

Special Teams

College

Small Bay Area

## PHILOSOPHY OF THE KICKING GAME

There are three equally important departments of play in football:

- 1) Defense
- 2) Offense
- 3) Kicking

Most teams give sufficient attention to the first two departments listed above but tend to be negligent when it comes to kicking. A team which is deficient in the kicking department operates at only 66% efficiency.

One out of every five plays in a game is a kick of some sort. It should be further noted, however, that something very unusual occurs on every kicking play in a game. One, or more, of the following three events take place on every kick, while they usually do not occur frequently on other scrimmage plays:

1. A sizeable amount of yardage is involved (40 yards or more)
2. There is a change of ball possession involved.
3. A specific attempt to score points is involved (PAT or Field Goal attempt).

The plays which involve the kicking game, therefore, are weighted heavily insofar as they effect the time and outcome of the game.

Many of the big breaks in a game occur on a kicking play. Breaks usually happen when a team or a player is unprepared for a situation. Where a team is prepared, the chance to capitalize upon a break presents itself at a most opportune time.

The kicking game breaks mark the difference between winning and losing. When one team takes little pride and pays too little attention to kicking, they become victims of these bad breaks.

## SCOPE OF THE KICKING GAME

When most people think of the kicking game they think only of the person doing the punting or the place kicking. This, of course, is the height of short sightedness. As important as good, sound kickers are, they represent only a fraction of what we refer to when we speak of the "kicking game."

Punt protection and coverage, fielding kicks, punt returns, punt blocks, field position and considerations, PAT & field goal protection, defending PAT's and field goals, field goal coverage and returns, fake kicks and fake kick defense, kick-off coverage, squib kickoffs, short kick-offs, preparations for defending the short kick-off, kicking tactics, strategy, fundamentals, kicking game rules - all of these help comprise what we call the kicking game. To have a good kicking game we must be proficient in all these areas.

## ELEMENTS OF A SUCCESSFUL KICKING GAME

### I. Elimination of Mistakes

Most mistakes made in the kicking game are caused by a lack of belief in its importance. Lack of belief leads to a lack of concentration and from that follows poor protection, poor coverage, and slipshod application of the complex kicking game rules. Belief in the importance of the kicking game is the key to elimination of mistakes.

## II. Intensity

Although intensity is essential in all areas of the kicking game, it is best observed in how you cover kicks (punts, kick-offs, field goals). Football's true test of courage is covering kicks. No one will ever return a kick for a touchdown against us unless one man fails to go all out.

## III. Fundamentals

Kicking involves many precise skills. Punters, snappers, holders, and place kickers must work many extra hours at perfecting their skills. They must concentrate when practicing. Distances at which kickers and holders locate themselves, along with timing in snaps and getting kicks away, are details which must be worked at earnestly and tirelessly. These times and distance requirements are precise, and they require constant attention.

## IV. Attitude

The key to an individual's success can be directly attributed to his attitude of mind.

### THE GAME BREAKERS

1. Return a kick-off for a touchdown.
  2. Return a punt for a touchdown.
  3. Return a blocked field goal attempt for a touchdown.
  4. Force and recover a kicking game fumble.
  5. Block a punt.
  6. Block a field goal.
  7. Block a PAT if they have scored.
  8. Force a bad snap.
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9. Recover short kick-offs (ours or theirs) if they are any attempted.

### TO WIN, THE KICKING TEAMS MUST:

1. Keep opponents to an average return of 6.0 yards or less for every-time we punt. \_\_\_\_\_
2. Average better yardage per punt return than our opponent. \_\_\_\_\_
3. Average better net yardage (punt minus return) than our opponent (most important) \_\_\_\_\_
4. Hold opponents to 26 yardline or less average as starting point following their kick-off returns. \_\_\_\_\_
5. Average returning our kickoffs to the 30 yardline or better. \_\_\_\_\_
6. Do not allow any missed field goal on our part to be returned past the 20 yardline. \_\_\_\_\_

7. Kick the opponent into trouble (inside their 10 yard line) at least once (punt) \_\_\_\_\_
8. Never commit a "Game Breaker" error.
  - a) clip
  - b) breakdown punt protection
  - c) rough kicker
  - d) miss tackle
  - e) field goal protection
  - f) fumble
 \_\_\_\_\_
9. Get at least one "Game Breaker" advantage.
  - a) cause fumble
  - b) block field goal
  - c) block punt
  - d) block (x-pt)
  - e) big return (crucial time)
    - kick-off
    - punt
 \_\_\_\_\_
10. Make no decision mistakes in fielding and returning kicks.
  - a) never catch punt inside 10 yard line
  - b) catch the ball on the fly
  - c) move into ball on kick-off return
 \_\_\_\_\_
11. Score at least once or set up at least one score on a kicking game play. \_\_\_\_\_
12. Do not allow the opponents to score or set up a score on a kicking game play. \_\_\_\_\_

### TIMING

For best results and for reasons of safety, there are certain time requirements which service as performance guides for the three basic types of kicks in the game.

These are outlined below:

CONSISTENCY IS THE KEY

#### I. Punts:

A. Snap (15 yards)	0.8 seconds
B. Punter	1.3 seconds
C. Total getaway time	2.1 seconds
D. Hang time ( <u>minimum</u> )	4.3 seconds (40 yd punt)

## POSITION HINTS - KICKING GAME

### I. PUNTER

- A. Be sure to call direction of punt ("Left", "Right", "Middle", "Short")
- B. Get in front of the bad snap.
- C. Work on kicking when the bad snap occurs. When you get on in practice take advantage of the opportunity to use this as a practical experience. bring the tip of the ball into your eyes. Keep your hands where you can see them.
- D. When punting from in for near your own end zone, know the situation so that you can make the correct decision regarding whether or not to take an intentional safety if a bad snap occurs.
- E. Your most effective punt will take place in situations where you can kill the ball inside the opponent's 10 yardline.
- F. The punter with the best punting yardage average in college is hardly ever the League's best punter. Punting short in opponent's territory and punting for height rather than raw distance do not reflect in statistics, but they are very affecting punting weapons.

### II. SNAPPER

- A. Vary the rhythm you use in snapping the ball so that opponents can't "Zero-in" on exactly when to take off in rushing kicks.
- B. Approach the ball separately each time you snap in practice situations. Do not stay in one spot and merely get in a groove. This does not provide a game-like situation.

### III. PROTECTING ON PUNTS

- A. Get part of your helmet (not just a "wing") on any zone you're responsible to block.
- B. Fullback should anticipate blocking where you see an overload. Do not back-up to block.
- C. Center has only one responsibility before leaving on coverage - making a perfect snap.
- D. Remember, protection first, coverage second.

### IV. BLOCKING PUNTS

- A. We will scout and key opposing snappers to see if they:
  - 1. Rock or wind-up.
  - 2. Snap on rhythm.

B. We will scout the opposing punter to see where his foot meets the ball. Rushers will then have a landmark to cross which is approximately 18 inches in front of where the punter's foot meets the ball, usually 8 1/2 to 10 yards behind the L.O.S.

1. Do not go through this landmark towards the punter.
2. Do go across this landmark in front of the punter. Layout across this landmark.
3. Keep your hand in your field of vision and fasten your eyes on the ball.

#### V. BLOCKING PAT'S AND FIELD GOALS

A We will scout and key opposing centers to see if they:

1. Rock or wind-up.
2. Snap on rhythm

B. Interior rushmen should use strength and take-off in order to drive as deep and quickly into the backfield as they can. Get your hands high as the kicker's leg swings forward. Stay under the offensive lineman's pads and get penetration.

C. Outside rushers:

1. The man lined up inside the wingback should seek to drive through the natural gap between the wingback and the end. Try to get on a course almost parallel to the line of scrimmage. Jumper.
2. The widest rusher should drive as close outside the hip of the offensive wingback as he can. As soon as he clears he should try to get in the line of flight of the ball. This means adjusting immediately to a course almost parallel to the line of scrimmage. Skinner. Must lay out. Three step. Turn shoulders 90°.

A. Do not go at the kicker and holder.

B. Layout along the line of flight for the ball.

#### VI. PUNT RETURN SAFETIES

A Calls:

1. One safety will be designated to call: "ME!" or "YOU!" on all punts.
2. The safety not fielding the punt will call "Fair Catch!" or "Go!" so that the man fielding it will know whether or not to fair catch the punt. Also, we will attempt to help locate the most dangerous cover's position for the return man.

B. Safetymen should never line up deeper than their own 10 yard line. They should not handle a punt for which they have to retreat inside the 10.

C. Usually you will not signal for a fair catch unless you actually plan to catch the ball.

D. Generally, your first moves should take you upfield rather than trying to run wide. Start forward and then break to the sideline.

- E. Always think in terms of breaking that first tackle. This is how most long returns develop.
- F. It is bad procedure to double back in trying to evade coverers. Do not develop this habit.
- G. Body position in fielding the ball is very important. Try to be "Nose up" and moving into the ball instead of going laterally or backwards. Good position can add several yards to each return.
- H. Fasten your eyes on tip of the ball. Look it in.

## VII. KICK-OFF RETURN SAFETY MEN

### A Calls:

1. The right safety will be designated to call "ME!", or "You!" or "SHORT!" on all kick-off receptions.
  2. The left safety will call "STAY!" when a ball is kicked so deeply into the end zone that an attempted return is unwise.
- B. The safety returning the kick-off should carry the ball using a technique which is essentially straight, hard and fast:
1. It is important to be moving into the ball as you catch it instead of standing still. It gives us that extra 1/2 second and that is vital for a successful return.
  2. Think in terms of trying to blast it straight out to the 35 yardline.
  3. Do not come under control waiting for an opening to develop.

## VIII. MISCELLANEOUS

- A. Men responsible for containing the kicker (punt or field goal) when a fake kick is feared or when we are in a Safe Return should not attempt to block the kick. Your responsibility is to force him to kick on rhythm and to contain all fakes.
- B. Coverers on a punt to an opponent's goalline should not slow down if the opponents safety signals for a fair catch. Go past him to the 2 yd. line and attempt to down the ball before it goes into the end zone. Get the goal line; turn around and find the ball.
- C. The best way to avoid crossing blockers when we are on kick-off coverage is by utilizing maximum speed, not by slowing down to dodge. Key is to accelerate in the first 10 yards after crossing the 35 yard line.

## Special Teams Basic Outline

### Kick Off Coverage Teams

#### Objective

To give the defense good field position by keeping the receiving team inside the 23 yard line. Create quick turnovers. Intimidate our opponent.

#### Specialist

A kicker who kicks the ball to the goal line, and lofts it high to delay the return and allow our coverage to get down the field. He must also keep the kick in-bounds. (Rule allows return team to take the ball on the 35 yard line, or, kick over from the 30 yard line on an out of bounds kick).

#### Team

Fast sure tacklers moving down field evenly spaced with a Burning Desire to make the Tackle.

### Onside Kick Off team

#### Objective

To recover a deliberate short kick. Gain great field position for the offense.

#### Specialist

Kicker to dribble the ball a legal minimum of ten yards. Must be perfected!

#### Team

SWARM the recovery man and get the ball. We must recover all onside kicks.

### Punt-Pressure Team

#### Return Objective

To return each punt a minimum of ten yards. To always give the offense good field position. Handle each punt properly. Net 33 yards/punt.

#### Return Specialist

Quick, tricky punt returners who have sure hands and use their blockers. We must catch the ball: (seldom let one hit the ground). Fair catches should be almost non-existent when a return is called.

#### Team

Fast open field blockers using good judgment not to illegally block. Must stay onside and avoid roughing the kicker.



### Block Objective

To block the punt, giving us a touchdown or good field position. Always try to advance a blocked punt which hasn't crossed the L.O.S.

### Block Specialist

Punt rushers who are quick, aggressive who want to block kicks. Aim for the "block point".

### Team

An all out effort by blockers who are intent on blocking the punt.

## Field Goal Block Team

### Objective

To block the field goal giving us a touchdown or good field position. Always try to advance a blocked kick which hasn't crossed the L.O.S.

### Block Specialist

Blockers, jumpers, and swimmers. (Pressure inside and outside).

### Team

Some players cover for the fake and the rest are in assigned areas for the block.

### Extra Point Blocks

The true test of the intensity of a football team. (Either team may advance a blocked P.A.T.)

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## Kick Off Return Team

(great field position weapon since the kick off is from the 35 yard).

### Objective

To return every kick off at least to own 30 yard line.

### Return Specialist

Returners with fine speed and the desire to "pop" through the wedge. Catch every ball.

### Team

Open field blockers up front plus a wedge that will block on the run. This includes backs to catch short kicks plus an intelligent "captain of the wedge."

## Hands Team

### Objective

Recover the ball. Protect the man who recovered it.

### Specialist

Quick, aggressive men with good hands.

### Team

Recovery men to field the ball. Blockers to protect our recovery men. Two safeties to handle all kicks which travel past the front people.

## Punt Team

### Objective

Good field position-less than 3 yards per return. Force a fair catch. Cause a fumble and recover it. Down the ball inside the ten yard line.

### Specialist

A punter who gets more height than distance and also consistently places the ball on or inside the ten yard line. A punter who kicks best inside our own twenty yard line.

A center who has an accurate snap every time. (.8)

### Team

Speed is necessary to get to the ball carrier. Block first. Maintain the moving rake to the ball. Never follow the same colored jersey. Breakdown- then gang tackle. Block release cover tackle.

## Punt Fakes (Run or Pass)

### Objective

Get the first down or score a touchdown.

### Specialist

A personal protector who uses good timing and judgment of when to use an automatic run or pass. Most important is to get the first down.

### Team

Alert to when and why we use this weapon. All assignment must be carried out for it to be successful. Be alert to check to a punt.

### Block Objective

To block the punt, giving us a touchdown or good field position. Always try to advance a blocked punt which hasn't crossed the L.O.S.

### Block Specialist

Punt rushers who are quick, aggressive who want to block kicks. Aim for the "block point".

### Team

An all out effort by blockers who are intent on blocking the punt.

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### Return Specialist

Returners with fine speed and the desire to "pop" through the wedge. Catch every ball.

### Team

Open field blockers up front plus a wedge that will block on the run. This includes backs to catch short kicks plus an intelligent "captain of the wedge."

### Field Goal and Extra Point Team

Remember, Missed field goals outside the 20 yard line are returned to the line of scrimmage.

#### Objective

Three points (one point-P.A.T.)

#### Specialist

Three man partnership:

1. The kicker to get quick height (to avoid the block) and consistent accuracy. (1.3 timing)
2. The holder with sure hands and quick ability to place the ball.
3. The center with rifle accuracy.

#### Team

No penetration! Take proper splits and steps—see ball snapped. Cover long field goals.

### Field Goal Fakes (Run or Pass)

#### Objective

Get the first down or score a touchdown.

#### Specialist

A holder with running and passing ability.

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#### Team

Dedicated to carry out pre-assigned responsibilities. No tip-offs.

- Remember:
- 1) BE SMART !
  - 2) HIGH VELOCITY !
  - 3) FINISH!

**KICK-OFF**

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**KEEP THEIR HEADS  
RINGING!**

# KICK-OFF TEAM

## RULES TO KNOW:

1. IF A KICK DOES NOT TRAVEL 10 YARDS, IT IS AN INVALID KICK AND MUST BE RECOVERED BY THE KICKING TEAM OR THE BALL WILL BELONG TO THE RECEIVING TEAM IF THEY RECOVER IT AT THAT POINT.
2. IF THE RECEIVING TEAM TOUCHES THE BALL, INCLUDING BEFORE IT HAS TRAVELED 10 YARDS. IT IS A FREE BALL.
3. IF THE KICK-OFF GOES OUT OF BOUNDS A 5-YARD PENALTY AND A RE-KICK MAY OCCUR OR THE RECEIVING TEAM MAY ELECT TO TAKE THE BALL AT THE 35 YARD LINE.
4. ONCE A KICK-OFF TRAVELS 10 YARDS, IT IS A FREE BALL AND BELONGS TO THE RECEIVING TEAM AT THE SPOT THEY RECOVER IT.
5. IF THE KICK-OFF TEAM RECOVERS THE BALL IN THE END ZONE, IT IS A TOUCHDOWN.
6. ON A KICK-OFF, THE KICKING TEAM MAY CATCH THE BALL IN MID-AIR, IF NO RECEIVER IS IN THE AREA, BUT THE BALL CANNOT BE ADVANCED BY THE KICKING TEAM AND IT WILL BE SPOTTED AT THE CATCH.
7. THE KICKING TEAM CAN ADVANCE A FUMBLE BY THE RECEIVING TEAM AFTER RECOVERY. THE KICKOFF TEAM CANNOT ADVANCE A MUFF OR DROP BY THE RECEIVING TEAM AFTER RECOVERY.
8. IF THERE IS A RECEIVER IN POSITION TO CATCH THE BALL IN THE AIR HE IS ENTITLED TO THE RIGHT OF WAY TO THE BALL.
9. THE KICK RETURN TEAM MAY FAIR CATCH THE BALL AND ALL FAIR CATCH RULES APPLY.
10. A PUNT IS ALLOWED AFTER A SAFETY: A PLACE KICK OR DROP KICK AFTER A TOUCHDOWN OR FIELD GOAL.
11. ALL PLAYERS ON THE RECEIVING TEAM ARE PROHIBITED FROM BLOCKING BELOW THE WAIST DURING A DOWN IN WHICH THERE IS A FREE KICK OR A PUNT. **ALL PLAYERS ON THE KICKING TEAM ARE PROHIBITED FROM BLOCKING BELOW THE WAIST AFTER A FREE KICK OR PUNT.** ON ALL OTHER PLAYS, NEITHER TEAM MAY BLOCK BELOW THE WAIST AFTER THERE IS A CHANGE OF POSSESSION. EXAMPLE: FUMBLE RECOVERY OR INTERCEPTION.

# KICK OFF RESPONSIBILITIES

## **HITMEN (RH/LH):**

EVERYTHING IS DONE FROM A FULL SPRINT. WE MUST CONSTANTLY ADJUST OUR ANGLE TO STAY ON COURSE WITH OUR TARGET, WHICH IS THE **OUTSIDE NUMBER** OF THE BALL CARRIER.

## **GUNNERS (RG/LG):**

EVERYTHING IS DONE FROM A FULL SPRINT. WE MUST CONSTANTLY ADJUST OUR ANGLE TO STAY ON COURSE WITH OUR TARGET, WHICH IS THE **OUTSIDE SHOULDER** OF THE BALL CARRIER.

## **TRIANGLES (RT/LT):**

FULL SPRINT, IMMEDIATE SECOND WAVE **3 TO 4 YARDS OUTSIDE OF THE TARGET**. ARRIVE AT TARGET ALONG SIDE GUNNERS.

## **TRIANGLES (CT):**

FULL SPRINT IMMEDIATE SECOND WAVE. **HEAD UP ON BALL ARRIVE AT 7 TO 8 YARDS** AWAY FROM TARGET. AVOID BLOCKERS KEEPING OR ADJUSTING LEVERAGE TO STAY HEAD UP ON TARGET.

## **CONTAINERS (RC/LC):**

CONTAIN MEN SHOULD SHOW UP IN IMMEDIATE SECOND WAVE 10 YARDS OUTSIDE BALL CARRIER. AVOID BLOCKS TO HOLD CONTAIN POSITION AT ALL COST. NEVER GET OUT FLANKED BY BALL CARRIER GUARANTEE AWARENESS OF BALL CARRIER IN RELATION TO BLOCKERS. BALL CAN NEVER BREAK CONTAIN. **BE AWARE OF ALL THROWBACK PASSES AND REVERSES!**

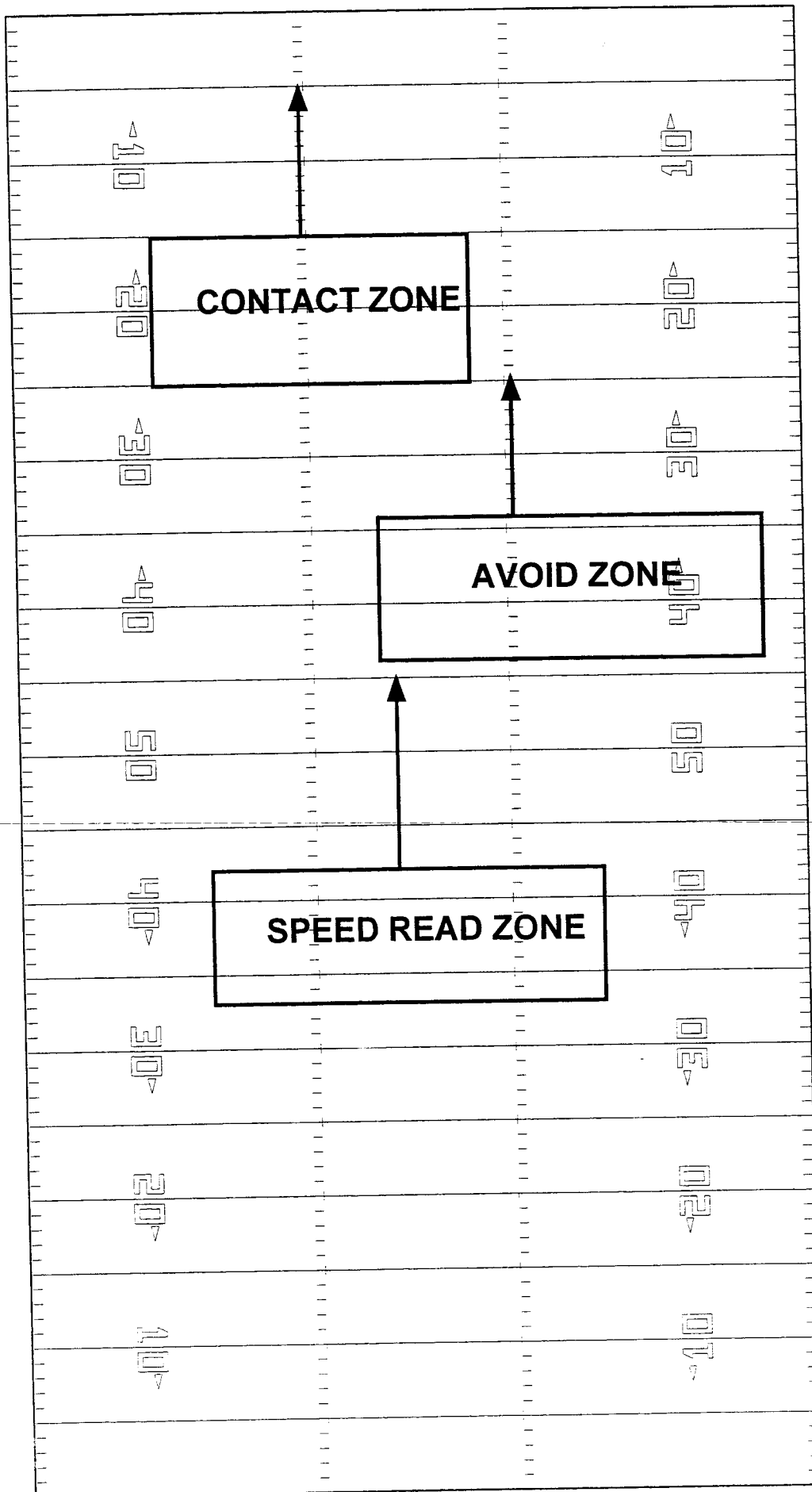
## **SAFETIES (S/K):**

SAFETIES HAVE TO DIAGNOSE RETURN AS WE POSITION OURSELVES IN THE HOLES THAT ARE CREATED IN OUR COVERAGE. THE **(S)** WILL WORK HALF THE FIELD AND WORK THE SIDELINES. THE **(K)** WILL WORK HALF THE FIELD. THE KEY IS NOT TO GET TOO DEEP INTO THE COVERAGE AND GET STUCK IN THE WASH STAY BEHIND THE 40 YARD LINE. YOU ARE THE LAST LINE OF DEFENSE. **MAKE THE TACKLE AT ALL COST, BY ANY MEANS!**

## **ALL POSITIONS**

AS THE BALL LEAVES THE TEE, WE MUST READ THE FLIGHT OF THE BALL, DIAGNOSE THE SET-UP OF THE RETURN; ADJUST OUR ANGLE AND KEEP LEVERAGE ON SCHEME. WE MUST SENSE THE BLOCKING PATTERN AT FULL SPEED AND ABOVE ALL ELSE...**KEEP THEIR HEADS RINGING!**

# ZONE CHART





# KICK-OFF COVERAGE

## TYPES OF KICK-OFFS

1. DEEP, EMPHASIS ON HANG TIME AND DISTANCE.
2. DEEP, SQUIB EMPHASIS ON ACTION ON BALL, CREATING PROBLEMS IN BALL HANDLING.
3. POP-UP, EMPHASIS ON ACCURACY INTO A VOID AREA.
4. ONSIDE, EMPHASIS ON ACTION AND DIRECTION.
5. PUNT / FOLLOWING SAFETY, EMPHASIS ON HANG TIME AND DIRECTION

## ALIGNMENT

**HITMEN:** ALIGN ANYWHERE IN BETWEEN THE HASH MARKS, INSIDE FOOT ON 25 YARD LINE.

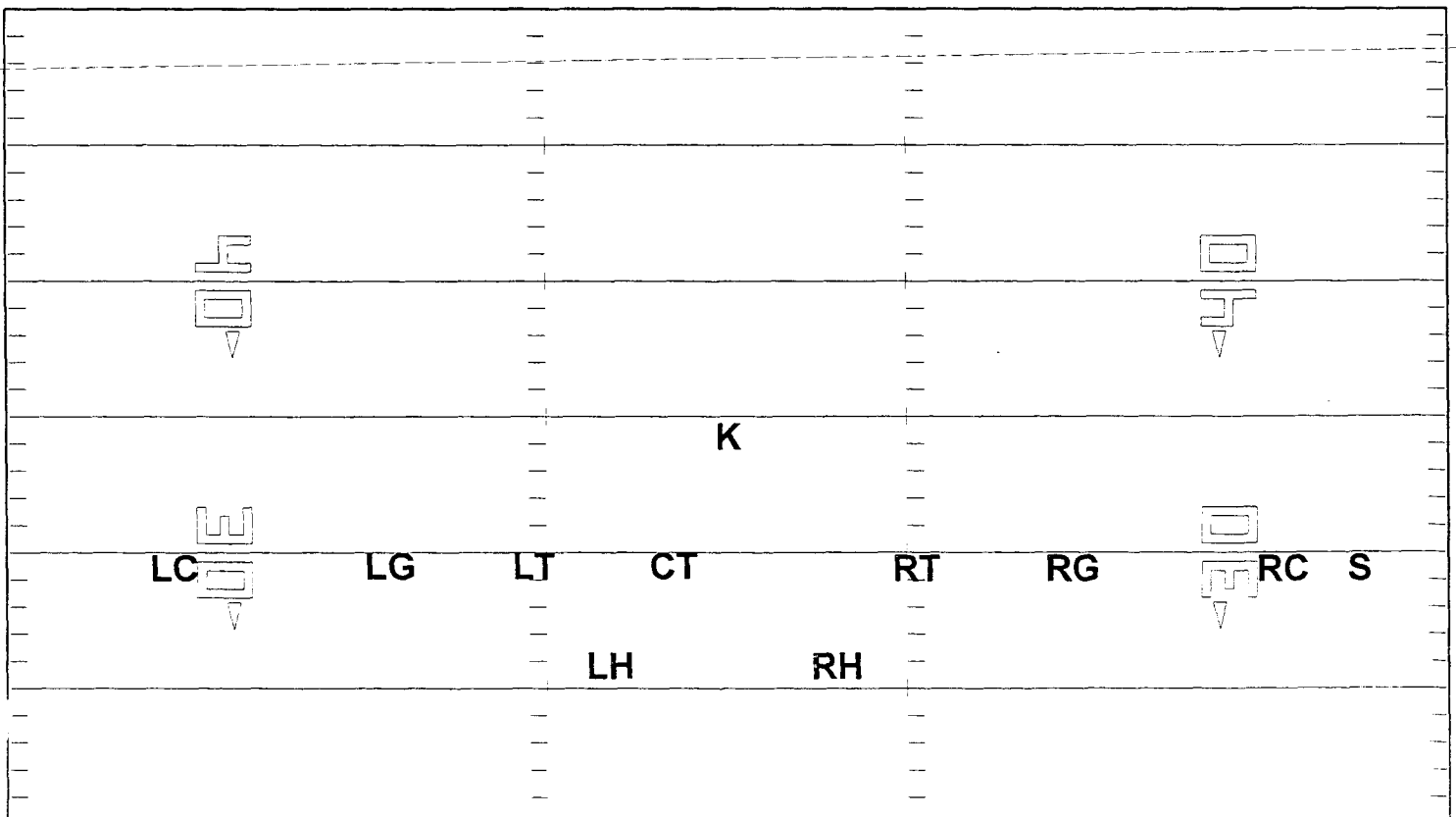
**GUNNERS:** ALIGN SPLITTING THE NUMBERS AND THE HASH, INSIDE FOOT ON 30 YARD LINE.

**TRIANGLES (RT/LT):** ALIGN ON THE HASH, INSIDE FOOT ON 30 YD. LINE.

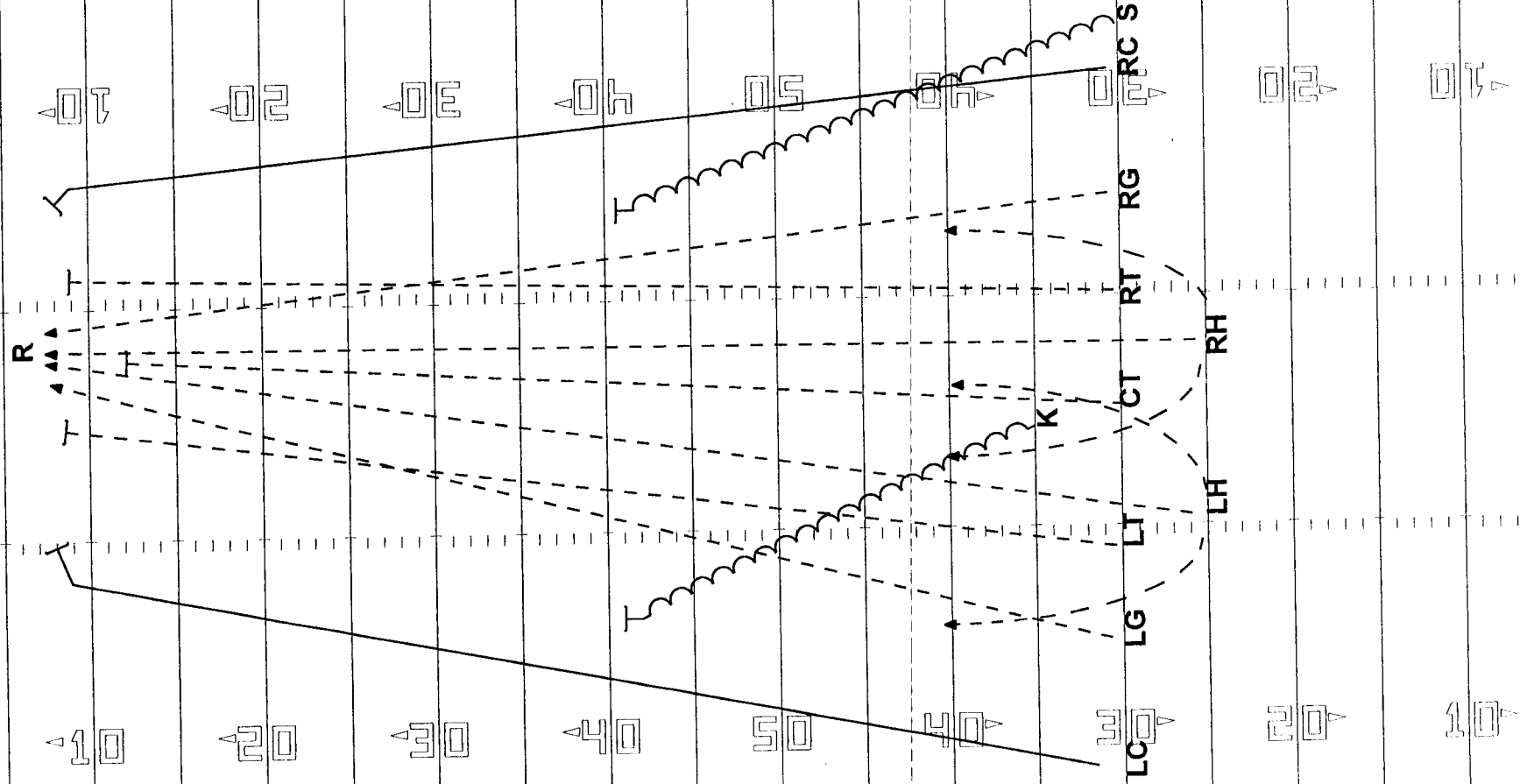
**TRIANGLES (CT):** ALIGN BETWEEN HASHES, INSIDE FOOT ON 30 YD. LN.

**CONTAINERS:** ALIGN ON THE NUMBERS, INSIDE FOOT ON 30 YD. LN.

**SAFETY:** ALIGN 2 YARDS OUTSIDE NUMBERS, INSIDE FOOT ON 30 YD. LN.



# KICK-OFF RESPONSIBILITIES



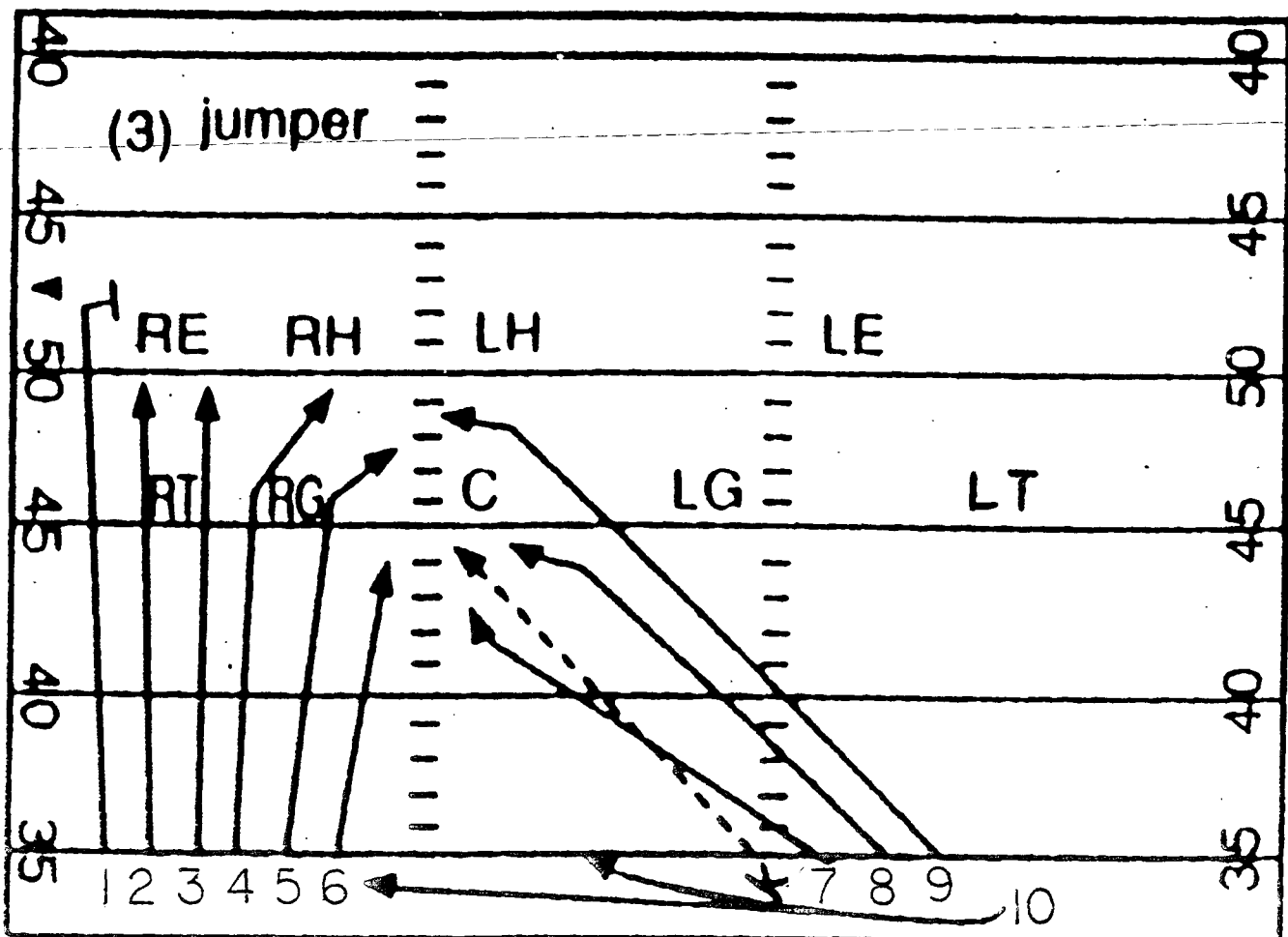
## KICK OFF LAWS

- 1) SEE THE KICKER AS HE APPROACHES THE BALL. TURN AND RUN WHEN THE KICK CROSSES YOUR FACE. DON'T BE OFF-SIDES. COME LATE AND COME HARD.
- 2) MAINTAIN SPACING AS YOU COVER. DO NOT OPEN GAPS HORIZONTALLY OR VERTICALLY. STAY IN YOUR LANES. (AREA OF RESPONSIBILITY). THE CLOSER YOU GET TO THE CONTROL POINT, THE LESS FREEDOM YOU HAVE TO AVOID BLOCKS. CONVERGE ON THE FOOTBALL FROM YOUR LEVERAGE POSITION. SPRINT TO A POINT WHERE YOU CAN MAKE A DECISION TO BRING YOURSELF UNDER CONTROL AND CONVERGE ON THE FOOTBALL. CONTAIN MEN STAY SQUARE COVER TO A POINT EVEN WITH THE FOOTBALL. (SPRINT CHIMMY, EXplode TO BALL).
- 3) ONCE YOU HAVE DETERMINED WHO WILL BLOCK YOU, ONE WAY TO SET HIM UP WOULD BE TO ATTACK HIM HEAD UP (RUN DIRECTLY AT HIM) AND THEN RUN AROUND THE BLOCKER TO THE SIDE OF THE RETURN .
- 4) STAY IN COVERING LANES (AREA OF RESPONSIBILITY) RELATIVE TO THE FOOTBALL. DO NOT SQUEEZE IT DOWN UNTIL THE DIRECTION OF THE RETURN HAS BEEN ESTABLISHED.

- 5) EVADE EARLY BLOCKERS THE BEST WAY YOU CAN AND RETURN TO PROPER LANE. C.P. - RUN AROUND BLOCKERS TO SIDE OF KICKOFF OR RETURN. (AREA OF RESPONSIBILITY).
- 6) RUN THROUGH BLOCKERS IMMEDIATELY IN FRONT OF BALL CARRIER. C.P. - WEDGE STRAIGHT AT YOU - MUST ATTACK WEDGE.
- 7) CONTAIN MEN DON'T COVER BEYOND THE BALL, CONVERGE ON BALL FROM OUTSIDE IN. C.P. - CONTAIN MEN MUST BE ALERT FOR A REVERSE OR UNUSUAL RETURNS.
- 8) "KICKOFF COVERAGE IS AN ALL OUT SPRINT". SPEED IS IMPORTANT. BUT THE INTENT TO MAKE THE TACKLE IS EVEN MORE IMPORTANT.
- 9) MAKE SURE THE KICK IS IN THE END ZONE AND WILL NOT BE BROUGHT OUT BEFORE YOU LET UP. BE ALERT FOR REVERSES, LATERAL PASSES, AND TRICK PLAYS. MAKE THE PLAY.

# MUST ON-SIDE KICK

KICKER:	Tee up ball at or below 45 degree angle. Toe punch ball at or near top stripe. Aiming point is opponents 45 yard line on the sideline (20 yards).
1	Anticipate ball hopping up and/or getting through front receiving line. Keep ball in play by guarding sideline.
2,3	Anticipate ball hopping up and/or getting through front receiving line. Be alert to recover high ball.
4,5,6	Go directly to ball, expect ricochet off any of the front linesmen.
7,8	Follow path of ball, expect ricochet off any of the front linesmen.
9	Go behind front row of receiving team and expect high ball.
10	Peel behind kicking team ensure ball has been recovered or tackle receiving player who has the ball.



# **KICK-OFF RETURN**

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**LET'S GET IT STARTED!**

# **KICK-OFF RETURN – GENERAL INFORMATION**

WE WILL HAVE SIX BASIC KICK-OFF RETURN CALLS.

1. MIDDLE CROSS RETURN
2. RIGHT RETURN
3. LEFT RETURN
4. THROWBACK RETURN RIGHT
5. THROWBACK RETURN LEFT
6. SQUIB RETURN  
    ON-SIDE RETURN (HANDS TEAM)

WE WILL HAVE BASIC ASSIGNMENTS FOR EACH OF THE ABOVE RETURNS, AND THESE ASSIGNMENTS WILL BE ADJUSTED EACH WEEK, IF NECESSARY, IN ORDER TO TAKE ADVANTAGE OF THE SPECIFIC COVERAGE PATTERN BEING USED BY OUR OPPONENT. WE WILL ALSO MAKE SOME ADJUSTMENTS, WHEN WARRANTED TO TAKE ADVANTAGE OF THE OPPONENT'S PERSONNEL WEAKNESS.

IT IS ESSENTIAL WE FIELD ALL KICK-OFFS IN THE AIR AND OUR BACKS OTHER THAN THE DEEP MAN MUST BE PREPARED TO FIELD SHORT KICKS WHICH COME TO THEM.

THERE ARE A COUPLE OF SITUATIONS, WHICH REQUIRE SPECIAL PREPARATIONS AS WE PREPARE TO RETURN A KICK-OFF.

## **SQUIB KICK DEFENSE**

WHEN WE KNOW AN OPPONENT IS GOING TO SQUIB KICK, WE LOOSEN THE MEN ON OUR WEDGE IN ORDER TO BETTER COVER THE FIELD AGAINST A BOUNCED KICK. FULLBACK AND WINGS SHOULD ALSO BE ALERT FOR A BALL SQUIBBED TO THEM. ANYONE ON THE WEDGE WHO FIELDS A SQUIB KICK SHOULD RETURN IT STRAIGHT AHEAD, BEING CERTAIN TO **COVER THE BALL WITH BOTH ARMS.**

## **CONVERTING TO A SIDELINE RETURN**

WHENEVER THE BALL IS KICKED DOWN A SIDELINE AWAY FROM WHERE WE HAD INTENDED TO RETURN IT, WE WILL AUTOMATICALLY ADJUST THE RETURN UP THE SIDE WHERE THE BALL HAS BEEN KICKED. THESE ADJUSTMENTS WILL PREVAIL AGAINST BOTH REGULAR & SQUIB KICK-OFFS

## **RULES AND PROCEDURES**

1. OBJECTIVES: GAIN GOOD FIELD POSITION (35-40 yard line)  
SCORE  
HOLD ON TO THE BALL AT ALL COST!  
**NO PENALTIES!**  
**LET'S GET IT STARTED** IN OUR FAVOR WITH HARD  
HITTING, INTIMIDATION AND **GREAT RETURNS!**
2. FRONT LINE PLAYERS: TAKE THE BALL OFF THE TEE WITH YOUR EYES  
**NEVER LEAVE EARLY!** ALWAYS ASSUME ON-SIDE KICK IS COMING.
3. IT IS A FREE BALL AFTER GOING 10 YARDS OR TOUCHING ANYONE ON THE  
RETURN TEAM. DOWN IT OR RETURN IT, UNLESS YOU ARE SURE IT IS  
GOING OUT OF BOUNDS (GUARD THE BALL).
4. BE DETERMINED THAT YOU ARE GOING TO SUCCESSFULLY CARRY OUT  
ASSIGNMENT. **TAKE PERSONAL PRIDE.** KNOW THAT HE WILL NOT MAKE  
THE PLAY.
5. ALL BLOCKS MUST BE ABOVE THE WAIST AND IN FRONT OF THE BODY.
6. **BE SMART, NOT EMOTIONAL! DUMB PENALTIES KILL, GREAT FIELD  
POSITION!**
7. DO NOT CHASE YOUR MAN, LET HIM COME TO YOU.
8. FAIR CATCH RULES APPLY FOR ANY MEMBER OF THE RETURN TEAM.
9. WE WANT TO BE DEEP ENOUGH TO CATCH BALLS IN FRONT OF OUR BODY,  
NOT OVER THE SHOULDER.
10. ALL BALLS IN THE FIELD OF PLAY OR END ZONE **MUST** BE COVERED BY  
THE RETURN TEAM.

## **BLOCKING INFORMATION**

### **DROP ZONE:**

AREA ON THE FIELD THAT GIVES THE FRONT 9 THE SEPARATION THEY  
NEED FROM THE RETURNERS. USE NUMBERS OR HASHES AS A GUIDE.  
DROP ZONES ARE DETERMINED BY THE DEPTH OF THE KICK.

### **DROP ANGLES:**

A FIELD MARKING MID-POINT THAT GIVES US AN ADVANTAGE BY HAVING  
BODY POSITION ON OUR RESPONSIBILITY AND THE RETURN ALLEY. DROP  
ANGLES ARE DETERMINED BY THE DIRECTION OF THE KICK IN  
RELATIONSHIP TO THE ALLEY AND RESPONSIBILITY.



## **BALL READS:**

READ ANGLE OFF THE TEE. THIS GIVES AN IDEA OF DIRECTION. READ THE BALL CLOSE TO YOU OR AWAY FROM YOU.

ROTATION: READ THE BALL AS YOU WATCH IT OFF THE TEE FOR ROTATION. THE FASTER THE SPIN, THE SHORTER THE KICK. THE SLOWER THE SPIN, THE LONGER THE KICK. THIS READ WILL GIVE AN IDEA OF THE DISTANCE.

AFTER THE BALL READ, TAKE A PEAK AT THE FULLBACK AND/OR RETURNER FOR TRUE DIRECTION AND DISTANCE.

## **BLOCKING TECHNIQUES:**

CROSS OVER AND RUN TO ZONE WITH CORRECT DROP ANGLE. LOOK UP FULLBACK TO CO-SIGN RETURN. KEEP HEAD ON A SWIVEL KEYING YOUR MAN AND DROP ZONE. SWIVEL YOUR SHOULDERS AND HEAD SQUARE TO ALLEY TO ESTABLISH GOOD LEVERAGE ON YOUR MAN (COULD USE HAIR PIN TURN AND CATCH MAN OFF GUARD).

READ YOUR MAN'S COVERAGE, WALL YOUR MAN OFF WHEN.....

...YOU REACH THE 30 YARD LINE.

...YOU CAN TOUCH YOUR MAN WITH ONE HAND(FIT UP & FIRM UP)

...YOUR MAN SETTLES (YOU SETTLE, STAY ON TOP OF MAN AND ATTACK HIM.

...YOUR MAN CHANGES DIRECTION (ATTACK).

## **BLOCKING:**

---

FOCUS ON THE MAN'S NUMBER (ALLEY SIDE). START TO ATTACK AND SQUEEZE WHEN MAN GETS WITHIN 5 YARDS FROM YOU (UNLESS HE SETTLES OR CHANGES DIRECTION). FIT YOUR MAN UP BY USING YOUR NEAR SHOULDER (SHOULD BE OPPOSITE SHOULDER FROM ALLEY). FIRM UP, POSTING OFF YOUR ALLEY-SIDE FOOT WHILE KEEPING YOUR ALLEY SIDE LEG AND ARM FIRM, AND REDIRECT AWAY. IF YOU ARE LATE ON YOUR MAN, THROW YOUR HANDS BEHIND YOU AND LEAD ACROSS WITH HEAD AT MID-POINT.

KEEP YOUR HEAD ON THE ALLEY NUMBER OF YOUR MAN, CHEST AND HANDS YOUR MAN BY EXTENDING AND RUNNING OUSTIDE. **FINISH!!** IF YOU LOSE YOUR MAN, GET UP THE ALLEY AND BLOCK THE FIRST MAN YOU SEE.

## **CONTROLLED RUN THROUGH:**

GATHER YOURSELF BY BENDING AT THE KNEES AND GETTING YOUR FEET UNDER YOU. THIS ALLOWS YOU TO KEEP GOING, HOWEVER YOU WILL BE ABLE TO CHANGE DIRECTION A LOT BETTER AT ARMS-LENGTH AWAY. FIT UP AND FIRM UP BY ATTACKING THE INSIDE NUMBER USING A CHEST AND HANDS TECHNIQUE. POST OFF THE INSIDE FOOT AND ROLL THE HIPS UP AND THROUGH. DON'T STOP YOUR FEET!

## **RULES AND PROCEDURES**

1. OBJECTIVES: GAIN GOOD FIELD POSITION (35-40 yard line)  
SCORE  
HOLD ON TO THE BALL AT ALL COST!  
**NO PENALTIES!**  
**LET'S GET IT STARTED** IN OUR FAVOR WITH HARD  
HITTING, INTIMIDATION AND **GREAT RETURNS!**
2. FRONT LINE PLAYERS: TAKE THE BALL OFF THE TEE WITH YOUR EYES  
**NEVER LEAVE EARLY!** ALWAYS ASSUME ON-SIDE KICK IS COMING.
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AREA ON THE FIELD THAT GIVES THE FRONT 9 THE SEPARATION THEY  
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A FIELD MARKING MID-POINT THAT GIVES US AN ADVANTAGE BY HAVING  
BODY POSITION ON OUR RESPONSIBILITY AND THE RETURN ALLEY. DROP  
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READ YOUR MAN'S COVERAGE, WALL YOUR MAN OFF WHEN.....

...YOU REACH THE 30 YARD LINE.

...YOU CAN TOUCH YOUR MAN WITH ONE HAND(FIT UP & FIRM UP)

...YOUR MAN SETTLES (YOU SETTLE, STAY ON TOP OF MAN AND ATTACK HIM.

...YOUR MAN CHANGES DIRECTION (ATTACK).

## **BLOCKING:**

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FOCUS ON THE MAN'S NUMBER (ALLEY SIDE). START TO ATTACK AND SQUEEZE WHEN MAN GETS WITHIN 5 YARDS FROM YOU (UNLESS HE SETTLES OR CHANGES DIRECTION). FIT YOUR MAN UP BY USING YOUR NEAR SHOULDER (SHOULD BE OPPOSITE SHOULDER FROM ALLEY). FIRM UP, POSTING OFF YOUR ALLEY-SIDE FOOT WHILE KEEPING YOUR ALLEY SIDE LEG AND ARM FIRM, AND REDIRECT AWAY. IF YOU ARE LATE ON YOUR MAN, THROW YOUR HANDS BEHIND YOU AND LEAD ACROSS WITH HEAD AT MID-POINT.

KEEP YOUR HEAD ON THE ALLEY NUMBER OF YOUR MAN, CHEST AND HANDS YOUR MAN BY EXTENDING AND RUNNING OUSTIDE. **FINISH!!** IF YOU LOSE YOUR MAN, GET UP THE ALLEY AND BLOCK THE FIRST MAN YOU SEE.

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## **RETURNERS**

THE DEEP MAN (DM) WILL BE THE DESIGNATED RETURNER. THE WEDGE MEN MAY HANDLE A SMALL PERCENTAGE OF KICKS

CATCH THE BALL WITH MOMENTUM HEADING UP THE FIELD WITH YOUR WEIGHT GOING FORWARD. "TIME THE CATCH"

PRACTICE SOUND FUNDAMENTALS WHEN HANDLING EACH BALL. LOOK THE BALL INTO YOUR HANDS. TUCK IT AWAY TIGHT:

### **4 POINTS OF PRESSURE:**

1. GET INTO THE HABIT OF KEEPING A TIGHT GRIP ON THE NOSE OF THE BALL WITH YOUR FINGERS AND HANDS.
2. PUT PRESSURE ON THE REAR OF THE BALL WITH YOUR BICEP.
3. PUT PRESSURE ON THE SIDE OF THE BALL WITH YOUR FOREARM.
4. KEEP BALL TIGHT AGAINST YOUR BODY.

## **HANDLING KICKS**

HANDLE ALL KICK-OFFS, WEDGE MEN WILL HANDLE SHORT KICKS.

ANY MUFFED KICK-OFF THAT GOES INTO THE ENDZONE MUST BE COVERED AND DOWNED BY THE RETURN TEAM. IF THE OPPONENT RECOVERS IT IN THE END ZONE, IT WILL BE A TOUCHDOWN.

A BOUNCING KICK-OFF THAT RICOCHETS OFF YOU, OR ONE OF OUR PLAYERS INTO THE ENDZONE CAN BE DOWNED THERE FOR A TOUCHBACK.

(THE IMPETUS THAT SENT THE KICK INTO THE ENDZONE CAME FROM THE KICKER, EVEN THOUGH IT MAY HAVE BOUNCED OFF YOU, OR ONE OF OUR PLAYERS.

IF YOU BRING THE BALL OUT OF THE ENDZONE INTO THE FIELD, YOU CANNOT GO BACK AND DOWN IT FOR A TOUCHBACK. A SAFETY WILL RESULT.

WHEN WE CATCH THE BALL IN THE FIELD OF PLAY AND OUR MOMENTUM CARRIES US INTO THE ENDZONE, WE HAVE TO RETURN IT OR ELSE IT WILL BE MARKED AT THE SPOT OF THE CATCH.

BE AWARE OF WHERE THE BALL IS BEING KICKED (HASH OR MIDDLE). WATCH THE KICKERS ANGLE TO ANTICIPATE A CORNER KICK.

ANY KICK THAT GOES DEEP INTO THE ENDZONE REQUIRES GOOD JUDGEMENT AS TO WHETHER TO RUN IT OUT OR NOT THE WING NOT RETURNING THE BALL WILL GIVE A "STAY" OR "GO" CALL.

A BALL THAT IS ANGLING OUT OF BOUNDS SHOULD NOT BE FIELDDED. (GUARD THE BALL UNTIL IT GOES OUT)

**BE A NORTH/SOUTH SLASHING RUNNER - SCORE**



# **KICKOFF RETURN**

## **PRINCIPLES, ALIGNMENTS & ASSIGNMENTS**

### **RIGHT & LEFT RETURN**

#### **PRINCIPLES:**

- 1. THIS RETURN ATTACKS & HITS IN THE CENTER – FRONT SIDE GUARD GAP.**
- 2. FRONT (TACKLES, GUARDS, CENTER) SNAP KEY DM FOR DIRECTION, DRIVE FOR DEPTH, GET BALL SIDE OF YOUR MAN. GET IN A POWER STANCE, FEET ALIVE, KNEES BENT SHOULDERS SQUARE.**
- 3. FRONT 5 – YOUR MEN (3,4,5,6,7) NEVER TOUCH THE SACRED GROUND INSIDE THE 25 YARD LINE.**
- 4. WEDGE (ENDS, WINGS, FULLBACK) FULL SPEED ON “GO” CALL YOU NEVER STOP TO BLOCK ANYTHING IN YOUR PATH .**  
**PSW-PSE: DON’T DIVIDE OFF UNTIL 1 OR 2 THREATEN THE WEDGE.**  
**FB-BSE: RUN & REEM OUT A HOLE.**  
**FB: BETWEEN FSG & FST.**  
**BSE: BETWEEN C & FSG.**  
**BSW: SEAL 8 OR BACKSIDE LEAKAGE.**

#### **ALIGNMENTS & ASSIGNMENTS:**

- RT:** ALIGN ON TOP OF #’S, ON THE 46 YARD LINE. THINK ONSIDE-SEE BALL KICKED, SNAP KEY DM, DRIVE FOR YOUR DEPTH & LEVERAGE ON YOUR MAN TO THE 27 YARD LINE.
- 
- RIGHT RETURN – BLOCK #3, COUNTING FROM THE RIGHT.**  
**LEFT RETURN – BLOCK #7 COUNTING FROM THE LEFT, RUN THE HARD ANGLE.**
- RG:** ALIGN 2 YARDS OUTSIDE THE HASH, ON THE 46 YARD LINE. NEVER ALIGN WHERE YOU MIGHT BE HIT WITH THE BALL. THINK ONSIDE-SEE BALL KICKED, SNAP KEY DM, DRIVE FOR YOUR DEPTH & LEVERAGE ON YOUR MAN TO THE 27 YARD LINE.
- RIGHT RETURN – BLOCK #4, COUNTING FROM THE RIGHT.**  
**LEFT RETURN – BLOCK #6 COUNTING FROM THE LEFT.**
- C:** ALIGN IN THE MIDDLE OF THE FIELD ON THE 46 YARD LINE. NEVER ALIGN WHERE YOU MIGHT BE HIT WITH THE BALL. THINK ONSIDE-SEE BALL KICKED, SNAP KEY DM, DRIVE FOR YOUR DEPTH & LEVERAGE ON YOUR MAN TO THE 27 YARD LINE.
- RIGHT RETURN – BLOCK #5, COUNTING FROM THE RIGHT.**  
**LEFT RETURN – BLOCK #5 COUNTING FROM THE LEFT.**

- LG:** ALIGN 2 YARDS OUTSIDE THE HASH, ON THE 46 YARD LINE. NEVER ALIGN WHERE YOU MIGHT BE HIT WITH THE BALL. THINK ONSIDE-SEE BALL KICKED, SNAP KEY DM, DRIVE FOR YOUR DEPTH & LEVERAGE ON YOUR MAN TO THE 27 YARD LINE.  
RIGHT RETURN – BLOCK #6, COUNTING FROM THE RIGHT.  
LEFT RETURN – BLOCK #4 COUNTING FROM THE LEFT.
- LT:** ALIGN ON TOP OF #'S, ON THE 46 YARD LINE. THINK ONSIDE-SEE BALL KICKED, SNAP KEY DM, DRIVE FOR YOUR DEPTH & LEVERAGE ON YOUR MAN TO THE 27 YARD LINE.  
LEFT RETURN – BLOCK #3 COUNTING FROM THE LEFT, RUN THE HARD ANGLE.  
RIGHT RETURN – BLOCK #7, COUNTING FROM THE RIGHT.
- LE:** ALIGN 30 YARD LINE ON THE TOP OF THE NUMBERS. ALL BLOCKS ARE WITH YOUR LEFT SHOULDER. FAIR CATCH ANY POP UP KICK BETWEEN THE 30 & 45 YARD LINE. BALL KICKED DEEP SPRINT TO THE FULLBACK & JOIN HIM ON HIS LEFT SHOULDER & SQUARE UP.  
LEFT RETURN – WHEN THE GO CALL IS GIVEN SPRINT FORWARD BLOCKING #2 KICK HIM OUT. MAKE SURE YOU BLOCK HIM WITH YOUR LEFT SHOULDER INSIDE OUT.  
RIGHT RETURN – NEVER STOP YOUR FEET LOOKING FOR LEAKAGE OFF THE C & LG BLOCKING WITH YOUR LEFT SHOULDER. BLOW UP ANY OPPOSITE OLOR JERSEY. STAY ON THE MOVE.
- RE:** ALIGN 30 YARD LINE ON THE TOP OF THE NUMBERS. ALL BLOCKS ARE WITH YOUR RIGHT SHOULDER. FAIR CATCH ANY POP UP KICK BETWEEN THE 30 & 45 YARD LINE. BALL KICKED DEEP SPRINT TO THE FULLBACK AND JOIN HIM ON HIS RIGHT SHOULDER & SQUARE UP.  
RIGHT RETURN – WHEN THE GO CALL IS GIVEN SPRINT FORWARD BLOCKING #2 KICK HIM OUT. MAKE SURE YOU BLOCK HIM WITH YOUR RIGHT SHOULDER INSIDE OUT.  
LEFT RETURN – NEVER STOP YOUR FEET LOOKING FOR LEAKAGE OFF THE C & RG BLOCKING WITH YOUR RIGHT SHOULDER. BLOW UP ANY OPPOSITE COLOR JERSEY. STAY ON THE MOVE.
- FB:** ALIGN ON IN THE MIDDLE OF THE FIELD ON THE 20 YARD LINE. EYES FOR THE WEDGE. ESTIMATE KICK DEPTH & SET THE WEDGE 12-15 YARDS IN FRONT OF THE DM. BALL KICKED OUTSIDE THE HASH SET THE WEDGE BETWEEN THE HASH & THE NUMBERS. WHEN THE “GO” CALL IS GIVEN SPRINT FORWARD NEVER STOPPING LOOKING FOR LEAKAGE BETWEEN THE CENTER AND THE PLAYSIDE GUARD AREA. BLOW UP ANY OPPOSITE COLORED JERSEY. STAY ON THE MOVE.
- PSW:** ALIGN ON THE NUMBERS ON THE 12 YARD LINE. EYES FOR THE DM. GIVE THE DM A “STAY” OR “GO” CALL. IF HE IS IN THE ENDZONE “STAY” & PHYSICALLY FRONT HIM UP. BALL ANYWHERE ELSE YELL “GO” THEN GET ON THE WEDGE. RUN WITH THE WEDGE & SIFT BLOCK #1 INSIDE OUT.

**BSW: ALIGN ON THE NUMBERS ON THE 12 YARD LINE. EYES FOR LAUNCHING THE WEDGE. RUN TO THE FULLBACK WHILE WATCHING THE DM. INSURE THAT HE CATCHES THE BALL. WHEN THE BALL TOUCHES THE DM'S HANDS, YELL "GO", "GO", "GO"... TO LAUNCH THE WEDGE. RUN WITH THE FULLBACK THEN BREAK FROM HIM BLOCKING ANY BACKSIDE LEAKAGE OR #8 INSIDE OUT.**

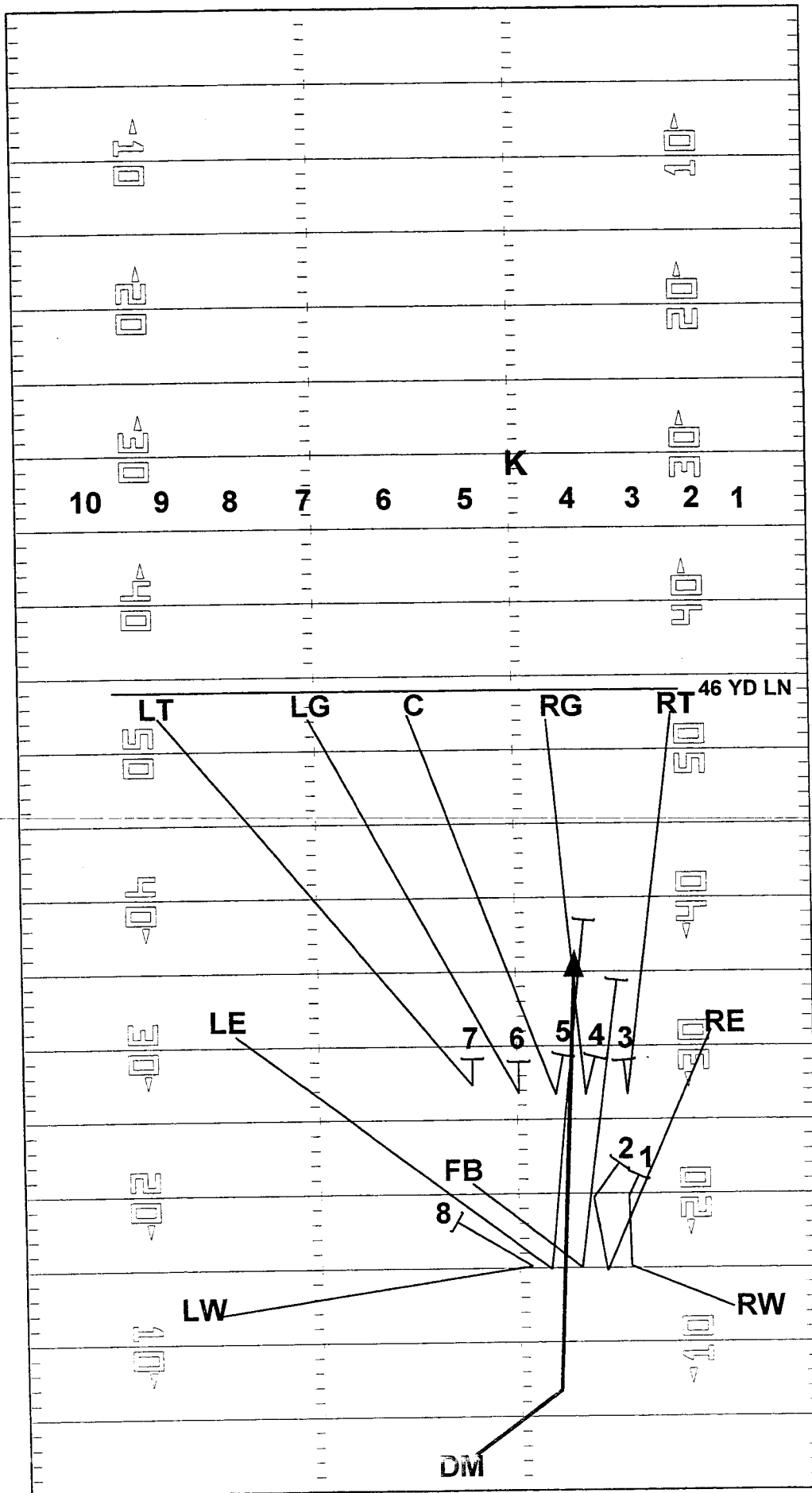
**DM: ALIGN TO CATCH THE KICK. GIVE A "ME" OR "YOU" CALL VISUALLY & VERBALLY. CENTER UP ON THE BALL QUICKLY & CATCH IT YOUR WEIGHT FORWARD. BURST STRAIGHT UPFIELD REGARDLESS OF WHERE YOU CATCH THE BALL FOR YOUR FIRST 5 STEPS TO VERTICALLY SET THE COVERAGE. YOU SINGLE HANDEDLY ESTABLISH THE RETURN RELATIONSHIP (BALL TO BLOCKS, BLOCKS TO BALL). SET THE COVERAGE, SPEED THE BALL TO THE BLOCKS, SCORE WHEN YOU GET IN THE OPEN FIELD. SET-SPEED-SCORE! EXPLODE THE BALL UPFIELD TO DAYLIGHT & NEVER CUT UNTIL YOU HAVE TO BEAT A SAFETY 1-ON-1.**

**C.P.: IF YOU MAKE A "YOU" CALL REPLACE THE WING ON THE WEDGE AND BLOCK #1.**

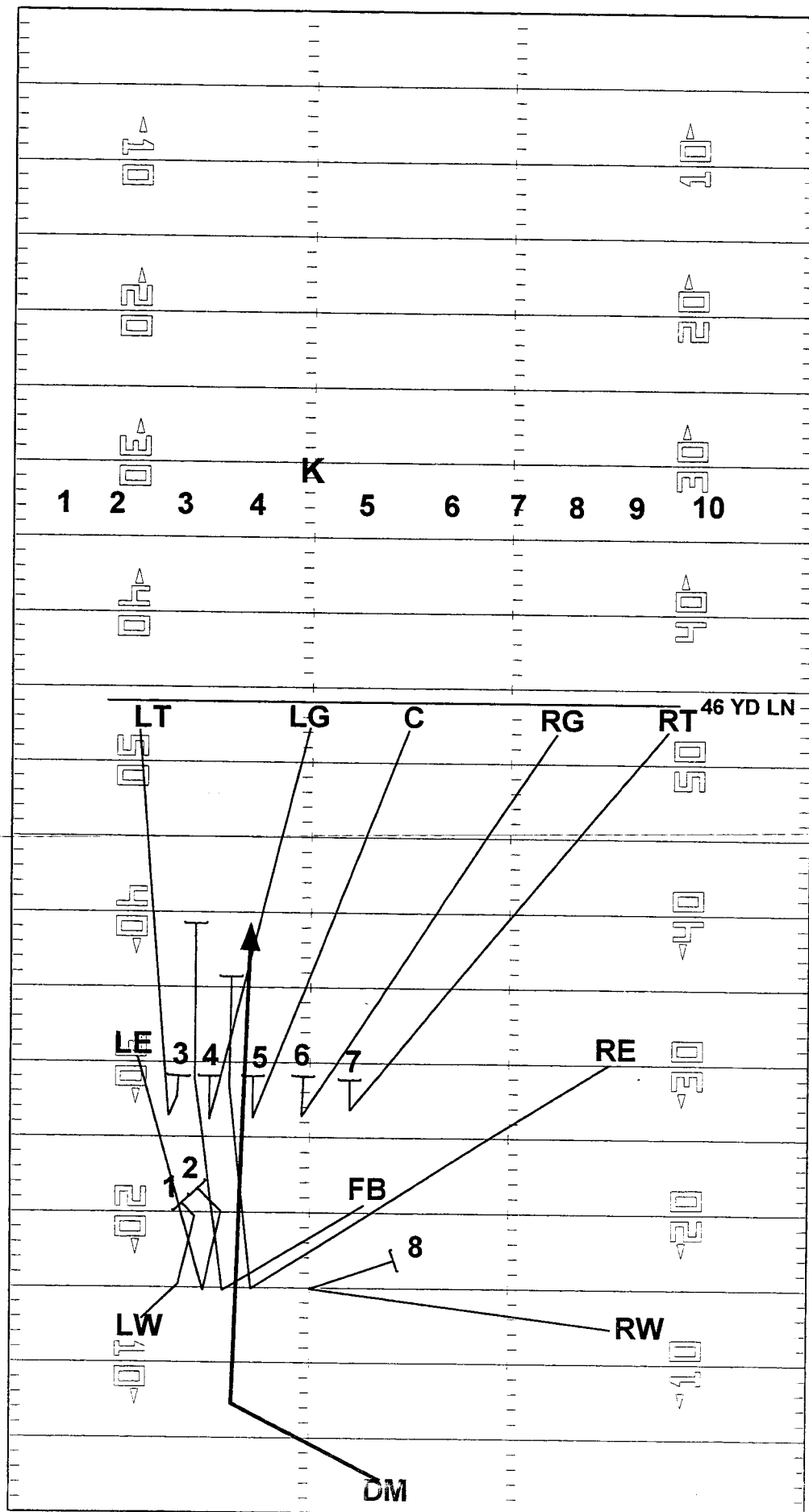
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# RIGHT RETURN



# LEFT RETURN



# MIDDLE CROSS RETURN

POSITION	RULE	COACHING POINTS
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\*COUNT DEFENDERS RIGHT TO LEFT, 1 THRU 10 NOT INCLUDING KICKER

RT	8	DROP 3 LINES TO THE -40 YARD LINE & CROSS KICK #8.
RG	6	DROP 2 LINES TO CROSS KICK #6.
C	K	ATTACK KICKER, BE UNDER CONTROL, SHUFFLE SLIDE. DON'T ALLOW KICKER TO CROSS YOUR FACE. MAKE HIM CHOOSE A SIDE TO COVER & KEEP HIM TO THAT SIDE AWAY FROM THE MIDDLE OF THE FIELD.
LG	5	DROP 2 LINES TO CROSS KICK #5.
LT	3	DROP 3 LINES TO CROSS KICK #3.
RE	7	DROP 1 LINE TO THE -25 YARD LINE TO KICK OUT #7.
LE	4	DROP 1 LINE TO THE -25 YARD LINE TO KICK OUT #4.
RW	2	DROP BACK 10 YARDS & KICK OUT #2.
LW	9	DROP BACK 10 YARDS & KICK OUT #9.
FB	MDM	DROP BACK 10 YARDS & BLOCK "MDM".
DM	SCORE	ALIGN TO CATCH THE KICK. GIVE "ME/YOU" CALL VISUALLY AND VERBALLY. CENTER UP ON THE BALL QUICKLY AND CATCH IT WITH YOUR WEIGHT FORWARD. BURST STRAIGHT UPFIELD REGARDLESS OF WHERE YOU CATCH THE BALL FOR YOUR FIRST 5 STEPS TO VERTICALLY SET THE COVERAGE. YOU SINGLE HANDEDLY ESTABLISH THE RETURN RELATIONSHIP( BALL TO BLOCKS, BLOCKS TO BALL ). SET THE COVERAGE. SPEED THE BALL TO THE BLOCKS. SCORE WHEN YOU GET IN THE OPEN FIELD. SET-SPEED-SCORE! EXPLODE THE BALL UPFIELD TO DAYLIGHT AND NEVER CUT UNTIL YOU HAVE TO BEAT A SAFETY 1-ON-1. C.P.: IF YOU MAKE A "YOU" CALL, REPLACE FOR THE WING AND BLOCK #2 OR #9.

The diagram illustrates a football play on a field oriented with the end zone at the top. The yard lines are marked from 1 to 10 on both sides of the center. Key positions and their movements are as follows:

- LT (Left Tackle):** Moves from the line of scrimmage to the left edge of the field.
- LG (Left Guard):** Moves from the line of scrimmage to the left edge of the field.
- C (Center):** Moves from the line of scrimmage to the center of the field.
- RG (Right Guard):** Moves from the line of scrimmage to the right edge of the field.
- RT (Right Tackle):** Moves from the line of scrimmage to the right edge of the field.
- LE (Left End):** Moves from the line of scrimmage to the left edge of the field.
- RE (Right End):** Moves from the line of scrimmage to the right edge of the field.
- LW (Left Wide Receiver):** Moves from the line of scrimmage to the left edge of the field.
- RW (Right Wide Receiver):** Moves from the line of scrimmage to the right edge of the field.
- FB (Fullback):** Moves from the line of scrimmage to the center of the field.
- MDM (Middle Defensive Man):** Moves from the line of scrimmage to the center of the field.
- DM (Defensive Man):** Moves from the line of scrimmage to the center of the field.

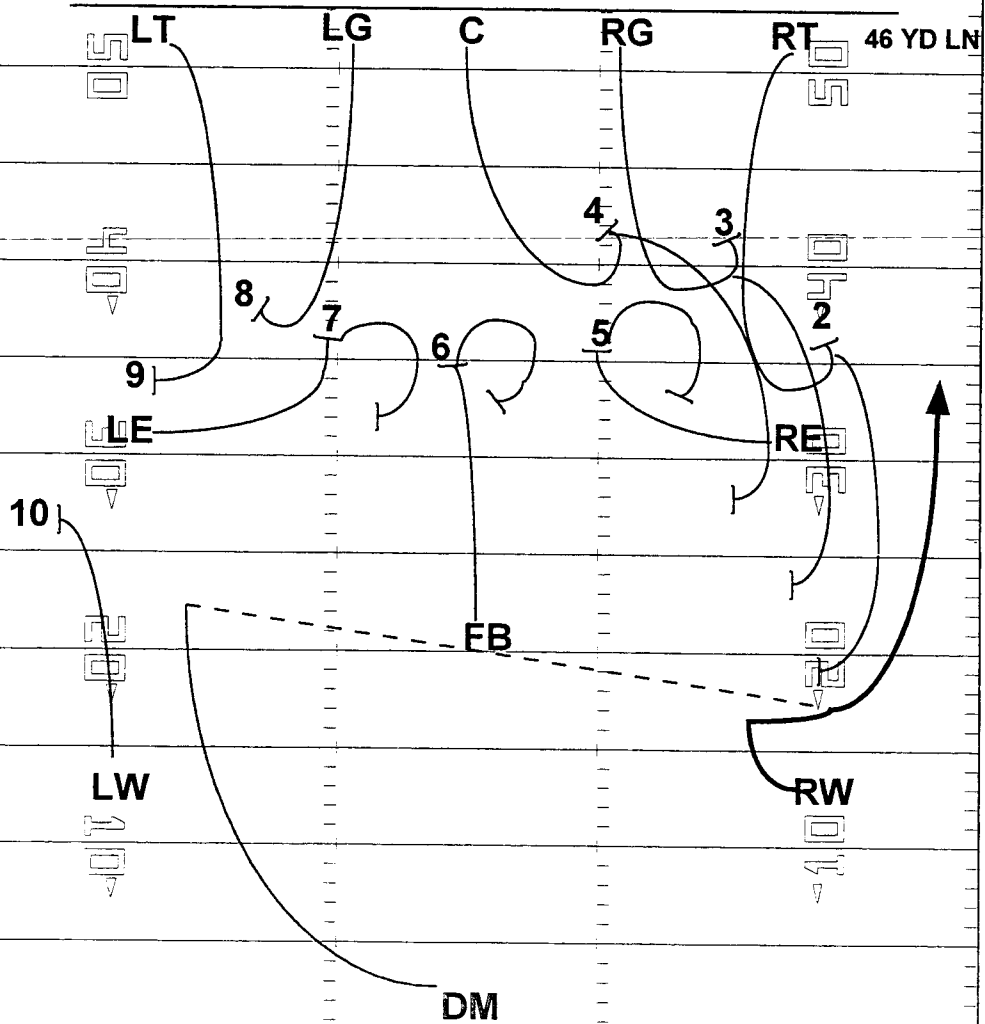
Numbered movement paths (1-9) are shown, indicating the sequence of the play. A 46 YD LN is marked on the right side of the field.

The diagram illustrates a football play on a 46-yard line. The field is oriented with the goalposts at the top. The yard lines are marked from 1 to 10 on both sides of the 50-yard line. The center of the field is labeled 'K' (Kicker) and 'C' (Center). The line of scrimmage is marked '46 YD LN'. The defensive line is labeled 'RR' (Right Receiver) and 'RW' (Right Wide Receiver). The offensive line is labeled 'LT' (Left Tackle), 'LG' (Left Guard), 'C' (Center), 'RG' (Right Guard), and 'RT' (Right Tackle). The defensive backfield is labeled 'MDM' (Middle Defensive Man) and 'FB' (Fullback). The offensive backfield is labeled 'LE' (Left End), 'RE' (Right End), and 'RW' (Right Wide Receiver). The diagram shows the following movement paths:

- The center (C) snaps the ball to the fullback (FB).
- The fullback (FB) moves forward towards the line of scrimmage.
- The left end (LE) moves forward towards the line of scrimmage.
- The right end (RE) moves forward towards the line of scrimmage.
- The left tackle (LT) moves forward towards the line of scrimmage.
- The left guard (LG) moves forward towards the line of scrimmage.
- The right guard (RG) moves forward towards the line of scrimmage.
- The right tackle (RT) moves forward towards the line of scrimmage.
- The right wide receiver (RW) moves forward towards the line of scrimmage.
- The middle defensive man (MDM) moves forward towards the line of scrimmage.
- The right receiver (RR) moves forward towards the line of scrimmage.

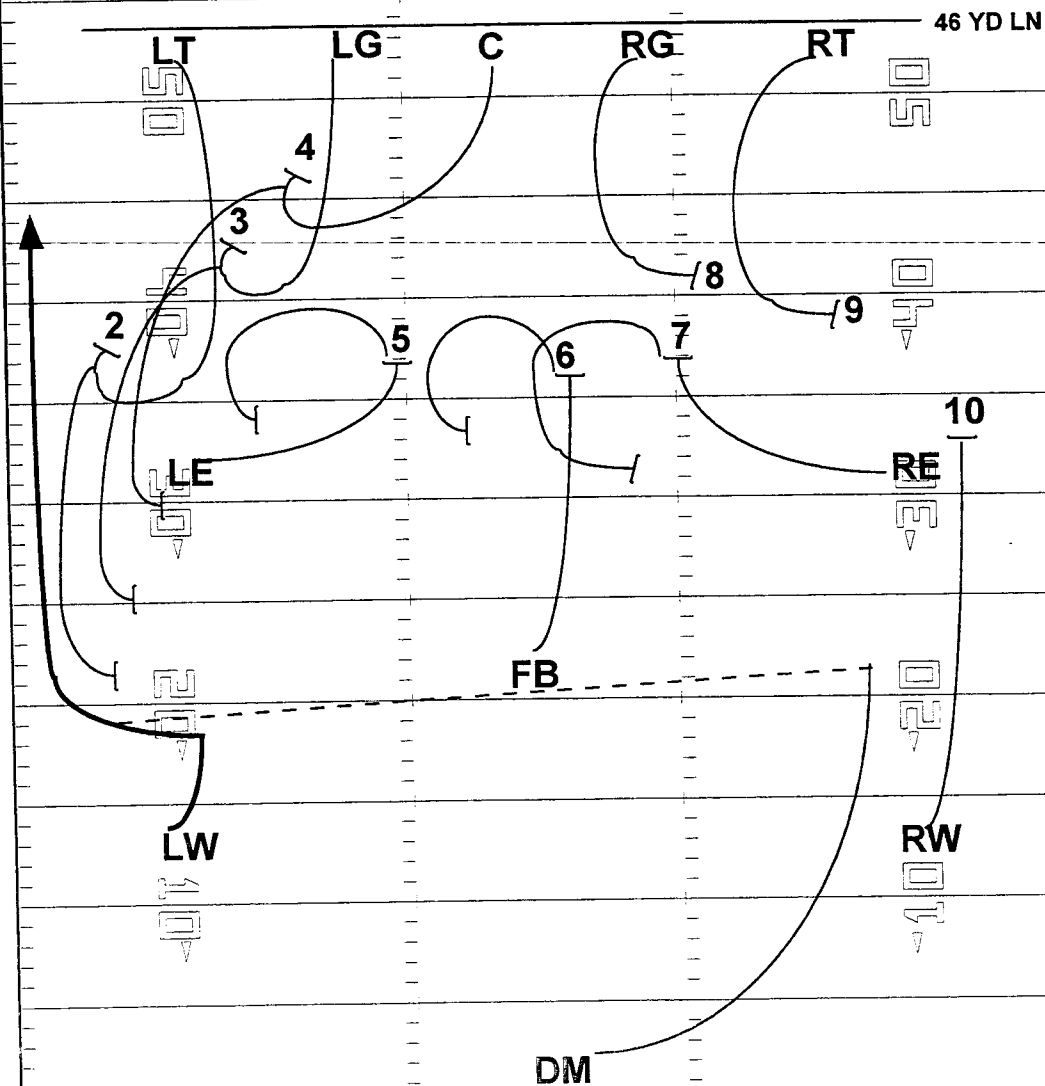
# THROWBACK RETURN RIGHT

10 9 8 7 6 K 5 4 3 2 1

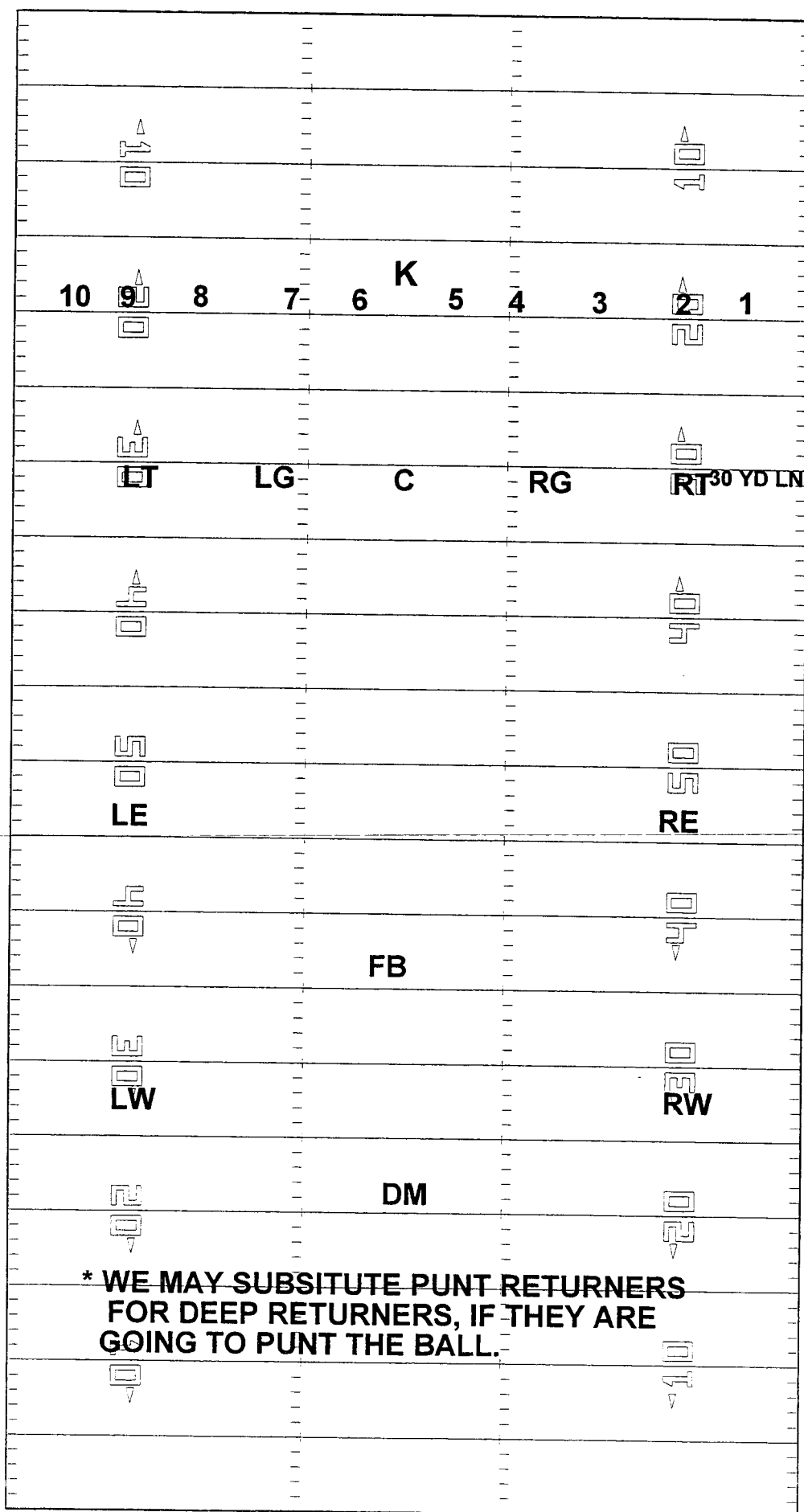


# THROWBACK RETURN LEFT

1 2 3 4 5 K 6 7 8 9 10



# FREE KICK RETURN "AFTER A SAFETY"





10

9

8

7

6

**K**

**5**

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# 3

2

# 1

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**7**

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2

103

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**MDM**

10

L—C

7

101

473

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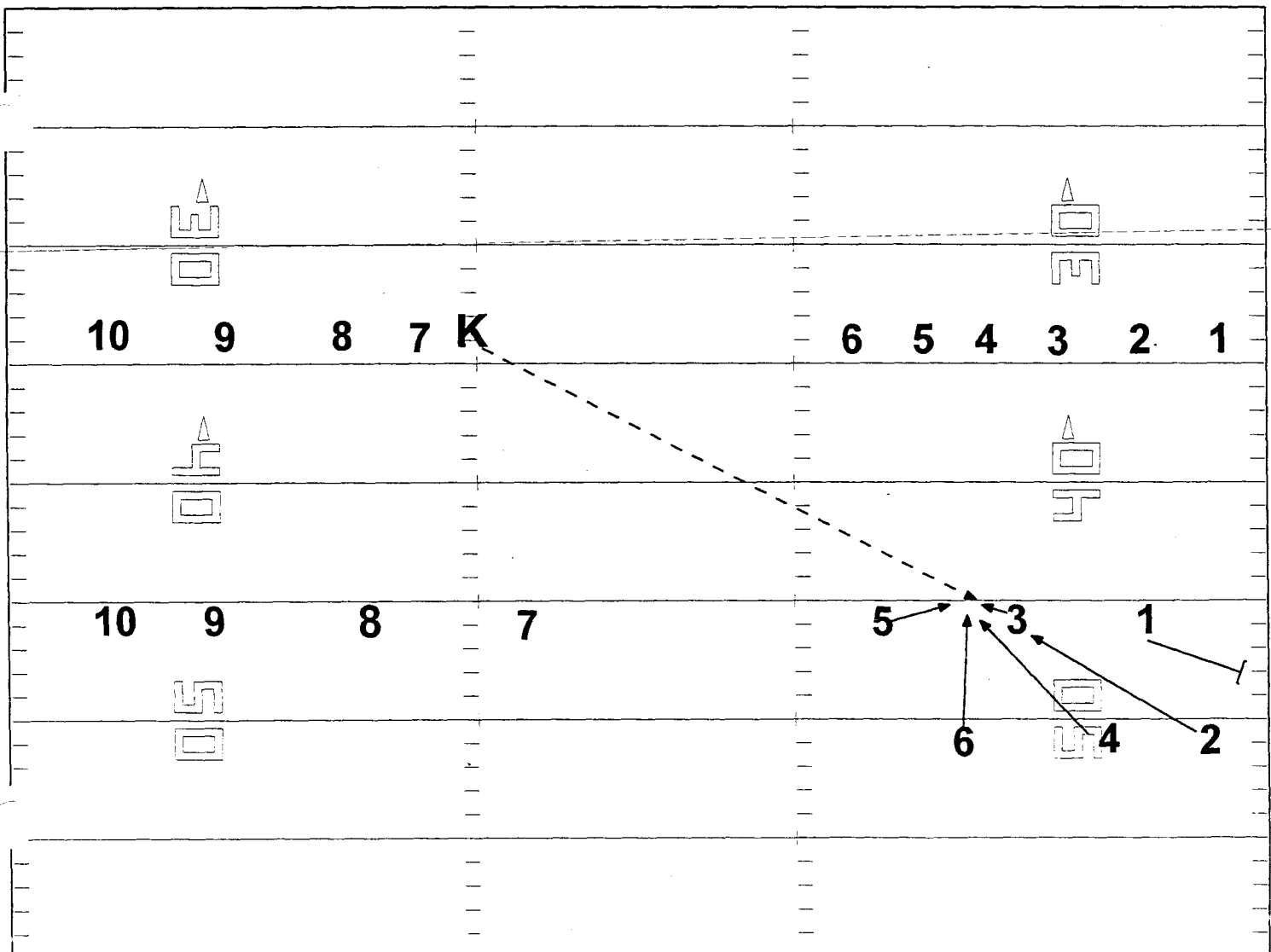
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**R**

# GOOD HANDS

## MUST ON-SIDE ALIGNMENT & RETURN

- 1:** BLOCK OR SCREEN OUT DEFENDER WHO IS TRYING TO KEEP BALL IN BOUNDS.
- 1,3,5:** CATCH BALL & COVER UP. IF BALL COMES HARD, FIELD BALL WITH BACK TURNED TOWARDS KICKING TEAM. THE FRONT ROW RECEIVER WHO IS CLOSEST TO THE KICKER & DOES NOT HAVE THE BALL KICKED AT HIM, MUST TRAIL THE PATH OF THE BALL, EXPECTING THE BOUNCE OFF THE RECEIVER.
- 2,4,6,:** MUST BACK UP FRONT ROW PLAYERS & EXPECT BALL TO SKIP THROUGH EITHER HIGH OR LOW. YOU ARE LAST LINE OF DEFENSE.
- 7,8,9,10:** EYE KICKER & ANTICIPATE BALL GOING BACK YOUR WAY. RECOVER BALL & COVER UP. 7 & 8 VICE THE KICKER. 10 COVER #10 & COVER ANYONE WHO LINES UP WIDE.
- C.P.:** IF BALL IS KICKED DEEP OR NOT TO YOU, BLOCK THE MAN WHOSE NUMBER MATCHES YOURS.
- C.P.:** AFTER BALL IS RECOVERED, WE WILL COVER UP THE RECEIVER & PREVENT OPPOSITION FROM DISLODGING THE BALL IN THE PILE.



# **ONSIDE RETURN RULES AND PRINCIPLES**

## **RULES:**

**THE BALL MUST BE KICKED 10 YARDS TO BE A LEGAL ONSIDE KICK.**

**IF THE BALL IS KICKED SHORT OF 10 YARDS LET THE KICKING TEAM RECOVER IT, THERE WILL BE A 5 YARD PENALTY IS ASSESSED AND THE RECEIVING TEAM TAKES POSSESION AT THAT POINT.**

**IF THE RECEIVING TEAM RECOVERS THE BALL SHORT OF 10 YARDS, THE RECEIVING TEAM TAKES POSSESION AT THAT POINT.**

**IF THE BALL IS TOUCHED AT ANY POINT BY THE RECEIVING TEAM, (BEFORE OR AFTER 10 YARDS) THE BALL IS FREE TO BE RECOVERED BY EITHER SIDE.**

**ANY BALL THAT TRAVELS OVER 10 YARDS, HAS TO BE RECOVERED BY THE RECEIVING TEAM!**

## **PRINCIPLES:**

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**RECOVER THE FOOTBALL. ANTICIPATE WHERE IT WILL TRAVEL.**

**A LINE DRIVE SHOULD BE ALLOWED TO GO THROUGH, AS THE BACK LINE SCRAMBLES TO RECOVER IT, THE FRONT LINE WILL BLOCK THEIR ASSIGNED MAN.**

**ONCE WE RECOVER THE BALL, PROTECT IT. FORM A WALL AROUND THE MAN WITH THE BALL.**

**THE RETURN MAN SHOULD TAKE NO CHANCES! DOWN OR FAIR CATCH ANY BALL THAT LOOKS RISKY.**

**FRONT LINE STEP ACROSS THE 10 YARD AFTER THE BALL HAS BEEN KICKED. THE KICKING TEAM MAY NOT BLOCK AN OPPONENT UNTIL THE BALL HAS TRAVELED 10 YARDS OR HAS BEEN TOUCHED BY AN OPPONENT.**

**FRONT LINE ONLY FIELD BALL IF YOU ARE SURE YOU CAN HANDLE IT!**

**PUNT**

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**PROTECT AND SERVE!**

## RULES

If we 'down' a punt, the covering man must stay with the ball until official blows whistle. Ball can be advanced if whistle has not yet blown to stop play.

If the covering team, on a punt, touches the ball but fails to officially 'down' it, the receiving team can try to advance the ball at no risk to themselves. If they make a gain, they can take the gain. If they fumble or lose yardage, they can elect to take the ball where it was first touched by the covering team.

A blocked punt that is blocked and does not cross the line of scrimmage may be advanced by either team. Punting team may run or pass the ball but must advance the ball enough for a first down.

A partially blocked punt that crosses the L.O.S. is treated as a regular punt.

A punt which fails to cross the L.O.S. continues in play. All players may catch or recover the ball and advance it.

Punt coverers must give the punt returner two yards in all directions of unmolested space to catch the ball. Receiver interference is penalized.

A fair catch cannot be advanced by either team; nor may the fair catcher be bumped or tackled (unless he mishandles the ball).

A man signaling for a fair catch cannot block.

Any muffed punt which hits the ground is a free ball and belongs to the team that recovers it. This recovery cannot be advanced, however.

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Punter guilty of simulating being roughed by an opponent will be penalized 15 yards for unsportsman-like conduct.

Roughing the punter is a 15 yard penalty and a first down but running into a punter only carries a five yard penalty with no first down, unless it was fourth and five or less.

The punter can never elect to throw a pass from a bad snap or a forced run situation. It will result in a penalty for lineman downfield.

For a punt, at least seven (7) men must be on the line of scrimmage. Their position and movement prior to snap are governed by same restrictions as in general rules for putting ball in play.

As the center settles over the ball he may adjust it, but must do so at that time. Once the ball is lifted off the ground, it is in play and live.

The punter is protected while in an unsafe (kicking) position but before and after the punt, as well as with mishandled (muffed) balls, the punter is unprotected and live.

## REMINDERS

To be aligned on the L.O.S. a player must have his shoulders facing his opponents goalline parallel to the L.O.S., with his head breaking the plane of the line drawn through the waistline of the center.

To be aligned in the backfield a player's head must not break the plane drawn through the waistline of the nearest teammate on the L.O.S.

To make an evaluation on whether or not a fair catch signal was made, know that the receiver must extend one hand over his head and wave it from side to side. A signal may only be given once and it is in force. An invalid signal is penalized.

When a fair catch is signaled for, always expect the ball to be muffed, but keep your two yards distance and position until the catch or muff - BE ALERT!!

When covering a punt try to keep it from going into the end zone. Gunners: get behind returner on fair catch and position yourself 1 yard outside end zone to down ball. Downing a ball with feet on goalline results in touchback and ball on 20 yard-line.

Stay in proper coverage lanes and fan out. Get depth and width at same time and proper distribution. We cover the ball and field properly.

Personal protector, if only 10 men on field, do not call cadence, but take a penalty for delay of game. Exception would be if ball is inside our 20 yardline. If this occurs, call a time-out to get eleventh man onto field. Punter must also be alert for this situation, also.

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If you have contain, you must contain. Be aware of blockers outside you.

Do not overrun the ball: Bullets run through the ball or receiver and others break-down, balance up and take a hitting position maintaining leverage with ball to inside shoulder.

A punting play is considered a change of possession - time is out at the end of play.

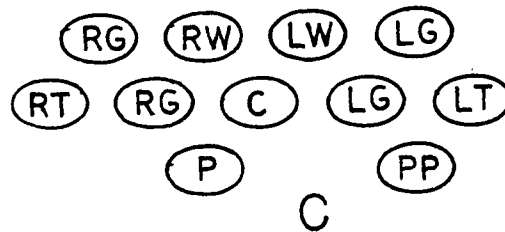
If the receiving team makes no attempt to field or catch ball, we may position ourselves and catch ball in air; it becomes a dead ball. This especially applies to a sky punt situation in plus zone area.

## PUNT PROTECTION

**HUDDLE:** WE HUDDLE ONLY ON THE SIDELINE. SPECIAL TEAMS COACH WILL CALL THE HUDDLE ON 3<sup>RD</sup> DOWN. YOU WILL RECEIVE THE CALL AND WILL BE SENT WHEN HE SENDS YOU ON 4<sup>TH</sup> DOWN. HUSTLE TO THE L.O.S. AND MAKE THE PLAY.

**CADENCE:** L.O.S. PERSONAL PROTECTOR WILL CALL THE FRONT, AND BLOCK PROTECTION. THIS MAY CHANGE ACCORDING TO THE FRONTS NUMBER OR ALIGNMENT. AFTER THE PP FEELS EVERYONE IS READY, THEN HE WILL CALL "SET" OR THE HOT CALL.

**EXAMPLE OF THE HUDDLE  
ON THE SIDELINE:**



### 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 AND WITH 7 SECOND SET. 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 40 SECOND CLOCK RUN OUT.

**C.P.:** AFTER PENALTY, HUDDLE UP, TALK OVER RUSH ALIGNMENT, BE PREPARED FOR OSCAR.

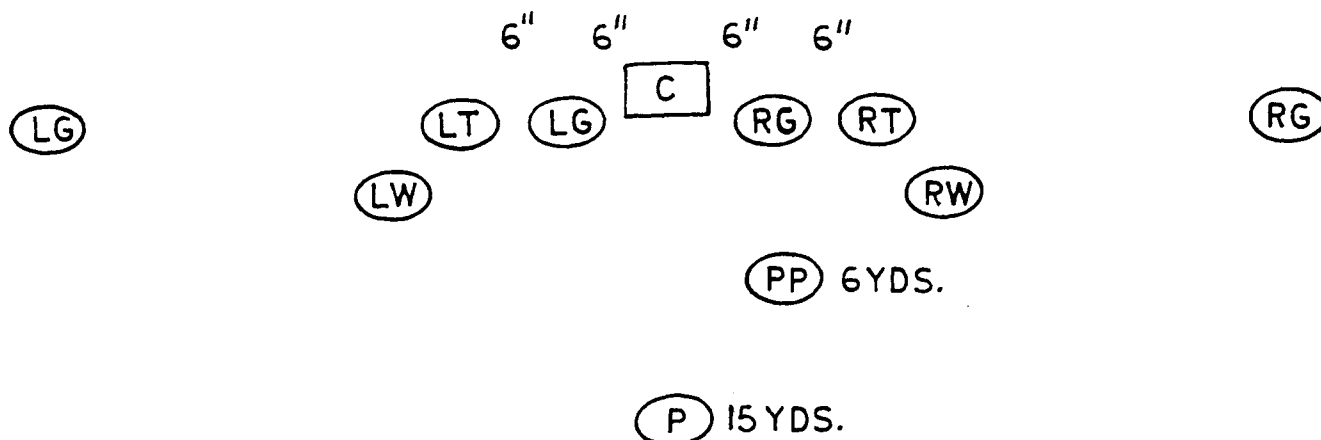
3) **ICE "T":** ALERT TO TEAM WE WILL NOT SNAP THE BALL, BUT THE PP WILL TAKE ONE SECOND TIME OUT SO WE DON'T LOSE FIELD POSITION. WE WILL HAVE A CHANCE TO SEE THE RUSH.

4) **KILL:** ALERT TO TEAM TO HURRY UP OPERATION OF SNAP AND PUNT, ALSO ALERTS GUNNERS AND TEAM TO DOWN THE BALL QUICKLY. MAY BE AN OSCAR SITUATION OR POSSIBLE PUNT OUT OF BOUNDS.

### "OSCAR"

GIVEN BY THE PERSONAL PROTECTOR TO THE CENTER AND FRONT. OSCAR MEANS ON-THE-SNAP. THE CENTER WILL SNAP BALL ONE SECOND AFTER CALL AND BLOCK NORMAL "ZORRO" ASSIGNMENT. EVERYONE ELSE CONCENTRATE ON THE BALL AND BLOCK THEIR "ZORRO" ASSIGNMENT. OSCAR CALL WILL ELIMINATE A LOT OF MOVEMENT BY THE RUSH TEAM AND SETTLE THEM DOWN.

## PUNT PROTECTION



**STANCES:** 2-POINT STANCE WITH THE GUARDS  
AND TACKLES. OUTSIDE FOOT  
STAGGERED BACK. HANDS ON KNEES.

**PUNT TEAM**  
**SPLIT SLOT FORMATION**

**GUNNERS, SLOTS, AND PP**  
**2-POINT SQUARED AT**  
**SHOULDER WIDTH.**

**CADENCE: FRONT ( 8, 9, 10)**  
**PROTECTION (SOLID, TURN)**  
**SET.....**

**CENTER.....NORMAL SNAPPING POSITION.**

**GUNNERS.....ALIGN ON THE L.O.S. USING MINIMUM SPLITS. SET UP ON THE BALL**  
**(OUTSIDE NUMBERS).**

**GUARDS.....LINE TOES TO THE HEEL OF THE CENTER WITH SIX INCH SPLITS.**

**TACKLES.....LINE UP TOE TO TOE WITH THE GUARD WITH SIX INCH SPLITS.**

**WINGS.....ALIGN YOUR INSIDE FOOT TO OUTSIDE FOOT OF THE TACKLE**  
**AND DEEP ENOUGH NOT TO BE STEPPED ON BY TACKLE (2 1/2 TO 3**  
**YARDS)**

**PP.....SPLIT THE OUTSIDE LEG OF GUARD TO YOUR SIDE (6 YARDS DEEP).**

**PUNTER.....HEELS ALIGN 15 YARDS DEEP. COULD MOVE RIGHT OR LEFT.**



## PUNT PROTECTION

**PROTECTION: CALLED ON THE SIDELINES OR ON THE FIELD VS A 10-MAN FRONT.**

**THIS PROTECTION IS BASED ON THE PP GIVING A CALL AND DESIGNATING A MAN AND ZONE SIDE. THIS WILL BE DETERMINED BY THE ALIGNMENT OF THE FRONT. THE CALL IS ALWAYS MADE TO THE CENTER, WHICH ALERTS HIM TO BLOCK IN THAT DIRECTION (RT OR LT). THE GUARD, TACKLE AND WING TO THAT SIDE WILL BLOCK ZONE/MAN PICK UP. THE GUARD, TACKLE AND WING AWAY FROM THE CALL WILL BLOCK MAN WITH THE PP.**

**ALWAYS BE ALERT FOR TWISTING AND MOVEMENT. IF THE FRONT SHIFTS FROM ONE SIDE TO THE OTHER OR FROM ONE OVERLOAD TO ANOTHER, THE PP WILL GIVE THE CENTER ANOTHER CALL WHICH WILL CHANGE THE MAN/ZONE SIDES.**

### **CALLS:**

**RIGHT: CENTER RT, RIGHT SIDE ZONE, LEFT SIDE MAN: "OVERLOAD RT, SOLID LT"**

**LEFT: CENTER LT, LEFT SIDE ZONE, RIGHT SIDE MAN: "OVERLOAD LT, SOLID RT"**

### **BLOCKING RULES:**

**CENTER: THROW THE PERFECT SNAP, THEN BLOCK IN THE DIRECTION OF THE CALL. BLOCK AREA ON THE OVERLOAD AND MAN ON EVEN FRONTS.**

**OVERLOAD: WING - SHOCK #3, BLOCK #2  
(ZONE/MAN) TACKLE - SHOCK #4, BLOCK #3  
GUARD - SHOCK #5, BLOCK #4**

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**SOLID: WING - BLOCK #2  
(MAN) TACKLE - BLOCK #3  
GUARD - BLOCK #4  
PP - BLOCK #5**

**GUNNERS: ONE-FOR-ONE EXCHANGE. KEY THE SNAP FOR RELEASE AND GET INTO COVERAGE. KNOW PUNTER'S DIRECTION. MAKE THE PLAY. USE GOOD SPLITS. TRY TO RELEASE IN DIRECTION OF T PUNT IF DIRECTIONAL KICKING.**

### **RULES FOR FRONT ADJUSTMENTS:**

**IF YOUR MAN MOVES BEFORE OR AFTER THE SNAP, COUNT THE NEXT MAN IN THAT SAME DIRECTION.**

**ALERT FOR TWISTS BY KEYING THE FRONT ALIGNMENT. PLAY OFF THE L.O.S. AND CHECK OFF THE TWISTING MAN.**

**IF YOU START ZONE OR MAN AND THE FRONT SHIFTS, LISTEN FOR THE CALL TO CHANGE YOUR RESPONSIBILITY. IF NO CALL, STAY WITH ASSIGNMENTS.**

## PUNT PROTECTION

### **CENTER:**

TAKE YOUR TIME (NON-RYTHMIC). MAKE THE PERFECT SNAP. AFTER YOU RELEASE THE BALL SLIDE PROTECT EITHER TO THE RIGHT OR LEFT. THIS WILL BE DETERMINED BY THE PP GIVING YOU THE CALL. LISTEN FOR THE FRONT CALL. IF 8 OR 9, DON'T WORRY ABOUT BLOCKING AS FAST. CONCENTRATE ON THE SNAP. YOU WILL PICK FOR EITHER GUARD ON THE RELEASE. IF BLOCKING ON THE 10-MAN FRONT, EXPLODE THROUGH WITH HIPS, RECOVER BY GETTING YOUR HANDS OUT AND YOUR HEAD UP. OPEN THE FOOT TO THE SIDE YOU WANT TO BLOCK TO, THEN CARRY-OKA STEP OVER WITH THE OTHER FOOT FOR LEVERAGE. GRAB CLOTH AND WASH OUTSIDE. RELEASE INTO YOUR PREDETERMINED FIELD LANE. ALERT "OSCAR" CALL: IF YOU GET AN "OSCAR" CALL, GET READY AND PULL THE TRIGGER. \*ALERT 54 TWIST ON ZONE SIDE. KEEP EYES UP AND LOOK OVER BACK OF #5. C.P.: CHECK ALIGNMENT OF #4. "ZONE" CALL PUTS YOU IN A-GAP AWAY FROM PP.

### **TECHNIQUES:**

NORMAL SNAPPING STANCE. SNAP AFTER "SET" CALL WHEN YOU ARE READY AT LEAST 1,001. IF OSCAR CALL IS GIVEN, GET READY AND PULL TRIGGER.

EXPLODE WITH YOUR HIPS AND HANDS.

GET INTO RECOVERY AS SOON AS POSSIBLE AND GET YOUR HANDS UP.

~~SLIDE RIGHT AND LEFT BASED ON THE CALL FROM THE PP. ALERT "O" CALL.~~

CARRY-OKA STEP AND GRAB CLOTH IN AREA OF RESPONSIBILITY. KEY WITH EYES FOR TWIST.

ONCE GIVEN A DIRECTION TO BLOCK, STAY WITH IT. IF READING AN "I STACK" AND BOTH RUSHERS GO AWAY FROM YOU, POST ON YOUR OUTSIDE FOOT AND COME BACK TO PICK-OFF STACK MAN.

RELEASE INTO COVERAGE AS SOON AS POSSIBLE. CO-SIGN COVERAGE CALL. BREAKDOWN AND MAKE THE TACKLE.

### **BLOCKING TECHNIQUE:**

SLIDE STEP TO OPEN RIGHT OR LEFT, CARRY-OKA STEP TO GAIN LEVERAGE.

CHEST AND HANDS RUSHER'S PEC. WALK Laterally FOR TWO STEPS.

## **PERSONAL PROTECTOR (PP):**

**TAKE CHARGE OF THE UNIT. KEY DEEP FOR SAFETIES WHILE GETTING SET UP. READ FRONTS ALIGNMENT FOR EVEN OR OVERLOADS. MAKE YOUR CALL AND CHECK YOUR RESPONSIBILITY AFTER EVERYONE HAS SETTLED INTO TH THEIR STANCES. LOOK FOR THE CLOCK. GIVE SET CALL AND WATCH THE FRONT AND THE SNAPPER AND GET THE QUICK SNAP TO CATCH THE DEFENSE MOVING. BLOCK YOUR RESPONSIBILITY IF HE DOESN'T COME - CHECK STRONG TO WEAK FOR ANY LEAKAGE. GET INTO THE DIRECTION OF THE BALL IN FLIGHT AND GET OUTSIDE ANY WALLS OR FILL ANY LANES. BE ALERT FOR CREEP OFF VICE LOOK. IF EXCESSIVE MOVEMENT MAKE A "ZONE" CALL AND BLOCK THE A-GAP TO YOUR SIDE.**

## **TECHNIQUES:**

**MAKE CALL AT THE L.O.S. FOLLOW FRONT RULES.**

**2-POINT STANCE 6 YARDS DEEP STRADDLING THE INSIDE LEG OF THE GUARD ON THE PUNTER KICKING LEG.**

**AFTER THE BALL IS SNAPPED, WORK UP TO THE L.O.S. (DON'T WAIT FOR YOUR MAN TO COME TO YOU), KEEP INSIDE-OUT RELATIONSHIP TO YOUR MAN.**

**CHEST AND HANDS YOUR MAN - STOP HIS MOMENTUM OR REDIRECT HIM LATERALLY FOR TWO STEPS. POST AND STRIKE WHEN YOU FEEL YOU CAN TOUCH HIM.**

**CO-SIGN COVERAGE CALL AND GET TO THE RETURNER. READ ANY WALLS OR FILL UP ANY LANES.**

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## **GUARDS & TACKLES:**

**COUNT FROM THE OUTSIDE-IN AND FIND YOUR BLOCKING RESPONSIBILITY. LISTEN FOR CALL AT THE L.O.S. VERSUS A 10-MAN FRONT, LOCATE YOUR SHOCK MAN. AFTER MAN OR ZONE IS DECLARED BLOCK YOUR MAN, THEN RELEASE INTO COVERAGE. (GUARDS ALERT PICK FROM CENTER)**

## **TECHNIQUES:**

**2-POINT STANCE. NO MORE THAN SHOULDER WIDTH. STAGGER OUTSIDE FOOT BACK. YOUR WEIGHT SHOULD BE ON BOTH BALLS OF YOUR FEET. KNEES SHOULD BE BENT. HANDS ON YOUR KNEES WITH YOUR HEAD UP AND BENT OVER AT THE WAIST.**

## **ASSIGNMENT:**

**ON THE SNAP, USE CORRECT FOOTWORK (KICK SLIDE). POST AND STRIKE YOUR MAN. SHOCK RESPONSIBILITY, IF NEEDED. GET INTO COVERAGE AS SOON AS POSSIBLE AND CO-SIGN THE COVERAGE CALL. ALERT TWISTS. KEY ALIGNMENT.**

**BLOCKING:**

**STOP YOUR MAN'S MOMENTUM OR REDIRECT HIS PATH TWO STEPS Laterally.**

**ATTACK YOUR MAN CHEST-HIGH (DON'T DROP YOUR HEAD). FOCUS ON MAN'S INSIDE BOTTOM OF THE NUMBER.**

**CHEST AND HAND'S YOUR MAN'S CHARGE. POST AND STRIKE WHEN YOU FEEL YOU CAN TOUCH HIM.**

**HANDS SHOULD BE WAIST-HIGH. OPEN WITH FINGERS UP. KEEP YOUR ELBOWS TIGHT TO YOUR BODY.**

**ON IMPACT, ROLL YOUR HIPS UP AND THROUGH YOUR MAN. PUNCH WITH THE HEELS OF YOUR HANDS UNDER HIS NUMBERS, EXTEND YOUR ARMS FOR SEPARATION.**

**MOVE Laterally TO ESCAPE HOLD UPS.**

**WINGS:**

**COUNT FROM THE OUTSIDE-IN AND FIND YOUR BLOCKING RESPONSIBILITY. LISTEN FOR ANY L.O.S. CALLS. ON A 10-MAN FRONT, LOCATE YOUR SHOCK MAN. AFTER MAN OR ZONE IS DECLARED. BLOCK YOUR MAN, THEN RELEASE INTO COVERAGE. CO-SIGN ANY CALLS FROM THE PP TO YOUR SIDE, MAKE CALLS TO YOUR TACKLE AND GUARD AND MAKE SURE YOU GET CO-SIGNS.**

**TECHNIQUES:**

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**2-POINT STANCE OUTSIDE FOOTBACK, KNEES SHOULD BE BENT, HANDS ON KNEES WITH YOUR HEAD UP AND BENT OVER AT THE WAIST.**

**ASSIGNMENTS:**

**ON THE SNAP, USE CORRECT FOOTWORK (KICK SLIDE). POST AND STRIKE YOUR MAN, SHOCK YOUR RESPONSIBILITY, IF NEEDED. GET INTO COVERAGE AS SOON AS POSSIBLE AND CO-SIGN THE COVERAGE CALL. ALERT TWISTS, KEY ALIGNMENT.**

**BLOCKING:**

**STOP YOUR MAN'S MOMENTUM OR REDIRECT HIS PATH TWO STEPS Laterally.**

**ATTACK YOUR MAN CHEST-HIGH (DON'T DROP HEAD). FOCUS ON MAN'S INSIDE BOTTOM OF THE NUMBER.**

**LET RUSH GET UPFIELD ON YOUR OUTSIDE SHOULDER, THEN SHUFFLE UT TO POST AND STRIKE. DON'T PLAY SPEED MOVE (3 STEPS) OR GO FOR ANY HEAD FAKES.**

**CHEST AND HAND'S YOUR MAN'S CHARGE. POST AND STRIKE WHEN YOU FEEL YOU CAN TOUCH HIM.**

**HANDS SHOULD BE WAIST-HIGH. OPEN WITH FINGERS UP. KEEP YOUR ELBOWS TIGHT TO YOUR BODY.**

**ON IMPACT, ROLL YOUR HIPS UP AND THROUGH YOUR MAN. PUNCH WITH THE HEELS OF YOUR HANDS UNDER HIS NUMBERS, EXTEND YOUR ARMS FOR SEPARATION.**

**MOVE Laterally TO ESCAPE HOLD UPS.**

**GUNNERS:**

**SPLIT RULES:**

**BALL MIDDLE - SPLIT ½ WAY BETWEEN HASH AND 9 YARD SLASH.**

**BALL RIGHT HASH - RIGHT GUNNER - 9 YARDS FROM SIDELINE.**

**LEFT GUNNER - SPLIT 3 YARDS OUTSIDE HASH.**

**BALL LEFT HASH - RIGHT GUNNER - 9 YARDS FROM SIDELINE.**

**LEFT GUNNER - SPLIT 3 YARDS OUTSIDE HASH.**

**TAKE MINIMUM SPLIT FROM THE WING, HEAR THE COVERAGE CALL. KEY THE BALL FOR MOVEMENT. ON THE SNAP, CLOSE DEFENDER AS SOON AS POSSIBLE, MOVE IN OPPOSITE DIRECTION YOU NEED TO COVER OR TAKE RELEASE GIVEN. GET DEFENDER. ONCE FREE FROM DEFENDER, GET EYES ON RETURNER, THEN PICK THE BALL UP IN FLIGHT FOR DIRECTION. LISTEN FOR COVERAGE CALL. RUN TO HIT ON THE RETURNER. MAKE THE TACKLE!**

**TECHNIQUES:**

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**~~2-POINT STANCE - MAN OFF - STAGGERED AND PUSH OFF FRONT FOOT. MAN ON (PRESS) FEET TOGETHER.~~**

**KEY THE BALL FOR MOVEMENT.**

**KEY DEFENDER (DEFENDER ALIGNMENT FOR PRE-SNAP MOVE).**

**MUST GET DEFENDERS HANDS OFF OF YOU. USE STROKE TECHNIQUE TO BREAK DOWN DEFENDERS ARMS. USE OPPOSITE ARM FROM RELEASE TO STROKE DEFENDERS ARM.**

**USE ONE-FOR-ONE. CLOSE AND WORK DEFENDER AWAY FROM RELEASE COVERAGE. USE GOOD STAGGERED STANCE, DRIVE OFF HARD AND MAKE DEFENDER COMMIT.**

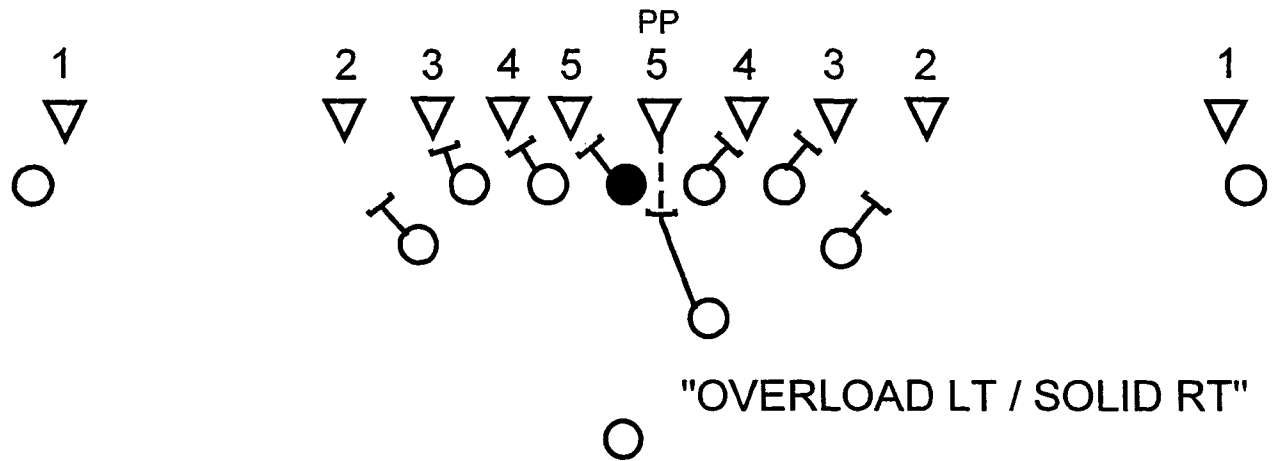
**USE VICE (DOUBLE). WORK ONE MAN AT A TIME. MUST AVOID CONTACT WITH FIRST DEFENDER AND USE CLUB AND STROKE ON NUMBER TWO (TAKE THE BEST RELEASE POSSIBLE). BRING FEET TOGETHER TO CONTROL QUICK MOVEMENT.**

**AFTER RELEASE, REPLACE OVER THE TOP OF DEFENDER. RUN TO HIT. DON'T SLOW UP AND ALLOW DEFENDERS TO CUT OFF.**

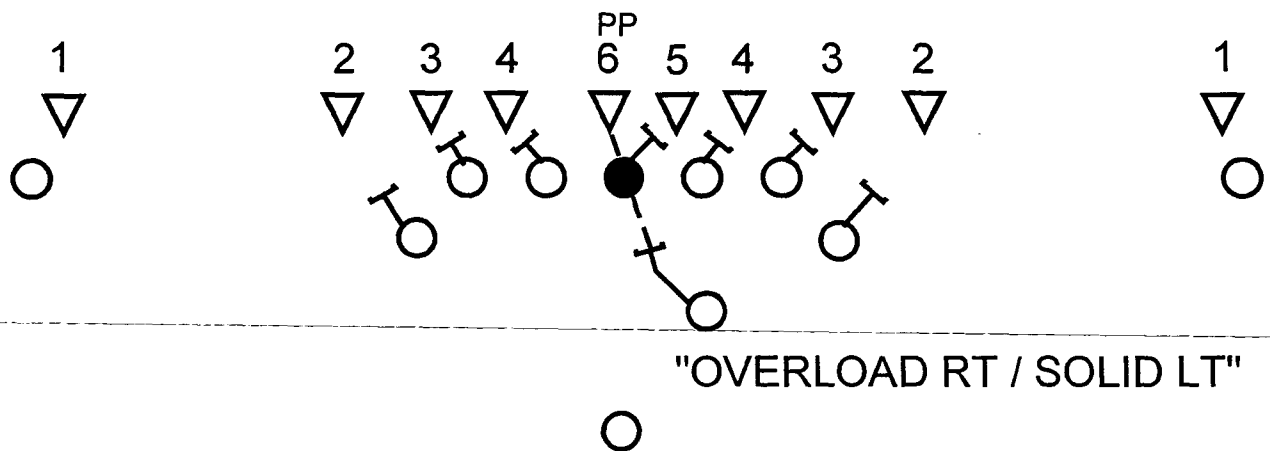
**MOVES FOR RELEASES OFF L.O.S. VS SINGLE OR VICE:**

- 1) SPEED: VS SINGLE OR VICE...TAKE BEST RELEASE INSIDE OR OUTSIDE BY EXPLODING OFF ON THE SNAP TO CLEAR THE FIRST DEFENDER BY SPRINTING BY HIM, THEN WORK OVER THE TOP. ANTICIPATE...IF VICE ...THE INSIDE MAN CUTTING YOU OFF; MAY HAVE TO COUNTER.**
  - 2) STICK - RELEASE: VS SINGLE OR VICE...KNOW WHAT RELEASE YOU WANT BEFORE THE SNAP. STICK (INFLUENCE) DEFENDER(S) IN OPPOSITE DIRECTION YOU WANT TO RELEASE. RELEASE.. CLEAR DEFENDER AND WORK OVER THE TOP; MAY HAVE TO COUNTER.**
  - 3) STEM - STICK - RELEASE: TWO MOVES VS. SINGLE OR VICE...STEM (INFLUENCE) DEFENDER(S) IN DIRECTION YOU WANT TO RELEASE. STICK - (INFLUENCE) DEFENDER(S) IN OPPOSITE DIRECTION OF STEM. RELEASE ...SAME SIDE OF STEM.. CLEAR DEFENDER AND WORK OVER THE TOP; MAY HAVE TO COUNTER. BE ALERT TO SPLIT A VICE.**
-

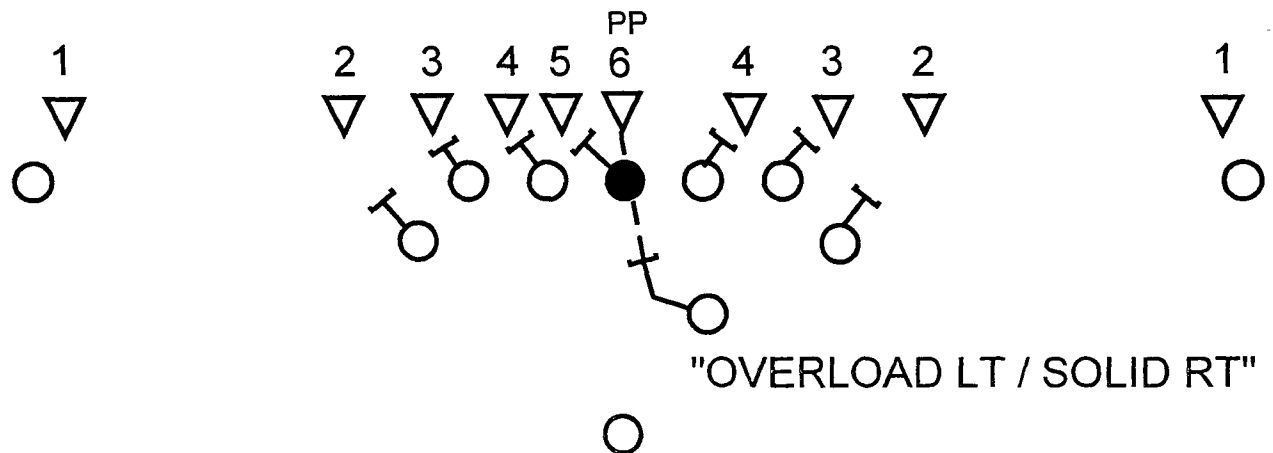
### 55 ALIGNMENT (BALANCED)



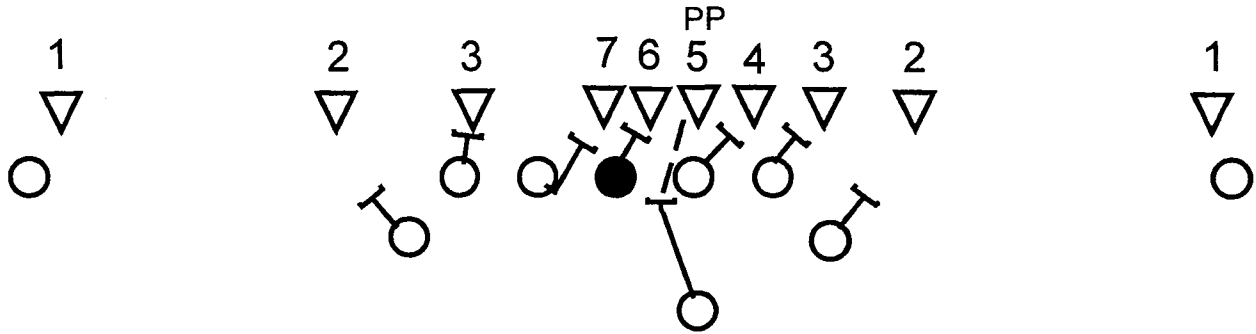
### 64 ALIGNMENT (OVERLOAD)



### 46 ALIGNMENT (OVERLOAD)



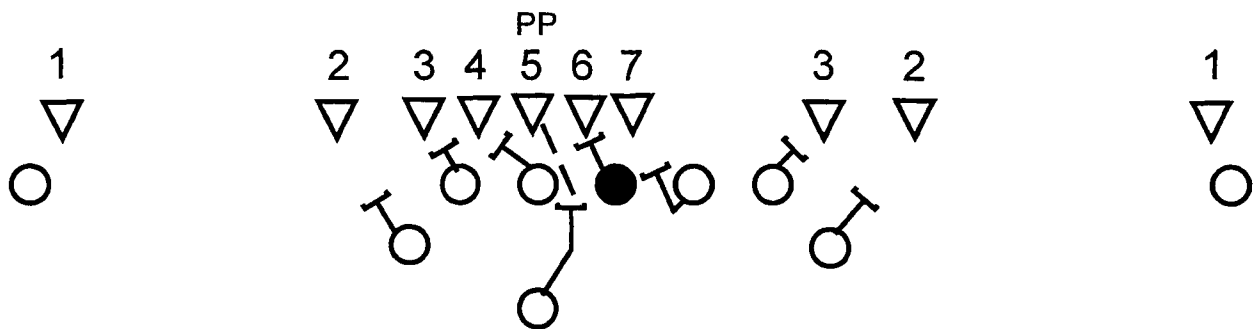
## 73 ALIGNMENT(SPECIAL)



"SPECIAL RT / SOLID LT"

C.P.: LEFT GUARD: TIGHTEN SPLIT - ON THE SNAP, SIT DEEP & EYE BALL YOUR MAN. IF HE GRABS THE CENTER SIDE, OVER & BLOCK #6.

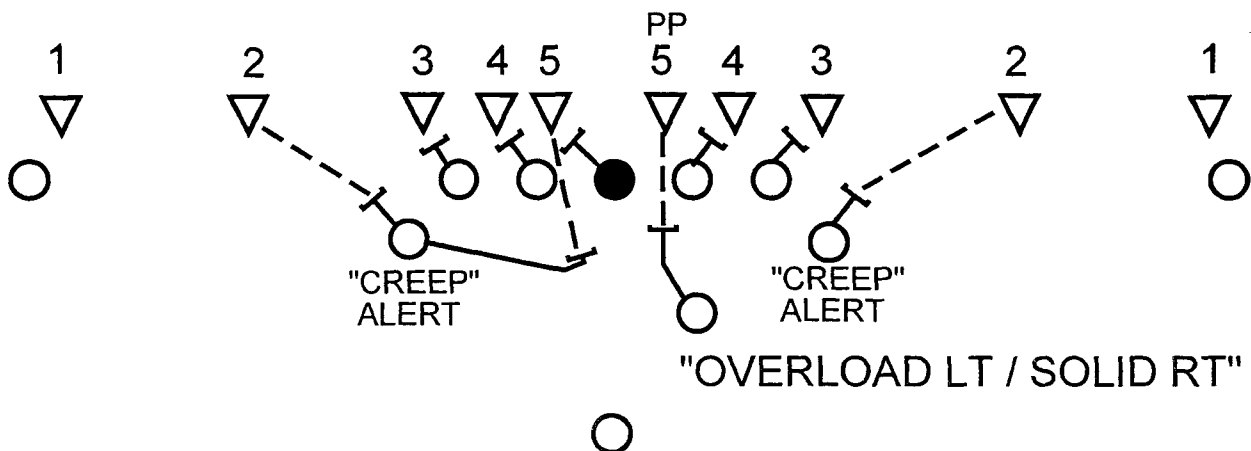
## 37 ALIGNMENT (SPECIAL)



"SPECIAL LT / SOLID RT"

C.P.: RIGHT GUARD: TIGHTEN SPLIT - ON THE SNAP, SIT DEEP & EYE BALL YOUR MAN. IF HE GRABS THE CENTER SIDE, OVER & BLOCK #6.

## 55 ALIGNMENT (CREEP)

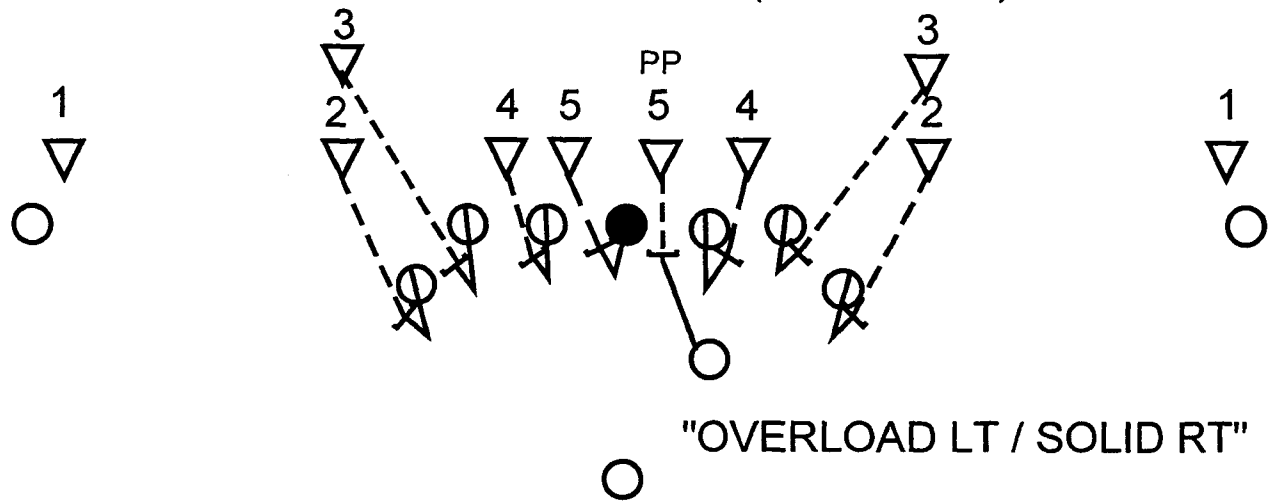


"OVERLOAD LT / SOLID RT"

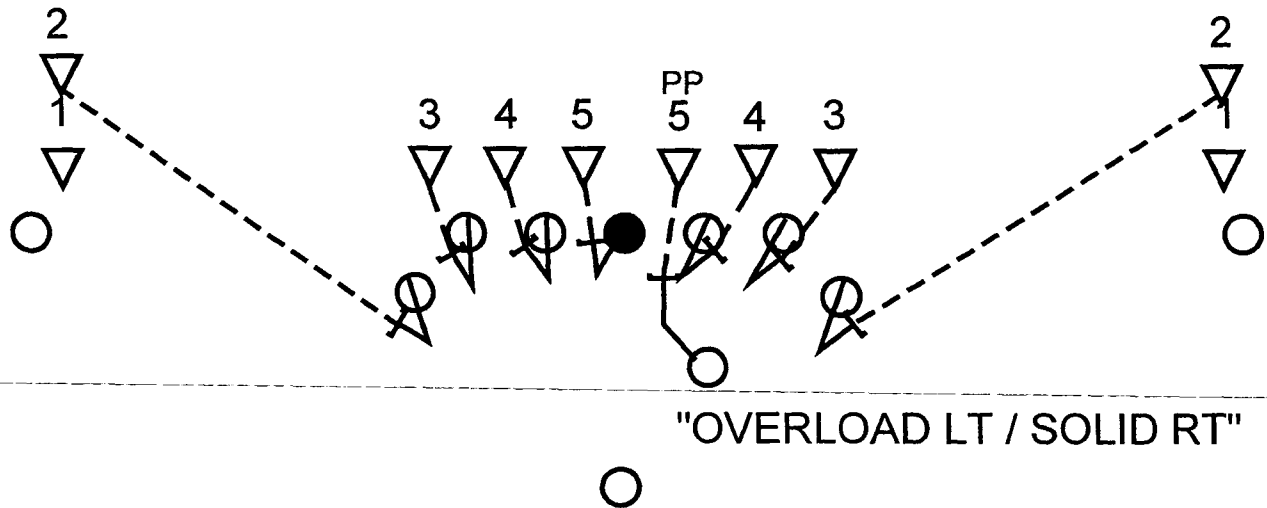


# STACK RULES

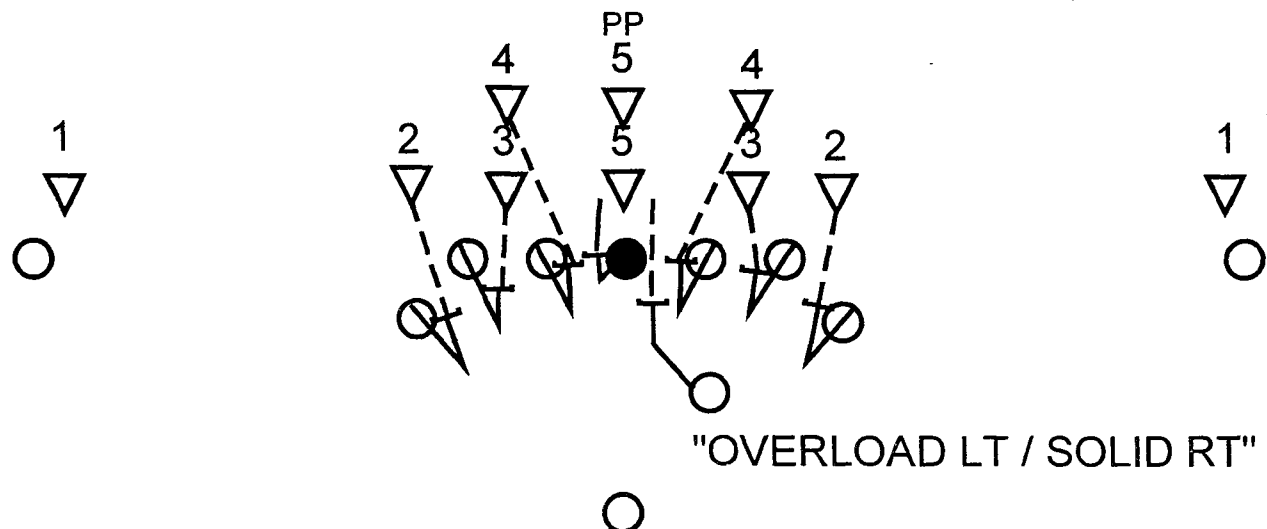
## 55 ALIGNMENT(BALANCED)



## 55 ALIGNMENT(BALANCED)

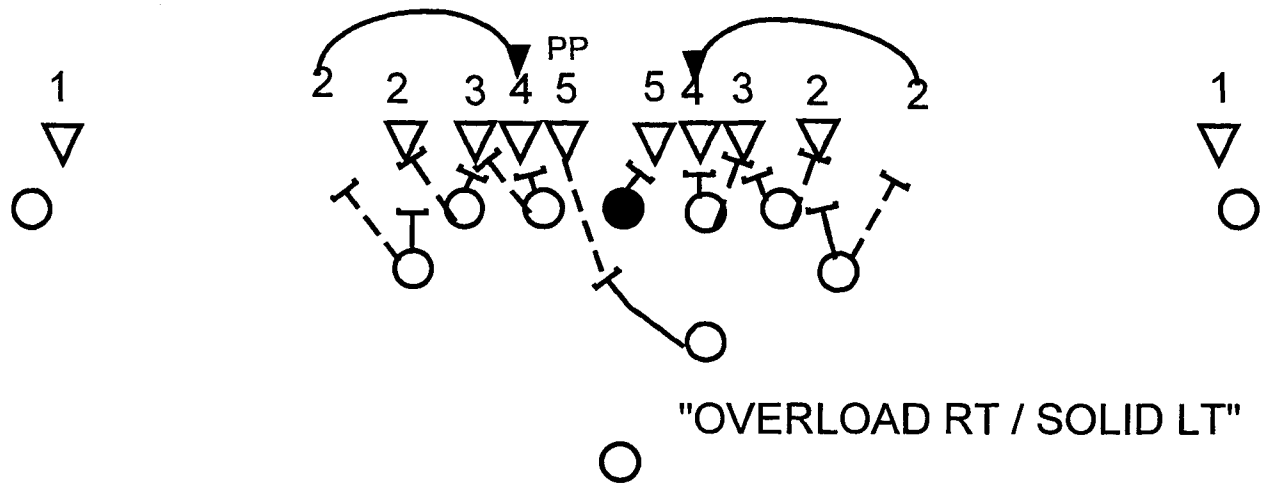


## 55 ALIGNMENT (BALANCED "O-STACK")



C.P.: CENTER SLIDE & BLOCK LEFT "A" GAP, IF BOTH #5 GO RIGHT, COME BACK & KNOCK OFF STACK MAN.

## REPLACEMENT RULES 55 ALIGNMENT (BALANCED)

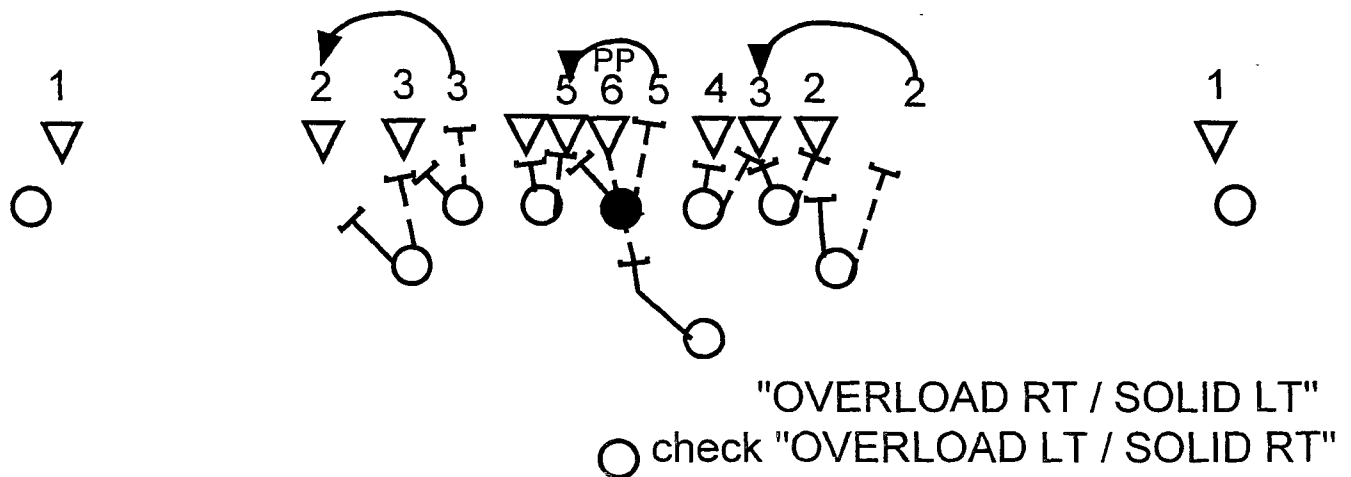


### REPLACEMENT RULES:

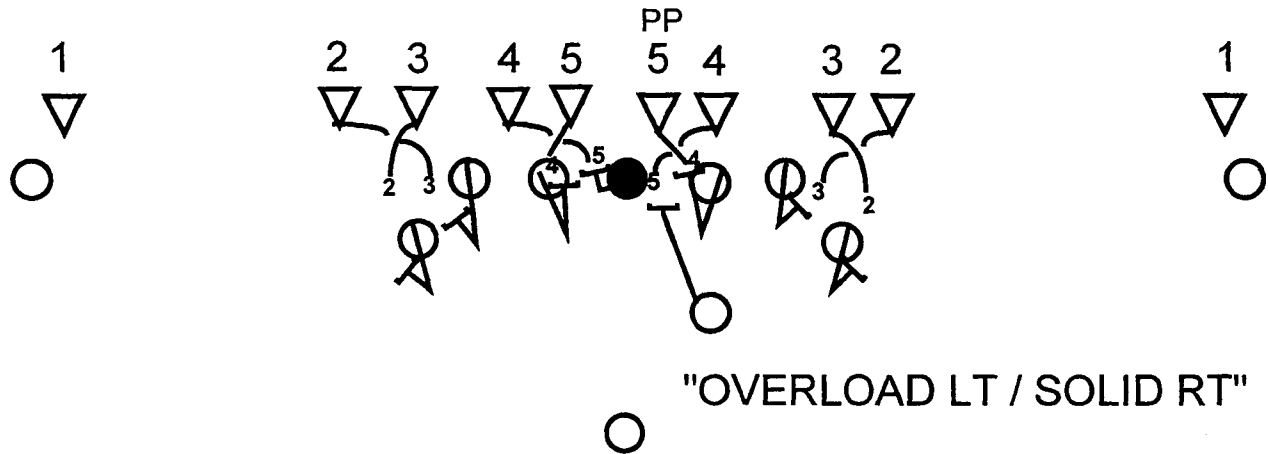
IF YOUR RESPONSIBILITY MOVES EITHER TO THE INSIDE OR THE OUTSIDE BEFORE THE SNAP, TAKE THE NEXT MAN IN THAT SAME DIRECTION. YOU MUST END UP WITH THE SAME BLOCKING RESPONSIBILITY AFTER THE MOVE OR MOVEMENTS (2,3,4).

IF YOUR MAN GETS REPLACED BY EITHER A MAN FROM THE OUTSIDE OR THE INSIDE, TAKE THE NEXT MAN IN THAT SAME DIRECTION.

## 46 ALIGNMENT WAS 64 - CHECK FROM RIGHT TO LEFT



# **FIRST LEVEL TWISTS** 55 ALIGNMENT(BALANCED) 54 32 TWISTS



## **TWIST RULES: ALERT TWISTS ON THE FOLLOWING KEYS:**

FRONT PLAYERS VERTICAL ALIGNMENT

SHOCK RESPONSIBILITY HEAD UP OR ON THE OUTSIDE SHOULDER

TWIST PLAYERS COCKED IN THE STANCE

TWISTS FALL INTO THE SAME RULES AS THE REPLACEMENT RULES, BUT TWISTS ARE DONE ON THE SNAP AND ON THE L.O.S.

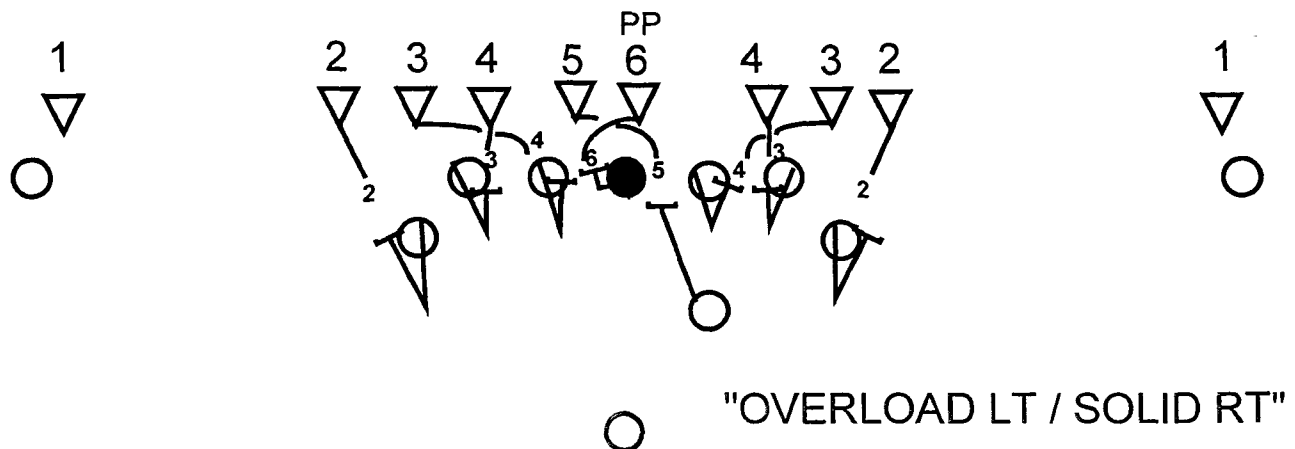
+

RULES: IF YOUR MAN TWISTS ON THE SNAP TO THE INSIDE OFF THE NEXT PLAYER'S INSIDE HIP, TAKE THE NEXT MAN INSIDE.

IF YOUR MAN GETS REPLACED BY A PLAYER FROM THE OUTSIDE ON THE SNAP PICK UP THE NEXT MAN INSIDE.

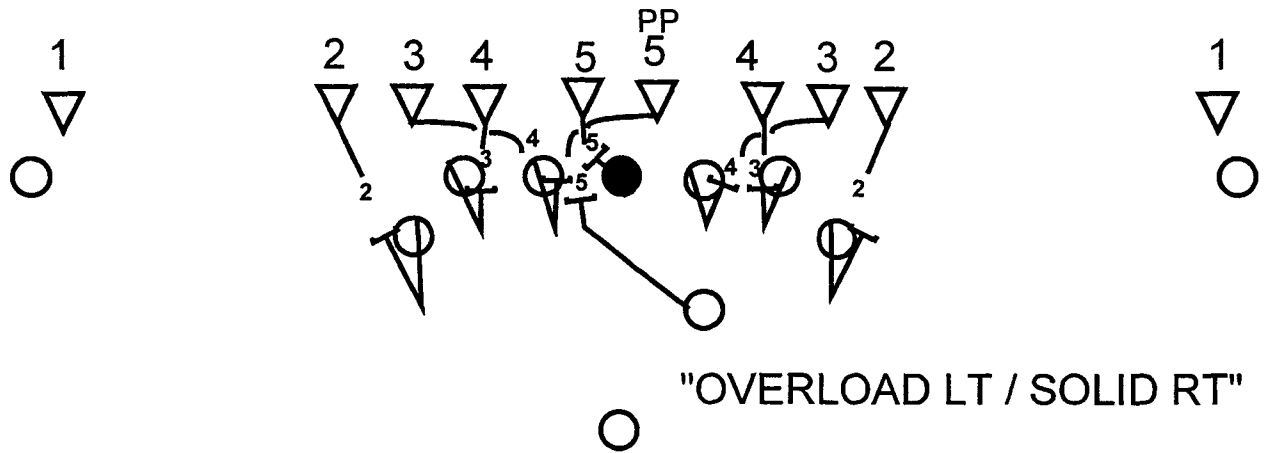
IF ANY PLAYER SEES ANY KEYS BY THE FRONT, YOU MUST ALERT THE PLAYER TO THE INSIDE (YOUR HELP)

## **46 ALIGNMENT 55 43 TWISTS**

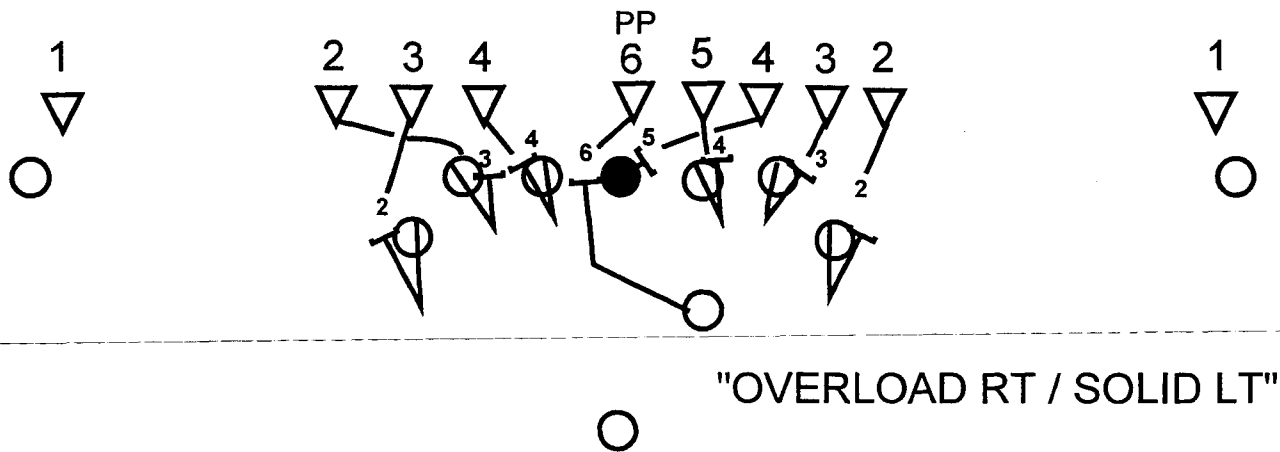


# FIRST LEVEL TWISTS

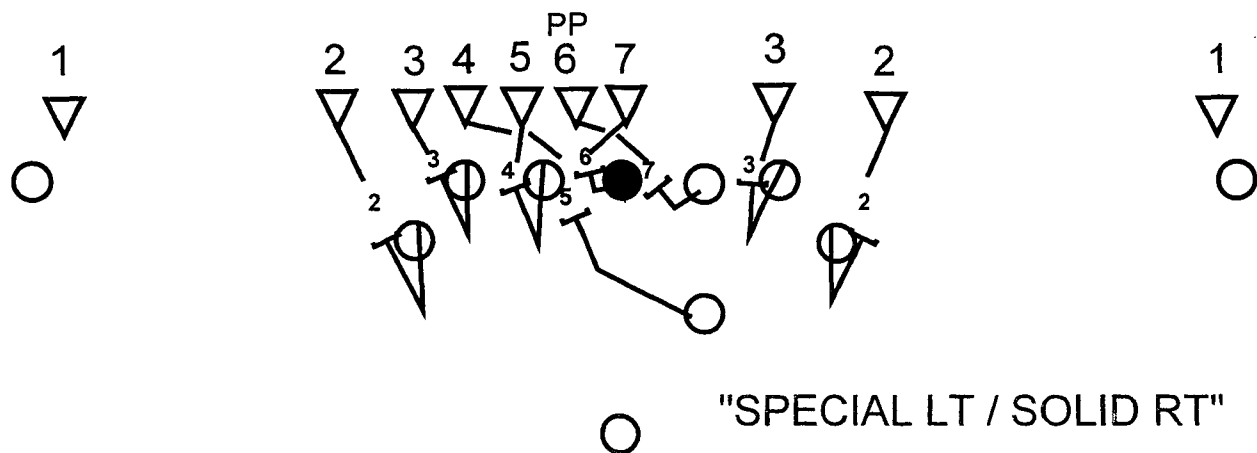
## 55 ALIGNMENT(BALANCED) 55 43 TWISTS



## 64 ALIGNMENT 54 32 TWISTS

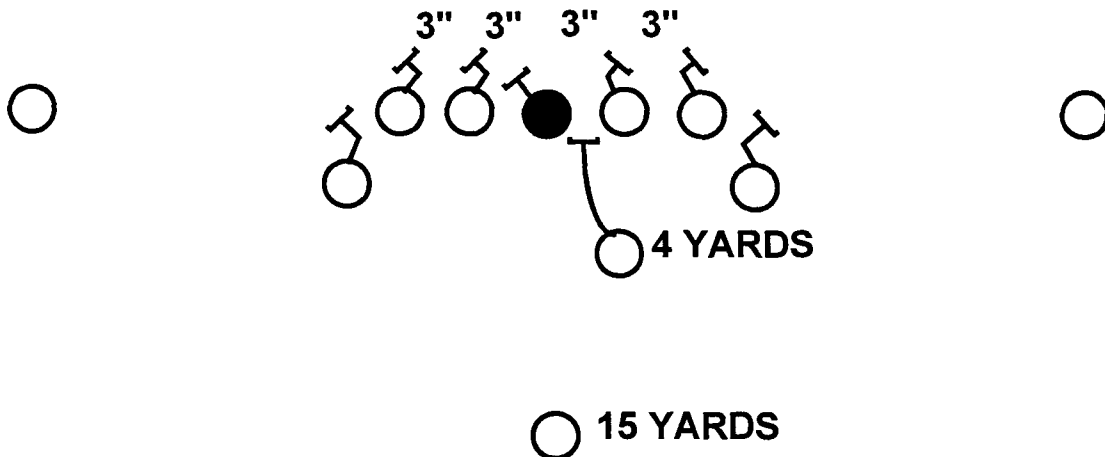


## 37 ALIGNMENT 45 54 TWISTS



# ZONE PROTECTION

## "ZORRO"



USED WHEN EXCESSIVE MOVEMENT BY RETURN TEAM  
\* ALERT "OSCAR" CALL

### ALIGNMENT:

-----  
LINEMEN: TIGHTEN DOWN TO 3 INCH SPLITS.  
WINGS: SAME AS NORMAL PUNT.  
PP: MOVE UP 2 YARDS.

### ASSIGNMENTS:

CENTER: QUICK ACCURATE SNAP - STEP TO YOUR LEFT,  
RESPONSIBLE FOR THE A-GAP TO THAT SIDE.

LINEMEN: RESPONSIBLE TO HOLD OFF THE INSIDE RUSHER &  
PROTECT THE OUTSIDE GAP.

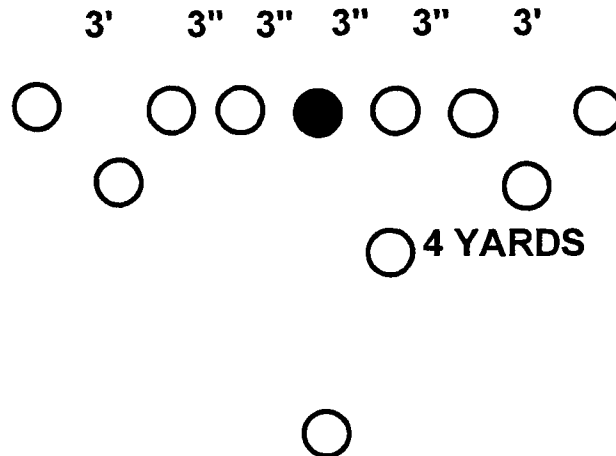
WINGS: RESPONSIBLE TO HOLD OFF THE INSIDE RUSHER &  
PROTECT THE OUTSIDE GAP.

PP: MAKE A "ZONE" CALL & STEP UP 2 YARDS,  
RESPONSIBLE FOR A-GAP TO YOUR SIDE.

GUNNERS: RELEASE AND MAKE THE TACKLE!

# TIGHT PUNT PROTECTION

## "TIGHT"



USED ON THE 4 YARD LINE OR LESS OR FOR MAXIMUM PROTECTION

PROTECTION AND COVERAGE ARE SAME AS REGULAR.

**LINEMEN:** ASSUME 2-POINT STANCE WITH 3 INCH SPACING. CHEAT OFF THE L.O.S WITH YOUR ALIGNMENT.

**WINGS:** ALIGN YOUR INSIDE FOOT BEHIND THE OUTSIDE FOOT OF THE END. DEPTH SHOULD BE BASIC.

**GUNNERS:** TIGHTEN DOWN SPLITS TO 3 FEET FROM TACKLE. SLAM END MAN ON L.O.S. THROUGH HIS INSIDE NUMBERS THEN COVER THE BALL.

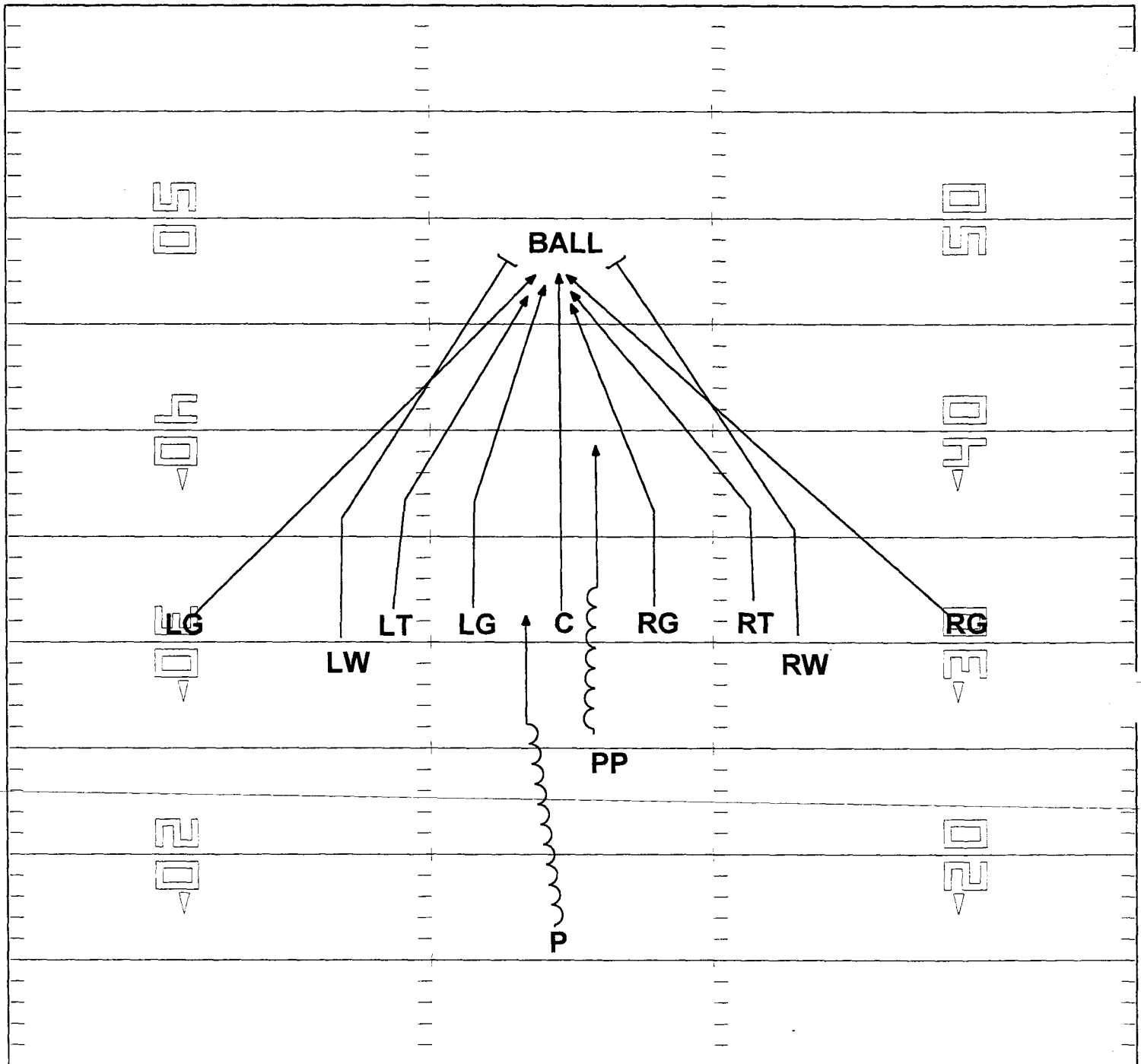
**PP:** ALIGN 4 YARDS DEEP & BEHIND THE GUARD TO THE SIDE OF THE KICKER'S FOOT. MAKE PROTECTION CALL, CHECK TO MAKE SURE EVERYONE IS READY & MAKE "SET" CALL. STEP FORWARD ON THE SNAP & SET IN APEX TO BLOCK. AFTER THE KICK, TAKE BEST RELEASE TO THE BALL.

**KICKER:** ALIGN NO MORE THAN 13 YARDS DEEP & POSSIBLY 10 YARD. LOCATE THE END LINE & ALIGN 2 FEET FROM IT. KNOW SITUATIONS FOR POSSIBLE SAFETY. AFTER BALL IS KICKED. YOU ARE THE SAFETY.

**CENTER:** IT ALL STARTS WITH YOU! MAKE THE PERFECT SNAP. KNOW PROTECTION CALL, YOU HAVE TIME SO EXECUTE SNAP FIRST BEFORE BLOCKING. BE ALERT FOR "ICE", "FREEZE" OR "OSCAR" CALL.

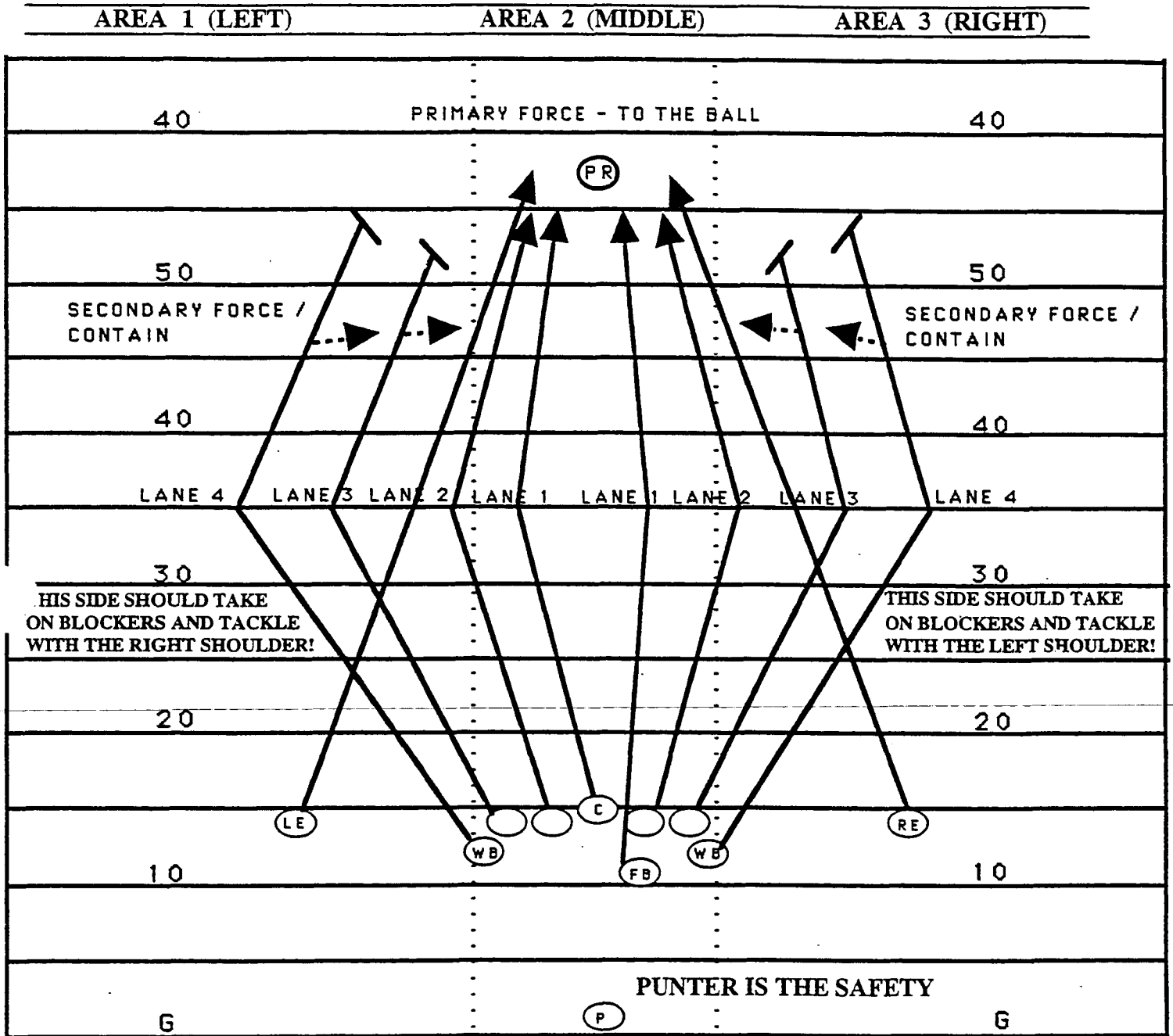
\* LINEMEN AND SLOTS HOLD YOUR BLOCKS UNTIL BALL IS KICKED!

# LEVERAGE RESPONSIBILITIES



- GUNNERS:** "OUTSIDE SHOULDER". 1ST MAN DOWN MAKES THE TACKLE. FORCE THE RETURNER OUTSIDE. GET UNDER ANY BLOCKER TO FORCE RETURNER OUTSIDE.
- WINGS:** "CONTAIN". VISION POINT IS OUTSIDE SHOULDER OF RETURNER.
- TACKLES:** "OUTSIDE SHOULDER". VISION POINTS ON THE RETURNER'S OUTSIDE SHOULDER.
- GUARDS/CENTER:** "BALL". VISION POINT IS OUTSIDE SHOULDER OF RETURNER
- PP:** "HIT MAN TO BALL". READ ANY ALLEY OR SEAMS & FILL THEM
- PUNTER:** "SAFETY TO BALL". KEEP LEVERAGE ON BALL TO THE NEAREST SIDELINE.

## PUNT COVERAGE - MIDDLE - AREA 2



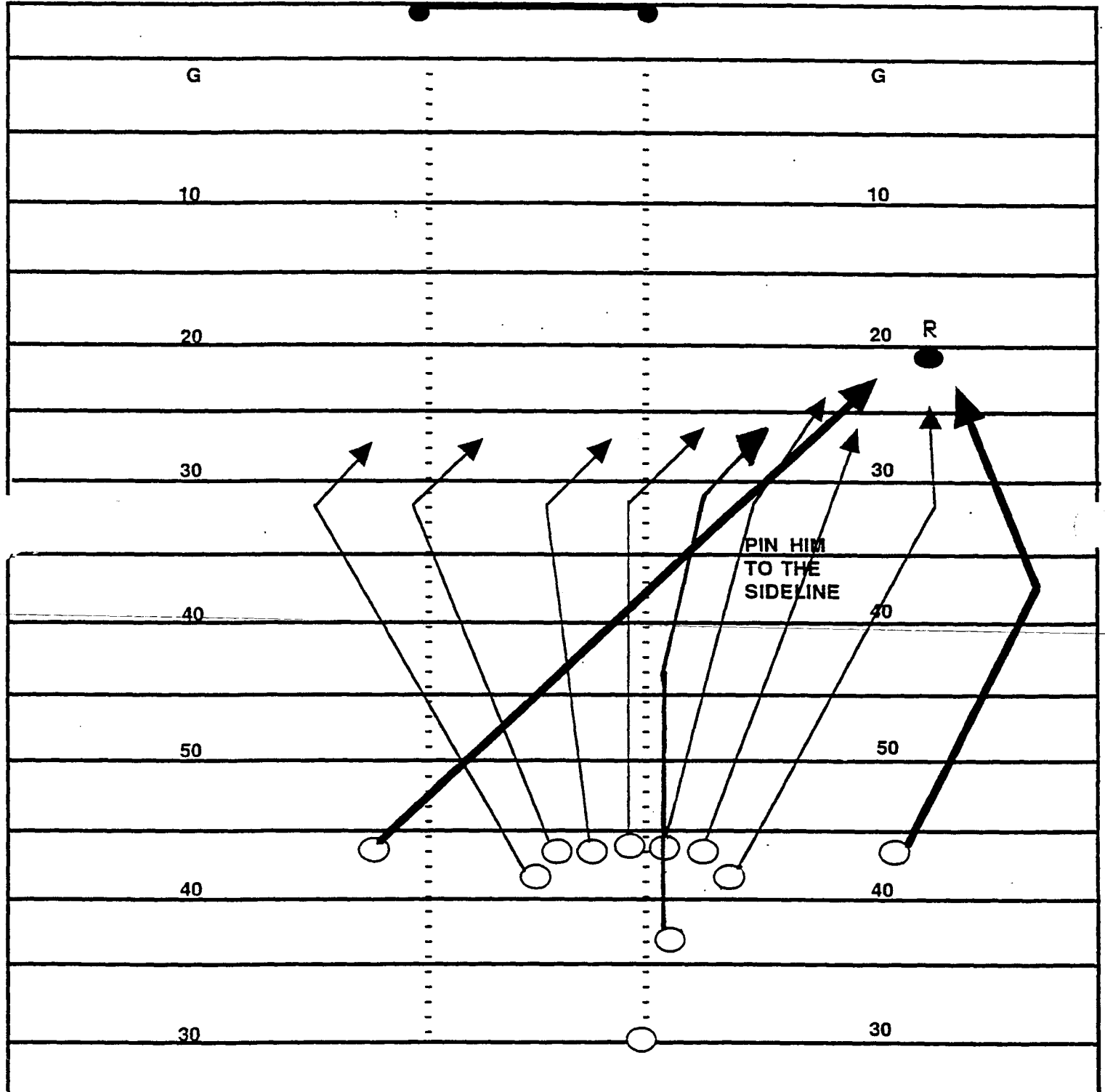
1. GUNNERS - PRIMARY FORCE - GO DIRECTLY TO THE BALL (SIGHT ADJUST)
2. WINGS - 5 YDS OUTSIDE OF TACKLES. CONTAIN!
3. TACKLES - 5 YDS OUTSIDE OF GUARDS. FAN & COVER.
4. GUARDS - 5 YDS OUTSIDE OF SNAPPER OR FULL BACK. FAN & COVER.
5. SNAPPER & FULLBACK - SLIGHT FAN 3 YDS WIDTH FROM EACH OTHER. SQUEEZE THE BALL

"SHORT CALL": USED TO ALERT COVERAGE PEOPLE OF A SHORT KICK.  
LOCATE THE BALL QUICKLY AND AVOID GETTING HIT BY IT.



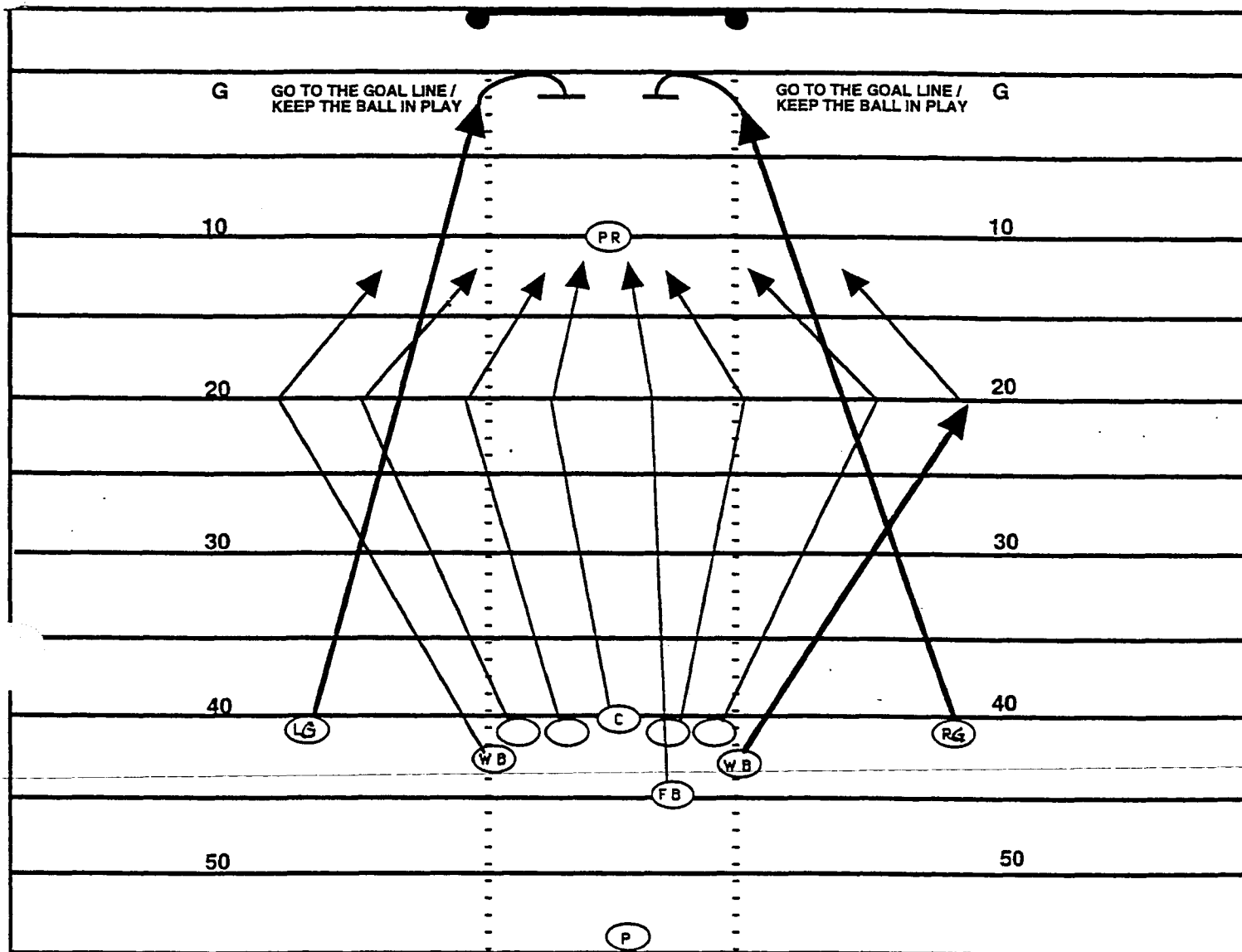
## HASH PUNT COVERAGE - RIGHT - COVER 3

COVERAGE: WILL BE USED WHEN WE ARE PUNTING ON THE HASH !



BALL ON THE HASH: WE WANT TO PUNT THE BALL TO AREA 1 OR 3. WE WANT TO PIN THE RETURN MAN INTO THE SIDELINE. OFFSIDE WING, TACKLE, GUARD MUST FAN AND COVER THE WIDE SIDE OF THE FIELD.

## "POOCH PUNT" COVERAGE -( MIDDLE) - AREA 2



**(RUN - BY) TECHNIQUE:** (USED WHEN RETURN MAN SIGNALS FOR A FAIR CATCH.)

1. FIRST PLAYER TO EACH SIDE OF THE PUNT RETURNER (PR) RUNS BY AND GOES DIRECTLY TO THE GOAL LINE TO CATCH THE PUNT OR KEEP IT IN PLAY!
2. REMAINING PLAYERS CONVERGE AND SQUEEZE TO THE PUNT RETURN MAN. PLAY FOR A RETURN AND BE ALERT FOR A FUMBLE!!

### **GOAL LINE SITUATIONS:**

- \* RELEASE FROM THE L.O.S. AND PICK UP THE FLIGHT OF THE PUNT.
- \* REACT TO THE RETURN MAN AND THE FLIGHT OF THE BALL. IF YOU SEE A FAIR CATCH SIGNAL - FIND THE BALL - CATCH THE PUNT, DOWN IT OR KEEP IT IN PLAY!
- \* DON'T BE FAKED OUT BY THE PUNT RETURNER!

## "POOCH PUNT" COVERAGE - AREA 1

### Terms:

\*\* POOCH PUNT

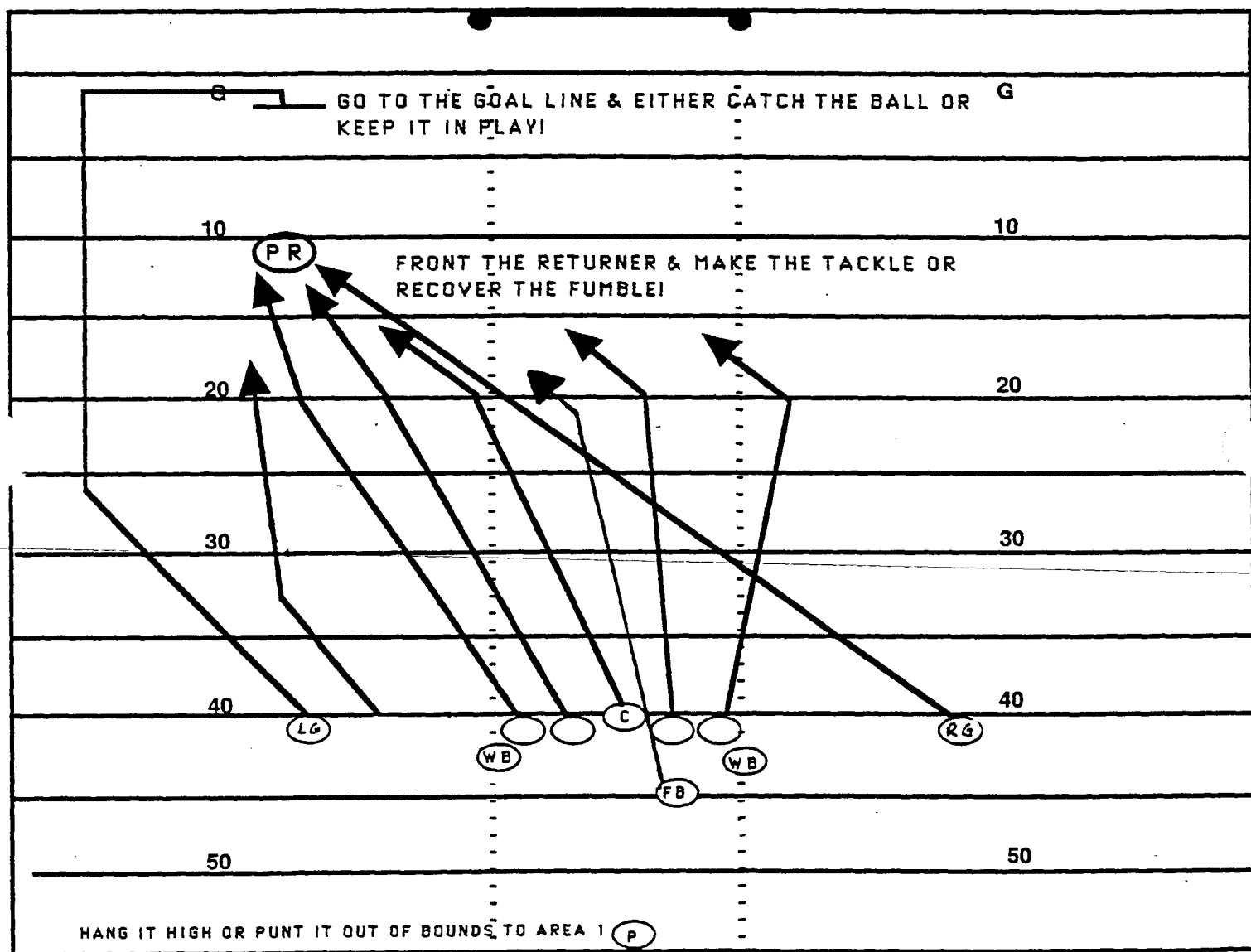
\* PUNTING THE BALL FOR HANG TIME AND INSIDE THE 10 YARD LINE TO AREA 1, 2 OR 3.

\*\* OUT OF BOUNDS (OOB)

\* PUNTING TO THE SIDELINE AND THE BALL LANDING OUT OF BOUNDS.

\*\* DIRECTIONAL PUNT

\* PUNTING THE BALL TO AREAS 1 OR 3.



### ASSIGNMENTS FOR POOCH PUNT TO AREA 1:

1. **LEFT GUNNER** - READS THE RETURN MAN AND THE BALL. MAKE THE CATCH IF THE RETURN MAN DOESN'T CATCH THE BALL, OR KEEP IT IN PLAY!
2. **RIGHT GUNNER** - CONVERGE AND SQUEEZE TO THE RETURNER. IF THE LEFT END IS GOING TO THE GOAL LINE, FRONT THE RETURNER. PLAY RETURN OR GET THE FUMBLE PUNT.
3. **OTHER PLAYERS** - RELEASE, FIND THE BALL, AND TAKE THE PROPER ANGLE TO THE RETURN MAN.

**PUNT RETURN**

---

**TO THE HOUSE !**

# GENERAL REMINDERS, RULES, CATCHING, FAIR CATCHING

## GENERAL REMINDERS

1. Returner: Make Sure We Have 11 Players on the Field. (Count Yourself)
2. Alert for Fake Punt. Call It Out Every Time "Watch The Fake!"
3. Make Sure Ball is Kicked.
4. Stay away from Bouncing Ball – Be Alert for "PETER" call.
5. After "PETER" is called. Everyone Sprint to Sideline! Except Returner
6. Sprint to Get In Position to Block.
7. Strive to Give the Punt Returner a Fielding Cushion.
8. Once downfield Commit Yourself to a Block. If You Hesitate, You will lose your Man.
9. On Hold Up (Man) Returns, You have **ONE** Man to Block. **Take Pride and Take It Personal that He Will Not Make The Tackle!**
10. Always Block in Front of the Ball, Never Behind it Protect Ball Carrier Near the End of the Run.
11. When We Block an Opponent's Punt Behind The L.O.S., Try to Scoop Up the Ball and Score. Opponent's can also Advance the Ball in this Situation.
12. When We Block an Opponent's Punt and it Travels over the L.O.S., call out "PETER" and Sprint to Sideline.
13. Returners Communicate with Each Other when Appropriate.
14. Handle All Punts in the Air.
15. A Punt Return is Considered a Change of Possession. This Means it is an Automatic Timeout at the End of the Return. You do not have to Run Out of Bounds to stop the Clock.

## RECEIVING RULES

1. Receivers have the Right To Catch The Ball Unmolested (2-Yard Radius)
2. On a Fair Catch:
  - a. The Ball Cannot Be Advanced.
  - b. Receivers are Allowed Only 2 Steps.
  - c. Receivers Cannot Signal and Then Block.

## CATCHING

1. Sprint to Get into Position to Catch the Ball.
2. Most Balls Should be Caught in the Air Whenever Possible.
3. Try Not to Make the Tough Catch.
4. Catch the Ball with Your Palms Up, Your Hands High and Elbows Tucked In.
5. Square Up to the Ball.
6. **Never Catch a Ball inside of the 10 Yd Line!** Know Where You Are on the Field.
7. If the Ball Hits the Ground Twice, Do Not Field It. Make A "PETER" Call.

## FAIR CATCHING

1. Sprint to Get into Position to Catch the Ball.
2. Raise Your Hand Over Your Head and Move It from Side to Side.
3. Do Not Signal While Running and Do Not Drop to One Knee.

## PUNT CHARACTERISTICS: (THE FLIGHT OF THE BALL TO YOU)

### WITHOUT THE WIND:

1. Ball Threading Line - Goes directly to target.
2. Tip Up - Break right (catch ball on left side).
  - a. If ball wobbles, spins faster, or kicked higher, it enhances break to right.
3. Tip Down - Short and left (catch ball on right side of the body).
4. Extremely High Ball - Will remain tip up, ball will break right (catch on run).
5. Low Ball - Tends to turn over - move quickly to your left.

### WITH WIND:

1. Tip Up and Wobbling - Short and right.
2. Tip Down - Short and severe break left.
3. Wobbling Ball - (best to return) - get up quick - it will be short.
4. Tail Wind - Enhances prescribed break - adjust more to right.
5. Right Side Wind - Nullifies break of ball.
6. Head Wind - Tip under most difficult to catch.
  - a. Don't catch - get away - crazy bounce.
  - b. Catch - crowd ball - use basket grab.

Coaching Points: If you must reach for ball, leave it alone (unless your body is underneath it).

**EYES ON BALL - FROM FOOT TO HANDS!!!!**

## COACHING POINTS FOR PUNT RETURN BLOCKING (MAN SCHEME)

1. MAKE IT LOOK LIKE A PUNT BLOCK. BE IN AN ATTACK MODE!
2. USE PROPER ALIGNMENT – GIVE YOURSELF A CHANCE.
3. STUN YOUR MAN. DRIVE HIM BACK 2 TO 3 YARDS.
4. MAINTAIN A 2/3 - 1/3 RELATIONSHIP WITH SHOULDERS AND HIPS SQUARE TO THE L.O.S
5. SINK THE HIPS AND BOUNCE ON THE BALLS OF YOUR FEET.
6. KEEP YOUR MAN ON THE L.O.S. FOR AT LEAST A COUNT OF THREE. THE LONGER THE BETTER.
7. STICK TO YOUR MAN LIKE GLUE. MAKE IT DIFFICULT FOR HIM TO RELEASE. BE CERTAIN YOUR MAN RELEASES THE WAY YOU WANT HIM TO RELEASE.
8. **TRAIL TECHNIQUE:** GET SLIGHTLY AHEAD OF YOUR MAN. IF HE IS SLIGHTLY BEHIND YOU, THEN MORE LIKELY YOU WILL BLOCK HIM WITHOUT CLIPPING HIM.
9. ~~WHEN YOUR MAN DOES NOT GET HIS RELEASE, OPEN TO HIM,~~  
SPRINT FOR A WIDTH OF 4 TO 5 YARDS FROM HIM AND MAINTAIN THAT WIDTH.
10. FOCUS EYES ON HIS FEET. AS THEY BEGIN TO SETTLE, ACCELERATE THROUGH HIM.
11. GIVE A “HEY” SHOT. AS THE MAN OPENS TO YOU, **FINISH HIM!** MAKE SURE YOU ARE IN POSITION. DO NOT TOUCH ANY PART OF HIS BACK. IF YOU THINK YOU MAY “CLIP”, PULL OFF. SIMPLY GET IN POSITION AND WALL HIM.
12. **“DON’T SING IT! BRING IT! – GET IT DONE! IT IS YOU VERSUS HIM, A CLASH OF WILLS. TAKE PRIDE IN KNOWING THAT YOUR MAN WILL NEVER MAKE THE PLAY!**

# COACHING POINTS FOR BLOCKING A PUNT

## STANCE & ALIGNMENT:

1. SHOULD ALWAYS LOOK THE SAME ON THE BLOCK OR RETURN.
2. ALWAYS HAVE YOUR HAND IN FRONT OF YOUR HEAD. THIS WILL PREVENT YOU FROM BEING OFFSIDES.
3. CROWD, KEY AND GET A JUMP ON THE BALL.

## KEYS & READS:

1. STUDY THE SNAPPER PRIOR TO THE SNAP:  
DOES HE HITCH? DOES HE FLEX HIS HANDS ?
2. STUDY THE MEN IN FRONT OF YOU, READ THEIR EYES AND OR BODY LANGUAGE.

## LANDMARK (BLOCKING POINT):

1. THE COACH WILL DETERMINE THE LANDMARK FROM PREVIOUS FILM STUDIES OF EARLIER GAMES.
  2. THE LANDMARK IS USUALLY 2 YARDS IN FRONT OF THE NORMAL PLACE THE PUNTER KICKS THE BALL.
  3. IT IS BETTER TO BE **SHORT** OF THE MARK THAN TO BE **LONG**. IT IS BETTER TO GO INSIDE AND BE SHORT BECAUSE YOU CAN ADJUST YOURSELF TO THE PUNTER.
  4. IF YOU GO PAST YOUR LANDMARK, YOU WILL NOT BLOCK THE PUNT. **STOP!**
- 

## TAKE OFF:

1. EXPLODE OUT OF YOUR STANCE NICE & LOW, PUMPING YOUR ARMS LIKE A SPRINT. WE ARE TRYING TO GET FROM POINT-A TO POINT-B AS FAST AS WE CAN.
2. ACCELERATE, SPRINT AND GET HANDS UP AT THE LAST SECOND.
3. LOOK AT THE BALL & KEEP YOUR EYES OPEN. TAKE THE BALL OFF THE PUNTER'S FOOT.
4. WE **NEVER** LEAVE OUR FEET OR LAY OUT TO BLOCK A PUNT!

## COURSE OF THE RUSHER:

1. IF YOU ARE RUSHING FROM THE SIDE, YOU WANT TO GO 2 YARDS PAST THE LANDMARK TO THE OTHER SIDE.
2. IF YOU ARE RUSHING STRAIGHT AT THE PUNTER, YOU WANT TO GO OFF TO THE SIDE OF THE PUNTER'S FOOT. YOU NEVER WANT TO BE ON A DIRECT COLLISION COURSE WITH HIS BODY.



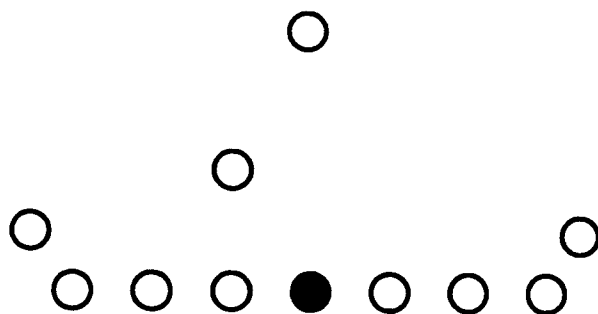
3. IF YOU ARE BLOCKED OR KNOCKED OFF COURSE MORE THAN ONE STEP, STOP AND START WORKING YOUR WAY OUTSIDE. THIS WILL ENABLE US TO PICK UP ANY BLOCKED BALL OR TACKLE THE PUNTER WHO MAY ELECT NOT TO PUNT AND RUN WITH THE BALL.
4. WE ALWAYS WANT ONE MAN FREE TO BLOCK THE KICK. TWO MEN WILL KNOCK EACH OTHER OFF THEIR COURSE.

**AFTER THE PUNT IS BLOCKED:**

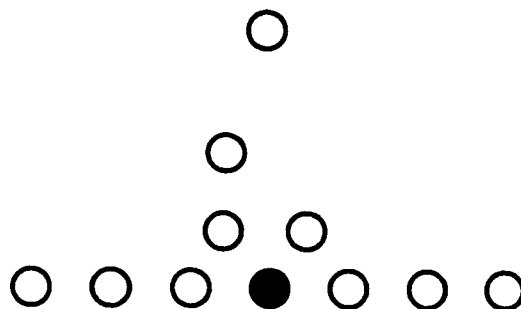
1. ANY BALL THAT IS BLOCKED BEHIND THE L.O.S. CAN BE PICKED UP AND ADVANCED BY EITHER TEAM.
  2. AFTER BALL IS PICKED UP BY BLOCK TEAM ALL OTHERS TURN & BLOCK THE OPPONENTS WHO ARE AFTER THE BALL.
  3. ALL BLOCKS ON ANY **KIND** OF RETURN ARE TO BE ABOVE THE WAIST AND IN FRONT OF THE BODY.
  4. IF THE BALL THAT IS BLOCKED CROSSES OVER THE L.O.S. WE WANT TO MAKE A "**PETER**" CALL AND GET AWAY FROM THE BALL.
  4. IF THERE IS A DOUBT WHETHER A BLOCKED PUNT HAS CROSSED THE LINE OR NOT, PICK IT UP AND SCORE.
-

# PUNT FORMATIONS

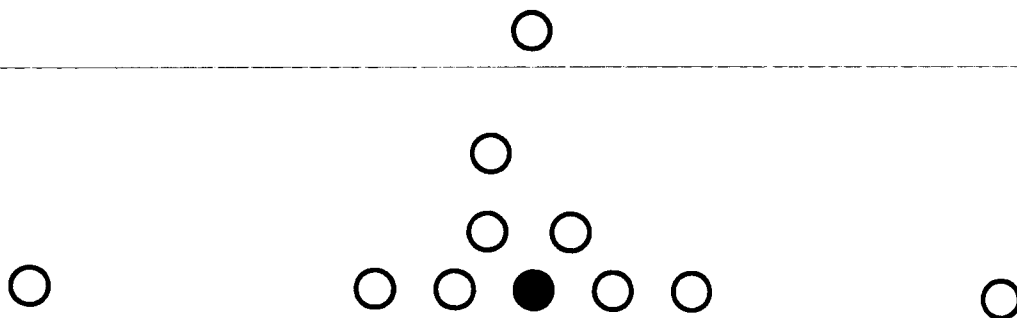
## SPREAD



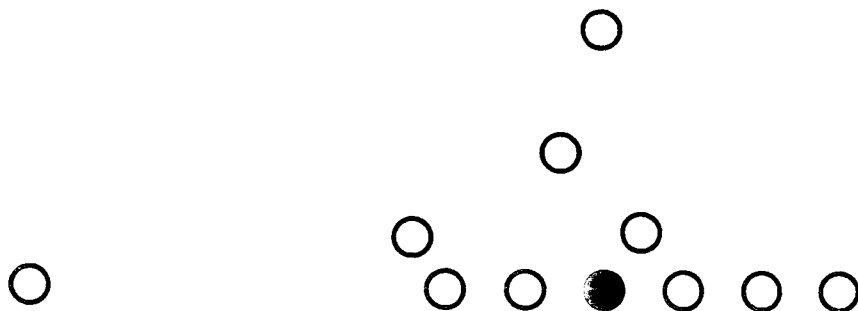
## TIGHT



## SPREAD UPBACK



## SPREAD/TIGHT



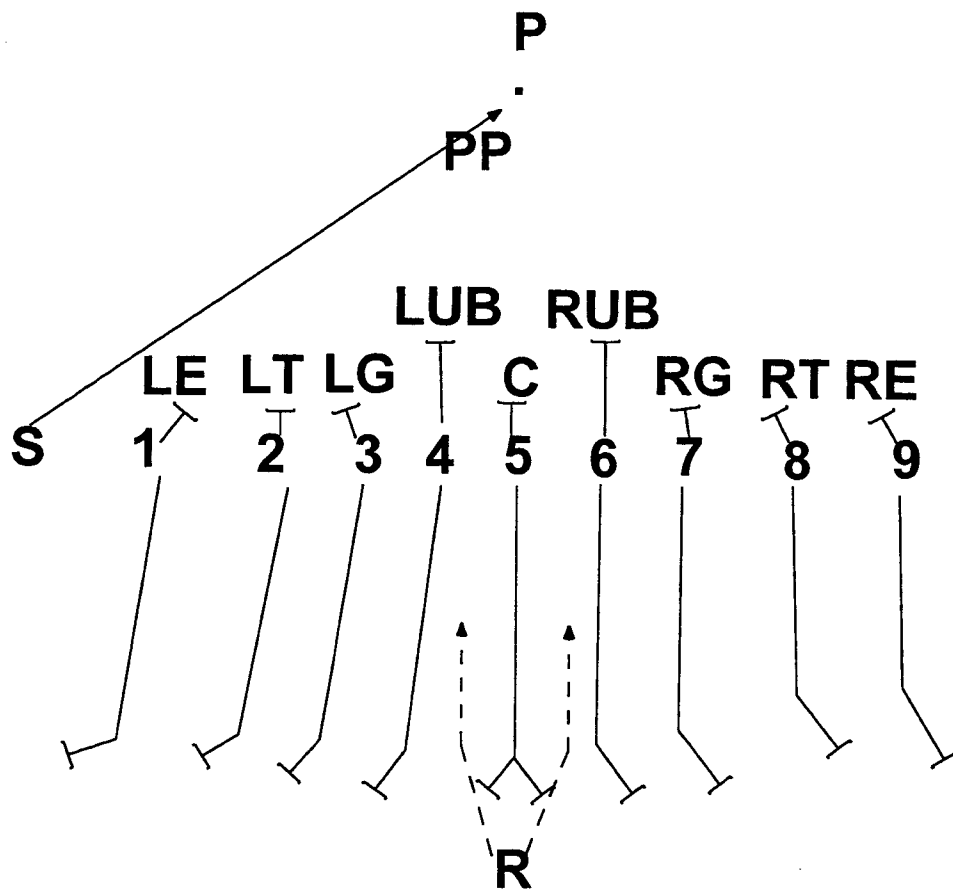
## MIDDLE RETURN

### POS. RULE ALIGNMENT/ASSIGNMENT

SQL	Block Punt	Alignment: Anywhere Tite: Come hard to block point and take ball off punter's foot. Spread: Come hard to block point and take ball off punter's foot.
1	Fake SE/TE	Alignment: Tite - Outside shade of LTE. Spread - Inside shade on LSE. Tite: Hold up LTE on L.O.S. Trail him downfield with inside leverage and Block him. You have him man-to-man. Spread: Trail downfield and keep him wide. Cover him man-to-man. ALERT FAKE!
2	LT/LW	Alignment: Tite - Head up on LT. Spread - Outside shade on Wing. Tite: Hold up LT on L.O.S. Trail him downfield with inside leverage and Block him. Spread: Hold up LW on L.O.S. Trail him downfield with inside leverage and block him. Cover him man-to-man. ALERT FAKE!
3	LG/LT	Alignment: Tite - Head up on LG. Spread - Head up on LT. Tite: Hold up LG on L.O.S. Trail him downfield with inside leverage and Block him. Spread: Hold up LT on L.O.S. Trail him downfield with inside leverage and block him.
4	LUB/LG	Alignment: Tite - Head up on LUB. Spread - Head up on LG Tite: Hold up LUB on L.O.S. Trail him downfield with inside leverage and Block him. Spread: Hold up LG on L.O.S. Trail him downfield with inside leverage and block him.
5	CENTER	Alignment: Tite - Head up on Center. Spread - Head up on Center. Tite: Hold up Center on L.O.S. Trail him downfield with inside leverage and Block him. Spread: Hold up Center on L.O.S. Trail him downfield with inside leverage and block him.
6	RUB/RG	Alignment: Tite - Head up on RUB. Spread - Head up on RG. Tite: Hold up RUB on L.O.S. Trail him downfield with inside leverage and Block him. Spread: Hold up RG on L.O.S. Trail him downfield with inside leverage and block him.
7	RG/RT	Alignment: Tite - Head up on RG. Spread - Head up on RT. Tite: Hold up RG on L.O.S. Trail him downfield with inside leverage and Block him. Spread: Hold up RT on L.O.S. Trail him downfield with inside leverage and block him.
8	RT/RW	Alignment: Tite - Head up on RT. Spread - Outside shade on WING. Tite: Hold up Rt on L.O.S. Trail him downfield with inside leverage and Block him. Spread: Hold up RW on L.O.S. Trail him downfield with inside leverage and block him. Cover him man-to-man. ALERT FAKE!
9	Fake SE/TE	Alignment: Tite - Outside shade of RTE. Spread - Inside shade on RSE. Tite: Hold up RTE on L.O.S. Trail him downfield with inside leverage and Block him. You have him man-to-man. Spread: Trail downfield and keep him wide. Cover him man-to-man. ALERT FAKE!
RET	Field Punt "SCORE"	Alignment: Will be determined by scouting report/weather conditions and punters' pre-game warm-up. Field the ball moving upfield - time it. Hit the first seam you see, Run North & South. Make somebody miss and SCORE!

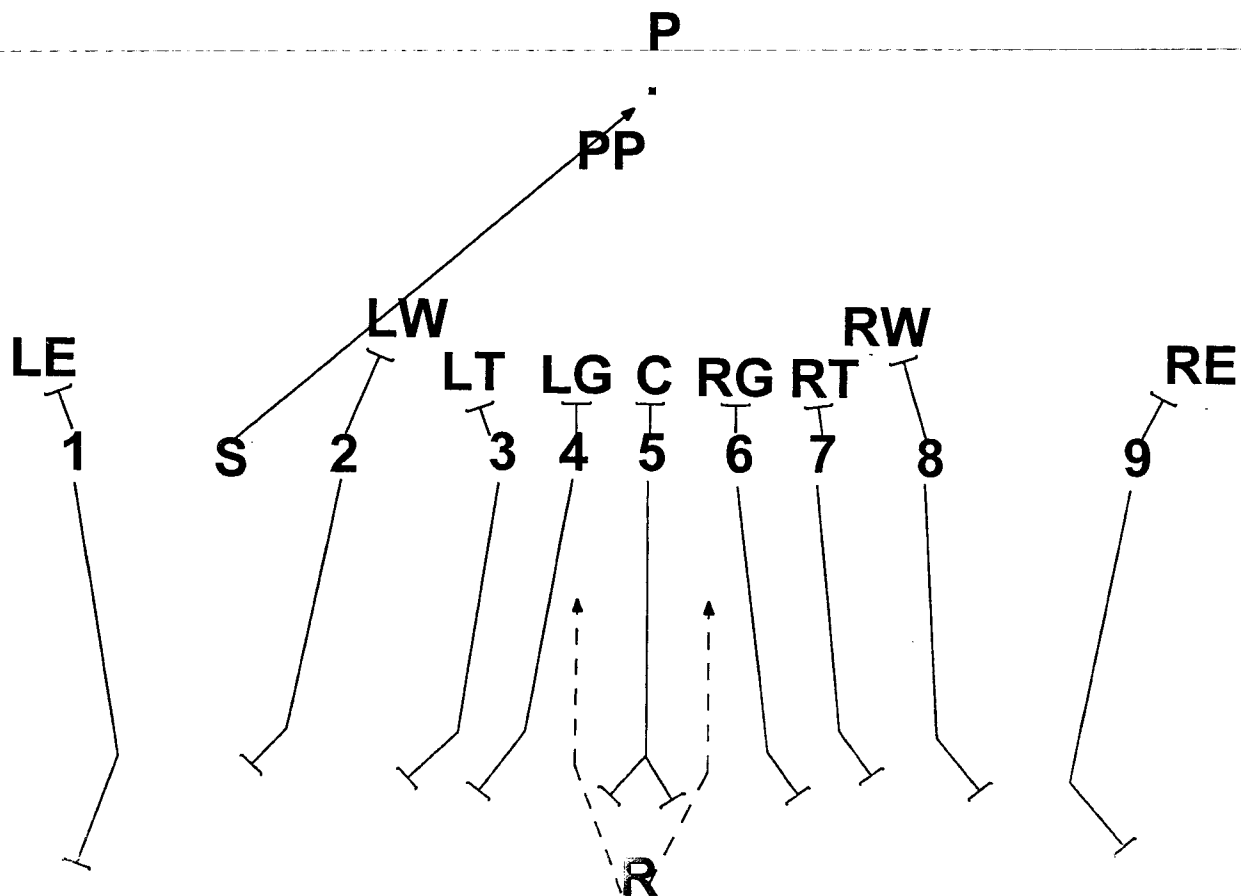
MIDDLE RETURN

TIGHT

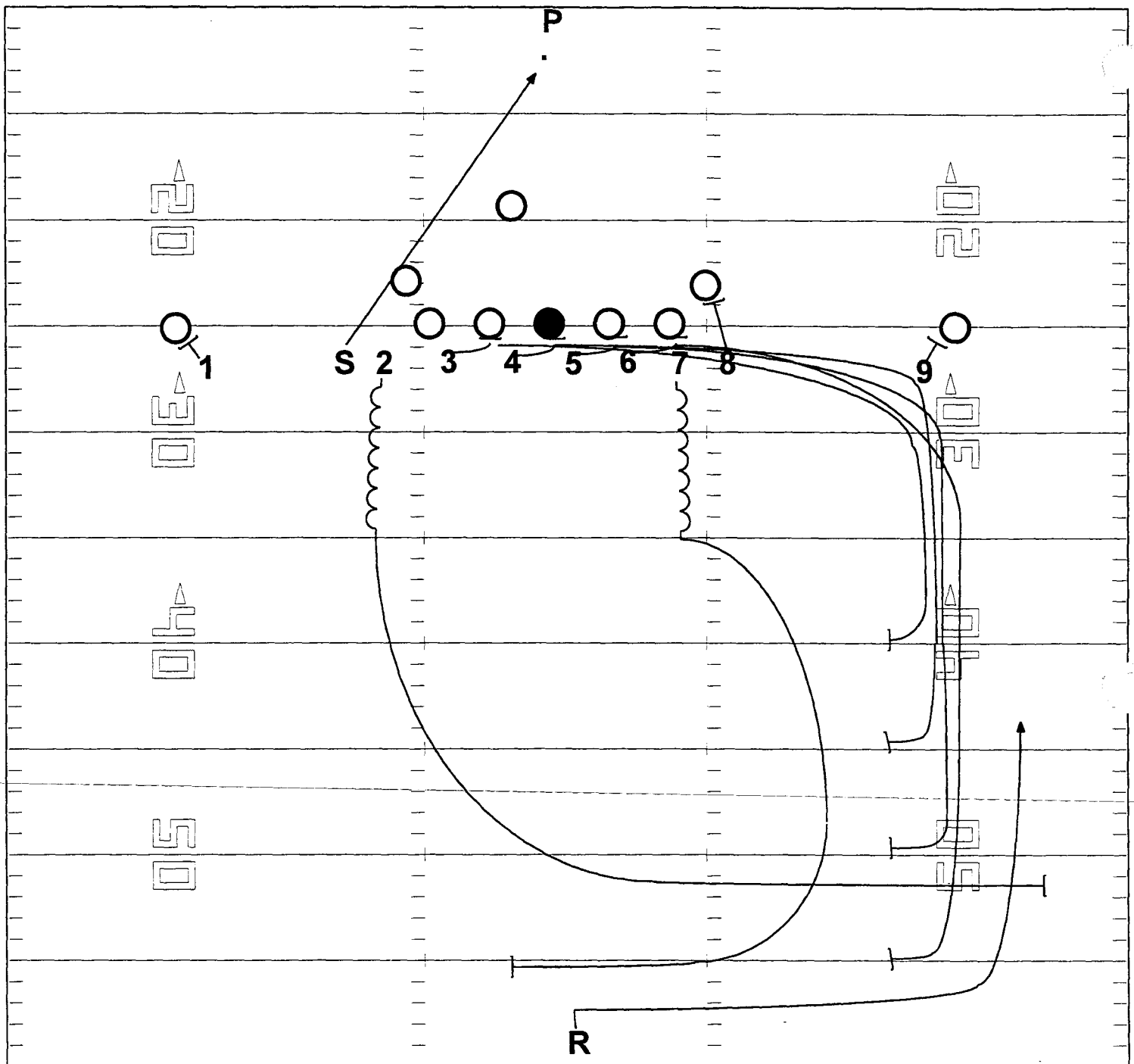


MIDDLE RETURN

SPREAD



## PUNT RETURN - WALL RIGHT

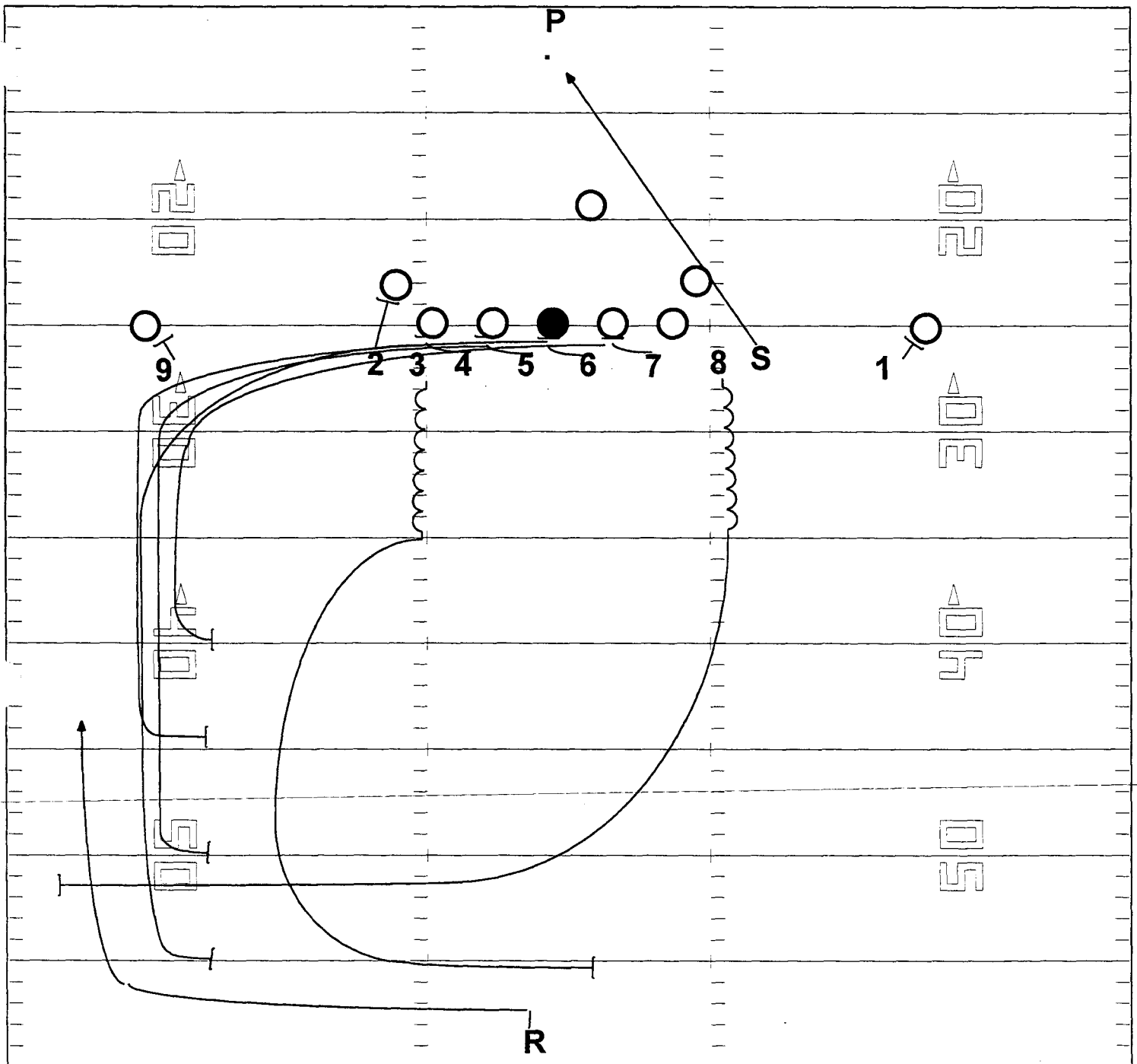


## ASSIGNMENTS

- 1 & 9: STAY WITH YOUR BLOCKS**  
**8 : SLAM WING BACK AND STAY WITH HIM MAN-TO-MAN.**  
**7 : CHECK FOR FAKE, LOOP DEEP & BLOCK MOST DANGEROUS MAN.**  
**3,4,5,6,: SLAM GUARDS, TACKLES & SNAPPER, FORCE THEM AWAY FROM RETURN,**  
**FORM WALL, STAY 5 YARDS APART.**  
**2 : CHECK FOR FAKE, LOOP DEEP KICK OUT ANY LEAKAGE OUTSIDE OF WALL.**  
**SQUIRREL: JET UPFIELD, PRESSURE THE PUNT AND GET TO THE WALL.**

**IF BALL IS IN THE MIDDLE OF THE FIELD, SET WALL ON THE HASH MARK.  
IF BALL IS ON THE HASH, SET WALL ON THE NUMBERS.**

## PUNT RETURN - WALL LEFT



## ASSIGNMENTS

**1 & 9: STAY WITH YOUR BLOCKS**

**2 : SLAM WING BACK AND STAY WITH HIM MAN-TO-MAN.**

**3 : CHECK FOR FAKE, LOOP DEEP & BLOCK MOST DANGEROUS MAN.**

**4,5,6,7: SLAM GUARDS, TACKLES & SNAPPER, FORCE THEM AWAY FROM RETURN, FORM WALL, STAY 5 YARDS APART.**

**8 : CHECK FOR FAKE, LOOP DEEP KICK OUT ANY LEAKAGE OUTSIDE OF WALL.**

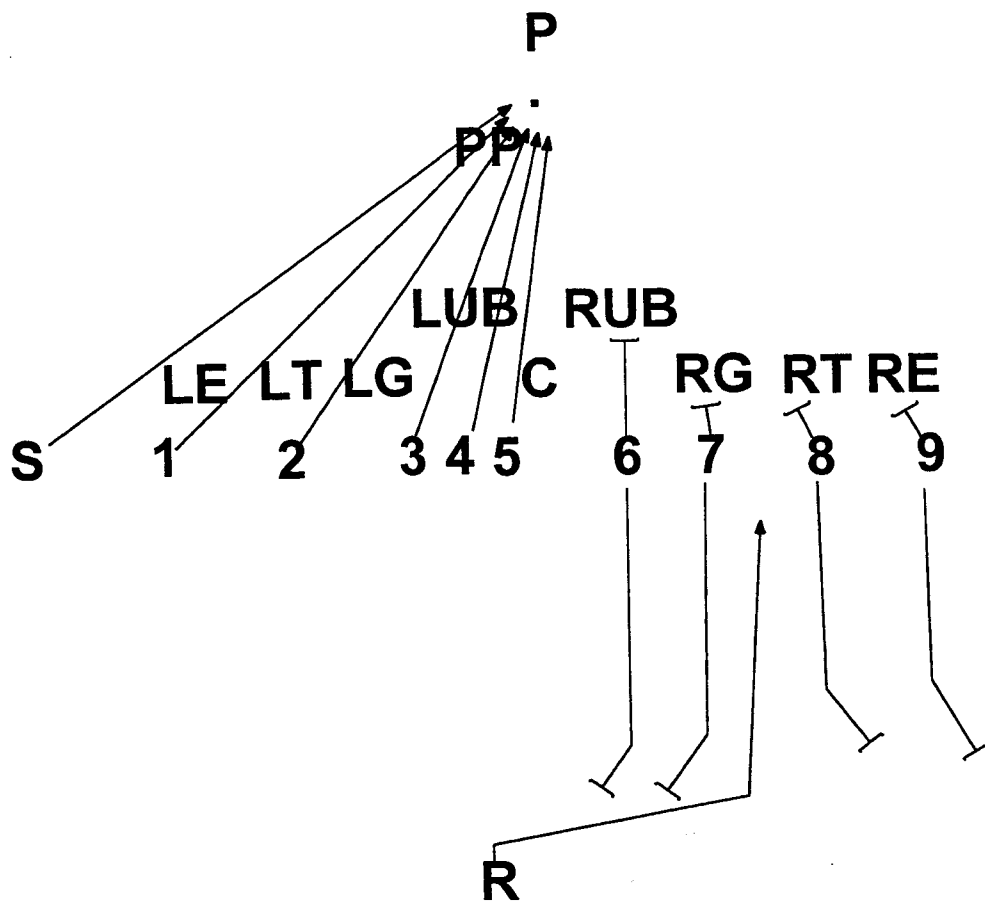
**SQUIRREL: JET UPFIELD, PRESSURE THE PUNT AND GET TO THE WALL.**

**IF BALL IS IN THE MIDDLE OF THE FIELD, SET WALL ON THE HASH MARK.**

**IF BALL IS ON THE HASH, SET WALL ON THE NUMBERS.**

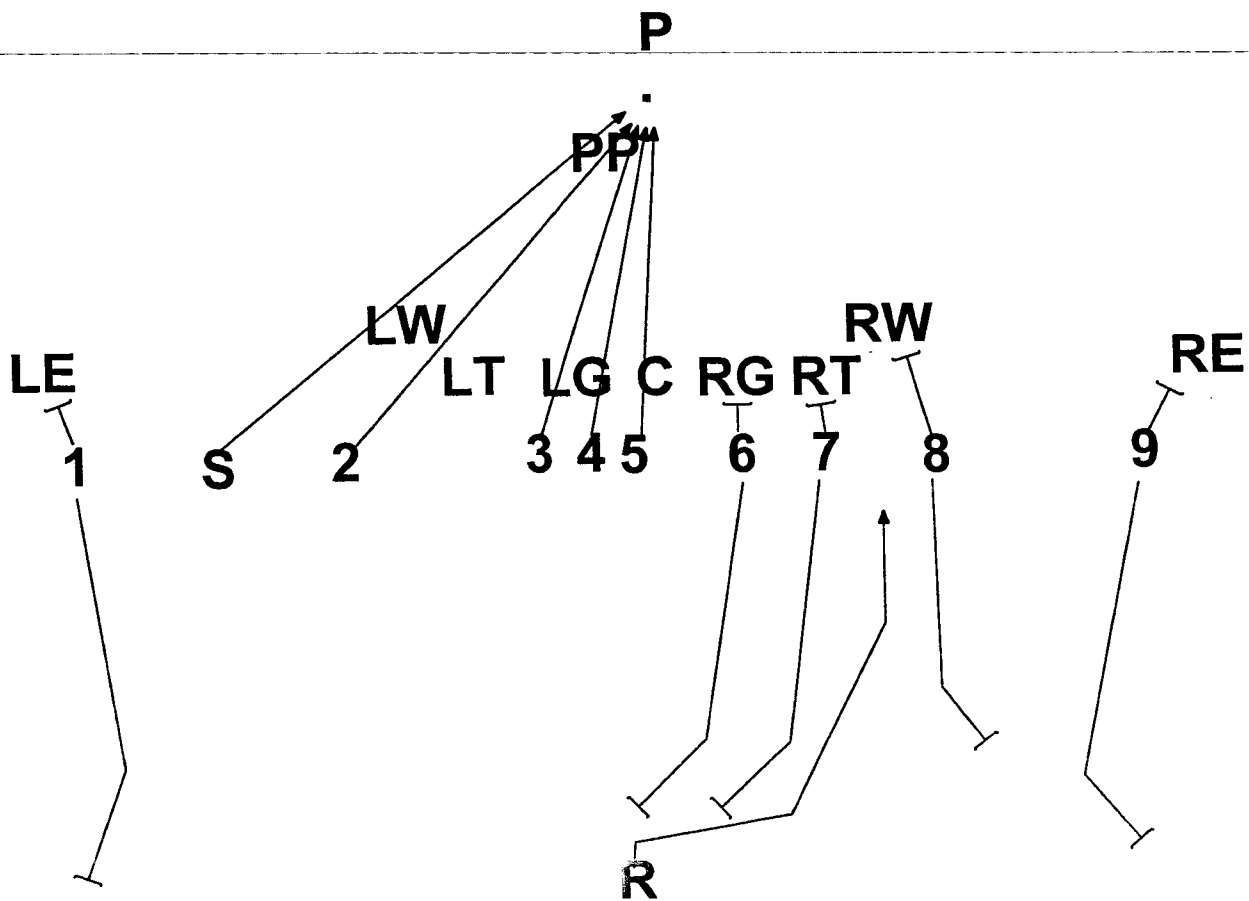
LION

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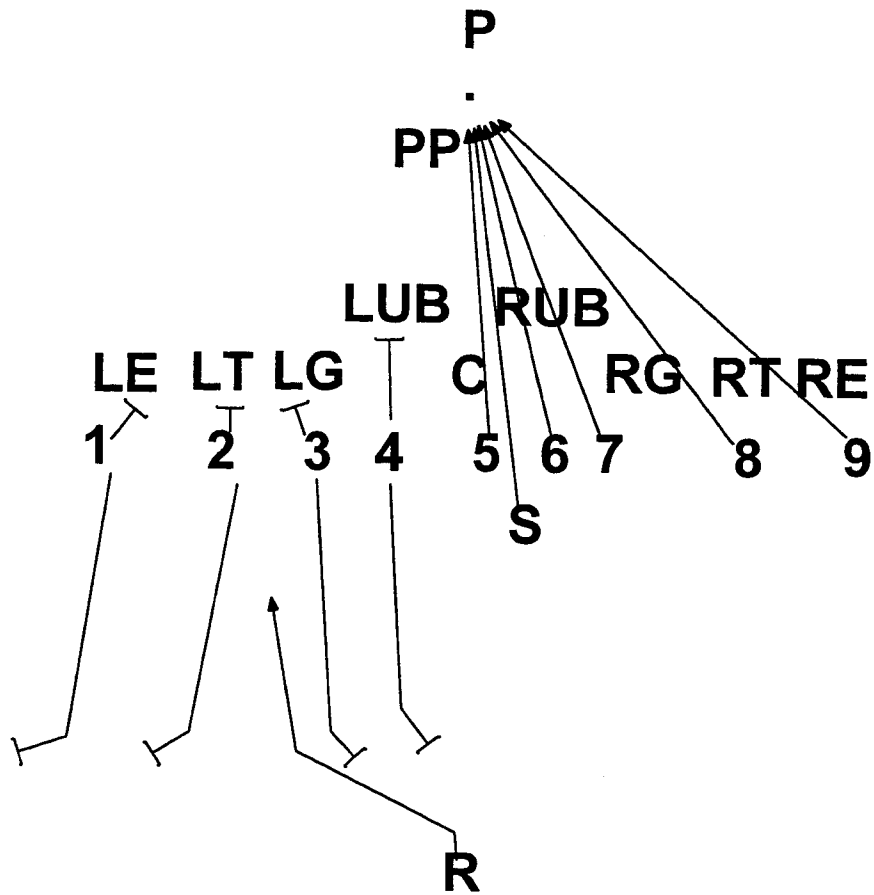
LION

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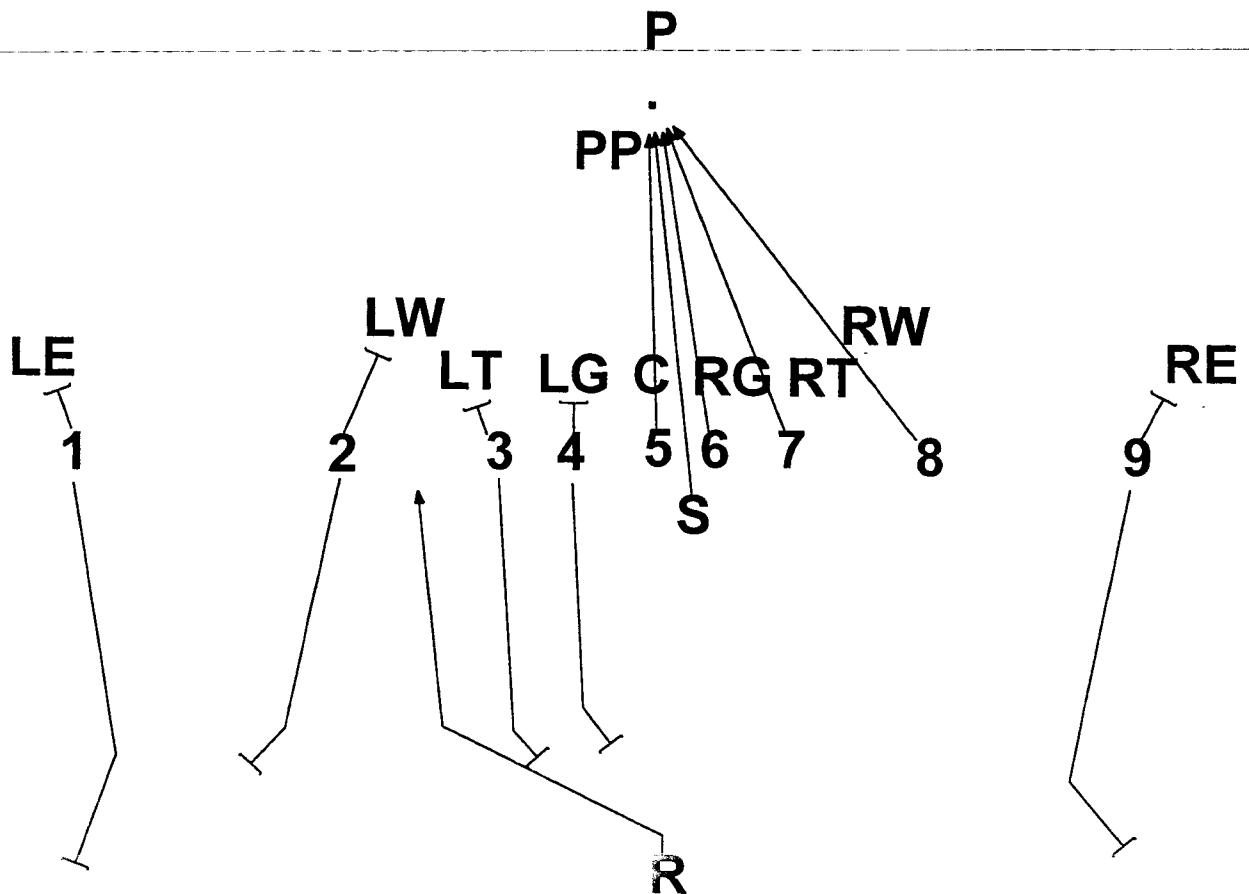
RAMBO

TIGHT



RAMBO

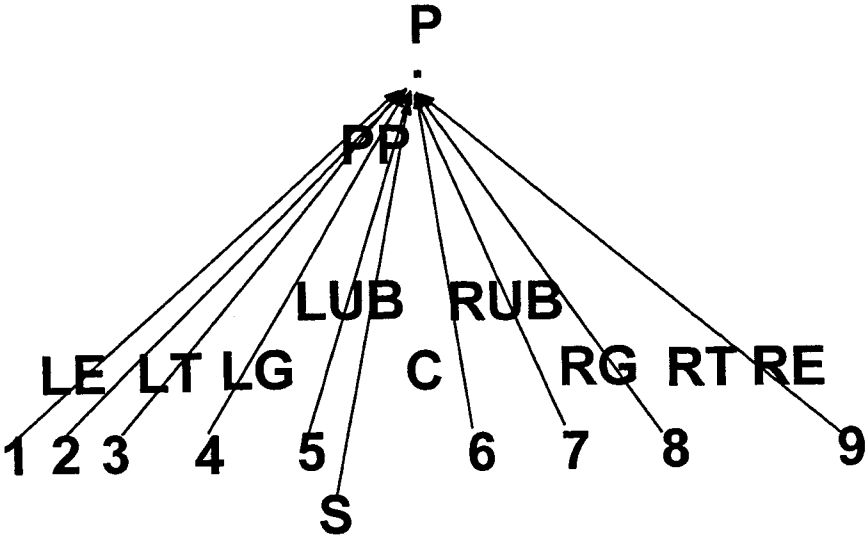
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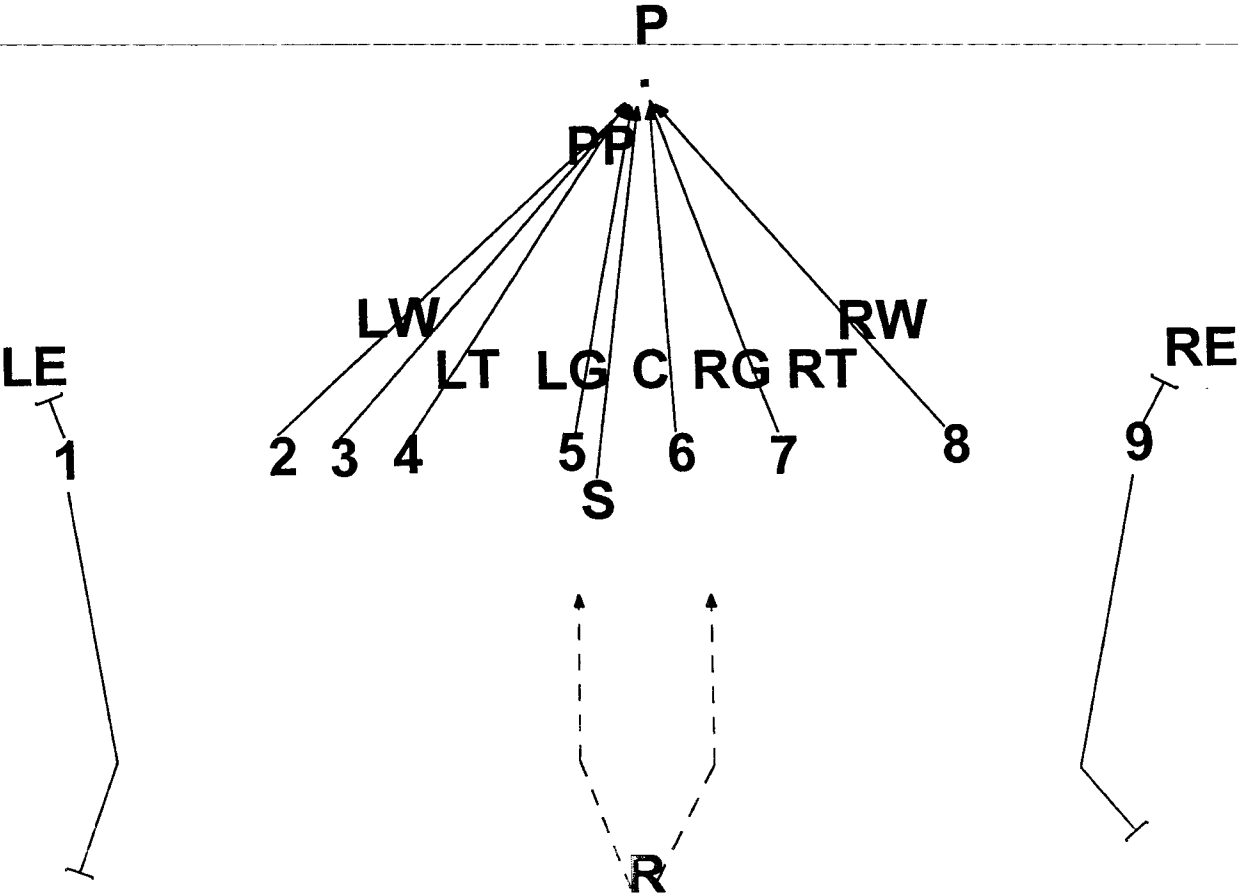
OAKS (ALL OUT BLOCK)

TIGHT



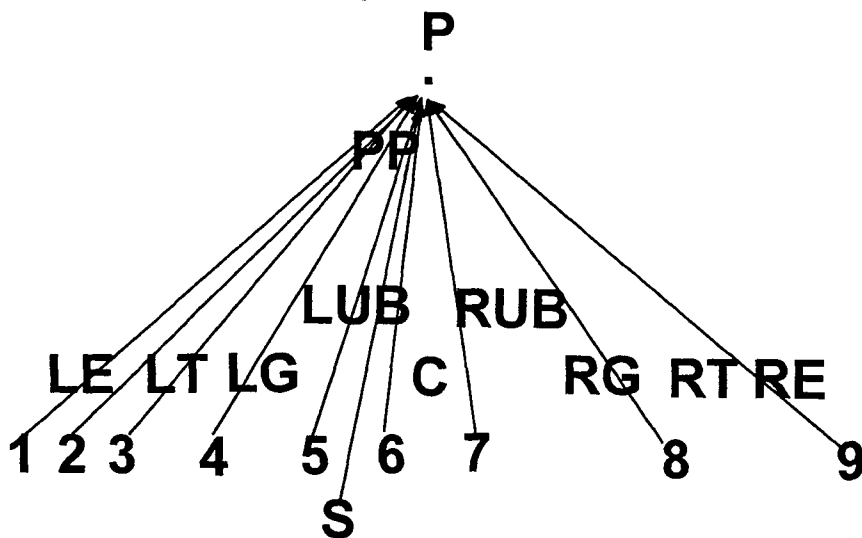
OAKS (ALL OUT BLOCK)

SPREAD



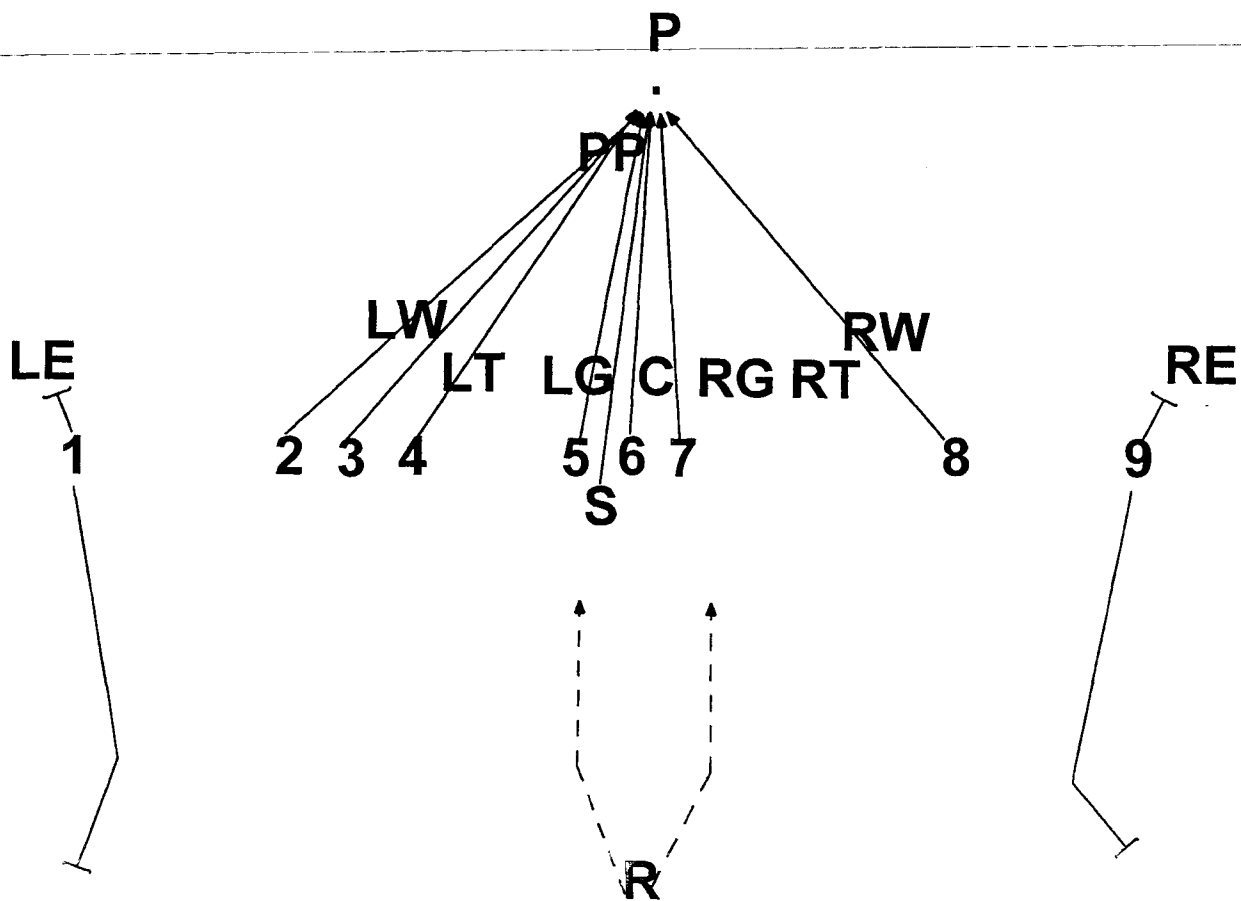
OAKS (OVERLOAD BLOCK)

TIGHT

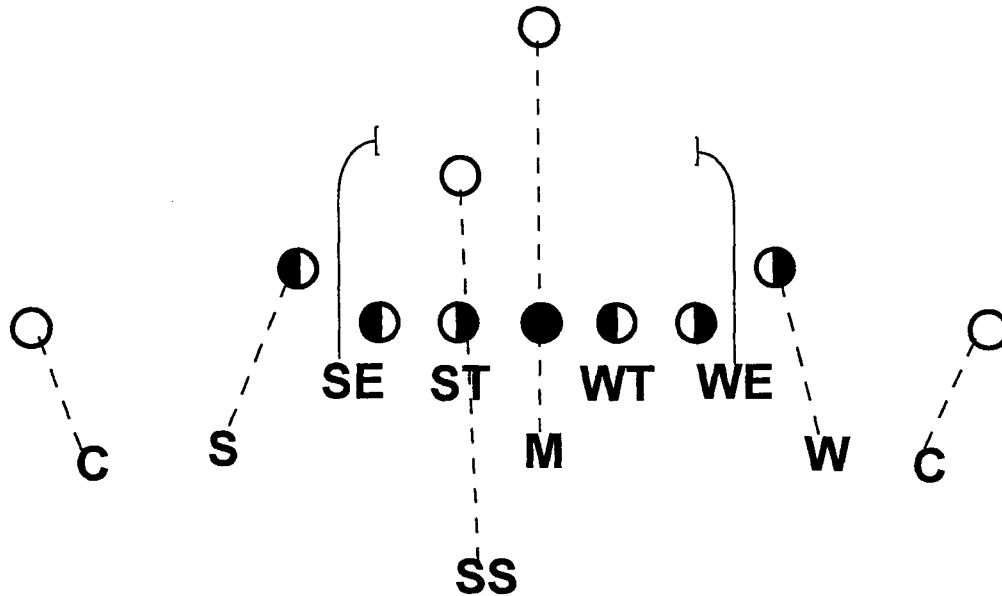


OAKS (OVERLOAD BLOCK)

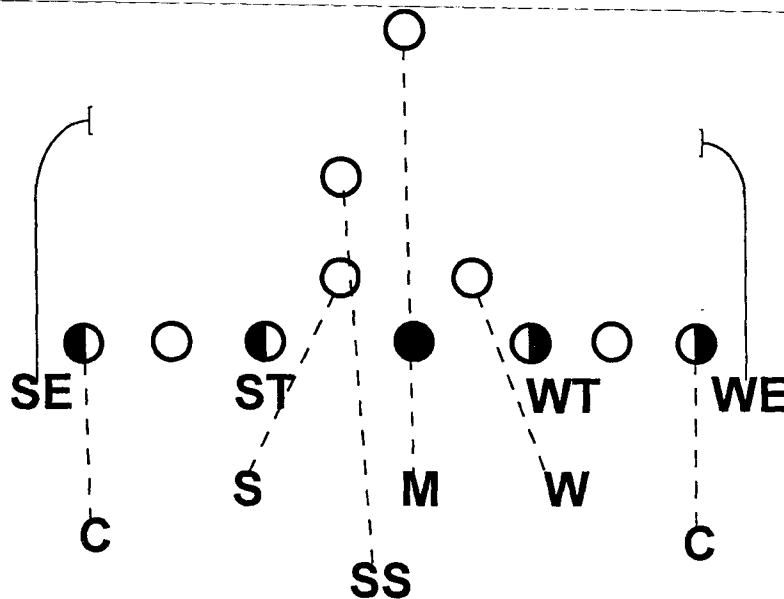
SPREAD



## SPREAD



# TIGHT



**\* IN OUR SAFE ALIGNMENT, ALL ELIGIBLE RECEIVERS ARE COVERED AS SHOWN. THE STRONG AND WEAK ENDS ARE CONTAIN. WE WILL PLAY RUN FIRST & REACT TO PASS WE WILL NOT TRY TO BLOCK THE PUNT. WHEN BALL IS PUNTED HOLD UP & BLOCK YOUR MAN. WE WILL RUN A MIDDLE RETURN. (MIKE WILL BLOCK CENTER)**

**P.A.T.  
FIELD GOAL  
BLOCK**

---

**LET'S BRING IT!**

# P.A.T./FIELD GOAL BLOCK

## REMINDERS AND FACTS

1. SUBSTITUTION IS VITAL! LET'S NOT PLAY LONG OR SHORT PERSONNEL.
  2. **ZERO PENALTIES** – DON'T PROVIDE OFFENSE WITH ANOTHER SCORING OPPORTUNITY.
  3. **CROWD, KEY AND GET A JUMP ON THE BALL.**
  4. BE ALERT AND READY! ALWAYS AWARE OF POSSIBILITY OF FAKE
  5. ATTEMPT ON FIELD GOAL OR 2 POINT PLAY ON P.A.T.
  6. PENETRATE BY DELIVERING A BLOW, PUSH AND DRIVE THROUGH ASSIGNED MAN OR SEAM BEFORE JUMPING OR REACHING.
  7. TIMING IS PARAMOUNT TO BLOCK A KICK.
  8. KNOW WHO HAS **PASS OR RUN** RESPONSIBILITIES.
  9. EITHER TEAM CAN ADVANCE A BLOCKED KICK THAT DOES NOT CROSS THE L.O.S.
- 
10. IF A BLOCKED OR A MISSED FIELD GOAL CROSSES THE L.O.S., TREAT IT AS A PUNT, CALL **"PETER"** AND GET AWAY FROM IT.
  11. THE BLOCK TEAM CAN RETURN ANY MISSED FIELD GOALS. **ALL BLOCKS ON RETURNS MUST BE ABOVE THE WAIST AND KEPT IN THE FRONT.**
  12. **PENETRATION** IS THE KEY TO BLOCKING ANY KICK!
  13. **BE DETERMINED TO BLOCK ONE – IT MAY BE THE DIFFERENCE!**

## LET'S BRING IT!

# **P.A.T./FIELD GOAL BLOCK**

**OUR PHILOSOPHY BEHIND OUR P.A.T. AND FIELD GOAL BLOCKS IS THAT OF CONSISTENT PRESSURE. WE WILL LET THE KICKER 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 CALL:      BLOCK RT OR LT: CALL MADE BY THE MIKE  
(SAID TWICE)**

**EXAMPLE: BLOCK RT, BLOCK RT – READY BREAK**

**TECHNIQUES:      STANCE: SPRINTERS 3-POINT STANCE. BUTT SHOULD BE SLIGHTLY UP WITH THE WEIGHT ON YOUR HAND.  
KEY THE BALL! - “LOOK AT IT”**

**SQUEEZE THE L.O.S. TAKE ALL THE NEUTRAL ZONE YOU CAN. DON'T BE OFFSIDES. OUTSIDE MEN CHECK FOR OFFSIDES,**

**GET OFF. WATCH THE BALL! KEY PRE-SNAP KEYS FROM SNAPPER. ROLL INTO START.**

**SURGE THROUGH AREA OF RESPONSIBILITIES, COUNT.**

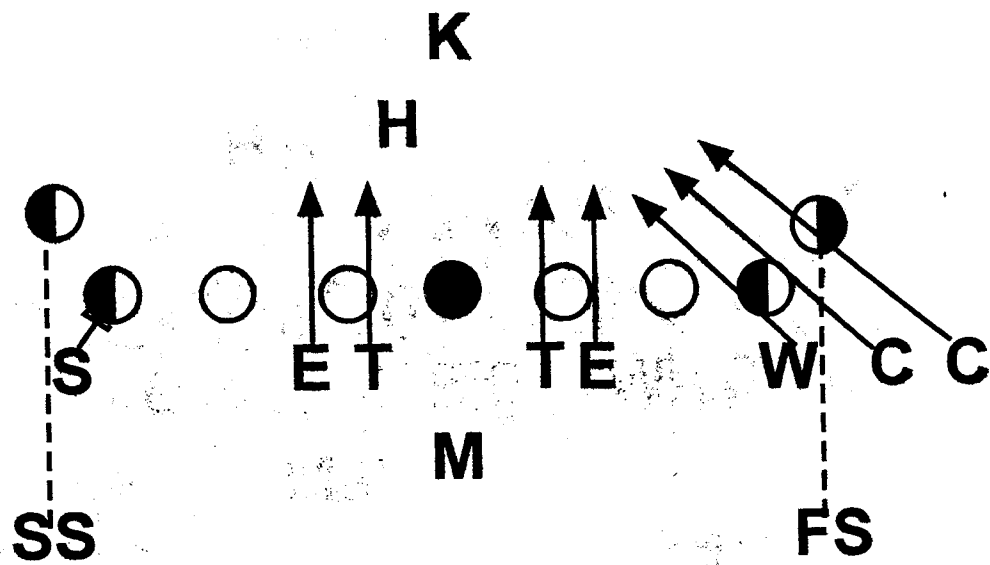
**SKINNER:      GO THROUGH THE WINGS' OUTSIDE FOOT, DIP THE INSIDE SHOULDER AND RE-DIRECT TO THE BLOCK SPOT. GET IN THE AIR AS SOON AS AS YOU CLEAR THE WING (4-STEP PATTERN).  
PICK UP THE BALL BEING KICKED. GET YOUR HANDS TOGETHER AND WATCH IT HIT.**

**JUMPER:      EXPLODE THROUGH WINGS' INSIDE SHOULDER. USE YOUR HANDS TO PUSH YOURSELF THROUGH THE “D” GAP PROPELING YOURSELF OFF THE SHOULDER PADS OF THE WING AND END. ONCE YOU CLEAR THE GAP, LAY OUT DOWN THE L.O.S. AND TAKE BALL OFF KICKERS FOOT.**

**CRASHER:      RIP THROUGH “C” GAP HARD. KEEP END OFF BY RIPPING YOUR OUTSIDE ARM THROUGH. CLEAR “C” GAP AND GET YOUR INSIDE HAND UP. USE YOUR OUTSIDE HAND TO PUSH YOURSELF OFF THE END.**

**LINEMEN:      STAY LOW AND GET OFF ON THE SNAP. SURGE THROUGH MAN AND PENETRATE. COUNT 1,001, 1002.... AND GET YOUR HANDS (INSIDE/OUTSIDE) UP. USE TIPS OF SHOULDER PADS TO ROLL UP THROUGH LINEMEN. CAN USE ONE HAND TO GRAB CLOTH TO HELP PROPEL YOURSELF INTO THE AIR. TRI-ANGLE SINGLE SURGE AND CLIMB FOR EXTENSION.**

## BLOCK RIGHT



## BLOCK LEFT

