

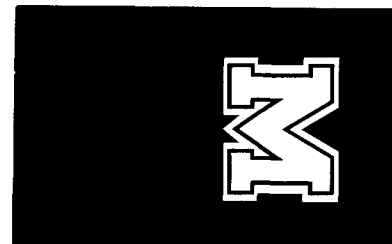
**PAT/FG PROTECTION  
&  
PAT/FG BLOCK**

**DON'T SING IT, BRING IT!**

**FRED GUIDICI**

**MENLO COLLEGE**

**SPECIAL TEAMS  
COORDINATOR**



**650-543-3763  
fguidici@menlo.edu**

**MENLO COLLEGE**  
**FRED GUIDICI**  
*Athletic Recruiting Coordinator*  
*Assistant Football Coach*  
1000 El Camino Real  
Atherton, California 94027-4301  
1-800-55-MENLO X3763  
phone: (650) 543-3763  
cell: (650) 670-0777  
fax: (650) 543-4497  
e-mail: fguidici@menlo.edu  
www.menlo.edu

# P.A.T. / FIELD GOAL

## **HUDDLE**

WE WILL ALWAYS HUDDLE ON PAT OR FIELD GOAL ATTEMPTS UNLESS WHEN ARE IN AN END OF THE HALF OR GAME IN A **“HURRY UP”** SITUATION. EVERYONE EXCEPT THE KICKER (WHO WILL BE FINDING HIS SPOT) WILL BE IN THE HUDDLE. CENTER ALWAYS SETS THE HUDDLE TO THE RIGHT OF THE BALL AND 7 ½ TO 8 YARDS DEEP. HOLDER WILL SAY FOR EXAMPLE ...**“FIELD GOAL, FIELD GOAL, READY, BREAK”** EVERYONE THEN HUSTLES TO THE L.O.S. AND GETS SET INTO THEIR STANCES.

## **RESPONSIBILITY, STANCE, ALIGNMENT & ASSIGNMENT**

### **CENTER:**

**RESPONSIBILITY:** PERFECT SNAP TO HOLDER

**STANCE:** NORMAL SNAPPING POSITION

**ALIGNMENT:** OVER THE BALL

### **ASSIGNMENT:**

1. AFTER THE **“SET “** COMMAND THE CENTER CAN SNAP THE BALL FOLLOWING A ONE SECOND PAUSE - NON RYTHMIC!
2. FIRE THE BALL WITH LACES PERFECT TO THE HOLDER’S OPEN HAND WITH ACCURACY. POP SLIGHTLY BACK.
3. AFTER THE SNAP, SET AND BRACE YOURSELF.
4. RISE UP UNDER CONTROL. PUT YOUR **HEAD UP. STAY SQUARE. KEEP YOUR SHOULDERS UNDER OUR OPPONENTS PADS.**
5. GET YOUR ARMS OUT. **KEEP YOUR HEAD UP, BUT KEEP YOUR CHEST DOWN.**
6. DON’T BE PULLED – DO NOT GO TO THE GROUND. DO NOT FIRE OUT. BE SOLID, HOLD YOUR GROUND.
7. CUT ANY JUMPER IF YOU ARE UNCOVERED. ALERT TO COVER ON FIELD GOAL ATTEMPTS.
8. ALERT TO COVER ON FIELD GOAL ATTEMPTS.

## **GUARDS, TACKLES & TIGHT ENDS:**

### **RESPONSIBILITY:**

1. INSIDE GAP AREA 1<sup>ST</sup> AND HELP OUTSIDE WITH YOUR ARMS AND BODY. MUST MAINTAIN DEPTH OF THE KICKERS POCKET BY NOT GETTING PUSHED OFF THE L.O.S. (TE'S: BLOCK INSIDE C-GAP RUSHER #3 TO D-GAP RUSHER #2)

### **STANCE:**

1. 3 POINT STANCE WITH YOUR INSIDE HAND DOWN.
2. STANCE SHOULD BE SLIGHTLY NARROWER THAN YOUR NORMAL STANCE.
3. BUTT SHOULD BE A SLIGHTLY LOWER THAN SHOULDERS.
4. INSIDE FOOT SHOULD BE AT 45 DEGREES SLIGHTLY POINTED INSIDE.
5. WEIGHT ON THE INSIDE PART OF THE FEET.

### **ALIGNMENT:**

1. INSIDE FOOT WILL BE PLACED ON TOP OF THE NEXT MAN'S OUTSIDE FOOT. **(GUARDS: ALIGN JUST INSIDE THE CENTERS FOOT)**
2. THIS WILL ALLOW YOU TO STEP Laterally INSIDE TO INTERLOCK LEGS.
3. THE OUTSIDE FOOT (UPFOOT) TOE WILL ALIGN ON THE HEEL OF THE NEXT MAN TO YOUR INSIDE.
4. **KEEP YOUR EYES ON THE BALL!** IT IS IMPERATIVE THAT YOU SEE THE BALL IN YOUR STANCE.

**EVERYONE'S HEAD MUST BREAK THE WAIST OF THE CENTER!**

### **ASSIGNMENT:**

1. ON THE SNAP, TAKE A QUICK 6 INCH "JAB" STEP WITH YOUR INSIDE FOOT, SHARPLY, PLANTING IT JUST INSIDE AND BEHIND THE HEEL OF THE OUTSIDE FOOT OF THE PLAYER INSIDE OF YOU (INTERLOCK).
2. BEAT THE DEFENSIVE MAN TO THE SET POINT – YOU MUST BEAT HIS 2<sup>ND</sup> STEP..
3. DO NOT STEP SO FAR THAT IT MAKES IT DIFFICULT FOR YOUR TEAMMATE TO YOUR OUTSIDE TO REACH YOU.
4. YOUR WEIGHT SHOULD BE 60-40 ON THE INSIDE LEG. DO NOT STEP BACK. STEP DOWN AND INTERLOCK AS YOU PUNCH.
5. YOU ARE RESPONSIBLE FOR THE INSIDE GAP FIRST.
6. THROW THE INSIDE ARM UP LIKE AN UPPERCUT PUNCH, GET YOUR HIP IN THERE.
7. YOUR THIGH SHOULD BE ON THE NEXT INSIDE MANS HAMSTRING
8. THROW THE OUTSIDE ARM OUT AT A 45-DEGREE ANGLE AT THE SAME TIME. KEEP YOUR OUTSIDE FOOT PLANTED AND STATIONARY (ANCHOR).
9. STAY STOUT, KEEPING YOUR WEIGHT OVER YOUR KNEES AND NOT LETTING ANYONE GET UNDER YOUR PADS.
10. KEEP YOUR HEAD OUTSIDE TO ALLOW YOUR SHOULDERS AND HIPS SQUARE TO THE L.O.S. BRACE TOUGH.
11. DO NOT CATCH YOUR OPPONENT.
12. **BLOCK AREA NOT MAN!**
13. ALERT TO COVER ON FIELD GOAL ATTEMPTS.

## **TIGHT ENDS:**

### **RESPONSIBILITY:**

1. AFTER YOUR “JAB” STEP, USE YOUR **HINGE TECHNIQUE**: USED VS OUTSIDE BLOCK (CRASHER #2) TEAM. YOU ARE HELPING THE WING. (HINGE STEP WITH YOUR OUTSIDE FOOT TO THE (CRASHER).
2. FEEL RUSHER #3, SEE CRASHER #2.
3. AS YOU HINGE, PIVOT YOUR INSIDE FOOT TO KEEP BALANCE. BLOCK INSIDE GAP, OVER, OUTSIDE.
4. END UP ON A 45-DEGREE ANGLE WITH THE WING AND YOU A KNEE DEPTH. SNAP YOUR OUTSIDE ARM BACK OUT AND UP. GET CRASHER #2 IN HIS STERNUM).
5. DO NOT LET YOUR OPPONENT GRAB YOU TO PREVENT YOU FROM HINGING. BE ALERT FOR GRABBERS AND BLASTERS. SET FAST AND TOUGH THEN “HINGE” FAST AND FIRM.
6. **“OUT” CALL** – WHEN THE TIGHT HAS NO INSIDE THREAT (C-GAP RUSHER #3) AND THE TACKLE HAS ONE MAN TO HIS INSIDE AND THE WING HAS TWO MEN TO BLOCK. THE TIGHT END WILL MAKE AN **“OUT”** CALL TO THE WING AND THEY WILL EACH BLOCK A MAN.
7. ALERT TO COVER ON FIELD GOAL ATTEMPTS.

## **HOLDER**

### **RESPONSIBILITY:**

1. RECEIVE SNAP FROM CENTER
2. PERFECT HOLD FOR KICK ATTEMPT.

**STANCE:** UP FIELD KNEE DOWN, HANDS EXTENDED

### **ALIGNMENT:**

1. 7 1/2 TO 8 YARDS BEHIND THE L.O.S.
2. PUT RIGHT KNEE ON THE GROUND AND THE LEFT LEG AS A BALANCE BACKSTOP.
3. MARK THE SPOT WITH YOUR LEFT INDEX FINGER BELOW YOUR LEFT EYE.
4. MARK THE SPOT OVER THE GUARD INSIDE THE HASH AWAY FROM THE BLOCK SIDE WHEN THE BALL IS SNAPPED FROM THE HASH. (OVERLOAD TO THE FIELD)

**ASSIGNMENT:**

1. COUNT 11 MEN IN THE HUDDLE OR ON THE L.O.S. (COUNT YOURSELF)
2. CHECK THE KICKER AND THE CENTER TO SEE IF THEY ARE READY.
3. GIVE THE CENTER A GOOD TARGET WITH YOUR RIGHT HAND OUTSTRETCHED. THUMB DOWN.
4. YOU WILL THEN CALL “**SET**” LOUDLY.
5. THE CENTER WILL SNAP THE BALL SOON AFTER. (NON-RYTHMIC)
6. PLACE THE BALL DOWN LACES FACING THE MIDDLE OF THE GOAL POST.
7. ALERT TO YELL “**FIRE**” ON ANY MALFUNCTION.
8. YOU ARE THE RIGHT SAFETY IN COVERAGES ON FIELD GOAL ATTEMPTS.

**KICKER:**

**RESPONSIBILITY:** MAKE ALL PAT FIELD GOAL ATTEMPTS

**STANCE:** NORMAL MECHANICS

**ALIGNMENT:**

1. PICK UP THE SPOT FOR PLACEMENT OF THE BALL DIRECTLY BEHIND THE BALL.  
(MAY OFFSET IF ON THE HASH)

**ASSIGNMENT:**

1. LET THE HOLDER KNOW WHEN YOU ARE READY.
2. CONCENTRATE ON THE SPOT. BEGIN YOUR APPROACH WHEN THE HOLDER MOVES HIS LEFT HAND TO CATCH THE SNAP.
3. NORMAL RHYTHM IS 1.3 SECONDS.
4. YOU ARE THE LEFT SAFETY IN FIELD GOAL COVERAGE.
5. ALERT TO YELL “**FIRE**” ON MALFUNCTION. BLOCK MDM OR ADVANCE BALL.

# WINGBACKS

## 1. RESPONSIBILITY:

- A. YOU ARE RESPONSIBLE FOR THE INSIDE GAP FIRST. THEN OUTSIDE.
- B. YOU MUST MAINTAIN THE WIDTH OF THE KICKERS POCKET.



## 2. STANCE:

- A. TWO POINT STANCE, HANDS ON KNEES, HEAD UP AND ALERT. YOUR BASE SHOULD BE NARROWER THAN YOUR SHOULDERS.

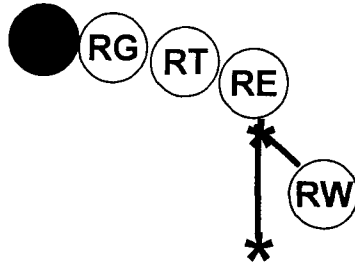
## 3. ALIGNMENT:

- A. ALIGN WITH YOUR INSIDE FOOT 1-2 FEET BEHIND AND JUST INSIDE THE OUTSIDE FOOT OF THE END FACING OUTWARD AT A 45 DEGREE ANGLE. SOME WINGS LIKE TO ALIGN PERPENDICULAR TO THE END.

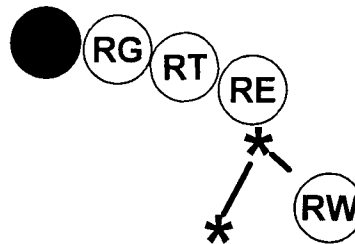
## 4. ASSIGNMENT

- A. JAB STEP WITH INSIDE FOOT - THEN HINGE BACK
- B. IT IS A DOUBLE BUMP FROM INSIDE TO OUTSIDE. JAB INSIDE TO THE MIDDLE OF THE CRASHER'S NUMBER (STERNUM). DO NOT LUNGE! KEEP BALANCED AND THEN SNAP OR HINGE BACK OUTSIDE. MAKE SURE YOUR SHOULDERS END UP FACING THE SIDELINE. YOU CAN LAY OUT AND CUT THE WIDE RUSHER (EDGER). GET YOUR INSIDE ARM IN FRONT OF THE WIDE RUSHER. WHEN YOU COME BACK OUTSIDE YOU MAY SLIDE OR SHUFFLE THAT FOOT.
- C. DO NOT BE FAKED OUTSIDE AND ALLOW RUSHER FREE INSIDE.
- D. WHEN YOU JAB STEP INSIDE BE AT KNEE DEPTH WITH THE END AFTER HE HINGES.
- E. STAY LOW (PAD UNDER PAD)
- F. AFTER YOU HAVE HANDLED THE INSIDE MAN, CUT THE OUTSIDE WIDE RUSHER. GET HIM ON EDGE IF HE THREATENS. DRAG YOUR FEET.
- G. WE DO NOT WANT TO END UP AT A 90 DEGREE ANGLE.
- H. WHEN YOU CUT, PUT YOUR HEAD ACROSS HIS THIGHS - ABOVE HIS KNEES AND IN FRONT OF HIM. IF YOU ARE LOWER THAN HIS KNEES HE WILL JUMP OVER YOU.
- I. AFTER BLOCKING PEEL BACK AND SPY FOR ANY FIRE CALL OR BLOCKED KICK.
- J. ALERT TO COVER ON FIELD GOAL ATTEMPTS.

**CORRECT:**

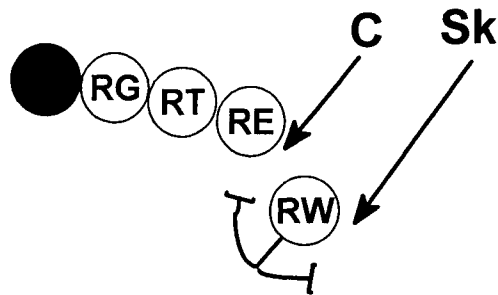


**INCORRECT: (DON'T SHORTEN CORNER)**

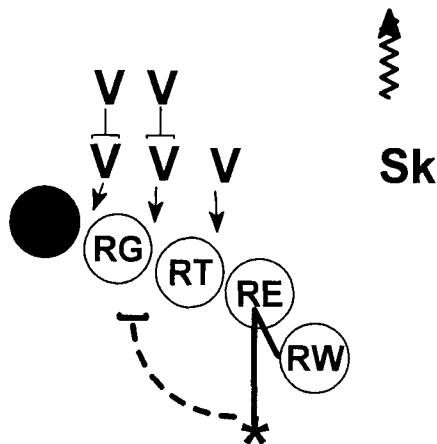


**COACHING POINTS:**

- 1. NEVER GIVE UP THE INSIDE. STAY BIG AND FORCE FURTHEST RUSHER TO TRY TO MAKE BLOCK. VS 2 RUSHERS USE DOUBLE BUMP TECHNIQUE.**

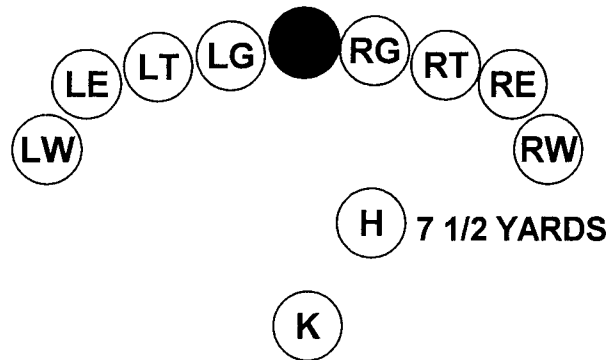


- 2. IF NO ONES COMES AFTER YOU EXERCISES YOUR TECHNIQUE, WHEEL BACK INSIDE AND CHECK FOR ANY MISTAKES OR OVER LOADS. BE ALERT.**



# P.A.T./FIELD GOAL ALIGNMENT

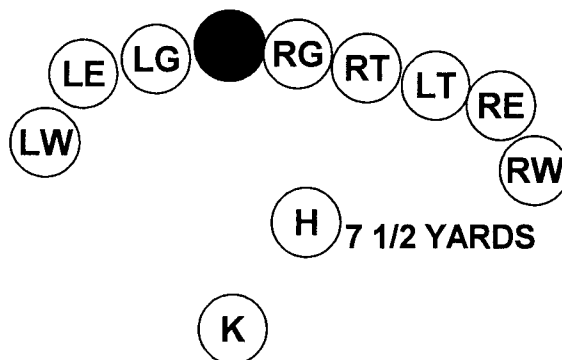
## BOWED ALIGNMENT REGULAR



## OVERLOAD RIGHT (LEFT HASH)

BOUNDARY

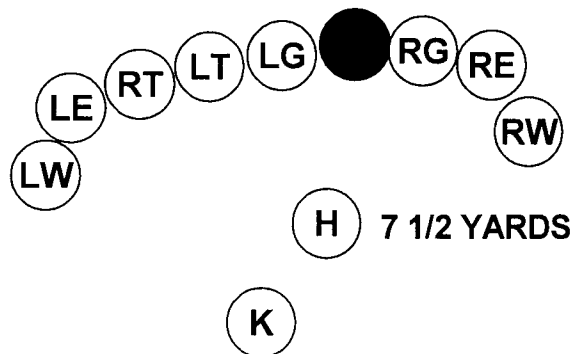
FIELD



## OVERLOAD LEFT (RIGHT HASH)

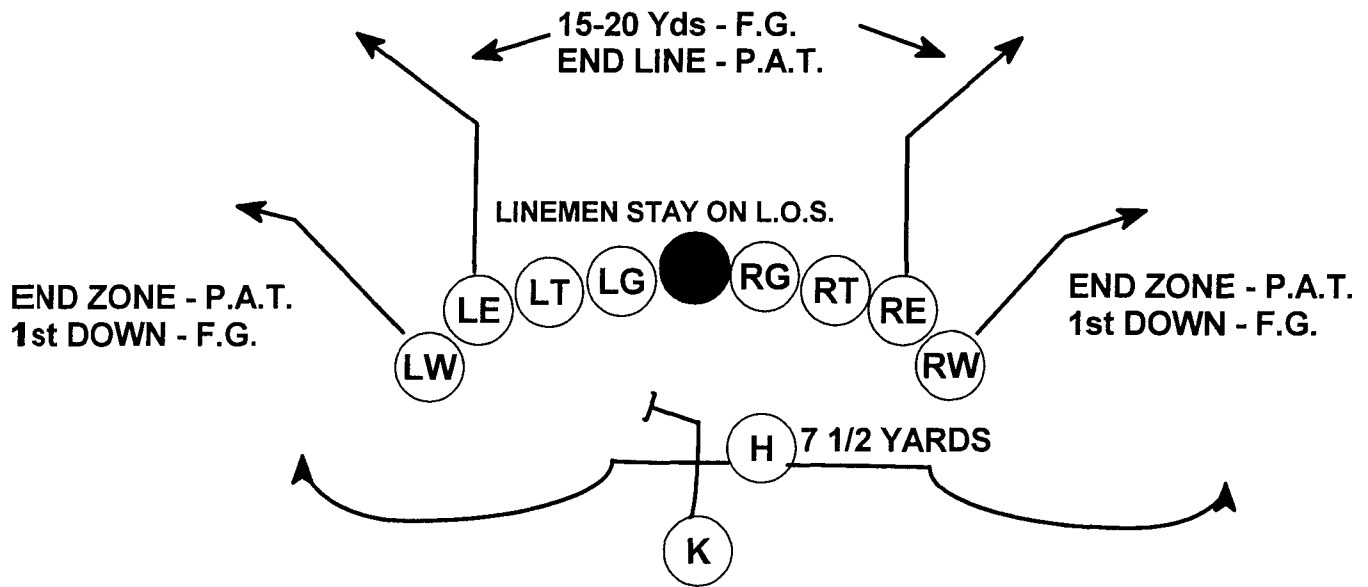
FIELD

BOUNDARY





# FIRE CALL



1. IN THE EVENT OF A MALFUNCTION, THE HOLDER & KICKER WILL YELL "FIRE, FIRE!"
2. INTERIOR LINEMEN MUST BE ALERT TO STAY ON THE L.O.S. - CONTINUE TO BLOCK AREA, SINCE THIS WILL PROBABLY BE A FORWARD PASS.
3. THE HOLDER OR KICKER WILL FIELD THE BALL AND ROLL RIGHT OR LEFT WITH A RUN/PASS OPTION. THE ONE THAT DOESN'T HAVE THE BALL WILL BLOCK.
4. WINGS & ENDS WILL RUN TO THEIR DESIGNATED AREAS. WORK TOWARD THE BALL CARRIER TO THE OPEN AREA AND WAVE YOUR ARMS. IF YOU ARE ON THE BACK SIDE STAY PUT, THE BALL MAY COME BACK TO YOU.



**PAT / FIELD GOAL  
BLOCK**

***"HAVE A ROCKET  
UP YOUR ASS!"***

# P.A.T./FIELD GOAL BLOCK

## PHILOSOPHY

### “HAVE A ROCKET UP YOUR ASS!”

OUR PHILOSOPHY BEHIND OUR P.A.T. AND FIELD GOAL BLOCK IS THAT OF **CONSISTENT PRESSURE**. WE WILL LET THE KICKING TEAM KNOW WE ARE THERE TO PUT ALL-OUT PRESSURE ON THE KICKER, WE MUST STILL COVER ALL RECEIVERS AND HAVE SOMEONE RESPONSIBLE FOR CONTAINMENT.

**HUDDLE:**                   **STRONG SAFETY - COUNTS 11 MEN (COUNT YOURSELF)**  
MAKE THE HUDDLE CALL. (SAY IT TWICE)  
EXAMPLE: **CRASH RT, CRASH RT – READY... BREAK!**

**TECHNIQUES:**           **STANCE: “ROCKET ” - A SPRINTERS 3-POINT STANCE. BUTT**  
SHOULD BE HIGH WITH ALL YOUR WEIGHT FORWARD ON YOUR  
HAND. **KEY THE BACK TIP OF THE BALL!** - “LOOK AT IT”

**ALIGNMENT:** SQUEEZE THE L.O.S. TAKE ALL THE NEUTRAL ZONE YOU  
CAN (CREDIT CARD) WITH YOUR DOWN HAND ALWAYS IN FRONT OF  
YOUR HEAD. (THIS WILL PREVENT YOU FROM BEING OFFSIDES).  
OUTSIDE MEN CHECK FOR OFFSIDES.

**END MEN ON LOS:** MAKE SURE EVERYONE IS ALIGNED ONSIDES.

**KEYS & READS:** KEY ONLY THE **BACK TIP OF THE BALL.**  
READ PRE-SNAP KEYS FROM SNAPPER. DOES HE HITCH  
OR ROLL INTO START.

**BLOCK POINT:**    3 YARDS IN FRONT OF THE HOLDER.

**CROWD, KEY AND GET A JUMP ON THE BALL AND...**

# LET’S BRING IT!

# BLOCK SCHEMES

IN STRUCTURING ANY TYPE OF BLOCK IT IS IMPERATIVE TO RECOGNIZE THE TYPE OF PROTECTION BEING USED BY OUR OPPONENTS. WE KNOW THAT ALL TEAMS USE AN "INSIDE GAP" PROTECTION SCHEME. WITH THIS THOUGHT IN MIND, WE WILL EMPLOY BLOCK SCHEMES THAT PLACE THE GREATEST AMOUNT OF STRESS ON THE INDIVIDUAL PROTECTION AREAS OF OUR OPPONENTS. WE WILL ALWAYS TRY AND OVERLAP AREAS IN ORDER TO GET A 2 ON 1 PROTECTION PROBLEM FOR AN OPPONENT. WE WILL ALSO WORK TO GET AT LEAST 1 PENETRATOR.

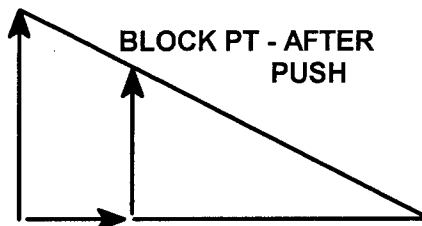
## A. INSIDE BLOCK:

THIS BLOCK SCHEME IS DESIGNED TO PUT AS MUCH PRESSURE AS POSSIBLE IN THE MOST CRITICAL AREA OF PROTECTION. MORE P.A.T./FIELD GOALS ARE BLOCKED INSIDE THAN OFF THE CORNER. THE CONCEPT OF THE INSIDE BLOCK IS TO GET ENOUGH VERTICAL PUSH TO GET IN THE TRAJECTORY OF THE KICK.



THIS TECHNIQUE CAN BE USED ANYPLACE ALONG THE FRONT

**BLOCK POINT – NO PUSH**

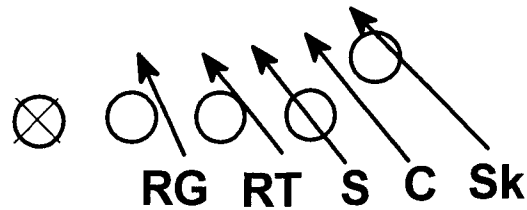


**L.O.S. 2YDS TRAJECTORY OF KICK**

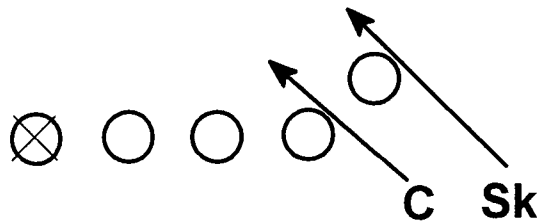
1. THE MOST IMPORTANT POINT HERE IS THAT WE GET **PENETRATION**. TO DO THIS WE MUST GAIN PHYSICAL LEVERAGE ON THE PROTECTORS (PAD-UNDER-PAD). AFTER HITTING THE PROPER LEVERAGE IT IS IMPORTANT TO INITIATE VERTICAL AND UPWARD PUSH ON THE PROTECTORS. **GET HANDS UP!** MOST BLOCKS COME FROM THE INSIDE.

## B. OUTSIDE BLOCK

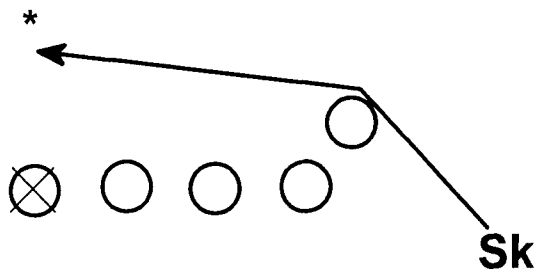
THE THEORY BEHIND THIS BLOCK IS TO ESTABLISH, BY ALIGNMENT, A NUMERICAL ADVANTAGE AND STRATEGICALLY PLACE BLOCKERS IN THE INNERMOST AREA OF THE INSIDE GAP. BY DOING THIS WE WILL HOPEFULLY FREE AN INSIDE RUSHER OR CAUSE THE PROTECTORS TO BLOCK FARTHER TO THE INSIDE THAN THEY WANT, THEREBY SHORTENING THE CORNER AND ALSO THE DISTANCE OUR OUTSIDE RUSHER (SKINNER) HAS TO GO TO THE BLOCK POINT. EVEN IF WE DON'T BLOCK IT, THIS CAN BE A GREAT BOTHER TO THE KICKER BY GETTING INTO HIS VISION.



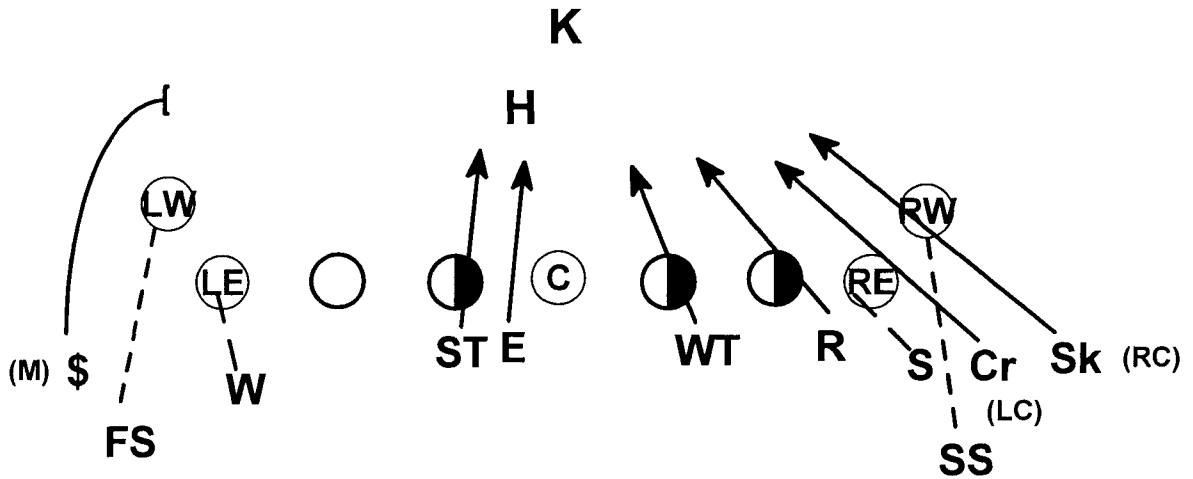
1. BY DOING THIS WE HAVE PUT THE WING IN A POSITION WHERE HE HAS TO BLOCK 2 RUSHERS. THE KEY TO THIS OUTSIDE RUSH IS **SPEED AND TECHNIQUE**. THE 2<sup>ND</sup> MAN (**CRASHER**) WILL "JUMP" THE D-GAP BETWEEN THE TIGHT END AND THE WING.



2. THE **SKINNER** MUST BE TIGHT OFF THE HIP OF THE WING. AS THE WING BLOCKS HIS OUTSIDE HIP WILL MOVE. ADJUST YOUR PATH AND GET YOUR SHOULDER UNDER HIS ARMS AS YOU **FLATTEN** OUT TO THE BLOCK POINT. MAKE IT A **SHARP** ANGLE. GET YOUR OUTSIDE ARM OVER THE BLOCK POINT, ALWAYS..... **LAY OUT!!!!!!**



# EDGE BLOCK RIGHT

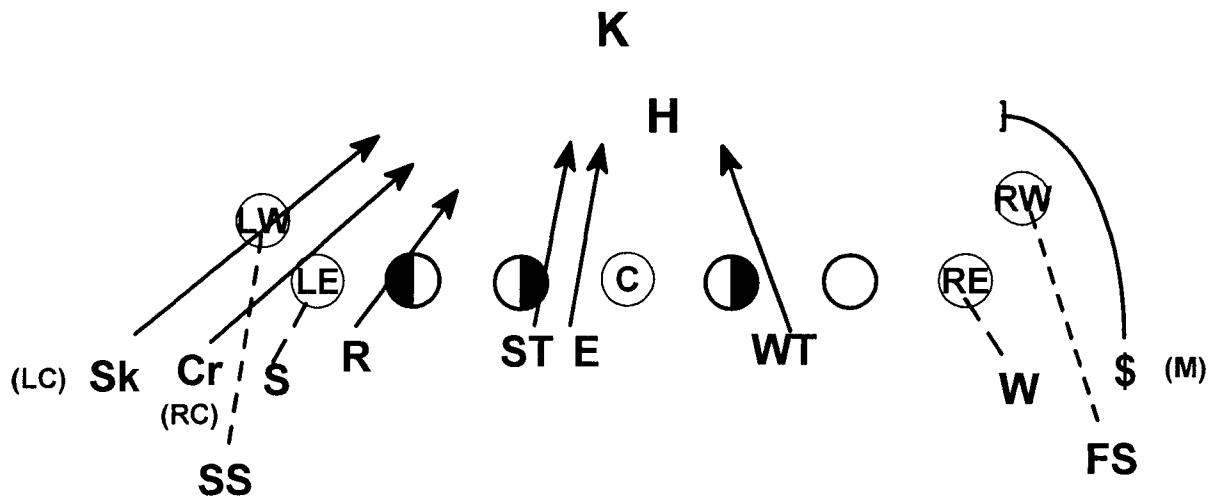


SAFETIES: MAN TO MAN ON WINGS  
 SAM & WILL: MAN TO MAN ON ENDS  
 \$: CONTAIN

RUSH: C-GAP TO BLOCK SIDE

SAM, WILL, STRONG & FREE: LOOK OUTSIDE FIRST FOR FAKE ALIGNMENT

# EDGE BLOCK LEFT



RUSH: C-GAP TO BLOCK SIDE

SAFETIES: MAN TO MAN ON WINGS  
 SAM & WILL: MAN TO MAN ON ENDS  
 \$: CONTAIN