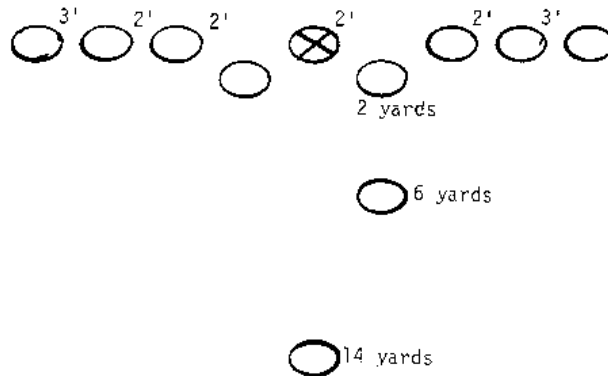


PUNT AND COVER



I. General

Assemble on the sideline on 3rd Down with Coach Arnold. Sprint on the field on his command and line up on ball. We don't huddle on field.

II. Alignment

Center: Over the ball
Guards: Two (2) feet from center
Tackles: Two (2) feet from guards
Ends: Three (3) feet from tackles
Upbacks: Between the center and guard (head must be behind their tail) 2 yards depth.
Fullback: Six (6) yards deep, just to the right of the center.
Punter: 14 yards deep.

III. Stance

Guards, Tackles, Ends and Upbacks:

1. Feet armpit width apart
2. Inside foot back heel-toe. Over Exaggerate!
3. Slight bend in knees
4. Slight bend at waist
5. Hands on thigh, elbows in tight
6. Head up, see ball out of corner of eye

Fullback: Same as others except the wrists are on the knees, hands open.

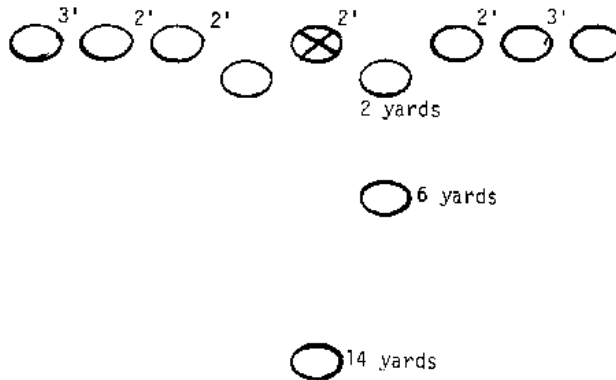
IV. Cadence

Our fullback will allow enough time for front line to get set. we will give all commands, check to see if punter is ready and determine if proper number of substitutions have entered the game. The center will snap ball anytime after fullback has given the command "Ready".

V. Blocking Rules

- Center: Snap ball - get to punter in .8 seconds at waist level. Sprint to ball. No blocking responsibilities, unless game planned.
- Guards: Watch the ball through peripheral vision. On the snap, step to 3 o'clock, outside foot upfield and parallel, keeping your inside foot anchored execute "High Slam" technique. Keep shoulders square, stop everything in tracks. You are responsible for anyone from your nose to nose of the tackle. You have no inside responsibility. Sprint to proper coverage.
- Tackles: Watch the ball through peripheral vision. On the snap, step to 3 o'clock, outside foot upfield parallel, keeping your inside foot anchored execute "High Slam" technique. Keep shoulders square stop everything in tracks. You are responsible for anyone from your nose to nose of the end. You have no inside responsibility. Sprint to proper coverage. Listen for me-you call.
- Ends: Watch the ball through peripheral vision. On the snap, step to 3 o'clock, outside foot upfield parallel, keeping your inside foot anchored execute "High Slam" technique. You are responsible for the first man to show outside your nose. If defender is aligned wider than normal or 2 men threaten, come straight back taking inside man. Sprint to proper coverage. Make me-you call.
- Upbacks: On the snap take a short jab step with your inside foot. Stay square block any and all in Center-Guard gap. Don't roll shoulders.
- Fullback: Don't ever back-up. Scan middle, right, left. Attack the first off-color. Always favor side of punter! You are a safety to the right side.
- Punter: You are safety to left side.

PUNT AND COVER



I. General

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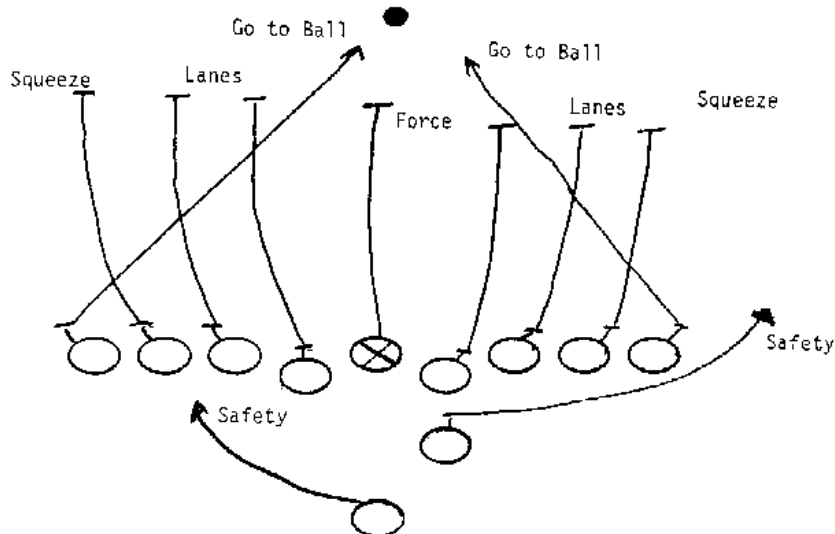
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3. Slight bend in knees
4. Slight bend at waist
5. Hands on thigh, elbows in tight
6. Head up, see ball out of corner of eye

Fullback: Same as others except the wrists are on the knees, hands open.

VI. Coverage Responsibilities



In this coverage scheme, we will fan out and cover thirty yards of the field. Get width and depth simultaneously as you cover in lanes five yards apart. If you come off the L.O.S. and see a teammate crossing in front of you - work to an open lane. Never follow your own color jersey to the ball. You must sprint full speed until you are six yards from the ball and then break down into hitting position. Always keep proper leverage on the ball. Work to keep it in front and on your inside shoulder, then squeeze the ball carrier and tackle high. Therefore the coverage lanes are:

- Center - Perfect snap, sprint to the ball; use coverage principles, break down 6 yards in front of receiver.
- Upbacks - Release between center and guard gap after blocking area, sprint to ball breakdown six yards in front and five yards outside, keep leverage on ball carrier with inside shoulder make tackle.
- Guards - Block your area of responsibility and sprint to ball; use coverage lane principles six yards in front and five yards outside of upback. You should break down with ball ten yards inside of your alignment before squeezing.
- Tackle - Block your area of responsibility and sprint to the ball break down six yards in front and five yards from guard. You should be fifteen yards outside of football, never let anyone outside of your alignment squeeze ball carrier outside in.

Coaching Point: If you become point man sprint directly to the ball - make receiver commit himself.

Ends - Executes blocking technique and sprint directly to the ball. Make receivers commit themselves. Remember we must give receiver an opportunity to catch the punt. If he signals for a fair catch, expect a fumble.

Coaching Point: If you are contain man, execute blocking technique and sprint to ball using coverage lane principles. Keep leverage on ball six yards in front of you and fifteen yards inside of your alignment. Never letting anyone outside of your contain.

Fullback - You are the right safety and are responsible for covering fifteen yards behind the 2nd wave - five yards outside our contain man on outside of the ball.

Punter - You are the left safety and are always covering fifteen yards behind the 2nd wave - five yards outside our contain man.

Me-You Contain Calls

Tackle and ends will exchange assignment depending on who is in the most advantageous position to become our point man. Ends make calls.

Calls - Me: Regular coverage principles, tackle contain.

You: Call made by ends to tell tackle that he is now point man - go directly to football.

VII. General Coaching Points:

- A. On a short punt the fullback calls "Short Right" or "Short Left". This alerts the covering team that the ball has been kicked short and that they should look up and find the ball. The punt team members should be alert for a return and to down the ball.
- B. The ball must be downed with two hands when the fielding team doesn't return the ball.
- C. The punt returner must be given a 2 yard cushion on all fair cushion.
- D. The upbacks can close the split of the guard if they feel they need help in stepping inside rush.
- E. The fullback can move to the left side at the center if he feels that the most pressure will come from the left.

UNIVERSITY OF MIAMI

KICK-OFF RETURNS

1989-1990-1991-1992

1989

K-O RET AVG. - 14.7
AVG. STARTING PT. - 25.75

RETURNS STOPPED INSIDE 20 -

4 OF 25 = 16%

1990

K-O RET AVG. - 17.83
AVG. ST. PT. - 24.97 YD LINE

RETURNS STOPPED INSIDE 20

4 OF 24 = 17%

1991

K-O RET. AVG. - 15.78
AVG. ST. PT. - 28.6 YD LINE

RETURNS STOPPED INSIDE 20

2 OF 29 = 7%

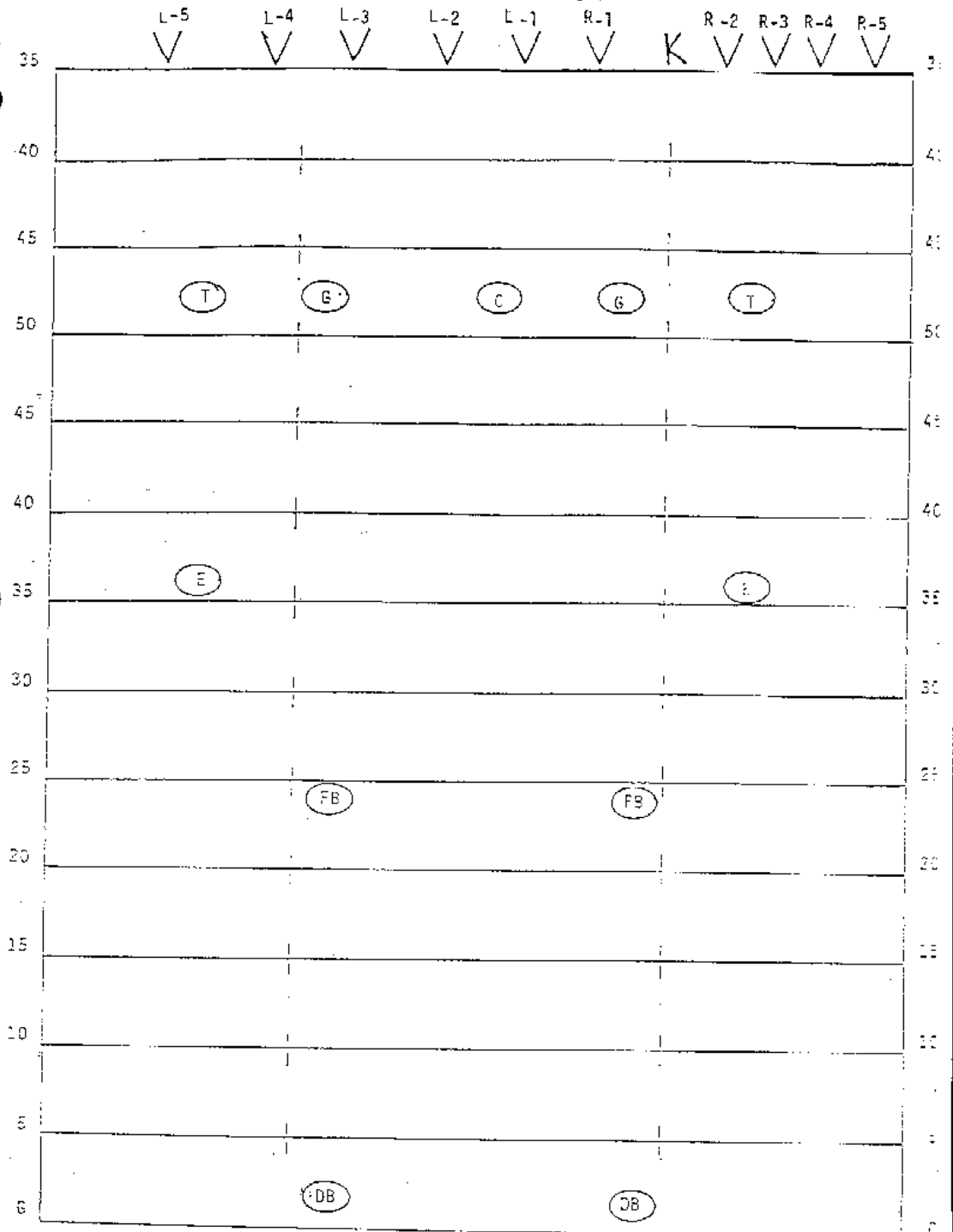
1992

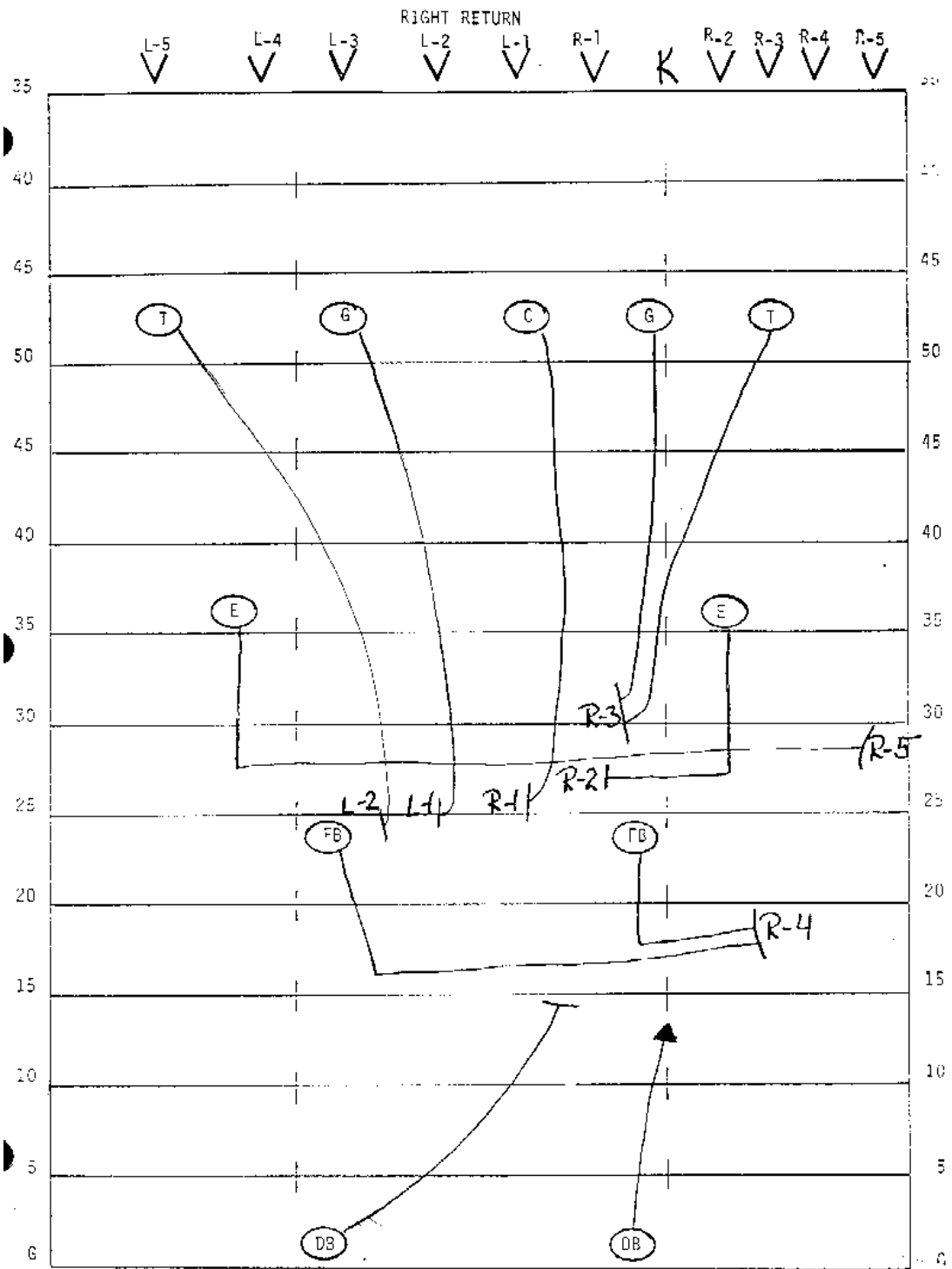
K-O RET. AVG. - 22.2
AVG. ST. PT. - 30.0 YD LINE

RETURNS STOPPED INSIDE 20

3 OF 25 = 12%

KICK-OFF RETURN ALIGNMENT





RIGHT KICK-OFF RETURN

Assignments:

Lineman:

Right Tackle Turn to the inside - sprint back to 30 yard line maintaining outside leverage on R-3 and block him to inside, with right guard.

Right Guard Turn to the inside - sprint back to 30 yard line maintaining outside leverage on R-3 and block him to inside. Get shoulder to shoulder with right tackle.

Center Turn to inside - sprint back to the 25 yard line gaining leverage on R-1 and block him to inside.

Left Guard Turn to inside and sprint back to the 25 yard line and block L-1, take away from return.

Left Tackle Turn to inside and sprint back to the 25 yard line and block L-2, take away from return.

Ends

Right End Turn to the inside and sprint to 30 yard line maintaining inside leverage on R-2 and block him to the inside.

Left End Drop to 35 yard line come across field at angle, kick R-5 out.

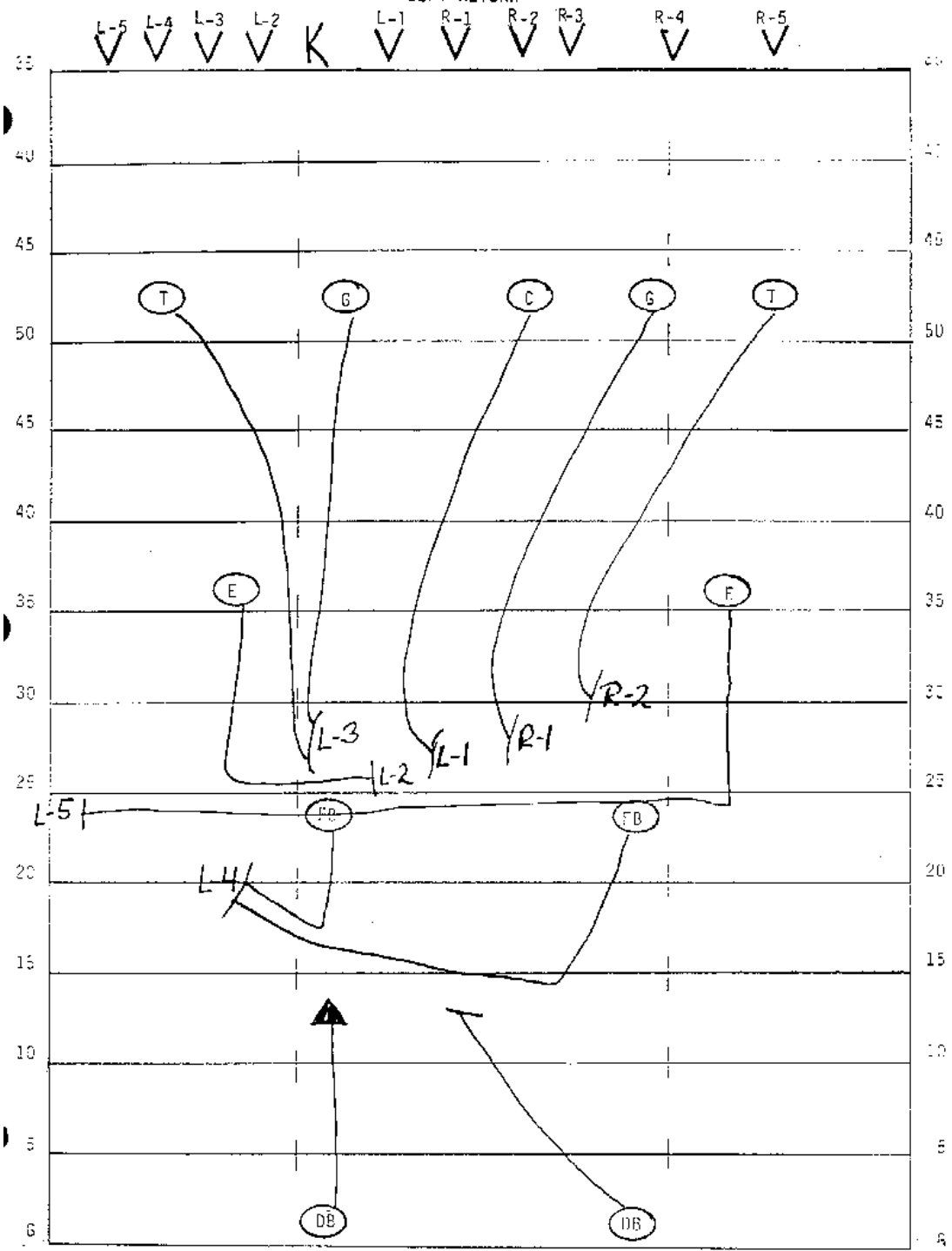
Fullbacks

Come together between 15 and 20 yard line double team R-4, kick him out.

Deepbacks

Communicate who is catching ball - always catch ball in front of you - set up return by starting up field and breaking out. Back not catching ball is lead blocker always looking for most dangerous defender,

LEFT RETURN



LEFT KICK-OFF RETURN

Assignments:

Linemen:

Left Tackle Turn to inside - sprint back to 30 yard line maintaining outside leverage on L-3 and block him to inside, with left guard.

Left Guard Turn to inside - sprint back to 30 yard line maintaining outside leverage on L-3 and block him to inside. Get shoulder to shoulder with left tackle.

Center Turn to the inside - sprint back to 25 yard line gaining leverage on L-1 and block him to inside.

Right Guard Turn to the inside and sprint back to the 25 yard line and block R-1, take away from the return.

Right Tackle Turn to inside and sprint back to the 25 yard line and block L-2, take away from return.

Ends:

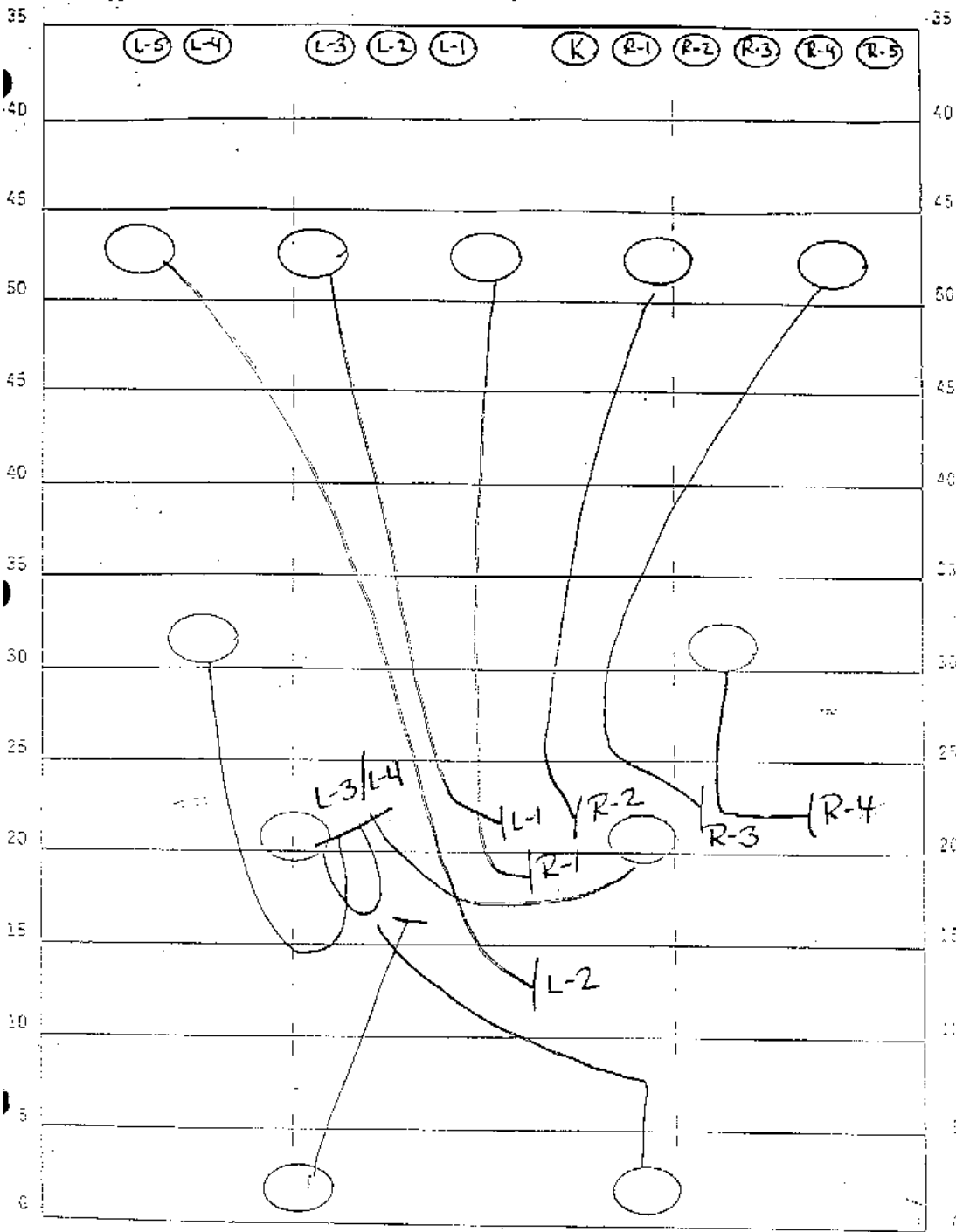
Left End Turn to inside and sprint to 30 yard line maintaining inside leverage on L-2 and block him to the inside.

Right End Drop to 35 yard line come across field at angle, kick L-5 out.

Fullbacks Come together between 15 and 20 yard line double team L-4, kick him out.

Deepbacks Communicate who is catching ball - always catch ball in front of you - set up return by starting upfield and breaking out. Back not catching ball is lead blocker - always look for most dangerous defender.

Kick-off Return Opposite



UNIVERSITY OF MIAMI
1989, 1990, 1991 and 1992 KICK-OFF COVERAGE COMPARISON

EFFECTIVE KICK-OFF COVERAGE

	<u>1989</u>	<u>1990</u>	<u>1991</u>	<u>1992</u>
0-19 YARD LINE	19/76/25%	10/77/13%	18/70/25%	9/67/13%
*20-25 YARD LINE	30/76/39%	38/77/49%	36/70/51%	30/67/45%
26-29 YARD LINE	16/76/21%	9/77/12%	8/70/11%	11/67/16%
30-39 YARD LINE	10/76/13%	13/77/17%	6/70/9%	14/67/21%
40-49 YARD LINE	1/76/1%	2/77/3%	2/70/3%	2/67/3%
50+ YARD LINE	-----	5/77/6%	-----	1/67/1%
TD's	-----	2	-----	1

*TOUCHBACKS INCLUDED IN THIS CATEGORY

AVERAGE KICK-OFF COVERAGE (Returned Kicks Only)

	<u>1989</u>	<u>1990</u>	<u>1991</u>	<u>1992</u>
0-15 YARDS	32/68/47%	18/57/32%	23/49/47%	19/61/31%
16-20 YARDS	25/68/37%	13/57/23%	11/49/22%	18/61/30%
21-25 YARDS	7/68/10%	10/57/18%	8/49/16%	16/61/26%
26-30 YARDS	2/68/3%	8/57/14%	5/49/10%	7/61/11%
31-44 YARDS	2/68/3%	4/57/7%	2/49/4%	-----
44-55 YARDS	-----	2/57/4%	-----	-----
55+ YARDS	-----	2/57/4%	-----	1/61/2%

KICK-OFF EFFICIENCY - HANG TIME and DISTANCE

	<u>1989</u>	<u>1990</u>	<u>1991</u>	<u>1992</u>
AVERAGE DISTANCE	6.69 YD LINE	5.45 YD LINE	6.69 YD LINE	6.9 YD LINE
AVERAGE HANG TIME	3.77 SEC.	3.44 SEC.	3.54 SEC.	3.52 YD LINE

I. Kick-off

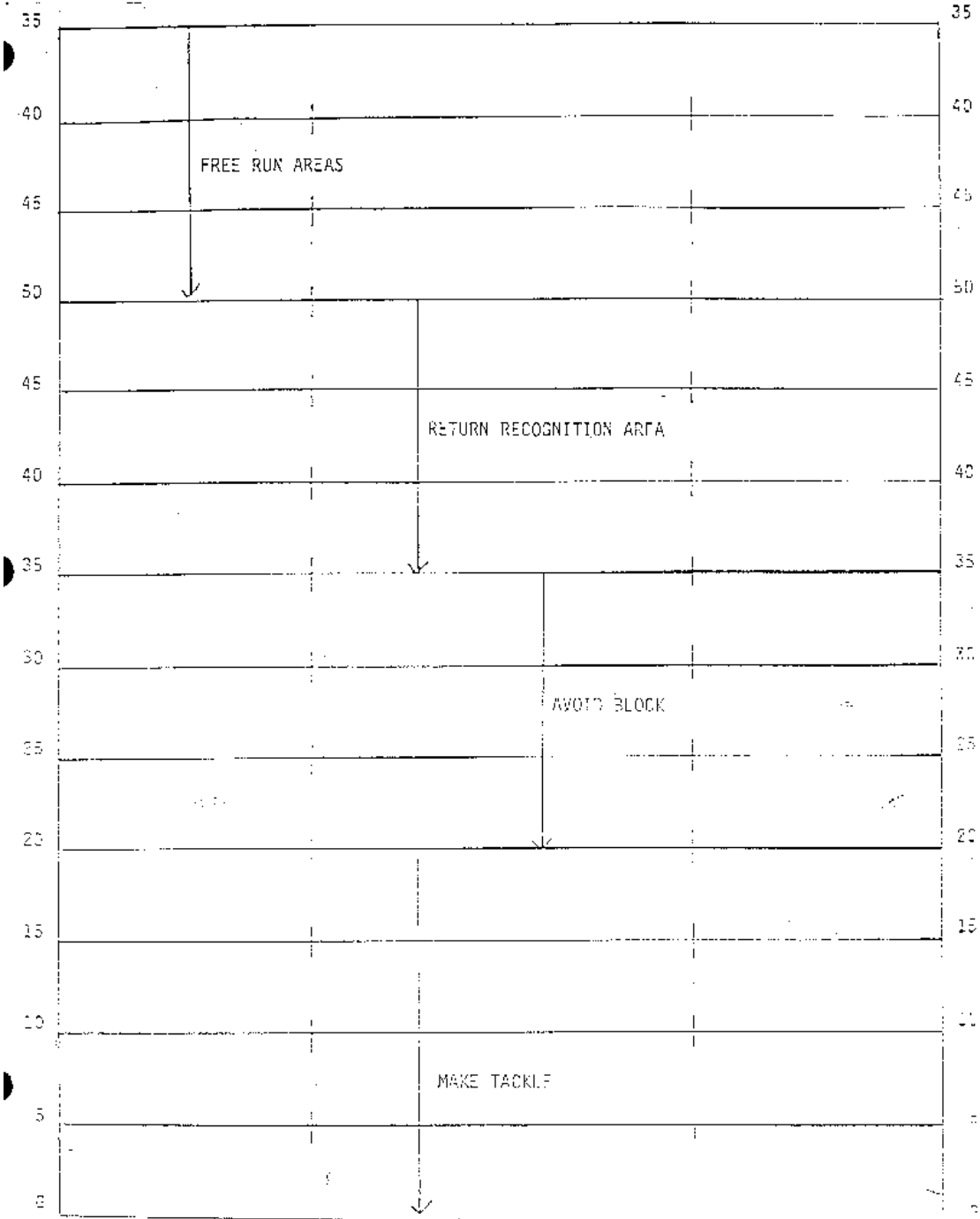
A. General Rules

1. Don't be offsides - stay behind the ball until it is kicked. Must have good timing with kicker.
2. Once the ball has traveled 10 yards it belongs to the team who recovers it. The ball does not have to go 10 yards if the receiving team touches it.
3. If the ball goes into the end zone without being touched, it is dead when it hits in the end zone; if the ball has been touched by an opponent and goes into end zone, we are able to recover it for a touchdown.
4. If the ball is kicked high and has not touched the ground, the opponent has the right to field the ball before it touches the ground. We cannot interfere with the opponent's opportunity to catch the ball until it has struck the ground.
5. A member of the receiving team can signal for a fair catch and field the ball without being tackled or blocked unless he fumbles the ball. (Ball cannot have touched the ground.)
6. All kick-offs must be covered! Do not anticipate an official's whistle. Go all out until the whistle blows.
7. No player of the kicking team can tackle or block an opponent who has completed a fair catch. Only the player making a fair catch has this protection.

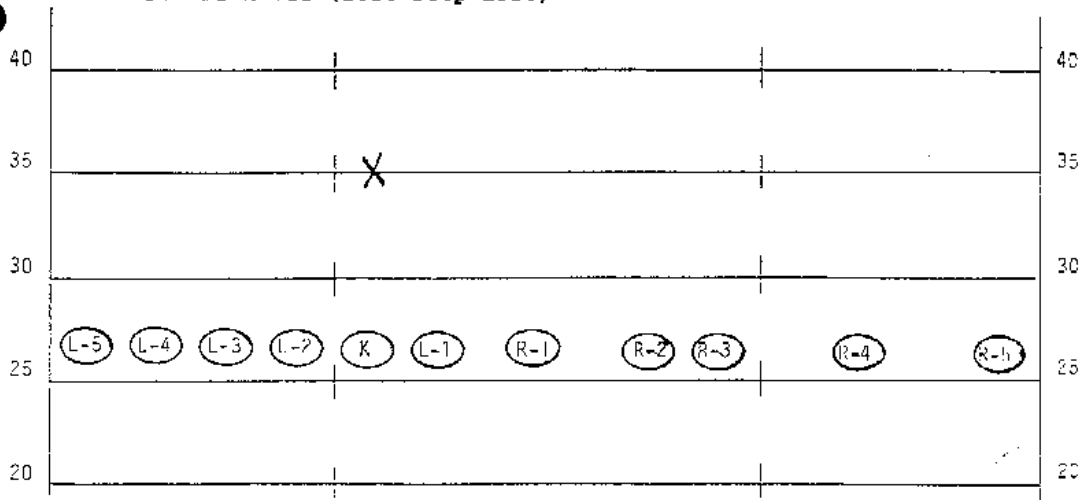
B. Reminders

1. Must have great get-off, timing with kicker.
2. Cover you lane (avoid blocker, opposite direction he is trying to block you), return to lane immediately.
3. Do not follow your teammate.
4. Don't be magnet; get off blocks.
5. Must never lose contain. Keep ball carrier on inside shoulder.
6. Tackle inside 20.
7. Always sprint to end zone on balls kicked into end zone.
8. B.Y.A.

C. KICK-OFF COVERAGE AREAS



D. Kick-off (Left Deep Left)



1. Alignment - Twenty-seven (27) yard line, ball of foot nearest kicker on line.

2. Stance - Two-point stance, hands on knees, turned slightly toward kicker.

3. Assignments:

L-5 - Align four yards from sideline on the side of the kickoff. Sprint to five yards in front of the ball and contain. Stay square.

L-4 - Align, splitting the difference between #1 and #3 on the side of the kickoff. Sprint to the ball depth and tackle the ball carrier. Stay square.

L-3 - Align four yards outside the hash mark on the side of the kickoff. Sprint to the depth of the ball and tackle the ball carrier. Stay square.

L-2 - Align two yards outside the hash on the side of the kickoff. Assume the kicker's coverage lane right down the hash mark. Sprint to the ball depth and tackle the ball carrier. Stay square.

Kicker - Place ball in area 2 yards either side of hash. Kick hard through the ball - keep the ball between hash and numbers. You are the safety man. Sprint twenty yards downfield and bracket the ball from outside - in with R-5.

L-1 and R-2 - Align four yards inside the hash mark (L-1 to the side of kickoff; R-2 opposite side of kickoff). Sprint to the ball and make the tackle. Stay square.

R-1 - Align splitting the difference between L-1 and R-2. Sprint to the ball and make the tackle. Stay square.

R-3 - Align on the hash mark opposite the kickoff. Sprint hard to the depth of the football and tackle the ball carrier.

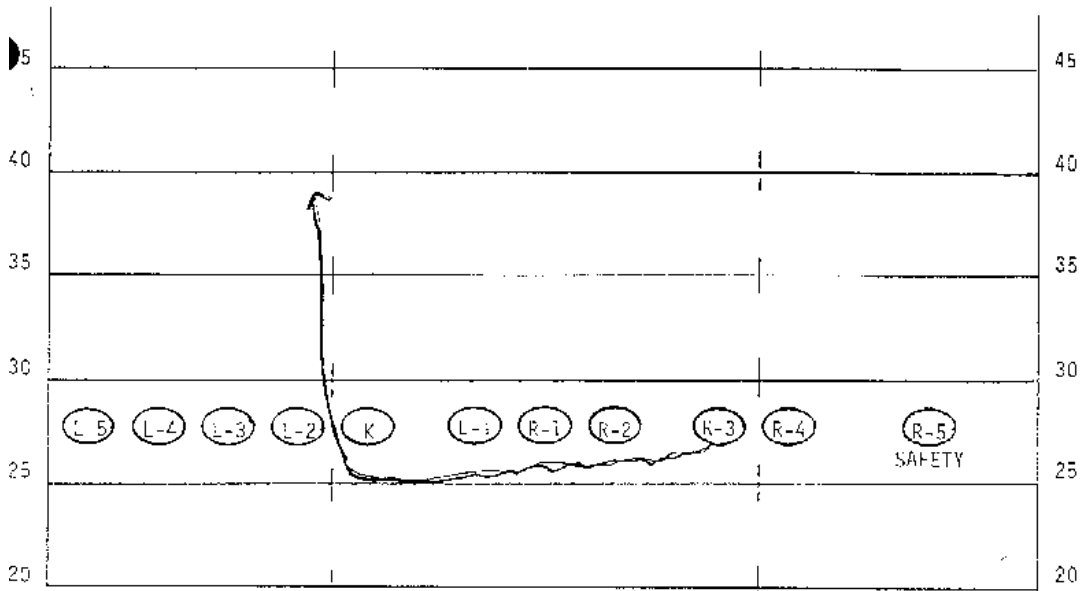
R-4 - Align four yards outside the hash mark opposite the kickoff. Sprint to five yards in front of the ball and keep all opponents inside of you. Contain and stay square.

R-5 - Align five yards outside #10 opposite the kickoff. You are the safety man. Sprint 15 yards downfield and bracket the ball with the kicker. You are responsible for secondary contain on a return to your side.

*Basic Rule in Kick-off Coverage:

If ball carrier is 10 yards or farther behind blocker, then go around and return to your lane immediately. If ball carrier is less than 10 yards behind the blocker, get your hands on the blocker and play off to the ball.

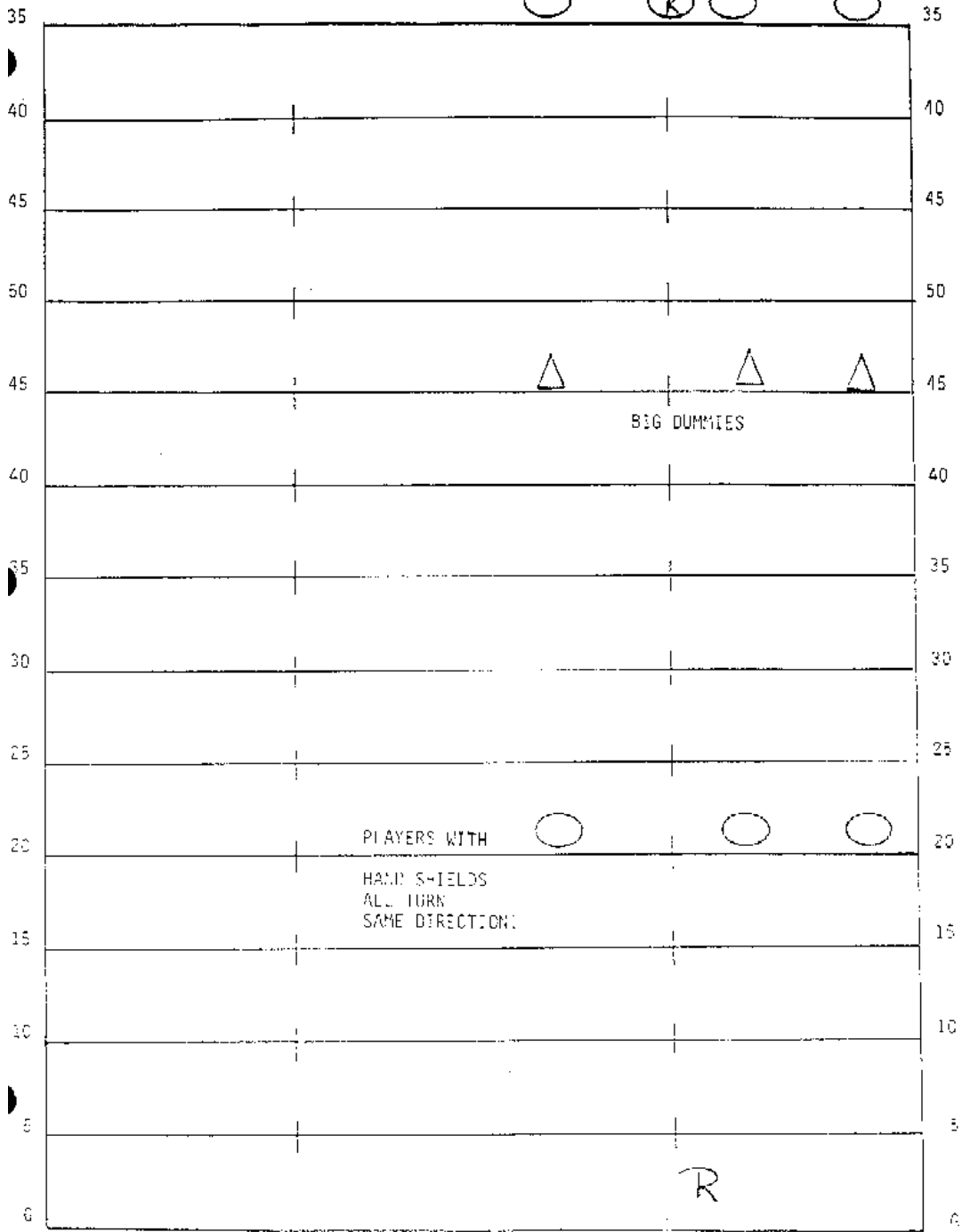
KICK-OFF (LEFT DEEP LEFT SPY)



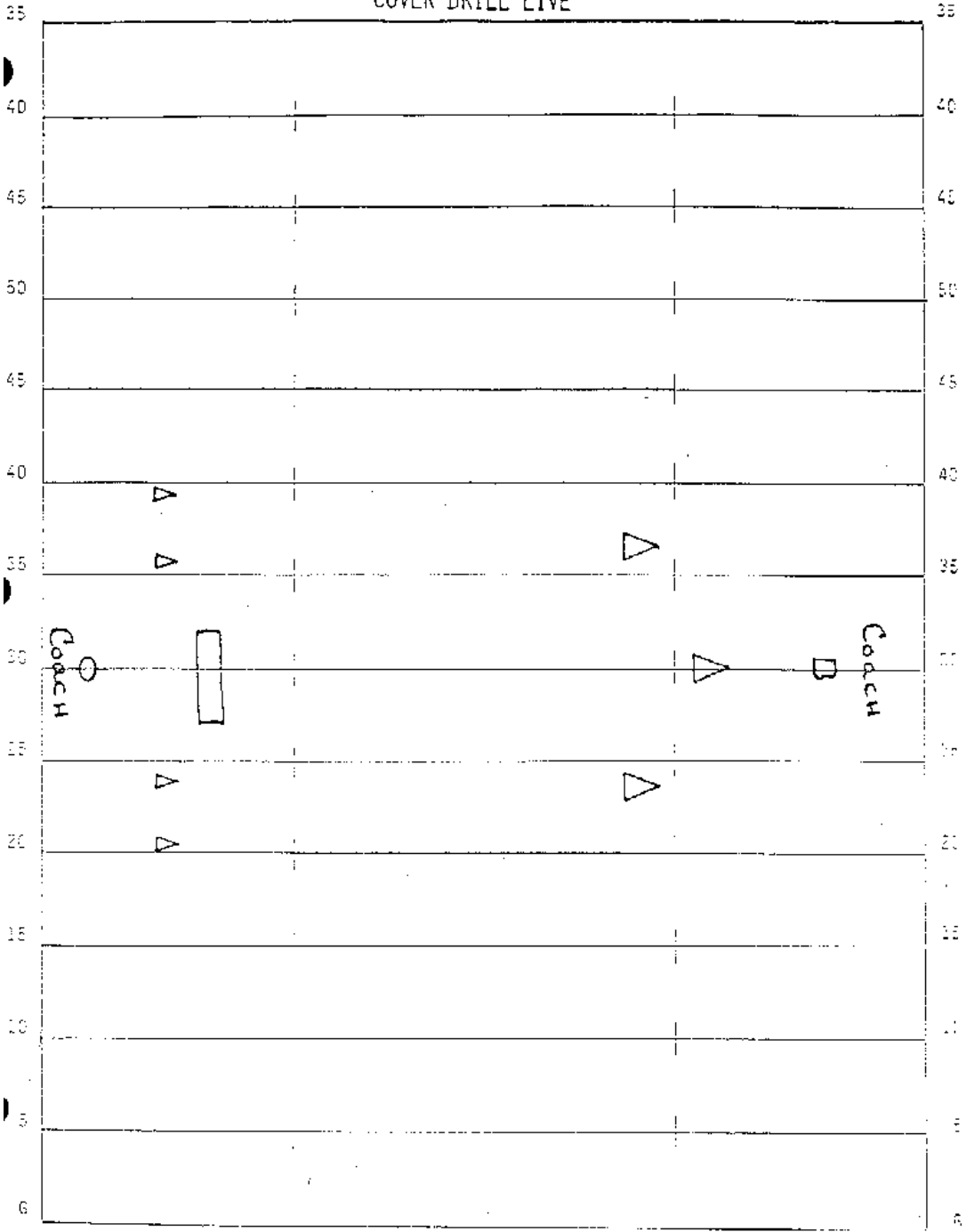
Assignments:

- L-5 - Sprint downfield 3 yards from sideline, no more than 2 yards behind L-4. Play the ball off the block on L-4.
- L-4 - Sprint downfield 7 yards from sideline. Contain all returns.
- L-3 - Sprint downfield 4-5 yards from L-4.
- L-2 - Sprint downfield 4-5 yards from L-3
- K - Kick ball between hash and numbers - you are safety.
- L-1 - Sprint downfield 4-5 yards from L-2.
- R-1 - Sprint downfield 4-5 yards from L-1.
- R-2 - Sprint downfield 4-5 yards from R-1.
- R-3 - Move behind line to designated hole and sprint to ball according to return. No lane assignment.
- R-4 - Sprint downfield 4-5 yards from R-2. Contain all returns.
- R-5 - Safety

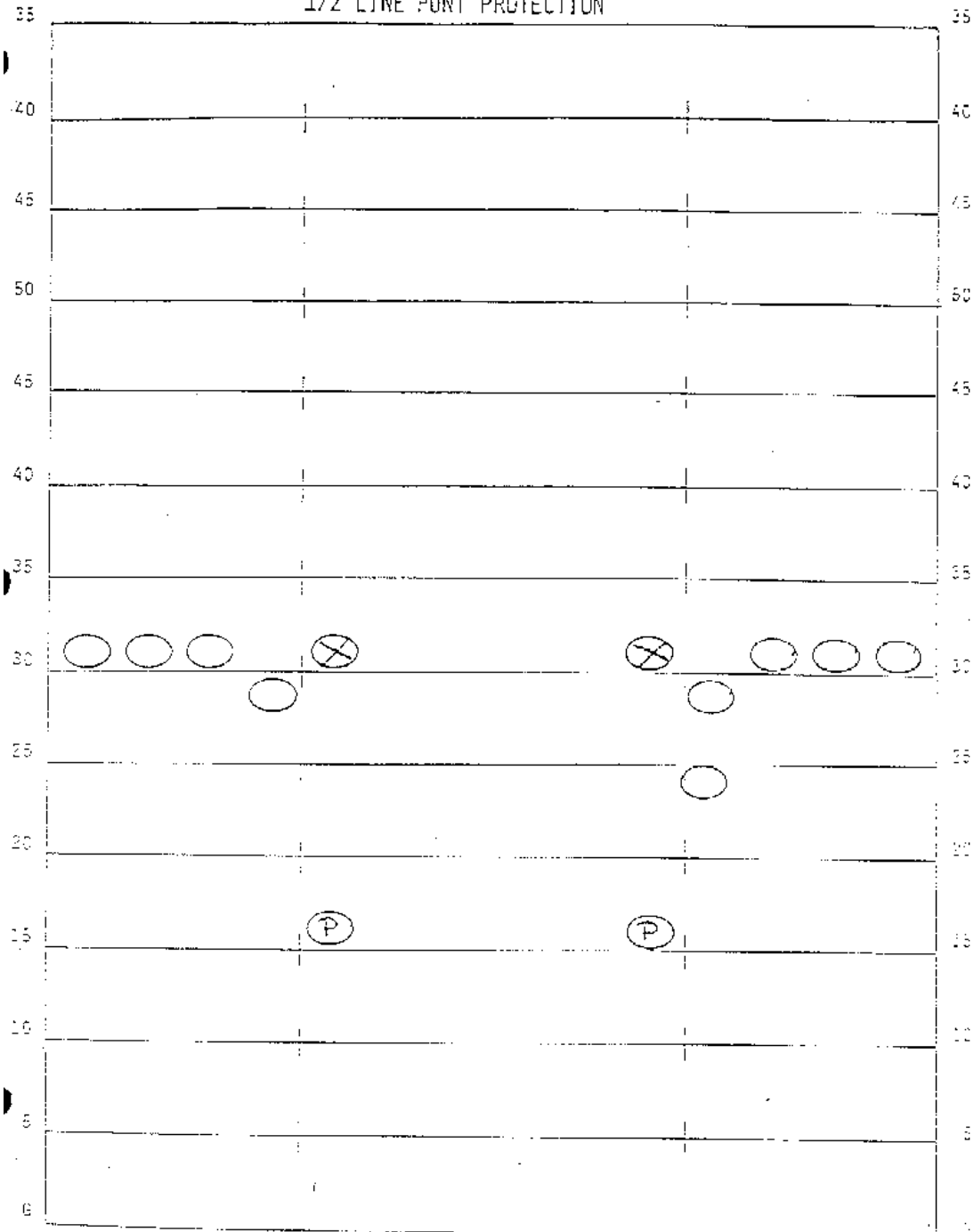
1/2 LINE KICK-OFF COVER

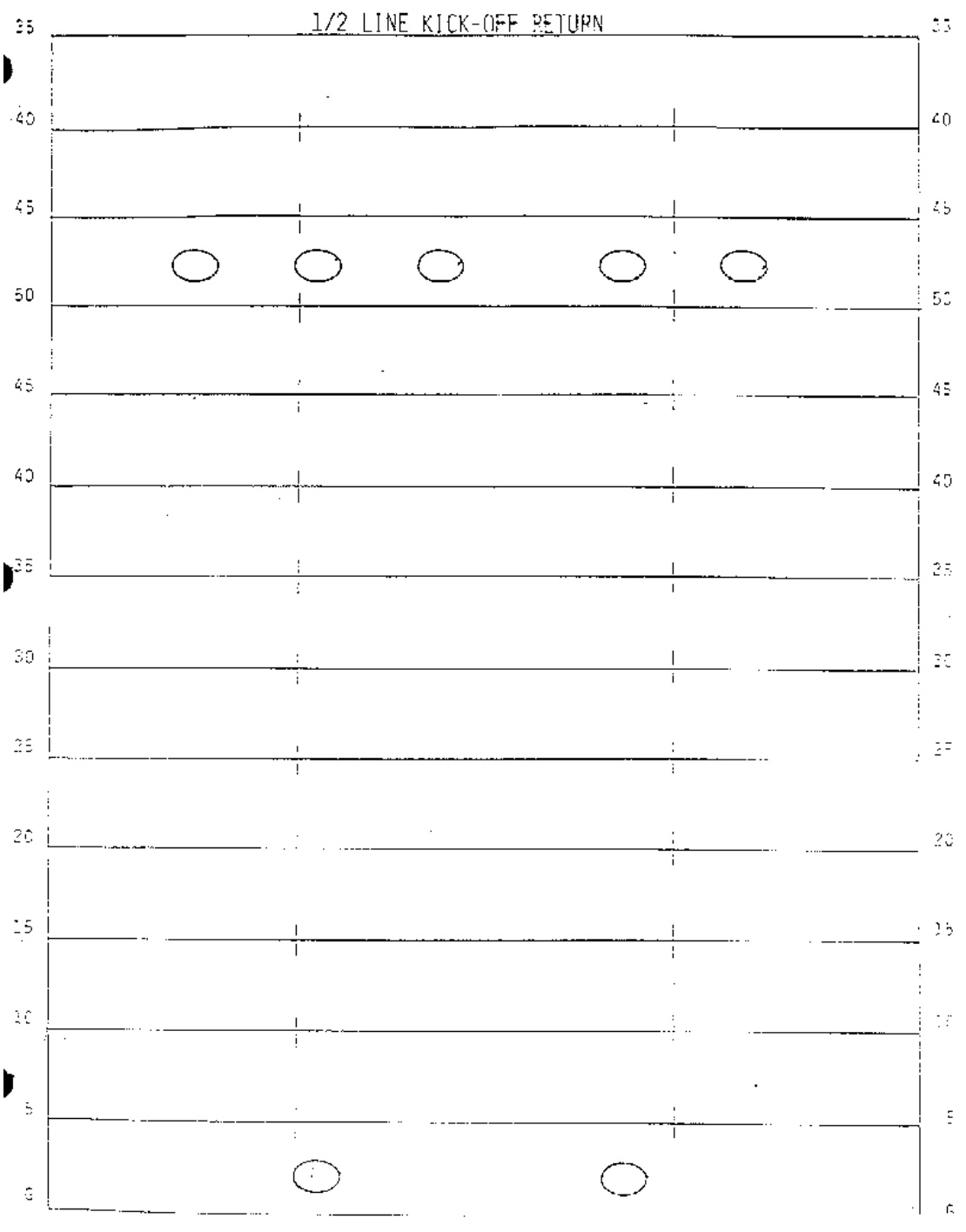


COVER DRILL LIVE



1/2 LINE PUNT PROTECTION





I/2 LINE KICK-OFF RETURN

