



SPARTAN'S YOUTH FOOTBALL

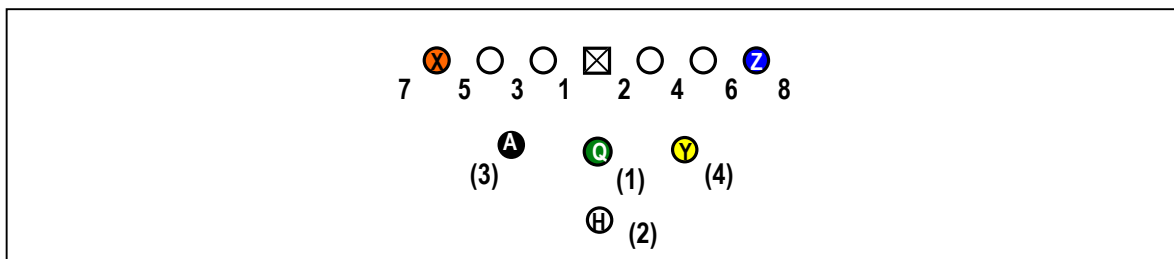
6th Grade OFFENSIVE PLAYBOOK

OFFENSIVE PLAYBOOK

OFFENSIVE FACETS

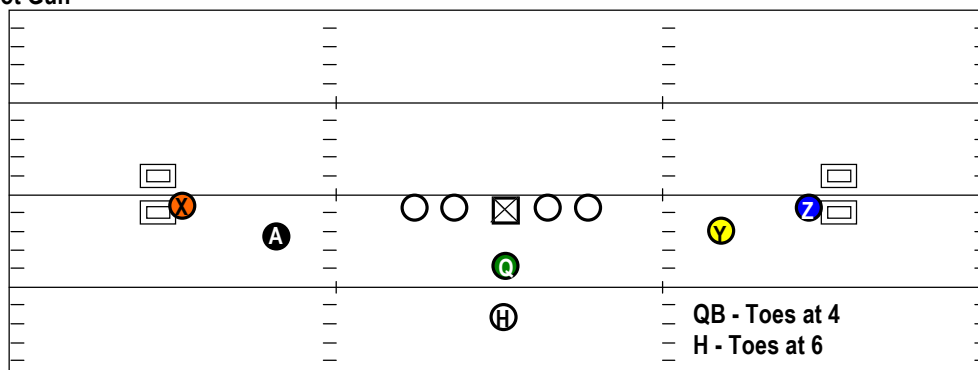
I. OFFENSIVE POSITIONS & HOLE NUMBERING:

A. Position Identification & Hole Numbering

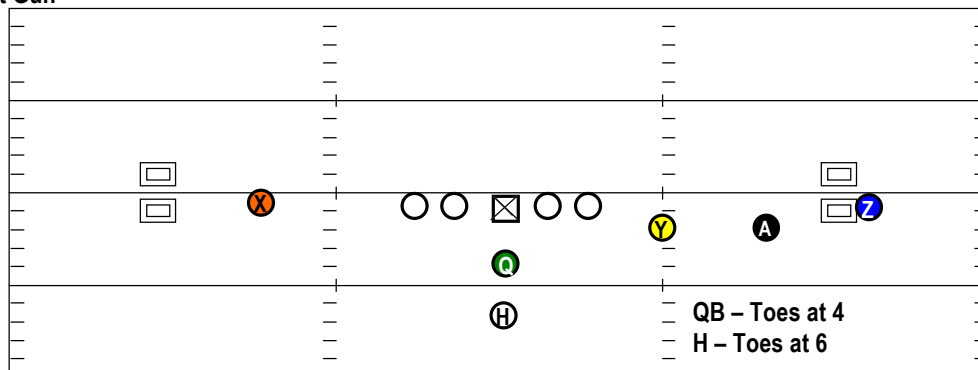


II. OFFENSIVE FORMATIONS:

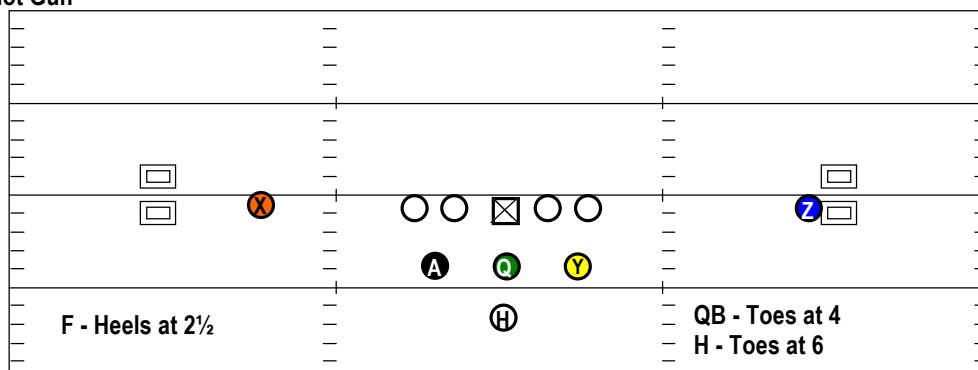
A. Quads - Shot Gun



B. Trips - Shot Gun



C. RHINO - Shot Gun

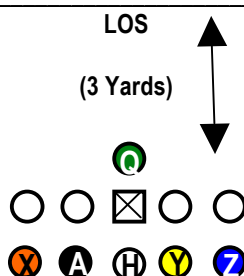


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III. PLAY CALLING SYSTEM:

A. Huddle Formation:

1. Center always sets the Huddle 3 yards from the ball.
2. Be in a position to see and hear the QB.
3. The QB has complete control of the huddle.



B. Huddle Play Calling:

1. Play Calling Options:

- a. **Show Play:** Coach can SHOW play in the huddle.
- b. **2 Sets of Numbers w/Wristband:** Coach will call out 2 sets of numbers, either the first or second set is live.
 - Example: Call out 11 15, the 11 is hot number/play and is play to run from wristband.
- c. **Receivers or Substitutes:** Coach will communicate play to Receiver or Substitute, who will relay the play to the Quarterback. (Try to use by seasons end)
- d. **Hand Signals:** Coach can be on sidelines and use hand signals to let them know which play to run to team on field. (This should only be used if completely confident kids know plays very well)

2. Huddle Communication:

The Coach and/or Quarterback is the only player to talk in the huddle and will call the play twice in the huddle and the snap count twice.

3. Play Calling Sequence:

You will receive the following information:

- a. Formation
- b. Motion/Shift
- c. Play
- d. Back Route
- e. Snap Count

4. Play Calling Order by QB or Coach:

- a. First Number - identifies ball carrier or the ball carrier that's getting the fake.
- b. Second Number - identifies hole assignment.
- c. Play Descriptor Examples:
 - Run Play: "Quads Right 22 Indy on 1"
 - Pass Play: "Quads Right Drought on 1"
 - Run Play w/Motion: "Quads Right Zac 22 Indy on 1"
 - Pass Play w/Motion: "Quads Right Zac Drought on 1"

5. Breaking the Huddle:

The Quarterback will break the huddle by saying "Ready!" and the team responds with "Break!" Clapping in unison.

C. Cadence:

1. 1st Sound = Down (First Sound)
2. 2nd Sound = Set (Second Sound)
3. 3rd Sound = Hut (Can go on "2" when kids are ready)

D. NO Huddle Play Calling:

1. Always line up in Quads:
 - a. No Huddle Options:
 - Receiver or Substitute System
 - Hand Signals System



OFFENSIVE PLAYBOOK

IV. AUDIBLES:

A. Rules for Audible Call:

1. The Quarterback determines if the called play will work. First by counting the defenders in the box, seeing blitz tips, and lastly identifying coverage...calling an audible if needed.
 - a. 6 defenders or less = Run
 - b. 7 defenders or more = Pass

B. Audible Calls:

1. **Opposite (Orange):**
 - a. Opposite changes a run, play action, or sprint out pass play to the opposite side.
 - Example: Play called is 22 Indy. Once at the LOS, the Quarterback calls "Orange-Orange", then calls out cadence Down, Set, Hut! Hut!" changing the play to 21 Indy. Snap count remains the same.
2. **Bandit-Bandit:**
 - a. Bubble Screen to Slot Receivers.

VI. TEMPO:

A. Tempo's: Two options

1. **LAMBO:** VERY FAST – 2 Minute (end of half or game)
 - a. Entire Offense "Sprints" to LOS.
 - b. Backs will hand ball to Referee.
 - c. Formation will ALWAYS be Quads.
 - d. Receivers will NOT switch sides.
 - e. If ball carriers are near sideline they must go out of bounds.
 - f. If needing to "Spike" the ball make sure everyone is lined up properly.
 - g. Ball carriers don't struggle for extra yards, only if first down, getting out of bound or a TD is possible.
2. **SEMI:** (Very Slow – 4 Minute (we are winning or the end of the game)
 - a. Offense will break huddle with 15 seconds on play clock.
 - b. Backs will leave ball on the ground.
 - c. Backs must stay in bounds.
 - d. Prefer not to call timeouts.
 - e. QB needs to make contact with sideline to get signal from Coach on when to start cadence and next play.
 - f. Expect blitz (block aggressively).
 - g. No penalties.
 - h. Use "Victory" formation when there is one minute or less left in the game.



OFFENSIVE PLAYER RESPONSIBILITIES

I. Quarterbacks:

A. Must NEVER FORGET "Snap Count & Play Called"

B. Developing Yourself to be a "LEADER":

1. Must know **ALL** positions and their Responsibilities.
2. Be in Control – In Success and Failure.
3. Be aware of "Everything" – Know how other players are thinking.
4. Compliment Teammates – When they "Feel Good" about what they contribute they will be more successful.
5. Do the "Little Things" right **ALL** the time.
6. Be on the same page with the Offensive Coordinator – Anticipate how he will think, feel and react. Share with him how you think, feel and react.
7. Must have Huddle Presence be "Poised" by staying relaxed and reflect a confident attitude. Own the Huddle – if things go bad in huddle you are responsible.
8. To those with whom much is given, much is expected.
9. Must have Good, Sharp and Clear Voice Commands.
10. Finally...Do your homework, study your playbook and know your **RESPONSIBILITIES!**

C. Common Passing Errors:

1. Poor Timing: Ball must be thrown normally before the head of the receiver turns to the QB. Throw on the break.
2. Under Thrown Pass: Poor follow through, late release, or making the weight transfer at the wrong time. Check the lead knee as weight transfer occurs.
3. Lateral Inaccuracy: Side Arm Delivery
4. No Spiral: Wrist twisted on release instead of whipped, keep the wrist rocked.
5. Nose Down: Strengthen handgrip. Move index finger slightly toward the point and increase pressure with index finger upon release.
6. Throwing Across Body: Laziness in Execution. Position feet so that you can stop at the Target.
7. Concentration on Intended Receiver: LB's and Secondary men are often told to key on the QB. Do not telegraph your action or receiver.
8. Poor Ball Control: Ball carried too low when setting up, could force you to wind up.
9. False Step: Weight put on correct foot so that no waste of time in stepping is needed to move.
10. Interceptions: Find out why it happened immediately – don't return to the Offensive Huddle until you find an explanation...i.e. poor read, poor route, poor throw, defensive reaction beat us? Stay loose and learn from your mistakes.

D. Pre-Snap Read & Recognition:

1. Look at Defense to determine if Play Called will work.
2. Count Defenders in Box.
 - a. 6 Defenders or Less = Run
 - b. 7 Defenders or More = Pass
3. Defense Up Tight = Man
4. Defense Loose = Zone

E. Receiving a "SHOT GUN SNAP":

1. Distance from Center is 3 ½ - 4 Yards
2. Feet should be shoulder width apart in comfortable position.
3. Provide a **Target** for your Center.
4. Make sure on your last sound or call of cadence that **YOUR EYES** are **FOCUSED** on **CENTER**.
5. **DON'T EVER TAKE YOUR EYES OFF THE BALL!**

F. Receiving the Snap & Carrying the Ball:

1. Proper Hand Placement under Center is **YOUR RESPONSIBILITY**.
2. Thumbs together with Fingers Spread Wide apart and Firm.
3. Both Hands must follow with Center as he charges forward – **GIVE** with Him.
4. Bring Ball to your Stomach (Third Hand)
5. Keep Elbows close to your side.
6. Avoid and Up and Down motion with Ball when rolling out or sprinting out to pass.

G. Running Plays: **MUST KNOW ALL PLAYS!**

1. Steps will vary on play called.
2. Step as deep as you can on first step – this gives ball carrier better visual read.
3. Eyes focused on near side number of ball carrier.



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4. Secure handoff properly in Running Backs Stomach.
5. Carry OUT the Play.
6. Never look at Ball Carrier unless selling "Play Action".

H. Passing Plays: **MUST KNOW ALL PLAYS!**

1. Must know ALL steps for Drop Back, Shot Gun, Sprint Out, Option and Boot/Naked.
2. Passing thought Progression.
 - a. Complete Pass
 - b. Run
 - c. Waste the Ball
 - d. Take the Sack
 - e. NO WILD THROWS!

I. Scramble Rules:

1. Receivers run parallel to the LOS and come back towards the Quarterback.
 - a. Short to deep Receivers run towards Quarterback.
 - b. Intermediate Receivers run parallel towards the Quarterback.

II. Running Backs:

A. **Must Remember "Snap Count & Play Called"**

B. Carry the ball "**HIGH & TIGHT**" at ALL times!

C. **Running Back Position Depths:**

1. Quads and Trips Formation in Shot Gun – Line Up behind QB at 6 or 7 Yards.
2. King Formation in Shot Gun – Line up same as Quads and Trips, Fullback line up strength between Guard and Tackle at 3 Yards
3. Under Center in All Formations – Line up behind QB at 4 or 5 Yards.

D. **2-Point Stance:**

1. Feet Shoulders Width Apart.
2. Most of Weight on Balls of Feet.
3. Head Up, Straight Back and Eyes Forward (DON'T LOOK at PLAY HOLE).

E. **Taking a Hand-Off and Ball Security**

1. Elbow Closest to QB when ready to take hand-off is ALWAYS UP.
2. One Arm at Chest and One Arm at Waist forming a "Pocket".
3. Clamp Down on Ball after it's been placed in Stomach "NEVER REACH FOR THE BALL".
4. Carry Ball with 2 Hands in Heavy Traffic.
5. Carry Ball "High and Tight" away from Defense when Possible.

F. **High and Tight Position**

1. The Hand and Fingers Gripping the Front Point of Ball.
2. The Forearm should be Under the Ball NOT beside it.
3. The Back Point of Ball is Jammed in the Armpit.
4. Ball NEVER LEAVES YOUR BODY!!

G. **9 Running Back Principles**

1. Press the Block: Pressing the Block means to literally rub against the "Point of Attack". The Closer the ball carrier can "Press the Block", the more explosive he becomes.
2. All Cuts at FULL SPEED: Backs have Two Options; Must make cuts at Full Speed or outrun the Pursuit Angle, but NEVER Stop Moving Your Feet. When a Ball Carriers does this, they become more Explosive.
3. Refuse to be Tackled: Backs must have the attitude "You Can't Tackle Me." Playmakers NEVER concede the play.
4. Be the Hammer: Must have the "Want to Deliver the Hit." We want you to be the Hammer not the Nail. We do this by making all contact at FULL SPEED and have the attitude we are going to deliver the Blow.
5. Keep Your Feet Moving: This applies to both Running and Blocking. To make cuts at full speed, or to be the hammer, you must keep moving your feet. All players must know that keeping their feet moving shows they are giving maximum effort.
6. Look the Ball into the Tuck: This is for catching a pass, you Watch the Ball into your Hands and all the way into your armpit to the Four Points "High and Tight" of contact. It is impossible to drop a pass if you do this Every Single Time.
7. Be a Competitor: A Player must enjoy competing and accept the challenges that come with competing. A competitor is someone who is mentally tough. A mentally tough player gives his best every play against superior and inferior opponents, who doesn't make EXCUSES and who responds to challenges and adversity with his best effort.
8. FINISH OFF RUN: Run out every Play until the "Whistle Blows!"
9. Run with Passion: Backs must have the attitude of Running with PASSION at all times!

III. Receivers:

A. **Must NEVER be off-sides! WATCH THE BALL to be SNAPPED!**

B. **Stance & Alignment (WR)**



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1. Inside foot is Forward.
2. Hands up in Sprint-Ready Mode.
3. Scan the Defense.

C. Stance & Alignment (TE)

1. Outside Hand down and Outside Foot back slightly (Toe to Instep).
2. Weight on Feet! Not on Hand (Squat into Position).
3. Back Flat.
4. Head Up.
5. Inside Hand in Hit-Ready position.

D. Hand Catching Position & Catching Ball (All Receivers):

1. Catch with Soft Hands.
2. Go after ball with Both Hands.
3. Go after ball at Highest Point.
4. Fight for the Ball...Take ball out of the Air rather than waiting for it!
5. Above Waist – Thumbs and Point Finger Together Forming a Diamond
6. Below Waist – Pinkies Together.
7. To the Side – Pinkies Together.
8. Catch with Confidence.
9. After Catch make sure BALL is secured **HIGH & TIGHT**.

E. Release (WR & TE):

1. Stay Low off the line (Swim, Punch, Rip, Swat or Slap) to break free of defender.
2. Make progress Up-Field (if thrown off route...get back on it ASAP).
3. Full Speed off the line (Run or Pass).
4. Stay Low in Break.
5. Explode off Front Foot.

F. Finishing the Play:

1. Finish off every Pass/Run Play until the "Whistle Blows".
2. When QB is SCRAMBLING break off route and come back to him.

G. Blocking (WR – Stalk):

1. Full speed to about 3 to 5 yards in front of defender.
2. Break down in Athletic Stance.
3. Stay between defender and ball carrier.
4. The receiver should viciously drive through the middle of the defender. He should keep his head up, his hands into his body, and avoid lunging.

H. Blocking (WR & TE – Crackback):

1. This block has to ABOVE the waist and your HEAD has to be in front of the defender.
2. The receiver should adjust his angle of release in relation to the position of the defender.
3. WR should always stay under control.

IV. Linemen:

A. MOST IMPORTANT POSITIONS ON THE "FIELD"

B. Must Remember "Snap Count & Play Called"

C. Offensive Linemen Philosophy:

1. Toughness mentally and physically
2. Intelligence
3. Work ethic
4. Team player work as a unit
5. Great feet and balance – will re-direct his feet at least 5 times per play
6. Great vision
7. Pride – the quicker the Offensive Line can work as team/unit the more success we have

D. 6 Important Steps: Must Take Place For Any BLOCK to be SUCCESSFUL

1. Splits –
2. Staggered Stance – instep-to-toe relationship (45% angle)
3. Approach – shoot your eyes (know your block)
4. Contact – forklift the defender (quick to deliver punch)
5. Follow Through – keep your feet moving
6. Finish – de-cleat or drive man (block until the "Whistle Blows")



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E. Line of Scrimmage:

1. Determine if covered or uncovered
2. Each Linemen is responsible for zone or man to be blocked

F. Stance & Alignment:

1. Lineman will align on the line of scrimmage in a ready position, good football position with arms resting on quads (focus on Defensive Line positioning).
2. Spacing the stance with toes aligned to the Center's heels; Lineman will be in a 3-point stance on Quarterback's cadence (Down).
3. The Offensive Linemen splits generally remain the same, may adjust to blitzing team.
 - a. Center-Guard = 2 Feet
 - b. Guard-Tackle = 3 Feet
 - c. Left side has left hand down. Right side right hand down.

G. Pass Play Line Calls: Center can call protections at line of scrimmage.

1. Rip-Liz (Run Plays vs. Even Defensive Front)
 - a. Linemen slide to gap on call side, take on most dangerous.
 - b. Backside Tackle (Kick Step, Slide & Set).
 - c. Line Call (Rip = Slide Right) – (Liz = Slide Left).
2. MOM - Man on Man (Run Plays vs. Odd Defensive Front and Pass Plays)
 - a. Tackles – take on most dangerous, nearest defender.
 - b. Guards – take on most dangerous, nearest defender.
 - c. Center – don't give ground, take on most dangerous.
 - d. Backs read Outside Linebacker or Strong Safety if "Not" designated a pass route.
3. Rip-Liz (Play Action or Sprint Out Plays)
 - a. Line goes with call (Rip = Slide Right) – (Liz = Slide Left)
 - b. Linemen slide to gap on call side, take on most dangerous.
 - c. Backs attack play-side with block if "Not" designated a pass route.
4. Screens
 - a. Linemen slide to gap protection except backside tackle.
 - b. Play-side Guard & Play-side Tackle – Stay flat down the line of scrimmage.



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BLOCKING

Liz (Run Plays to Left)



Rip (Run Plays to Right)



Liz (Slide Protect on Sprint Out Pass Plays)



Rip (Slide Protect on Sprint Out Pass Plays)

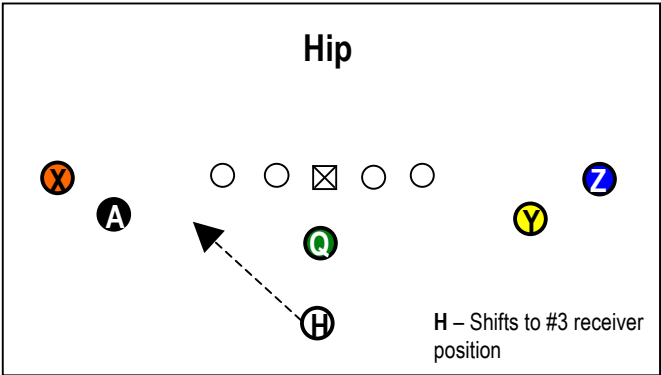
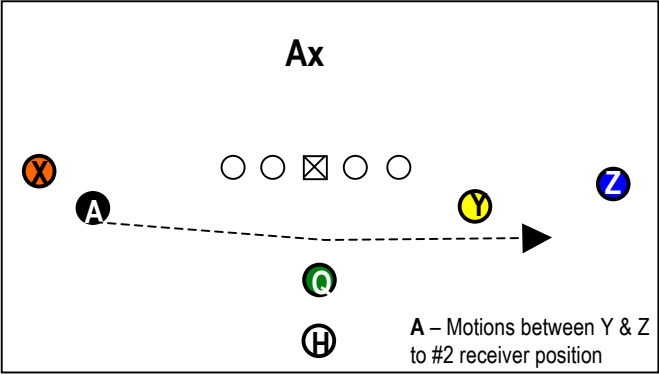
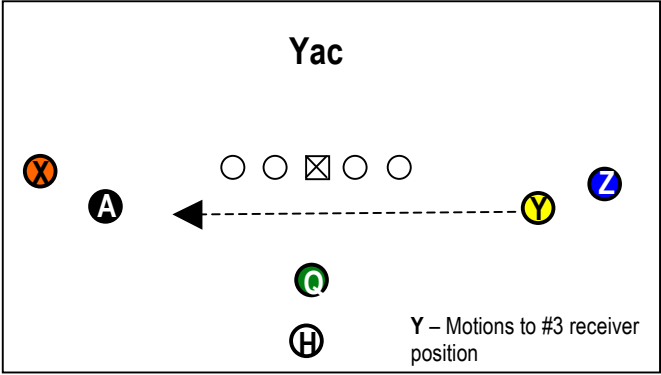


MOM - Man on Man (Pass-Run Plays)



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MOTIONS



Running Plays

RUNNING PLAY LIST

I. Run Plays:

Play Name:	Common Name:	Formation(s):	Blocking:
1. INDY:	IZ – Inside Zone	Quads, Trips & Rhino	Rip-Liz (Zone Step) or MOM (Man on Man)
2. VEGAS:	Trap	Quads, Trips & Rhino	Rip-Liz (Zone Step) w/BSG Trapping
3. SEATTLE:	OZ – Outside Zone	Quads, Trips & Rhino	Rip-Liz (Zone Step) or MOM (Man on Man)
4. SEATTLE Q: QB – Run		Quads, Trips & Rhino	Rip-Liz (Zone Step) or MOM (Man on Man)
5. DALLAS Q: QB – Draw		Quads, Trips & Rhino	T's & Playside PSG (Draw Step), BSG (Pulls)
6. WINDSOR:	Wedge	Rhino	Wedge Block and Drive
7. JERSEY:	Jet Sweep	Quads	Zone Step or MOM



INDY

Quads, Trips & Rhino

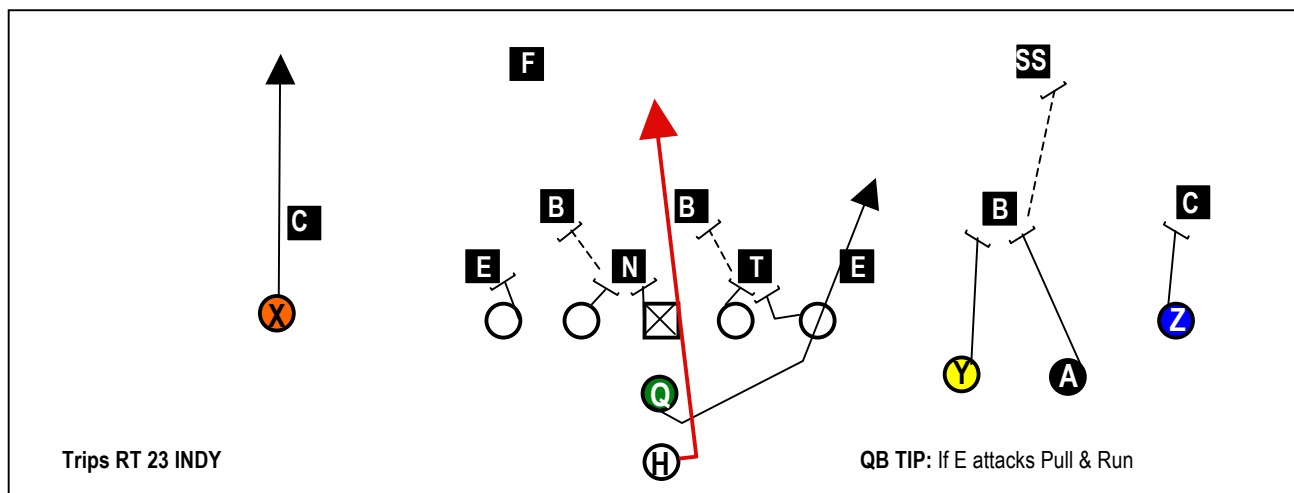


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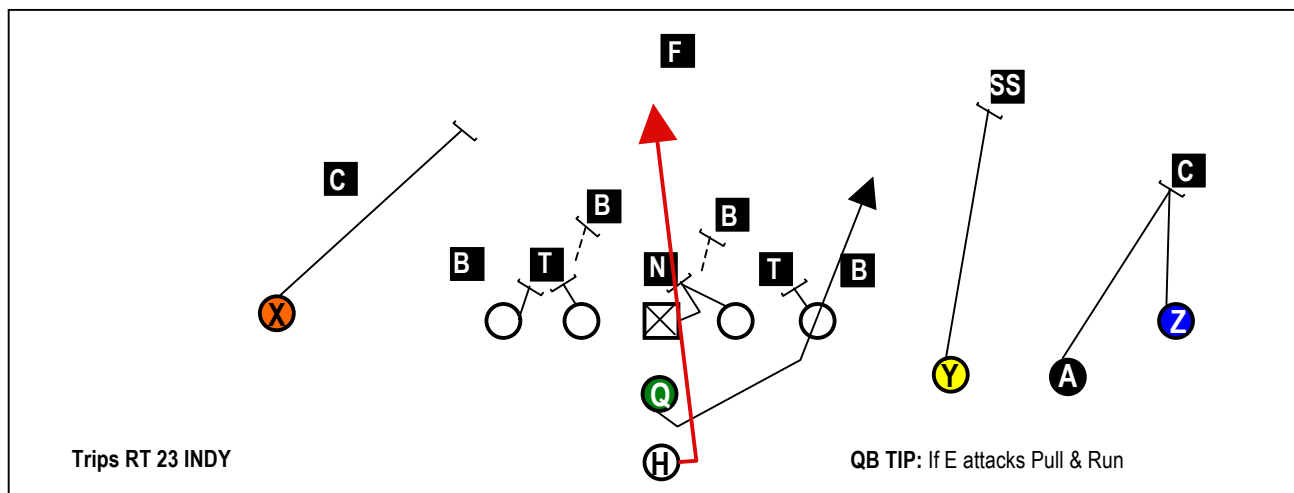
INDY = Inside Zone

(TRIPS) 23-22 INDY

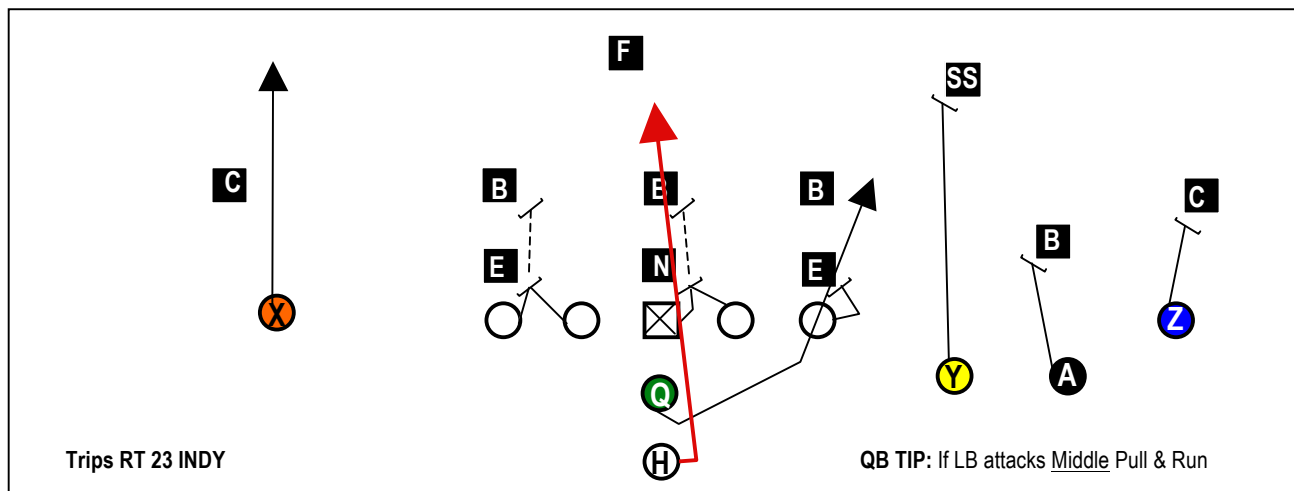
4-3 Front



3-4 (5-2) Front



3-3 Front



VEGAS

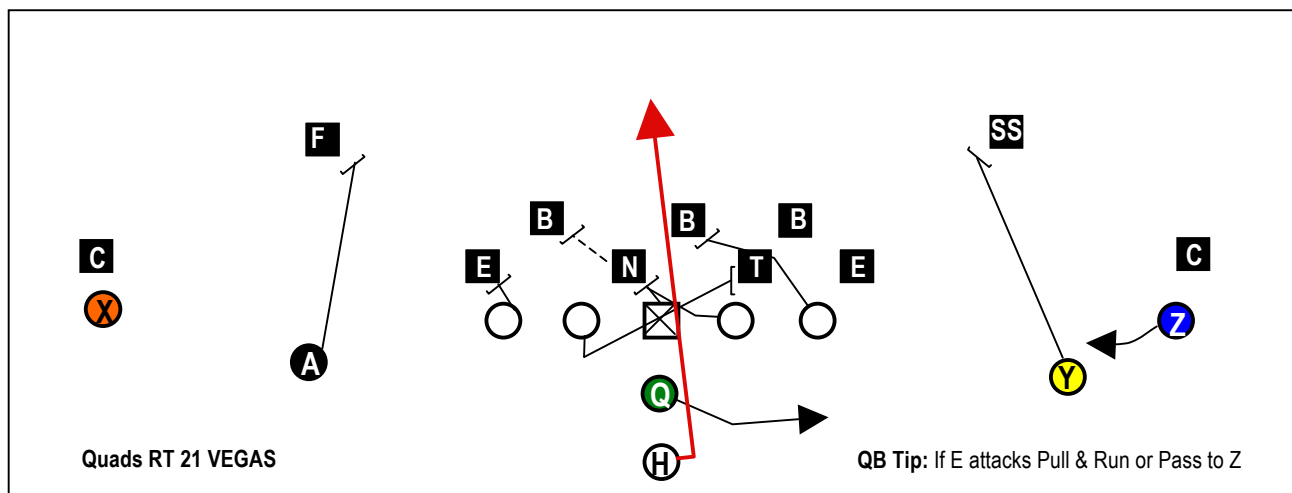
Quads & Trips



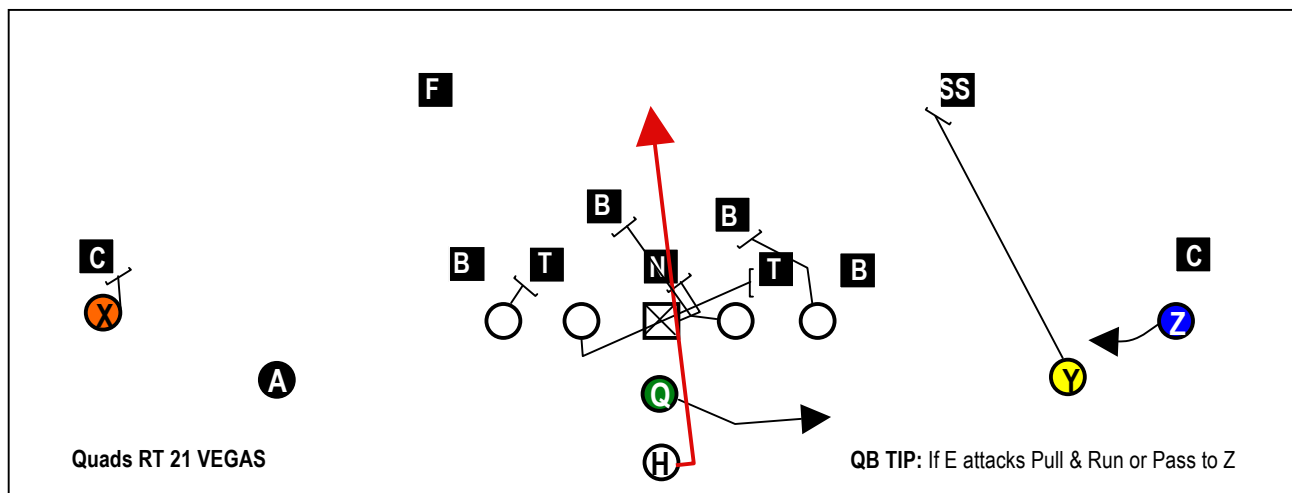
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VEGAS = Trap (QUADS) 21-22 VEGAS

4-3 Front



3-4 (5-2) Front



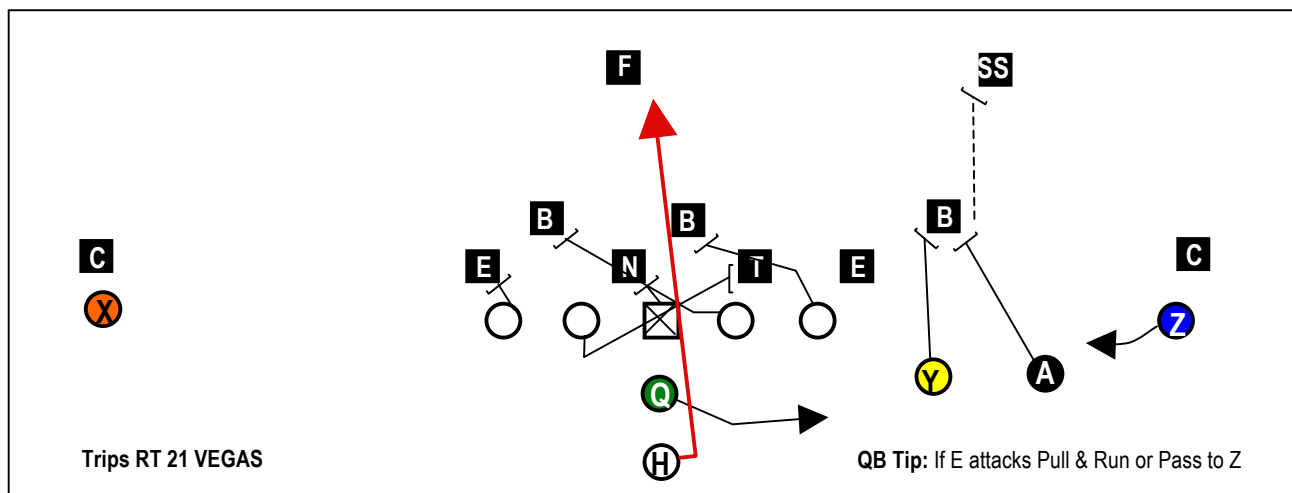
NO Trap Call vs. 3-3



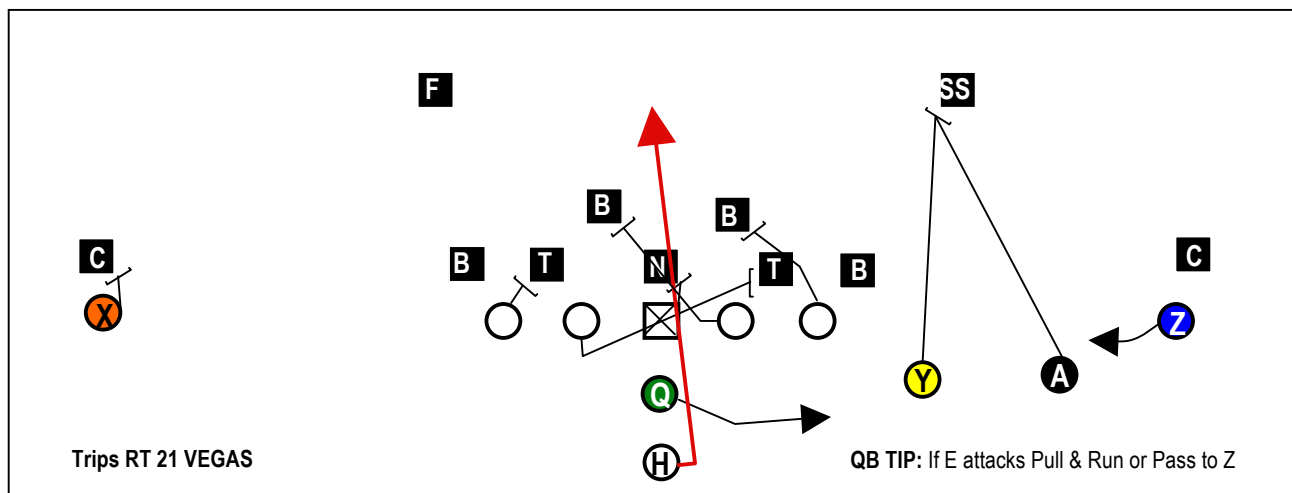
OFFENSIVE PLAYBOOK

VEGAS = Trap (TRIPS) 21-22 VEGAS

4-3 Front



3-4 (5-2) Front



NO Trap Call vs. 3-3



SEATTLE

Quads, Trips & Rhino

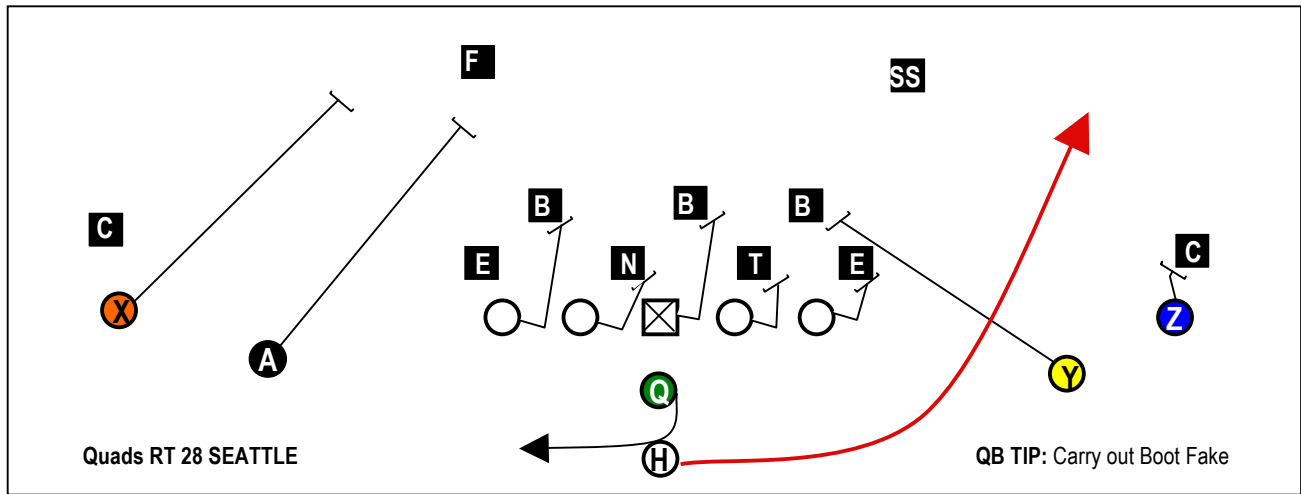


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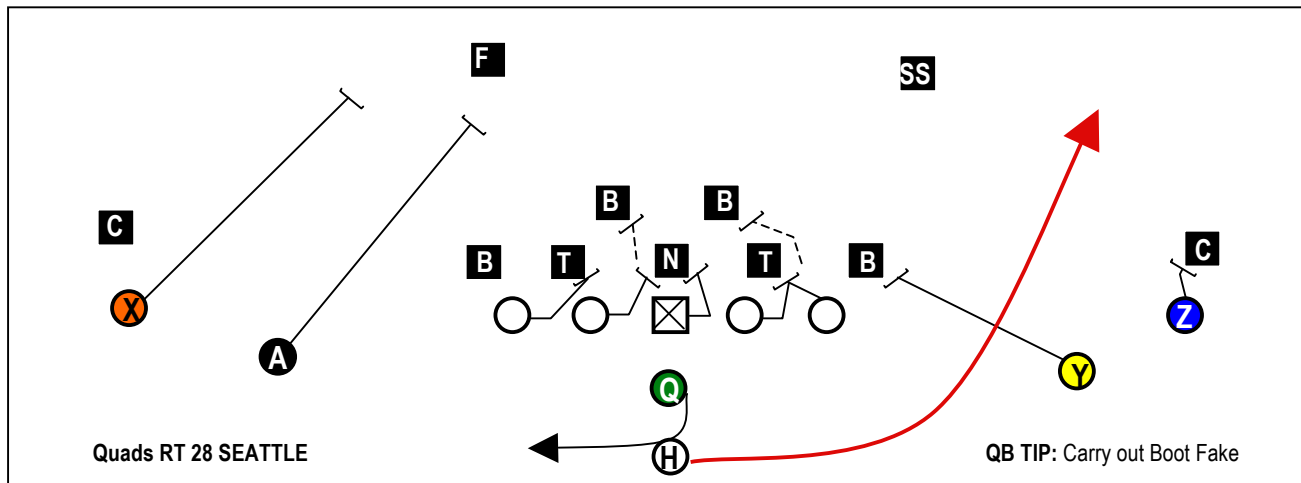
SEATTLE = Outside Zone

(QUADS) 28-29 SEATTLE

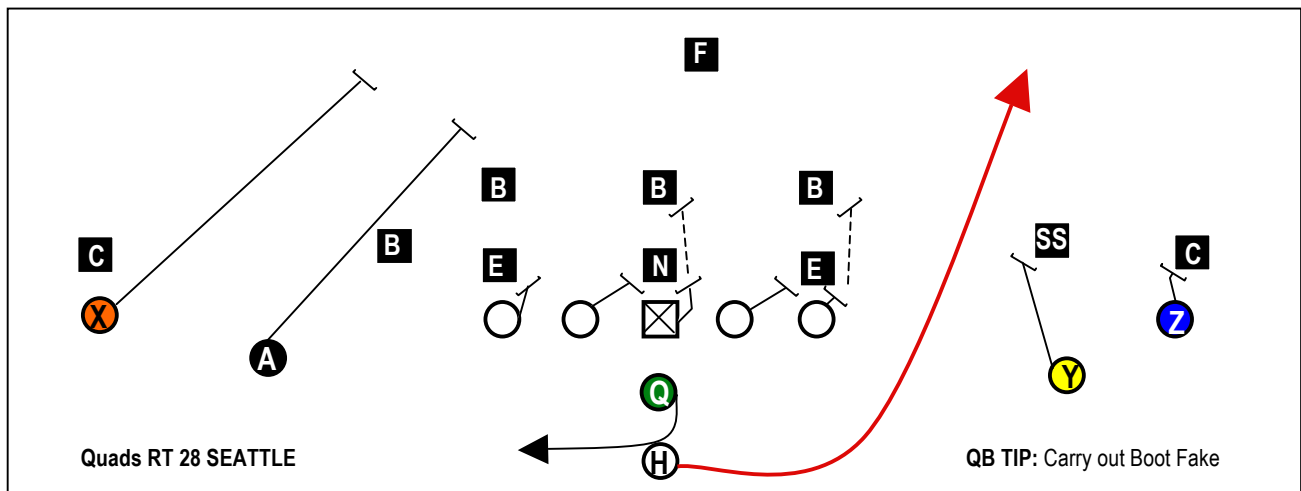
4-3 Front



3-4 (5-2) Front



3-3 Front

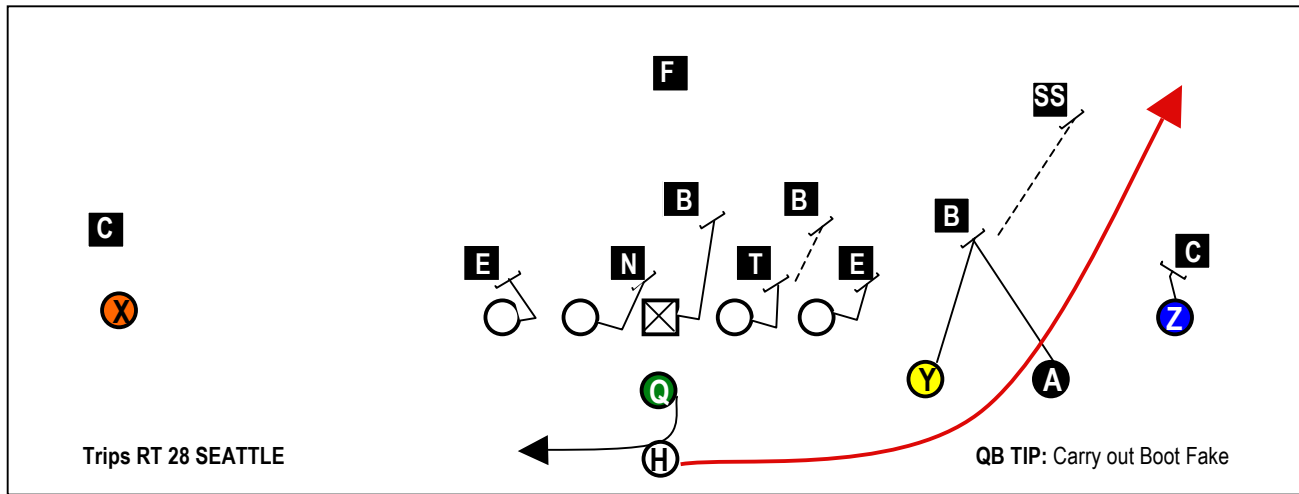


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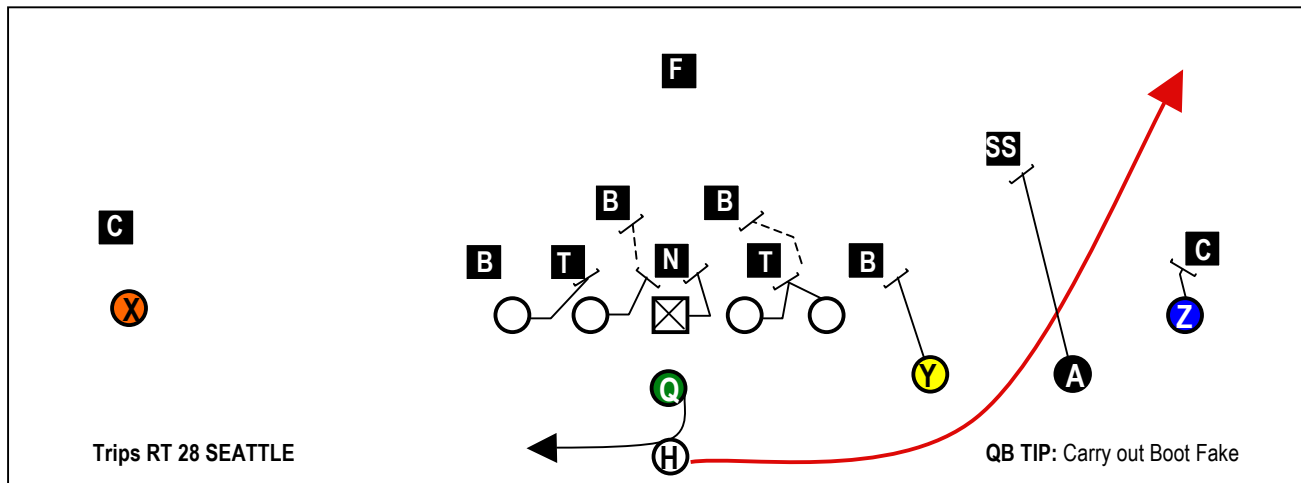
SEATTLE = Outside Zone

(TRIPS) 28-29 SEATTLE

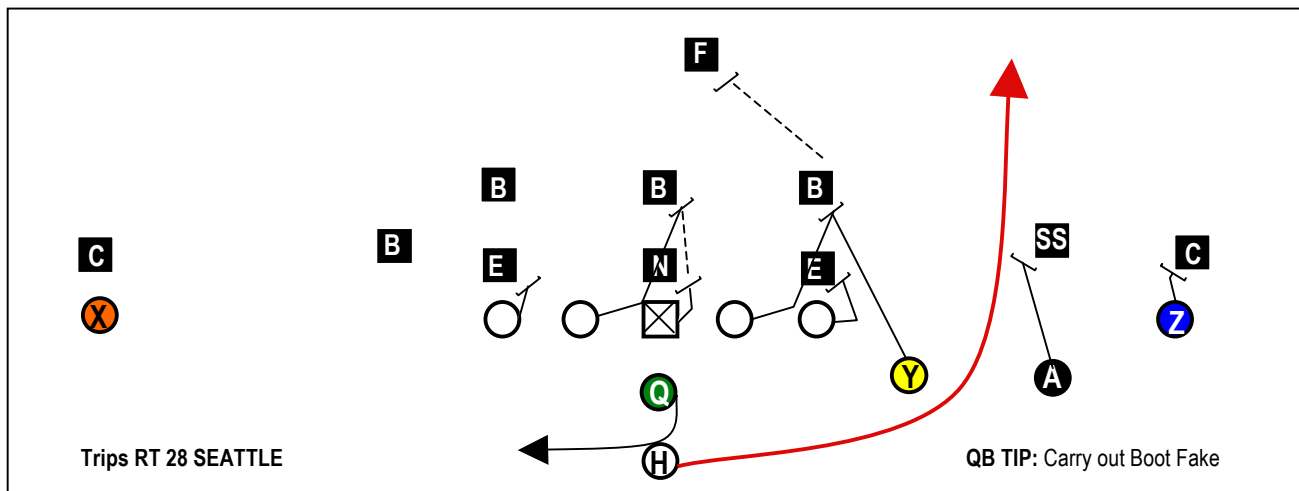
4-3 Front



3-4 (5-2) Front



3-3 Front

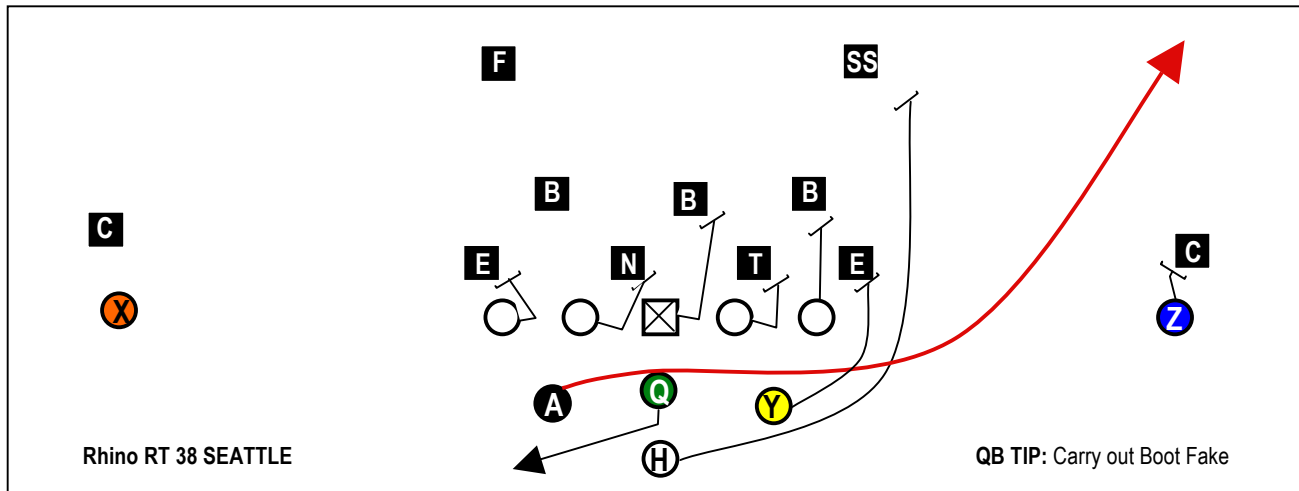


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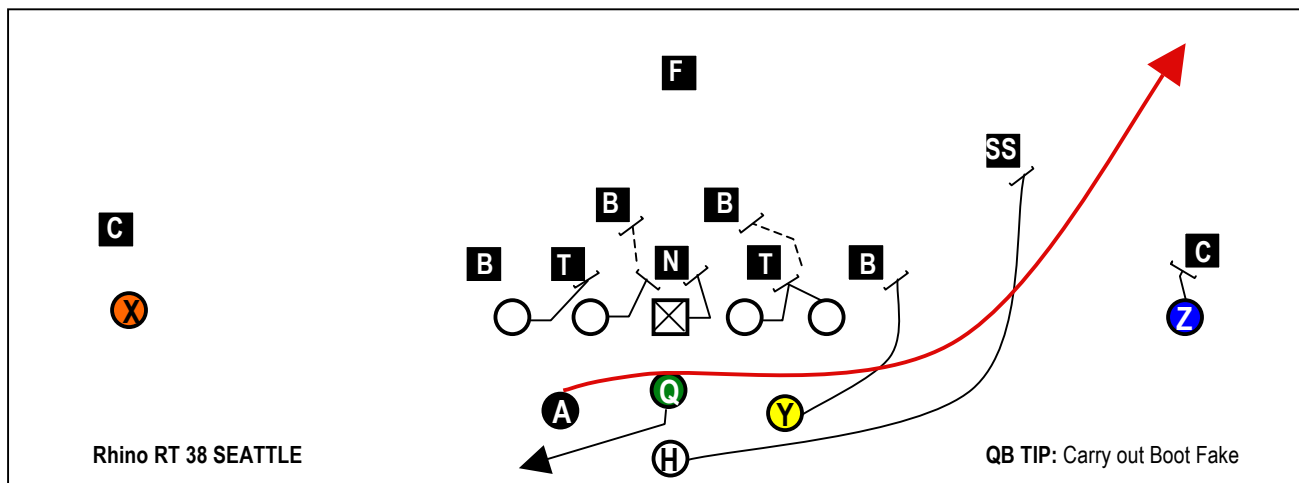
SEATTLE = Outside Zone

(RHINO) 38-49 SEATTLE

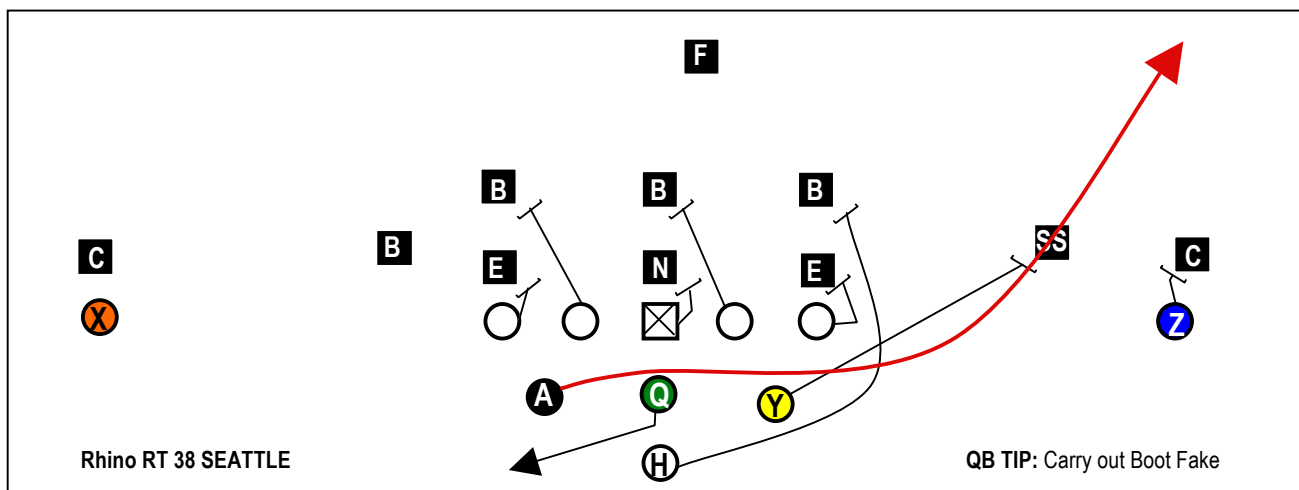
4-3 Front



3-4 (5-2) Front



3-3 Front



SEATTLE Q

Quads, Trips & Rhino

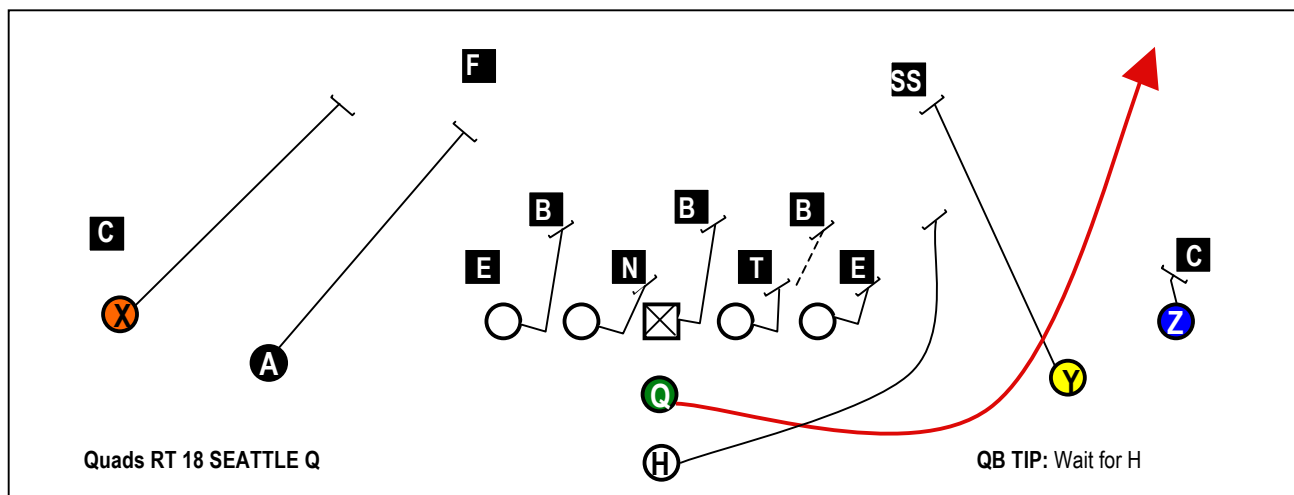


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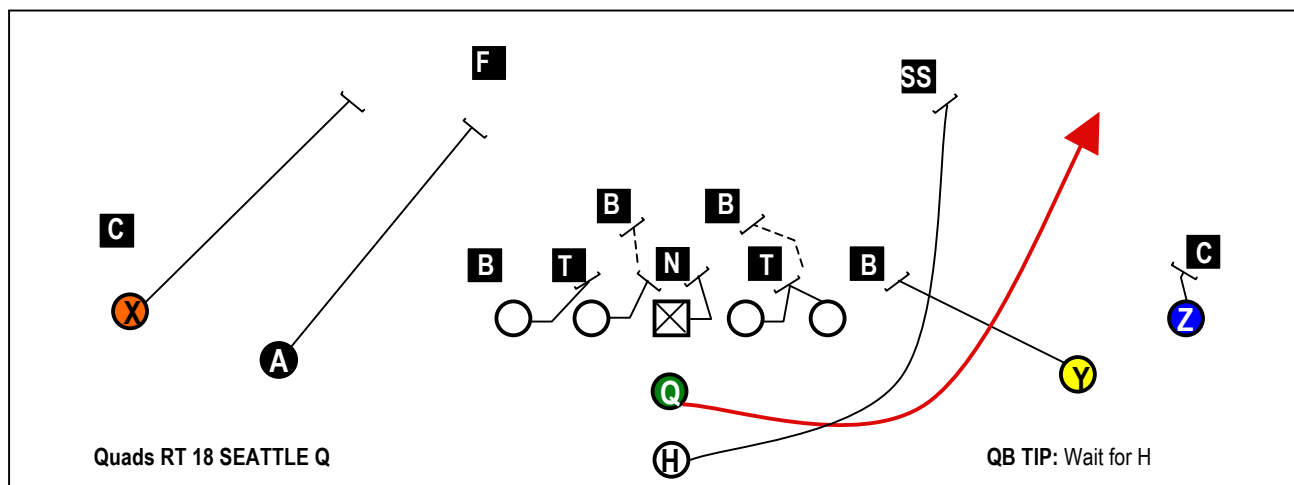
SEATTLE Q = Outside Zone

(QUADS) 18-19 SEATTLE

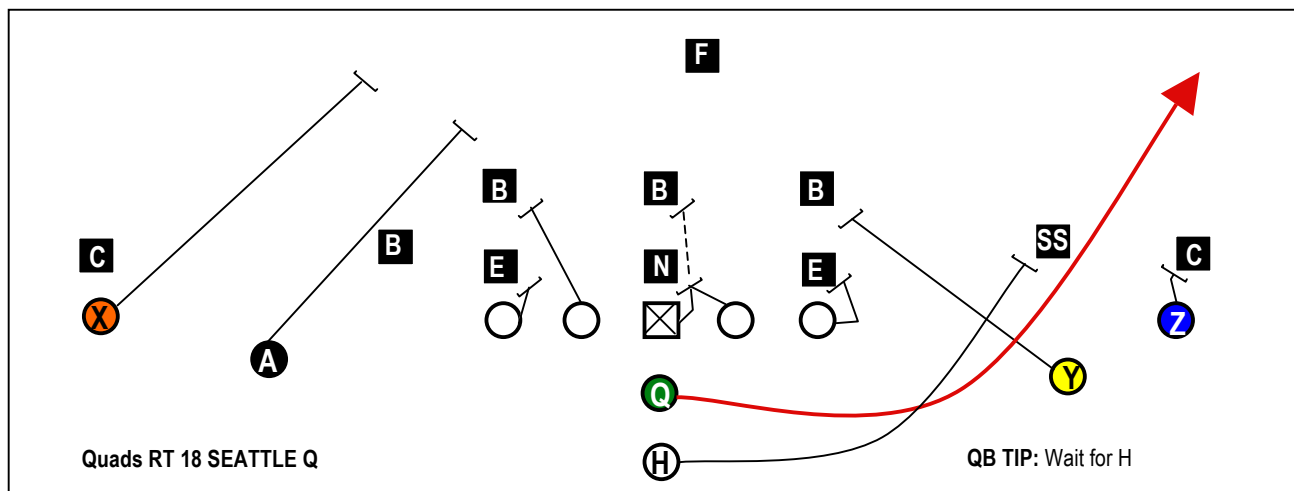
4-3 Front



3-4 (5-2) Front



3-3 Front





DALLAS Q

Quads, Trips & Rhino





WINDSOR

Rhino

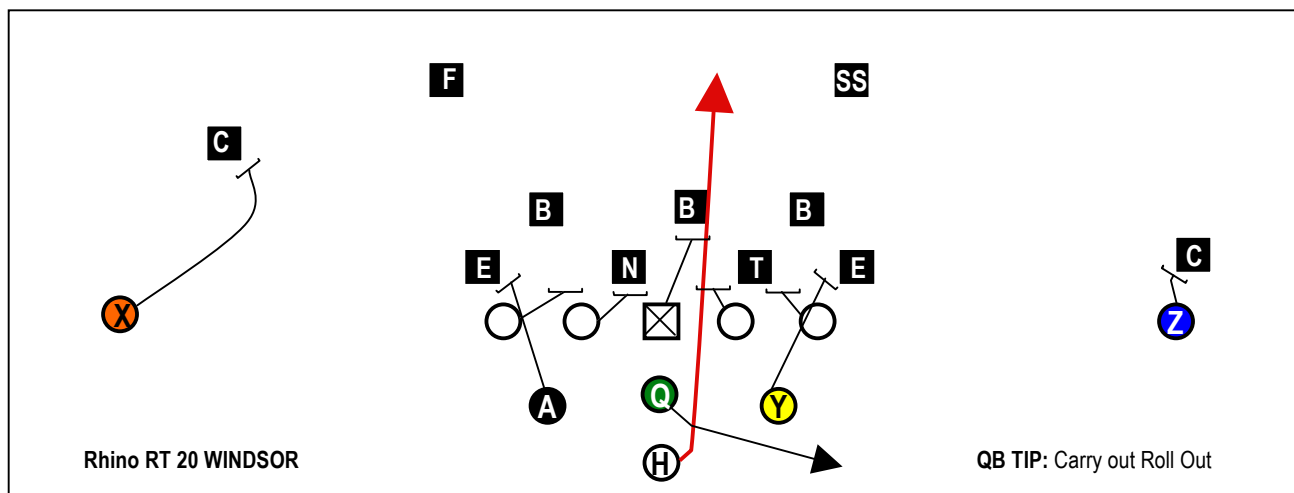


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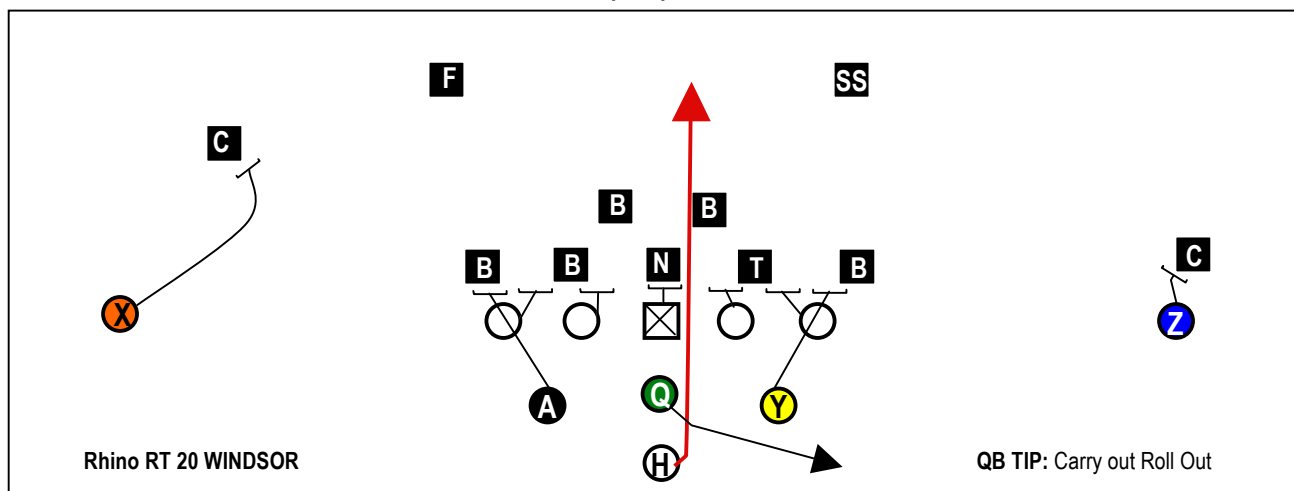
WINDSOR = Wedge

(RHINO) 20-21 WINDSOR

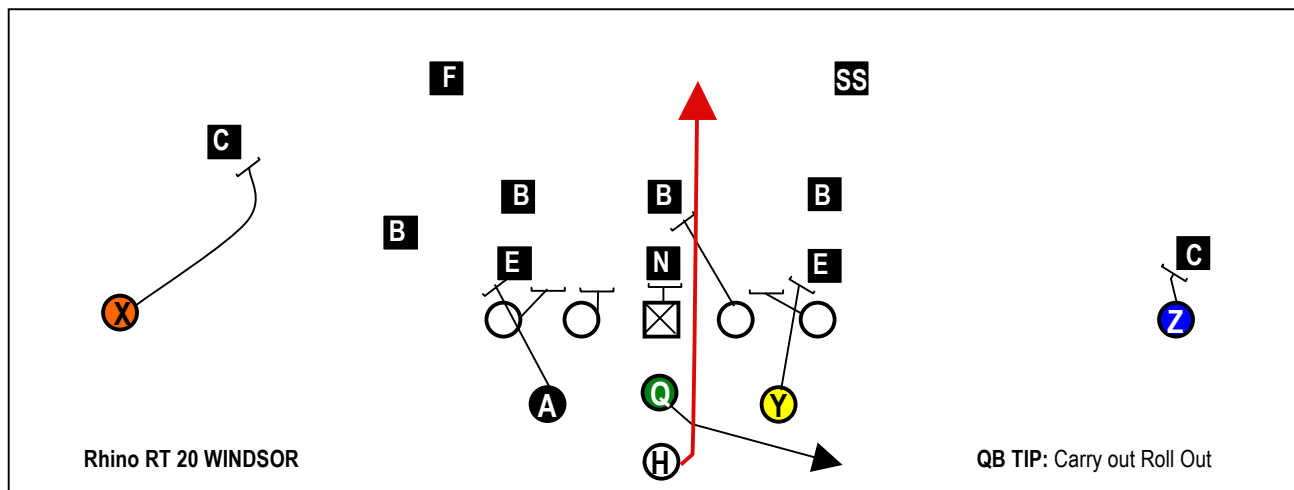
4-3 Front



3-4 (5-2) Front



3-3 Front



JERSEY

Quads



Passing Plays

PASSING PLAYS LIST

I. 3 Step Plays:

Play Name:	Formation(s):	Blocking:
1. SLEET	Quads, Trips	MOM – Man on Man
2. SLIDE	Quads, Trips & Rhyno	MOM – Man on Man
3. HURRICANE	Quads, Trips & Rhyno	MOM – Man on Man
4. DROUGHT	Quads, Trips & Rhyno	MOM – Man on Man

II. 5 Step Plays:

Play Name:	Formation(s):	Blocking:
1. STORM	Quads, Trips, Rhyno	MOM – Man on Man
2. DUST	Quads, Trips, Rhyno	MOM – Man on Man
3. LIGHTNING	Quads, Trips, Rhyno	MOM – Man on Man
4. VOLCANO	Quads, Trips, Rhyno	MOM – Man on Man

III. Screen Plays:

Play Name:	Formation(s):	Blocking:
1. BANDIT	Quads, Trips	Slide – Rip or Liz Block
2. BANJO	Quads, Trips	Slide – Rip or Liz Block
3. RABBIT	Quads, Trips	Slide – Rip or Liz Block

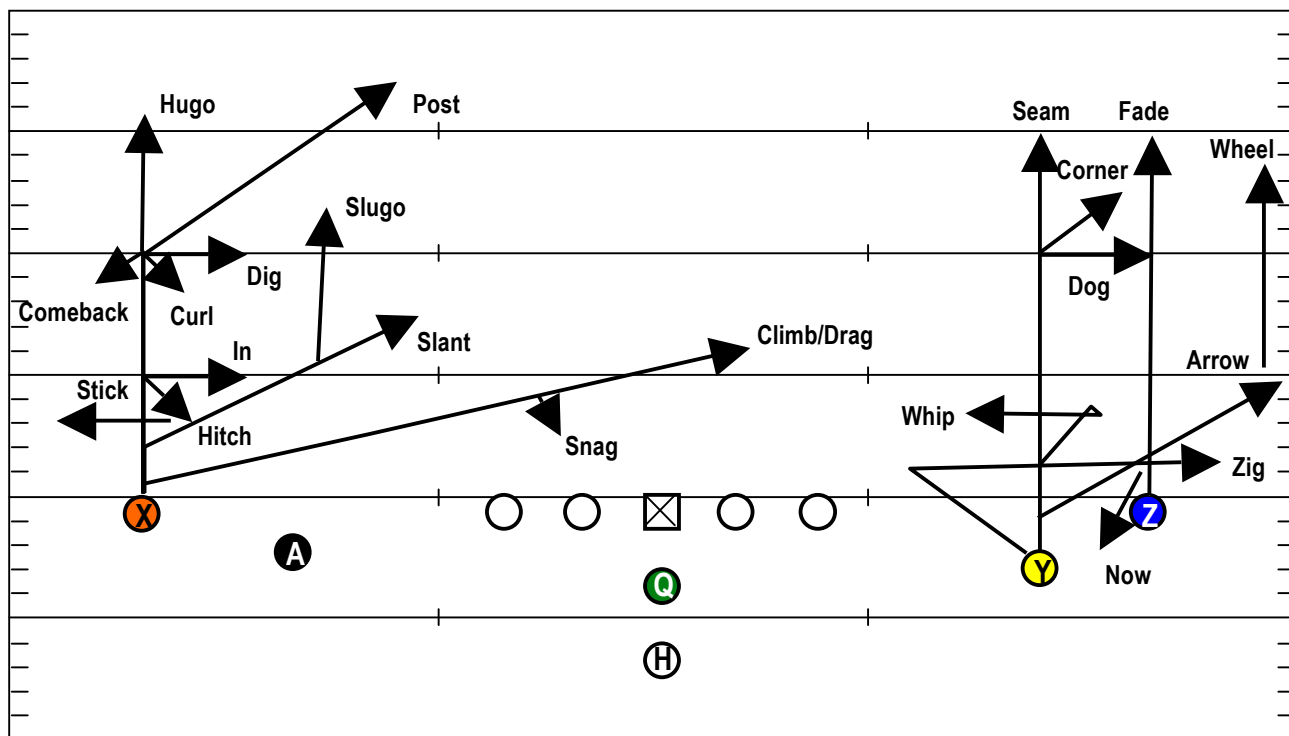
IV. Play Action – Sprint and Naked:

Play Name:	Formation(s):	Blocking:
1. (Sprint) WAVE	Quads, Trips	MOM – Man on Man NAKED
2. (Sprint) FIRE	Quads	Slide – Rip or Liz Opposite Block
3. (Naked) DROUGHT DEEP	Quads	Slide – Rip or Liz Opposite Block

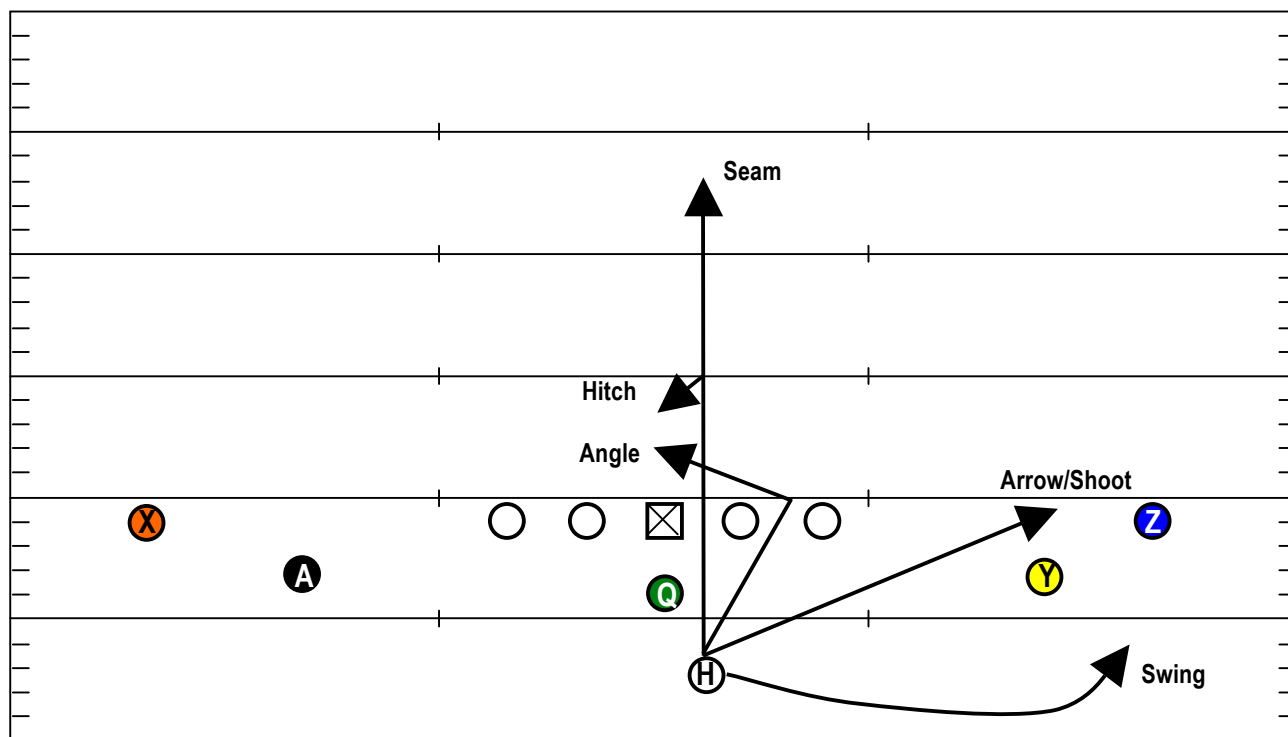


OFFENSIVE PLAYBOOK

RECEIVER PASS ROUTES



RUNNING BACK PASS ROUTES



3 Step Pass Plays

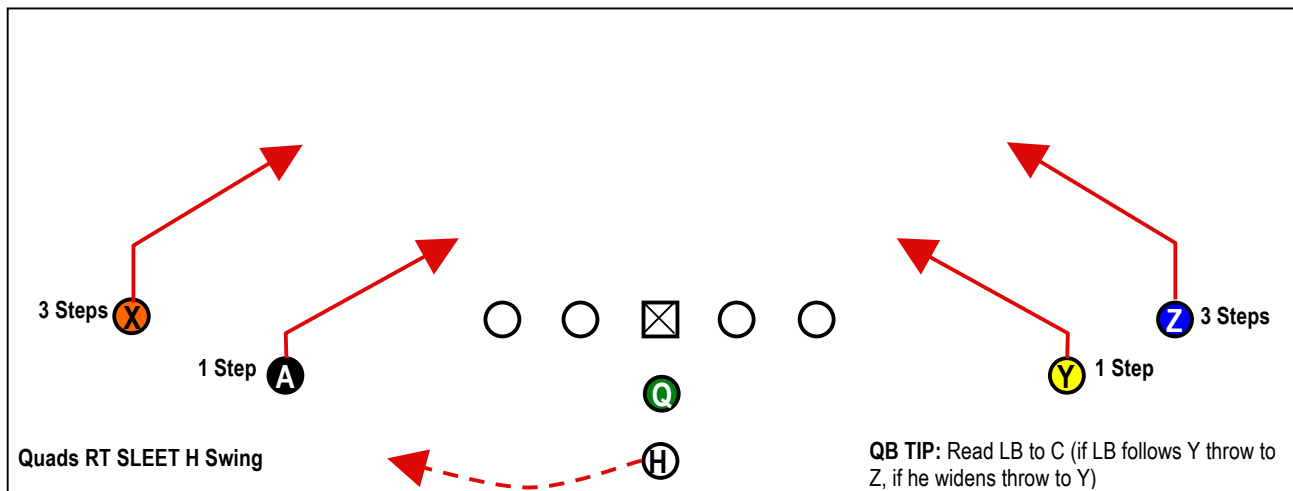
Sleet
Slide
Hurricane
Drought



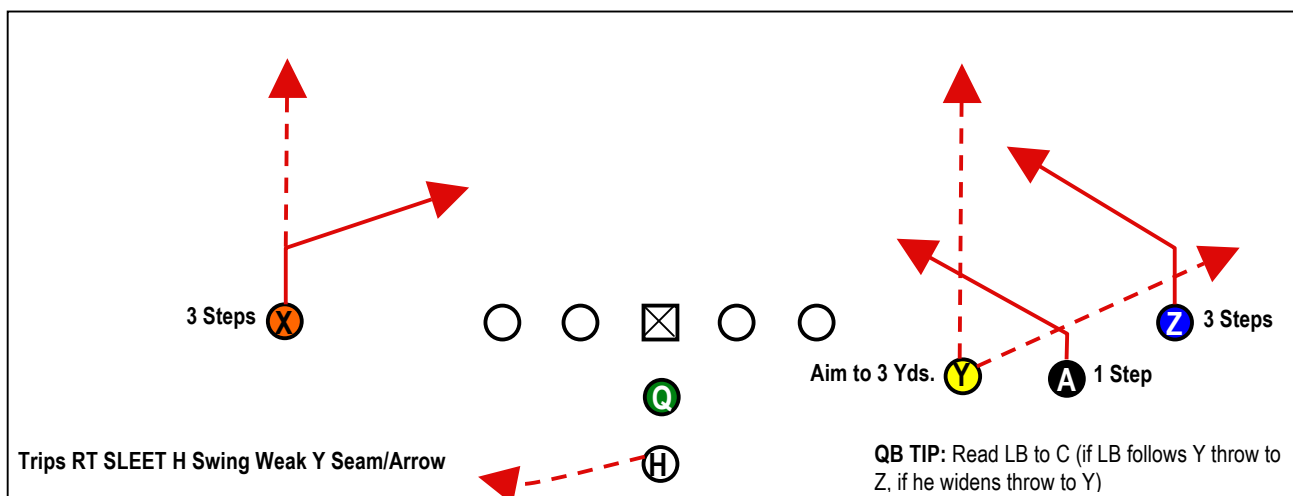
OFFENSIVE PLAYBOOK

SLEET = Slant/Slant

Quads



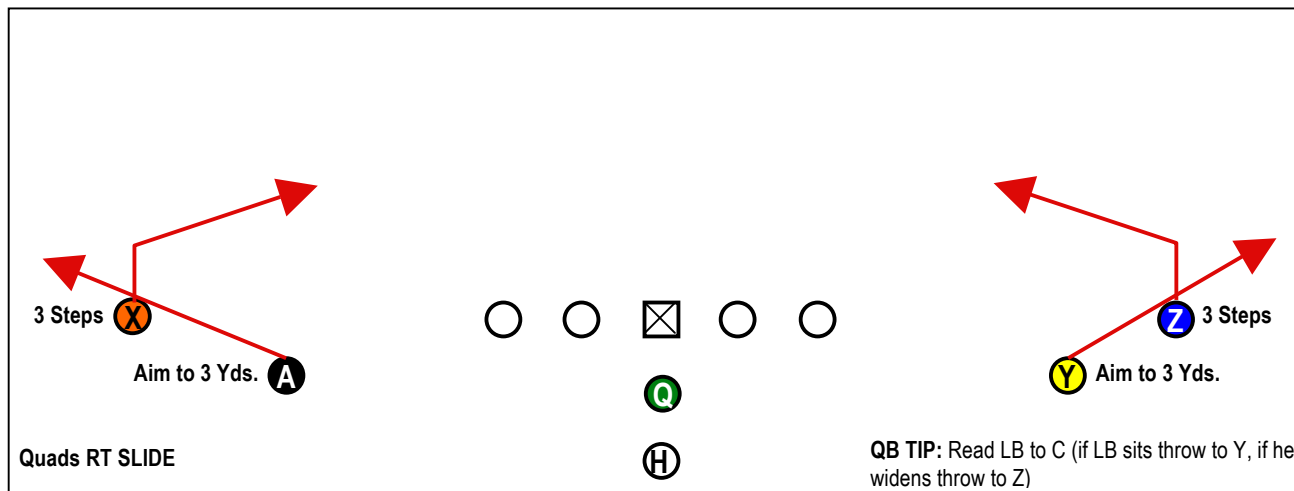
Trips



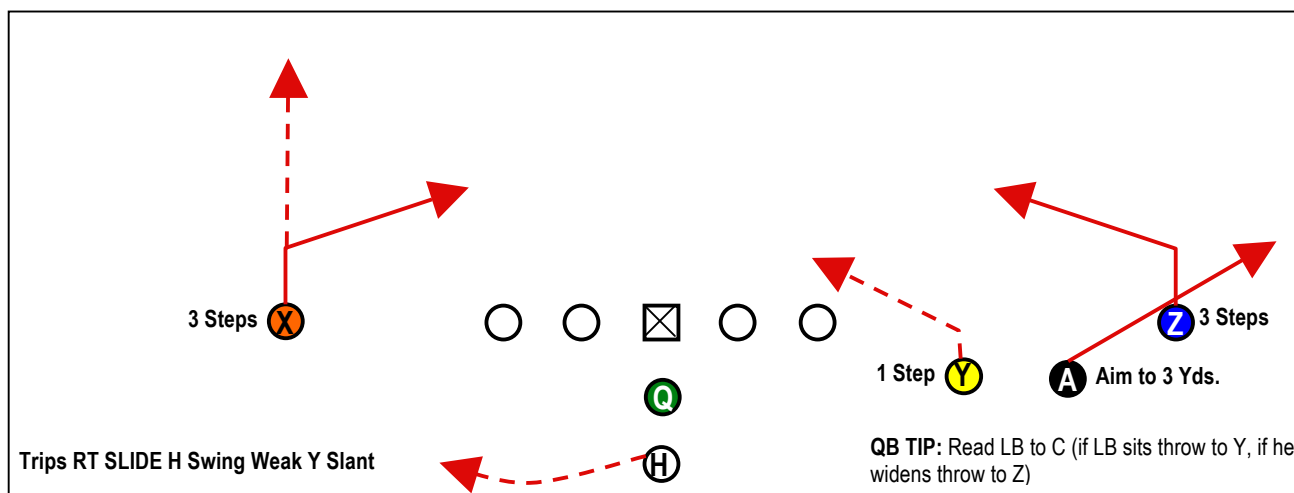
OFFENSIVE PLAYBOOK

SLIDE = Slant/Arrow

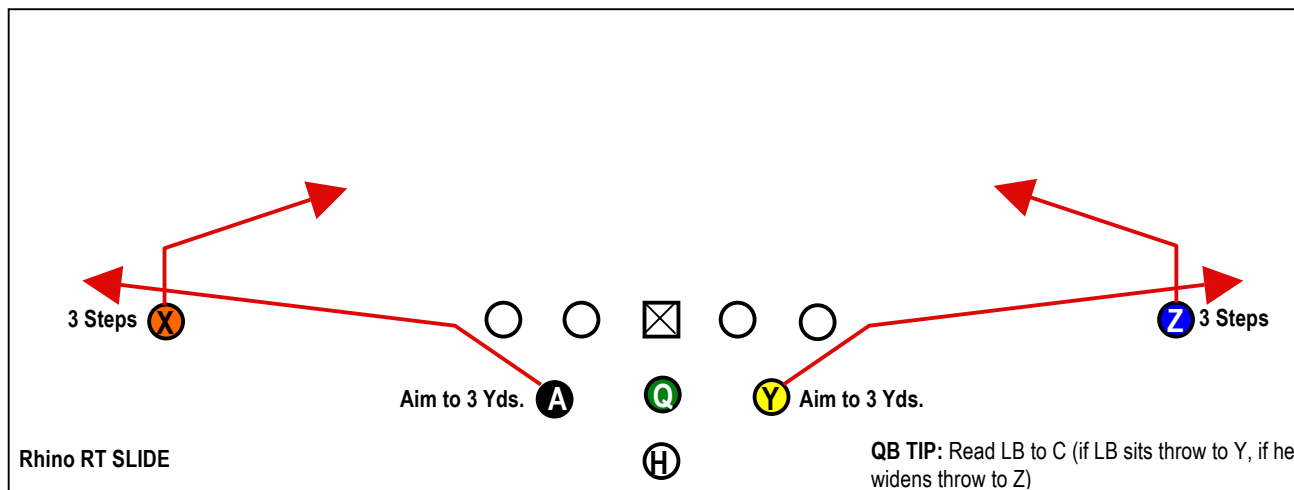
Quads



Trips



Rhino



HURRICANE = Hitches

Quads RT HURRICANE H Swing

QB TIP: Read LB to C this will determine where to throw. Look for shortest throw first.

Trips RT HURRICANE H Swing Weak Y Snag/Seam

QB TIP: Read LB to C this will determine where to throw. Look for shortest throw or Y Tag.

Rhino RT HURRICANE

QB TIP: Read LB to C (if LB sits throw to Y/A, if he follows Y or A throw to Z or X)



DROUGHT = Fade/Speed Out

Quads RT DROUGHT

QB TIP: Read C if he stays low throw to Z if he gets depth throw to Y

Trips RT DROUGHT Y Dog

QB TIP: Read C if he stays low throw to Z if he gets depth throw to Y or Look for Y Tag

Rhino RT DROUGHT

QB TIP: Read C if he stays low throw to Z if he gets depth throw to Y



5 Step Pass Plays

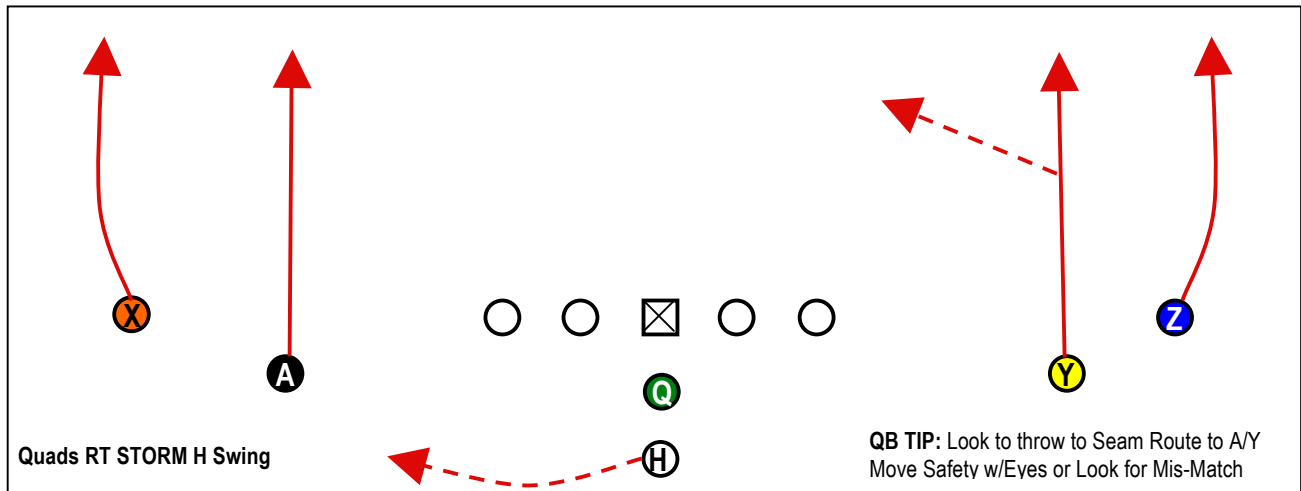
Storm
Dust
Lightning
Volcano



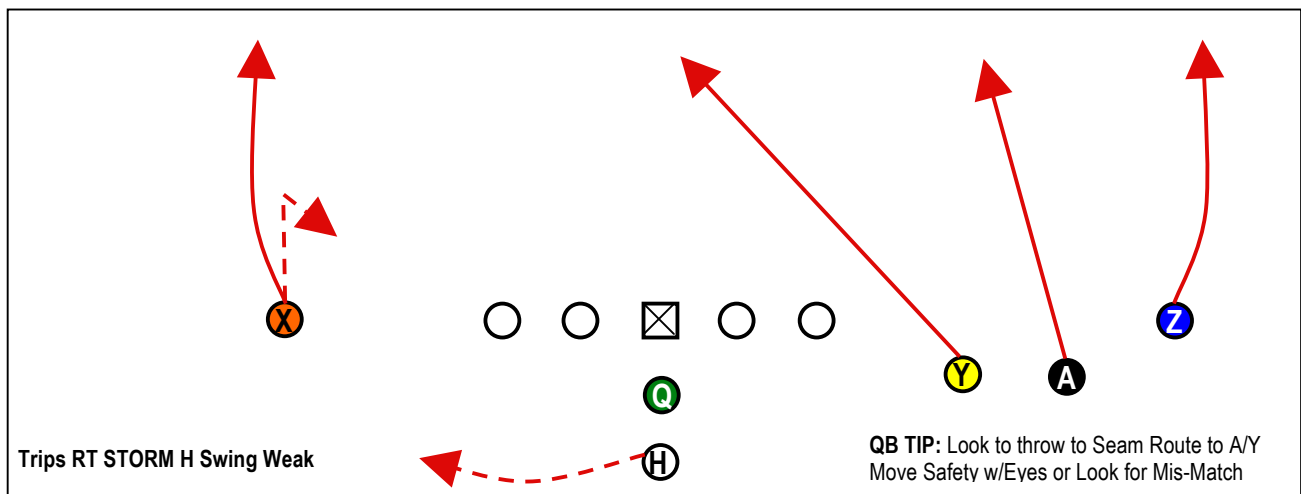
OFFENSIVE PLAYBOOK

STORM = Fade/Seam

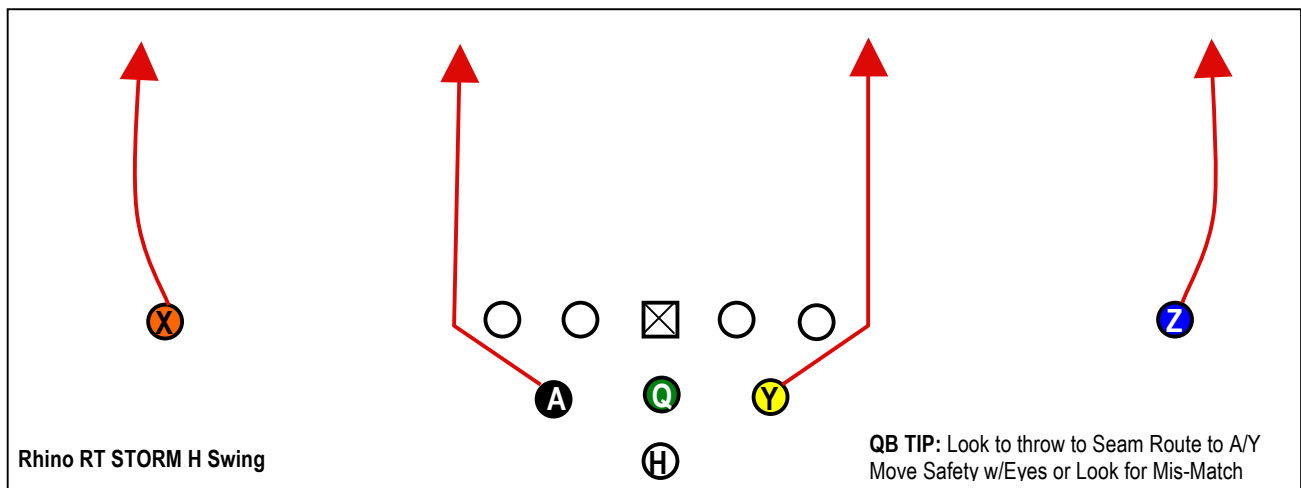
Quads



Trips



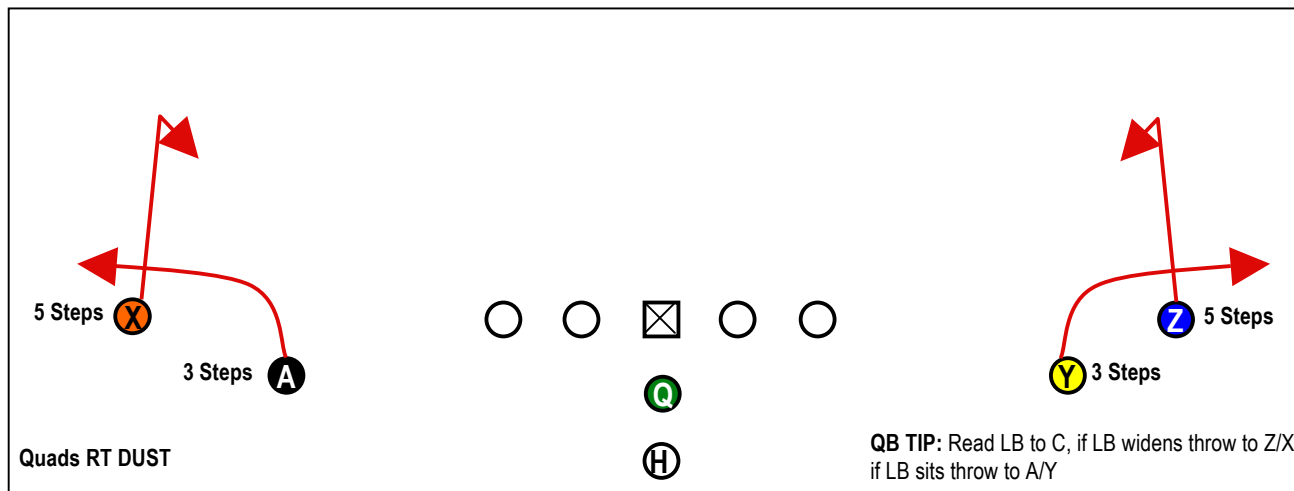
Rhino



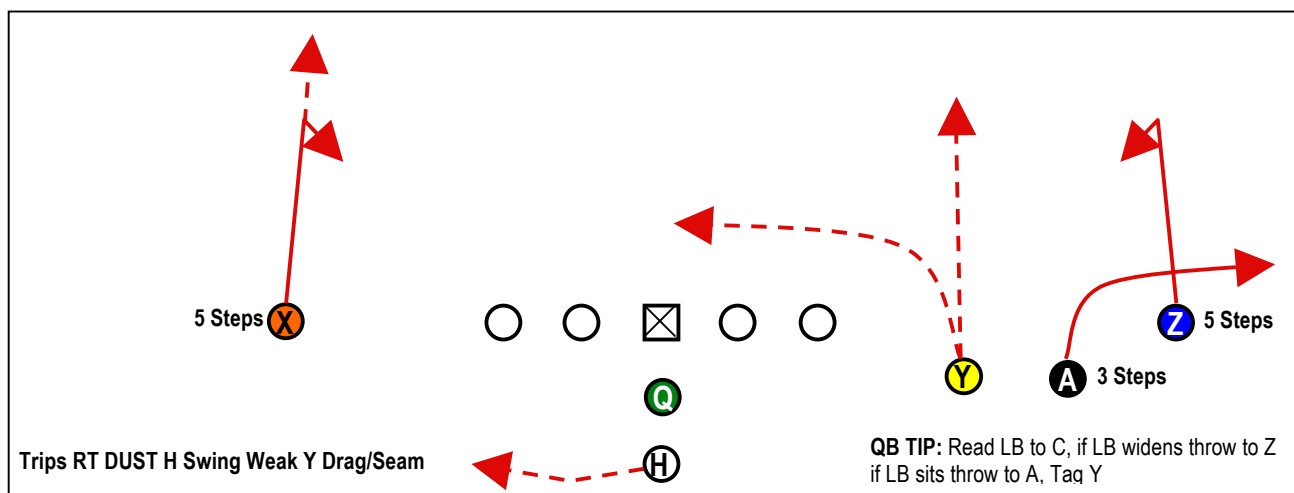
OFFENSIVE PLAYBOOK

DUST = Hook/Speed Out

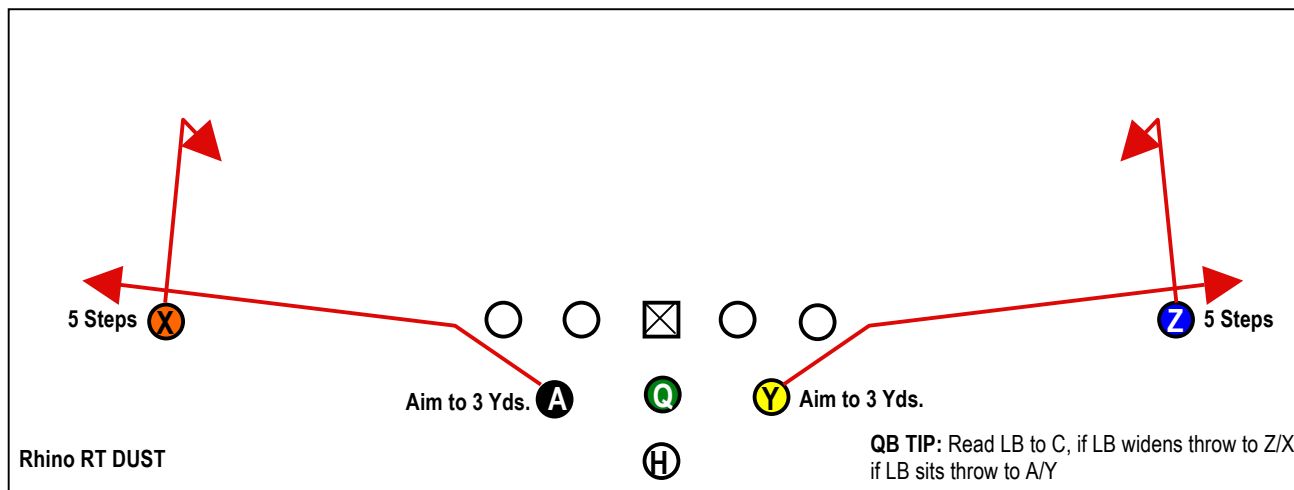
Quads



Trips



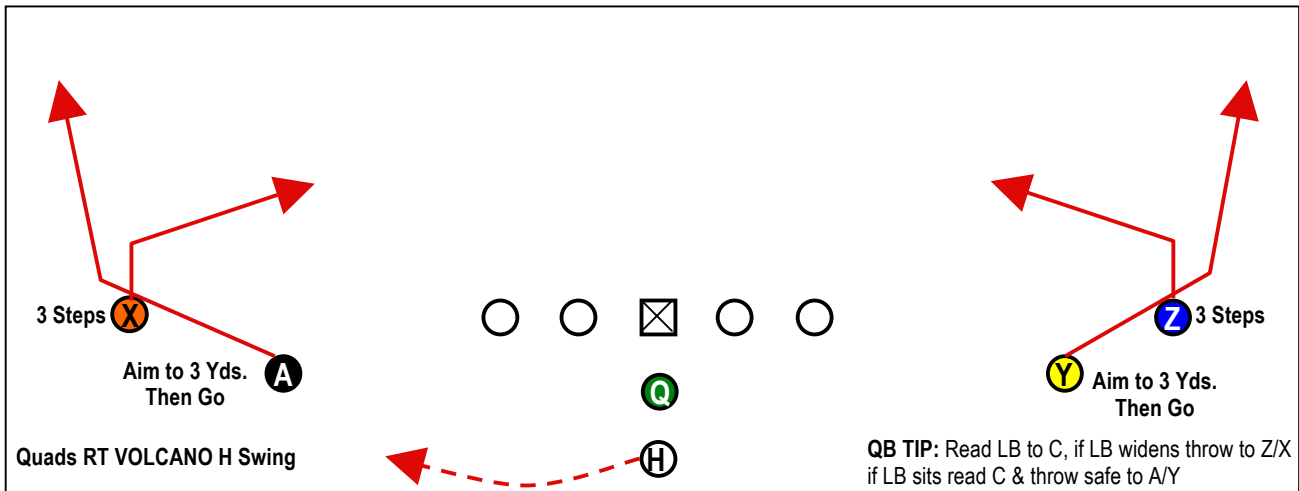
Rhino



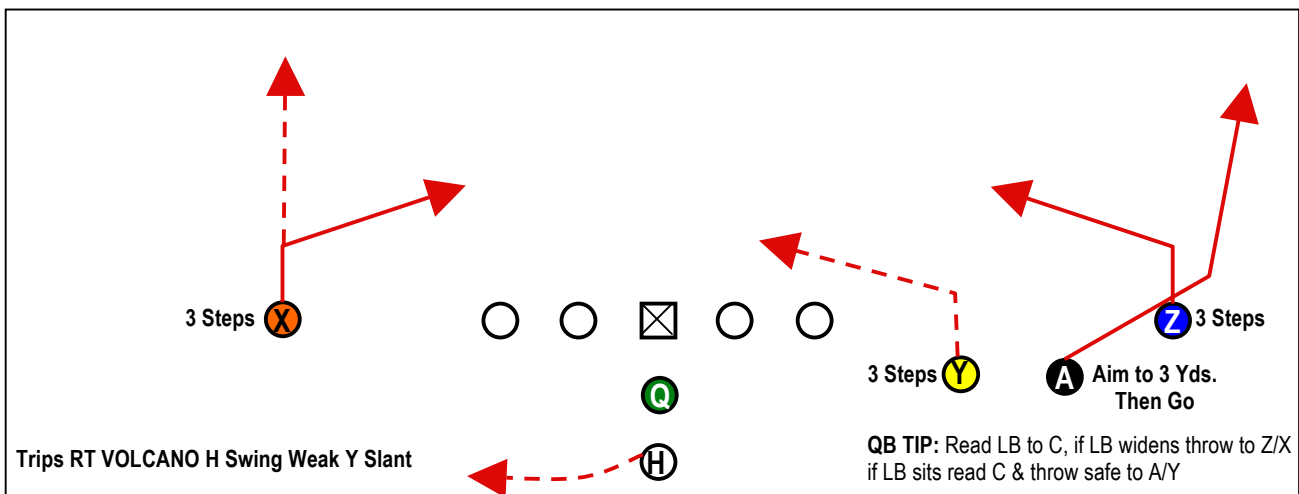
OFFENSIVE PLAYBOOK

VOLCANO = Slant/Wheel

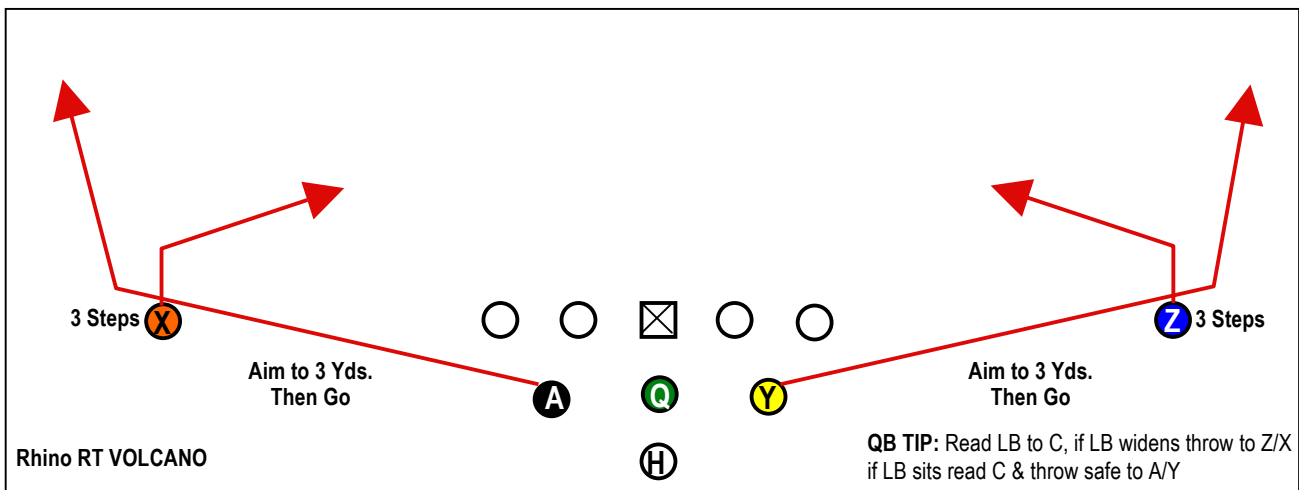
Quads



Trips



Rhino



Screen Plays

Bandit

Banjo

Rabbit



BANDIT = Bubble

Quads RT BANDIT

QB TIP: Call Bandit-Bandit throw as quickly as Possible to A/Y

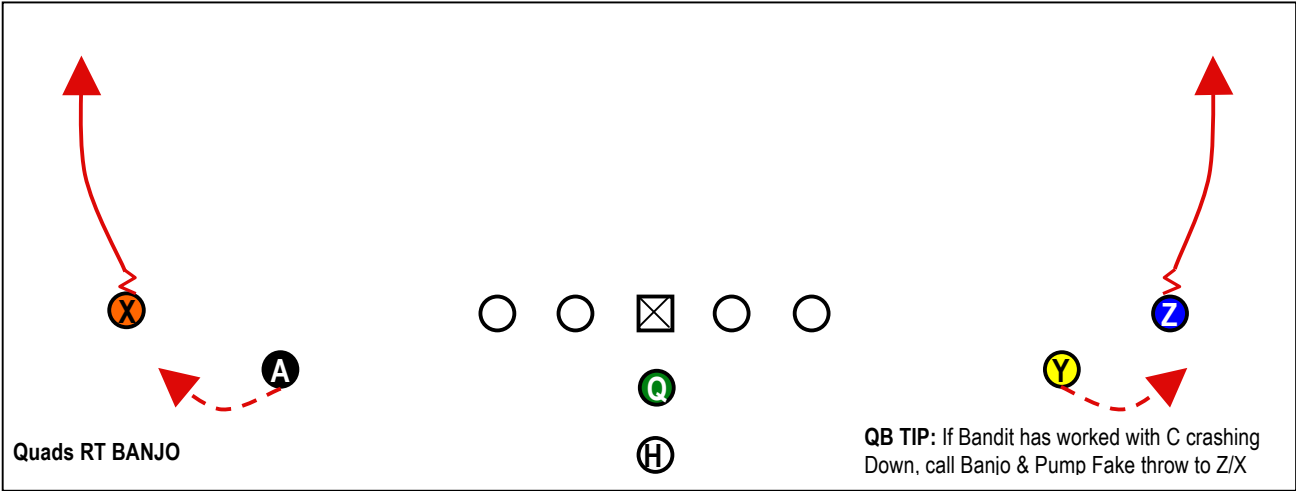
The diagram is divided into two sections. The left section, labeled "Trips RT BANDIT", shows a sequence of six circular nodes. The first node is orange with an 'X' and has a solid red arrow pointing up and to the right. The fourth node is a square with an 'X' and has a green circle labeled 'Q' below it. The sixth node is a circle with an 'H' and has a dashed red arrow pointing down and to the left. The right section, labeled "QB TIP: Call Bandit-Bandit throw as quickly as Possible to A", shows three circular nodes. The first node is yellow with a 'Y' and has a black line with a T-bar at the top pointing to it. The second node is black with an 'A' and has a dashed red arrow pointing down and to the right. The third node is blue with a 'Z' and has a black line with a T-bar at the top pointing to it.



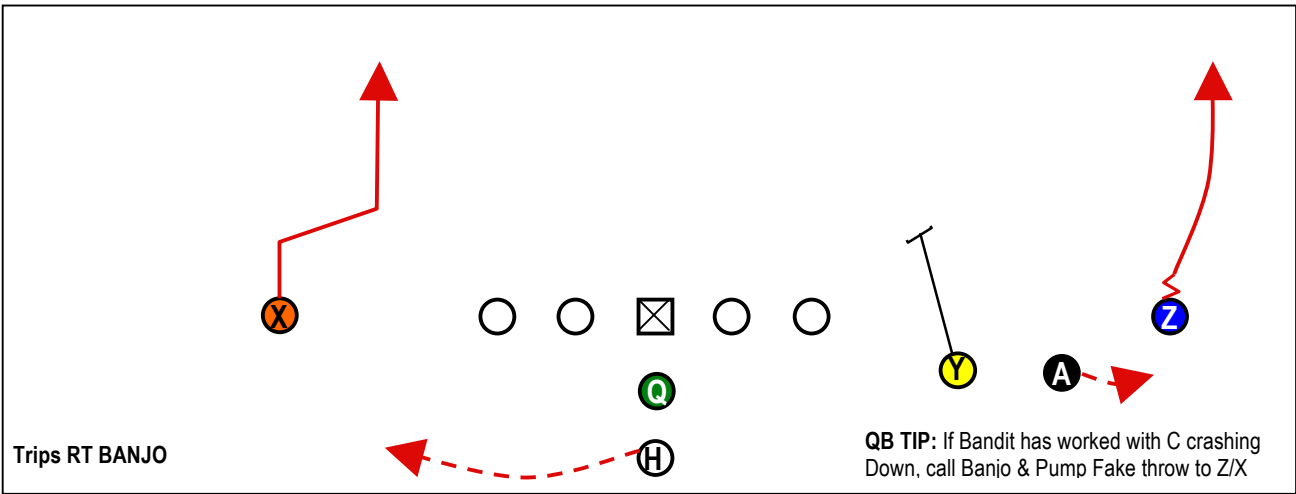
OFFENSIVE PLAYBOOK

BANJO = Fade/Bubble

Quads



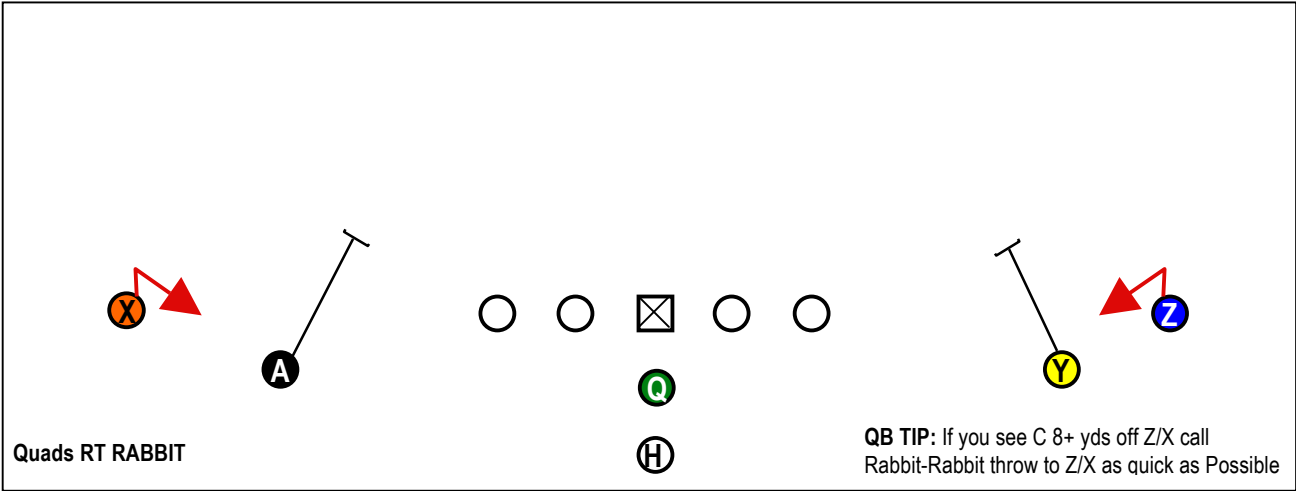
Trips



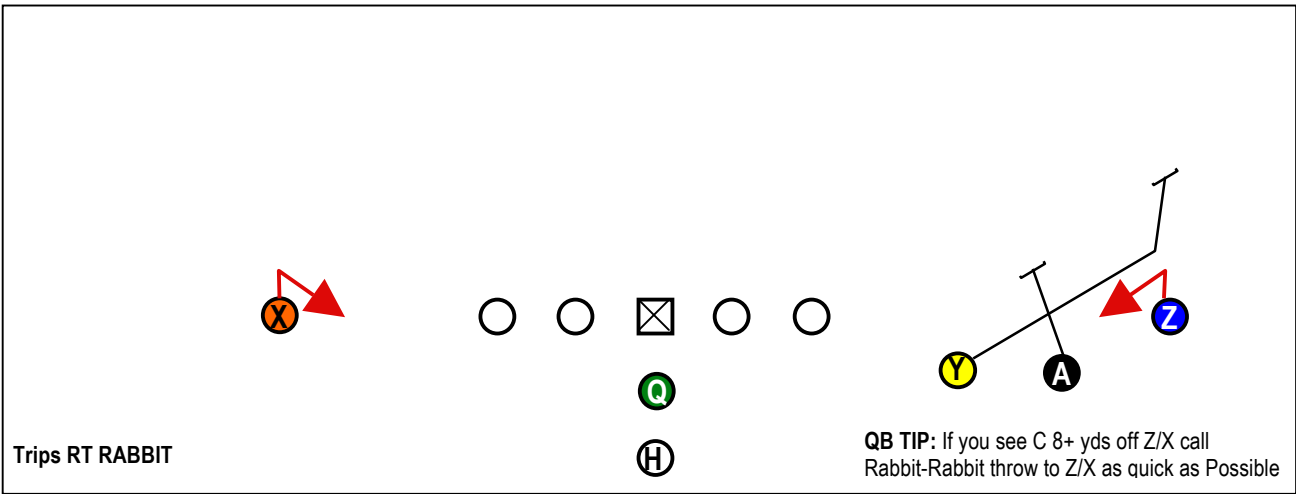
OFFENSIVE PLAYBOOK

RABBIT = Now

Quads



Trips



Play Action

Sprint – Wave

Sprint – Fire

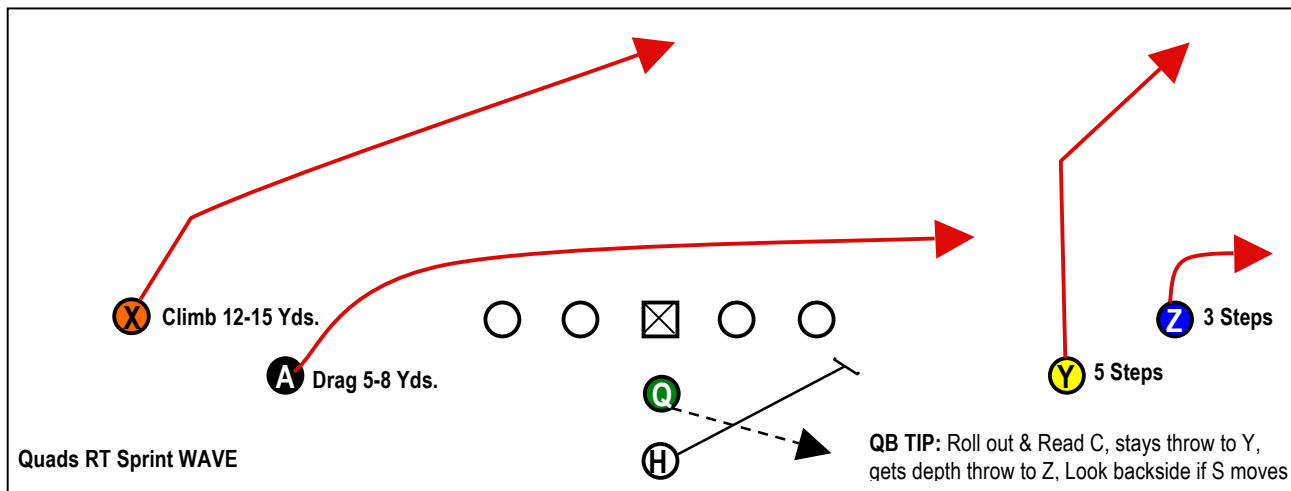
Naked Drought Deep



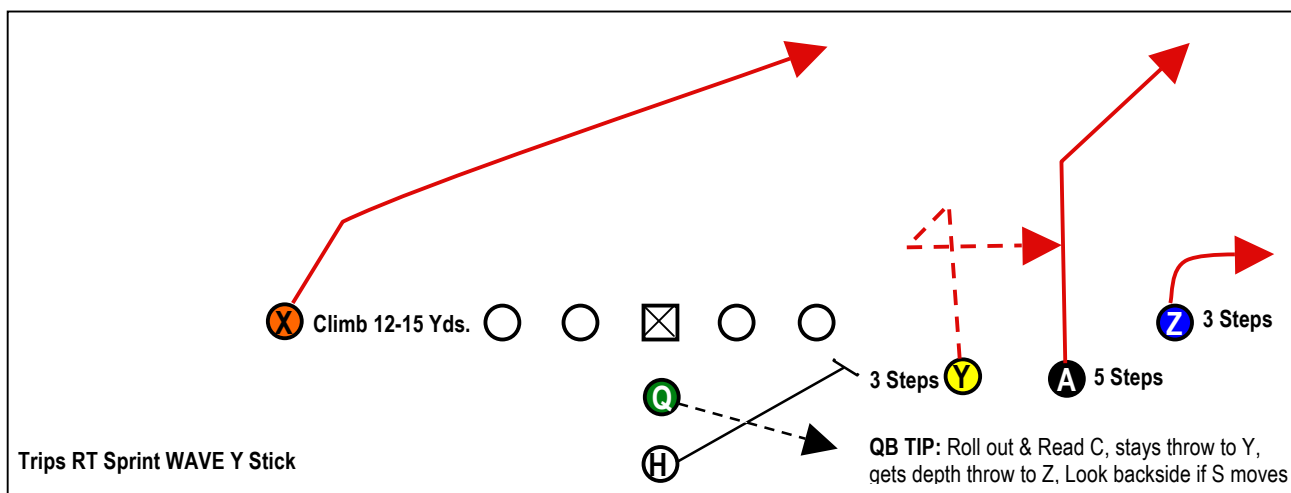
OFFENSIVE PLAYBOOK

Sprint WAVE = Speed Out/Corner – Climb/Drag

Quads



Trips



SPRINT FIRE = Hitch/Corner – Climb/Drag



