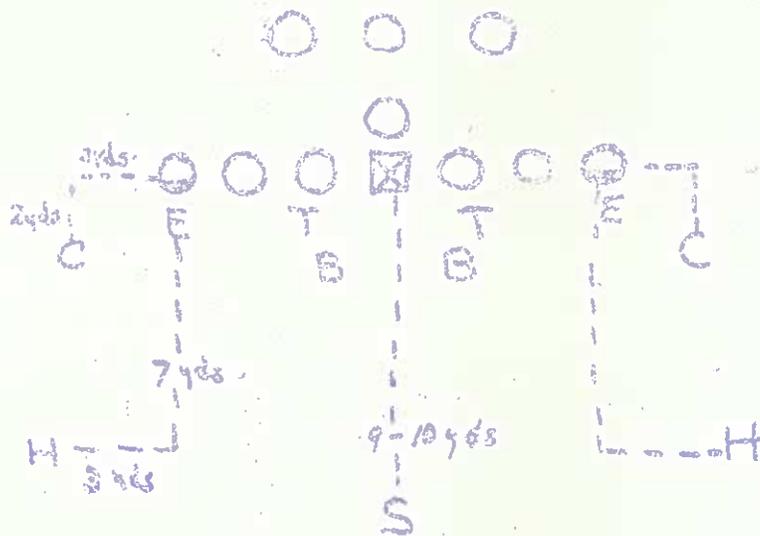
I am sure these ideas are not new in football. However, we feel our defense is unique in many ways. The defense, like all defenses has weaknesses. We have tried to supplement the weaknesses with adjustments.

BASIC OBJECTIVES OF OUR DEFENSIVE TEAM:

1. ALWAYS BE IN THE RIGHT ALIGNMENT
2. ALWAYS KNOW YOUR ASSIGNMENT
3. ALWAYS FORCE A NO GAIN SITUATION ON FIRST DOWN
4. PREVENT THE LONG RUN
5. PREVENT THE LONG PASS FOR A T.D.
6. MAKE THE GRATED DEFENSIVE PLAY

a) interception	d) tackle for a lose
b) fumble	e) tackle for a safety
c) blocked punt	f) destroy the passing of the Q.B.

BASIC NOSE DAME ALIGNMENT



I. ENDS

A. BASIC ALIGNMENT

1. 3 or 2 point stance
2. Nose-up on end (see next page for split rule)
3. Strike a control blow or fire in if stunt calls for it.

B. RESPONSIBILITY

1. Keep end from blocking the linebacker
2. Off-tackle hole
3. Contain Q.B. if you have "off" call
4. If you have "on" call, play the end real tough

C. WING OR SLOT

1. Play the possible double team
2. In most cases you will have the "on" call which relieves you of Q.B. contain



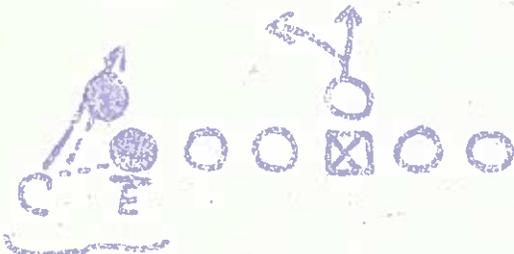
CORNERS

A. ALIGNMENT

1. 3 yds. out and 2 yds. off of the L.O.S.
2. If wing or slct four way ----- you may:

- a. Call "on" -- move to the L.O.S. and fire into the rear back--you have contain of Q.B.
- b. If you call "off"--play a soft corner and read for run or pass--If pass show you will have flat coverage-- on run you will have outside responsibility

WING



"On" call RUN or PASS

SLCT



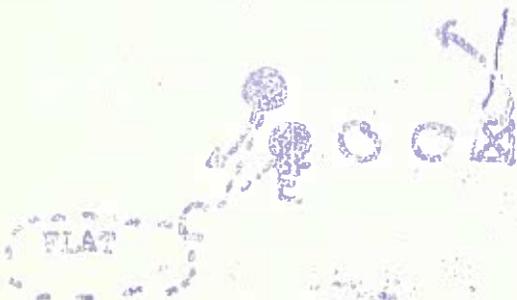
"On" call RUN or PASS



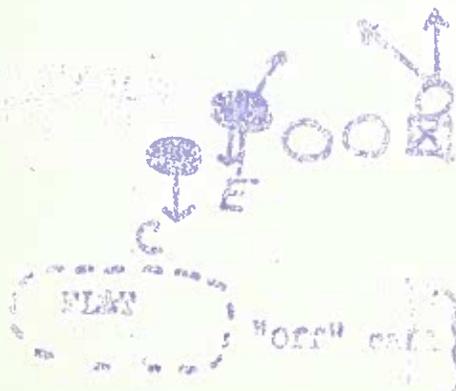
"Off" call } vs. RUN



"Off" call } vs. RUN



"Off" call } vs. PASS



"Off" call } vs. PASS

SPLIT END RULES AND CORNER STUNTS

ENDS

1. Slide down if end your way is split more than 2 yds.
2. Corner will become the man over the end.
3. You will have Q.2. coverage if you slide to the inside
4. You do not have outside responsibility
5. If tight end is to your side---play according to the call of your corner.

CORNER STUNTS

Corner has flat



Corner and End fire



Corner fire



TACKLE

A. BASIC ALIGNMENT

1. 3 or 4 point stance
2. Play outside shoulder of guard
3. parallel stance--- key ball or hand of offensive man
4. YOU CAN NEVER BE HOOKED BY THE GUARD
5. Play according to the defensive call (stunts below)
6. Read the splits (see split rules below)

B. RESPONSIBILITY

1. Inside traps: sneaks: screens up-the-middle
2. You must apply a great rush on the passer



TACKLE STUNTS



plug call



adjust call



fire call



eagle call

TACKLE SPLIT RULES

Defensive callers may have the choice of either firing or holding---this helps to give a change-of-pace to their defensive moves.

Tackles will move into the gaps when the IBERA feels the guard splits are too wide---this is on recognition by IBERA.

Watch for down
Block of tackle

Chase



Chase

Watch for down
block of tackle

TACKLES: move into center guard gap and fire

IB'ers: move over guards outside shoulder

IB'ers: Move into gaps and fire

Tackles: move into tackle-guard gaps and fire



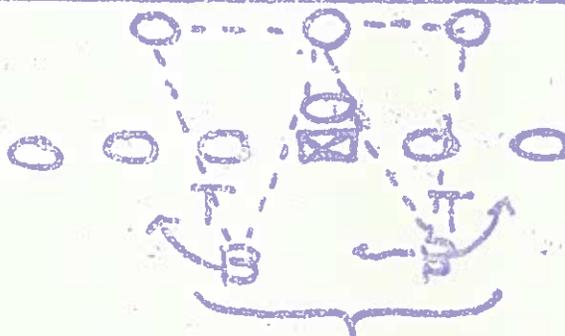
INSIDE LINEPLAYERS

A. Alignment

1. Parallel stance--weight distributed equally in order to move both ways.
2. Get 6 inches behind the heels of your tackles
3. Play nose-up on the offensive guards
4. Your keys will depend on the teams offense
5. We start the key drill by reading the Q.B.

B. Responsibility

1. Sneaks: Traps up-the-middle
2. Dives to your side-- This is a must stop play
3. Counters--you can not run out of your area too soon
4. Read for splits and make the adjustment with your tackle.

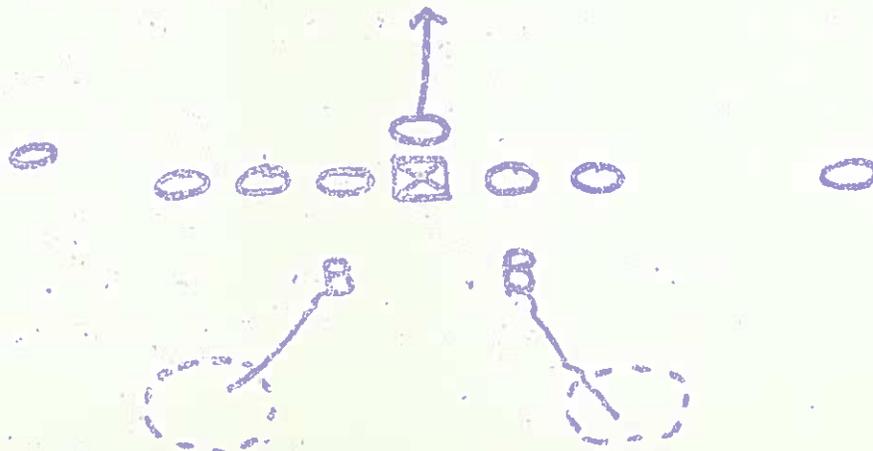


Key Triangle

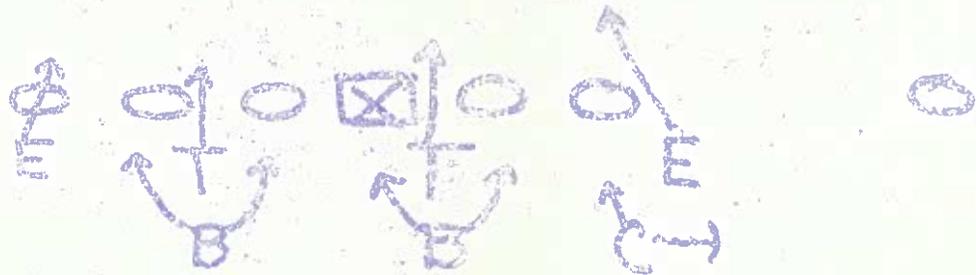
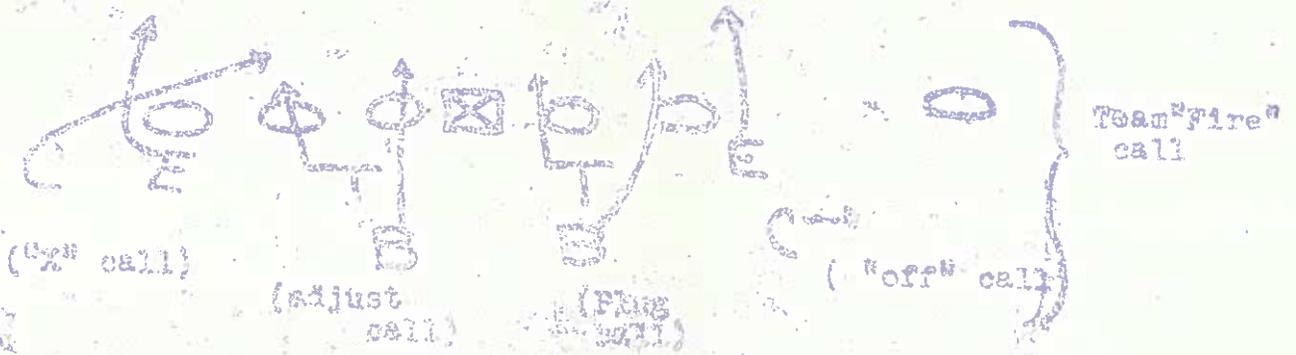
PASS COVERAGE

Hook Areas---

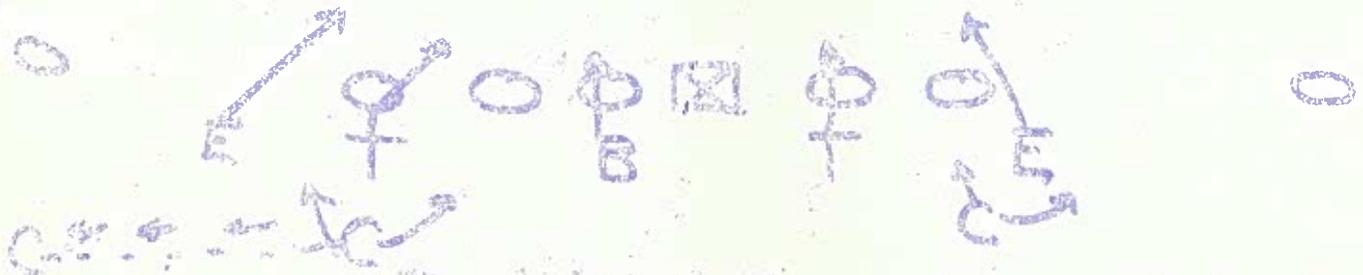
Check for Ends coming across the middle



TEAM STUNTS



(STACK "TO" THE TIGHT END)



(to the tight end)

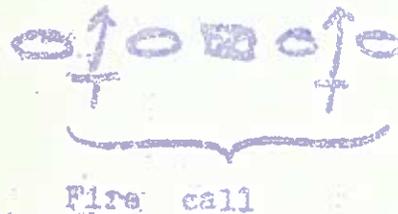
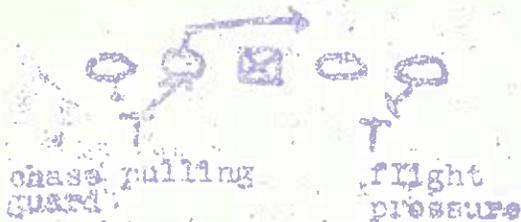
SUPPLY FRONT DEFENSE - LINE ASSIGNMENT - PENN STATE DEFENSE



CORNERS AND ENDS --- Same basic responsibilities

TACKLES --- move into the guard-tackle gap, drop off of the ball 12" to 18"

--- read the block of the guard and tackle



PENN STATE OVERTAKE (to the tight end)



CORNERS & END --- same responsibilities

TACKLES --- to the tight end --- move to an OHLA. TACKLE away from the tight end --- regular TACKLE technique

L.H. --- move to the outside shoulder of the guard and read his block.

ILL. KELLER

HEAD TRAINER

UNIVERSITY OF PITTSBURGH

NECK 25-HAB

Rehabilitation of the neck consists of isometrics and weight lifting. The isometrics are for strength and should be done twice a day. The weight lifting should be done daily with three sets of ten reps, each.

EXERCISE #1

Isometric - ten reps. - Hold each rep. for seven seconds - do twice a day.

Begin with neck and head straight. Place hand on side of head and push with your head against your hand 7 seven seconds - do ten reps. Do this with neck and head in head, front and back.

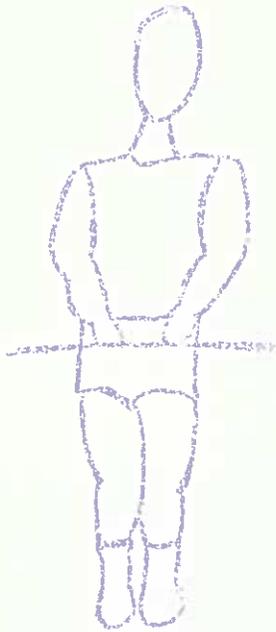
EXERCISE #2

Weight Lifting

Neck Flexion - three sets - Reps. 10-12-10

From leaning position, raise and lower hand. This exercise laterally bending head from side to side as well as forward and back.

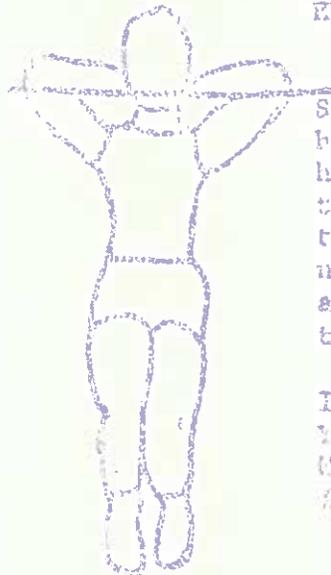
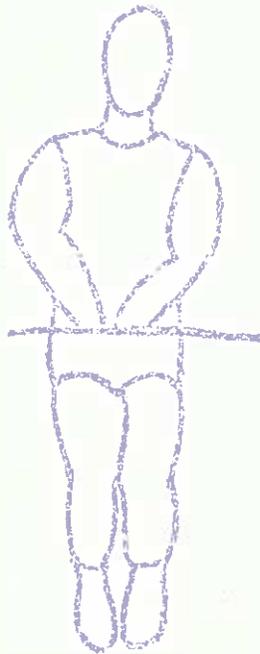




EXERCISE #3 - 3 sets - Reps.
SHOULDER STRENGTH 10-10-10

Standing erect with barbell with arm hanging in front of you, with knuckles facing the front. Rotate shoulders up and back to give you the feel of forming a circle.

Increase weight with each set. Your last set of ten should be hard. When the last set gets easy, increase each set by five pounds.



EXERCISE #4 - HIGH PULL - 3 sets
Reps - 10-10-10

Stand erect with the barbell hanging at arms length, with hands five inches apart, with the knuckles facing out. Raise the bar up to the level of your nose, be sure to keep your elbows above the bar then lower the bar to your starting position.

Increase weight with each set. Your last set should be hard. When the last set gets easy, increase each set by five pounds.

Mike Young
Head Trainer, St. Clairsville High School
Ohio All Stars

- I. The Body Problem
 - a. Water (electrolyte solution)
 - b. Salt
 - c. Clothing
 - d. Other factors
 - e. Solution

- II. Environment Problem
 - a. Humidity (relative)
 1. Dry bulb
 2. Wet bulb
 - b. Sling psychrometer

- III. Monitor Environment
 - a. Length of practice
 - b. Time of practice

- IV. The Adverse Effects of Heat
 - a. Heat cramps
 - b. Heat exhaustion
 - c. Heat stroke

Tim McFormick
Head Trainer
Wheeling High School
West Virginia All Stars

The Knee

- I. Basic Anatomy
- II. Function
 - a. Ligaments
 - b. Cartilage
 - c. Muscle Groups
 - d. Bone Formation
- III. Common Sy
- IV. Emergency Care and Rehabilitation
- V. Strapping techniques

Anatomy handouts will be available

Gary L. Stevens
Interior Defensive Line Coach
West Virginia University

TOPIC

Base Techniques of 50 Defense Vs. Run.

INTRODUCTORY

Defense (My thoughts)

A. Tackles-5 Techniques

1. Stance
2. Alignments
3. Movement
4. Keys
5. Charge-aiming points

B. Nose (Middle Guard) - O Technique

1. Stance
2. Alignment
3. Movement
4. Keys
5. Charge-aiming Points

C. Drill - Explosion - Progression

1. Two-point
2. Six-point
3. Four-point
4. Four-point and steps

S. D. "BOBE" TAZIO
ASSOCIATE ADJUNCT PROFESSOR
UNIVERSITY OF CINCINNATI

I. PASS RUSH TECHNIQUES:

- A. The pass rush and pass rush techniques have become more important topics each year. Eleven years ago when I broke into college coaching, if a team threw 15 to 18 times a game they were a passing team. Most teams today throw more than 25 passes a game and they are considered running teams. Because of this the passing game has become a very major part in every offensive attack.
- B. We strongly believe, because of the emphasis of the passing, you get better receivers and more accurate passers on all levels of football. With this in mind we also believe that this accuracy tends to break down when the passer is harassed and his throwing time cut down. In other words we feel that the best pass defense is a good hard pass rush.
- C. Basically we feel that a good passer rusher is the player who has that reckless, aggressive attitude. We try to develop that attitude in our linemen. In the development of this attitude we preach the following:
1. Anticipation of passing situations. Know down and distance and tendencies. Out strong side defensive end always calls out the down and distance especially third down.
 - (a.) Narrow stance crowd the ball. Look for tips that offensive sets or lineman might give. On snap, charge aggressively forward.

2. The initial move has to be explosive. Get to blocker before he can set up and read you.
3. Keep your momentum towards the passer. Keep shoulders ahead of feet - don't straighten up. Remember without those legs driving forward no one can be a rusher - emphasis leg drive.
4. Keep your eyes on the passer - can't get to him if you don't see him.
5. If you haven't reached the passer, react to his eyes. If he looks away, keep up relentless rush. If he looks your way, throw up the hands high - force lead pass or tip ball.
6. Be aware of rush lanes and contain responsibilities.

D. Grab and Pull By: We teach this technique the most for our down lineman. Good vs. drop back or quick set-up (Remember all of the above mentioned.). Attack blocker in good low crouch, arm extended out, hands grab jersey or arm of blocker. Get a good grip (keep legs driving) pull him forward with inside arm, bring inside arm in and over; make sure legs ^{back} side clear blocker. Sometimes use quick head fake inside or outside before attacking blocker.

Jet - this is a quick powerful charge, driving low under the blocker's inside shoulder (for st. side tackle) or outside shoulder of blocker or our contain tackle. Make sure head comes up fast, and course of rush lane is corrected.

DRILLS FOR RUSHING THE PASSER:

Most agilities drill - or drills off the reactor - are concluded with a rush towards the passer. As passer looks towards the lineman and takes his hand away - rusher jumps and throws up the hands. Example:

All fours, head up, eyes on passer, bear rush forward, seat roll on direction when passer raises arm, jump with hands high.

2. We take an offensive blocker, place him in an up-broken down blocking position (LOW). Defensive rusher on snap attacks with arms extended, bent low, helmet to helmet. Use Grab and Pull-by Technique - eyes on passer - jump with hands high. Blocker can give rusher direction by either swinging gate for back side rush or position for front side rush.

3. Best drill 3 on 1: 3 offensive blockers in V formation with passer in middle and direction call. The middle blocker sets quickly with passer going right or left. Each block pass, blocks on rusher. Rusher executes his grab on pull-by technique. Coaching points: keep low, charge-arms out in front, eyes on passer, body leans forward and feet always moving.

JOE AULT
HEAD COACH
SALEM COLLEGE

DEFENSIVE END PLAY



STANCE:

ALIGNMENT:

PLAY:

A. ANGLE TO

B. ANGLE AWAY

ADJUSTMENTS



ANGLE TO:

ANGLE AWAY:

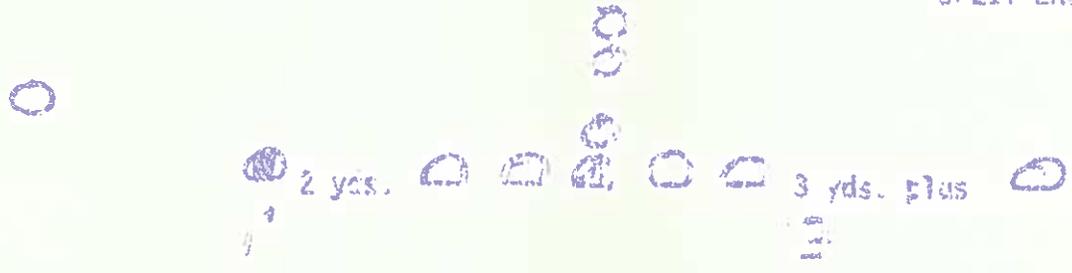
SLOT



ANGLE TO:

ANGLE AWAY:

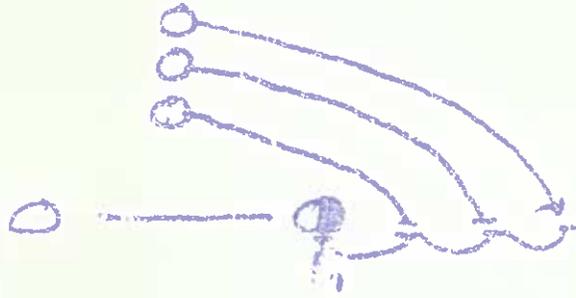
SPLIT END



2 YARDS =

3 YARDS -

DRILLS:



Jerry Sandusky

Penn State University

Principles of Linebacking Play

A. Movement

1. Do not raise or lower yourself to move in any direction from your stance.
2. Stay square, shoulders parallel to the line of scrimmage if at all possible.
3. Move laterally in the manner necessary. 1 slide, continual sliding, crossover, or sprint as last resort. Do not waste motion. Don't get over-extended. Smooth, Fluid.
4. Get quicker by doing everything with maximum effort whether one step or 100 yards. Not giving all out effort is a bad habit.

B. Shedding Blockers

1. Don't play off any blocks that you don't have to.
2. Play all blocks below the waist with your hands.
3. Any time blocker approaches you at an angle, play with your hands.
4. Playing off with hands:
 - a. Concentrate on blocker, see ball carrier out of your periphery.
 - b. React to blocker's head.
 - c. Use hands to stop his charge - on shoulders.
 - d. Push with hands and give with feet (a step or two) to clear his charge. Keep shoulders square.
 - e. Give a step if you must to stay square.
5. Only deliver a blow when the blocker comes straight at you and the ball carrier has turned up behind him.
 - a. Do not wind up - Maximum explosion, minimum wasted effort. Flip him.
 - b. Do not take a side, meet him nose to nose.
 - c. Drive shoulder and forearm underneath helmet of opponent. Do not get over-extended (maintain balance).
 - d. Accelerate feet upon contact, keep head up, back arched. Strain upward and into the pressure of the block.
 - e. Make your second move first - Get rid of him!
 - f. Get off corners; don't stay blocked, stay square.
 - g. If caught, blocker has playside position on you. Make all out move to strain, give a step around block, keep shoulders square and pursue.
6. Stay alert for crossroads block, glance ahead.
7. Make crackback block commit himself. Go, realize that it might come. Give a step and go around blocker.

C. Tackling.

1. Straight on

- a. Approach ball carrier square.
- b. Do not raise or lower yourself in approach.
- c. Keep your head up - Look at him - eyes open, bull neck.
- d. Stay square to the target (ball carrier).
- e. Do not wind up, keep your elbows close to your sides.
- f. Run through him and wrap your arms - Accelerate your feet upon contact. Keep head up - back arched.
- g. Flip him. Run up through him, keep driving until he's on his back.

2. Angle

- a. Drive head in front of ball carrier.
- b. On contact strain upward and into ball carrier.
- c. Attempt to look at him, turn head into him.
- d. Accelerate and strain in same manner as straight on tackle.

3. Gang tackle, keep eyes open, 2nd man go for ball.

D. Pass coverage

1. Get initial depth, once you realize it's pass get going. Holler out pass.
2. Turn and run looking over shoulder at the Quarterback.
3. Maintain body control (no wasted motion).
4. Glance for receivers and patterns but do not turn head away from ball.
5. Settle into a basic stance between the ball and receiver about 3 yards inside and in front of the receiver. Position yourself so that you can see both the ball and the receiver. Take away the inside and be ready to react to the outside. Slide in or out, pivot back toward the ball if the receiver breaks to the inside.
6. If no receiver is threatening your area, get squared up and begin to back pedal as pattern develops. Weight on balls of feet, elbows in, pump arms. Feel and glance for receivers. Use periphery.
7. React to all looks of the quarterback in your area.
8. Turn your shoulders and sprint when he looks at an angle to make the interception in front of the receiver.
9. Look ball into hands - hands alert but not stiff. Holler something and get going.

10. Talk to each other. Keep relative position to each other.

11. Go full speed until the ball hits the ground.

DON AULT

HEAD COACH

BETHANY COLLEGE

Bethany College: Everyday Individual Drills

We like to do these in pre-practice warm-ups, but do incorporate them into our practice schedule. We do not use a ball or offensive players.

1. Sprint backward 15 yards. Coaching points: emphasize pumping arms, shoulders over knees, knees over balls of feet. Do not allow backward lean.
2. Break to ball. Shuffle backward for 5 yards at half speed, then break forward full speed on more than a 90° angle for 7 or 8 yards, repeat 8 times, four to right and four to left. Coaching point: Break forward at top speed, too many completions in front of defenders who have been told to cover deep out or deep middle.
3. Cover the tree: we cover an imaginary receiver running all patterns on the tree, sideline, jet, out and up, post, circle, etc. Coaching points: Always check foot movement, cross over, body lean, arms, etc.

Bethany College Multiple Pass Defense-Don Ault

Our defensive philosophy is an aggressive, penetrating type with as tight a secondary coverage as possible. We use a base 5-2 front with variations and some 4-3.

We use the following secondary coverages:

1. Zone coverages using invert and squirm principles.
2. Combination man and zone.
3. Man and man free.

Man to Man Pass Defense

1. Alignment- Head up to 2 yards outside shoulder- 4 to 7 yards deep. Feet parallel to heel toe relationship *OUTSIDE FOOT BACK*
2. Key- Varies with opponents (ball, H.P., T.E., uncovered line-men, scouting report.) Pass or run situation key.

(a) After you read your key status, your concentration on the receivers back buckle until he makes his break. We believe total concentration the single most important discipline in man defense.

3. Position: We want to gain a position 1 yard outside and 2 yards off the receiver, get to this position as quickly as possible and keep it. Never allow receiver to get into a head up position with you.

(a) Back pedal to gain your position. Keep shoulders over knees, knees over balls of feet, shoulders parallel to L.O.S., pump arms. DO NOT LEAN BACKWARD.

4. Drive: As receiver makes his break we like to make contact at this point (scouting report.) Key belt buckle, it squats at this point, still concentrating on receiver. You should be running in stride with the receiver at this point look for ball through receiver.

5. Ball: Everyone calls ball when it is released by QB. Be in position to explode through and strip receiver with nearest arm or step in front to intercept. Always intercept ball at its highest point.

6. Free safety: Get depth, stay in front of QB. Break on his throwing motion, get jump on ball.

7. Double Free: Each safety works to hash mark his side. Key ball, key everything in front of you. Break on QB throwing motion, get jump on ball.

Zone coverage

We will always cover the three deep zones and a flat to the wide side of the field, strength of formation, or to the side of the field where the ball comes with backfield action. We will get to these areas by squirming the backs to these situations.

Corners:

Alignment: Take your alignment off the widest receiver your side. Never deeper than 6 yards.

Split rules:

1. If formation is tight (Dead T- Double Tight) you should never be closer than 3 yards to the tight formation.
2. Receiver to your side is split up to 12 yards, play on outside shoulder. Never align yourself closer than 7 yards to the cut of bounds sideline.
3. Receiver to your side is split 13,14, or 15 yards-play head up.

4. Receiver is split 16 or more yards move to inside shoulder.

Keys: With T.E. or wing as the widest receiver your side you key through your man to ball. With split receiver, your side, (6 yards or more) you key the ball first and then the receiver.

Responsibility: You must know the direction of the squirm called by the free safety (squirm will be to SS side) You must call the force with the safety your side (Me-You)

Run: Ball middle- start to squirm react to ball.

Ball to- squirm according to "force" called if "Me" you attack from inside if "You" you attack from outside.

Ball away- squirm to deep outside one-third of field and react to ball. Never cross an opponent (opposite colored jersey)

Pass-pocket- squirm to your pre-determined squirm and force area called and play receiver in that area.

Ball to- squirm to your pre-determined "force" area called and play the receiver in that area.

Ball away- squirm to deep outside one-third your side and react to any receiver in your area.

Strong safety:

Alignment: Align yourself first to strength of formation and then to field if the formation is balanced, you should never be removed more than 3 yards from the tight formation and no deeper than 6 yards.

Keys: Key the ball for direction and then key the tight receiver (slot or tight end) to your side for support of either the running or passing game. Key near side Back vs. Wishbone.

Responsibility:

Calls: Strong safety must listen for the direction call of the free safety & the squirm. You must respond to the corners call of force. (Me-You)

Run: Ball middle- start to squirm react to ball
Ball to- squirm to, react to secondary key, support accordingly to force called.

Ball away- go to deep middle and react to the football.

Pass: Pocket- squirm to force area called and play the man in that area.

Ball to- squirm to and play man in that area according to force called.

Ball away- go to deep middle and play men in that area.

Free safety:

Alignment: Align yourself opposite the strong safety: you should take your position off of the back to your side with respect to the end and no closer than 8 yards to the line of scrimmage.

Keys: Key the ball for direction and then key the tight receiver (if none the back your side) for support of either the running or passing game.

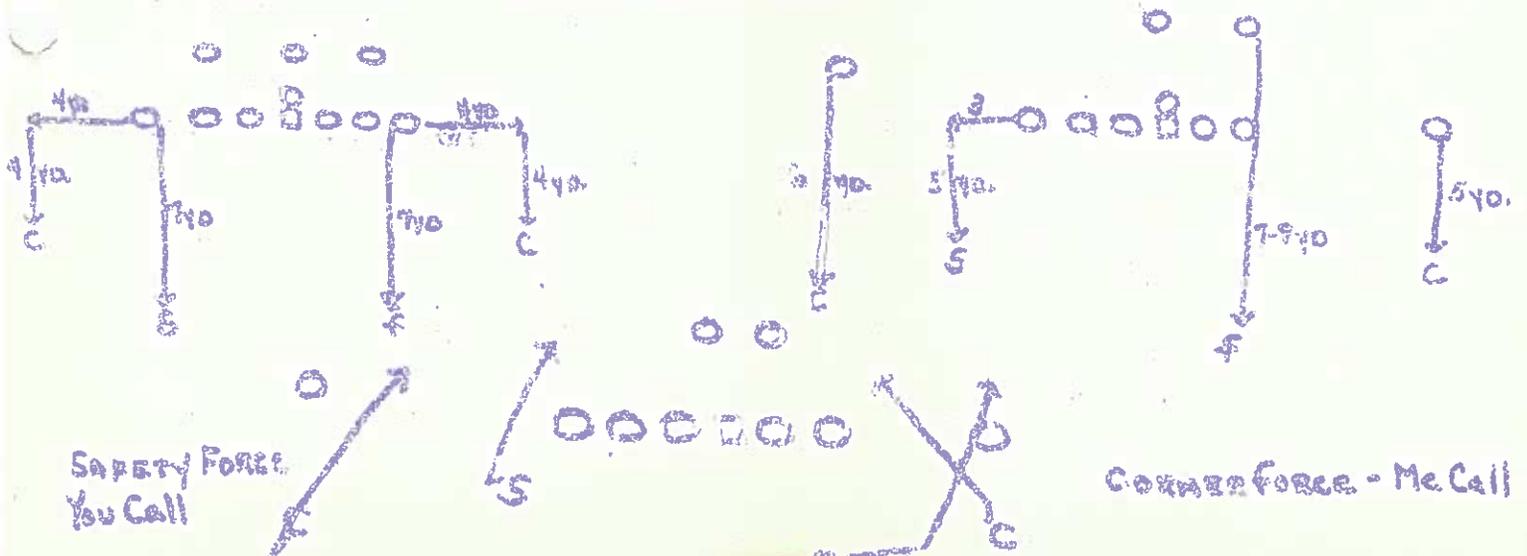
Responsibility:

Calls- Direction of squirm: also respond to the force call of the corner to your side.

Run- Ball middle: start to squirm react to ball
Ball to: squirm to, react to secondary key, support according to force called.
Ball away: go to deep middle and play football.

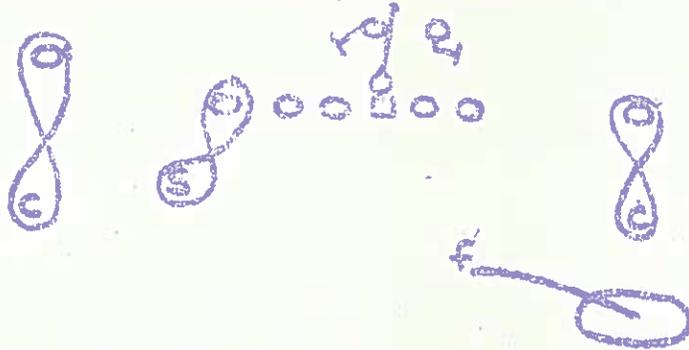
Pass- Pocket: go to deep middle and play pass defense covering any men in the area.
Ball to: squirm to and play area according to force called
Ball away: go to deep middle and play pass defense covering any men in the area.

BASIC ALIGNMENTS

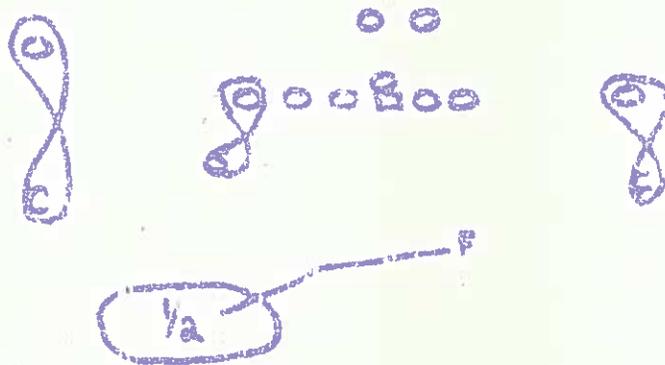


BASIC COVERAGES

COVER I - DOUBLE COVER ON SINGLE WIDE OUT



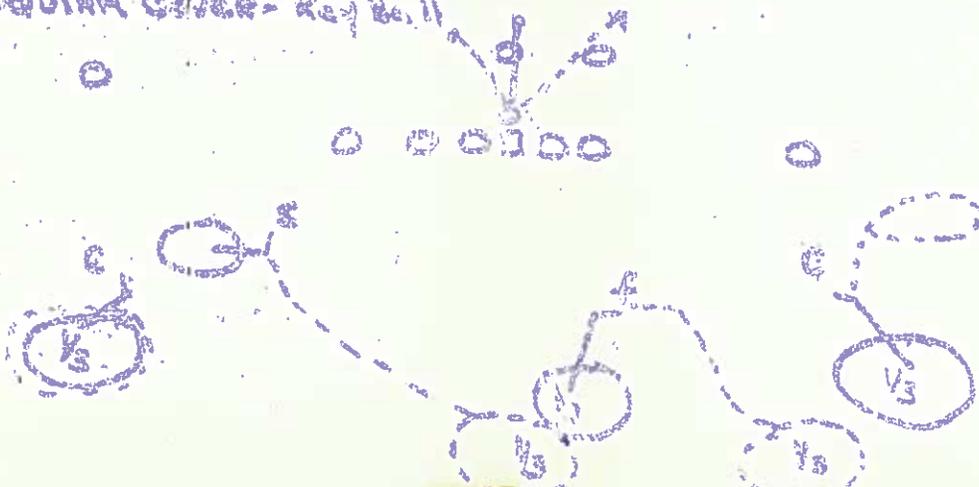
COVER II - TOUCH MAN TO FORMATION SIDE - 45 DEGS DEEP 1/2 TO FORMATION



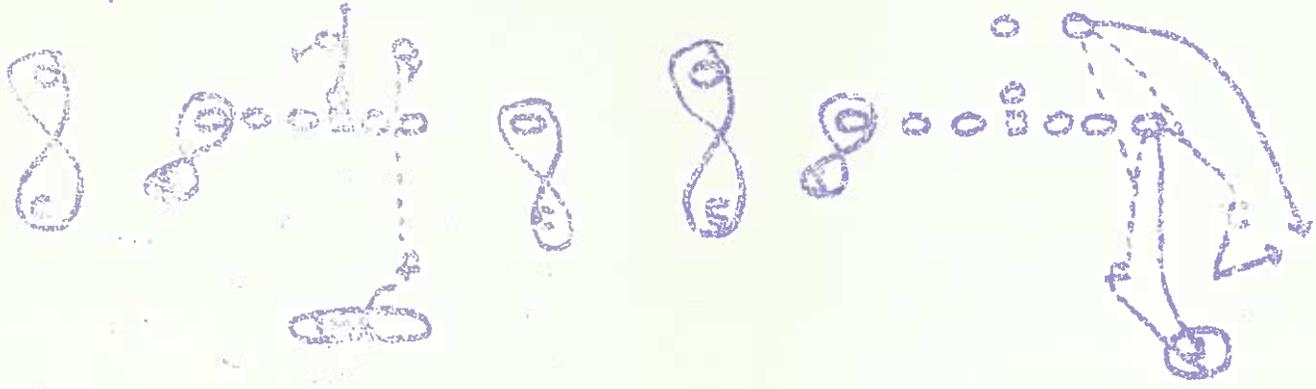
COVER III - PRE ROTATED 1 DEEP ZONE - HONEST OR TOUCH INVERT



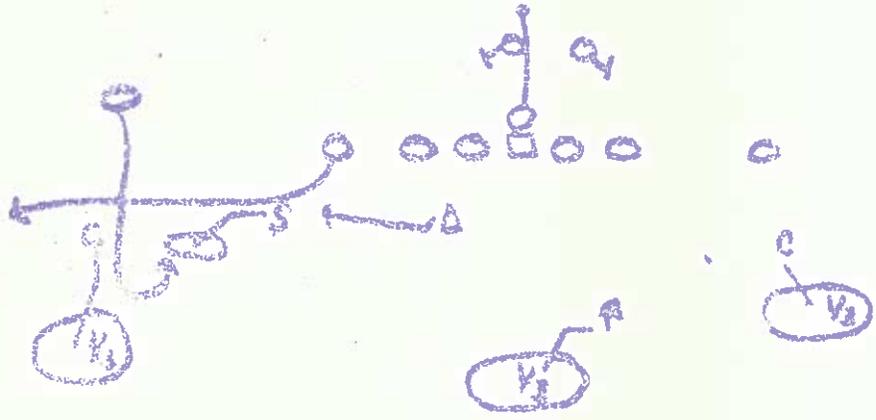
COVER IV - SQUIRM COVER - KEY BALL



Mustang - Man Core



Cover it - Stay - Used To Take Away Curl Pass -



JOE AVEZZANO
OFFENSIVE CO-ORDINATOR
UNIVERSITY OF PITTSBURGH

PUNT PROTECTION & COVERAGE

Basic Alignment:



Basic Rules: UB - #1
C - #2
G - #3
E - #4

Basic Splits:

C-G 1-1/2 Yard
G-T 1 Yard
T-E 1 Yard
FB 6 Yards
K 13-15 Yards

Basic Calls:

#1 - Blocking someone on or outside
#2 - Blocking inside
#1 - Stack - a tandem block between G and UB
#2 - Stack - generally used between T-E

Turn Out - one man on guard, no one inside and 3 men outside.

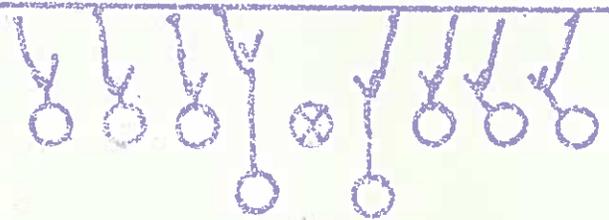
Coaching Points:

1. Break huddle, come to line with hands on knees.
2. Use a combination of pointing and rules.
3. Movement is on ball. Fullback yells "SET" when everyone is still. Center then snaps ball when he wants to.
4. If you are sure - go right now, attack.
5. When on a zone situation - pass set first.
6. Slam - be aggressive.



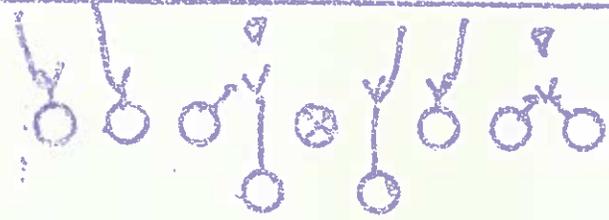
UB - can be freed by guard
 G - #1 Call
 T - #1 Call

Basic Rules



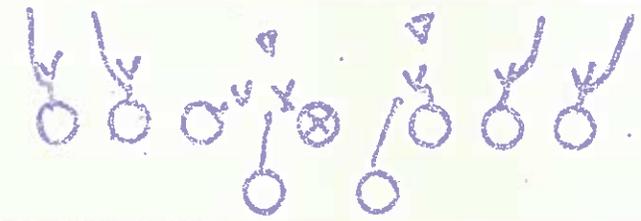
UB - Nose
 G - #1 Call
 T - #2 Call
 E - Inside

UB
 #1 Stack
 G
 T - #1 Call



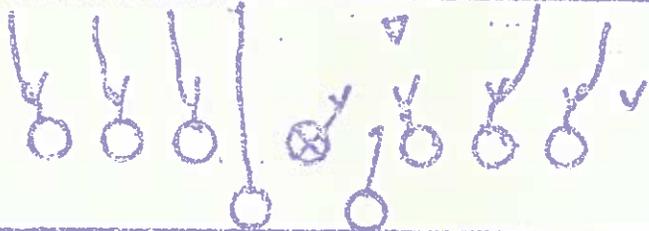
UB - Nose
 G - #1 Call
 T - #2 Stack
 E - Inside

Center must help
 UB
 #1 Stack
 G
 T - #1 Call



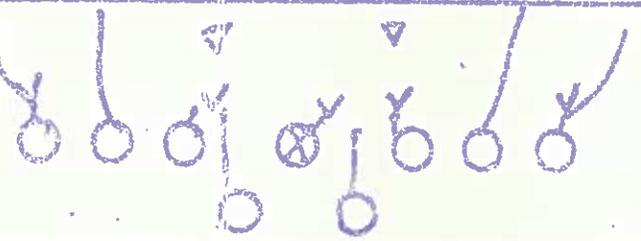
UB
 #1 Stack
 G
 T - #1 Call

Rules
 UB - Free



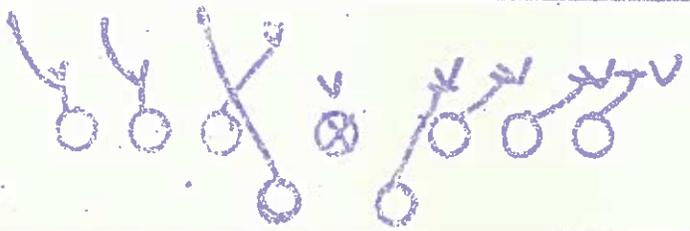
Center - Help
 UB
 #1 Stack
 G
 T - #2 Call
 E - Inside

UB
 #1 Stack
 G
 T - Free



Center - Help
 UB
 #1 Stack
 G
 T - Free

UB - Free
 G - #1 Call
 T - #1 Call

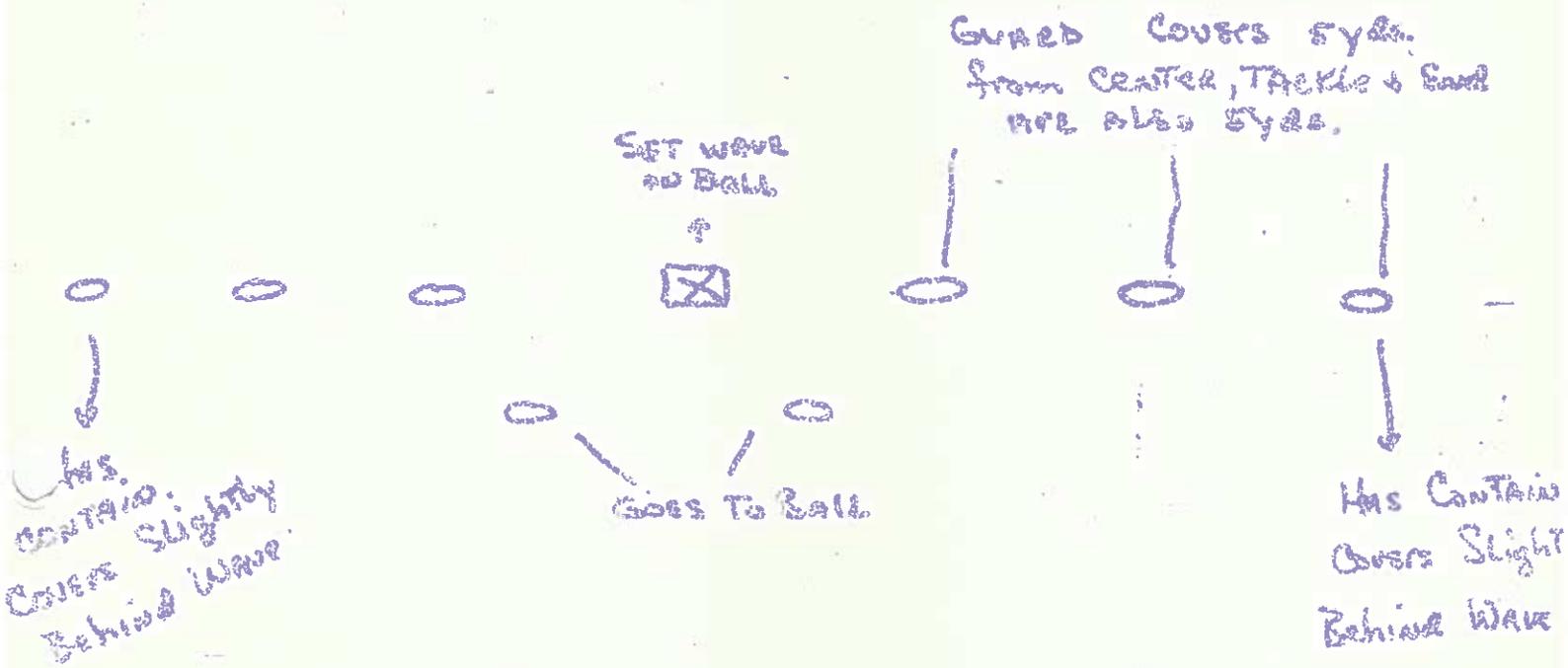


G - Turn out call

Slam, Sprint, Cover Field, Breakdown, Take proper pursuit angle.
 You must want to make the tackle.
 Our punt team will run with reckless abandon
 and utter disregard for personal safety.

PUNT COVERAGE DRILLS

1. 6.0 Second Run - On this drill we are emphasizing busting a gut. Our theory is two seconds for snap and kick, 4.0 seconds for hang time and a kick of 40 yards. A coach is stationed 40 yards down the field with a stop watch. A defense is positioned man on man. When the ball is put into play, everyone hustles for the 6.0 seconds. All nine front men must pass the coach in 6.0 seconds or it doesn't count and they go again. The only emphasis is on spreading out and running. We are not covering the ball.
2. Cover & Break Down Drill - This drill also emphasizes running, but now takes it one step further. Now we cover the ball. To expedite the drill, a coach or player already has a ball approximately 40 yards downfield. When the ball is kicked, this person moves toward the kick. He does this because the players are now covering the ball, with responsibilities as follows:



The wave will look like:

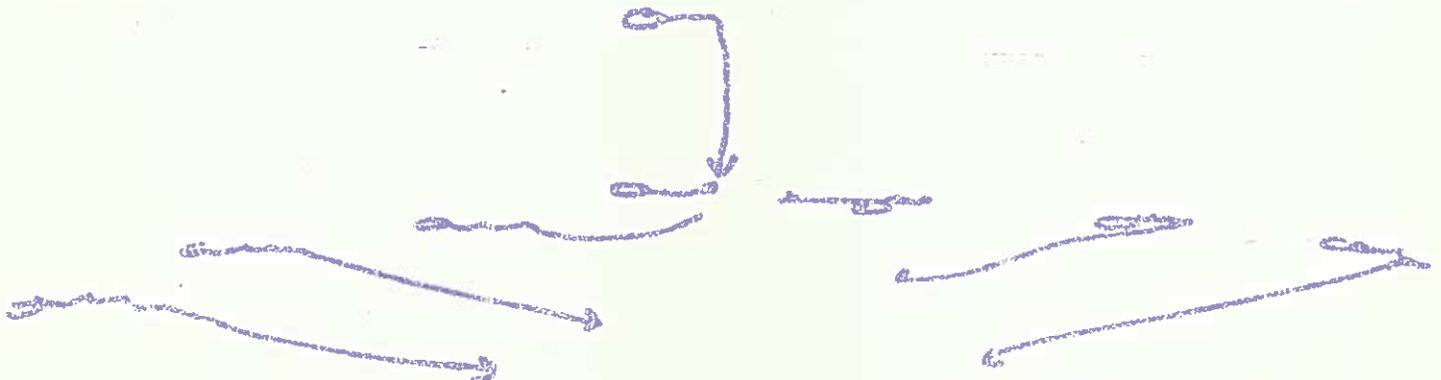
Up Backs



When the player or coach gets to his position, he holds ball over head so everyone knows he's the one. Now the upbacks run past. They have completed their part of drill. Everyone else sets up with square shoulders, (so they have to be clipped), moving fast. If the ball moves sideways then everyone shuffles sideways.

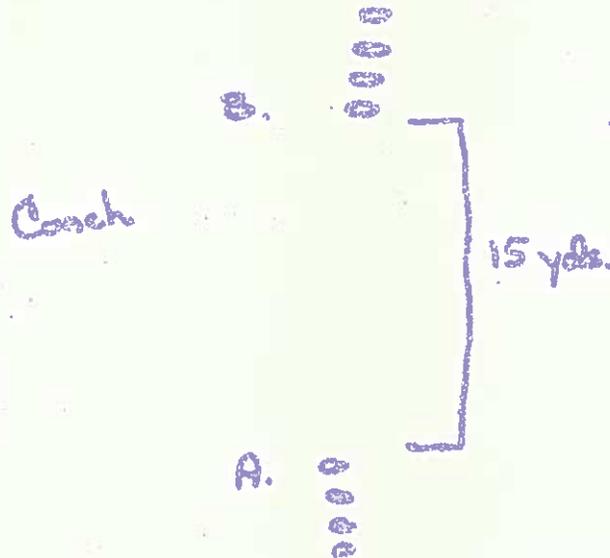


When the ball moves upfield, everyone coverages and butte ball carrier. The ball carrier must continue upfield so everyone gets a shot at him. The emphasis is on pursuit and pursuit angles.



This is a good drill to do after practice on a hard work day. Really emphasize doing it right and if you take eight of them, you will also have conditioned your players at the same time.

3. Sprint Tackle - Because of the offensive personnel not getting much tackling practice, you should have sprint tackling a few times a week.



Player A is broken down moving feet. Coach throws ball to Player B. The two then sprint toward each other with Player A breaking down after running five yards. Player B makes one move and cuts at a 45° angle. (No head ons)



Player A must then drive up thru chest, head upfield, locking arms and driving. It is not necessary to put on ground.

Alex Gibbs
Offensive Interior Line Coach
Ohio State University

Center and Guard Play

1. Stance and Step
2. Alignment to each other and ball
3. Center grip and Quarterback exchange
4. Combinative Block - "Y" Scheme
5. Offset Rules
6. Guard Pulling
 - a. short sweep
 - b. long sweep
7. Guard Tug
8. Pass Protection
9. Drills

Dick Anderson
Offensive Line Coach
Penn State University

- I. One On One Block
 - A-technique
 - B-drills to develop

- II. Double Team Block
 - A-techniques of post and drive
 - B-drills to develop above

- III. Protecting the Passer
 - A-Drop Back
 - 1. technique
 - 2. drills
 - B-Sprint
 - 1. techniques
 - 2. drills
 - C-Semi Sprint
 - 1. techniques
 - 2. drills
 - D-Play action
 - 1. technique
 - 2. drills

Coach Joe Holtrak
University of Maryland

Training the Pass Receivers

- I. Stance: Wide Receivers - Tight Ends
- II. Releases: Wide Receivers - Tight Ends
- III. Routes: Wide Receivers - X and Z (Zone and Monster Man)

- (a) Quick out and up
- (b) Come back
- (c) Post
- (d) Corner
- (e) Streak

*Tight End Routes

- (a) Seam
- (b) Flat
- (c) Corner
- (d) Streak
- (e) Bootleg

IV. Blocks Required

Split Receivers

- (a) Chop and Roll
- (b) Crack Back
- (c) Streak and Stalk

Tight Ends

- (a) Shoulder Drive Block
- (b) Reach Block with Crack Back
- (c) Jab and Fitch
- (d) Stalk Block

V. Pass Catching Drills Eye Hand Coordination and Concentration

- (a) Cons to Passer
- (b) Split Vision Drill
- (c) Keller Drill
- (d) Over the Head Drill
- (e) Sideline Catch
- (f) Wrong Shoulder
- (g) Collision the Receiver
- (h) Goal Post Drill (Hook & Post)

VI. Stress Running with the Ball after the Catch to Score.

I. Ball Exchange

A. Ball Carrier

1. Inside elbow up
2. Offside hand used as stopper

B. Quarterback

1. Work from belt buckle
2. Present ball with one hand sliding ball into stomach

Drill: Ball Exchange Drill - Two lines facing each other and executing exchange with proper technique.

II. Carriage

A. Ball Carrier

1. Receive ball with both hands
2. Transfer to right or left
3. Assume proper grip

Drill: 3 Man Roll - Ball in left hand first time - right hand second time.

III. Pitch Technique

A. Quarterback

1. Grip is same as passing grip
2. Precede the pitch with eyes

Drill: Quarterbacks five yards apart running across field pitching ball to each other.

IV. Roll Block

1. Aiming point is outside leg of defender
2. Head and shoulders upfield at least 45°
3. Don't throw until you've taken one step too many
4. Make contact with back of shoulder pad
5. Inside arm should be completely extended
6. Roll to inside five times

Drills: Use a small dummy to teach roll block technique. Concentrate on above teaching points. Have your players critique each other.