

Shades Mountain Christian School



2008 Special Teams

SPECIAL FORCES

“It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena; whose face is marred by the dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions and spends himself in a worthy course; who at the best, knows in the end the triumph of high achievement, and who, at worst, if he fails, at least he fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither victory or defeat

Theodore Roosevelt



ARE YOU A CHAMPION

In top competition a whole new ingredient enters football -**PAIN**. You learn the pain in practice and you will know it in every game. It begins as you approach the limit of your endurance, coming on gradually, hitting your stomach first. Your arms grow heavy and your legs tighten – the thighs the knees.

You sink lower as if someone were pushing down on your back. You can't hold yourself up. Your perception changes. The sounds become a roar in your ears. The field becomes like a pool of water. Your stomach feels as though it's going to fall out; every snap hurts – and suddenly you hear a shrill internal scream.


Then you have a choice. You can back off, or you can force yourself to drive to the finish, knowing that the pain will become excruciating. **RIGHT THERE**, the great football players separate from the rest, for it is those last few minutes that count. Most players back away. If you push through the pain barrier into real agony, **YOU ARE CHAMPION!!**

**That is what it takes to be a member of the
SPECIAL FORCES**



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“Character committed to values of duty, honor, and discipline. A lifetime of selfless service to the forces”

To be a **SPECIAL FORCES** member means that we must be committed to the value and importance of the kicking game. We must believe that the **SPECIAL FORCES** will ensure the team of winning at least three or more games each year and keep the team in the close games so we can have the opportunity to win. There is a fine line between average and great. Remember, we are not striving to be “**GOOD**”. We are going to be the “**BEST**”!!! The way we will become champions is that we must have total commitment; it will not happen any other way. We must set high goals and use every ounce of our potential to reach success, even if it means having no mercy on ourselves.

Our approach to the kicking game will be one of constant emphasis toward consistency and efficiency with simplicity...but ...done with **EFFORT, INTENSITY, DISCIPLINE, CONCENTRATION, AND MENTAL TOUGHNESS**. Each member of the **SPECIAL FORCES** will have a responsibility. Our ability to ACT and REACT to a pressure play will be measured by our performance.

Let’s never be out hit. Always hustle, and strive to make **BIG PLAYS**, which lead to wins. Sometime during the year, every player involved will have a chance to make a big play in the kicking game. **DON’T MISS YOUR CHANCE!** It might win a championship. You will go on the field to do everything with the intent of causing a fumble, blocking a kick, throwing the key block, making a tackle, or scoring. Be ready when you are called upon.

Champions take PRIDE in making positive things happen. Our **SPECIAL FORCES** is considered an offensive phase of our approach to the game of football. We plan to **WIN** in every phase of our **SPECIAL FORCES**. Our schemes are designed to keep constant pressure on our opponent. **WE WILL DOMINATE!!**

FACTORS OF SPECIAL TEAMS:

1. One out of every five plays, or about 25 to 30 plays per game is a kick of some sort.
2. Each play normally involves a change of possession.
3. Plays that do not involve a change of possession are direct attempts of scoring or defending a scoring attempt. 25% of all scoring is attributed to the kicking downs.
4. A sizeable amount of yardage is gained or lost. A average of 40 yards is involved.
5. SPECIAL FORCES start every half of every game and often in the closing seconds of the end of the game – Determining the winner
6. 70% of all close games are decided SPECIAL FORCES.

HOW TO BECOME SUCCESSFUL:

1. Eliminate Mistakes

- Concentrate on assignments
- Learn rules to take advantage of them
- Know situations
- Know what opponent is trying to do

1. Intensity

- a. Pay attention to detail
- b. All out Pride – Hustle – Desire

– Fundamentals

1. Precise Skills – Punters, Kickers, Snappers, Holders
2. Concentration, Distance to locate yourselves on kicks, timing – Hours of work.

1. Personnel

1. Best Players Play
2. Reckless Abandon – No restraints
3. Unselfish, Team oriented, Courageous, Enthusiastic Winner

REMINDERS

1. Set the Tone
 - a. Rangers set the tone
 - b. No substitute for toughness
2. Ball Security
3. Penalty Free
4. Proper substitution
5. Establish Field Position
6. Big Play
 - a. Who makes the play

PROFILE OF A SPECIAL FORCES MEMBER

AMBITION –
Can't

Desire for high goals. Hates to lose. stand failure. Has goals above ability.

COACABLE –
and

Takes advice and easy to coach. Eager to learn. Easy to approach. Follows rules directions.

AGGRESSION –

First place belongs to me type. Asserts himself. Intimidates opponent. Has killer instinct to put games away.

LEADERSHIP -

Shows the way and sets good example. Respected by team members. Mixes well. Others follow his example and takes his advise.

TAKE CHARGE GUY –
problem.

Will take over when things go wrong. Under pressure, does something about the
Often a hero.

PHYSICAL TOUGHNESS –
round.

Develops toughness by hard work. In great condition. Keeps rules and trains year

MENTAL TOUGHNESS –
pain.

Never gives into feelings. Has never give up attitude. Ignores heat, cold, and

Psychological Endurance – Stays with job until the end. Will do his best against top competition. High endurance all season. Reliable

Comparison

Number of Punts:	69 times
Number of Punt Returns:	42 times
Number of Kickoffs:	35 times
Number of Kickoff Returns:	45 times
Number of Extra Points:	27 times
Number of Field Goals:	6 times
Number of Extra Point Blocks:	36 times
Number of Field Goal Blocks:	11 times

Total number of plays:	271 times
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Total Offense Plays:	678 times
Total Defense Plays:	683 times

Total number of Off./ Def.Plays:	1361 times
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Total number of Plays:	1632 times
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Percent of Special Forces:	17%
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Yards gained per Special Forces:	5,834 yards
Yard gained per Off./Def.:	7,385 yards

Total yards for Season:	13,219 yards
Percent of Special Forces:	44%

HOW IMPORTANT IS FIELD POSITION???

Offense Starting On	Chances of scoring	%
Inside -20 yard line	1 out of 30 score	3%
-40 yard line	1 out of 8 score	13%
50 yard line	1 out of 5 score	20%
+40 yard line	1 out of 3 score	33%
+30 yard line	1 out of 2 score	50%
Inside +20 yard line	2 out of 3 score	66%

Special Forces can give out team the best field position... which means our team has the greatest chances of scoring. Like wise, the special forces can put out opponents in poor field position giving them lower percentage of scoring.

TEAM GOALS

To Control vertical field position in every game:

- How goal will be measured: Weekly game goals

Score or set up a score at least one per game:

- How goal will be measured: Points scored by special forces and or points scored by the offense after given the ball in scoring position by the special forces.

Do not allow any blocked kicks:

- How goal will be measured: No opponent will touch a kicked ball.

Create a turnover or blocked kick:

- How goal will be measured: By blocking a kick or taking the ball away from our opponents.

How above goals will be attained:

- Strategy...study each opponent and devise appropriate strategies, capitalizing on opponents weaknesses and or personnel, and neutralizing opponents strengths.
- Coordinating players abilities in relation to their role within the schemes
- Teach players the knowledge and techniques needed to execute their assignments.
- Practice strategies and techniques every day in practice.



WEEKLY GOALS		YES	NO
1.	NO BLOCKED KICKS		
2.	BALL SECURITY		
3.	PENALTY FREE		
4.	BLOCK A KICK OR CAUSE A TURNOVER		
1.	100% PAT OR FG		
2.	NET PUNTING AVE. 35 YDS OR MORE		
3.	LIMIT OPPONENTS PUNT RETURN TO 9 YARDS OR LESS		
1.	LIMIT OPPONET KOR TO INSIDE THE 34 YARD LINE		
1.	AVERAGE AT LEAST 14 YARDS ON PUNT RETURN		
1.	AVERAGE START POSITION AFTER KOR 35 YARDLINE OR BETTER		
•	OUT SCORE OPPONENTS		
1.	WIN BATTLE OF FIELD POSITION		
2.	100% ON HOLDS, SNAPS, & BALL HANDELING		
1.	NO SUBSTITUTION ERRORS		
•	MAKE AT LEAST 3 BIG PLAYS		
1.	FUMBLE RECOVERY		
2.	PUNT RETURN OVER 20 YARDS		
3.	KOR 35 YARDS OR MORE		
-	KO TACKLE INSIDE 20 YARDLINE		
1.	PUNT COVERAGE TACKLE 5 YARDS OR LESS		
F.	BLOCK A KICK		
-	DOWN PUNT INSIDE 10 YARD LINE		
1.	SCORE A TOUCHDOWN		
-	RECOVER AN ONSIDE KICK		

GENERAL:

Each time on the field	2 points
Each tackle	2 points
Big hit	4 points
Big block or knock down	4 points
Caused fumble or turnover	4 points
Fumble recovery	4 points
Onside recovery	4 points
Blocking a punt or kick	6 points
Scoring	10 points

Airborne:

Making proper block	2 points
Avoid getting blocked	2 points
Stay in pursuit lane	2 points
1 st to the ball	4 points
Tackle	4 points
Down ball inside 20	4 points
Down ball inside 10	8 points

Regulators:

Staying in lane	2 points
Not being blocked	2 points
Taking out the wedge	4 points
1 st at 30 yards	4 points
1 st to the ball	6 points

SEAL TEAM ONE, Delta Force:

Making proper block	2 points
Return over 20 yards	2 points
Return over 30 yards	4 points
Return over 40 yards	6 points
Score	10 points

KICKS AND PUNTS:

Punt inside 20	2 points
Punt inside 10	4 points
40 yard average	6 points
50 yard average	8 points
Touchback on KO	4 points
100%FG under 40 yards	4 points
FG over 40 yards	8 points

QUESTIONS TO ANSWER

1. Schemes

- What are their schemes?
- What are their systems?
- What are they trying to do?

1. Personnel

- Who are their dominant players of each team?
- Who must we eliminate?

1. Weakness

- Where are their weaknesses?
- Who is the weak link

1. Matchups

- Where are the matchups to our advantage or disadvantage?

• Drills/Techniques

1. What must we teach to win?

SCOUTING REPORT

1. **PERSONNEL FOR ALL PHASES**
 - Numbers, specialist
 - Best and worst
1. **AIRBORNE**
 - How do they attempt to block - and who is the best
 - Type of returns they run (how good is the return man)
 - What is their weakness
 - What is the best fake?
1. **DELTA FORCE**
 - What formations do they use?
 - What is their protection?
 - Who is their best blocker and who is the worst?
 - Who is best cover man / and worst?
 - How good is the snapper? (times)
 - What is the block point, and time?
- **RANGERS**
 1. What is their alignment?
 - What are their returns?
 - Who is best returner?
 1. Do they have a special return?
 - Who do we need to kick at?
 - Where is the soft spot?
 - Can we surprise onside?
 - Special kicks?
1. **SEAL TEAM ONE**
 - Beginning alignment
 - Do they cross
 - Type, strength, and weakness of coverage
 - Where and how deep does the kicker kick to?
 - Who is best cover man, and who is the weakest?
 - What type of onside or special kick do they use?
- **BOMB SQUAD**
 1. What type of alignment do they use?
 - Who is the best rusher?
 - Where do they rush from
1. **REGULATORS**
 - What is their alignment?
 - How far can he kick
 - Weakest blocker
 - What type of fake
 - 1. Stress point?
- **SPECIALS OF THE WEEK**

COACHING ASSIGNMENTS

AIRBORNE:

Coordinator- Personal Protector

Deep snapper

Punter

Right side

Left side

Gunner

DELTA FORCE:

Coordinator – Jammer

1 through 5 -

6 through 10

Returner

Rangers:

Coordinator – Missile/Sniper

2 through 4

7 through 9

Contain

SEAL TEAM ONE:

Coordinator – Tight ends/Fullbacks

Returners

Right side Front line

Left side Front Line

Bomb squad:

Coordinator – Right side

Left side

Kicker/Holder

Regulators:

Defensive Staff

Coach Gray

Coach Patterson

Coach Baker

Coach Saucedo

Coach Keenum

Coach Crousen

Coach Gray

Coach Crousen

Coach Saucedo

Coach Baker

Coach Gray

Coach Crousen

Coach Keenum

Coach Saucedo

Coach Gray

Coach Baker

Coach Saucedo

Coach Patterson

Coach Keenum

Coach Patterson

Coach Baker

WEEKLY SCHEDULE

TUESDAY:

Pre Practice – Kicking, punting, returners, punt, and FG block
Practice – Airborne – 10 minutes
Regulators -- 10 minutes

Wednesday:

Pre Practice – Kicking FG/extra point, punting, returners,
gunners/jammers
Practice – Airborne 10 minutes
Green Berets -- 10 minutes

Thursday:

Pre Practice -- Kicking, punting, returners, coverage (P/KO)
Practice – Delta Force – 10 minutes
Kick the field – 15 minutes
Bomb Squad – 5 minutes

FRIDAY:

Pre Practice -- Kicking FG/extra point, punting
Practice – Play the game

GAME DAY

Pre Game:

Specialty group: Will consist of the kickers, punters, snappers, returners. We will fill in with some receivers to receive field goals.

Schedule: Lightly stretch before going to the field.

On the field start with agilities.

Divide into groups – Kickoff on our sideline, punt on the opponents sideline, Field Goal in the middle.

Punters and snappers take a few snaps, while punt returners take soft toss.

Kickers and returners do half kicks.

Progress into full drill.

During game:

Always be alert for your team to be called. Do not assume you know what we will do in a situation. Each special forces will meet with Coach Gray prior to going on the field, excluding the bomb squad, and regulators.

Each team will meet in the briefing area. Which is at the 50 yard line. Once you arrive in the hot area check to make sure huddle is complete. (nobody is missing). Before leaving briefing area make sure you know the call. No matter which special forces is taking the field, we take it in a hurry, we will never do anything slow.

THEN GO DO YOUR JOB!!

Most consuming phase of the
Special Forces

PROTECTION:

Everyone must do the same
thing together!

COVERAGE:

Run Fast ...defeat blocker in
route to the ball...tackle the
outside leg;

You have the ability to control
the game.

Airborne – Nickname -- Night Stalkers

Motto: “Anywhere, Anytime, in anything – I AM AIRBORNE – CREED

I am an Airborne trooper!

I volunteered to do it, knowing well the hazards of my choice. Only a few will answer for the mission is constantly demanding and hard. And when the impossible has been accomplished the only reward is another mission that no one else will try. As a member of the night stalkers I am tested volunteer seeking only to safeguard the honor and prestige of my team, by serving the elite Special Forces member of the Tribe Football program.

It is my pledge to uphold its honor and prestige in all I am – in all I do.

I am an elite trooper – a sky trooper – a shock trooper – a spearhead trooper. I blaze the way to far flung goals – behind, before, above the foe’s front line. I eagerly meet the enemy for I volunteered to be up front where the fighting is hard. I will fear no foe, nor underestimate his ability to fight.

I am self-reliant and unafraid. I shoot true, and march fast and far. I fight hard and excel in every art of the battle.

I never fail a fellow trooper. I cherish as a sacred trust the lives of men with whom I serve. Coaches have my fullest loyalty, and those I lead never find me lacking.

I have pride in the Airborne!

I belong to a proud glorious team – the airborne, the Special Forces, Tribe Football. I am its chosen pride to fight where others may not go – to serve them well until the final victory.

**“ANYWHERE, ANYTIME, IN ANYTHING
I AM AIRBORNE**

“OUR MOST CRITICLE PHASE”

Statistics show that the airborne team averages more plays per game than any other special team. This means they have the greatest number of opportunities to do something **POSITIVE** for our team.

Our airborne team is an offensive weapon for controlling field position. In order to successfully keep opponents pinned on their end of the field, we must attain a high level of proficiency at punting, protecting, and covering. Errors in the punting game result in the following:

BLOCKED KICKS – USUALLY RESULT IN A SCORE

BIG RETURNS – POOR DEFENSIVE FIELD POSITION

POINTS ON THE SCOREBOARD

The airborne team requires a high degree of communication, coordination, and technique skills. The personnel selected for this team are chosen on the basis of athletic skill and the ability to concentrate and perform under pressure.

We will spend the greatest portion of our practice time each week on this phase. Make sure your work habits and study habits are suitable to the effort needed to perform on this team.

The airborne team has the capability to set the tone of a game by controlling field position. We will prepare to execute consistency at a high level of performance

AIRBORNE COVER MUST

- Hustle on the field and get aligned. No huddle
- Check number of safeties and identify 8, 9, 1- man front.
- Establish good chest and hands technique position. Use hands to get free release.
- Release quickly outside to your lane. Use field markings as guides.
- Stay in your lane. Fight to maintain it.
- Don't get blocked around the ball. Use your hands to get free and break down in position to make tackle.
- Know who has "CONTAIN" responsibilities. Contain man can **NEVER** get blocked.
- Squeeze to ball gradually. Keep it on your inside shoulder.
- Never follow your own color . Replace outside.
- Keep shoulders square and parallel, then make the tackle or force a lateral move.
- Never let the ball go into the end zone. Keep it in the field of play. Stay out of the end zone.
- No missed tackles.
- Time
- Snap = .75
- Punt = 1.25
- Time till ball off punters foot – 2.0
- Hang = 4.1
- Total kick and coverage = 6.1
- Listen closely to PP for fake call or any changes in protection.
- You need **Concentration** and **Desire** to play on this unit.
- Be alert for crowd noise signals. Eyes on the ball for snap!

CONSISTENT EXECUTION!

GENERAL PROTECTION & COVERAGE PRINCIPLES

1. On snap, first block your responsibility then cover after the ball is punted.
 2. Discipline in your blocking technique is vital...man or zone.
 3. Maintain your poise vs. teams that move around a lot or employ short jerky type movements in attempt to draw you off sides.
 4. You must respond instinctively to the personal protectors call... know and understand them
 5. Never follow a teammate downfield when covering. Fan to fill open lane and maintain 5 yard horizontal spacing from adjacent man. Run trough proper landmark.
 6. Maintain outside-in leverage on the ball...keep the ball on your inside shoulder.
 7. Gunner...don't let ball carrier split you or bounce outside of you; Contain...you are the widest men on the field; smell out reverses and gadgets.
1. Place your helmet on the ball...especially the 2nd and 3rd tacklers...create turnovers.
 2. Avoid contact with the return man if he signals for a fair catch. Gunner sprint past the return man turn back to goal line inside the 10 yard line. The 2nd man down face-up and everyone keep coming...anticipate a muffed ball.
 3. Stay with the ball to properly DOWN IT... Never touch it and walk away...stay with the ball until the whistle blows
 4. Gunner can catch a punted ball (inside 10 yard line) if the return man is not in position to field punt.
 5. Covering punts is hustle and desire to make the hit.. Be a 100%er.
 6. "Peter...Peter" ...Poor Punt; locate ball and avoid illegal touching; let the ball roll towards opponents goal line. Punter go get it.
 7. Punter...yell direction, and if necessary, type of punt to your coverage team.
- Communication and Technique are the two necessary ingredients in perfect punt protection.

AIRBORNE TERMINOLOGY

- **BLEED:** Term used to slow punt operation down to use up time on the clock.
- **BOX:** Area from tight end-to-tight end outside shoulders.
- **CHEST & HANDS:** Blocking technique used to stop a player's rush. Triangle position.
- **CREEP:** Term used to alert players another man is coming on the move to the box.
- **FIELD LANE:** Area of responsibility to protect on coverage. Field marking used as land marks.
- **FIRST LEVEL:** Any player on the L.O.S.
- **GUNNER:** End man on the L.O.S.
- **ICE:** Term used to alert players to freeze, hold the L.O.S. NO SNAP from center. Possible ICE – "T" – No snap, but one second time out.
- **QUICK:** Term used to speed punt operation up to save time on the clock.
- **LEVERAGE:** Technique used buy a player to keep position on the ball (or returner).
- **ABILENE:** Quick snap alert to center. Eyes on snap.
- **SINGLE:** Alignment of one player over a gunner.
- **SOLID:** Term used to alert center that either there is extra man in the box or they are overloading the interior.
- **ZONE BLOCK:** On zone side you protect the gap inside.
- **MAN BLOCK:** On man side count outside in and block a man.

ABILENE CALL

Given by the Personal Protector to the center and front. ABILENE means ON-THE-SNAP. The center will pull the trigger one second after he gets the call. Everyone else concentrates on the ball for movement. ABILENE can be given with any formation and any protection. The ABILENE call will eliminate a lot of movement by our opponents. Quick snaps always settle them down, and will usually show their hand either on the rush or on the return the next time they line up.

CALLS FOR AIRBORNE

CALL:

- RAMBO =** The right side block man
 The left side block zone
- LAZER =** The left side block man
 The right side block zone
- NUMBER =** Both sides block zone
- ABILENE =** Quick snap and both block
 zone
- COLOR =** Both sides block man
- LUCKY =** The original fake call
 (The call and the fake will
 change weekly)

AIRBORNE PRE SNAP INFORMATION

HUDDLE: We do not huddle on the field, only on the sideline. The Center will call the huddle and everyone will come to him. This should always be done with the coach. Right and left guards next to the center on proper sides. Right and left tackles next to the guards and right and left gunners next to the lots between the guards on proper sides. (Back Row) right and left slots in the gaps between the guards and tackles. Know who your buddy is. Is he on the field? Coach will give the formation, protection, special play. Break by...Ready score, when the coach gives the command to "GO", then everyone will hustle and set up on the L.O.S.

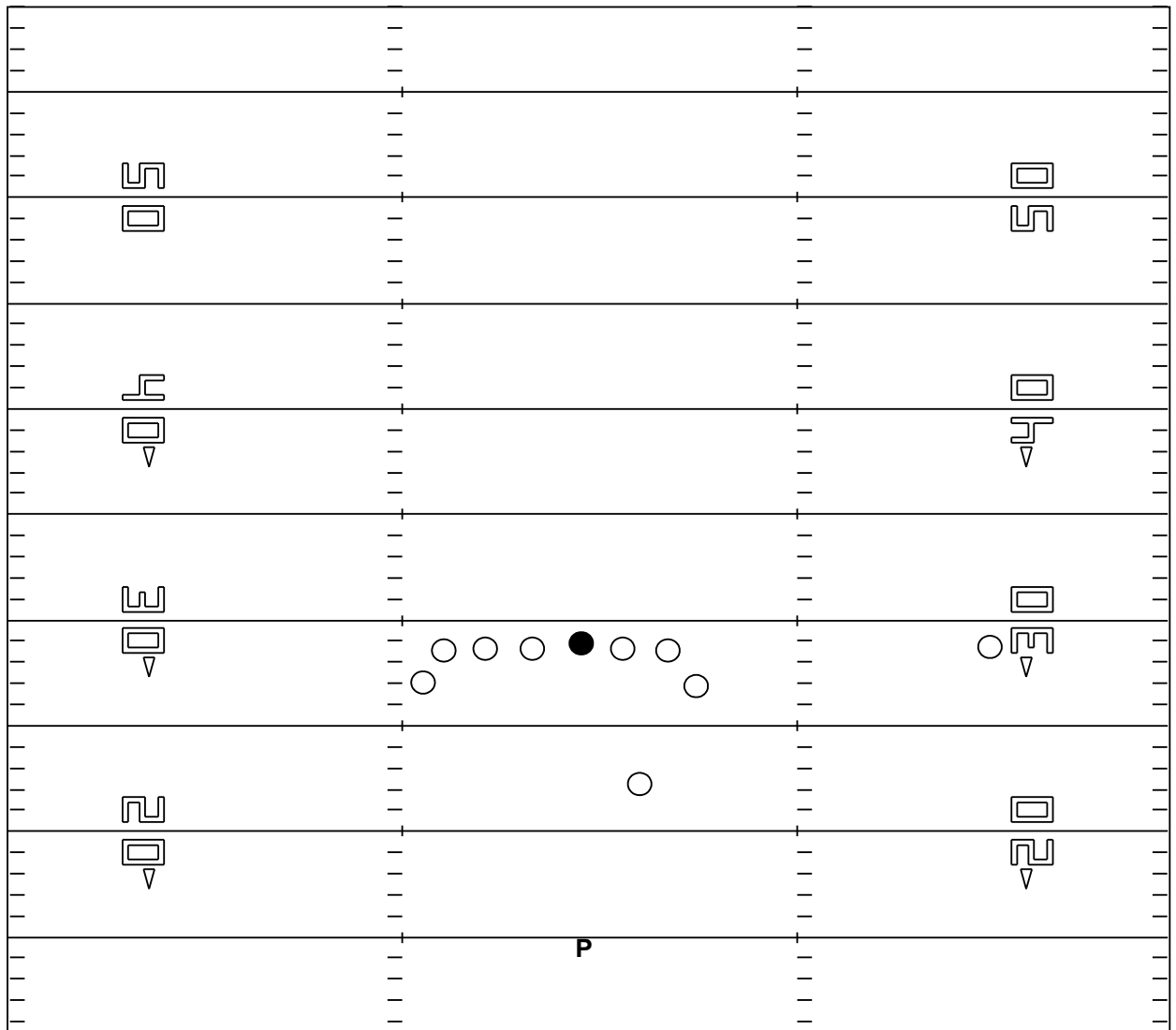
CADENCE: The Personal Protector will call "Set", and everyone get in ready position, then he makes the call "Rambo, Rambo" the PP then calls "Ready" when he believes everyone is ready.

- **EXAMPLE OF THE HUDDLE:** PP Coach
- LT LG C RG RT
- TE LW RW GN
- P

SITUATIONS

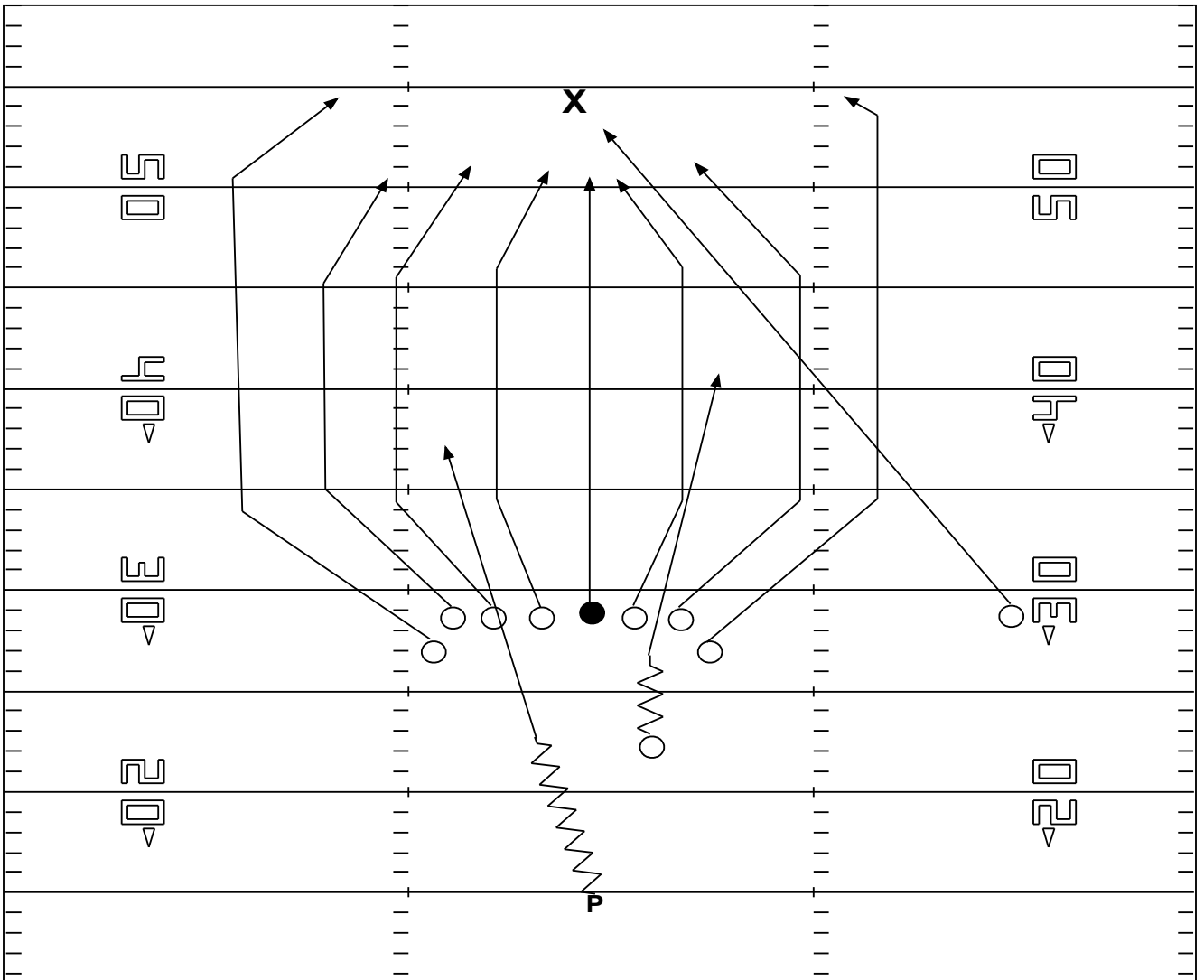
- **1. BLEED:** Alert to team to slow down operation of snap and kick, also alerts gunners and team to slow down, downing the ball in coverage.
- **C.P.:** PP will alert team with 15 seconds to hold with 7 seconds ready. We must look like we are going to punt at all times.
- **2. ICE:** Alert to team we will not snap the ball, but will look like we are and will let the 25 second clock run out.
- **C.P.:** After penalty, huddle up, talk over rush alignment, prepared for **OSCAR**.
- **3. ICE" T":** Alert to team we will not snap the ball, but the PP will take a one second time out so we don't lose field position. We will have a chance to see the rush.
- **4. QUICK:** Alert to team to hurry up operation of snap and punt, also alerts gunners and team to down the ball quickly. May be an ABILENE situation or possible punt out of bounds.

RIGHT FORMATION



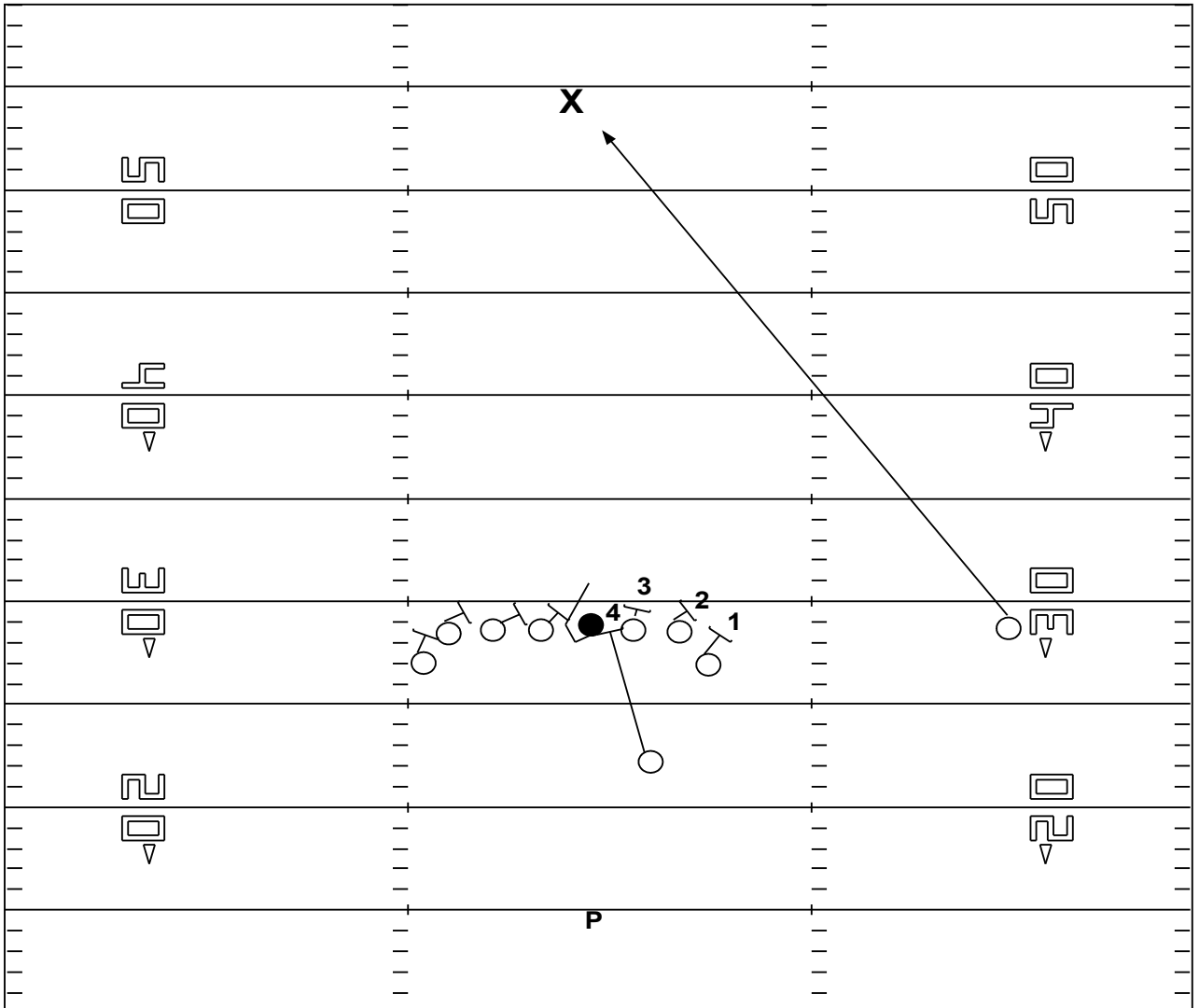
Gunners	LINE UP ON THE BALL A MINIMUM OF 7 YARDS WIDE
Slots	2 POINT STANCE OUTSIDE FOOT STAGGERED BACK, HANDS ON KNEES OFF THE BALL, 2 FOOT SPLIT
Tackles Tightend	2 POINT STANCE, OUTSIDE FOOT STAGGERED BACK, HANDS ON KNEES 2 FOOT SPLIT
Guards	2 POINT STANCE, OUTSIDE FOOT STAGGERED BACK, HANDS ON KNEES 2 FOOT SPLIT
Center	NORMAL SNAPPING POSITION
PP	SPLIT THE OUTSIDE LEG OF THE GUARD TO YOUR SIDE (5 YARDS DEEP)
Punter	ALIGN 14 YARDS DEEP

RIGHT FORMATION - COVERAGE LANES



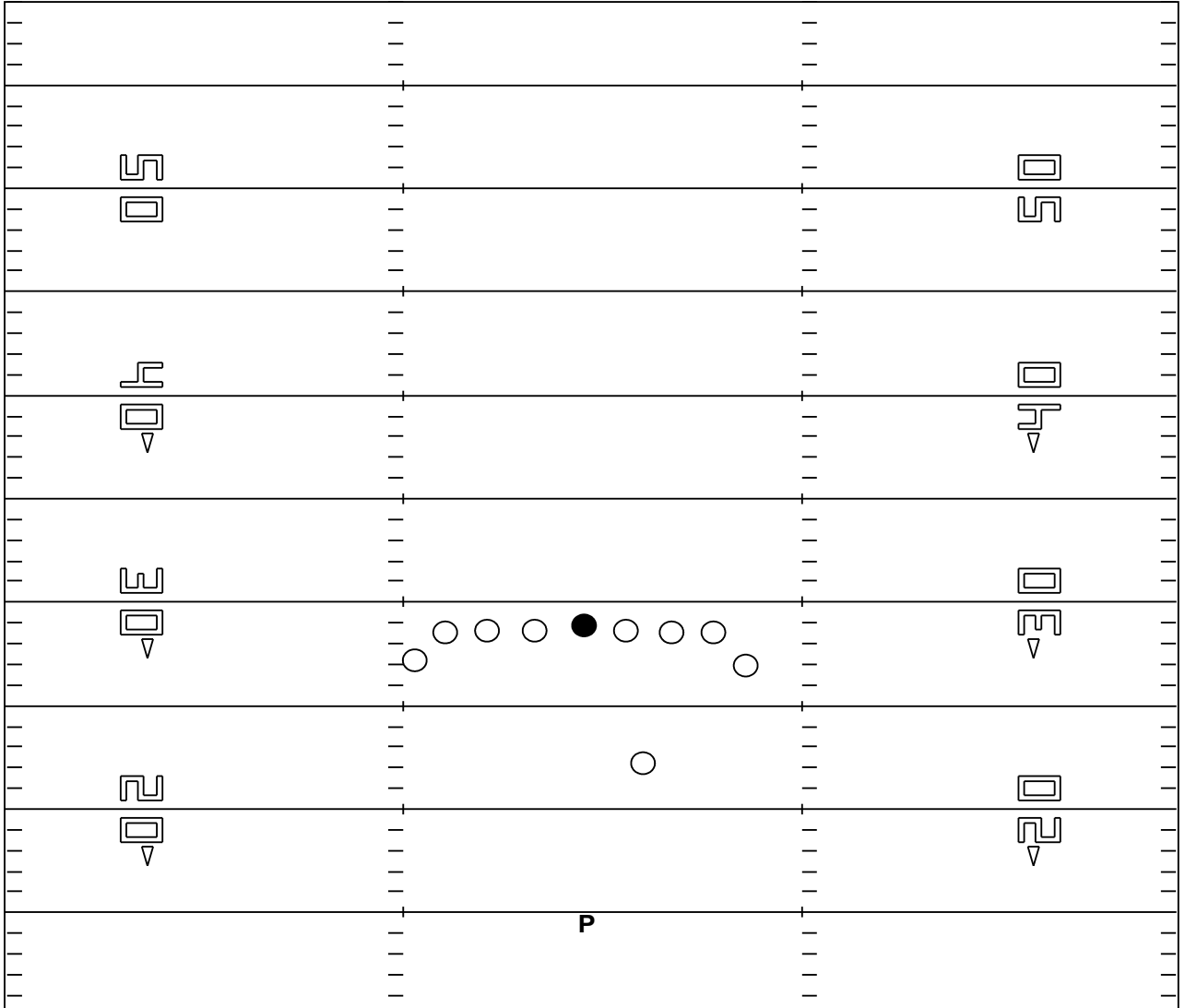
Gunners	OUTSIDE SHOULDER ON BALL. FIRST MAN DOWN MAKES THE TACKLE. FORCE RETURNER OUTSIDE. DO NOT GET SPLIT!
Slots	CONTAIN. VISION POINT 7 YARDS WIDE AND AS DEEP AS THE RETURNER
Tackles Tight end	RELEASE OUTSIDE TO THE HASH. THEN SQUEEZE TO THE OUTSIDE SHOULDER OF THE RETURNER
Guards	RELEASE OUTSIDE TO THE GOAL POST. THEN SQUEEZE TO THE OUTSIDE SHOULDER OF THE RETURNER
Center	GET GOOD SNAP. RELEASE STRAIGHT UP FIELD AIMING AT THE OUTSIDE SHOULDER OF THE RETURNER.
PP	WAIT UNTIL THE BALL IS KICKED. RELEASE TO THE SIDE LINED UP ON.
Punter	GET GOOD PUNT. SAFETY TO THE BALL. KEEP LEVERAGE ON THE BALL TO THE NEAREST SIDELINE.

RIGHTFORMATION - BLOCKING FOR RAMBO



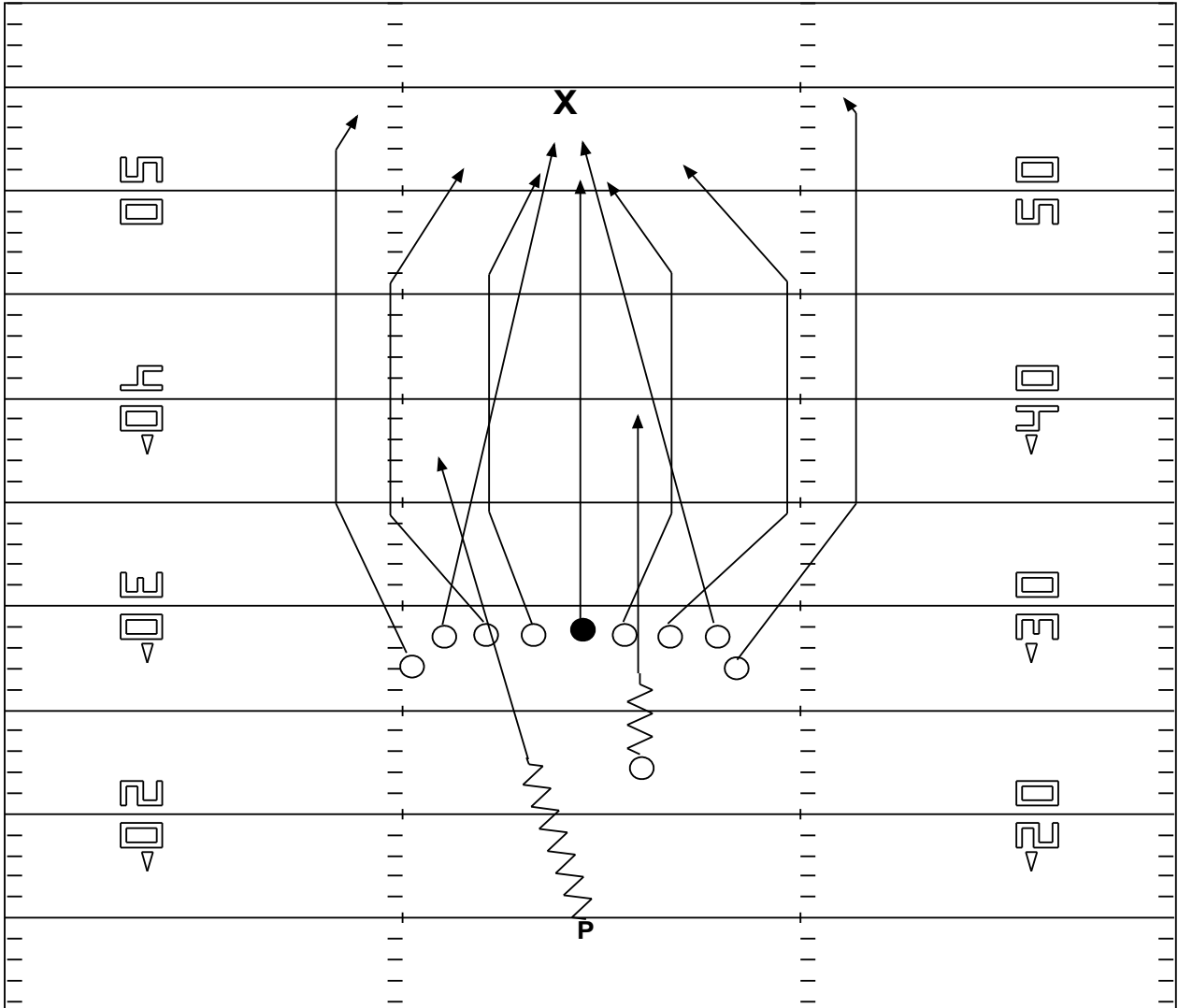
Gunners	GET A GOOD RELEASE AND COVER STRAIGHT TO THE BALL
Rt Wg	COUNT FROM OUTSIDE IN. BLOCKS #1 MAN, INSIDE OR OUT. PUNCH, DRIVE AND EESCAPE
Rt Tackle	COUNT FROM OUTSIDE IN. BLOCKS #2 MAN, INSIDE OR OUT. PUNCH, DRIVE AND EESCAPE
Rt Guard	COUNT FROM OUTSIDE IN. BLOCKS #3 MAN, INSIDE OR OUT. PUNCH, DRIVE AND EESCAPE
PP	COUNT FROM OUTSIDE IN. BLOCKS #4 MAN, INSIDE OR OUT. PUNCH, DRIVE AND EESCAPE. SHOULD BE IN THE A GAP. STEP UP BUT DONT OVER COMMITT.
Center	GET GOOD SNAP. RELEASE STRAIGHT UP FIELD AIMING AT THE OUTSIDE SHOULDER OF THE RETURNER. HOLD GROUND BEFORE LEAVING
Left G/T	PROTECT GAP INSIDE BUT DONT OVER COMMITT. bE STRONG IN YOUR GAP BUT DONT OVER PERSUE.
Left TE/LW	PROTECT GAP INSIDE BUT DONT OVER COMMITT. bE STRONG IN YOUR GAP BUT DONT OVER PERSUE.
Punter	PUNT AND COVER

TIGHT FORMATION



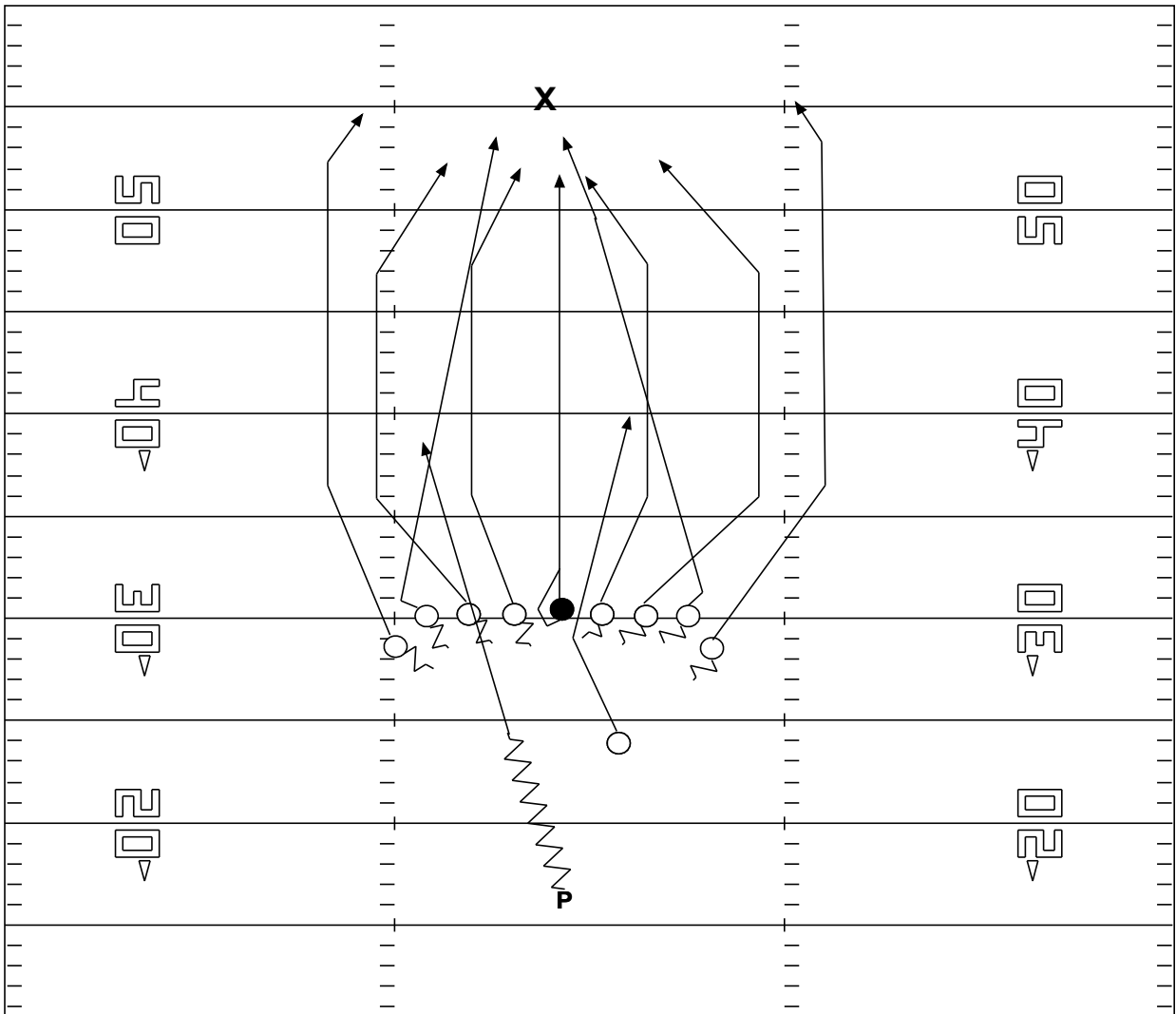
Gunners	2 POINT STANCE OUTSIDE FOOT STAGGERED BACK, HANDS ON KNEES OFF THE BALL, 2 FOOT SPLIT AWAY FORM THE TACKLE
Slots	2 POINT STANCE OUTSIDE FOOT STAGGERED BACK, HANDS ON KNEES OFF THE BALL, 2 FOOT SPLIT
Tackles	2 POINT STANCE, OUTSIDE FOOT STAGGERED BACK, HANDS ON KNEES 2 FOOT SPLIT
Guards	2 POINT STANCE, OUTSIDE FOOT STAGGERED BACK, HANDS ON KNEES 2 FOOT SPLIT
Center	NORMAL SNAPPING POSITION
PP	SPLIT THE OUTSIDE LEG OF THE GUARD TO YOUR SIDE (7 YARDS DEEP)
Punter	ALIGN 15 YARDS DEEP

TIGHT FORMATION-COVERAGE LANES



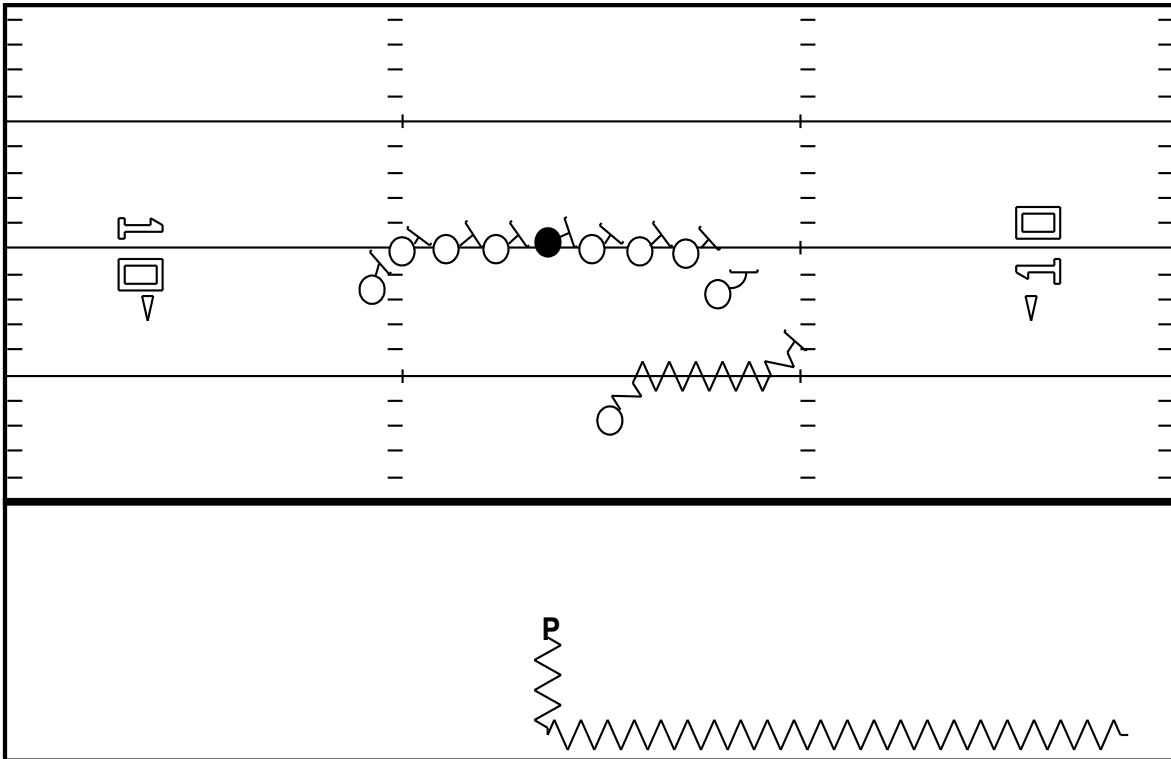
Gunners	OUTSIDE SHOULDER ON BALL. FIRST MAN DOWN MAKES THE TACKLE. FORCE RETURNER OUTSIDE. DO NOT GET SPLIT!
Slots	CONTAIN. VISION POINT 7 YARDS WIDE AND AS DEEP AS THE RETURNER
Tackles	RELEASE OUTSIDE TO THE HASH. THEN SQUEEZE TO THE OUTSIDE SHOULDER OF THE RETURNER
Guards	RELEASE OUTSIDE TO THE GOAL POST. THEN SQUEEZE TO THE OUTSIDE SHOULDER OF THE RETURNER
Center	GET GOOD SNAP. RELEASE STRAIGHT UP FIELD AIMING AT THE OUTSIDE SHOULDER OF THE RETURNER.
PP	WAIT UNTIL THE BALL IS SNAPPED. CALL DIRECTION OF THE BALL. FILL ALLEY OR ANY EMPTY LANES
Punter	GET GOOD PUNT. SAFETY TO THE BALL. KEEP LEVERAGE ON THE BALL TO THE NEAREST SIDELINE.

TIGHT FORMATION-BLOCKING RESPONSIBILITIES



Gunners	STEP INSIDE AND PROTECT THE GAP INSIDE. THEN dRIVE AND COVER
Slots	STEP INSIDE AND PROTECT THE GAP INSIDE. THEN dRIVE AND COVER
Tackles	STEP INSIDE AND PROTECT THE GAP INSIDE. THEN dRIVE AND COVER
Guards	STEP INSIDE AND PROTECT THE GAP INSIDE. THEN dRIVE AND COVER
Center	MAKE A GOOD SNAP. HOLD GROUND. NOT FIRE OUT.
PP	MAKE CALL. THEN STEP UP INTO THE A GAP.
Punter	PUNT AND COVER

**TAKE A SAFETY
(TIGHT PUNT)**



Fourth down with FOUR OR MORE POINT LEAD!!!

Ball inside OUR 15 yardline.

INSTRUCTIONS: 'TAKE A SAFETY'

FORMATION: Tight punt "RHINO".

EVERYBODY BLOCKS

PUNTER...

- ...Line up 11 yards deep.
- ...Take direct snap from center.
- ...Retreat to 1 yard inside end line.
- ...Delay as long as possible - step over end line.

PERSONAL PROTECTOR: Be sure everyone on this team knows the situation and the "CALL".

C.P.: All protectors reach and drive block to the right (hold if necessary). Punter run down end line to the right. Step out at last possible second before contact.

**WE ARE GETTING THE BALL
BACK...THE QUESTION IS
WHERE?**

**DON'T COST US THE CHANCE
OF SCORING!**

**DON'T QUIT ON THE RETURN
GO SCORE!!!**

DELTA FORCE – Nickname -- ENFORCERS

Motto: ANYTIME ANYPLACE

DELTA FORCE WILL MAKE IT HAPPEN

CREED:

I am a member of the Delta Force.

We will be the enforcers.

I am that which others have forgotten or
abused.

I ask for nothing of those who gave nothing,
and defended those who were unable to
stand and defend themselves.

Remember those times that others say were
best forgotten. And through the joys of
victory and the tears of sorrow, in the
souls of those who came before and in
the hearts of those who will follow my
lead, I will always say I am proud of what
I am – A ENFORCER – DELTA FORCE
– SPECIAL FORCE – TRIBE MEMBER

GENERAL PRINCIPLES

1. Return men must take pride in catching punts—both in practice and in games. You must know the opponents punter...study film and scouting reports.
2. We have to be penalty free. A penalty often means giving the opponent the ball back with 1&10.
3. Must stay onsides – there are is no excuse for being off sides.
4. Disguise your responsibility...make the punt team believe you are going to pressure the punter at all times.
5. You must realize that we are getting the ball back when our opponent is punting. Be an intelligent player and don't create a situation where we allow the opponent to maintain possession.
6. You must have an honest belief that we can return punts for a score If you carry out your responsibility.
7. On the wall return...move the wall to the ball carrier.
8. Commit yourself to your assignment and especially your block. Don't wait to see if we have a chance for a return before you block
9. We must do a great job in controlling the forces to allow for a cushion for our returner.
10. Block all at the block point...approximately 4-5 yards in front of the punter. Study film and scouting reports on the opponents punter.
11. When we score...let's get 11 men to the end zone.

General Musts of the Delta Force:

1. Be onsides
2. Lay out at the block point
3. Block in front
 - Catch the ball
1. Stay outside the 10 yard line
2. Block above the waist
3. Have the proper personnel on the field.

Punt block and returns are opportunities for us to create the BIG PLAY. Our main mission in Delta Force is to obtain possession of the ball, establish field position, and to score. A punt return for a touchdown or blocking an opponents punt can be a great momentum builder for us and a demoralizer for our opponent.

AXIOMS

- Know the call as you enter the field. Communicate it. Know your responsibilities.
- Recognize formation. Be alert of fakes that may come off of an alerted alignment. Communicate anything that looks unusual. **“OMAHA”**
- Rhythm rushers: Get off on snap and see ball. Contain Punter.
- On block, lay out where his foot will be contacting the ball. (Block Point)
- Deep Back: Study approach of Punter and flight of the ball. **Catch everything.**
- On shock. Deliver a blow and get movement. Sustain it.
- On wall. Get the position to block – don’t chase. Timing is important. Don’t throw early.
- Return all punts – shoot for TD each time.
- Know who has pass responsibilities. Be alert for run/pass.
- Tough pressure on blockers and punters forces slow release and poor punts.
- If ball is on the ground bouncing around, call “PETER”, and get away.

Delta Force Rules

Reminder Check List

Returns

- _____ A. If you are on the field prior to Delta Force situation, check with adjacent teammate or captain of that unit for the “call”.
- _____ B. Be onsides. End men on line call across.
- _____ C. Go to the block point.
- _____ D. Block in front. If you cannot see the front of his numbers, pull off.
- _____ E. Catch the ball.
- _____ F. Call “PETER” if not handling the ball. Alert teammates ball is bouncing around.
- _____ G. Know your assignment. Stay on blocks.
- _____ H. Generally, do not handle punts inside the 10-yard line. May alter versus specific Punters.
- _____ I. Know rule of first touch. Official downs the ball.

Blocks

“Most Demoralizing Play in Football”

- _____ A. Get off with the ball. Be onsides. Know the scheme’s weakness.
- _____ B. Look at the ball (“Get Off”).
- _____ C. Anticipate contact point (scout report) and adjust path accordingly. Don’t go to Kicker, but across his path.
- _____ D. **Block the ball not the punter.**
- _____ E. Automatic return middle.
- _____ F. Partially blocked punt crossing the L.O.S. is as if it had not been blocked (“PETER”).
- _____ G. Fourth down punt not crossing the L.O.S. will be our ball, so try to advance it.
- _____ H. Third down punt not crossing the L.O.S. is free ball, get possession.
- _____ I. Know your assignment. Rush, man-to-man, or wall
- _____ J. Need to get 9 ½ yards in 2.0 seconds.

A Blocked Punt is Usually Good for a Touchdown – Score!!!!

HOW TO BLOCK A PUNT

Stance:

- Sprinters Stance: Narrow 3-point; staggered feet; weight on your hands; eyes on the ball.

Crowd the Ball:

- Squeeze the ball without being offside. Place hand just in front of the ball and get into stance.

Get-Off:

- Watch the ball. Be ready as soon as the center has the ball. Key any pre-snap keys. Get off on ball movement. If center dips or rocks, roll into start and time the snap.

Know Blocker's Techniques:

- Understand the opponents punt protection. Know who will block you as well as his technique and responsibility. Anticipate the block and beat it.

Rush Through Lane:

- Stay low and pick your feet up. Be prepared to meet Blocker on the line or from the side. If Blocker takes you, head up and drive him straight back. If Blocker blocks you from the side, work away from the technique on the rush, dip the nearest shoulder to him, and rip you arm up and through. Clear the block and re-direct back toward contact point. Don't run around and get out of your lane; this will force other Blockers out of their lanes. If same color inside shows, peel off outside.

Contact Point:

- Know the spot and anticipate the ball being there.

Extend/Surge:

- Extend arms over to cover contact point. Surge instead of jumping (Hurdle toward spot). Never jump toward the ball.

Watch The Ball:

- Don't close your eyes or take your head out of your arms. Keep your hands together and look through the "V" of your hands. See the ball hit your hands. Follow the ball once you have blocked it. Pick the ball up and run. If you feel or see the ball being dropped, extend and lay out over contact point; must get into the air or you'll be too late.

Avoid The Punter

- Never leave your feet when coming up the middle. Work to the side of the Punter and work your hands to the ball.

Punt Receivers

Receiver...

- You have a great responsibility. You are in a position to make a “Big” contribution to our offense and be involved in an exciting play. Be alert mentally and relaxed physically. **But turn it on!!**

Before Ball is Punted...

- Know our **Call**, score, time remaining, field position, wind, and field conditions.
 - Count your players
 - Toss grass into the air and/or look at the flags to test the wind

Alignment...

- Scouting report will dictate you depth and placement. Wind can adjust. Know exactly how many yards you are from the L.O.S.
 - If we use double safeties, the call man plays the tendencies.
 - **Communicate...** Move to ball and start calling “ME!” “ME!” “ME!” or “YOU!” “YOU!” “YOU!” – Alert “PETER” call.
 - Watch the snap leave the ground.

Responsibility...

- **Field all punted balls.** There is an average of **15 yards** when the ball hits the ground.
 - Fielding the ball...Hop like a tennis player hops as he waits for a serve. Break for the ball as soon as you pick the ball up in flight. Break at full speed while reading the flight of the ball to give yourself **maximum** time to “Fine Tune” yourself under the ball or to make a decision not to field the ball.
 - “Fine Tune” your feet to make the ball drop into your pocket the same way every time. Get your body under the ball and your feet under your body.
 - Keep you body square to the L.O.S. while keeping the ball in front of you.
 - Bend slightly at the knees and the waist. Get your hands out where your eyes can see them (tie an imaginary string from your eyes to your hands). Do not extend your arms away from you body. Keep you elbows in and use your forearms and your chest to form a pocket. Catch the ball, **Catch It!** Try to catch the ball about shoulder height so you can soften the reception and guide the ball in. Always tuck the ball away before running.
 - Fall on every ball that is missed. You are not watching the ball all the way in unless you can see it go through your pocket and on down to the ground.
- If you decision is to let the ball bounce, play if for one good bounce (remember...”PETER” call). If the bounce is not easy to play, get away from it and watch the receiving team play it. If they touch the ball and do not down it, try to pick it up and return it. Never play the second bounce

Punt Receivers

Fair Catch...

- The tactical situation will sometimes dictate the distance of the kick, coverage or time when we will fair catch.
 - When making the fair catch, do it as late as possible, but get your body under the ball. Do not be afraid to go down to one knee on a fair catch to help you keep a good pocket.
 - A receiver who makes a fair catch signal is not protected if the ball hits the ground.

10- Yard Line Rule...

- Do not field ball inside the 10-yard line. Know where you are at all times. If you signal for a fair catch, you cannot block! If you do not signal, block the first man down to prevent him from keeping the ball out of the end zone. Be a good actor after you make the decision not to catch the ball; fake a reception away from the ball to keep coverage people from downing the ball inside the 10-yard line. Do not use the fair catch signal unless you are going to catch the ball.

End Zone...

- Ball breaking the plane of the goal line either in the air or rolling is a touchback.

Flight of Ball...

- It is very important for a receiver to study the flight of the ball.

Without the Wind...

- Ball Threading Line: Goes directly to target.
- Tip Up: Breaks right (opposite rotation) work to position ball on left Peck.
- Tip Down: Short and left; catch ball on right Peck.
- Extremely High: Will remain tip up; ball will break right (catch on run).
- Low Ball: Tends to turn over; move left quickly.

With Wind...

- Tip Up and Wobbling: Short and right.
- Tip Down: Short and severe; break left.
- Wobbling Ball Turning: Short and no hang (best ball to return).

Tail Wind...

- Enhances prescribed breaks.

Side Wind...

- Aids or nullifies the breaks of the ball.

Head Wind...

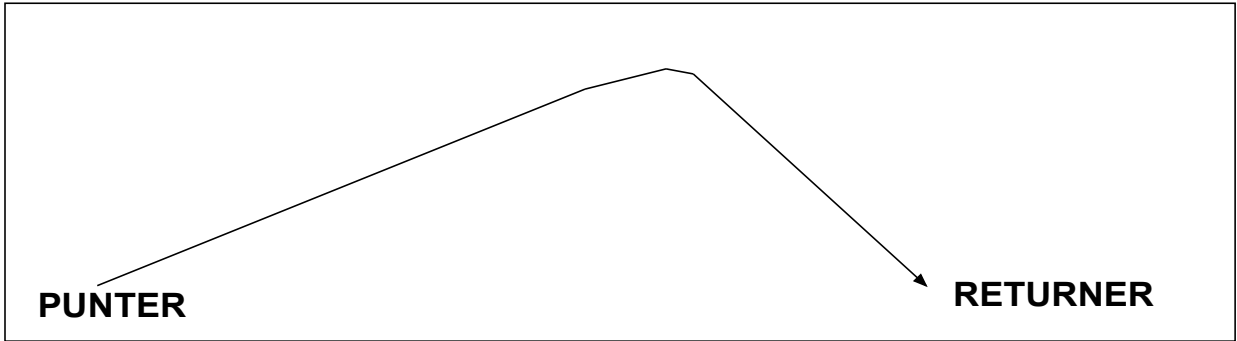
- Tip Down: Most difficult to catch; crazy bounces.
- Nose Up: Ball breaks back away from you.
- C.P.: If you must reach for the ball, leave it alone...unless body is underneath it.

Eyes On The Ball As Soon As Possible...Flight To Hands

READING THE FOOTBALL FROM THE SIDE

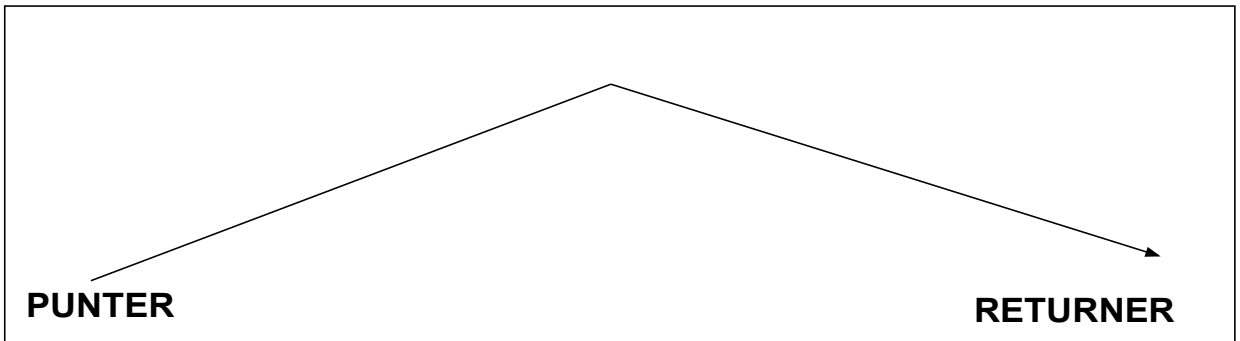
NORMAL (WITHOUT WIND)

EXAMPLE:



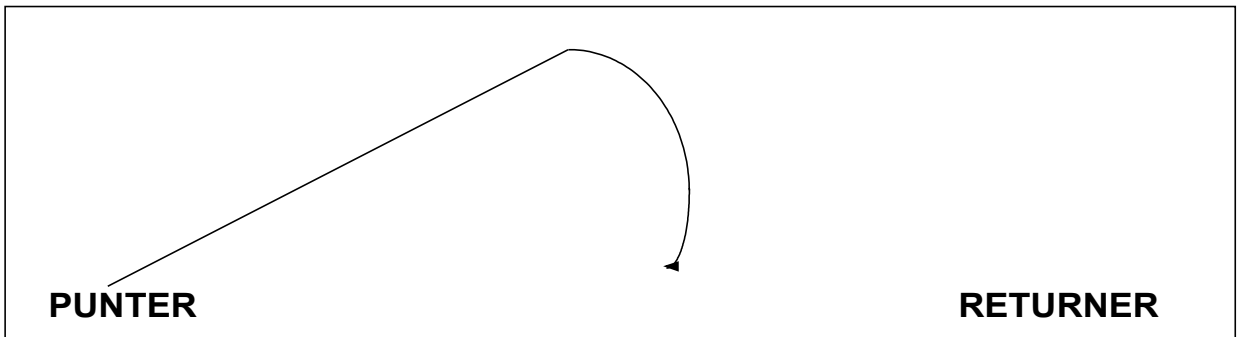
WITH THE WIND

EXAMPLE:

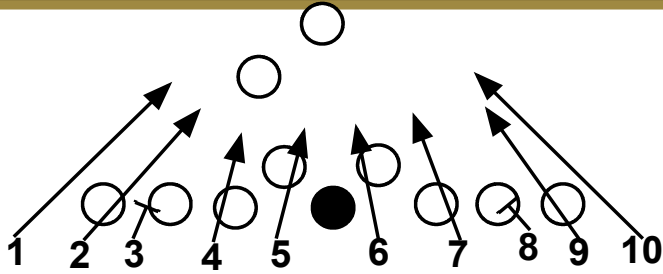


INTO THE WIND

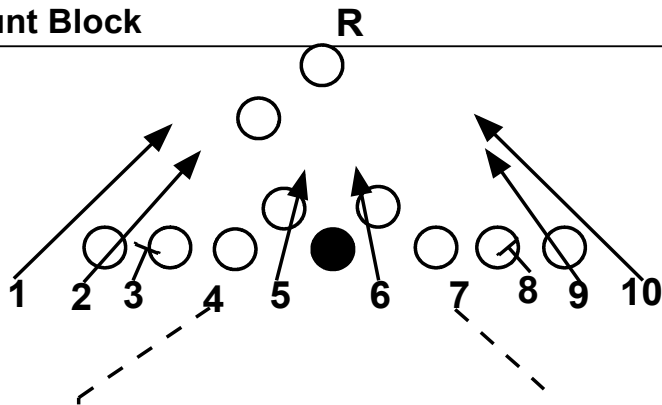
EXAMPLE:



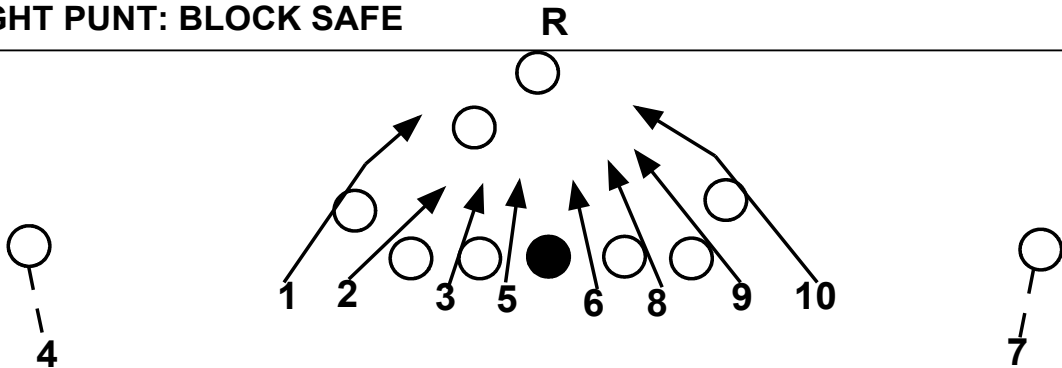
PUNT BLOCK



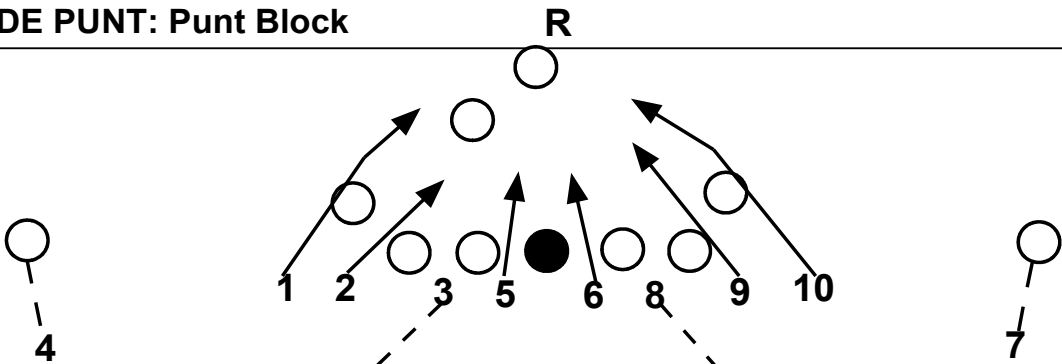
TIGHT PUNT: Punt Block



TIGHT PUNT: BLOCK SAFE



WIDE PUNT: Punt Block



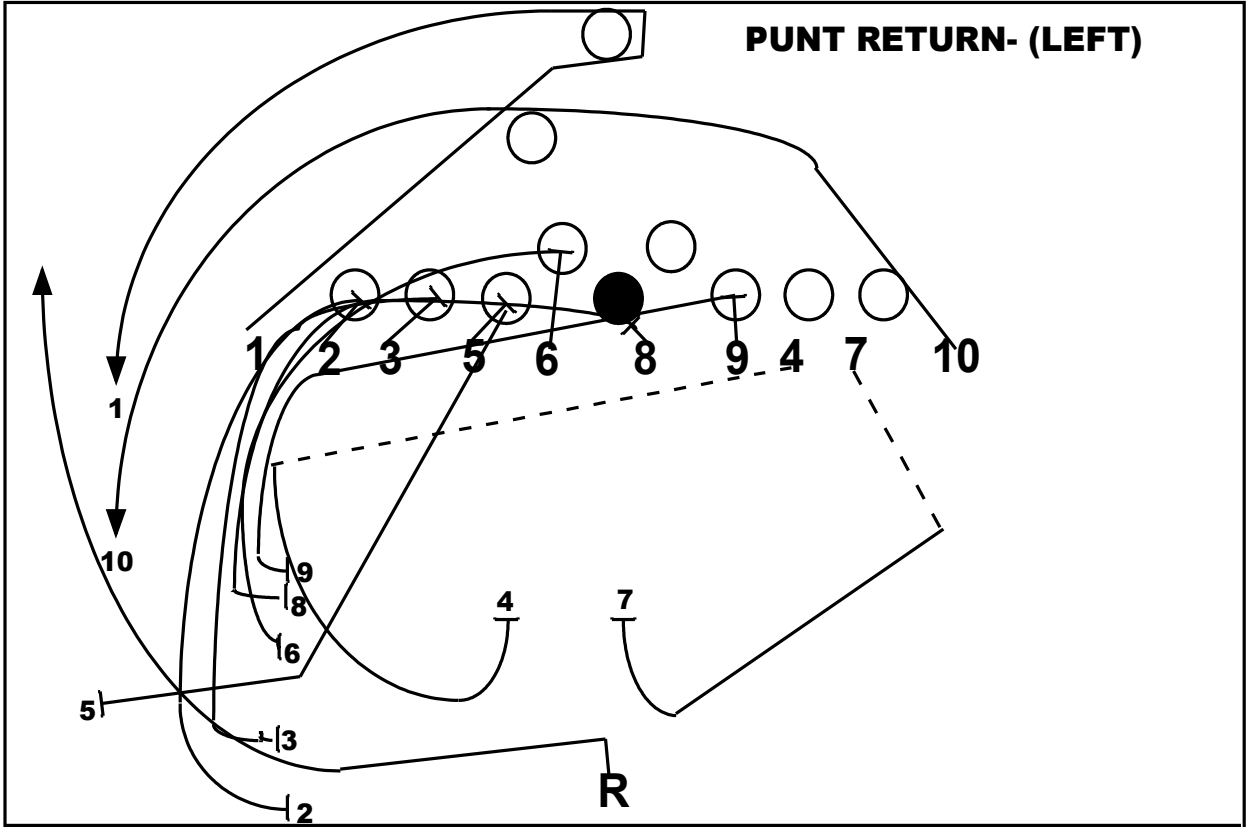
WIDE PUNT: BLOCK SAFE

R

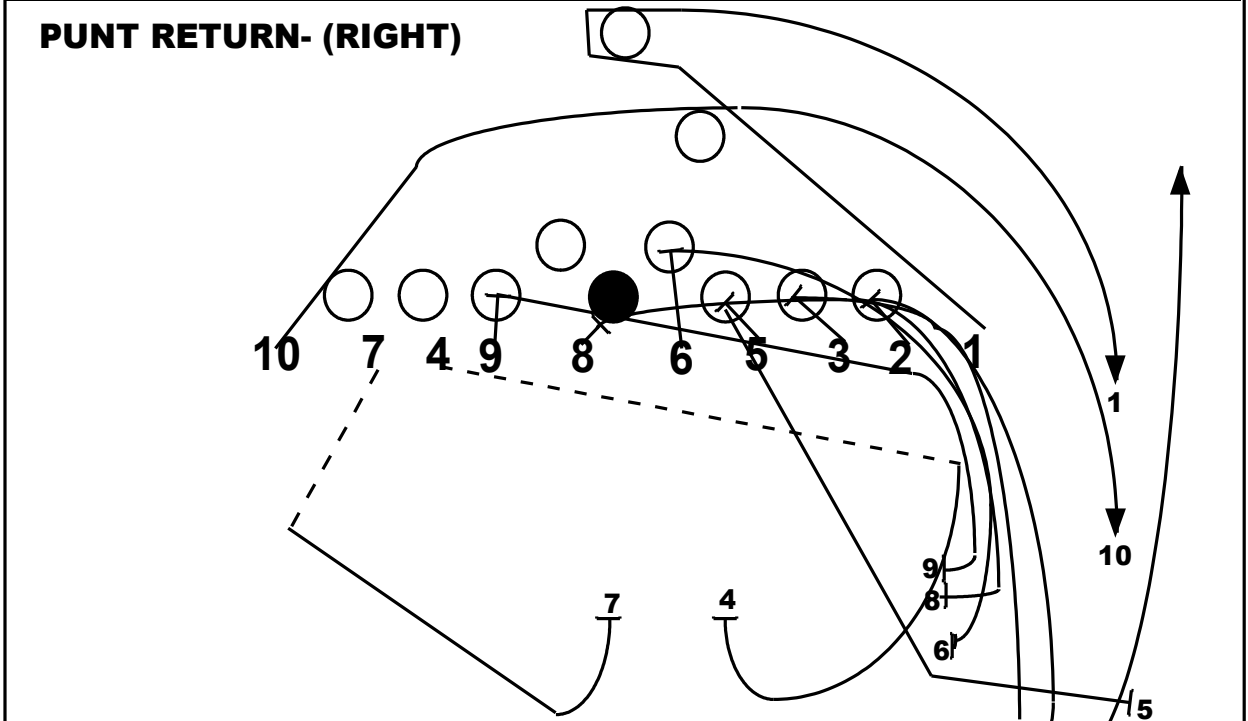


PUNT RETURN

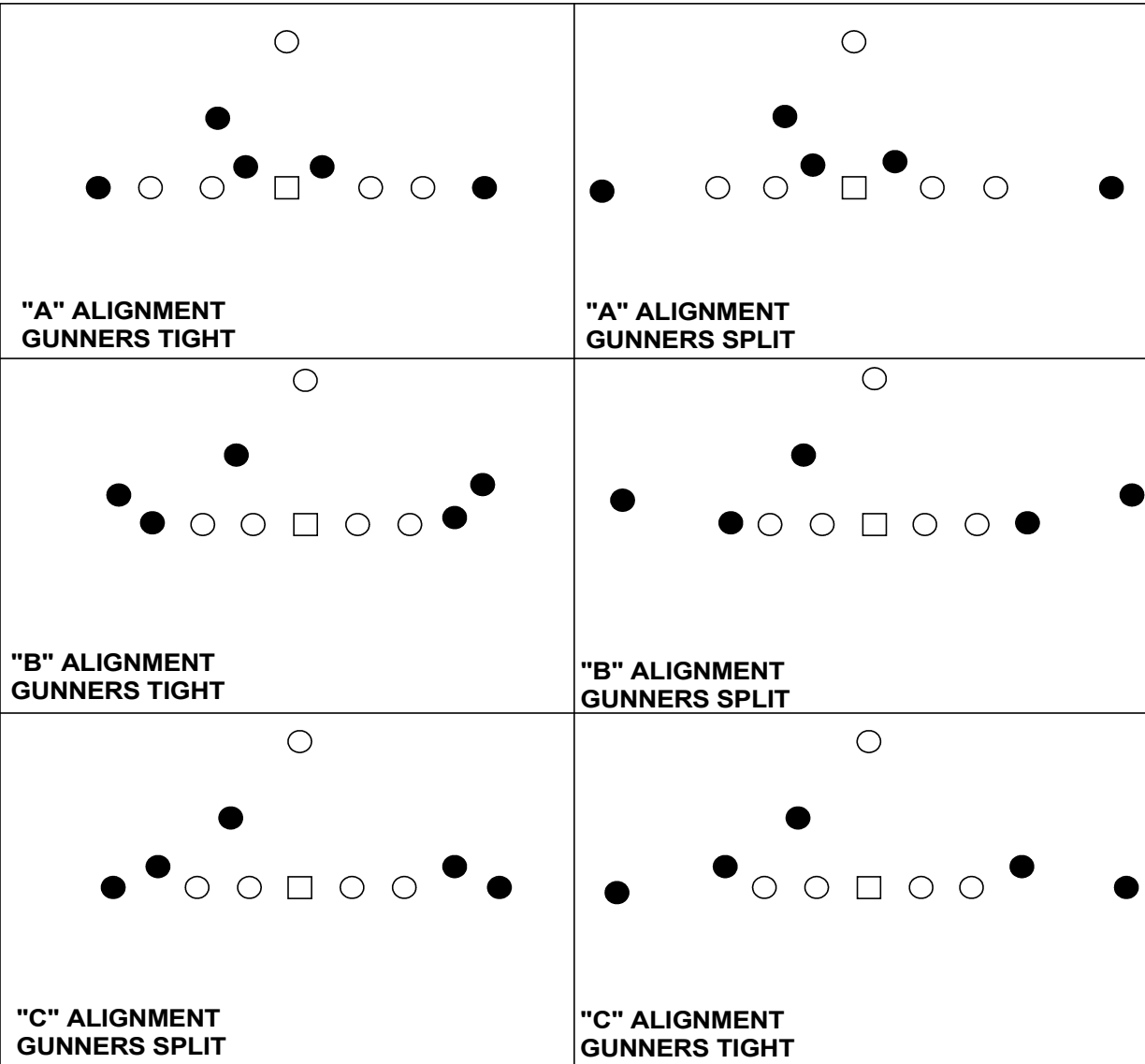
PUNT RETURN- (LEFT)



PUNT RETURN- (RIGHT)



POSSIBLE PUNT ALIGNMENTS



PUNT FORMATIONS

IT IS IMPORTANT FOR EACH PLAYER ON THE PUNT DEFENSE TEAM TO KNOW WHO THE ELIGIBLE RECEIVERS ARE IN EACH PUNT FORMATION. CORNERS WILL ALWAYS BE RESPONSIBLE FOR ELIGIBLE COVER RECIPEER.

REMEMBER, THE PUNTER IS ALSO AN ELIGIBLE RECEIVER. AGAINST CERTAIN OPPONENTS, WE WILL HAVE TO ACCOUNT FOR HIM AS WELL.

BE SURE YOU CAN RECOGNIZE AND DRAW EACH ONE OF THESE ASSIGNMENTS.

SPEED...

AVOID...

TACKLE...

SET THE TONE...

MAKE THE PLAY

RANGERS – Nickname -- Headhunters

**Motto: “RANGERS LEAD THE WAY
– I AM A RANGER –**

CREED

I am a Ranger!

Recognizing that I volunteered as a Ranger, fully knowing the hazards of my chosen profession, I will always endeavor to uphold the prestige, and honor of the Ranger Regiment.

Acknowledging the fact that a Ranger is a more elite athlete who arrives at the cutting edge of battle by land or air, I accept the fact as a Ranger my team expects me to move farther, faster and fight harder than any other athlete.

Never shall I fail my teammates. I will always keep myself mentally alert, physically strong and morally straight and I will shoulder more than my share of the task whatever it may be. 100% at all times.

Gallantly will I show the world that I am a specially selected and well trained athlete.

Energetically will I meet the opponent of my team. I shall defeat them on the field of battle for I am better trained and will fight with all my might. Surrender is not a Ranger word. I will never embarrass my team.

Readily will I display the intestinal fortitude required to fight on to the Ranger objective and complete the mission, though I be the lone survivor.

RANGERS LEAD THE WAY!!

AXIOMS

- Be Onside
- Sprint! Don't squat early
- Stay in lane. Maintain good spacing between men.
- **CONTAINMENT!** Help is inside! Think squeeze – reverse – exchange.
- **Tackle with explosion! Wrap up – cause Fumble**
- Good block protection. Deliver blow! Chest Hands.
- **Avoid early Blockers. Avoid to ball!!**
- **Safety – be as safety! Nose on ball! Maintain leverage! Work to sideline or funnel to other safety.**
- **Stay on feet.**
- **Don't over run ball carrier.**
- **Don't squat – run through.**
- Always have a tackling angle – don't run by it.
- Attack wedge or side return with reckless abandon.
- Ball is alive and free after 10-yards
- Go after and get ball – cannot advance it unless touched by Receiving Team.
- Kicker/Captain – Count your men! Five type of Kicks: Deep, directional, squib, onside, placement.
- Always know the type of kick, where it is going to be kicked, rules for each coverage. Directional and type of kick will be stated in huddle.
- Penetrate
- Rangers always huddle – know type of kick and coverage.
- Never spin off blocks.

Philosophy/Goals

PHILOSOPHY:

1. Intimidate our opponent with aggression.
2. Set the state of the football game with tough contact on ball carrier.
3. Show coverage which will carry throughout the game and season.
4. Show speed of our football team with desire to be the first down field!
5. When opponent turns on our film, make them fear us.
6. Be a disciplined and sound unit on the field.

GOALS:

1. Be the best kickoff team in the conference
2. Hold opponent inside 15 yards per return or inside 34 yard line.
3. Allow no big returns.
4. Must cause take always with aggression.
5. No yards after initial hit on ball carrier.

QUALITIES OF KICK TEAM:

- Loyalty – Be loyal to your teammates and team responsibilities.
1. Intensity – Instinctive desire to dominate.
 2. Pride – Burning desire to be the best
 3. Toughness – Make them fear us
 4. Aggressiveness – Willingness to make the big hit
 5. Disciplined – Know your assignment and stick to it.
 6. Character – You are remembered by what you do on the field.

ZONE RESPONSIBILITY

1. Start

- a. A good get off is essential for good coverage.
- b. Must cross(-35 or -20) at full speed, on sides, and together. You accomplish this by alignment of your depth from the ball before it is kicked.

1. Avoid

- a. Speed defeats early blockers. Always attempt to avoid early block toward direction of the kick. This should put you on your landmark, keeping a good lane distribution. Never follow your own color!

1. Read

- a. Front Line Key – First read in determining return formation. Key angles and drops.
- b. Back line key – Will support the final decision we make on the type of return. Key the wedge, direction of E, FB, HB.
- c. Direction of returner is the final key and most important.
- d. Always be aware of trick plays or unusual looking players during a return.
- e. Always be aware of side blocks. Must not have tunnel vision. Beat these blocks with speed.

1. Attack

- Must aggressively gain control of blockers using your hands. Stay square and penetrate.
 1. Always keep ball inside and in front.
 - a. Do not trade one for one on blocker. Drive him backwards.
 - b. Disengage blocker by using hands when runner commits.

1. Reckless

- a. Make the big hit or make the ball carrier go east and west.

SPEED – AVOID – CONTACT

SPEED:

Timing with the kickers steps as he approaches the ball is critical to this technique. You want to be going full speed when the kicker hits the ball.

AVOID:

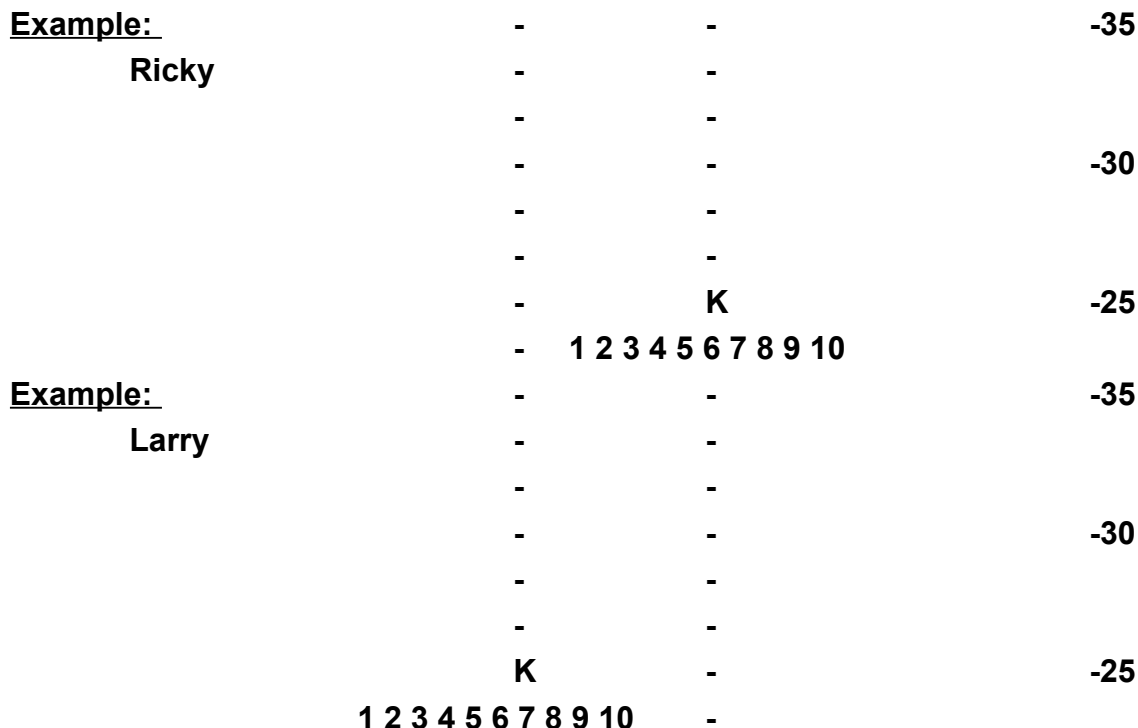
You make plays on the Ranger Team by not getting blocked. You must use your techniques to get by defenders. The avoid zone usually takes place between 40-25. (Dip & Rip, Bull, Head)

CONTACT:

The contact area is usually between the 25-10 yard line. Use your technique here and bench press the defender, shed, and go make a play. You must be able to find the ball carrier.

HUDDLE PROCEDURE

1. All Ranger team members will gather in the box prior to taking the field to receive the coverage.
2. We will take the field together – 100% sprint, and align the -25 yard line in a straight line, shoulder to shoulder. The order of the players in the huddle, will be the same as their alignment to cover the kick, called in the huddle.



- Our kicker will set the ball prior to addressing the huddle and will then take command of the huddle. He will then repeat the type of kick and coverage. He must count 10 other players.
- After giving the type of kick and coverage, our kicker will break the huddle by saying, “Ready...Hit!” He will only give this command to break the huddle after receiving the “ready for play” signal (whistle)
- Everyone sprints to his respective lane alignment position.
- When ready fro play, the kicker will check to see that all coverage personnel are ready. He will then drop his right arm, call Ready, and begin his approach.
- The widest aligned coverage personnel are responsible for telling everyone to stay onsides.
- **FUN TIME BEGINS!**

Alignments

All coverage personnel should face the kicker. Your horizontal alignment is critical for covering the field. Your vertical is subject to change based on preference. **BEING A RANGER AND COVERING IS NOTHING MORE THAN DESIRE COMBINED WITH AN ALL-OUT SPRINT.**

Your horizontal basic lanes (Ricky, Larry) are as follows:

- #1 – 3 yards from sideline
- #2 – 4.5 yards from #1; 7.5 yards from sideline – bottom of numbers
- #3 – 4.5 yards from #2; 12 yards from sideline – split #2 & #4
- #4 – 4.5 yards from #3; 3.5 yards outside hash
- #5 – 1 yard inside hash;
- #6 – 4.5 yards from #5; (adjust for kicker) 4.5 yards from #7; split #5 & #7
- #7 – 3 yards inside opposite hash; 4.5 yards from #6
- #8 – 1.5 yards outside the hash; 4.5 yards from #7
- Sniper – 4.5 yards from #8
- Missile – Will align between two numbers on strong side; will be a game plan adjustment
- Kicker -- Place on hash or in middle based on call.

Coaching Point

#1 goes to the side of the call and all other personnel follow in order. This means we will flip personnel based on the type of kick and coverage (Ricky/Larry)

EXAMPLE: RICKY

		-				-					
S	8	-	7	6	5	-	4	3	2	1	
		-				K					
						-			M		

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		-				-					
S	8	-	7	6	5	-	4	3	2	1	
		-				K					
						-			M		

BASIC COVERAGE PRINCIPLES

FLYING 40

1. The concept of covering a kickoff is quite simple – run through the spot from where the ball is kicked at full speed. Because our personnel does not have to be stationary, anyone can be in “motion” prior to the ball being kicked. We will, therefore, use this to our advantage and call it the Flying 40! Since every player has different speed and acceleration, we do not require everyone to line up equal distance from the ball. Our simple rule is this, line up as far as necessary from the ball, begin your sprint as the kicker approaches the ball, and be at full speed from the point that the ball is kicked. By utilizing this full speed start, a player can cut time off his 40 time; in effect giving him a head start. This is why we refer to it as the Flying 40. **Coaching point:** The spot at which the ball is kicked should be viewed as the “finish line” rather than the “starting point”. This will allow us to have our coverage personnel at full speed at the kickoff spot.
2. Everyone must be on sides. The players aligned in the widest lanes are required to remind everyone to “stay on sides”.
3. Always fake and avoid early blockers in the **RUN ZONE** toward the ball/pattern of return, get back into your lane.
4. If the ball carrier is within 10 yards of the blocker on you, you must 2 gap the blocker (do not fake and avoid) working to keep the ball inside and in front.
5. Do not allow yourself to be forced too wide out of your lane or become bunched together. **NEVER FOLLOW YOUR OWN COLOR!**
6. **NEVER PULL UP!** Sprint by a short drop full speed. Use arm over technique, rip technique, or avoid technique.
7. Whenever using 2 gap technique, use your hands from an extension. Explode through the blocker. Never commit to one side. Stay in front of the blocker – stay in front!
8. Make the ball carrier commit and then use your leverage to throw the blocker off and make the tackle.
9. If you are the first man downfield to the ball carrier, force the issue. Take a shot at the ball carrier. Everyone else should gang tackle and attempt to strip the ball free!
10. If facing a wedge, the first man to it should never trade on of one. Take out at least two men.
11. Out run any cross blocks/traps.
12. Bad weather conditions may force us to use a holder. If so, the ball will be held by “S”. Others move over.

KICKOFF TIME

1. A great kick should hang in the air a minimum of 4.3 seconds and travel at least the goalline.
2. An average kickoff returner takes 1.2 seconds to cleanly field the kickoff and begin to advance it.
3. The total time for a return to start is 4.3 seconds plus 1.2 seconds to close gap.
4. **RUN ZONE** – Everyone on the kickoff team should run a 4 second “flying forty” which would put the kickoff team at the 25 yard line with the returner between the goal line and the 5 yard line.
5. **ATTACK ZONE** – Because of now having to take on blocks, the kickoff team should be able to cover 1/3 of the ground and the return team will cover 2/3 of the yards remaining. This puts the kickoff team at the 18 yard line when meeting the returner.
6. **WAR ZONE** – Once the kickoff team gets inside the opponents 20, this is where the real battle will start. Our goal is to keep the ball pinned down by making sure tackles. No arm tackles!! We must bend our knees!!

COVERAGE RESPONSIBILITIES

1. #1 Contain (front side)

- a. Hit LOS at full speed. Must key back line for type return/potential blockers.
- b. Sprint 30 yards full speed in your lane prior to any lane adjustments
- c. Diagnose return and continue to ball (contain it).
- d. Responsible for contain to side of kick.
- e. Alert for reverses/gadget returns
- f. Keep outside arm/leg free; Keep ball in front and inside.
- g. Never overrun ball #2 or #3 (will open a lane behind you)
- h. Play Chase vs ball away
- i. No matter where you align you will always end up in the #1 lane except with variations of kicks
- j. Aiming point vs wedge; ultimate contain; aiming point vs returner. 1 yard outside his near foot (to your side)
- k. Always be alert to throwback from a 2-deep look
- l. **NOTHING IN THE WORLD WILL GET OUTSIDE OF YOU. YOUR ONE JOB IN LIFE IS TO KEEP EVERYTHING INSIDE OF YOU.**

2. #2,#3,#4,#5, #6, and #7 (Force Unit)

- a. Hit LOS at full speed. Must key back line for type return/potential blockers.
- Sprint 30 yards full speed in your lane and outrun early blockers. Avoid to side of return and get back into lane at full speed.
1. Diagnose return and continue to ball.
- a. Responsible for blowing up wedge/Ball Carrier.
- b. Accelerate through any blocker (2 gap) once you hit the attack zone (or earlier if short kick occurs)
- c. Never overrun ball carrier
- d. No matter where you align, you will always end up in your respective lane. Your possible alignments will be 1 lane over to the left or the right, based on call.

COVERAGE RESPONSIBILITIES

3. #8 – Contain (Backside)

- a. Hit LOS at full speed. Must key back line for type return/potential blockers.
- b. Sprint 30 yards full speed in your lane prior to any lane adjustments.
- c. Diagnose return and continue to ball (contain it).
- d. Responsible for contain away from side of kick.
- e. Alert for reverses/gadget returns
- f. Keep outside arm/leg free; Keep ball in front and inside.
- g. Never overrun ball #6 or #7 (will open a lane behind you)
- h. Play chase vs ball away
- i. No matter where you align, you will always end up in the #8 lane, except with some variation kicks.
- j. Aiming point vs wedge: ultimate contain; aiming point vs returner; 1 yard outside his near foot.
- k. Always be alert to throwback form a 2-deep look.

1. Missile (M) – Hit a man to side of kick

- a. Hit LOS full speed. Key front like blockers (by game plan)
 - Sprint to far 30 yard line.
 - Must be the divider in kickoff. The first down make the return alter.
- a. Don't get caught up with blockers; stay unblocked!
- b. Become a hit man to the ball from a depth of 10-15 yards behind force unit.
- c. Can align anywhere by game plan (ex. Ricky: H-4 would tell us it is a Ricky Kickoff and the Missile would align to the right of #4 lane and do his respective job.)

a. Sniper (S) – Hit man away from side of kick

- a. Hit LOS full speed. Key front like blockers (by game plan)
- b. Sprint to far 30 yard line.
- c. Get across the field force the issue, close seam.
- d. No matter where you line up you will always, play in the Sniper lane.
- e. Aiming point vs wedge: hash to side of kick; aiming point vs returner: wide side # on jersey.

b. Kicker (K) – Deep Safety (Behind all players on the field)

- a. KICK BALL PERFECTLY – to designated spot
- b. Become a deep safety as you cover your kick. Stay behind everyone don't get caught up in the trash.
1. On all returns, utilize the sideline toward the return as your helper. Always force the returner toward the sideline and never allow him to cross your face/cutback to the field. Pin the returner and only give him 1 direction to advance.

CALL LIST

FIRST CALL

1. RICKY – The ball will be aligned on the right hash.
2. LARRY – The ball will be aligned from the left hash

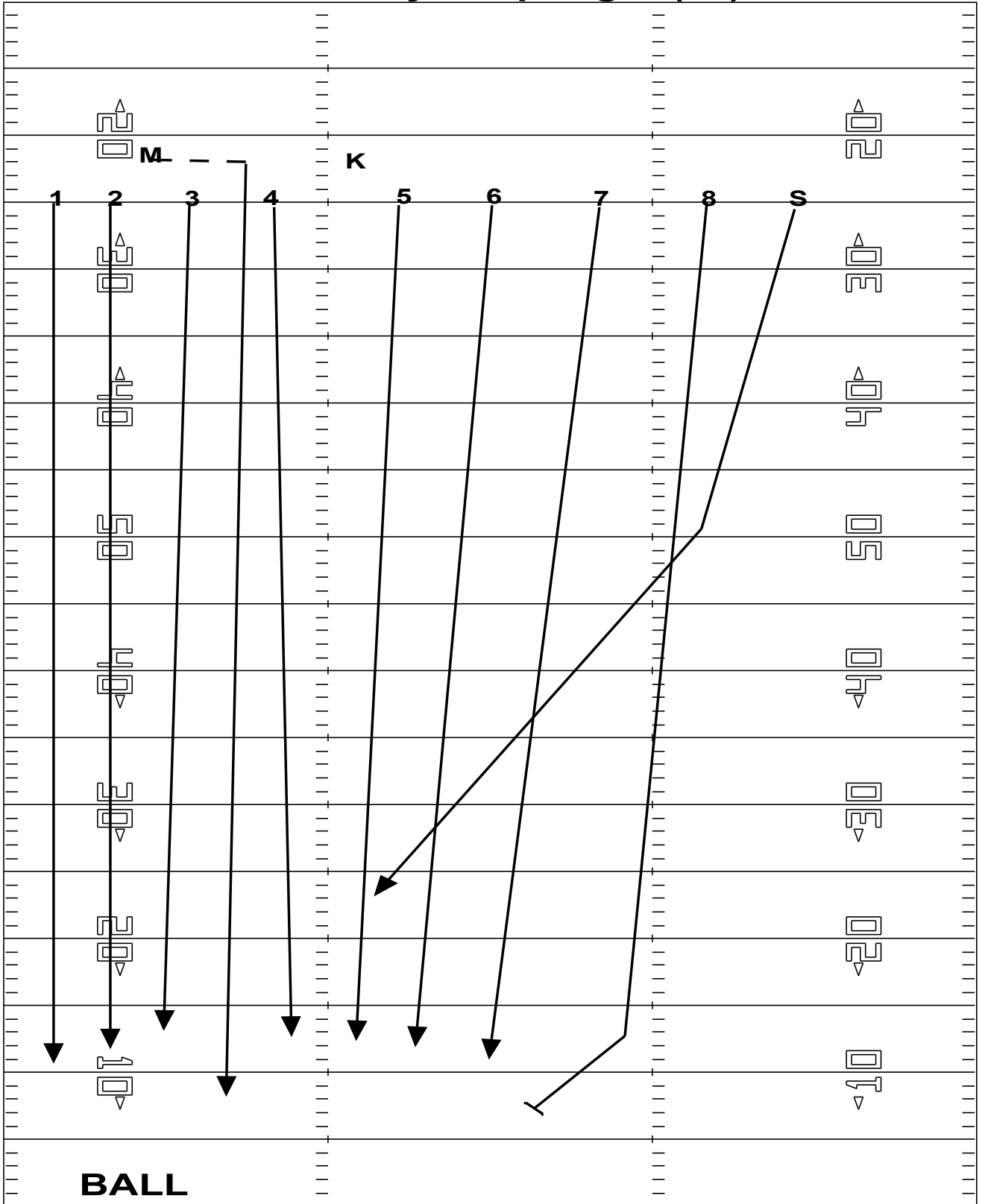
SECOND CALL

1. DEEP -- The ball will be kicked deep to the end zone.
2. SKY – The ball will be kicked extremely high and landing at the 20 yard line. (can be adjusted according to game plan)
3. POPOVER – A short sky kick that should come down around at the 35 yard line.
4. POOCH -- A short sky kick that should not have the height that the popover does, the exact placement will be a game plan decision.
5. SURPRISE ONSIDE – Onside kick, straight ahead from where the ball is located. Should roll about 11 to 15 yards.
6. HUDDLE ONSIDE – The surprise onside done from the Huddle formation.
7. ONSIDE – Onside kick from the middle or the hash with over-shifted personnel.

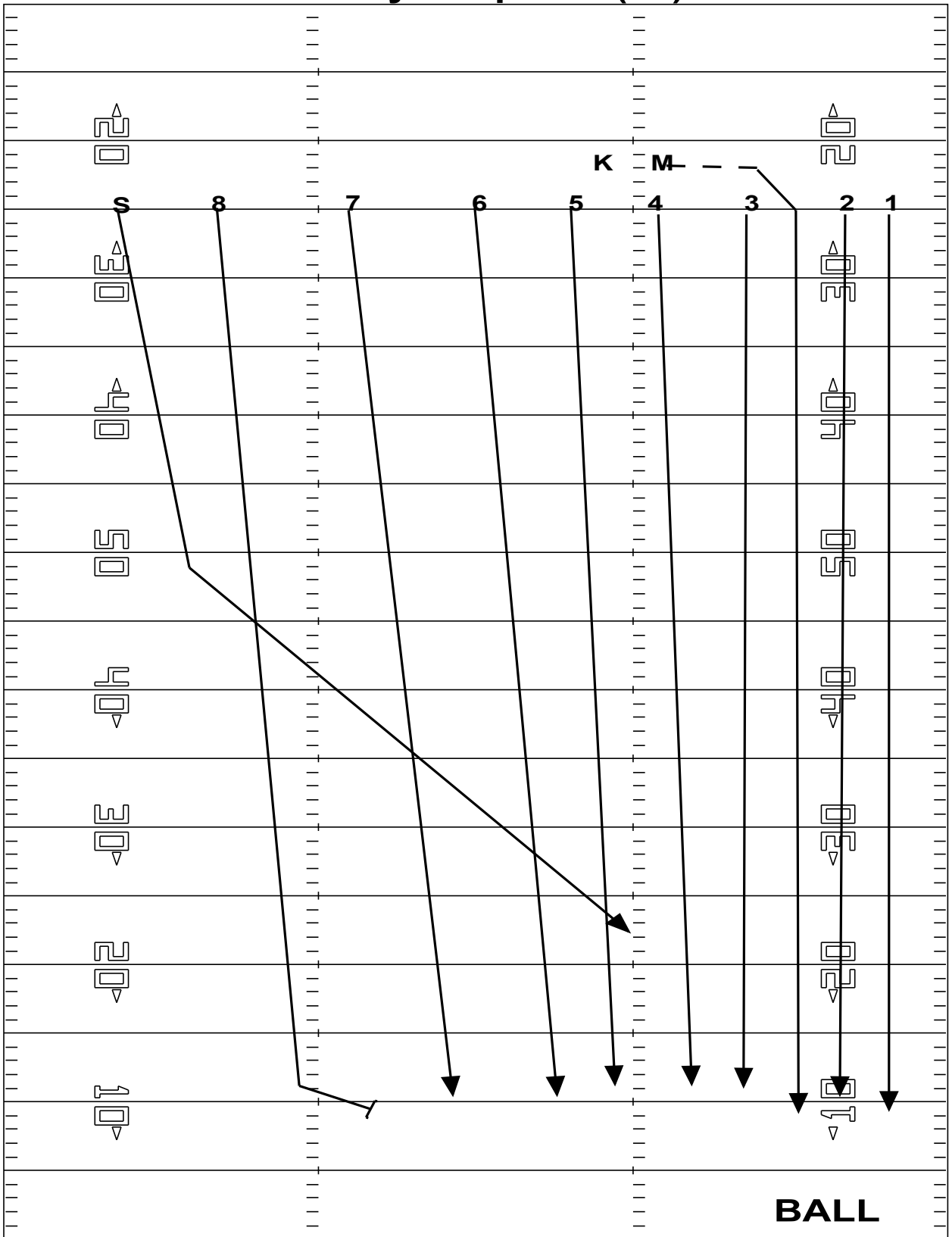
**The last call will tell you the direction of the kick.
Right/Left/Middle/Player.**



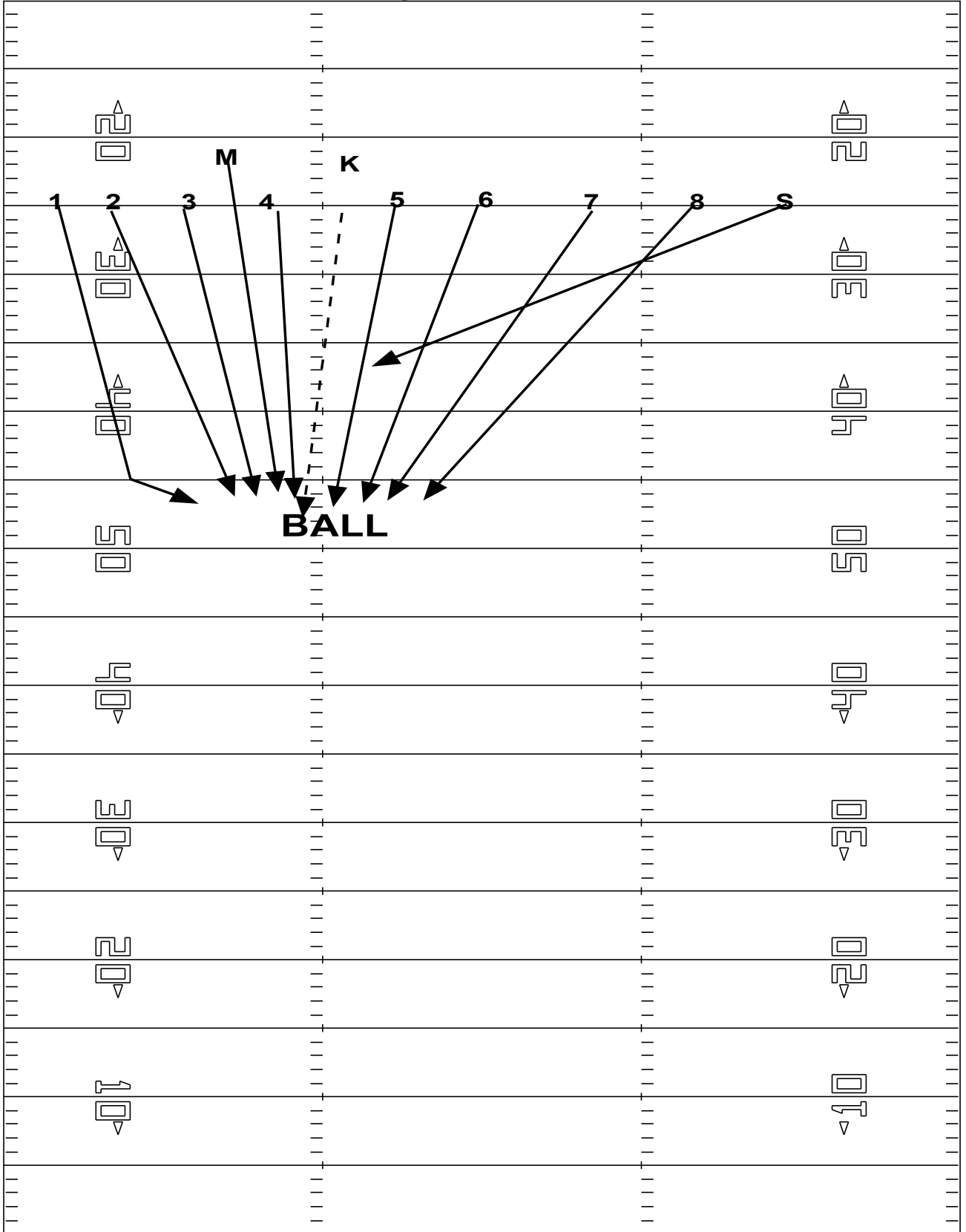
Ricky Deep Right (34)



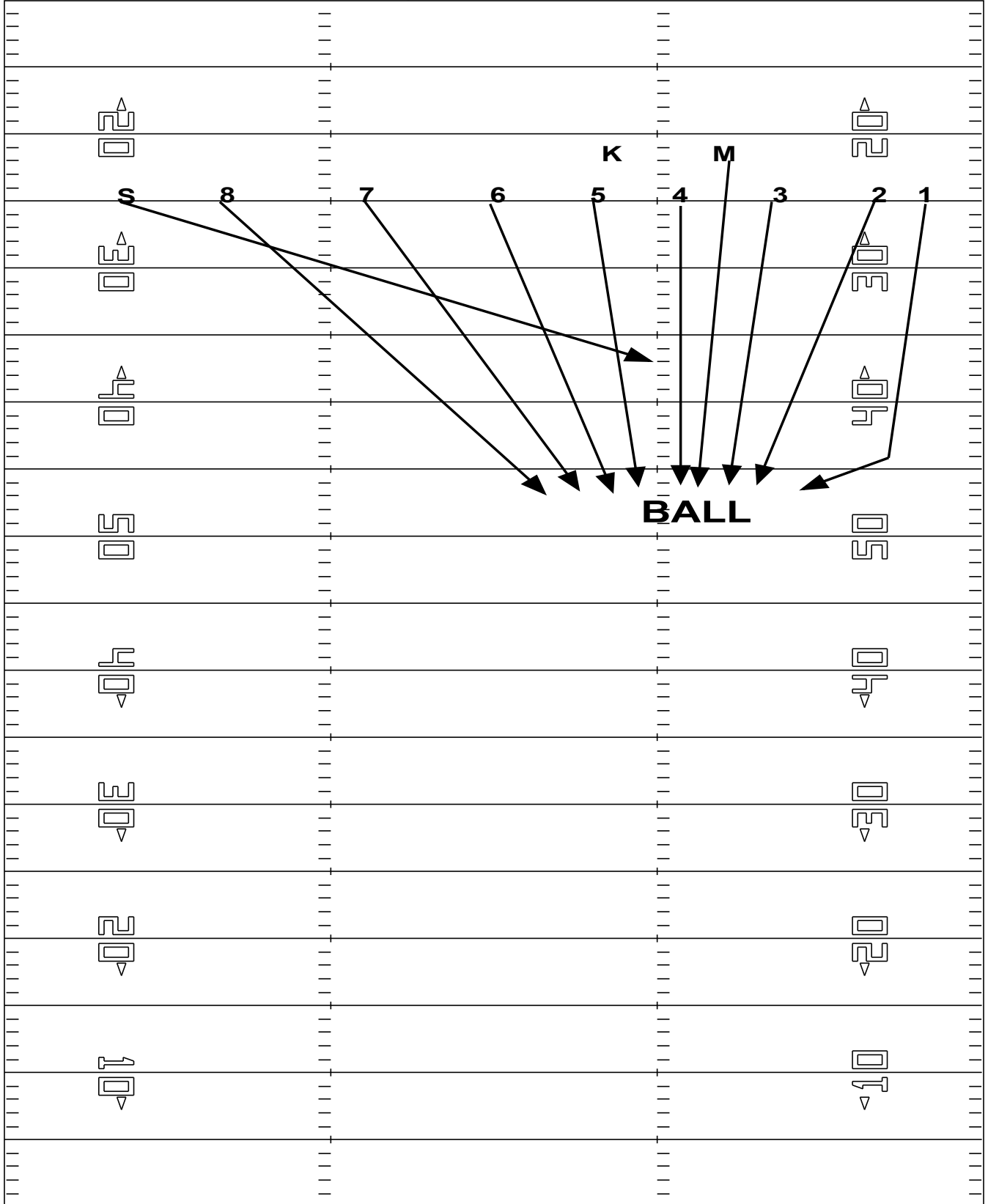
Larry Deep Left (23)



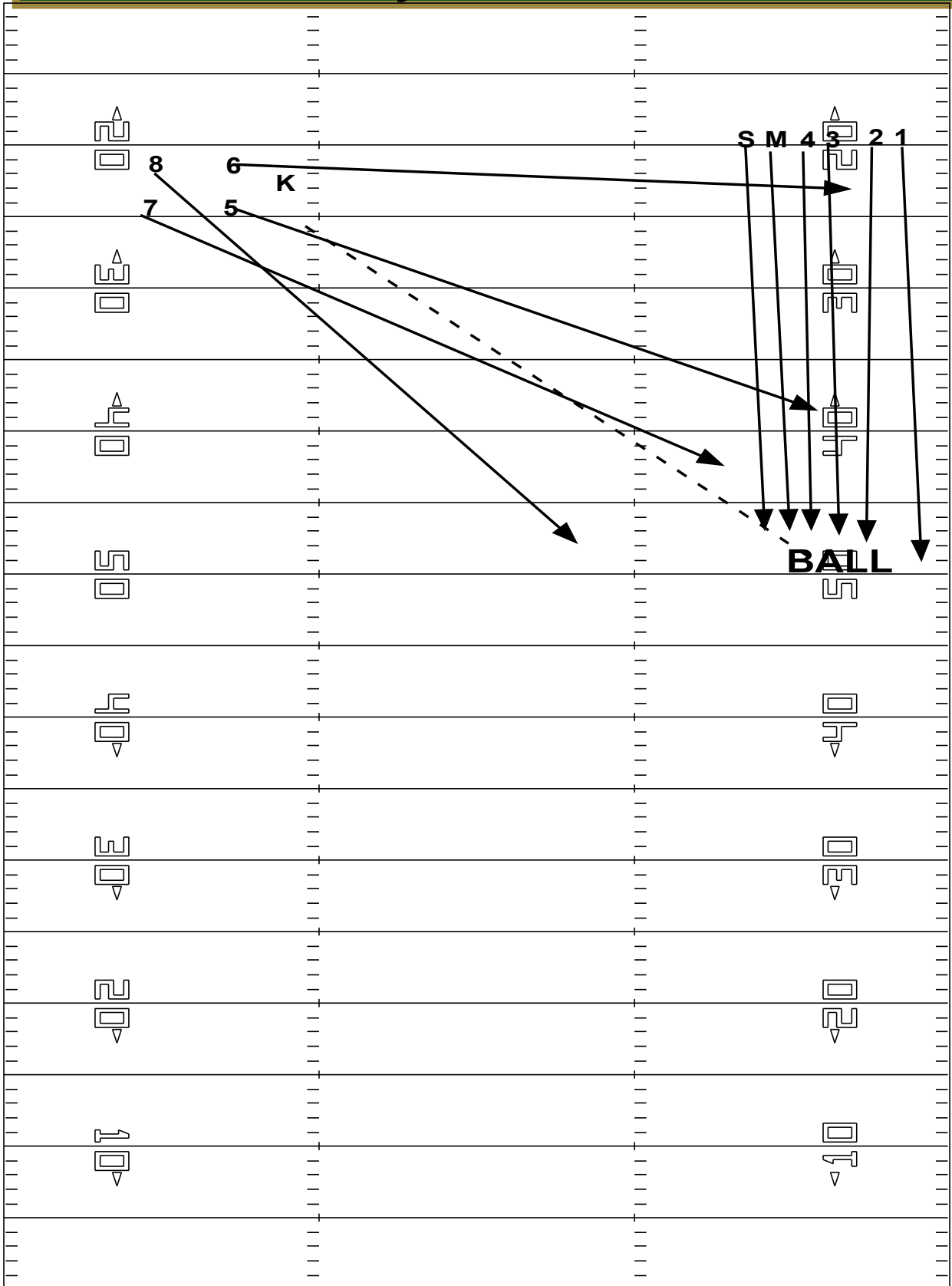
Ricky Suprise Onside




Larry Surprise Onside



Ricky Onsides Left



**IF YOU BELIEVE IN
YOURSELF AND HAVE
DEDICATION AND PRIDE
AND NEVER QUIT YOU
WILL
BE A WINNER.
THE PRICE OF VICTORY
IS HIGH,
BUT SO ARE THE
REWARDS**



**SEAL TEAM ONE –
Nickname – THE
DIFFERENCE MAKERS**

**Motto: DO RIGHT AND
FEAR NOT**

CREED

I am a member of GREEN BERETS
We consist of already skilled men. That are
willing to go above the normal call of
duty. We are characterized by the use of
small units with unique ability that are
beyond capability of conventional units.

The most important trait that
distinguishes the seals from other forces
is the way in which they attack. Their
stealth and clandestine methods of
operation allow them to conduct missions
against targets larger forces cannot
perform.

**SEAL TEAM ONE MAKE THE
DIFFERENCE!!**

KICKOFF RETURN AXIOMS

- After 10-yards, it is a free ball. It must be handled. (Also applies to punt on kickoffs after safety).
- Captain: Count team in huddle.
- See ball off tee
- Know approximate distance and direction of ball before executing block.
- Returners: Use judgment on handling and returning ball from end zone. 4.0 second rule.
- Returners must have complete knowledge of Muff Rule:
 - Ball muffed in field of play rolls into end zone:
 - You may down it in end zone for touchback.
 - Ball muffed in end zone and recovered in end zone:
 - You may down it.
 - Ball muffed in end zone rolls into field of play must be recovered.
 - Ball caught in field of play but brought back into end zone must be run out.
- Returners: Follow course of return after 5 yards straight up field.
- Know your double return assignments should the ball be kicked opposite.
- Returners: Run hard and reckless.
- Returner that doesn't field the ball must be an effective Blocker.
 - Free ball after 10-yards.
 - Finish!...Means touchdowns.
 - Get deep fast with good drop angle.
 - Always be aware of wind factor, directions, and squibs.
 - Anticipate outside.
 - Returner always sets Pick.
 - Don't block below the waist.
- Returners: Practice sound fundamentals and good field awareness.
 - Catch all kicks. Do not let the ball hit the ground. Do not run a dropped football out of the end zone. Any kickoff into the end zone must be covered. If you bring the ball out of the end zone, you cannot step back into it (safety).
 - Key Kicker's alignment and approach to the ball. Anticipate corner kick. Know Kicker's tendency.
 - Field squib balls as soon as possible.
 - Keep heels on the goal line; any step or steps back puts you into the end zone with no question.
 - Know the wind and stadium reflections.
 - Don't play the ball any closer than 2-yards from the sideline, unless coming straight down (**Alert...**sideline hash marks).
- **No Penalties...Good Field Position is Crucial To The Success of Our Offense!**

SEAL TEAM MUSTS

1. **Average 23 yards a return**
2. **Score or set up a score**
3. **Narrow down returns for the game plan (wedge, kick-out, sideline) or (5 up or 6 up schemes)**
4. **Find the weakness and attack**
5. **Personnel is critical with your front line players.**
6. **Practice blocking techniques through drill work that stimulate game situations**
7. **Find returners that are north and south runners. Sometimes your Best running backs and receivers are the Best kick-off returners.**
8. **We use man portection so if your guy twists you have him no matter what.**
9. **We count 1 through ten. Starting on return side.**

Procedures

- **OUR OBJECTIVE IS TO RETURN EVERY KICK TO AT LEAST THE 30-YARD LINE.**
- **Huddle:** Always huddle before the kickoff. On the sidelines, the coach and the captain will check for 11 men and give the type of return. Center “ALERT FOR ONSIDE KICK.”
Block in front and above the waist!!
- **Focus...Head up ...Eyes on captain**

LT LFB RR RFB RTE
RT RG C LG LT
Coach LR

- **CAPTAIN CALLS SIGNALS**
- All say “SCORE” and clap hands
- **HUSTLE TO PROPER ALIGNMENT**
- **REMINDERS:**
- Center: Offset yourself from the kicker so the ball will not hit you. Shorten up drop zone on all squibs. Do not clip or block below the waist.
- Front Line: Check ball on the tee, tilt, and laces. Be alert for surprise onside kicks. Take the ball off the tee for distance and direction
- Back Line: Key ball on the tee and kicker’s alignment and approach. Get to the block alignment as dictated by kickoff . Field any short kicks in front of your position. Don’t clip or block below the waist. Don’t back up to field the ball.
- Make sure of leverage on the block dictated by the return and kick position
- **MY MAN DOES NOT MAKE THE PLAY**

ALIGNMENTS & TECHNIQUES

5 UP

Front Line: Get into a good football position with knees bent facing forward at the kicker with your hands on your knees. (See ball kicked.)

LT: Top of numbers at 48 yard line.

LG: ON the hash at 48 yardline.

CENTER: Depends on where the kicker aligns. Off-set 3 yards left or right depending on game plan at the 48 yard

line.

RG: On hash at 48 yard line.

RT: On top of numbers at 48 yard line.

Technique: See the ball kicked before leaving. Weight should be on front foot to surprise onside or slow squib.

field a

- Contact should be made between the 35-25 based on kick and return.
- Block shoulder that forces the defender to take the backdoor approach
- Maintain Contact
- Finish Blocks
- **MY MAN DOES NOT MAKE THE PLAY**

Ends: Get into a good football position with knees bent facing kicker. Make your count quickly so there is no question on who you are responsible for. See the ball kicked.

your
See t

LE: Align on the 35 yard line or deeper based on game plan, at the top of the numbers.

RE: Align on the 35 yard line or deeper based on game plan, at the top of the numbers.

Technique: The technique will vary with the ends depending on the scheme we are running. (wedge, cross, double team, kick in or kick out)

Fullbacks: Get into a good football position with knees bent facing the kicker. Make your count quickly so there is no question on who you are going to block. See the ball kicked.

Make
block.

LW: Align on the left hash at the 15 yard line or based on game plan.

RW: Align on the right hash at the 15 yard line or based on game plan.

Technique: The technique will vary depending on what schemes we are running. (wedge, cross, double team, kick in or kick out)

ALIGNMENTS & TECHNIQUES

5 UP

Returns: Alignment for the returners will vary depending on the kicker. Their base alignment will be three yards outside the hash on the goal line. Position yourself with your heels on the goal line, this will aid your awareness around the **end zone** – use the 4.0 rule

Technique: The technique will vary depending on what schemes we are running. (wedge, cross, double team, kick in or kick out)

Communications we use:

ME ME ME

Up Up Up

You You You

Go Go Go

Stay Stay Stay

Both returners need to be loud so the ends & wings can hear. Off returner is responsible for making sure the ball is secure.

Catching Kickoffs

Receiver...

- You have a great responsibility. You are in a position to make a “Big” contribution to our offense and be involved in an exciting play – one that gives the returner and opportunity to **score**. Be alert mentally and relaxed physically, **But turn it on!**

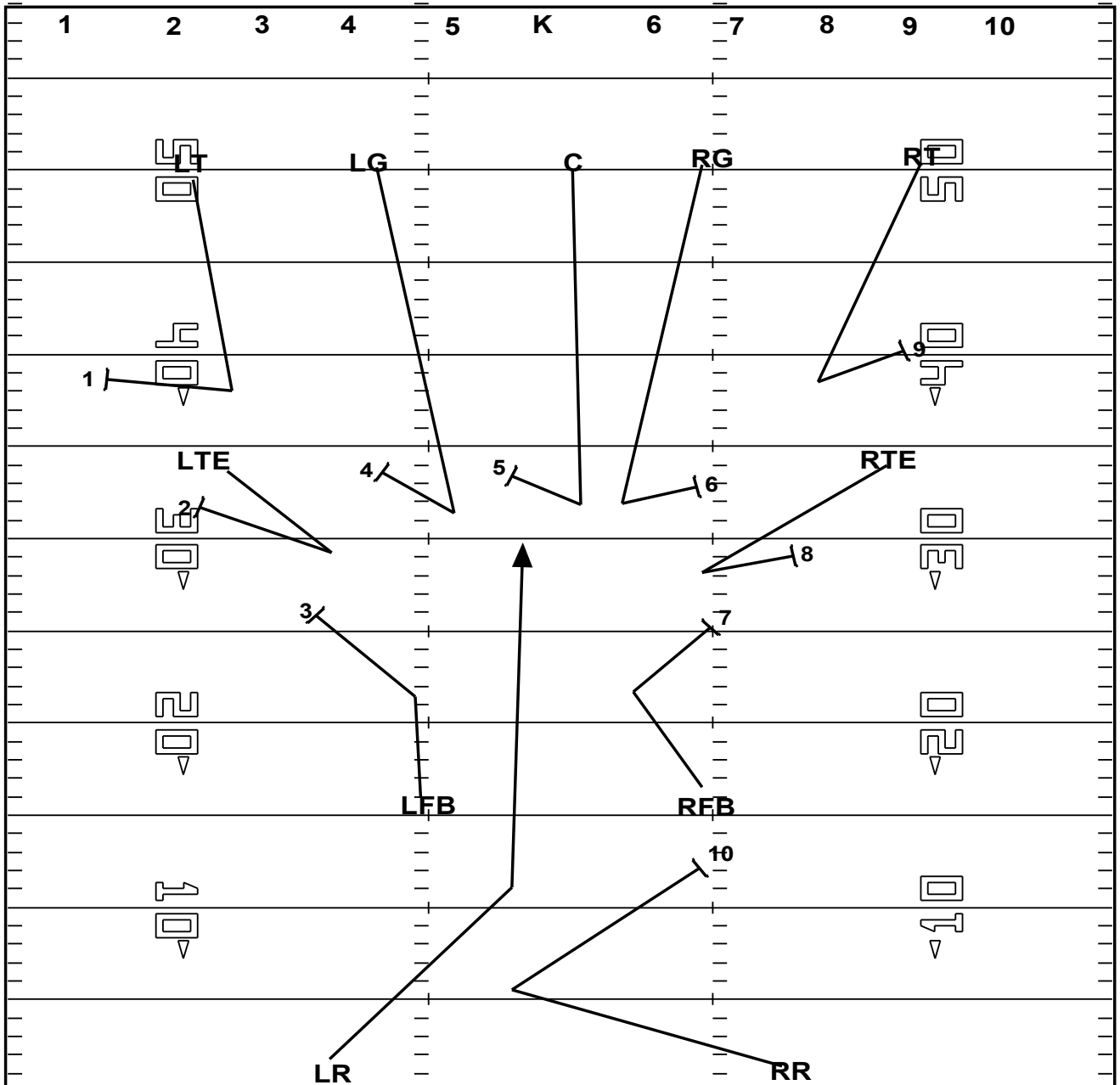
Before Ball is Kicked...

- Know our call and wind and field conditions.
- Toss grass into the air and/or look at the flags to test the wind.

Fielding The Ball...

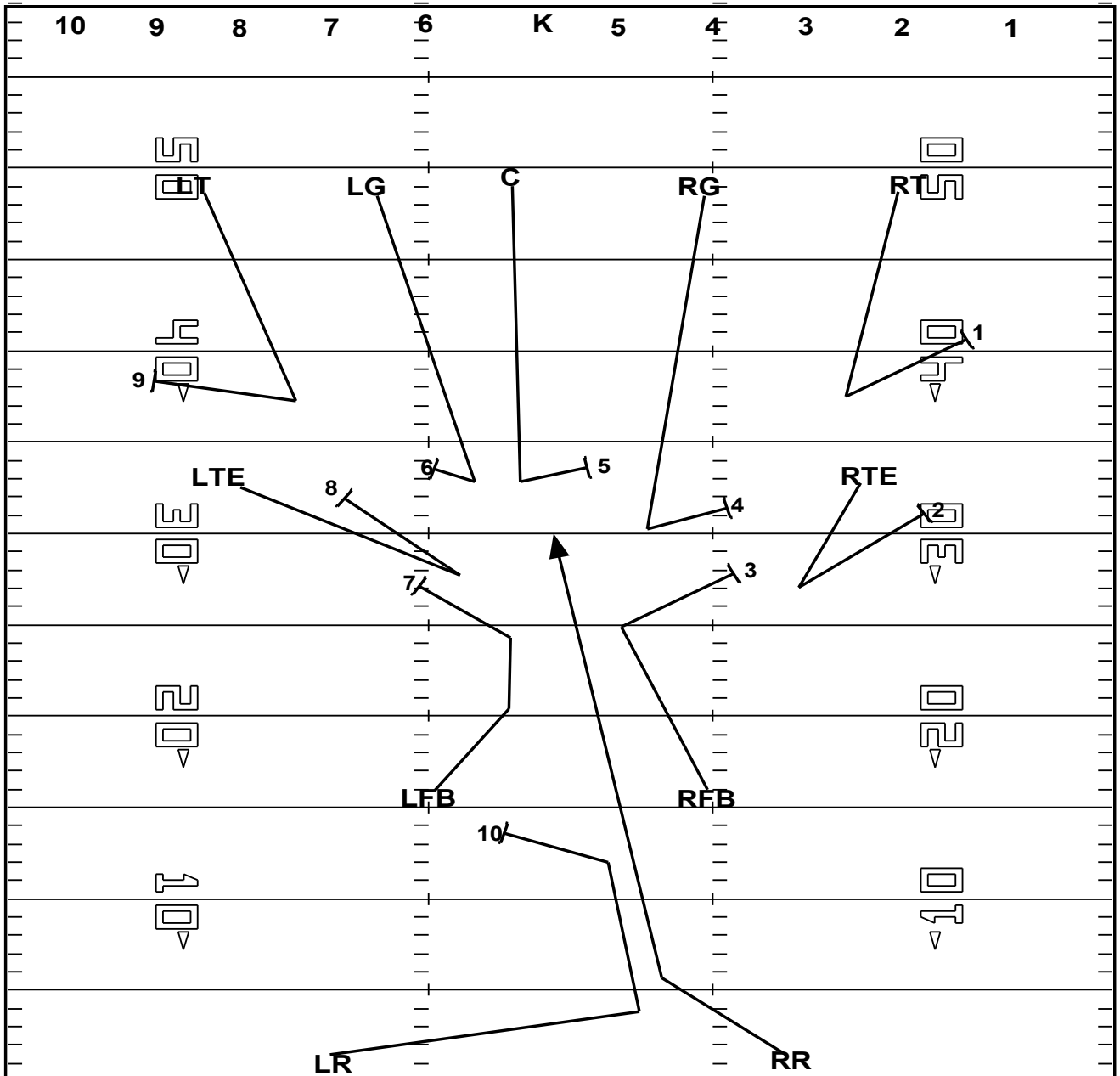
- Break for the ball as soon as you get the direction off the tee. Break at full speed while reading the distance of the ball. Get your body behind the ball and “Fine Tune” your feet.
- Keep you body square to the L.O.S. while keeping the ball in front of you.
- Bend slightly at the knees and the waist. Get you hands out where your eyes can see them (tie an imaginary string from your eyes to your hands). Do not extend you arms away from you body; keep you elbows in and use your forearms and your chest to form a pocket. Catch the ball with your **hands**, focus on the tip of the ball (even though it’s end-over-end) and **catch it!** Try to catch the ball about shoulder height so you can soften the reception and bring the ball in. Always tuck the ball away before running.

KICKOFF RETURN- LIZ



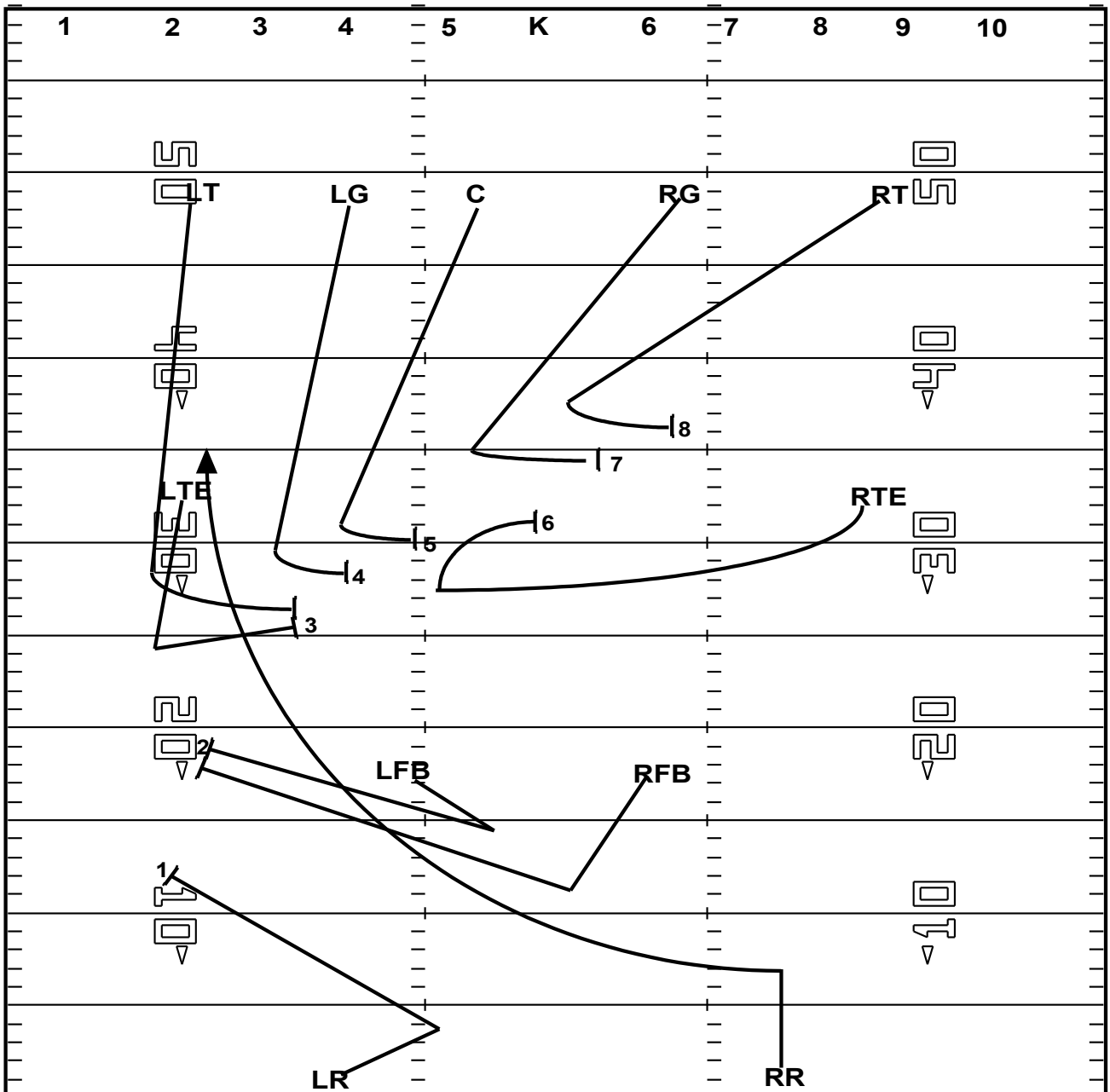
POSITIONS	ALIGNMENT
TACKLES	Back foot on 47 yardline, facing ball & on the top of the numbers.
GUARDS	Back foot on 47 yardline, facing ball & directly on the hash mark.
CENTER	Pick a side, usually opposite the call, and place back foot on 47 yardline. DO NOT STAND DIRECTLY IN FRONT OF THE BALL!!!
TIGHT ENDS	Back foot on the 35 yardline and be on the numbers facing the kicker. <u>can be adjusted based on the opposing kicker</u>
FB	Heels on the 15 yardline facing square up to the kicker. Your foot should be on the hash. <u>can be adjusted based on the opposing kicker</u>
RETURNERS	Heels on the goalline, squared up facing kicker. Inside foot should be 2 yds outside hash. <u>can be adjusted based on the opposing kicker</u>

KICKOFF RETURN- RIP



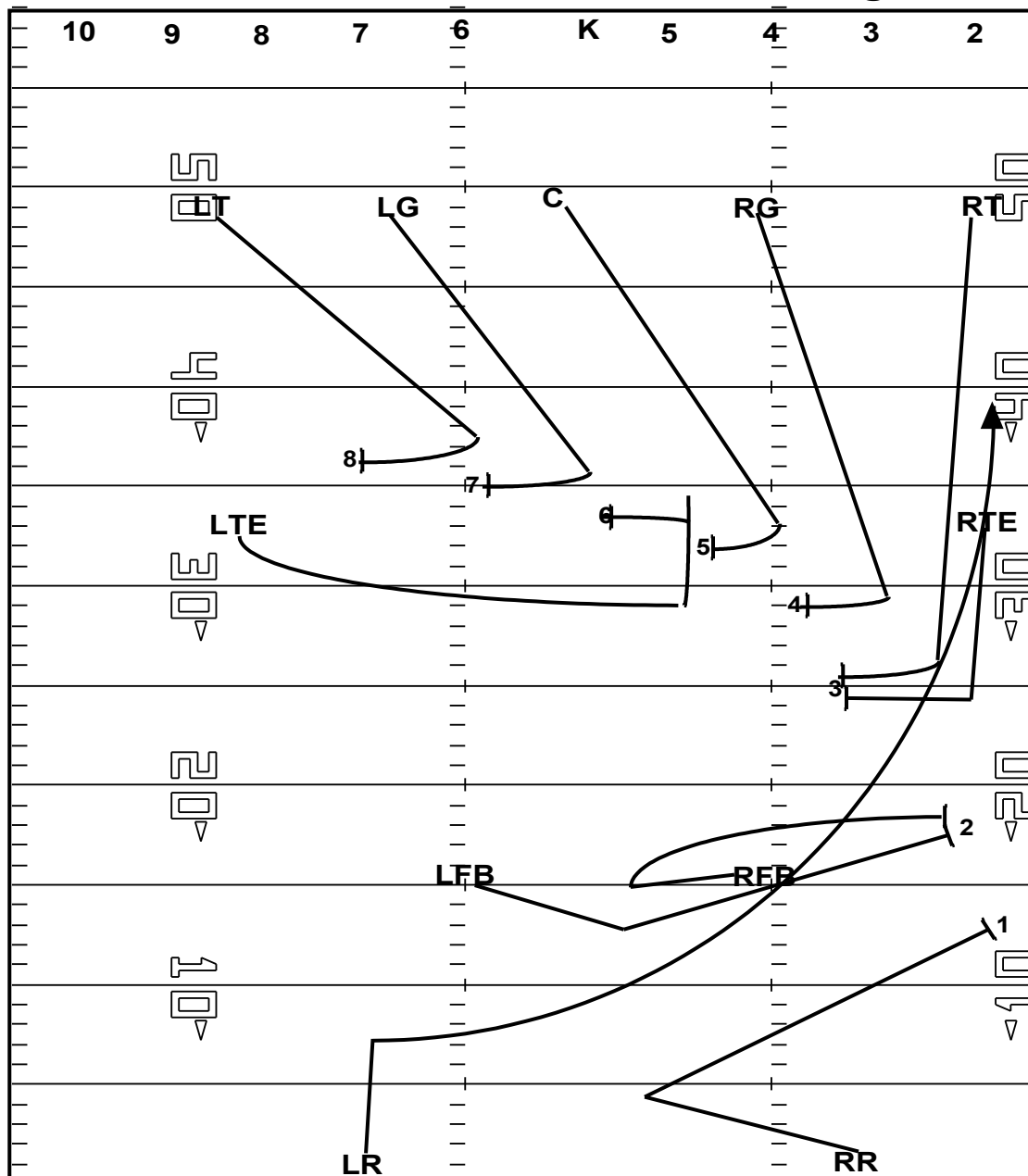
POSITIONS	ALIGNMENT
TACKLES	Back foot on 47 yardline, facing ball & on the top of the numbers.
GUARDS	Back foot on 47 yardline, facing ball & directly on the hash mark.
CENTER	Pick a side, usually opposite the call, and place back foot on 47 yardline. DO NOT STAND DIRECTLY IN FRONT OF THE BALL!!!
TIGHT ENDS	Back foot on the 35 yardline and be on the numbers facing the kicker. <u>can be adjusted based on the opposing kicker</u>
FB	Heels on the 15 yardline facing square up to the kicker. Your foot should be on the hash. <u>can be adjusted based on the opposing kicker</u>
RETURNERS	Heels on the goalline, squared up facing kicker. Inside foot should be 2 yds outside hash. <u>can be adjusted based on the opposing kicker</u>

KICKOFF RETURN- LEFT



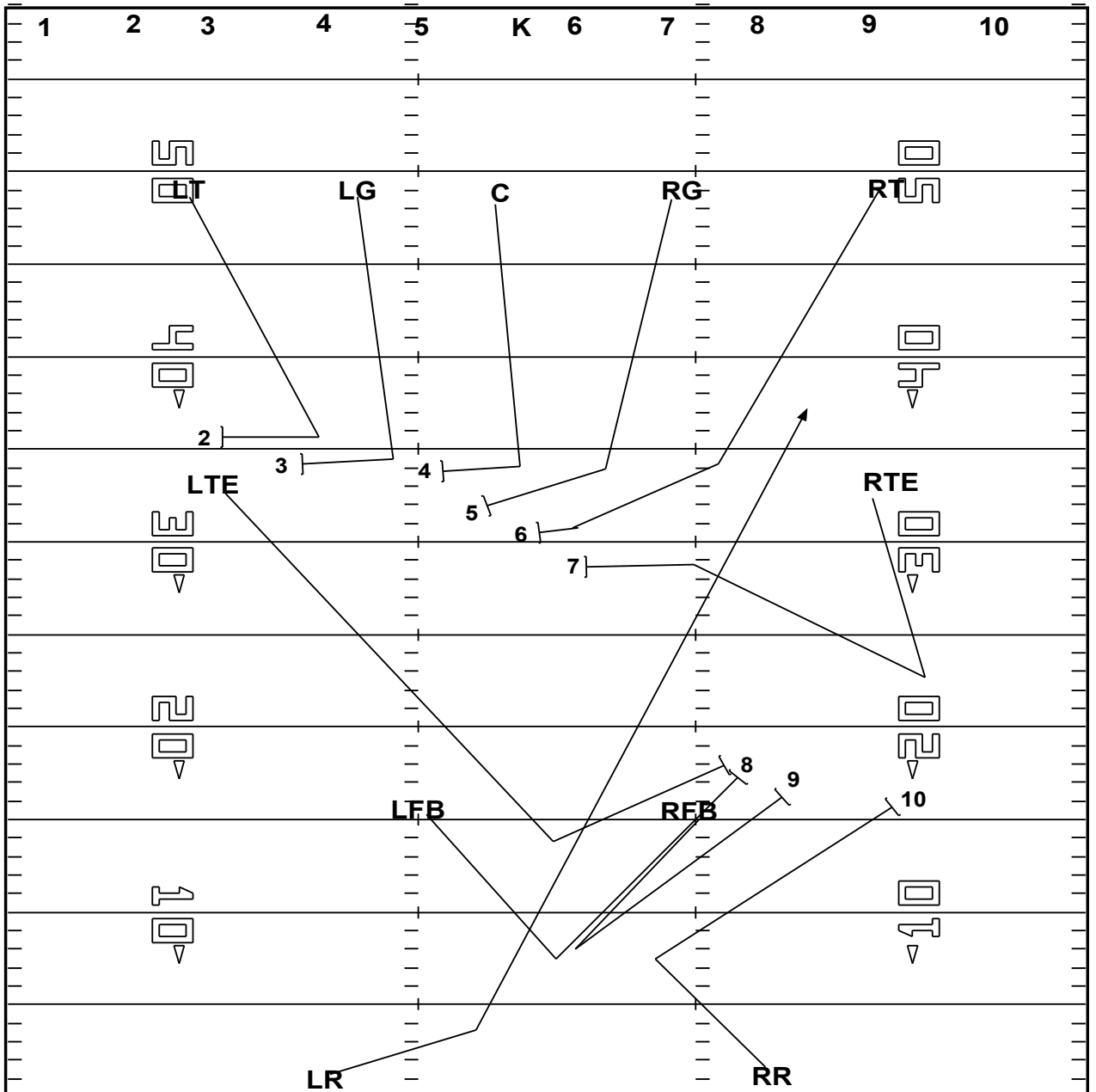
POSITIONS	ALIGNMENT
TACKLES	Back foot on 47 yardline, facing ball & on the top of the numbers.
GUARDS	Back foot on 47 yardline, facing ball & directly on the hash mark.
CENTER	Pick a side, usually opposite the call, and place back foot on 47 yardline. DO NOT STAND DIRECTLY IN FRONT OF THE BALL!!!
TIGHT ENDS	Back foot on the 35 yardline and be on the numbers facing the kicker. <u>can be adjusted based on the opposing kicker</u>
FB	Heels on the 15 yardline facing square up to the kicker. Your foot should be on the hash. <u>can be adjusted based on the opposing kicker</u>
RETURNERS	Heels on the goalline, squared up facing kicker. Inside foot should be 2 yds outside hash. <u>can be adjusted based on the opposing kicker</u>

KICKOFF RETURN- Right



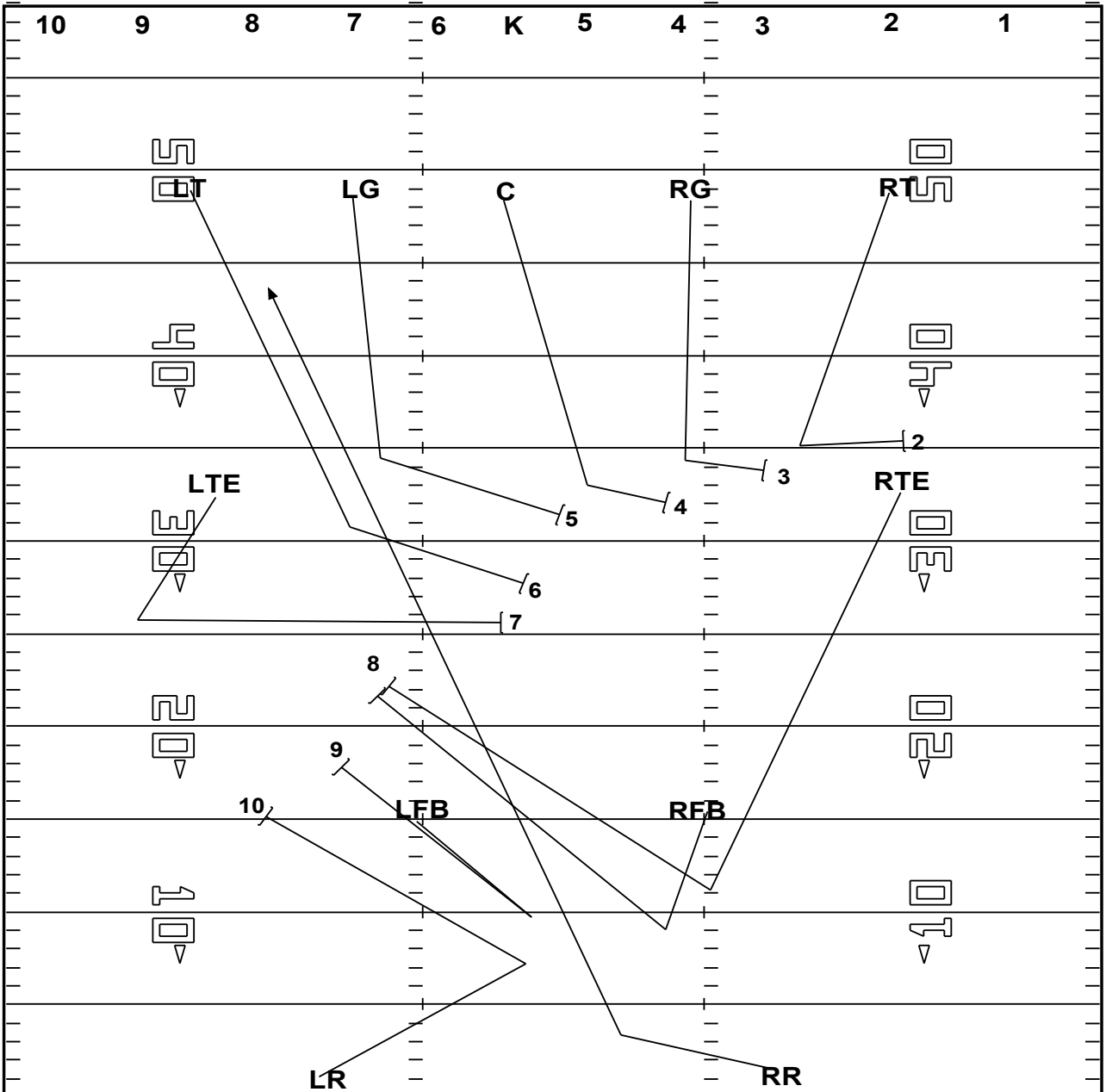
POSITIONS	ALIGNMENT
TACKLES	Back foot on 47 yardline, facing ball & on the top of the numbers.
GUARDS	Back foot on 47 yardline, facing ball & directly on the hash mark.
CENTER	Pick a side, usually opposite the call, and place back foot on 47 yardline. DO NOT STAND DIRECTLY IN FRONT OF THE BALL!!!
TIGHT ENDS	Back foot on the 35 yardline and be on the numbers facing the kicker. Alignment can be adjusted based on the opposing kicker.

KICKOFF RETURN- SLAM LEFT



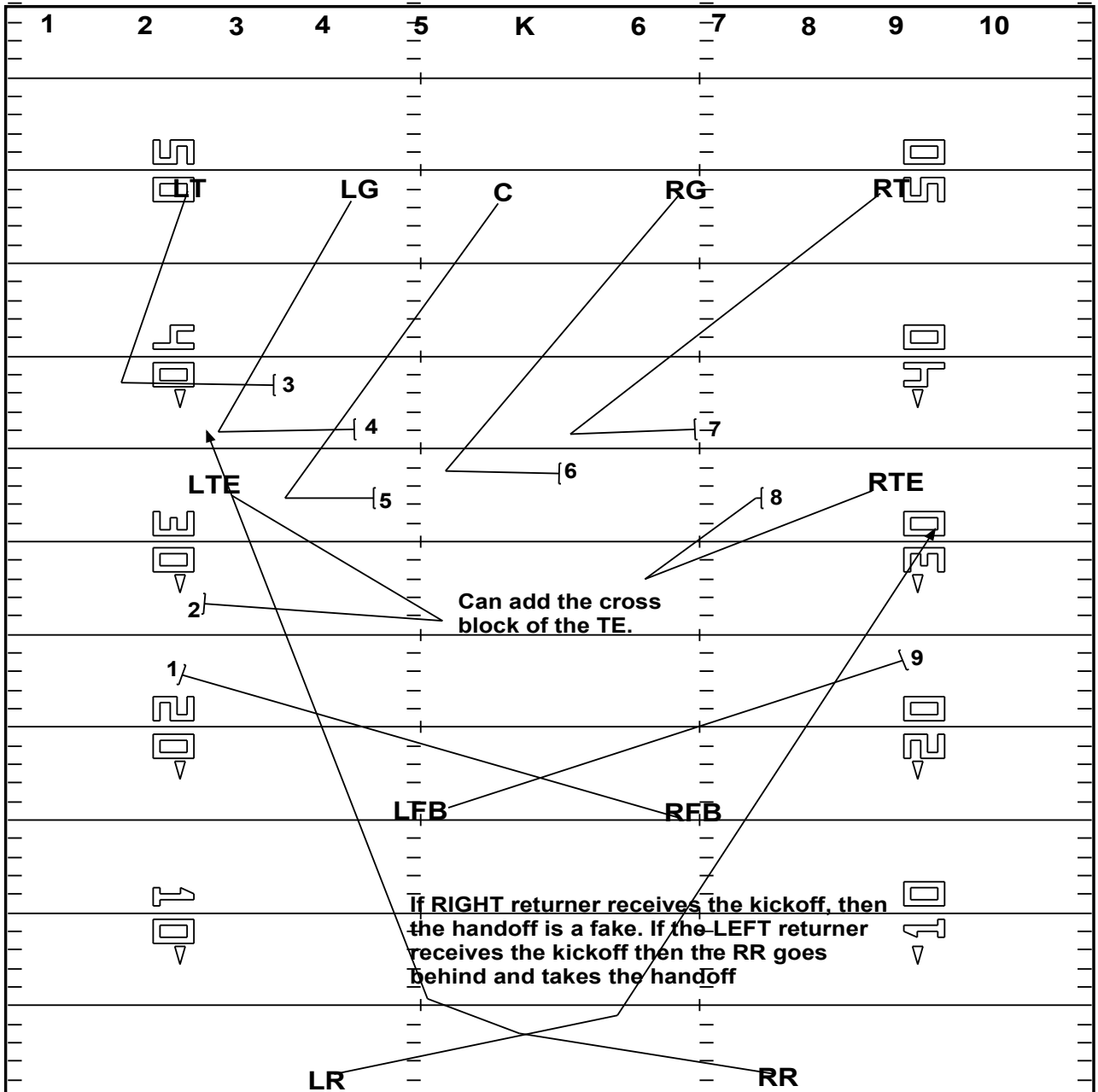
POSITIONS	ALIGNMENT
TACKLES	Back foot on 47 yardline, facing ball & on the top of the numbers.
GUARDS	Back foot on 47 yardline, facing ball & directly on the hash mark.
CENTER	Pick a side, usually opposite the call, and place back foot on 47 yardline. DO NOT STAND DIRECTLY IN FRONT OF THE BALL!!!
TIGHT ENDS	Back foot on the 35 yardline and be on the numbers facing the kicker. <i>can be adjusted based on the opposing kicker</i>
FB	Heels on the 15 yardline facing square up to the kicker. Your foot should be on the hash. <i>can be adjusted based on the opposing kicker</i>
RETURNERS	Heels on the goalline, squared up facing kicker. Inside foot should be 2 yds outside hash. <i>can be adjusted based on the opposing kicker</i>

KICKOFF RETURN- SLAM RIGHT

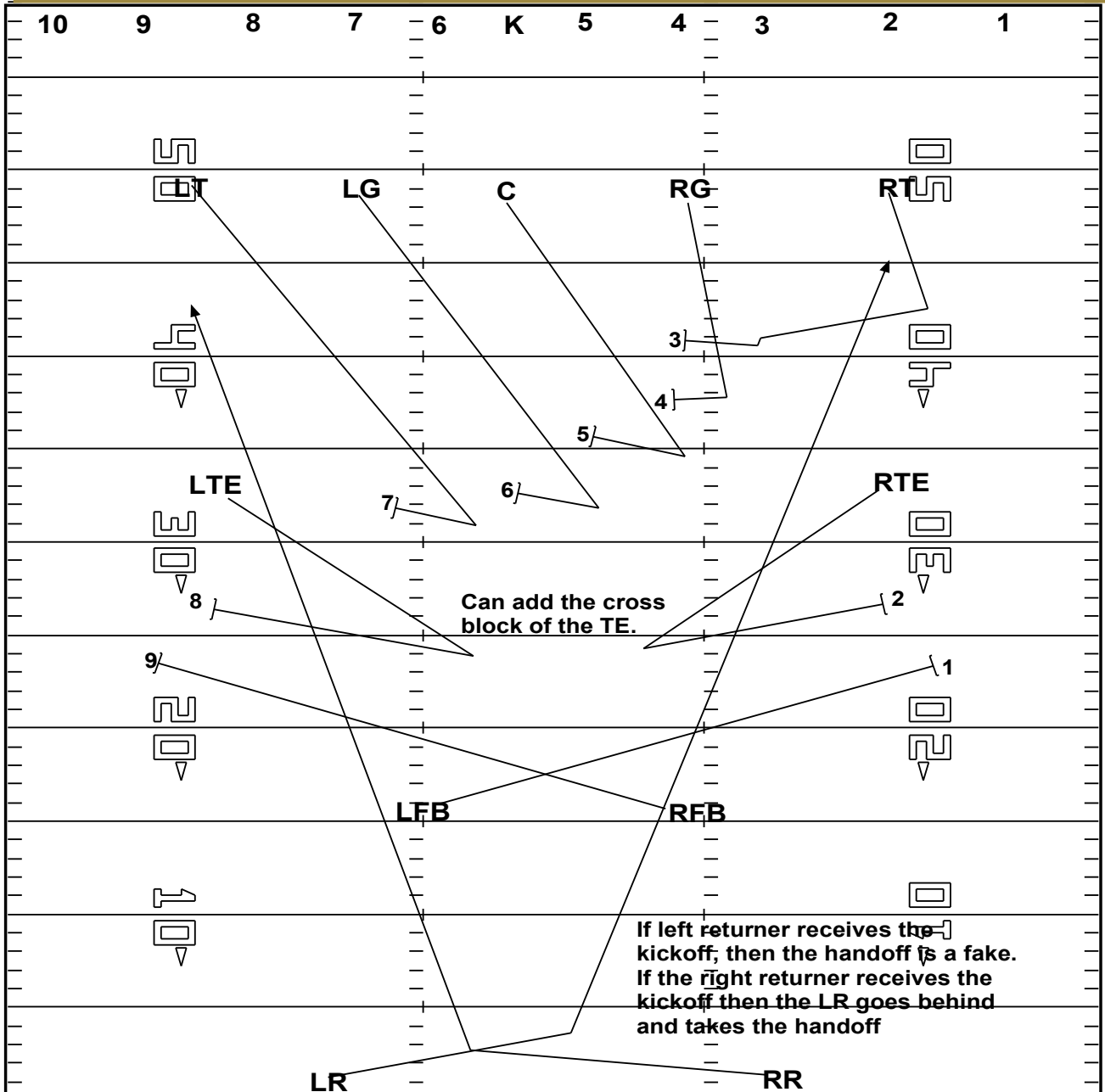


POSITIONS	ALIGNMENT
TACKLES	Back foot on 47 yardline, facing ball & on the top of the numbers.
GUARDS	Back foot on 47 yardline, facing ball & directly on the hash mark.
CENTER	Pick a side, usually opposite the call, and place back foot on 47 yardline. DO NOT STAND DIRECTLY IN FRONT OF THE BALL!!!
TIGHT ENDS	Back foot on the 35 yardline and be on the numbers facing the kicker. <i>can be adjusted based on the opposing kicker</i>
FB	Heels on the 15 yardline facing square up to the kicker. Your foot should be on the hash. <i>can be adjusted based on the opposing kicker</i>
RETURNERS	Heels on the goalline, squared up facing kicker. Inside foot should be 2 yds outside hash. <i>can be adjusted based on the opposing kicker</i>

KICKOFF RETURN- REVERSE LEFT



POSITIONS	ALIGNMENT
TACKLES	Back foot on 47 yardline, facing ball & on the top of the numbers.
GUARDS	Back foot on 47 yardline, facing ball & directly on the hash mark.
CENTER	Pick a side, usually opposite the call, and place back foot on 47 yardline. DO NOT STAND DIRECTLY IN FRONT OF THE BALL!!!
TIGHT ENDS	Back foot on the 35 yardline and be on the numbers facing the kicker. <u>can be adjusted based on the opposing kicker</u>
FB	Heels on the 15 yardline facing square up to the kicker. Your foot should be on the hash. <u>can be adjusted based on the opposing kicker</u>
RETURNERS	Heels on the goalline, squared up facing kicker. Inside foot should be 2 yds outside hash. <u>can be adjusted based on the opposing kicker</u>



POSITIONS	ALIGNMENT
TACKLES	Back foot on 47 yardline, facing ball & on the top of the numbers.
GUARDS	Back foot on 47 yardline, facing ball & directly on the hash mark.
CENTER	Pick a side, usually opposite the call, and place back foot on 47 yardline. DO NOT STAND DIRECTLY IN FRONT OF THE BALL!!!
TIGHT ENDS	Back foot on the 35 yardline and be on the numbers facing the kicker. can be adjusted based on the opposing kicker
FB	Heels on the 15 yardline facing square up to the kicker. Your foot should be on the hash. can be adjusted based on the opposing kicker
RETURNERS	Heels on the goalline, squared up facing kicker. Inside foot should be 2 yds outside hash. can be adjusted based on the opposing kicker

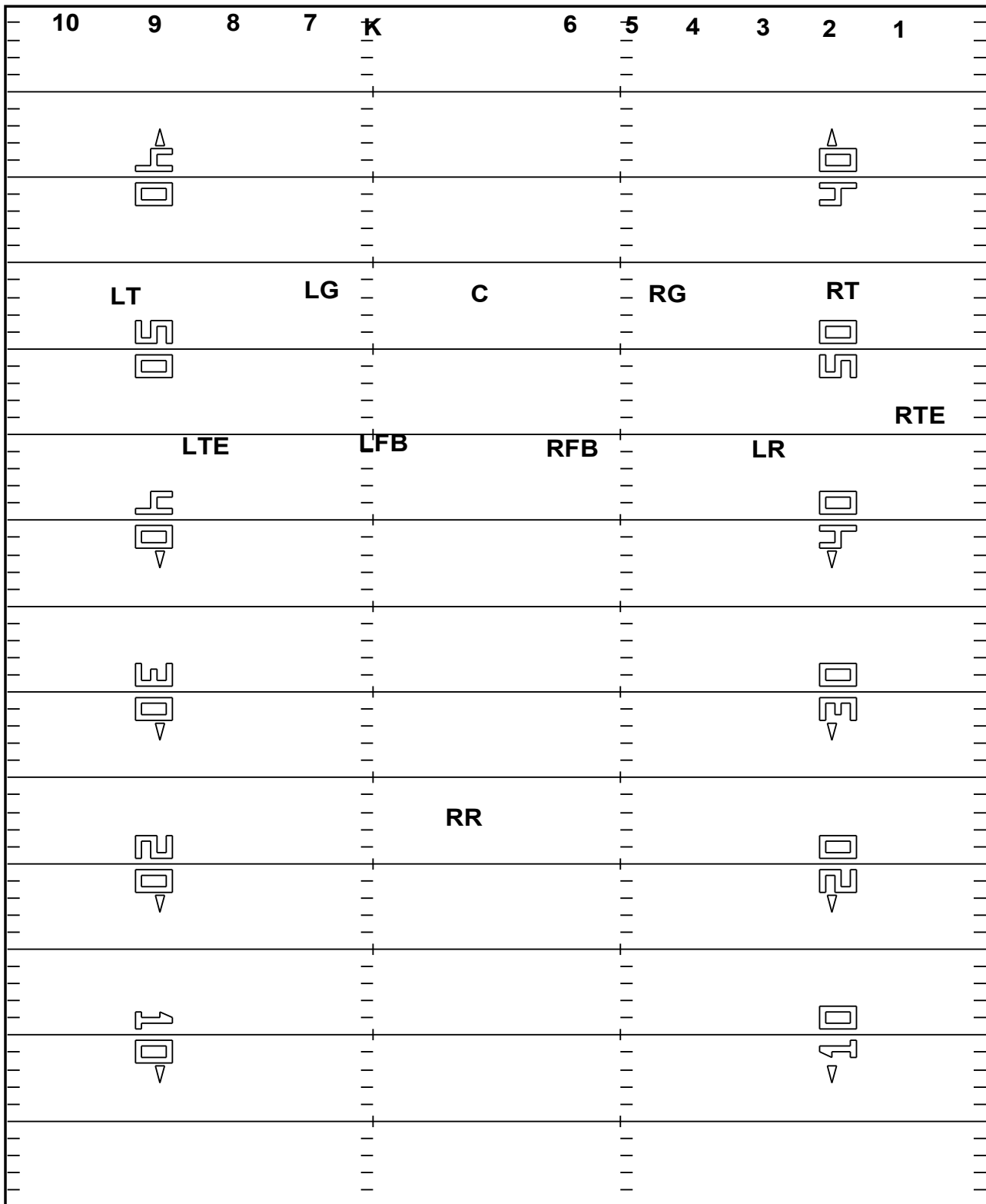
Hand's Team Techniques and Responsibilities

- **Front Five:** Alignment: Straddle the –46-yard line. Position: Follow your numbers rules and always favor the small number. Always face Kicker and read the ball off his foot; adjust to any approach or motion you see. Field the ball only if it is coming to you and you can handle it. Never try to field the ball if it is on your outside; mishandled balls tend to bounce back toward our opponents. If ball goes through front line, always wedge in front of the ball one player over in that direction.
- **Techniques/Stances:** Good two-point stance, foot shoulder-width with your weight on both balls of your feet. Hand should be down inside your legs, thumbs out, and elbow in. Shuffle laterally to position yourself to field the ball or block.
- **Fielding the Ball:** Only field the ball if it is coming to you and you can handle it, or the ball is slightly inside of you. Never try to handle the ball if kicked to you outside. If ball is bouncing, field it at its highest point. Catch the ball first, then protect it with your body by bringing it into your stomach and surrounding it with both arms. Hit the ground, putting your body between the ball and the defender. If the ball is not going to travel 10-yards, yell poison.
- If ball is traveling on the ground to you, don't jump on to it; field ball by bending your knees - not your waist – and bring the ball to you. Always read ball off of the ground. Allow all line drives to go through. Don't hesitate to field any balls.
- **Tackles:** You can never be out-manned. Split #1 and #2 to your side, favor #1's inside foot. Any motion, slide to keep your position. *If the ball is kicked to your outside, work it out of bounds or block the first player outside.
- **Guards:** Split #3 and #4, always favor #3. Any motion, slide to keep your position yourself to block in front.
- **Center:** Play heads up on #6. If ball is kicked to your outside, let it go and position in front to block.
- **Ends – R/L:** Alignment is the +45. Playside End Position yourself outside the tackle, favor #1. We want you with the ball. If the ball comes to you, you have time so field the ball cleanly, don't panic. If the ball is on your outside, field it or help it go out of bounds. Backside End placed between the guard and tackle.
- **Fullbacks:** Alignment is on the +45-yard line. Do not cross over the 50- yard line until the ball is kicked. Position yourself between the center and guard to your side If any motion, slide laterally to keep your position. If you get a shift to the opposite side of you, cover the hole. Play head up on the ball, protect the chute.
- **Left Returner:** Alignment will be the +45. Position yourself between the guard and tackle on the playside If there is a shift we will slide over. Play head up on the ball, protect the chute
- **Right Returner:** Alignment should be +20. Position yourself according to the ball placement and the Kicker's alignment and approach. If ball is kicked on the ground, get up field to become our safety. Field any ball behind the front ten. The ball is live. Shot attempts can be fair caught.



MIKROFF RETURN

HANDS TEAM



SPECIAL FORCES BOMB SQUAD

**EFFORT AND TECHNIQUE
FOR 1.25 – 1.35 SECONDS**

NEVER A ROUTINE PLAY

**YOUR MISSION IS TO
CHANGE THE
SCOREBOARD**

**SNAP – HOLD – KICK
RHYTHM**



Motto: Score

ALWAYS DO YOUR JOB!

**IT IS A CHANCE TO SCORE
EVERYONE DO YOUR JOB
TOGETHER.**

P.A.T./F.G. Protection Axioms

- Normally we will huddle.
- Be alert to Holder's call of live color. Fake will come in from bench.
- Be alert for "FIRE" call – right or left.
- "OMAHA" means we are kicking the ball – calls off fake.
- Block an area – Don't block a man – Get big and use good techniques.
- Know all rules pertaining to blocked kicks.
- Always be alert to return possibility – treat like a punt – down it!
- Lineman do not release downfield of fire call or fakes.
- Total time – snap and kick – 1.25 to 1.30 (8 yards).
- Be alert during last two minutes of a half.
- Work quickly when working against the clock.
- Holder is responsible for calling timeout if 30-second clock is running down on crucial kick.
- Be alert for "NO HUDDLE" if time is a factor on the field goal (white, white). "White" tells everyone to set up as quickly as possible to kick the field goal. If not on the field goal team, get off the field fast. Alert.... waving towel.

Field Goal and Extra Point Protection

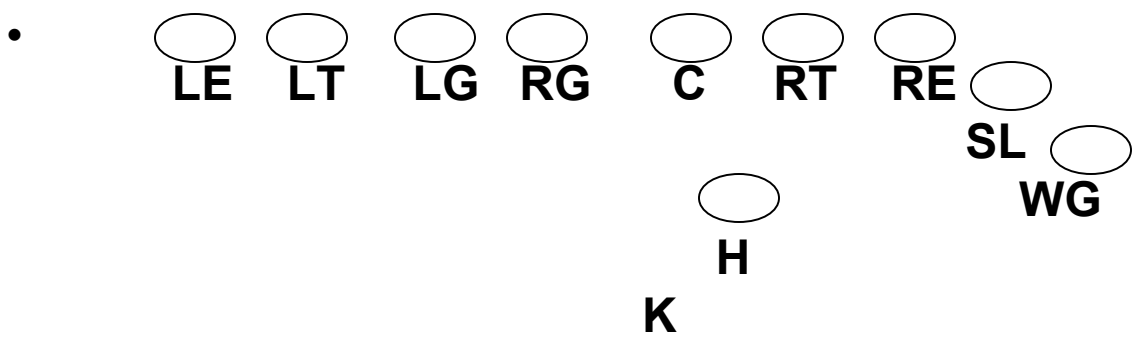
Reminder Check List

- ___ A. Holder will bring in any possible fake – count men and set unit.
- ___ B. Be alert to “FIRE” call on bad snap (Automatic run/pass option).
- ___ C. Always be alert to possible run-back
- ___ D. Check alignment to insure proper splits – key the ball.
- ___ E. Always align up on the ball.
- ___ F. Know the opponents favorite schemes and personnel.
- ___ G. Never get pulled by false starts.
- ___ H. Get into your stance immediately and listen for “READY” call.
- ___ I. Be disciplined in technique.
- ___ J. Center – Be alert to give the ready call in noise control situations.

A Place Kick Must Never Be Blocked On Us



FIELD POSITION AT THE LINE OF SCUMBLE AND PROTECTION



- HUDDLE:** Will be offset from kicking area. Kicker finds his spot 8 yards from the ball. Holder will count to see if 11 men are on the field. Holder will then give huddle call. Holder will then call “READY SCORE”, team goes to L.O.S. and gets set in their stance.
- CADENCE:** After call of “READY” ball will be snapped at. Discretion. (Finger
- CENTER’S** cadence.
- OFF. LINE:** 3-point stance (except line alert); 6 inch splits; inside foot back – you must be able to see the ball; shoulder width base.
- ENDS:** 3-point stance (except line alert) with inside foot back – You must be able to see ball – shoulder width base: 6 inch split.
- SLOTS:** Line up with inside foot behind the outside foot of the end; arms length away; hands on knees; and knees bent (locked and cocked) with inside foot staggered back slightly.
- WING:** Line up with inside foot behind the outside foot of the slot; arms length away; hands on knees; and knees bent (locked and cocked) with inside foot staggered back slightly.
- HOLDER:** Set spot: Check offensive line; Give right or left call; then check the kicker. When kicker is ready, he calls “READY”; reaches, giving center a one-hand target; and “SET” signal. (Finger Cadence)

Assignments

- Center:** Snap the ball after a one second pause (or on finger cadence) after the ready call. Hit the holder's hand every time. After the snap, get your head up. Do not snap on rhythm or use any pre-snap keys.
- Guards:** Take a 3-Point stance with inside foot back. Squat. Align inside foot just inside the center's outside foot. On the snap, take a quick punch step behind the center. Brace the center's near hip. Hit up on the rise through your area – **Not Forward**. Still brace the hip of center if you don't have a man in your gap.
- Tackles:** Take a 3-Point stance with inside foot back, Squat. Align inside foot behind foot guard. On the snap, take a quick power step behind the guard's foot. Keep outside foot in place. Brace the guard's outside leg. Hit up on the rise through your area – **Not Forward**. If you don't get a rush through your gap, strike out your outside arm to help the end.
- Ends:** Take a 3-Point stance with inside foot back. Squat. Align inside foot back behind the outside foot of the tackle's. On the snap, take a quick power step behind the tackle's foot. Keep outside foot in place. Brace the tackle's outside leg. Hit up on the rise through your area – not forward. If you don't get a rush through your gap, strike out your outside arm to help slot or widen edge.
- Slot:** Take a 2-Point stance. Hands on knees, butt down and head up. Align at arms length, deep off the end with your inside foot aligned just behind outside foot of the end, facing square to line of scrimmage. On movement by the end, step forward with inside foot reaching both hands to thigh pad of end. Keep outside foot in place. If you give out call, single block #2 man from the outside.
- Wing:** Take a 2-Point stance. Hands on knees, butt down and head up. Align at arms length, deep off slot with your inside foot aligned just behind slot's outside foot, facing square to line of scrimmage. On movement by slot. Stop forward with inside foot while reaching both hands to thigh pad of slot. Keep outside foot in place. If you get out call from slot, single block #1 man from outside.

Coaching Points

GUARDS, TACKLES, and ENDS:

- Assume a 3-Point stance when you come to the line.
- Never move your outside foot.
- Take quick punch step up, stay square with your shoulders parallel to the L.O.S.
- Block inside gap – area, not man.
- Extend outside arm if not challenged inside.
- Sprint to cover on a field goal after the ball is kicked.

HOLDERS:

- Align on the spot picked by the kicker.
- Be sure we have 11 men on the field.
- Be sure the team and Kicker are ready, then call “READY”
 - Progression: Spot...Alignment...Personnel...Right or Left...Clock, Ready...
- Receive the ball and spot it quickly and precisely.
- You are the right safety on coverage.
 - Kicker: Pick out the spot for placement directly behind the ball. Let the
- Holder know when you are ready. You are the left safety on coverage.

HOLDING FOR A FIELD GOAL

- For a right-footed kicker, put the right knee on the ground and the left knee up. Keep your feet under you and be on your toes.
- Keep your shoulders square in line with the Kicker's kicking line to his target when you spot the ball.
- Use you left thigh to guide you over the spot (Forearm should hit and stop).
- Always reach for the spot while aligning yourself to the target line.
- Reach for the ball (thumbs in) with a comfortable extension of the arms.
- Watch the tip of the ball as it spins toward you – **Catch it!** If you feel the laces away from the front, start to turn the ball while putting the ball down.
- Hold the ball with the first finger of the left hand, using the right hand to adjust the laces away from the Kicker.
- Get the ball tilted the way the kicker likes it and be soft on top of it with your finger. Be sure to let the Kicker kick the ball out of your hand.
- Keep your head down while the kicker kicks the ball and pick it up later. This helps from not tilting the ball back toward the Kicker.

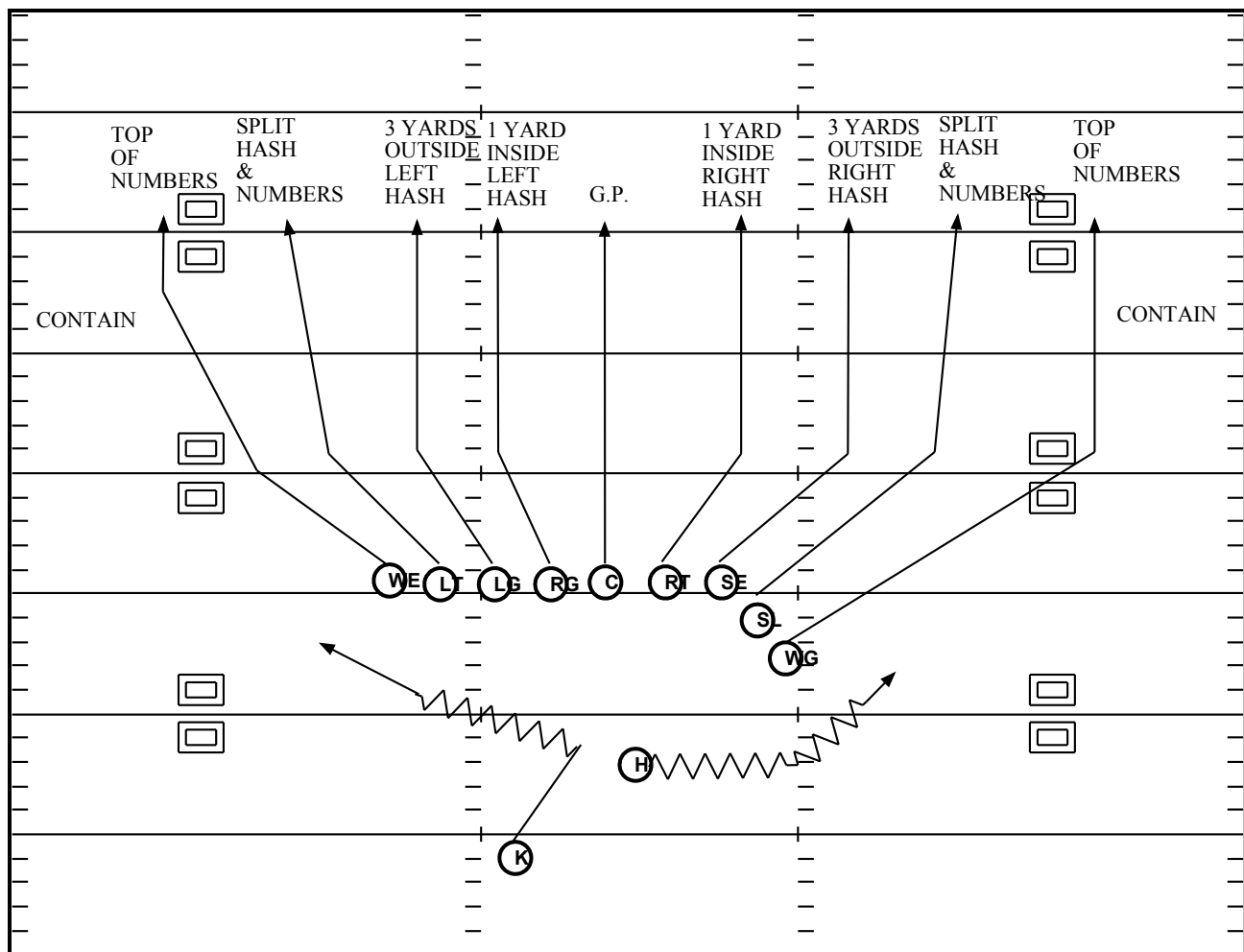
“C.P.’s”

- Open up chest to snapper when receiving snap. Show center your number.
- Imagine putting the ball on the spot.
- Catch the ball in the hands, thumbs down and together, unless the ball is low and in front of you.
- To trap the ball, place the left hand down on the ground to from as a backstop. Trap the ball with the right hand on top of the ball.
- Turn the ball with either your thumb or finger tips of your right hand.
- When catching the ball, firmly hold the belly of the ball with your right hand while you slide your left forefinger to the tip of the ball. To stop the spin of the ball while moving the laces, press down with the forefinger.

Spinning the ball

- If you feel the laces in your right hand, it means the laces are in the front. Just place the ball on the spot.
- Laces at the Kicker: Spin the laces away from the Kicker using your fingertips.
- Laces in the Back: Spin the laces to the front by using your thumb.
- Laces directly away from you: Spin the laces to the front by using your fingers.
- Laces directly facing you: Spin the laces to the front by using your thumb.

FIELD GOAL COVERAGE



Cover team must execute block assignments first after thud, sprint to coverage

STRONG END,
SLOT, AND
LINEMAN:

Release to your lane -- Stay in it!

WEAK END
AND WING:

Release to outside lane -- You are contain

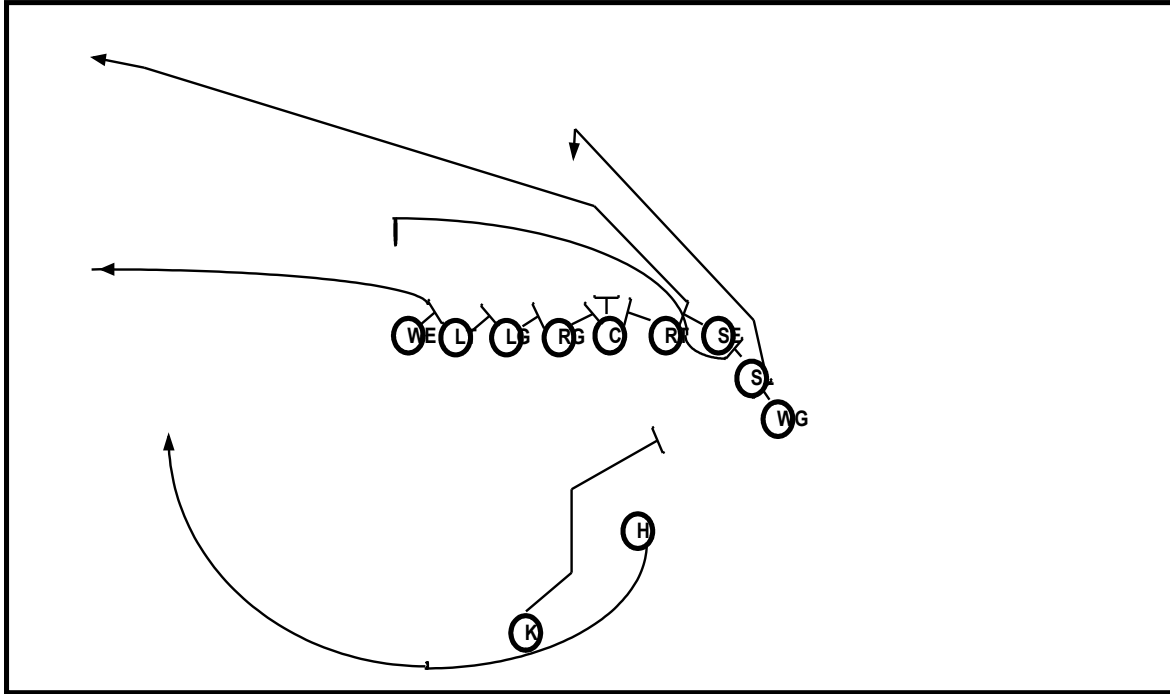
HOLDER:

You are safety to right

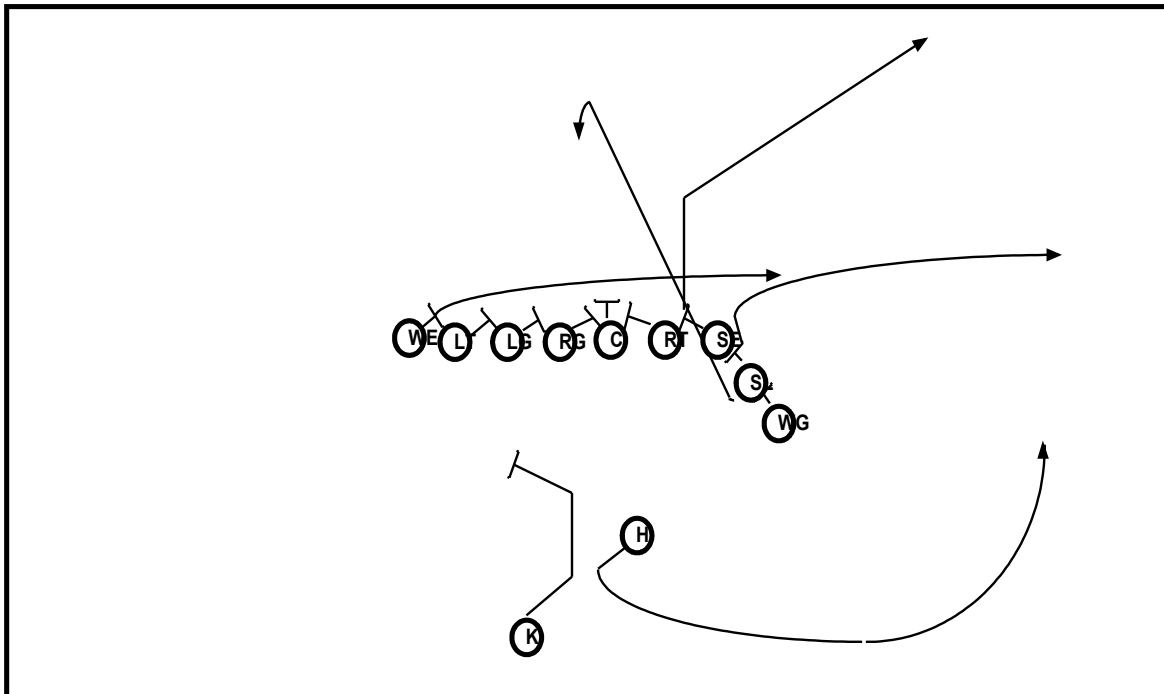
KICKER:

You are safety to the left

FIRE OR FAKE 1 -- LEFT CALL TO OUR WEAK SIDE

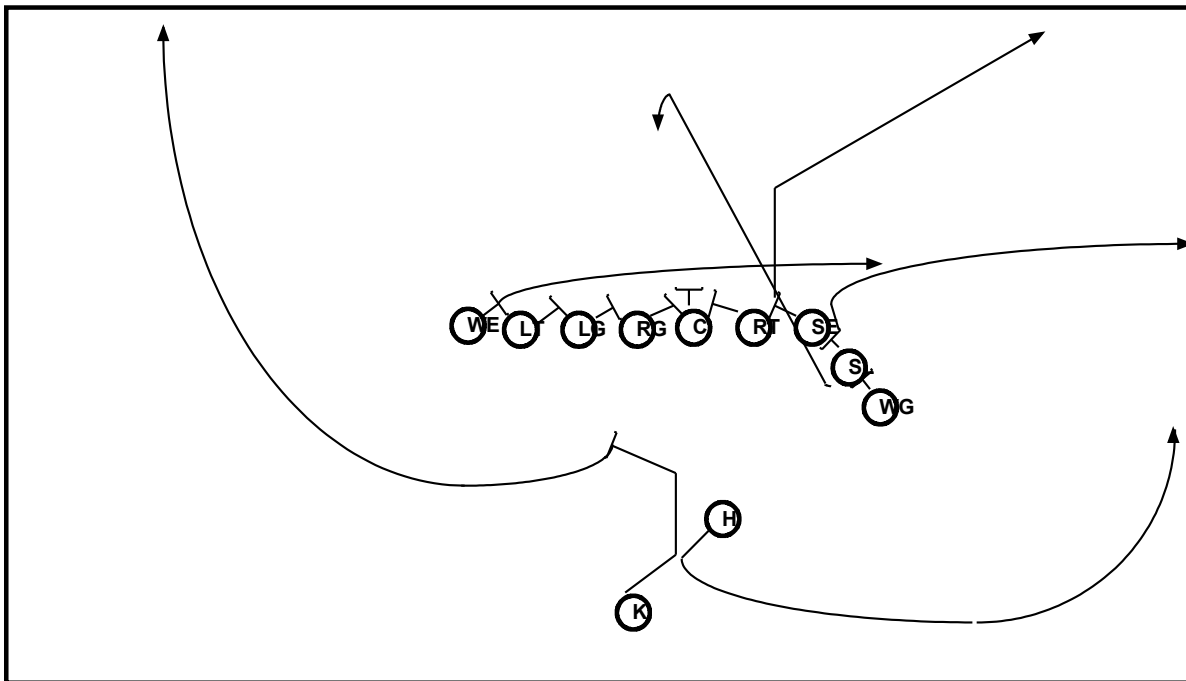


FIRE OR FAKE 1 -- RIGHT CALL TO OUR STRONG SIDE





FAKE 3 -- RIGHT CALL



FAKE 3 -- LEFT CALL

