

Spartans Youth Football, Inc.

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1. Updated Bylaws (December 2014) – Please review all rules for your specific grade.

IMPORTANT DATES



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Spartans Youth Football, Inc.

2016 - Important Calendar Dates

Event	Information	Date
<u>YOUTH CAMP</u> (4 th & 5 th Grades)	MEMORIAL - Practice Fields (4:00 - 5:30 pm)	June 27 - 29
<u>MIDDLE SCHOOL CAMP</u> (6 th - 8 th Grades)	MEMORIAL - Practice Fields (6:00 - 8:00 pm)	June 27 - 29
<u>Equipment Handout</u> (7 th & 8 th Grades)	MEMORIAL - Equipment Room (5:00 - 6:30 pm)	July 25
<u>Equipment Handout</u> (4 th - 6 th Grades)	MEMORIAL - Equipment Room (5:00 - 6:30 pm)	July 26
<u>DCAYFL Meeting</u> (All Coach's & Referee's)	LOCATION – MATC-Truax (Mitby Center) (6:00-8:00 pm)	August 1
<u>FIRST Practice</u> (4 th - 8 th Grades)	MEMORIAL - Practice Fields (5:00 pm Start Time)	August 2
<u>All Parent Meeting</u> (4 th - 8 th Grade Parents)	MEMORIAL – Auditorium (5:30 - 6:30 pm)	August 4
<u>DRAFT - Coaches ONLY</u> (4 th - 8 th Grades)	Dahmen's Pizza (7:00 pm)	August 8
<u>LAST DAY TO REGISTER</u>	To Play "Spartan Youth Football"	August 12
<u>Team Photo Day</u> MANDATORY ATTENDANCE	MEMORIAL – Practice Fields (4:00 pm Start Time)	August 15
<u>Official "Weigh - In"</u> MANDATORY ATTENDANCE	MEMORIAL – Practice Fields (5:30 pm Start Time)	August 17
<u>Scrimmages</u> All Grades	WARNER PARK FIELDS (Start Times - TBD)	August 20
<u>FIRST GAME</u> (4 th - 8 th Grades)	"Refer to your Grade Schedule"	August 27
<u>"Youth Night"</u> Varsity vs. East	MEMORIAL HS - Mansfield Stadium (6:15 pm) *Wear Game Jerseys*	September 16
<u>LAST GAME</u> (4 th - 8 th Grades)	"Refer to your Grade Schedule"	October 22
<u>Equipment Turn - In</u> (4 th - 8 th Grades)	MEMORIAL - Equipment Room (5:00 pm Start Time)	October 24

COACHES GUIDE & IMPORTANT INFO



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Coaching - Expectations

COMMUNICATION

1. Weekly email sent out by Sunday evenings to parents/athletes should include:
 - o Game recap (no INDIVIDUAL STATS)
 - o Upcoming weekly schedule
 - o Weekly objectives/goals (team oriented)
 - o Areas for improvement (attendance, behavior, work ethic, etc.)
 - o Travel arrangements (home or away)
 - o Communicate with families of athletes who are not in good standing or have a special interest
 - o MUST CC info@spartansyouthfootball.com
2. Consistent communication with parent rep
3. Please communicate with a Spartans Youth Football, Inc. (SYF, Inc.) Board Member for any additional needs you may have.

PLAYER - COACH INTERACTION

1. Understand every player is different (family background, school background, ability, learning type, etc.)
2. Take the role of teacher and mentor before disciplinarian.
3. NO BAD LANGUAGE – don't use words we don't want our athletes using.
4. POSITIVE ATTITUDE – talk *with* your players, not *at* your players with an inspirational tone of voice rather than a condescending one.

COACH - PARENT INTERACTION

1. Avoid conversations before practice.
2. Try to avoid conversations after practice but this is the time to meet if no other time is available.
3. Request that parents set up a time away from practice to meet with you.
4. The more you can give them the better. Keep parents informed.
5. Reply to emails within a reasonable amount of time. (24 hours)
6. Solicit help from parents for games, practices, banquet and so on...do this early and often.

PLAYER DEVELOPMENT

1. You are here to teach the fundamentals of football...please use the tutorials from USA Football for video help.
2. The more teaching the better, the more positions the better, the more experience the better off our players will be.
3. Primary skills to be taught are blocking and tackling. Every athlete should work on these daily.
4. Give brief overview and responsibilities of EVERY position in the 4th/5th grade levels...if you can give them an opportunity play multiple positions at some point in the season that's our goal.

4th - 5th Grade:

1. Non blue star players must have a minimum of 2 different positions on each side of the ball.
2. Non-blue stars must play on the offensive and defensive line at one point during the season...this will help them appreciate more about these positions.
3. Blue star players must play 2 different positions within their weight limitations on each side of the ball.
4. Must play a minimum of 2 quarterbacks per game.
5. Must play a minimum of 3 half/tail backs per game with each having an attempt.

6th - 8th Grade:

1. Each player must play on offense and defense in each game and try to have them play 2 different positions
2. Must play a minimum of 2 quarterbacks per game
3. Must play a minimum of 2 half/tail backs per game (each must have an attempt)

4th - 8th Grades: Within the first 2 weeks of season please try to have a competition or a fun game to find a player for one of the following:

1. Kicker/Punter
2. Long Snapper
3. Holder

PLAYING TIME REQUIREMENTS

4th - 8th Grades

1. Every player in good standing must play a minimum of 50% of live plays per half per DCAYFL rule.
2. These plays must be a combination of offense and defense plays
3. All plays must be live plays (non special teams)

STARTERS

4th - 8th Grades

1. At each level per DCAYFL rule...teams must start different 11 players on offense and another set of 11 different players on defense. This is assuming you have at least 22 players on your roster.
2. Every player must start a minimum of 2 games per season.

ACADEMIC REPORTS

1. Academic reports (Green Cards) are REQUIRED by every player.
2. Green Cards are to be handed out at the first practice of the week once school has started.
3. Green Cards are to be collected the following week on the same practice day you have specified.
4. Anytime an athlete isn't in good standing due to their Green Card...please notify the player's parents. Depending the player's situation some consequences should be imposed.

PRACTICE PLANNING

4th - 8th Grades: Each grade level is required to develop a practice plan for the season. The outline below please try and include the following:

1. Dynamic Warm-up
2. Basic Skills instruction time (BLOCKING AND TACKLING)
3. Individual position development
4. Group based scrimmage time
5. Team based scrimmage time
6. Conditioning
7. Cool down - Flexibility
8. Fun time

Conditioning:

1. This time designed to improve the ability and fitness level of the player. Not for discipline.
2. Conditioning should be different each day
3. The hill may only be used 1 day per week
4. Practice plan should show a level of periodization to develop the athlete
5. Conditioning should be done at different times in practice

Prohibited Drills:

1. "Bull in the Ring", "Hamburger" or similar type drills

COACHES EDUCATION

1. The SYF, Inc. program is member of USA Football...there is a wealth of information for self-development.
2. It is STRONGLY suggested that each coach (head and assistant) attend a football clinic in the off season (fees will be reimbursed by SYF)
3. Any person who will engage in coaching in the SYF, Inc. program in any capacity must be certified through every year through USA Football.

RECRUITING

1. You are an ambassador of the program and should be encouraging participation to ALL young people regardless of talent, ability, socioeconomic status, experience, etc.
2. Our program goal for participation is 220 players broken down into 44 per grade, 22 per team.

Spartans Youth Football, Inc.

“Parent Meeting” Outline

A. Welcome:

1. Welcome Parents
2. Introduce Coaches
3. Thank Parents/Players for their commitment
4. Been here before Football can be a demanding Sport with all the practices.
5. New Families...ask for any thoughts or questions they may have.
6. Coaches will help kids with Focus and Discipline during practices and games as football can be demanding.

B. Important Dates & Events:

1. Go over Calendar of Events...Bring Email
2. Draft/Teams
3. Weigh-In
4. Scrimmage/Game
5. Youth Night

C. Parent Rep:

1. Ask for Volunteers
2. Go over “Parent Rep Outline” and responsibilities.

D. Spartans Youth Football, Inc. Rules & Regulations & DCAYFL League Rules:

1. Just remind Parents as part of the Online Registration all Rules & Regulations for SYF, Inc. and DCAYFL were a part of that process and if they have any questions.

E. Equipment:

1. Review the “9” Important Equipment Items.
2. Exchanges>Returns...contact Coaches or Coach J (Cell: 692-3287; Off: 267-7507)
3. Don’t Pump Helmets (need to use smaller needle provided in coaches equipment box), Tighten Helmet Screws Weekly, Clean and Upkeep of All Equipment

F. Practice:

1. Practice Time and in Rain...Lombardi Time (Try and arrive 15 Min. Early and Ready)
2. Water or Gatorade...We do provide a Jug but bring own as well
3. Practice Evaluations/Positions
4. Practice times and dates
5. Practice time Attendance/Playing Time
6. Handout Practice Schedule

G. Game Day/Scrimmage:

1. Be there 45 Minutes before hand
2. Be Focused and Ready to Play
3. Carpooling
4. HAVE FUN...

Spartans Youth Football, Inc.

Sample Pre-Season Email

Hello Spartan Families-

Is everybody "Ready for Some Football"...your coaches certainly **are** and we're very excited to start the season next week. We're looking forward to getting the boys off and "Running" towards working very hard for a great season and "A LOT" of Fun!

We wanted to send a final update before our first practice next week to summarize a number of emails you've received over the past couple of days.

1. Equipment Pick-Up/Exchange Times:

Monday August 11th...5:00-6:00 pm and Tuesday August 12th before practice at 4:00-4:45 pm.

2. Parent Meeting:

There will be a "Parent Meeting" starting at 7:15-7:45 pm after our "First Practice" in the Fieldhouse.

3. Weigh-In Times:

Mandatory Weigh-In is August 23rd at 8:10 am "SHARP" at MATC Truax Campus! If anybody needs a ride please communicate with us to make arrangements. There is an "Alternate Weigh-In" on August 14th...This is "ONLY" for those out of town and can't make the Mandatory time. Remember if you don't make either one of these dates your "Son" won't be able to play.

4. Scrimmage:

Our "Scrimmage" date has been set for August 23rd sometime after we "Weigh-In". I don't have a time as of yet, but we'll scrimmage at "Warner Park". (This is why I want everyone at the "Mandatory" weigh-in so we'll be together for our "Scrimmage"!

5. Practice/Fall Schedule:

See first attachment...Please copy and put on "Fridge" this is our practice schedule for the entire season.

6. Youth Night:

The entire "Youth Program" will be honored at the Memorial Varsity Football's first home game. We need to have full "Attendance"!

7. Spartan Youth Football Apparel:

See second attachment...If there's something that looks interesting please submit order w/check by August 20th.

8. Parent Rep:

We are going to need "TWO" parent reps this season. I will be looking for volunteers to help out. I'll have an outline of responsibilities to follow and it's not that "Big of a Deal"! So...any volunteers?

Parents...Please don't "Worry" as the season moves along we'll definitely provide updates and reminders to the boys at practice for the events listed. However...It will help if you could make necessary copies of this email and others along with information provided to stay informed.

Thanks Everyone!

"Go Spartans"

Spartans Youth Football, Inc.

Sample Game Re-Cap Email

Hello Spartan Nation-

A quick re-cap on Tuesday Night's game...

Whenever we can go into Middleton on their home field and beat them is always a good thing. The boys have waited a long time to go against someone with a different color jersey and they sure is heck performed pretty darn well. Our talk before the game was to play with a lot of passion and emotion. Because we know there will be mistakes and we need move on and be ready for the next play. I couldn't be more proud of the way all of them took that to heart and played the way they did.

Offensively...

Our linemen did an outstanding job across the front 5 and I'm especially proud of this group of young men. They were able to make holes when running and provide enough time for our QB's to make reads and deliver the ball when passing. And on top of that they collectively had just a few mistakes. Just a great job by all of them.

Our Running Backs ran with a lot of energy and one of things we tell them is to be the deliverer and not the receiver of hits. I don't know how much you could hear from the stands, but standing on the sidelines I could hear some pretty loud cracks of the pads by all of them following through with this. Because of their hard running we didn't have to punt the entire night.

Our Receivers play such an import role as potential ball carries when we pass, but more importantly they're down field blockers for a lot of the time. They were able to work in concert with the linemen providing running lanes for our backs, that's what we practice and that's what they did. There were also a few good catches and RAC (run after catch) yards, which was great to see. Once again...a job well done by them.

QB's...I'll say this right away. I'm pretty tight lipped when it comes to this group because of the so called attention they get and I hate that about the position! But, both of them have had a lot thrown at them by me and I expect a lot out of them mentally. There were a few mistakes made by both, which will be corrected. But, overall they did a great job running our offense and making plays when it counted.

Defensively...

I'll just say this...when you have a couple of fumble recoveries, a couple of picks and only allow them on our half of the field only twice. Can you say DOMINATE, 'because that's exactly what they did. It's amazing to me to think these boys are only 8th graders but they sure heck hit like they're in high school. Everybody made some sort of play out there and that's a tribute to them.

Lastly on the game...

I'd like to make a special mention about our new players. With this being their first game and seeing how the emotion gets ratcheted up, they sure is heck didn't miss a beat. They all jumped in there and played like they've been there before. Job well done boys!

Other Notes...

Here's the latest news on the jerseys...I've been told they have been delivered either yesterday or will be delivered today. I'm following up on this to make sure we get them in time for Saturday's game and I'll hopefully be able to pass them out at tomorrow's practice.

Secondly...with the earlier games it's very important the boys get a good nights rest on Friday night and have a little something to eat and drink in the morning before they play. We want to see the intensity right away from them, being through this many times before I just know playing early can be hard for some. So...if you can make sure they follow through with this that would be great!!

Thirdly...you're going to notice on the boys helmets small "Spartan Stickers". These are pride stickers that we've done over the past couple of years as incentive for the boys to make positive plays on the field.

Lastly...make sure the boys are dressed warm enough for our morning games. Playing in the early morning will be a lot cooler and it will be wet because of the dew on the ground. All season we've been practicing in the warm afternoon sun and there is an adjustment mentally when you're playing when the temperature isn't as ideal. So...please make sure they're prepared.

Friday Practice & Game updates:

1. **Practice Time:** Practice tomorrow night (Friday) will be from 5:00 – 7:00. HELMET AND SHOULDER PADS ONLY!
2. **Academic Cards:** Our Parent Rep (Deb Wynne) will be at our practice around 6:45pm to pick up "ACADEMIC CARDS". So make sure they take their cards with them to SCHOOL on Friday's to get signed by their teachers and YOU and bring with them to practice. I've said all along to the boys..."That Card is YOUR TICKET TO PLAY"!! If they don't have their card or have negative and/or unsatisfactory remarks their playing time will be adjusted and/or miss the playing that week.
3. **Game Location:** Memorial Practice Fields (We'll play on the first field (Sophomore Field) with goal posts.
4. **Game Date/Time "Green Team":** Saturday September 19th at 8:30 am **Be at the field at 7:30 am sharp dressed and ready to go!!**
5. **Season Schedule:** Attached is our season schedule...I've enhanced it somewhat with records and scores for all the teams in the 8th grade. I'll update this each week as well.

Once Again...All the coaches would like to "Thank" you the parents for your help in getting your son at practice on time and being a part of the whole "Football Experience"!! Thanks Again for all your support! **"Go Spartans"**

Spartans Youth Football, Inc.

Heat Related First Aid

Heat cramps: First aid

Heat cramps are painful, involuntary muscle spasms that usually occur during heavy exercise in hot environments. Inadequate fluid intake often contributes to heat cramps. The spasms may be more intense and more prolonged than typical nighttime leg cramps. Muscles most often affected include those in your calves, arms, abdomen, and back, although heat cramps may involve any muscle group involved in the exercise.

If you suspect heat cramps:

- Rest briefly and cool down.
- Drink clear juice or an electrolyte-containing sports drink.
- Practice gentle, range-of-motion stretching and gentle massage of the affected muscle group.
- If your cramps don't go away in 1 hour, call your doctor.

Heat exhaustion: First aid

Heat exhaustion is one of the heat-related syndromes, which range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke.

Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration and inadequate fluid intake. Signs and symptoms resemble those of shock and may include:

- Feeling faint
- Nausea
- Heavy sweating
- Ashen appearance
- Rapid, weak heartbeat
- Low blood pressure
- Cool, moist skin
- Low-grade fever

If you suspect heat exhaustion:

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water, not iced, or sports drink containing electrolytes.
- Cool the person by spraying or sponging with cool water and fanning them.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke. If fevers of 102F, fainting, confusion or seizures occur, dial 911 or call for emergency medical assistance.

Heatstroke: First aid

Heatstroke is similar to heat cramps and heat exhaustion. It's one of the heat-related problems that often result from heavy work in hot environments, usually accompanied by inadequate fluid intake. Older adults, people who are obese and people born with an impaired ability to sweat are at high risk of heatstroke. Other risk factors include dehydration, alcohol use, cardiovascular disease and certain medications.

What makes heatstroke much more severe and potentially life-threatening is that the body's normal mechanisms for dealing with heat stress, such as sweating and temperature control, are lost. The main sign of heatstroke is a markedly elevated body temperature — generally greater than 104 F — with changes in mental status ranging from personality changes to confusion and coma. Skin may be hot and dry, although in heatstroke caused by exertion, the skin is usually moist.

Other signs and symptoms may include:

- Rapid heartbeat
- Rapid and shallow breathing
- Elevated or lowered blood pressure
- Cessation of sweating
- Irritability, confusion or unconsciousness
- Fainting, which may be the first sign in older adults

If you suspect heatstroke:

- Move the person out of the sun and into a shady or air conditioned space.
- Dial 911 or call for emergency medical assistance.
- Cool the person by covering them with damp sheets or spraying them with cool water. Direct air onto the person with a fan or newspaper.

By Mayo Clinic Staff
Jan 4, 2006

Water: How much should you drink every day?

Water is essential to good health, yet needs vary by individual. These guidelines can help ensure you drink enough fluids.

How much water should you drink each day? — A simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live.

Though no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Health benefits of water

Water is your body's principal chemical component, comprising, on average, 60 percent of your weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

A couple of approaches attempt to approximate water needs for the average, healthy adult living in a temperate climate.

- **Replacement approach.** The average urine output for adults is 1.5 liters a day. You lose close to an additional liter of water a day through breathing, sweating and bowel movements. Food usually accounts for 20 percent of your total fluid intake, so if you consume 2 liters of water or other beverages a day (a little more than 8 cups) along with your normal diet, you will typically replace the lost fluids.
- **Dietary recommendations.** The Institute of Medicine advises that men consume roughly 3.0 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day.

Even apart from the above approaches, it is generally the case that if you drink enough fluid so that you rarely feel thirsty and produce between one and two liters of colorless or slightly yellow urine a day, your fluid intake is probably adequate.

Factors that influence water needs

You may need to modify your total fluid intake depending on how active you are, the climate you live in, your health status, and if you're pregnant or breast-feeding.

- **Exercise.** The more you exercise, the more fluid you'll need to keep your body hydrated. An extra 1 or 2 cups of water should suffice for short bouts of exercise, but intense exercise lasting more than an hour (for example, running a marathon) requires additional fluid. How much additional fluid is needed depends on how much you sweat during the exercise, but 13 to 26 ounces (or about 2 to 3 cups) an hour will generally be adequate, unless the weather is exceptionally warm.

During long bouts of intense exercise, it's best to use a sports drink that contains sodium, as this will help replace sodium lost in sweat and reduce the chances of developing hyponatremia, which can be life-threatening. Fluid also should be replaced after exercise. Drinking 16 ounces of fluid per pound of body weight lost during exercise is recommended.

- **Environment.** Hot or humid weather can make you sweat and requires additional intake of fluid. Heated indoor air also can cause your skin to lose moisture during wintertime. Further, altitudes greater than 2,500 meters (8,200 feet) may trigger increased urination and more rapid breathing, which use up more of your fluid reserves.
- **Illnesses or health conditions.** Signs of illnesses, such as fever, vomiting and diarrhea, cause your body to lose additional fluids. In these cases you should drink more water and may even need oral rehydration solutions, such as Gatorade, Powerade or CeraLyte. Certain conditions, including bladder infections or urinary tract stones, also require increased water intake. On the other hand, certain conditions such as heart failure and some types of kidney, liver and adrenal diseases may impair excretion of water and even require that you limit your fluid intake.
- **Pregnancy or breast-feeding.** Women who are expecting or breast-feeding need additional fluids to stay hydrated. Large amounts of fluid are lost especially when nursing. The Institute of Medicine recommends that pregnant women drink 2.4 liters (about 10 cups) of fluids daily and women who breast-feed consume 3.0 liters (about 12.5 cups) of fluids a day.

Beyond the tap: Other sources of water

Although it's a great idea to keep water within reach at all times, you don't need to rely only on what you drink to satisfy your fluid needs. What you eat also provides a significant portion of your fluid needs. On average, food provides about 20 percent of total water intake, while the remaining 80 percent comes from water and beverages of all kinds.

For example, many fruits and vegetables — such as watermelon and cucumbers — are nearly 100 percent water by weight. Beverages such as milk and juice are also comprised mostly of water. Even beer, wine and caffeinated beverages such as coffee, tea or soda can contribute, but these should not be a major portion of your daily total fluid intake. Water is one of your best bets because it's calorie-free, inexpensive and readily available.

Dehydration and complications

Failing to take in more water than your body uses can lead to dehydration. Even mild dehydration — as little as a 1 percent to 2 percent loss of your body weight — can sap your energy and make you tired. Common causes of dehydration include strenuous activity, excessive sweating, vomiting and diarrhea.

Signs and symptoms of dehydration include:

- Mild to excessive thirst
- Fatigue
- Headache
- Dry mouth
- Little or no urination
- Muscle weakness
- Dizziness
- Lightheadedness

Mild dehydration rarely results in complications — as long as the fluid is replaced quickly — but more-severe cases can be life-threatening, especially in the very young and the elderly. In extreme situations, fluids or electrolytes may need to be delivered intravenously.

Staying safely hydrated

It's generally not a good idea to use thirst alone as a guide for when to drink. By the time one becomes thirsty, it is possible to already be slightly dehydrated. Further, be aware that as you get older your body is less able to sense dehydration and send your brain signals of thirst. Excessive thirst and increased urination can be signs of a more serious medical condition. Talk to your doctor if you experience either.

To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice. Nearly every healthy adult can consider the following:

- Drink a glass of water with each meal and between each meal.
- Hydrate before, during and after exercise.
- Substitute sparkling water for alcoholic drinks at social gatherings.

If you drink water from a bottle, thoroughly clean or replace the bottle often. Refill only bottles that are designed for reuse. Though uncommon, it is possible to drink too much water.

When your kidneys are unable to excrete the excess water, the electrolyte (mineral) content of the blood is diluted, resulting in a condition called hyponatremia (low sodium levels in the blood). Endurance athletes — such as marathon runners — who drink large amounts of water are at higher risk of hyponatremia. In general, though, drinking too much water is rare in healthy adults who consume an average American diet.

If you're concerned about your fluid intake, check with your doctor or a registered dietitian. He or she can help you determine the amount of water that's best for you.

RELATED

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Heat Index Calculation and Chart

Temperature (In Fahrenheit)

Relative Humidity at Site	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99
100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188
99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186
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86	83	85	88	90	93	96	100	103	107	110	114	118	123	127	132	136	141	146	152	157	163
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83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158
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44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	97	99	101	103	106	108	110
43	79	80	81	82	83	84	85	86	87	89	90	92	93	95	97	99	101	103	105	107	109
42	79	80	81	82	83	84	85	86	87	88	90	91	93	95	96	98	100	102	104	106	109
41	79	80	81	82	82	83	85	86	87	88	90	91	93	94	96	98	100	101	104	106	108
40	79	80	81	81	82	83	84	85	87	88	89	91	92	94	95	97	99	101	103	105	107

Heat Index Under 95°

Provide ample water. Water is always available and athletes have unrestricted access. Optional water breaks every 30 minutes for 10 minute time frames.

Ice-down towels are available. Athletes should be monitored carefully. Re-check heat index every 30 minutes.

95° - 99° Heat Index

Provide ample water. Water is always available and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10 minute time frames.

Ice-down towels are available. Reduce time outside or move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes.

100° - 104° Heat Index

2014 Concussion Management Plan



For:
Dane County Area Youth Football League

Date:
August 9, 2013
Prepared by:

Dr. Brian Reeder, MD
(Reviewed 7/30/14)

1. Overview

1.1. In response to the growing concern over concussion in youth athletics as well as 2011 WISCONSIN ACT 172, relating to concussions and other head injuries sustained in youth athletic activities, there is a need for Youth Sports Programs to develop and utilize a "Concussion Management Plan". While local and travel limitations in the availability of specifically trained school and medical personnel are acknowledged, the following document serves as a standard for concussion management in the Dane County Area Youth Football League (DCAYFL).

1.1.1 Gov. Scott Walker signed Wisconsin's concussion legislation into law on April 2, 2012.

The law requires several components pertinent to youth sports participation:

- education of coaches, parents, athletes
- removal from play of any athlete suspected of having sustained a concussion
- requires written authorization from a medical professional before the athlete can return to practice/game
- requires State Department of Public Instruction, in conjunction with the Wisconsin Interscholastic Athletic Association (WIAA), to develop related guidelines

Excerpt from Wisconsin State Statute 118.293: Concussion and head injury

"(3) At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

(4) (a) An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

(b) A person who has been removed from a youth athletic activity under par. (a) may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider."

1.2. The following components will be outlined as part of a comprehensive concussion management plan:

1.2.1. Concussion Overview (section 2)

1.2.2. Concussion Education for Athletes and Parent(s)/Guardian(s) (section 3)

1.2.3. Concussion Education for Coaches (section 4)

1.2.4. Concussion Action Plan (section 5)

1.2.5. Attachment A: Statement Acknowledging Receipt of Concussion Education

1.2.6. Attachment B: Post Concussion Instructions

1.2.7. Attachment C: Progressive Return to Play Protocol

2. What is a Concussion?

2.1. Concussion, or mild traumatic brain injury (mTBI), in accordance with the 3rd International Conference on Concussion in Sport (2008), is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Common elements include but are not limited to:

Confusion	Disequilibrium	Post-traumatic Amnesia (PTA)
Feeling 'in a fog', 'zoned out'	Retrograde Amnesia (RGA)	Vacant stare (Glassy eyed)
Disorientation	Emotional lability	Delayed verbal and motor responses
Dizziness	Inability to focus	Slurred/incoherent speech
Headache	Excessive Drowsiness	Nausea/Vomiting
Loss of consciousness (LOC)		
Visual Disturbances including light sensitivity, blurry vision, or double vision		

3. Concussion Education for Student Athletes and Parent(s)/Guardian(s)

3.1. At the beginning of individual sport seasons, student-athletes shall be presented with a discussion about concussions and given a copy of appropriate concussion education materials.

3.1.1. This information will be presented by the individual Program Directors or Player Safety Coach's in the DCAYFL in cooperation and consultation with athletic trainers or local medical resources as needed.

3.2. Examples of educational material are available through CDC's "Heads Up: Concussion in High School Sports – A fact sheet for Athletes". These materials are available free of charge from the CDC. To order or download go to the CDC concussion webpage or use the following links:

http://www.cdc.gov/concussion/pdf/Athletes_Fact_Sheet-a.pdf
http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf

3.3. All student-athletes and their parents/guardians will sign a statement in which the student-athlete accepts the responsibility for reporting their head injuries to the coaching/athletic training staff, parents, or other health care personnel including signs and symptoms of concussion. This statement will also acknowledge having received the above-mentioned educational handouts.

(See **Attachment A**)

3.4. All athletes and parents shall be required to participate in the above education prior to their participation in any practice or competition through the DCAYFL. No athlete may participate in a DCAYFL activity (practice or game) unless the athlete and parent/guardian return the information sheet signed by the athlete and parent/guardian.

3.5. The signed statement (**Attachment A**) will be required to be presented at the main official DCAYFL Weigh In on August 24, 2013. The form can also be presented at any other official weigh in's.

4. Concussion Education for Coaches

4.1. It is required that each year that the member coaches and Board members of the DCAYFL shall review the Concussion Management Plan and a copy of the CDC's "Heads Up: Concussion in Youth Sports – A Guide for Coaches" <http://www.cdc.gov/concussion>

4.2. All DCAYFL coaches and Board Members shall complete a course dealing with concussion, its signs, symptoms and management. This course shall be completed prior to the start of practices or August 1st of each year or prior to working with athletes.

4.2.1. As determined by DCAYFL Board of Directors, repetition of the course will be required in subsequent years.

4.2.2. USA Football Coach Education Program online class will be used by all DCAYFL coaches. This program incorporates a concussion education section

5. Concussion Action Plan

5.1. When an athlete shows any signs, symptoms or behaviors consistent with a concussion, the athlete shall be removed immediately from practice or competition and evaluated by a Licensed Athletic Trainer or other health care professional with specific training in the evaluation and management of concussion.

An athletic coach, parent/guardian, official involved in a DCAYFL activity, or health care provider shall remove a person from the youth athletic activity if the coach, parent/guardian, official, or health care provider determines that the athlete exhibits signs, symptoms, or behavior consistent with a concussion, or head injury or the coach, parent/guardian, official, or health care provider suspects the person has sustained a concussion or head injury.

5.1.1. DCAYFL personnel, including coaches are encouraged to utilize a pocket guide on the field to assist them in recognizing a possible concussion. An example pocket guide is available as part of the CDC toolkit "Heads Up: Concussion in High School Sports" available at <http://www.cdc.gov/concussion>

5.2. Where possible, the athlete shall be evaluated on the sideline by the Licensed Athletic Trainer or other appropriate health care professional.

5.3. An athlete displaying any sign or symptom consistent with a concussion shall be withheld from further competition or practice and shall not return to any DCAYFL activity until he or she is evaluated by a health care and receives a written clearance to participate in the activity from the health care provider.

5.3.1 An Athlete removed from competition for suspected concussion will not return to participation or competition on the day that he or she was removed.

5.4. The athlete will receive serial monitoring for deterioration. Athletes and their parent/guardian shall be provided with written instructions upon dismissal from the practice/game. See **Attachment B** for a copy of the instructions.

5.5. In accordance with DCAYFL Emergency Action Plans, immediate referral to Emergency Medical Services should be provided for any of the following "Red Flag Signs or Symptoms".

- 5.5.1. Loss of Consciousness
- 5.5.2. Seizure like activity
- 5.5.3. Slurring of speech

5.5.4. Paralysis of limb(s)

5.5.5. Unequal pupils or dilated and non-reactive pupils

5.5.6. At any point where the severity of the injury exceeds the comfort level of the coaches, parent/guardian or on-site medical personnel

5.6. For the purposes of this document, a "Health care provider" means a person to whom all of the following apply:

5.6.1. He or she holds a credential that authorizes the person to provide health care.

5.6.2. He or she is trained and has experience in evaluating and managing pediatric concussions and head injuries.

5.6.3. He or she is practicing within the scope of his or her credential.

5.7. Subsequent management of the student-athlete's concussion shall be at the discretion of the treating health care professional, and may include the following:

5.7.1. Direction of return to play protocol, to be coordinated treating health care provider.

5.7.2. Final authority for Return-to-Play shall reside with the attending health care professional (see 5.6), or their designee. Prior to returning to competition, the concussed athlete must have a written return-to-play clearance form signed by a "health care provider" as per section 5.6. This signed clearance must be presented to the DCAYFL member Player Safety Coach or Program Director prior to any participation in any DCAYFL activity.

5.7.3. Upon receipt of the signed clearance, the DCAYFL member Player Safety Coach, team coach, parents, and the student-athlete shall follow the progressive return to play protocol outlined on **Attachment C**. The completed Attachment C forms shall be kept by either the program's Player Safety Coach or by the Program Director for at least one calendar year.

5.8. The incident, evaluation, continued management, and clearance of the student-athlete with a concussion shall be documented.

5.9. The Program Director or Player Safety Coach will be required to keep a copy of each individual signed statement (**Attachment A**) from student-athletes and their parents/guardians. This information must be kept by the Program Director or Player Safety Coach for at least one calendar year. The DCAYFL member Program Director or Player Safety Coach must retain the written clearance from a concussed athlete for at least one calendar year and must present it to any health care provider of the affected athlete or DCAYFL Board.

Dane County Area Youth Football League Concussion Management Plan

ATTACHMENT A:

Statement Acknowledging Receipt of Education and Responsibility to report signs or symptoms of concussion to be included as part of the “Participant and Parental Disclosure and Consent Document”.

I, _____, of _____
Athlete Name _____ *Program*

Hereby acknowledge having been provided with education about the signs, symptoms, and risks of sport related concussion and understand the importance of, and acknowledge my responsibility of immediately reporting any signs or symptoms of a head injury/concussion to my coaches, parent(s)/guardian(s) and sports medicine staff. I understand that there is a possibility that participation in my sport may result in a head injury and/or concussion.

By signing below, I acknowledge that my institution has provided me with specific educational materials on what a concussion is and given me an opportunity to ask questions about areas and issues that are not clear to me on this issue.

Signature of athlete _____ *Date* _____

I, the parent/guardian of the athlete named above, hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion.

I acknowledge the Dane County Area Youth Football League (DCAYFL) Policy that any student-athlete showing signs, symptoms or behaviors consistent with a concussion shall be removed immediately from practice or competition and evaluated by available medical personnel, Licensed Athletic Trainer, or other health care professional with specific training in the evaluation and management of concussion.

I understand any athlete removed from practice or competition for concern of concussion WILL NOT return to participation on the day of injury and shall not return to any DCAYFL activity until he or she is evaluated by a health care professional and receives a written clearance to participate in the activity from the health care provider.

Signature and printed name of parent/guardian _____ *Date* _____

Dane County Area Youth Football League Concussion Management Plan

ATTACHMENT B: Immediate Post Concussion Instructions

The following instructions are to be given to each athlete and their parent/guardian after sustaining a concussion, as identified in section 5.4 of the Dane County Area Youth Football League Concussion Management Plan.

Head Injury Precautions

During the first 24 hours:

1. Diet – drink only clear liquids for the first 8-12 hours and eat reduced amounts of foods thereafter for the remainder of the first 24 hours.
2. Pain Medication – do not take any pain medication unless specifically directed and prescribed by a physician.
3. Activity – activity should be limited for the first 24 hours, this may involve no school, and may also involve no video games, extracurricular or physical activities or work when applicable.
4. Observation – several times during the first 24 hours:
 - a. Check to see that the pupils are equal. Both pupils may be large or small, but the right should be the same size as the left.
 - b. Check the athlete to be sure that he/she is easily aroused; that is, responds to shaking or being spoken to, and when awakened, reacts normally.
 - c. Check for and be aware of any significant changes. (See #5 below)
5. Conditions may change significantly within the next 24 hours. Immediately obtain emergency care for any of the following signs or symptoms:
 - a. Persistent or projectile vomiting
 - b. Unequal pupil size (see 4a above)
 - c. Difficulty in being aroused
 - d. Clear or bloody drainage from the ear or nose
 - e. Continuing or worsening headache
 - f. Seizures
 - g. Slurred speech
 - h. Inability to recognize people or places – increasing confusion
 - i. Weakness or numbness in the arms or legs
 - j. Unusual behavior change – increasing irritability
 - k. Loss of consciousness
6. Improvement

The best indication that an athlete who has suffered a significant head injury is progressing satisfactorily is that he/she is alert and behaving normally.

Attachment C
DCAYFL Progressive Return to Play Protocol

Athlete's Name: _____ **Grade:** _____

Following a concussion, an athlete should return to sports practices under the supervision of an appropriate health care professional. When available, be sure to work closely with your team's certified athletic trainer.

DCAYFL follows a 5 step return to play protocol that begins after the athlete presents with written clearance from his/her physician and is completely symptom free. Each step takes 1 full day. On days 1-3, the athlete does not wear football equipment and these activities can be done at home with parental supervision. If at any point in the process, the athlete reports any concussion symptoms at all (ex: headache, sensitivity to light, etc.) they are to return home and rest until they are completely symptom free. They then begin the 5 step process again starting at Day 1. Please write in the athlete's response, note the date and either the coach or parent supervising the athlete initials the form.

Day 1: Are you experiencing any concussion symptoms now? _____, Date_____.
Coach/parent initials _____.

If, "No.", then proceed with the Day 1 protocol of light aerobic activity, 5-10 minutes of low impact activity such as an exercise bike or walking. No weightlifting at this point.

Day 2: Are you experiencing any concussion symptoms now? _____, Date_____.
Coach/parent initials _____.

If, "No.", then proceed with the Day 2 protocol of moderate intensity exercise, moderate jogging, brief running, moderate intensity weightlifting, for example.

Day 3: Are you experiencing any concussion symptoms now? _____, Date_____.
Coach/parent initials _____.

If, "No.", then proceed with the Day 3 protocol of heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact football drills in all 3 planes of movement.

Day 4: Are you experiencing any concussion symptoms now? _____, Date_____.
Coach/parent initials _____.

If, "No.", then proceed with the Day 4 protocol of a return to controlled contact in practice. Use a quick whistle and limited full contact drills to allow the athlete to return comfortably to play.

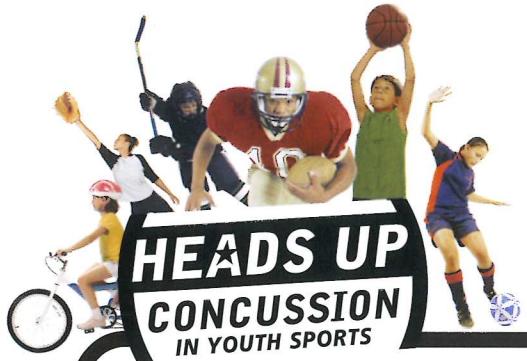
Day 5: Are you experiencing any concussion symptoms now? _____, Date_____.
Coach/parent initials _____.

If, "No.", then proceed to full contact practice drills, scrimmage and game play.

The athlete has now returned to full play.

After the athlete returns to full play, the coach and parents need to continuously communicate with the athlete and each other through the remainder of the season to ensure that no concussion symptoms return.

If any concussion symptoms recur, the athlete should see their personal physician again.



A Fact Sheet for ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

• **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

• **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:

- > The right equipment for the game, position, or activity
- > Worn correctly and fit well
- > Used every time you play

It's better to miss one game than the whole season.



ATENCIÓN CONMOCIÓN CEREBRAL EN EL DEPORTE JUVENIL

¿QUÉ ES LA CONMOCIÓN CEREBRAL?

La conmoción cerebral es una lesión del cerebro que:

- Es causada por un golpe en la cabeza o una sacudida
- Puede cambiar el funcionamiento normal del cerebro
- Puede ocurrir en cualquier deporte durante las prácticas de entrenamiento o durante un juego
- Puede ocurrir aun cuando no se haya perdido el conocimiento
- Puede ser seria aun si se piensa que sólo se trata de un golpe leve

¿CUÁLES SON LOS SÍNTOMAS DE LA CONMOCIÓN CEREBRAL?

- Dolor o "presión" en la cabeza
- Náuseas (sentir que quieres vomitar)
- Problemas de equilibrio, mareo
- Visión doble o borrosa
- Molestia causada por la luz
- Molestia causada por el ruido
- Sentirse debilitado, confuso, aturrido o grogui
- Dificultad para concentrarse
- Problemas de memoria
- Confusión
- No "sentirse bien"

¿QUÉ DEBO HACER SI CREO QUE HE SUFRIDO UNA CONMOCIÓN CEREBRAL?

- **Dile a tus entrenadores y a tus padres.** Nunca ignores un golpe en la cabeza o una sacudida aun cuando te

Hoja Informativa para los ATLETAS

sientas bien. También dile al entrenador si crees que uno de tus compañeros de equipo sufrió una conmoción.

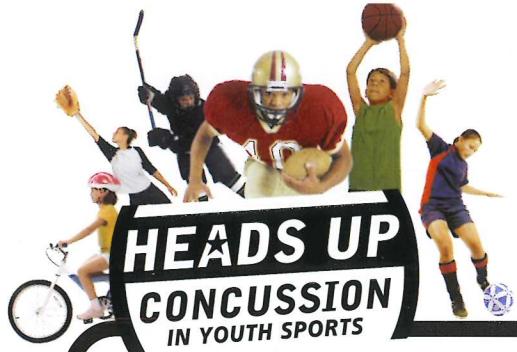
- **Ve al médico para que te examine.** Un médico u otro profesional de la salud podrá decirte si sufriste una conmoción cerebral y cuándo estarás listo para volver a jugar.
- **Tómate el tiempo suficiente para curarte.** Si sufriste una conmoción cerebral, tu cerebro necesitará tiempo para sanar. Es más probable que sufras una segunda conmoción mientras tu cerebro esté en proceso de curación. Las segundas conmociones y cualquier conmoción adicional pueden causar daños al cerebro. Por eso es importante que descances hasta que un médico u otro profesional de la salud te permitan regresar al campo de juego.

¿CÓMO PUEDO PREVENIR UNA CONMOCIÓN CEREBRAL?

Aunque todo deporte es diferente, hay medidas que puedes tomar para protegerte.

- Sigue las reglas de seguridad del entrenador y las reglas del deporte que practicas.
- Mantén el espíritu deportivo en todo momento.
- Utiliza los implementos deportivos adecuados, incluido el equipo de protección personal (como casco, almohadillas protectoras, canilleras, gafas y protector dental). Para que este equipo te proteja, debe:
 - > Ser adecuado para el deporte que practicas, tu posición en el juego y tipo de actividad
 - > Usarse correctamente y ajustarse bien a tu cuerpo
 - > Usarse en todo momento durante el juego

Es preferible perderse un juego que toda la temporada.



A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It's better to miss one game than the whole season.



ATENCIÓN CONMOCIÓN CEREBRAL EN EL DEPORTE JUVENIL

¿QUÉ ES LA CONMOCIÓN CEREBRAL?

Una conmoción cerebral es una lesión en el cerebro, causada por un golpe en la cabeza o una sacudida. Incluso una pequeña conmoción o lo que parece ser un golpe o sacudida leve puede ser serio.

La conmoción cerebral no puede verse. Los signos y síntomas de una conmoción pueden aparecer inmediatamente después de la lesión o puede que no aparezcan, o se hagan visibles algunos días o meses después de haber sufrido la lesión. Si su hijo tiene los signos de una conmoción cerebral o si usted nota algún síntoma, busque atención médica de inmediato.

¿CUÁLES SON LOS SIGNOS Y SÍNTOMAS DE LA CONMOCIÓN CEREBRAL?

Signos que notan los padres y los tutores

Si su hijo ha sufrido un golpe en la cabeza o una sacudida durante un juego o una práctica, obsérvelo para determinar si tiene alguno de los siguientes signos y síntomas de una conmoción cerebral:

- Luce aturdido o fuera de control
- Se confunde con la actividad asignada
- Olvida las jugadas
- No se muestra seguro del juego, la puntuación ni de sus adversarios
- Se mueve con torpeza
- Responde con lentitud
- Pierde el conocimiento (así sea momentáneamente)
- Muestra cambios de conducta o de personalidad
- No puede recordar lo ocurrido antes de un lanzamiento o un caída
- No puede recordar lo ocurrido después de un lanzamiento o un caída

Síntomas que reporta el atleta

- Dolor o "presión" en la cabeza
- Náuseas o vómitos
- Problemas de equilibrio, mareo
- Visión doble o borrosa
- Sensibilidad a la luz y al ruido
- Se siente débil, confuso, aturdido o grogue
- Problemas de concentración o memoria
- Confusión
- No se "siente bien"

Hoja Informativa para los PADRES

¿CÓMO AYUDAR A SU HIJO A PREVENIR UNA CONMOCIÓN CEREBRAL?

Aunque todo deporte es diferente, hay medidas que puede tomar para protegerse.

- Haga que siga las reglas impartidas por el entrenador y las reglas del deporte que practica.
- Invítelo a mantener el espíritu deportivo en todo momento.
- Haga que su hijo use el equipo protector adecuado según la actividad que realiza (como casco, almohadillas protectoras, canilleras o protector dental). El equipo de protección debe ajustarse bien, debe hacerse el mantenimiento adecuado, y el jugador debe usarlo correctamente y en todo momento.
- Aprenda a identificar los signos y síntomas de la conmoción.

¿QUÉ DEBE HACER SI CREE QUE SU HIJO HA SUFRIDO UNA CONMOCIÓN CEREBRAL?

1. **Busque atención médica de inmediato.** Un profesional de la salud podrá determinar la seriedad de la conmoción cerebral que ha sufrido el niño y cuándo podrá regresar al juego sin riesgo alguno.
2. **No permita que su hijo siga jugando.** Las conmociones cerebrales necesitan de un cierto tiempo para curarse. No permita que su hijo regrese al juego hasta que un profesional de la salud le haya dicho que puede hacerlo. Los niños que regresan al juego antes de lo debido - mientras el cerebro está en proceso de curación - corren un mayor riesgo de sufrir otra conmoción. Las conmociones cerebrales siguientes pueden ser muy serias. Pueden causar daño cerebral permanente que afectarán al niño de por vida.
3. **Informe al entrenador del niño sobre cualquier conmoción cerebral que el niño haya sufrido recientemente.** Los entrenadores deben saber si el niño ha sufrido una conmoción recientemente en CUALQUIER deporte. El entrenador no necesariamente sabrá si el niño ha tenido una conmoción en otro deporte o actividad a menos que usted se lo diga.

Es preferible perderse un juego que toda la temporada.

EQUIPMENT

"9 IMPORTANT ITEMS"



Spartans

CLIMB THE MOUNTAIN

Spartans Youth Football, Inc.

Equipment - 9 Important Items

This information is provided by Randy Jurewicz (Coach J) our Equipment Manager for our Spartans Youth Football Inc. (SYF, Inc.) program.

Here are the 9 IMPORTANT ITEMS you will need to know about football equipment:

1. As the Equipment Manager SYF, Inc. Program and not for your team...We ask that you please appoint an equipment manager for your team that he can work with. Issuing equipment is his main role, however he will help out with major repairs when needed. Please try and appoint someone on your team as soon as possible to manager your equipment needs for all minor repairs.
2. **NO TAPE WITH PLAYER'S NAME ON HELMETS.**
3. Shoulder Pads: Every player should be fitted with our updated set of shoulder pads that have a simple clip and draw strap for proper fitting. If you have a player that has a set with the T-Clip...please have your equipment manager learn the secret of properly attaching it to the strap and not just tie knots in them. Instructions are in the game box.
4. Helmets: Your team equipment manager needs to tighten every screw on every helmet; they are loose and they will start to fall apart if you do not do this as soon as possible. Screwdrivers are provided in your "game box".

Tell all your players not to adjust these at home. Do not inflate or deflate with long needles meant for footballs or basketballs. Use the short needle on the black pump. Long needles will puncture the air bladder and replacements are \$48 each!

5. Girdles, Knee Pads and Pants: Our program has the 5-pad girdle for every player...the only pads that will be passed out are the knee pads, which are inserted in pockets in black football pants provided. The player simply puts on the girdle (like a pair of shorts) then puts black football pants with knee pads over the top.
6. Practice Jersey and Game Jersey: Each player will receive a practice jersey for practices and a game jersey solely to be worn for games only. Please make sure to instruct your players to wash jerseys on a regular basis.
7. If a player quits...please inform Teresa and/or Coach J. It's much easier to get the equipment back during the season than after the season is over.
8. Questions...Please feel free to call Coach J at **(608) 692 - 3287** to place an order for more equipment or to replenish game box materials.
9. Varsity has loaned us keys for the outside equipment room allowing us access to borrow their field equipment (dummies, pads, step pads, etc.). We have a great relationship with Spartan Varsity football...let's keep it that way by returning their field equipment to the outside room.

Once school starts youth football is usually on the fields later than the high school football players. We need to make sure the outside equipment room is locked every night when we leave. If you are one of the last teams practicing on the fields, please take 90 seconds to make sure the doors are locked.

Thanks,

Randy Jurewicz
"Coach J"

PRACTICE INFORMATION



Spartans

CLIMB THE MOUNTAIN

Spartans Youth Football, Inc.

Points for Discussion at First Practice

A. Welcome:

- Introduce yourself and your Coaches
- Let them know it's a Privilege to Coach them
- You could let the boys introduce each other and what school they go to if you'd like

B. Expectations:

- First comes Family, then School, then lastly Football
- Our main goal is to get better each and every day.
- Academic Cards (Green Card)
- Go over expectations for Practice and Games (i.e. being on time, listening to coaches, treat your teammates with respect, etc.)
- Shoes Double Knotted, Helmets Tightened, Proper Practice Attire, and Mouth Guards Ready
- Practice Attendance Sheet
- Try and stress or explain how important practice really is...try to be Game Day Players at Practice
- Tell your veterans help out New Players...The better your teammates are the better the TEAM
- There are NO individuals here...we're all SPARTANS and Work together as a TEAM
- Ask Kids if they have any questions or something they'd like to share with the team.

C. Traits of a Good Football Player:

- Desire...Comes from the Heart and is more important than the size of your body.
- Discipline...is something you do for someone, not to them!!
- Mental Toughness...Football as well as all sports are more Mental than Physical.
- Passion...Comes from always wanting to try and be the best you can be.
- Confidence...Comes from knowledge and ability to perform. The easiest way to build confidence is up to YOU!!
- Attitude...Be Ornery, an Animal when between the lines.
- Ask Kids...

D. Team Goals:

- Coaches Goals...Make you guys the best Football Players and Young Men as best as we can!!
- Linemen Play Ball Position & Ball Position Play Linemen
- Practice Player of the Week Program (Linemen & Ball Position Players)
- Pride Stickers...
- Ask Kids...



Spartans Youth Football, Inc.

4th – 8th Grade Practice Schedule (2015):

Times and Days MAY VARY – PLEASE Stay in touch with Your Coach!

Week #1 – ALL GRADES

TUESDAY, August 4 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)	Helmets Only
WEDNESDAY, August 5 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)	Helmets Only
THURSDAY, August 6 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)	Helmets Only
FRIDAY, August 7 th (Coaches Call)	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)	Shells Only

Week #2 – ALL GRADES

MONDAY, August 10 th (TEAM DRAFT)	PRACTICE – Memorial Practice Fields - (5:00 - 6:45 pm)	TEAM DRAFT after Practice 7:00 pm at Dahmen's Pizza	Shells Only
TUESDAY, August 11 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)		Full Pads
WEDNESDAY, August 12 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)		Full Pads
THURSDAY, August 13 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)		Full Pads

Week #3 – ALL GRADES

MONDAY, August 17 th MANDATORY - Picture Day	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)	PICTURE DAY (5:00 - 6:00)	Full Pads
TUESDAY, August 18 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)		Full Pads
WEDNESDAY, August 19 th MANDATORY - Weigh-In	PRACTICE – Memorial Practice Fields (Practice will be Coach's Call)	WEIGH-IN (5:00 - 7:30)	Full Pads
THURSDAY, August 20 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)		Full Pads
SATURDAY, August 22 nd ALL GRADES - Scrimmages	SCRIMMAGES – Warner Park (Times: TBA)		Full Pads & <u>Game Uniforms</u>

Week #4 – ALL GRADES

MONDAY, August 24 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)	Full Pads
TUESDAY, August 25 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)	Full Pads
WEDNESDAY, August 26 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)	Full Pads
THURSDAY, August 27 th	PRACTICE – Memorial Practice Fields (5:00 - 7:00 pm)	Full Pads
FRIDAY, August 28 th YOUTH NIGHT & RAFFLE DRAW	PRACTICE – Coach's Call	YOUTH NIGHT & RAFFLE DRAW (6:15 pm) Game Jerseys

(Week of September 1st thru End of Season)

4th Grade

Green: TBD

5th Grade

Green: TBD

White: TBD

6th Grade

Green: TBD

7th Grade

Green: TBD

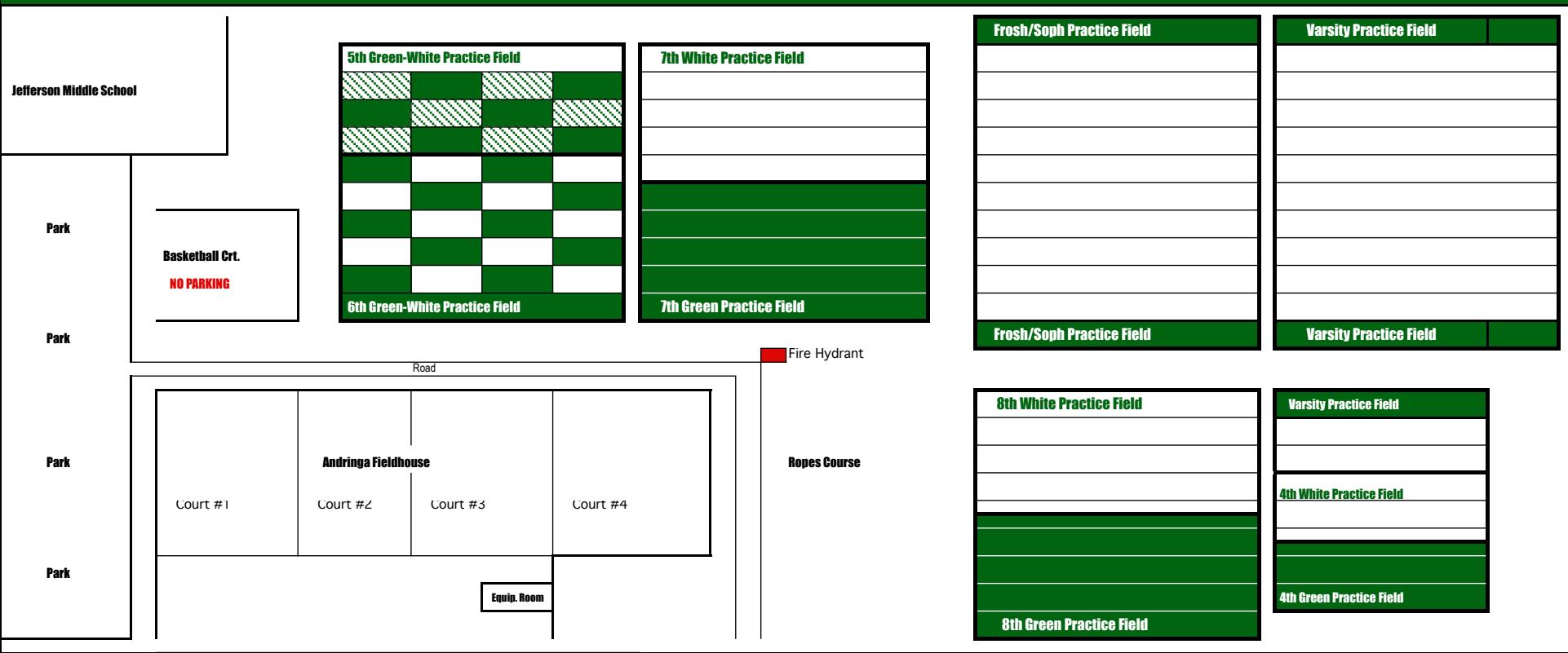
White: TBD

8th Grade

Green: TBD

White: TBD

Spartans Youth Football - Practice Location Map



Practice Attendance

Practice Attendance

Spartan's Youth Football, Inc.

Practice Itinerary Example

5:00 – 5:15

Dynamic Warm-up

- Jog or Skip (1) Lap
- Skip Forward w/Big Arm Circles
- Skip Backward w/Big Arm Circles
- Skip Forward w/Arm Crosses
- Skip Backward w/Arm Crosses
- Slide and Glide (Right) – Stand Straight “Don’t Click Heels”
- Slide and Glide (Left) – Same
- Carioca w/High Knee (Right)
- Carioca w/High Knee (Left)
- Toe Touches w/High Extended Leg
- Foot Grabs w/Foot Lifted to Hand
- Knee Hugs
- Monster Walk
- High Knees (Running)
- Butt Kicks (Running)
- Backward Sprint / Forward Sprint
- SPARTAN JACKS

5:16 – 5:54

Offensive Drills (See Progression Drills Sheet)

Quarterbacks

- Progression Drills

Running Backs and Receivers

- Progression Drills

Offensive Linemen

- Progression Drills

Quarterbacks & Centers (2 Groups)

- 25 Snaps & 25 Shotgun Snaps
- Throwing Patterns to Backs/Receivers

Full Offense (2 Groups)

- Run Plays (2 Plays / Minute)

Defensive Drills (See Progression Drills Sheet)

Defensive Backs, Ends & Linebackers

- Progression Drills

Defensive Linemen

- Progression Drills

5:55 – 5:57

Water Break

5:58 – 6:45

Run Offensive and Defensive Plays (SCRIMMAGE)

6:46 – 6:55

Sprints (Hill or Lines Depending on Scrimmage)

6:56 – 7:00

RECAP Practice

Spartan's Youth Football, Inc.

Practice Itinerary – First 5 Practices

5:00 – 5:10

Dynamic Warm-up

- Jog or Skip (1) Lap
- Skip Forward w/Big Arm Circles
- Skip Backward w/Big Arm Circles
- Skip Forward w/Arm Crosses
- Skip Backward w/Arm Crosses
- Slide and Glide (Right) – Stand Straight “Don’t Click Heels”
- Slide and Glide (Left) – Same
- Carioca w/High Knee (Right)
- Carioca w/High Knee (Left)
- Toe Touches w/High Extended Leg
- Foot Grabs w/Foot Lifted to Hand
- Knee Hugs
- Monster Walk
- High Knees (Running)
- Butt Kicks (Running)
- Backward Sprint / Forward Sprint
- SPARTAN JACKS...Veterans LEAD

5:11 – 5:31

Camp Progression Drills

Individual Stations:

- Agility Ladder - (1 In) (2 In) (2 In 1 Out) (2 In 2 Out)
- Cones - (Backwards, Slide, Forwards) (Criss-Cross Eyes Forward) (Right/Left Hand Down and Spin Around)
- 5 Bag Run with HIGH KNEES - (1 In Hit Coach Bag) (2 In Hit Coach Bag) (Side to Side Hit Coach Bag & Spin)
- 20 & 40 Yard Times (First Day Only)

5:32 – 6:02

Position Drills (See Progression Drills Sheet)

Quarterbacks, Running Backs, Receivers, Linemen

- Progression Drills

Linebackers/Defensive Backs, Linemen

- Progression Drills

Form Tackling

- Head Up, Wrap Up, Lift Up, Drive Through

6:03 – 6:35

Offense and/or Defense Alignments, Positions and Plays

6:36 – 6:46

Run Hill First Practice of Week (A TRADITION LIKE NO OTHER), Sprints for POOR PRACTICE

6:47 – 7:00

Cool Down & RECAP PRACTICE

Spartan's Youth Football, Inc.

Drills by Position - Offensive and Defensive

QB Drills:

- **Arm Exercises Drill:**
 1. Big Arm Circles, Side to Side, Rotate
- **Ball Handling Drill:**
 1. Around Head, Legs, Figure 8, Waist, Drop and Catch or Circle
- **5 Throws Each Drill:**
 1. Right & Left Knee 5 Yards
 2. Standing Still with Feet Pointed Straight / Swivel Hips
 3. Right Foot Forward (Simulates Throwing on Run)
 4. Throw with PURPOSE
- **Footwork Drill:**
 1. Drop Back at 45 degree angles 1...2...3 (Slow then Quick) EYES UP FIELD
 2. 3 and 5 Step Drops (Form Square with Cones)
- **Throwing Drill:**
 1. Jog in Straight Line at each other 5 yards apart and throw
 2. Jog in Circle 5 yards apart and throw (Both Directions)
 3. Naked with Pump and Sprint Out Throws
- **Option Pitch Drill:**
 1. Option Pitch 5 Yards Apart in Line or Circle (Thumb Down, Step towards Pitch)

BACK Drills:

- **Handoff & Ball Position Drills:**
 1. 2 lines face each other going SLOW making sure proper hand/arm positions
 2. Take handoffs, Tosses & Option Pitches from Coach – Specify which play is simulated (Don't let them REACH for BALL)
 3. Switch Ball – 45 Degree Angle around cones switching Ball to outside arm going around each cone
- **Bag Drills:**
 1. 5 Bags – Run with HIGH KNEES
 - a. 1 foot between Bags Hit Coach w/Bag at End
 - b. 2 feet between Bags Hit Coach w/Bag at End
 - c. Lateral movement with 1 foot between Bags
 - d. Lateral movement with 2 feet between Bags
 - e. Side to Side shuffle between Bags Hit Coach at End and Spin
- **Agility Ladder Drills:**
 1. 1 In, 2 In, 2 In 1 Out, 2 In 2 Out

WR Drills:

- **Get Offs Drill:**
 1. Inside Leg/Foot is always forward
 2. GET OFF THE BALL...work on both right and left foot stance
 3. Focus on staying low and driving off front foot
 4. Run 5 GOOD 5 yard sprints from both foot forward
- **Plant and Go Drill:**
 1. Use Cones in either box or Zig - Zag combination
 2. Make sure receiver plants without stutter steps at each cone with proper foot.
- **Coach Throwing Ball Drill:**
 1. One Line Facing Coach Catch at Highest Point
 2. Two Lines Criss - Cross Coach Throws to One
- **Tommy Gun Drill:**
 1. Form circle with man in middle using two balls
 2. Throw one ball at a time quickly
 3. Make sure receiver keeps eye on ball catching with EYES!
- **Bad Ball Drill:**
 1. Receiver line runs at you, throw ball left, right, high, low
- **Distraction & Concentration Drill:**
 1. Form two line with receiver between lines
 2. Coach throws ball about 7-10 yards
 3. Players in two lines throw bag or distract receiver

- 4. Receiver must look ball in and go HIGH and TIGHT after catch
- **Re-Locate Drill:**
 1. Receiver jogs away from you, then throw ball over other shoulder
 2. Repeat for each shoulder
- **Pole Catch Drill:**
 1. Have receiver hug goal post and catch passes with arms around goal post
- **Fence Rail:**
 1. Hands in Front on Fence, Put Head in Hands, Sweep Hand
 2. Chop Feet
- **Board Drill:**
 1. Covered – Quick Side Step
 2. Un-Covered – Quick Bucket Step
- **Sled Drill:**
 1. Single Line – Punch Bags with Firm Aggressive upward motion
 2. Fire Out Low with one thrust keeping back straight
 3. Fire Out Low as a Unit and Drive Sled
- **Bar and Board Drill:**
 1. Fire Out Low chopping feet quickly – Punch Bag
- **Agility Ladder Drills:**
 1. 1 In, 2 In, 2 In 1 Out, 2 In 2 Out

DEF Drills:

(LB, End, Corner & Safety)

- **HEAD UP, WRAP UP, LIFT UP, DRIVE THOUGH**
- **Agility Ladder Drills:**
 1. 1 In, 2 In, 2 In 1 Out, 2 In 2 Out
- **Cone Drills:**
 1. Backwards, Slide, Forwards
 2. Criss-Cross Eyes Forward
 3. Right-Left Hand Down and Spin Around
 4. Back Pedal
 5. W – Cone
- **Bag Drills: 5 Bags – Staying Low**
 1. 1 in Hit Tackle Dummy
 2. 2 in Hit Tackle Dummy
 3. Lateral 1 in Hit Tackle Dummy
 4. Lateral 2 in Hit Tackle Dummy
 5. Side to Side Hit Tackle Dummy
- **Ball Drills:**
 1. Coach points with Ball and throws – Turn & Go
 2. Backpedal to V – Cut
 3. Backpedal, 45% Forward, Catch Ball at Highest Point
 4. Tip Drill
 5. One on One coverage (i.e. run outs or slants)
- **Pursuit Drills:**
 1. 3 on 2 Sideline Pursuit (Tackling or Touch)
 2. Position Pursuit all 11 pursue ball carrier
- **Tackling Drills:**
 1. Hat to Hat Hamburger
 2. Big Green Mat
 3. 2 on 1 Hamburger
 4. 3 Stage - Linemen, Linebackers, DB's

DL Drills:

- One on Two Drill - (Maintain Rectangle between Offensive Linemen)
- BEAR CRAWL Drill - (Bear Crawl for 5,10,15 Yards) MUST STAY LOW
- RIP, SWIM & BULL RUSH
- Figure 8 Drill

Spartan's Youth Football, Inc.

Offensive Linemen:

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 centers heels, lineman will be in a 3-point stance on QB'S cadence (set)
3. Offensive linemen splits generally remain the same, may adjust to blitzing team.
 - Center-Guard=2 feet
 - Guard-Tackle=3 feet
 - Tackle-Tight (H or Y)=3 ½ feet
 - Left side has left hand down, Right side right hand down
4. Maintain "Z" in the knee, hand placement using the eye socket test

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

1. Salt-Pepper (Run Plays)
 - a. Linemen slide to gap on call side, take on most dangerous.
 - b. Backside Tackle (Kick Step, Slide & Set).
 - c. Line Call (Pepper = Slide Right) – (Salt = Slide Left).
2. MOM - Man on Man (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

DRILLS:

Run Game Drills:

1. **Stance:**
 - a. Bend @ Hips NOT WAIST, Shoulders Slightly Over Knees, Work Each Foot Back, In and Out of Stance.
30 sec In 10 Sec Out. Work 1st Step (Repetition, Repetition, Repetition!)
Base, Timing, Cheat 1st Step - 2nd Step Progression (Load Hands on 1st Step, Punch on 2nd Step) 1st Step Reset - 1st Step
2nd Step Reset - 1st Step 2nd Step Drive Feet 5 Yards.
2. **Board Drill:**
 - a. Duck Walks - Start High Finish Low, Bend @ Hips, Toes Slightly Pointed Out, Pound on the Inside Balls of Feet, Pump Arms.
Base, Timing, Cheat 1st Step - 2nd Step Progression (Load Hands on 1st Step, Punch on 2nd Step) 1st Step Reset - 1st Step
2nd Step Reset - 1st Step 2nd Step Drive Feet 5 Yards.
3. **Punch:**
 - a. Punch from Knees - Sitting Back w/ Hips Low, Hands Loaded at Hips, Punch Reset Hands (Repetition). Progression - Punch
Reset Rapid Fire 3 Reps, 4th Rep Finish w/ Hip Roll. 2pt Stance Punch - Comfortable 2pt Stance, Hands Ready @ Hips, 1st
Step Load Hands, 2nd Step Punch (Repetition). Progression - 3 Reps w/ Reset, 4th Rep Finish w/ Drive.
4. **Drive:**
 - a. Fitted Drive - Hands Latched on Def, Feet Slightly Wider Shoulder Width, Head Up Chest Out, Drive 5 yards. FAST FEET,
Pound on Inside Balls of Feet, Always 1 Foot in Ground! Fitted Mirror - Def Moves Left/Right & Back/Forward, FAST FEET, Keep
Base, Sink Hips, Don't Lean or Reach, Keep Def in Front. EMPHASIS ON FAST FEET! Finish Drive 5 Yards!

- 5. Mirror Drill:**
- a. EMPHASIS ON FAST FEET & PUNCH TIMING! Def Arms Distance Away from Player, Moves Left/Right Leaning in Occasionally, Once Def is Within Arms Distance Player Punch. Hands Loaded @ Hips, WIN POSITION w/ FEET, DO NOT OVEREXTEND PUNCH. "Middle" - Feet Chopping. "Finish" - Punch and Drive 5 Yards.
- Pass Protection Drills:**
1. **Single Kick/Post:**
 - a. Comfortable 2pt Stance - "Kick" = 1 Kick Set & Freeze. "Jump" = 1 Lateral Jump Set & Freeze. "Post" = 1 Post Set & Freeze. (Repetition) EMPHASIS: Bend @ Hips, Shoulder Slightly Over Knees, Hands Ready at Belly Button, Elbows Tight to Body. BODY CONTROL - 2 Steps and FREEZE in Good Athletic Position.
 2. **Kick/Post on Line:**
 - a. Kick on Line - Post (Up) Foot in Stance on Vertical Line. Kick Step Straight Back, Keep Post Foot on Line. Maintain Good Body Position. Don't Drift Left/Right. Post on Line - Post (Up) Foot in Stance on Horizontal Line. Post Step Sideways, Keep Post Foot on Line. Maintain Good Body Position. Pound Foot, Cut Off Inside Penetration.
 3. **Alternating Kick/Post:**
 - a. Alternate Between "Kick", "Jump" & "Post" Steps. Player Continues to Step Until Coach Changes Step or Says "Freeze". EMPHASIS: Maintain Good Body Position & Control. Quick Transition between Steps (Change of Direction).
 4. **Medicine Ball Punch:**
 - a. Players in Pairs. One Player on Knees - One Player Standing w/ Medicine Ball. Standing Player Throws Med Ball Chest High, Kneeling Player Punch Ball Back to Partner. EMPHASIS: Hips Back w/ Hands Ready @ Belly Button, Punch Low to High, Head Up Chest Out on Contact, DON'T OVEREXTEND, Reload Hands.
 5. **Kick/Post Punch on Bag:**
 - a. 5 Players Lined Up Side by Side w/ Bags. Player Kick/Post Step Down Line of Bags, Punch Bag ONLY WHEN DIRECTLY IN FRONT OF BAG. EMPHASIS: FAST FEET, Pounding Steps on Inside Balls of Feet, Punch Timing, Hands Ready @ Belly Button, Punch Low to High and Reset Hands.

Warm Ups:

Agilities (bag drills)
Ladders
Five Dots (footwork)
Jump Rope
Medicine Ball Pass Pro
Four Corners

Starts/Stances

Proper alignment with stance
Footwork using linemen squares (exhibit attached)
Board Drills
Chutes

Sled Drills

Gunslinger (4pt, 2pt, 3pt stance)
Punch the line
Drop Step
Bucket Step
Big on Big (tee-off)
2 man fit (two man sled)
Line surge (five man sled)

Chute Drills

Chute to fit Drive
Chute & Board
Trap from I/S the chute
Seminole

Run Game Drills

One man games, progression to the second level
Two man games, progression to the second level
Down the Line Efficiency
Combo Block (post/driver)
Cut Block (6 point strike, rollover block)
NINE ON SEVEN INSIDE RUN

Pass Protection Drills

Medicine Ball Agility
Plate Punches
Quarter Eagle Plate Punches
Zig-Zag plate punch
Mirror Drill
Inside Hand Leverage
Rapid Fire
3 man Kick and Punch
One on One (ten yard square)
Partner pass protection
Blitz pick up with O/L and Backs

"HONEST, INTELLIGENT EFFORT IS ALWAYS REWARDED"

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Receiver

QUAD SQUAD (X, Y, Z, A) Stance, Release, Blocking, Catching, and Drills

Stance

- WR
 - Inside foot is up
 - Hands up in sprint-ready mode
 - Scan the defense
- TE
 - Outside hand down and outside foot back slightly (toe to instep)
 - Weight on feet, not on hand (squat into position)
 - Back flat
 - Head up
 - Inside hand in hit-ready position

Release

- WR & TE
 - Stay low off the line (swim, punch, rip, swat or slap)
 - Make progress up field (if thrown off route, get back on it ASAP)
 - Full speed off the line (run or pass)
 - Stay low in break

Blocking

- WR Stalk
 - Full speed to about 3 to 5 yards in front of defender
 - Break down in athletic stance
 - Stay between defender and ball carrier
 - 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.
- WR & TE
 - Crackback – the block has to be above the waist, and the head has to be in the front of the defender
 - The receiver should adjust his angle of release in relation to the position of the defender
 - WR should always stay under control
- TE Drive
 - Stay low, back flat, head up
 - Quick forward step and punch with both hands to chest plate
 - Grab chest plate
 - Lock out arms
 - Feet slightly wider than shoulder width, athletic strong base
 - Drive feet in quick, strong, choppy steps

Catching

- WR & TE
 - Catch with soft hands
 - Go after ball with both hands
 - Go after ball at highest point
 - Fight for the ball
 - Above waist – thumbs together
 - Under waist – pinkies together
 - To the side – pinkies together
 - Look ball into tuck (high and tight)
 - Get up field
 - Know where sidelines and end lines are
 - Confidence

Drills

- Purdue ball-handling drills
 - Air Dribble – A receiver should hold ball on the fat part of the ball and completely release the ball. He should catch the ball before it drops to the ground, continue performing this drill for 30 seconds, and repeat it with the opposite hand.
 - Hand-to-Hand – The receiver should pass ball from hand to hand, quickly catching and tossing the ball. The receiver should also practice these movements behind his back.
 - Globetrotter – The object of this drill is to keep the ball moving as fast as possible and in as many different movement patterns as possible. These movements can include between the legs, around the knees, around the waist around the back, around the head. The receiver should try to keep the ball moving as fast as possible for 30 seconds.
- Hit-and-Recoil Shield – Two lines of receivers face each other about 5 yds. apart. Two players in front of each line will be holding the hand dummies. On verbal command, the receivers approach the dummy holders and prepare to execute a stalk block. Dummy holders advance forward and receiver has to execute the proper block. The dummy holders continue to try to advance past the receiver, who will keep blocking until another whistle concludes the drill.
- Distraction
 - Two lines facing each other 15-20 yds. apart
 - 1st person in each line runs at each other (defender in front and receiver in back)
 - Coach throws when players cross in front of them
 - Line in front distracts, but can't touch receiver or ball
 - Line in back catches
- Highest Point
 - One line next to coach
 - 1st two people run side by side under control
 - Front person is defender, back person is receiver
 - Coach lobs ball over defender's head 10-15 yds.
 - Defender stays on ground
 - Receiver jumps and catches at highest point

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Running Backs

Offensive Indy Period

Everyday Drills (EDS)	Coaching Points
1. Agility Bag Drills (begin in 1 line with 1 ball per player - perform 2x each with left and right hand) <ul style="list-style-type: none">• Straight Run to Blast the Bag• Zigzag Shuffle to Split the Bags• Lateral Shuffle L/R to Hit and Spin• Forward and Back to Stumble *Finish each drill by sprinting down-field 5 extra yards	Emphasize Ball Security, Agility, and Power Running <ul style="list-style-type: none">• Ball Security<ul style="list-style-type: none">– "high and tight" (high on the chest and tight to the body)– <u>Three points of contact</u> (protect the ball by covering the tip with a <u>claw like grip</u>, <u>squeeze</u> the ball with the forearm, protect the bottom tip by <u>tucking the ball under your elbow</u>)• Agility<ul style="list-style-type: none">– Move at the <u>fastest, controllable speed</u> that you can• Power Running<ul style="list-style-type: none">– <u>head up</u>, <u>shoulder pads low</u> , <u>hit with the top of your pads</u>, <u>explode through the bag(s)</u> by <u>driving your knees</u>
2. 4 Touch Drill (begin in 1 line with 1 ball per player - perform 2 x starting at the sideline touching your foot /switching the ball on the Goal Line and the 5 yard line)	Emphasize Ball Security and Switching the Ball in Open Field <ul style="list-style-type: none">• Switching the Ball<ul style="list-style-type: none">– Reach under the ball, lay the ball down on top over the other arm, and secure the ball with the bottom hand by bringing it up into a <u>high and tight</u> position– Do not bring the ball out away from the body, switch the direction of the tips, or switch in traffic
3. Pocket and Ball Exchange Drill (begin in 2 lines facing one another with 1 ball - perform receiving a hand off 3x from the left and right side)	Emphasize Ball Security and Receiving a Hand Off <ul style="list-style-type: none">• Receiving a Hand Off<ul style="list-style-type: none">– Position both arms parallel (top hand with <u>inside elbow up</u>, bottom hand at <u>belt buckle</u> with palm up), <u>fold over</u> the ball once it is feathered in to your belly, <u>secure</u> the ball with bottom hand by bringing it up into a <u>high and tight</u> position, and <u>eyes down-field</u>– Do not reach for the ball and a bigger pocket is better than a smaller pocket
4. Sideline Toss Drill (begin in 1 line behind coach in 2 point stance, coach calls cadence, pivots, and tosses the ball to the RB, RB blasts through bag - perform 2x to the left and right)	Emphasize Ball Security, Receiving a Toss, and Power Running <ul style="list-style-type: none">• Receiving a Toss<ul style="list-style-type: none">– Open step towards the sideline, reach for the ball with <u>2 hands</u>, <u>look the ball into a tuck</u>, <u>accelerate up-field</u>, <u>explode through the bag</u>– If the ball ends up on the ground, <u>cover it</u> in a fetal position

I include the following skills every other day (I keep the top 4 the same and alternate the bottom 3 drills)

Day 1 Drills	Coaching Points	Day 2 Drills	Coaching Points
5. Inside Run Blocking Drill (Linemen Blocking Progression Drills)	Emphasize Blocking Technique	Pass Protection Block Drill (see Linemen Progression Drills)	Emphasize Blocking Technique
6. Toss Blocking Drill (Linemen Progression Drills)	Emphasize Blocking Technique	Line Ball Drill	Emphasize Catching Technique <ul style="list-style-type: none">• Same language as Receiving a Toss
7. Open Field Running Drill (1 vs. 1 situation)	Emphasize no more than 1 or 2 Cuts	Turn and Catch Drill	Emphasize Catching Technique

Last Name:	First Name:	Phone:																
Email:																		
Height:	<input type="text"/>	Weight	<input type="text"/>	Player's best Quality:														
Date																		
40-Yard Dash	1st Attempt	2nd Attempt																
20-Yard Dash																		
10-Yard Dash																		
PLAYER'S ATTITUDE																		
1	2	3	4	5														
Player's work ethic																		
1	2	3	4	5														
Aggressiveness																		
1	2	3	4	5														
Player's leadership ability																		
1	2	3	4	5														
Player's ability to execute directives																		
1	2	3	4	5														
Player's overall speed and/or quickness																		
1	2	3	4	5														
Player's ability and/or effectiveness in making contact																		
1	2	3	4	5														
BLOCKING		TACKLING																
attempts	<input type="text"/>	attempts	<input type="text"/>															
wins	<input type="text"/>	wins	<input type="text"/>															
losses	<input type="text"/>	losses	<input type="text"/>															
NOTES																		
<p>Positions best suited: Try and have 2 Positions for each player on both sides of the ball.</p> <table> <tr> <td>OL _____</td> <td>TE _____</td> <td>FB _____</td> <td>Wing _____</td> <td>QB _____</td> <td>HB _____</td> <td>K _____</td> </tr> <tr> <td>NG _____</td> <td>DT _____</td> <td>End _____</td> <td>LB _____</td> <td>DB _____</td> <td>P _____</td> <td></td> </tr> </table>					OL _____	TE _____	FB _____	Wing _____	QB _____	HB _____	K _____	NG _____	DT _____	End _____	LB _____	DB _____	P _____	
OL _____	TE _____	FB _____	Wing _____	QB _____	HB _____	K _____												
NG _____	DT _____	End _____	LB _____	DB _____	P _____													

DEPTH CHARTS

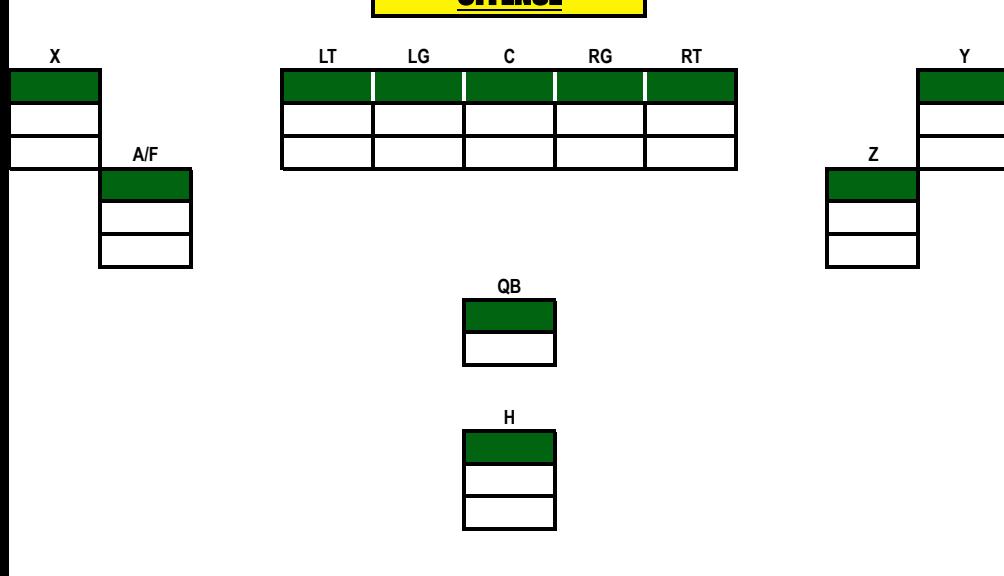
OFFENSE / DEFENSE / SPECIAL TEAMS



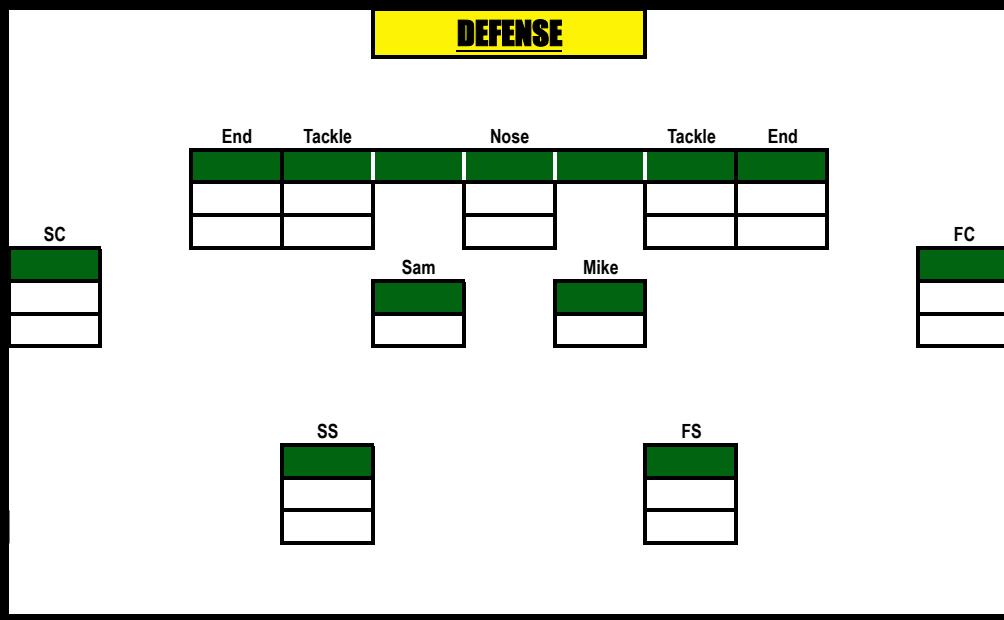
Spartans

CLIMB THE MOUNTAIN

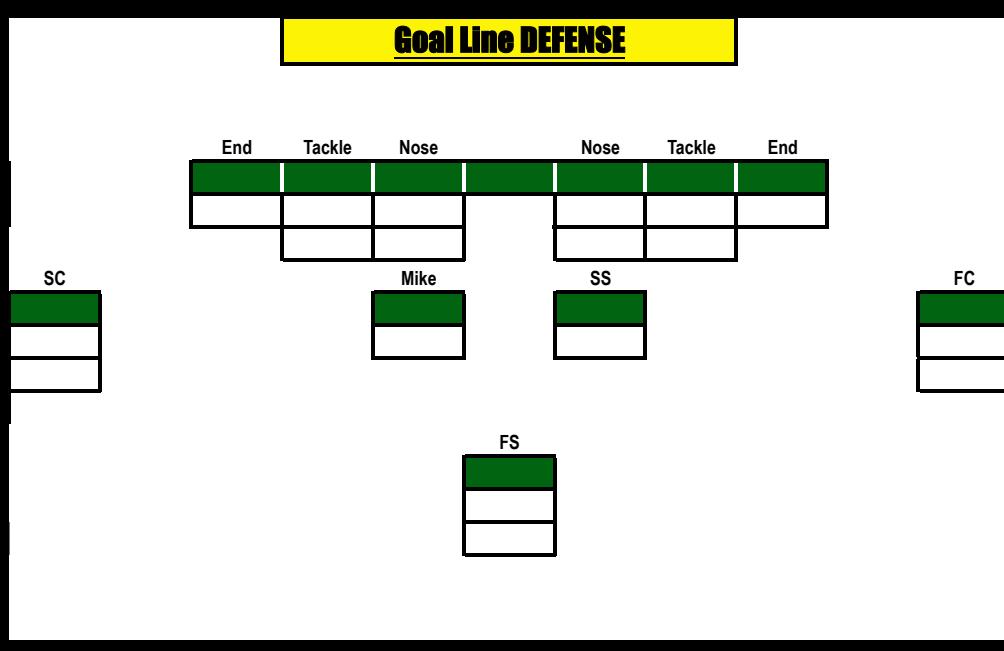
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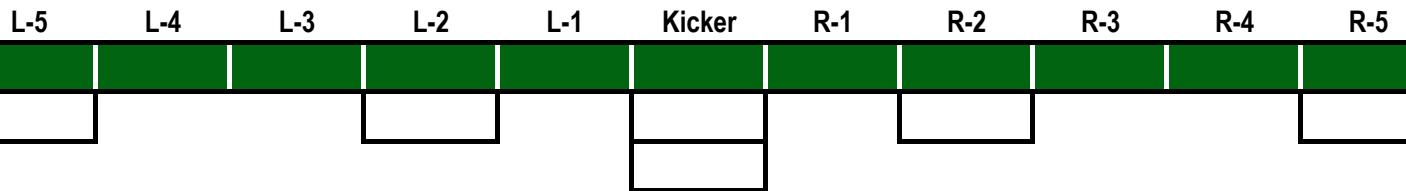
DEFENSE



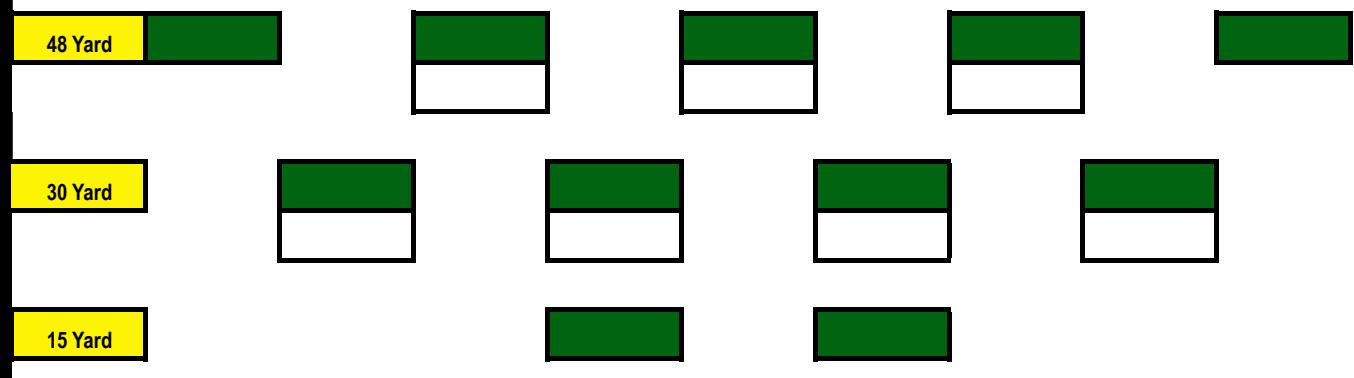
Goal Line DEFENSE



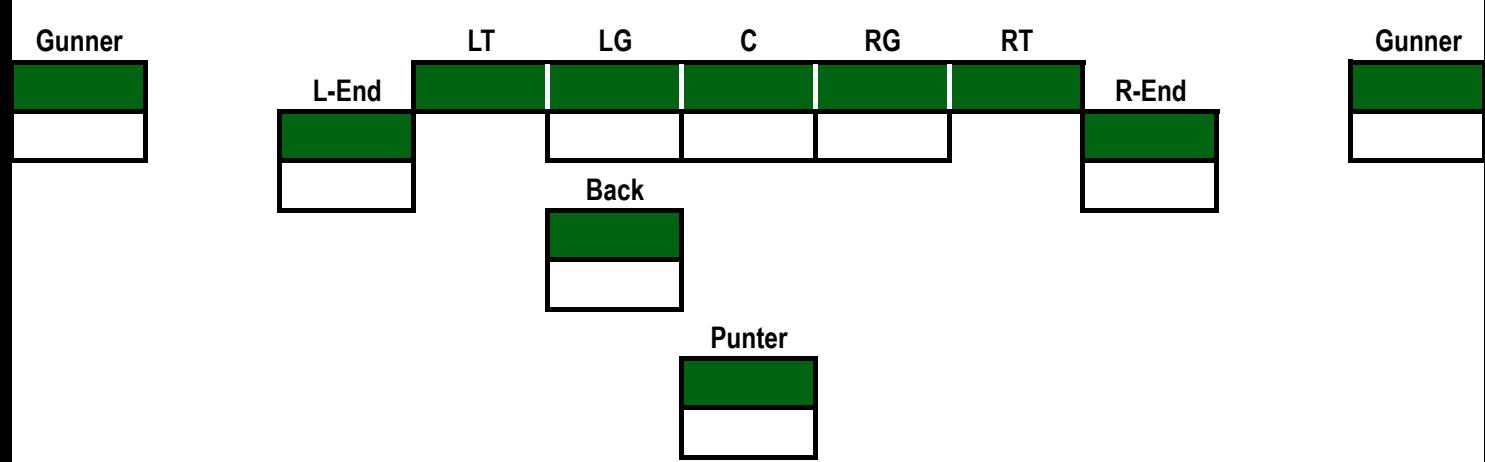
KICK OFF



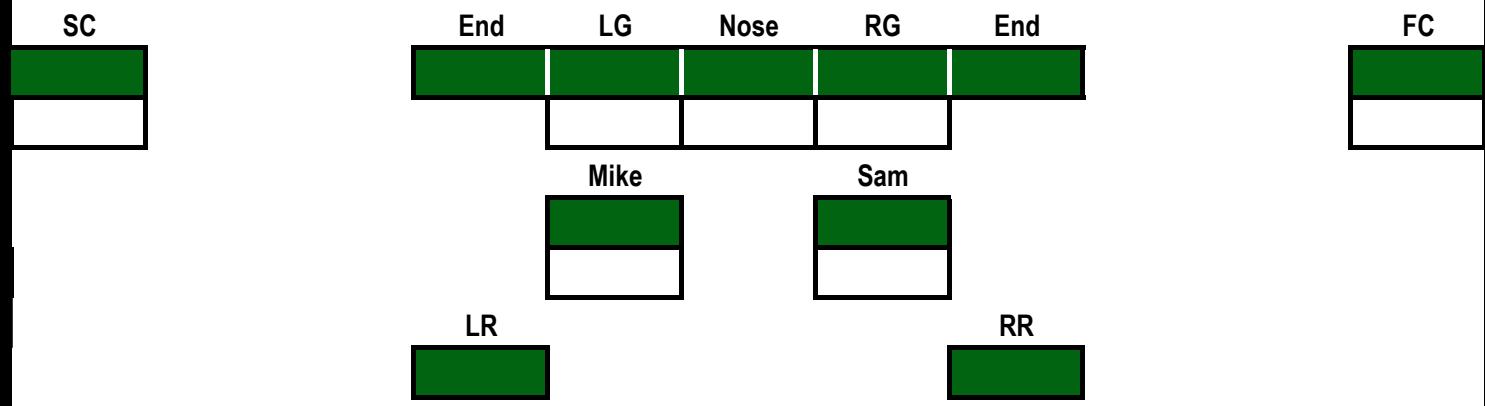
KICK OFF RETURN



PUNT TEAM



PUNT RETURN



OFFENSIVE INFORMATION



Spartans

CLIMB THE MOUNTAIN

Spartan's Youth Football Inc.

Offensive Position Responsibilities

Quarterback:

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, know what we need to do to WIN, weekly film, game planning, 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 to 4 Yards; with Back(s) at 5 ½ to 6 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!
6. FINALLY – MAKE SURE YOU CATCH THE BALL!

Quarterback - Cont.:

F. Receiving the Snap & Carrying the Ball:

1. Proper Hand Placement under Center is YOUR RESPONSIBILITY.
2. Find "Brown Spot" with second knuckle of Index Finger.
3. Interlock Thumbs in proper position.
4. Fingers Spread Wide apart and Firm.
5. Both Hands must follow with Center as he charges forward – GIVE with Him.
6. Bring Ball to your Stomach (Third Hand) – Exception for Naked or Boot Play.
7. Keep Elbows close to your side.
8. Avoid lifting Up and Down with Body or Ball.

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.
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 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.

Running Back: Halfback = H, Fullback = F or A

A. Must Remember "Snap Count & Play Called"

B. YOU FUMBLE YOU WILL "SIT"! Carry the ball "HIGH & TIGHT" at ALL times!

C. Running Back Position Depths:

1. Halfbacks "H" at 5 1/2 to 6 Yards in Quads or Quads TYT – Directly behind QB.
2. King Formation – Fullback or "A" Back Heels should be at Toes of QB, lined up between Guard and Tackle. H line up same as Quads.

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. Hand-Offs and Ball Security

1. Elbow Closest to Ball 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 feathered in Stomach "NEVER REACH FOR THE BALL".

4. Carry Ball with 2 Hands in Heavy Traffic.

Running Back - Cont.:

5. Carry Ball "High and Tight" away from Defense when Possible.

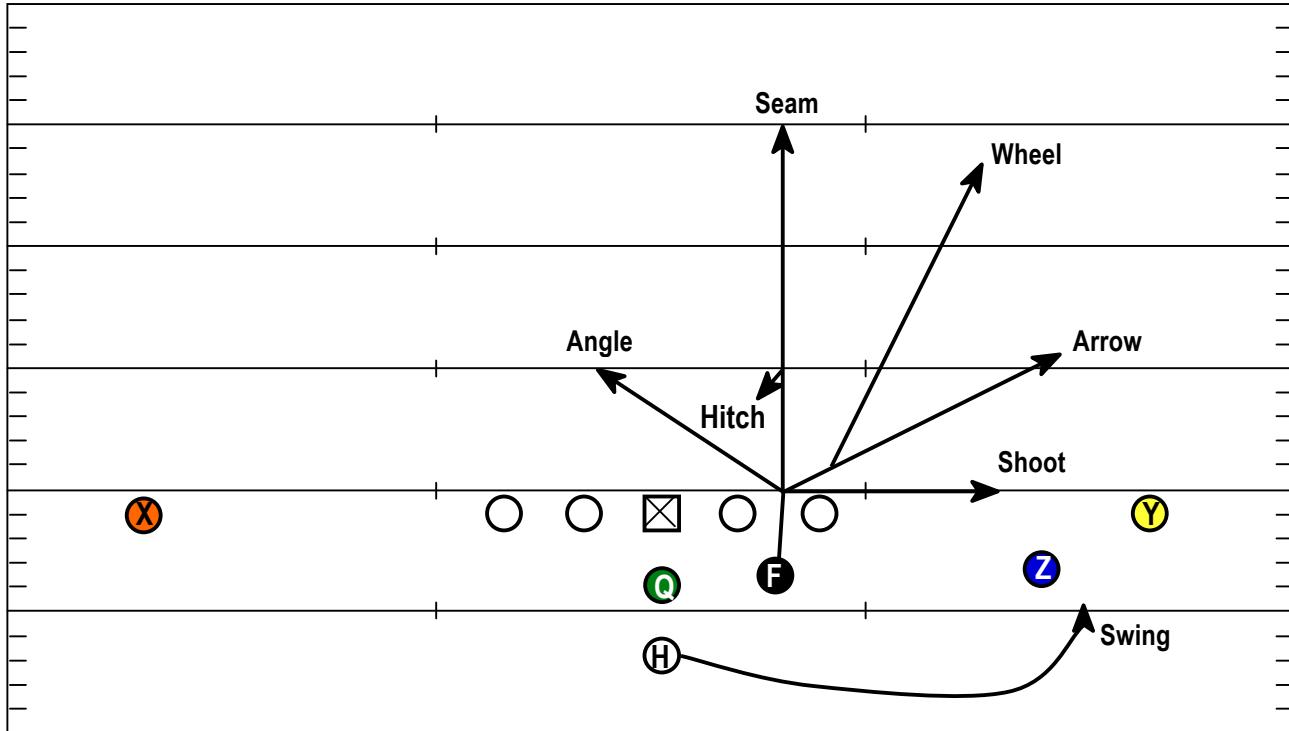
F. High and Tight Position

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. Roll Arm over Ball and Pin Elbow against Ribcage.
5. Fifth Point of Contact means put Opposite Hand across Top of Ball when in Contact.
6. 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!

RUNNING BACK PASS ROUTES



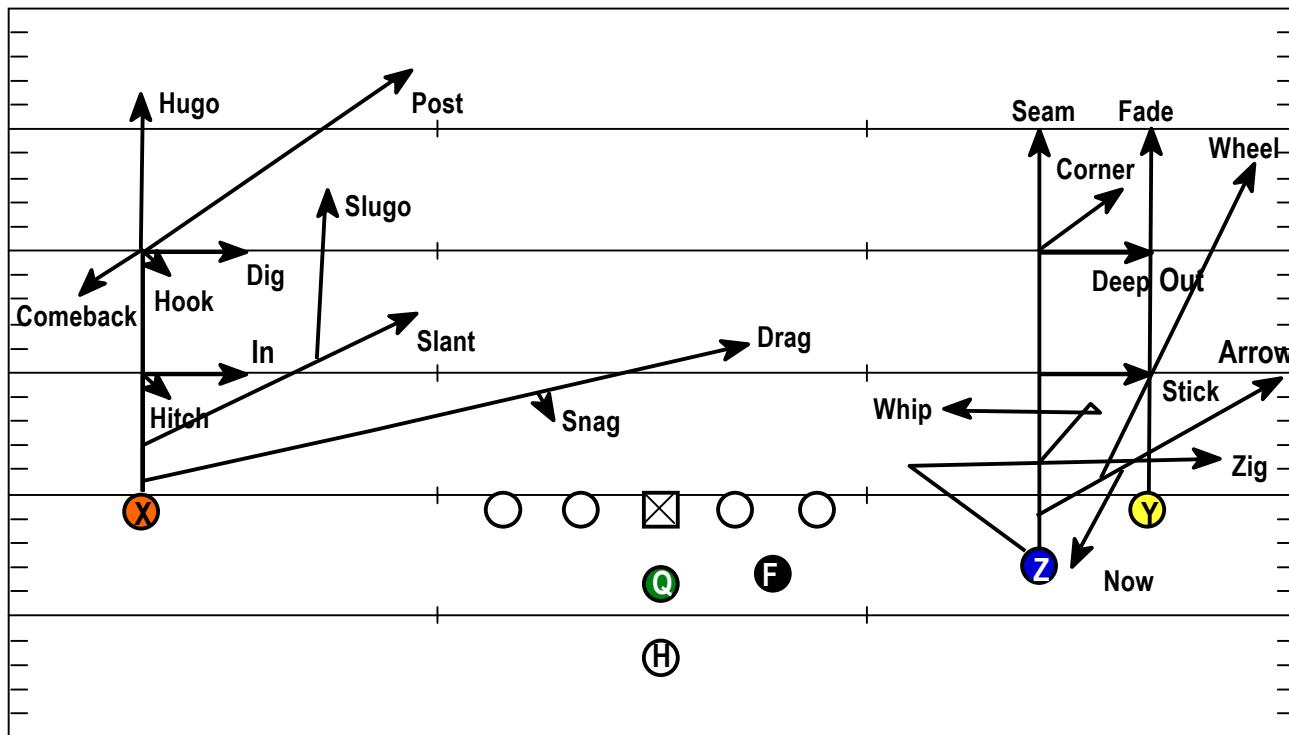
Receivers: X, Y, and Z

- A. Must NEVER be off-sides! WATCH THE BALL!**
- B. Stance & Alignment (WR)**
 - 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 Position:**
 - 1. PALMS DOWN...Eyes on Ball and look into your Hands.
 - 2. Be aggressive when catching the ball.
 - 3. Take ball out of the AIR rather than letting it come to you.
 - 4. 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. Stemming:**
 - 1. Attack the side of defenders body (inside or outside) based on route called.
- H. 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.
- I. 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.
- J. Blocking (TE – Drive):**
 - 1. Stay Low, Back Flat, and Head Up at ALL times.
 - 2. Quick forward step and punch with both hands to chest plate
 - 3. Grab Chest Plate.
 - 4. Lock Out Arms.
- K. Catching:**
 - 1. Catch with "EYES" first...Must see the ball into Hands.
 - 2. Catch with Soft Hands.

Receivers - Cont.:

3. Go after ball with Both Hands.
4. Go after ball at Highest Point.
5. Fight for the Ball.
6. Above Waist – Thumbs Together.
7. Below Waist – Pinkies Together.
8. To the Side – Pinkies Together.
9. Look Ball into Tuck (HIGH & TIGHT).
10. Get Up-Field.
11. Know where the Sidelines, First Down Marker, and End Lines are!
12. Catch with Confidence.

RECEIVER PASS ROUTES



Offensive Linemen:

- A. **MOST IMPORTANT POSITIONS ON THE “FIELD” ...Please emphasize to kids!**
- 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 – he will re-direct his feet at least 5 times per play
 6. Great Vision
 7. Pride – the quicker the O Line can work as TEAM/UNIT the more success we have

Offensive Linemen [Cont.]:

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

- | | |
|---------------------|---|
| 1. SPLITS | 8"-12" |
| 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 (Go 'til "Whistle Blows") |

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 centers heels, lineman will be in a 3-point stance on QB's cadence (Set).
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. Tackle-Receiver (Y or A) = 3 ½ Feet
 - d. Left side has left hand down. Right side right hand down.
4. Maintain "Z" in the knee, hand placement using the eye socket test.

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.

SPARTAN'S

YOUTH

FOOTBALL



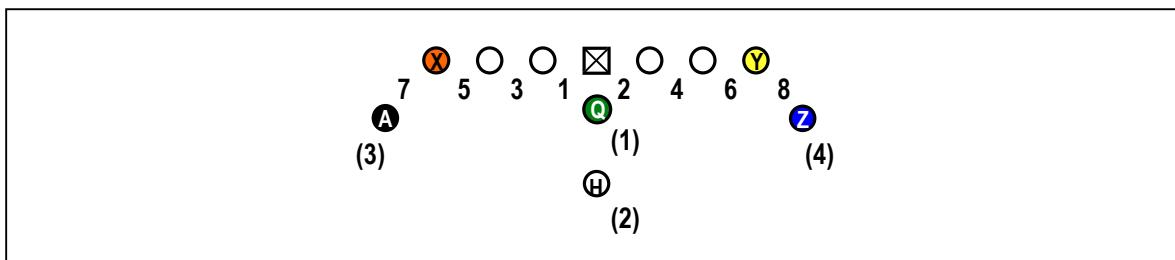
4th & 5th Grade OFFENSIVE

PLAYBOOK

OFFENSIVE PLAYBOOK

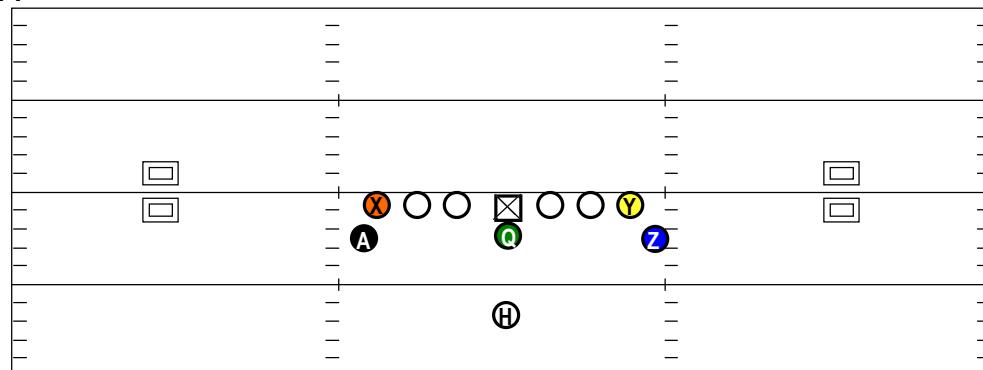
I. OFFENSIVE POSITION IDENTIFICATION & HOLE NUMBERING:

A. Position Identification & Hole Numbering

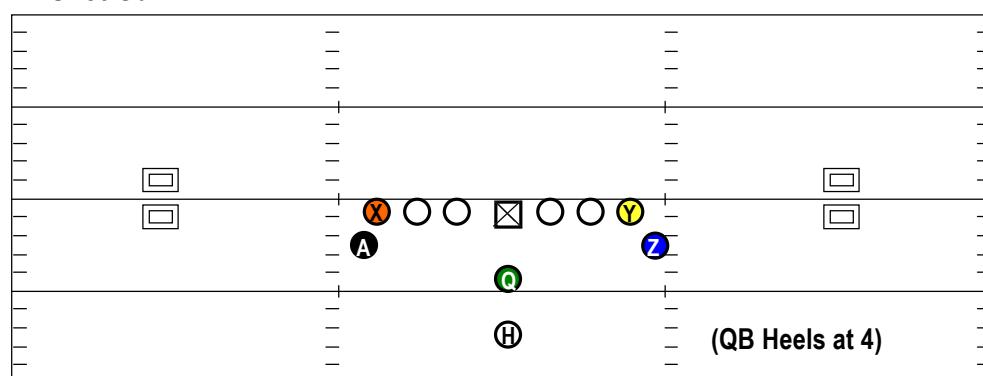


II. OFFENSIVE FORMATIONS:

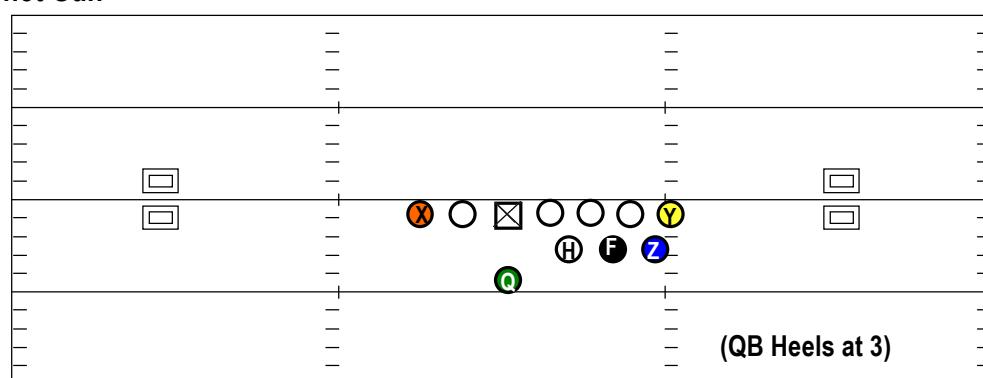
A. Quads TYT



B. Quads TYT - Shot Gun



C. Y TYT - Shot Gun

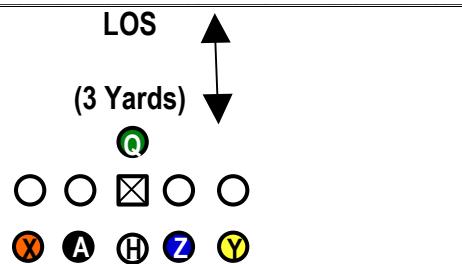


OFFENSIVE PLAYBOOK

III. PLAY CALLING SYSTEM:

A. Huddle Formation:

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



B. Huddle Play Calling:

1. Play calling will be communicated by the Coach in the following manner:
 - a. The Offensive Coach while in the huddle will call out the play verbally with snap count and play twice (i.e. Quads TYT 22 Indy (Dive) on One, Quads TYT 22 Indy (Dive) on One).
 - b. The Offensive Coach can call out the name of play and snap count without showing play once coach feels team is ready.
2. The Coach and Quarterback are the only persons that talk in the huddle and will call the play once in the huddle and the snap count twice.
3. Plays will be called in the following order:
 - a. Formation - Strength - Play - Snap Count
4. Run Plays, Play Action Pass, and Sprint Out Pass Plays
 - a. First Number - identifies ball carrier or the ball carrier that's getting the fake.
 - b. Second Number - identifies hole assignment.
5. The Coach and Quarterback will break the huddle by saying "Ready!" and the team responds with "Break!" Clapping in UNISON!!
6. Cadence will be called by the Quarterback in the following order:
 - a. Down - Set – Hut

IV. SNAP COUNT:

A. We have the ability to snap the ball during any part of our cadence.

1. 1st Sound = Down (First Sound)
2. 2nd Sound = Set (Second Sound)
3. 3rd Sound = Hut
4. On 2 = Hut, Hut



OFFENSIVE PLAYBOOK

RUNNING PLAYS

I. Running Plays:

A. Quads TYT Formation - Run Plays:

1. HOUSTON: Sneak
2. INDY: IZ
3. TAMPA: Toss
4. DENVER: Counter
5. RIO: Naked

B. Y TYT Formation Run Plays:

1. WINDSOR: Wedge
2. CINCY: Sweep
3. DENVER: Counter
4. POP PASS

II. Formation Options:

A. Quads TYT

B. Y TYT



Quads TYT - Run Plays

HOUSTON = Sneak

INDY = IZ

TAMPA = Toss

DENVER = Counter

RIO = Naked

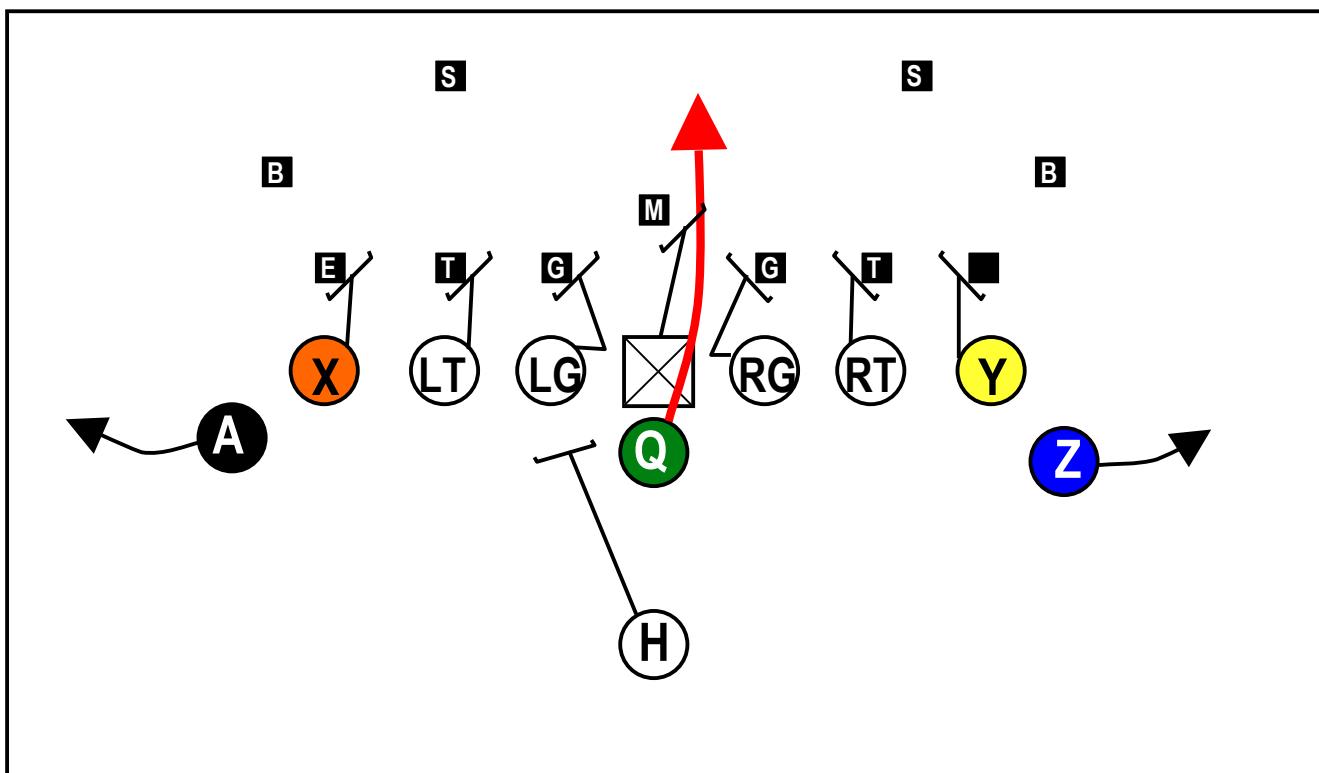


HOUSTON = Sneak

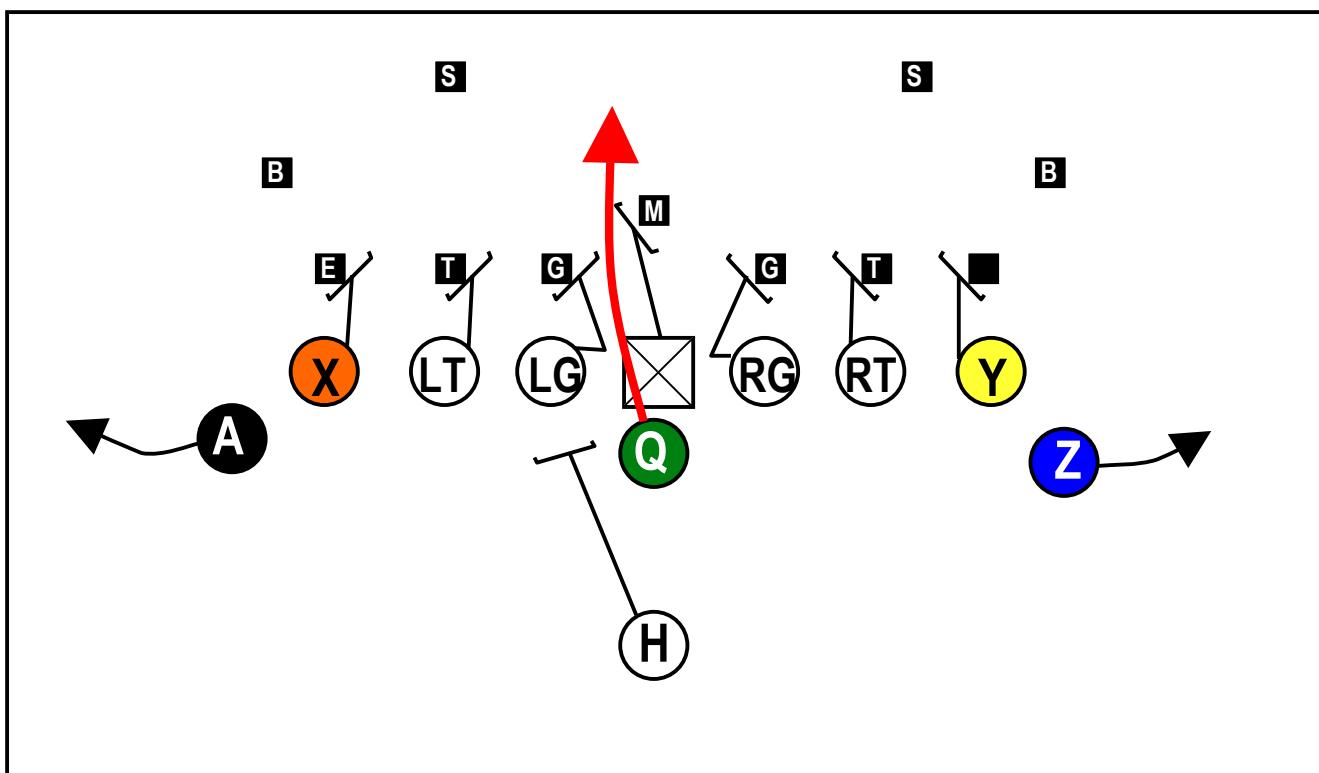


OFFENSIVE PLAYBOOK

Quads TYT HOUSTON



Quads TYT HOUSTON



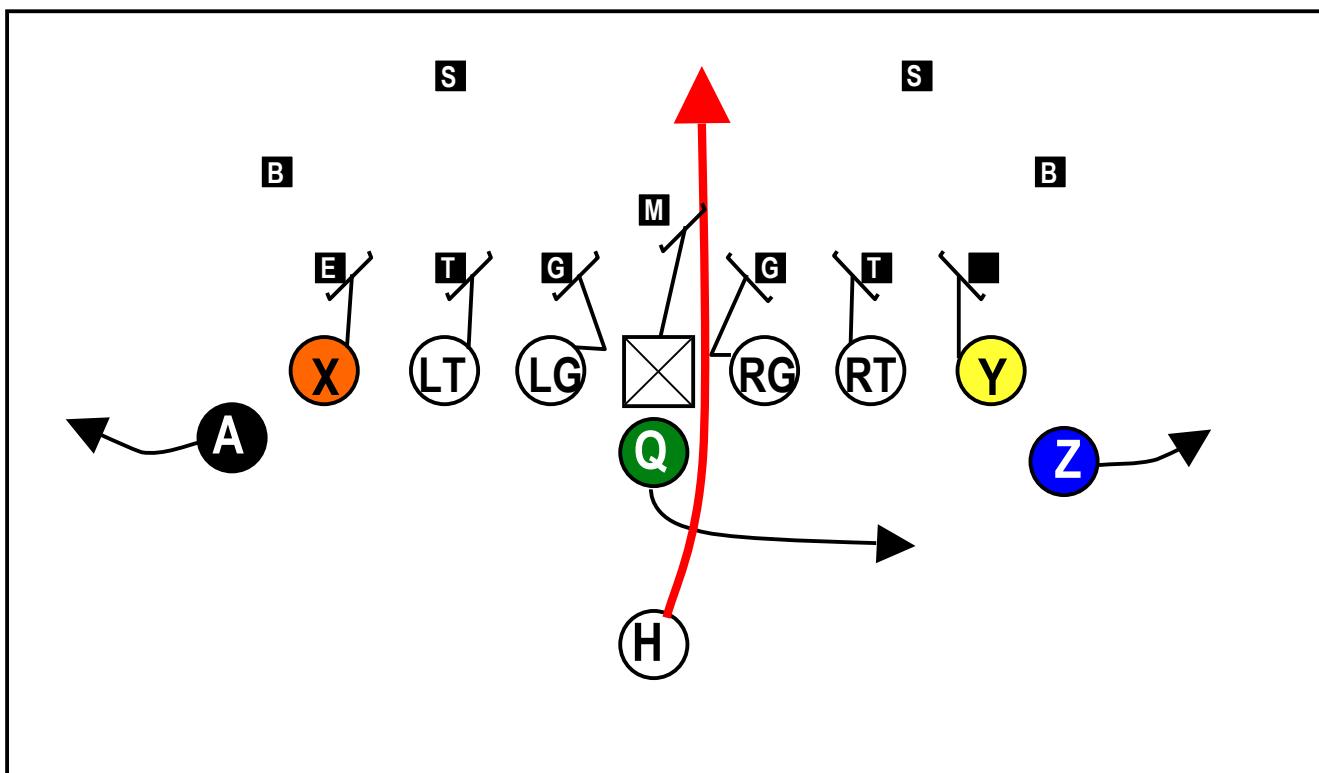
OFFENSIVE PLAYBOOK

INDY = IZ

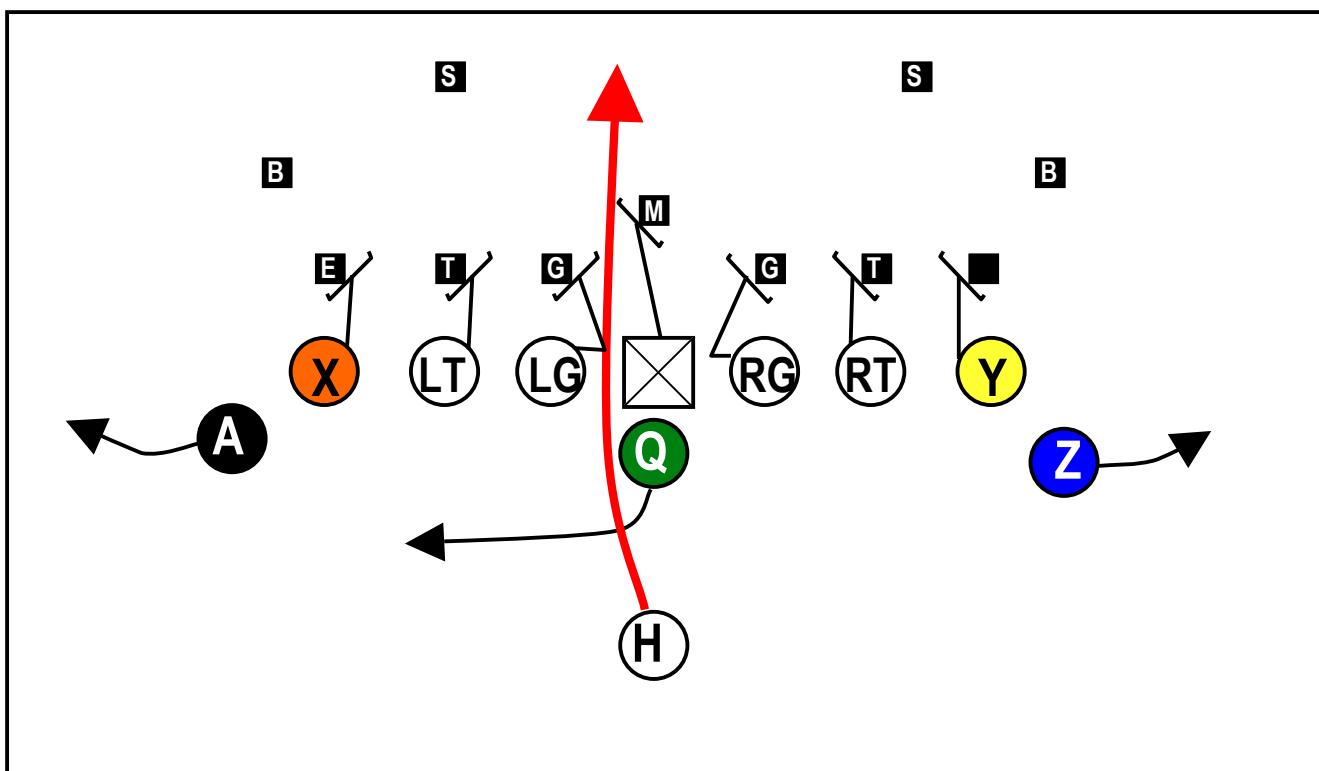


OFFENSIVE PLAYBOOK

Quads TYT 22 INDY



Quads TYT 21 INDY

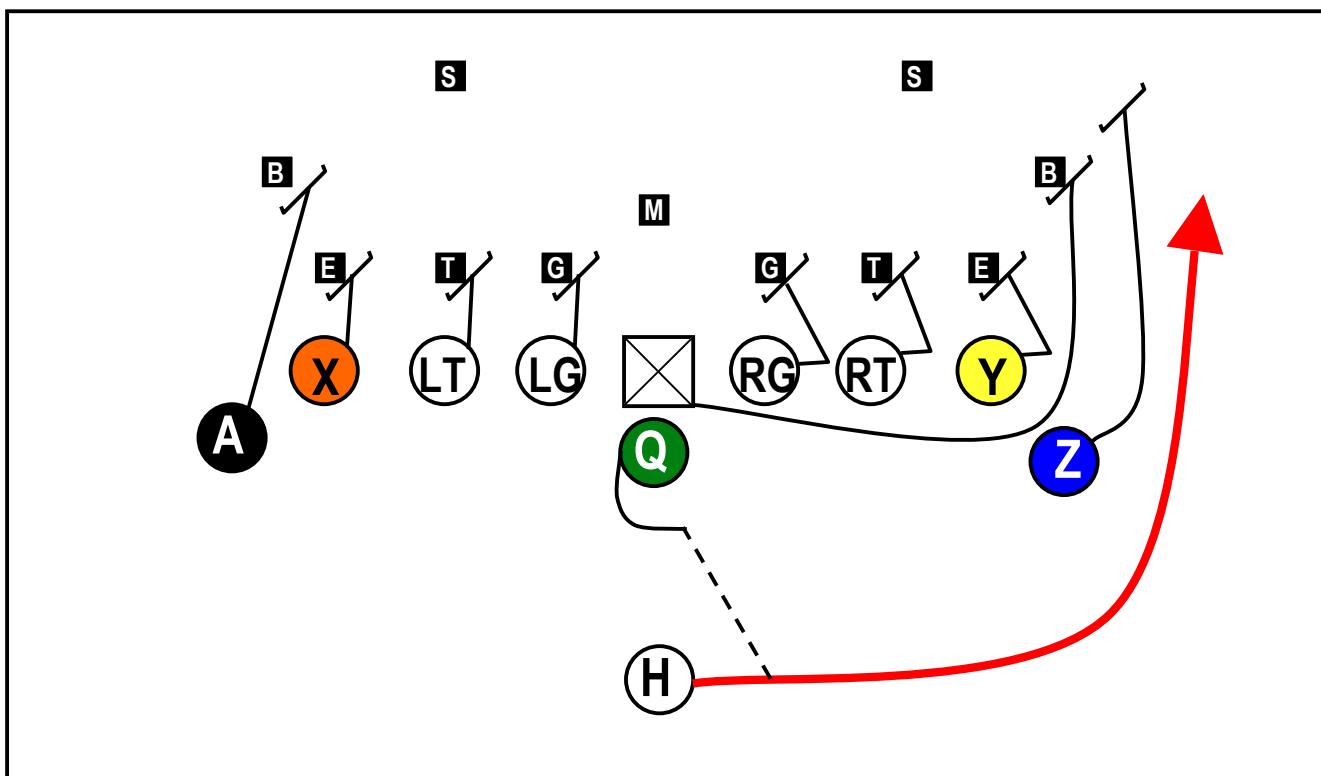


TAMPA = TOSS

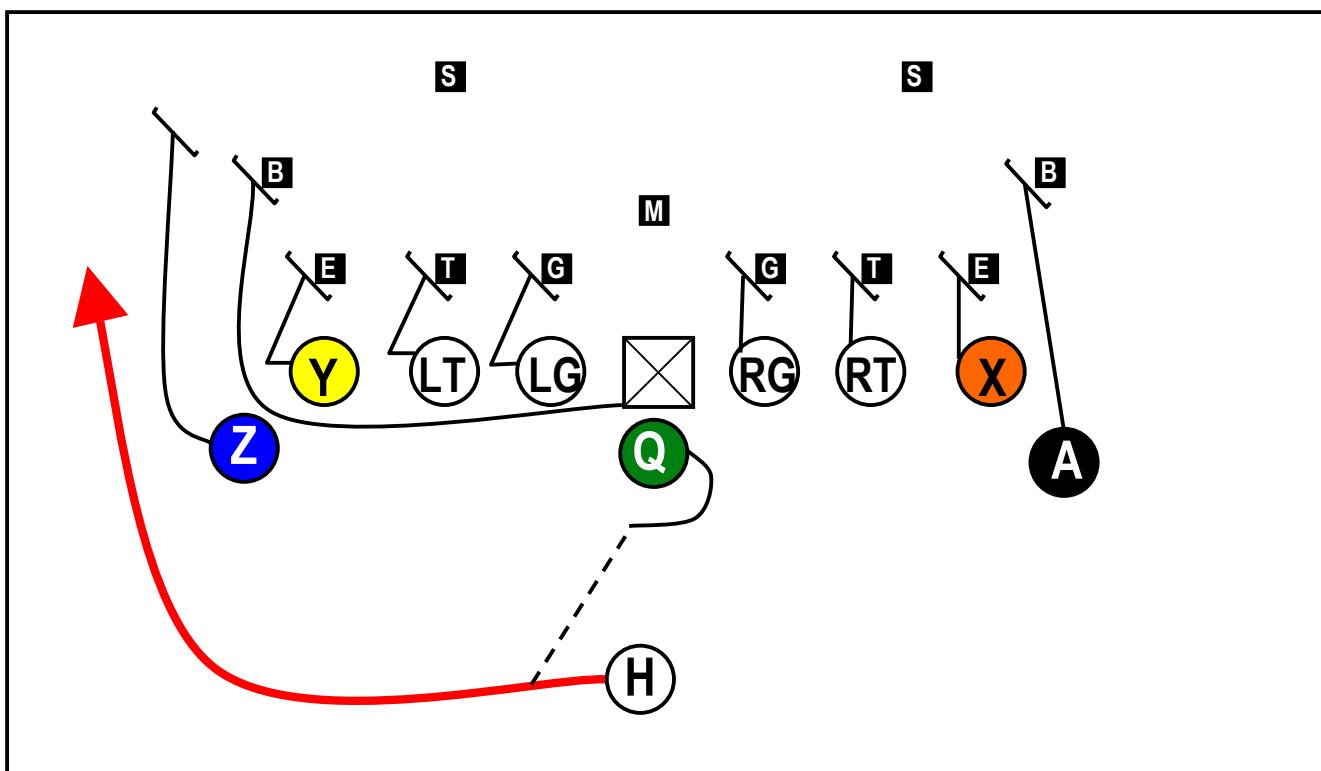


OFFENSIVE PLAYBOOK

Quads TYT 28 TAMPA



Quads TYT 27 TAMPA

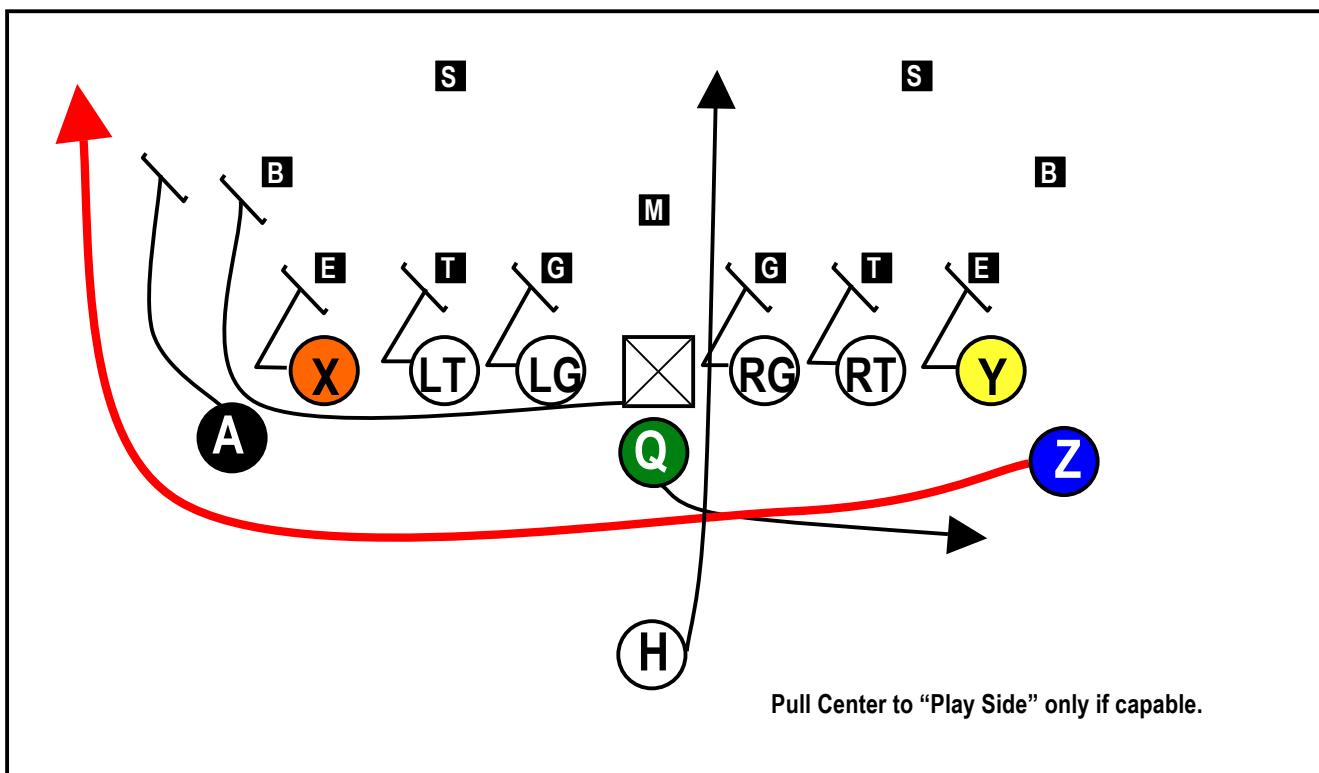


DENVER = Counter

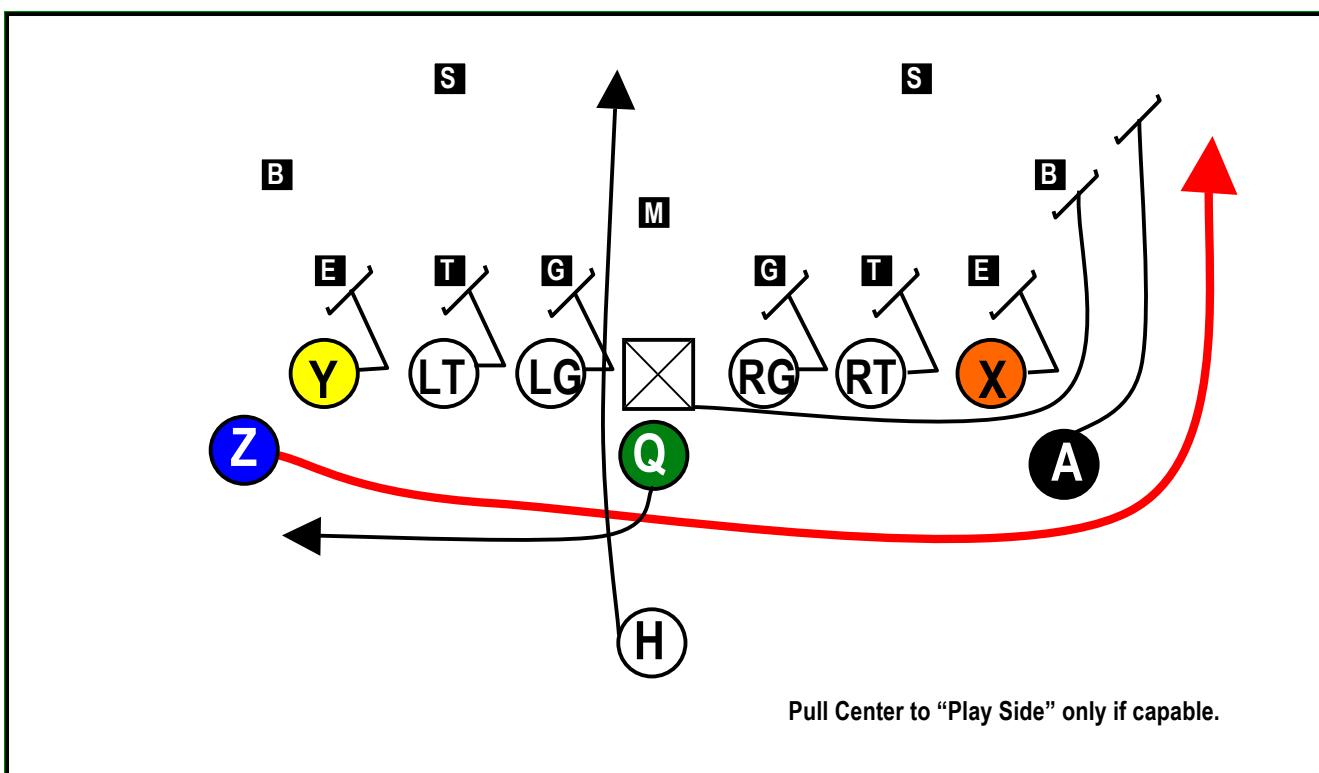


OFFENSIVE PLAYBOOK

Quads TYT 47 DENVER



Quads TYT 48 DENVER

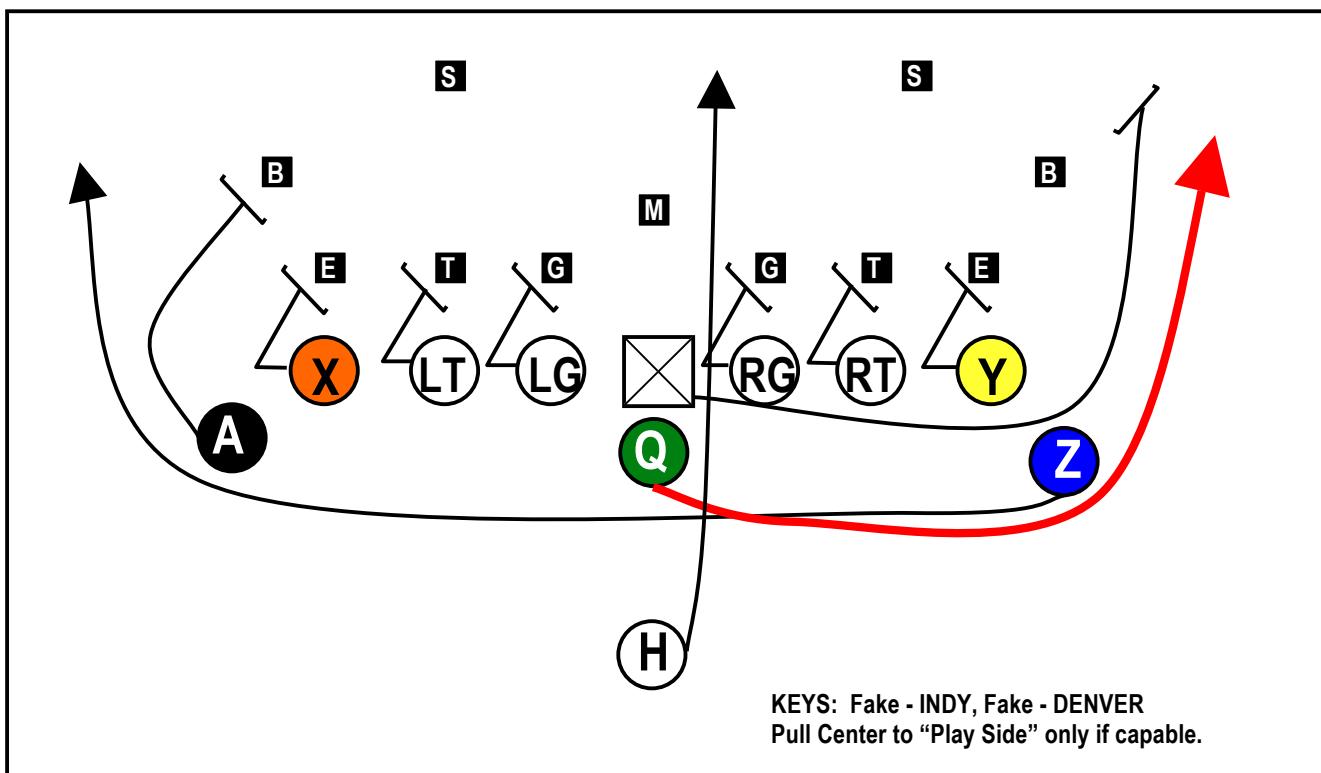


RIO = Naked

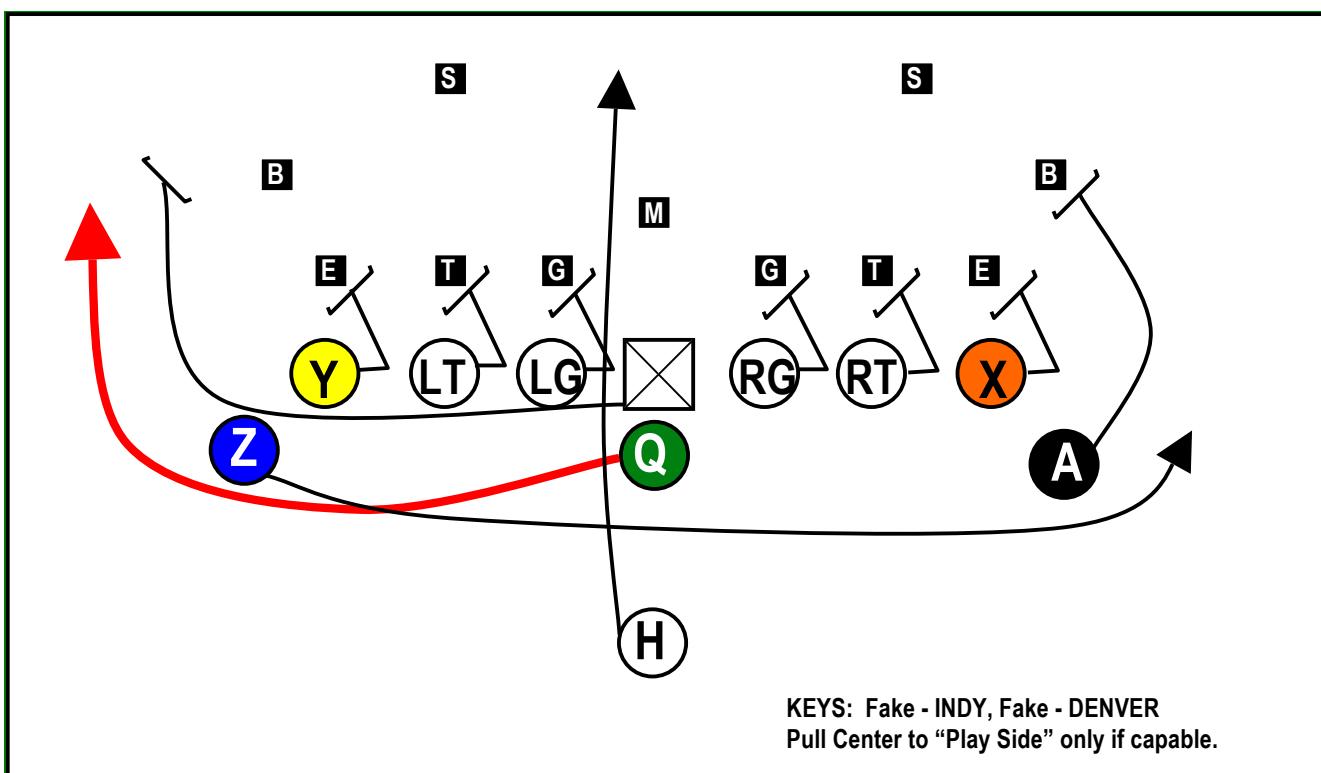


OFFENSIVE PLAYBOOK

Quads TYT 18 RIO



Quads TYT 17 RIO



Y TYT – Run Plays

WINDSOR = Wedge

CINCY = Sweep

DENVER = Counter

POP PASS

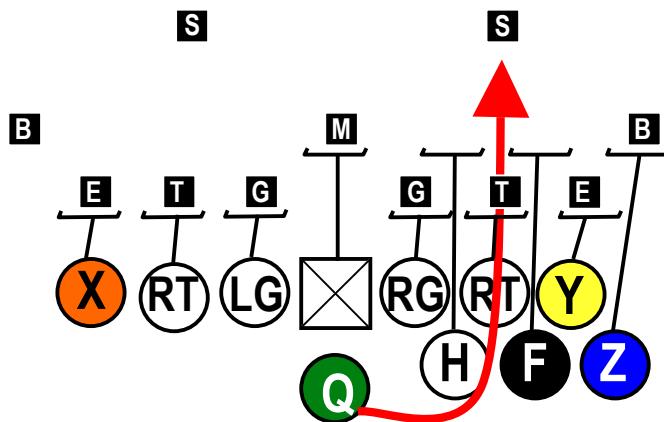


**WINDSOR =
Wedge**

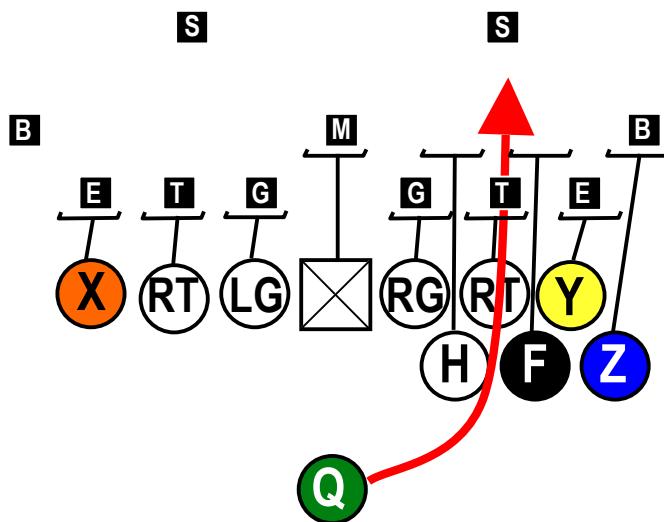


OFFENSIVE PLAYBOOK

Y TYT 14 WINDSOR



Y TYT 14 WINDSOR - Shot Gun

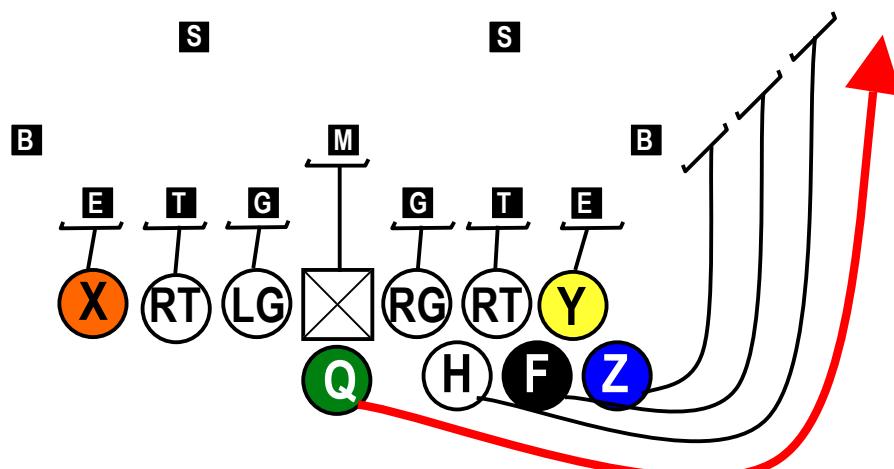


CINCY = Sweep

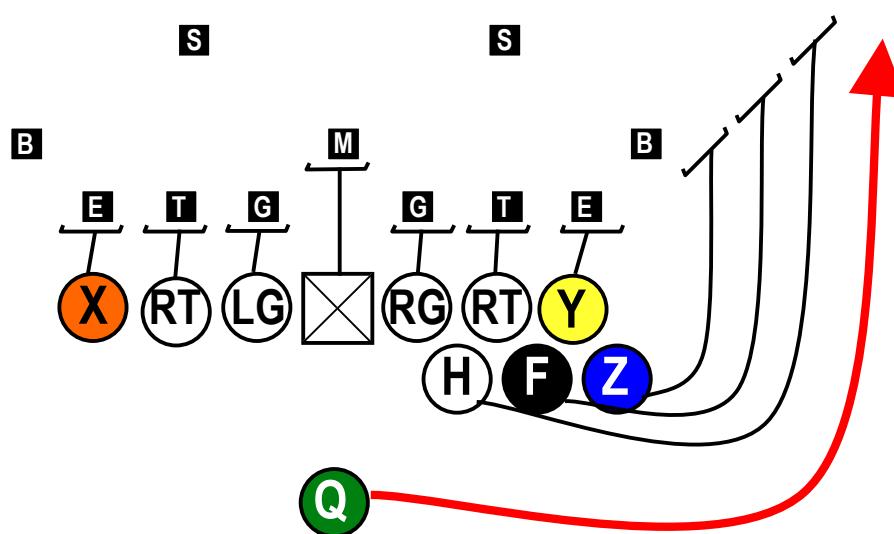


OFFENSIVE PLAYBOOK

Y TYT 18 CINCY



Y TYT 18 CINCY - Shot Gun

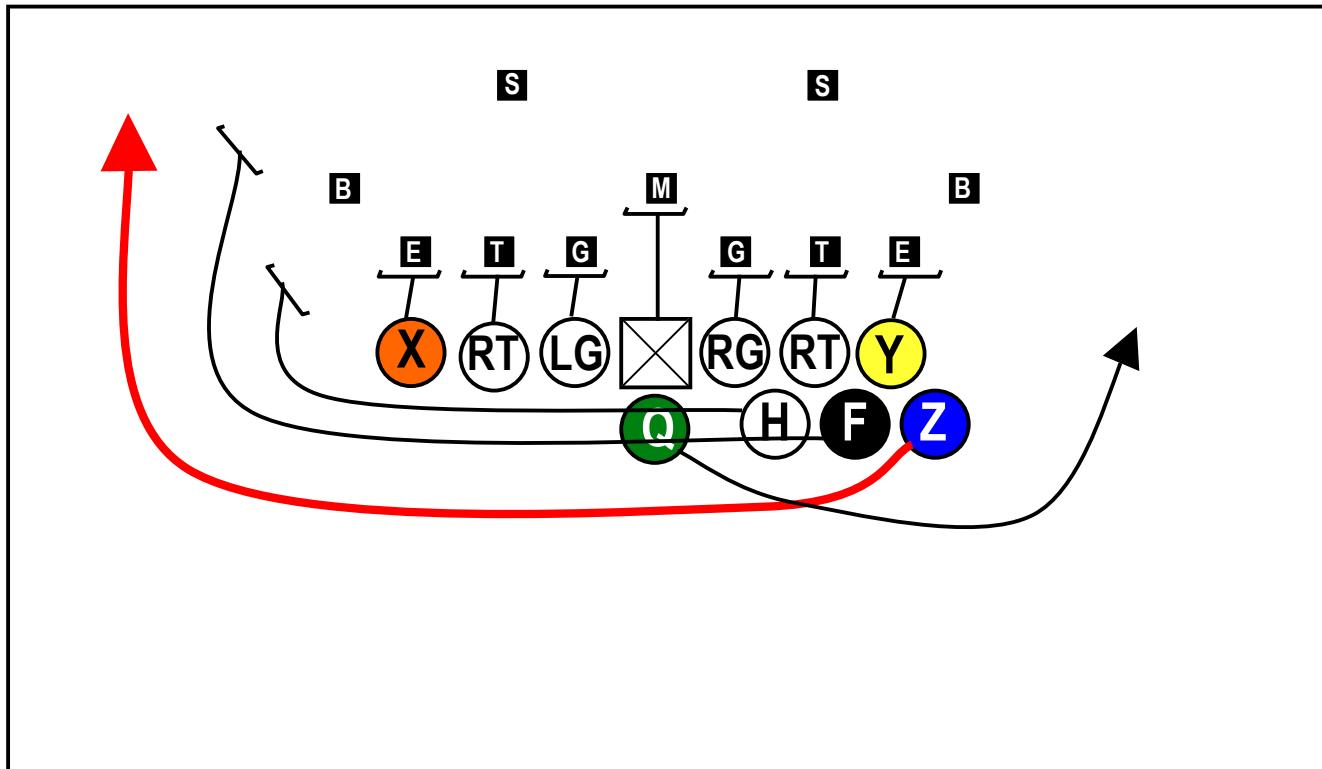


**DENVER =
Counter**



OFFENSIVE PLAYBOOK

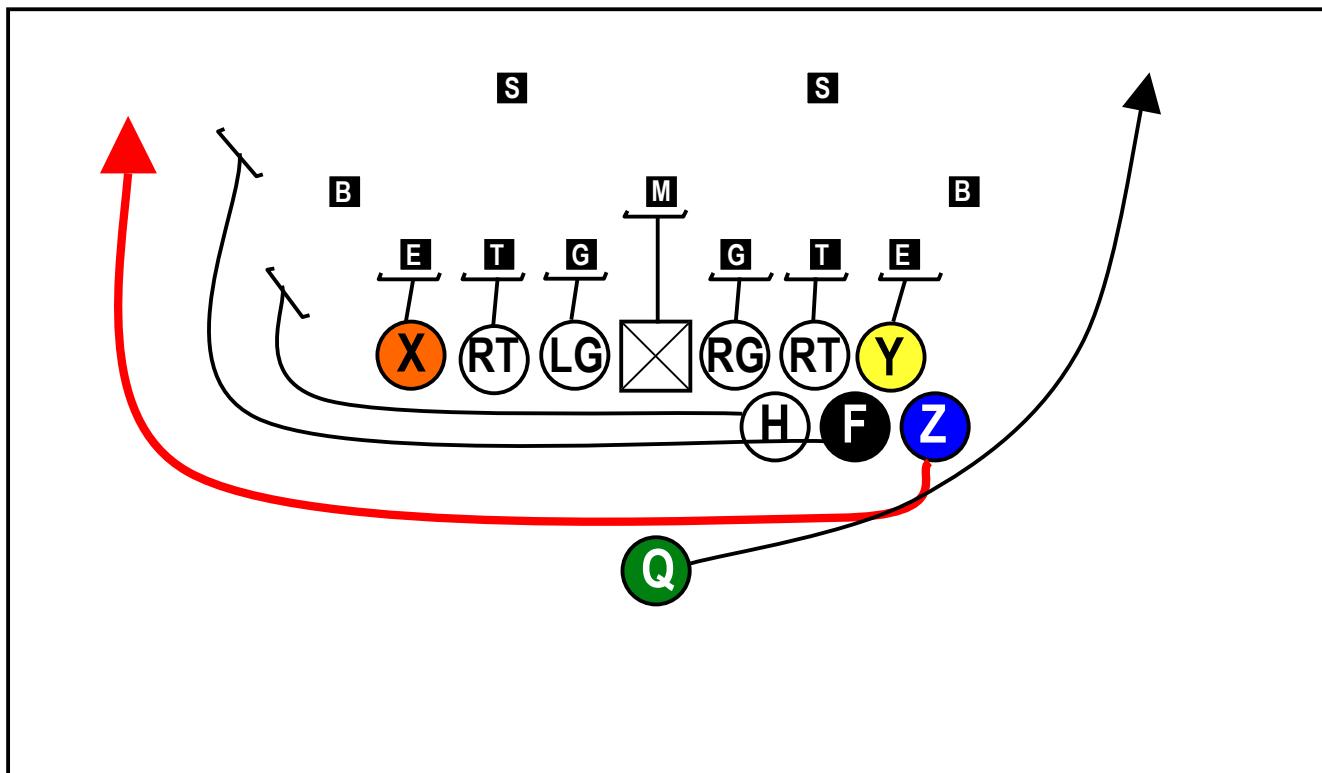
Y TYT 47 DENVER



Y TYT 47 DENVER - Shot Gun



OFFENSIVE PLAYBOOK

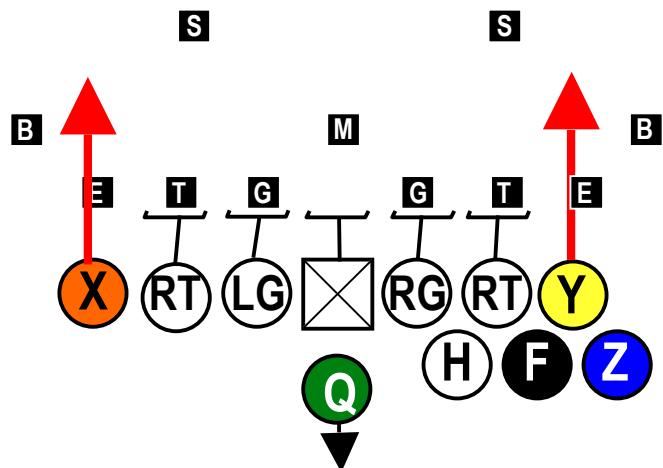


POP PASS

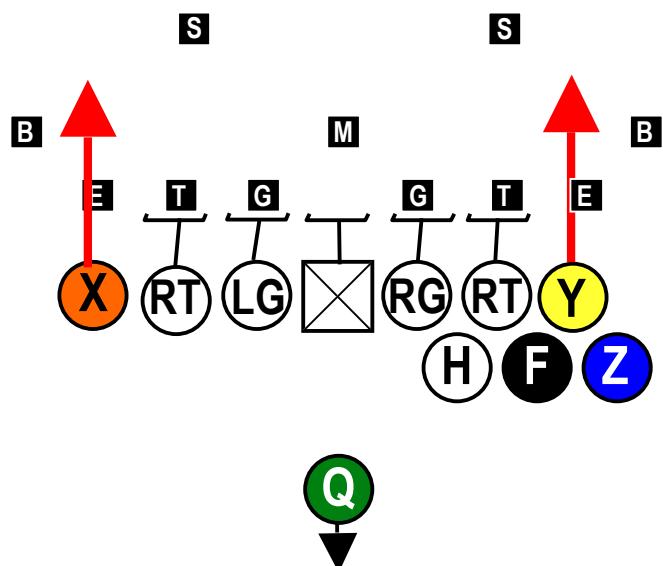
Y TYT POP PASS



OFFENSIVE PLAYBOOK



Y TYT POP PASS - Shot Gun



PASSING PLAYS

I. Passing Plays:

A. Quads TYT Formation Pass Plays:

1. BANDIT: Bubble
2. DROUGHT: Fade - Out
3. WAVE: Speed Out - Corner
4. FOG (Boot): Drag - Back Side Swing



Quads TYT - Pass Plays

BANDIT
DROUGHT
WAVE
FOG

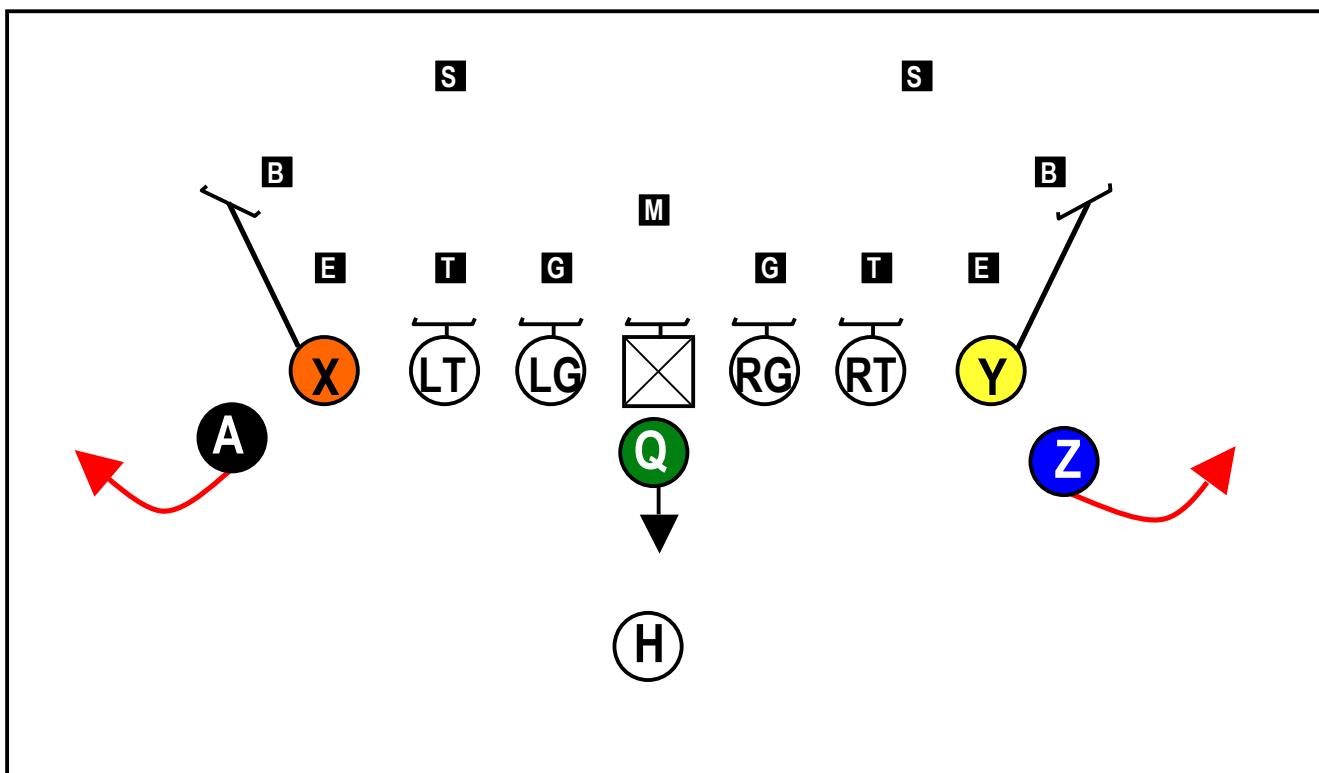


BANDIT = Bubble

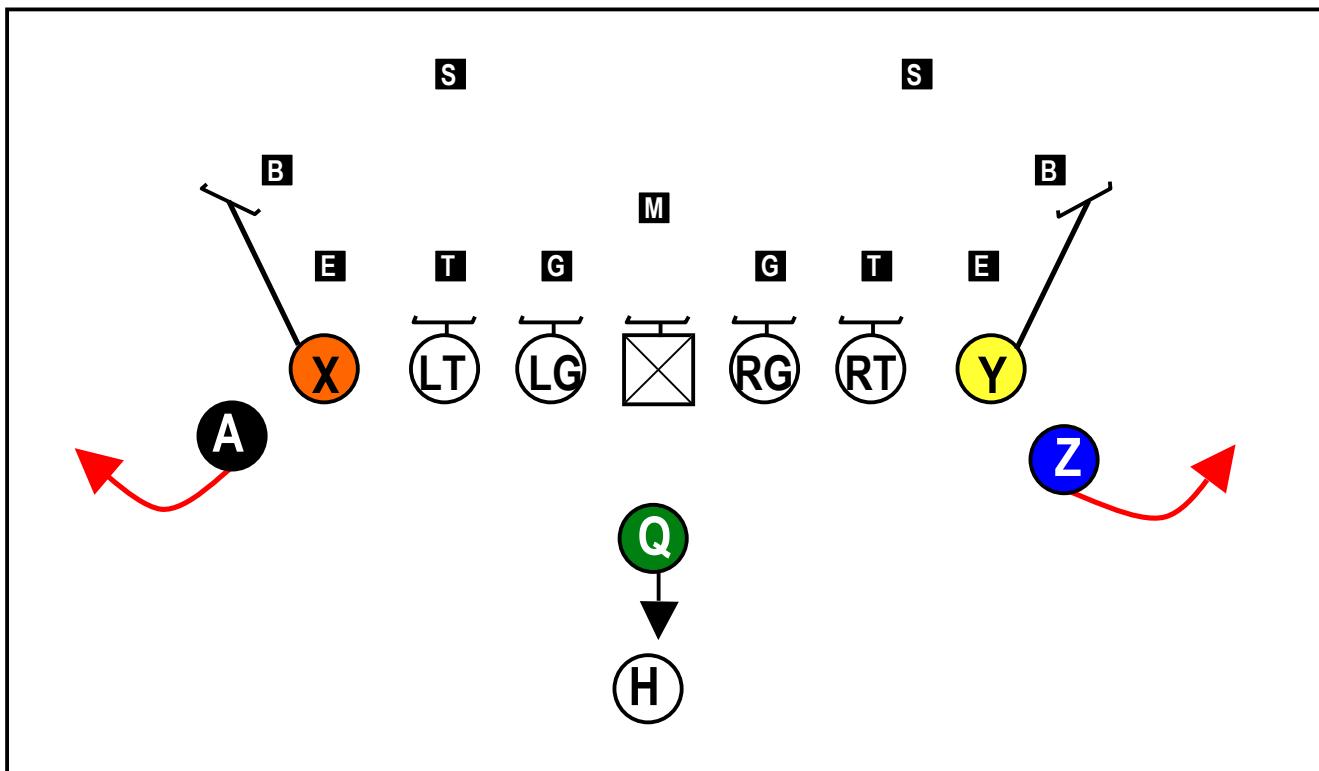


OFFENSIVE PLAYBOOK

Quads TYT BANDIT (Bubble)



Quads TYT BANDIT (Bubble) - Shot Gun

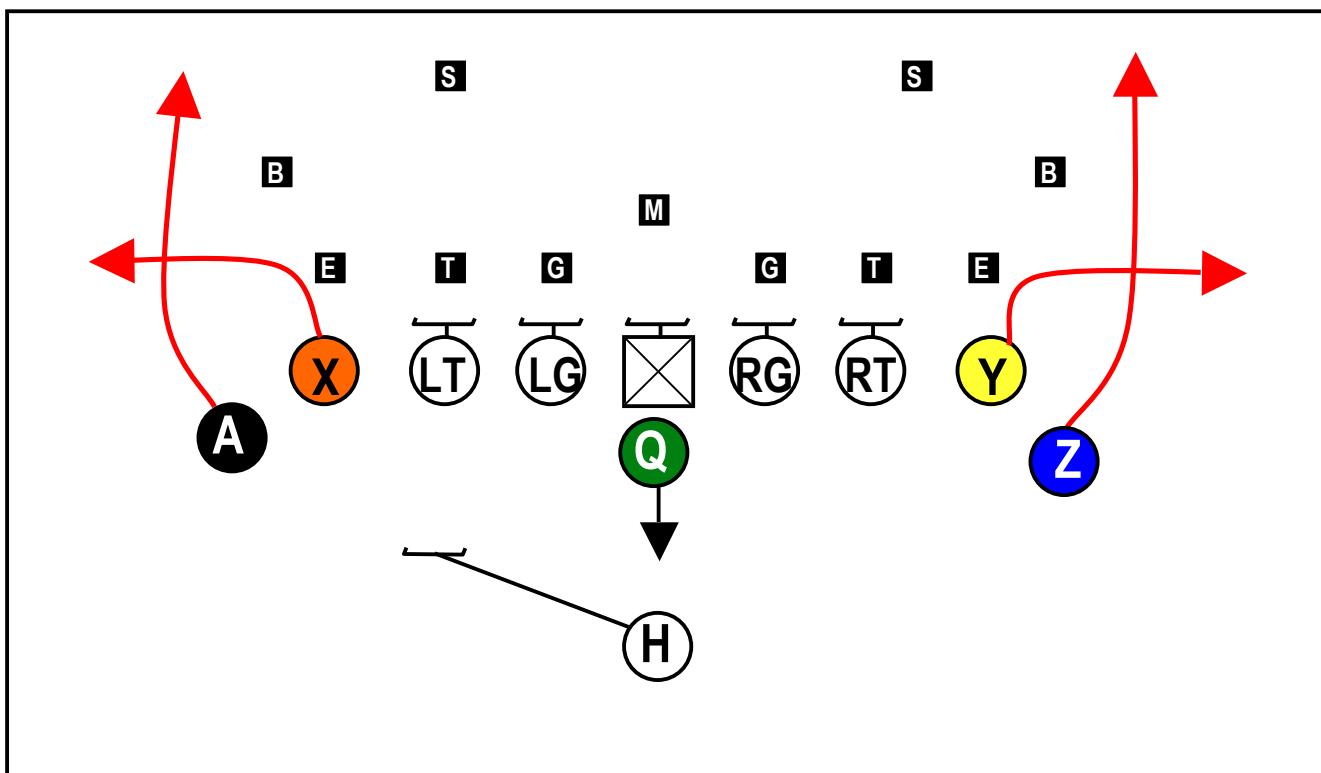


DROUGHT = Fade-Out

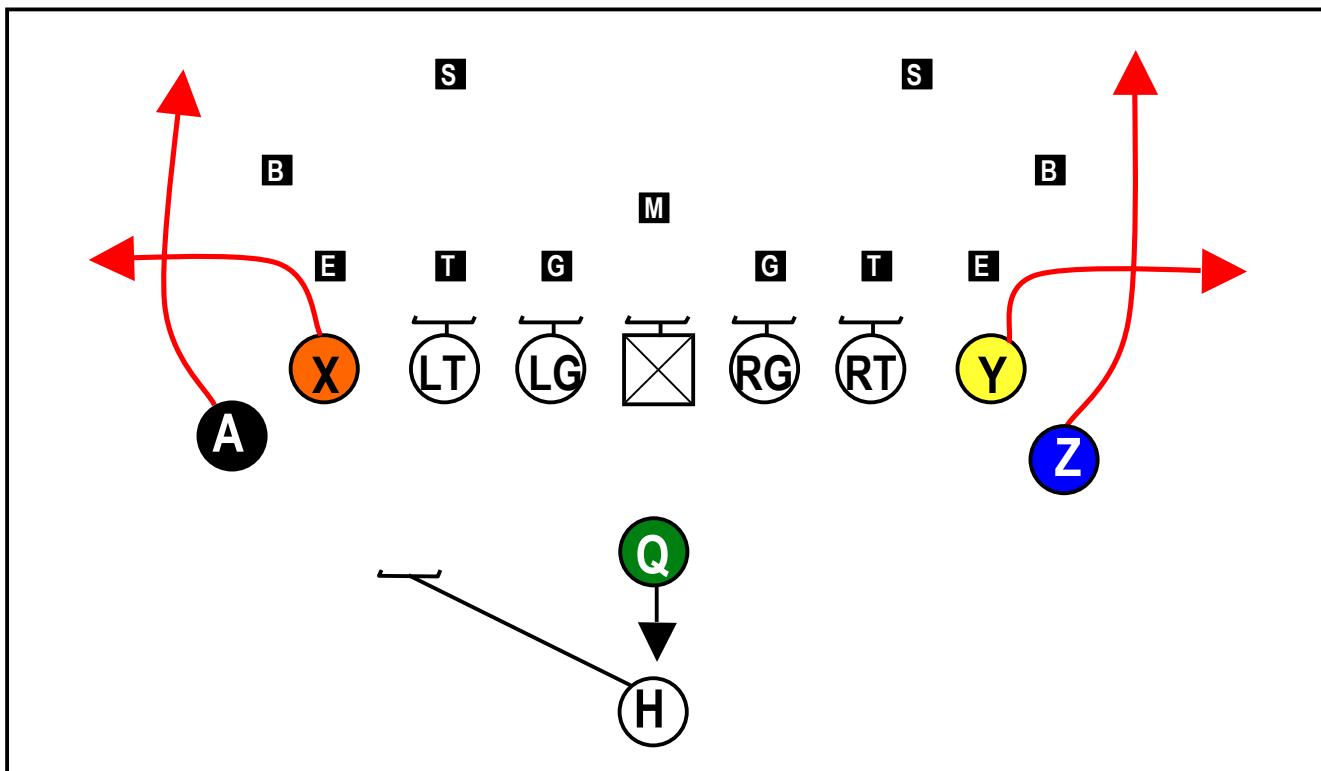


OFFENSIVE PLAYBOOK

Quads TYT DROUGHT (Fade - Out)



Quads TYT DROUGHT (Fade - Out) - Shot Gun

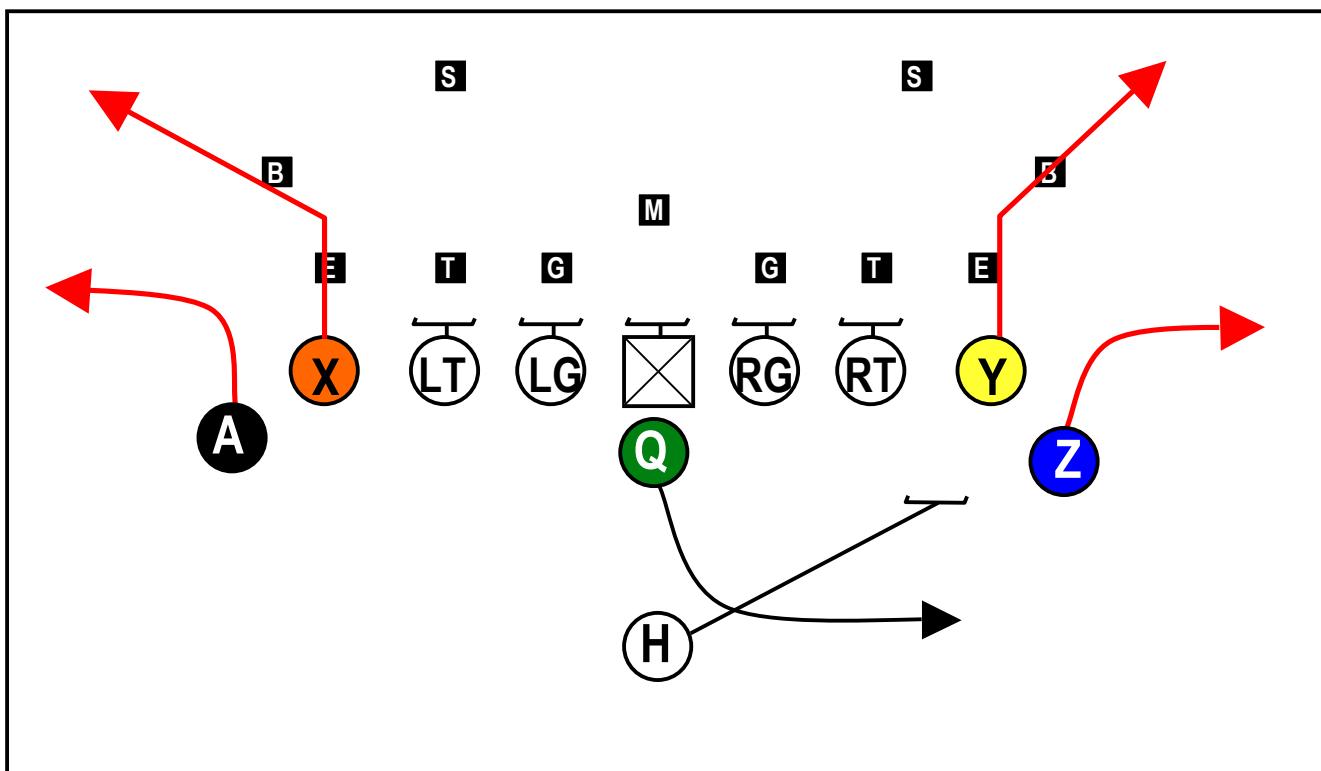


**WAVE = Speed Out-
Corner**

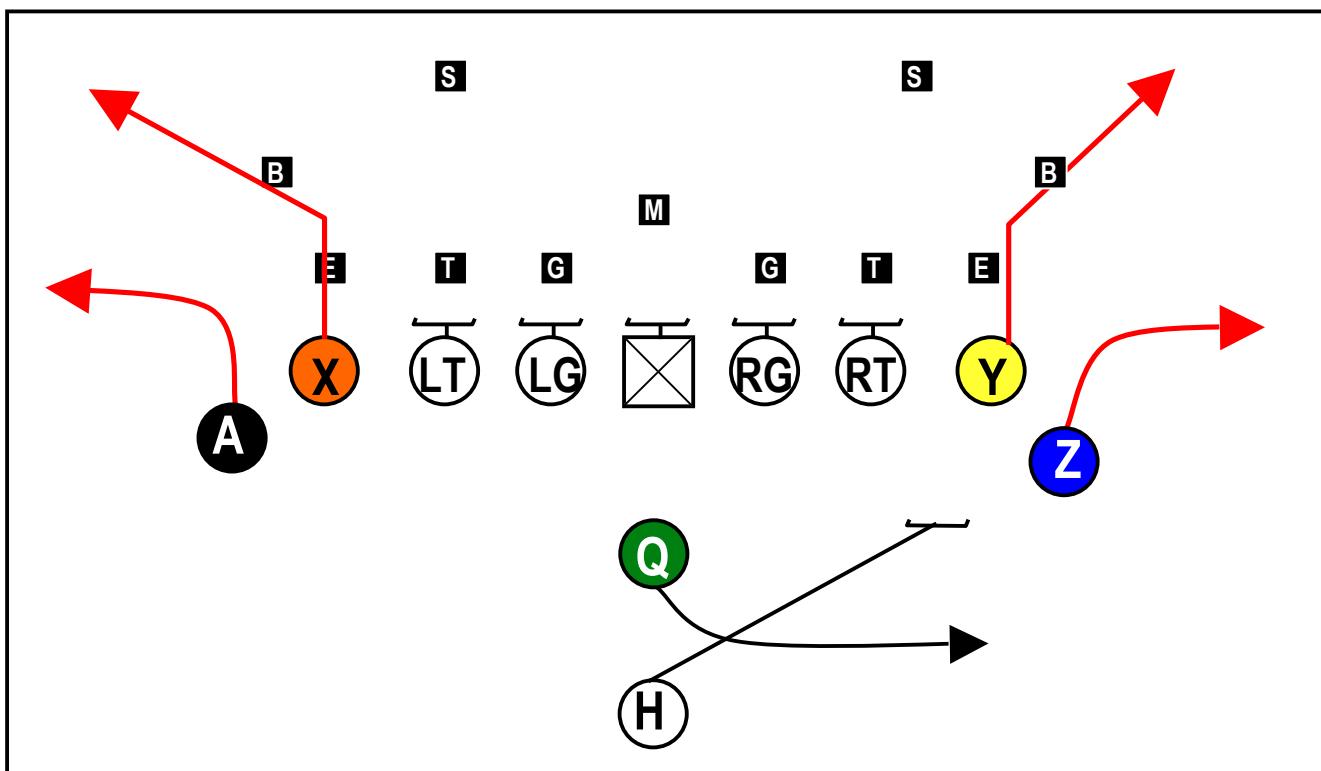


OFFENSIVE PLAYBOOK

Quads TYT WAVE (Speed Out - Corner)



Quads TYT WAVE (Speed Out - Corner) - Shot Gun

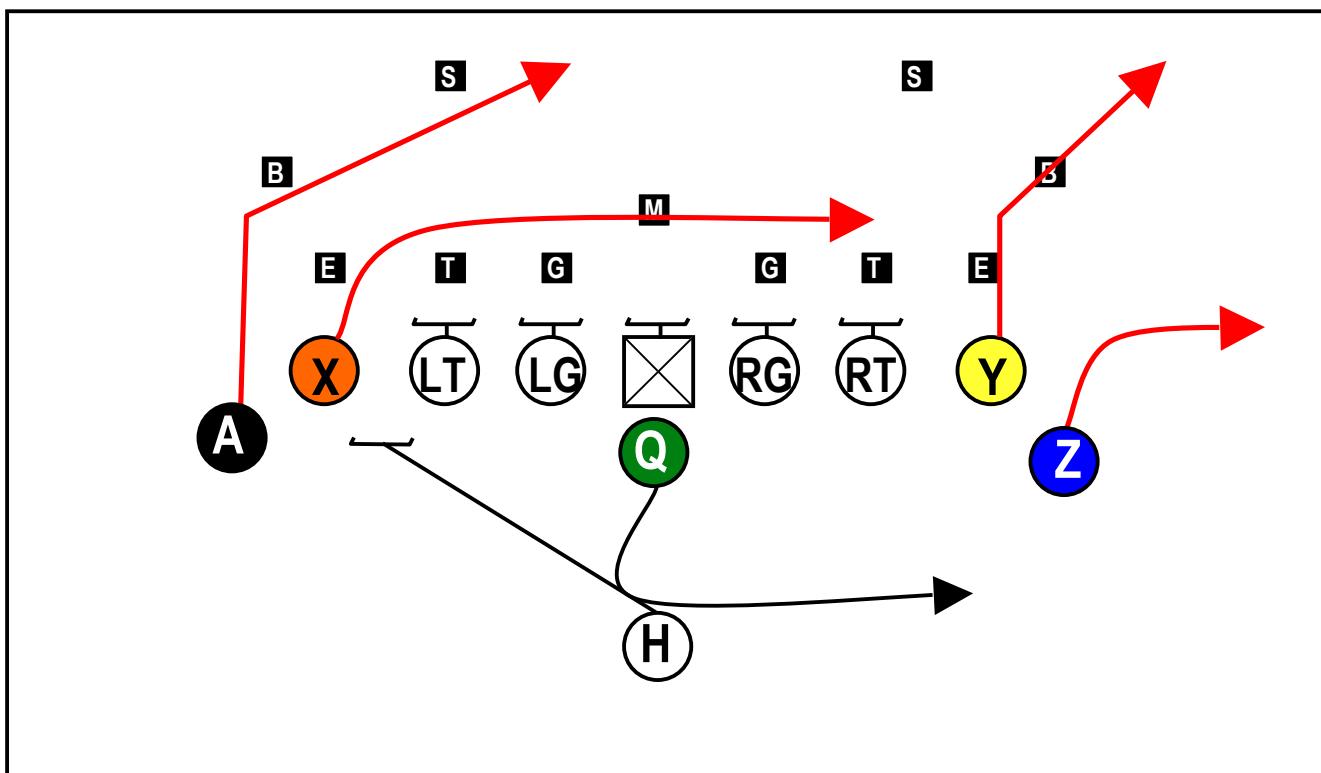


**FOG (Boot) = Drag - Back
Side Swing**

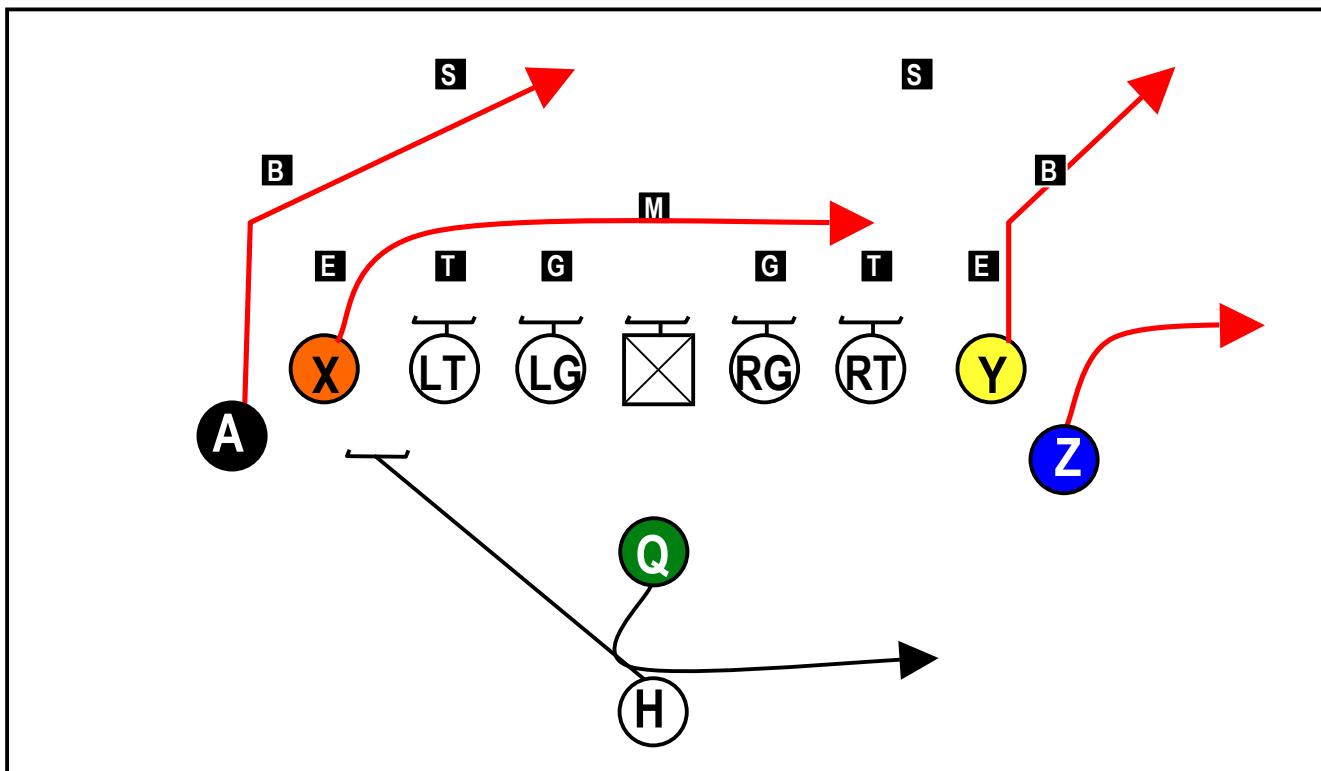


OFFENSIVE PLAYBOOK

Quads TYT FOG (Drag – Back Side Swing)



Quads TYT FOG (Drag - Back Side Swing) - Shot Gun





SPARTAN'S

YOUTH

FOOTBALL

6th Grade

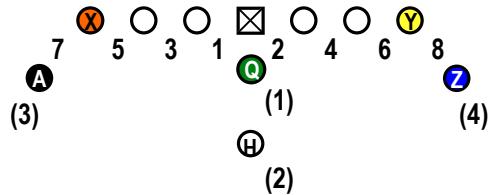
OFFENSIVE PLAYBOOK

OFFENSIVE PLAYBOOK

OFFENSIVE FACETS

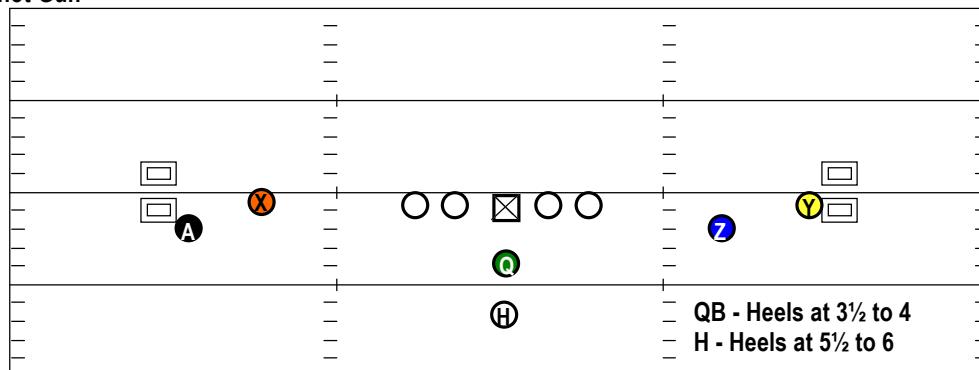
I. OFFENSIVE POSITIONS & HOLE NUMBERING:

A. Position Identification & Hole Numbering

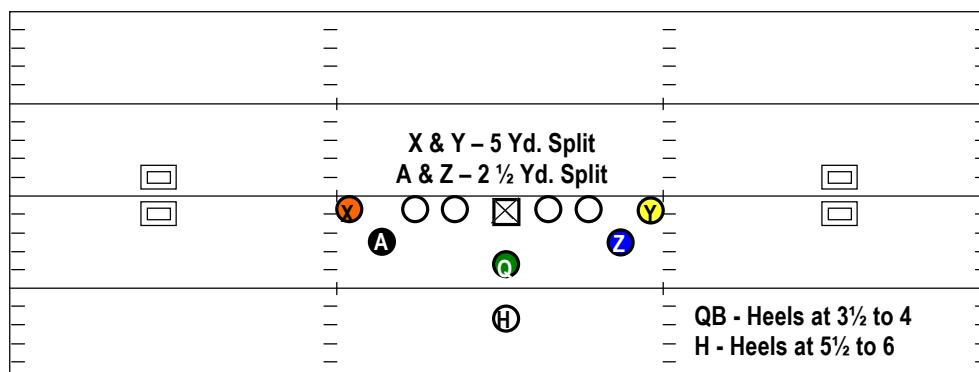


II. OFFENSIVE FORMATIONS:

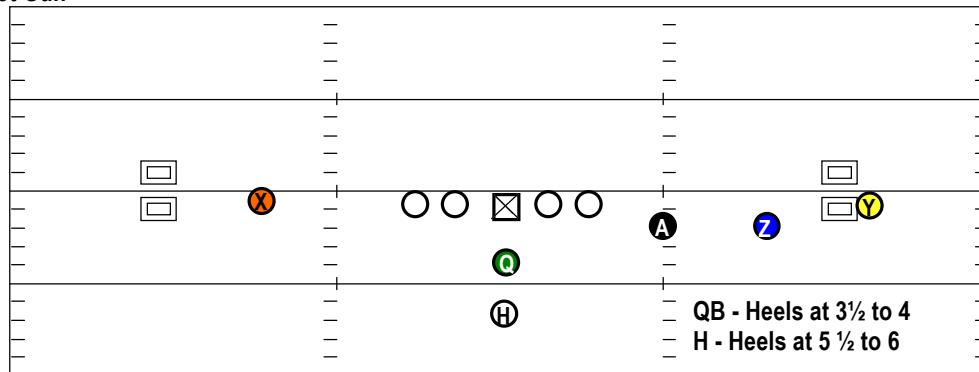
A. Quads - Shot Gun



B. Quads TYT - Shot Gun



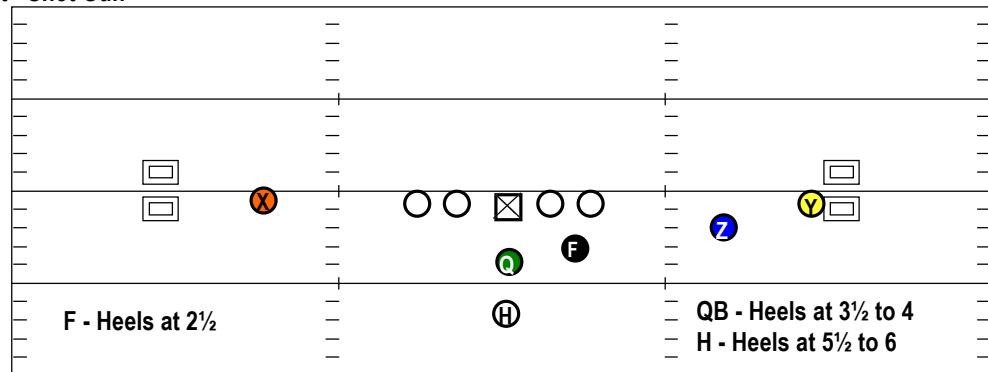
C. Trips - Shot Gun



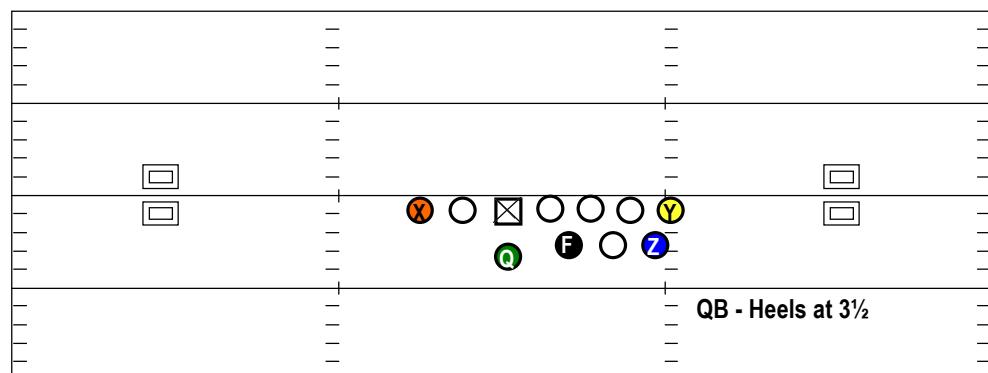
OFFENSIVE PLAYBOOK

OFFENSIVE FORMATIONS: Continued

D. King Right - Shot Gun



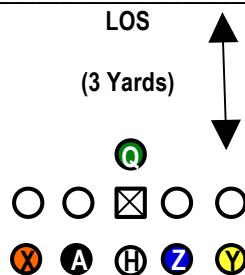
E. Y TYT - Shot Gun



III. PLAY CALLING SYSTEM:

A. Huddle Formation:

1. Center always sets the Huddle 3 yards from the ball.
2. Be in a positon 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 be 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



OFFENSIVE PLAYBOOK

- 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

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 carries 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 $3 \frac{1}{2}$ - 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!



OFFENSIVE PLAYBOOK

III. Receivers:

- A. Must NEVER be off-sides! WATCH THE BALL to be SNAPPED!
- B. **Stance & Alignment (WR)**
 - 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.



OFFENSIVE PLAYBOOK

IV. Linemen:

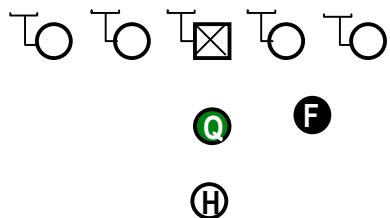
- A. **MOST IMPORTANT POSITIONS ON THE “FIELD”**
- B. **Must Remember “Snap Count & Play Called”**
- C. **Offensive Linemen Philosophy:**
 - 1. Toughness mentally and physically
 - 2. Intelligence
 - 3. Work ethic
 - 4. Team player work as a unit
 - 5. Great feet and balance – will re-direct his feet 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”)
- 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.



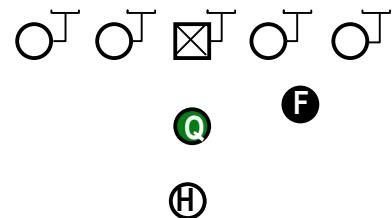
OFFENSIVE PLAYBOOK

BLOCKING

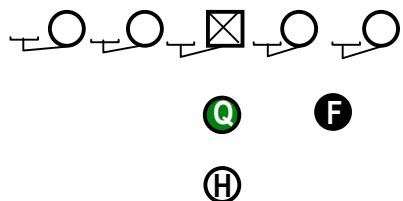
Liz



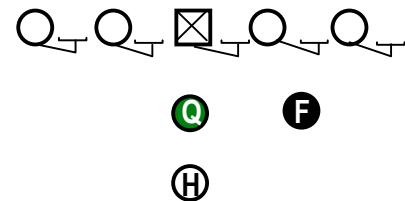
Rip



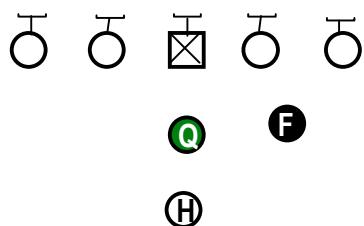
Slide Protect - Liz



Slide Protect - Rip



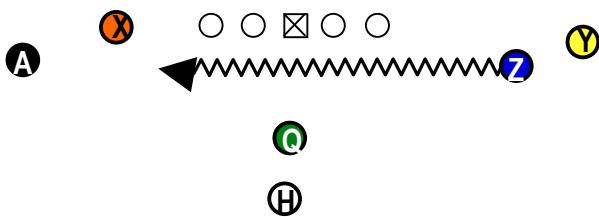
MOM



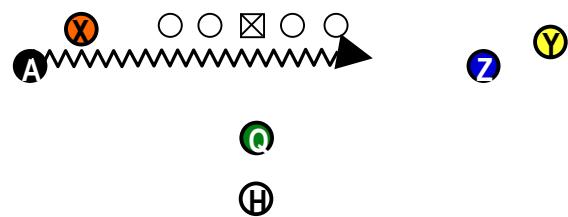
OFFENSIVE PLAYBOOK

MOTIONS

Zac



Ax



Running Plays



OFFENSIVE PLAYBOOK

RUNNING PLAY LIST

I. Run Plays:

Play Name:	Common Name:	Formation(s):	Blocking:
1. INDY:	IZ – Inside Zone	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
2. DIEGO:	Iso	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
3. VEGAS:	Trap	Quads, Quads TYT & Trips	Zone Step to Play Side w/BST Pull
4. DENVER:	Counter	Quads, Quads TYT, King & Trips	Zone Step Away Play Side w/BST Pull
5. LINCOLN:	Option	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
6. TAMPA:	Toss	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
7. JERSEY:	Jet Sweep	Quads TYT	Rip or Liz Zone Step or MOM

GOAL LINE – SHORT YARDAGE PLAY LIST

II. Goal Line & Short Yardage Plays:

A. Running Plays:

Play Name:	Common Name:	Formation:	Blocking:
1. WINDSOR	Wedge	Y TYT	Wedge Block and Drive
2. CINCY	Sweep	Y TYT	Wedge Block and Drive
3. DENVER	Counter	Y TYT	Zone Step Away Play Side, Stay Square, Drive

B. Passing Plays:

Play Name:	Common Name:	Formation:	Blocking:
1. POP PASS		Y TYT	MOM – Man on Man
2. SLIDE	Slant-Arrow	Y TYT	MOM – Man on Man



OFFENSIVE PLAYBOOK

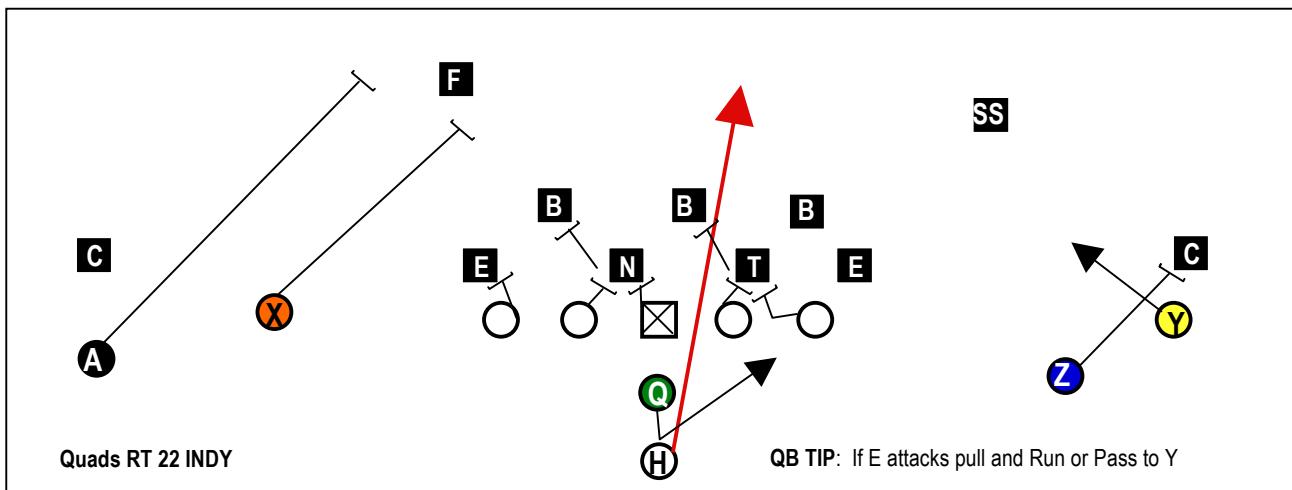
INDY

Quads, Quads TYT,
King & Trips

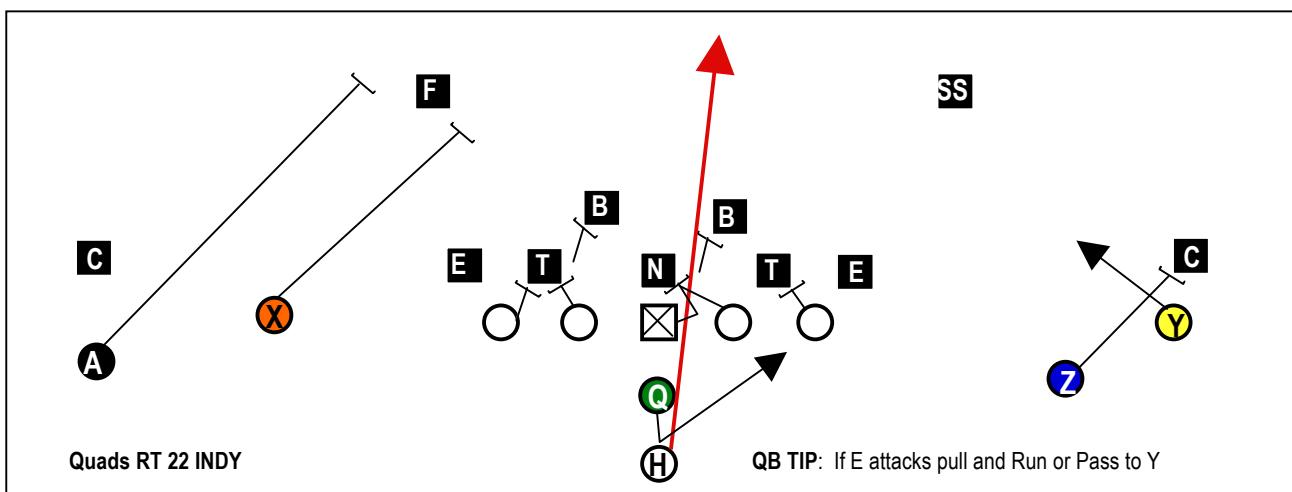


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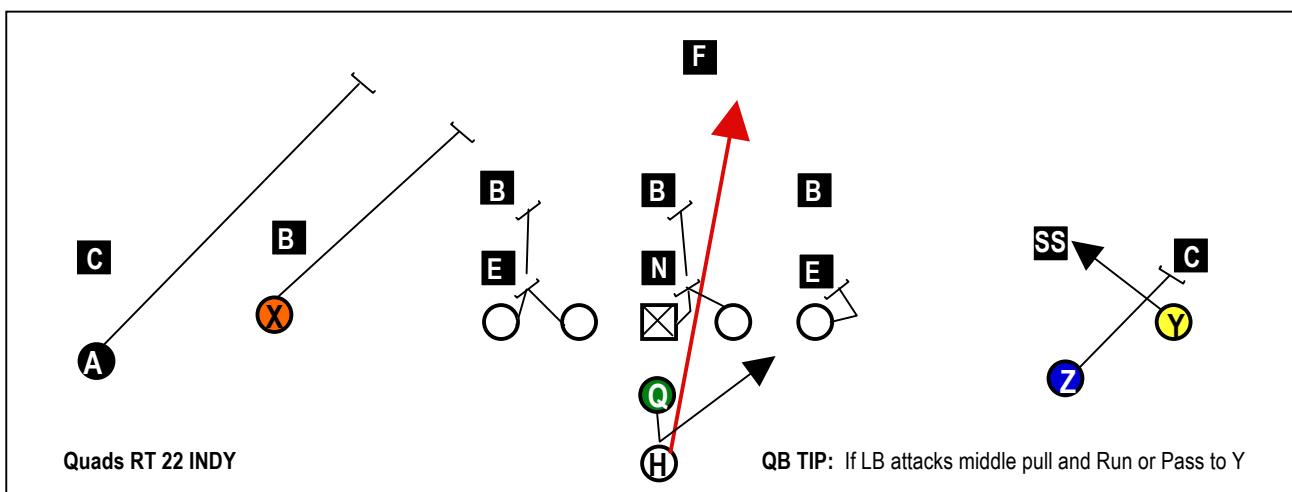
Quads 21 – 22 INDY (IZ) 4-3 Front



5-2 Front



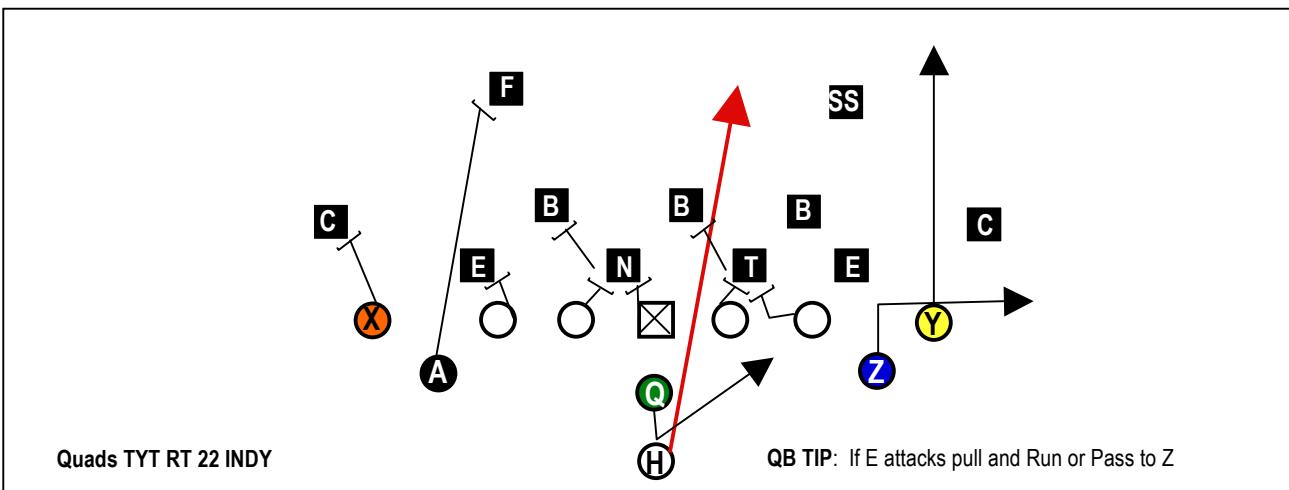
3-3 Front



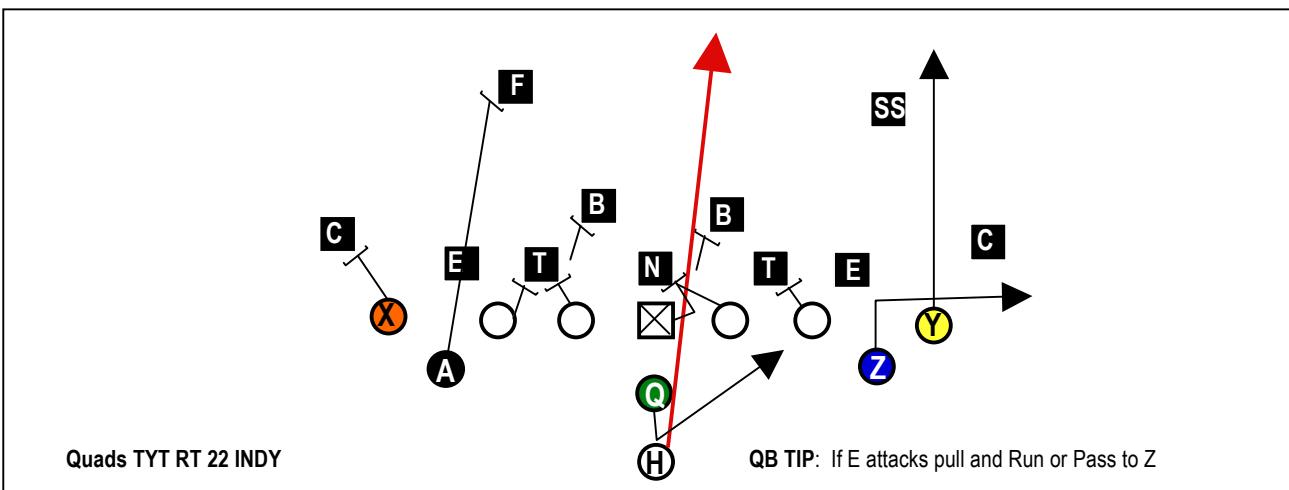
OFFENSIVE PLAYBOOK

Quads TYT 21 – 22 INDY (IZ)

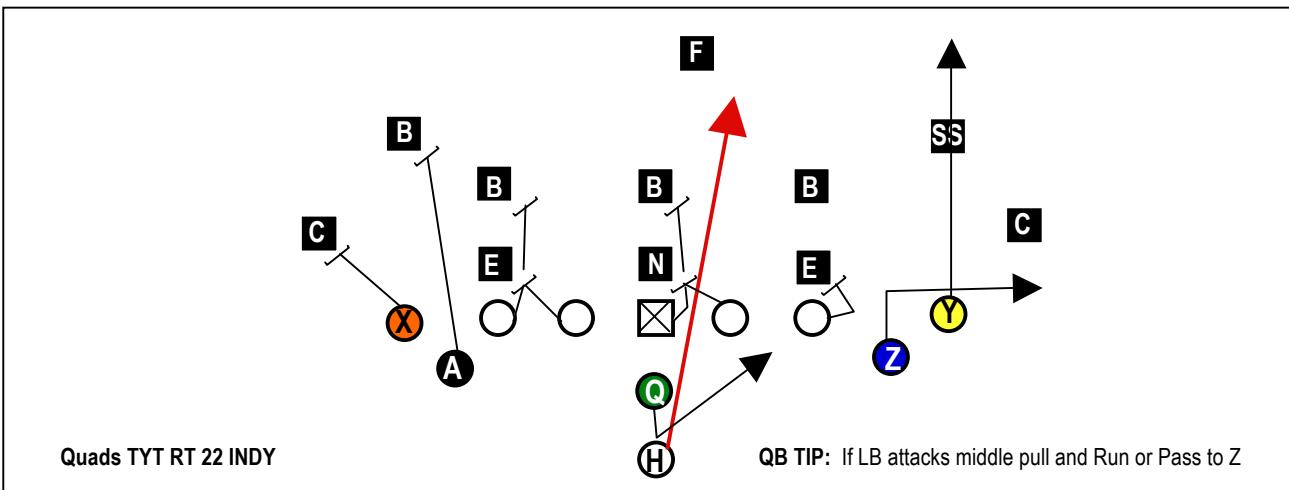
4-3 Front



5-2 Front



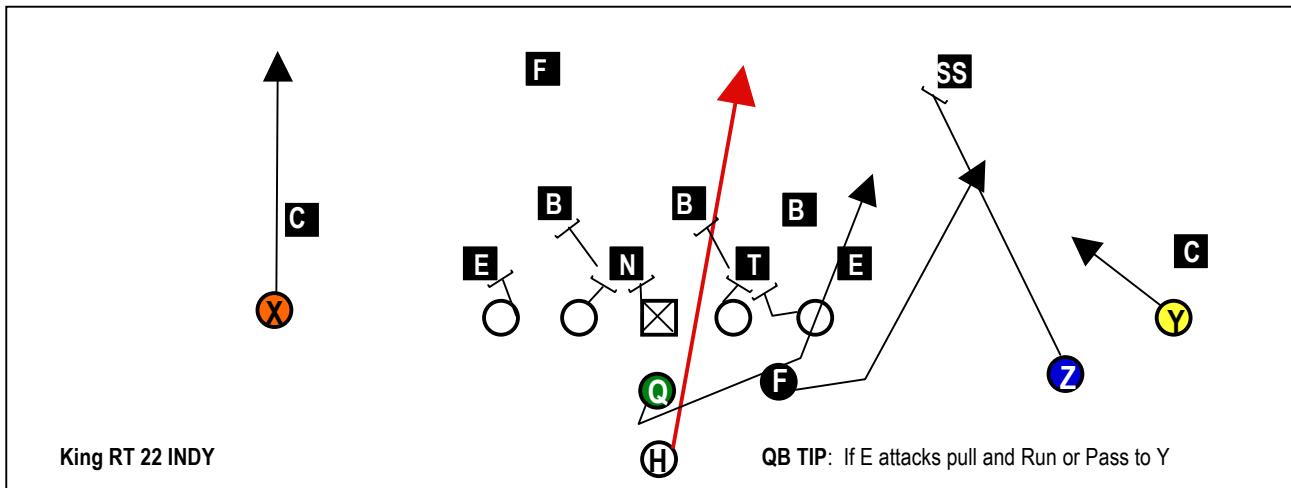
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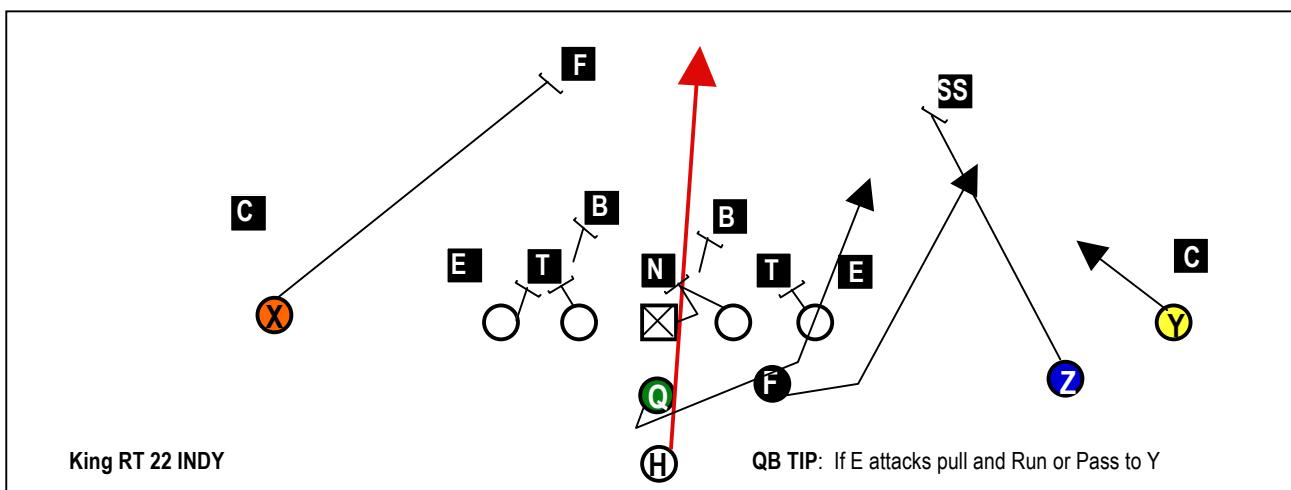
OFFENSIVE PLAYBOOK

King 21 – 22 INDY (IZ)

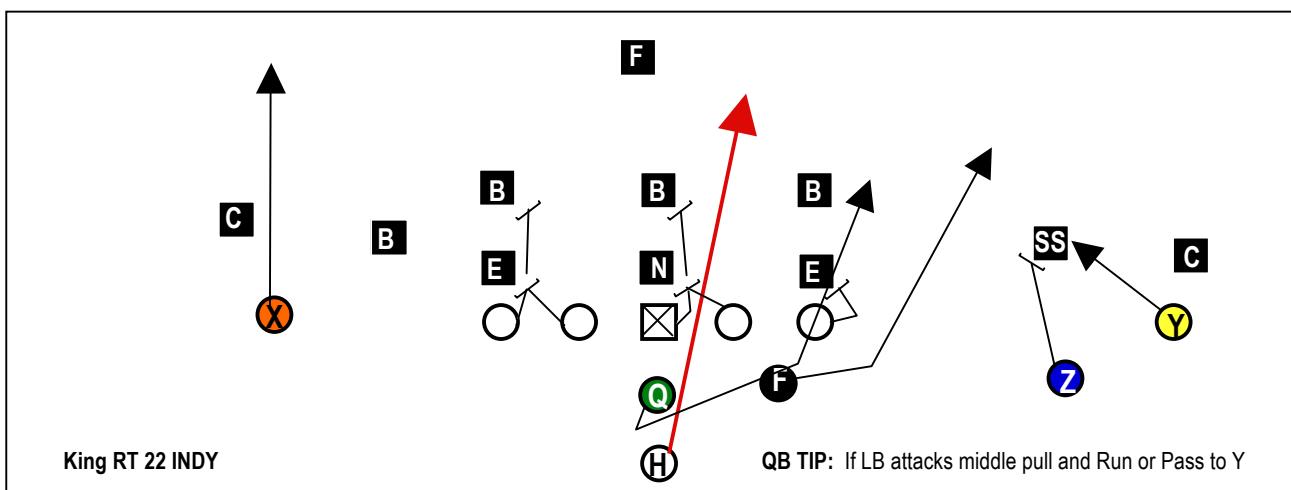
4-3 Front



5-2 Front

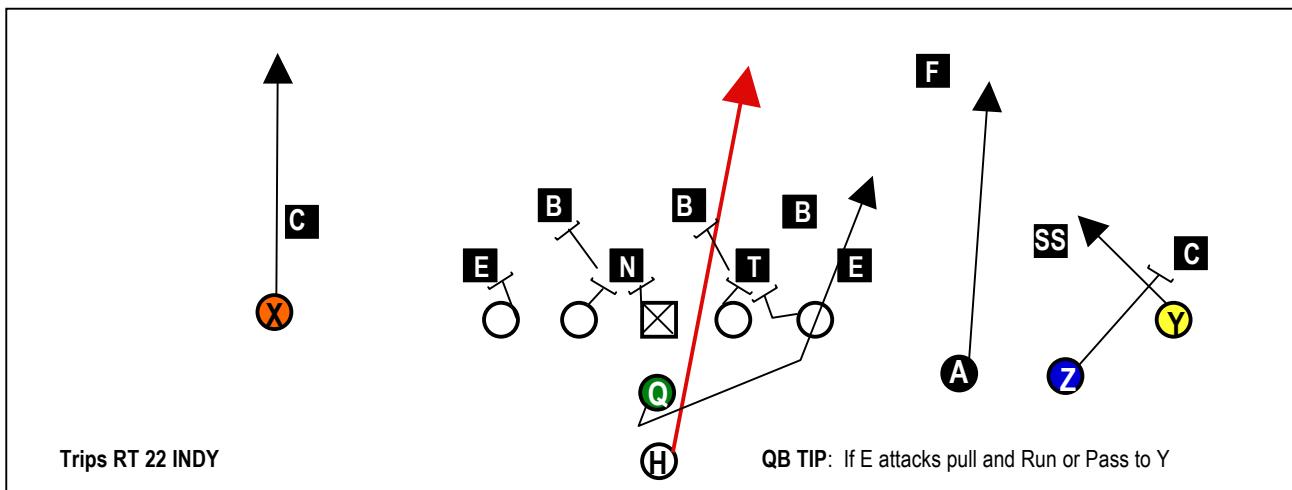


3-3 Front

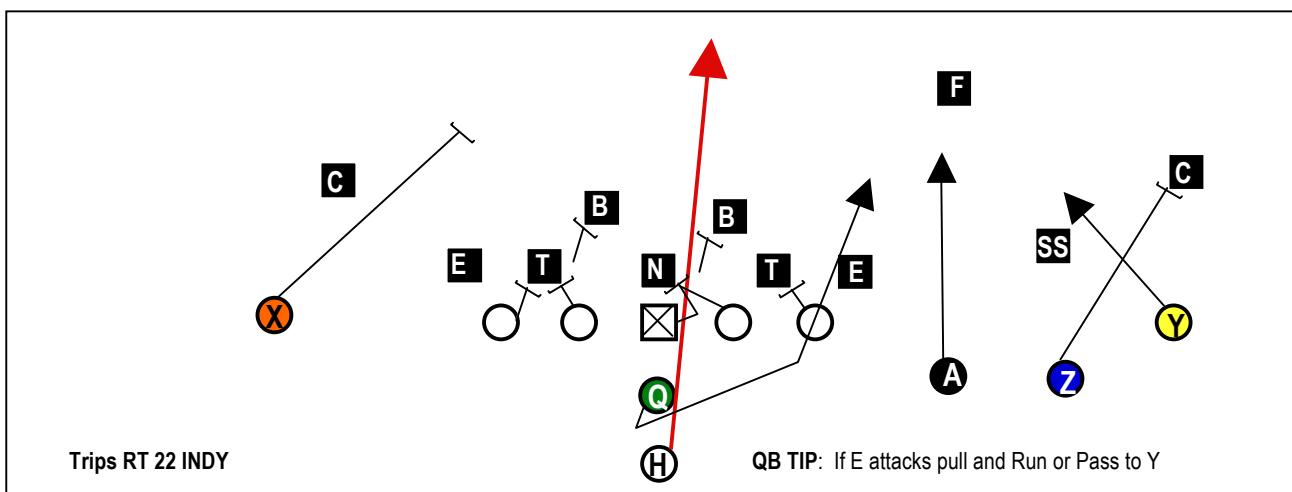


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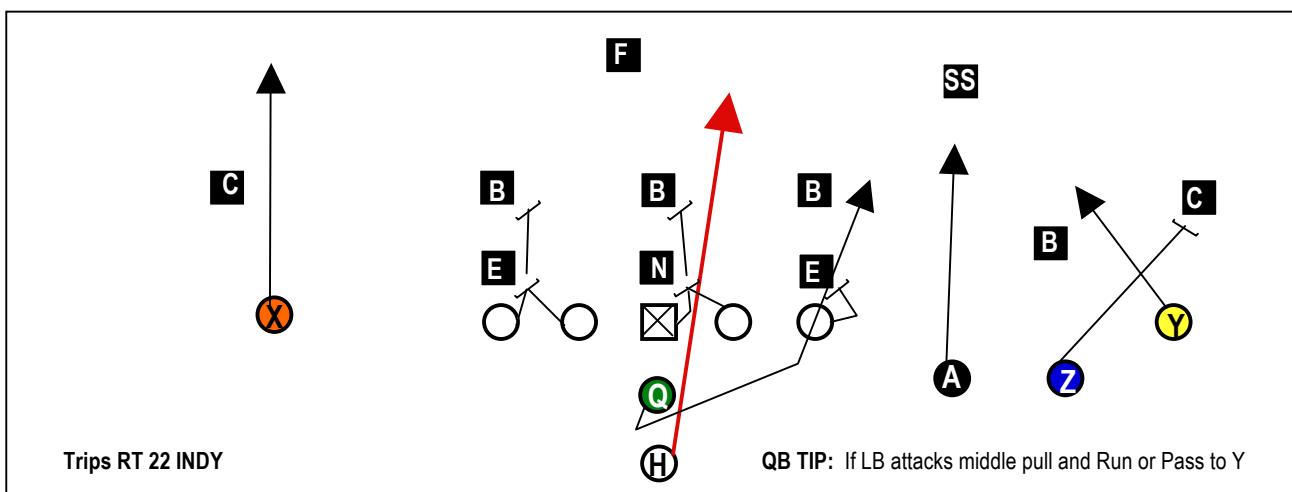
Trips 21 – 22 INDY (IZ) 4-3 Front



5-2 Front



3-3 Front



DIEGO

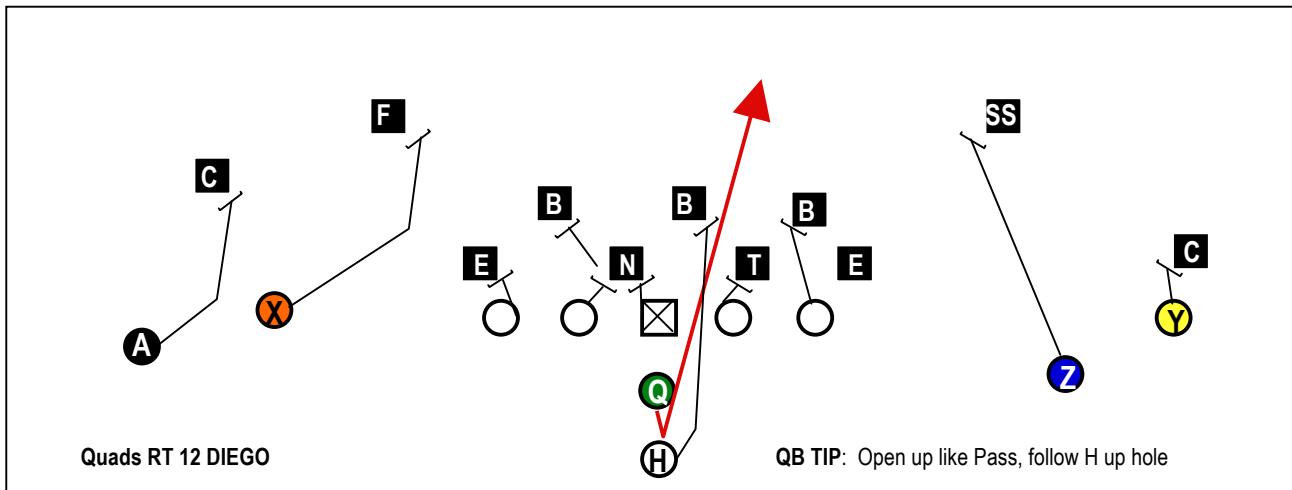
Quads, Quads TYT,
King & Trips



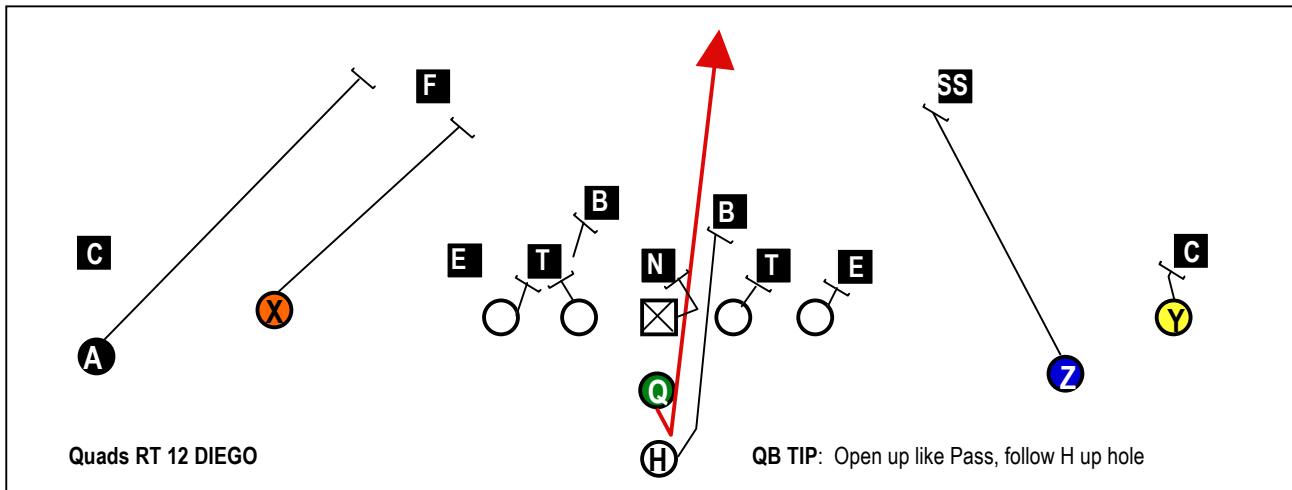
OFFENSIVE PLAYBOOK

Quads 11 – 12 DIEGO (ISO)

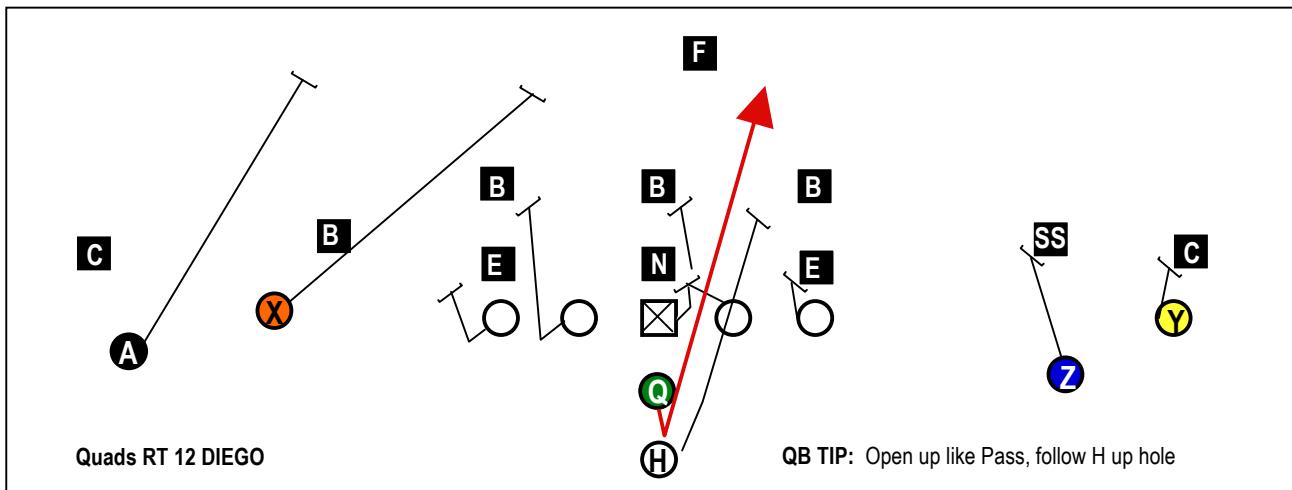
4-3 Front



5-2 Front



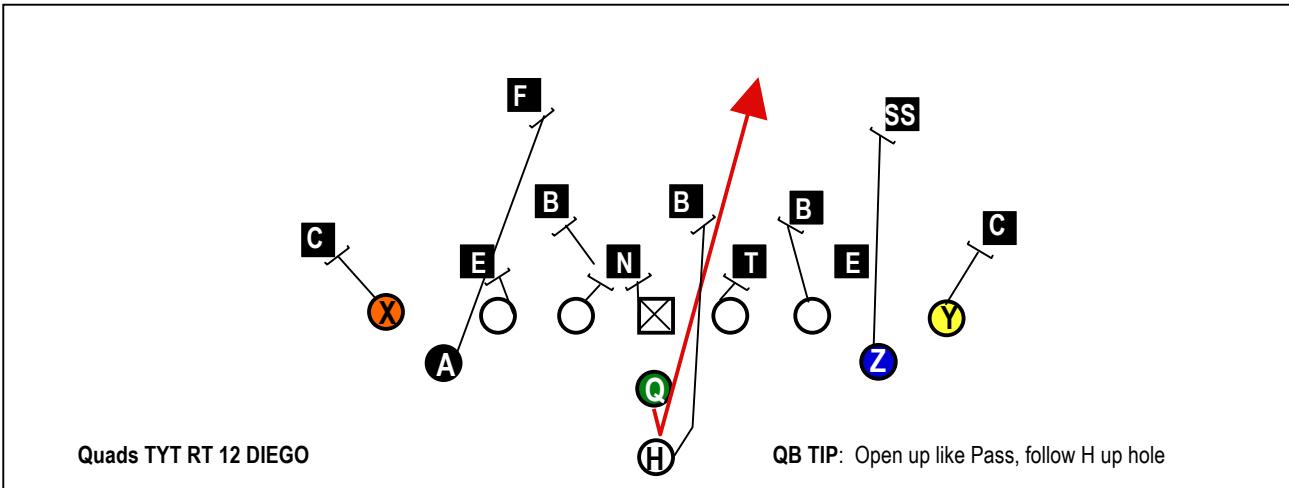
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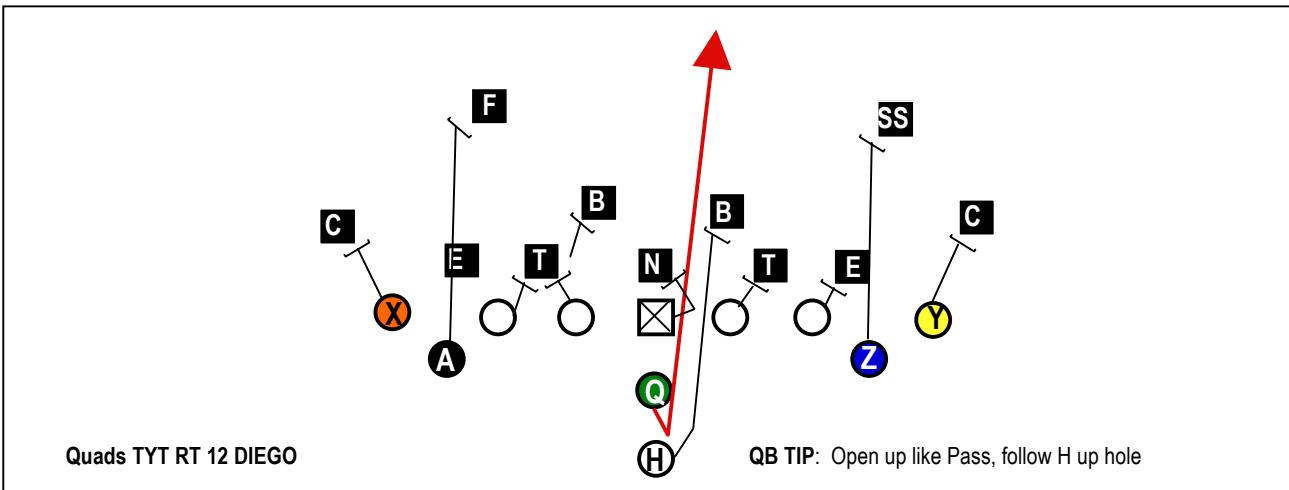
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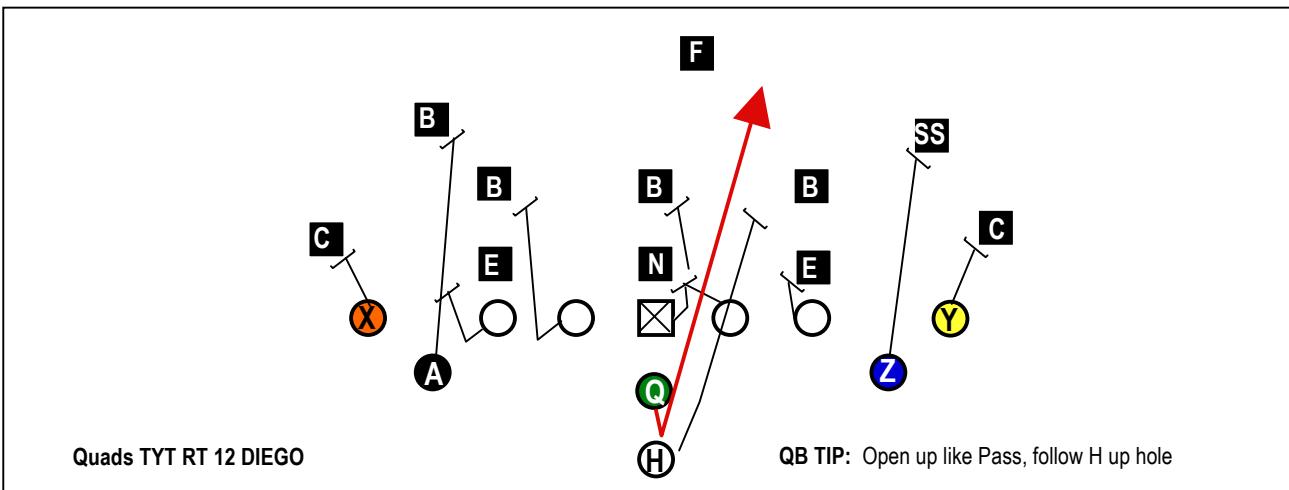
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5-2 Front



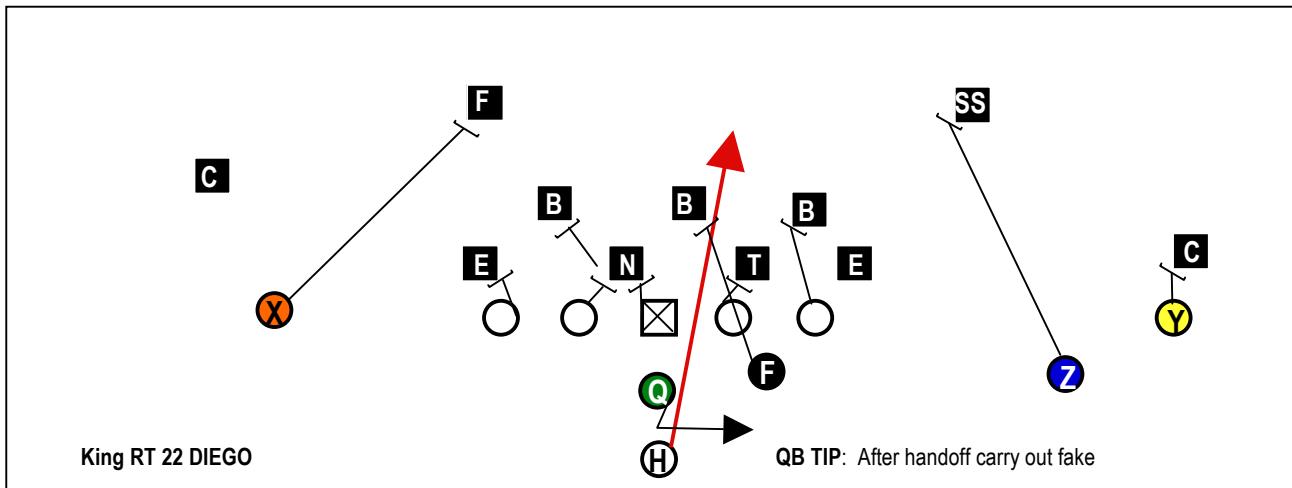
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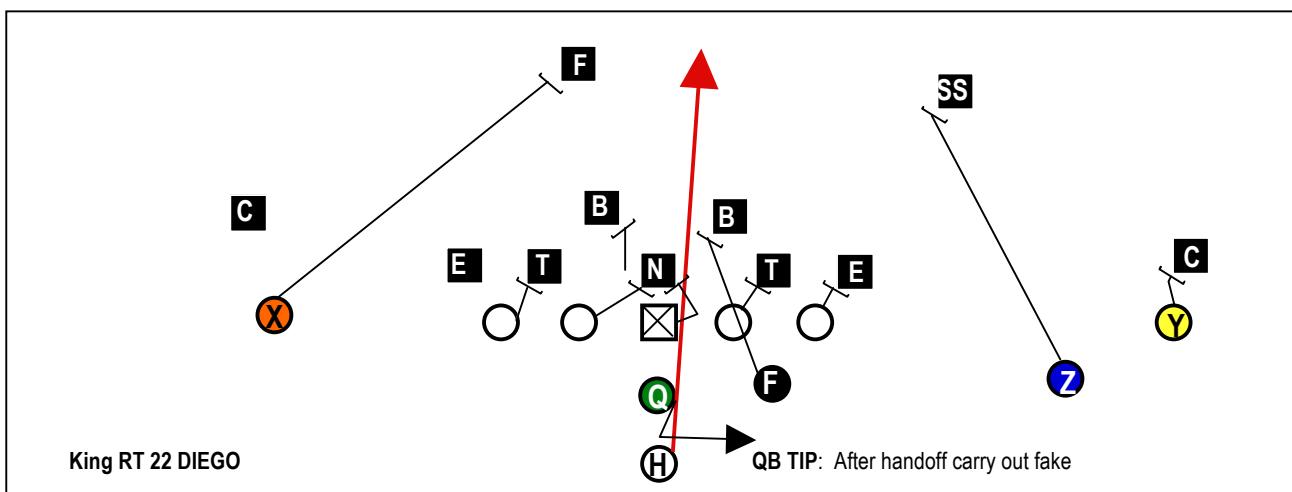
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King 21 – 22 DIEGO (ISO)

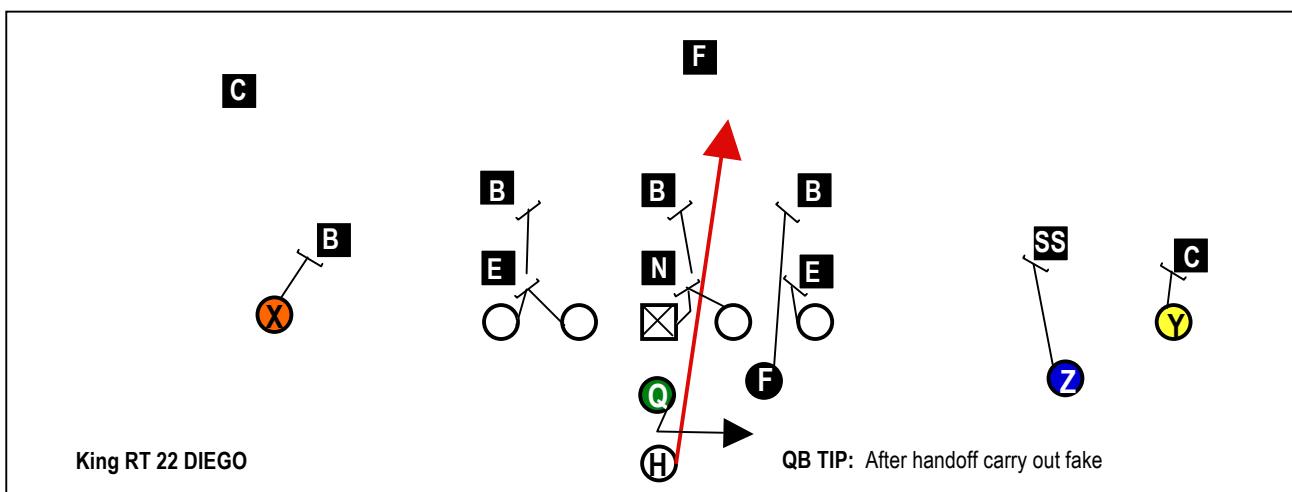
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5-2 Front



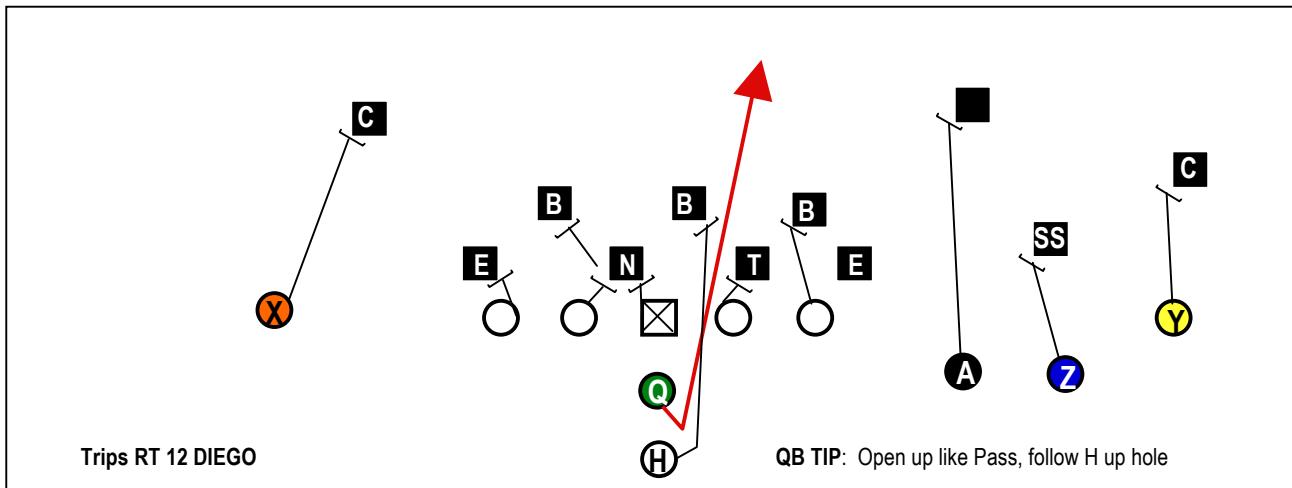
3-3 Front



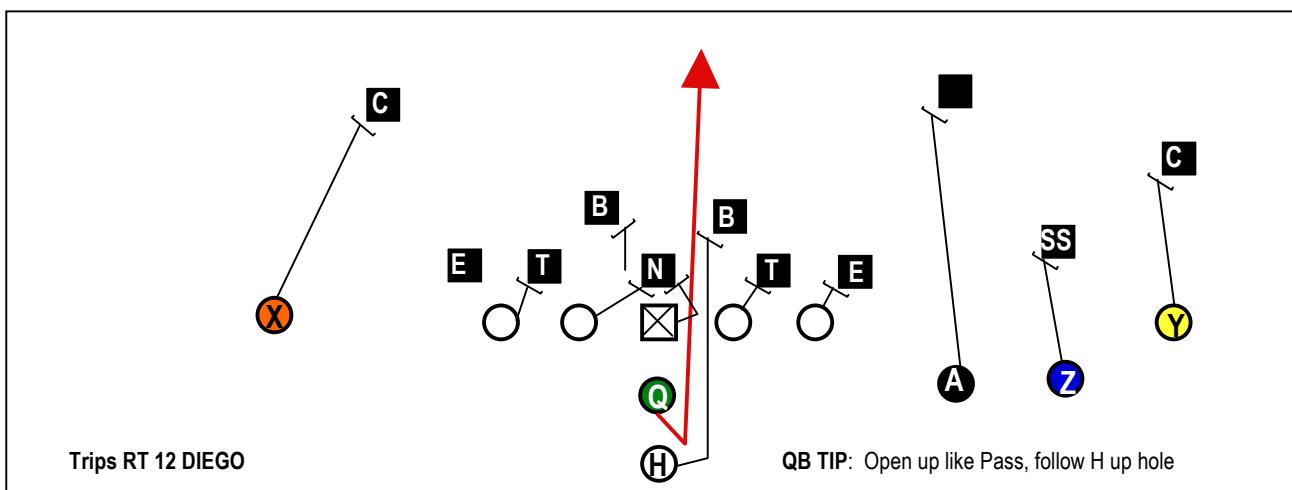
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Trips 11 – 12 DIEGO (ISO)

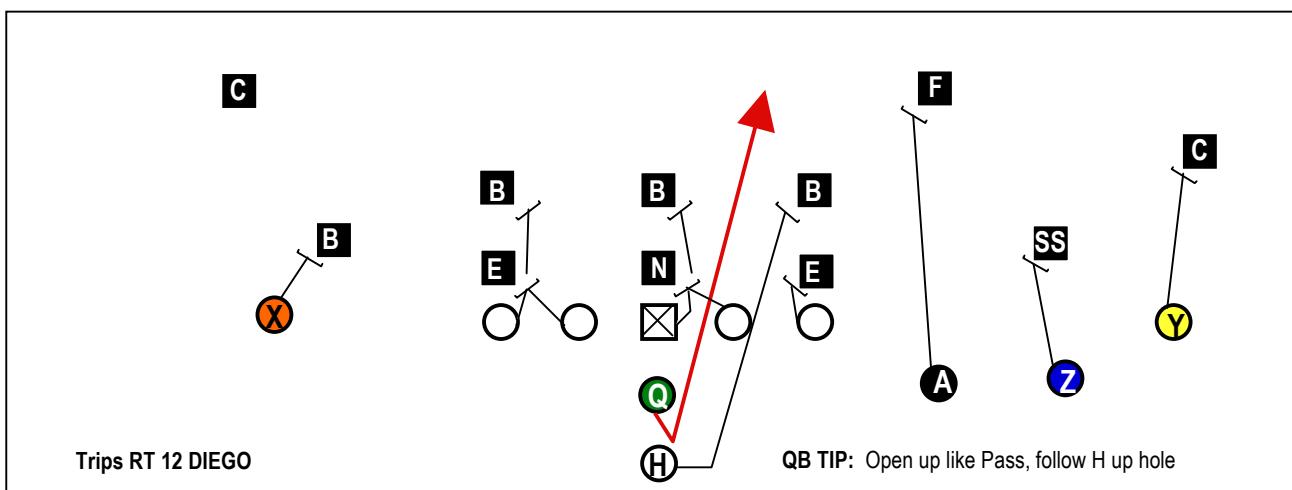
4-3 Front



5-2 Front



3-3 Front



VEGAS

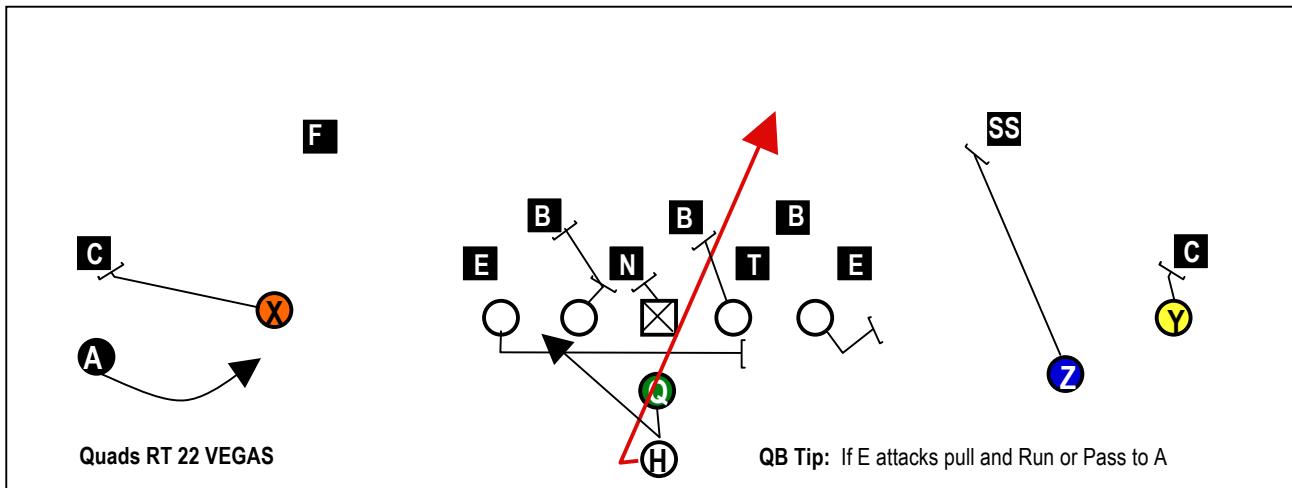
Quads, Quads TYT,
& Trips



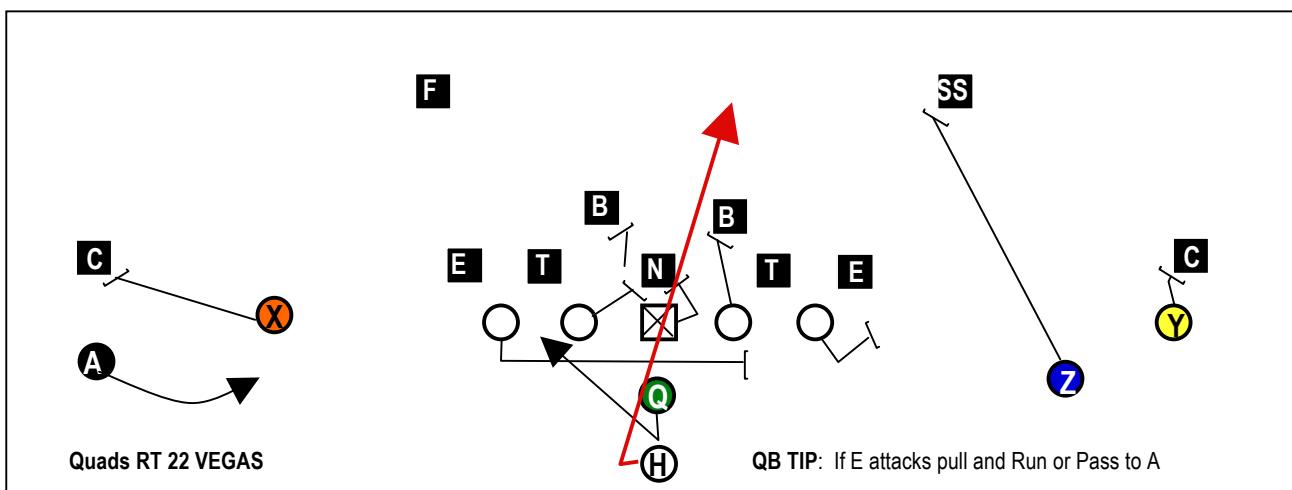
OFFENSIVE PLAYBOOK

Quads 21 – 22 VEGAS (Trap)

4-3 Front



5-2 Front

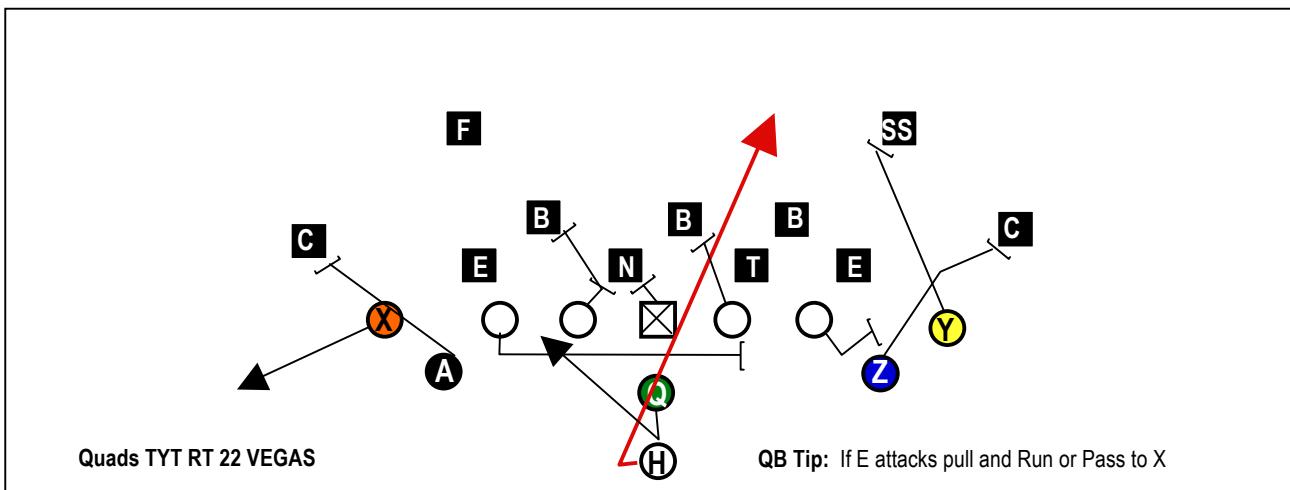


NO Trap Call vs. 3-3

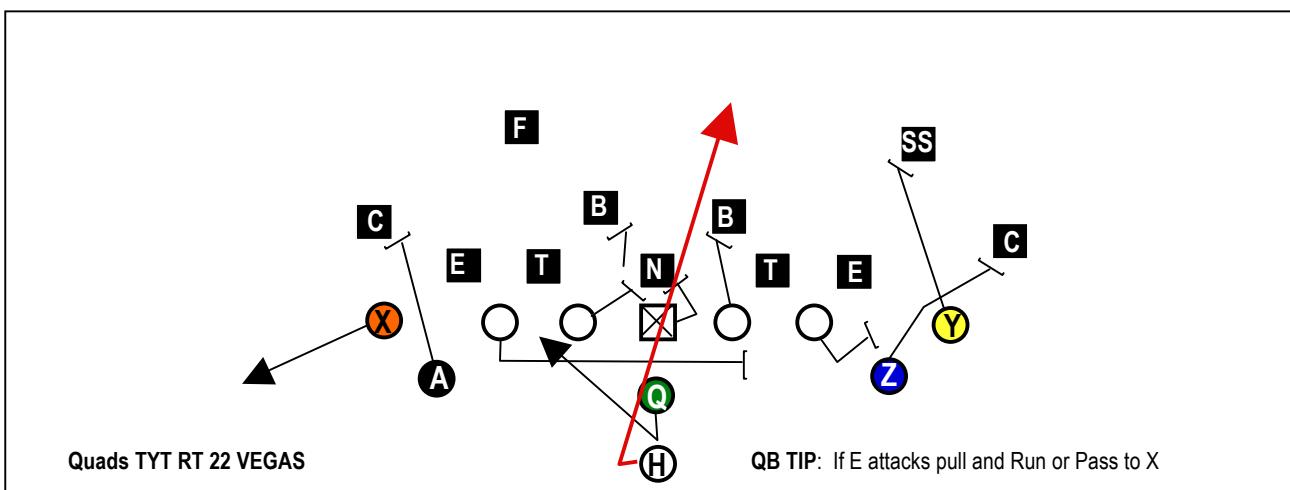


OFFENSIVE PLAYBOOK

Quads TYT 21 – 22 VEGAS (Trap) 4-3 Front



5-2 Front



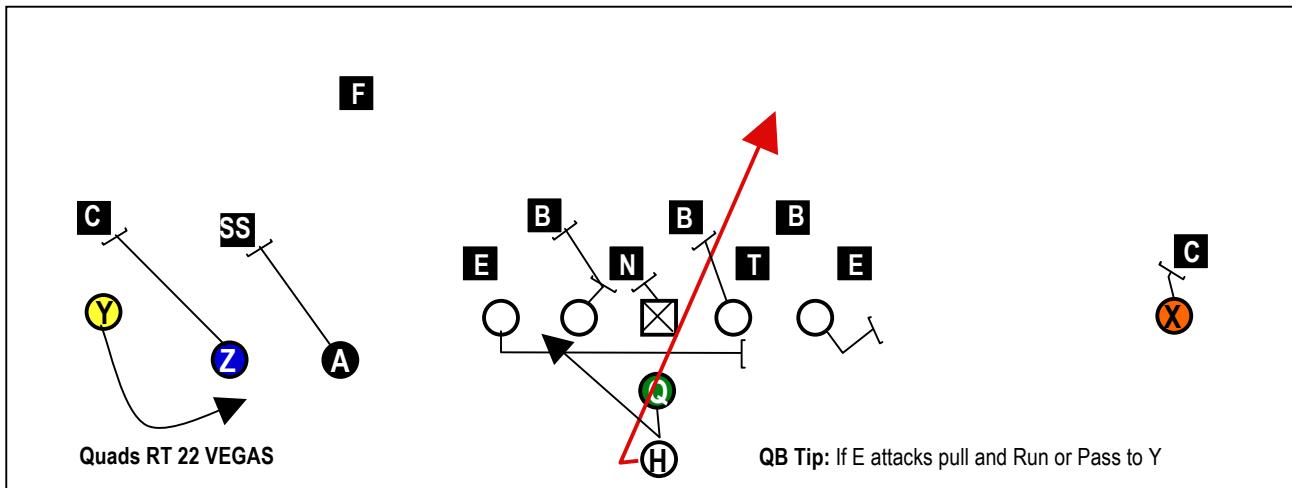
NO Trap Call vs. 3-3



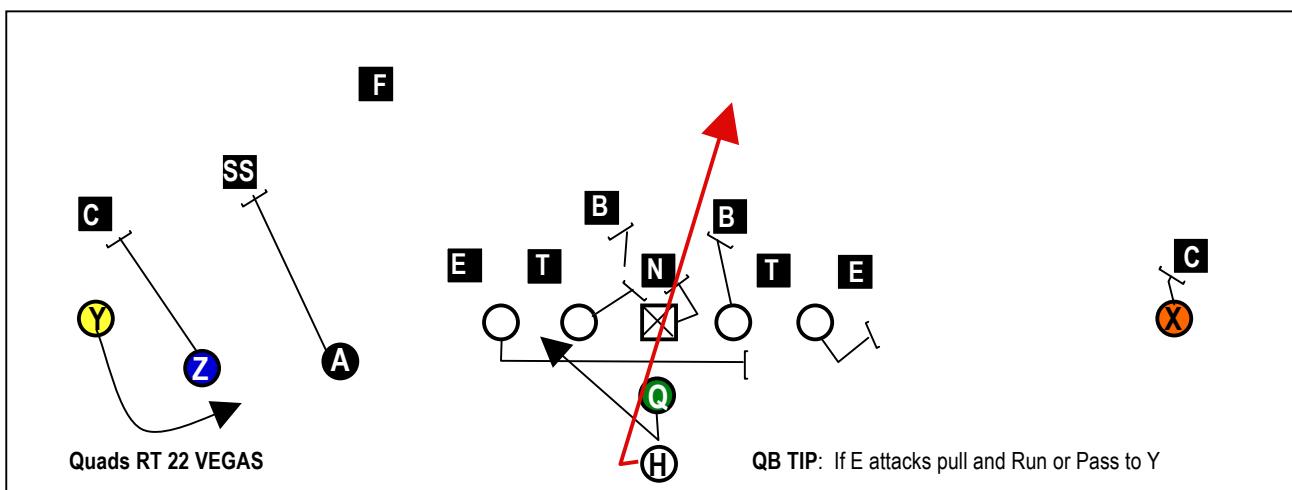
OFFENSIVE PLAYBOOK

Trips 21 – 22 VEGAS (Trap)

4-3 Front



5-2 Front



NO Trap Call vs. 3-3



DENVER

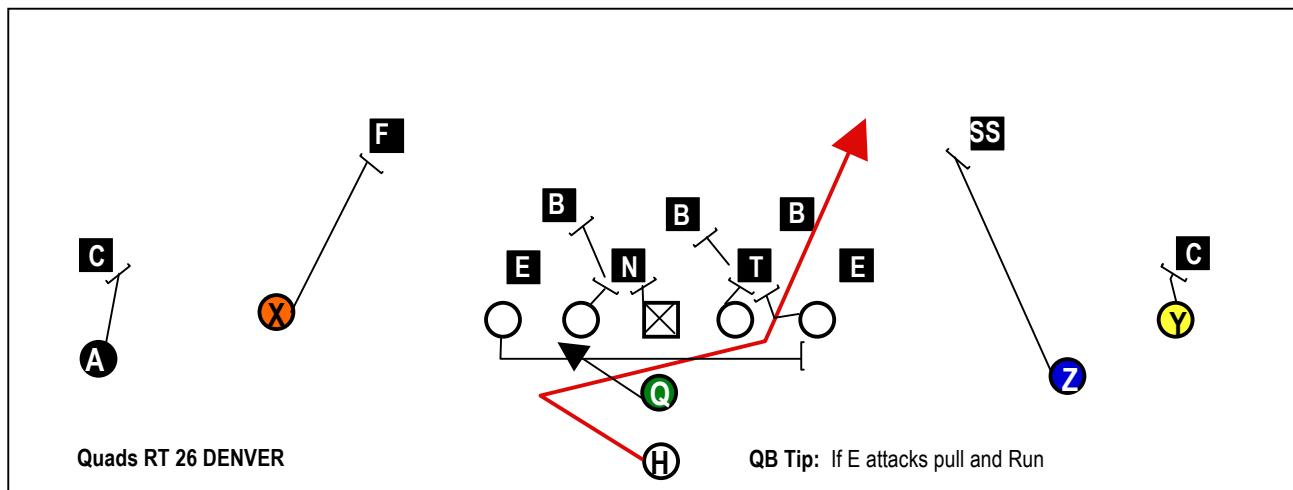
Quads, Quads TYT,
King & Trips



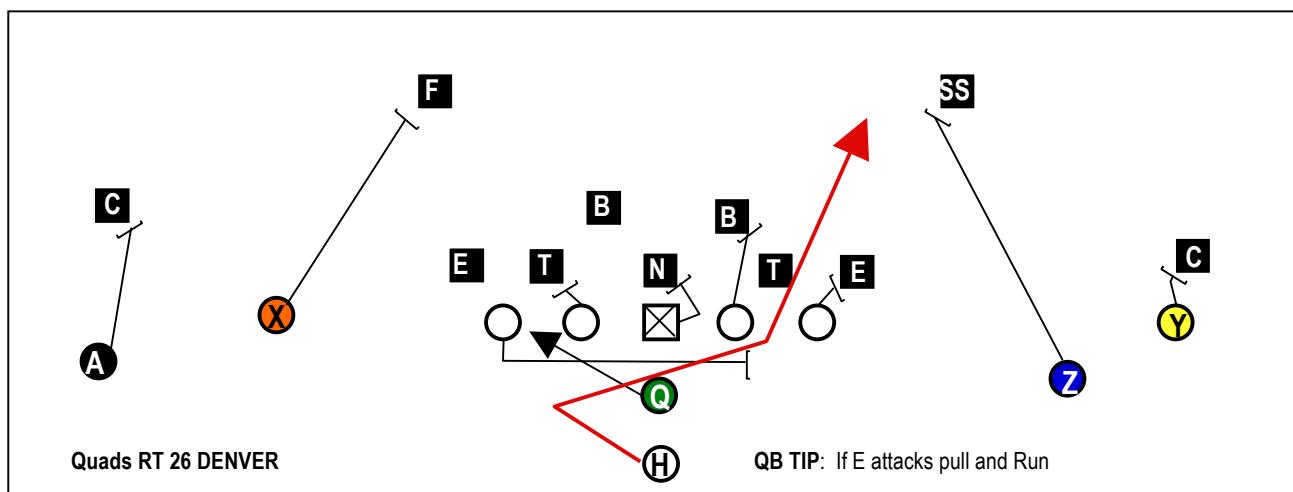
OFFENSIVE PLAYBOOK

Quads 25 – 26 DENVER (Counter)

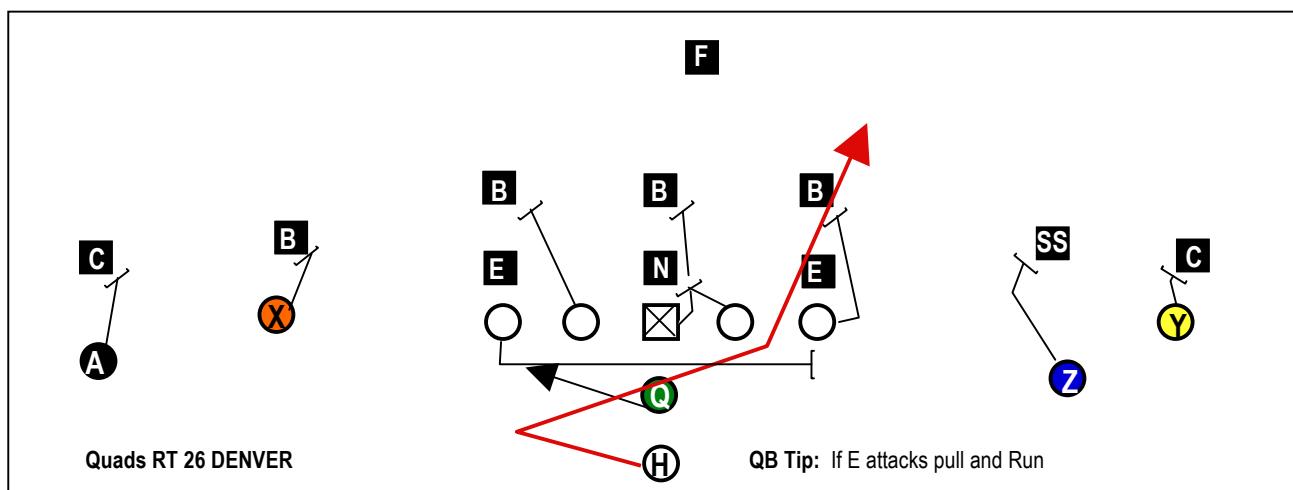
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5-2 Front



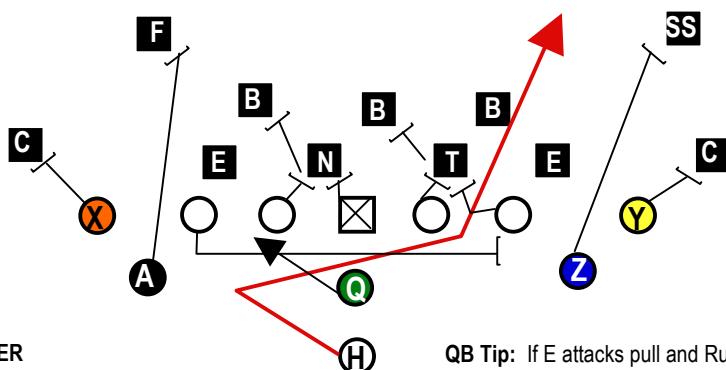
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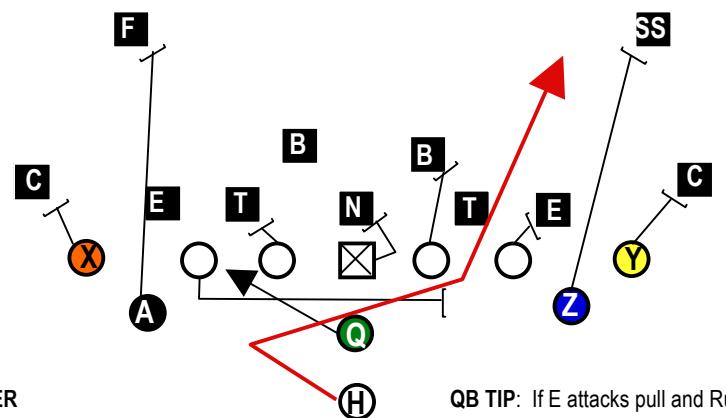
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Quads TYT 25 – 26 DENVER (Counter)

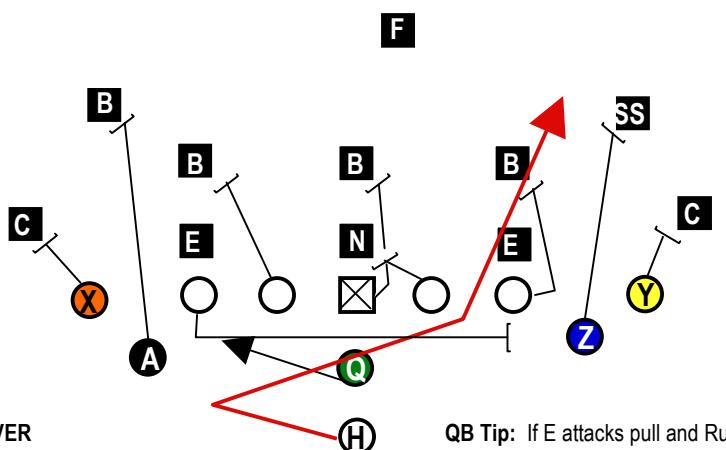
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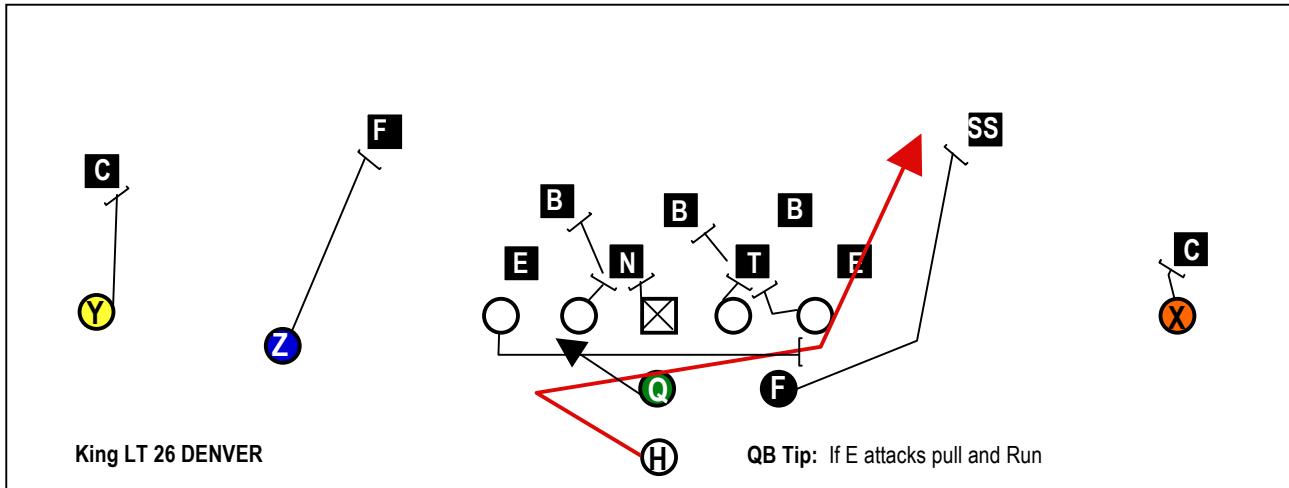
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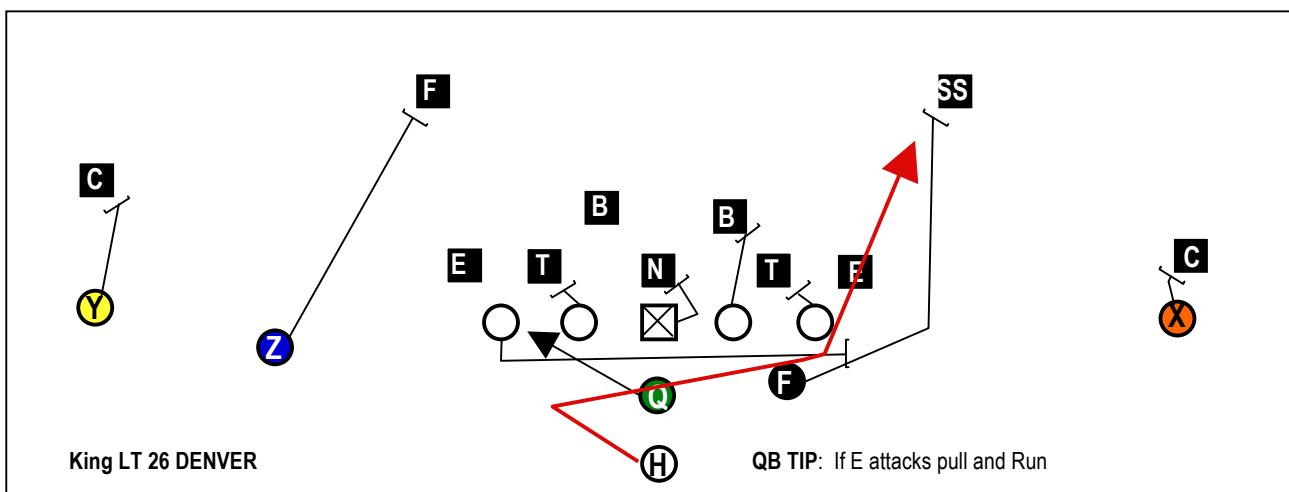
OFFENSIVE PLAYBOOK

King 25 – 26 DENVER (Counter)

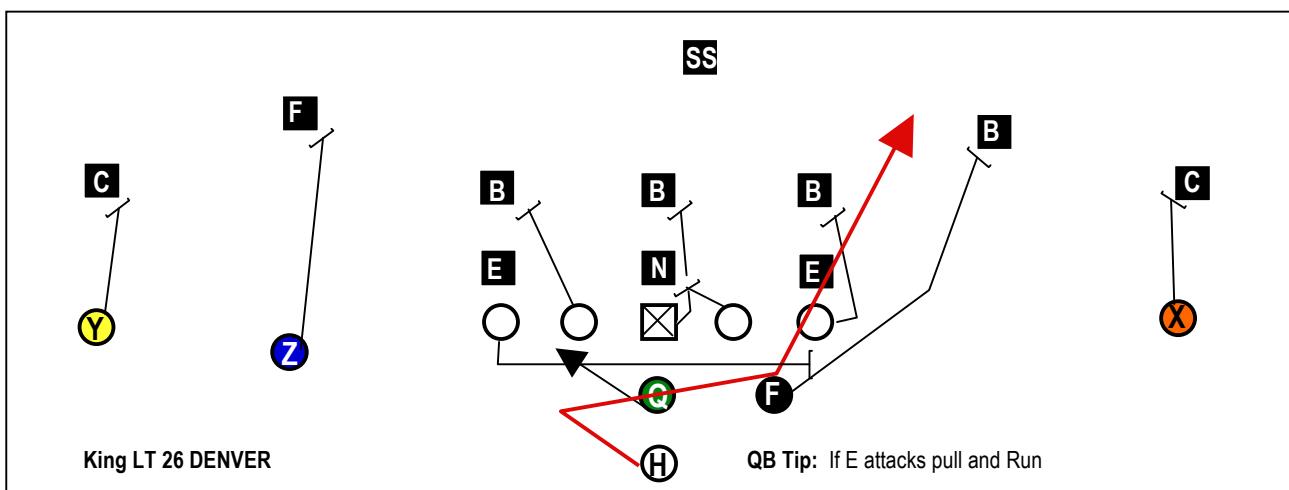
4-3 Front



5-2 Front



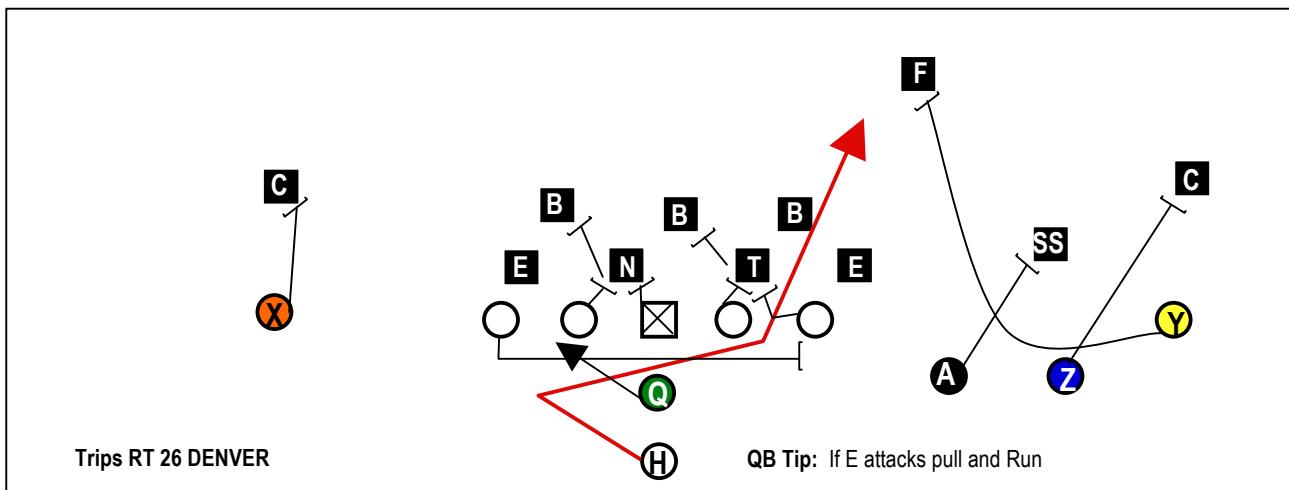
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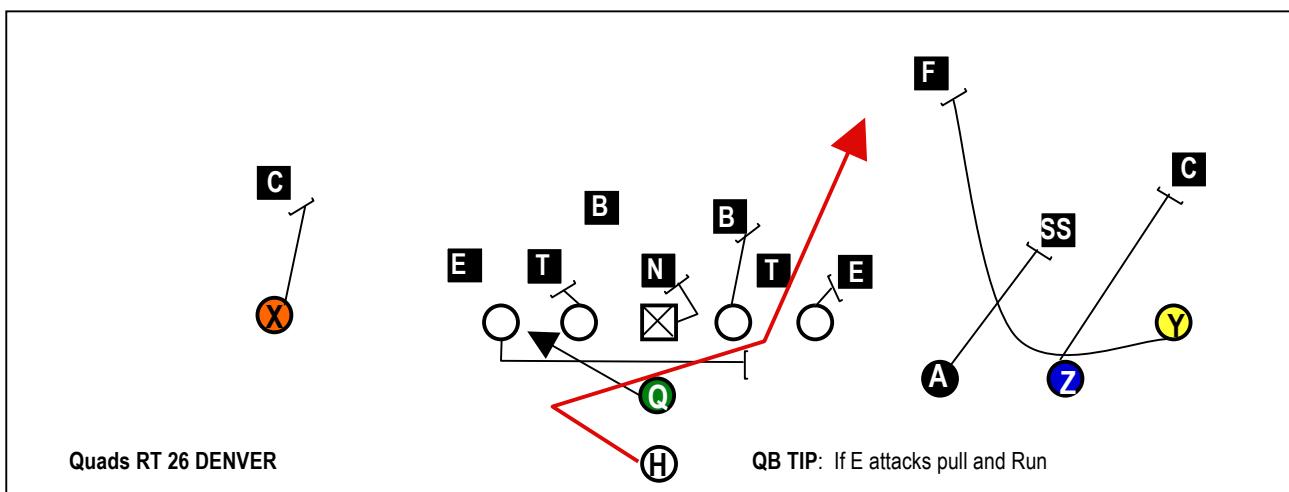
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Trips 25 – 26 DENVER (Counter)

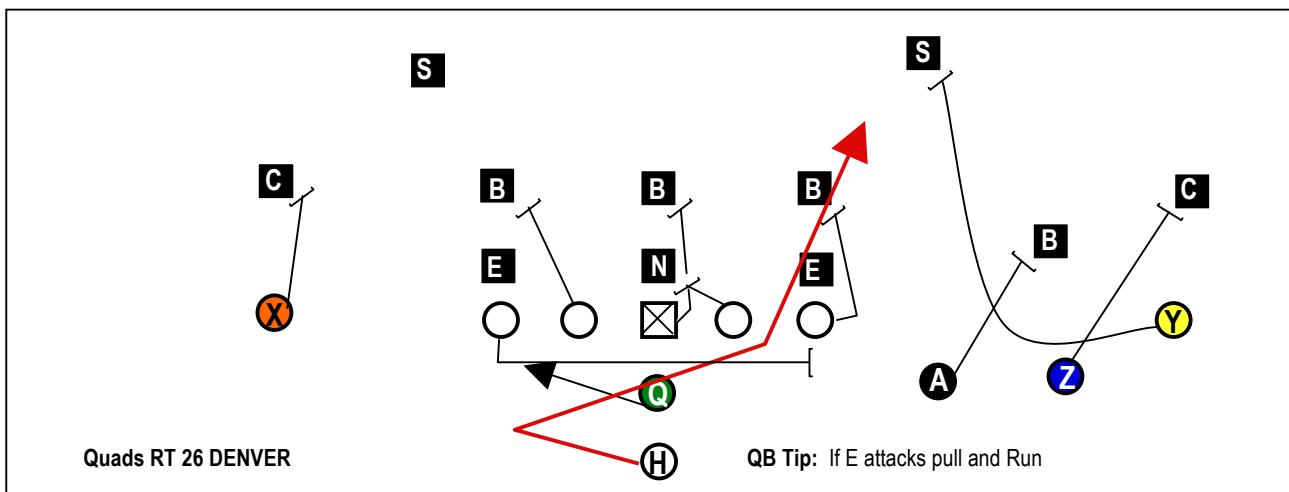
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5-2 Front



3-3 Front



LINCOLN

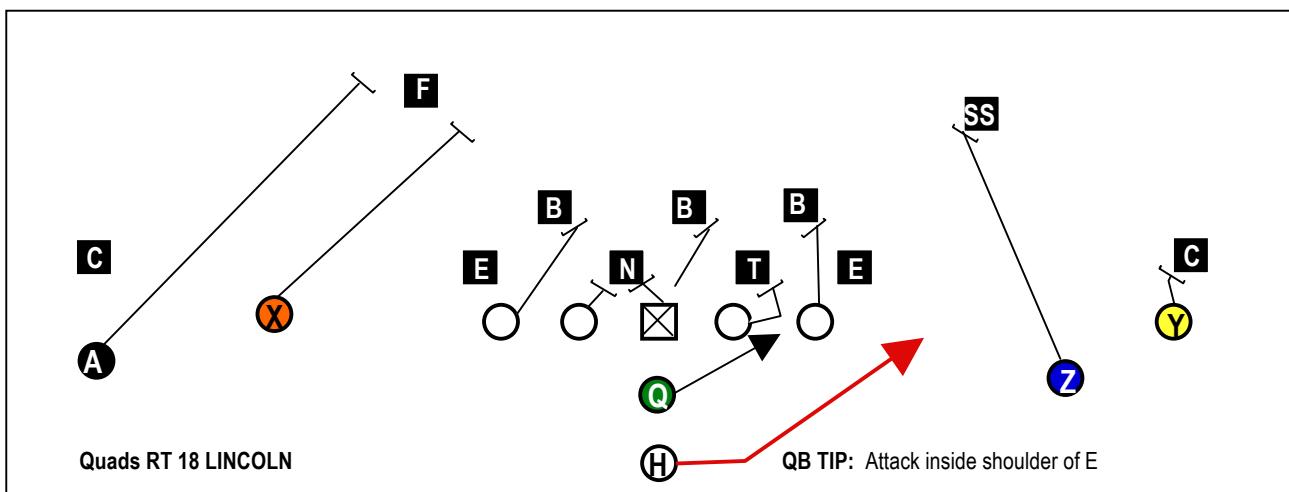
Quads, Quads TYT,
King & Trips



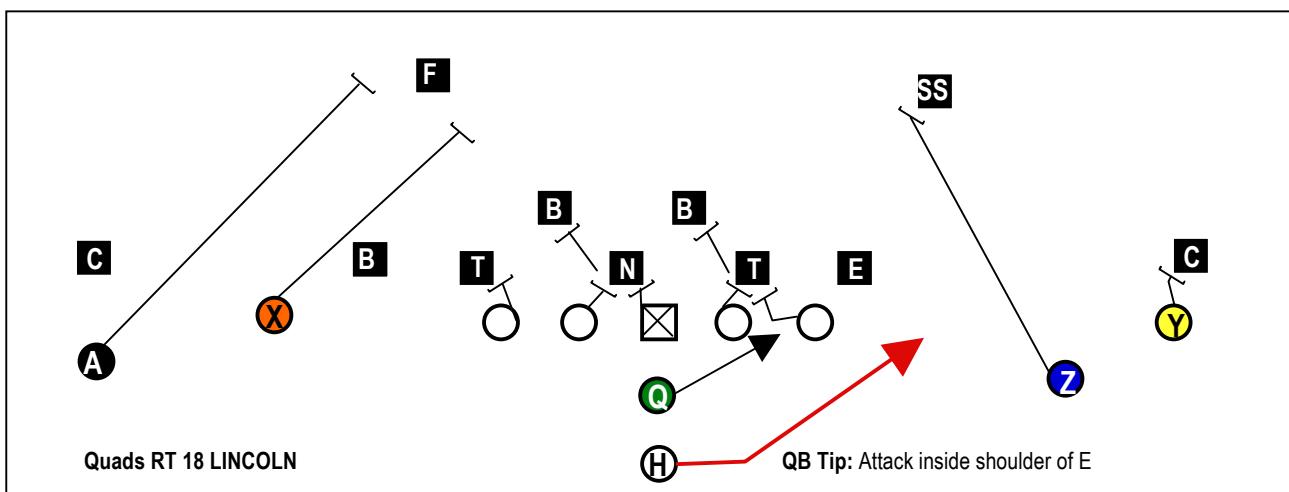
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Quads 17 – 18 LINCOLN (Option)

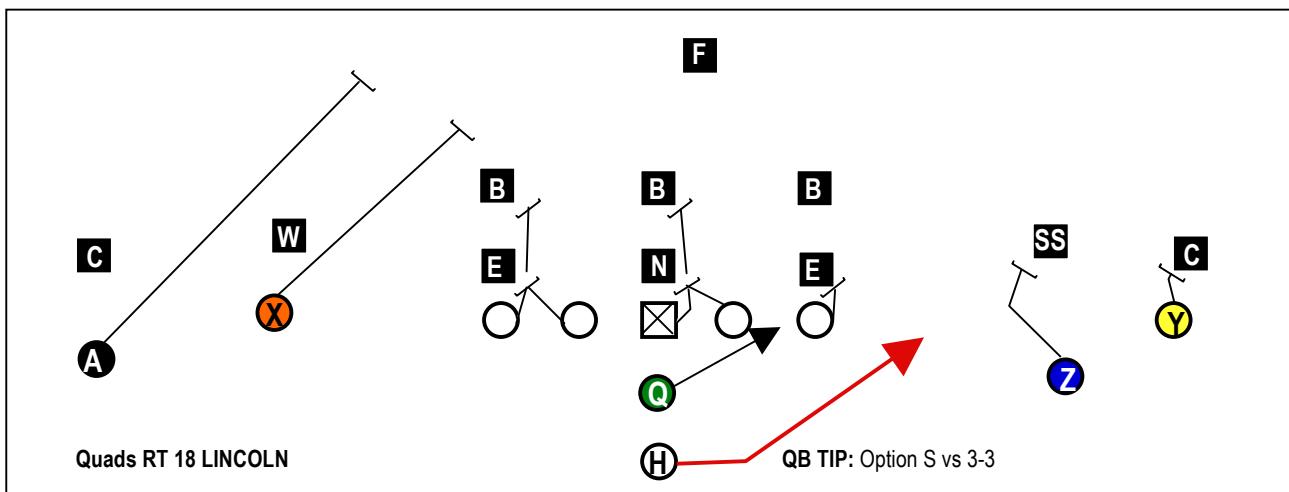
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5-2 Front



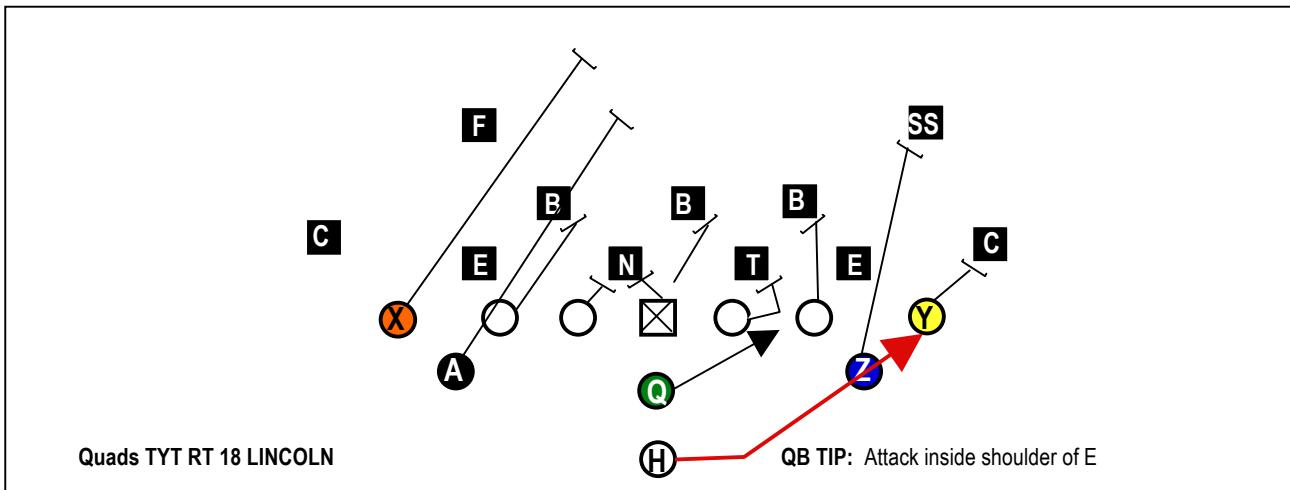
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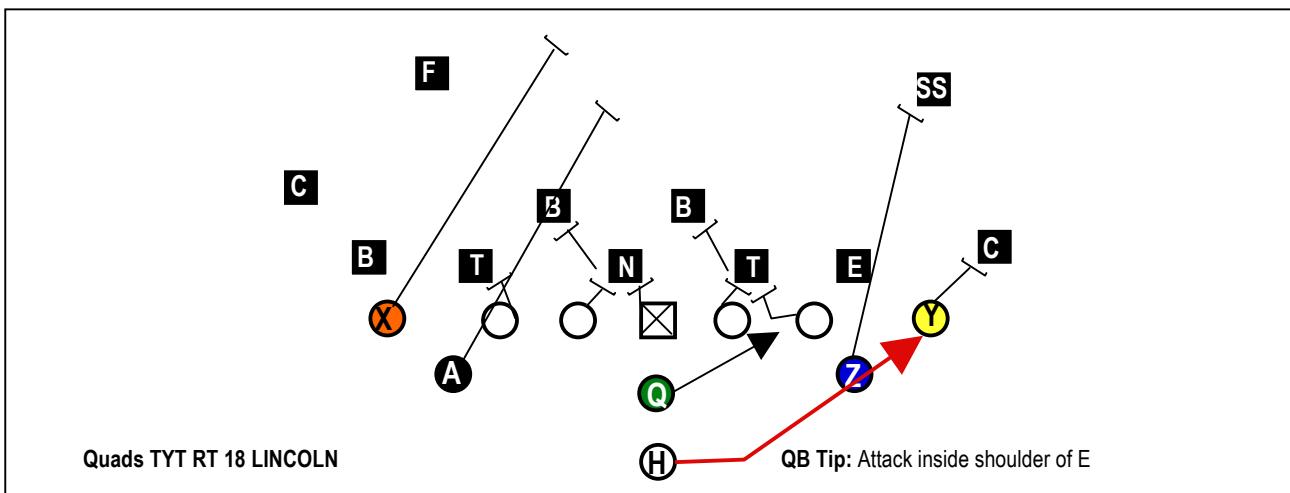
OFFENSIVE PLAYBOOK

Quads TYT 17 – 18 LINCOLN (Option)

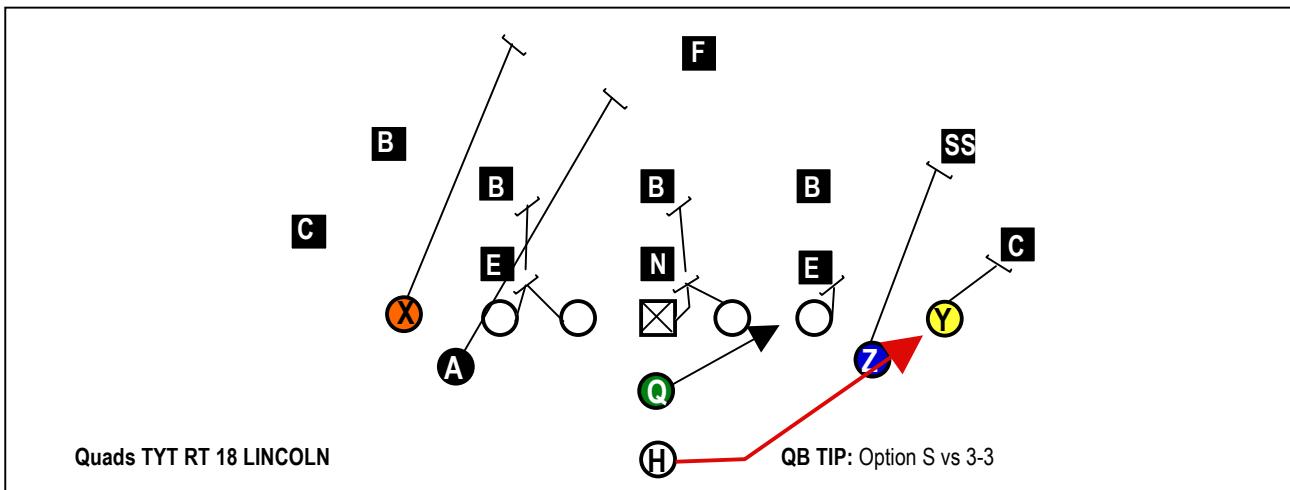
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5-2 Front



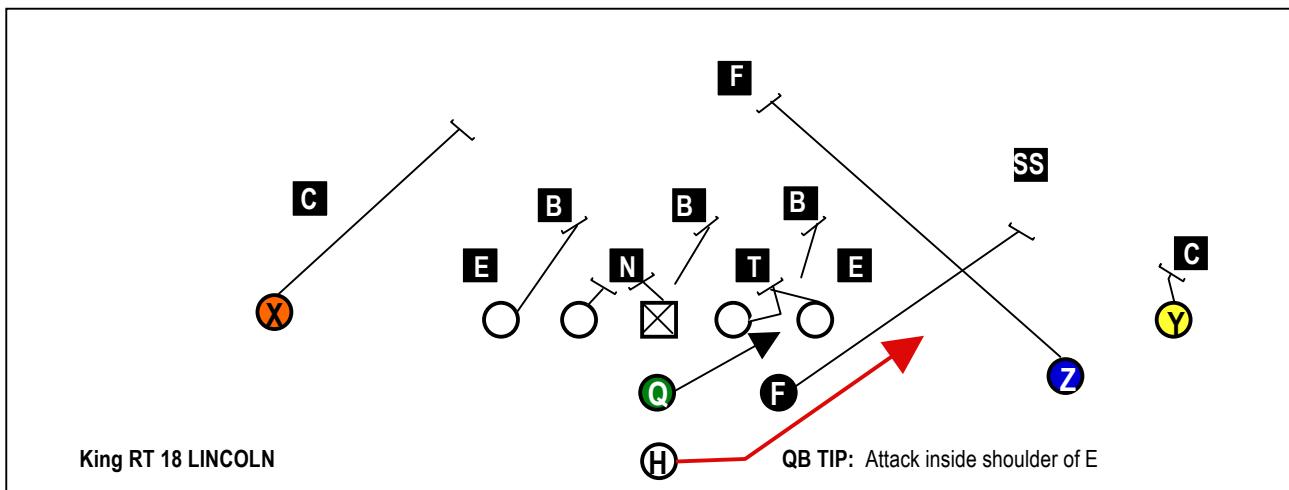
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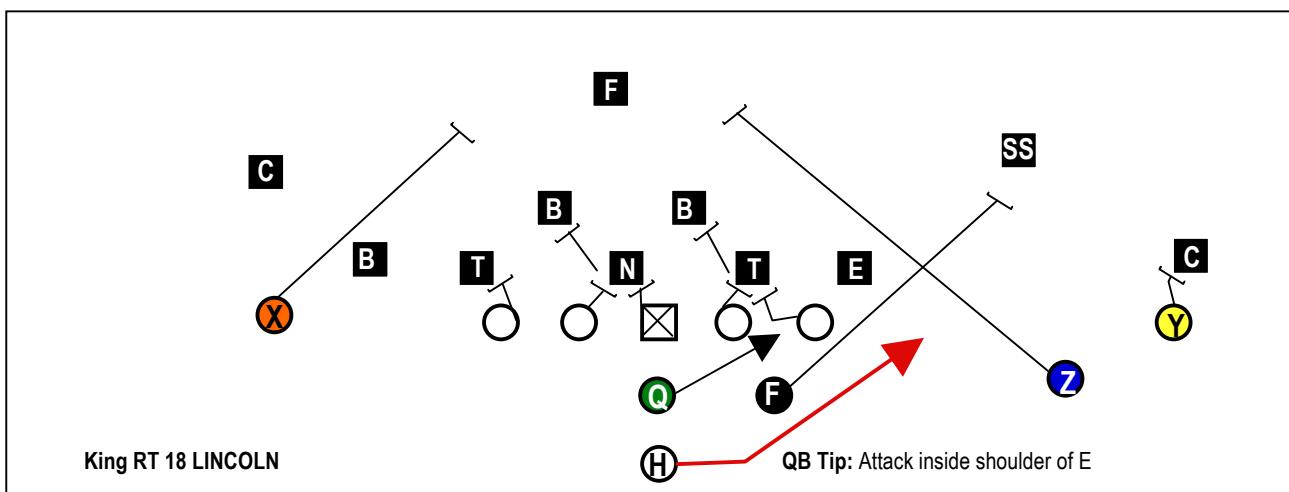
OFFENSIVE PLAYBOOK

King 17 – 18 LINCOLN (Option)

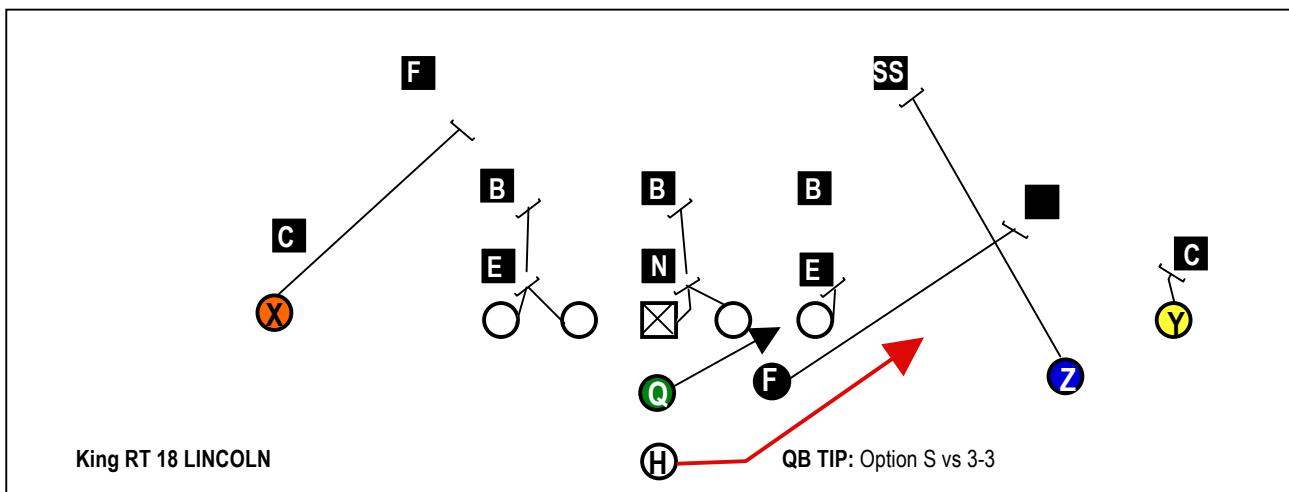
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5-2 Front



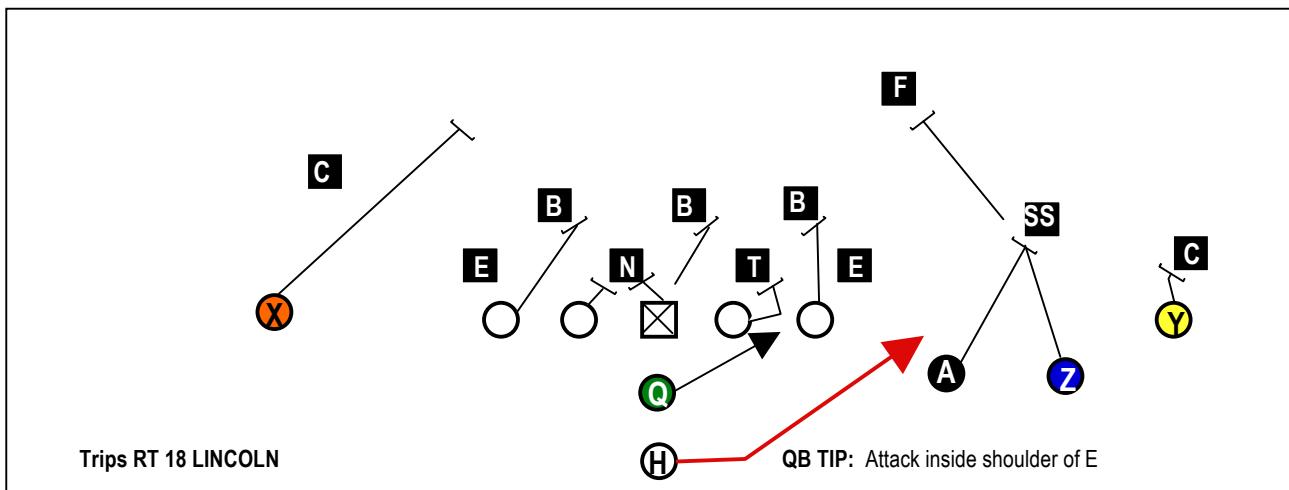
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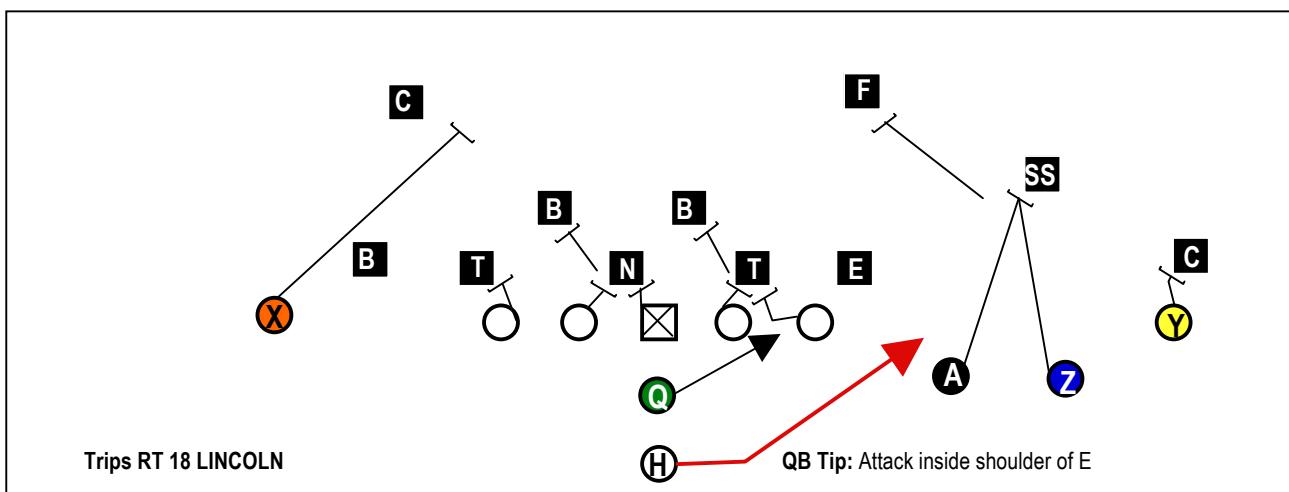
OFFENSIVE PLAYBOOK

Trips 17 – 18 LINCOLN (Option)

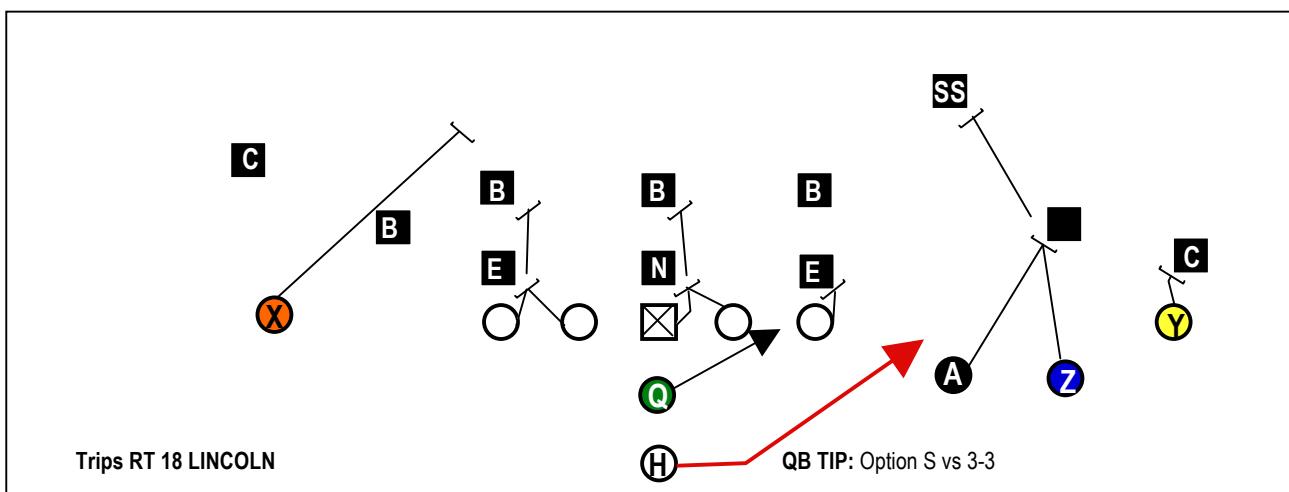
4-3 Front



5-2 Front



3-3 Front



OFFENSIVE PLAYBOOK

TAMPA

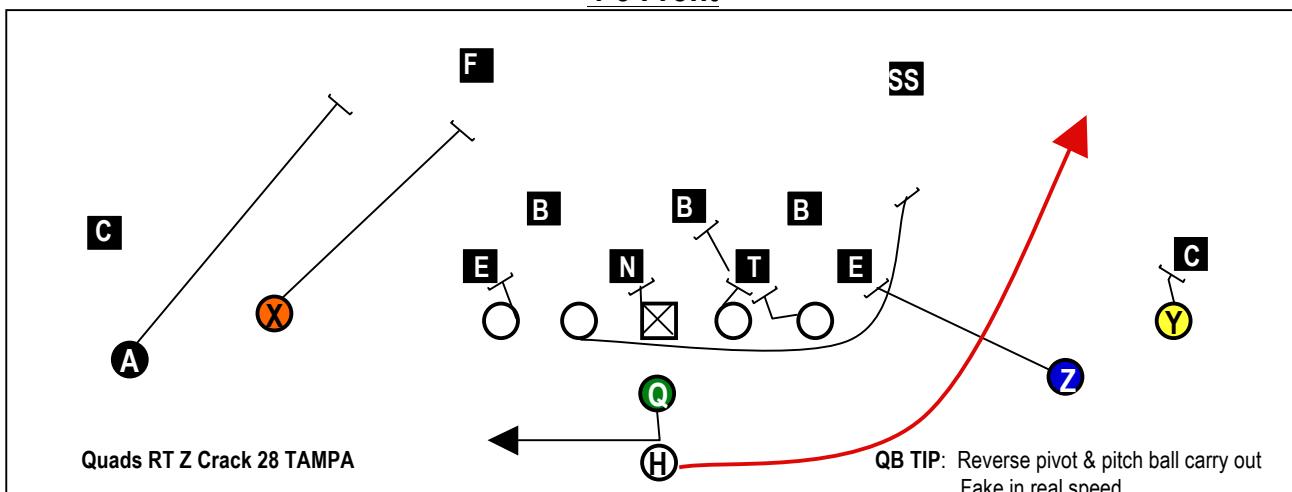
Quads, Quads TYT,
King & Trips



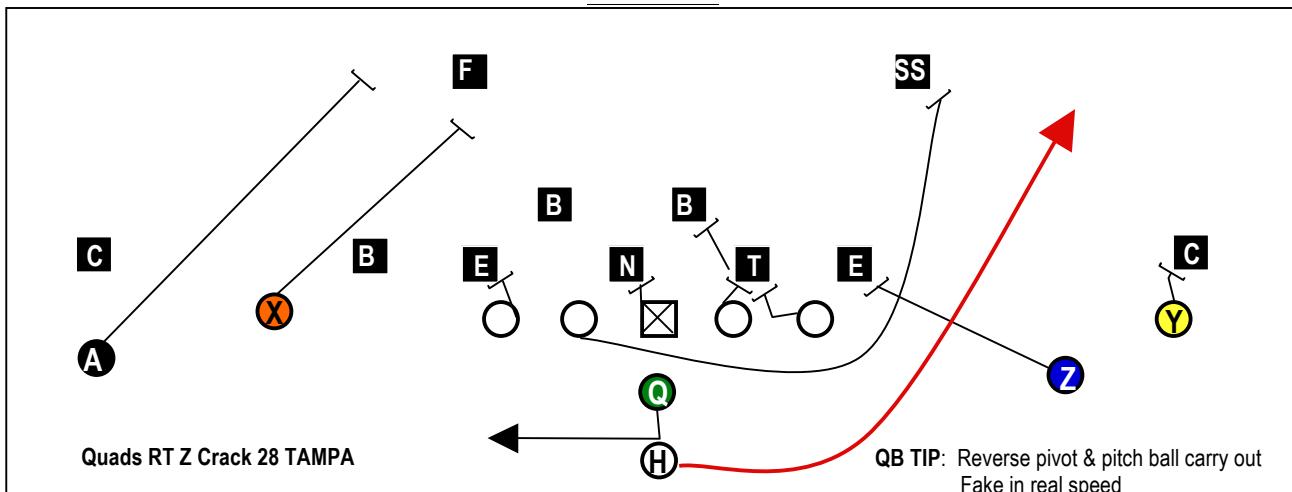
OFFENSIVE PLAYBOOK

Quads 27 – 28 TAMPA (Toss)

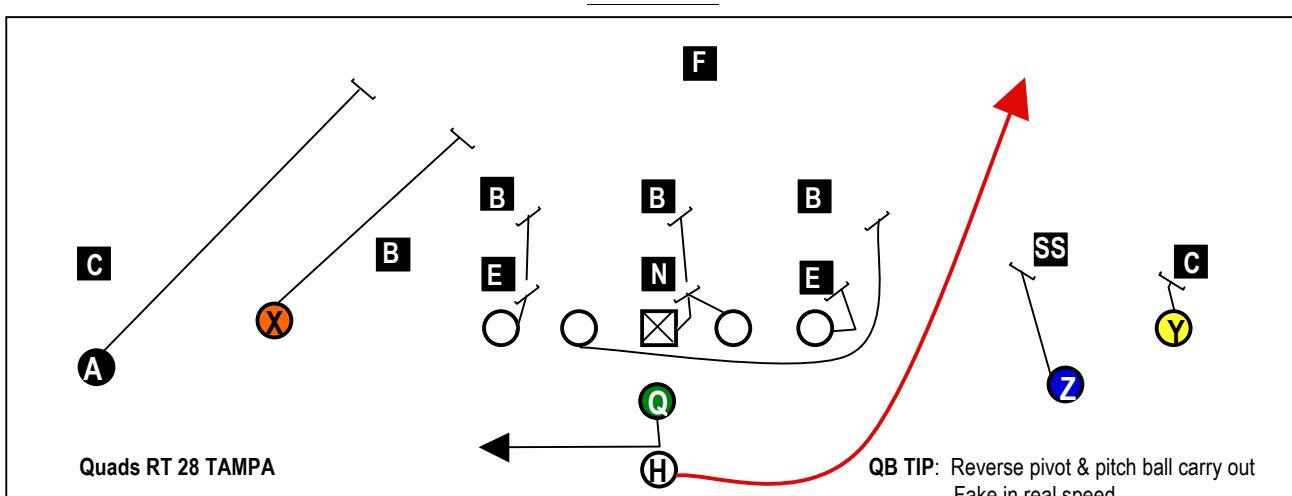
4-3 Front



5-2 Front



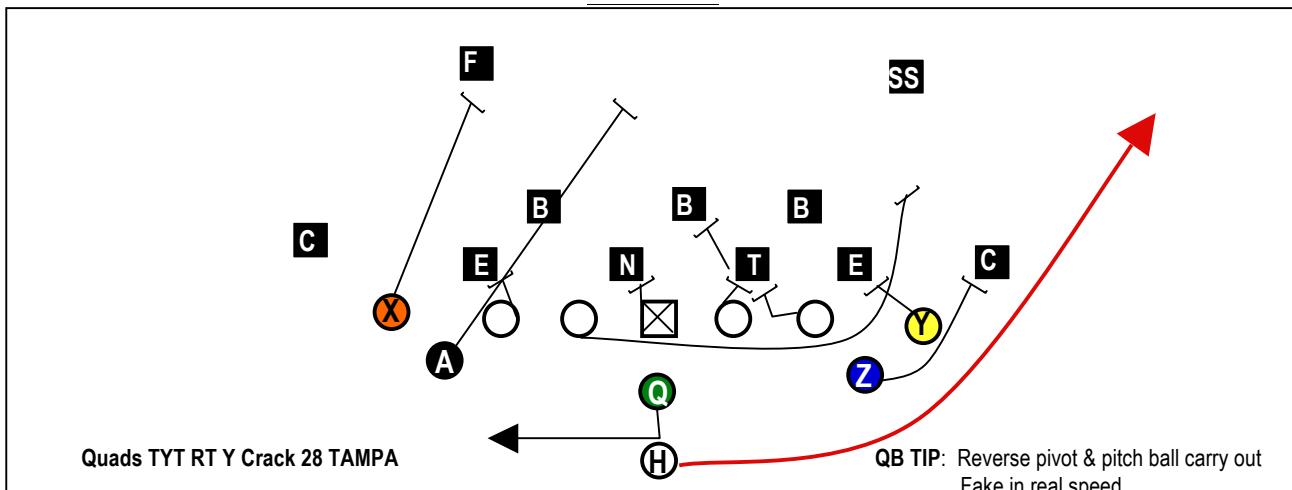
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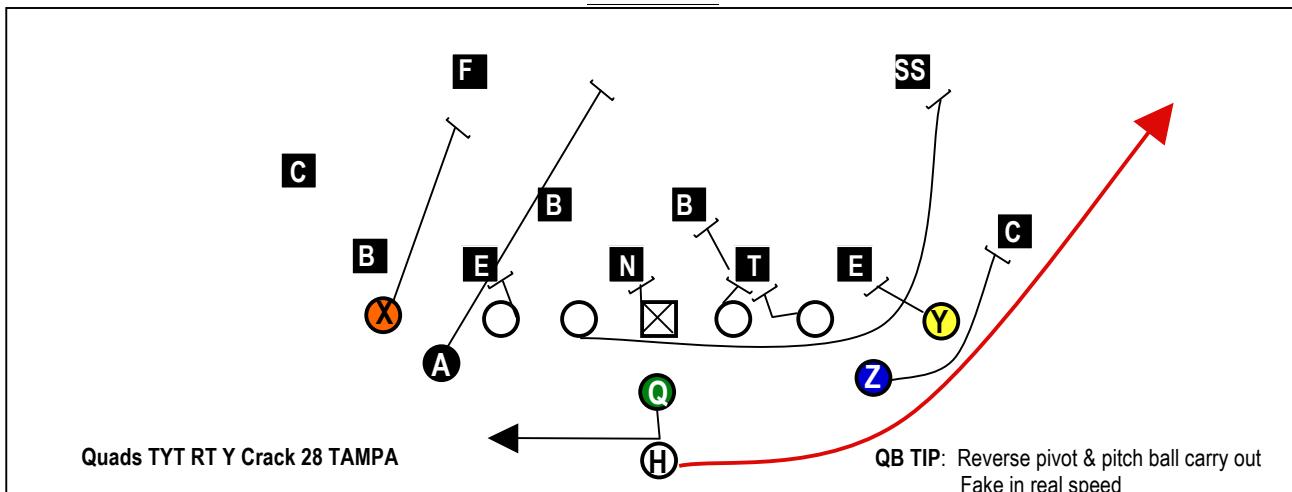
OFFENSIVE PLAYBOOK

Quads TYT 27 – 28 TAMPA (Toss)

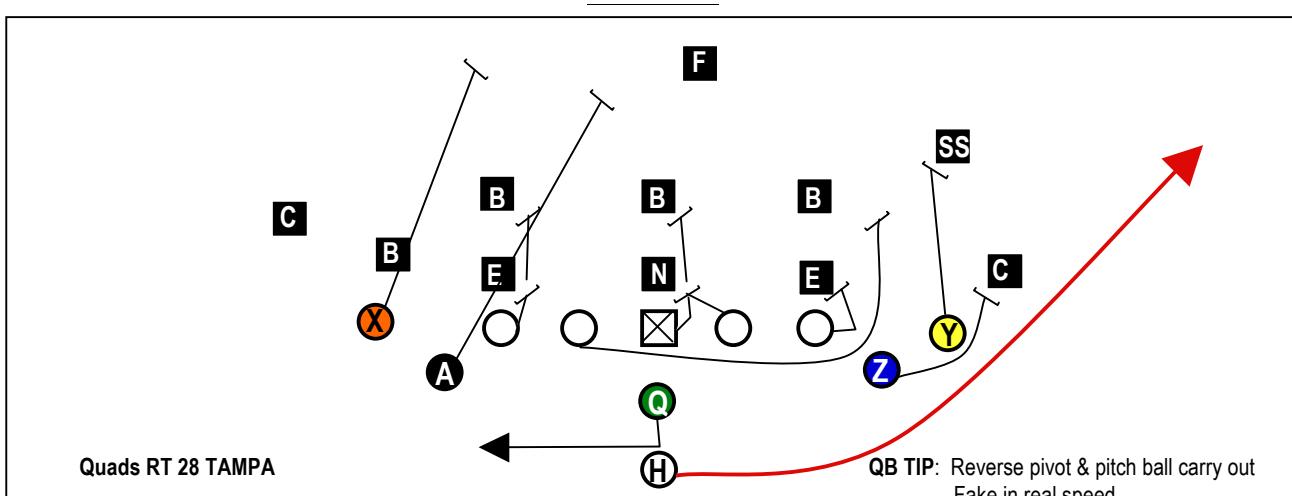
4-3 Front



5-2 Front



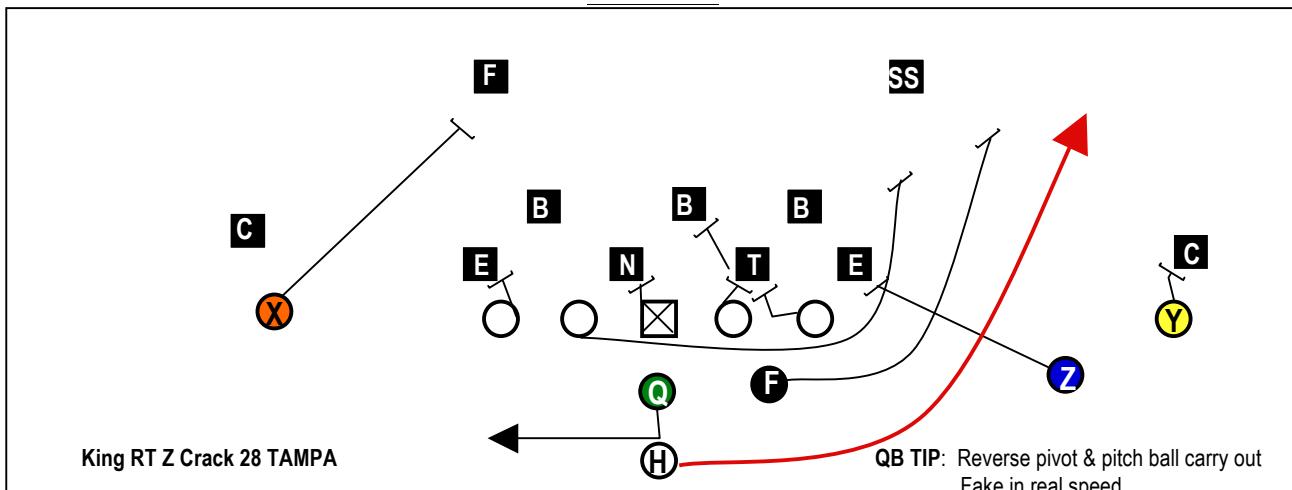
3-3 Front



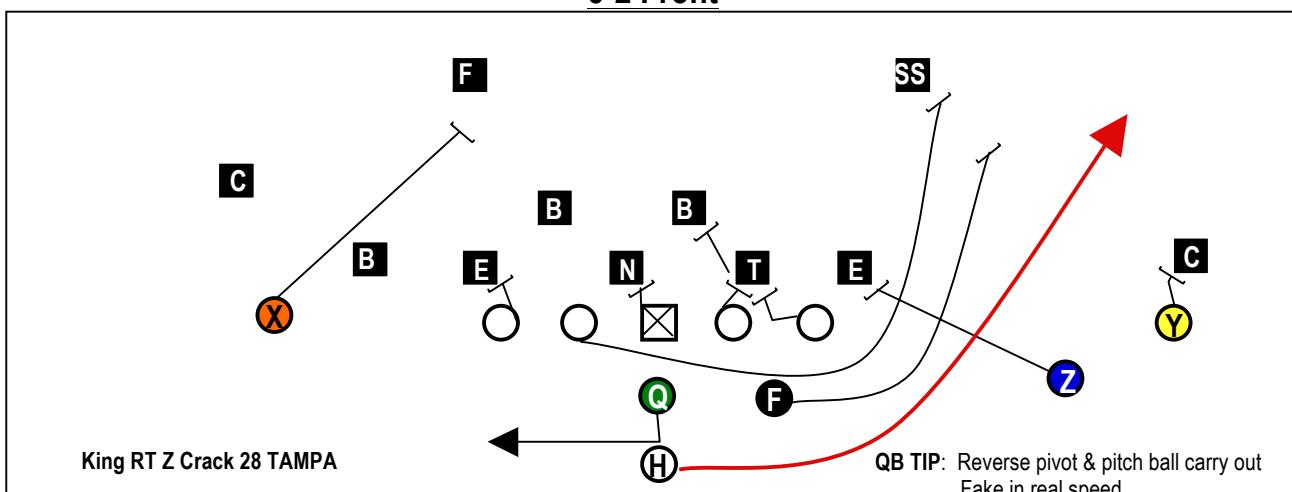
OFFENSIVE PLAYBOOK

King 27 – 28 TAMPA (Toss)

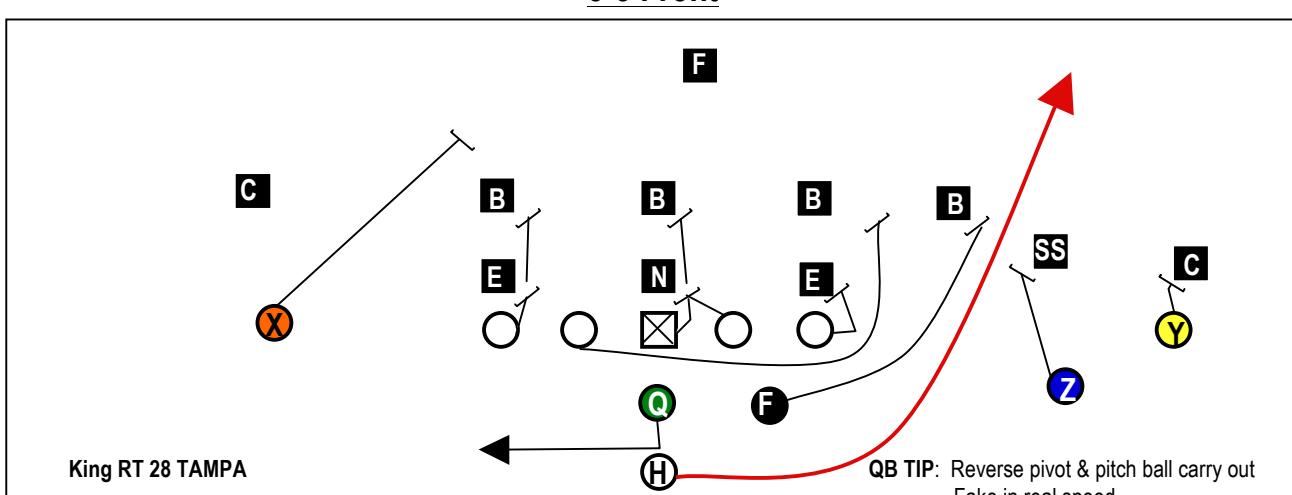
4-3 Front



5-2 Front



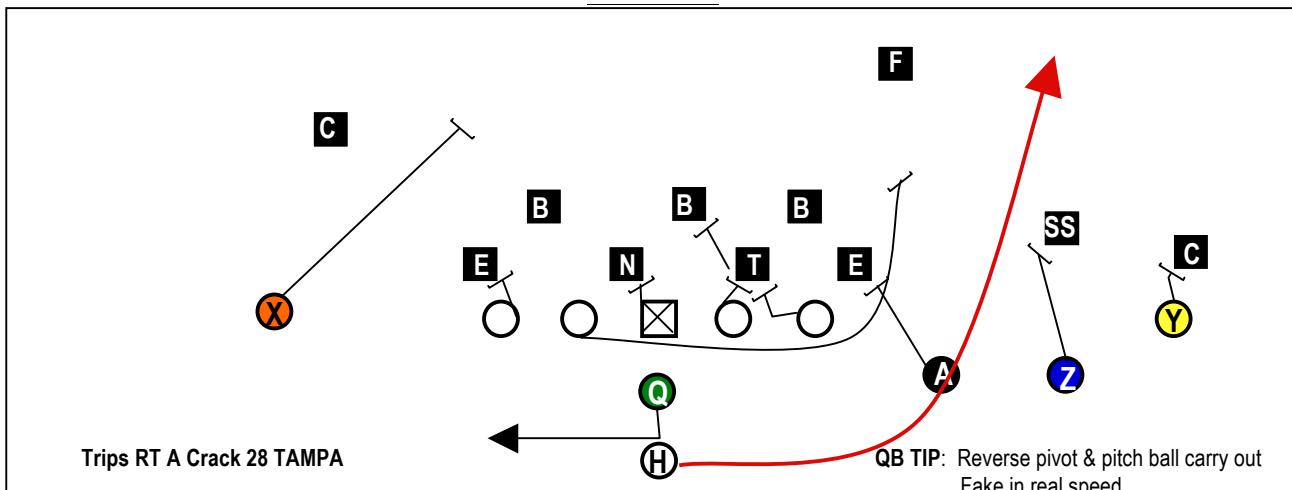
3-3 Front



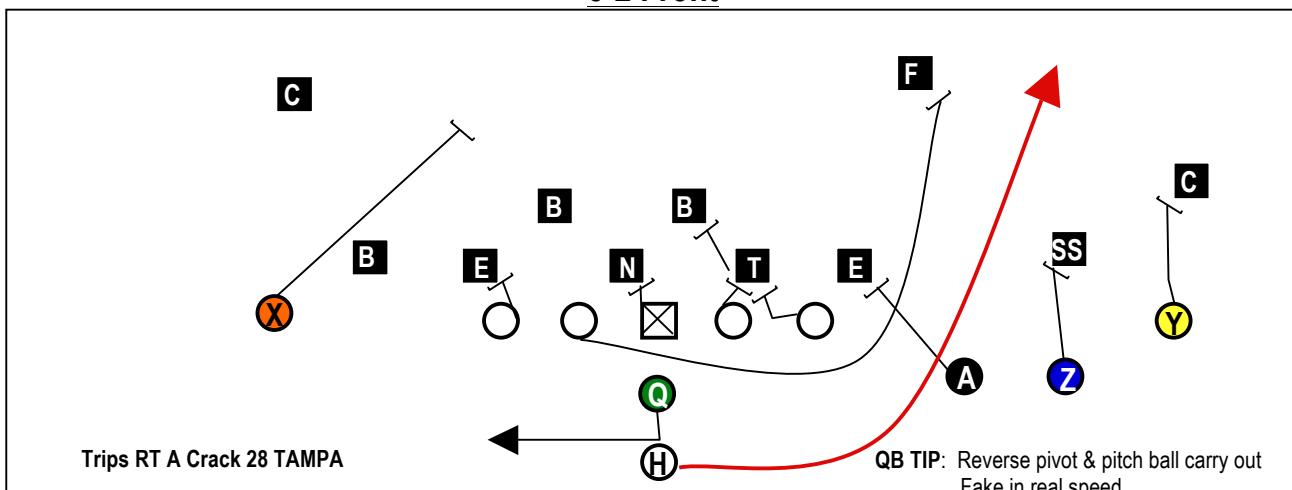
OFFENSIVE PLAYBOOK

Trips 27 – 28 TAMPA (Toss)

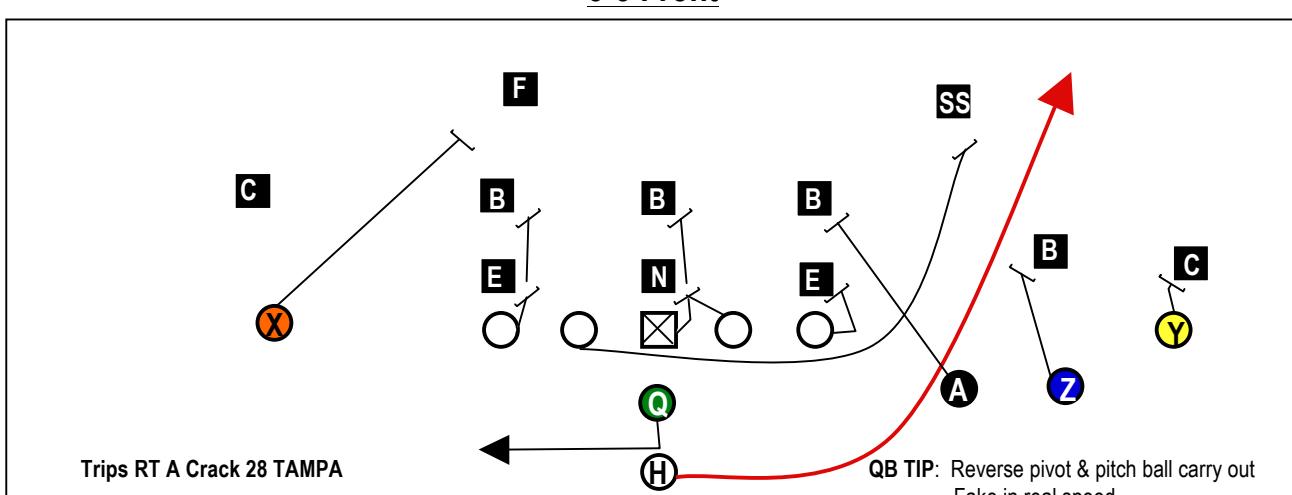
4-3 Front



5-2 Front



3-3 Front



OFFENSIVE PLAYBOOK

JERSEY

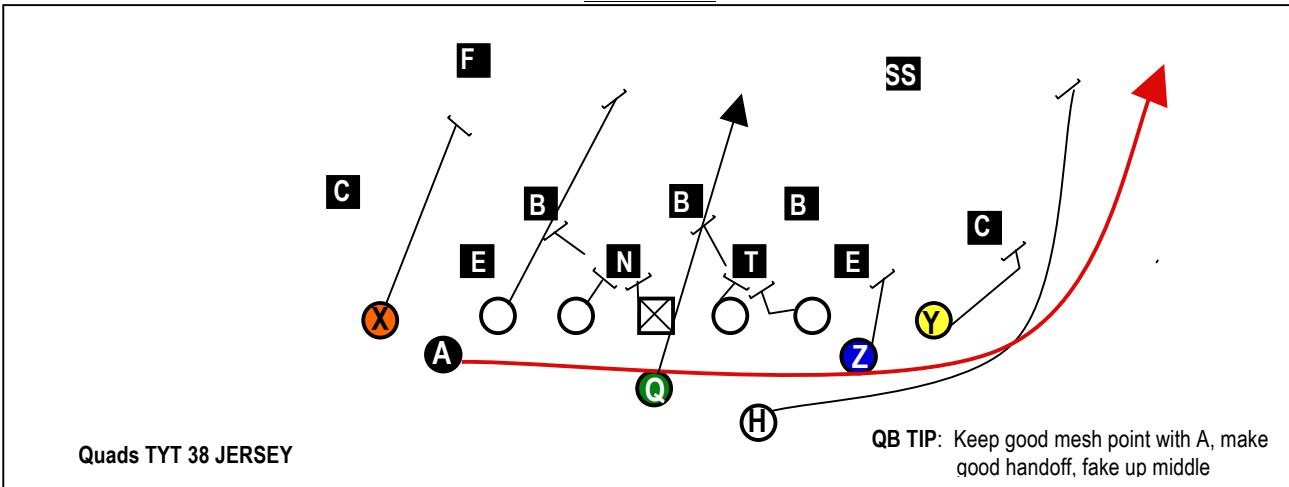
Quads TYT



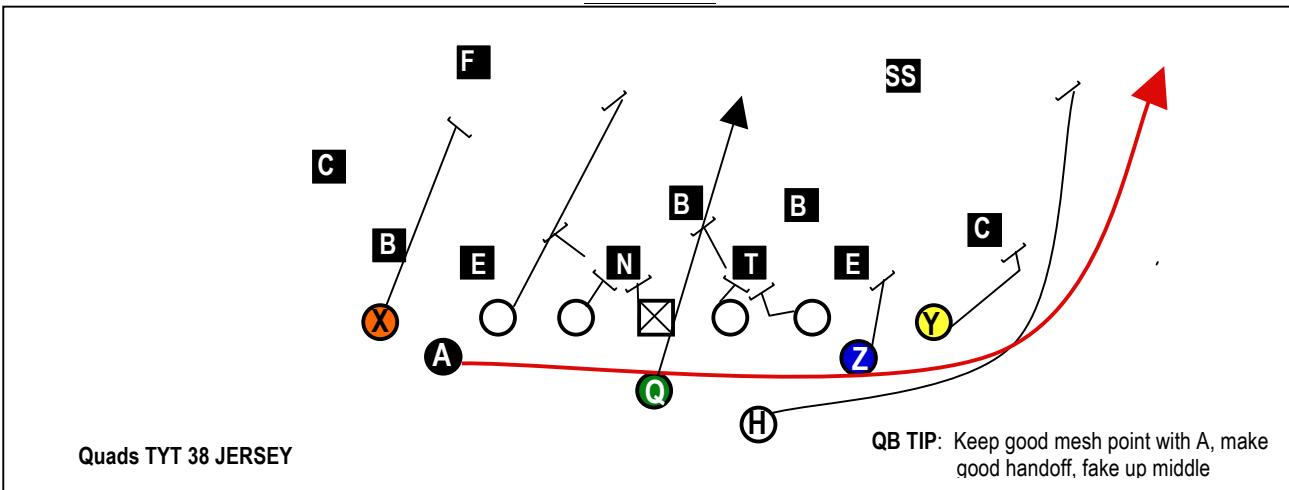
OFFENSIVE PLAYBOOK

Quads TYT 49 – 38 JERSEY (Jet Sweep)

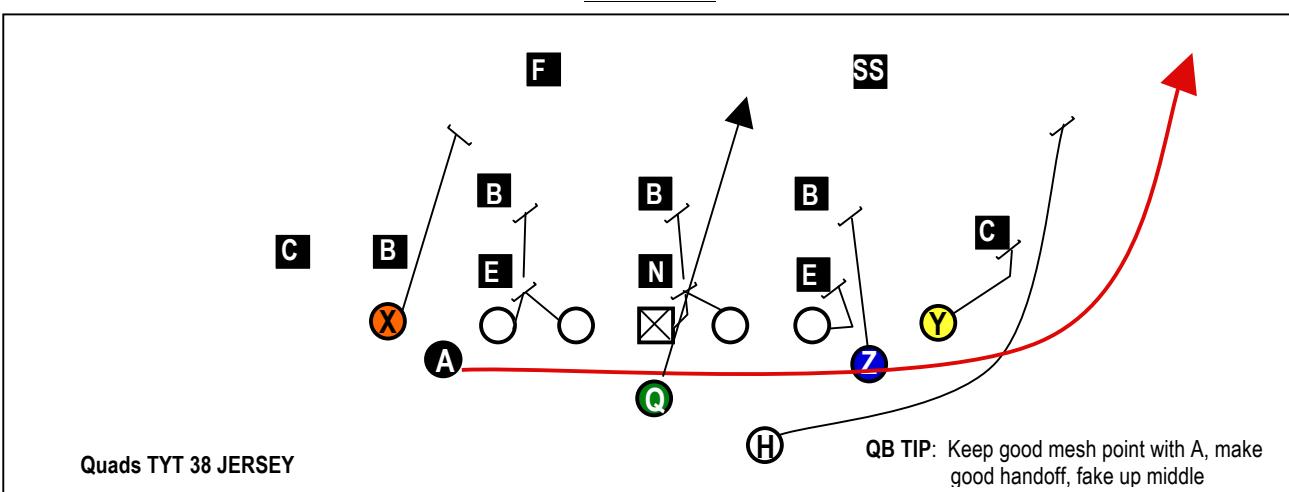
4-3 Front



5-2 Front



3-3 Front



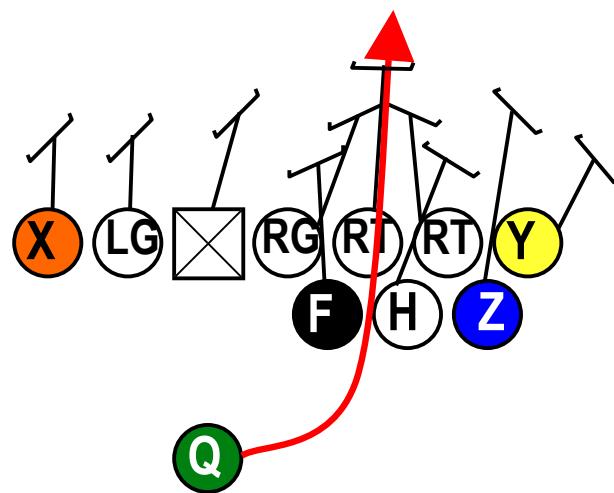
Goal Line - Short Yardage Plays



WINDSOR

Y-TYT

Y-TYT 15 – 16 WINDSOR (Wedge)



Y-TYT RT 16 WINDSOR

QB TIP: Primary completion to F or Y

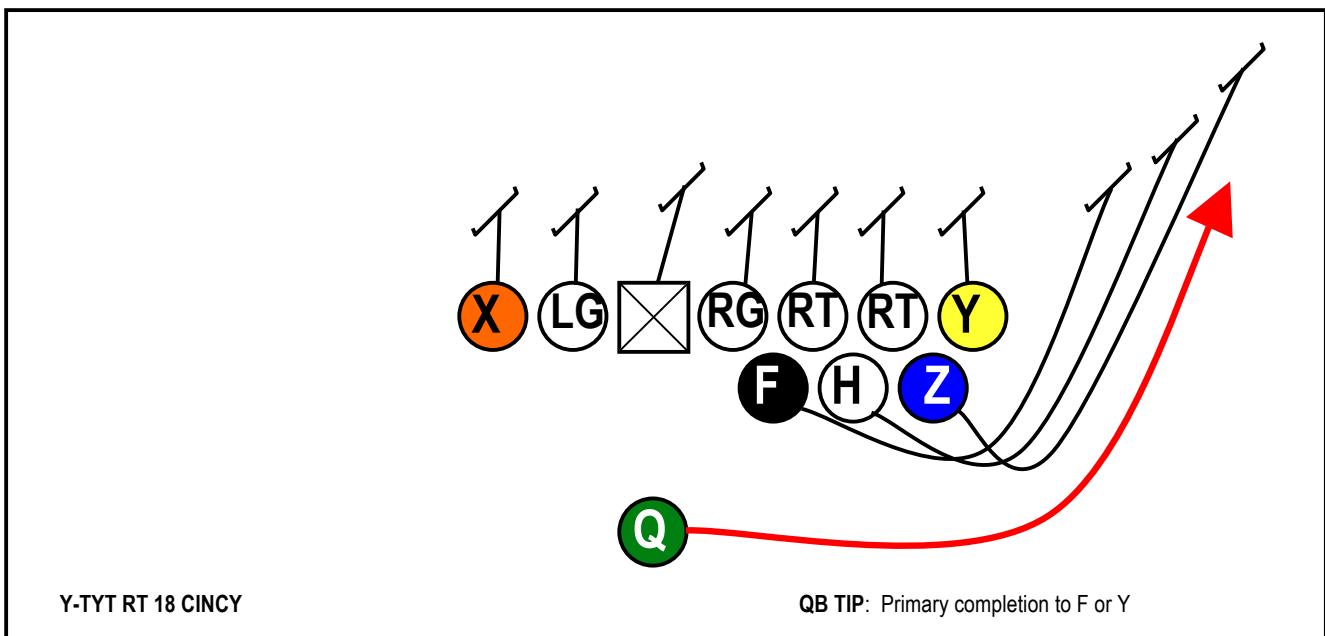


OFFENSIVE PLAYBOOK

CINCY

Y-TYT

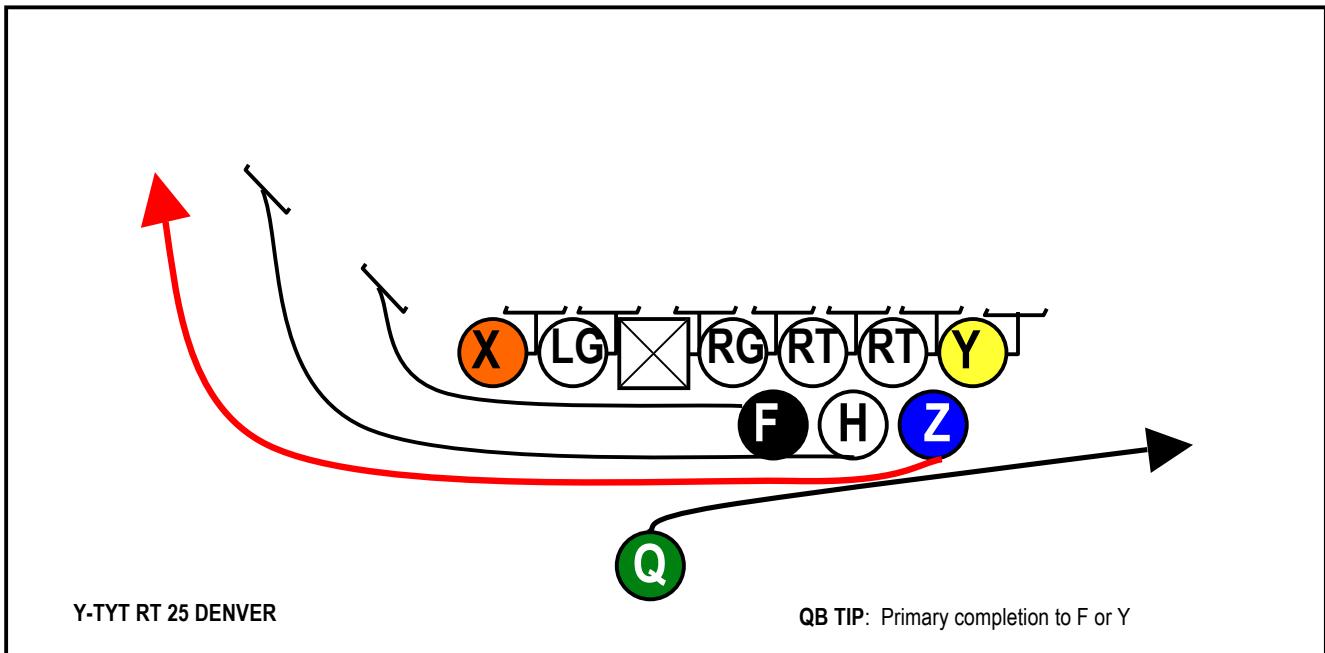
Y-TYT 18 – 19 CINCY (Sweep)



DENVER

Y-TYT

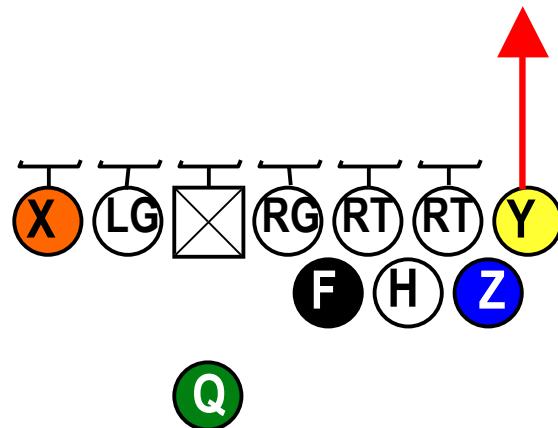
Y-TYT Z5 – Z6 DENVER (Counter)



POP PASS

Y-TYT

Y-TYT POP PASS



Y-TYT RT POP PASS

QB TIP: Primary completion to F or Y

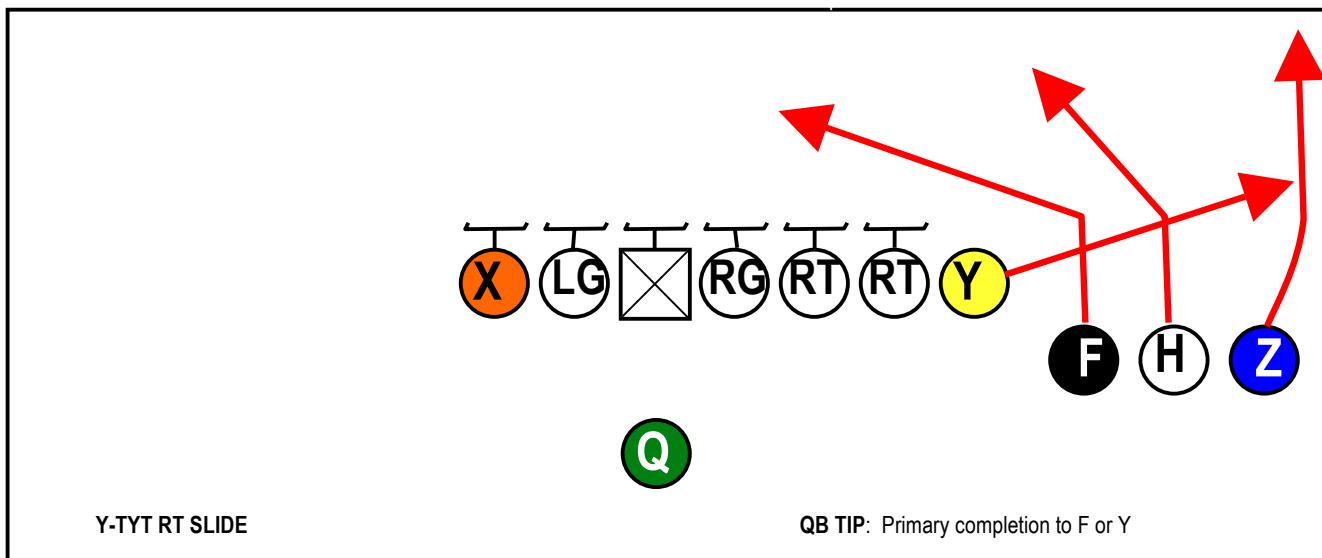


OFFENSIVE PLAYBOOK

SLIDE

Y-TYT

Y-TYT SLIDE PASS



Passing Plays



OFFENSIVE PLAYBOOK

PASSING PLAYS

I. 3 Step Plays:

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

II. 5 Step Plays:

Play Name:	Formation(s):	Blocking:
1. WAVE	Quads, Quads TYT, King & Trips	MOM – Man on Man
2. STORM	Quads, Quads TYT, King & Trips	MOM – Man on Man

III. Screen Plays:

Play Name:	Formation(s):	Blocking:
1. BANDIT:	Quads, Quads TYT, King & Trips	(Slide-Rip or Liz Block)

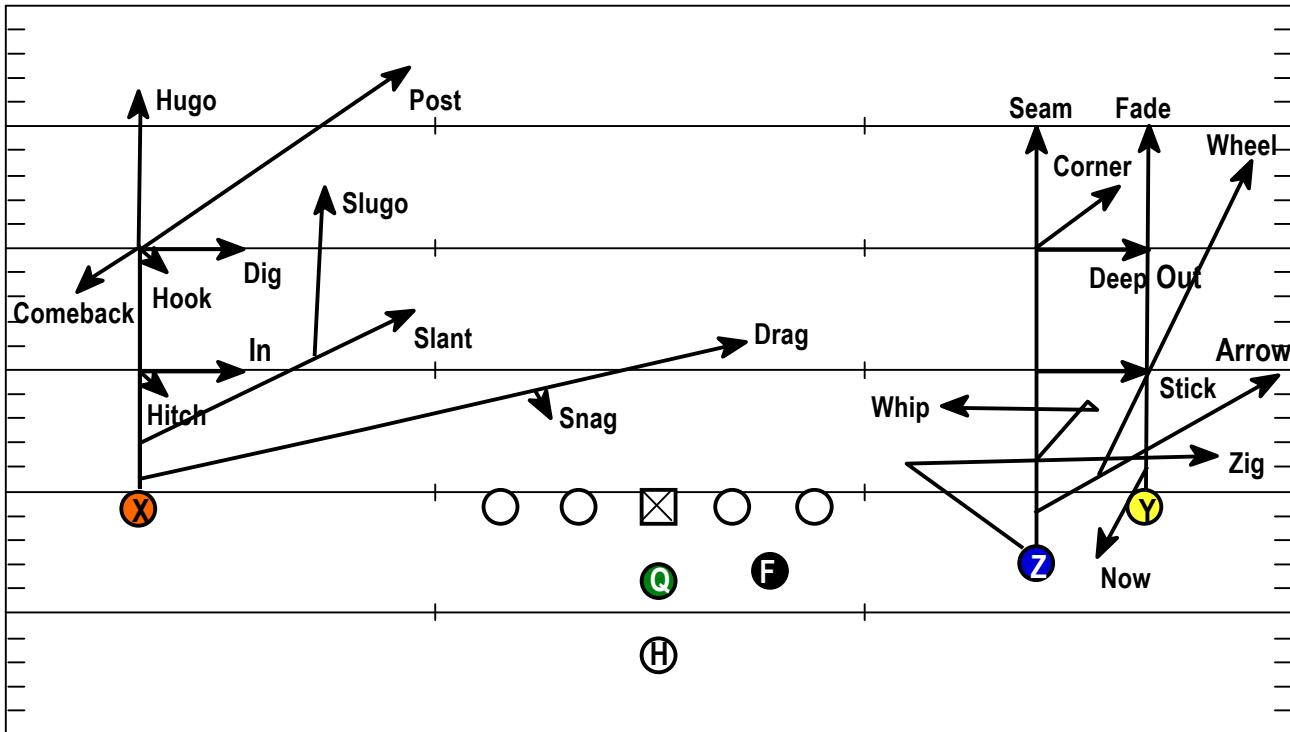
IV. PAP (Play Action Pass) Plays:

Play Name:	Formation(s):	Blocking:
1. FOG:	Quads TYT, King	(Slide-Rip or Liz Block)

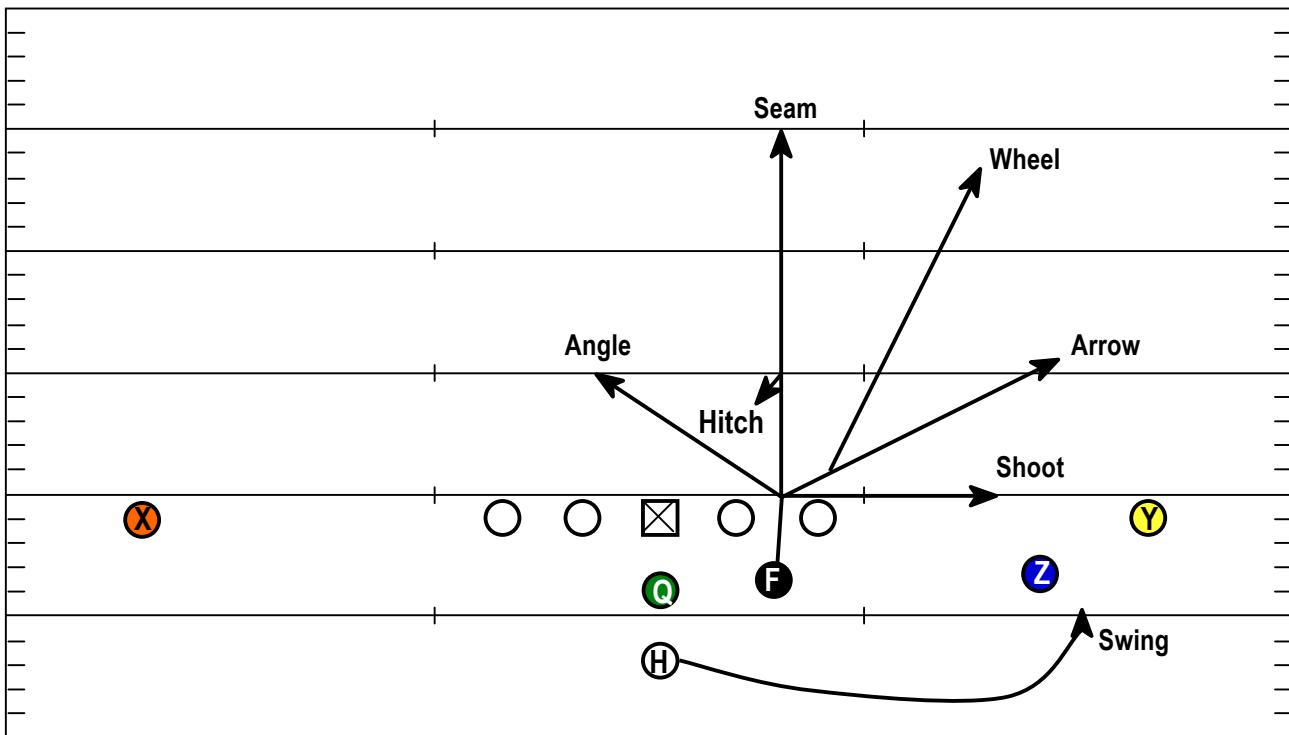


OFFENSIVE PLAYBOOK

RECEIVER PASS ROUTES



RUNNING BACK PASS ROUTES



3 Step Pass Plays



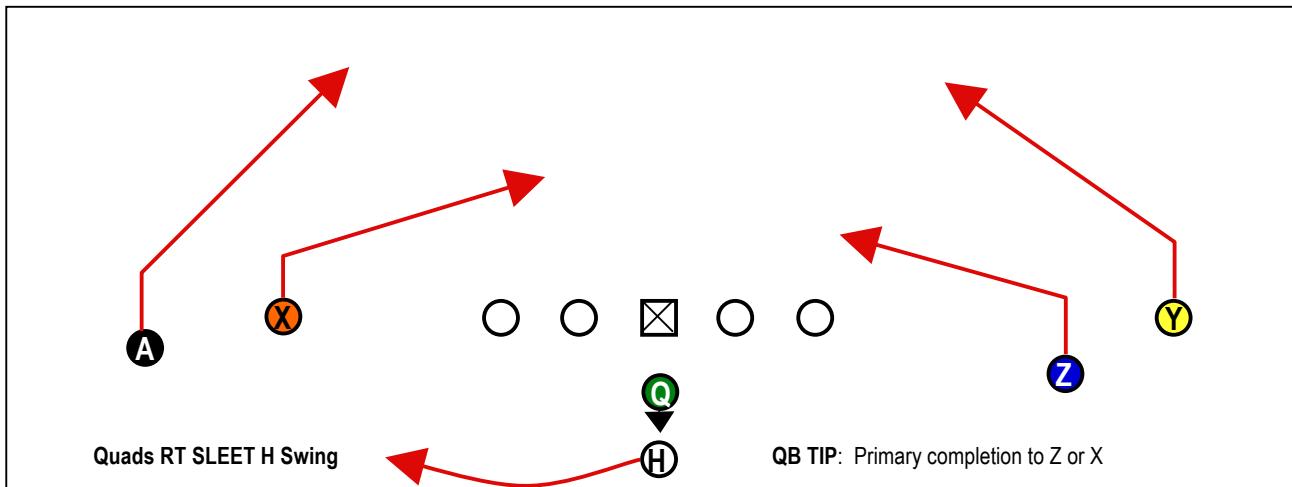
OFFENSIVE PLAYBOOK

SLEET

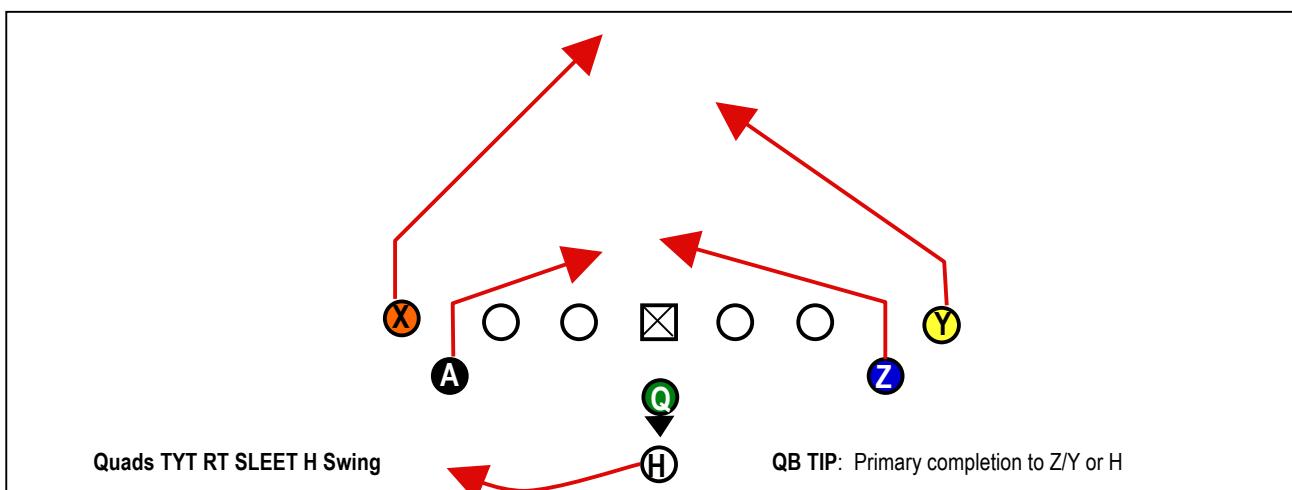
(Slants)

Quads, Quads TYT,
King & Trips

Quads



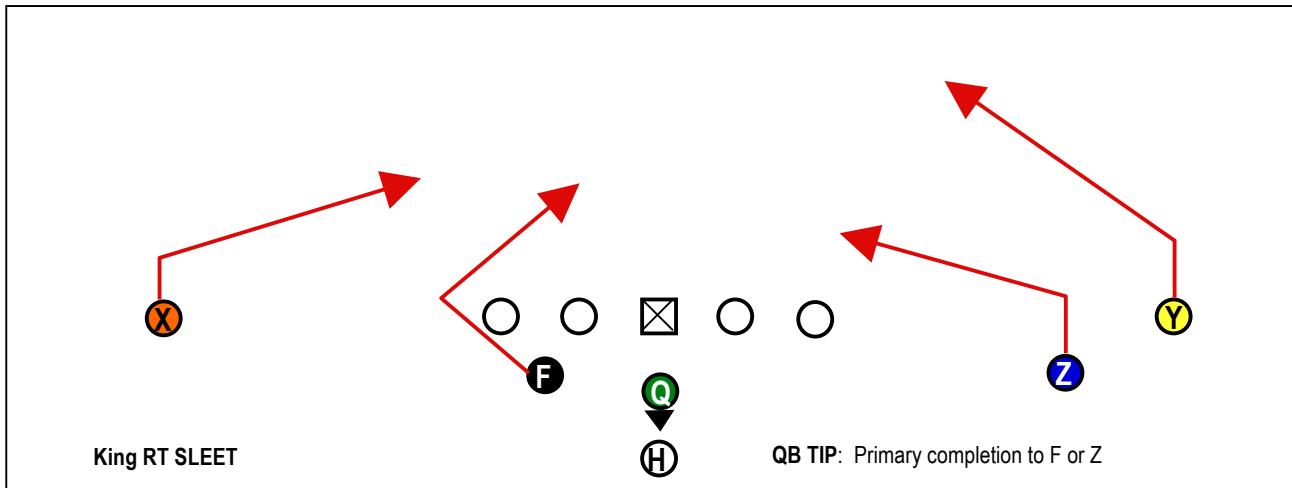
Quads TYT



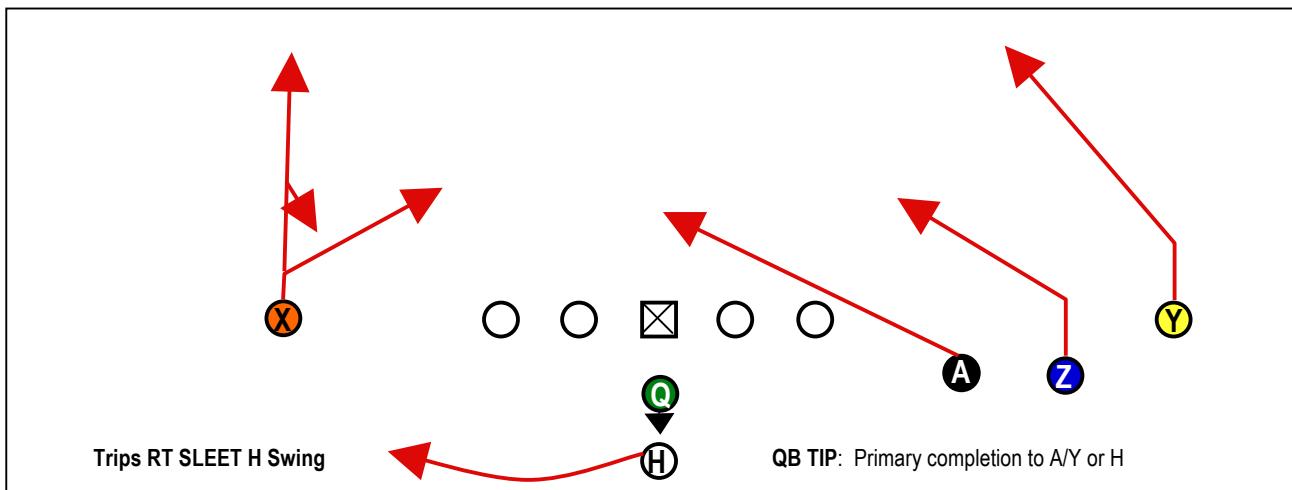
OFFENSIVE PLAYBOOK

SLEET (Slants)

King



Trips



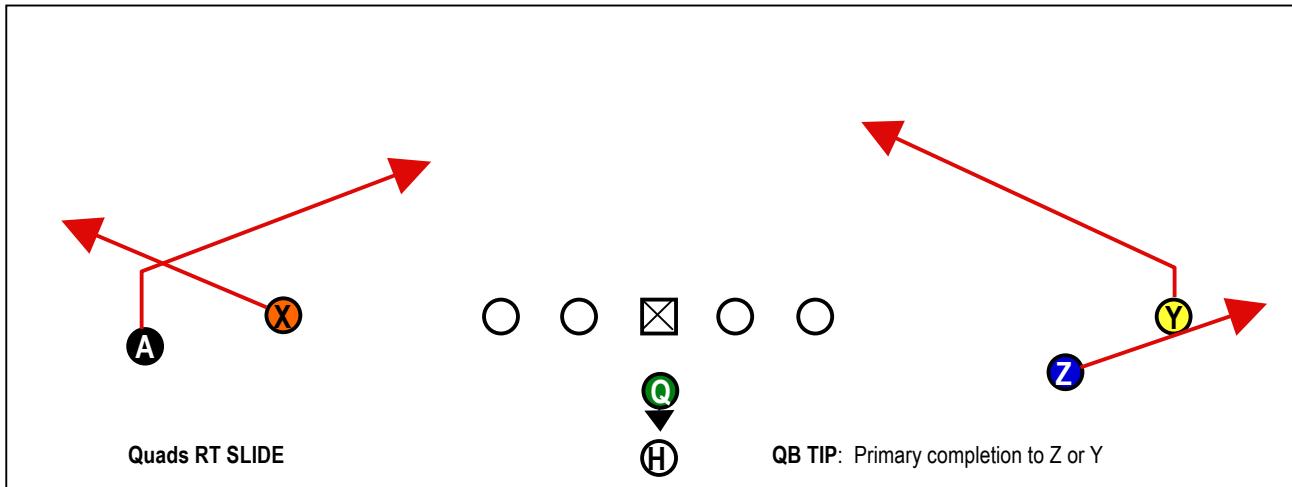
OFFENSIVE PLAYBOOK

SLIDE

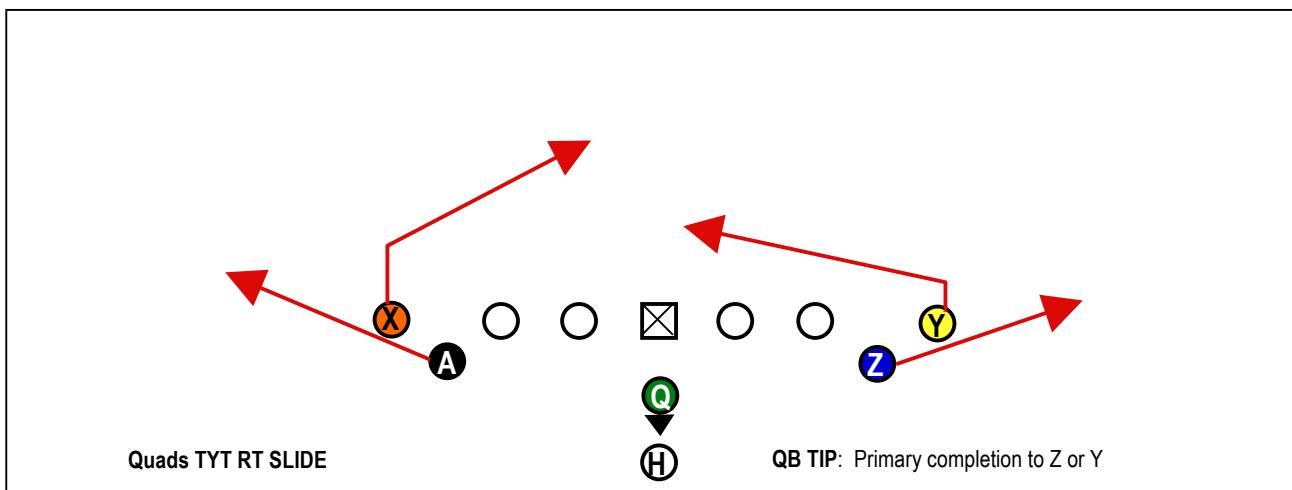
(Slant-Arrow)

Quads, Quads TYT,
King & Trips

Quads



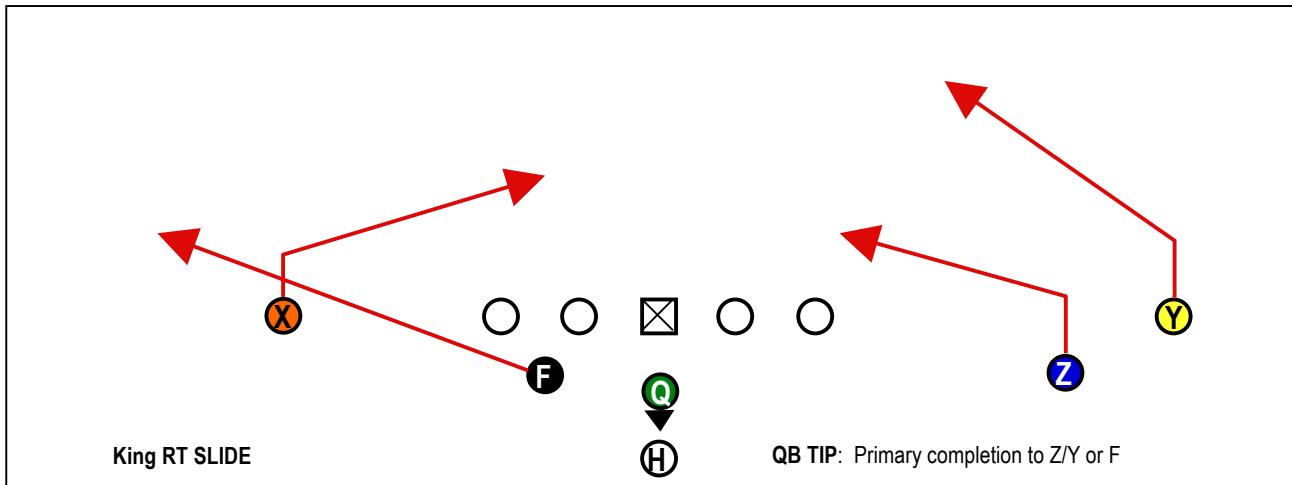
Quads TYT



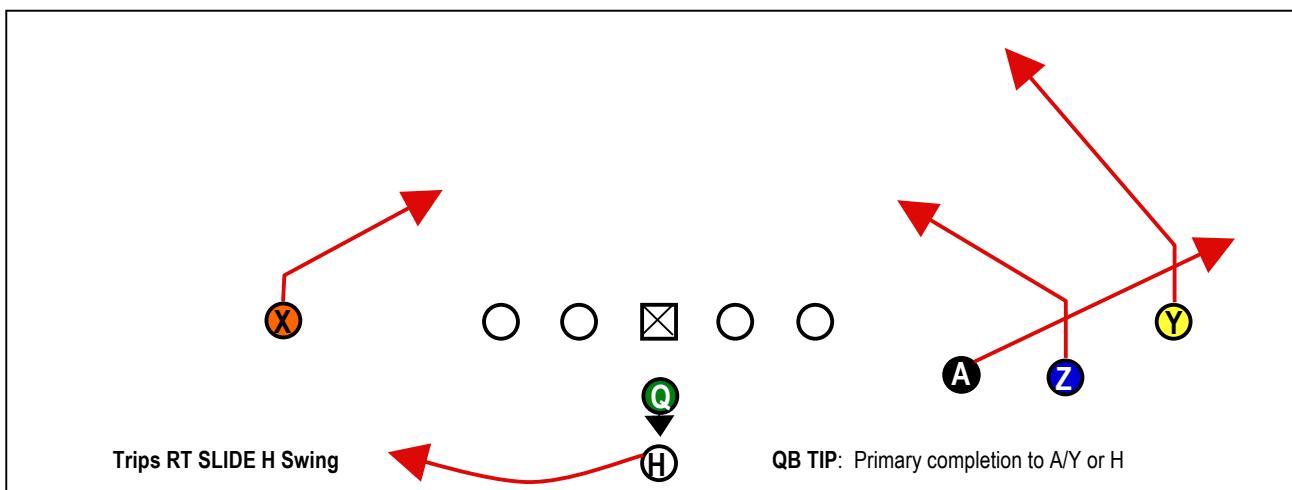
OFFENSIVE PLAYBOOK

SLIDE (Slant-Arrow)

King



Trips

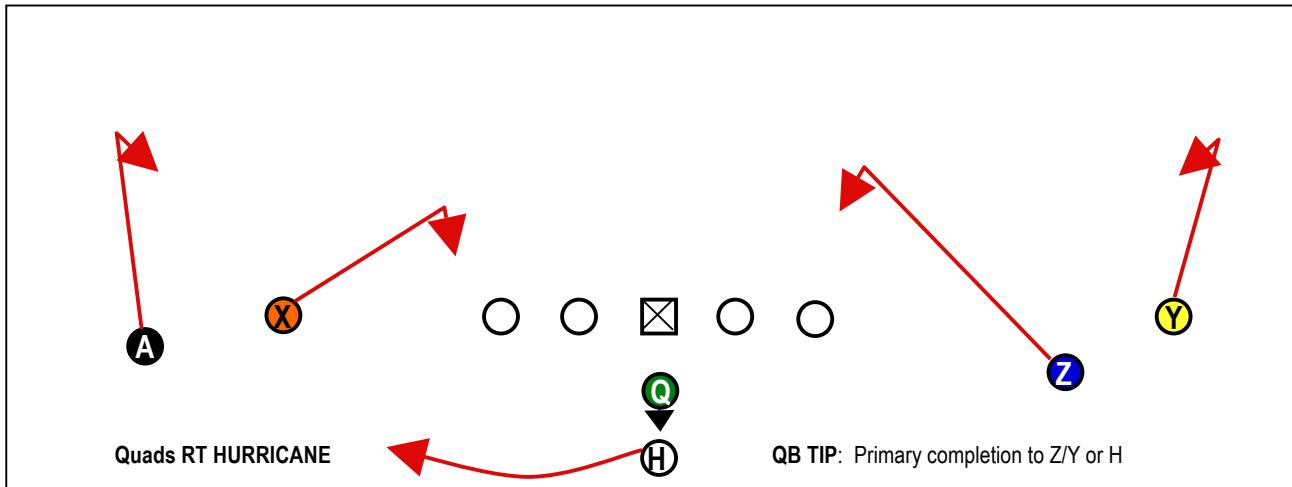


HURRICANE

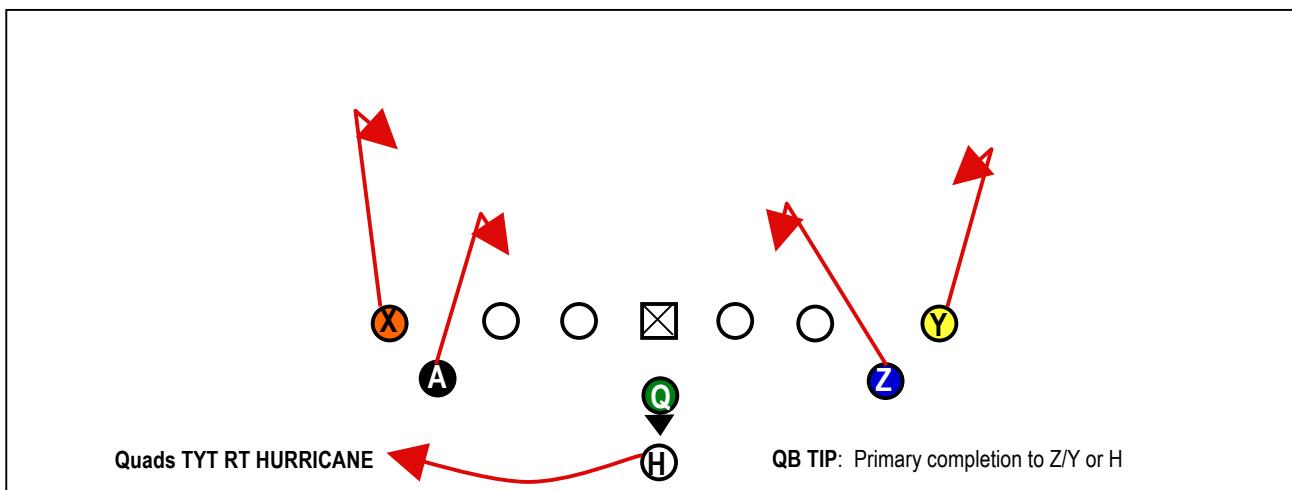
(Hitches)

Quads, Quads TYT,
King & Trips

Quads



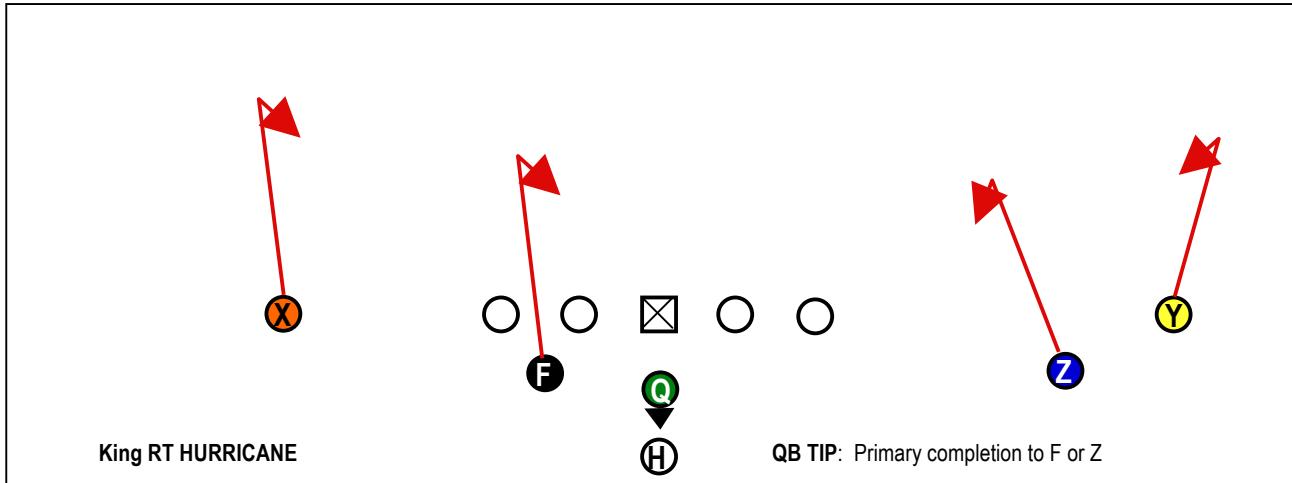
Quads TYT



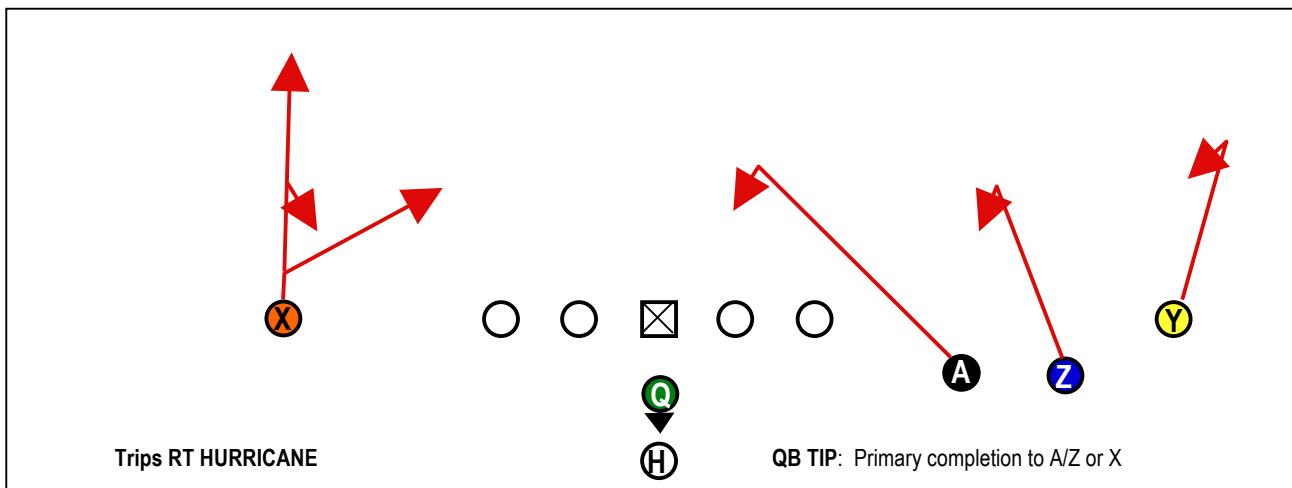
OFFENSIVE PLAYBOOK

HURRICANE (Hitches)

King



Trips

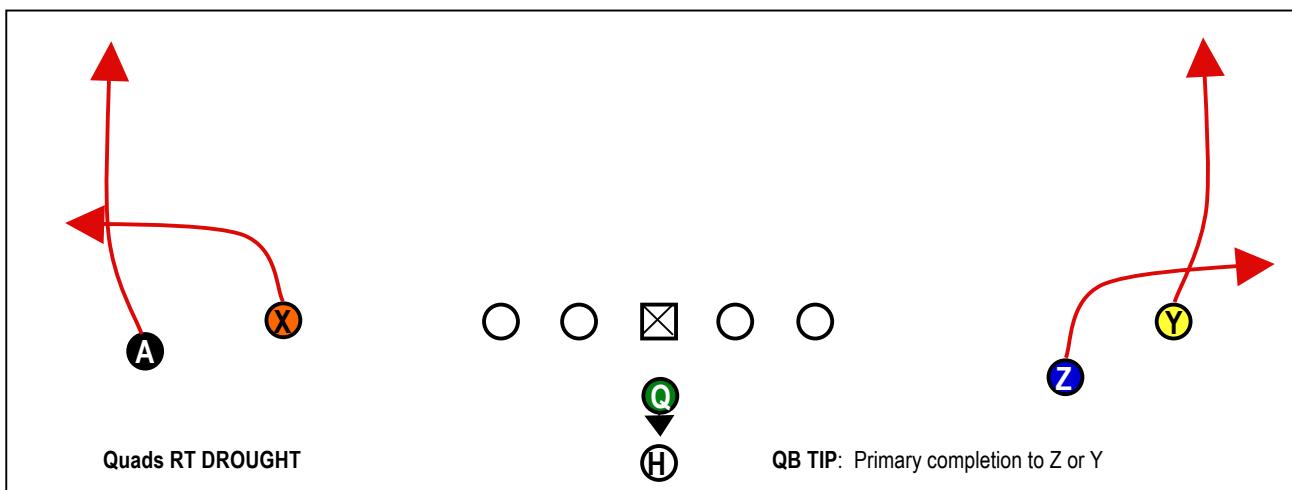


DROUGHT

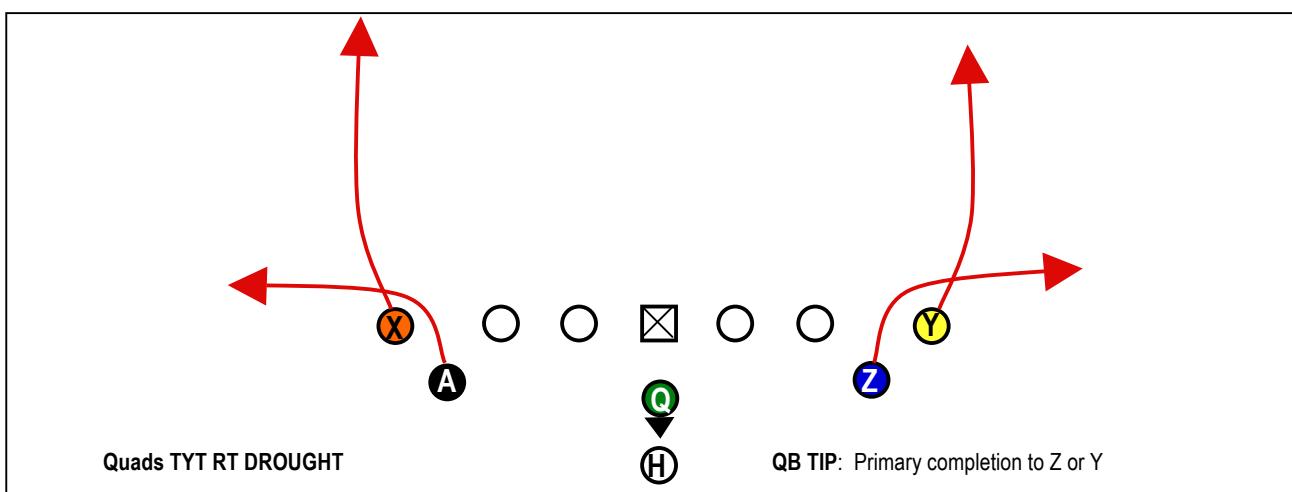
(Fade-Speed Out)

Quads, Quads TYT,
King & Trips

Quads



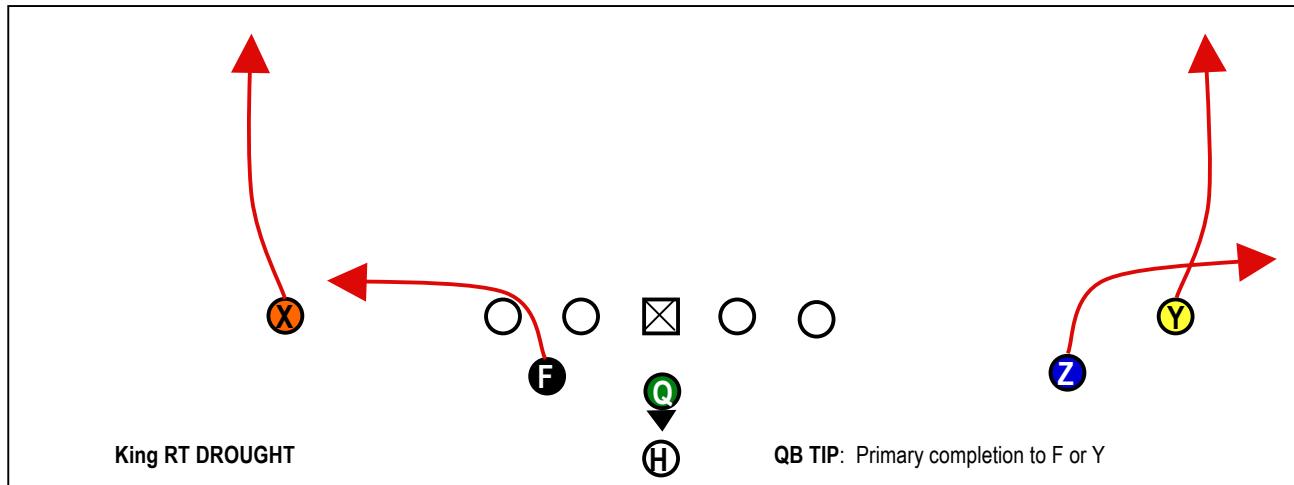
Quads TYT



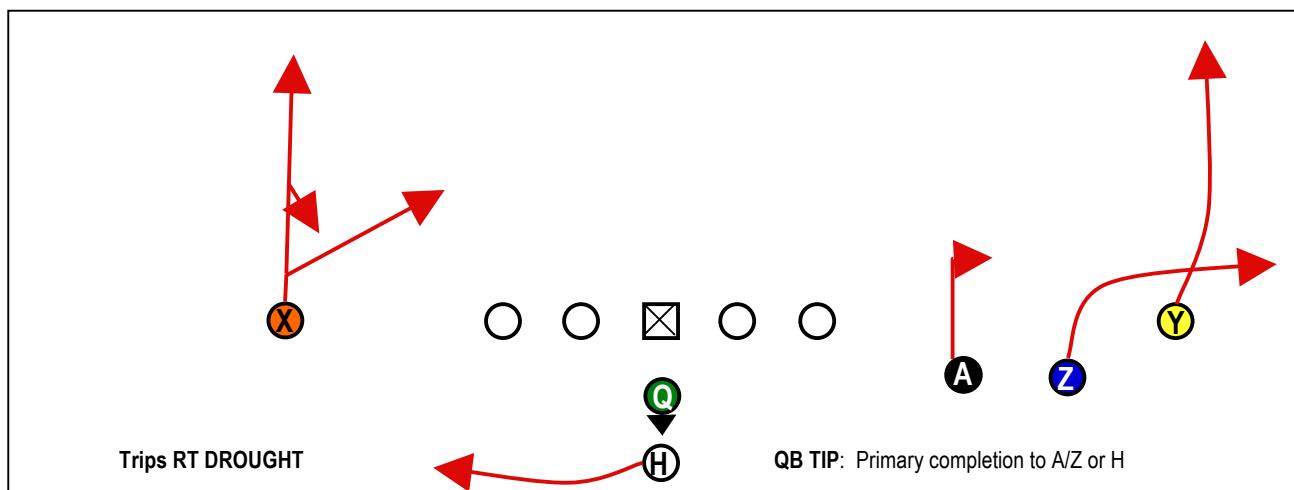
OFFENSIVE PLAYBOOK

DROUGHT (Fade-Speed Out)

King



Trips



5 Step Pass Plays



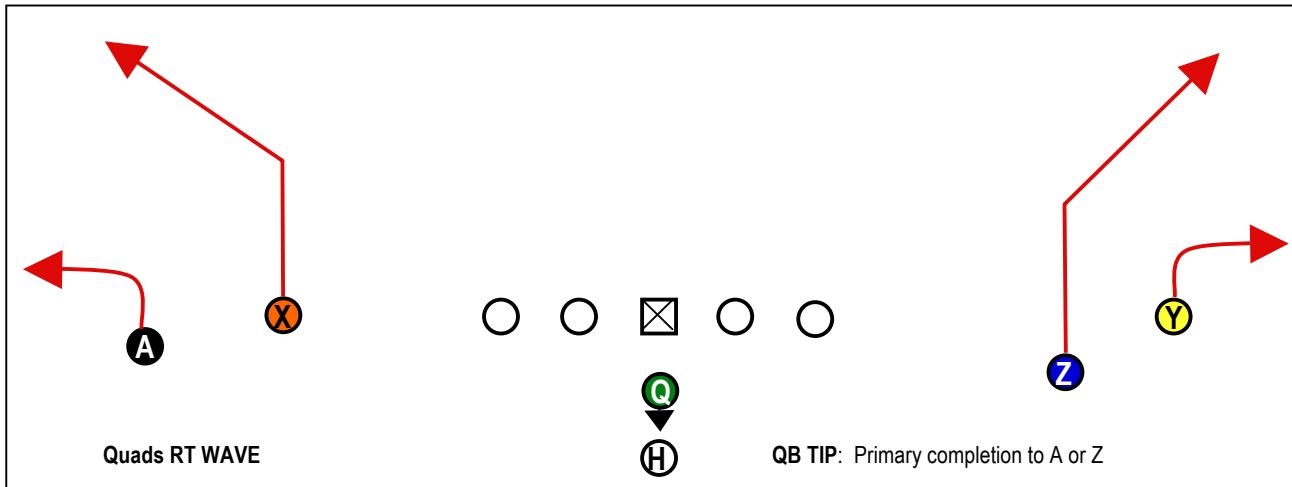
OFFENSIVE PLAYBOOK

WAVE

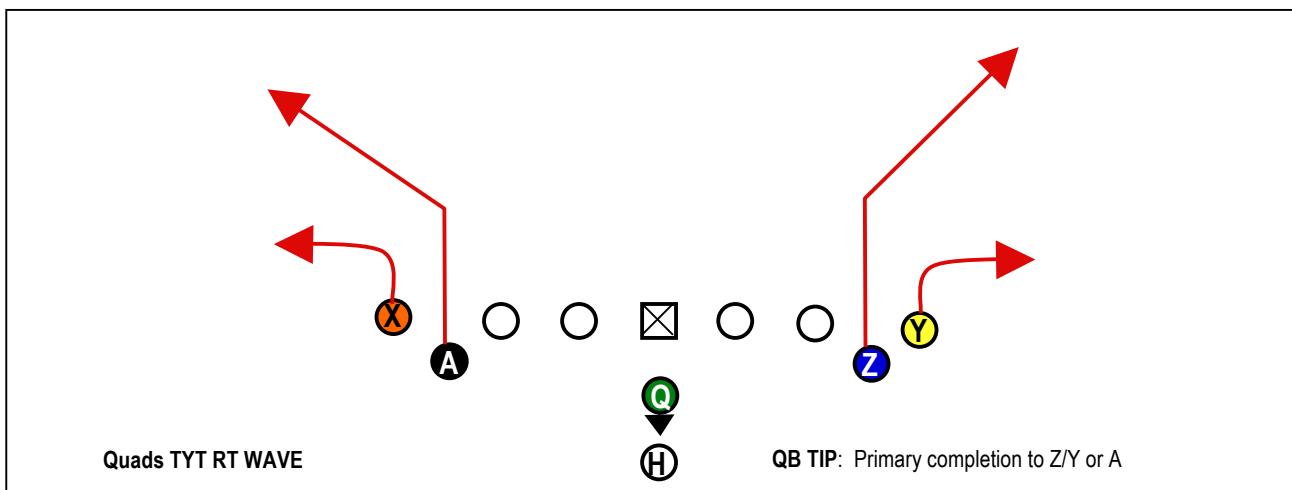
(Speed Out-Corner)

Quads, Quads TYT,
King & Trips

Quads



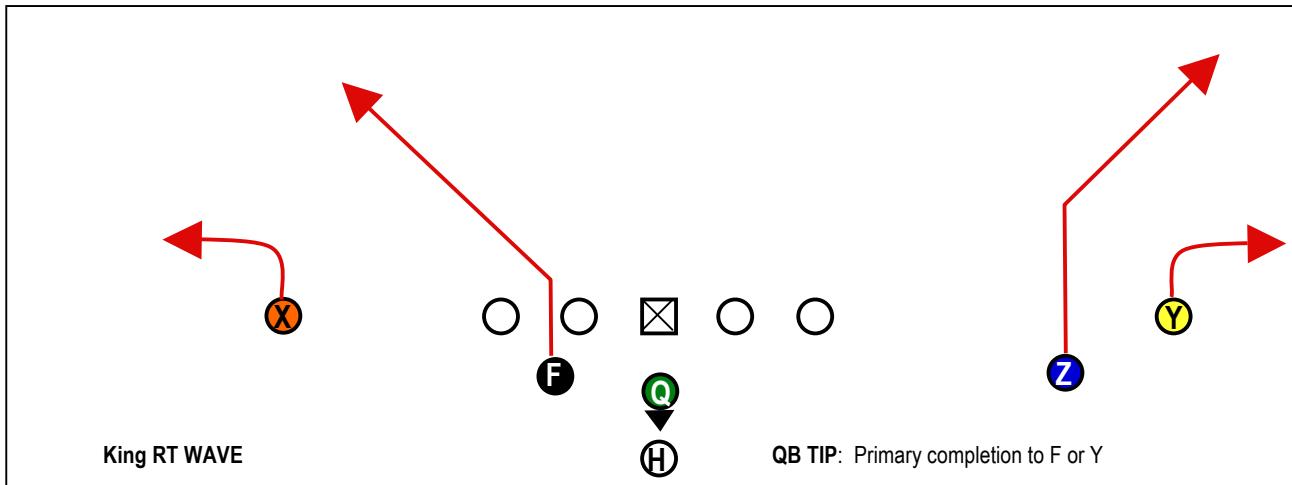
Quads TYT



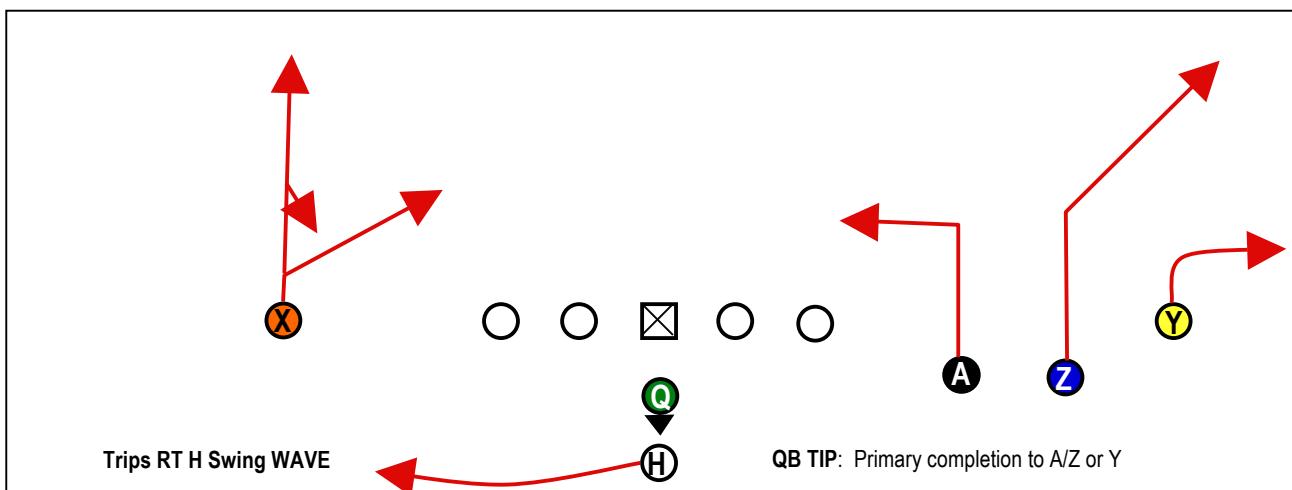
OFFENSIVE PLAYBOOK

WAVE (Speed Out-Corner)

King



Trips

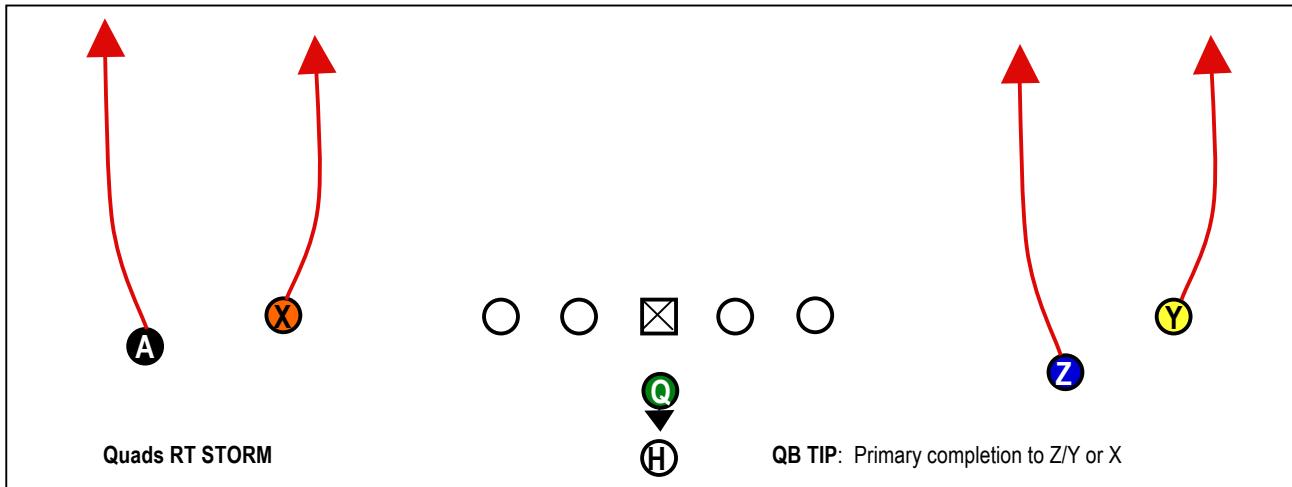


STORM

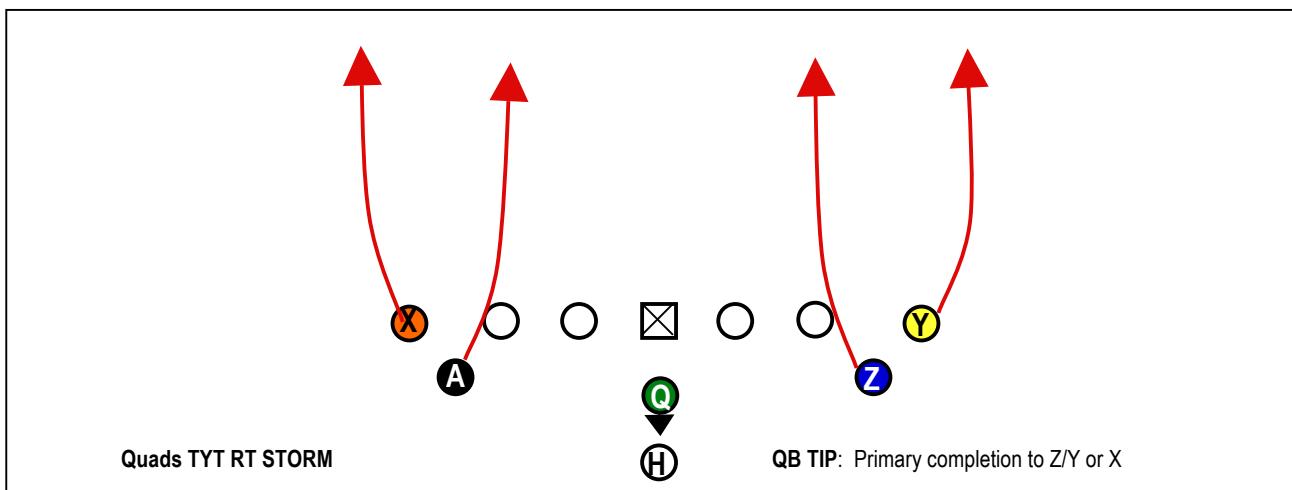
(Verts)

Quads, Quads TYT,
King & Trips

Quads



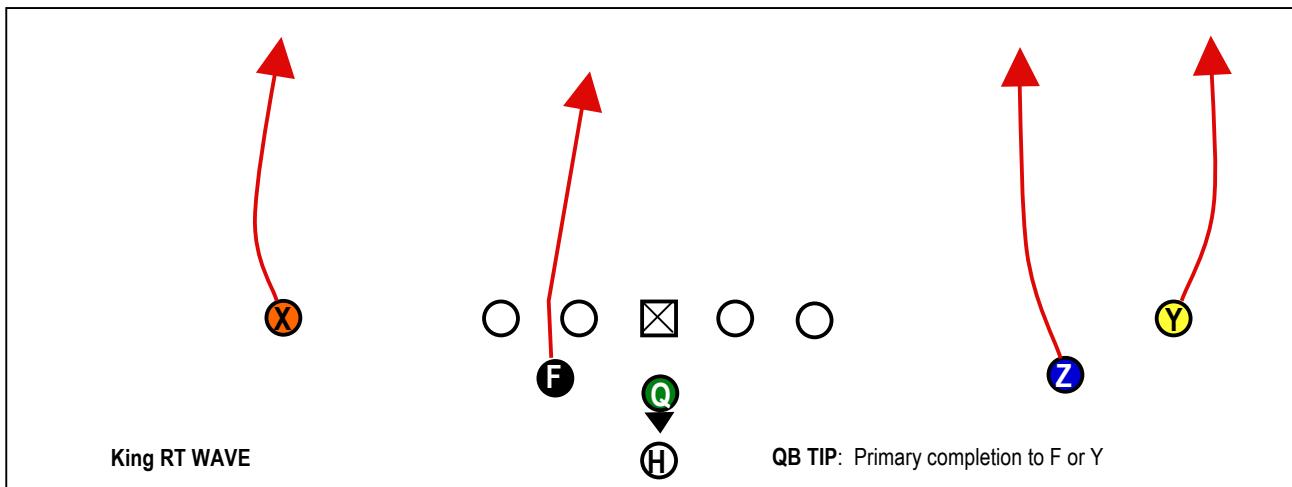
Quads TYT



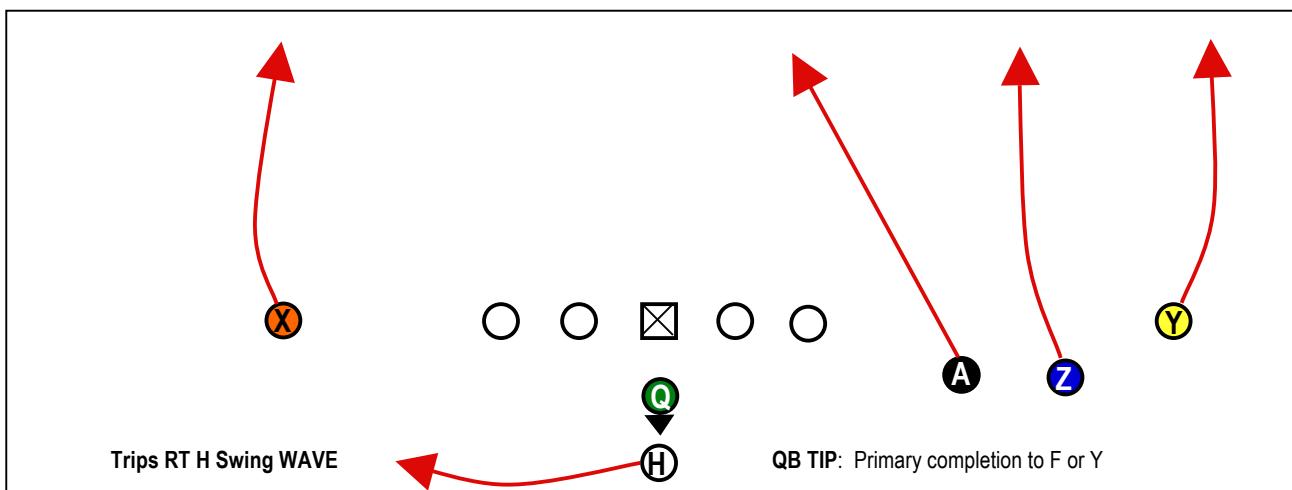
OFFENSIVE PLAYBOOK

STORM (Verts)

King



Trips



Screen Plays



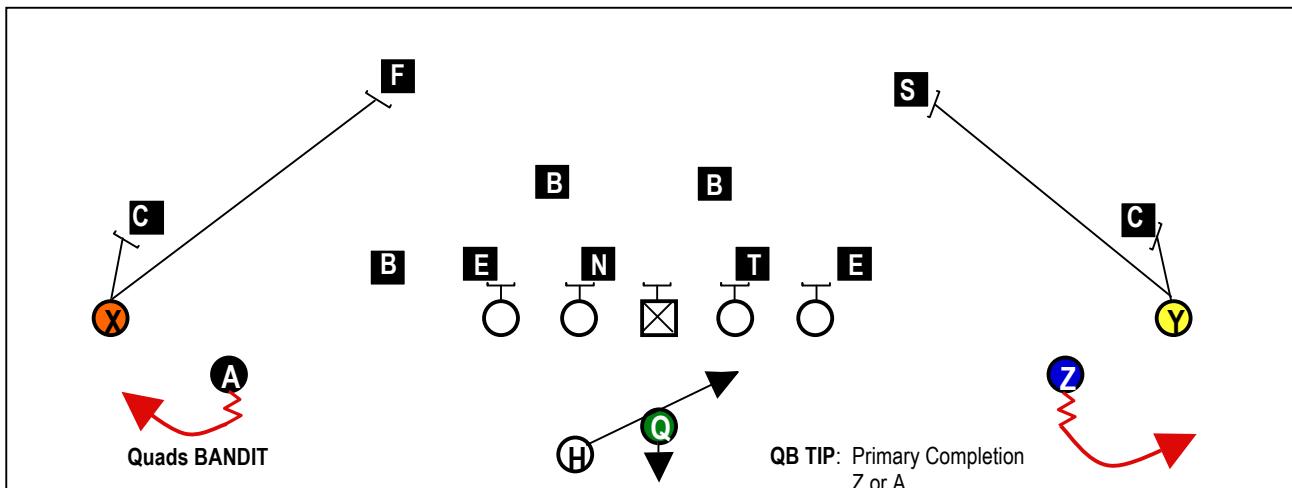
BANDIT

(Bubble)

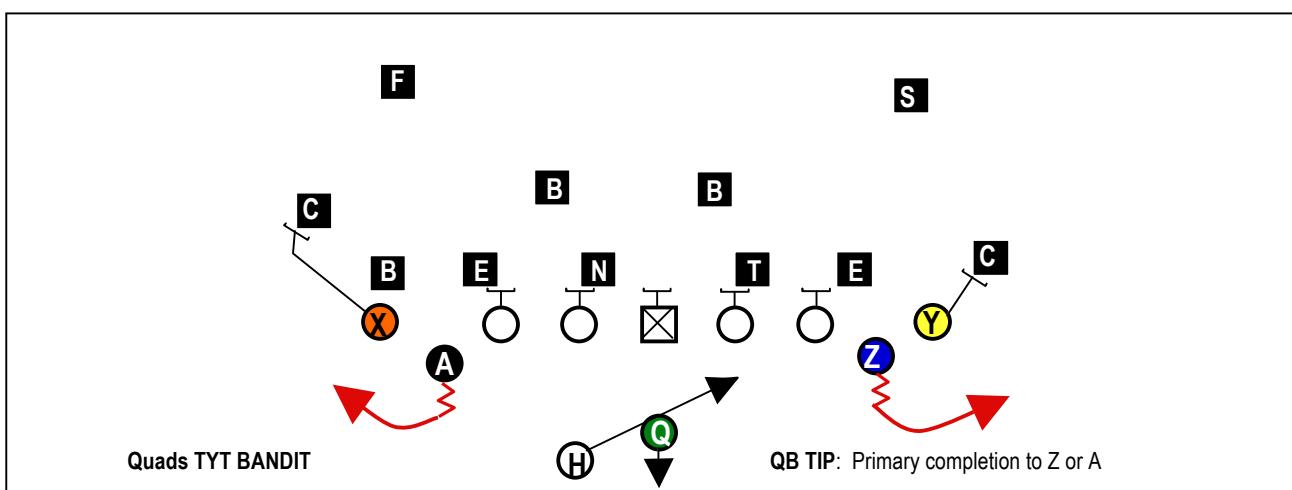
Quads, Quads TYT

King & Trips

Quads



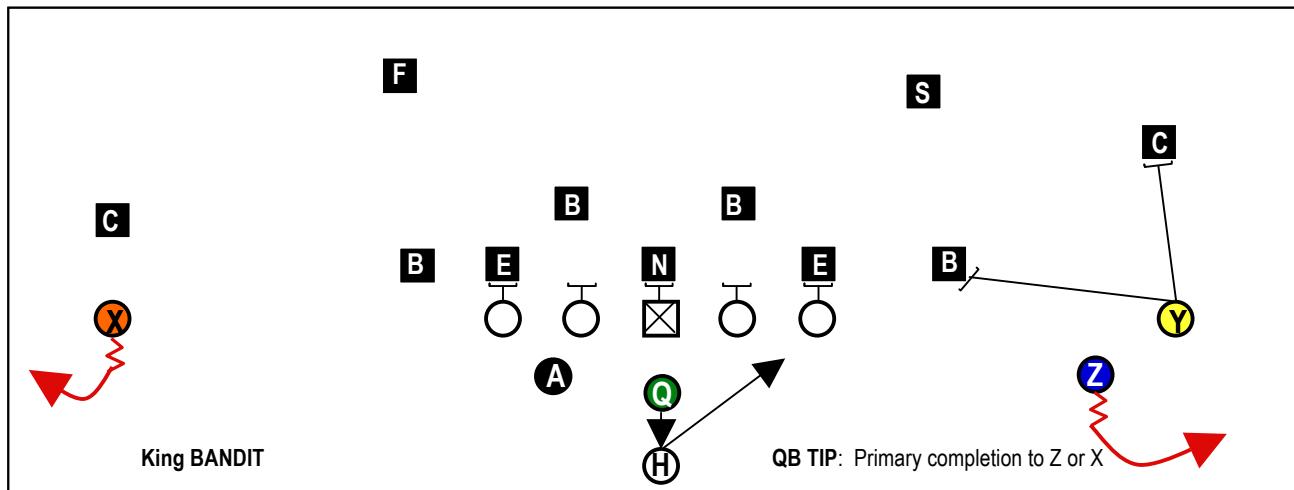
Quads TYT



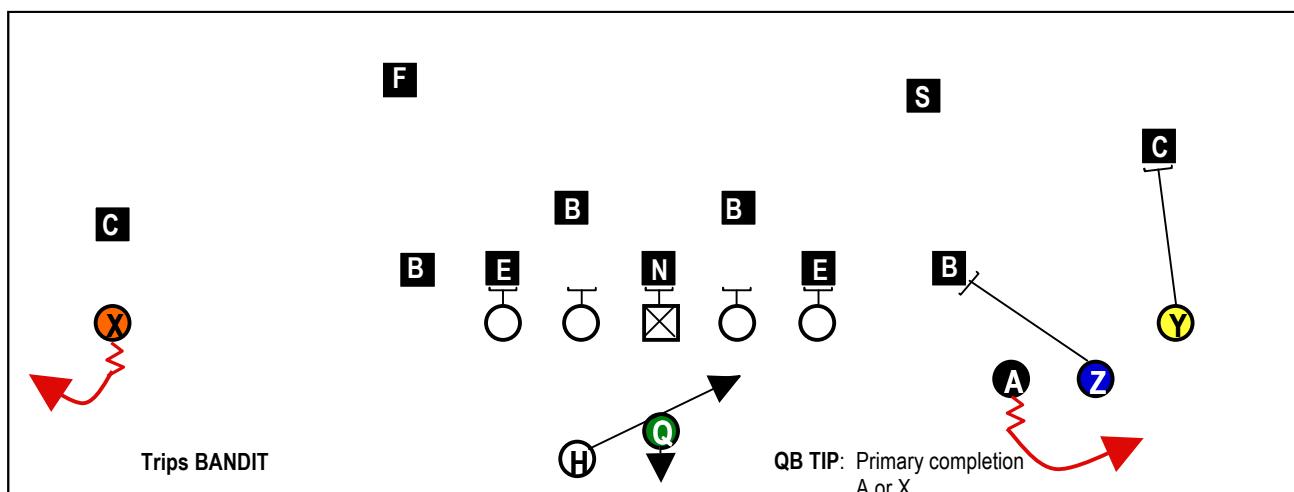
OFFENSIVE PLAYBOOK

BANDIT (Bubble)

King



Trips



PAP Plays

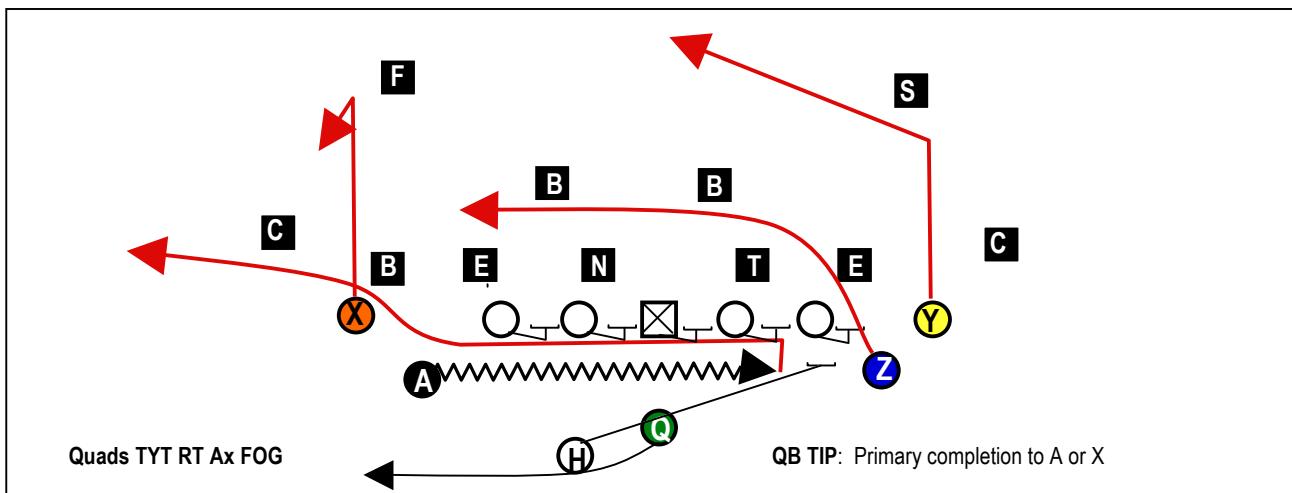
(Play Action Pass)



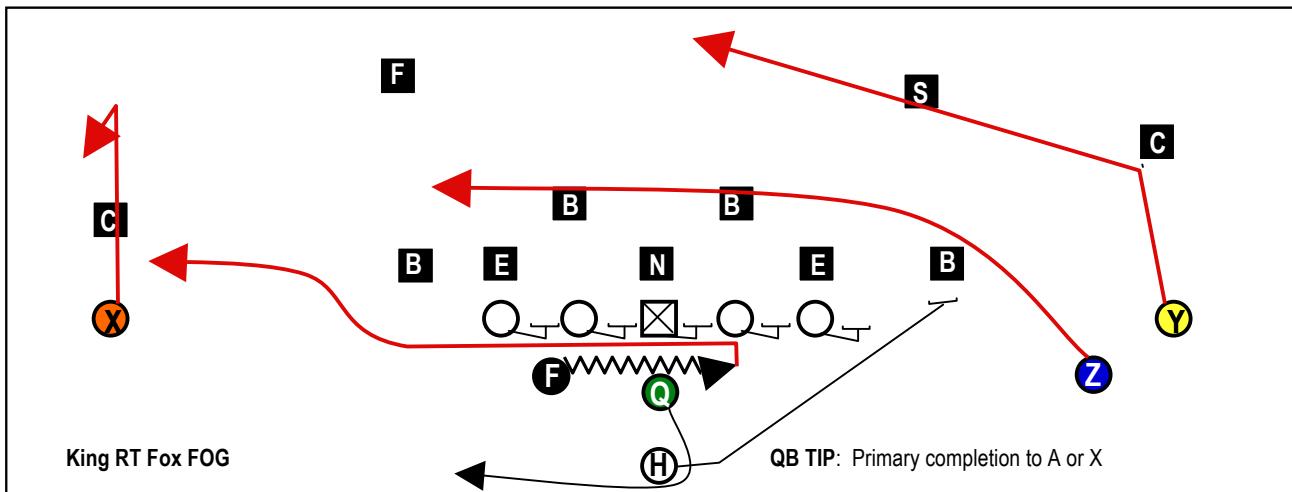
FOG

(Comeback-Arrow-Drag-Post) Quads TYT, King

Quads TYT



King





SPARTAN'S

YOUTH

FOOTBALL

7th Grade

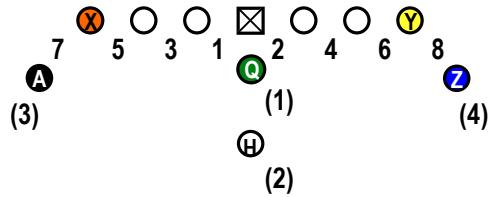
OFFENSIVE PLAYBOOK

OFFENSIVE PLAYBOOK

OFFENSIVE FACETS

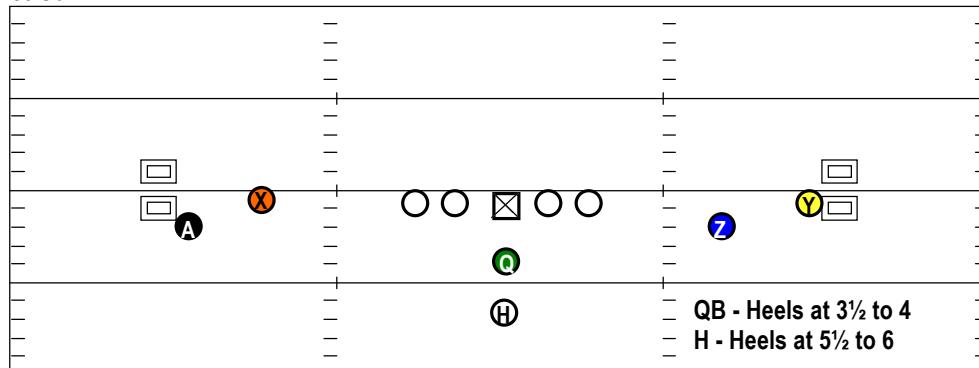
I. OFFENSIVE POSITIONS & HOLE NUMBERING:

A. Position Identification & Hole Numbering

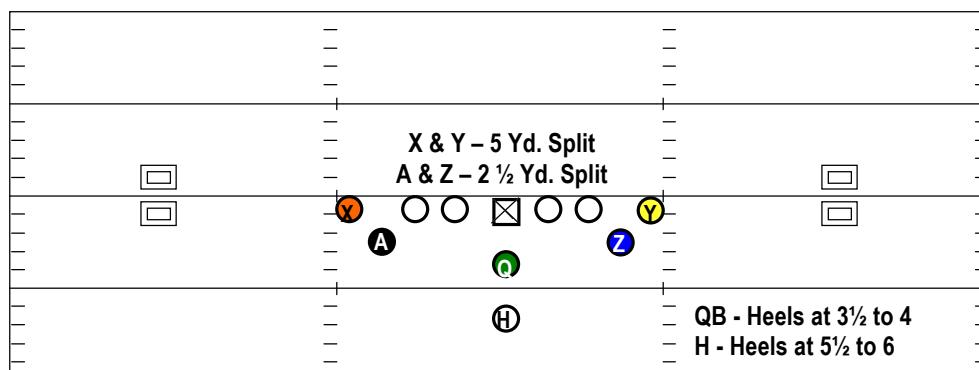


II. OFFENSIVE FORMATIONS:

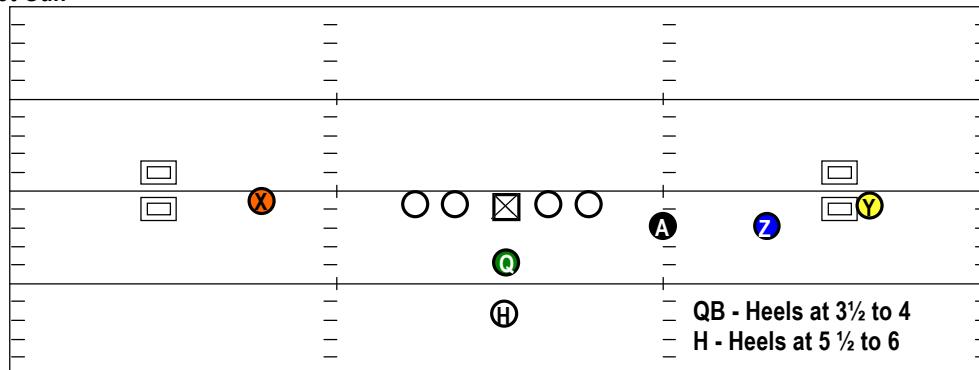
A. Quads - Shot Gun



B. Quads TYT - Shot Gun



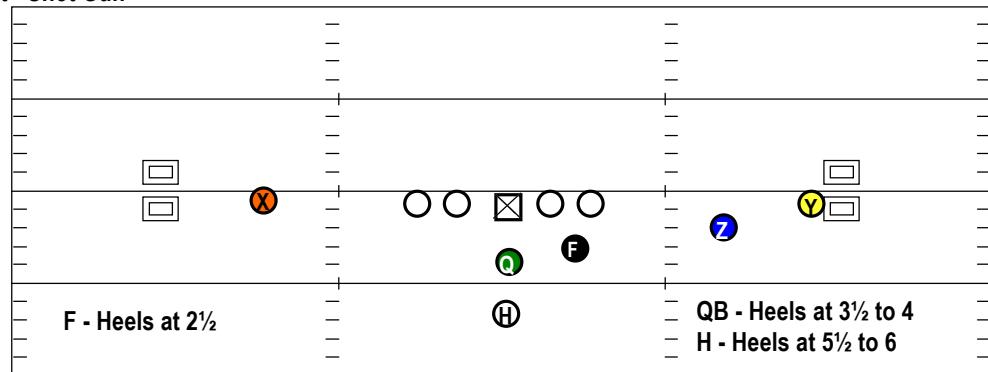
C. Trips - Shot Gun



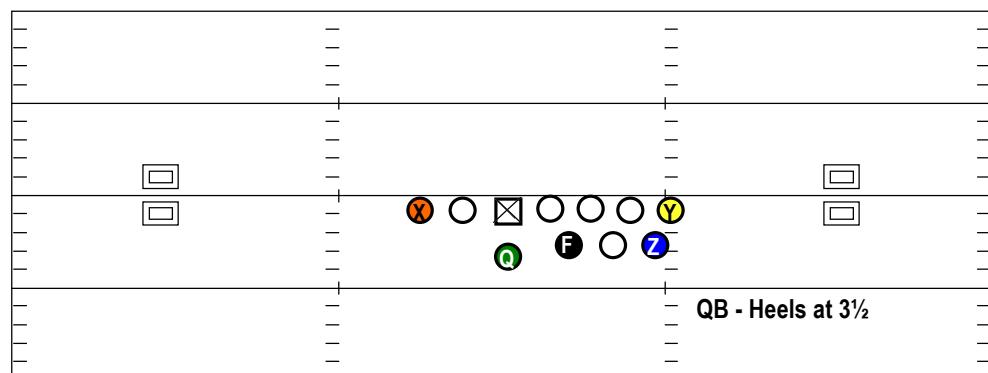
OFFENSIVE PLAYBOOK

OFFENSIVE FORMATIONS: Continued

D. King Right - Shot Gun



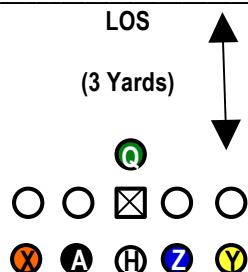
E. Y TYT - Shot Gun



III. PLAY CALLING SYSTEM:

A. Huddle Formation:

1. Center always sets the Huddle 3 yards from the ball.
2. Be in a positon 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 be 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



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- 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

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.
 - 3. **Banjo-Banjo:**
 - a. Bubble (Slot Receivers) - Delay then Fade/Go (Outside 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 carries 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 $3 \frac{1}{2}$ - 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!



OFFENSIVE PLAYBOOK

III. Receivers:

- A. Must NEVER be off-sides! WATCH THE BALL to be SNAPPED!
- B. **Stance & Alignment (WR)**
 - 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.



OFFENSIVE PLAYBOOK

IV. Linemen:

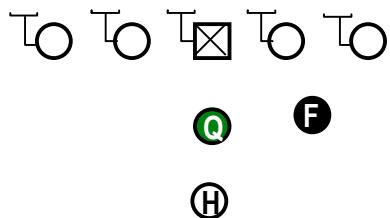
- A. MOST IMPORTANT POSITIONS ON THE “FIELD”**
- B. Must Remember “Snap Count & Play Called”**
- C. Offensive Linemen Philosophy:**
 - 1. Toughness mentally and physically
 - 2. Intelligence
 - 3. Work ethic
 - 4. Team player work as a unit
 - 5. Great feet and balance – will re-direct his feet at least 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”)
- 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. 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.



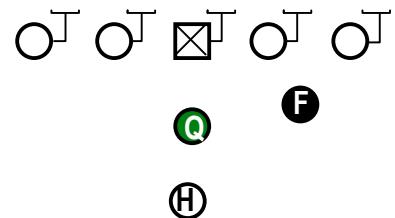
OFFENSIVE PLAYBOOK

BLOCKING

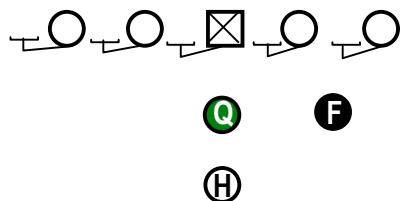
Liz



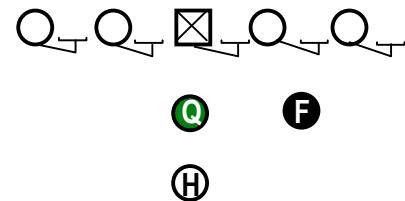
Rip



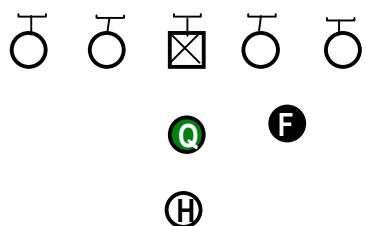
Slide Protect - Liz



Slide Protect - Rip



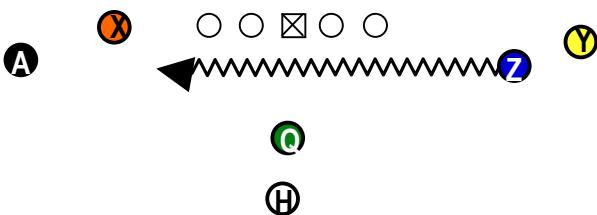
MOM



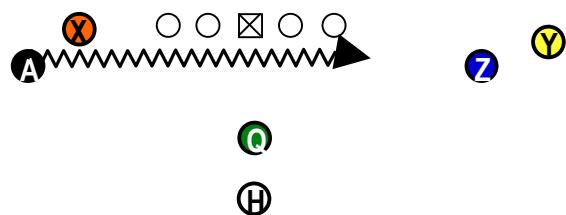
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MOTIONS

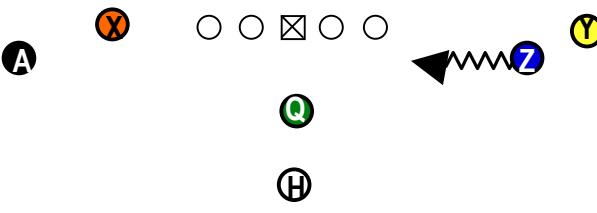
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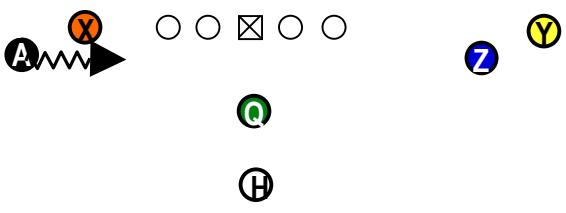
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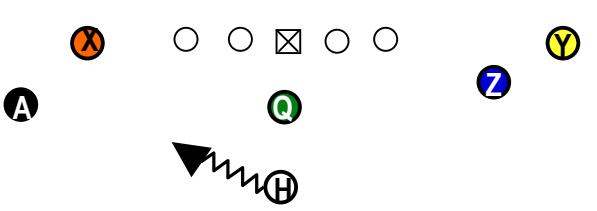
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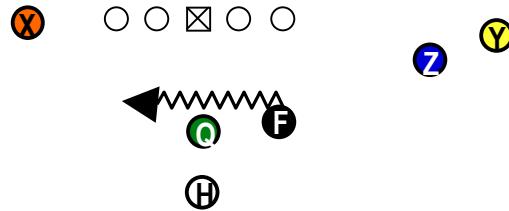
Ann Short



Hip



Fox



Running Plays



OFFENSIVE PLAYBOOK

RUNNING PLAY LIST

I. Run Plays:

Play Name:	Common Name:	Formation(s):	Blocking:
1. INDY:	IZ – Inside Zone	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
2. DIEGO:	Iso	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
3. VEGAS:	Trap	Quads, Quads TYT & Trips	Zone Step to Play Side w/BST Pull
4. DENVER:	Counter	Quads, Quads TYT, King & Trips	Zone Step Away Play Side w/BST Pull
5. LINCOLN:	Option	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
6. TAMPA:	Toss	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
7. JERSEY:	Jet Sweep	Quads, Quads TYT	Rip or Liz Zone Step or MOM

GOAL LINE – SHORT YARDAGE PLAY LIST

II. Goal Line & Short Yardage Plays:

A. Running Plays:

Play Name:	Common Name:	Formation:	Blocking:
1. WINDSOR	Wedge	Y TYT	Wedge Block and Drive
2. CINCY	Sweep	Y TYT	Wedge Block and Drive
3. DENVER	Counter	Y TYT	Zone Step Away Play Side, Stay Square, Drive

B. Passing Plays:

Play Name:	Common Name:	Formation:	Blocking:
1. POP PASS		Y TYT	MOM – Man on Man
2. SLIDE	Slant-Arrow	Y TYT	MOM – Man on Man



OFFENSIVE PLAYBOOK

INDY

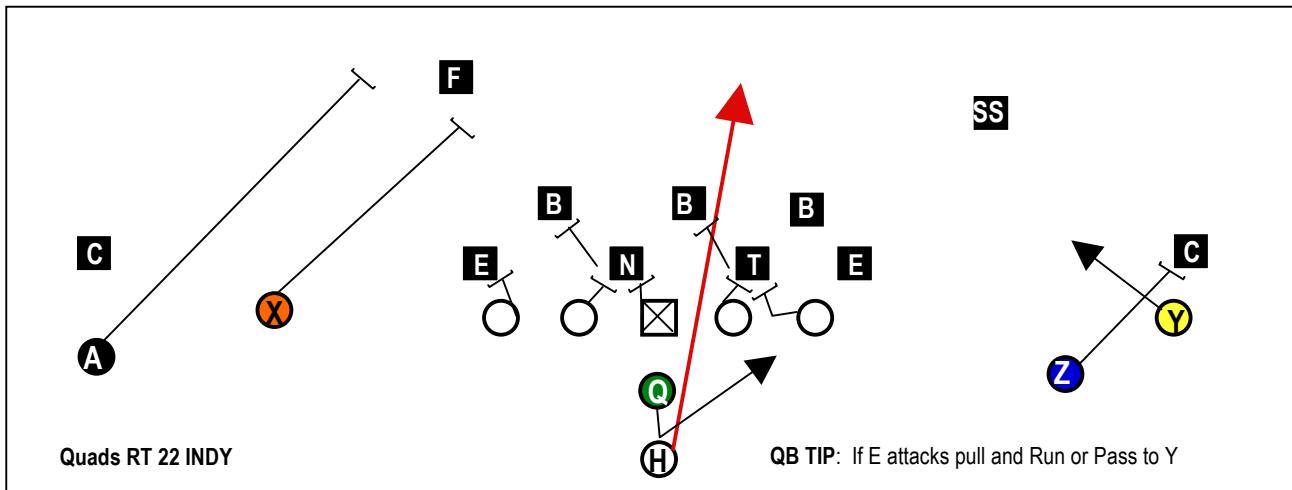
Quads, Quads TYT,
King & Trips



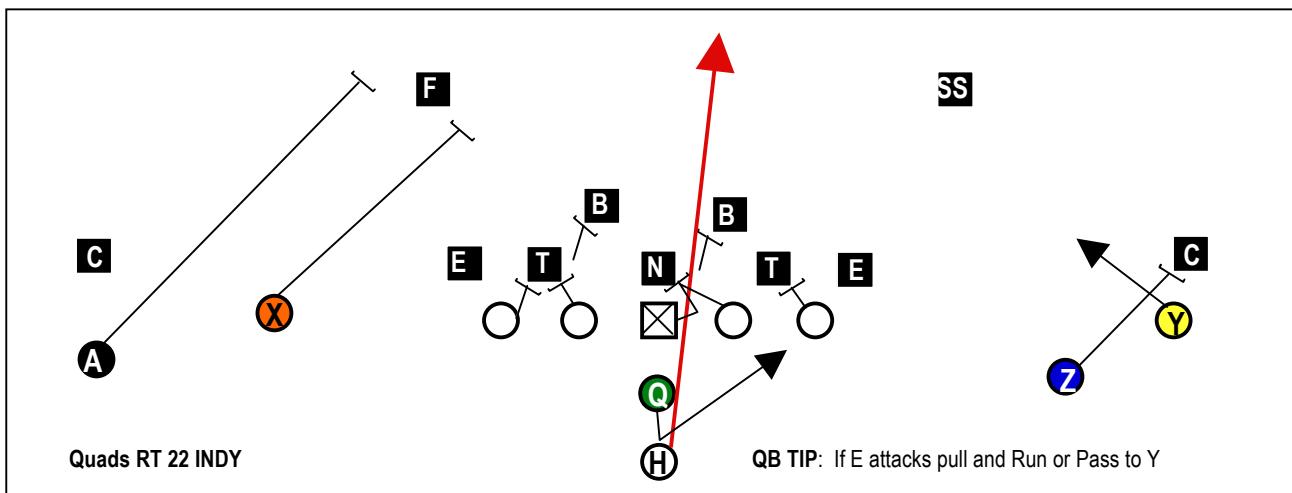
OFFENSIVE PLAYBOOK

Quads 21 – 22 INDY (IZ)

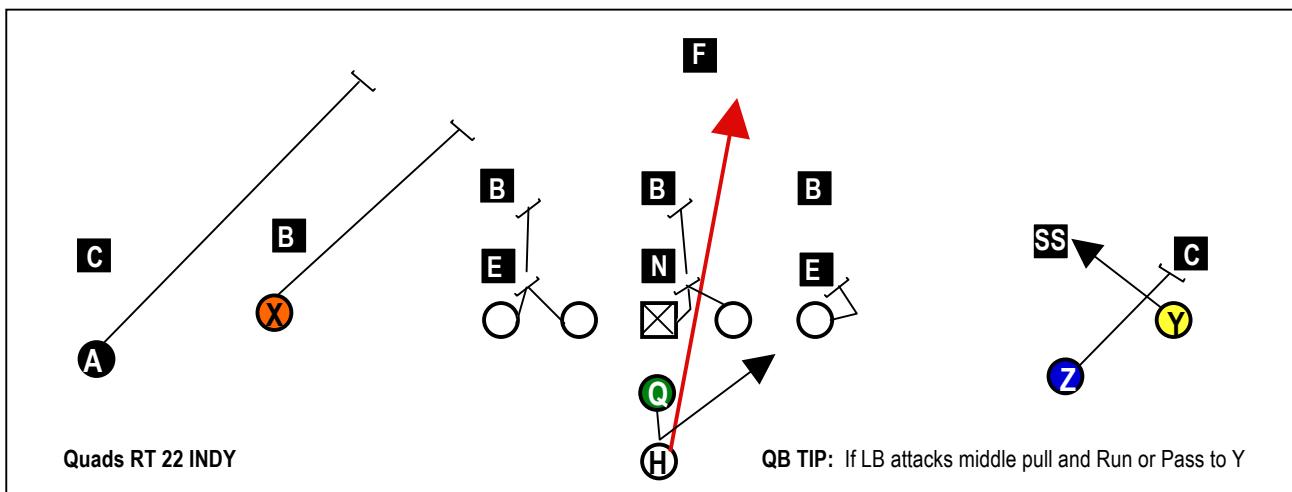
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5-2 Front

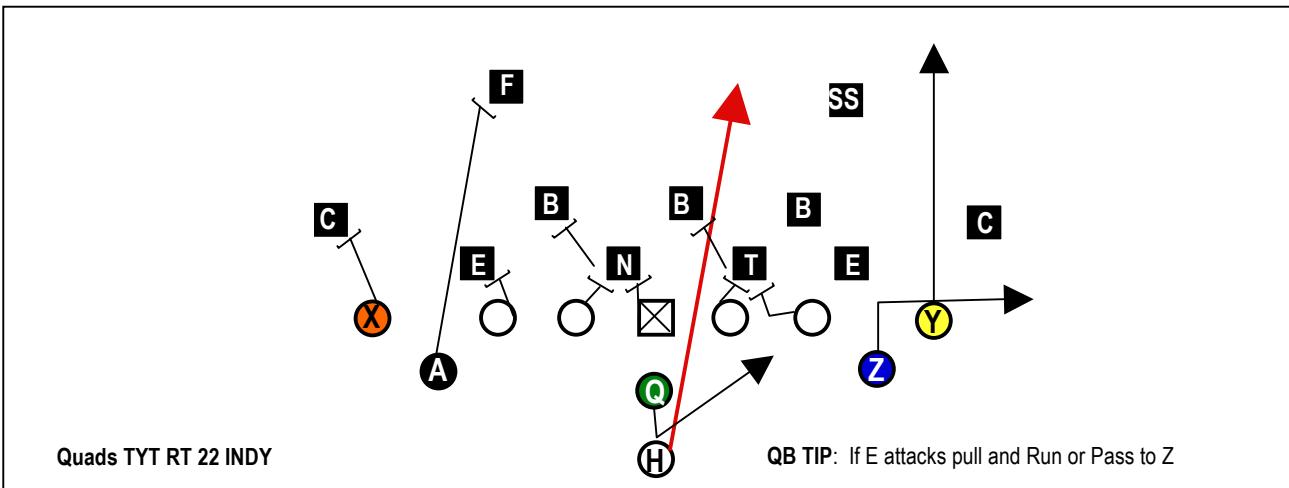


3-3 Front

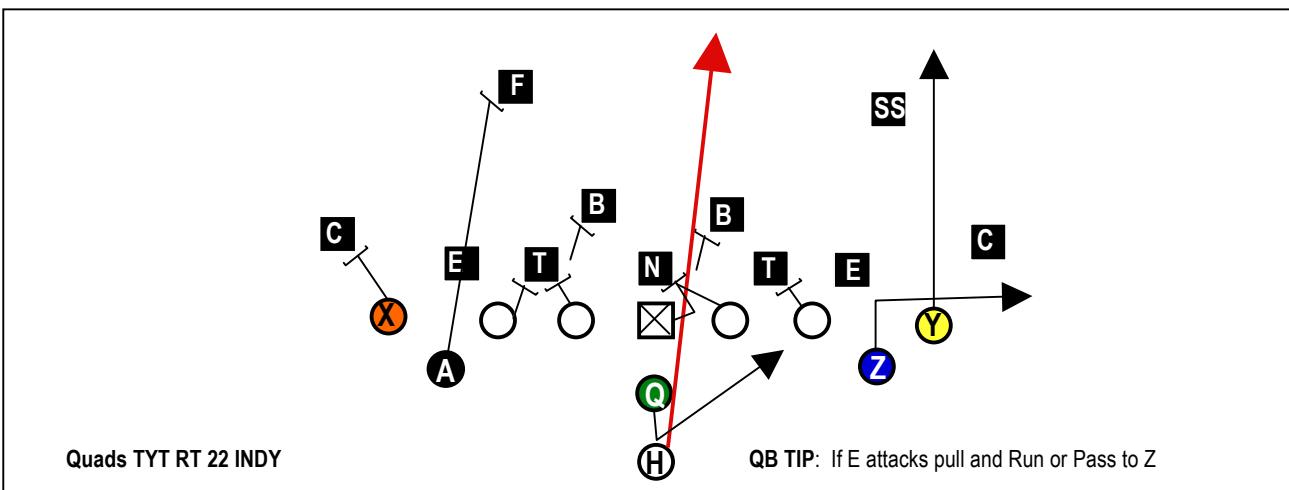


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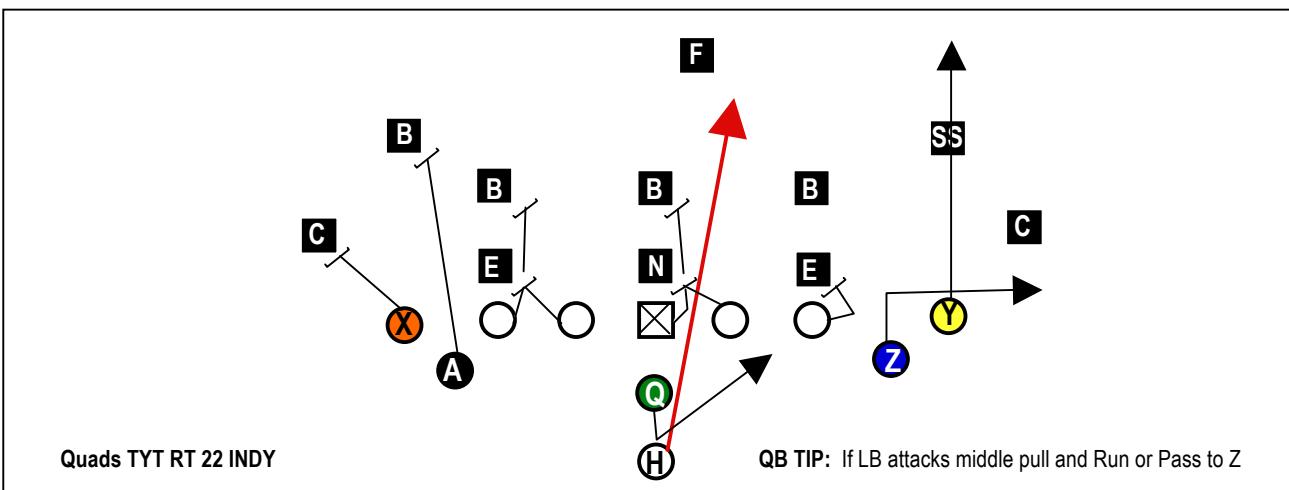
Quads TYT 21 – 22 INDY (IZ) 4-3 Front



5-2 Front

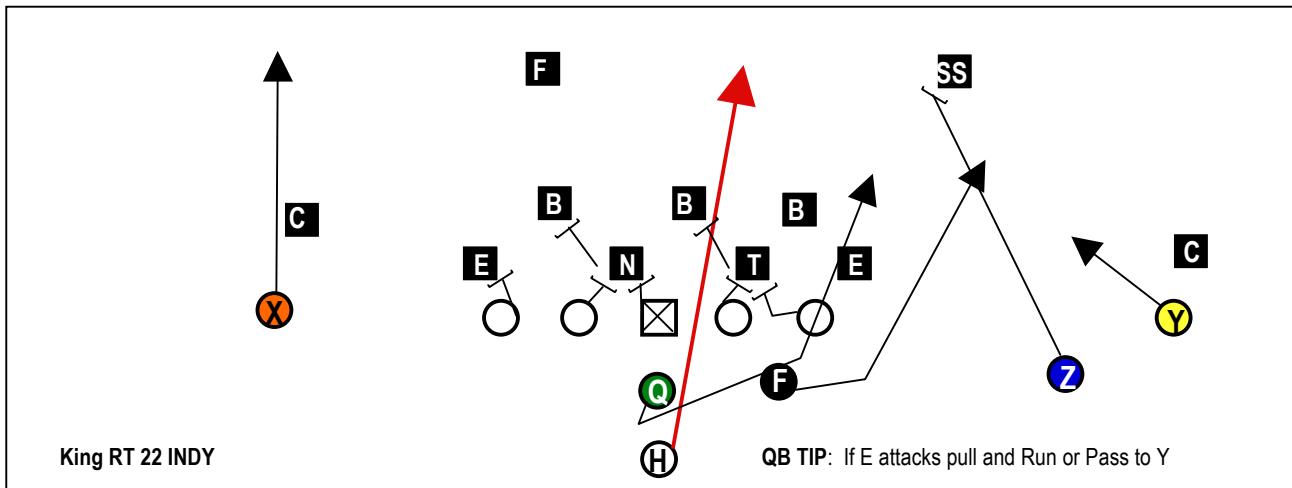


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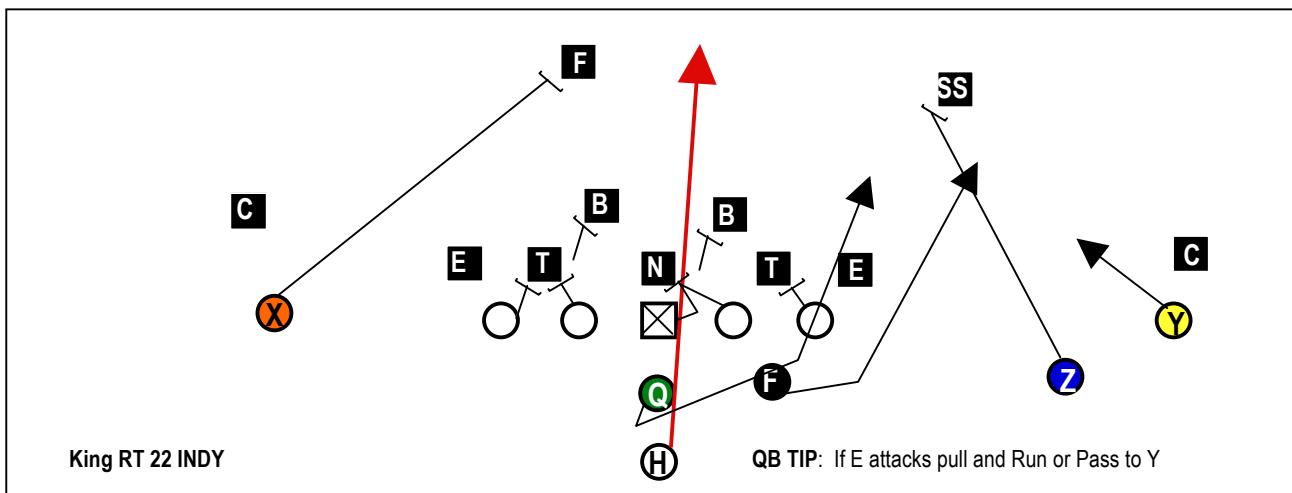


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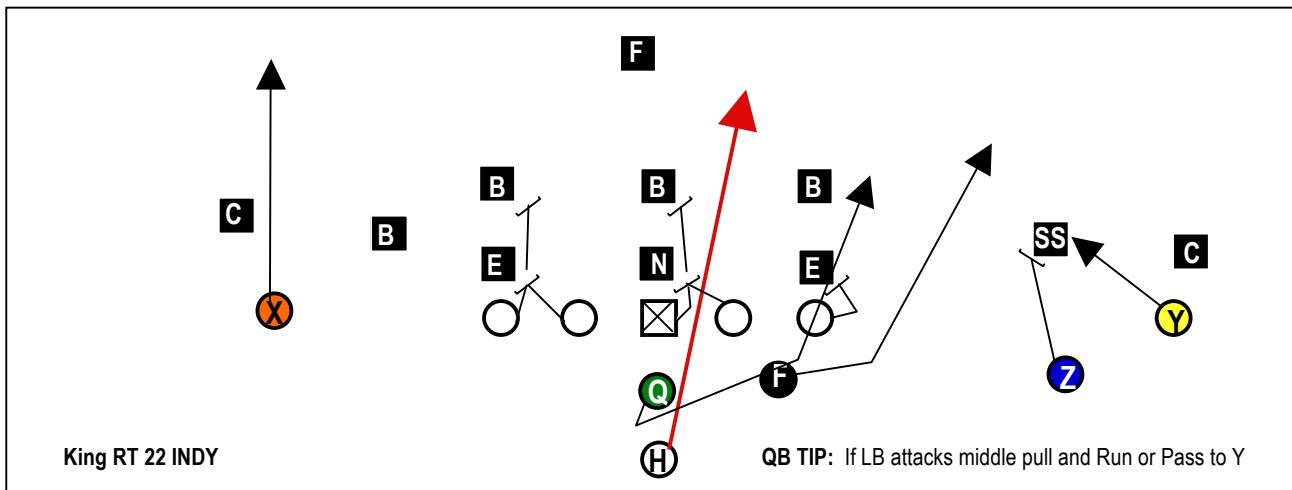
King 21 – 22 INDY (IZ) 4-3 Front



5-2 Front

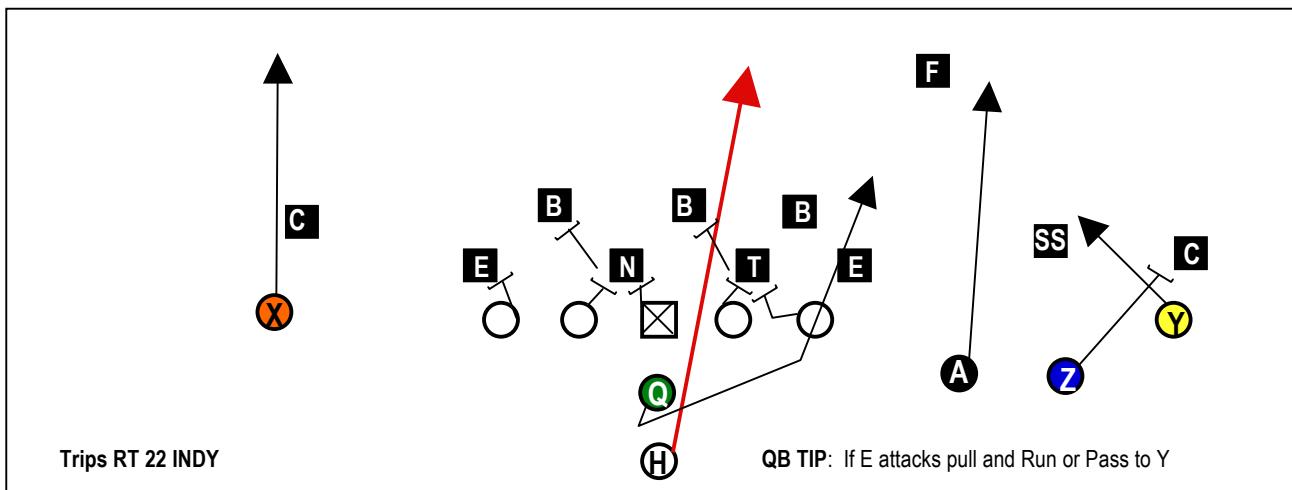


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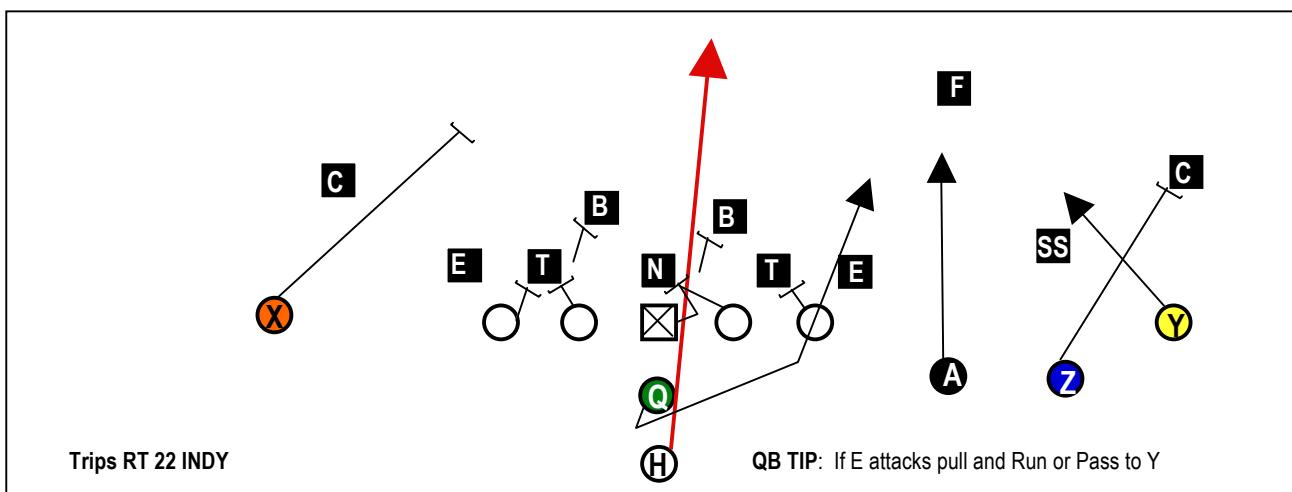


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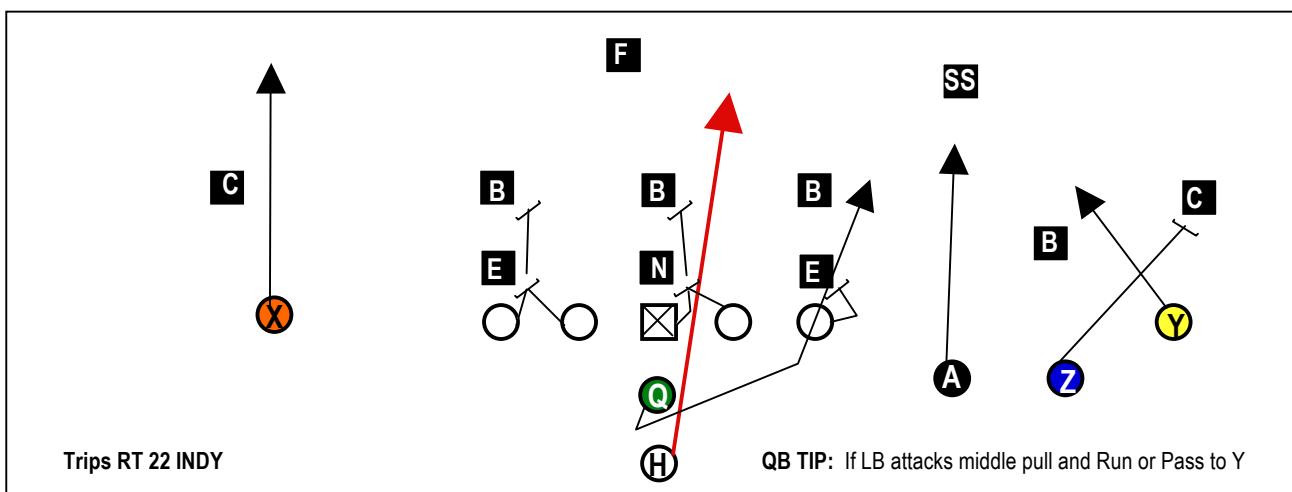
Trips 21 – 22 INDY (IZ) 4-3 Front



5-2 Front



3-3 Front



DIEGO

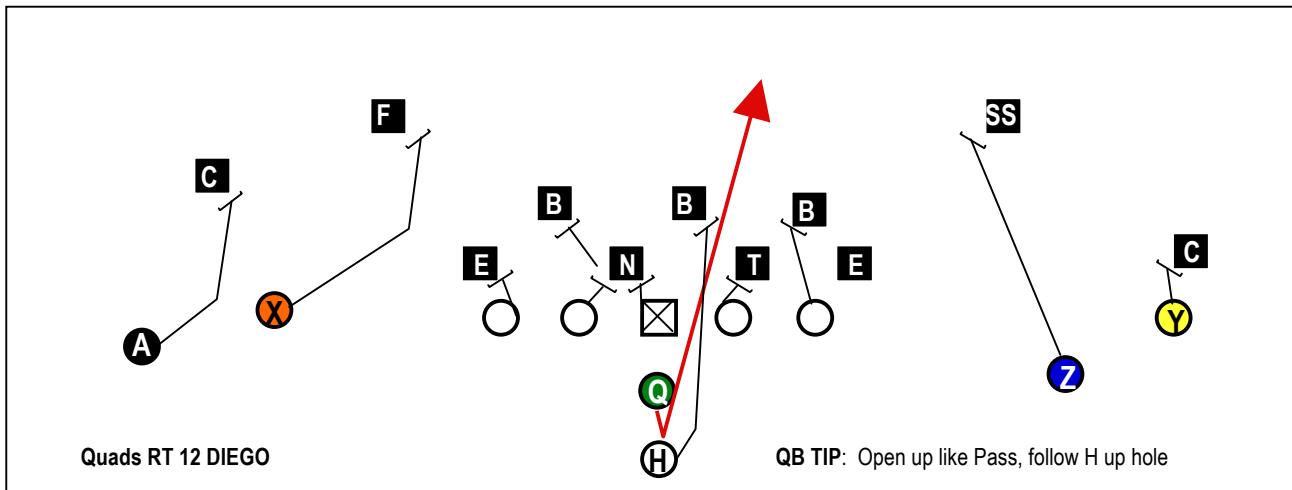
Quads, Quads TYT,
King & Trips



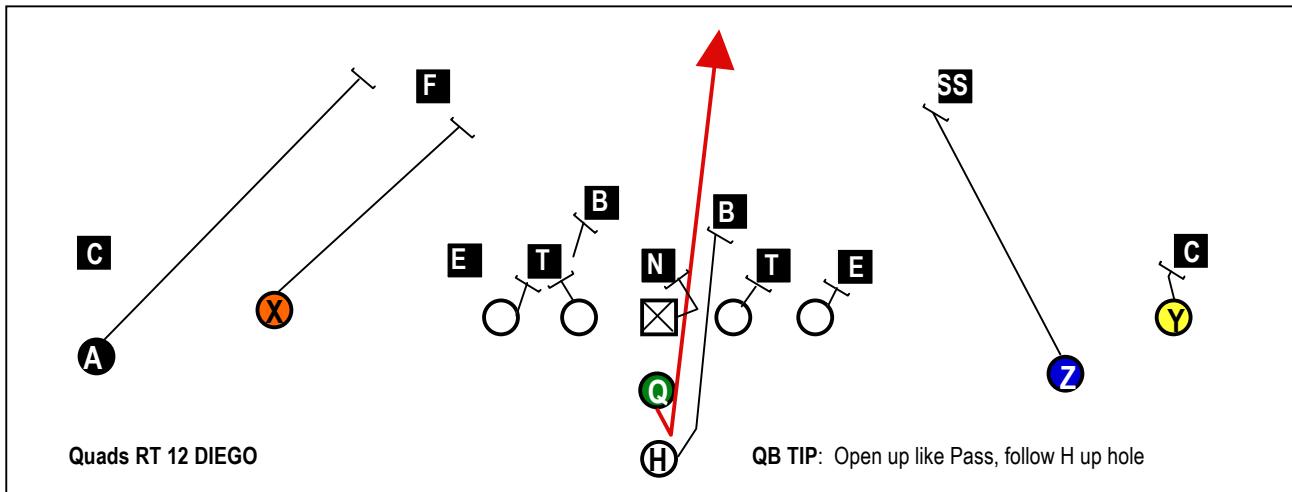
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Quads 11 – 12 DIEGO (ISO)

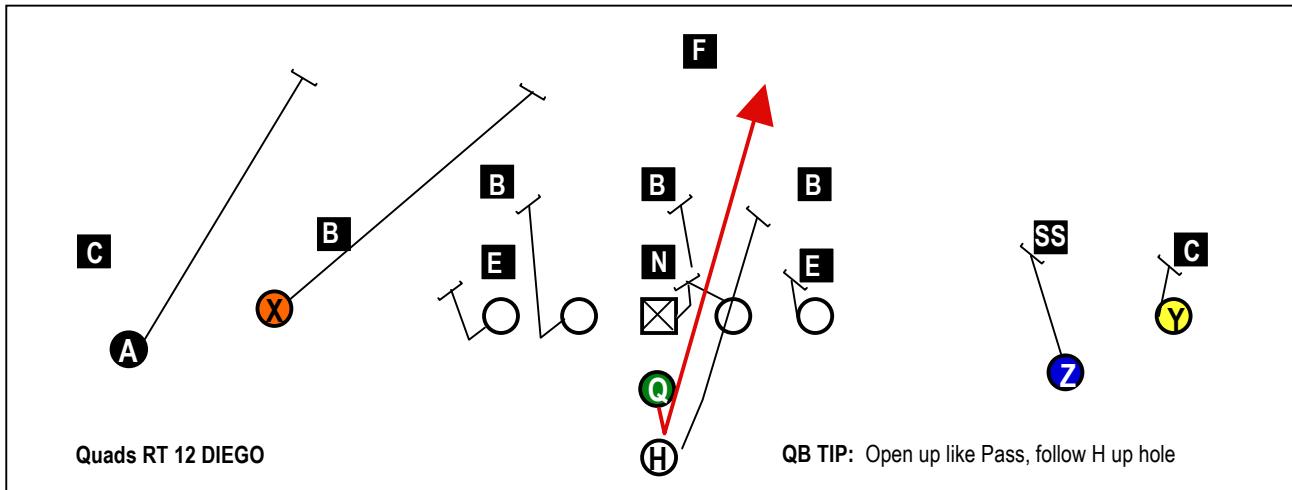
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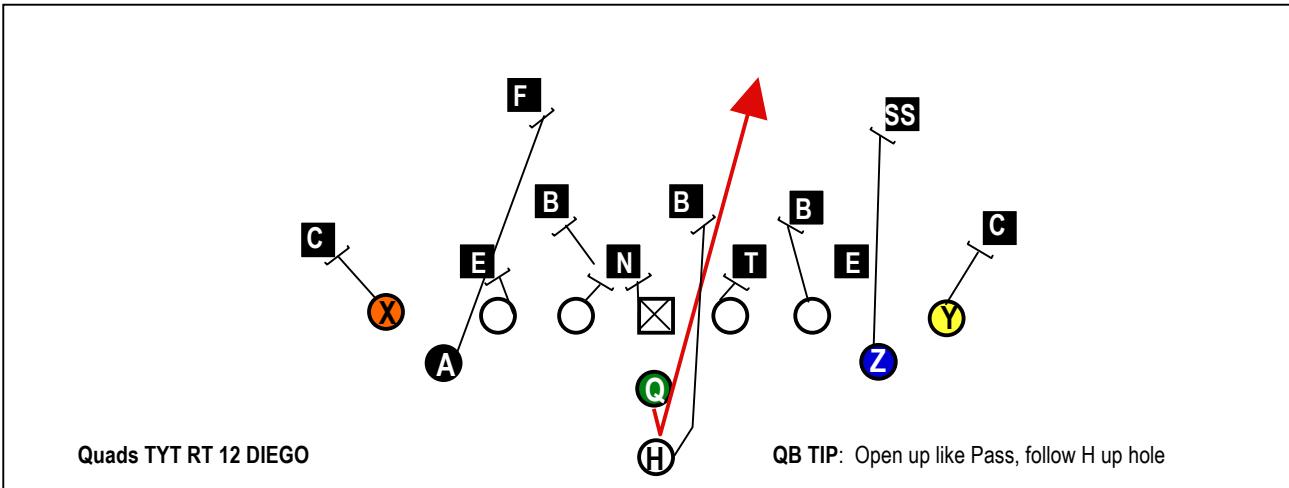
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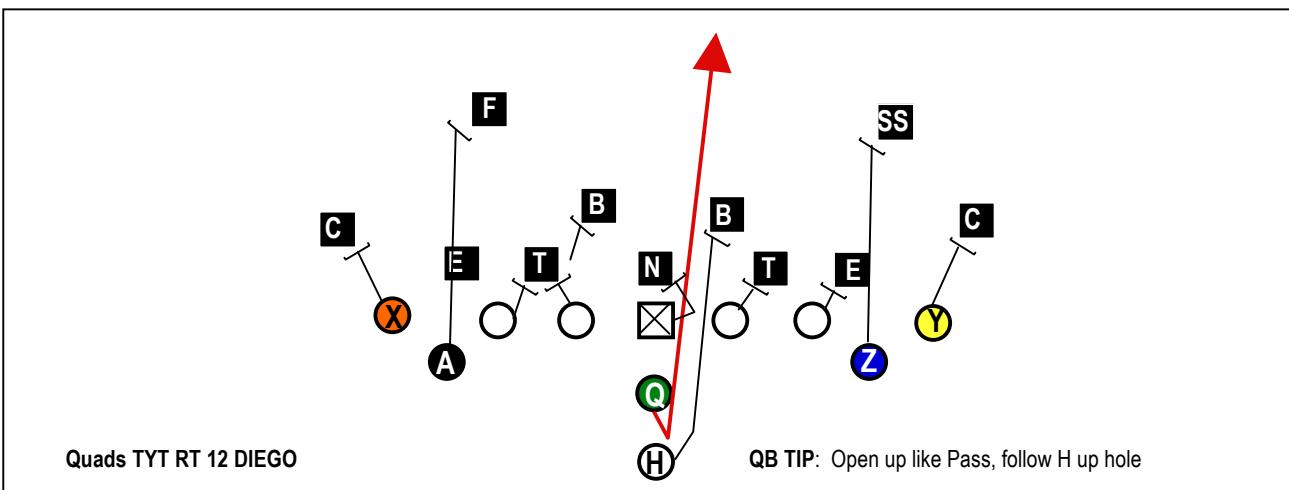
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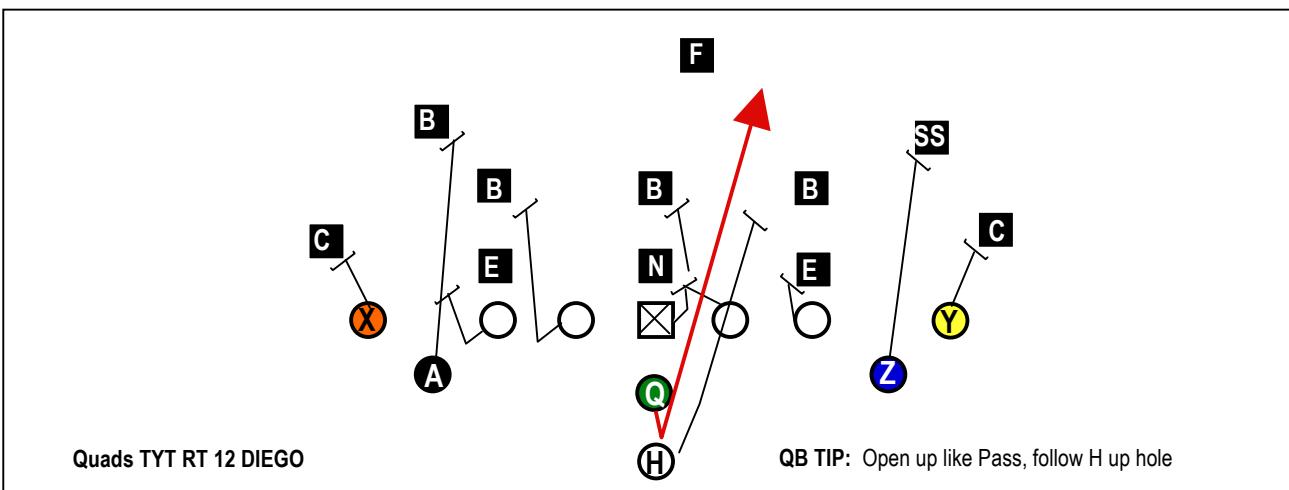
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5-2 Front



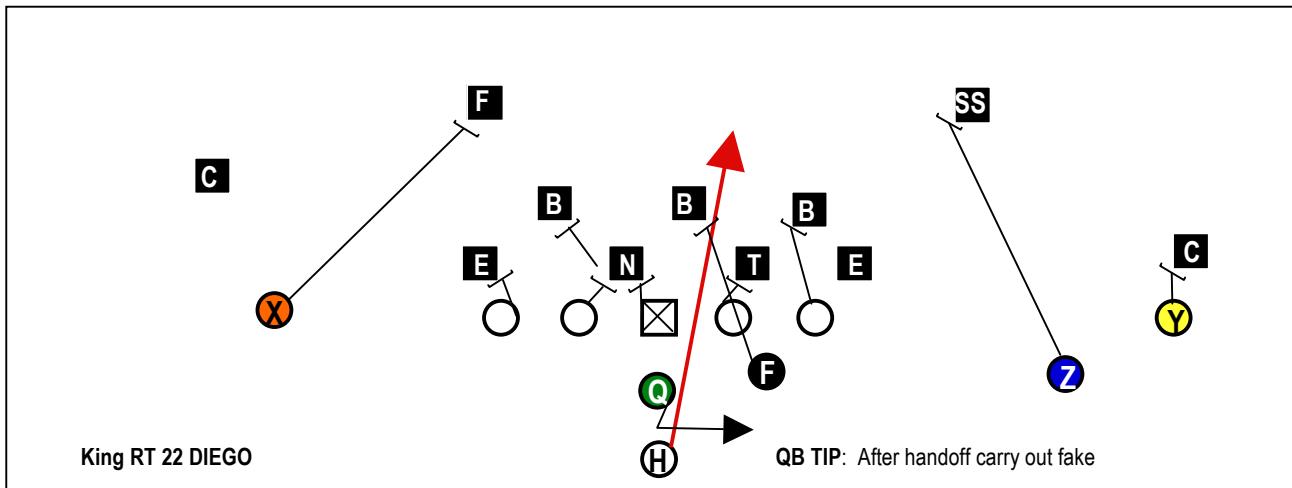
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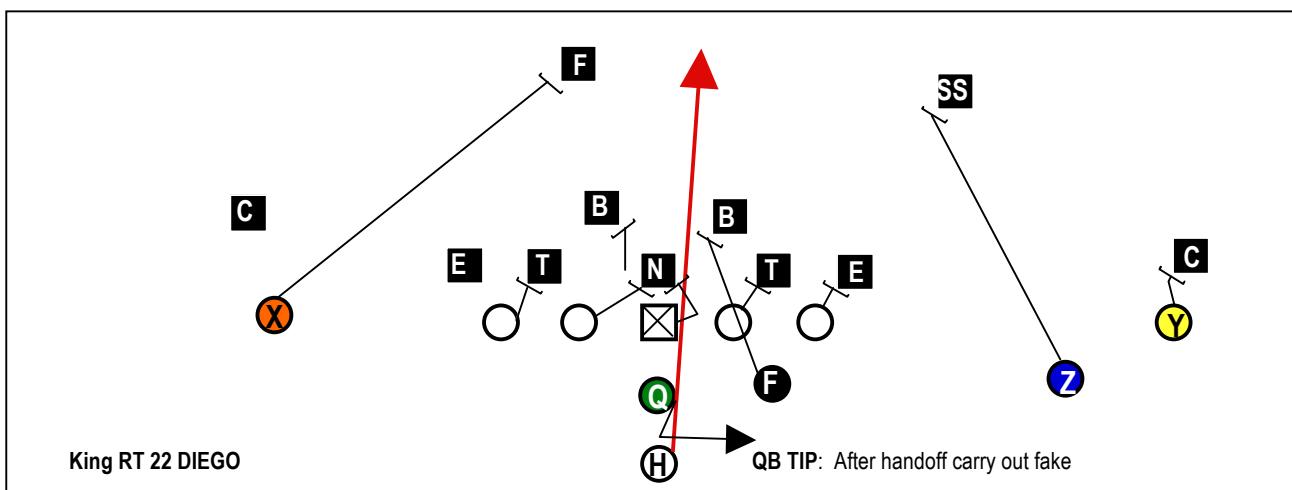
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King 21 – 22 DIEGO (ISO)

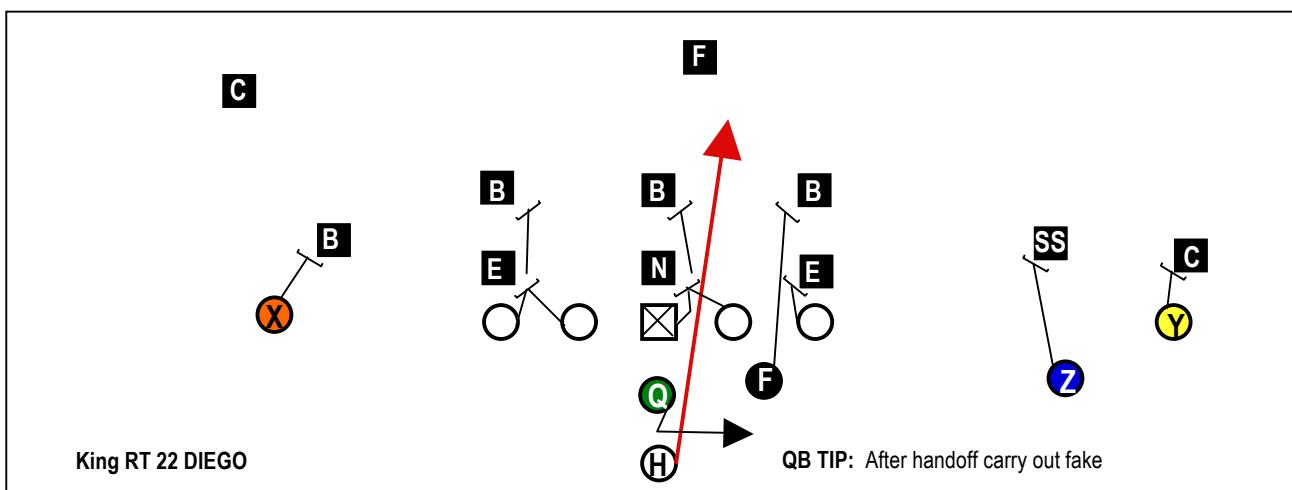
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5-2 Front



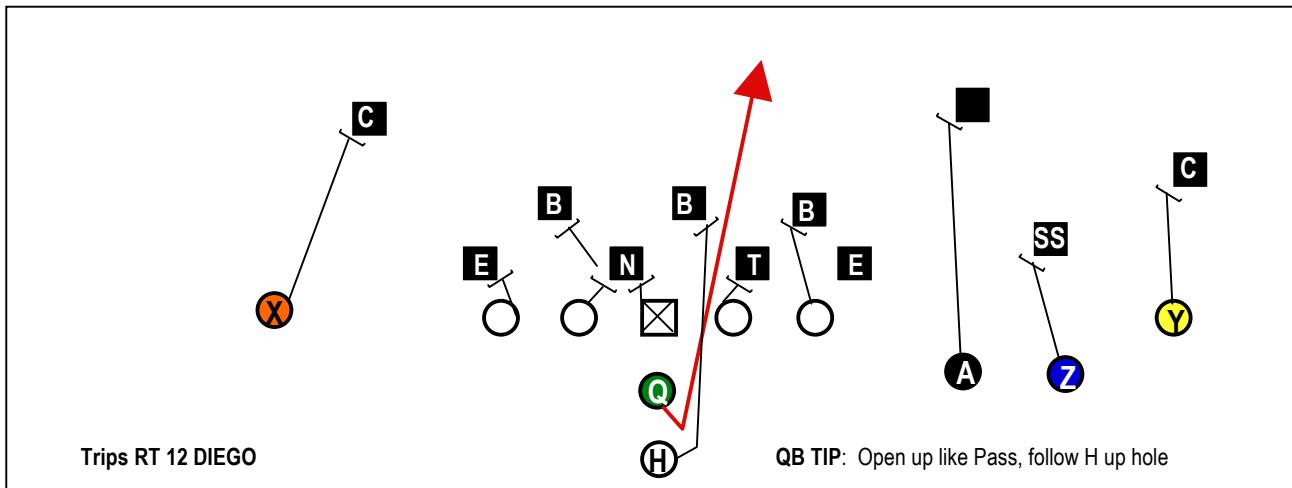
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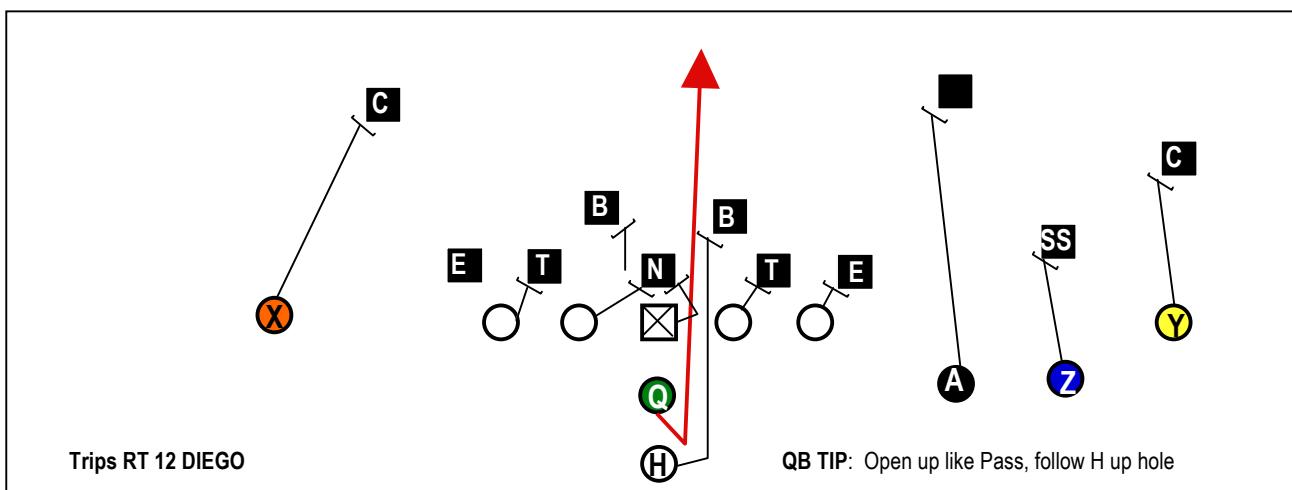
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Trips 11 – 12 DIEGO (ISO)

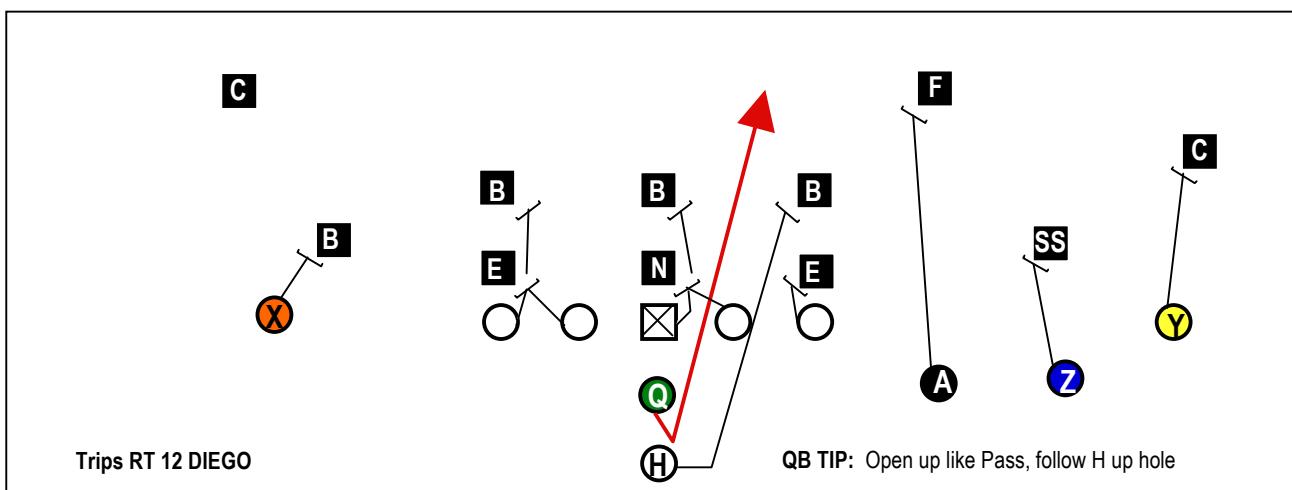
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5-2 Front



3-3 Front



VEGAS

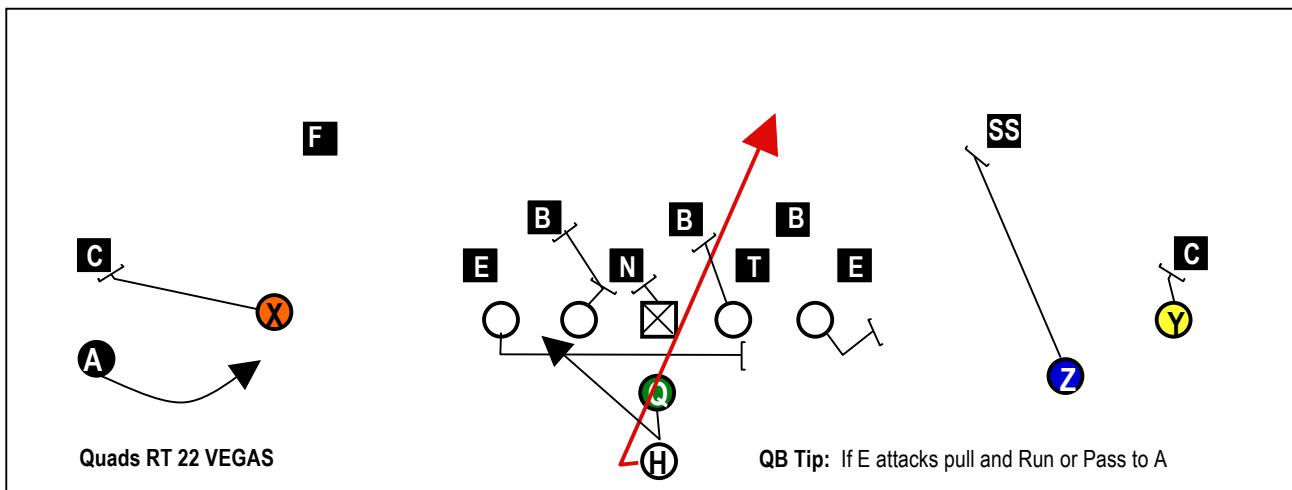
Quads, Quads TYT,
& Trips



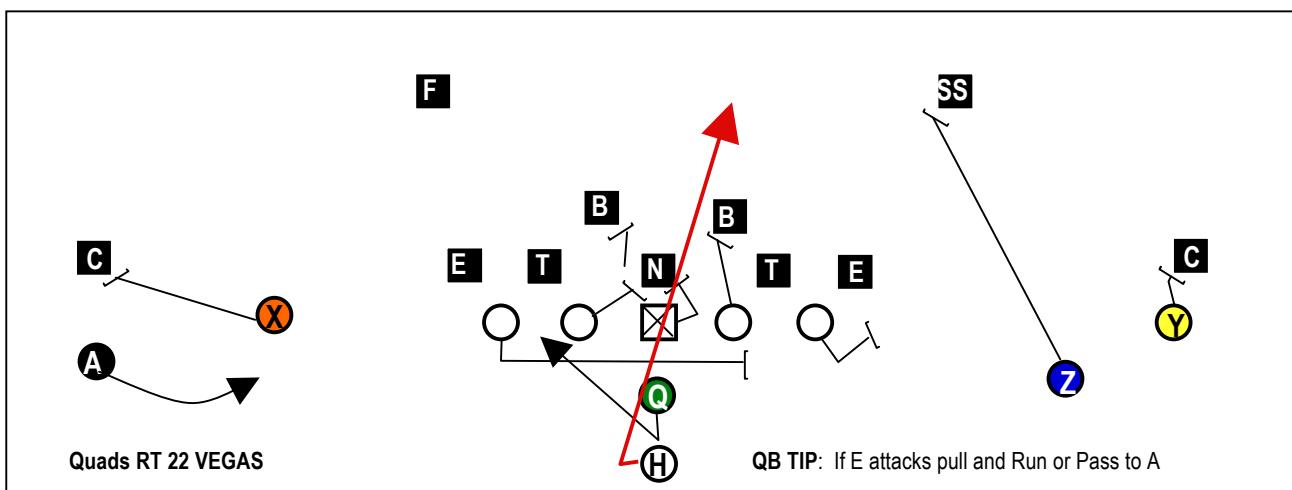
OFFENSIVE PLAYBOOK

Quads 21 – 22 VEGAS (Trap)

4-3 Front



5-2 Front

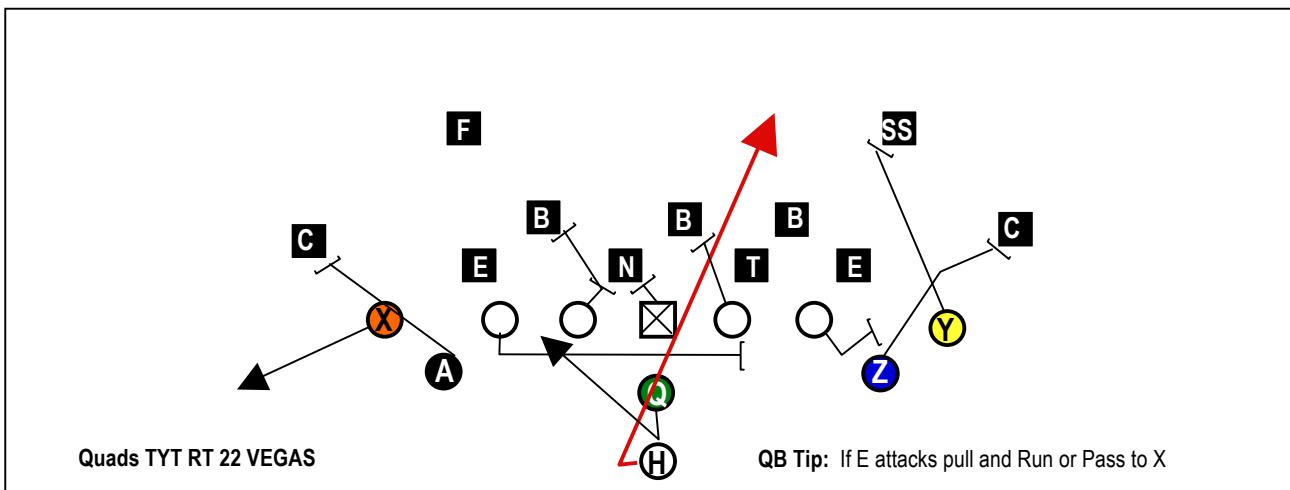


NO Trap Call vs. 3-3

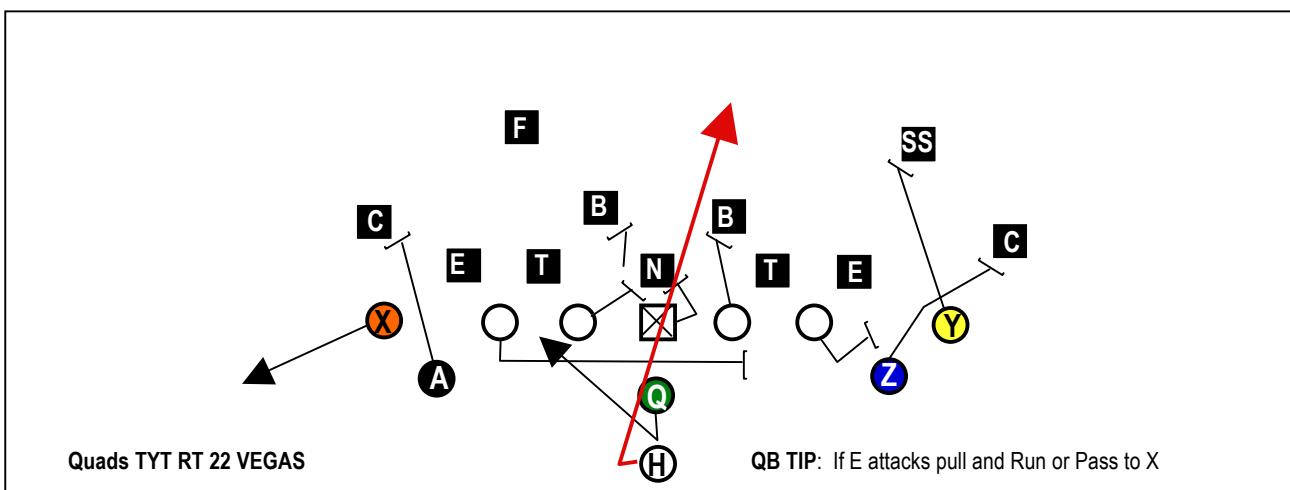


OFFENSIVE PLAYBOOK

Quads TYT 21 – 22 VEGAS (Trap) 4-3 Front



5-2 Front



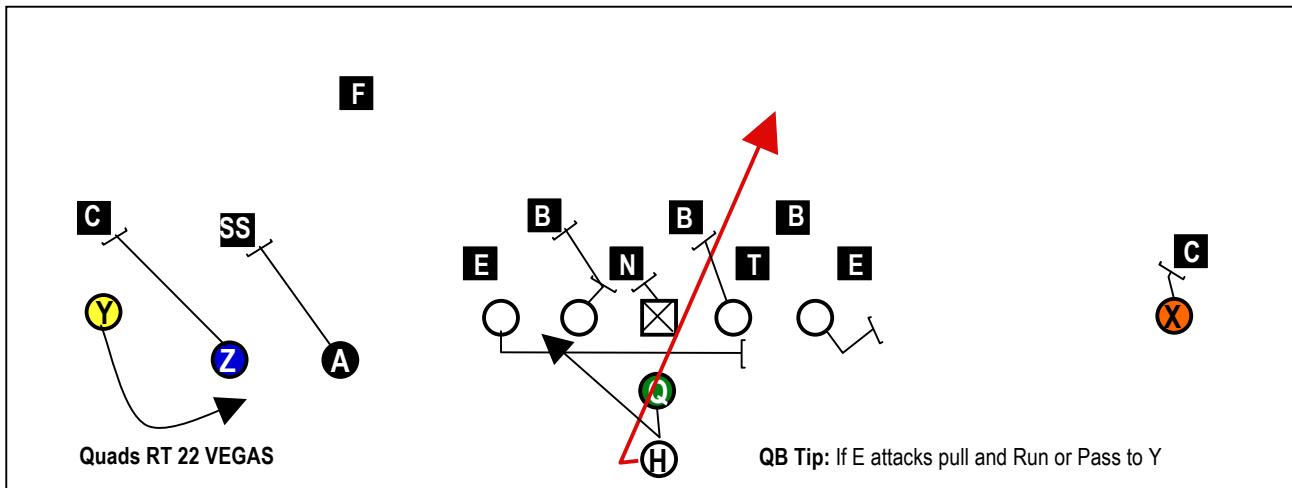
NO Trap Call vs. 3-3



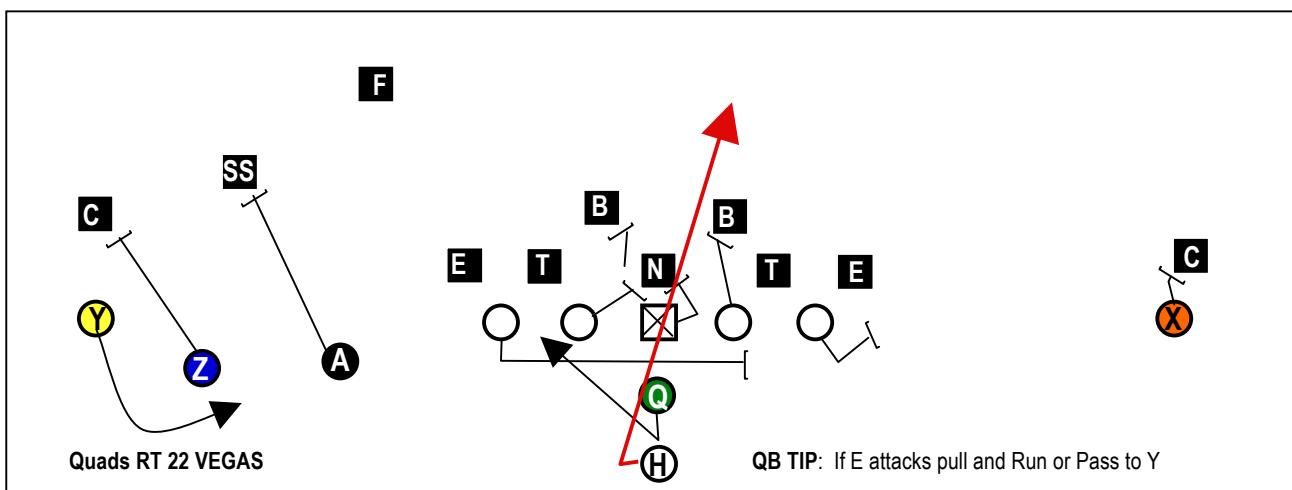
OFFENSIVE PLAYBOOK

Trips 21 – 22 VEGAS (Trap)

4-3 Front



5-2 Front



NO Trap Call vs. 3-3



DENVER

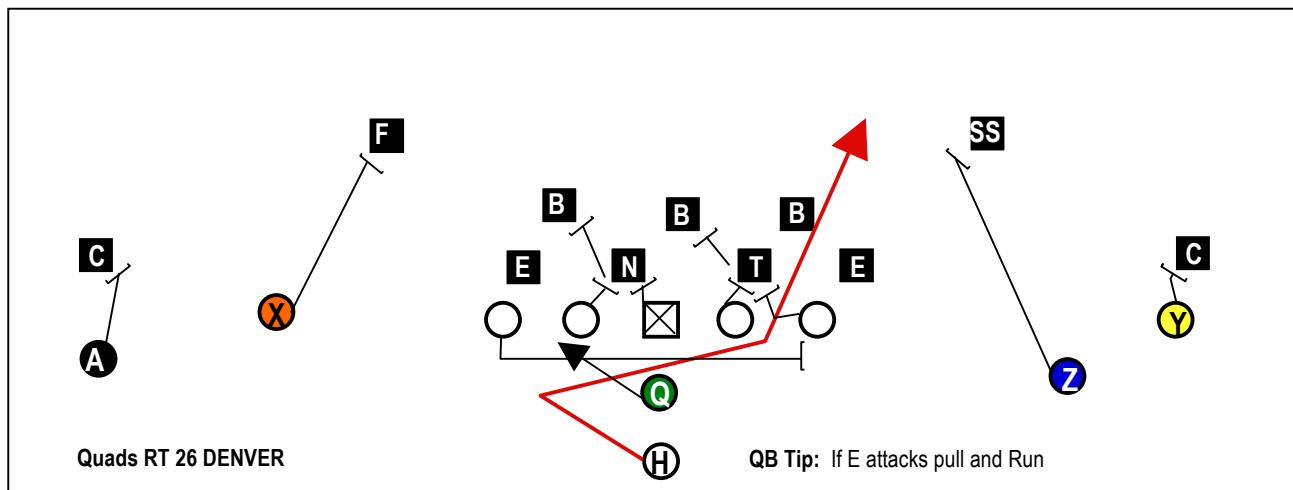
Quads, Quads TYT,
King & Trips



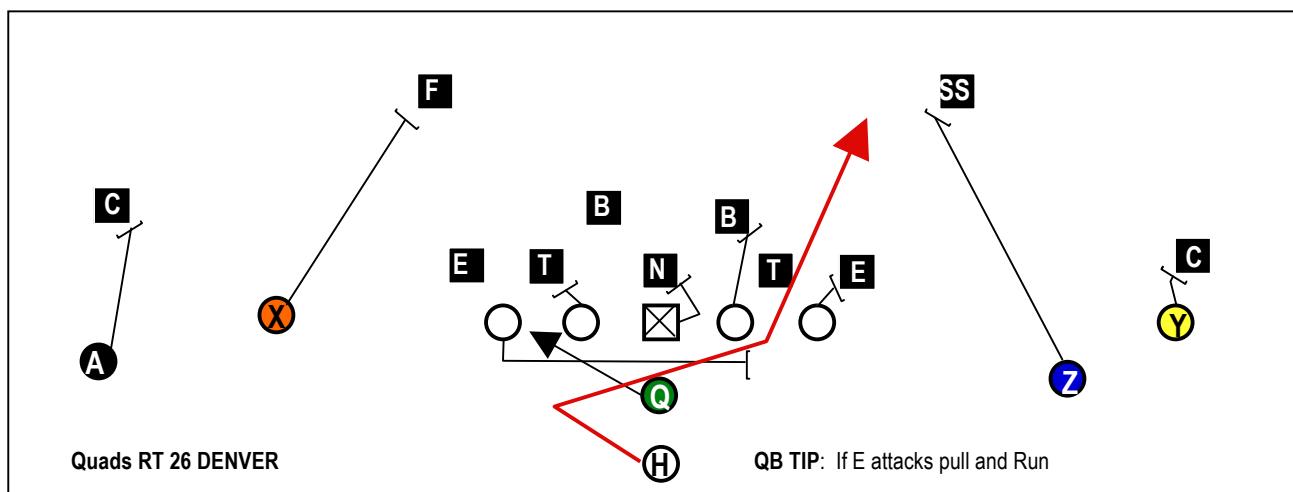
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Quads 25 – 26 DENVER (Counter)

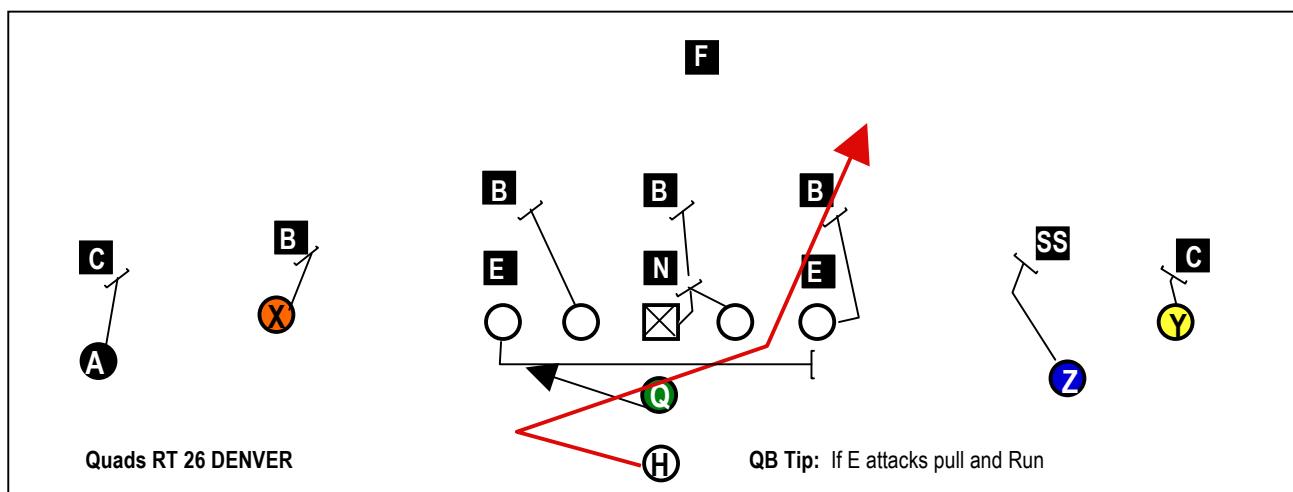
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5-2 Front



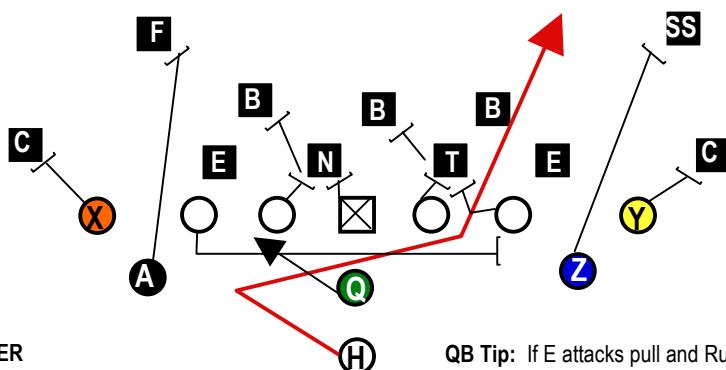
3-3 Front



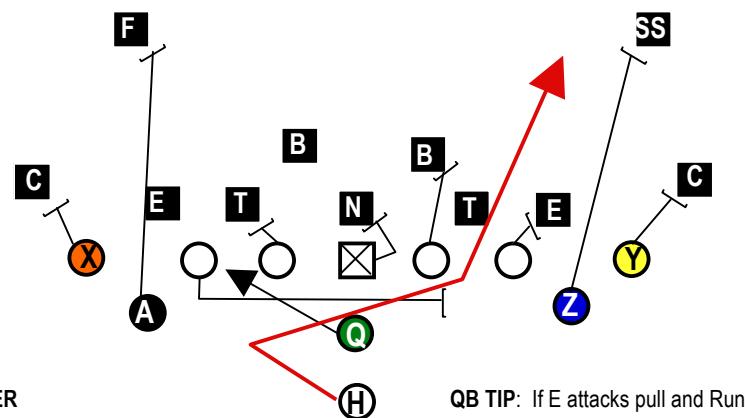
OFFENSIVE PLAYBOOK

Quads TYT 25 – 26 DENVER (Counter)

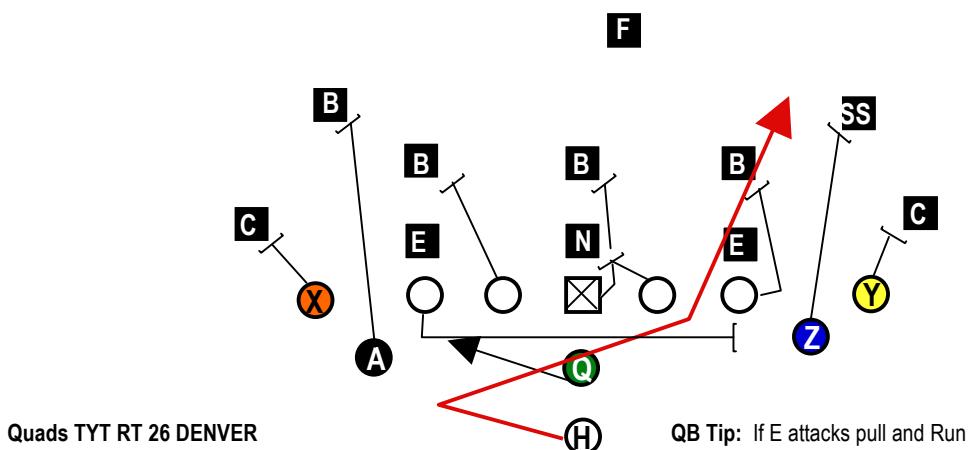
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5-2 Front



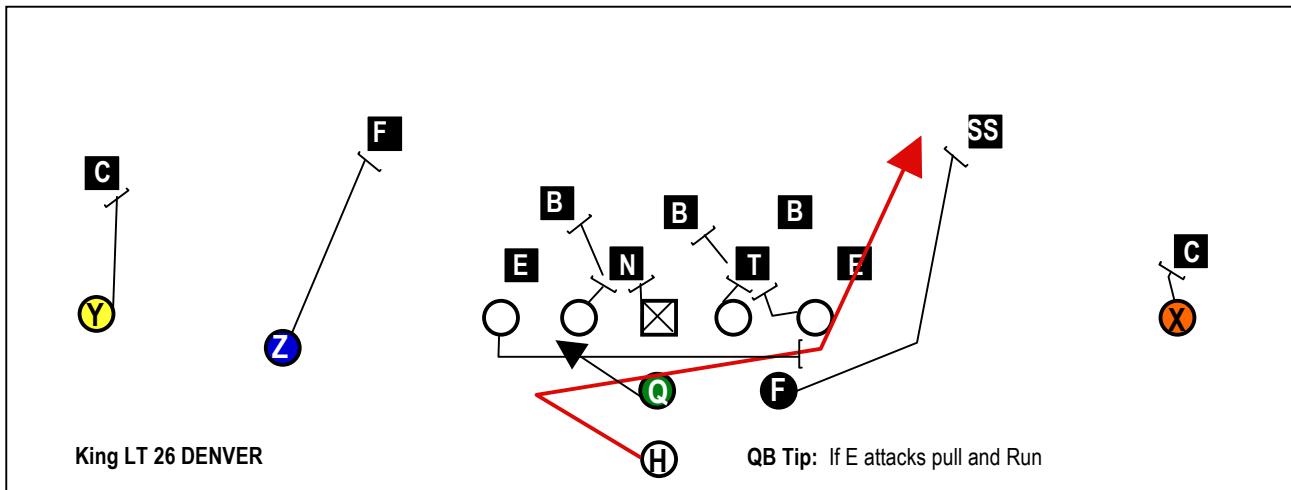
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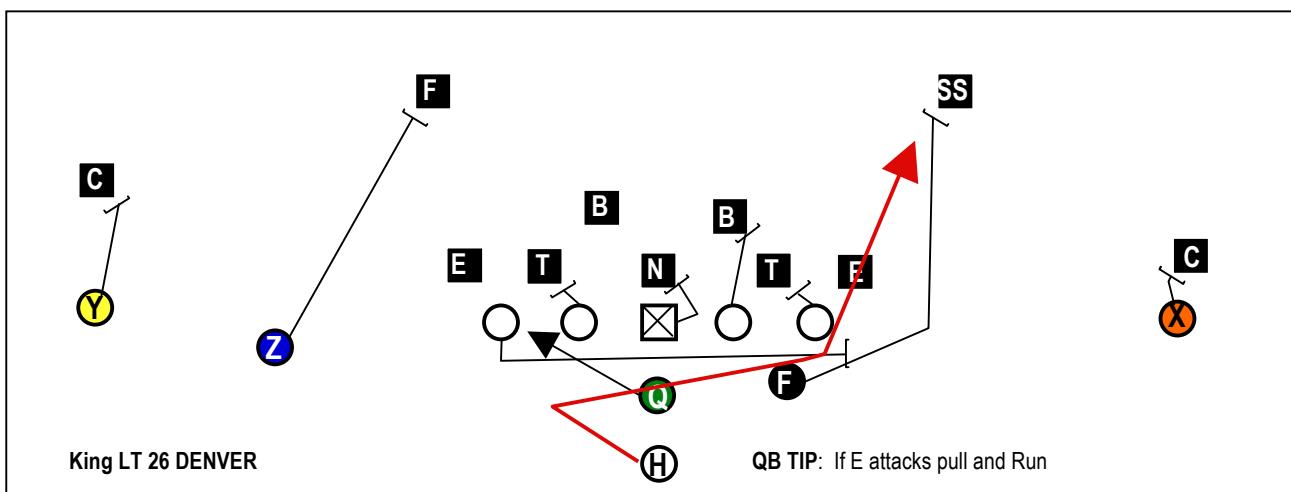
OFFENSIVE PLAYBOOK

King 25 – 26 DENVER (Counter)

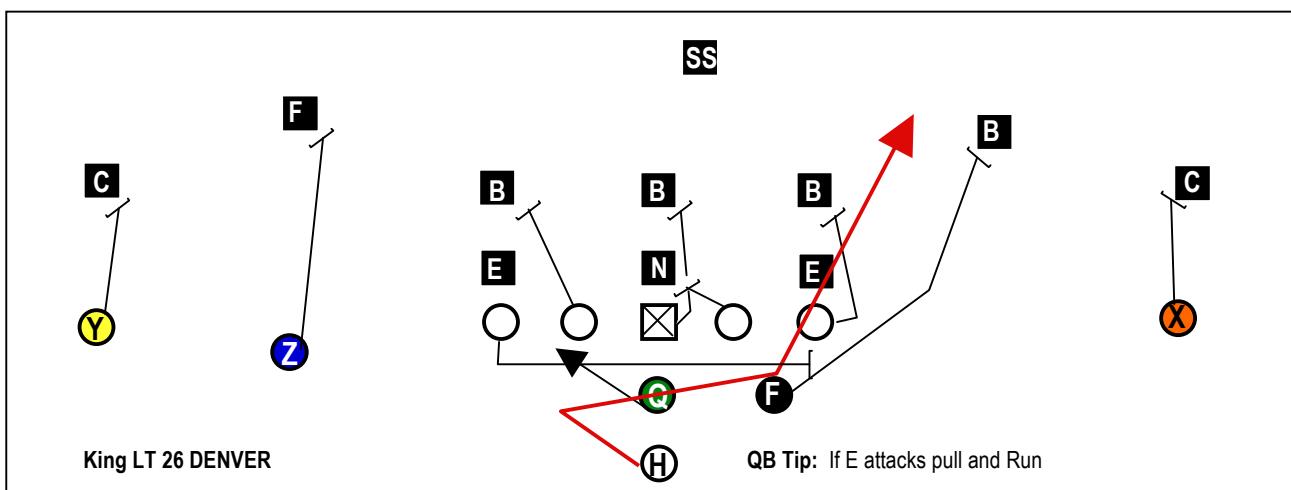
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5-2 Front



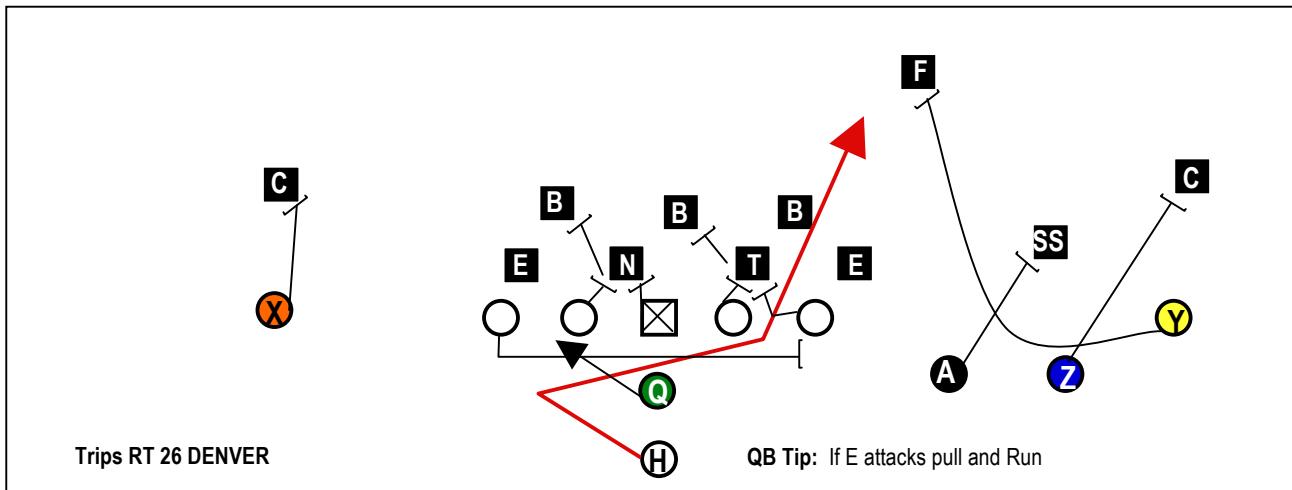
3-3 Front



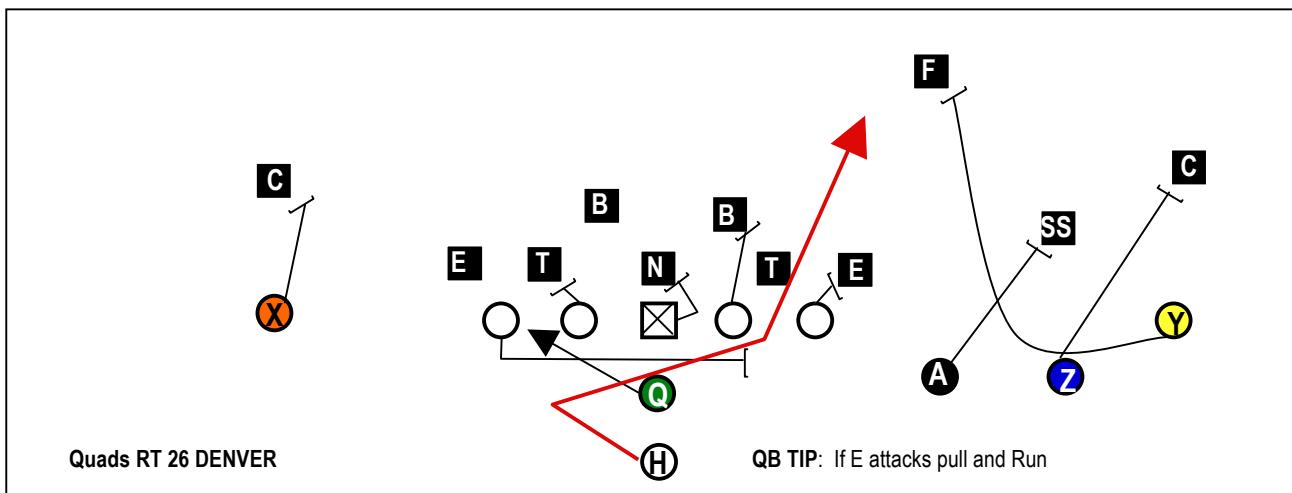
OFFENSIVE PLAYBOOK

Trips 25 – 26 DENVER (Counter)

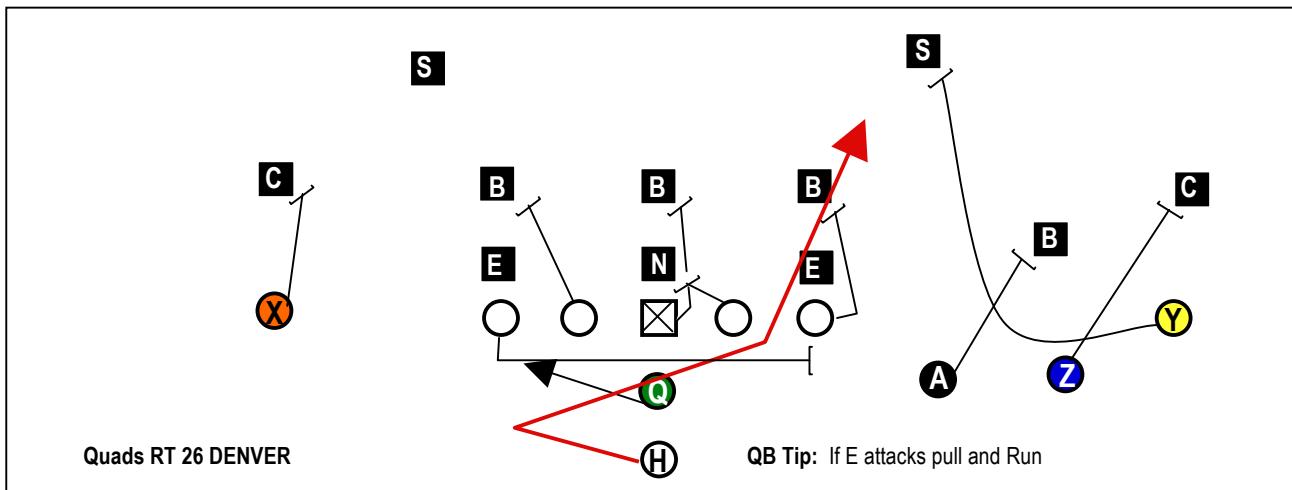
4-3 Front



5-2 Front



3-3 Front



LINCOLN

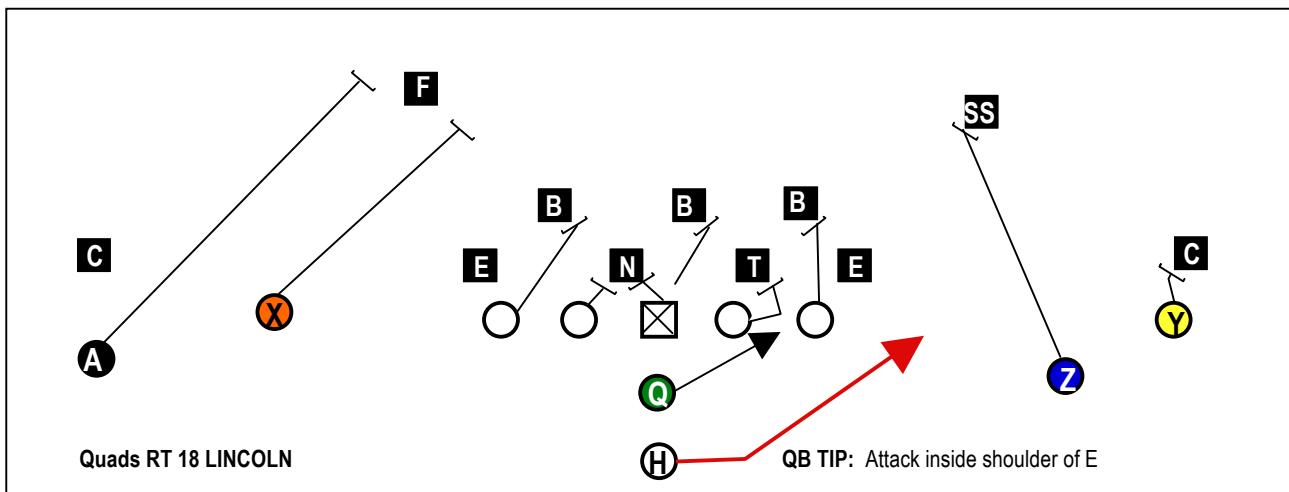
Quads, Quads TYT,
King & Trips



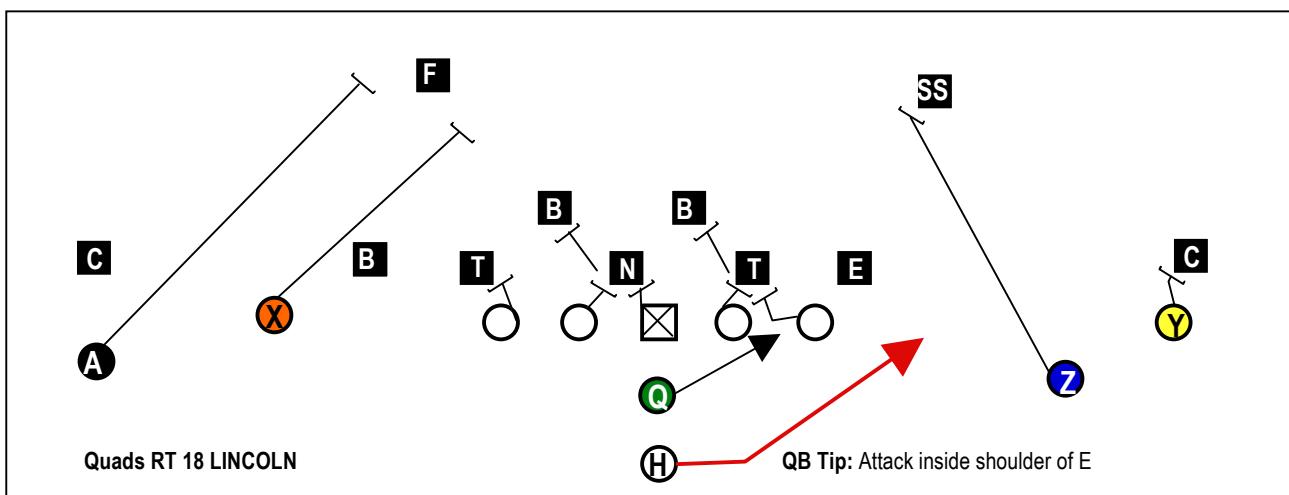
OFFENSIVE PLAYBOOK

Quads 17 – 18 LINCOLN (Option)

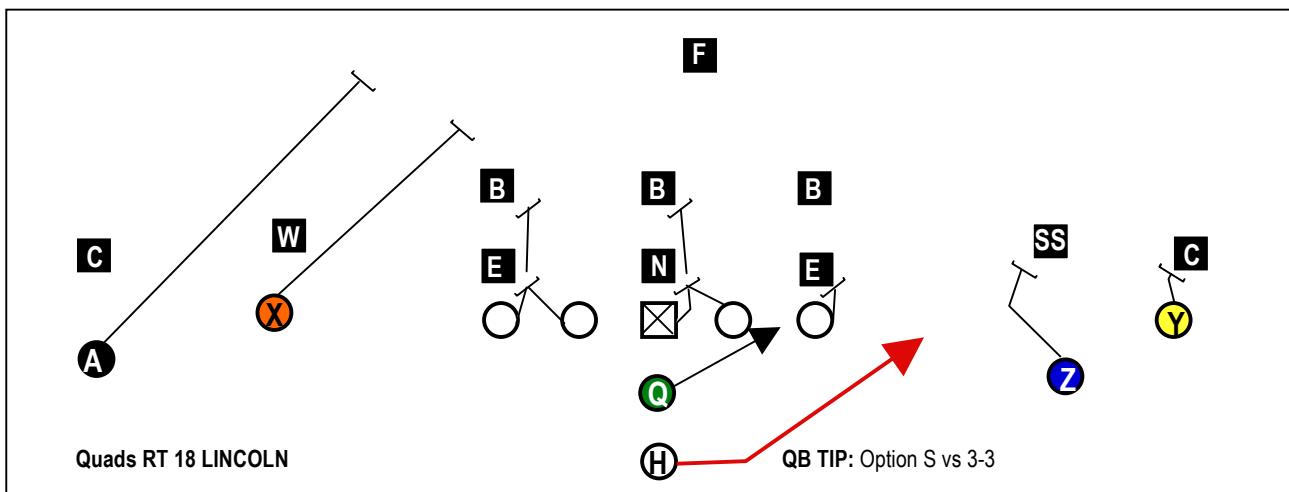
4-3 Front



5-2 Front



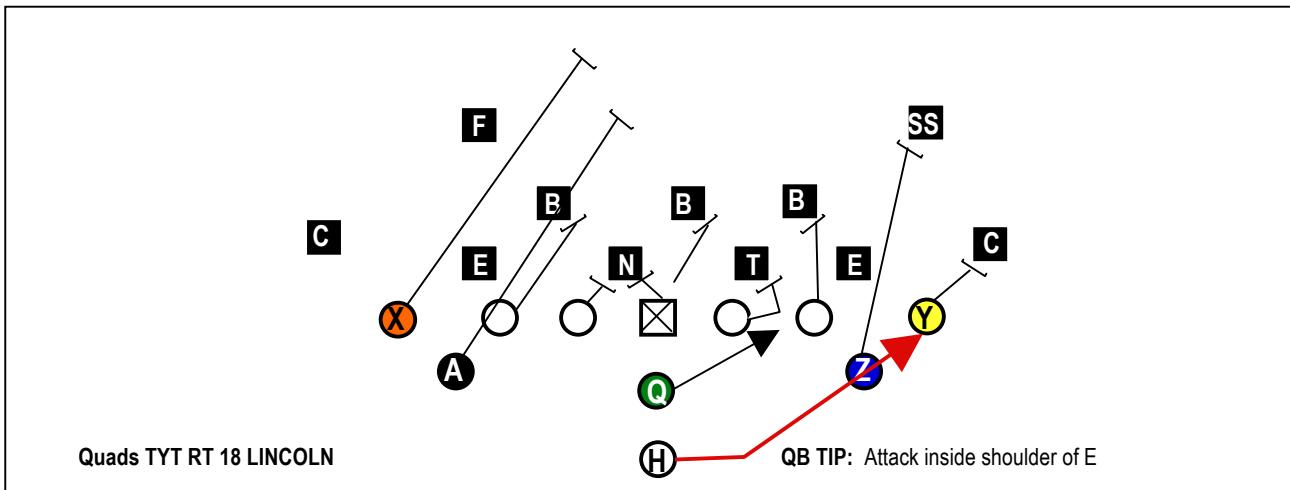
3-3 Front



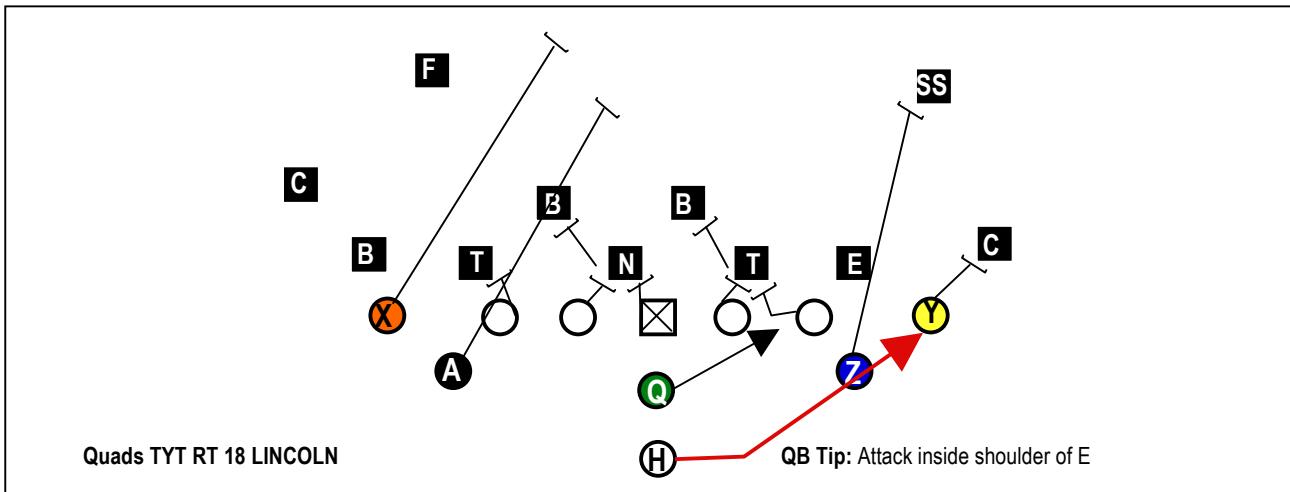
OFFENSIVE PLAYBOOK

Quads TYT 17 – 18 LINCOLN (Option)

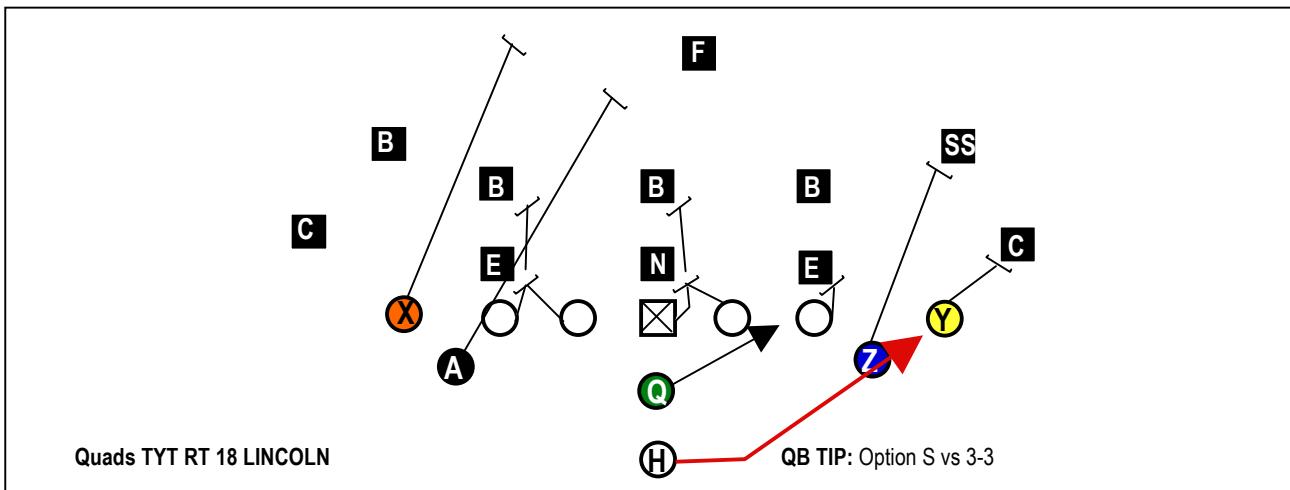
4-3 Front



5-2 Front



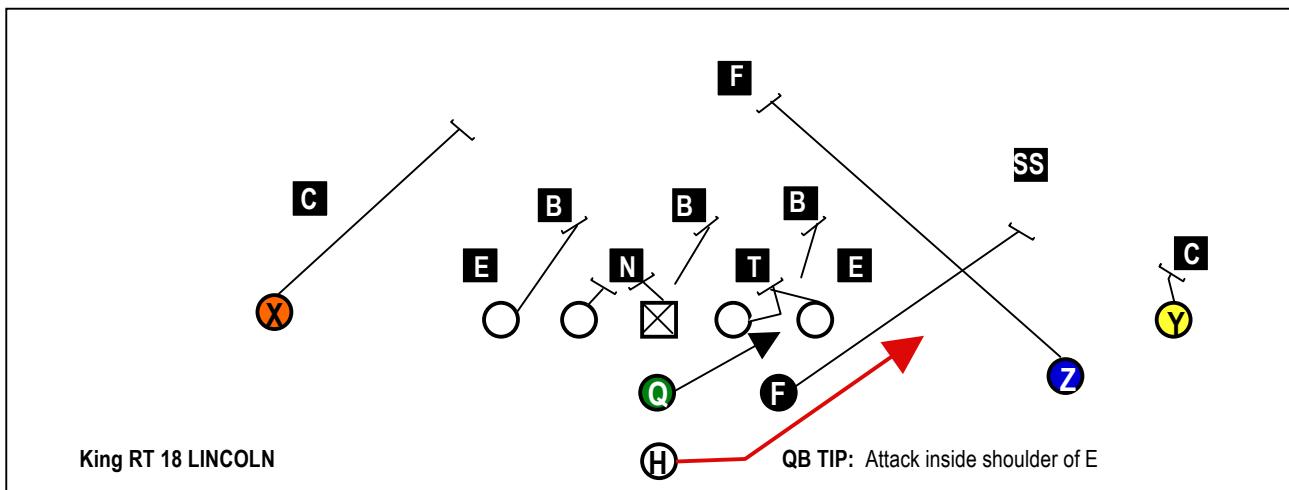
3-3 Front



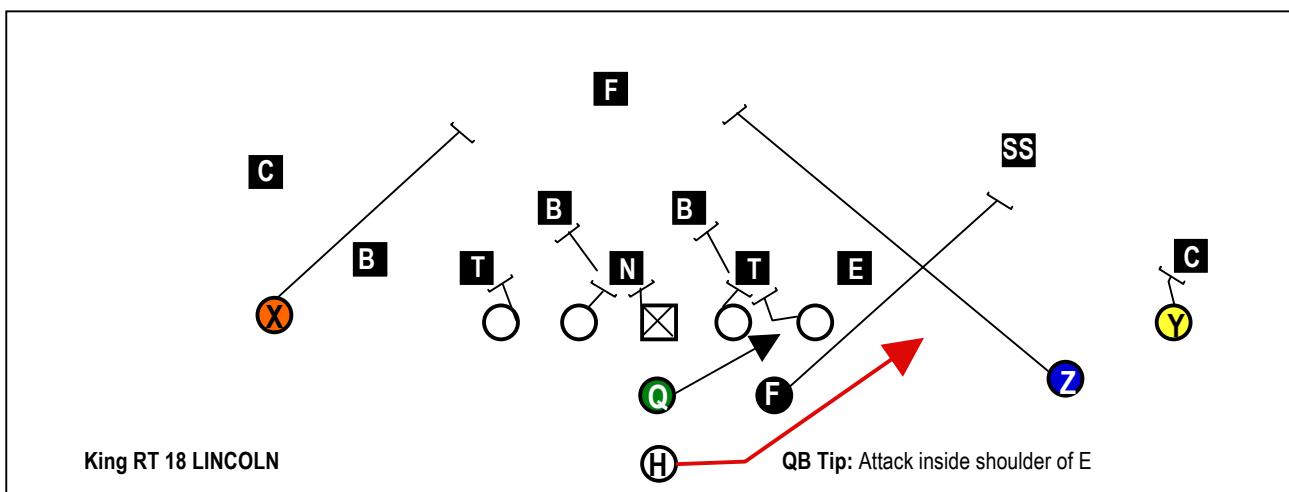
OFFENSIVE PLAYBOOK

King 17 – 18 LINCOLN (Option)

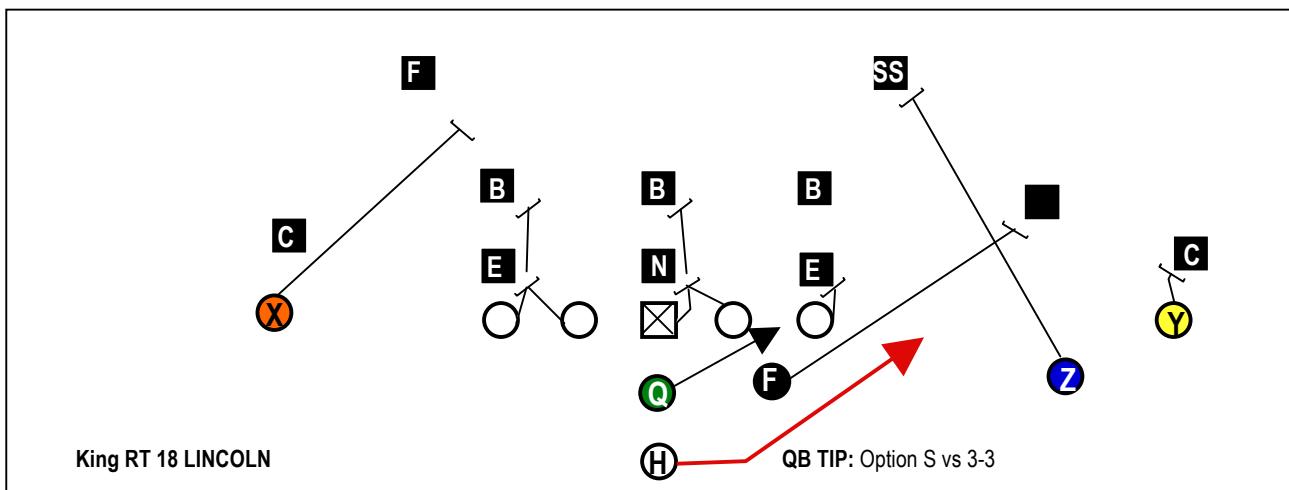
4-3 Front



5-2 Front



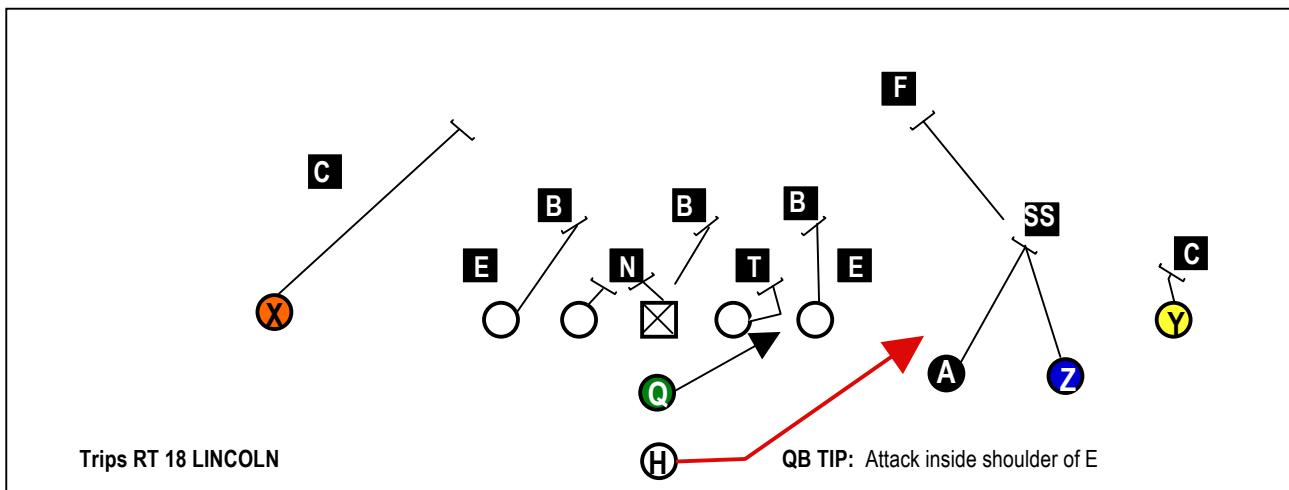
3-3 Front



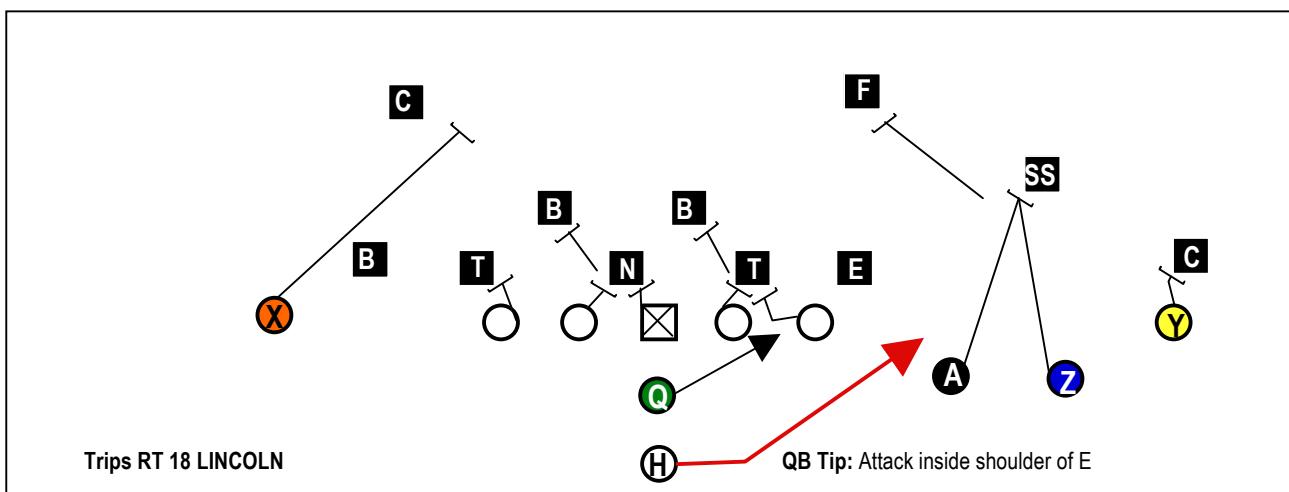
OFFENSIVE PLAYBOOK

Trips 17 – 18 LINCOLN (Option)

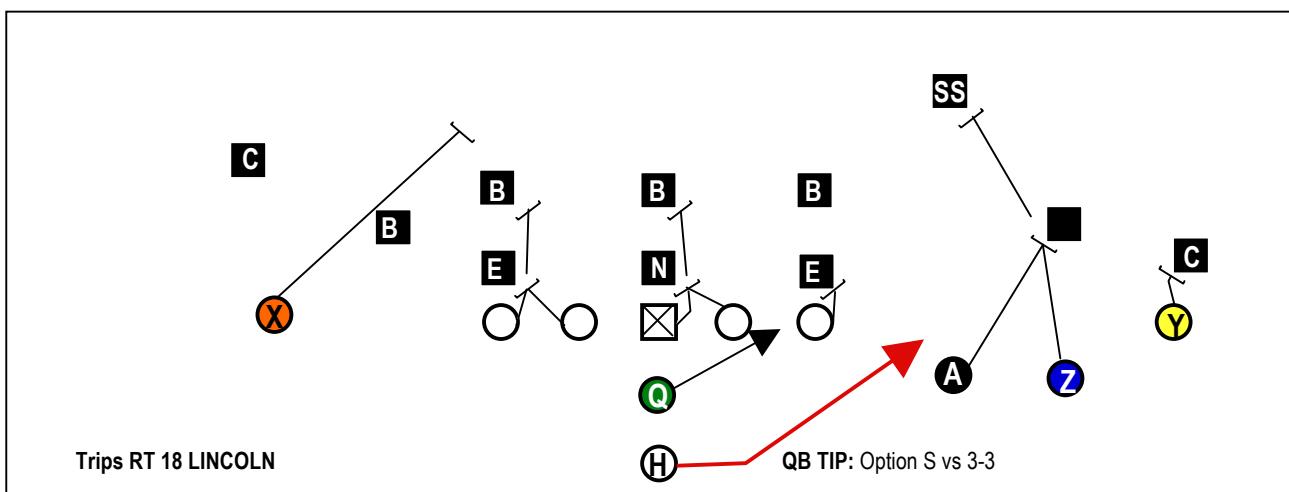
4-3 Front



5-2 Front



3-3 Front



OFFENSIVE PLAYBOOK

TAMPA

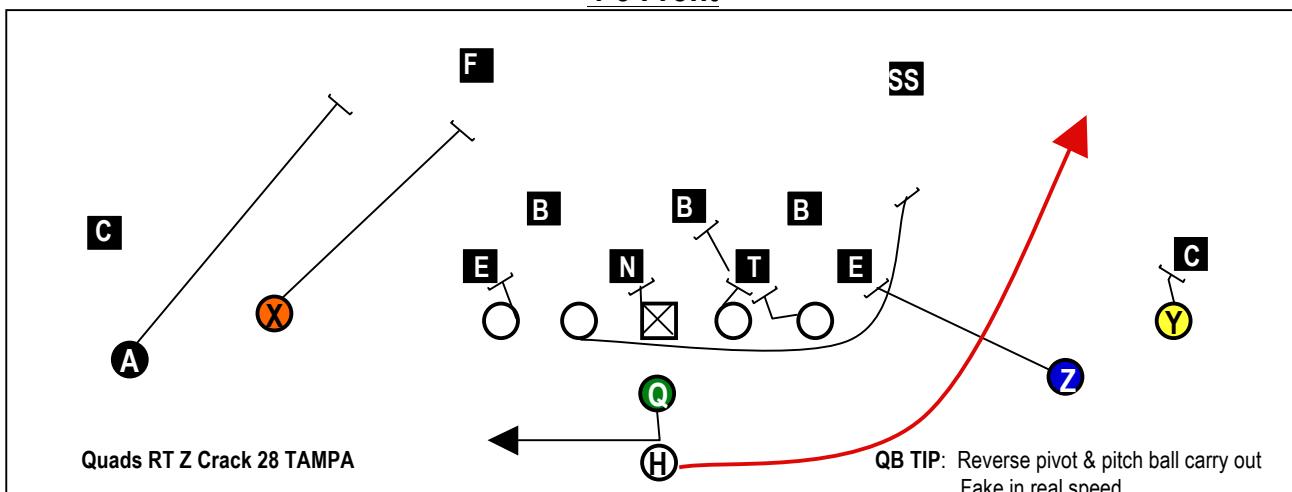
Quads, Quads TYT,
King & Trips



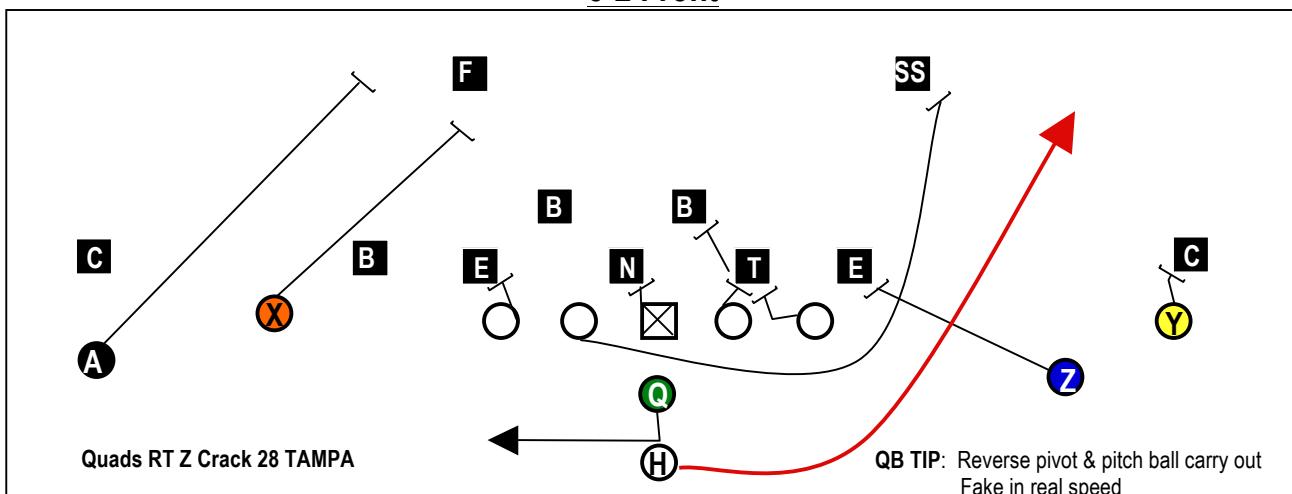
OFFENSIVE PLAYBOOK

Quads 27 – 28 TAMPA (Toss)

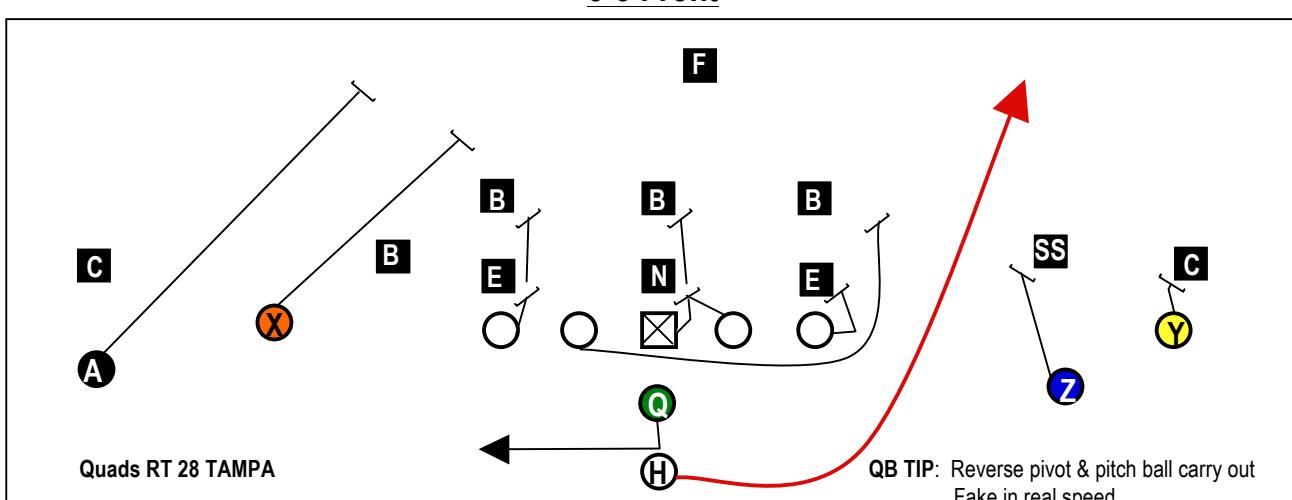
4-3 Front



5-2 Front



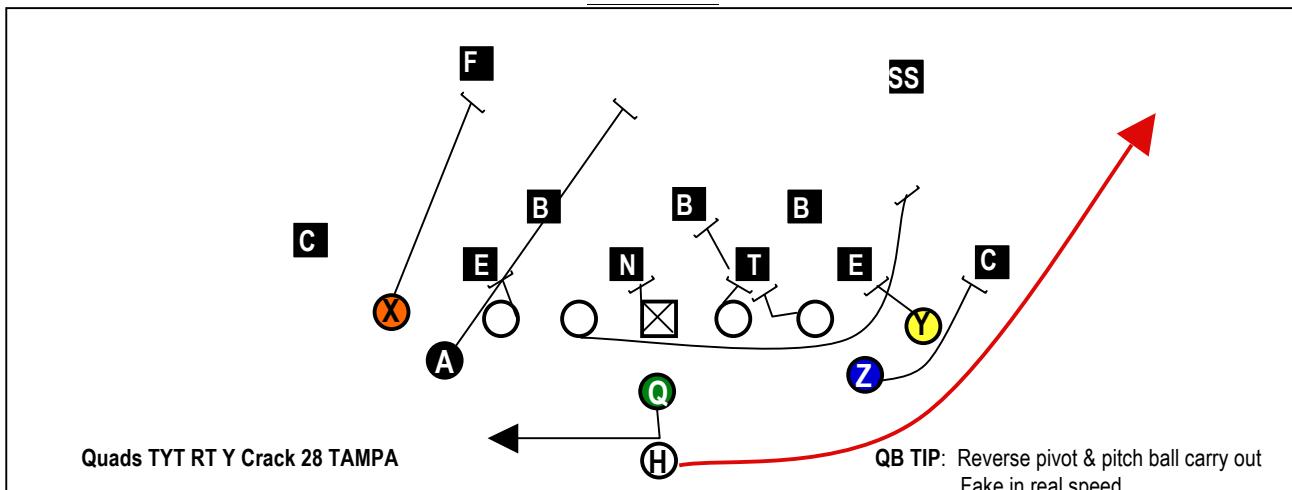
3-3 Front



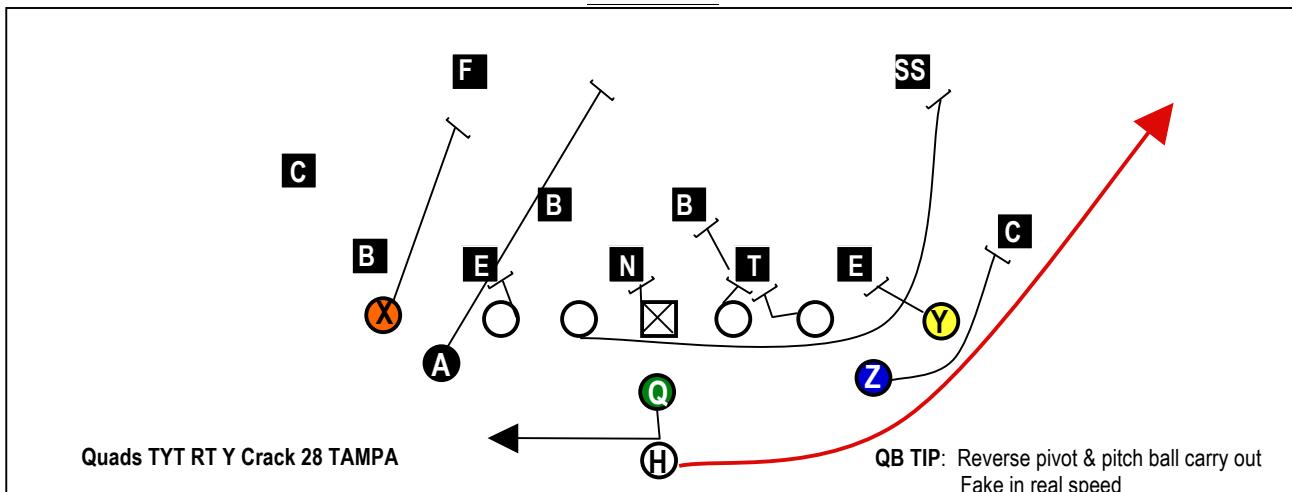
OFFENSIVE PLAYBOOK

Quads TYT 27 – 28 TAMPA (Toss)

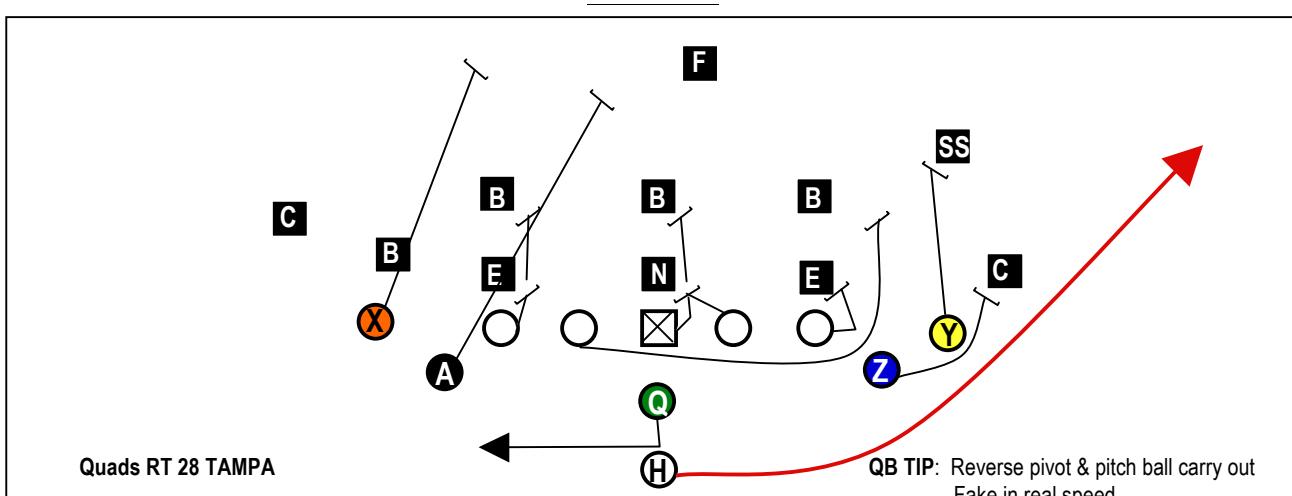
4-3 Front



5-2 Front



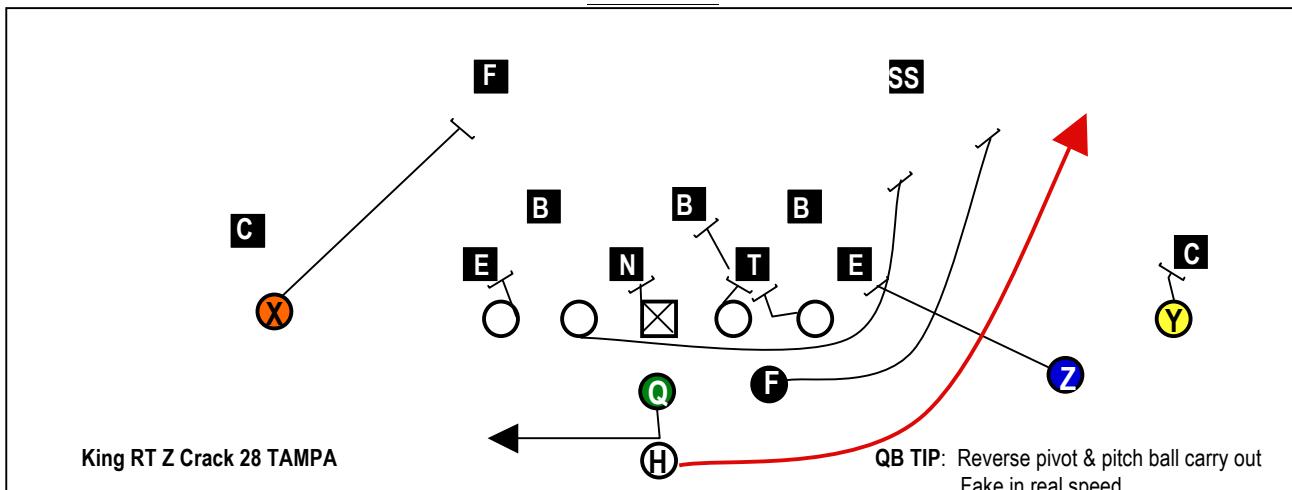
3-3 Front



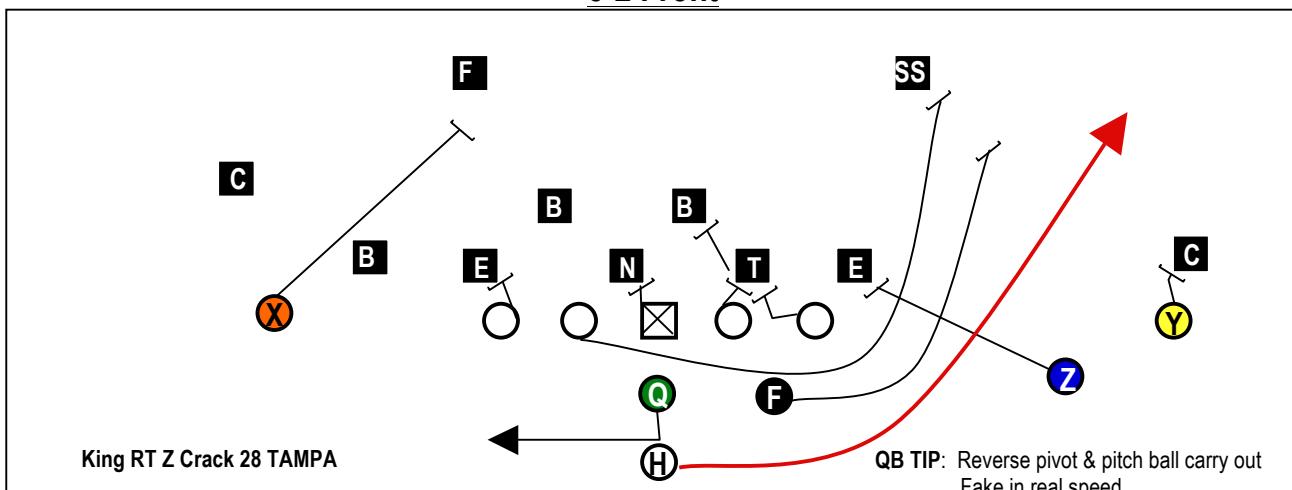
OFFENSIVE PLAYBOOK

King 27 – 28 TAMPA (Toss)

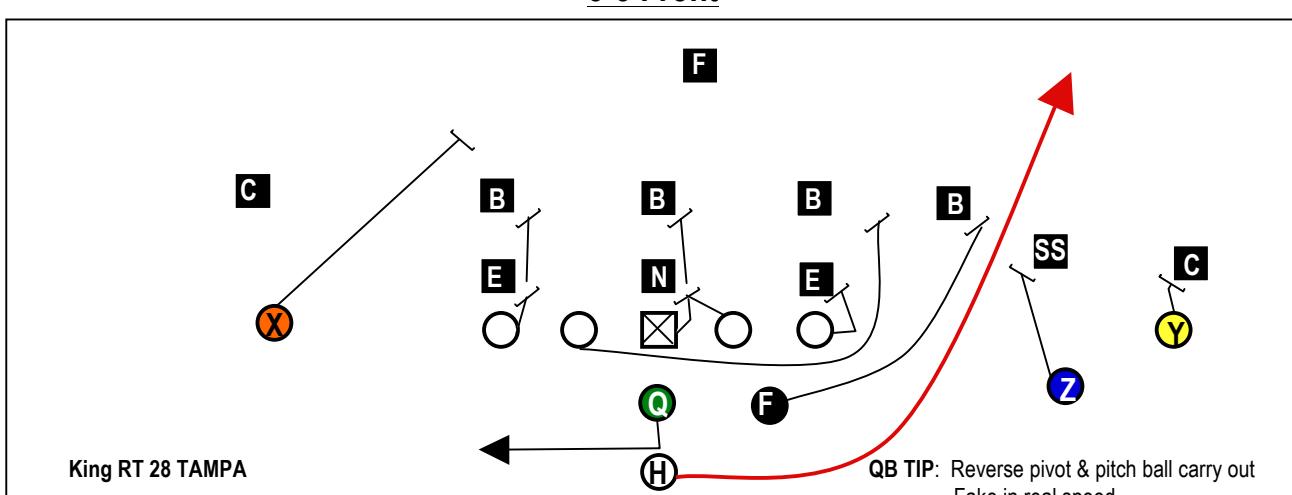
4-3 Front



5-2 Front



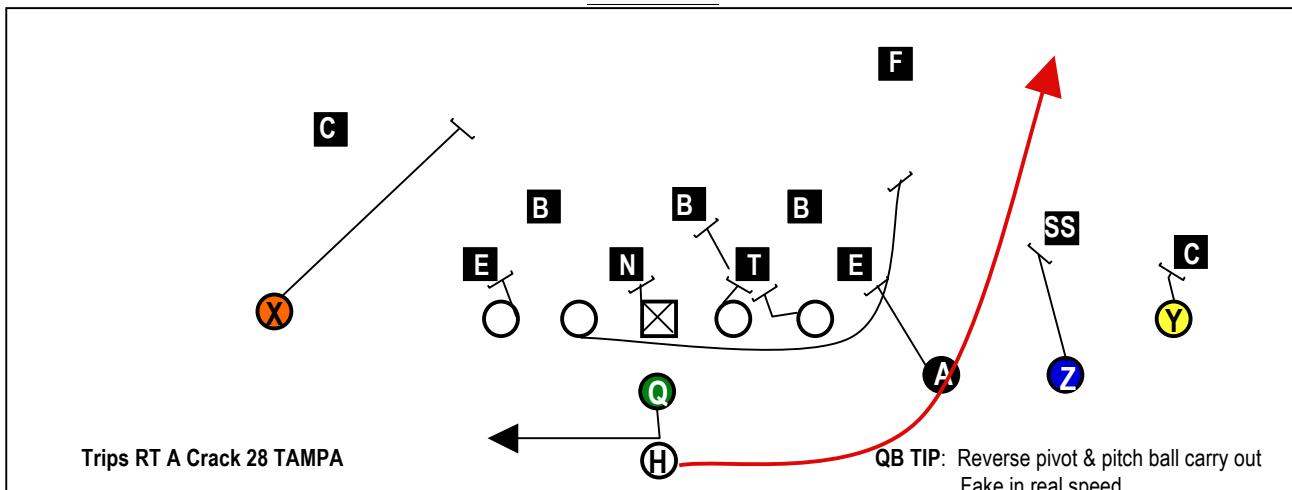
3-3 Front



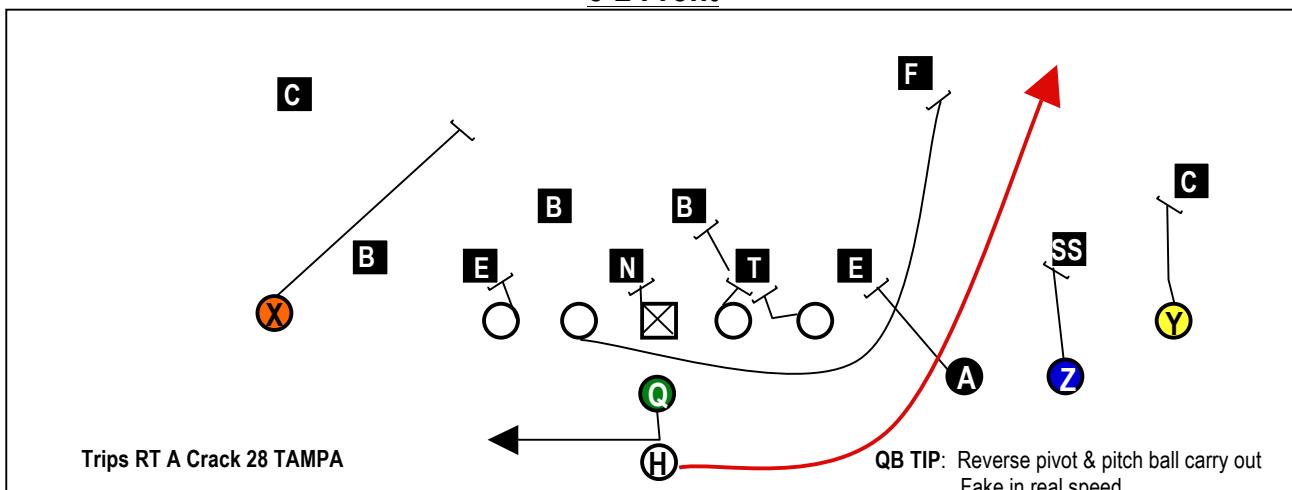
OFFENSIVE PLAYBOOK

Trips 27 – 28 TAMPA (Toss)

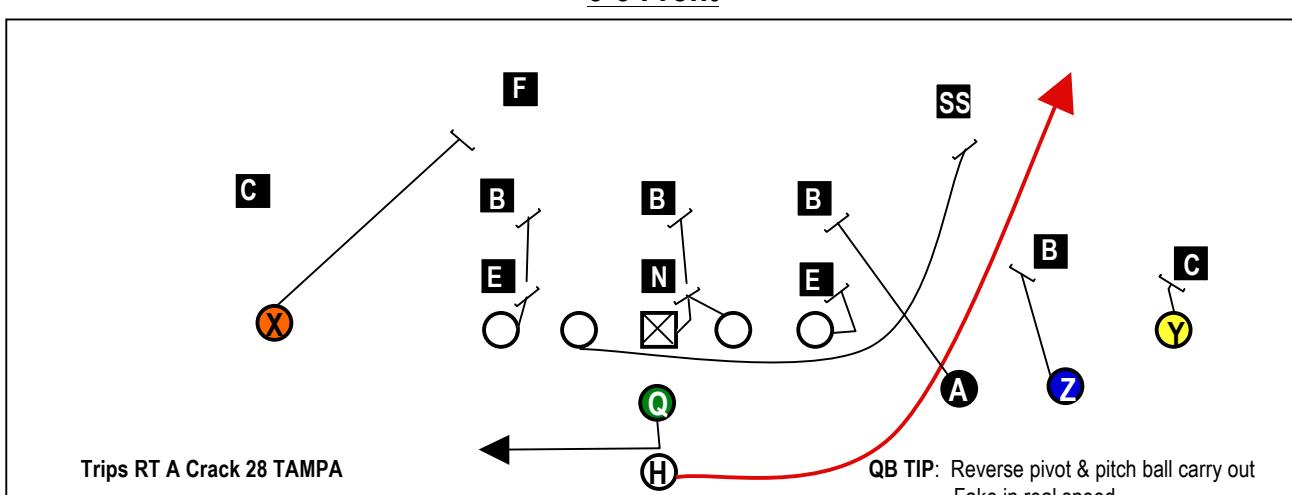
4-3 Front



5-2 Front



3-3 Front



OFFENSIVE PLAYBOOK

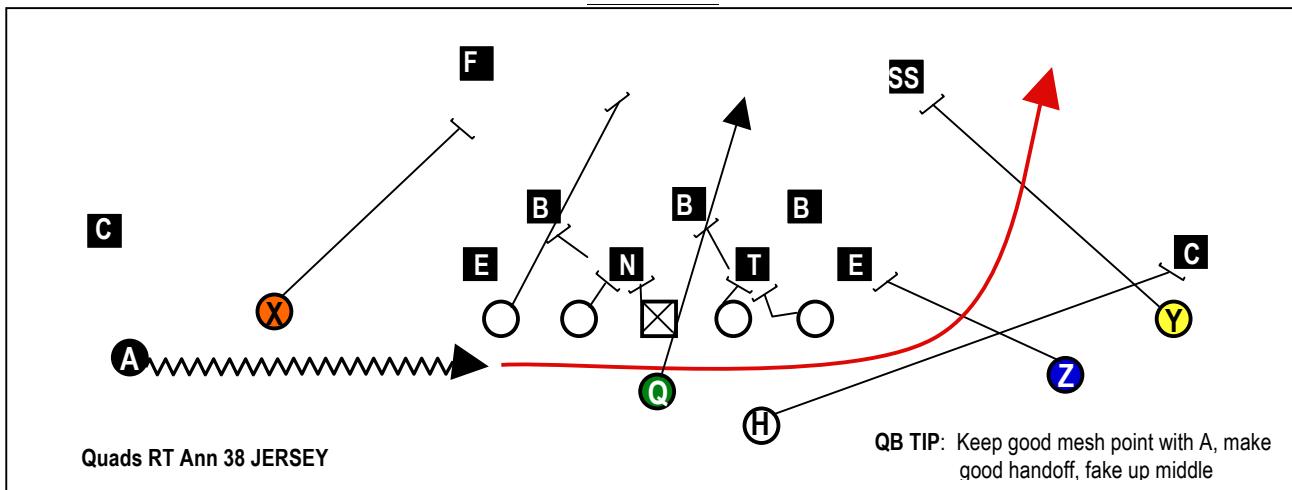
JERSEY
Quads & Quads TYT



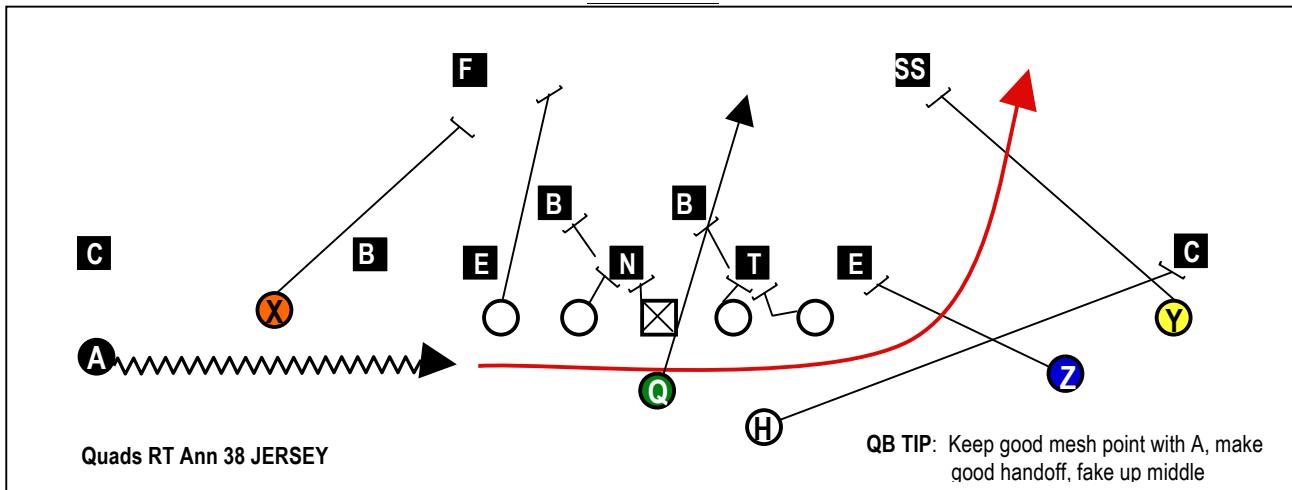
OFFENSIVE PLAYBOOK

Quads 49 – 38 JERSEY (Jet Sweep)

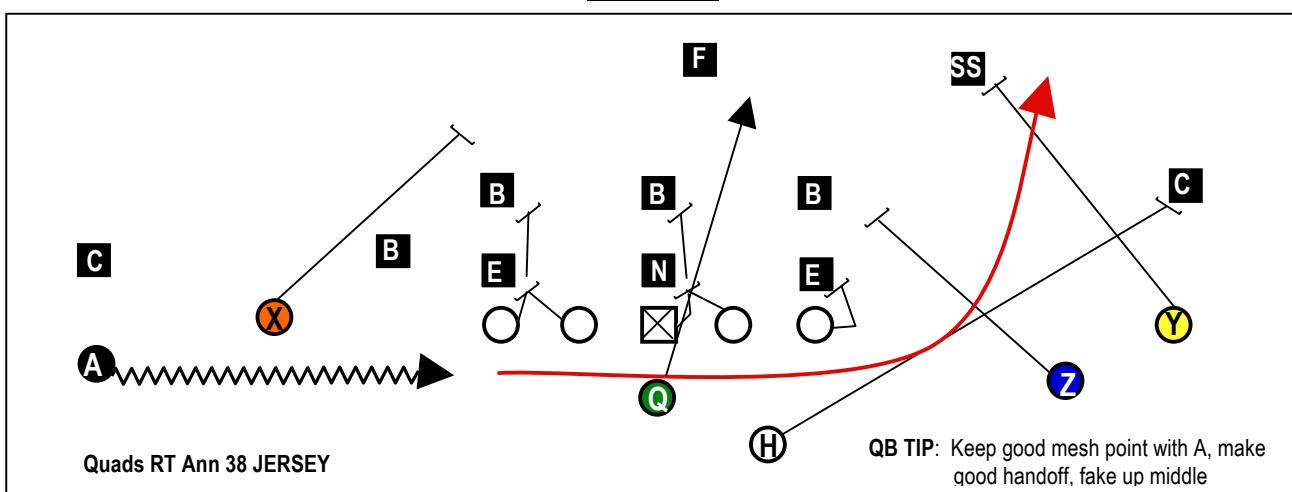
4-3 Front



5-2 Front



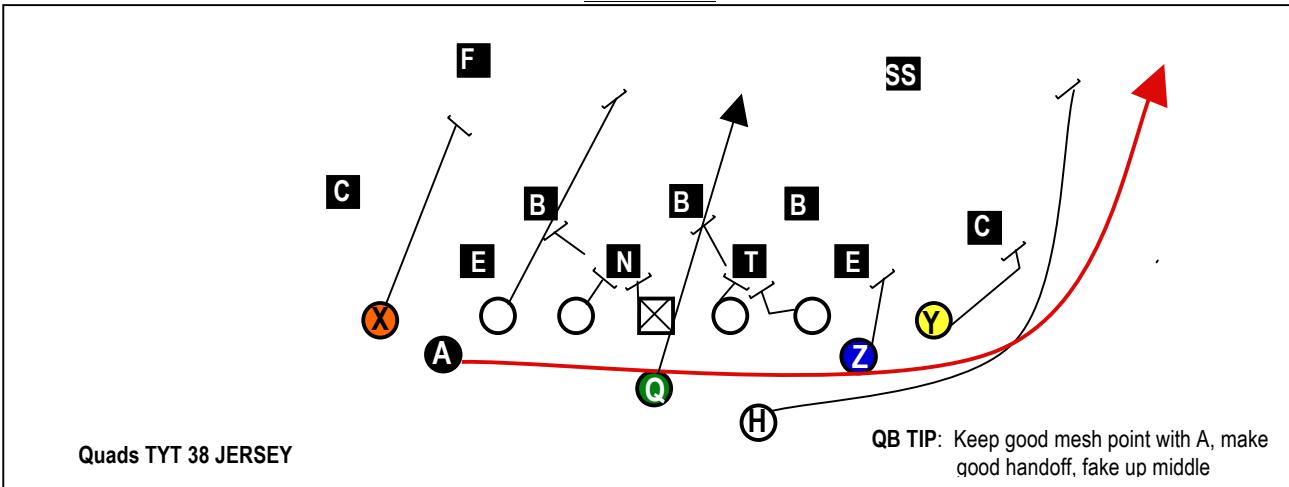
3-3 Front



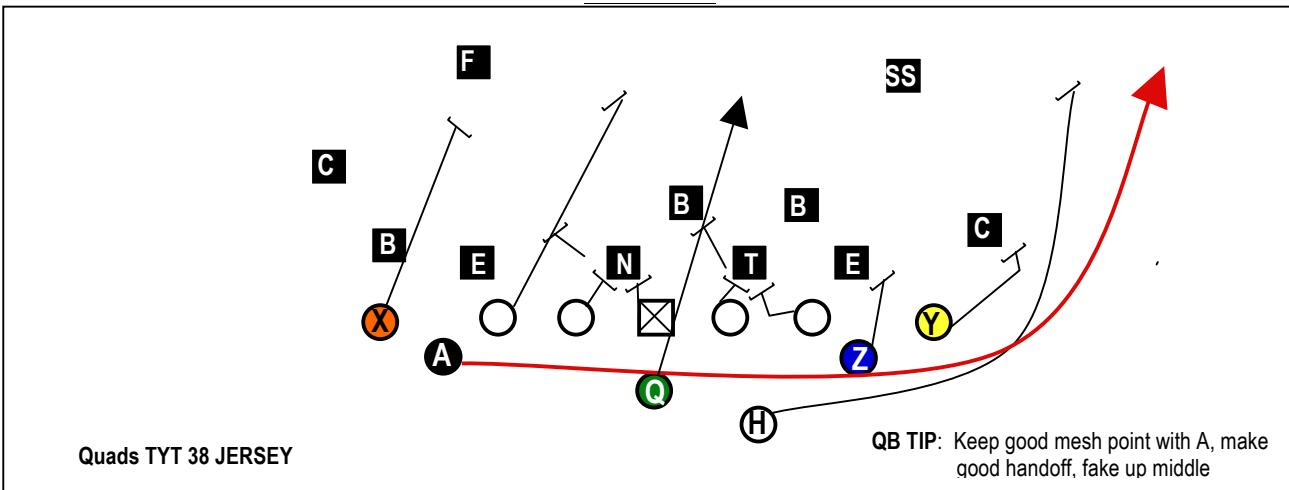
OFFENSIVE PLAYBOOK

Quads TYT 49 – 38 JERSEY (Jet Sweep)

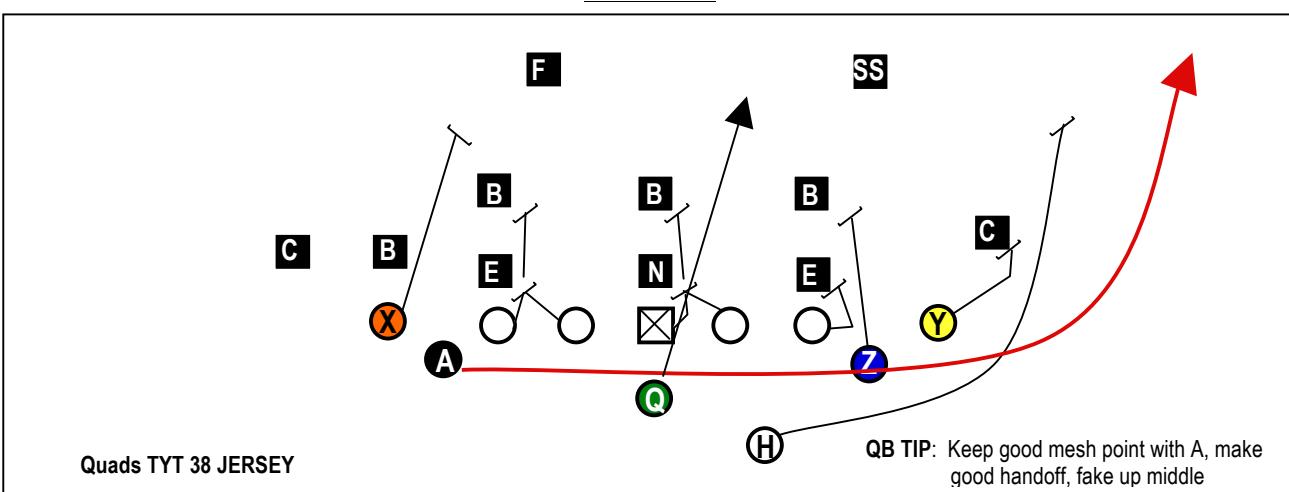
4-3 Front



5-2 Front



3-3 Front



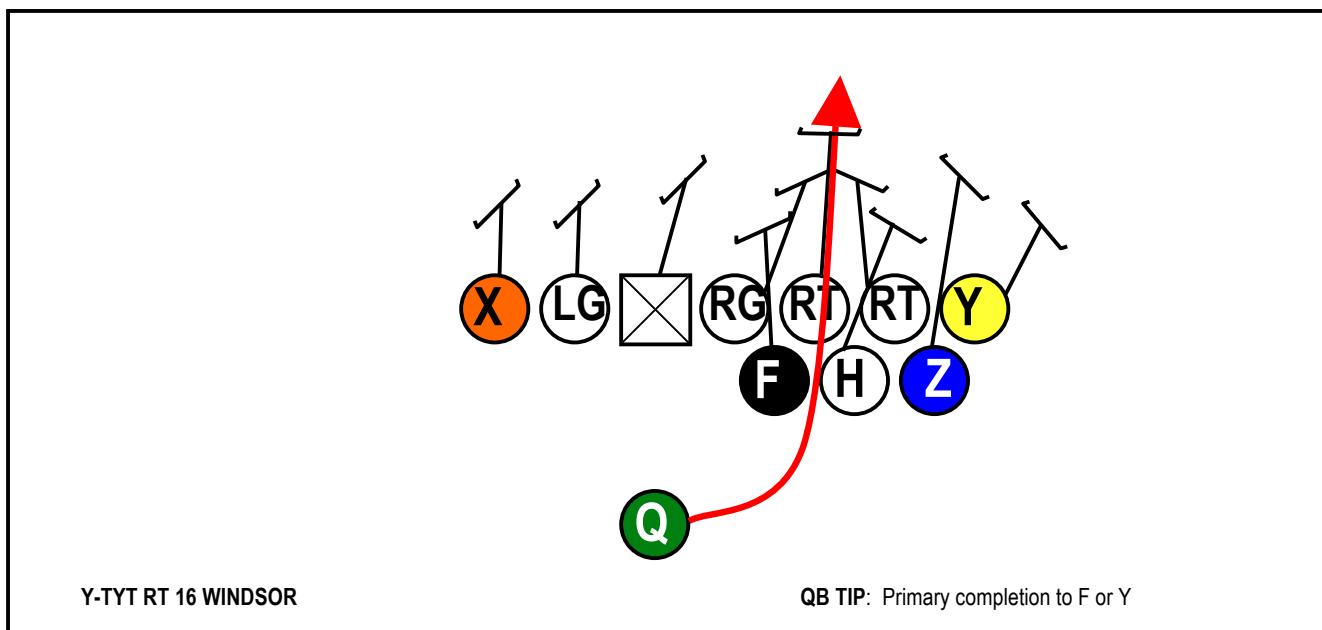
Goal Line - Short Yardage Plays



WINDSOR

Y-TYT

Y-TYT 15 – 16 WINDSOR (Wedge)

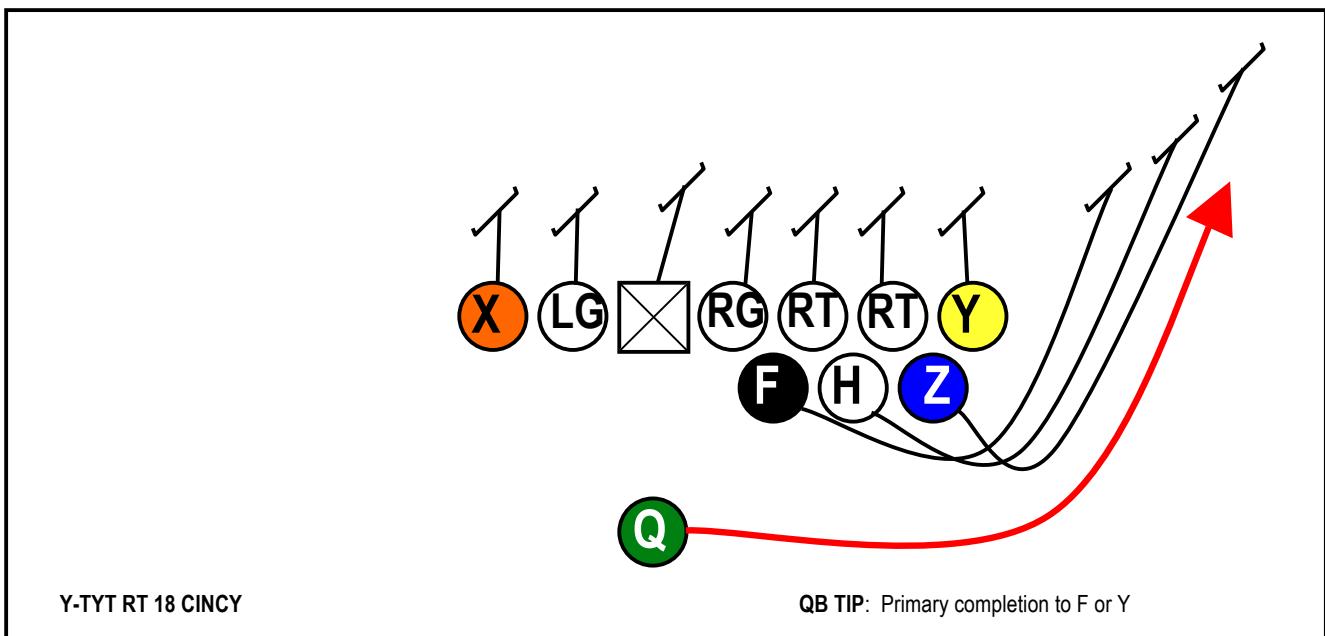


OFFENSIVE PLAYBOOK

CINCY

Y-TYT

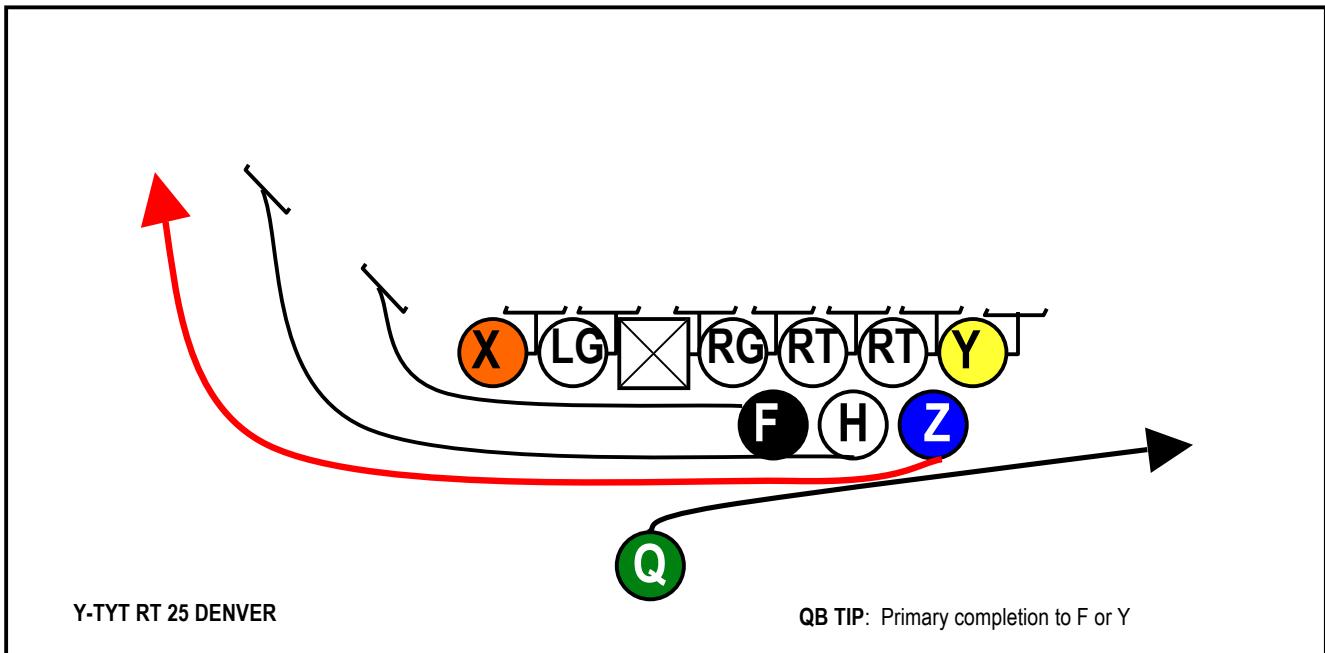
Y-TYT 18 – 19 CINCY (Sweep)



DENVER

Y-TYT

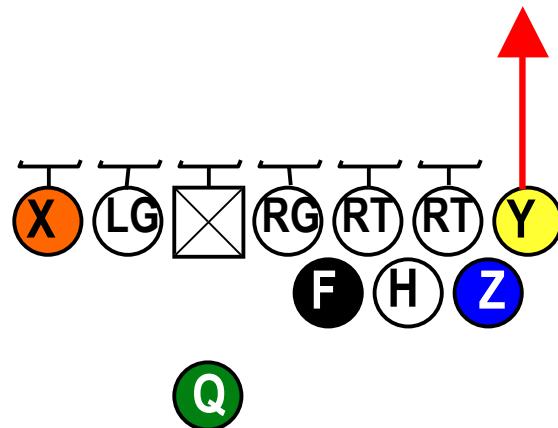
Y-TYT Z5 – Z6 DENVER (Counter)



POP PASS

Y-TYT

Y-TYT POP PASS



Y-TYT RT POP PASS

QB TIP: Primary completion to F or Y

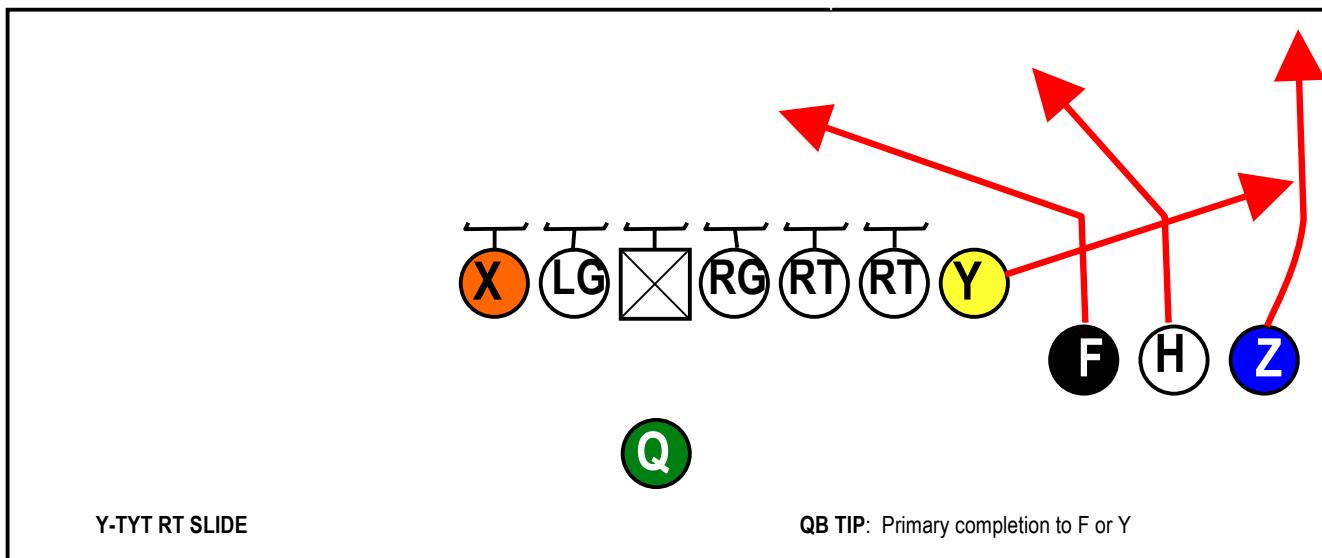


OFFENSIVE PLAYBOOK

SLIDE

Y-TYT

Y-TYT SLIDE PASS



Passing Plays



OFFENSIVE PLAYBOOK

PASSING PLAYS

I. 3 Step Plays:

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

II. 5 Step Plays:

Play Name:	Formation(s):	Blocking:
1. WAVE	Quads, Quads TYT, King & Trips	MOM – Man on Man
2. STORM	Quads, Quads TYT, King & Trips	MOM – Man on Man
3. FUNNEL	Quads, Quads TYT, King & Trips	MOM – Man on Man

III. Screen Plays:

Play Name:	Formation(s):	Blocking:
1. BANDIT:	Quads, Quads TYT, King & Trips	(Slide-Rip or Liz Block)
2. BANJO:	Quads, Quads TYT, King & Trips	(Slide-Rip or Liz Block)
3. RABBIT:	Quads, King, Trips	(Slide-MOM Run Block)

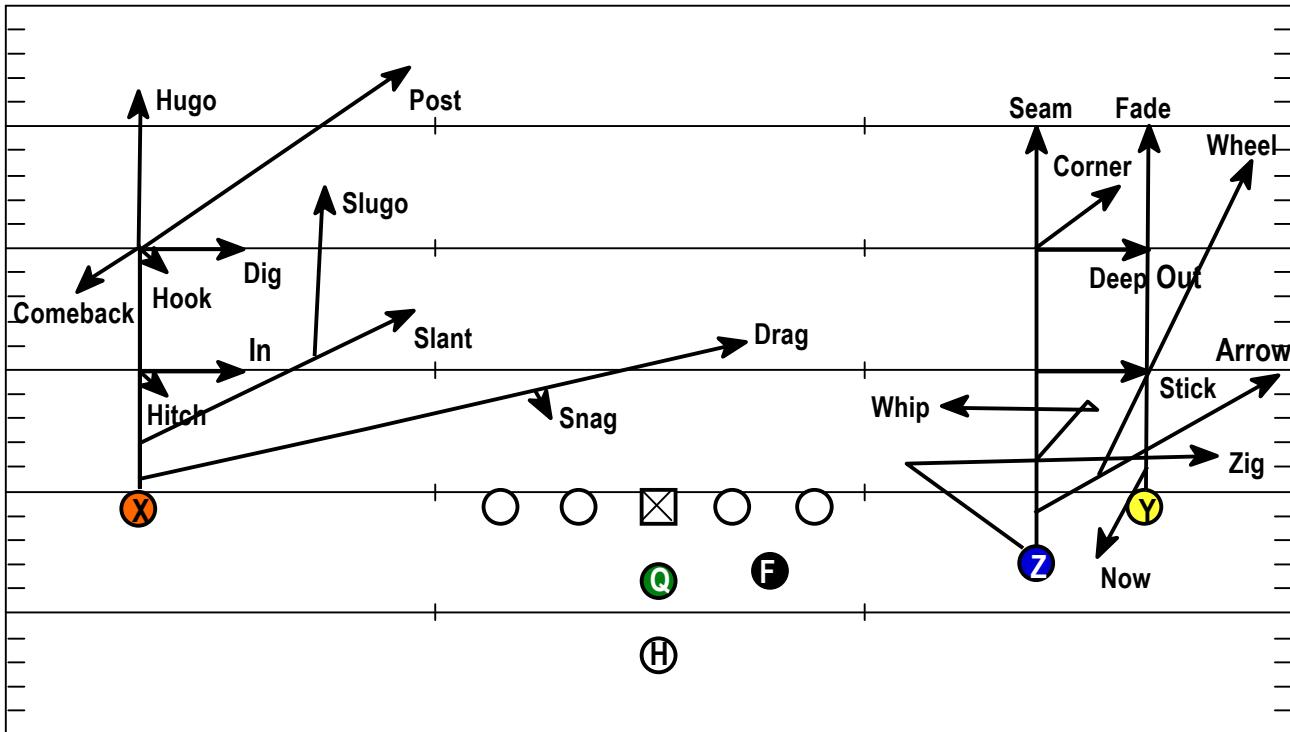
IV. PAP (Play Action Pass) Plays:

Play Name:	Formation(s):	Blocking:
1. RUB:	King	(Slide-Rip or Liz Block)
2. FOG:	Quads TYT, King	(Slide-Rip or Liz Block)

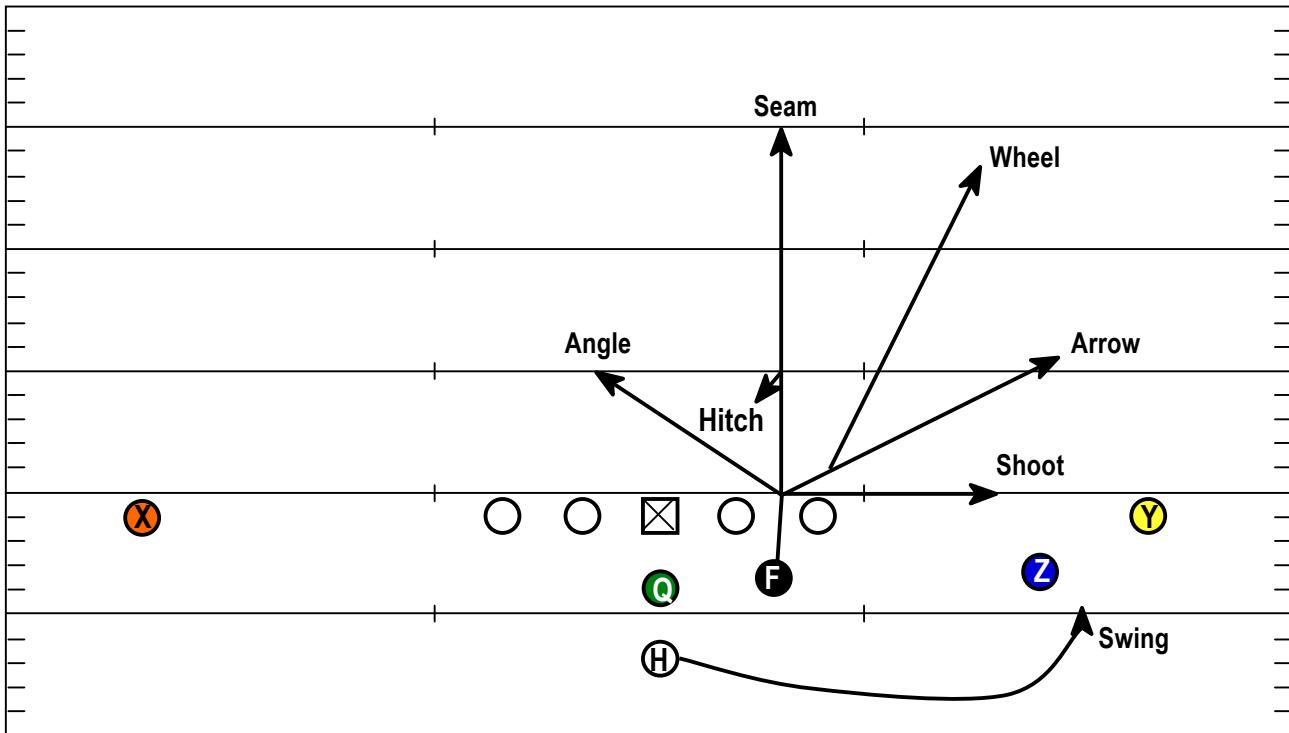


OFFENSIVE PLAYBOOK

RECEIVER PASS ROUTES



RUNNING BACK PASS ROUTES



3 Step Pass Plays



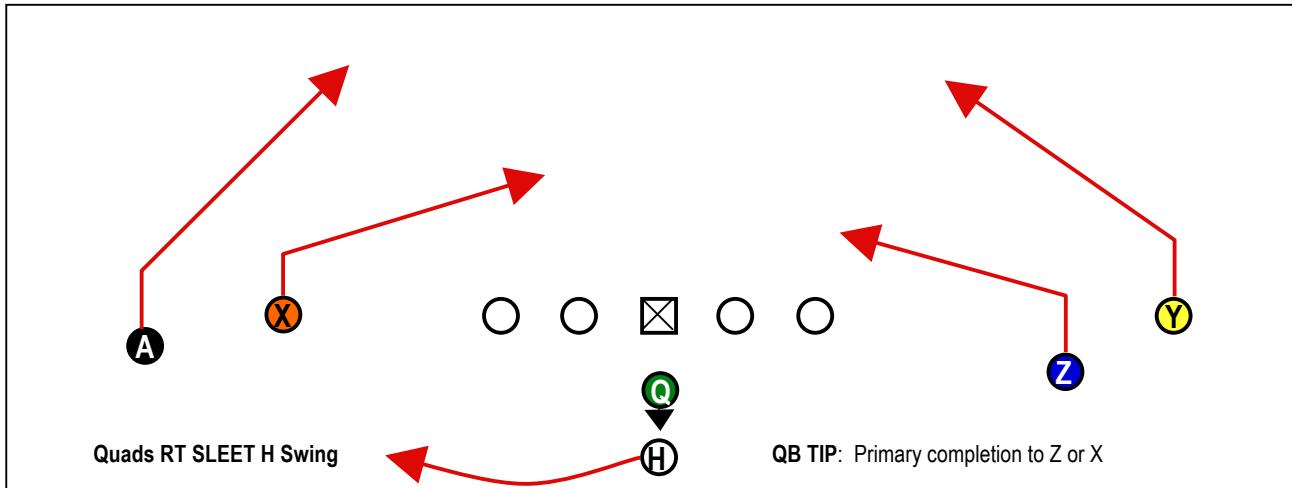
OFFENSIVE PLAYBOOK

SLEET

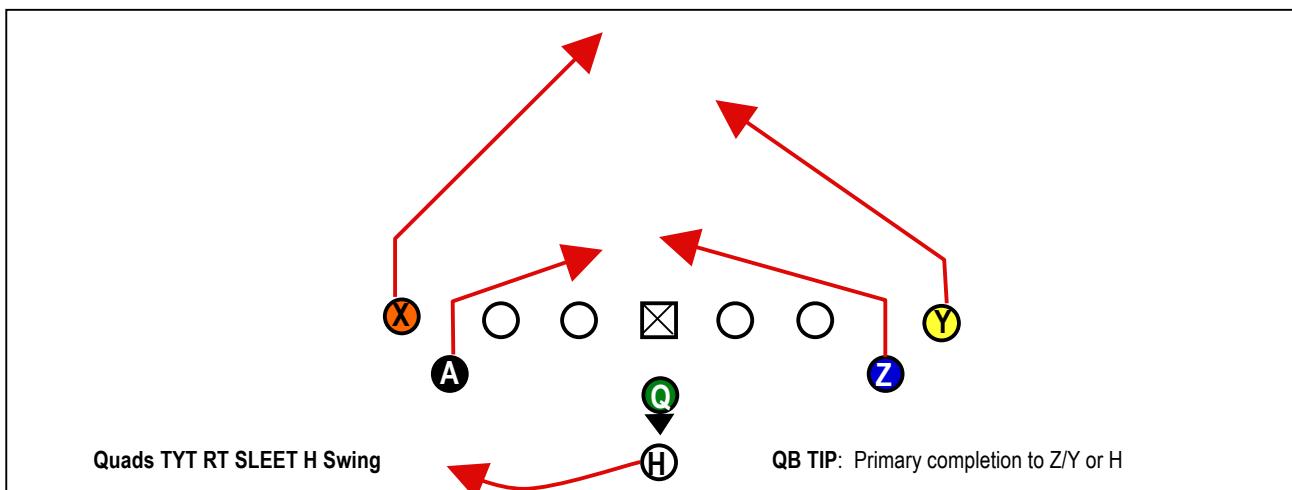
(Slants)

Quads, Quads TYT,
King & Trips

Quads



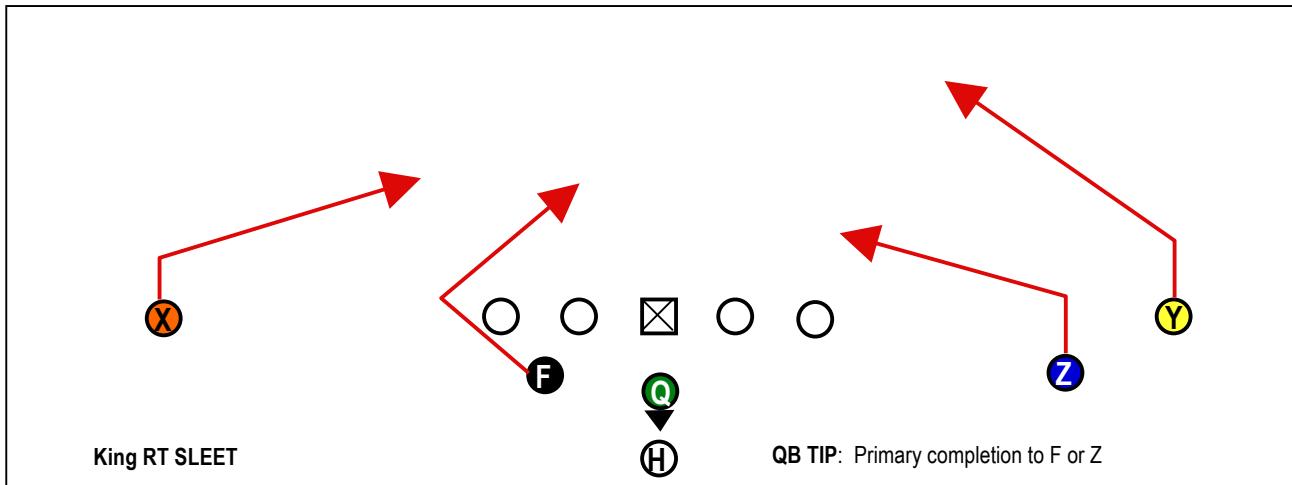
Quads TYT



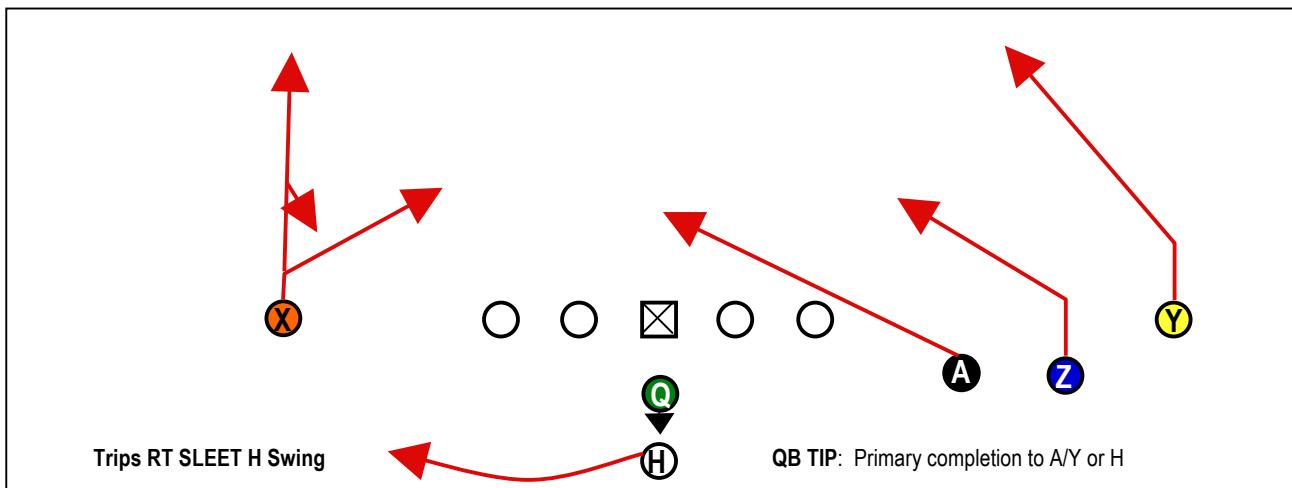
OFFENSIVE PLAYBOOK

SLEET (Slants)

King



Trips



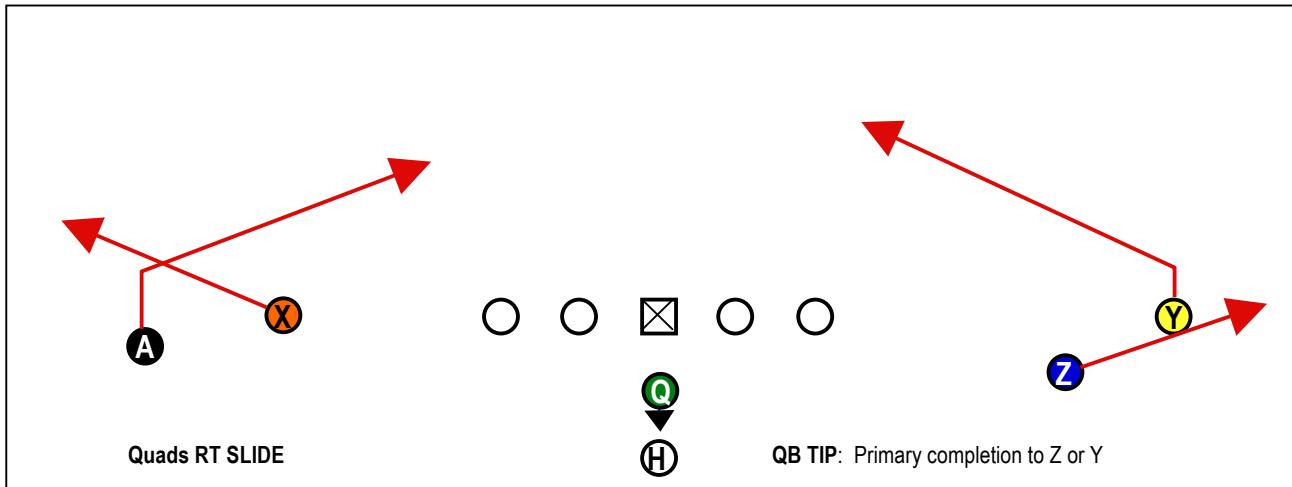
OFFENSIVE PLAYBOOK

SLIDE

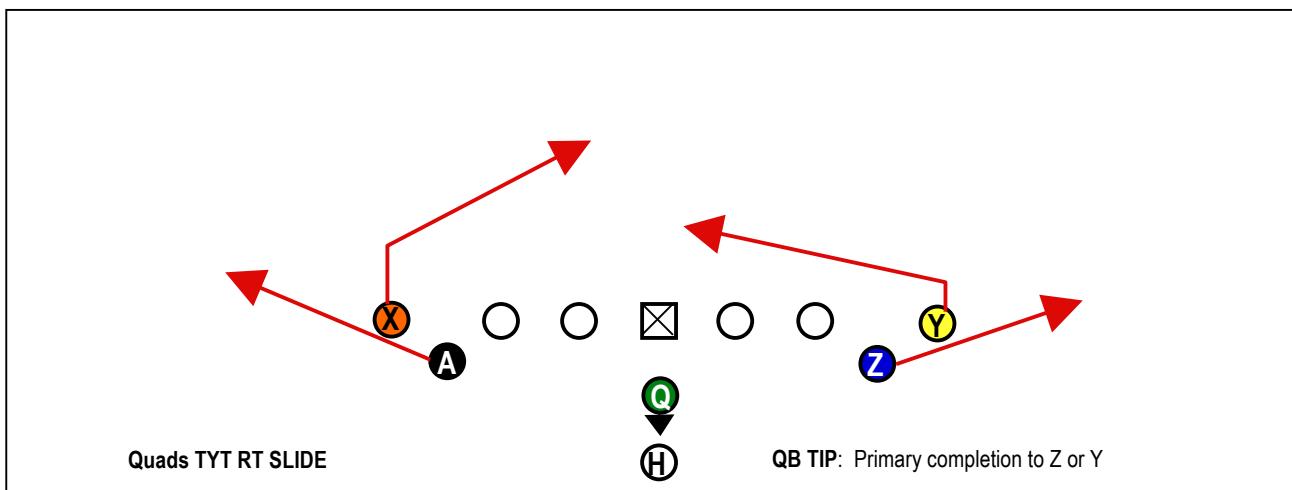
(Slant-Arrow)

Quads, Quads TYT,
King & Trips

Quads



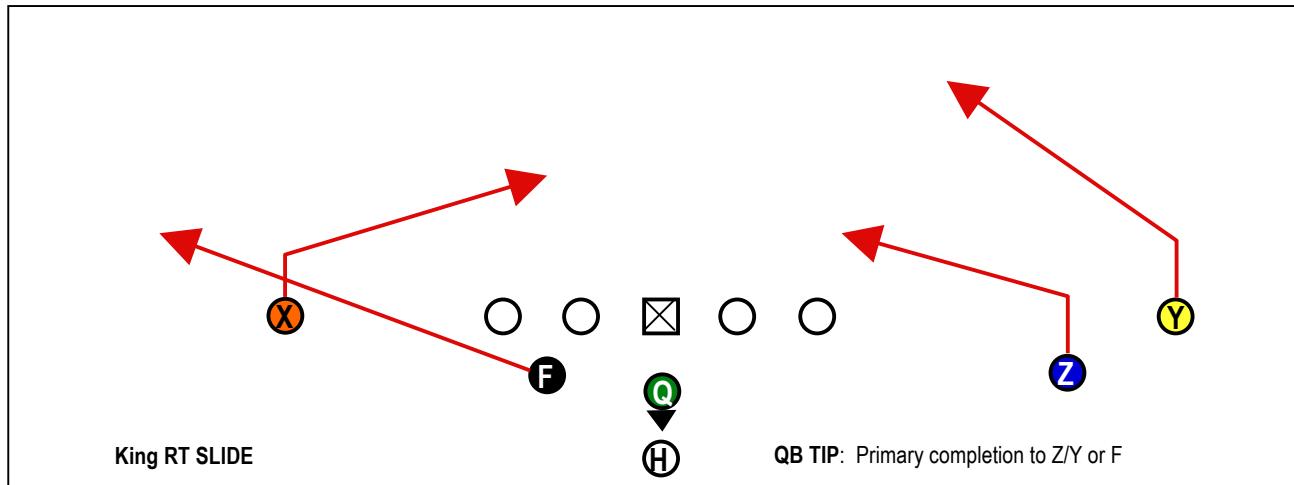
Quads TYT



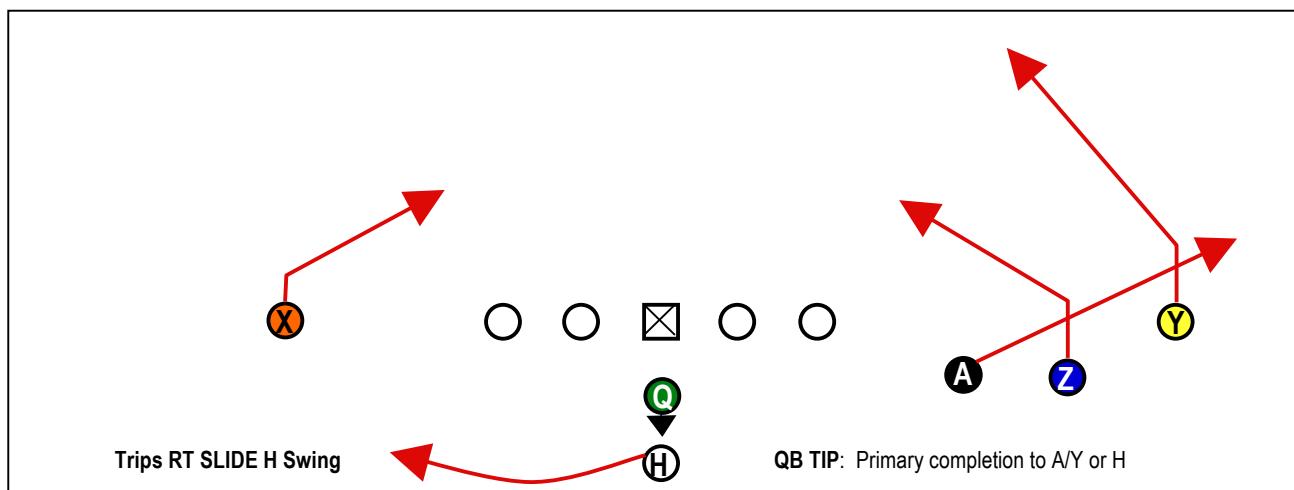
OFFENSIVE PLAYBOOK

SLIDE (Slant-Arrow)

King



Trips

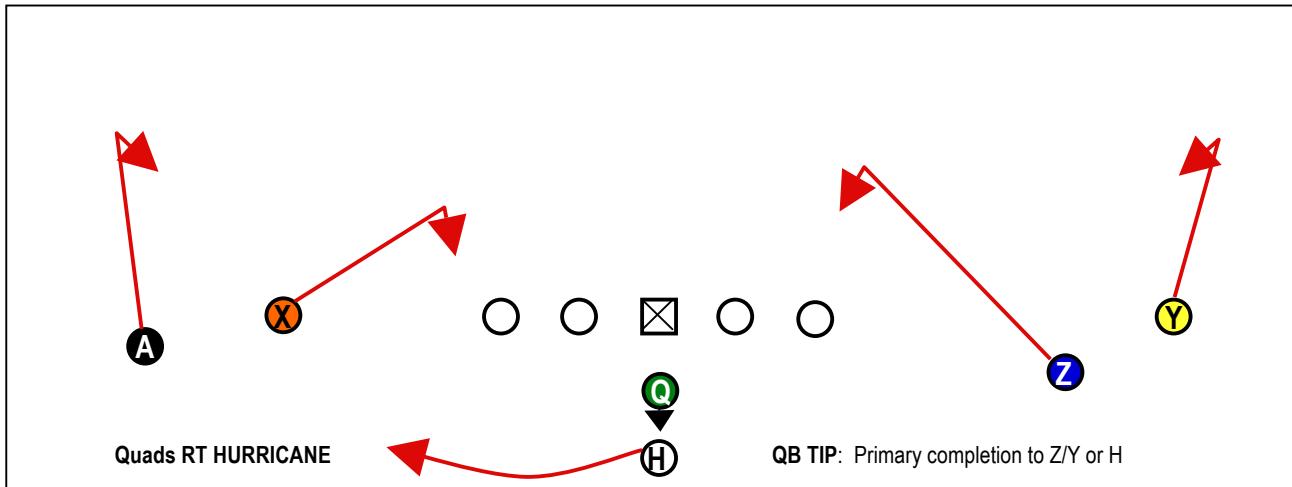


HURRICANE

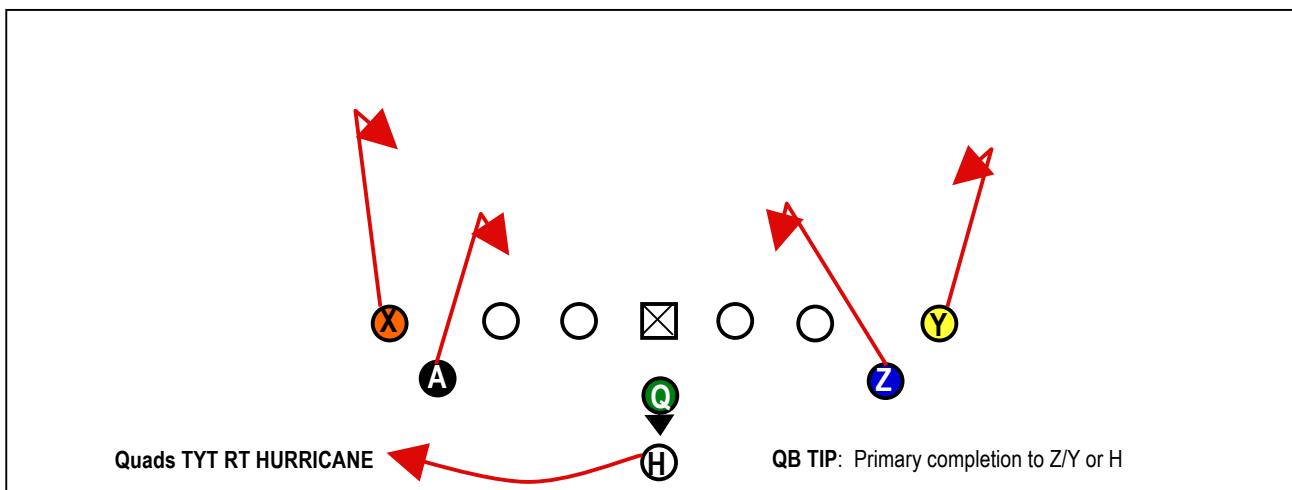
(Hitches)

Quads, Quads TYT,
King & Trips

Quads



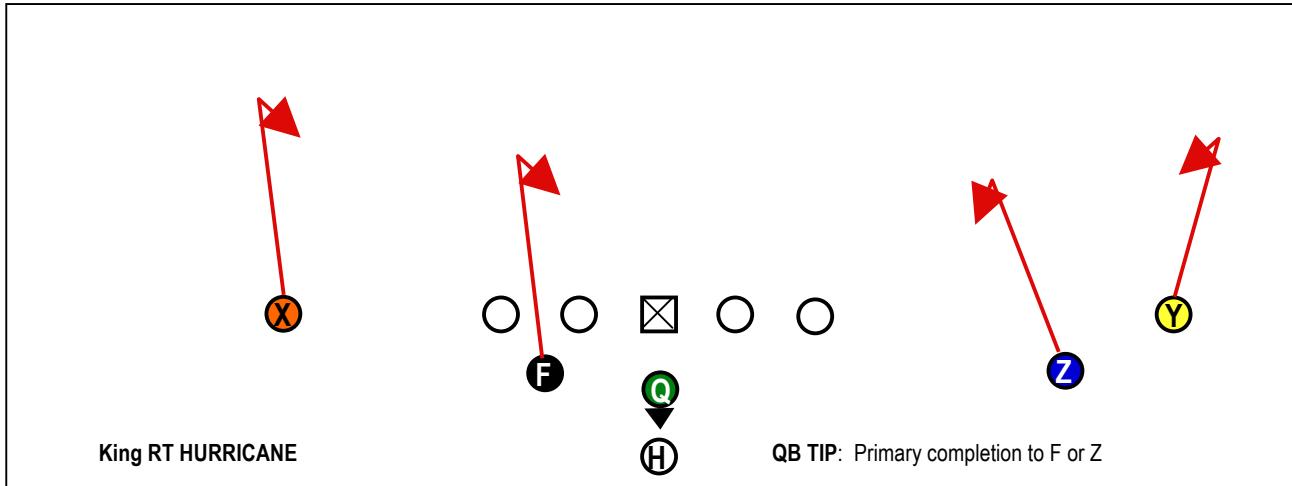
Quads TYT



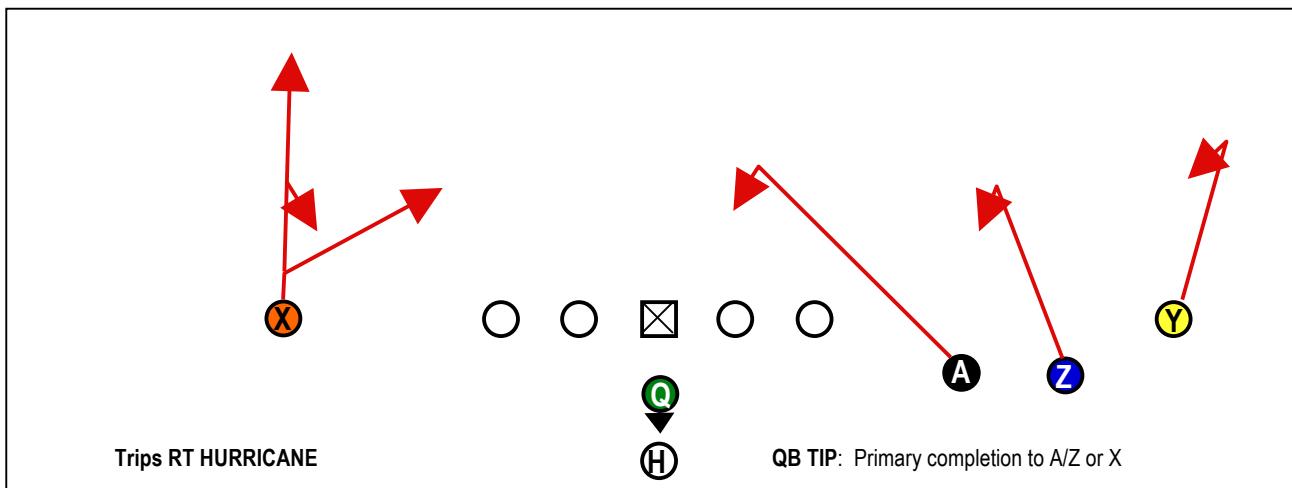
OFFENSIVE PLAYBOOK

HURRICANE (Hitches)

King



Trips

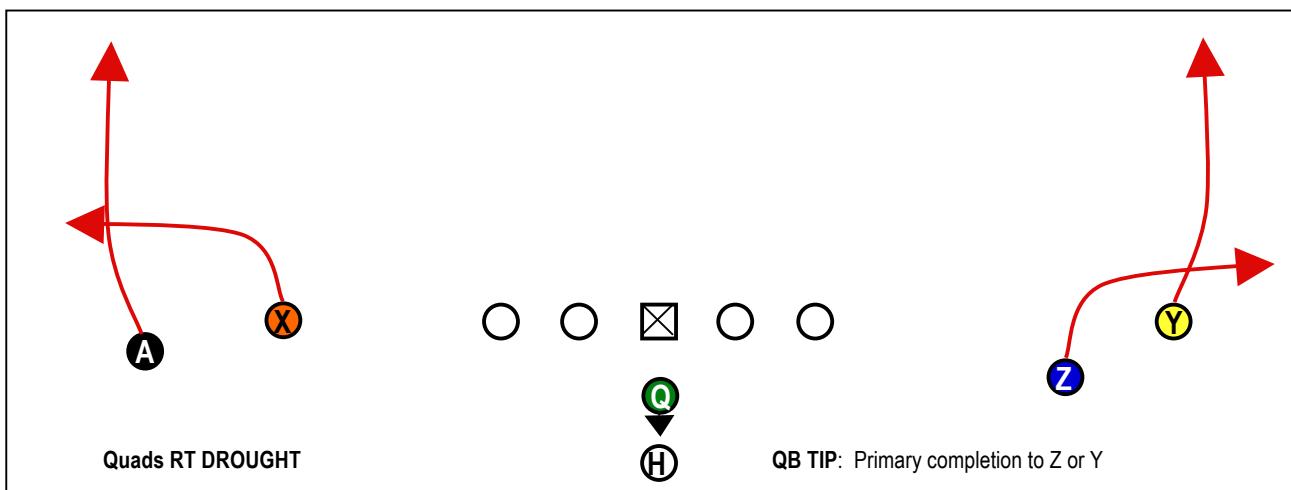


DROUGHT

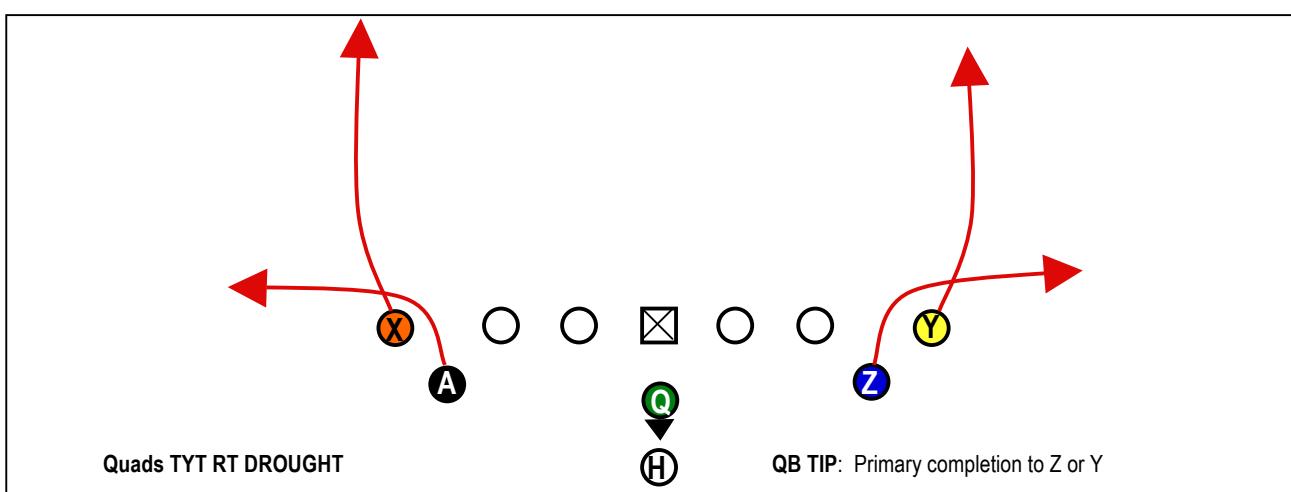
(Fade-Speed Out)

Quads, Quads TYT,
King & Trips

Quads



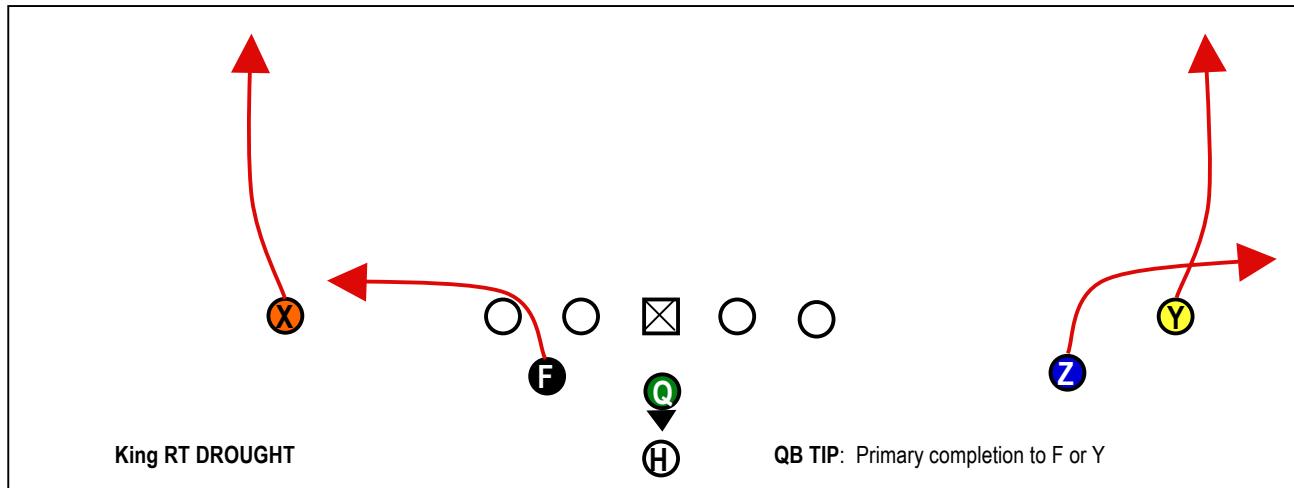
Quads TYT



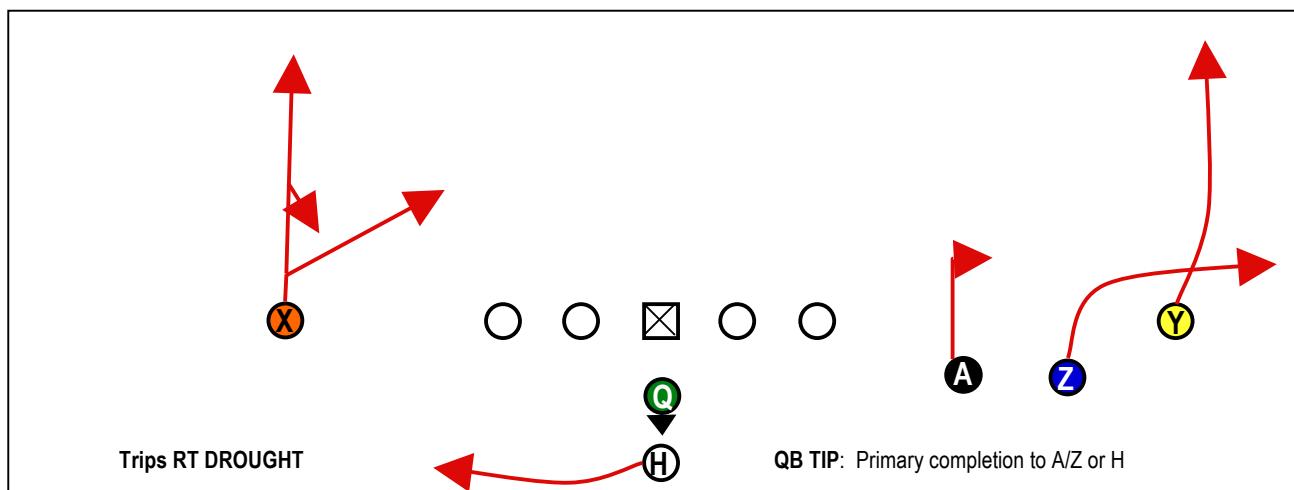
OFFENSIVE PLAYBOOK

DROUGHT (Fade-Speed Out)

King



Trips



5 Step Pass Plays



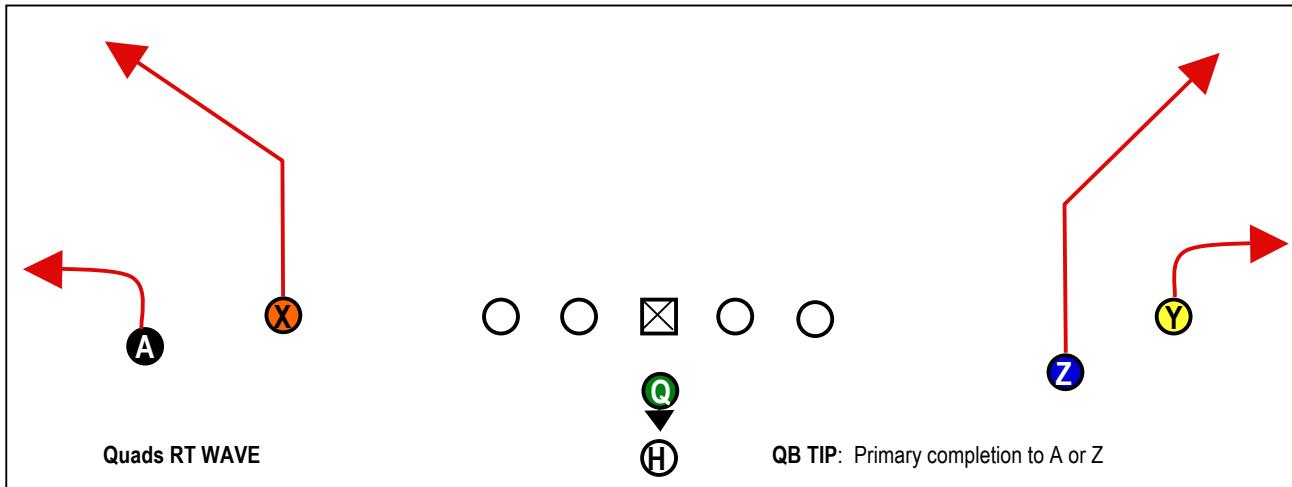
OFFENSIVE PLAYBOOK

WAVE

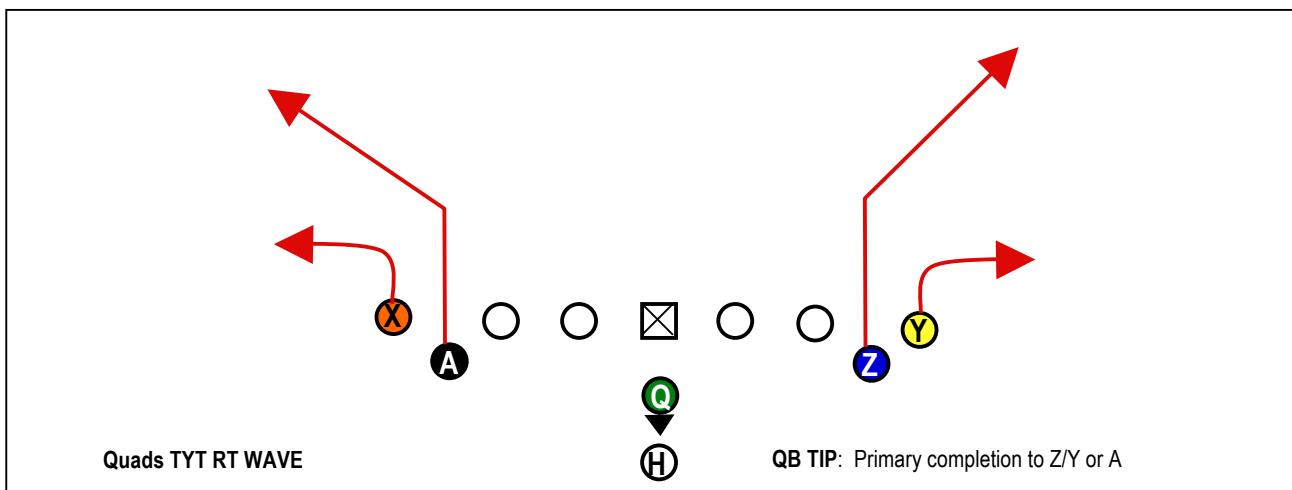
(Speed Out-Corner)

Quads, Quads TYT,
King & Trips

Quads



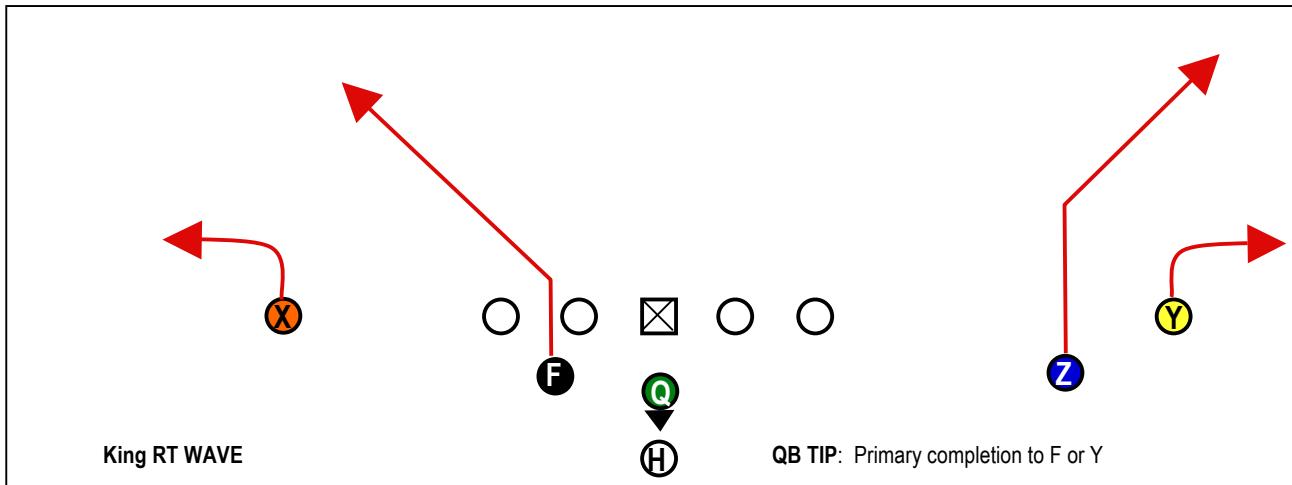
Quads TYT



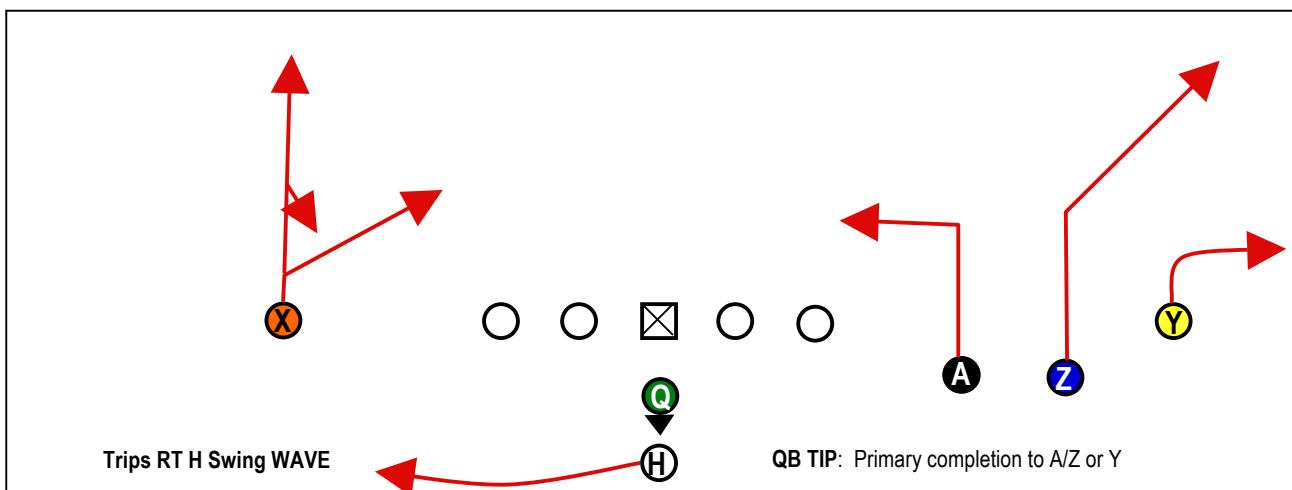
OFFENSIVE PLAYBOOK

WAVE (Speed Out-Corner)

King



Trips

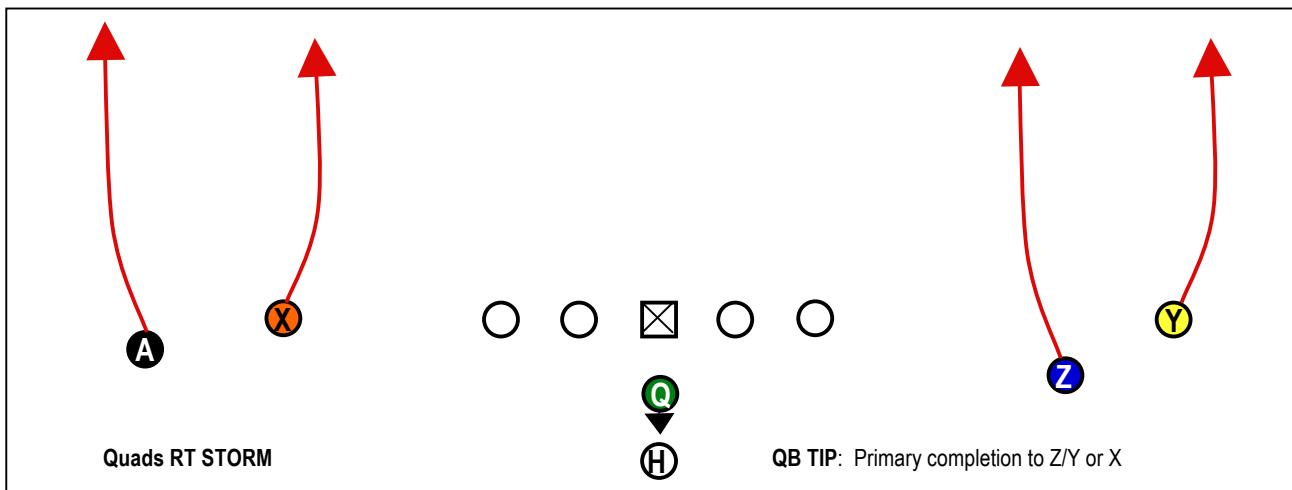


STORM

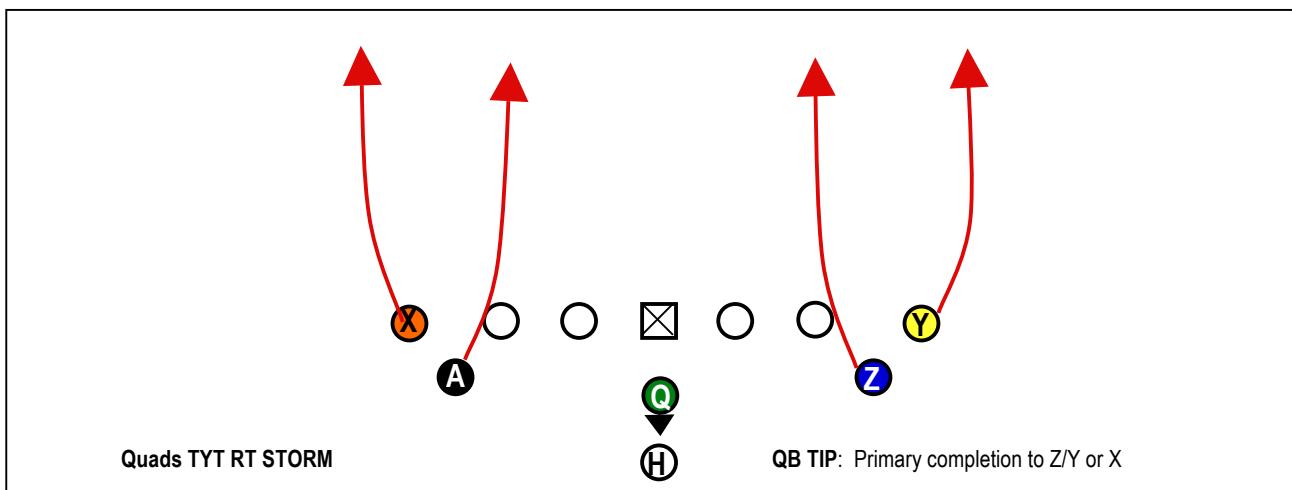
(Verts)

Quads, Quads TYT,
King & Trips

Quads



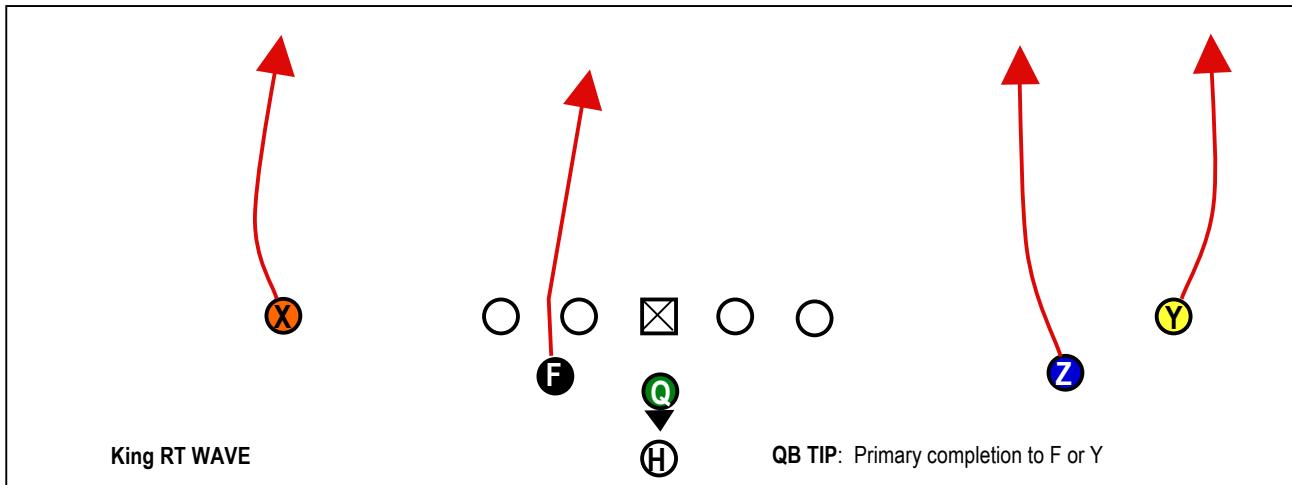
Quads TYT



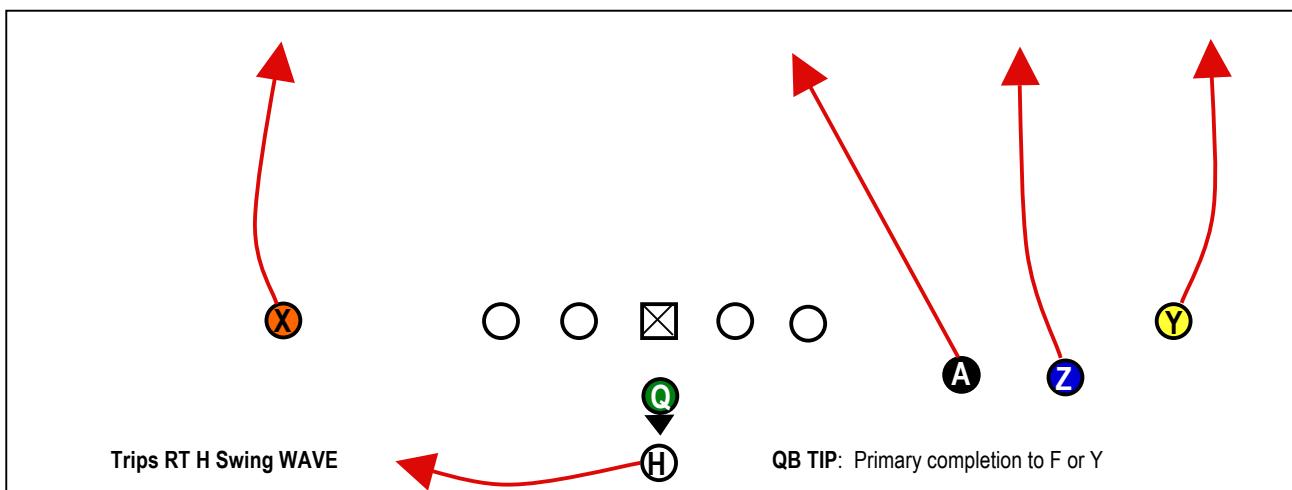
OFFENSIVE PLAYBOOK

STORM (Verts)

King



Trips



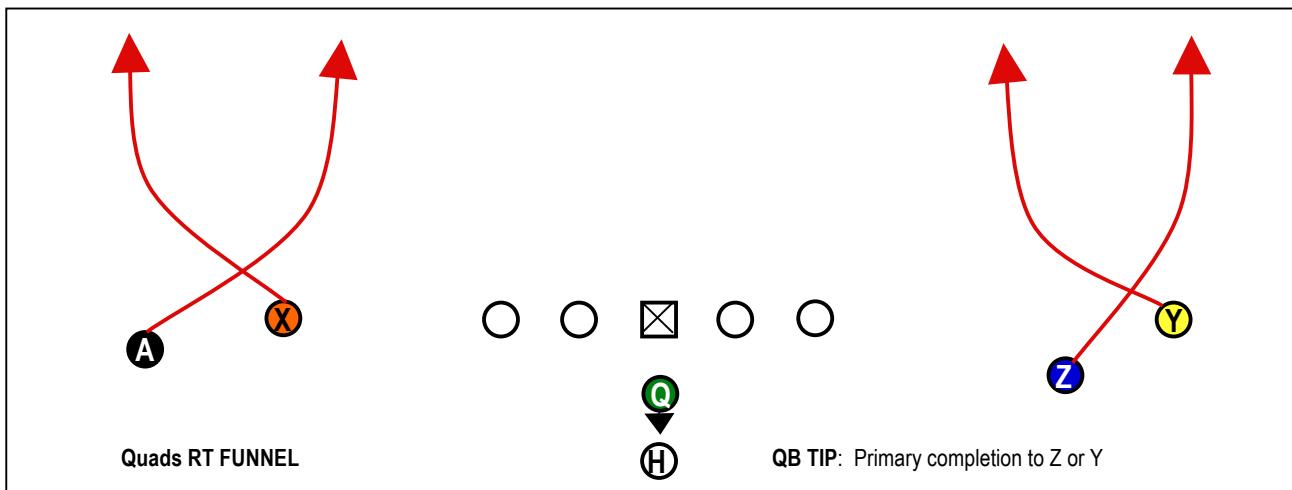
FUNNEL

(Fade-Seam)

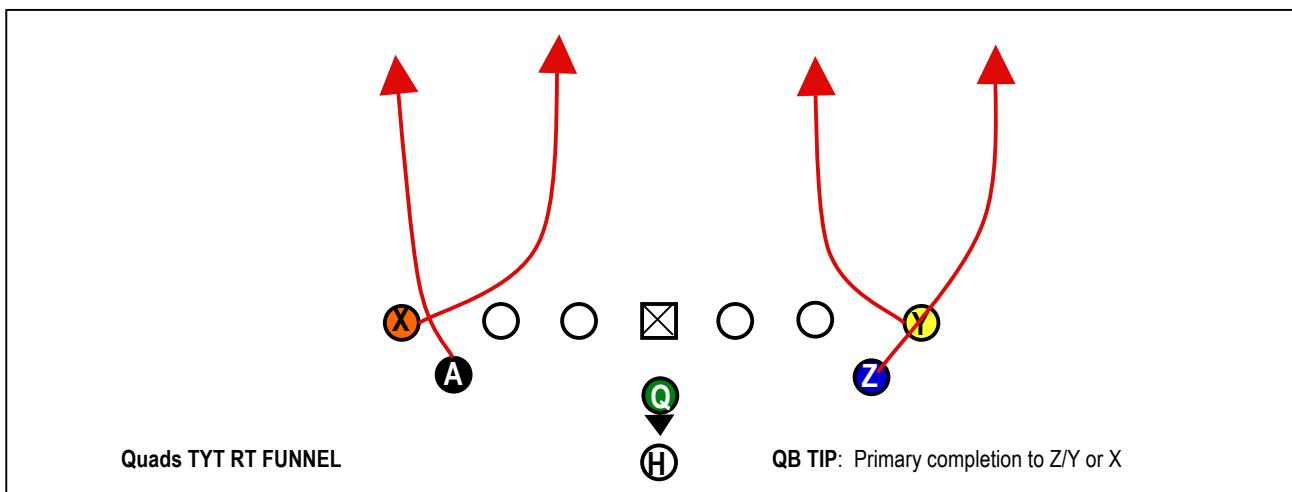
Quads, Quads TYT

King & Trips

Quads



Quads TYT

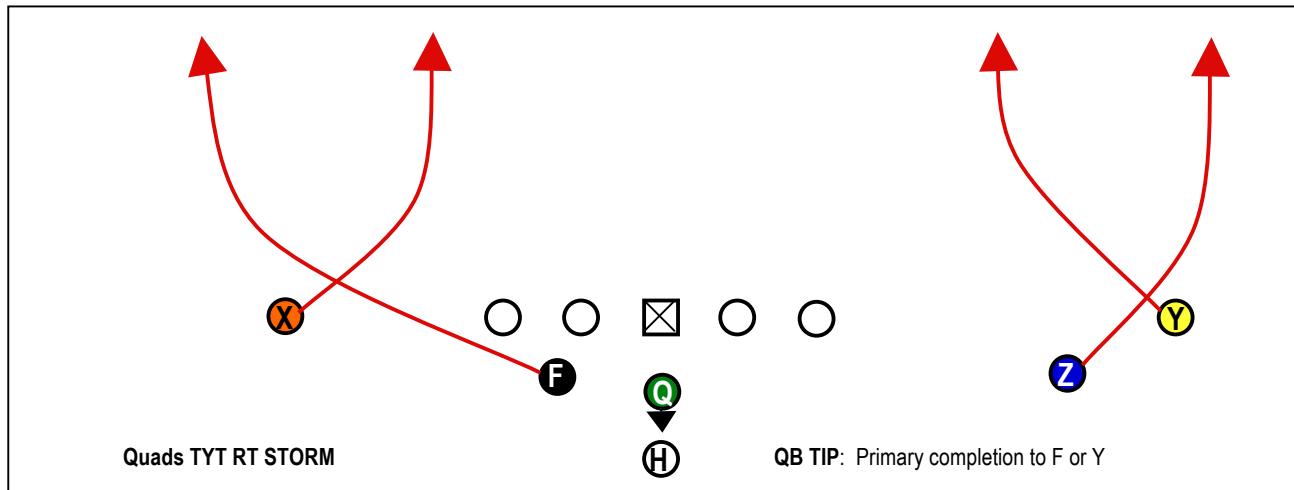


FUNNEL (Fade-Seam)

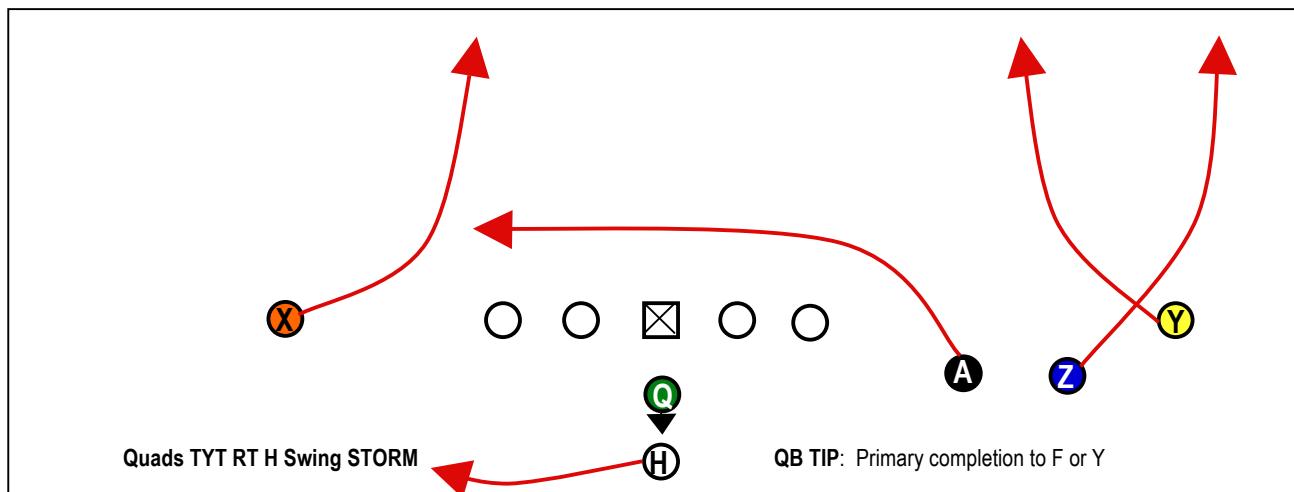


OFFENSIVE PLAYBOOK

King



Trips



Screen Plays



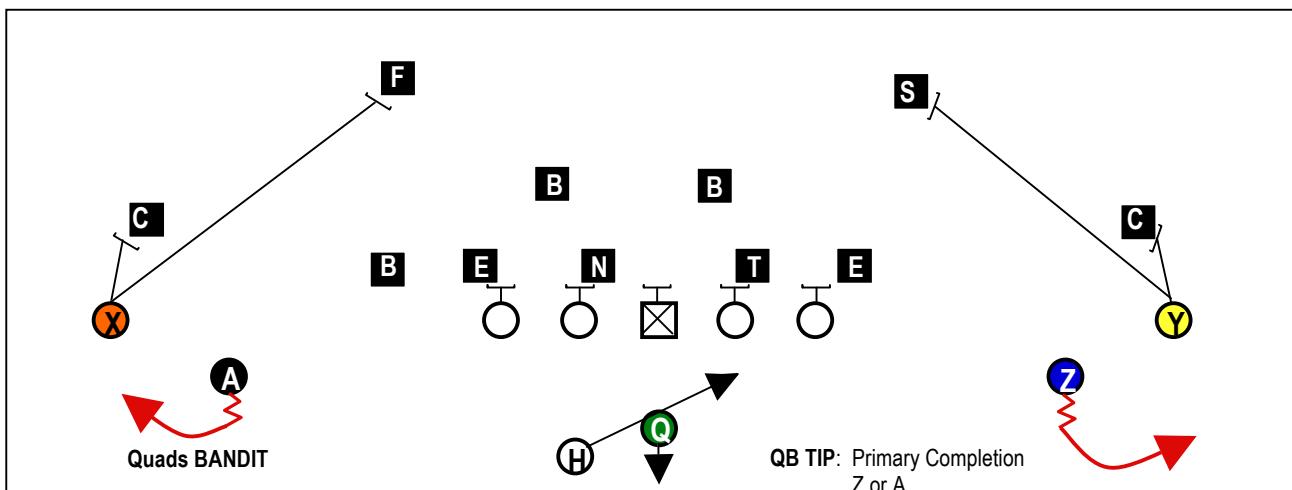
BANDIT

(Bubble)

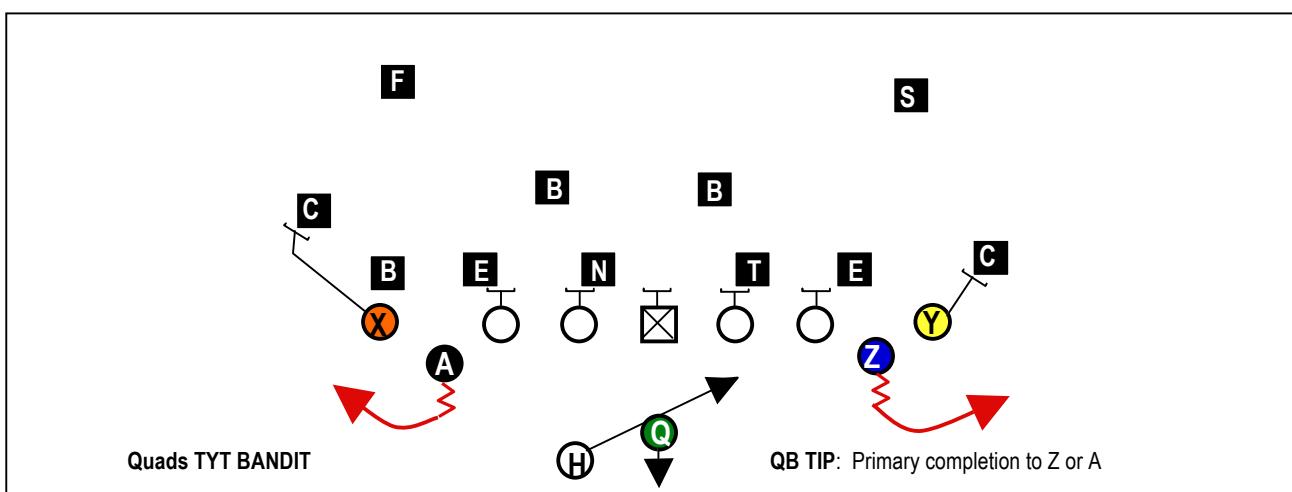
Quads, Quads TYT

King & Trips

Quads



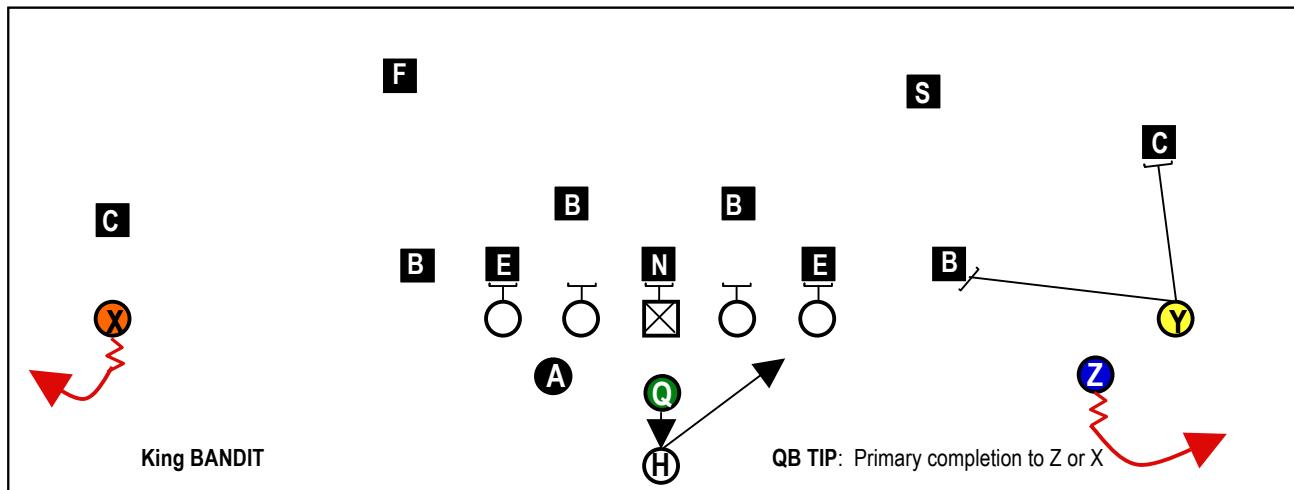
Quads TYT



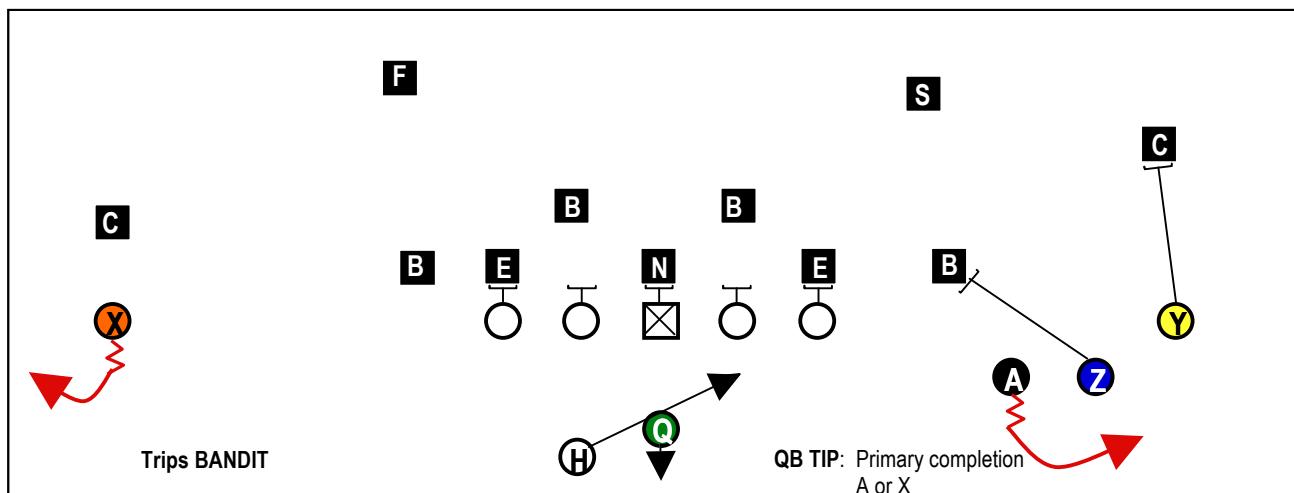
OFFENSIVE PLAYBOOK

BANDIT (Bubble)

King



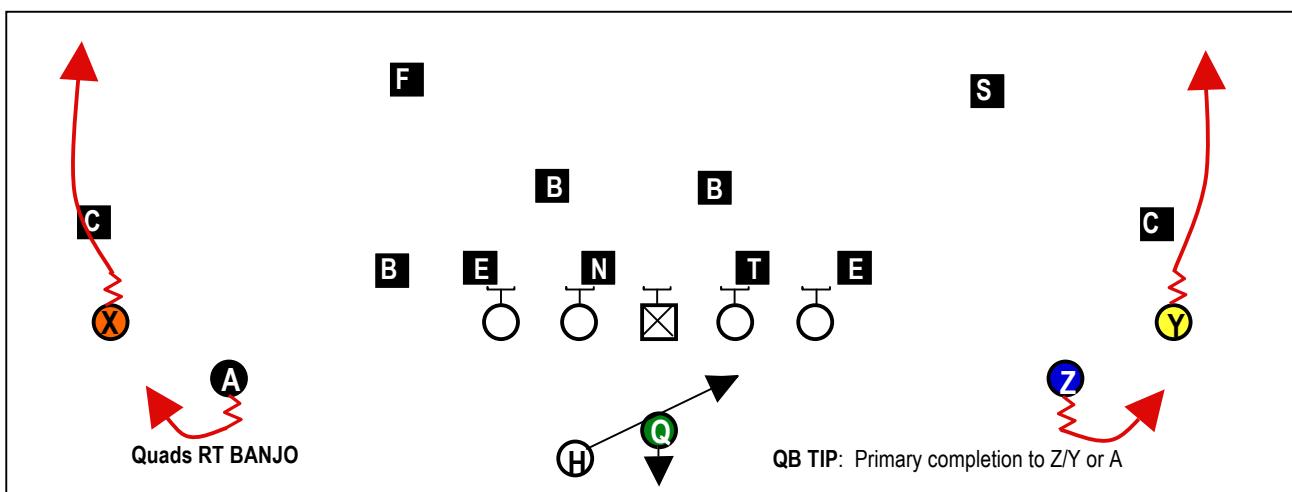
Trips



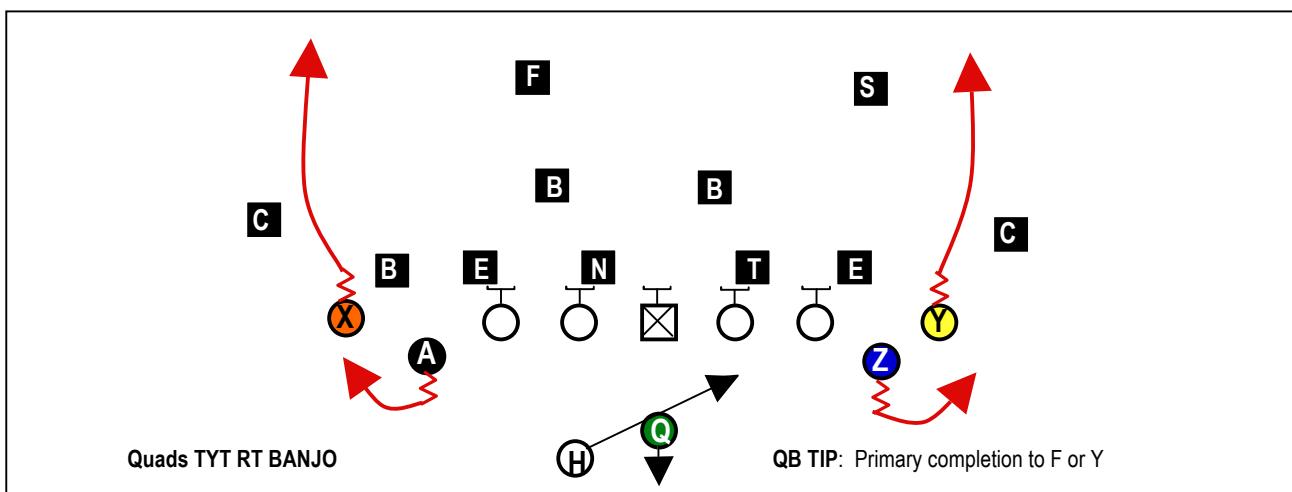
BANJO

(Bubble-Go) Quads, Quads TYT, King & Trips

Quads



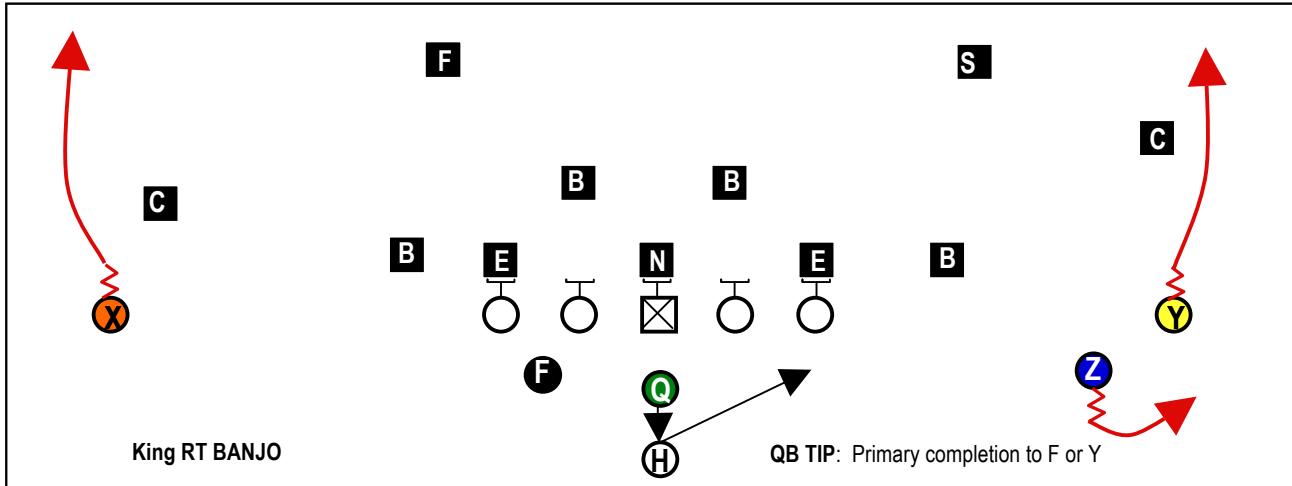
Quads TYT



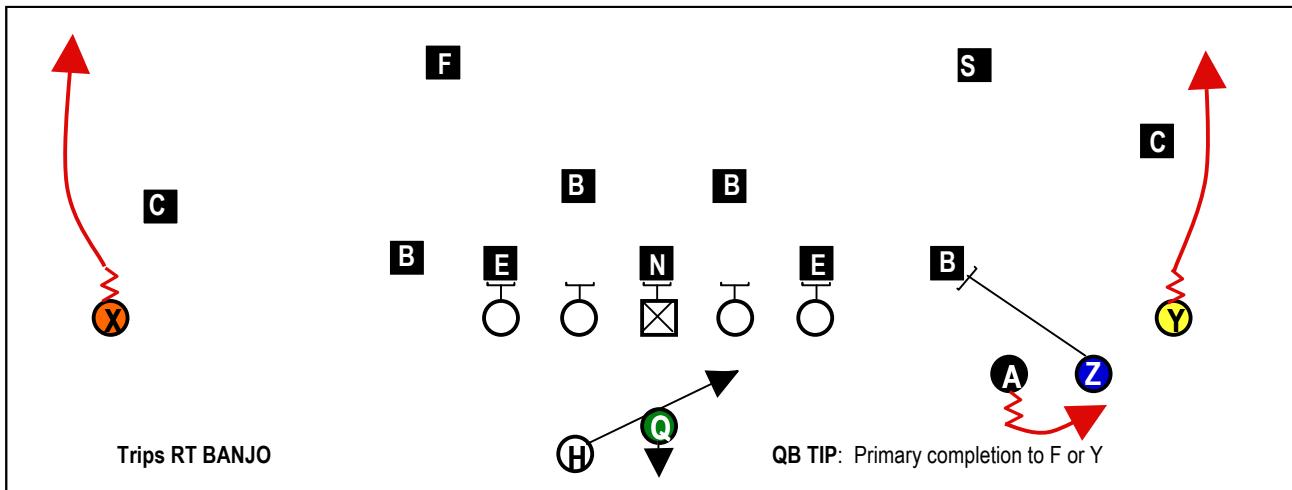
OFFENSIVE PLAYBOOK

BANJO (Bubble-Go)

King



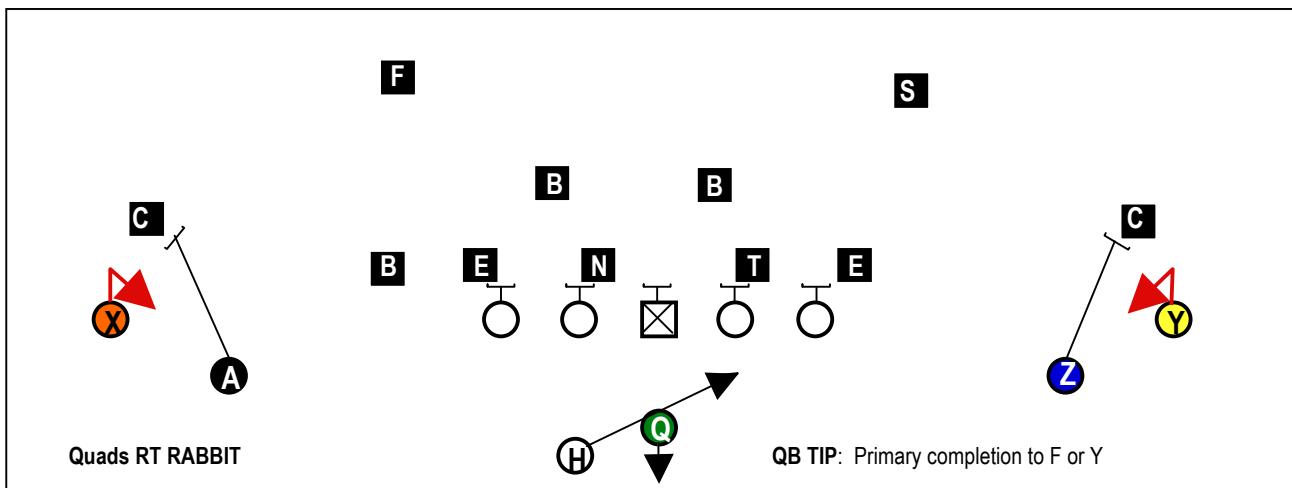
Trips



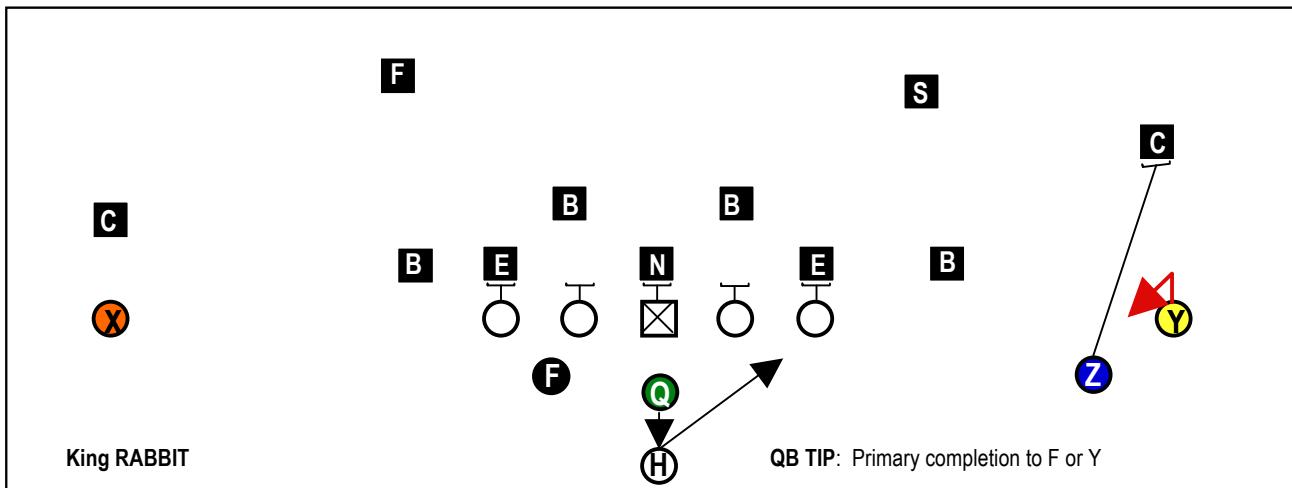
RABBIT

(Now) Quads, King & Trips

Quads



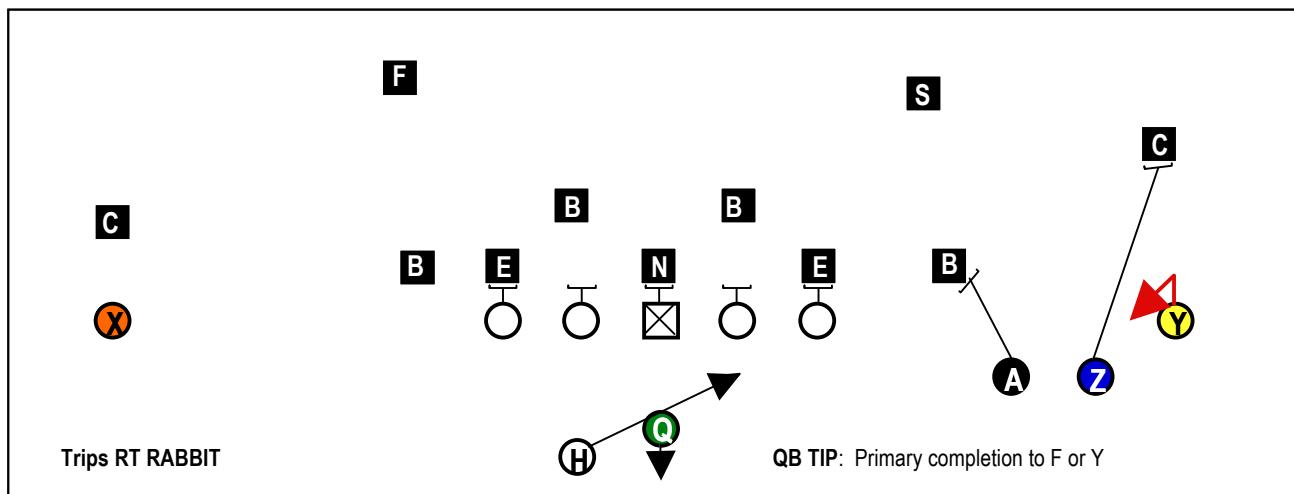
King



OFFENSIVE PLAYBOOK

RABBIT (Now)

Trips



PAP Plays

(Play Action Pass)



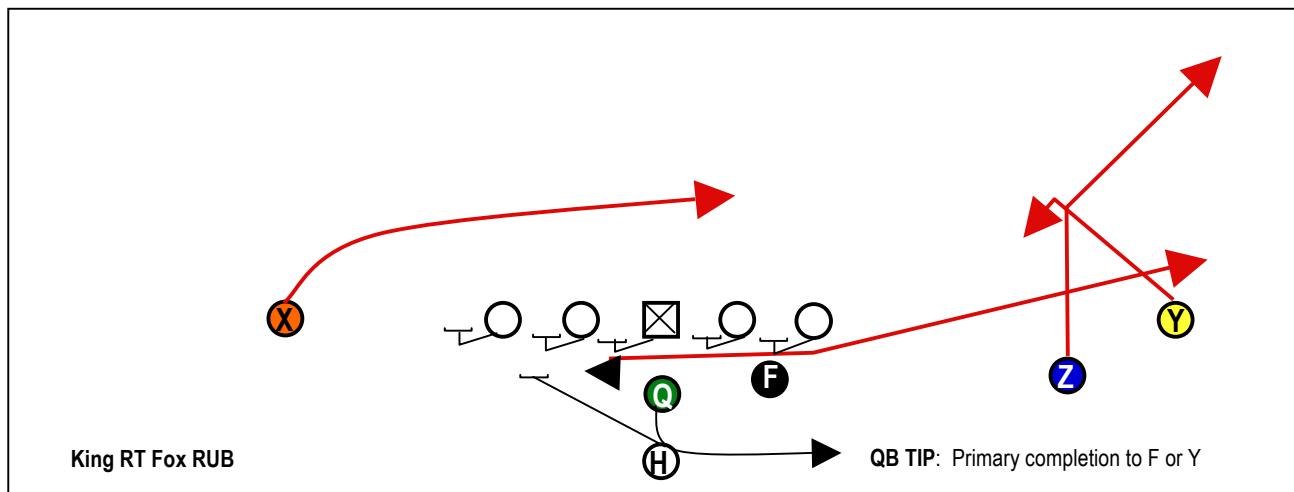
OFFENSIVE PLAYBOOK

RUB

(Hook-Corner-Arrow-Drag)

King

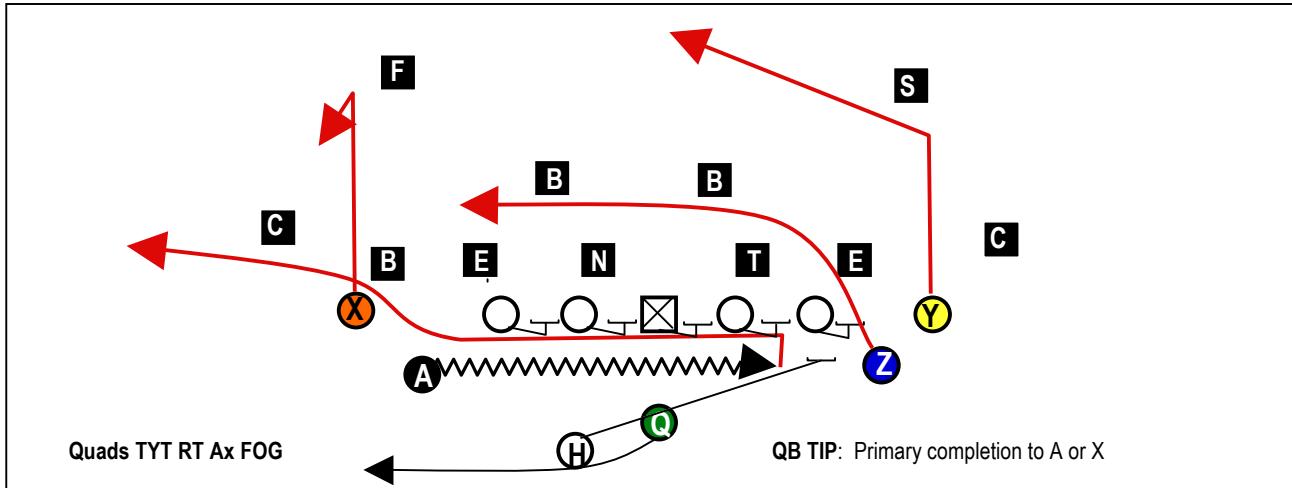
King



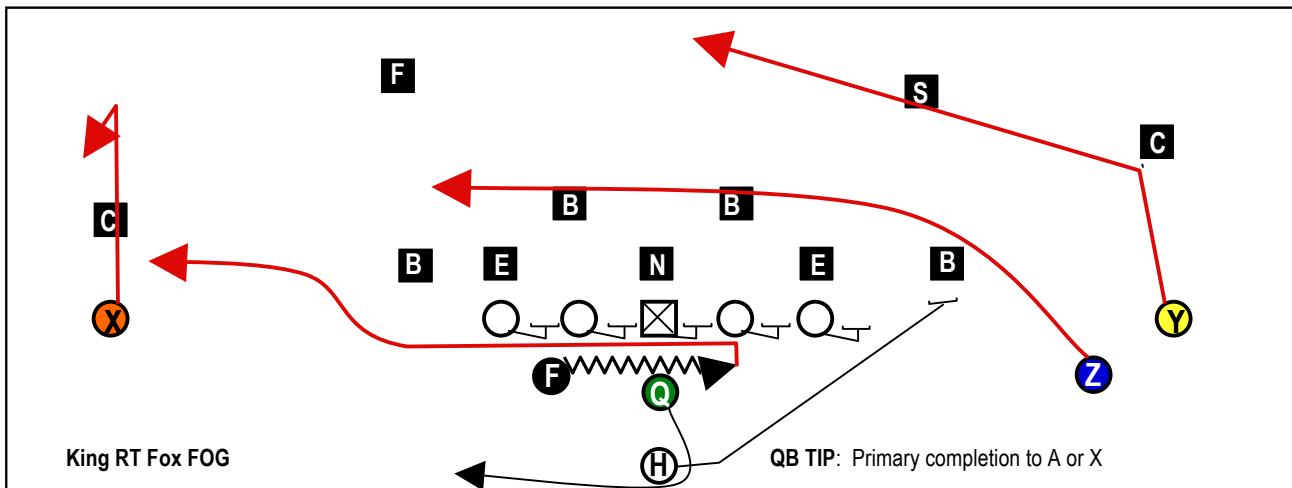
FOG

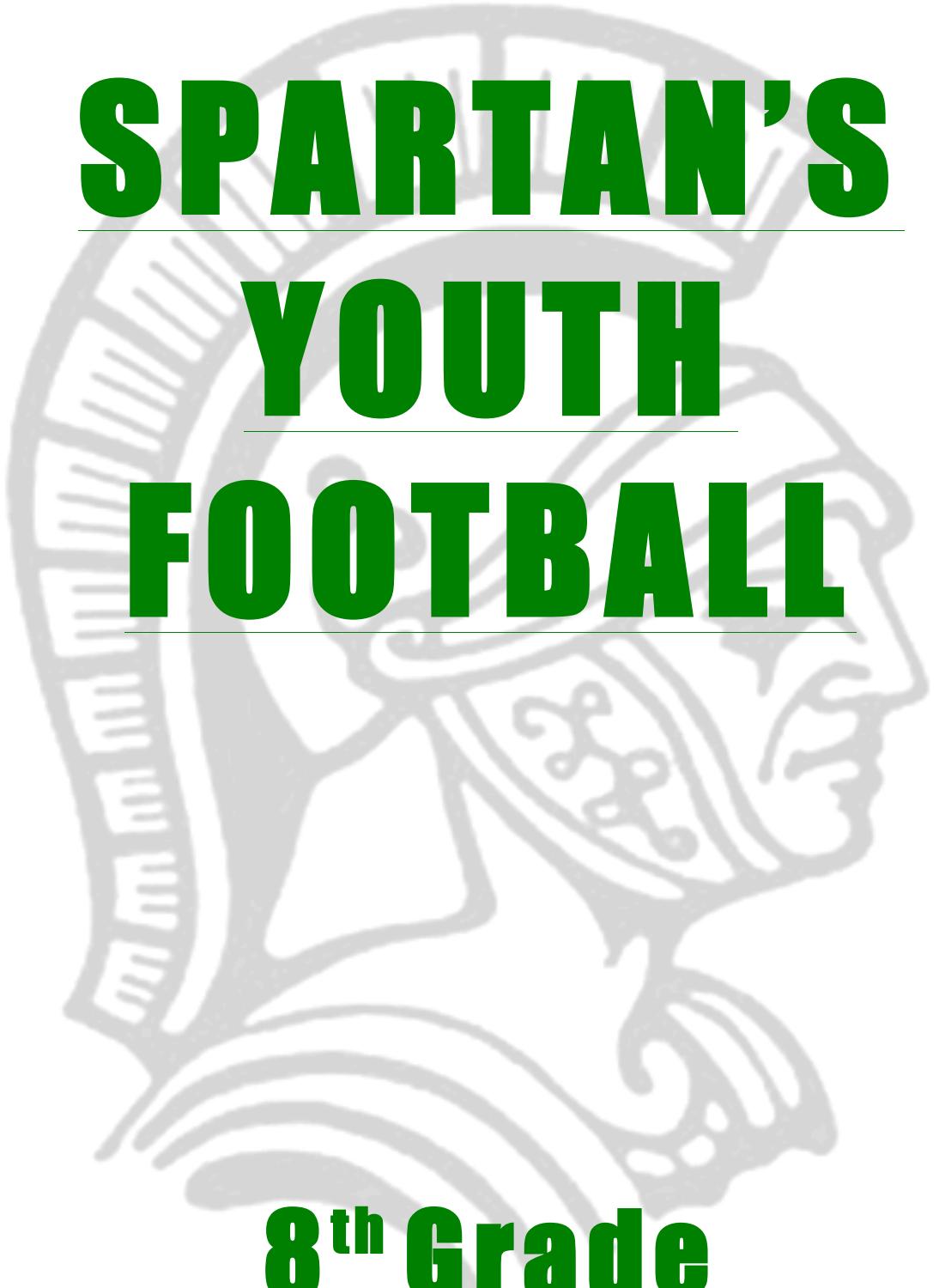
(Comeback-Arrow-Drag-Post) Quads TYT, King

Quads TYT



King





SPARTAN'S

YOUTH

FOOTBALL

8th Grade

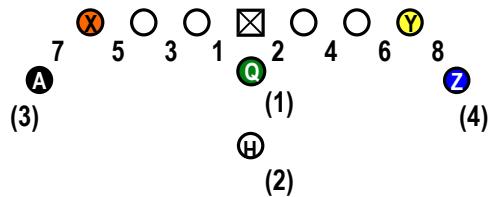
OFFENSIVE PLAYBOOK

OFFENSIVE PLAYBOOK

OFFENSIVE FACETS

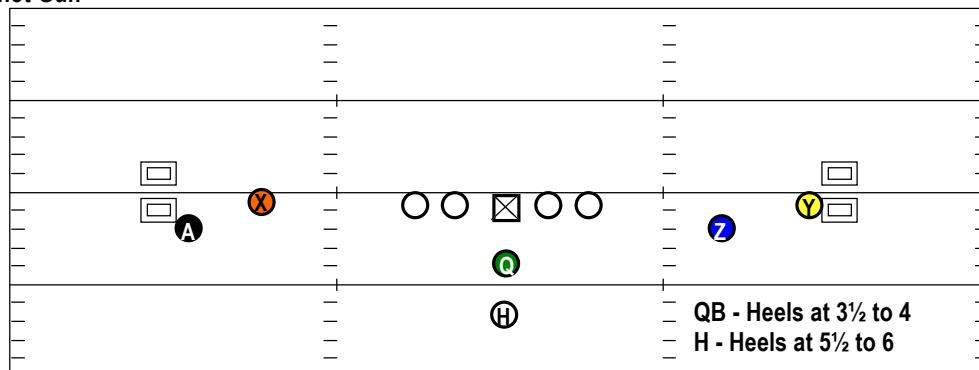
I. OFFENSIVE POSITIONS & HOLE NUMBERING:

A. Position Identification & Hole Numbering

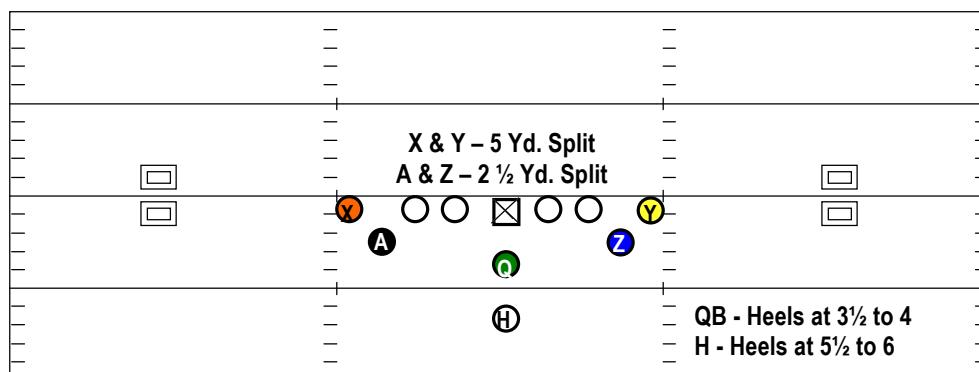


II. OFFENSIVE FORMATIONS:

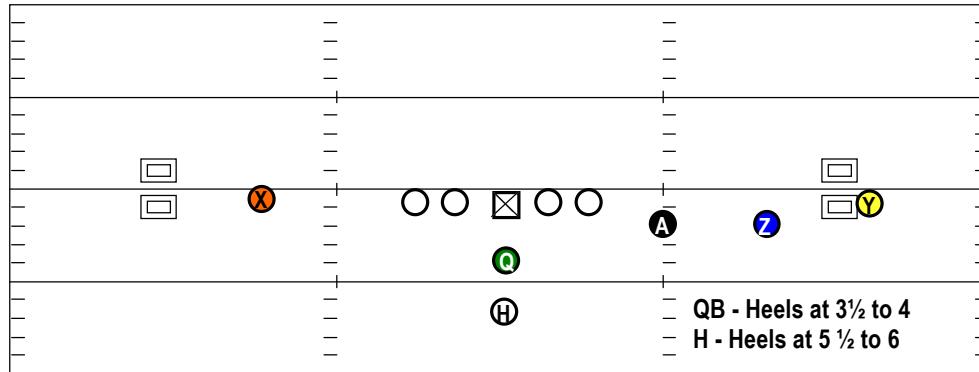
A. Quads - Shot Gun



B. Quads TYT - Shot Gun



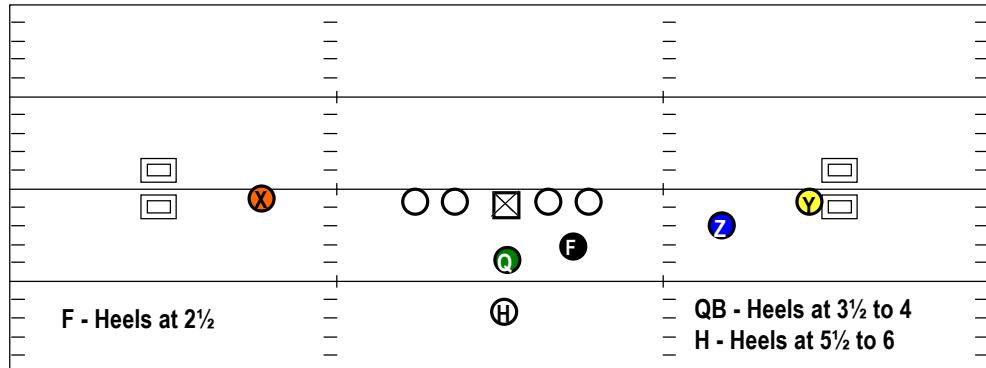
C. Trips - Shot Gun



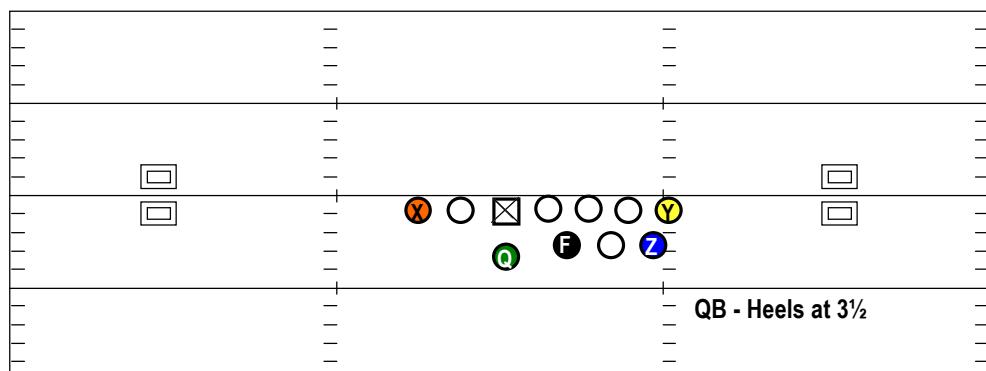
OFFENSIVE PLAYBOOK

OFFENSIVE FORMATIONS: Continued

D. King Right - Shot Gun



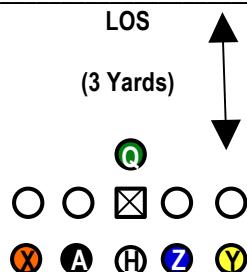
E. Y TYT - Shot Gun



III. PLAY CALLING SYSTEM:

A. Huddle Formation:

1. Center always sets the Huddle 3 yards from the ball.
2. Be in a positon 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 be 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



OFFENSIVE PLAYBOOK

- 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

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.
 - 3. **Banjo-Banjo:**
 - a. Bubble (Slot Receivers) - Delay then Fade/Go (Outside 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 carries 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 PLAYBOOK

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 $3 \frac{1}{2}$ - 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.



OFFENSIVE PLAYBOOK

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!



OFFENSIVE PLAYBOOK

III. Receivers:

- A. Must NEVER be off-sides! WATCH THE BALL to be SNAPPED!
- B. **Stance & Alignment (WR)**
 - 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.



OFFENSIVE PLAYBOOK

IV. Linemen:

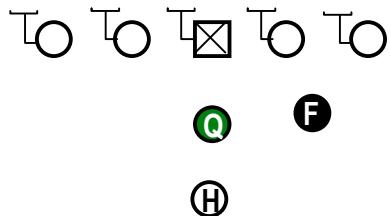
- A. MOST IMPORTANT POSITIONS ON THE “FIELD”**
- B. Must Remember “Snap Count & Play Called”**
- C. Offensive Linemen Philosophy:**
 - 1. Toughness mentally and physically
 - 2. Intelligence
 - 3. Work ethic
 - 4. Team player work as a unit
 - 5. Great feet and balance – will re-direct his feet at least 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”)
- 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.



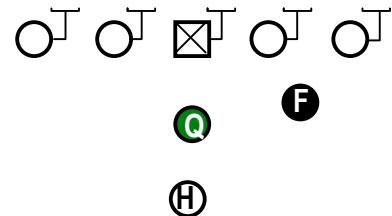
OFFENSIVE PLAYBOOK

BLOCKING

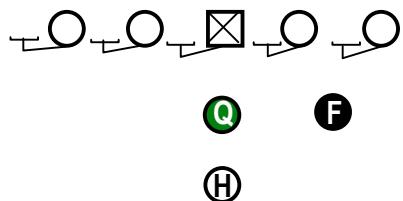
Liz



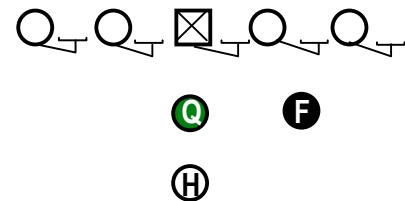
Rip



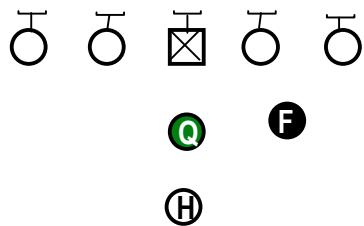
Slide Protect - Liz



Slide Protect - Rip



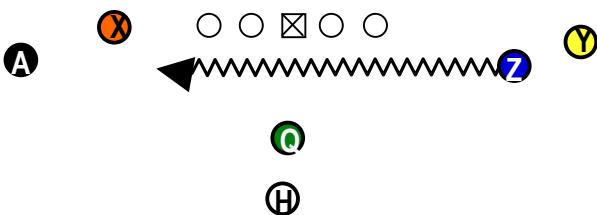
MOM



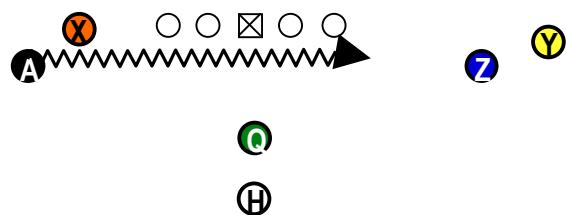
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MOTIONS

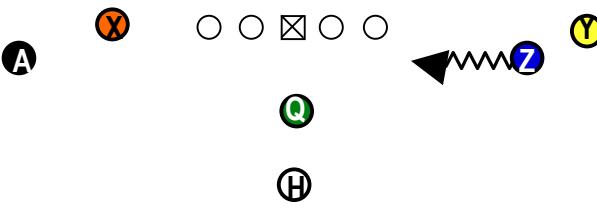
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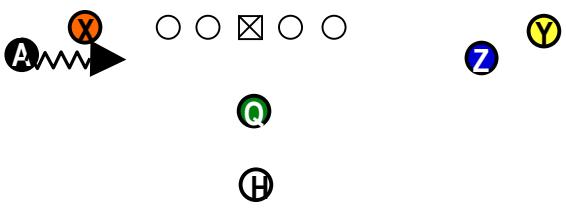
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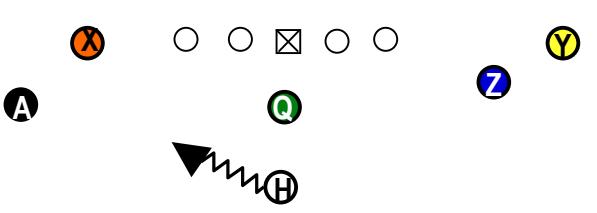
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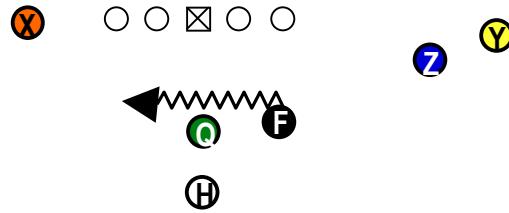
Ann Short



Hip



Fox



Running Plays



OFFENSIVE PLAYBOOK

RUNNING PLAY LIST

I. Run Plays:

Play Name:	Common Name:	Formation(s):	Blocking:
1. INDY:	IZ – Inside Zone	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
2. DIEGO:	Iso	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
3. VEGAS:	Trap	Quads, Quads TYT & Trips	Zone Step to Play Side w/BST Pull
4. DENVER:	Counter	Quads, Quads TYT, King & Trips	Zone Step Away Play Side w/BST Pull
5. LINCOLN:	Option	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
6. TAMPA:	Toss	Quads, Quads TYT, King & Trips	Rip or Liz Zone Step or MOM
7. JERSEY:	Jet Sweep	Quads, Quads TYT	Rip or Liz Zone Step or MOM

GOAL LINE – SHORT YARDAGE PLAY LIST

II. Goal Line & Short Yardage Plays:

A. Running Plays:

Play Name:	Common Name:	Formation:	Blocking:
1. WINDSOR	Wedge	Y TYT	Wedge Block and Drive
2. CINCY	Sweep	Y TYT	Wedge Block and Drive
3. DENVER	Counter	Y TYT	Zone Step Away Play Side, Stay Square, Drive

B. Passing Plays:

Play Name:	Common Name:	Formation:	Blocking:
1. POP PASS		Y TYT	MOM – Man on Man
2. SLIDE	Slant-Arrow	Y TYT	MOM – Man on Man



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INDY

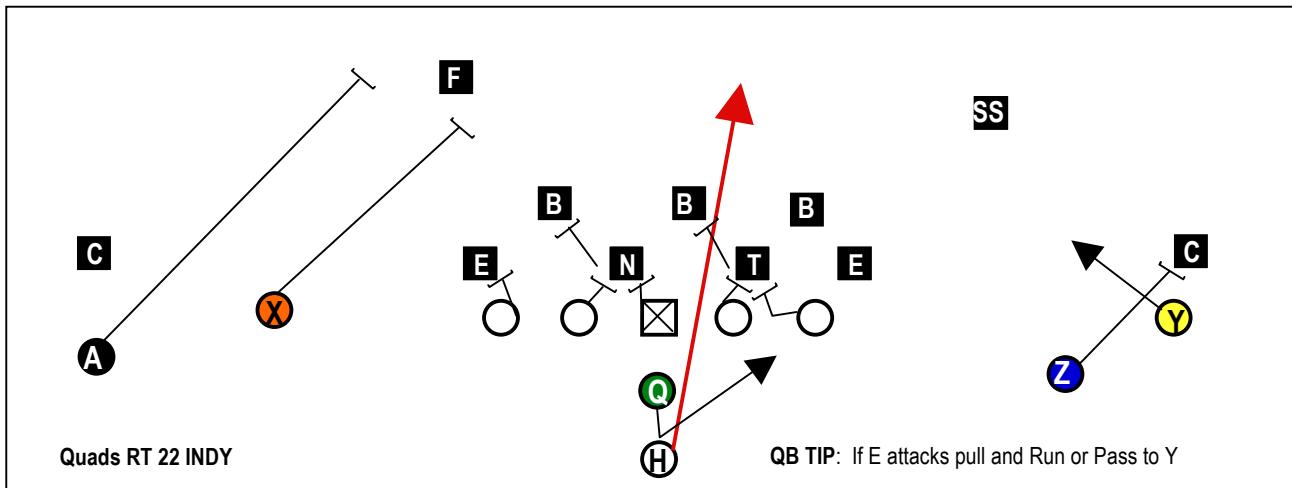
Quads, Quads TYT,
King & Trips



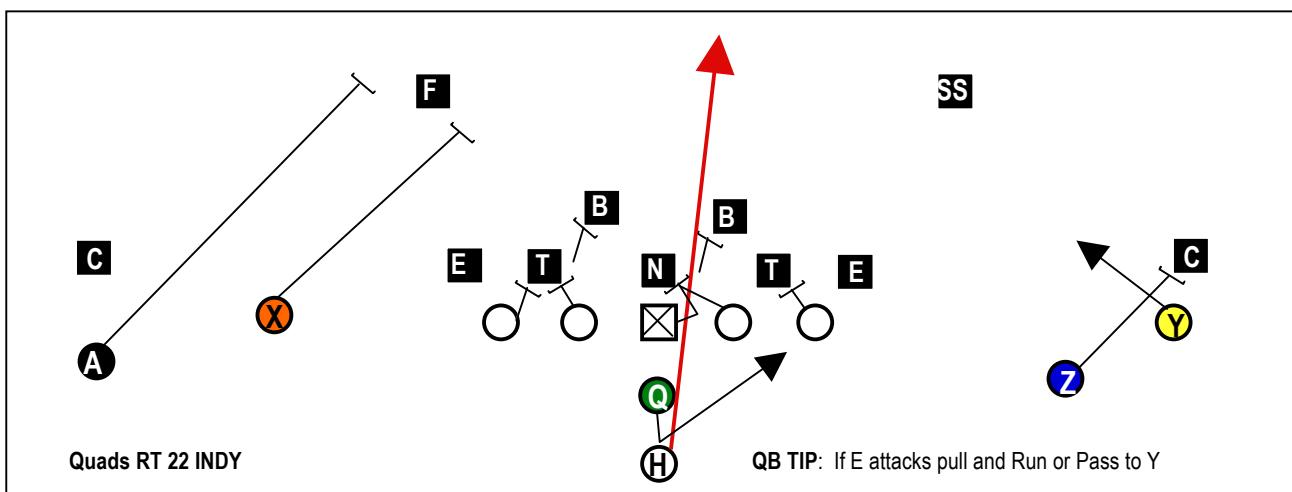
OFFENSIVE PLAYBOOK

Quads 21 – 22 INDY (IZ)

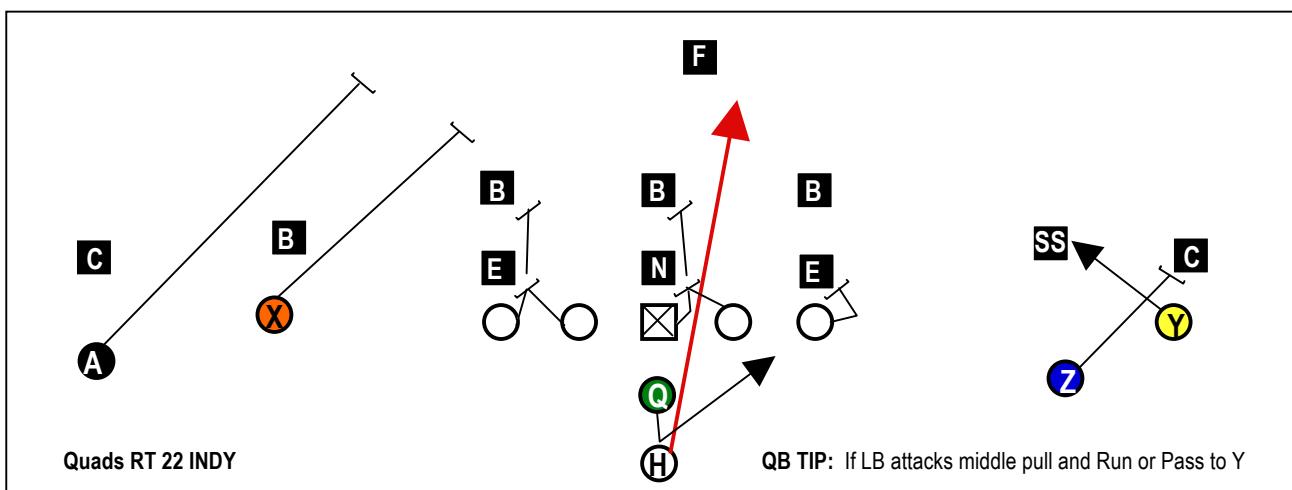
4-3 Front



5-2 Front

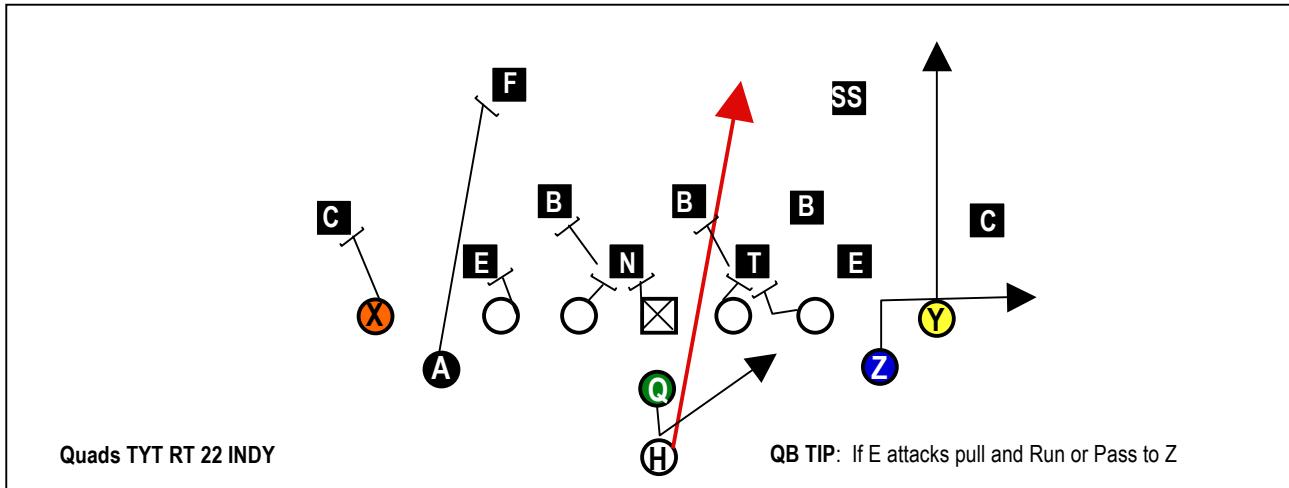


3-3 Front

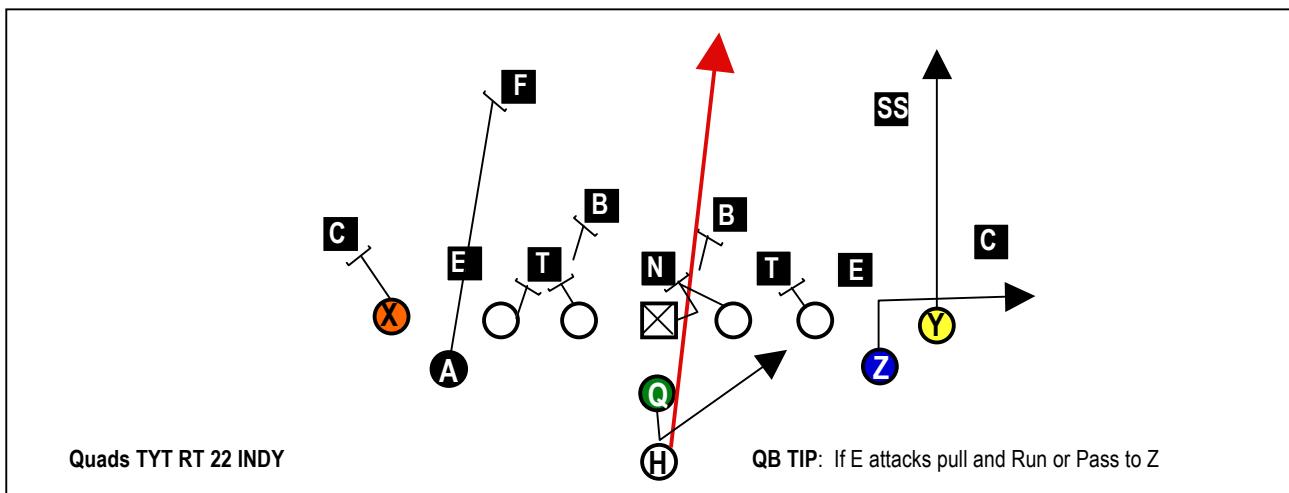


OFFENSIVE PLAYBOOK

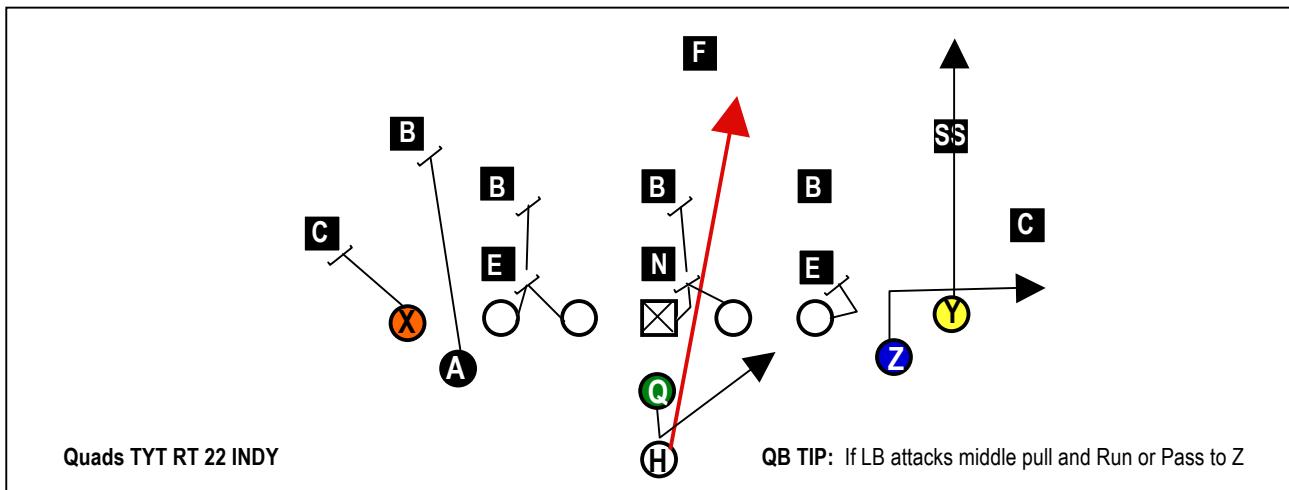
Quads TYT 21 – 22 INDY (IZ) 4-3 Front



5-2 Front

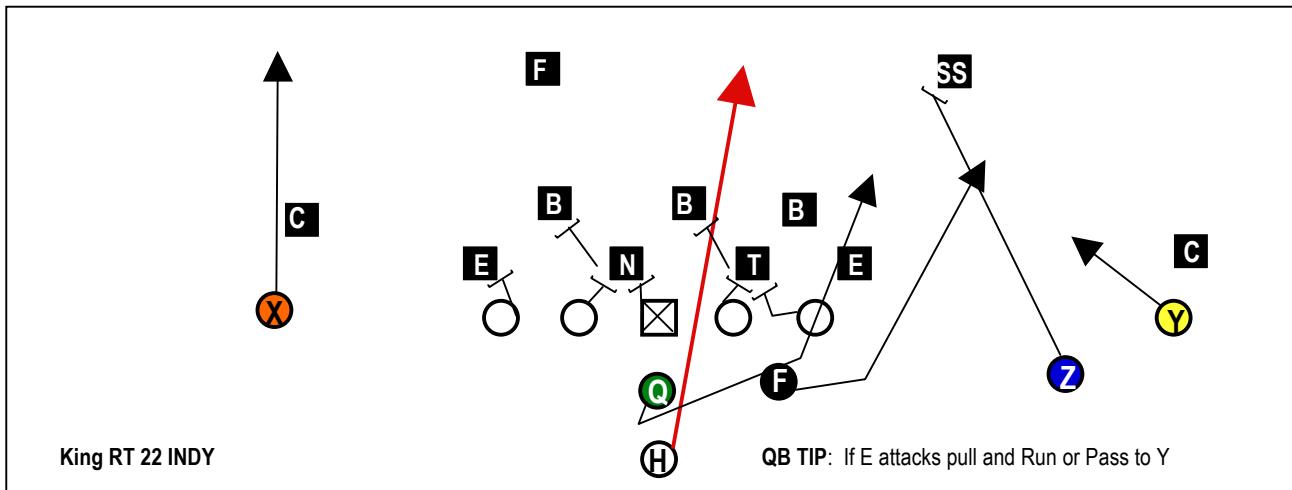


3-3 Front

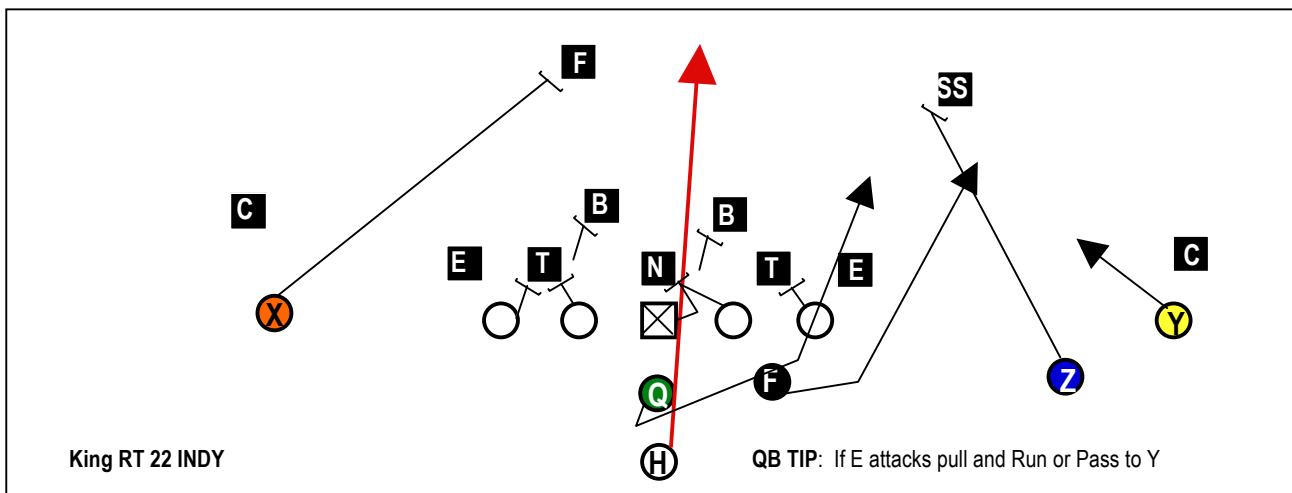


OFFENSIVE PLAYBOOK

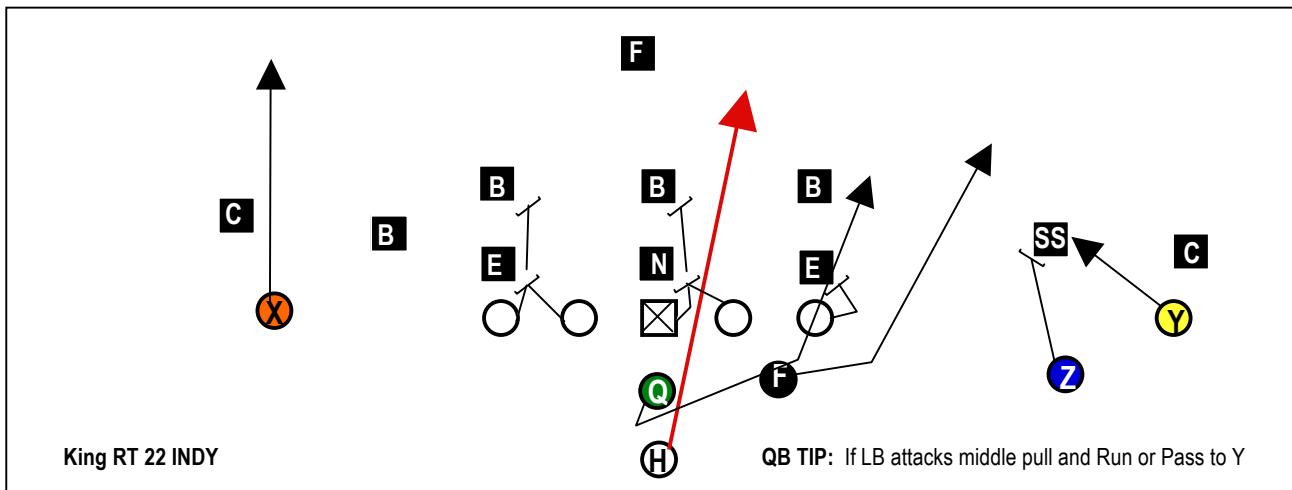
King 21 – 22 INDY (IZ) 4-3 Front



5-2 Front



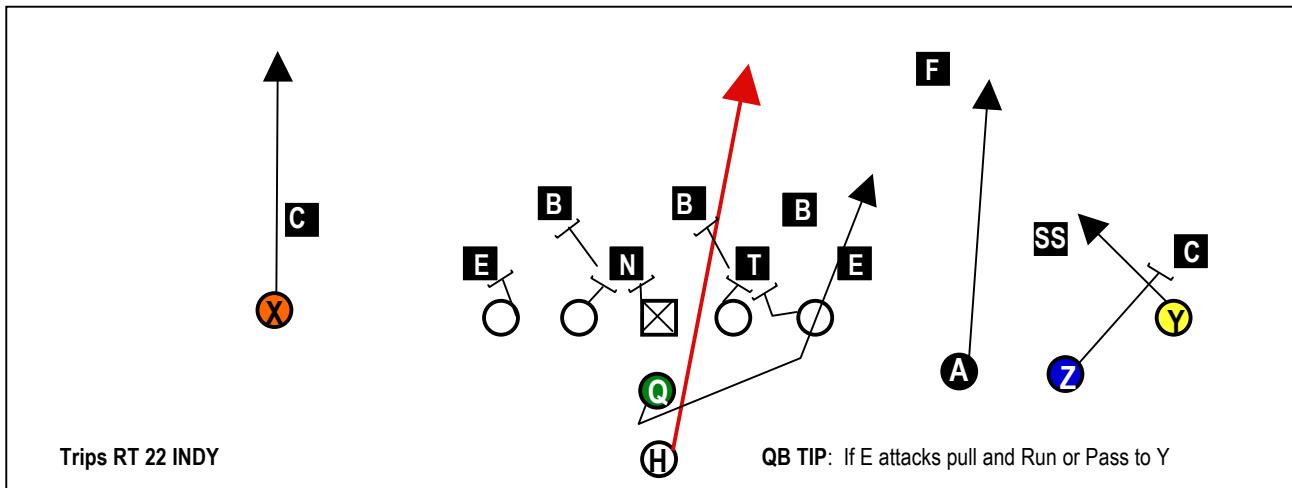
3-3 Front



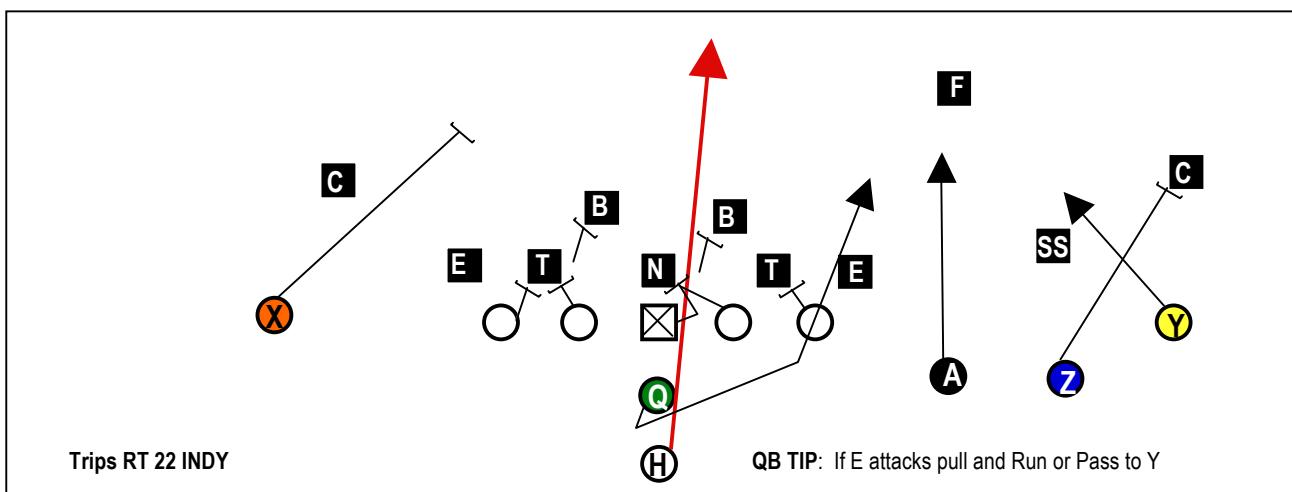
OFFENSIVE PLAYBOOK

Trips 21 – 22 INDY (IZ)

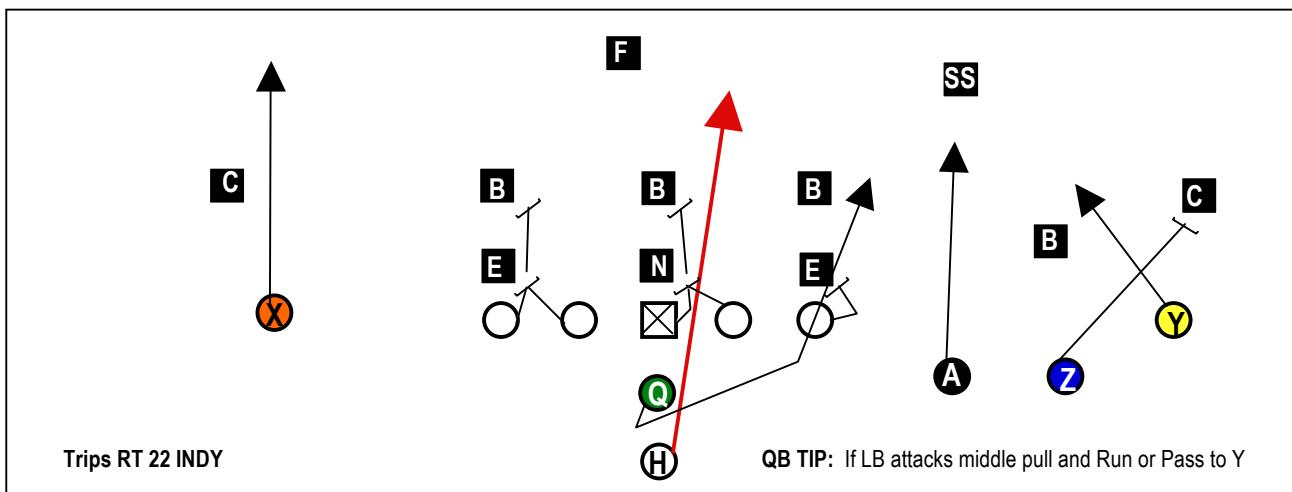
4-3 Front



5-2 Front



3-3 Front



DIEGO

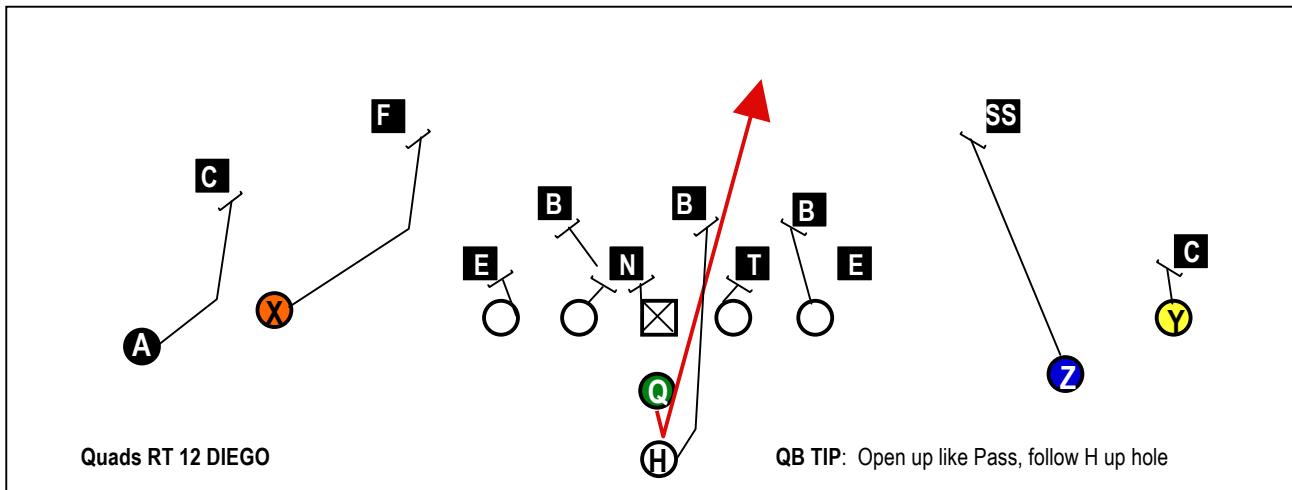
Quads, Quads TYT,
King & Trips



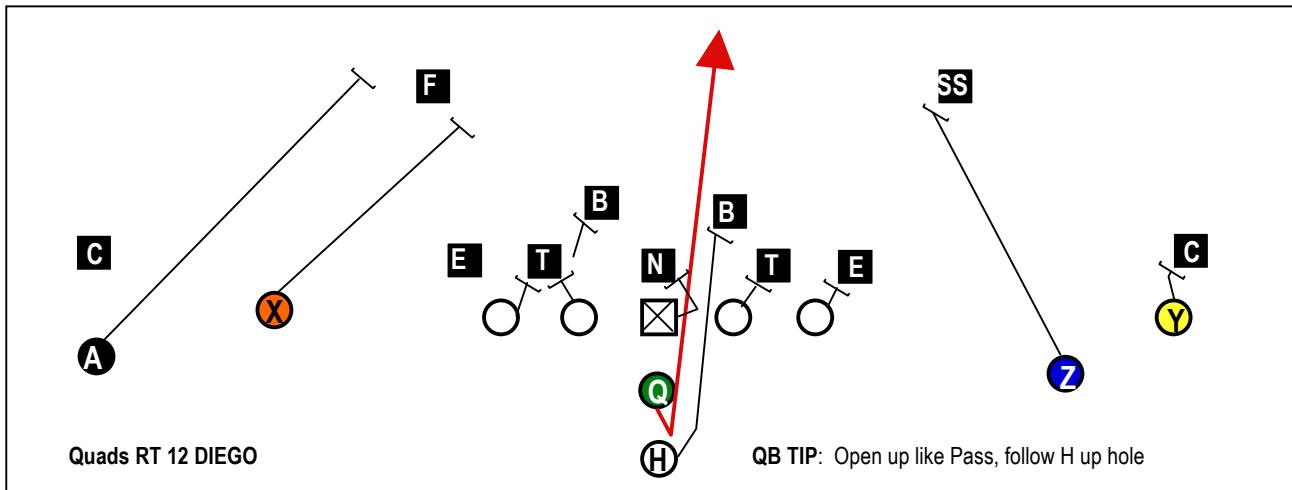
OFFENSIVE PLAYBOOK

Quads 11 – 12 DIEGO (ISO)

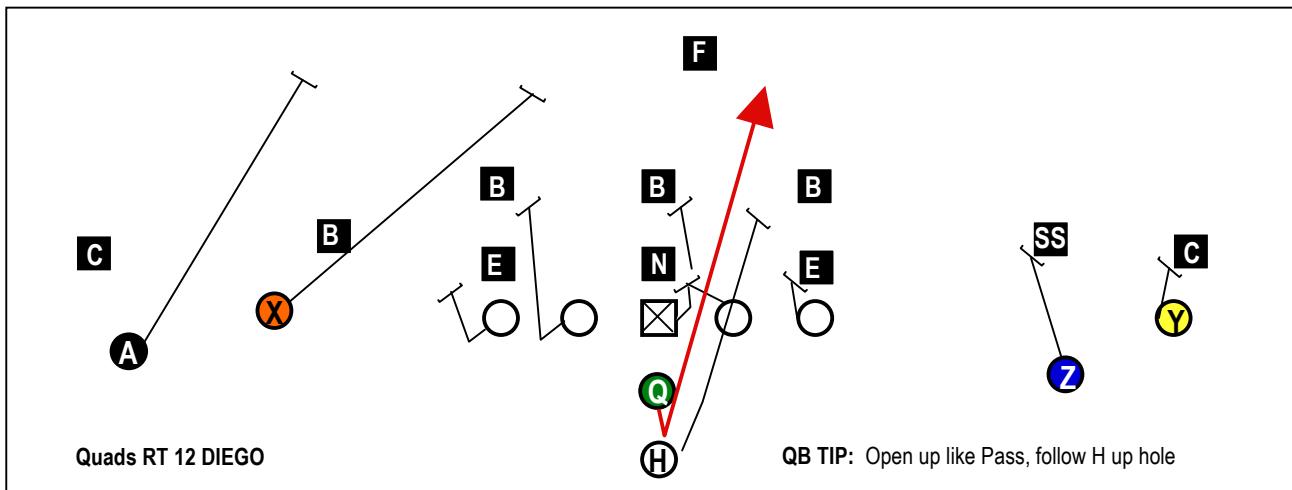
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5-2 Front



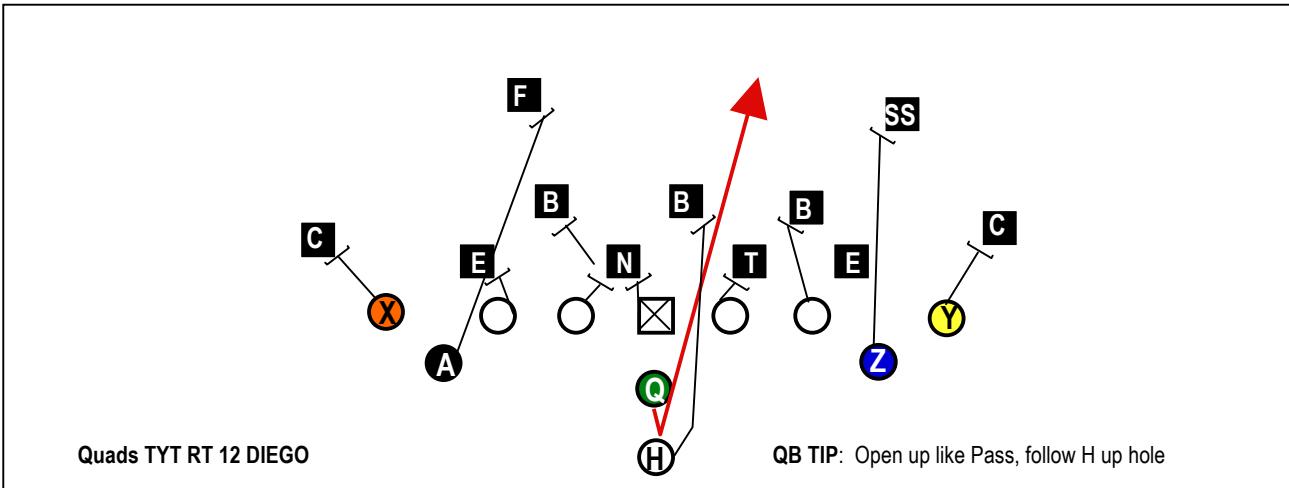
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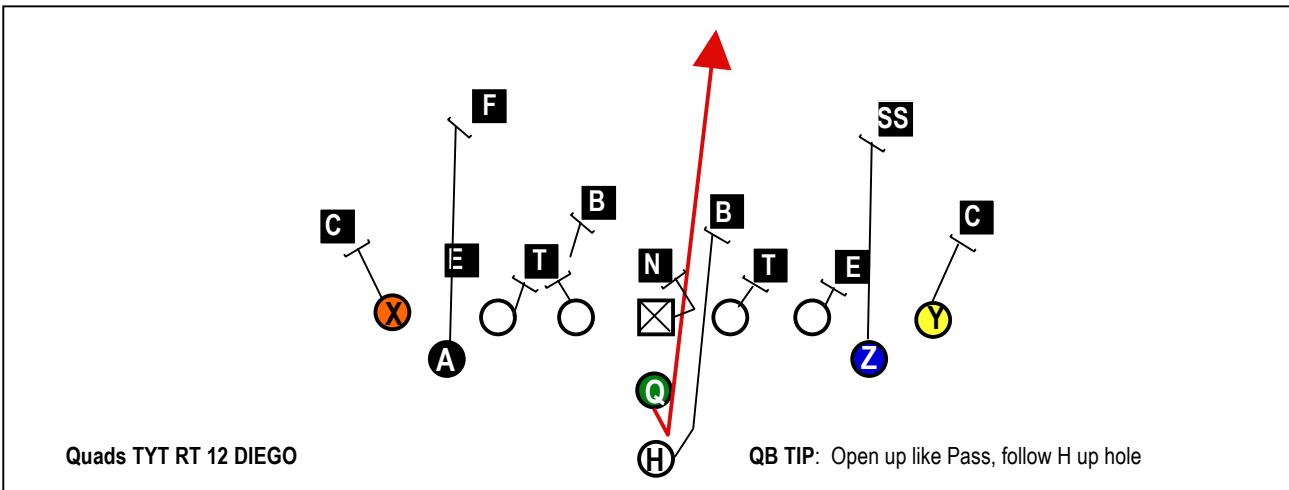
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Quads TYT 11 – 12 DIEGO (ISO)

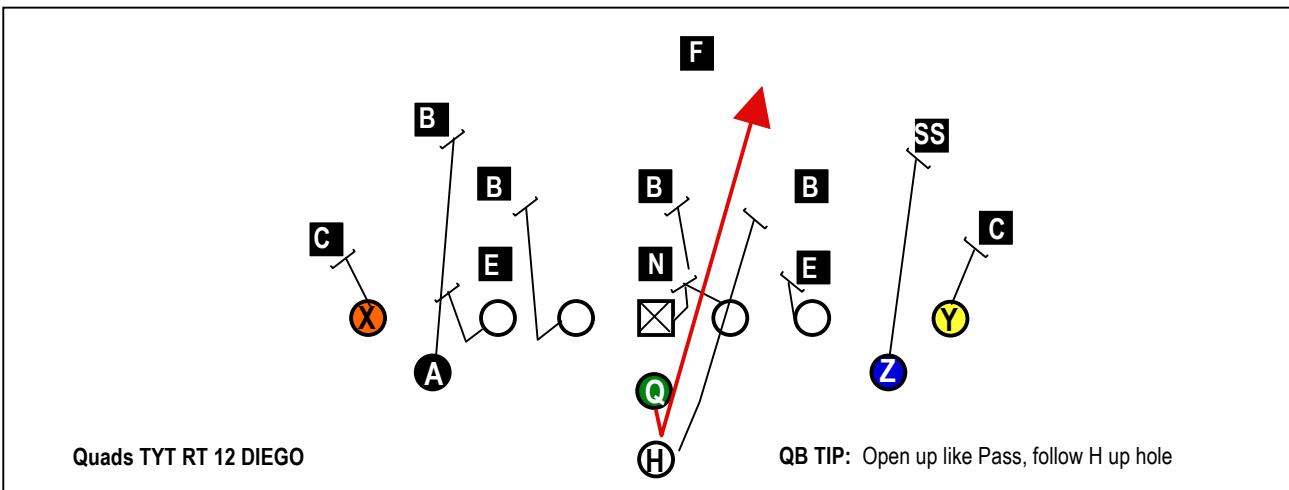
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5-2 Front



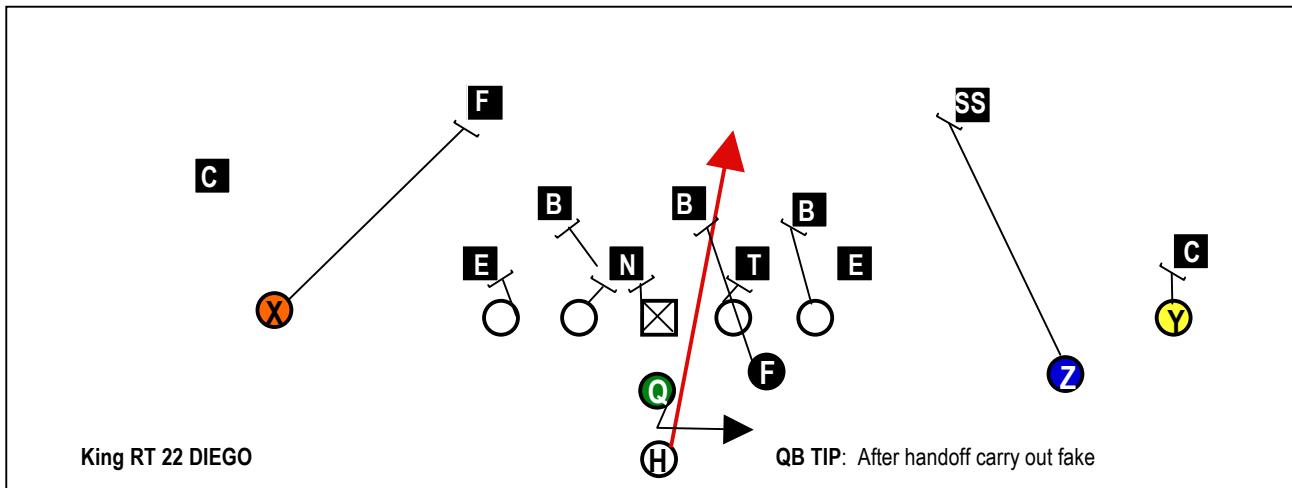
3-3 Front



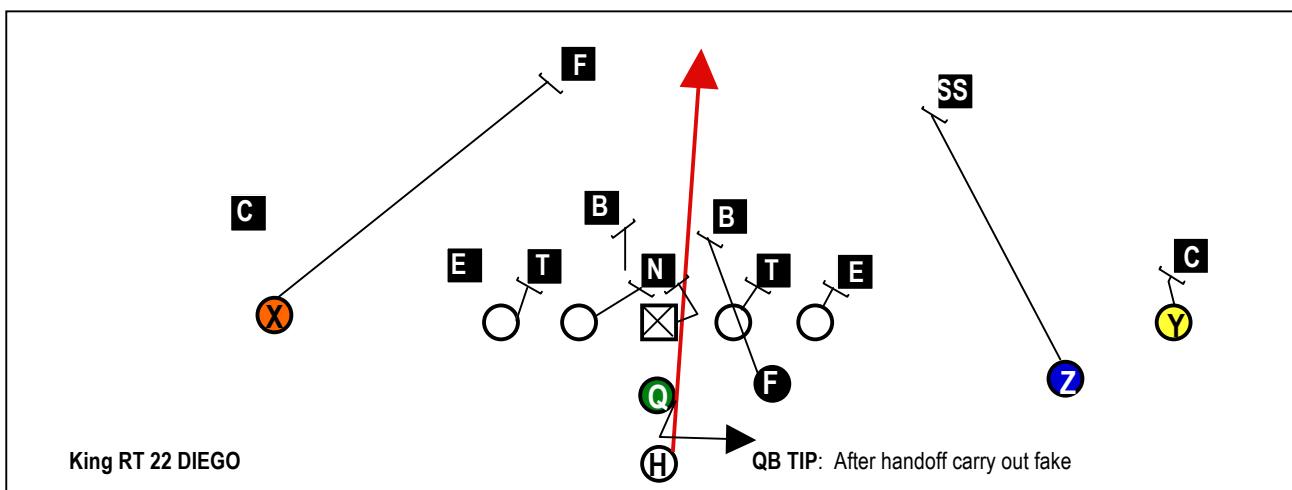
OFFENSIVE PLAYBOOK

King 21 – 22 DIEGO (ISO)

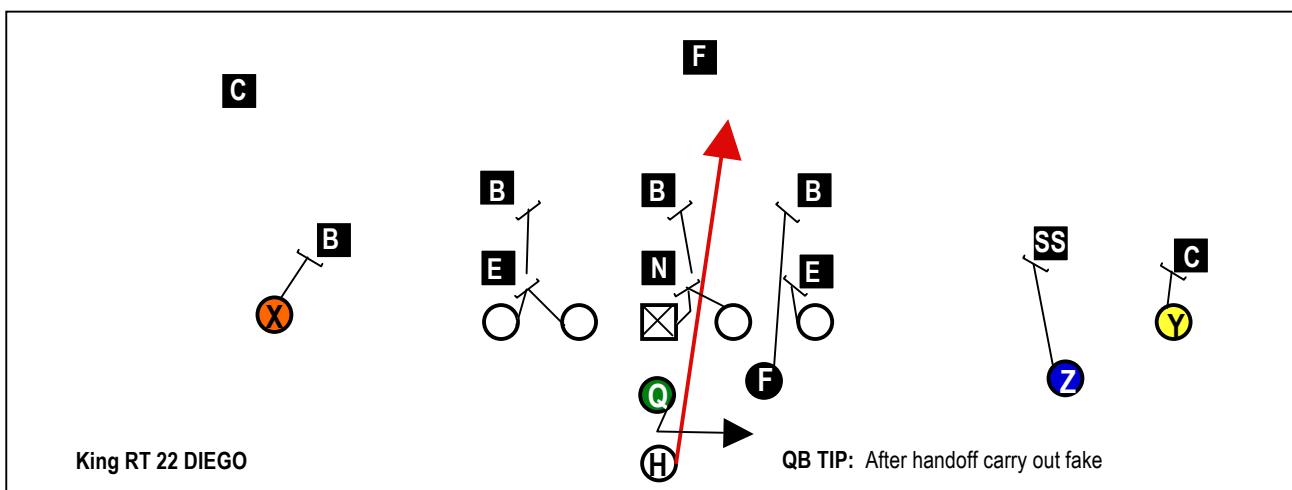
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5-2 Front



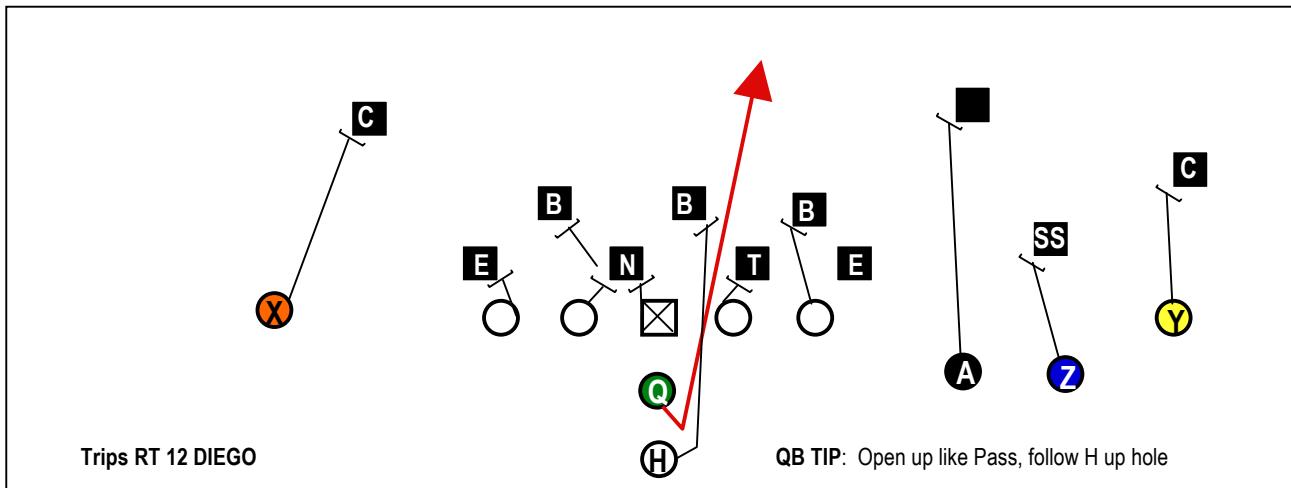
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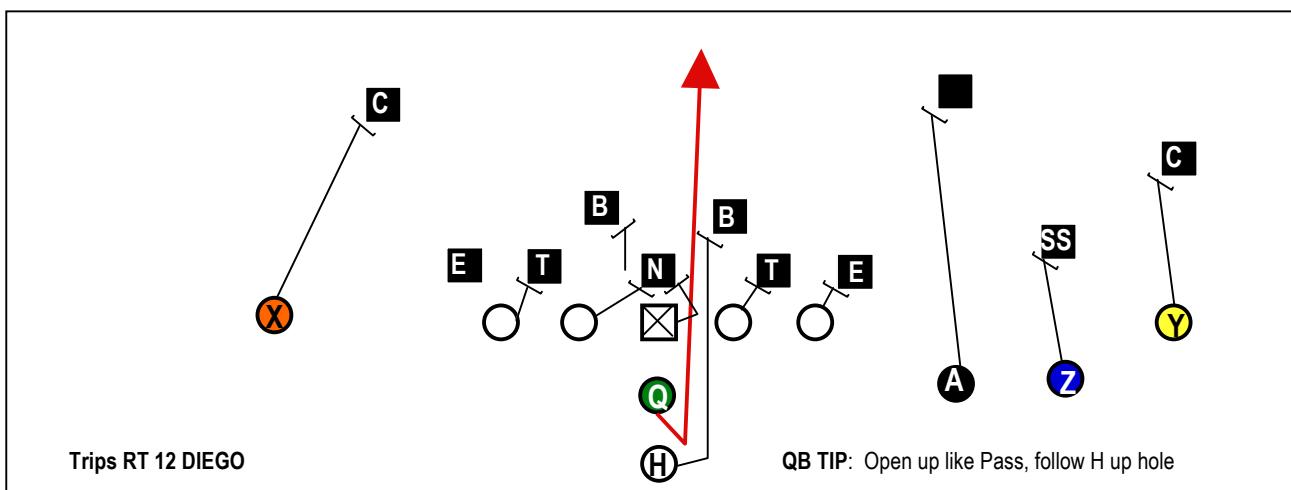
OFFENSIVE PLAYBOOK

Trips 11 – 12 DIEGO (ISO)

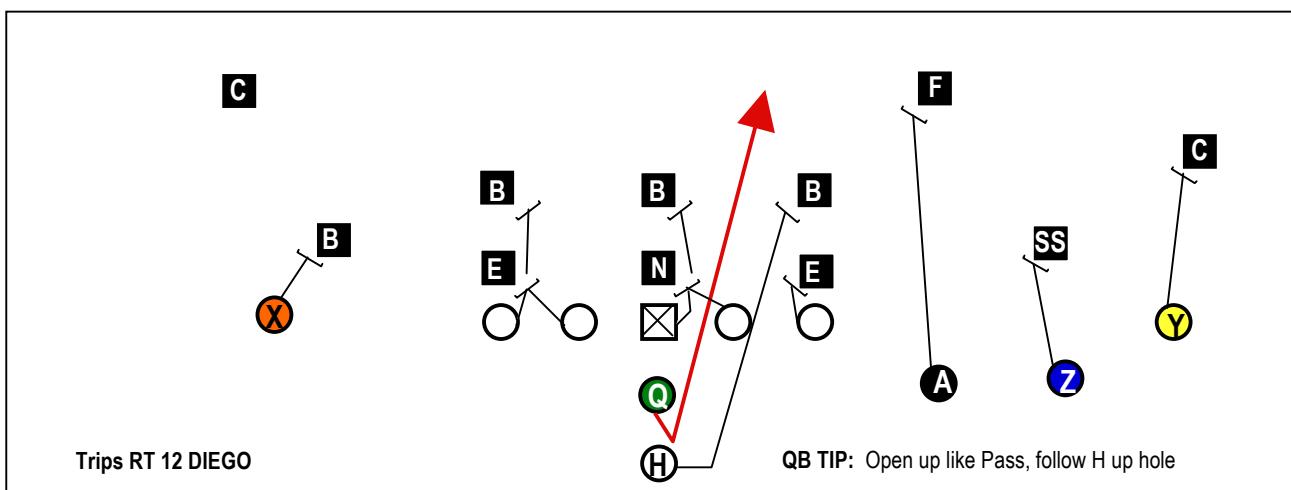
4-3 Front



5-2 Front



3-3 Front



VEGAS

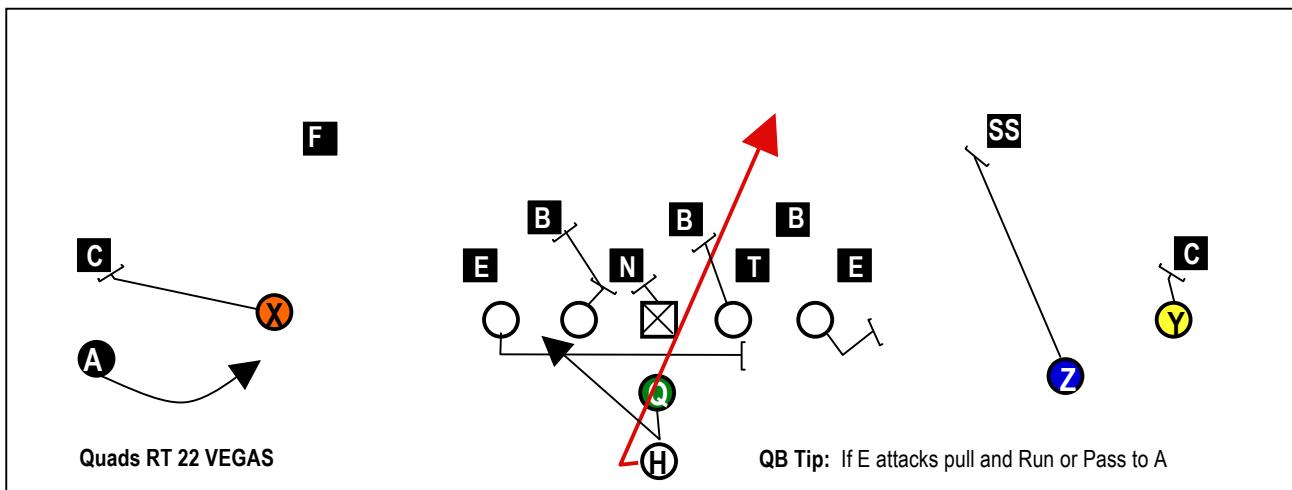
Quads, Quads TYT,
& Trips



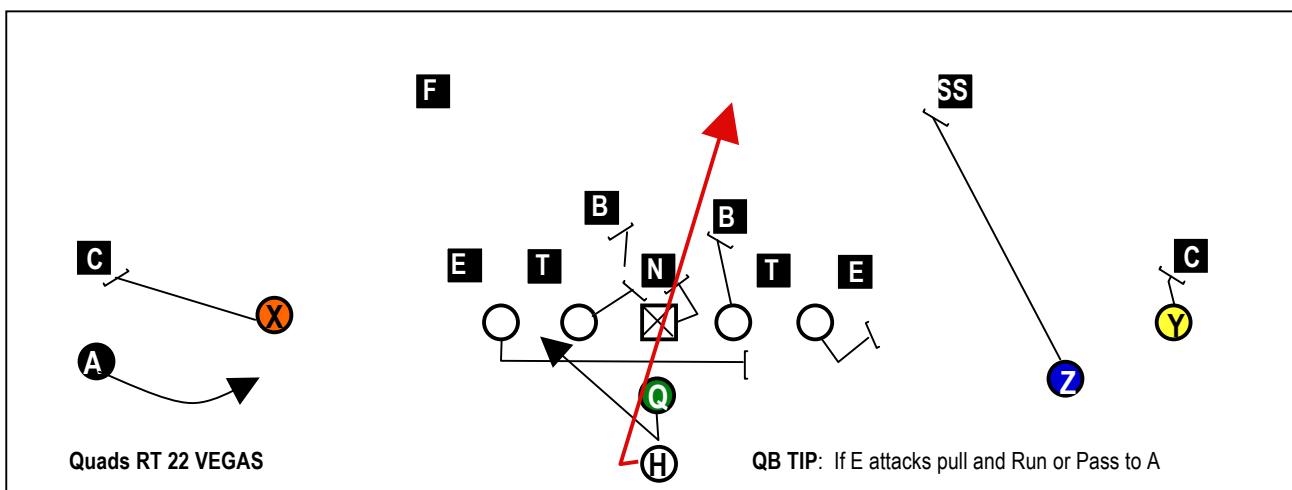
OFFENSIVE PLAYBOOK

Quads 21 – 22 VEGAS (Trap)

4-3 Front



5-2 Front

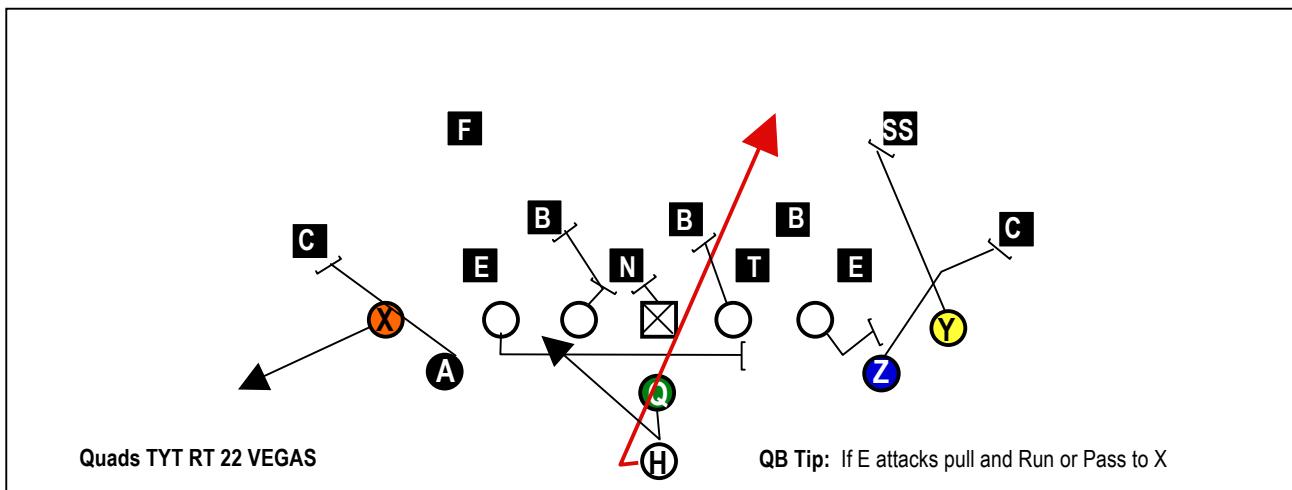


NO Trap Call vs. 3-3

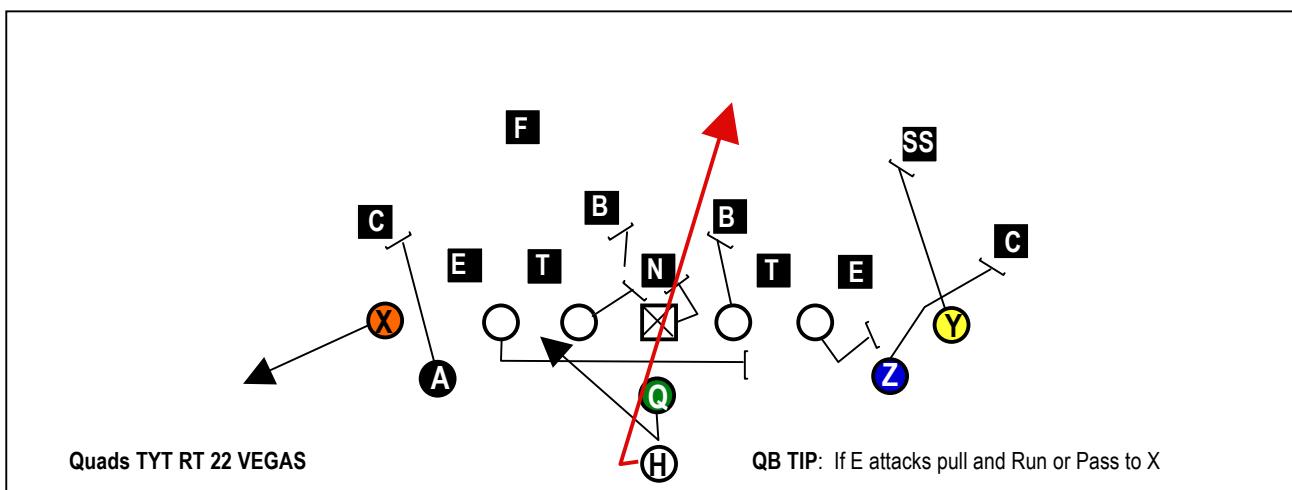


OFFENSIVE PLAYBOOK

Quads TYT 21 – 22 VEGAS (Trap) 4-3 Front



5-2 Front



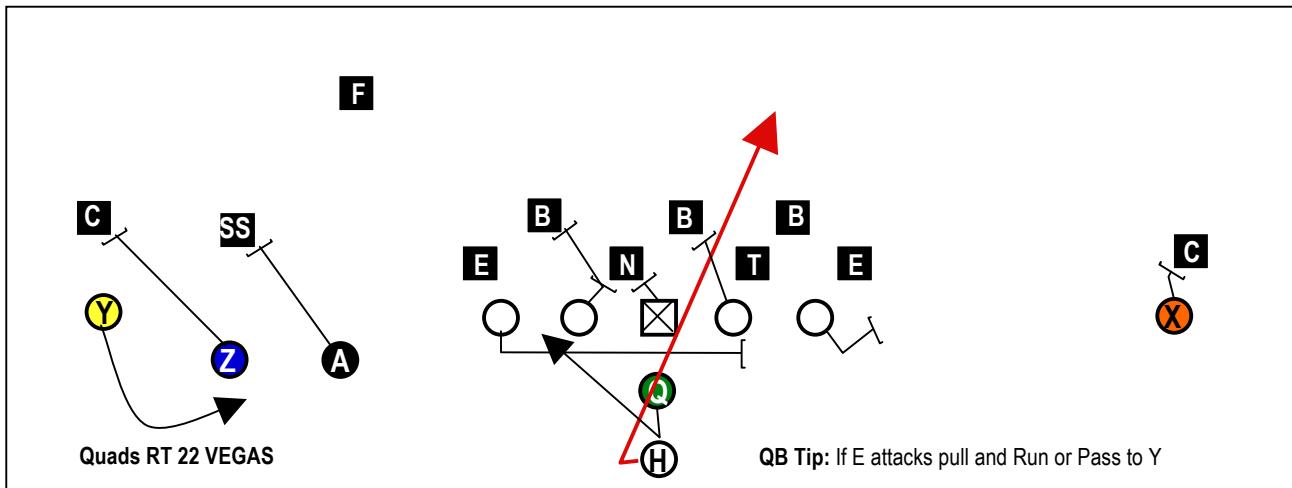
NO Trap Call vs. 3-3



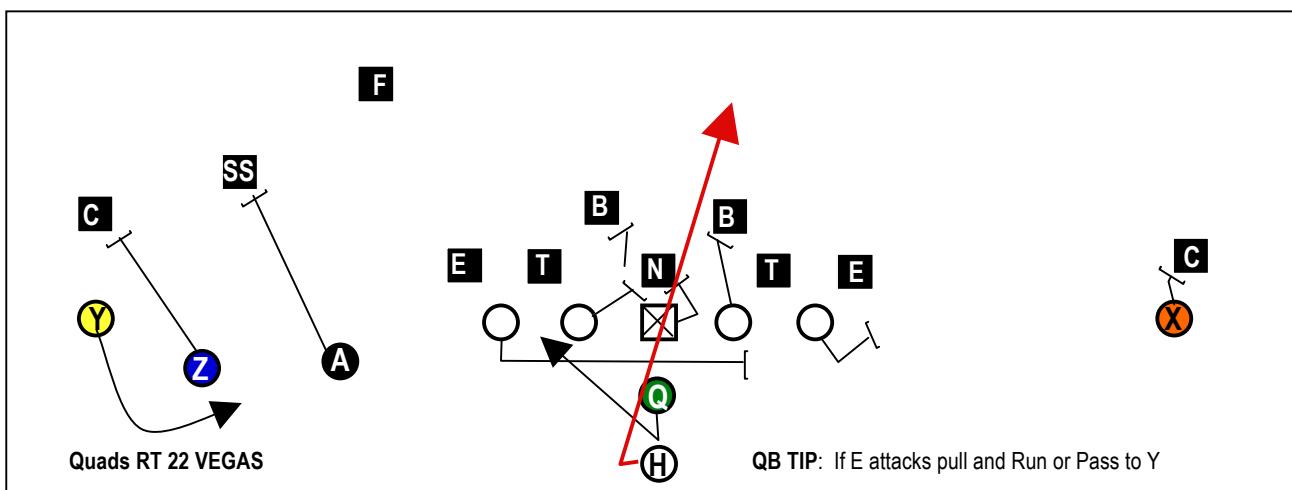
OFFENSIVE PLAYBOOK

Trips 21 – 22 VEGAS (Trap)

4-3 Front



5-2 Front



NO Trap Call vs. 3-3



DENVER

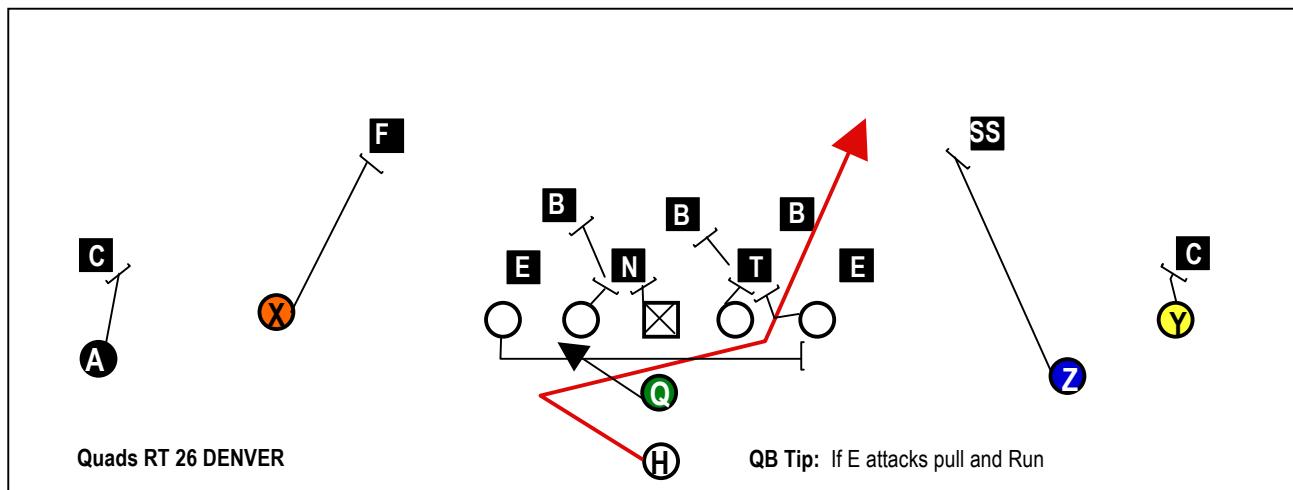
Quads, Quads TYT,
King & Trips



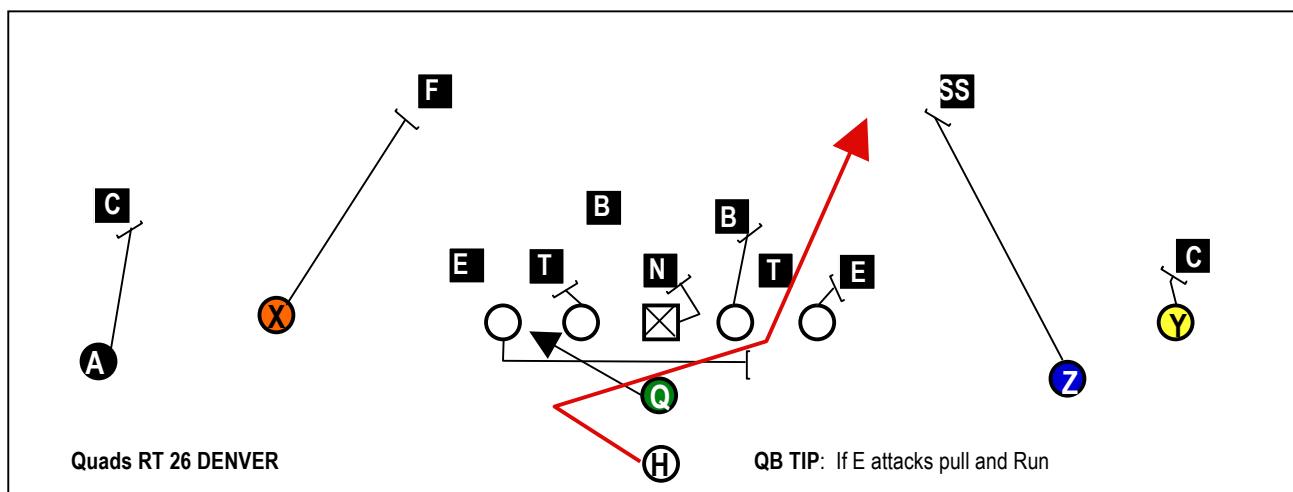
OFFENSIVE PLAYBOOK

Quads 25 – 26 DENVER (Counter)

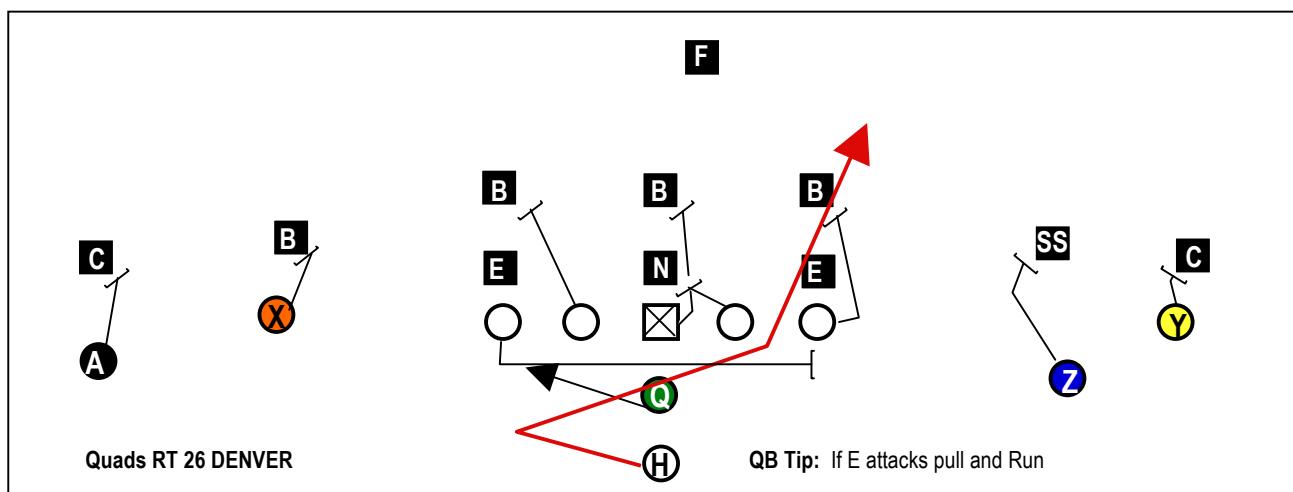
4-3 Front



5-2 Front



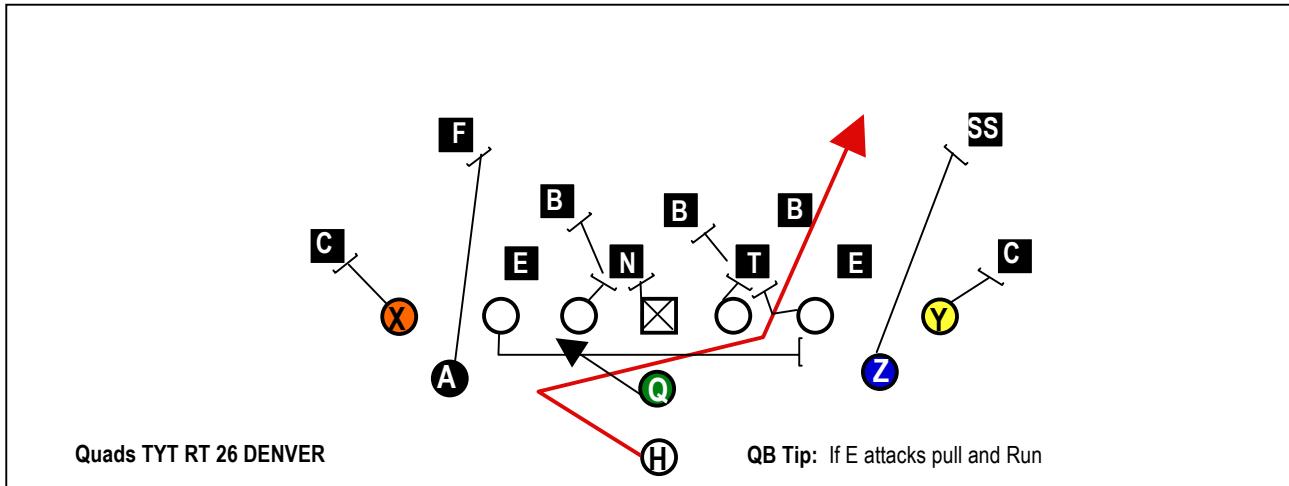
3-3 Front



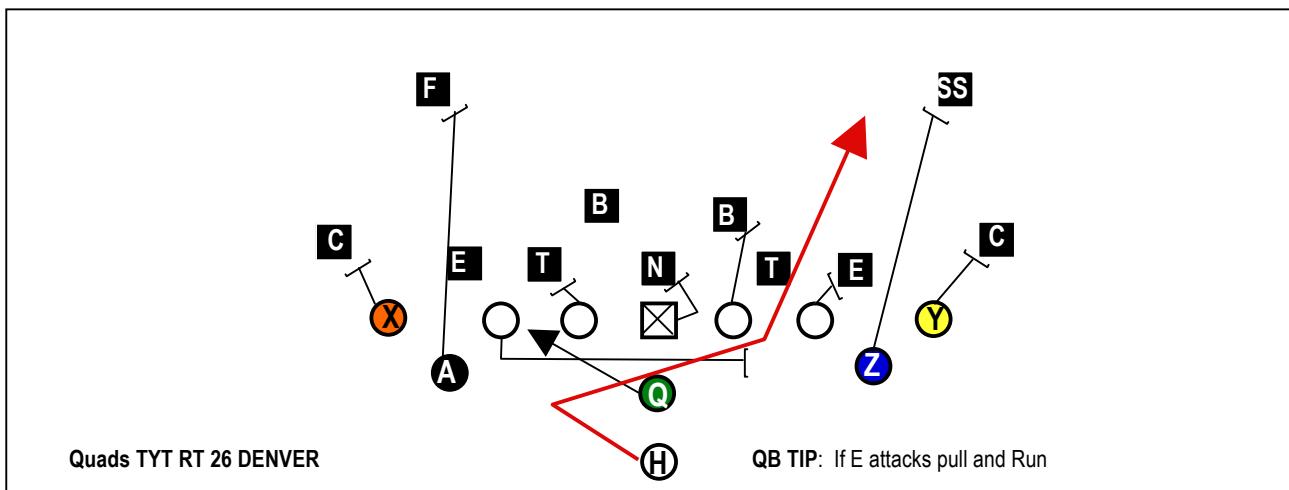
OFFENSIVE PLAYBOOK

Quads TYT 25 – 26 DENVER (Counter)

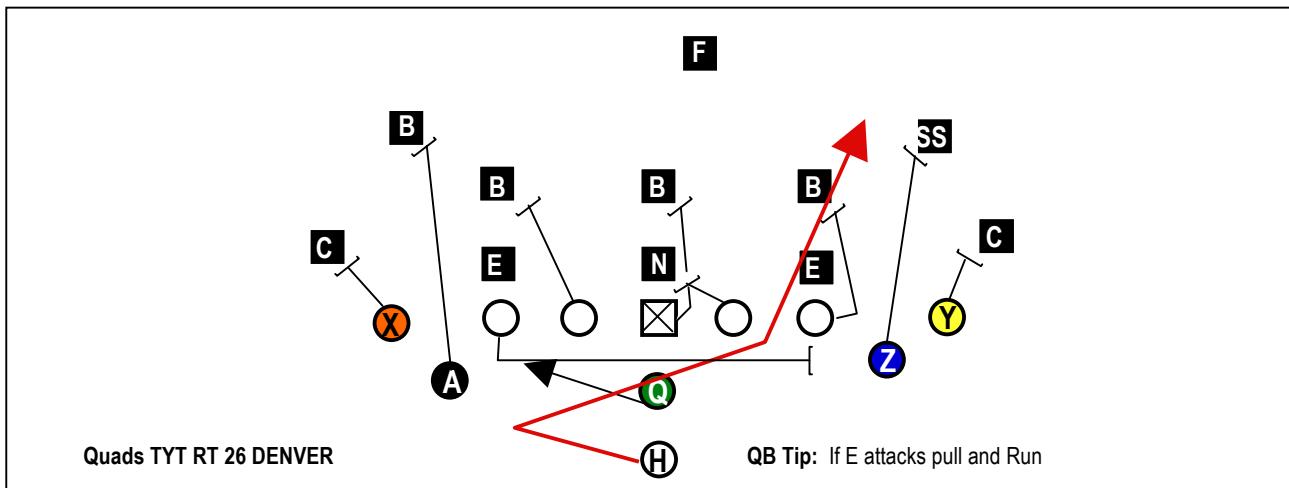
4-3 Front



5-2 Front



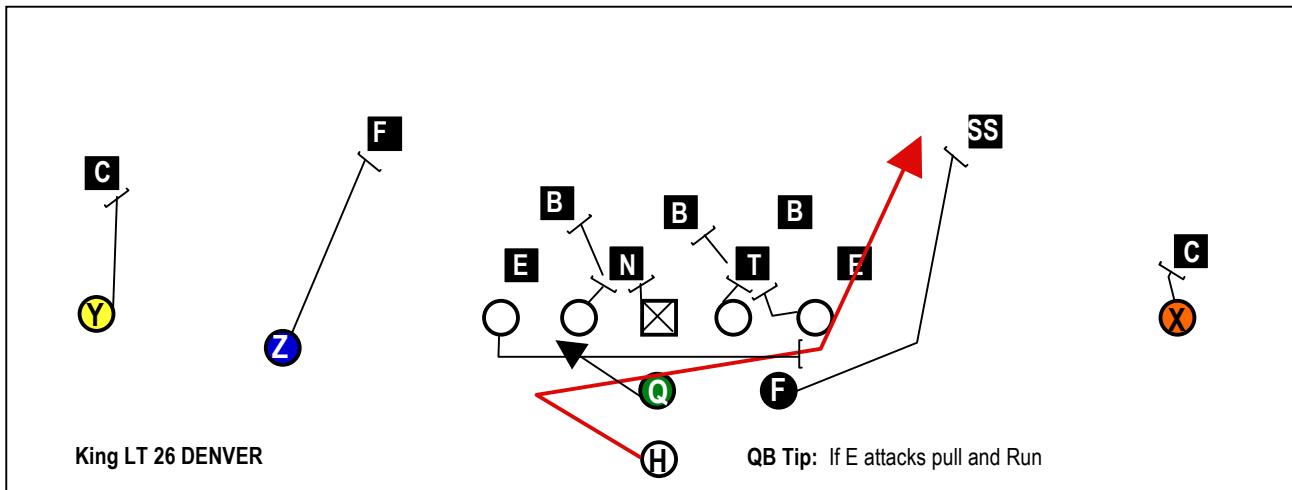
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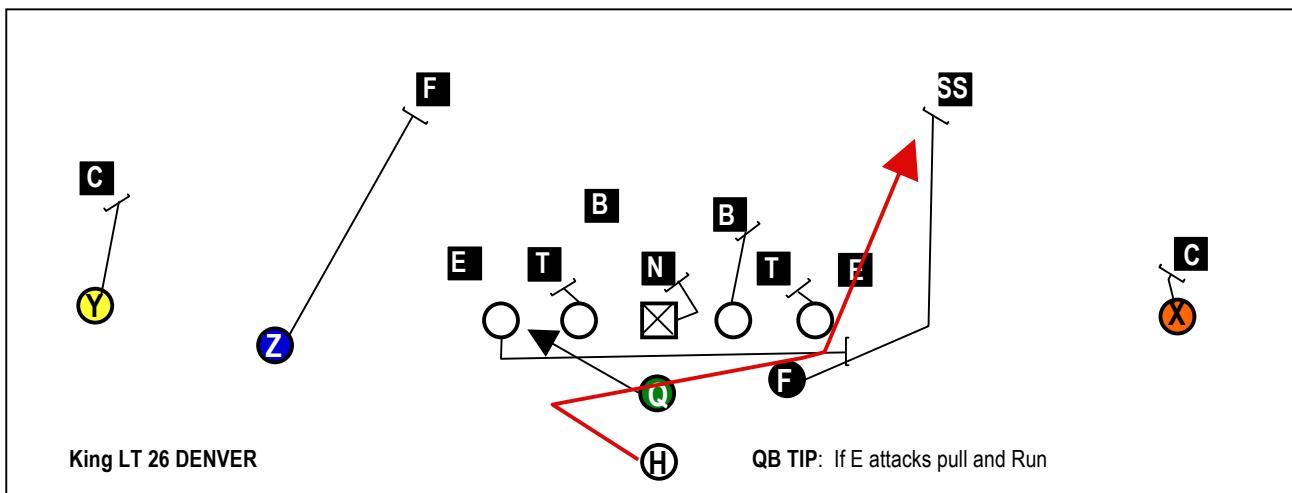
OFFENSIVE PLAYBOOK

King 25 – 26 DENVER (Counter)

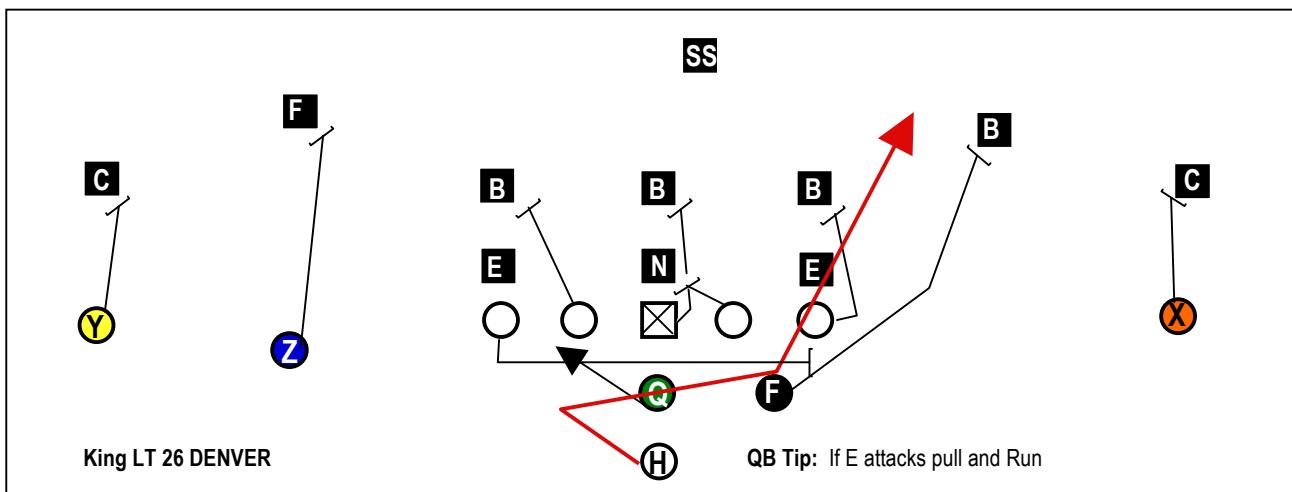
4-3 Front



5-2 Front



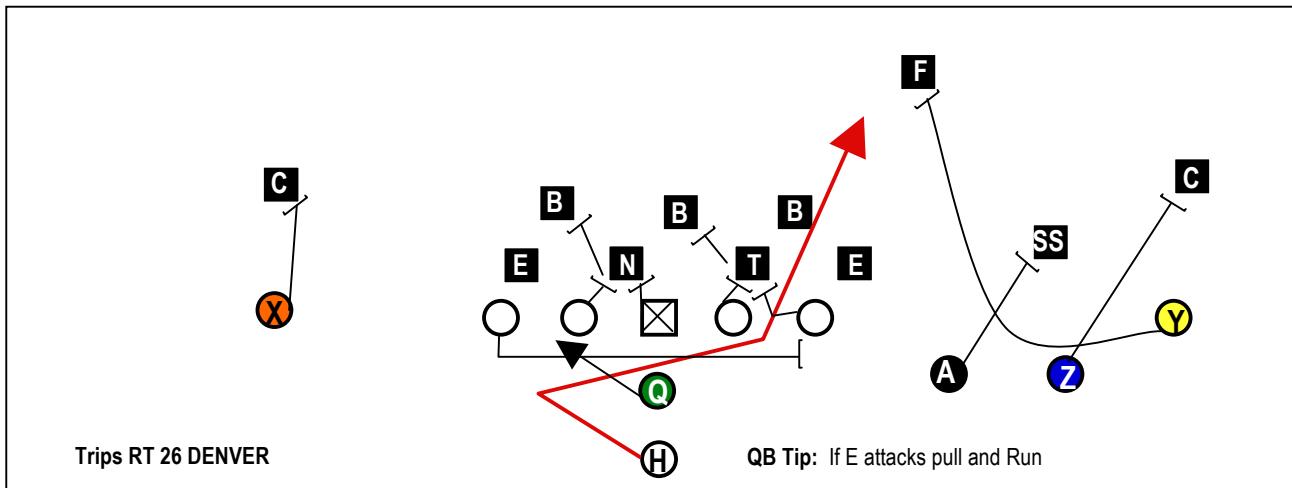
3-3 Front



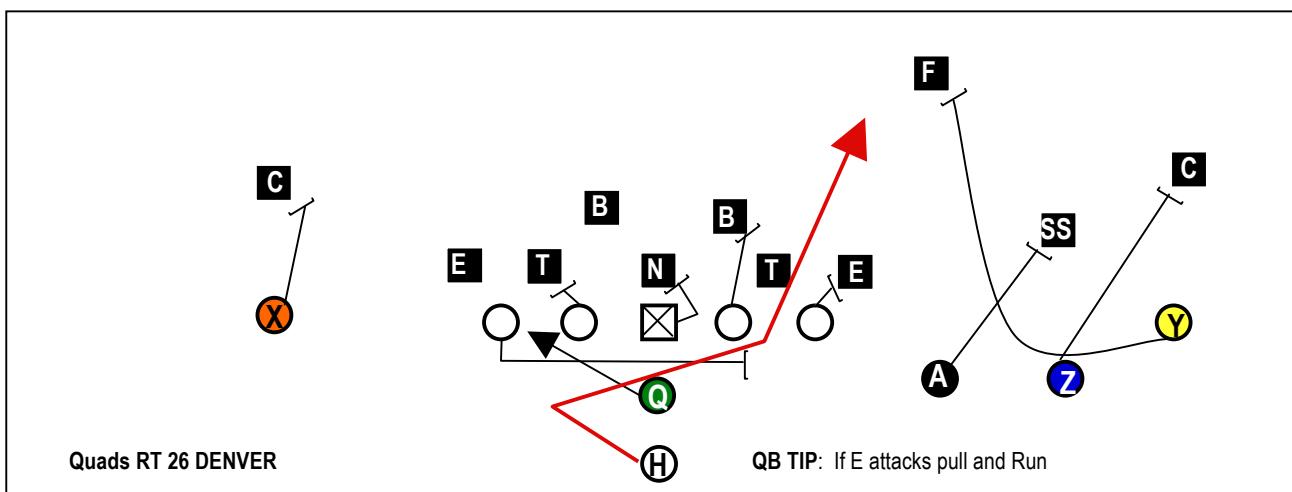
OFFENSIVE PLAYBOOK

Trips 25 – 26 DENVER (Counter)

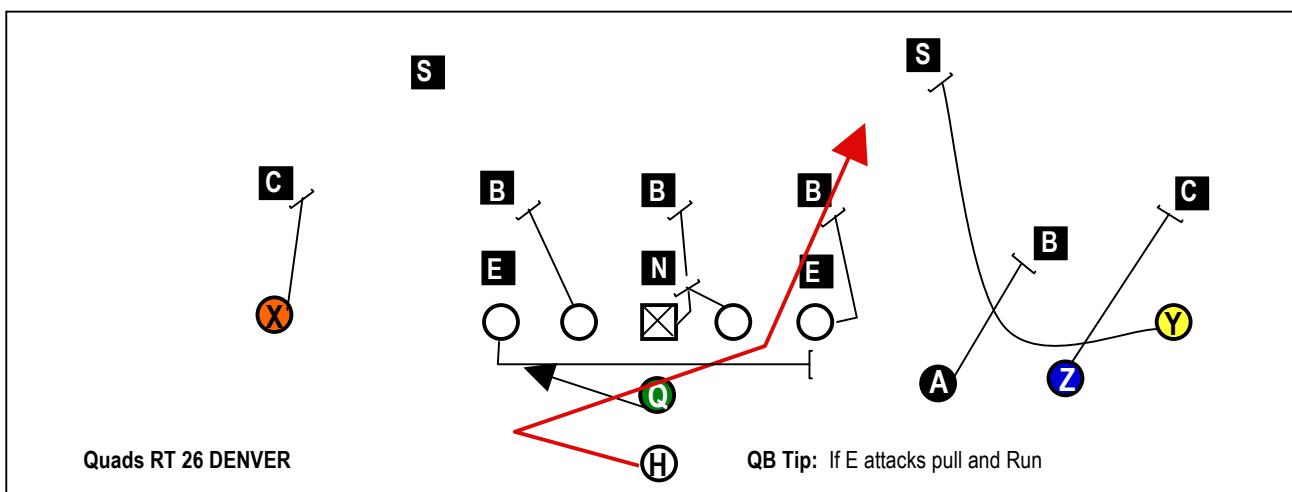
4-3 Front



5-2 Front



3-3 Front



LINCOLN

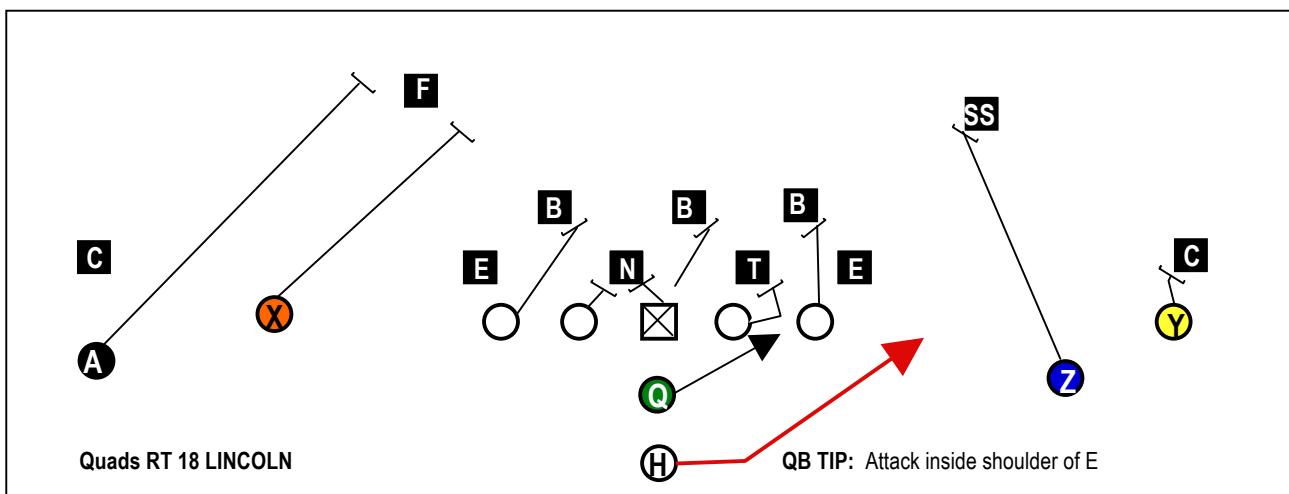
Quads, Quads TYT,
King & Trips



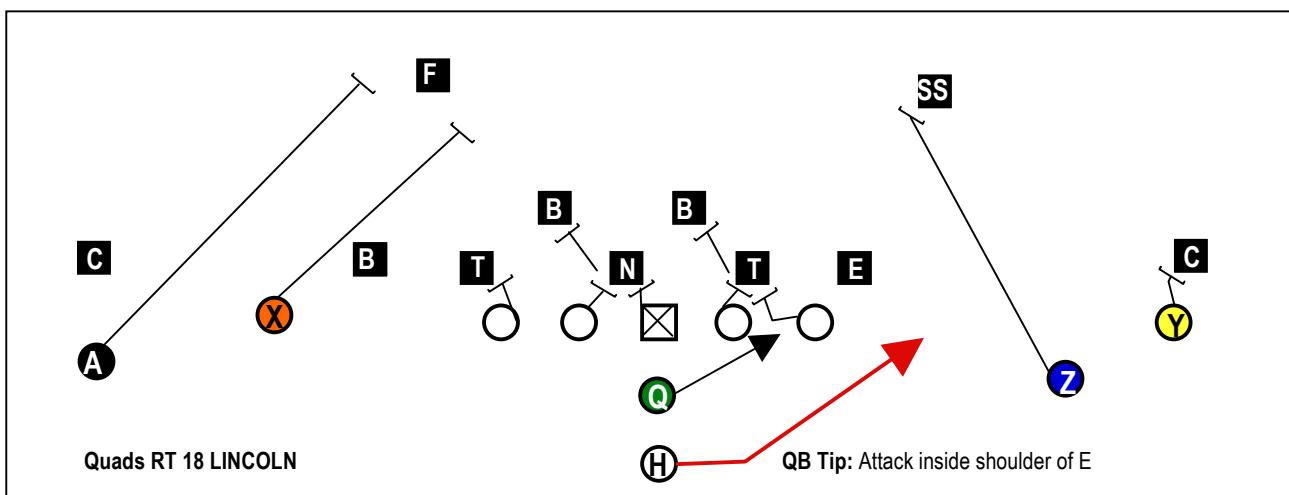
OFFENSIVE PLAYBOOK

Quads 17 – 18 LINCOLN (Option)

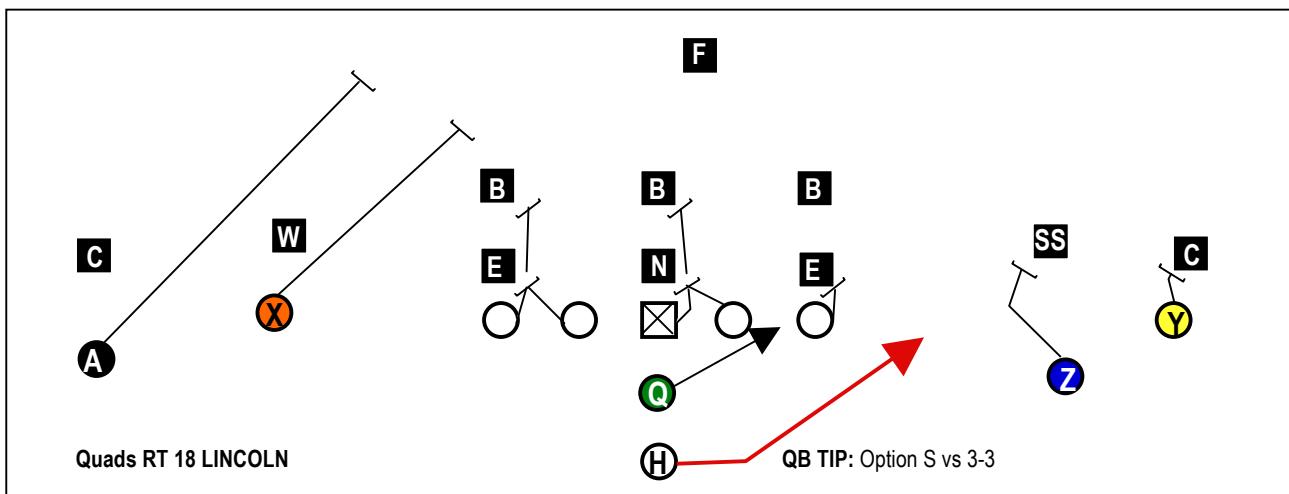
4-3 Front



5-2 Front



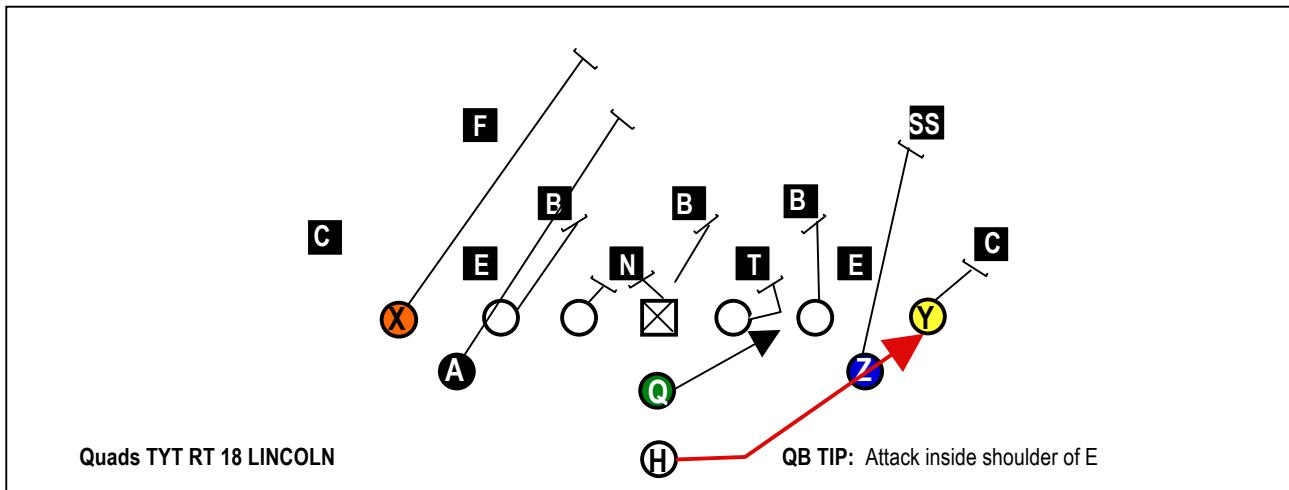
3-3 Front



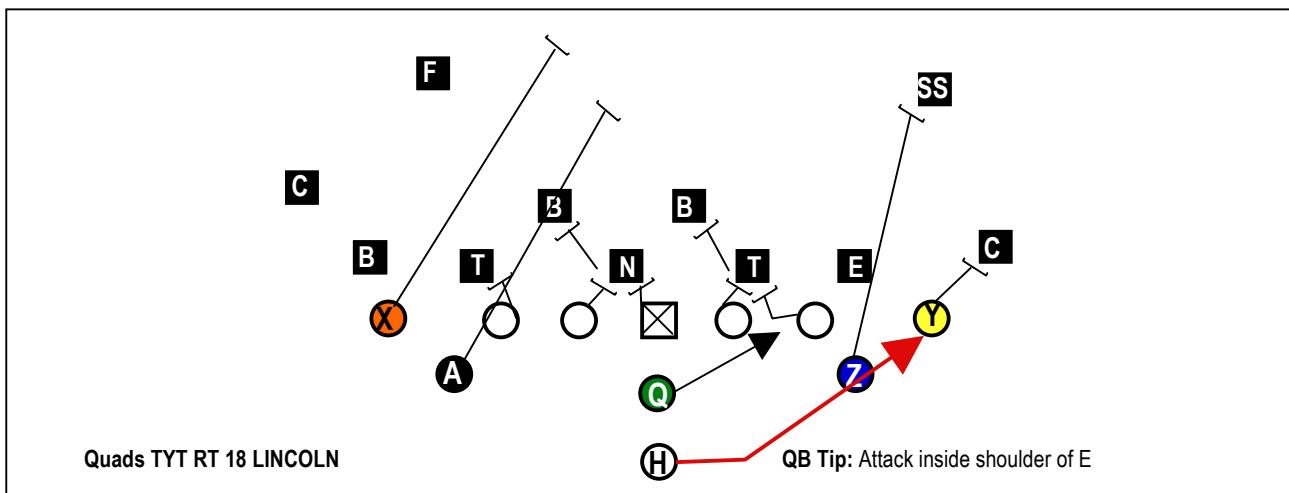
OFFENSIVE PLAYBOOK

Quads TYT 17 – 18 LINCOLN (Option)

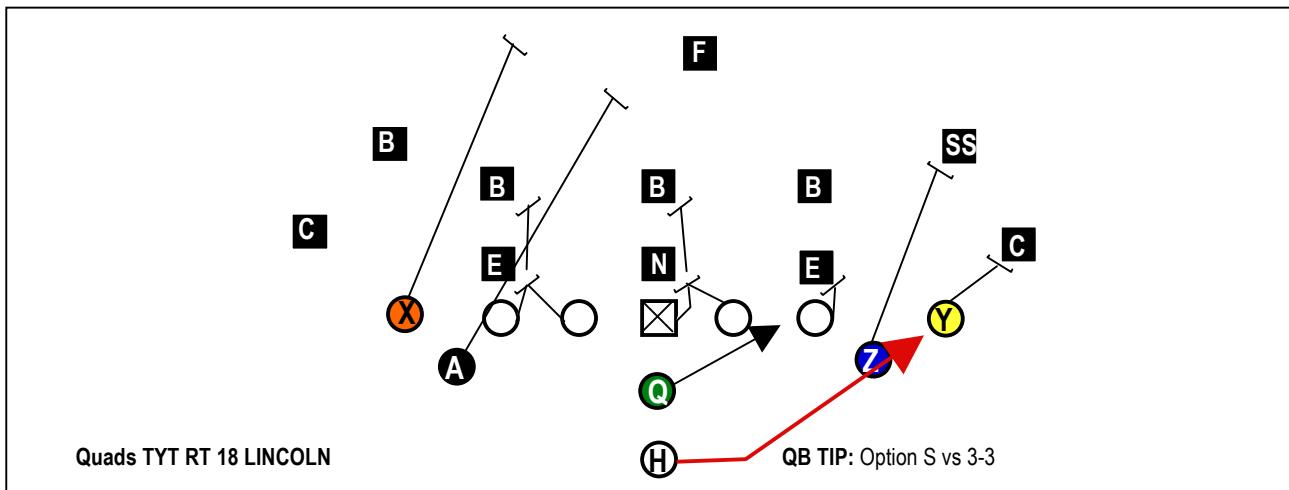
4-3 Front



5-2 Front



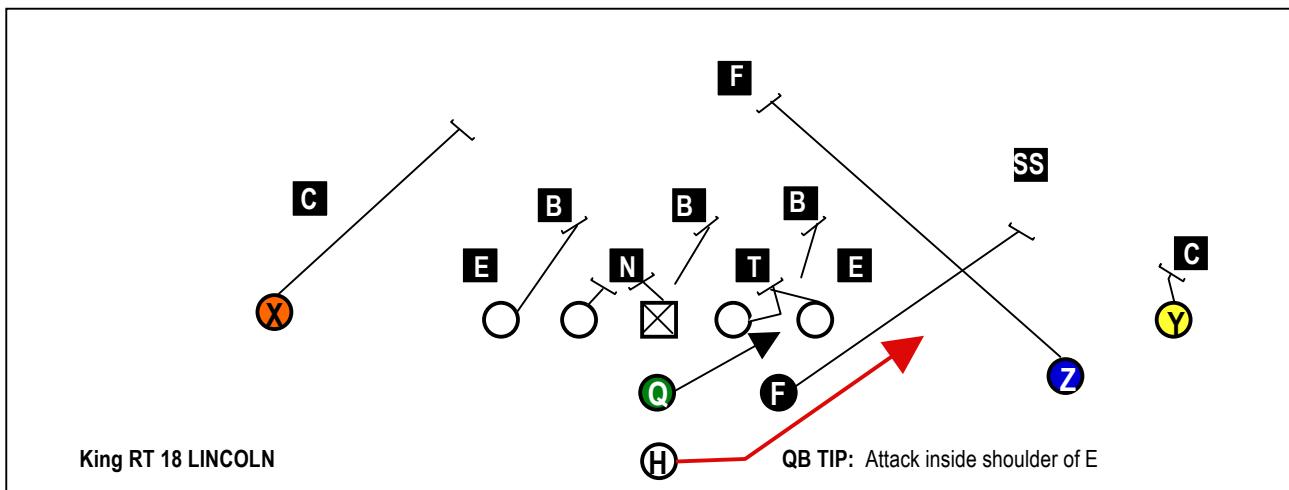
3-3 Front



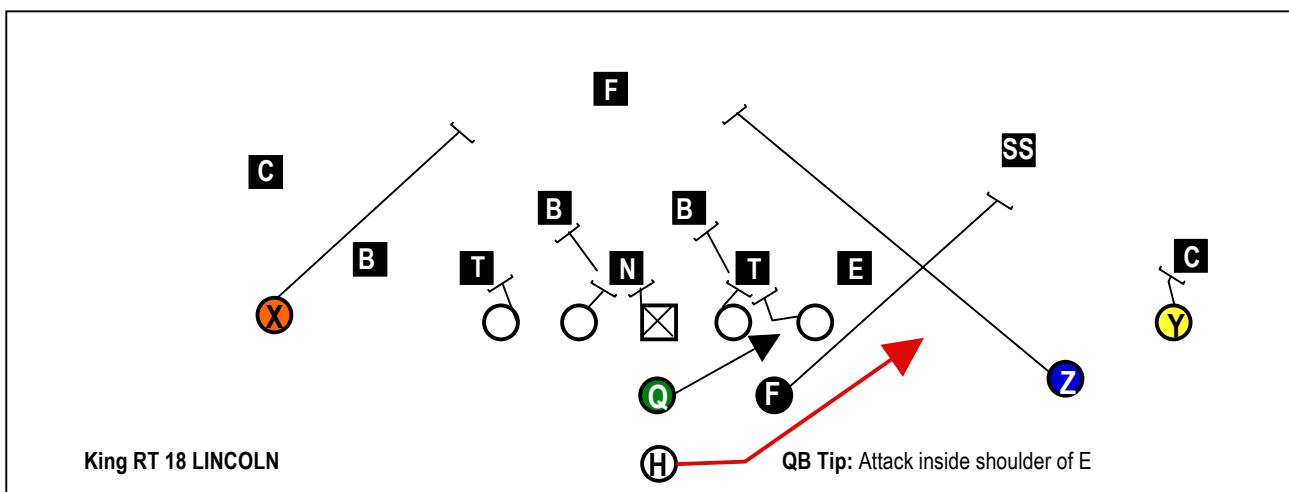
OFFENSIVE PLAYBOOK

King 17 – 18 LINCOLN (Option)

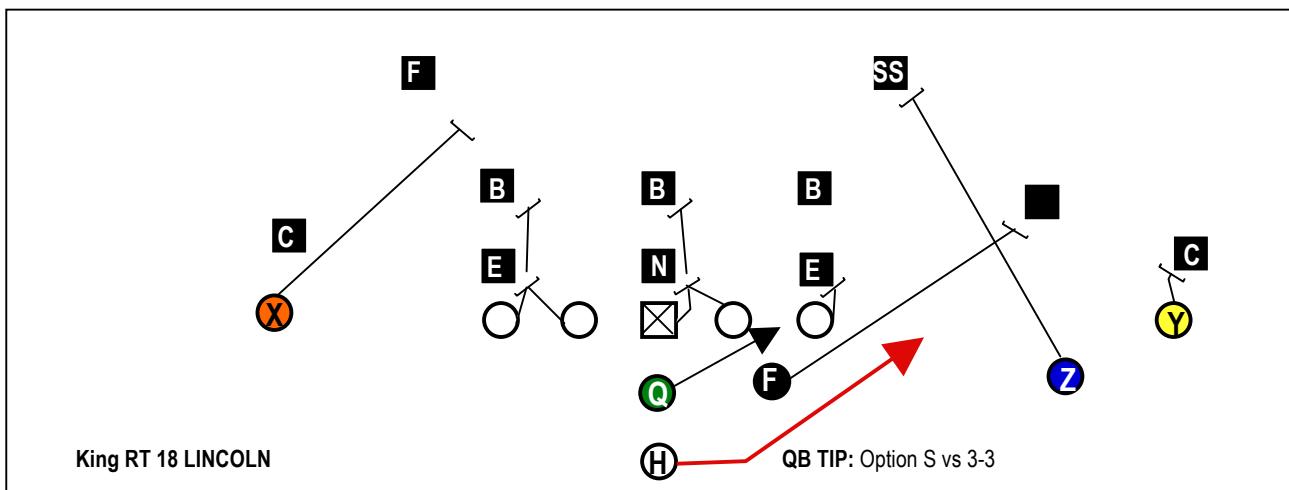
4-3 Front



5-2 Front



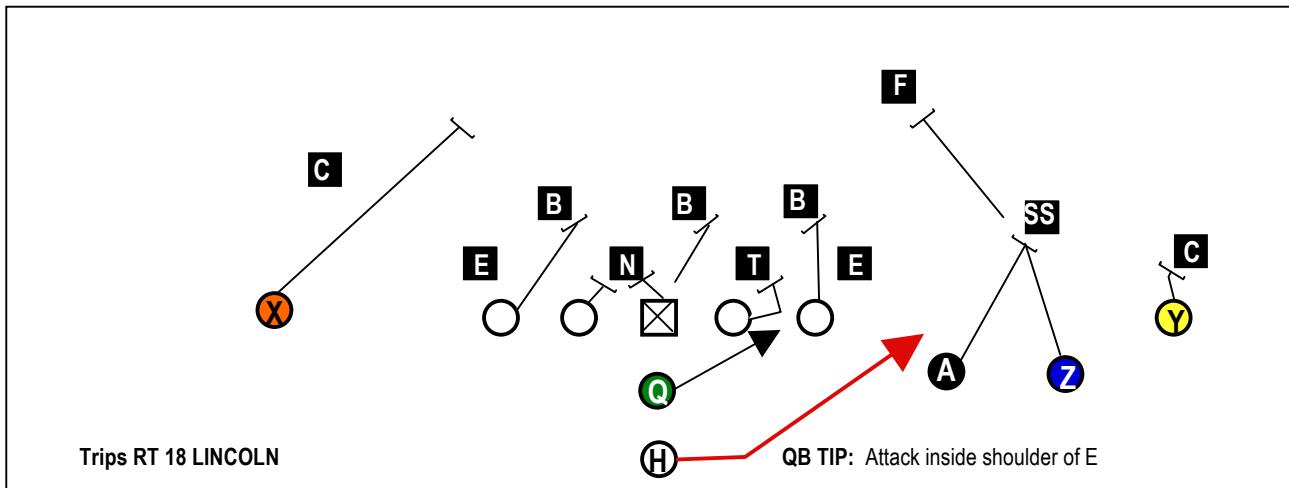
3-3 Front



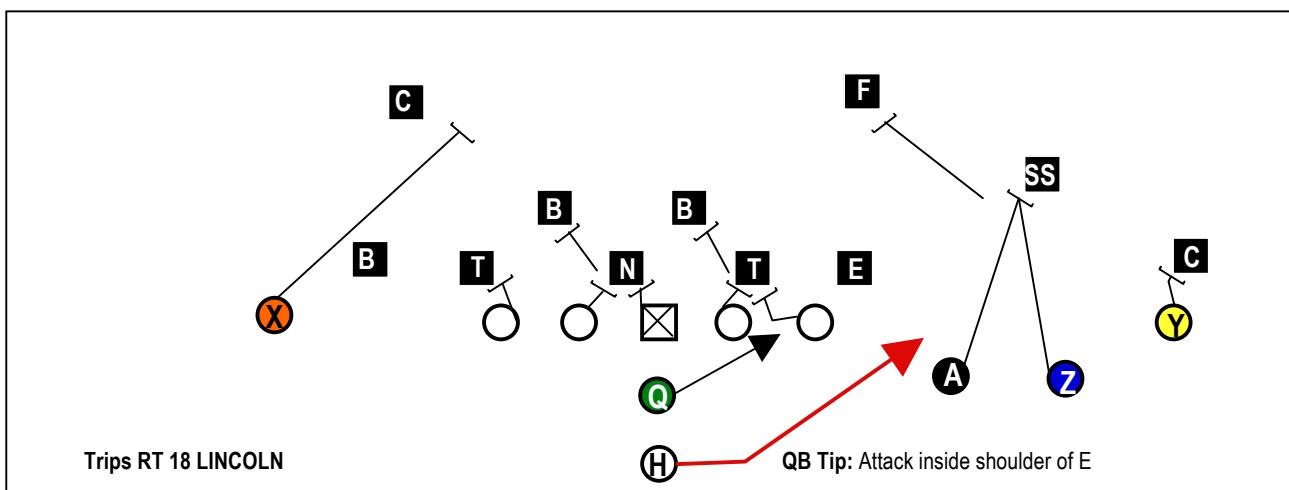
OFFENSIVE PLAYBOOK

Trips 17 – 18 LINCOLN (Option)

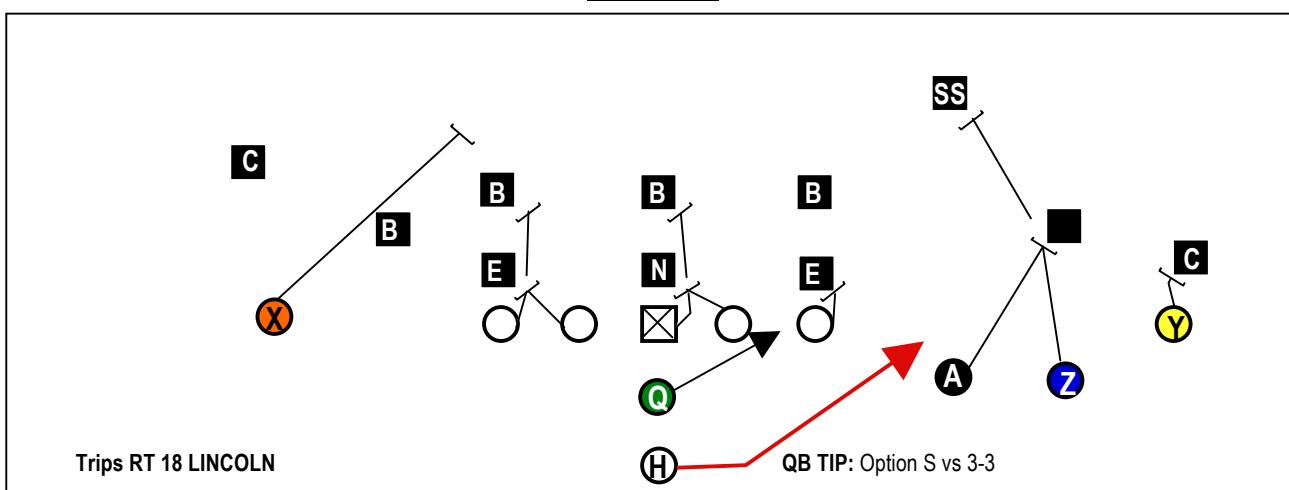
4-3 Front



5-2 Front



3-3 Front



OFFENSIVE PLAYBOOK

TAMPA

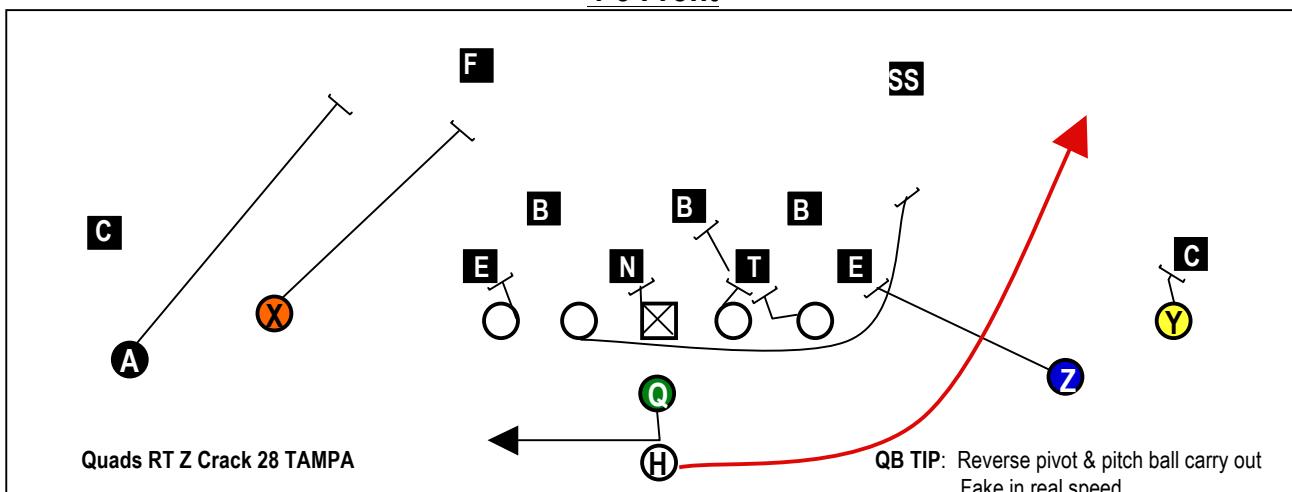
Quads, Quads TYT,
King & Trips



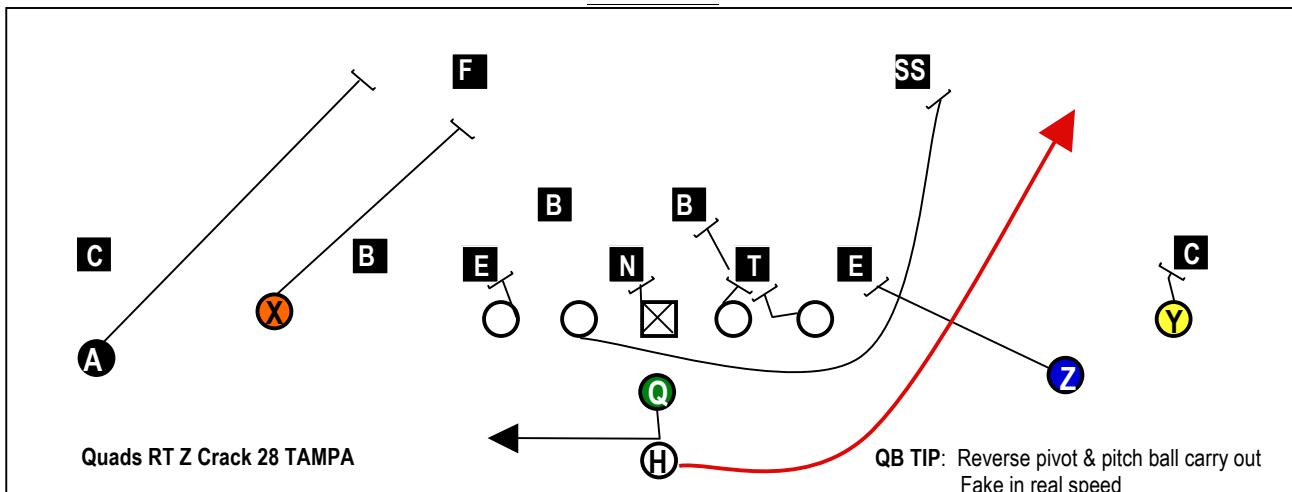
OFFENSIVE PLAYBOOK

Quads 27 – 28 TAMPA (Toss)

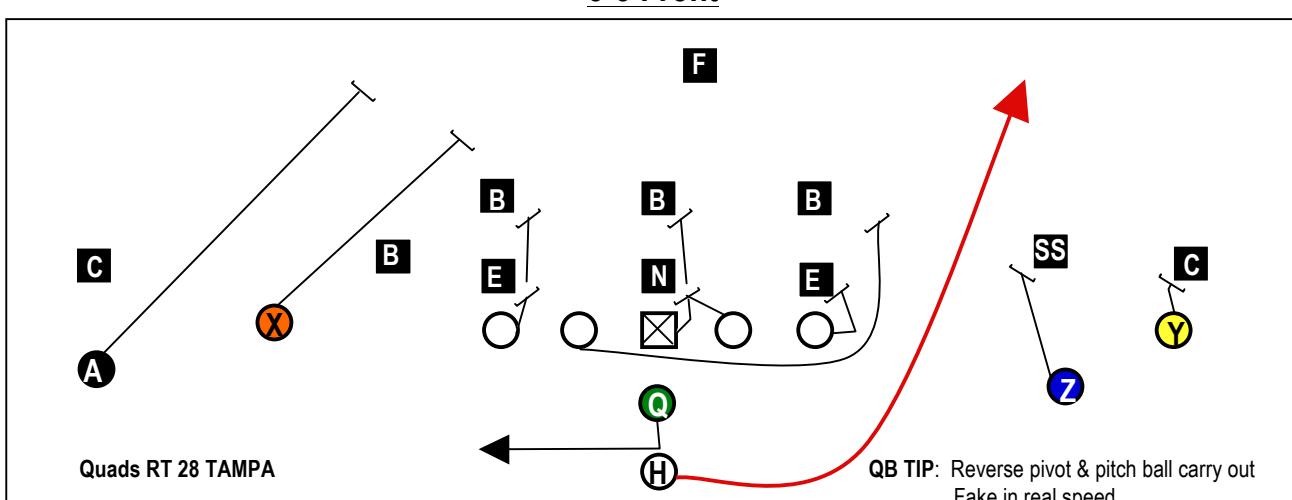
4-3 Front



5-2 Front



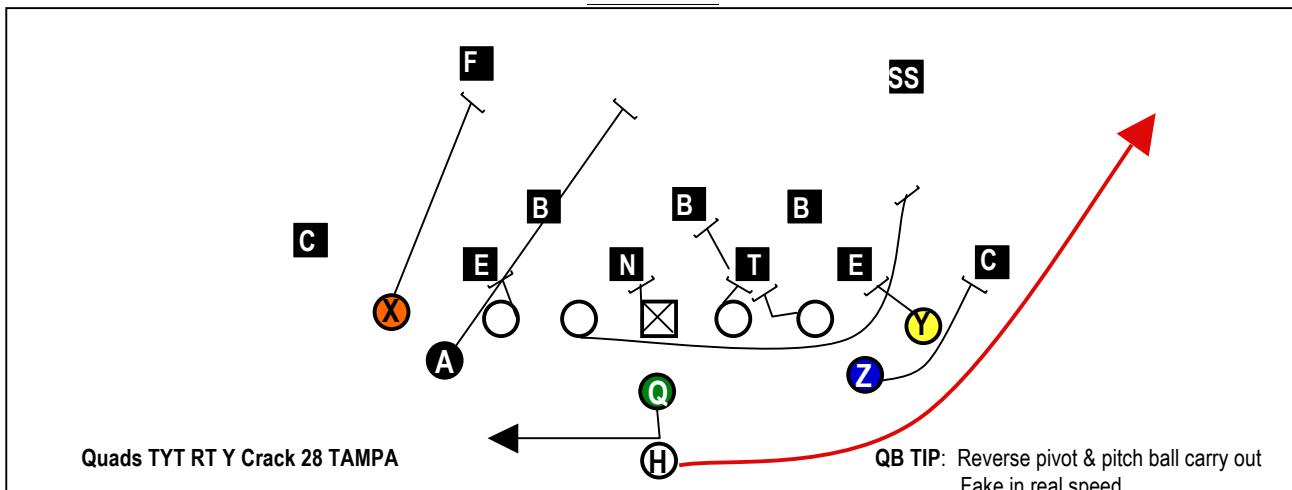
3-3 Front



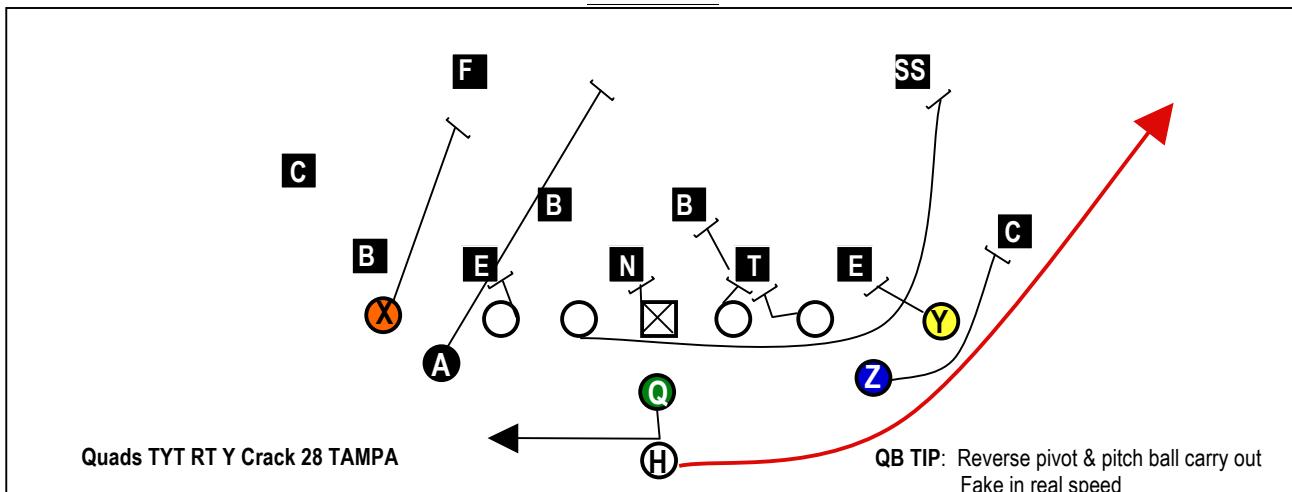
OFFENSIVE PLAYBOOK

Quads TYT 27 – 28 TAMPA (Toss)

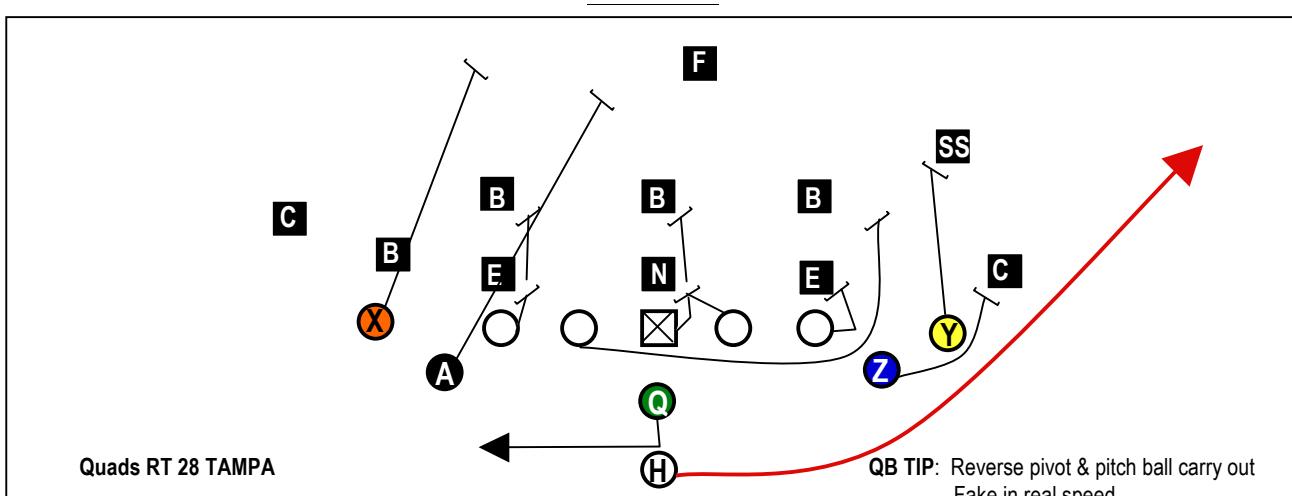
4-3 Front



5-2 Front



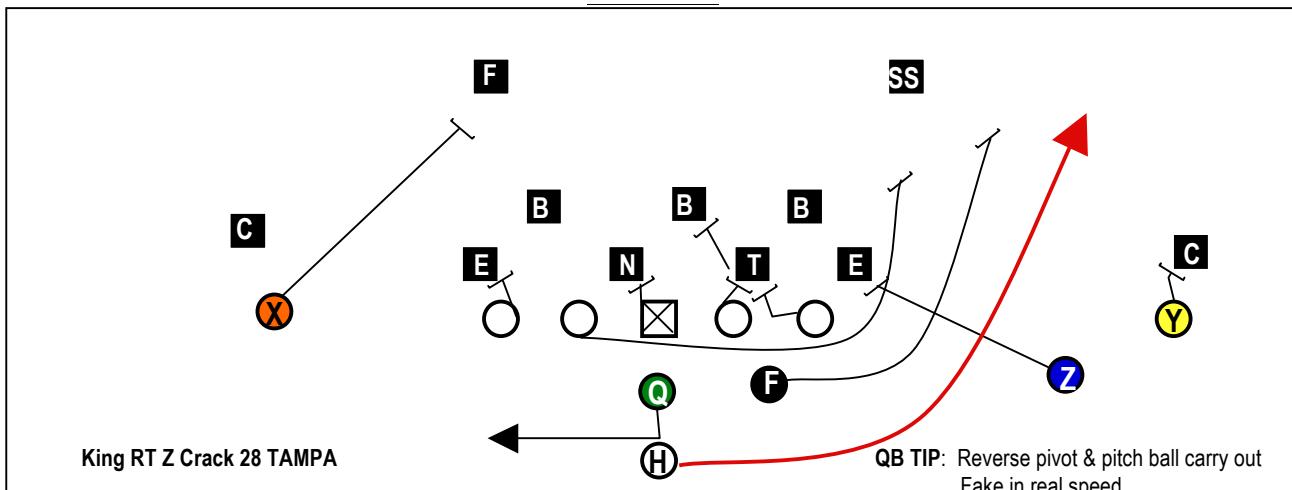
3-3 Front



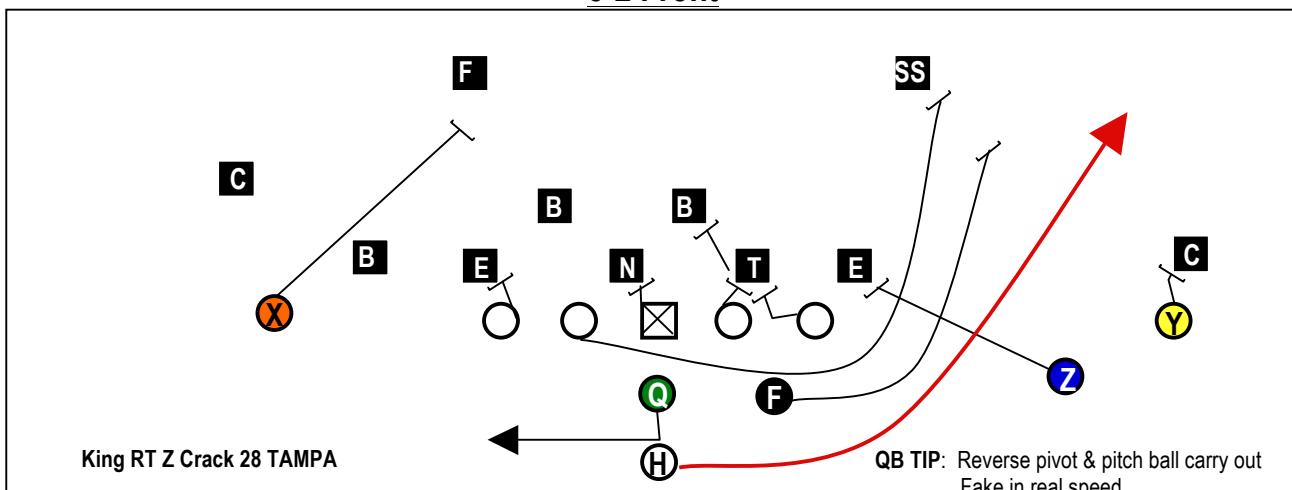
OFFENSIVE PLAYBOOK

King 27 – 28 TAMPA (Toss)

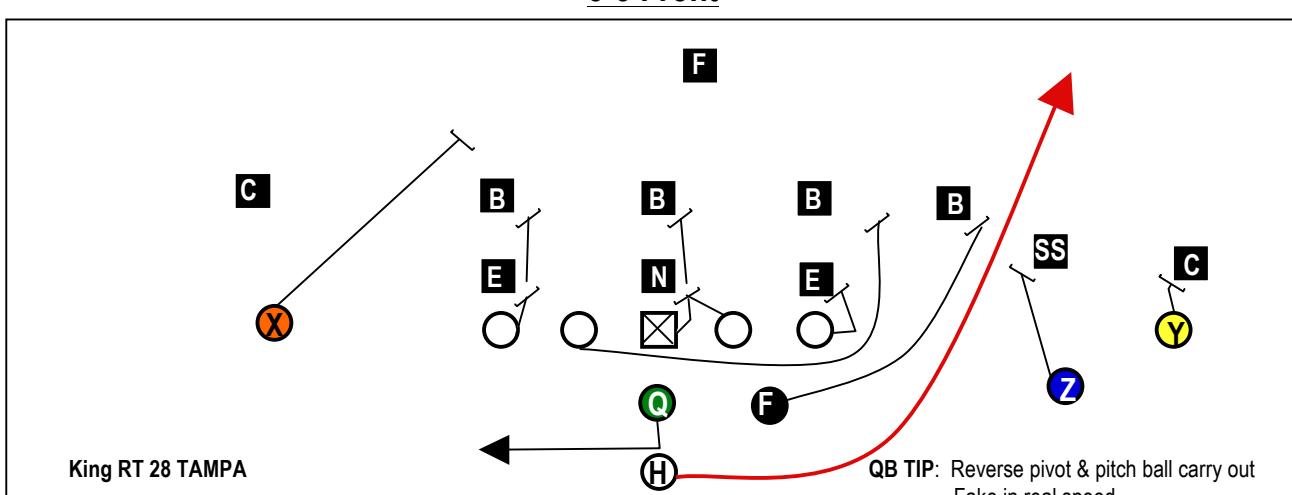
4-3 Front



5-2 Front



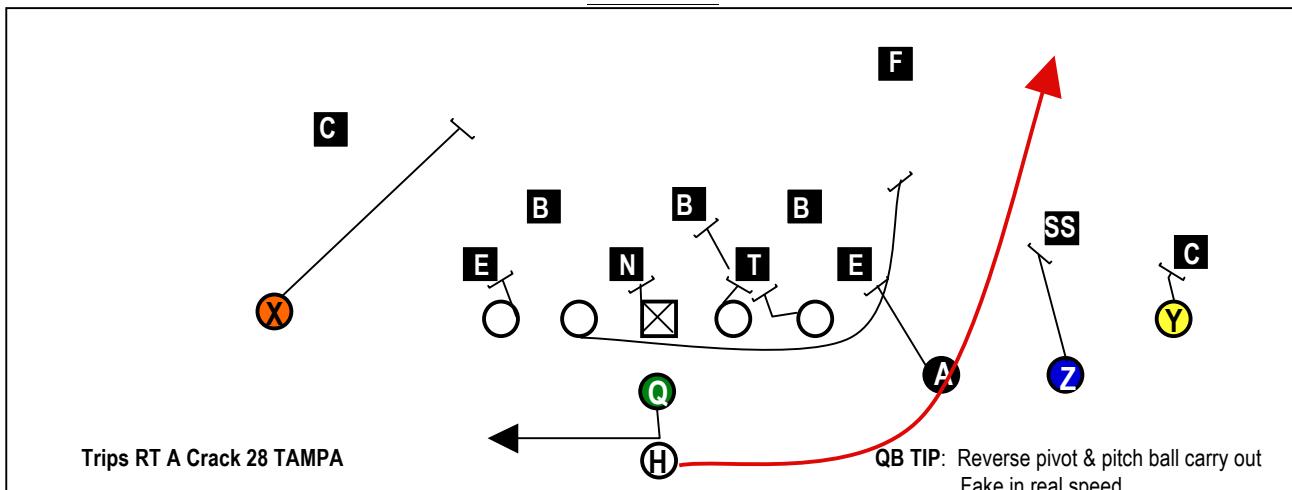
3-3 Front



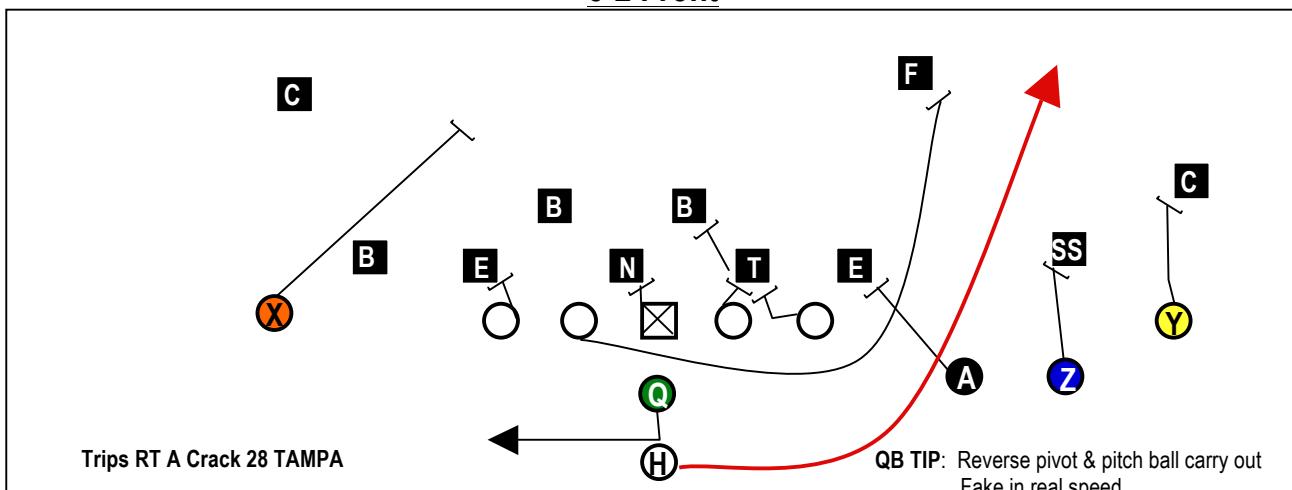
OFFENSIVE PLAYBOOK

Trips 27 – 28 TAMPA (Toss)

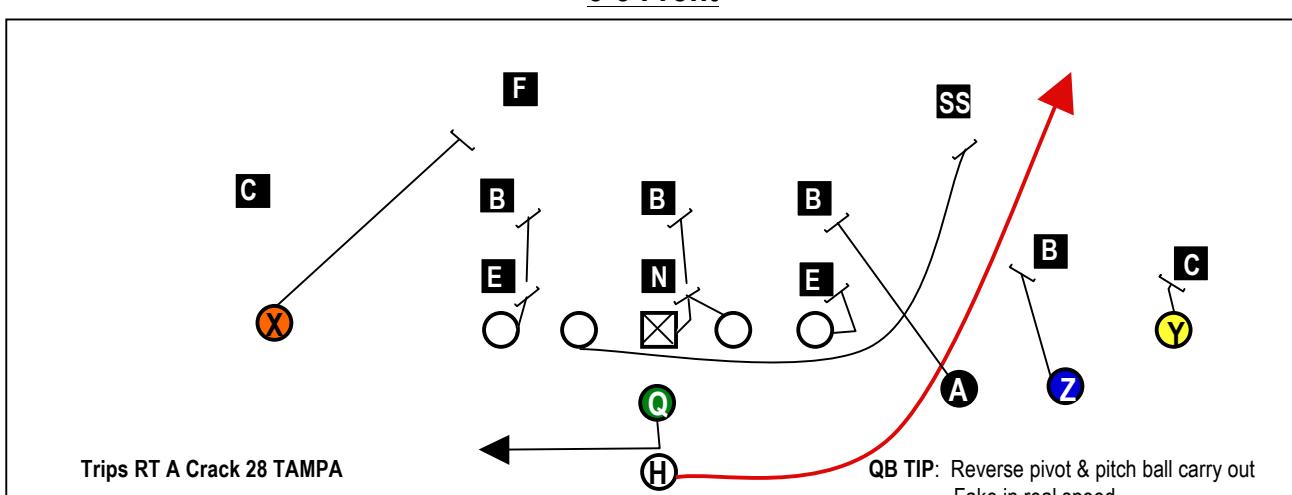
4-3 Front



5-2 Front



3-3 Front



OFFENSIVE PLAYBOOK

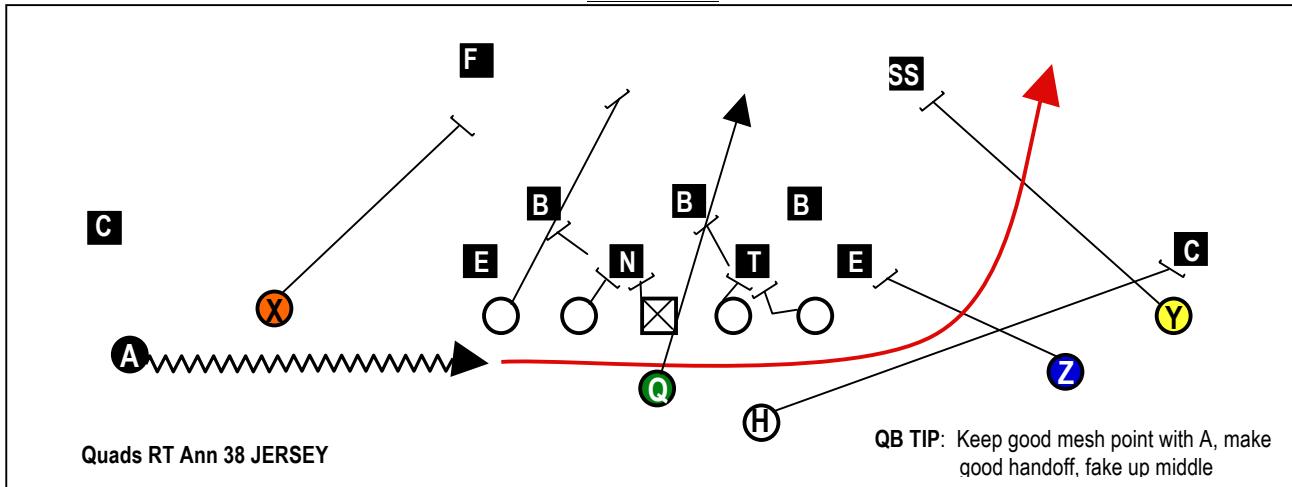
JERSEY
Quads & Quads TYT



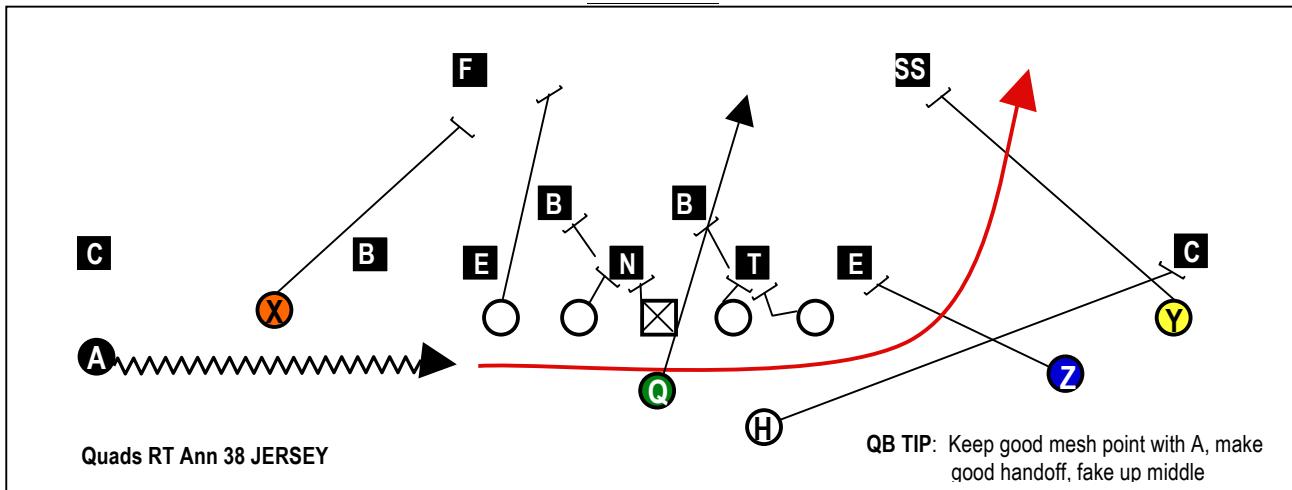
OFFENSIVE PLAYBOOK

Quads 49 – 38 JERSEY (Jet Sweep)

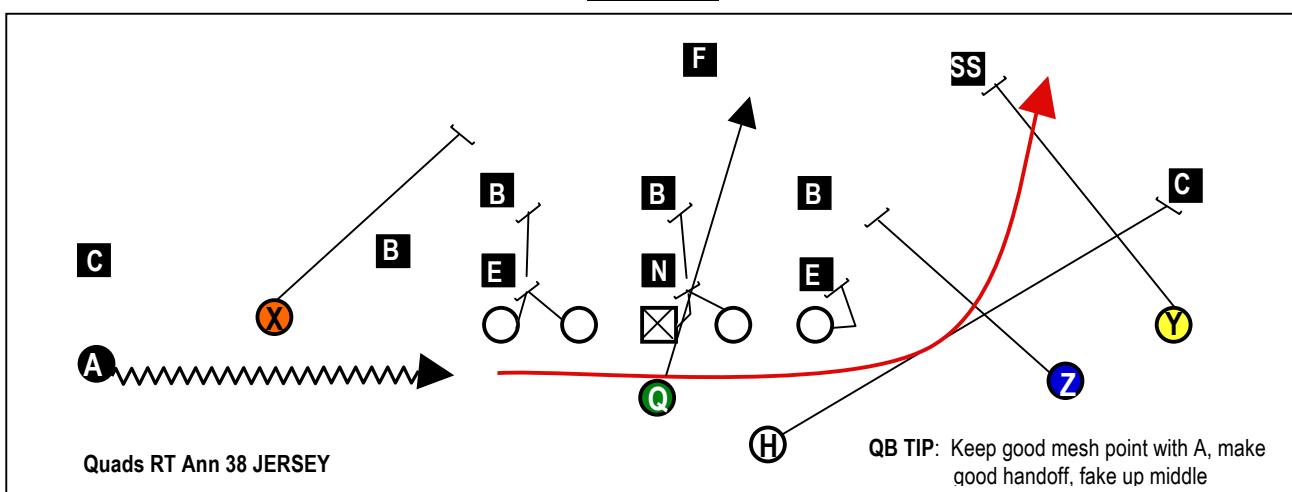
4-3 Front



5-2 Front



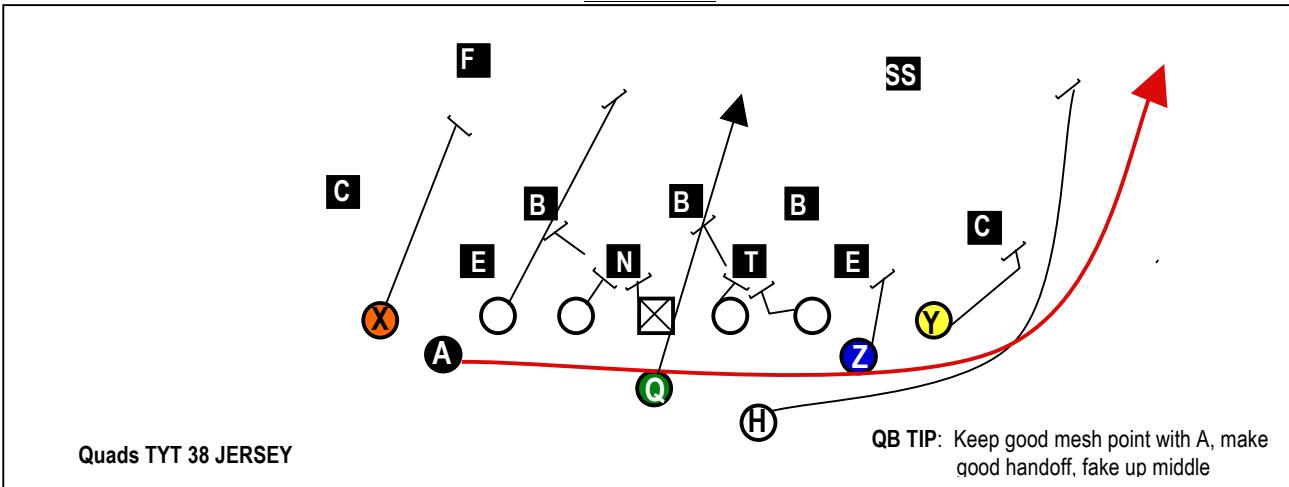
3-3 Front



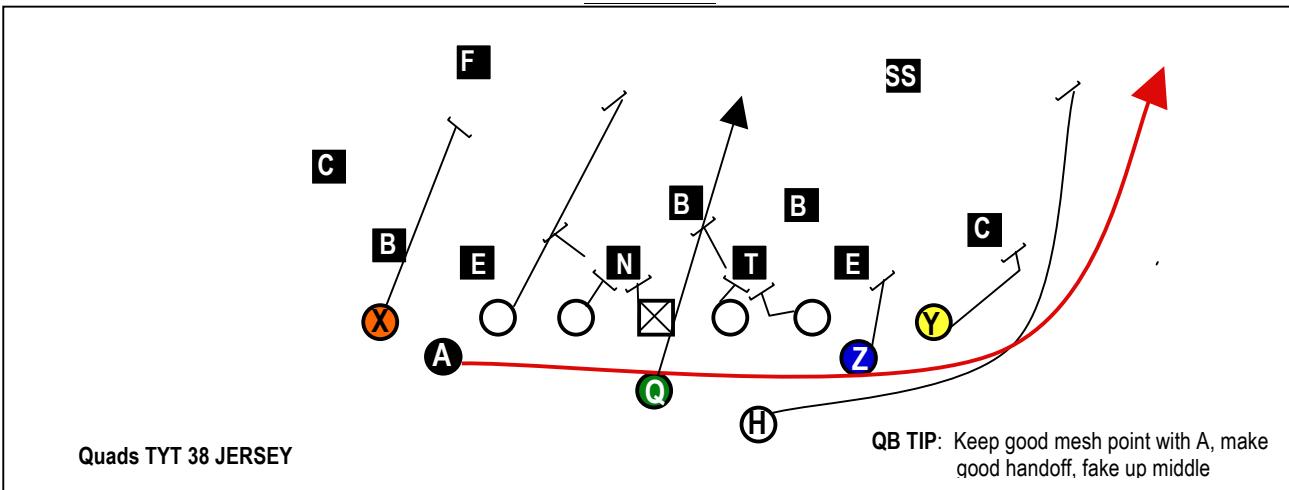
OFFENSIVE PLAYBOOK

Quads TYT 49 – 38 JERSEY (Jet Sweep)

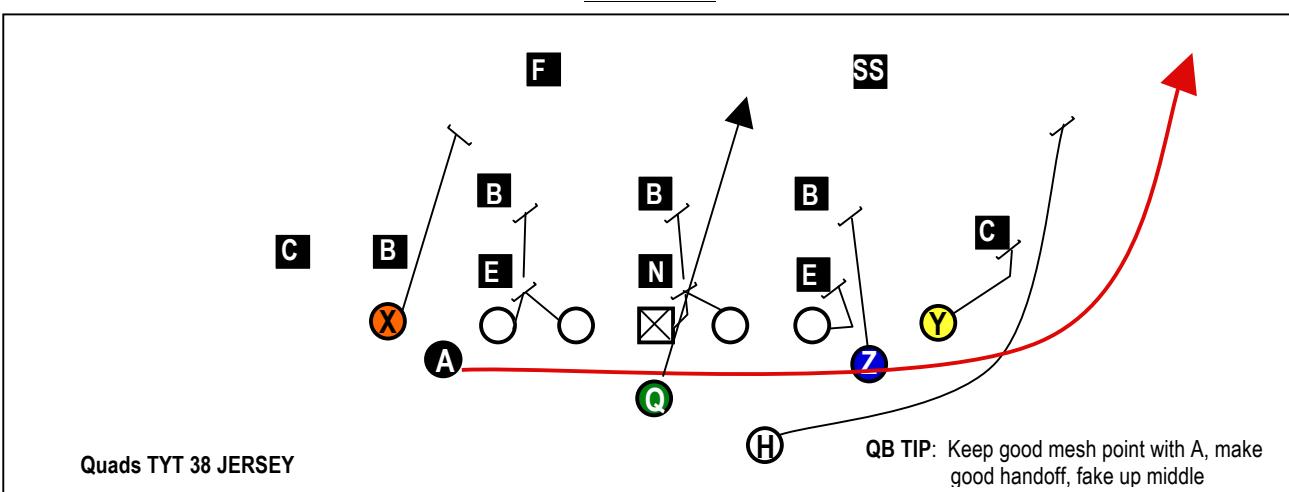
4-3 Front



5-2 Front



3-3 Front



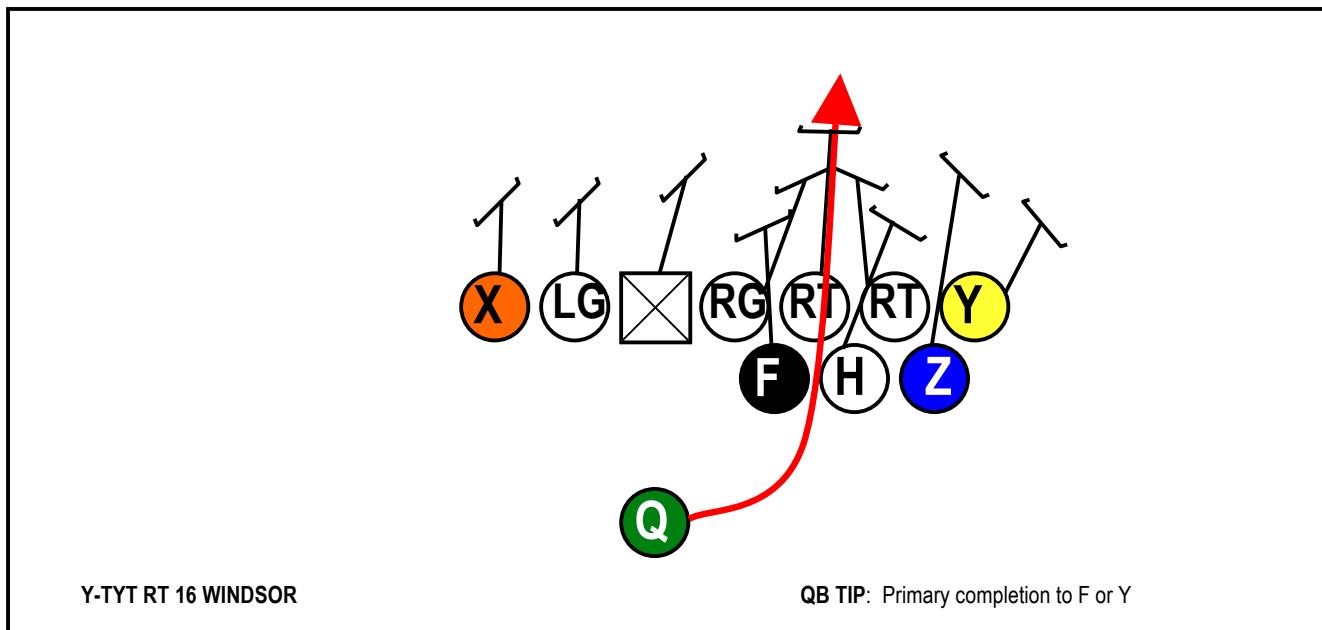
Goal Line - Short Yardage Plays



WINDSOR

Y-TYT

Y-TYT 15 – 16 WINDSOR (Wedge)

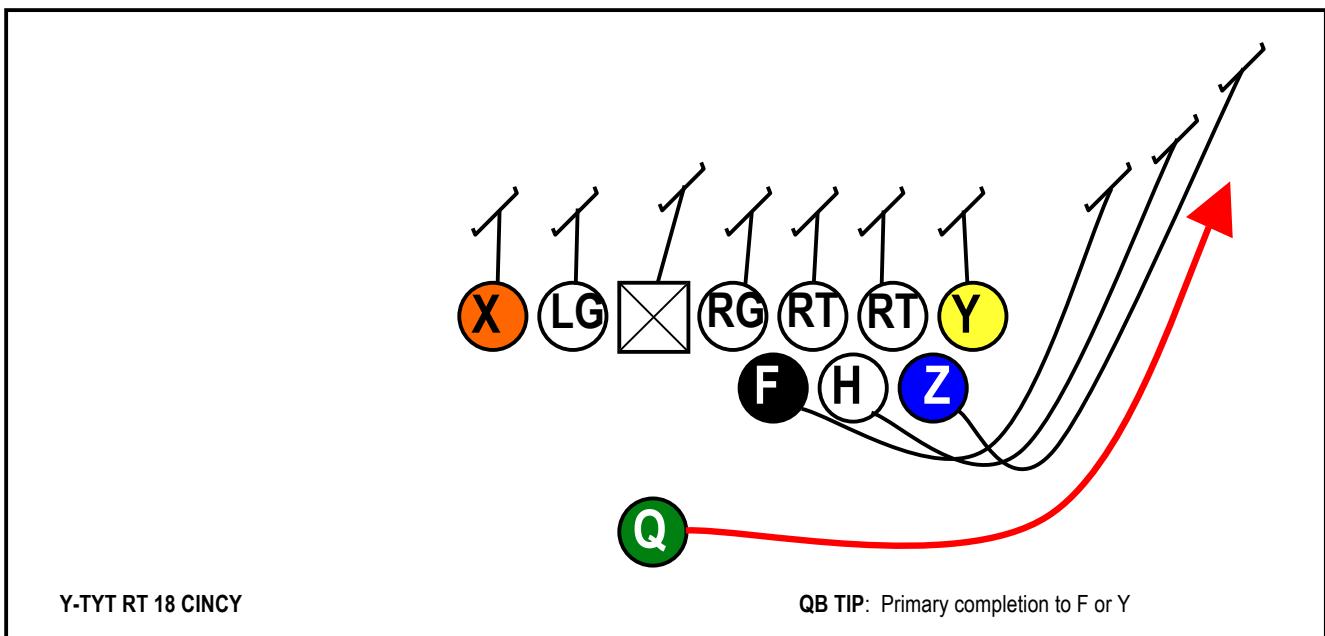


OFFENSIVE PLAYBOOK

CINCY

Y-TYT

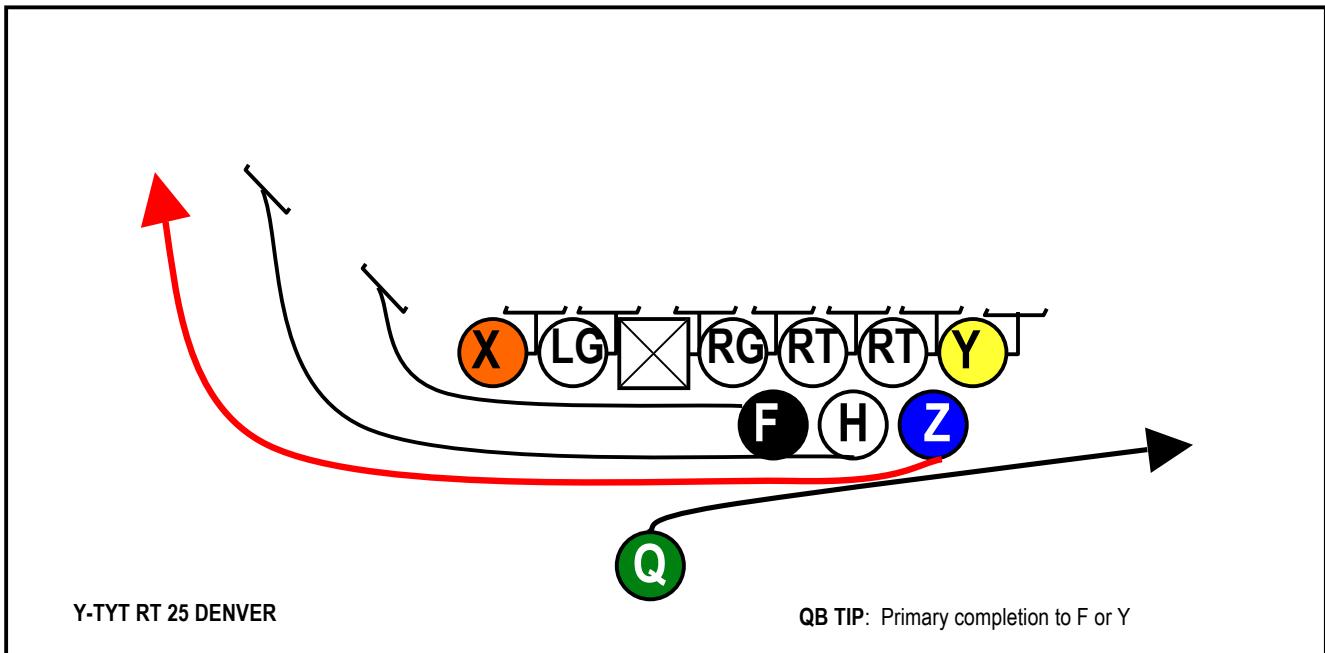
Y-TYT 18 – 19 CINCY (Sweep)



DENVER

Y-TYT

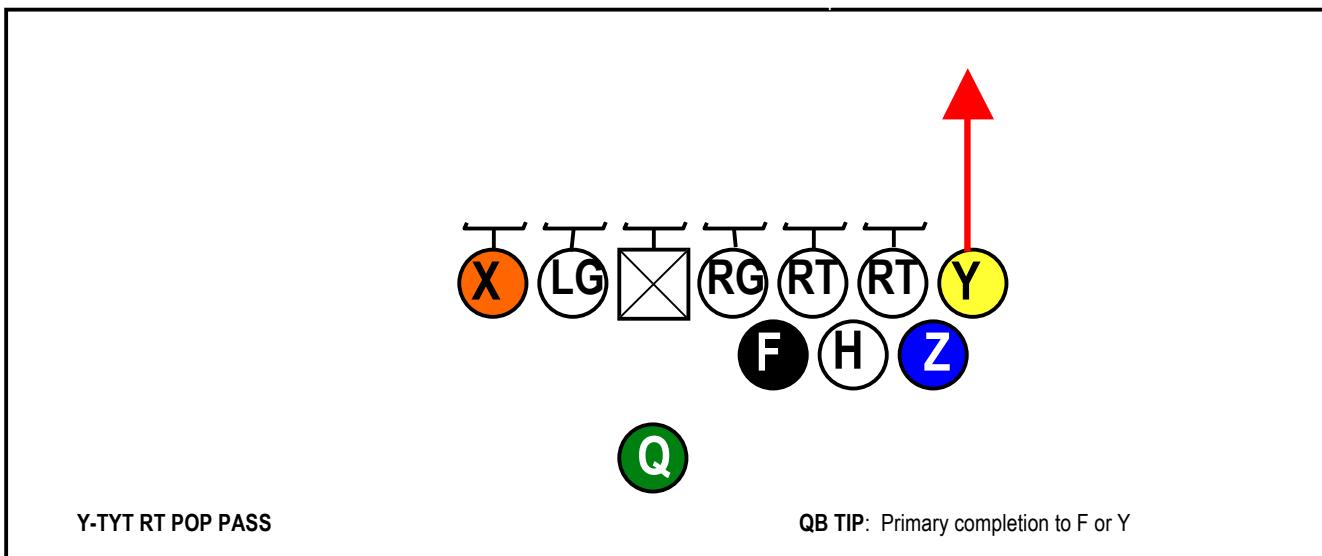
Y-TYT Z5 – Z6 DENVER (Counter)



POP PASS

Y-TYT

Y-TYT POP PASS

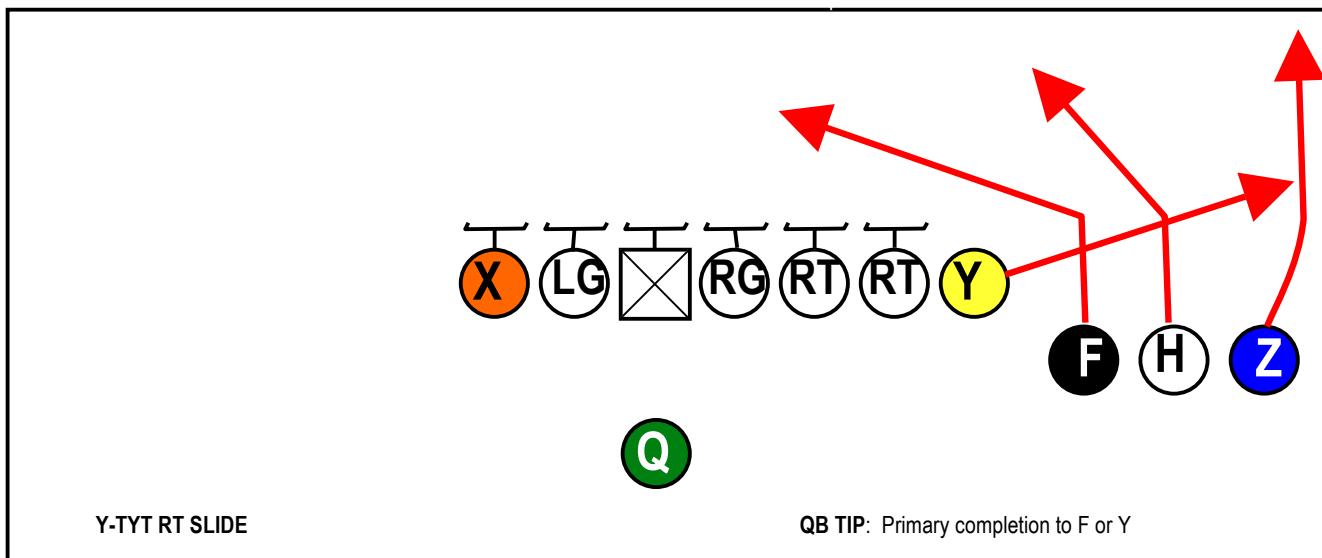


OFFENSIVE PLAYBOOK

SLIDE

Y-TYT

Y-TYT SLIDE PASS



Passing Plays



OFFENSIVE PLAYBOOK

PASSING PLAYS

I. 3 Step Plays:

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

II. 5 Step Plays:

Play Name:	Formation(s):	Blocking:
1. WAVE	Quads, Quads TYT, King & Trips	MOM – Man on Man
2. STORM	Quads, Quads TYT, King & Trips	MOM – Man on Man
3. FUNNEL	Quads, Quads TYT, King & Trips	MOM – Man on Man

III. Screen Plays:

Play Name:	Formation(s):	Blocking:
1. BANDIT:	Quads, Quads TYT, King & Trips	(Slide-Rip or Liz Block)
2. BANJO:	Quads, Quads TYT, King & Trips	(Slide-Rip or Liz Block)
3. RABBIT:	Quads, King, Trips	(Slide-MOM Run Block)

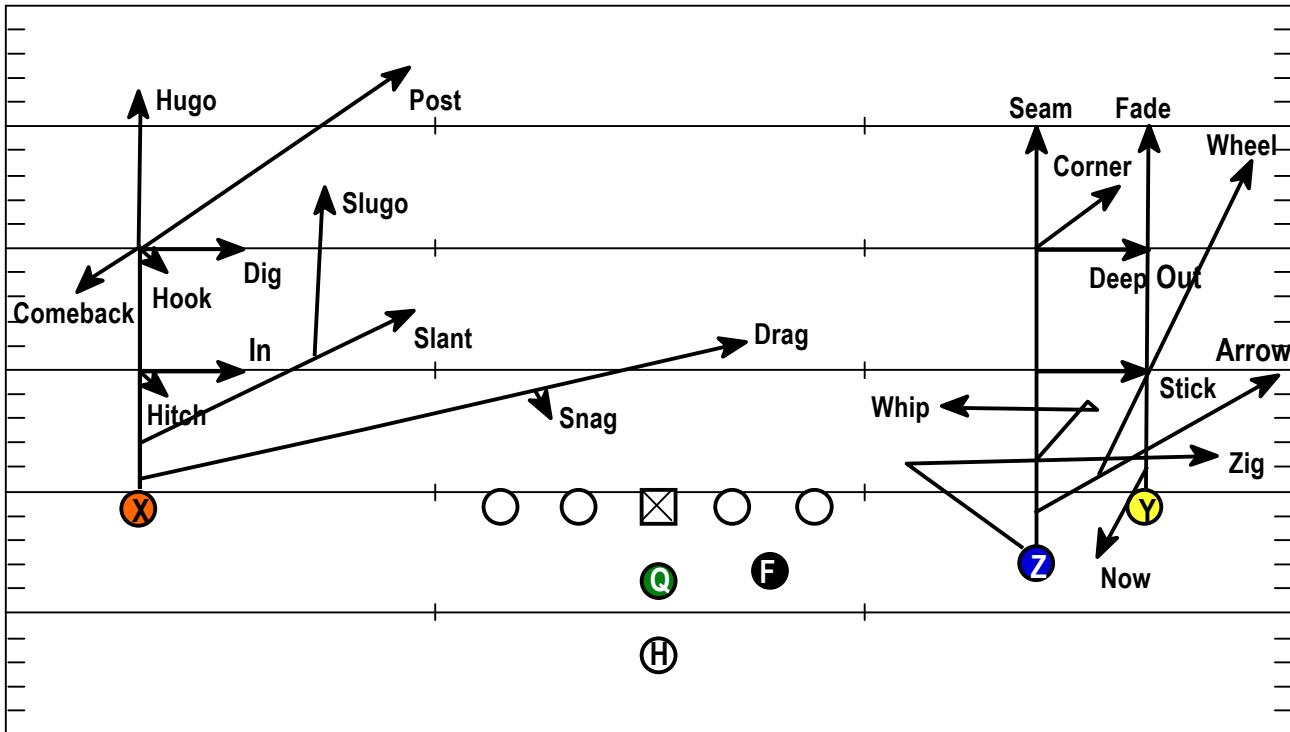
IV. PAP (Play Action Pass) Plays:

Play Name:	Formation(s):	Blocking:
1. RUB:	King	(Slide-Rip or Liz Block)
2. FOG:	Quads TYT, King	(Slide-Rip or Liz Block)

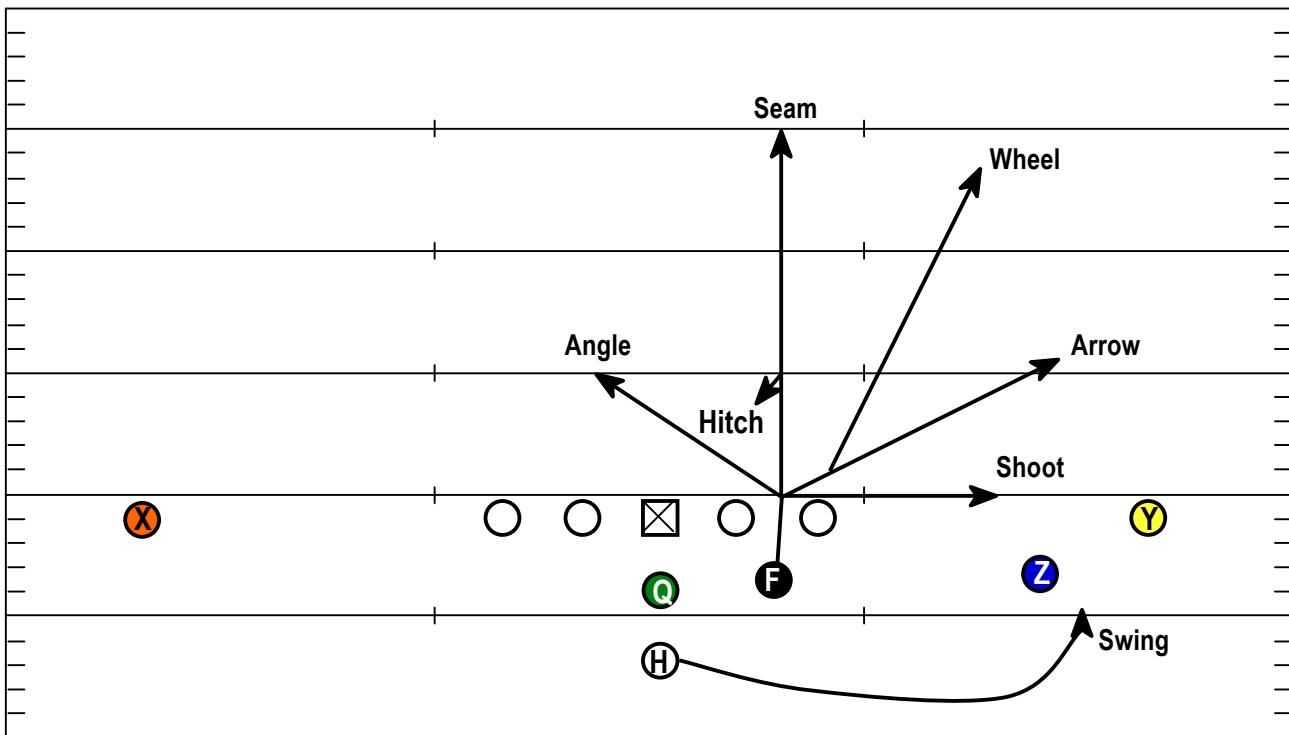


OFFENSIVE PLAYBOOK

RECEIVER PASS ROUTES



RUNNING BACK PASS ROUTES



3 Step Pass Plays



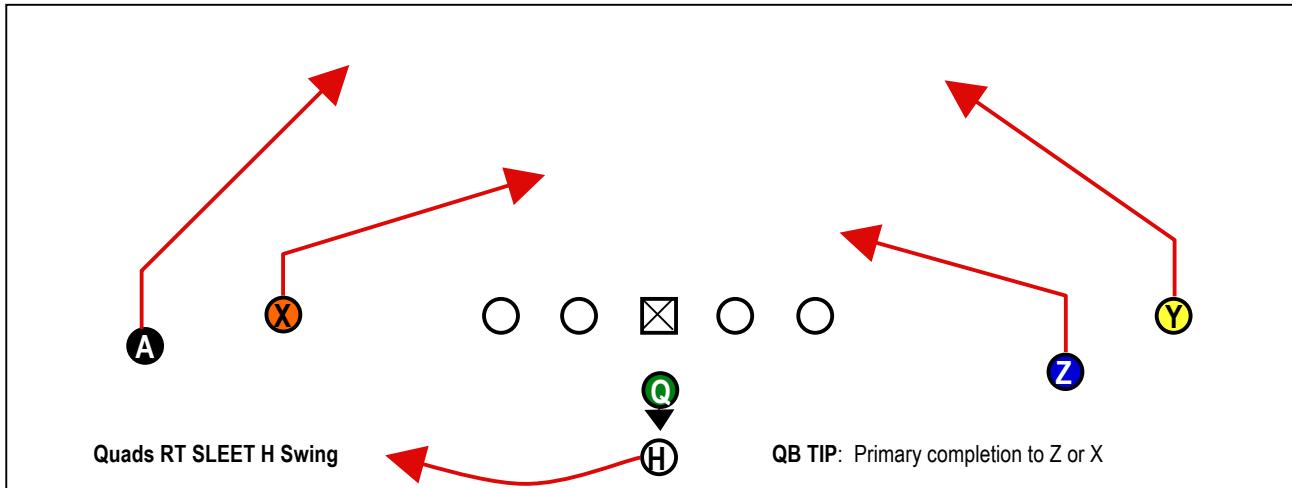
OFFENSIVE PLAYBOOK

SLEET

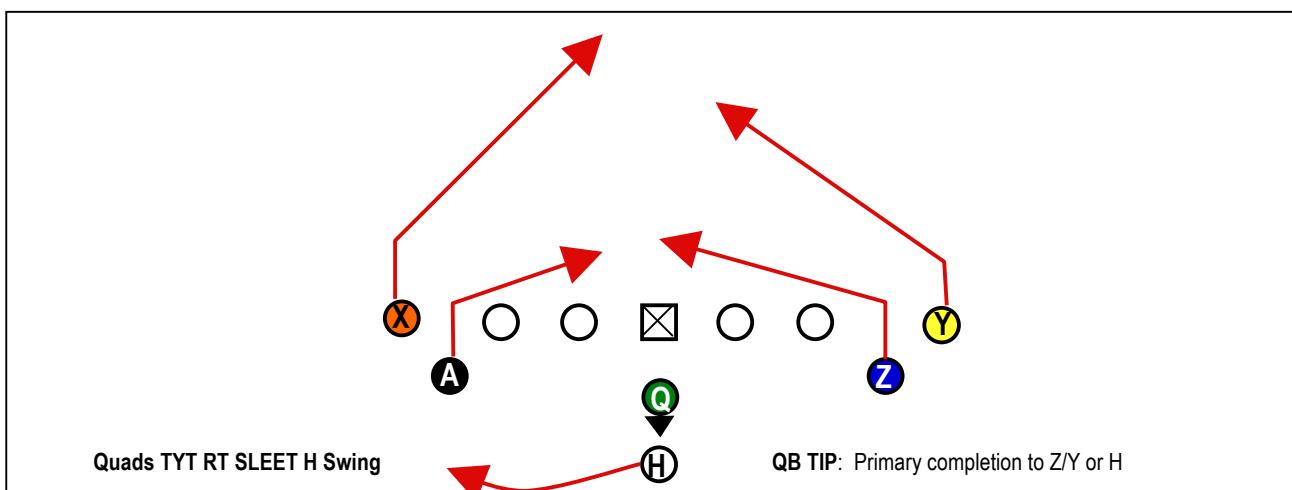
(Slants)

Quads, Quads TYT,
King & Trips

Quads



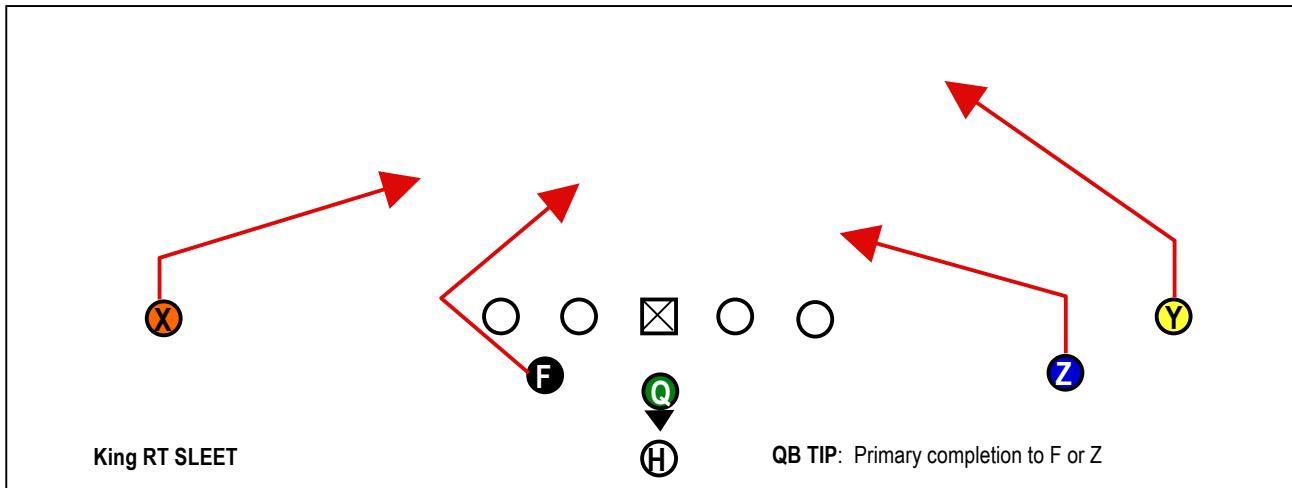
Quads TYT



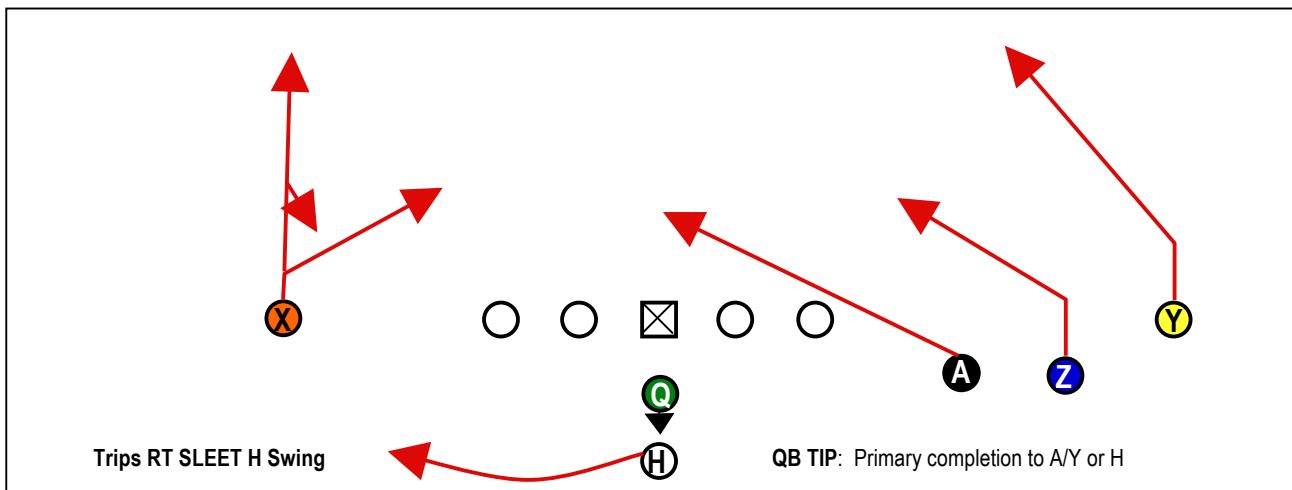
OFFENSIVE PLAYBOOK

SLEET (Slants)

King



Trips



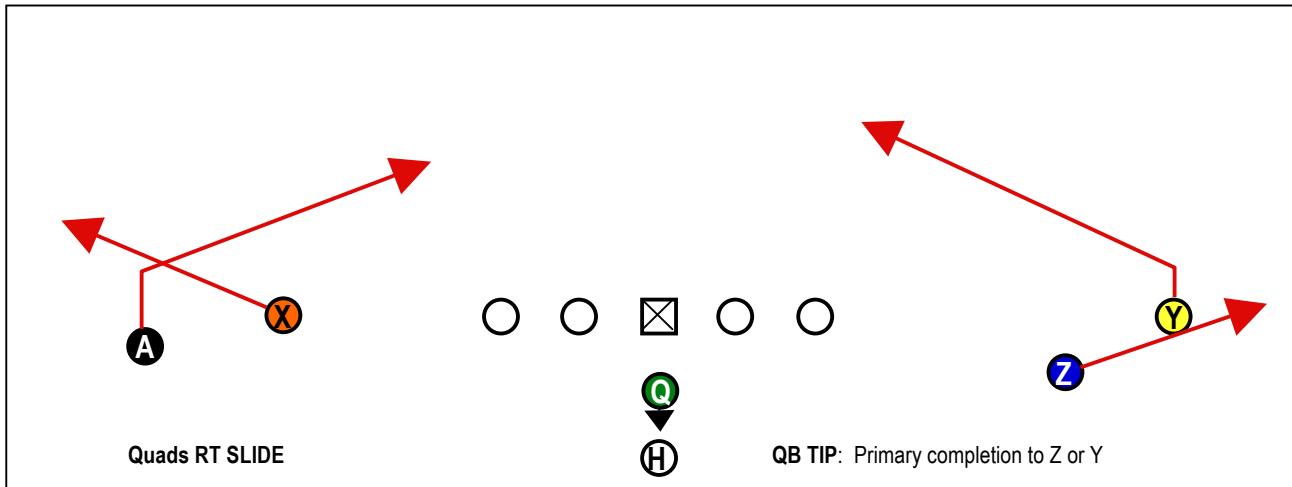
OFFENSIVE PLAYBOOK

SLIDE

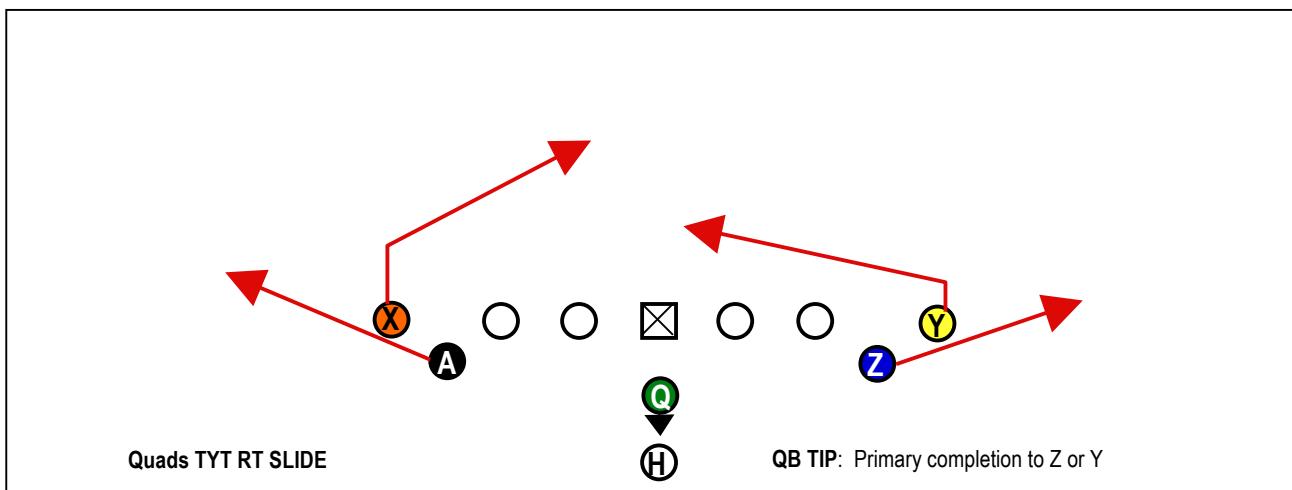
(Slant-Arrow)

Quads, Quads TYT,
King & Trips

Quads



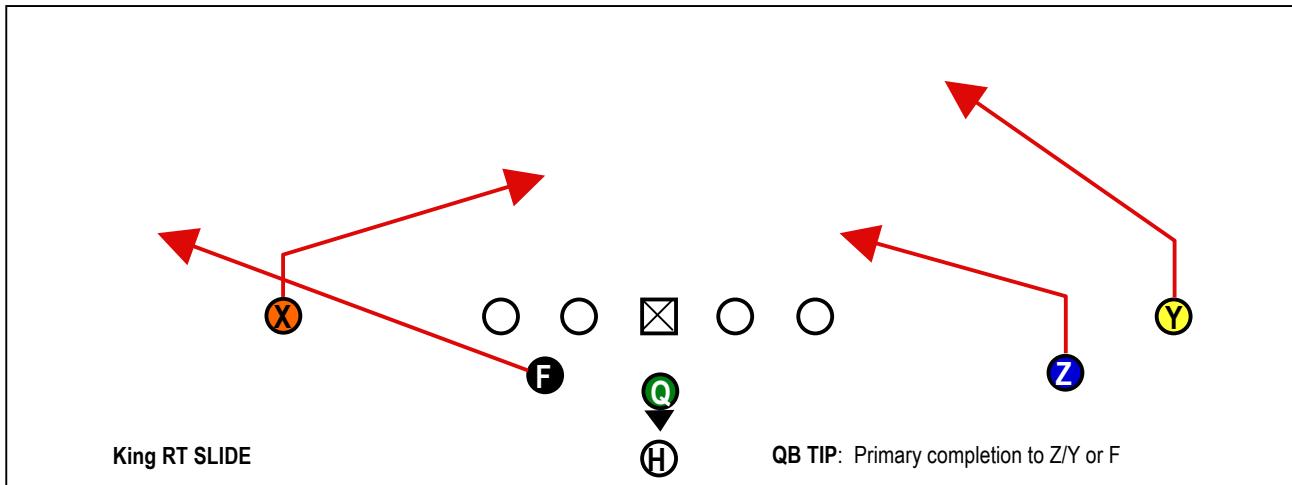
Quads TYT



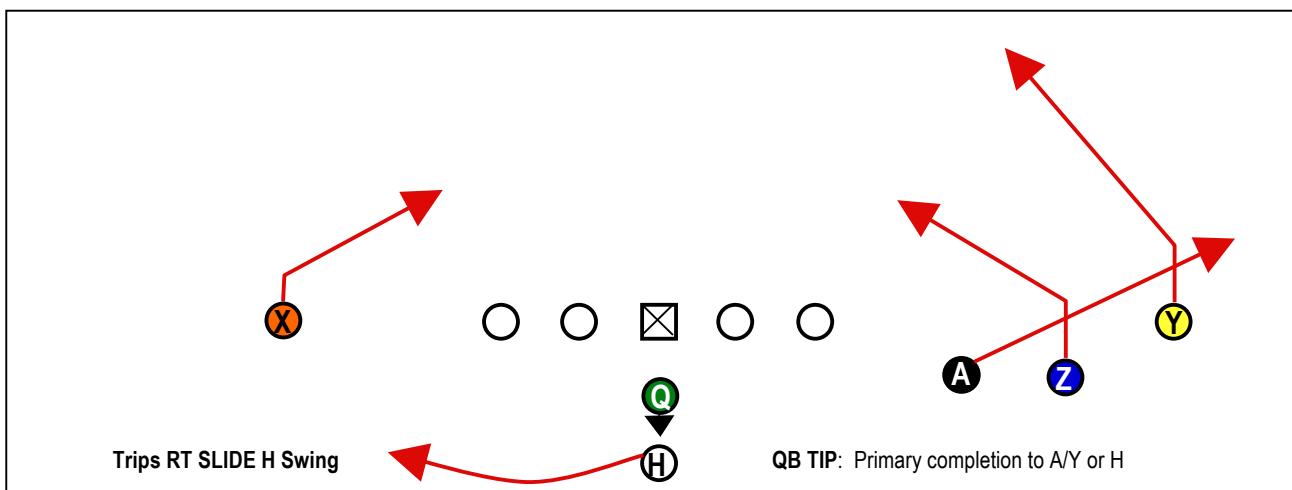
OFFENSIVE PLAYBOOK

SLIDE (Slant-Arrow)

King



Trips

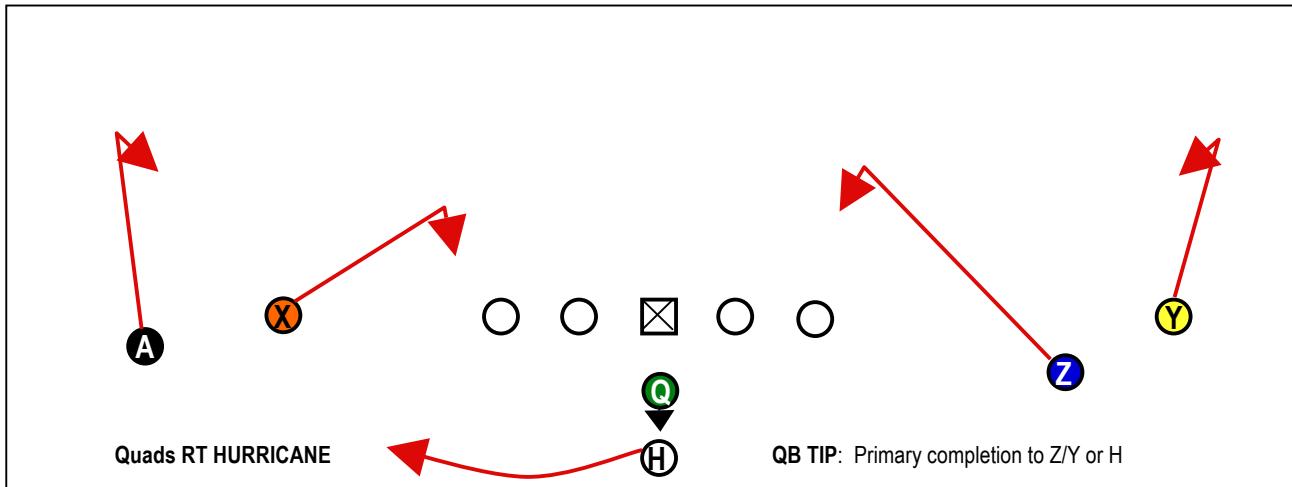


HURRICANE

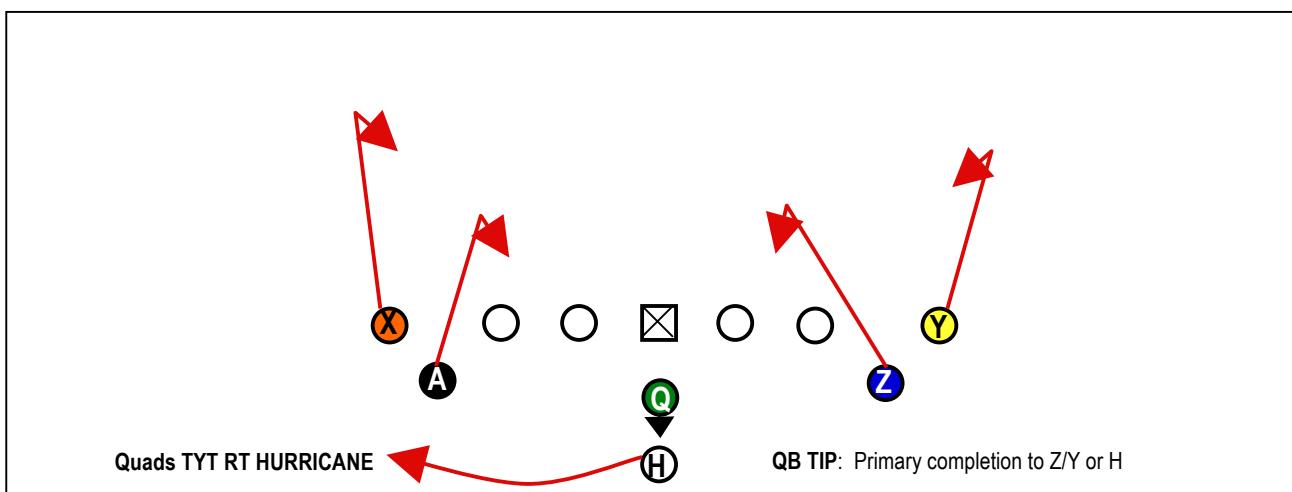
(Hitches)

Quads, Quads TYT,
King & Trips

Quads



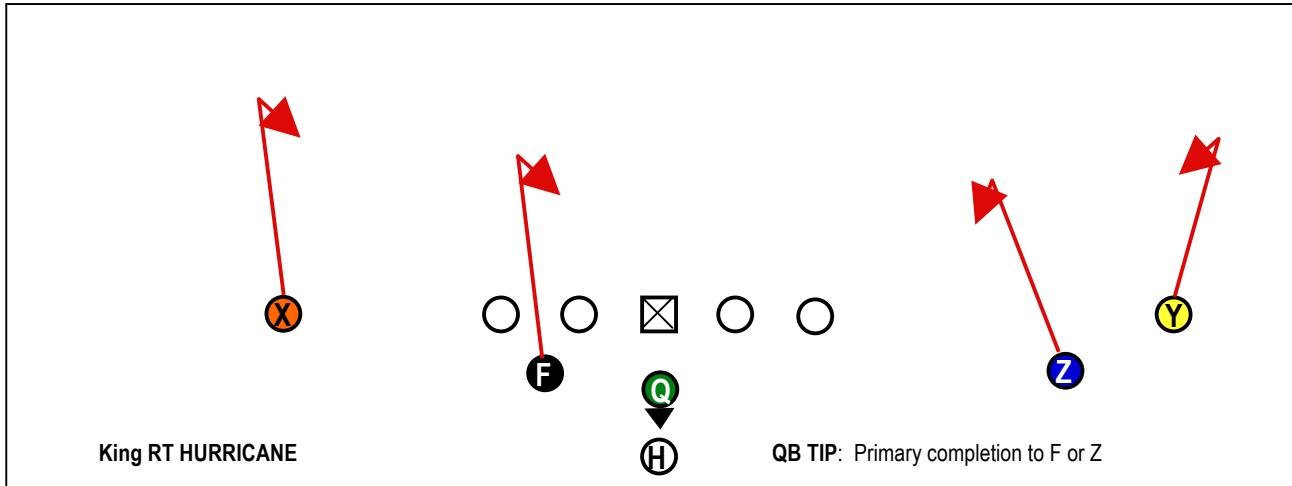
Quads TYT



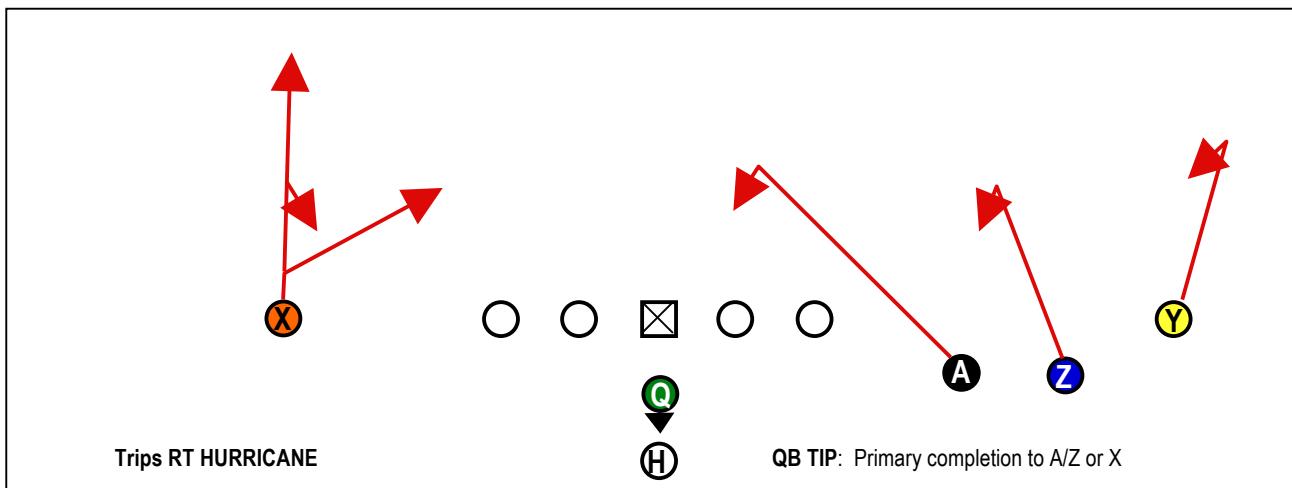
OFFENSIVE PLAYBOOK

HURRICANE (Hitches)

King



Trips

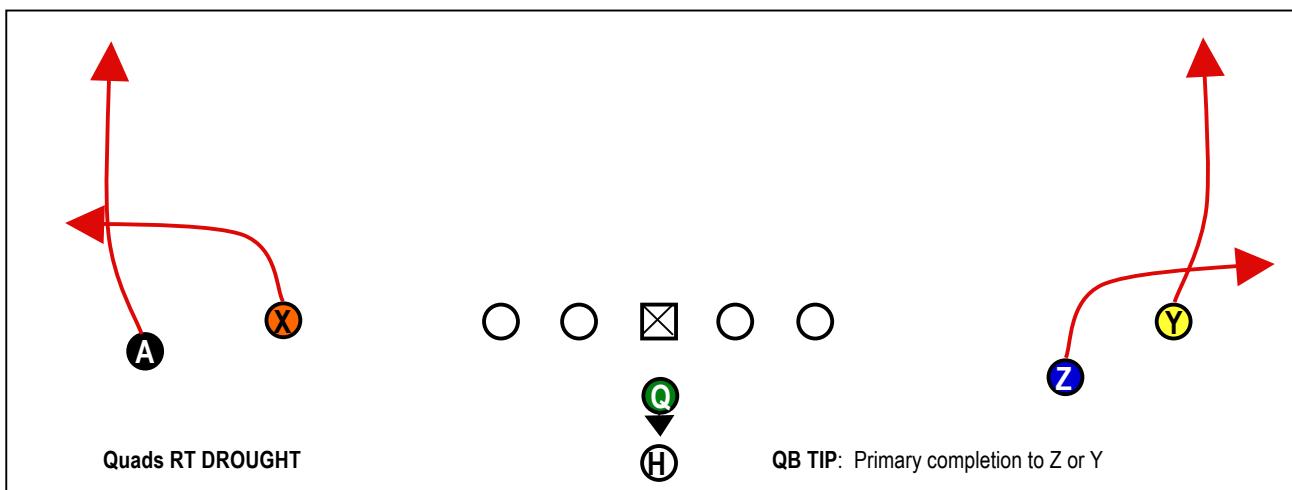


DROUGHT

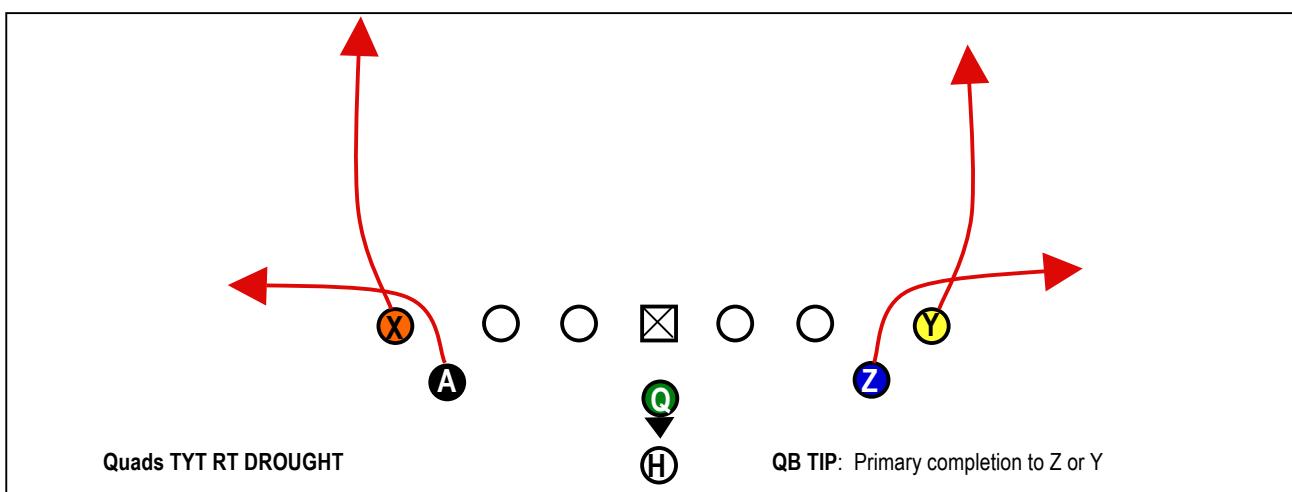
(Fade-Speed Out)

Quads, Quads TYT,
King & Trips

Quads



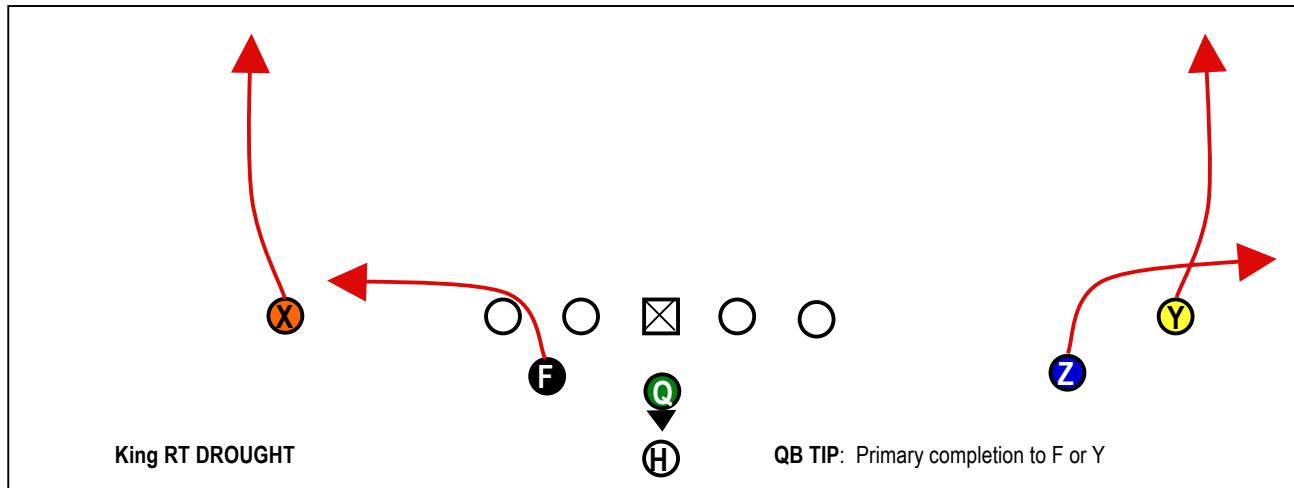
Quads TYT



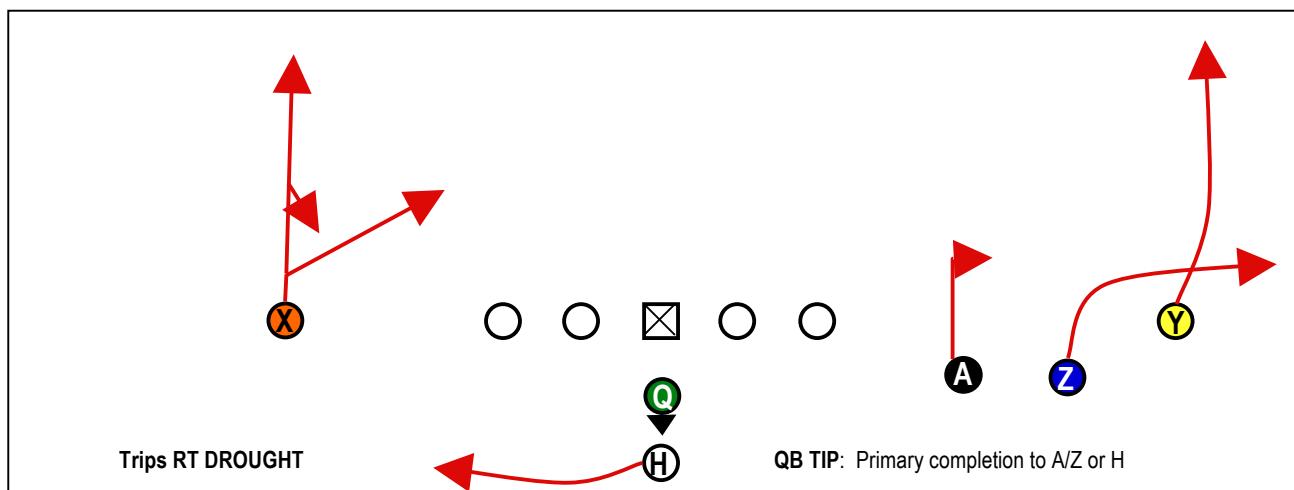
OFFENSIVE PLAYBOOK

DROUGHT (Fade-Speed Out)

King



Trips



5 Step Pass Plays



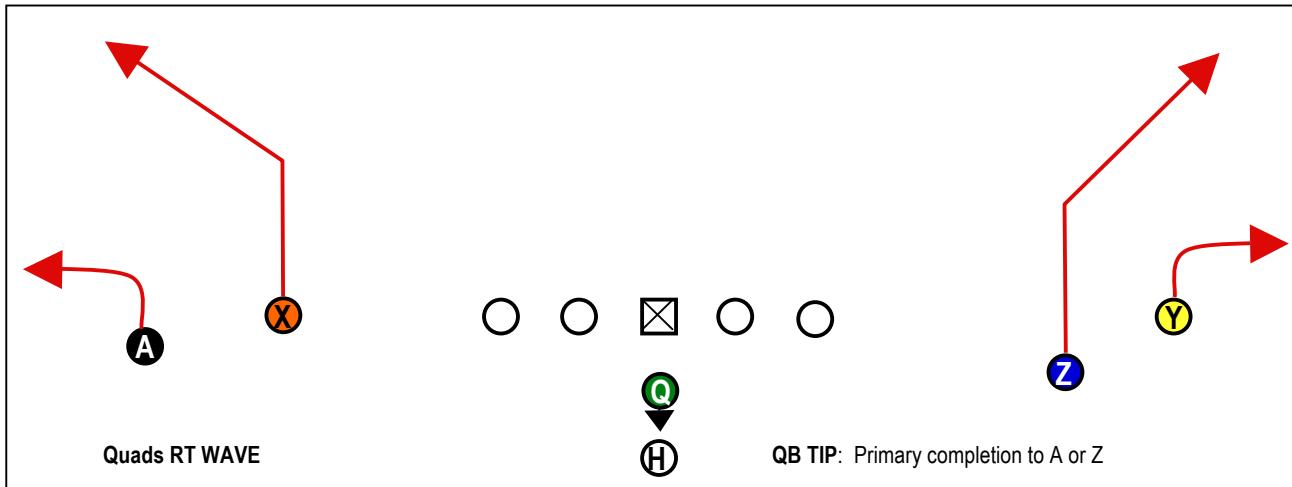
OFFENSIVE PLAYBOOK

WAVE

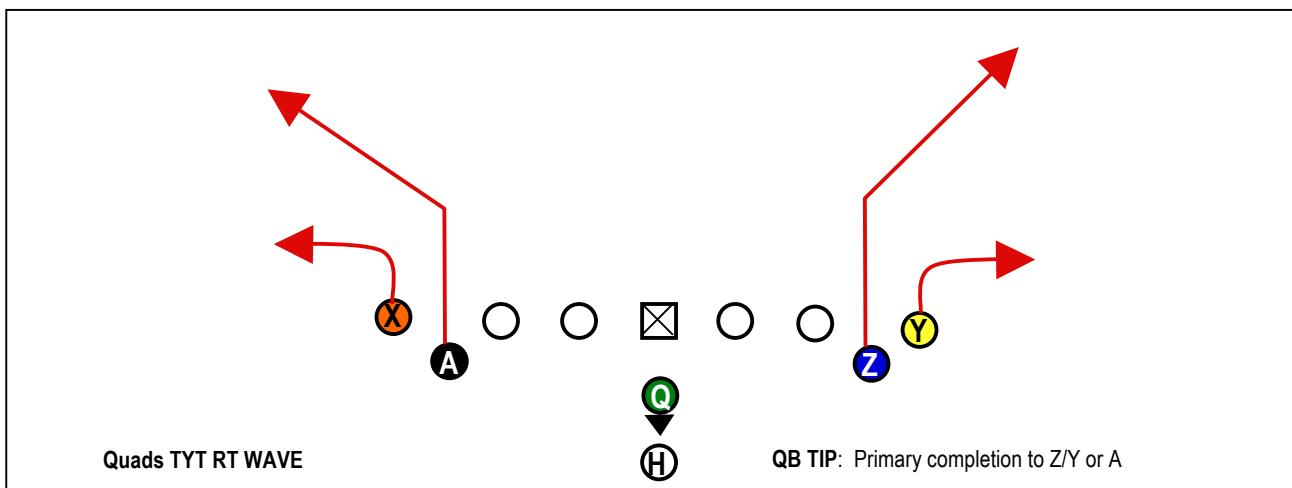
(Speed Out-Corner)

Quads, Quads TYT,
King & Trips

Quads



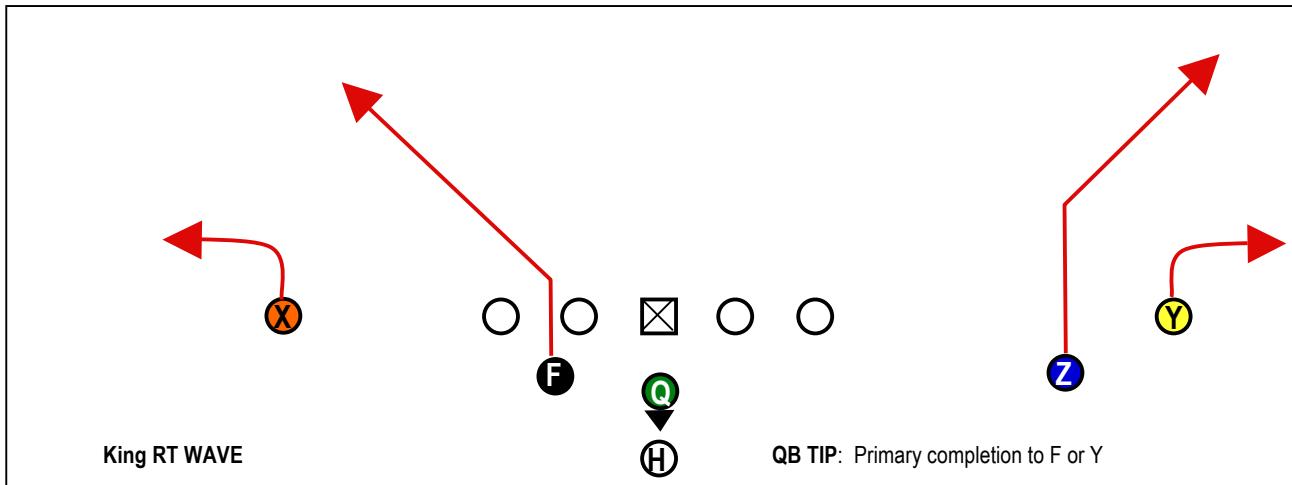
Quads TYT



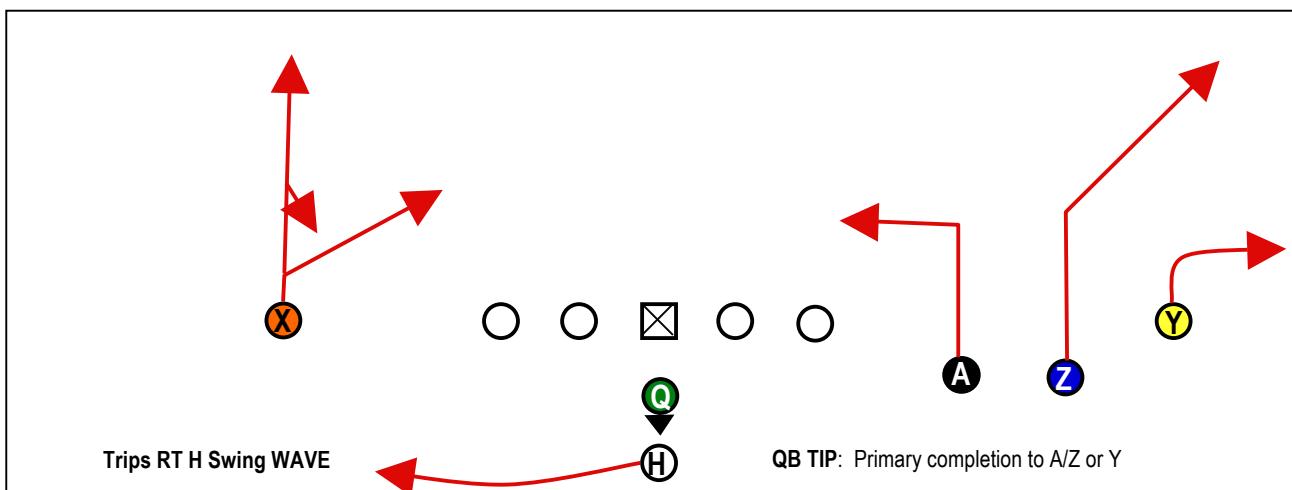
OFFENSIVE PLAYBOOK

WAVE (Speed Out-Corner)

King



Trips

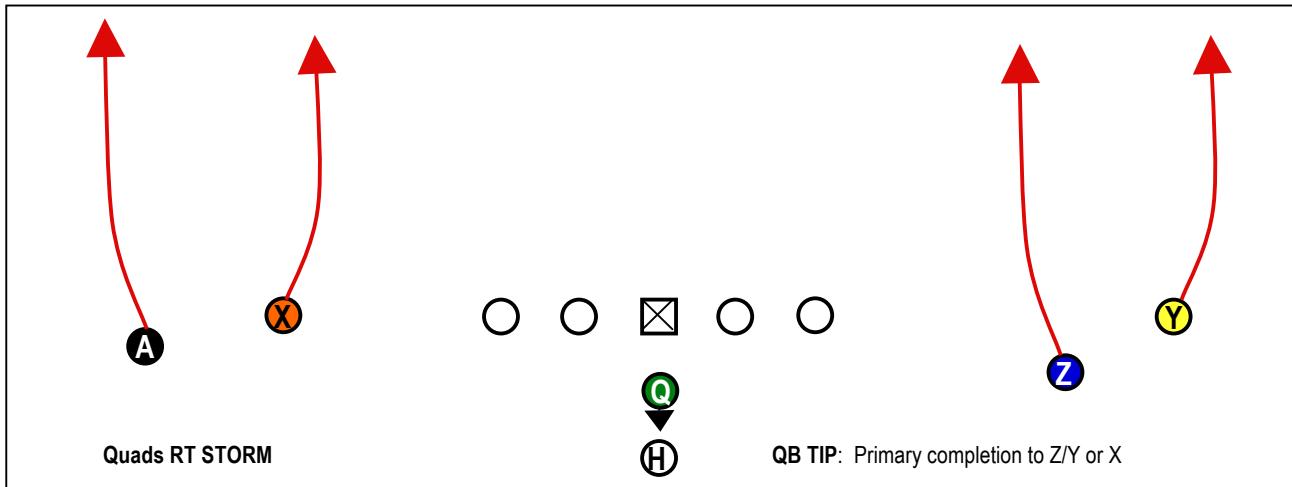


STORM

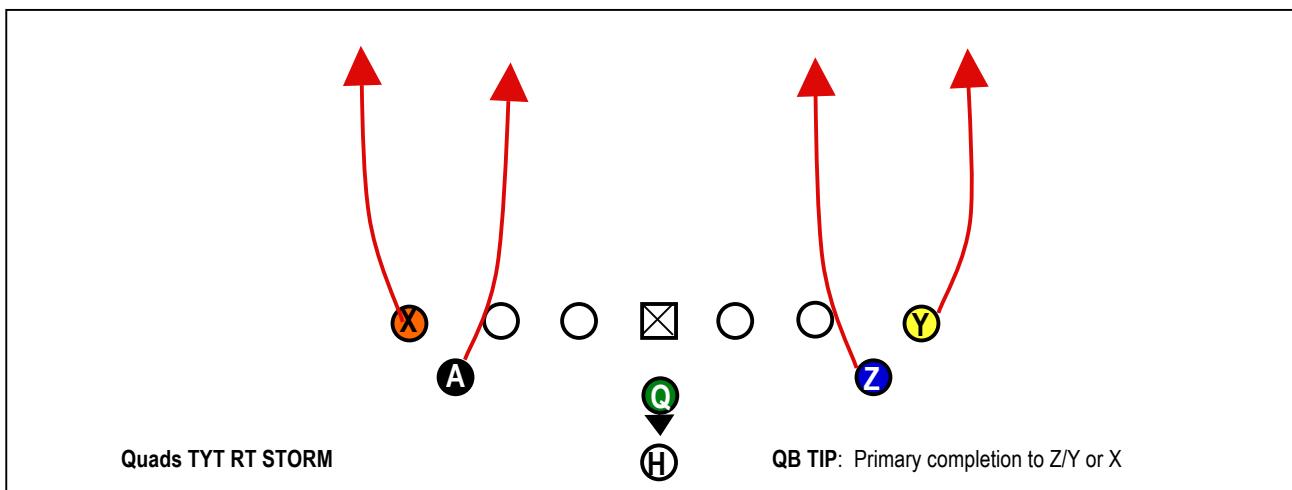
(Verts)

Quads, Quads TYT,
King & Trips

Quads



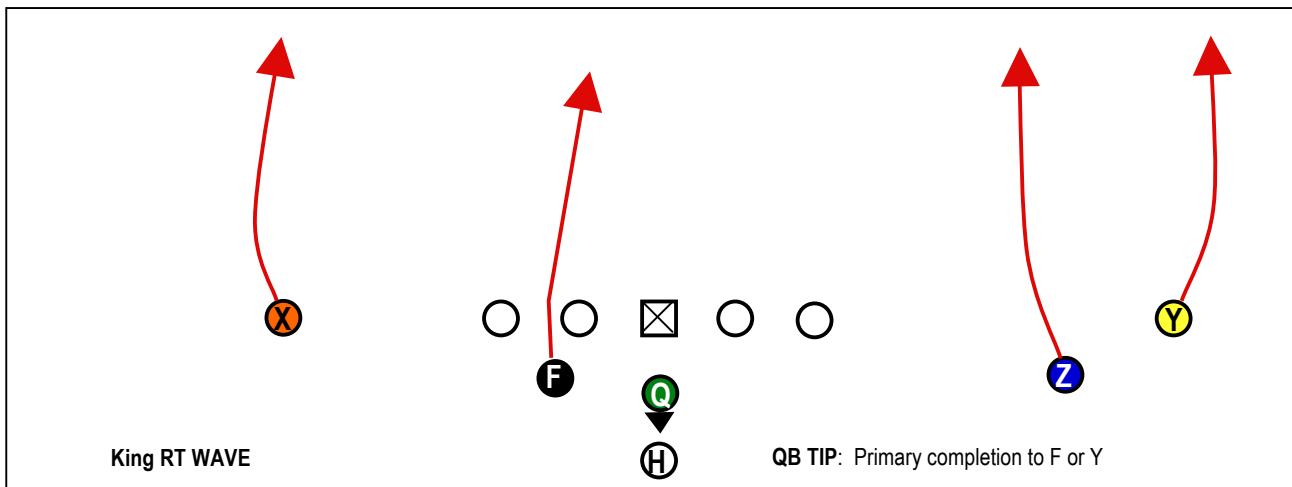
Quads TYT



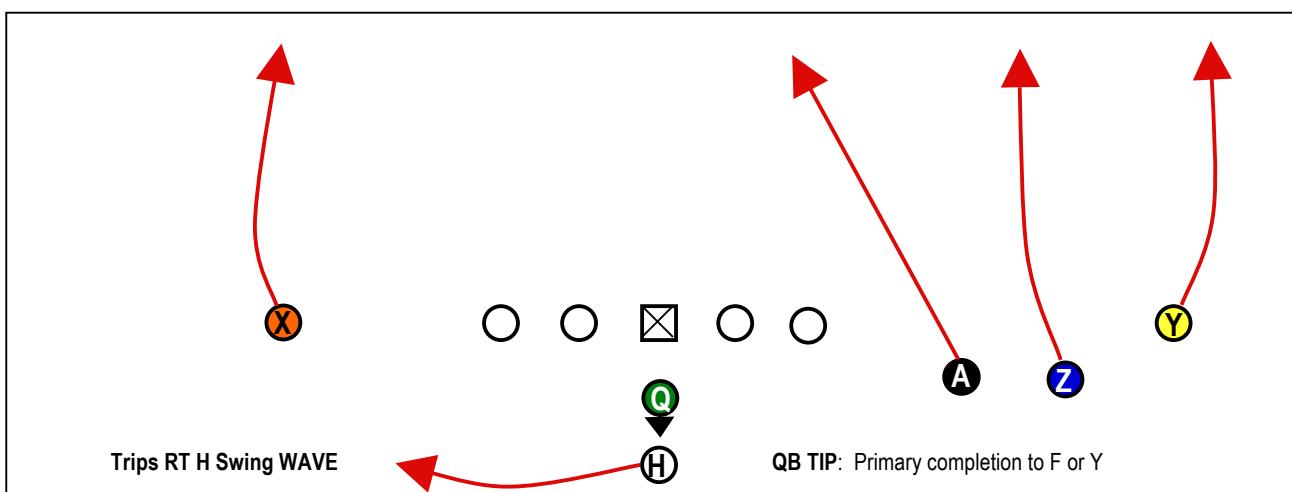
OFFENSIVE PLAYBOOK

STORM (Verts)

King



Trips



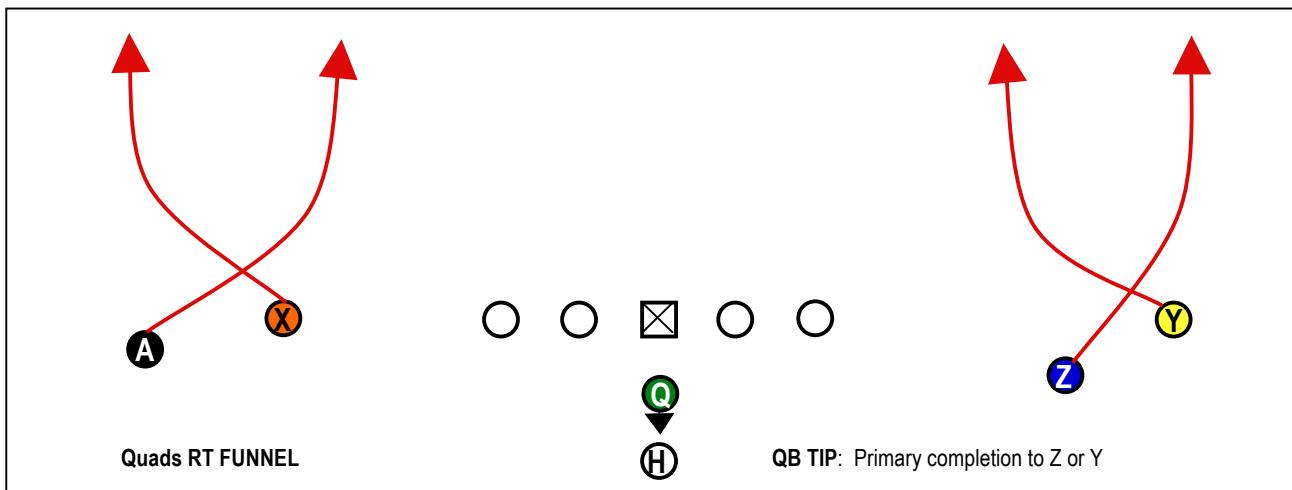
FUNNEL

(Fade-Seam)

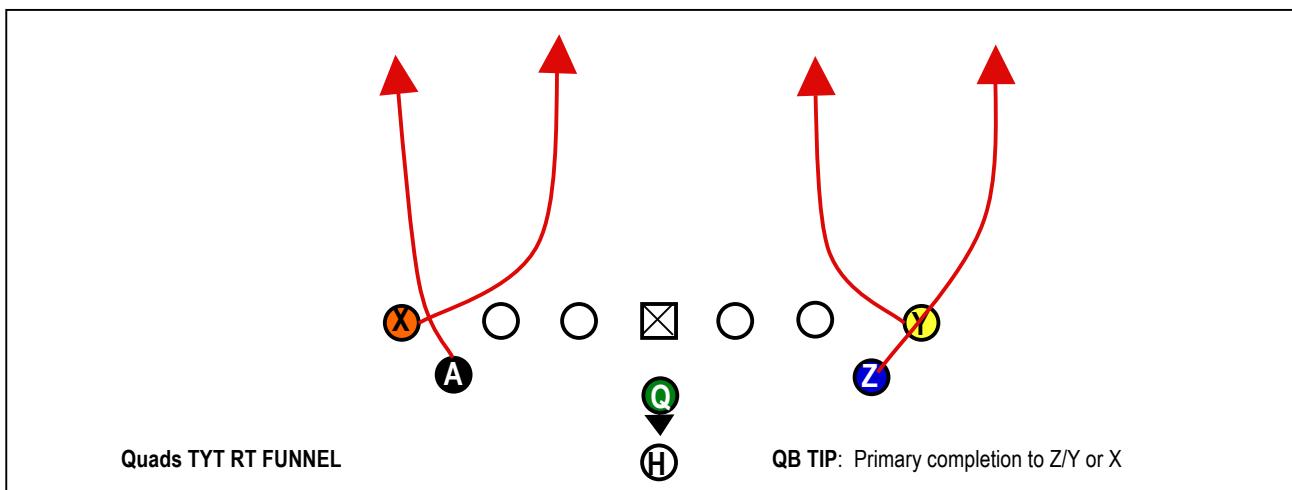
Quads, Quads TYT

King & Trips

Quads



Quads TYT

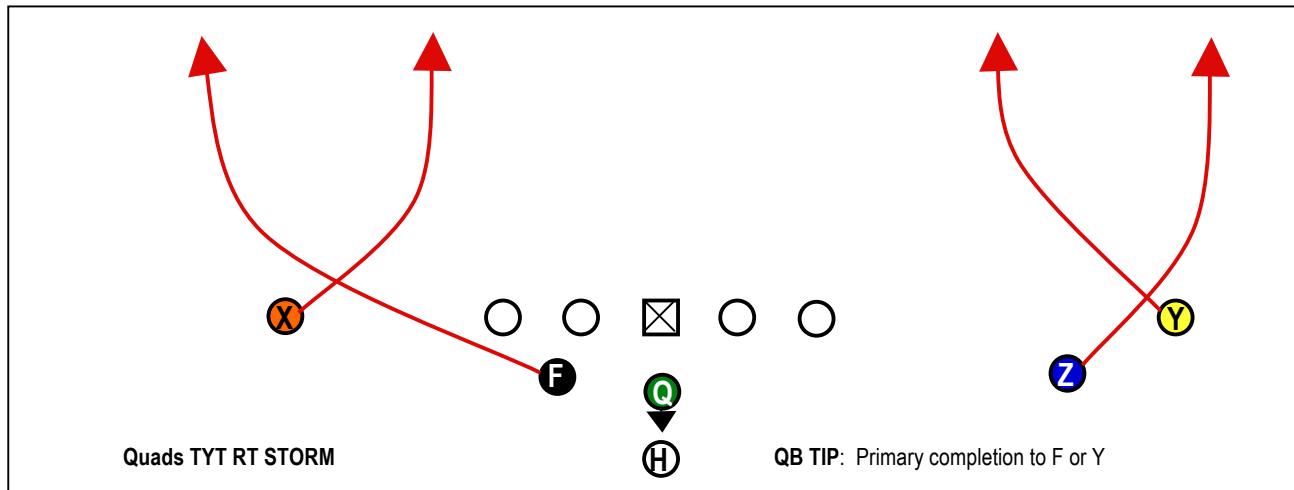


FUNNEL (Fade-Seam)

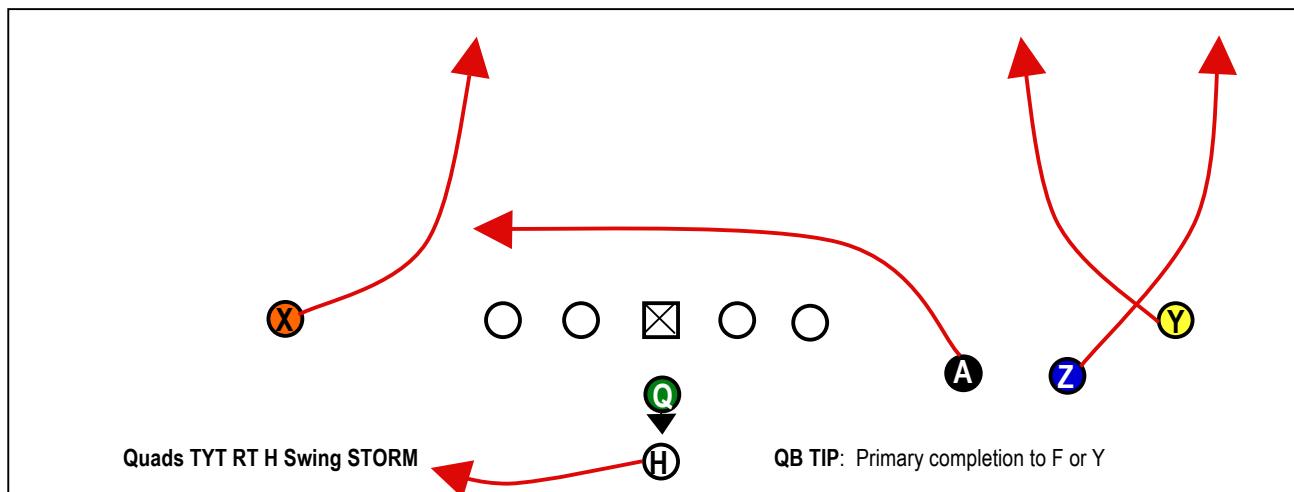


OFFENSIVE PLAYBOOK

King



Trips



Screen Plays



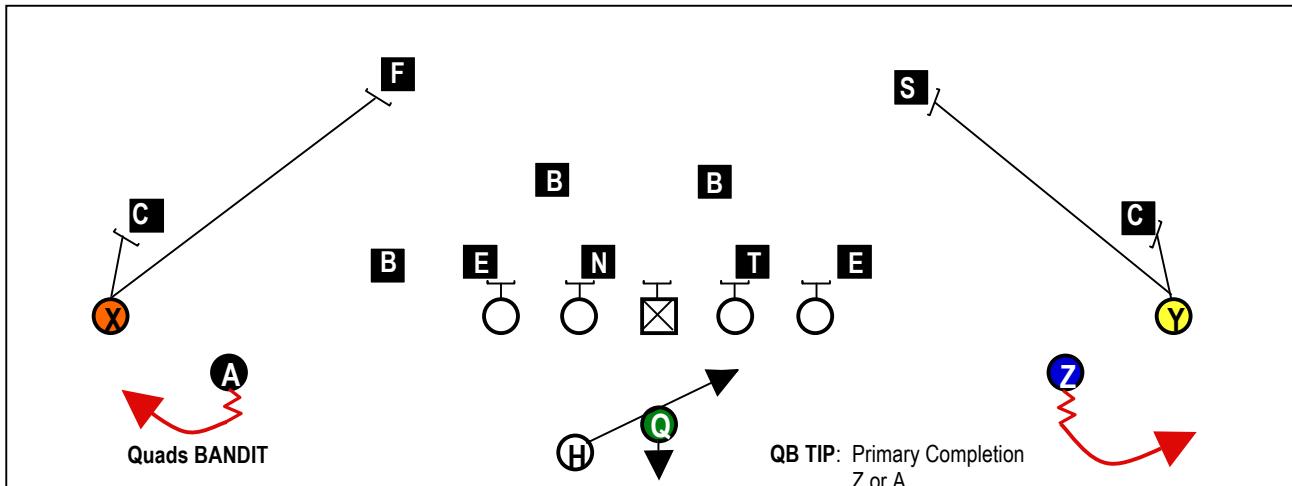
BANDIT

(Bubble)

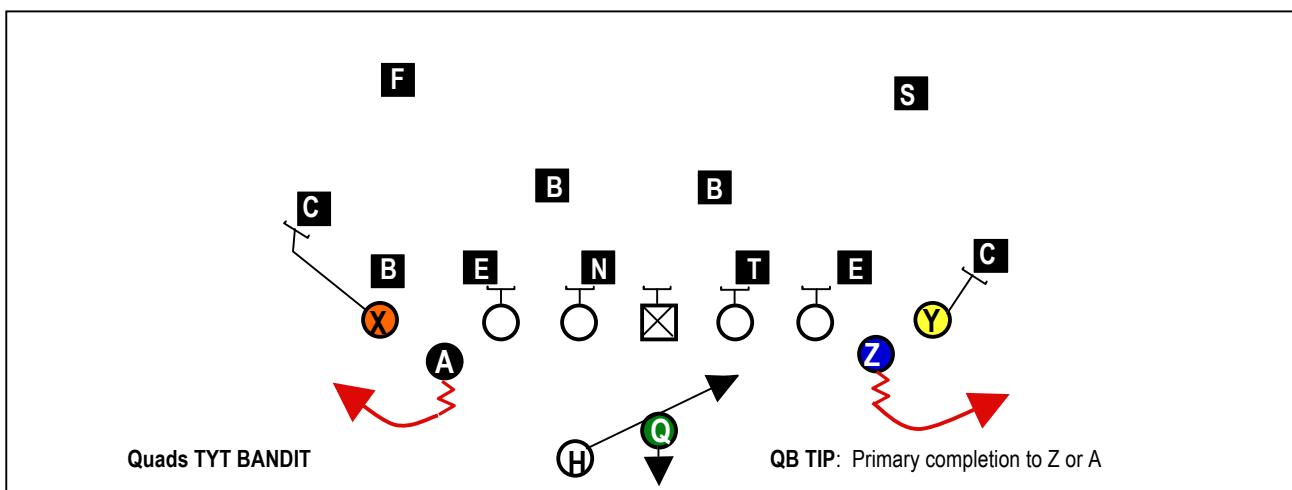
Quads, Quads TYT

King & Trips

Quads



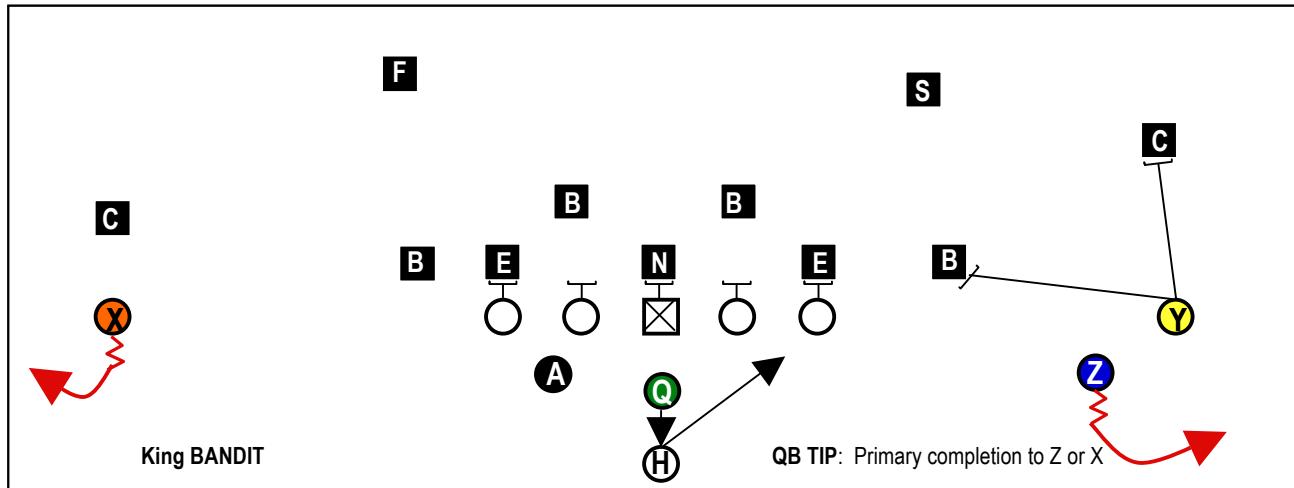
Quads TYT



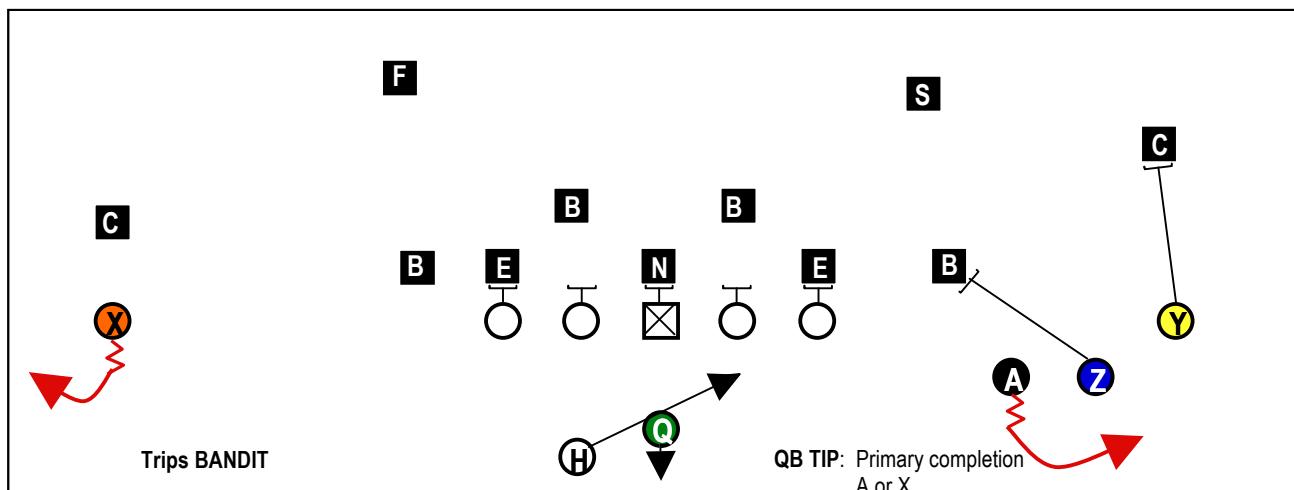
OFFENSIVE PLAYBOOK

BANDIT (Bubble)

King



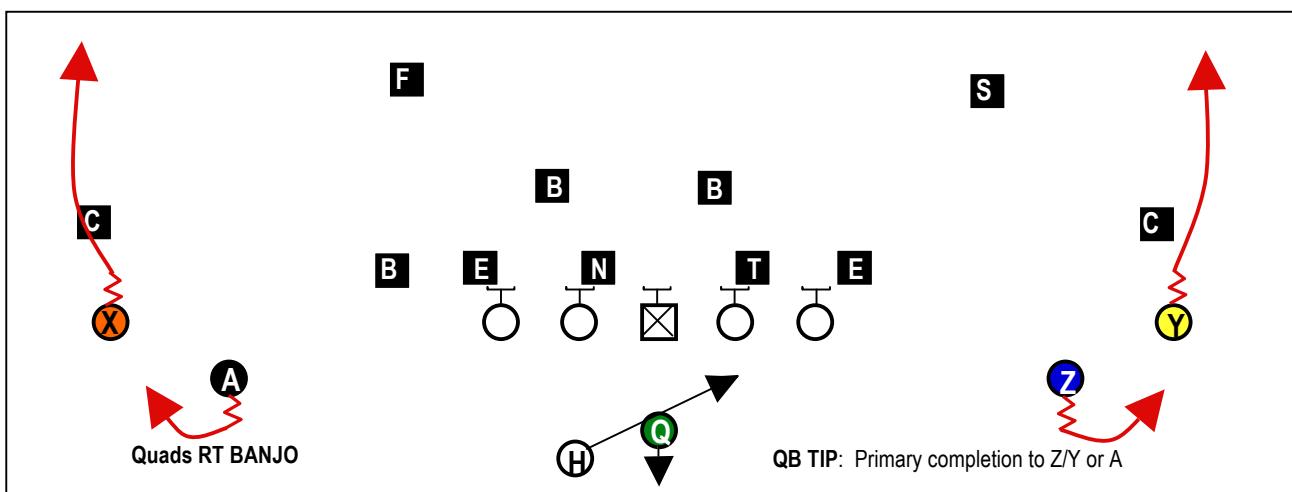
Trips



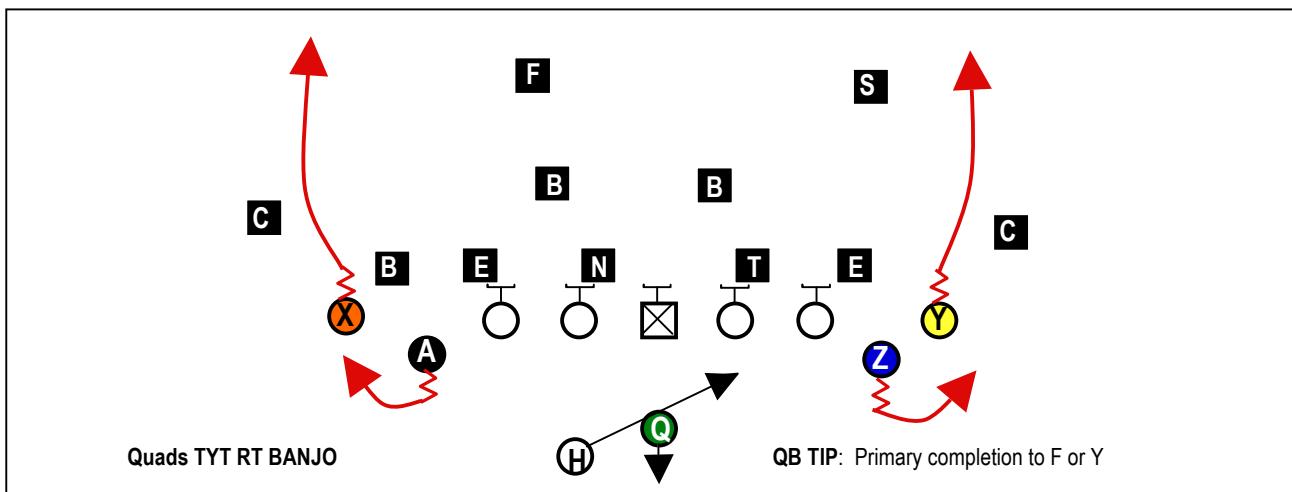
BANJO

(Bubble-Go) Quads, Quads TYT, King & Trips

Quads



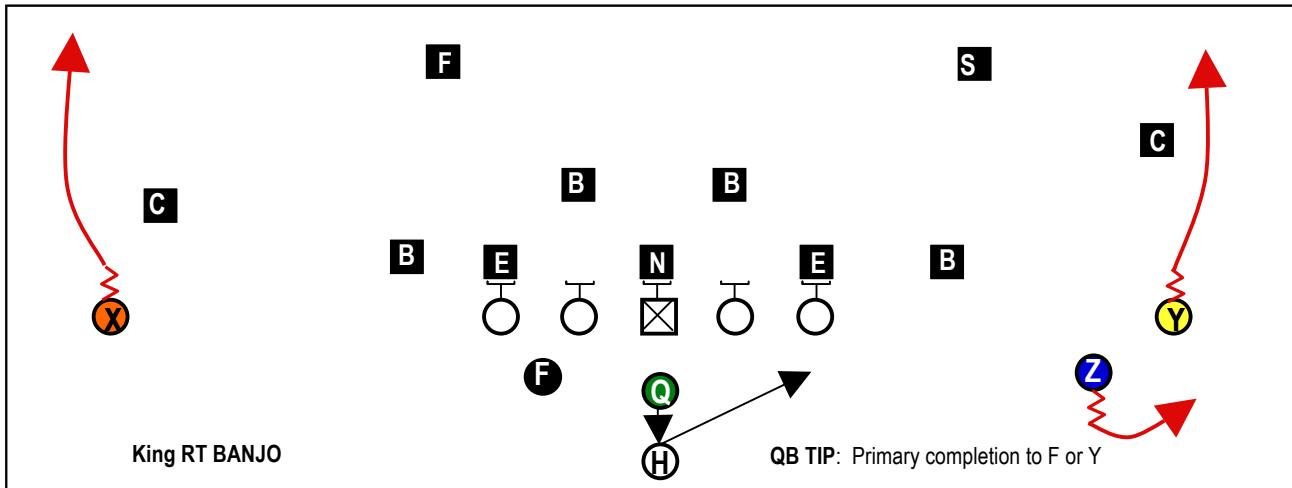
Quads TYT



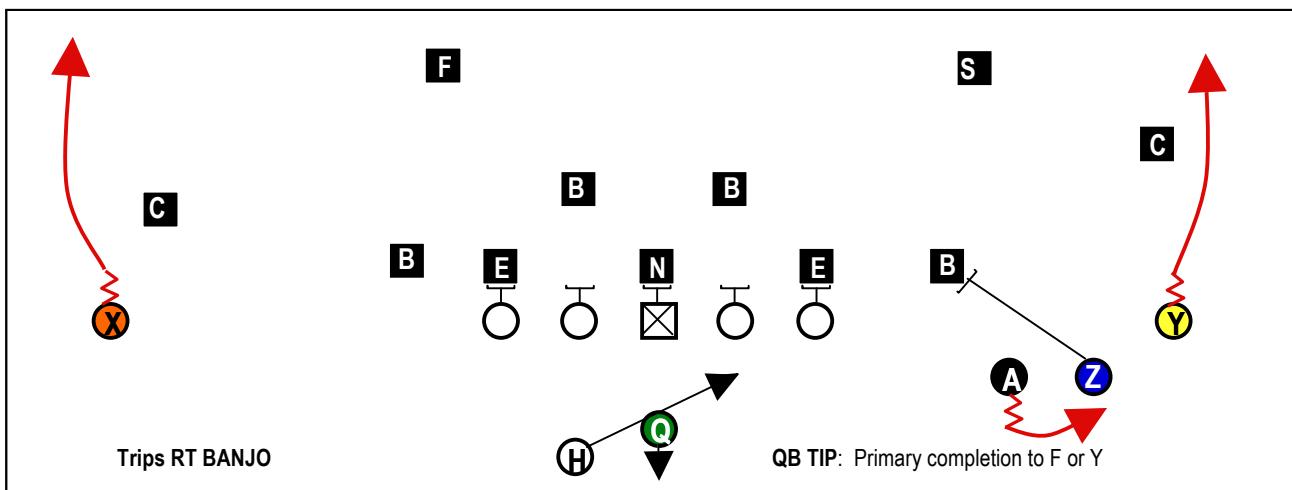
OFFENSIVE PLAYBOOK

BANJO (Bubble-Go)

King



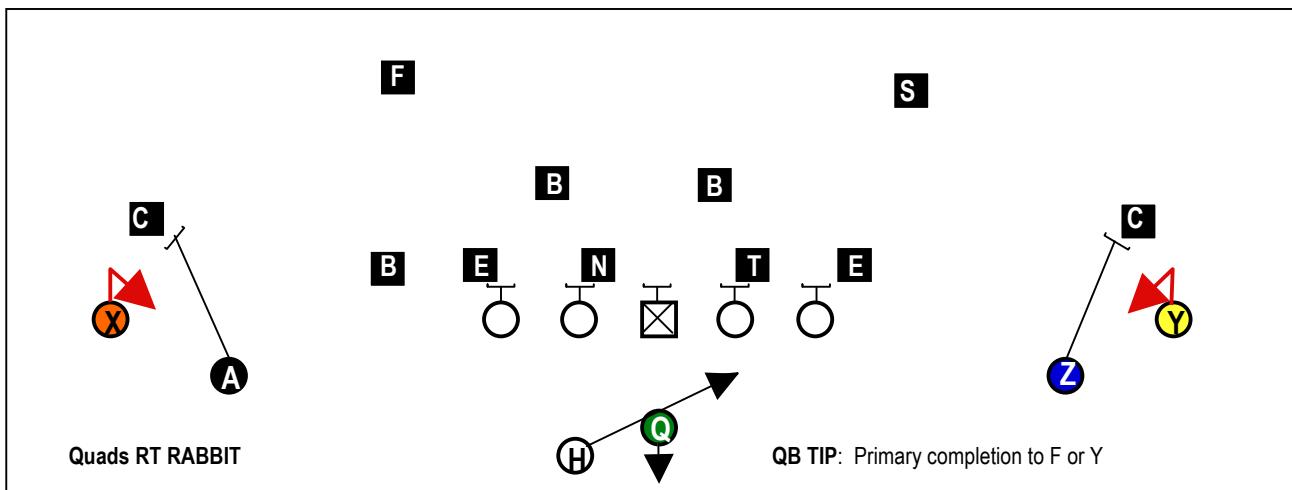
Trips



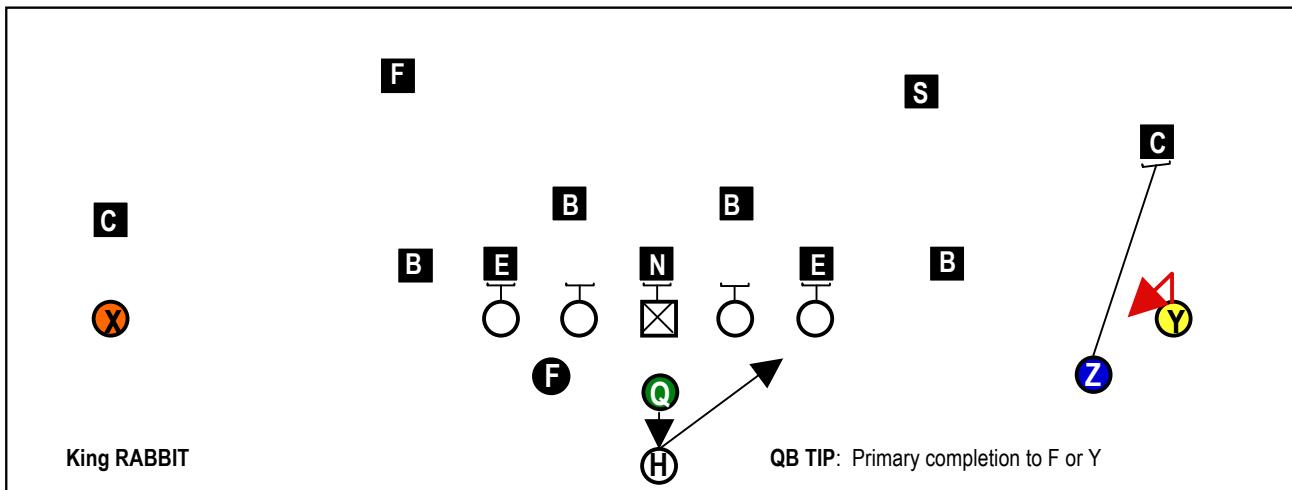
RABBIT

(Now) Quads, King & Trips

Quads



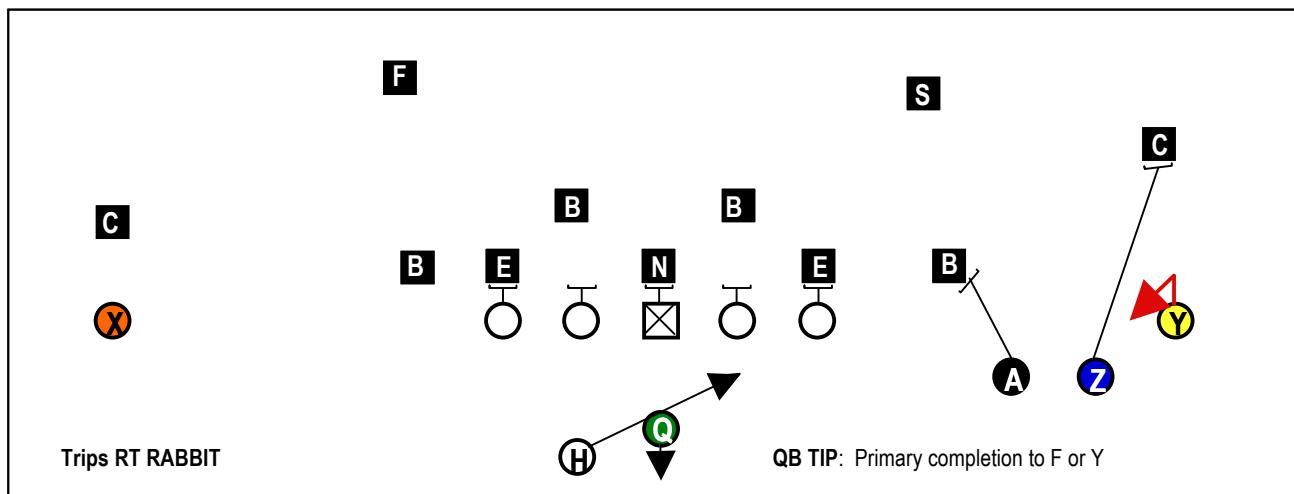
King



OFFENSIVE PLAYBOOK

RABBIT (Now)

Trips



PAP Plays

(Play Action Pass)



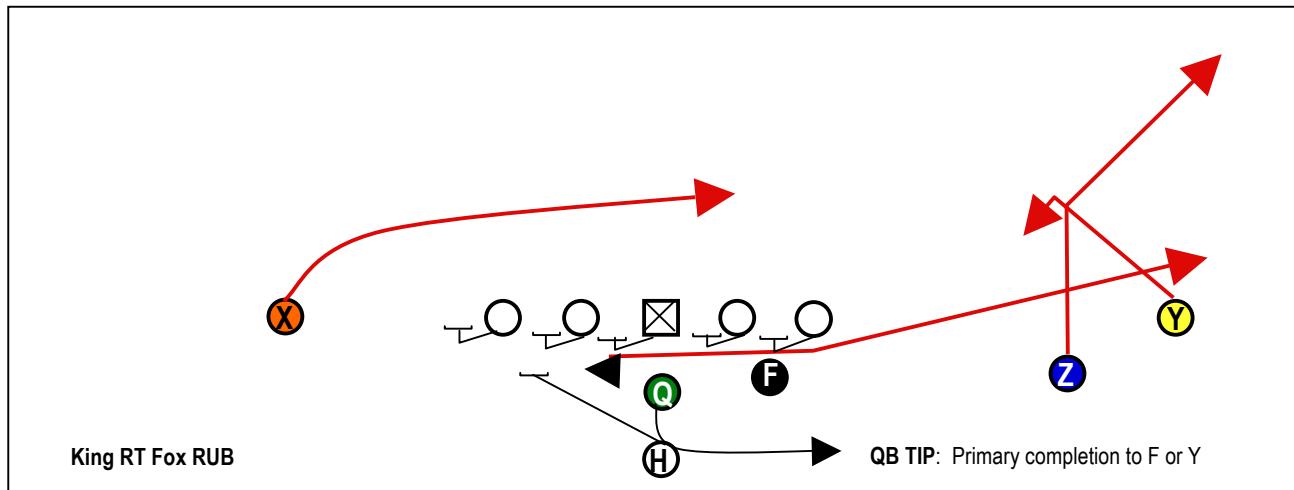
OFFENSIVE PLAYBOOK

RUB

(Hook-Corner-Arrow-Drag)

King

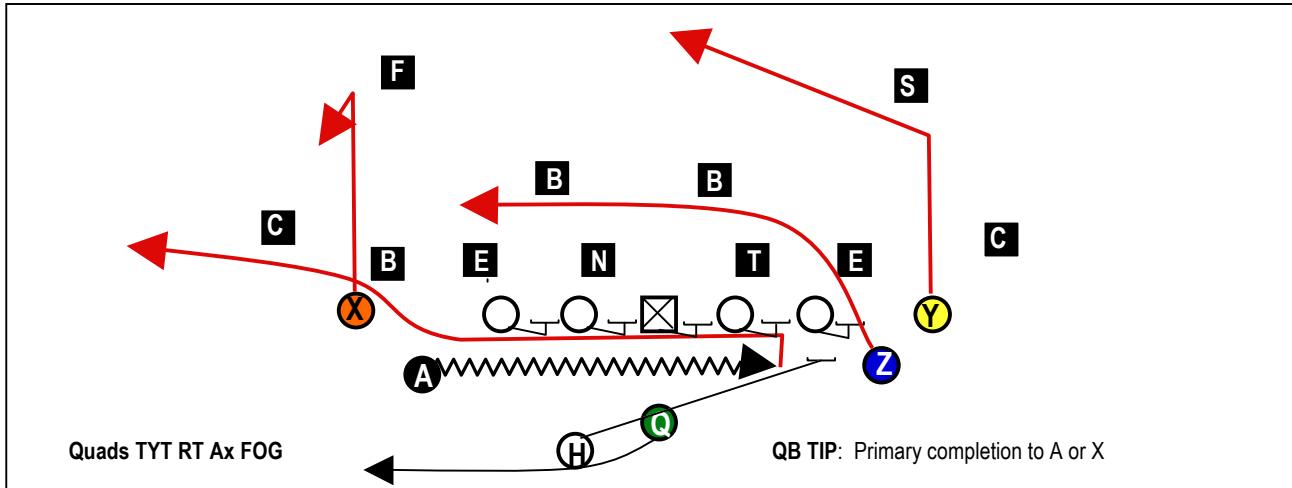
King



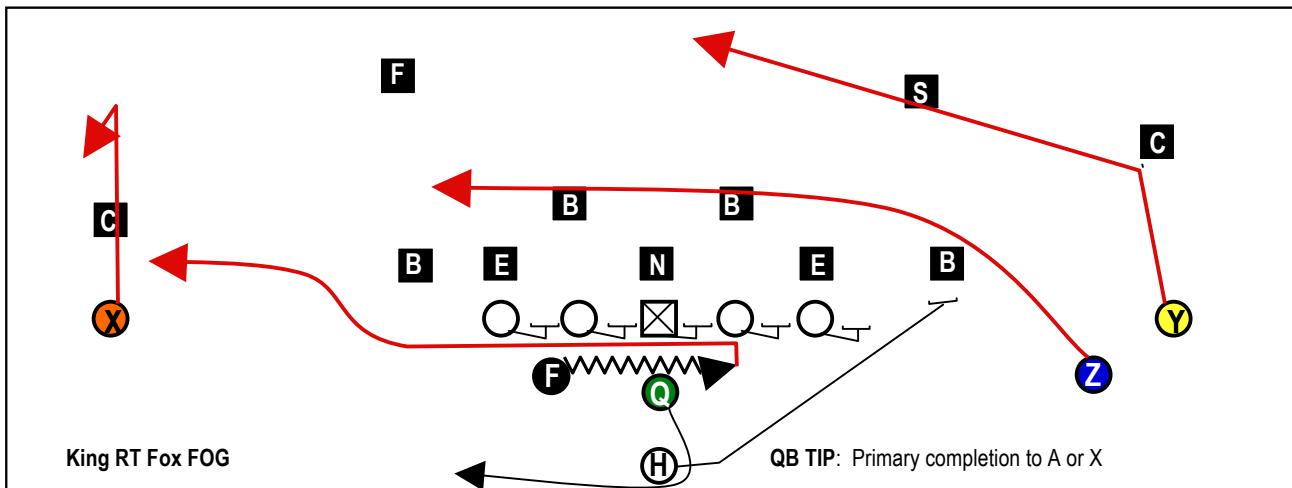
FOG

(Comeback-Arrow-Drag-Post) Quads TYT, King

Quads TYT



King



DEFENSIVE INFORMATION



Spartans

CLIMB THE MOUNTAIN

SPARTAN'S YOUTH

FOOTBALL

4th & 5th Grade

DEFENSIVE PLAYBOOK

Spartans Youth Football

Defensive Responsibilities - Grades 4th & 5th

Down Linemen: (2, 4, 6 Techniques)

Responsibilities:

- **MOST IMPORTANT POSITIONS - (GO OUT OF YOUR WAY TO EMPHASIZE with the KIDS!)**
- Line up Head Up on Guards and Tackles.
- On knees waiting for snap then "4" point stance.
- **Must watch the BALL to be SNAPPED**
- Must or STAY LOW first two steps and EXPLODE OUT OF STANCE.
- **MUST BE PHYSICAL and MAKE TACKLE.**

Outside Linebackers: (Will & Strong Safety)

Responsibilities:

- Line up at Line of Scrimmage on outside Shoulder of Tight End.
- Sam and Will Play Run First then Pass. Most likely to cover Running Back on Pass.
- Must stay HOME and watch for Reverse.
- Strong Safety and Will must Box or Slide to CONTAIN the outside.
- **CONTAIN, CONTAIN, CONTAIN!!**
- **NO ONE GETS OUTSIDE THESE TWO!**

Inside Linebackers: (Mike & Sam)

Responsibilities:

- **Defensive LEADERS - Must Know Everybody's Position**
- **"Mike" Call Out Strong Right or Left**
- Line up 3-4 Yards off ball to Defensive Alignments 4-4 (Tank) or 4-3 (Jeep) (See Defensive Play Chart). There are five eligible receivers take the middle one if no back in backfield.
- Read if play is pass or run have "EVERYONE Yell out PASS or RUN"
- Both Linebackers plays Run First then Pass (Cover Middle of Field or Hole)
- Linebackers must help teammates line up properly!

Safeties: (Strong Safety & Free Safety)

Responsibilities:

- Line up according to Defensive Alignments 4-4 (Tank) or 4-3 (Jeep) (See Defensive Play Chart).
- **First Look for Pass, then Run.**
- Look for #2 RECEIVER.
- Pursue the BALL and Make Tackle.

Cornerbacks: (Strong Corner & Free Corner)

Responsibilities:

- Line-Up no deeper than 5 Yards off ball on outer most receiver
- If "No Receiver" on your side...Line up 1 Yard of LOS and look for TE or RB.
- **First Look for Pass, then Run.**
- Cornerbacks should always take the quickest man.
- Mirror your man NO ONE GETS BEHIND YOU!
- Pursue the BALL and Make Tackle.

Spartans Youth Football

Defensive Implementation - Grades 4th & 5th

A. Defensive Fronts To Use:

1. 4-4 (Tank) - See Alignment Pages
2. 4-3 (Jeep) - See Alignment Pages

B. Down Linemen Rules:

1. Must line up head on and make Contact with Offensive Linemen and react before Pinching or Slanting.
2. Emphasis should be on Defeating Offensive Blocking Techniques.

C. Inside Linebackers (Sam & Mike):

1. Must line up 3 Yards off the LOS.
2. Must read "Run" First and Pursue to Ball Carrier

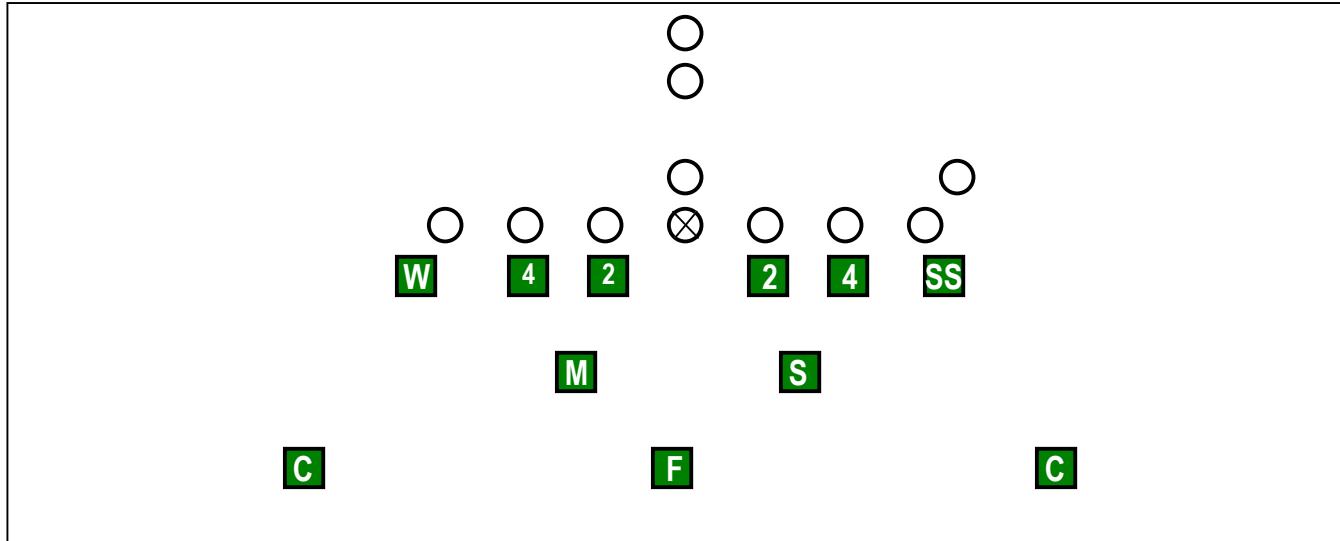
D. Outside Linebackers (Will & Strong Safety):

1. Must line up on LOS of Outside Shoulder of Outer most Offensive Player on LOS.
2. Must read "Run" First and Pursue to Ball Carrier

E. Safeties and Cornerbacks:

1. Must line up 5 Yards off the LOS.
2. Must read Pass First then the Run and Pursue to Ball Carrier.

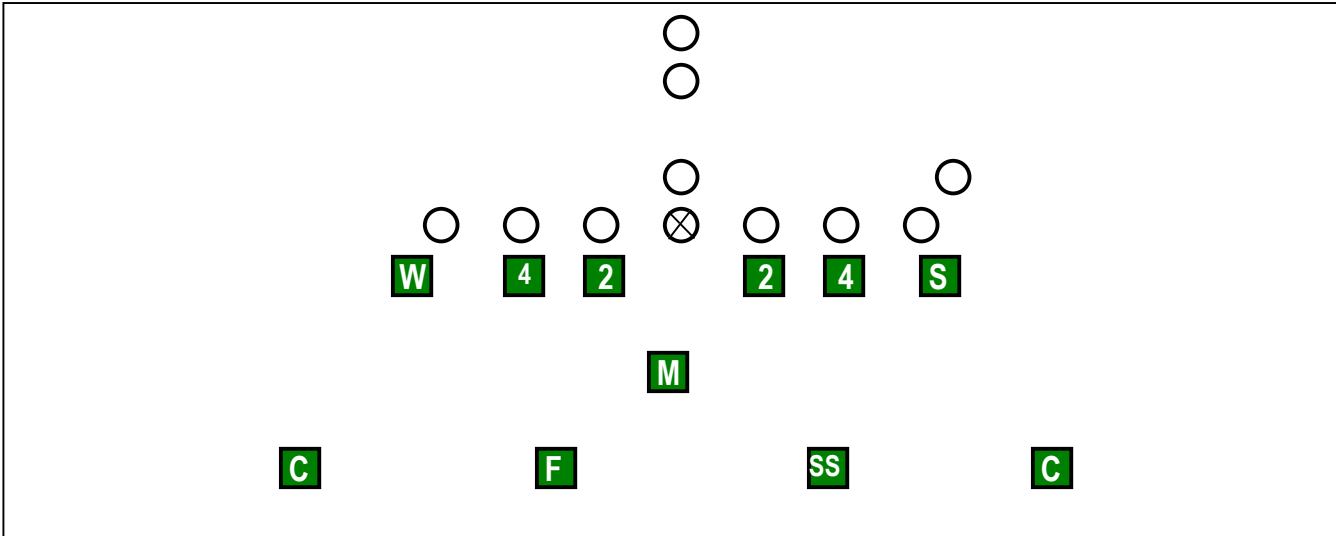
4-4 (Tank) Defensive Alignment – Red Coverage



RESPONSIBILITIES

POSITION & TECHNIQUE	RUN	PASS
Down Lineman – 2 Technique	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – 2 Technique	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – 4 Technique	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – 4 Technique	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
WILL - W	CONTAIN, CONTAIN, CONTAIN	CONTAIN & Flat Coverage
SAM - S	Pursue THE BALL Carrier, be a TIGER	Look for Hook-Curl, Pop Pass, Slants or Outs
MIKE - M	Pursue THE BALL Carrier, be a TIGER	Look for Hook-Curl, Pop Pass, Slants or Outs
STRONG SAFETY - SS	Read Run First, then Pursue Ball Carrier	CONTAIN & Flat Coverage
FREE SAFETY - F	Read Pass First, then Pursue Ball Carrier	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU
CORNER - C	Read Pass First, then Pursue the Run	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU
CORNER - C	Read Pass First, then Pursue the Run	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU

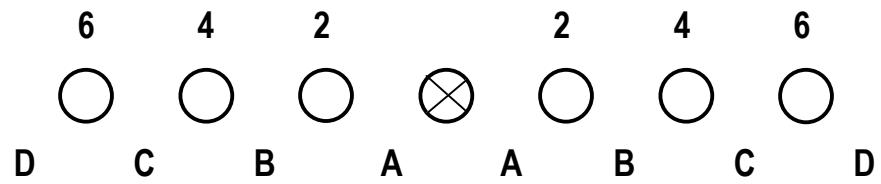
4-3 (Jeep) Defensive Alignment – Blue Coverage



RESPONSIBILITIES

POSITION & TECHNIQUE	RUN	PASS
Down Lineman – 2 Technique	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – 2 Technique	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – 4 Technique	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – 4 Technique	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
WILL - W	CONTAIN, CONTAIN, CONTAIN	CONTAIN & Flat Coverage
SAM - S	Pursue THE BALL Carrier, be a TIGER	Look for Hook-Curl, Pop Pass, Slants or Outs
MIKE - M	Pursue THE BALL Carrier, be a TIGER	Look for Hook-Curl, Pop Pass, Slants or Outs
STRONG SAFETY - SS	Read Run First, then Pursue Ball Carrier	CONTAIN & Flat Coverage
FREE SAFETY - F	Read Pass First, then Pursue Ball Carrier	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU
CORNER - C	Read Pass First, then Pursue the Run	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU
CORNER - C	Read Pass First, then Pursue the Run	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU

TECHNIQUE & GAP Identifications



SPARTAN'S YOUTH FOOTBALL

**6th, 7th and 8th Grade
DEFENSIVE PLAYBOOK**

Spartans Youth Football

Defensive Responsibilities - Grades 6th, 7th & 8th

Down Linemen: (5, 3, 1, 5 Techniques)

Responsibilities:

- **MOST IMPORTANT POSITIONS - (GO OUT OF YOUR WAY TO EMPHASIZE with the KIDS!)**
- Line up Head Up on Guards and Tackles.
- On knees waiting for snap then "4" point stance.
- **Must watch the BALL to be SNAPPED**
- Must or STAY LOW first two steps and EXPLODE OUT OF STANCE.
- **MUST BE PHYSICAL and MAKE TACKLE.**

Outside Linebackers: (Will & Strong Safety)

Responsibilities:

- Line up at Line of Scrimmage on outside Shoulder of Tight End.
- Sam and Will Play Run First then Pass. Most likely to cover Running Back on Pass.
- Must stay HOME and watch for Reverse.
- Strong Safety and Will must Box or Slide to CONTAIN the outside.
- **CONTAIN, CONTAIN, CONTAIN!!**
- **NO ONE GETS OUTSIDE THESE TWO!**

Inside Linebackers: (Mike & Sam)

Responsibilities:

- **Defensive LEADERS - Must Know Everybody's Position**
- **"Mike" Call Out Strong Right or Left**
- Line up 3-4 Yards off ball to Defensive Alignments 4-4 (Tank) or 4-3 (Jeep) (See Defensive Play Chart). There are five eligible receivers take the middle one if no back in backfield.
- Read if play is pass or run have "EVERYONE Yell out PASS or RUN"
- Both Linebackers plays Run First then Pass (Cover Middle of Field or Hole)
- Linebackers must help teammates line up properly!

Safeties: (Strong Safety & Free Safety)

Responsibilities:

- Line up according to Defensive Alignments 4-4 (Tank) or 4-3 (Jeep) (See Defensive Play Chart).
- **First Look for Pass, then Run.**
- Look for #2 RECEIVER.
- Pursue the BALL and Make Tackle.

Cornerbacks: (Strong Corner & Free Corner)

Responsibilities:

- Line-Up no deeper than 5 Yards off ball on outer most receiver
- If "No Receiver" on your side...Line up 1 Yard of LOS and look for TE or RB.
- **First Look for Pass, then Run.**
- Cornerbacks should always take the quickest man.
- Mirror your man NO ONE GETS BEHIND YOU!
- Pursue the BALL and Make Tackle.

Spartans Youth Football

Defensive Implementation - Grades 6th, 7th & 8th

A. Defensive Fronts To Use:

1. 4-4 (Tank) - See Alignment Page
2. 4-3 (Jeep) - See Alignment Page
3. 6-2 (Short Yardage) - See Alignment Page

B. Stunts & Blitzes:

1. **Linemen Stunts**
 - a. Slant or Pinch
2. **Blitzes**
 - a. Will = 1, Mike = 2, Sam = 3, Strong Safety = 4
 - b. Call out Number or Numbers or a Name (i.e. 23 or Michael Jordan, 12 Aaron Rodgers)

C. Coverages:

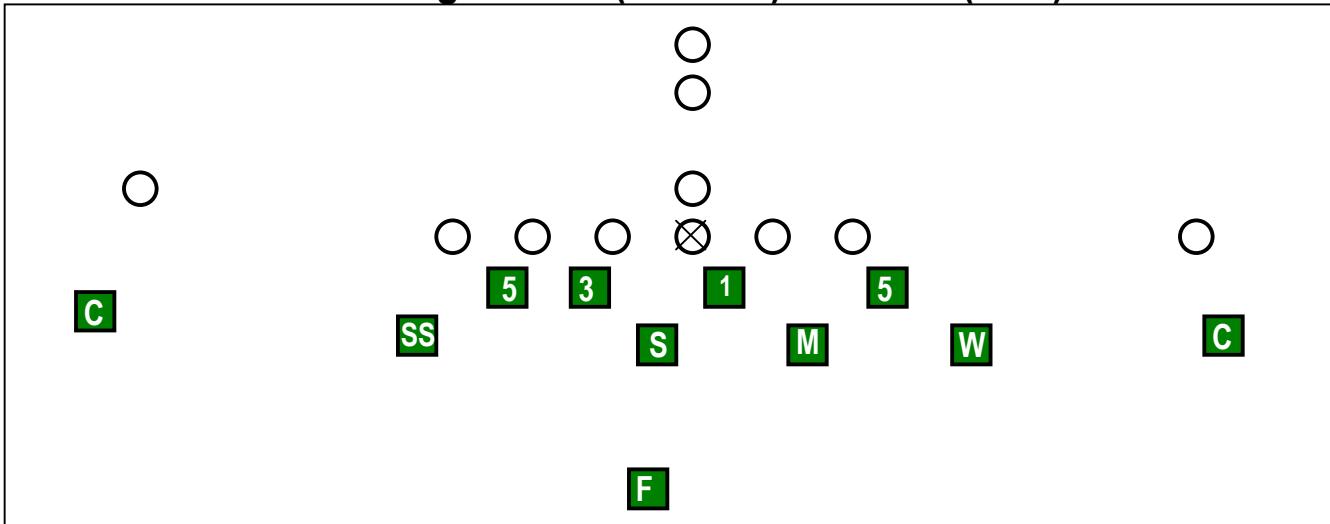
1. **Man to Man**
 - a. Call "Black"
2. **Cover 3**
 - a. Call "Red" – 3 Letters in "Red" for Cover 3
3. **Cover 4**
 - a. Call "Blue" – 4 Letters in "Blue" for Cover 4

D. Implementation:

1. **Fronts**
 - a. Use 4-4 (Tank) and have SS (Strong Safety) and W (Will) line up 1 Yard outside of man on LOS with rest of Defensive Linemen in their Technique with Gap Control.
2. **Stunts & Blitzes**
 - a. Feel free to implement any of above depending on your personnel.
3. **Coverages**
 - a. I recommend starting with Man to Man (Black). Obvious passing situations use Cover 4 (Blue).

4-4 (TANK) Alignment

Coverages: Red (Cover 3) or Black (Man)

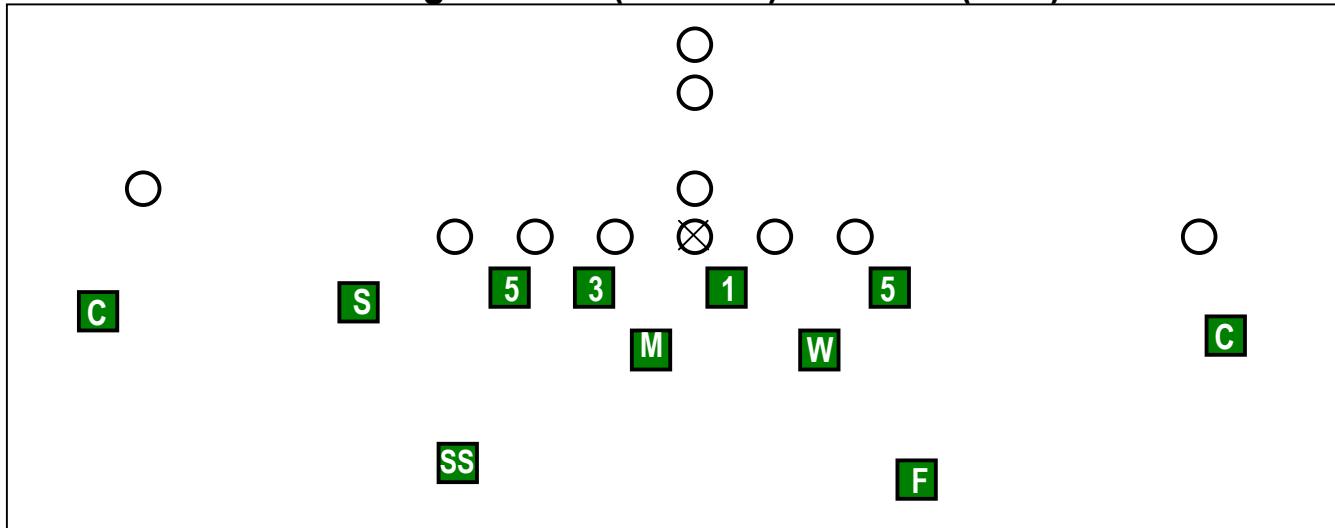


RESPONSIBILITIES

POSITION	RUN	PASS	TECHNIQUE
Down Lineman – 1 Tech	Line Up in 1 Technique or Shade to A GAP (Strong)	Shoot A GAP & Get the Quarterback	1 Tech
Down Lineman – 3 Tech	Line Up in 3 Technique or Shade to B GAP (Weak)	Shoot B GAP & Get the Quarterback	3 Tech
Down Linemen – 5 Tech	Line Up 5 Technique or Shade C GAP (Strong)	Shoot C GAP & Get the Quarterback	5 Tech
Down Lineman – 5 Tech	Line Up 5 Technique or Shade C GAP (Weak)	CONTAIN OUTSIDE	5 Tech
WILL - W	CONTAIN, CONTAIN, CONTAIN	CONTAIN & Flat Coverage	7 Tech
SAM - S	Pursue THE BALL Carrier, be a TIGER	Look for Slants, Middle of Field Coverage	“B” GAP at 4 Yards
MIKE - M	Pursue THE BALL Carrier, be a TIGER	Look for Slants, Middle of Field Coverage	“A” GAP at 4 Yards
STRONG SAFETY - SS	CONTAIN, CONTAIN, CONTAIN	Look for Hook-Curl, Pop Pass, Slants or Outs	7 Tech
FREE SAFETY - F	Read Pass First, then Pursue Ball Carrier	Look for Hook-Curl, Pop Pass, Slants or Outs	Outside Shoulder of Man on LOS at 10 Yards
CORNER - C	Read Pass First, then Pursue the Run	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU	Outside Shoulder of Outside Receiver at 5 Yards
CORNER - C	Read Pass First, then Pursue the Run	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU	Outside Shoulder of Outside Receiver at 5 Yards

4-3 (JEEP) Alignment

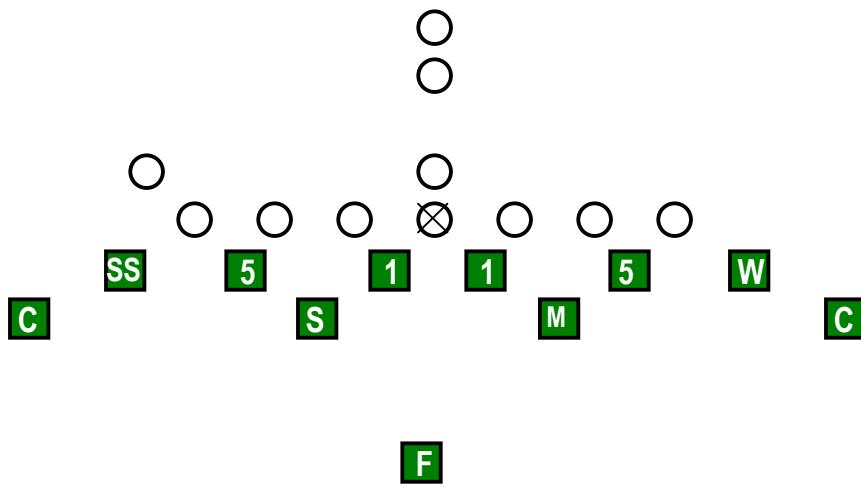
Coverages: Blue (Cover 4) or Black (Man)



RESPONSIBILITIES

POSITION	RUN	PASS	TECHNIQUE
Down Lineman – 1 Tech	Line Up in 1 Technique or Shade to A GAP (Strong)	Shoot A GAP & Get the Quarterback	1 Tech
Down Lineman – 3 Tech	Line Up in 3 Technique or Shade to B GAP (Weak)	Shoot B GAP & Get the Quarterback	3 Tech
Down Linemen – 5 Tech	Line Up 5 Technique or Shade C GAP (Strong)	Shoot C GAP & Get the Quarterback	5 Tech
Down Lineman – 5 Tech	Line Up 5 Technique or Shade C GAP (Weak)	CONTAIN OUTSIDE	5 Tech
WILL - W	CONTAIN, CONTAIN, CONTAIN	Look for Slants, Middle of Field Coverage	“B” GAP at 4 Yards
SAM - S	Pursue THE BALL Carrier, be a TIGER	CONTAIN & Flat Coverage	7 Tech
MIKE - M	Pursue THE BALL Carrier, be a TIGER	Look for Slants, Middle of Field Coverage	“B” GAP at 4 Yards
STRONG SAFETY - SS	Read Pass First, then Pursue as You are the ALLEY Support	Look for Post, Seam, Slants NO BODY GETS BEHIND YOU!	Outside Shoulder of Down Linemen or TE on LOS at 10 Yards
FREE SAFETY - F	Read Pass First, then Pursue Ball Carrier	Look for Post, Seam, Slants NO BODY GETS BEHIND YOU!	Outside Shoulder of Down Linemen or TE on LOS at 10 Yards
CORNER - C	Read Pass First, then Pursue the Run	Look for Corner, Fade or Out NO BODY GETS BEHIND YOU!	Outside Shoulder of Outside Receiver at 5 Yards
CORNER - C	Read Pass First, then Pursue the Run	Look for Corner, Fade or Out NO BODY GETS BEHIND YOU!	Outside Shoulder of Outside Receiver at 5 Yards

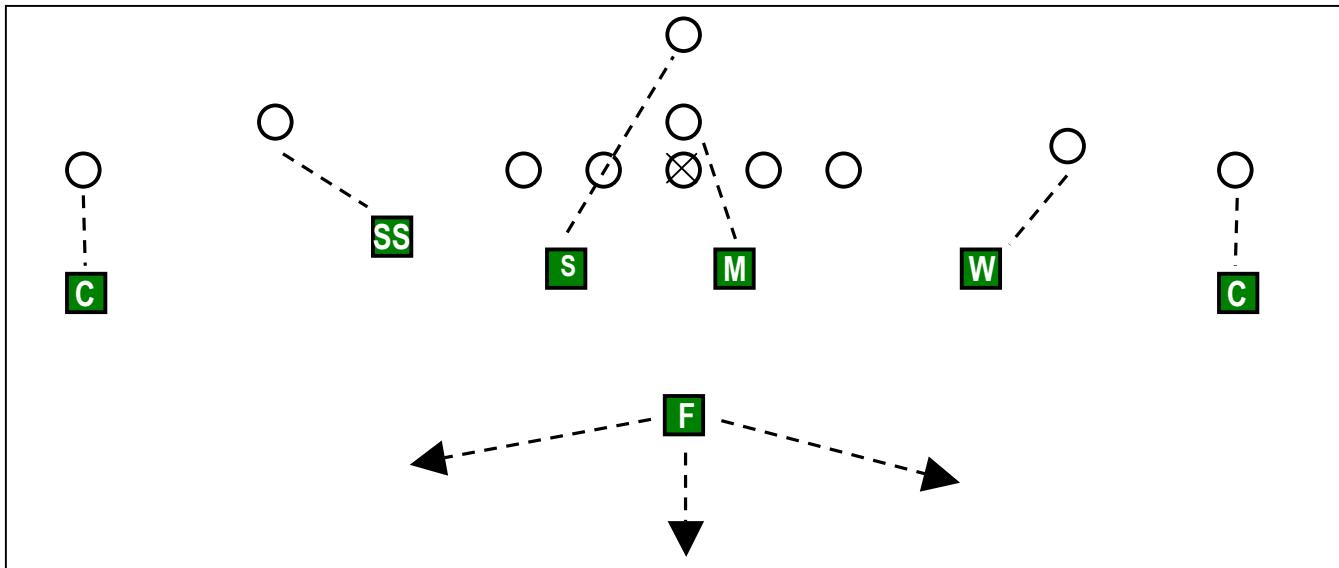
6 - 2 Alignment (Short Yardage)



RESPONSIBILITIES

POSITION	RUN	PASS	TECHNIQUE
Down Lineman – 1 Tech	Line Up in 1 Technique or Shade to A GAP (Strong)	Shoot "A" GAP Get QB or RB	1 Tech
Down Lineman – 1 Tech	Line Up in 3 Technique or Shade to B GAP (Weak)	Shoot "A" GAP Get QB or RB	1 Tech
Down Linemen – 5 Tech	Line Up 5 Technique or Shade C GAP (Strong)	Shoot "C" GAP Get QB or RB	5 Tech
Down Lineman – 5 Tech	Line Up 5 Technique or Shade C GAP (Weak)	Shoot "C" GAP Get QB or RB	5 Tech
WILL - W	CONTAIN, CONTAIN, CONTAIN	CONTAIN OUTSIDE Look to Flat	7 Tech
SAM - S	Pursue THE BALL Carrier, be a TIGER	Look for Slants, Middle of Field Coverage	"B" GAP at 2 Yards
MIKE - M	Pursue THE BALL Carrier, be a TIGER	Look for Slants, Middle of Field Coverage	"B" GAP at 2 Yards
STRONG SAFETY - SS	CONTAIN, CONTAIN, CONTAIN	CONTAIN OUTSIDE Look to Flat	7 Tech
FREE SAFETY - F	Read Pass First, then Pursue Ball Carrier	Look for Post, Seam, Slants NO BODY GETS BEHIND YOU!	Middle of Field 7-10 Yards off LOS
CORNER - C	Read Pass First, then Pursue the Run	Look for Corner, Fade or Out NO BODY GETS BEHIND YOU!	Outside Shoulder of Outside Receiver at 5 Yards
CORNER - C	Read Pass First, then Pursue the Run	Look for Corner, Fade or Out NO BODY GETS BEHIND YOU!	Outside Shoulder of Outside Receiver at 5 Yards

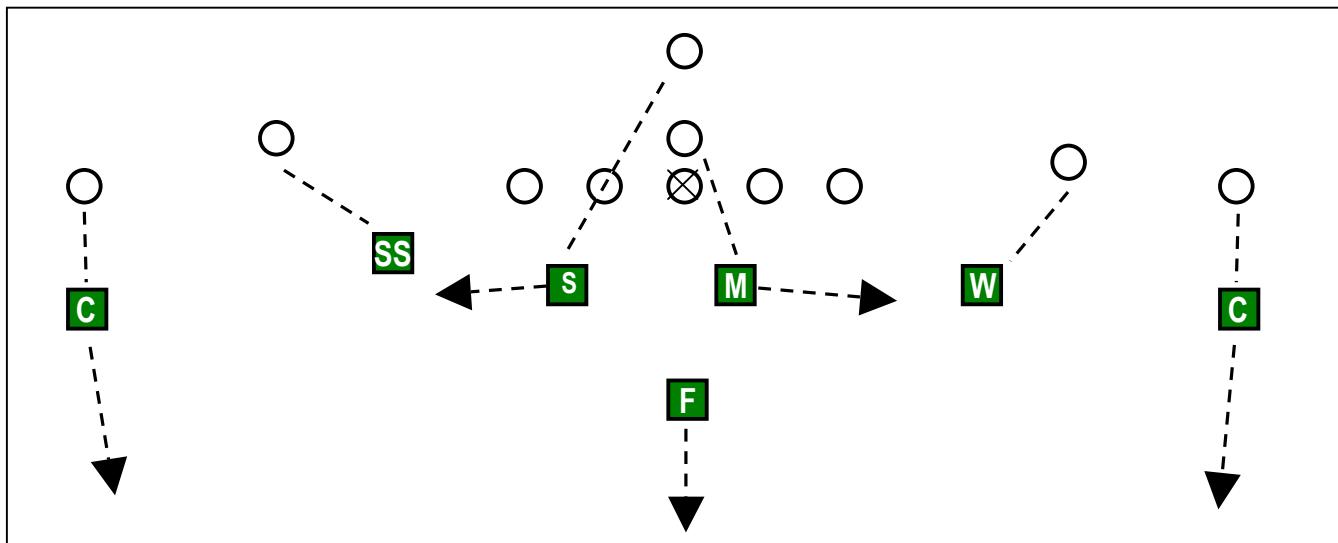
MAN Coverage - Black



RESPONSIBILITIES

POSITION	ALIGNMENT	ASSIGNMENT	READ
Down Lineman – 1 Tech	See “Tank” or “Jeep”	Shoot “A” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Lineman – 3 Tech	See “Tank” or “Jeep”	Shoot “B” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Linemen – 5 Tech	See “Tank” or “Jeep”	Shoot C GAP & Get the QB	Listen for “Pass” call from Teammates
Down Lineman – 5 Tech	See “Tank” or “Jeep”	Help CONTAIN OUTSIDE & Get the QB	Listen for “Pass” call from Teammates
WILL - W	See “Tank” or “Jeep”	CONTAIN & Flat Coverage	Stay on #2 Receiver
SAM - S	See “Tank” or “Jeep”	Look for Slants, Middle of Field Coverage	Look for RB
MIKE - M	See “Tank” or “Jeep”	Look for Slants, Middle of Field Coverage	Look for QB then RB
STRONG SAFETY - SS	See “Tank” or “Jeep”	Look for Hook-Curl, Pop Pass, Slants or Outs	Stay on #2 Receiver
FREE SAFETY - F	See “Tank” or “Jeep”	Look for Hook-Curl, Pop Pass, Slants or Outs	Read QB – Cover Middle
CORNER - C	See “Tank” or “Jeep”	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU	Stay on #1 Receiver
CORNER - C	See “Tank” or “Jeep”	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU	Stay on #1 Receiver

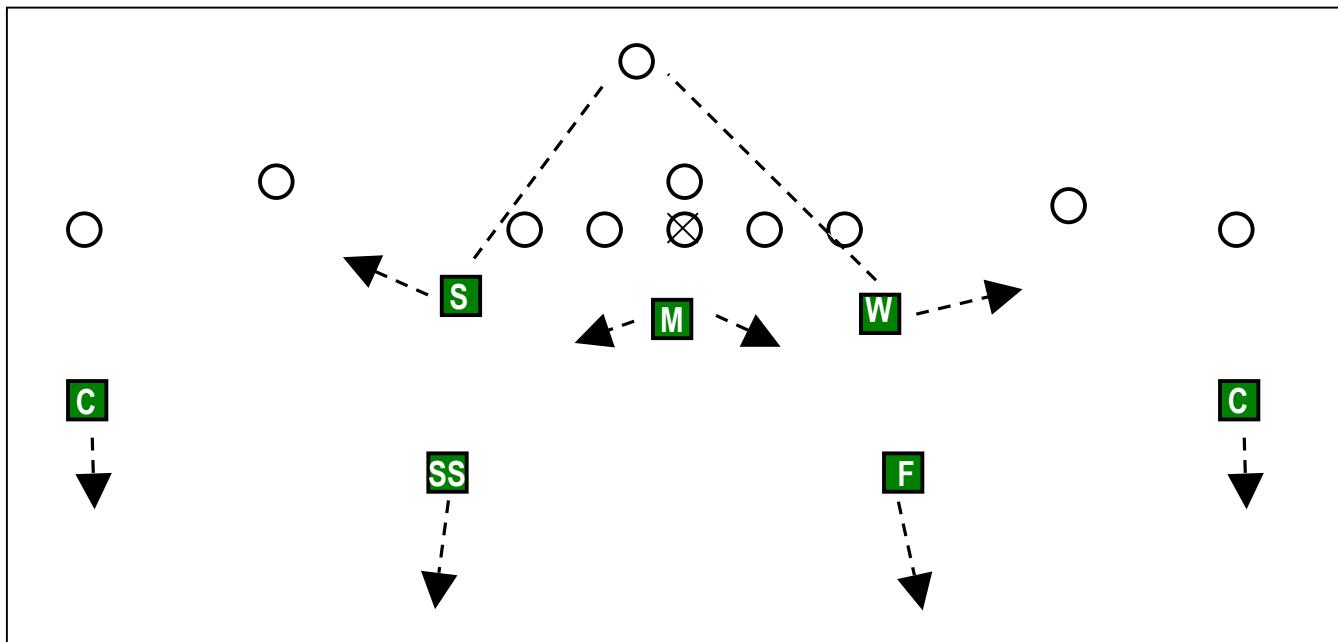
Cover 3 - Red



RESPONSIBILITIES

POSITION	ALIGNMENT	ASSIGNMENT	READ
Down Lineman – 1 Tech	See “Tank”	Shoot “A” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Lineman – 3 Tech	See “Tank”	Shoot “B” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Linemen – 5 Tech	See “Tank”	Shoot C GAP & Get the QB	Listen for “Pass” call from Teammates
Down Lineman – 5 Tech	See “Tank”	Help CONTAIN OUTSIDE & Get the QB	Listen for “Pass” call from Teammates
WILL - W	See “Tank”	CONTAIN & Flat Coverage Look for Hitch, Pop Pass, Slants	Look for #2 to RB
SAM - S	See “Tank”	Look for Slants, Hook-Curl Middle of Field Coverage	Look for RB to QB
MIKE - M	See “Tank”	Look for Slants, Hook-Curl Middle of Field Coverage	Look for QB then RB
STRONG SAFETY - SS	See “Tank”	CONTAIN & Flat Coverage Look for Hitch, Pop Pass, Slants	Look for #2 to RB
FREE SAFETY - F	See “Tank”	Look for Seam, Post, Middle of Field NO BODY GETS BEHIND YOU	Read QB – Cover Middle
CORNER - C	See “Tank”	Look for Corner, Fade, Hitch or Out NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver
CORNER - C	See “Tank”	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver

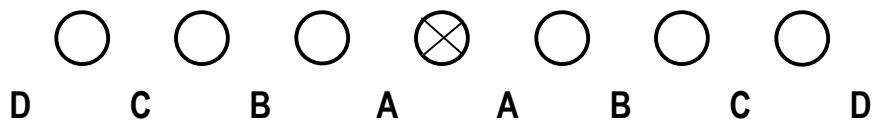
Cover 4 - Blue



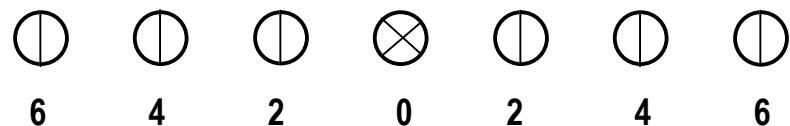
RESPONSIBILITIES

POSITION	ALIGNMENT	ASSIGNMENT	READ
Down Lineman – 1 Tech	See “Jeep”	Shoot “A” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Lineman – 3 Tech	See “Jeep”	Shoot “B” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Linemen – 5 Tech	See “Jeep”	Shoot C GAP & Get the QB	Listen for “Pass” call from Teammates
Down Lineman – 5 Tech	See “Jeep”	Help CONTAIN OUTSIDE & Get the QB	Listen for “Pass” call from Teammates
WILL - W	See “Jeep”	CONTAIN & Flat Coverage Look for Hitch, Pop Pass, Slants	Look for #2 to RB/QB
SAM - S	See “Jeep”	Look for Slants, Hook-Curl Middle of Field Coverage	Look for #2 to RB/QB
MIKE - M	See “Jeep”	Look for Slants, Hook-Curl Middle of Field Coverage	Look for QB then Middle “Hole”
STRONG SAFETY - SS	See “Jeep”	Look for Seam, Post, NO BODY GETS BEHIND YOU	Read QB – Look #2 to #1 Receiver & Cover Middle
FREE SAFETY - F	See “Jeep”	Look for Seam, Post, NO BODY GETS BEHIND YOU	Read QB – Look #2 to #1 Receiver & Cover Middle
CORNER - C	See “Jeep”	Look for Corner, Fade, Hitch or Out NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver
CORNER - C	See “Jeep”	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver

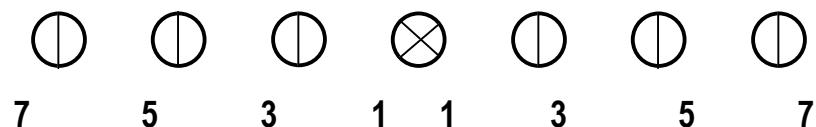
GAP Lettering Identifications



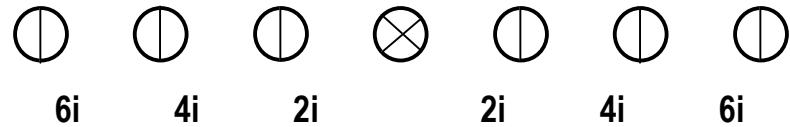
Head Up - Technique Identifications



Outside Shade - Technique Identifications



Inside Shade – Technique Identifications



SPECIAL TEAMS INFORMATION



Spartans

CLIMB THE MOUNTAIN

Spartans Youth Football, Inc.

Special Team's Rules: Punting, Kicking, Field Goals and Extra Points

4th - 7th GRADE: Modified Punting Rules:

1. In accordance with research and the DCAYFL's interest in player safety, the following Punting Rules have been adopted for DCAYFL play.
 - a) If on the 4th down, or any other down where a team may elect to punt, the referee must be notified before the play may occur. Normal clock operating procedures will be observed with the exception of the referee stopping the clock until the offense has declared its intentions. The punting team has 25 seconds to punt the ball after notification. The defensive team must have a minimum of six players on the Line of Scrimmage (LOS), and may not rush the punting team, or punter. No players on the punting team will be allowed to go down field. The ball will be placed and designated downed, where the ball is controlled. If the ball bounces backwards, it will be placed where its forward progress stopped. If the receiver fumbles the ball forward, the ball will be returned to where the catch was attempted. If the receiver fumbles the ball and it goes behind him, the ball will be placed and considered downed at the point where it is controlled. If the ball goes into the end zone after it was touched by the receiving team, the ball will become downed at the point of deflection. If the receiving team catches the ball on the fly, five yards will be rewarded to the receiving team from point of the catch. There shall be no contact made during the punt for any reason. If contact is made and the referee feels it is aggressive and premeditated, a 15yard penalty shall be assessed. There shall be no quick punts (quick kicks) or punts without declaration. This results in an illegal procedure penalty (5 yards).
 - b) All teams required to long snap the ball to the punter. If the snap is muffed or dropped, the ball may be picked up and punted from the punter's original position. There will be no rush.

8th GRADE: Modified Punting Rules:

1. All WIAA punting rules apply except for the following change:
 - a) The center is protected, and "Stars" cannot punt or otherwise advance the ball.
 - b) If the receiving team is up by more than 21 points, they cannot rush.
 - c) Punting is live play and no declaration is needed on any down.

4th - 6th GRADE: Modified Kickoff Rules:

1. Modified Kickoff Rules:
 - a) Five (5) "Stars" will be allowed for both the kicking and receiving teams.
 - b) Stars cannot advance the ball.
 - c) The kicking team kicks off from its 40 yard line, and may use from 1 to 11 players on the kickoff. The receiving team must have 11 players on the field. There is no contact on the kickoff.
 - d) If the kick receiver touches the ball and the ball goes forward, the ball is put into play at that point, unless it is in front of the receiving team 40 yard line, or behind its own 20 yard line, then the ball goes into play on the 40 or 20 yard lines respectively. If the kick goes out of bounds, or is controlled before it reached the receiving teams 40 yard line, the ball is put into play at the receiving team's 40 yard line. If the kick is controlled, goes out of bounds or into the end zone beyond the receiving team's 20yard line, the ball is put into play at the receiving team's 20yard line. If the receiving team catches the ball on the fly, the receiving team will be awarded 10 yards from the point where the ball was caught, unless it is in front of the receiving team's 40 yard line. The ball will be placed on the 50yard line.

7th and 8th GRADE: Modified Kickoff Rules:

1. Modified Kickoff Rules:
 - a) All WIAA kickoff rules apply except for the following change:
 - b) There will be no onside kicks allowed. Any kick that does not go a minimum of 15 yards in the air before touching the ground must be re-kicked.

ALL GRADES: Modified Field Goals and Extra Point Rules:

1. Field Goals and extra points may be attempted where goal posts are available. There is no rush on the field goals or extra point attempts. The offensive team must be set and long-snap the ball to the quarterback or holder. The holder or QB should be at the kicking point and set the ball. If the field goal is blocked, the ball is put into play at the Line of Scrimmage unless the Line of Scrimmage is between the goal line and the 20yard line, then the ball is put into play on the 20 yard line. If there is only one goal post, the ball may be moved to the opposite end (with the post). All extra points, rushes or passes, are counted as one point, when attempted from the 2yard line. A two point conversion may be attempted from the 5yard line, rushed or passed only. Kicking an extra point will be worth 2 points and the line of scrimmage will be the 2 yard line and it will be a dead ball play.
 - a) "Sleeper Play", "Lonesome End", or any other intentional trick/deception

GAME DAY INFORMATION



Spartans

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Spartans Youth Football, Inc.

Pre-Game Warm-Up & Pre-Game Talking Points

A. Warm-Up:

- QB's and Centers Snapping Ball (20 Snaps)
- QB's, Centers and Receivers (Shot Gun/Under Center) throw Outs, Slants and Skinny Posts
- Dynamic Warm-Up
- Run Offensive Plays

B. Points of Discussion:

- Blocking
 1. FIRE OUT LOW and KEEP FEET CHOPPING
 2. Get Head on Play Side and MAKE SURE YOU CAN SEE HIS NUMBER
 3. Get Butt in HOLE
 4. KEEP Hands together and Palms OUT (PUNCH UNDER SHOULDER PADS)
 5. Do not use your hands outside the Shoulders
 6. DON'T STOP UNTIL THE WHISTLE BLOWS!!
- Tackling
 1. MUST BRING YOUR FEET
 2. Head-Up, Wrap Up, Lift Up and Drive Thru (KEEP FEET MOVING)
 3. Defensive Linemen...FIRE OUT THROUGH YOUR GAP
 4. Second (2nd) and Third (3rd) Man in tackle STRIP BALL!!
- Equipment
 1. Helmets always strapped up and mouth guards in while playing (Helmets on when at Sidelines)
 2. NO JEWELRY!!
 3. Shirts tucked In
 4. Shoes Double Knotted
- Mentality
 1. Become an Animal, Get Emotional, Be ready to Run over someone at all times!!
 2. Make sure the FIRST HITS ARE GOOD ONES.
 3. Need to have a SHORT MEMORY if something goes good or bad...Be ready for the next PLAY!!
 4. Remember what your responsibilities are, ALWAYS SPRINT BACK TO HUDDLE!
 5. HELP your Teammates up off the Ground!
- Communication
 1. Defense NEEDS to YELL...Run, Pass, Sweep, and Reverse!!
 2. Help each other with responsibilities on Offense and Defense
 3. Hand Ball to Referee's on all plays! (Touchdowns Especially)
 4. Help Teammates up after plays
 5. No Trash Talking or Complaining (Other Team and Referee's)
- Reward
 1. Pride Stickers

C. Traits of a Good Football Player:

- Desire...Comes from the Heart and is more important than the size of your body.
- Discipline...is something you do for someone, not to them!!
- Mental Toughness...Football is 20% ability and 80% Mental (Tarzan and Jane)
- Passion...Comes from always wanting to try and be the best you can be.
- Confidence...Comes from knowledge and ability to perform. The easiest way to build confidence is up to YOU!

Spartans Youth Football

Pre-Game Warm-Up & Talk...Cont.

A. Kickoff/Punting Responsibilities:

- NO Blocking below the waist
- NO Blocking in back you must see Number on Front of Jersey
- No Blocking once Runner is past you! Just hustle to keep up in case of Cut Back or Fumble
- Short Kick's on Kickoffs the Ball is LIVE must recover! Don't pick up just recover it!
- On Punts if ball is un-catchable yell "FIRE" to make sure everyone is looking for ball!

B. Offensive Responsibilities:

- **QB's**
 1. Make sure of Snap Count and Play
 2. Make sure of BIG FIRST STEP and QUICK FEET at all times on all Plays
 3. Carry out ALL fakes after Hand-Off
 4. On Pass Plays have #1 and #2 Read pre-determined before the snap once you've looked at Defense
 5. On Sprint Out Plays – Get Proper Depth and Sprint to Passing Position
 6. Always take the SAFE ROUTE as #1 Read
- **RB's**
 1. Do not look at direction the play is called
 2. Carry ball HIGH -n- TIGHT at all times
 3. In Traffic make one Sharp plant step move
 4. Deliver the Blow by keeping your feet moving at ALL TIMES
 5. Make sure of proper depth (I Formation 3½ & 5½ Yards; Pro-Set 1 to 1½ Yards)
 6. Run with PASSION
- **WR's**
 1. Sprint to Line of Scrimmage after break in Huddle
 2. Sprint all plays out PASSING ROUTES and RUNNING PLAYS
 3. Look ball into Hands
 4. After catch Run with PASSION
- **Linemen**
 1. Center call for Huddle and be seven yards away from Ball
 2. After break in Huddle get to Line of Scrimmage quickly and be in two point stance with elbows on knees
 3. Make sure your head is always on the Play side
 4. Fire out of your stance don't stand up

C. Defensive Responsibilities:

- **Linemen**
 1. Get in Position right away once play is over
 2. Watch the Ball to be SNAPPED don't listen to QB
 3. Shout out Run or Pass
 4. Be destructive don't be denied
 5. FIRE out of Stance don't stand up
- **LB's**
 1. Shout out Run or Pass
 2. Always Read Run First then Pass
 3. On Blitz's make sure to Slide to Middle when NOT Blitzing
 4. On obvious pass plays watch the hook/curl zones for TE's and RB's
- **DB's**
 1. Shout out Run or Pass
 2. Always Read Pass First then Run
 3. SS & FS must provide Run Support when play is their side
 - 4.
- **End's**
 1. Contain, Contain, Contain
 2. Must Rush QB's on Passes w/hands Up and w/out giving up Outside Containment
 3. Don't Pinch In
 4. Be PHYSICAL shed blocker and penetrate

Spartans Youth Football, Inc.

Home Game Procedures & Responsibilities

1. Please look for "Email" or "Text" on Thursday or Friday informing everyone which teams will be responsible "Equipment" pickup after all home games are completed.
2. The 2 High School Practice Fields will be set up for you for GAME DAY by Coach J.: Below is list of "Equipment".
 - a. End Zone Pylon's
 - b. Pads Around Goal Posts
 - c. Yardage Down Marker's for Each Field
 - d. Chains for Each Field
 - e. Yard Marker's for Each Field
 - f. 2 Scoreboards (Please remember to turn off after each game)
3. It will be the Head Coach's responsibility to RECRUIT 4 PARENTS to help run a couple of the games day systems...3 on the "Chain Gang" and 1 for the Scoreboard.
4. The "Last Team" to play on their respective field will be responsible for equipment pick-up (See #2 above)! Please put away all equipment in Outside Storage Area in an organized manner!
5. Please make sure all trash is picked up! Remember these are NOT our fields we are guests, so please make sure all areas are clean of any debris and trash.

Thank You Everyone!



DCAYFL INFORMATION



Spartans

CLIMB THE MOUNTAIN

DANE COUNTY AREA YOUTH FOOTBALL LEAGUE BYLAWS

(Updated December 2014)

OBJECTIVES

- I. The objectives of the DCAYFL shall be:
 - A. To provide wholesome recreation for all eligible youth to participate.
 - B. To develop the physical and mental well being of the individual.
 - C. To increase self-confidence and self-respect and encourage leadership.
 - D. To teach a proper attitude toward competition and discourage the “win at all costs” attitude.
 - E. To teach sportsmanship and the fundamentals of competitive contact tackle football.
 - F. To operate a football league with consistent rules and requirements, providing organized and supervised tackle football.

MISSION STATEMENT

- I. To provide an enjoyable, safe, and positive football opportunity for youth where they can learn the game of football and fundamental life principles.
- II. The goal of DCAYFL is to develop and promote the ideals of responsibility, hard work, sportsmanship, teamwork, and fellowship in youth while teaching them the game of football is a positive, safe environment.
- III. The DCAYFL encourages each player maintains a good academic record. All those associated with DCAYFL shall do their best to help/encourage players to achieve academic success.

Active DCAYFL Programs

BELLEVILLE DEFOREST EASTSIDE MCFARLAND MIDDLETON MONROE MOUNT HOREB/BARNEVELD NEW GLARUS/ MONTICELLO (NGM) PECATONICA/ARGYLE	POYNETTE WEST REGENTS SACRED HEARTS SOUTHSIDE SPARTAN SUN PRAIRE WARNER PARK WISCONSIN HEIGHTS
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BOARD of COMMISSIONERS

The affairs and policies of the DCAYFL shall be conducted and determined by the Board of Commissioners. The Board of Commissioners is authorized and empowered to perform all decisions, establish rules and regulations, and to enact necessary actions, which are consistent with the DCAYFL bylaws.

- I. The Board of Commissioners shall decide upon all general rules pertaining to DCAYFL Administration and game play. They shall organize and administrate all committees necessary to DCAYFL operations. Any bylaw change shall be confirmed with a vote of the majority of the Program Directors.
- II. Any program found to be in violation of any DCAYFL rules or bylaws may be subject to fine, probation, expulsion from the DCAYFL or other consequences as deemed appropriate by the Board of Commissioners. The program that is put on probation or expulsion from the league may petition to the Board after a 12 month timeframe to be removed from probation or be re-instated into the league. The program must present evidence that the reason for probation or expulsion has been satisfactorily resolved. See GRIEVANCE PROCEDURES for additional information.
- III. The Board of Commissioners shall consist of: President, Vice President, Commissioner – Scheduling, Commissioner – Officials, Commissioner – Treasurer, Commissioner – Weighins, Commissioner – Grievances. Commissioner – Officials is allowed to be a non-Program Director (preferably a WIAA certified official). All other positions should be filled by active Program Directors. If the positions can not be filled the nominations will be opened to outside candidates. Each program can only hold one active board position, unless no other candidates are nominated.
- IV. All board positions will be nominated and elected by a majority vote of the Program Directors. There is no limit on terms served, as long as the board member is re-elected back into a position every two years, by the Program Directors. President, Commissioner – Scheduling, Commissioner – Treasurer and Commissioner – Grievances will be elected on the odd years, while Vice President, Commissioner – Officials and Commissioner – Weighins will be elected on the even years.
- V. If a member of the Board of Commissioners is vacated, the Board will call for a meeting of the Program Directors and they will nominate and vote in a new member (must be a majority of the Program Directors for a valid vote (majority is defined as one more than half of the programs present)).
- VI. The Board of Commissioners will employ people for specific events, projects, maintenance or any other business that the board deems necessary for operating the league.
- VII. The DCAYFL Board of Commissioners are responsible for all of the following:
 - a. Set all DCAYFL fees and levy all fines for violations.
 - b. Make all rule interpretations and safety guidelines.
 - c. Provide the league with the official game schedule
 - d. Provide for insurance for the league and programs.
 - e. Maintain the DCAYFL web site.
 - f. Provide all players with a procedure/event for official league weigh-in.
 - g. Administer other DCAYFL Business/Activities deemed necessary to the league.
 - h. Maintain all financial affairs the regulation and dissemination of such information.
 - i. Post and maintain meeting agendas and minutes on the league website. Notice of meetings will be sent out to the Program Directors at least one week prior.

MEMBERSHIP, MEETINGS, ETC.

- I. Any person(s) who has an interest in becoming a program member can be heard by the DCAYFL Board of Commissioners. The league will accept discussion on becoming an active participating program after it meets the main objectives of the DCAYFL.
 - A. The potential Program(s) must have the same core values as the DCAYFL (refer to the Objectives and the Mission Statement). New Program(s) may only be admitted on the recommendation of one of the members of the Board of Commissioners and the majority vote of the Board of Commissioners.
 - B. A new Program will not be accepted if the program needs players from an already existing program. If there is some question to whether the new program may potentially remove players from an existing program or programs then the potential program or programs that could be losing players will be asked to help in discussion with the DCAYFL Board of Commissioners on what the concerns or issues are and if they can be worked out before a final decision is made by the DCAYFL Board of Commissioners. Note DCAYFL will not affect a current program to add a new program into the league.
 - C. A new Program that has been accepted into the DCAYFL will begin with a one year probationary period. At the end of that year the DCAYFL Board of Commissioners will gather information as to how the new program operated throughout the year, from the Program Directors. If the program directors have no issues then the program will be admitted into the league as a permanent new member. If the program fails to meet the DCAYFL expectations then the program may be asked to be on probation for another year to correct/comply with DCAYFL Code of Conduct or the program may be asked to leave the DCAYFL, at the majority vote of the Board of Commissioners. The program may re-apply back into the DCAYFL if the program can show that things have changed enough to warrant another opportunity.
 - D. A new Program that has been accepted into the DCAYFL will also be asked to provide the DCAYFL with a \$500 fee.
- II. Each year before the start of the season there will be an annual mandatory meeting of the Program Directors and the Board of Commissioners. This meeting is set up to go over all if any changes in rules and/or by-laws. Program Directors will talk about any conflicts they may have with playing any games though out the previous season. This is done prior to the final schedule coming out. Program Directors will also give the final number of teams they have for the year at each grade level. If there is some question to the number of teams a Program may have, then that needs to be communicated so that the final schedule for the season can be posted. Note this DCAYFL meeting is mandatory and a \$50 fine will be levied against a Program not represented at the meeting.
- III. Special meetings of the DCAYFL may be called by the Board of Commissioners or Program Directors if a recognized or bona fide reason/need arises. The meeting date, time and location will be setup within a two week timeframe from the request, by the DCAYFL Board of Commissioners.

PROGRAMS

- I. No DCAYFL Member Program shall have rules or by-laws in conflict with or in violation of the DCAYFL rules or by-laws.

II. Every DCAYFL Program Director will be responsible for signing the “DCAYFL Program Director Code of Conduct Contract”. The contract and the required proof of football helmet re-conditioning paper work will be required to be handed in no later than the official DCAYFL weigh-in. This contract will be required each year by the Program Director. Failure to submit this contract will result in the removal of that Program Director by the DCAYFL Board of Commissioners. Not complying with the “DCAYFL Program Director Contract” articles will result in the removal of the Program Director. In a case where the Program Director refuses to be removed then the Member Program will be removed from the DCAYFL. Note: The DCAYFL Board of Commissioners will make all final decisions.

III. No DCAYFL Program Member will state in their rules/by-laws that a coach/member of their organization is not be allowed to hold a position on the Program Member Board or the DCAYFL Board of Commissioners and or any committees formed.

IV. DCAYFL requires that all Member Programs perform background checks to screen all coaches, officials and program board members. If a coach or official is dismissed from coaching or officiating, the associated Program must inform the DCAYFL in writing within a two week timeframe.

PLAYER REQUIREMENTS

I. Any person is eligible for participation in the DCAYFL whom, as of September 1, of the fiscal year, is attending any grade in school from 4through 8, and meets the age requirements set forth in COMPETITIVE STRUCTURE below.

- A. Note: players that are home schooled are eligible if they meet the age requirements.
- B. Note: Programs can petition on behalf of a player to the DCAYFL Board of Commissioners to have a player play that is outside the age rule if the Program fills out the WIAA “Application for Waiver of WIAA Age Rule” application. WIAA timeframes and schedules may not apply to the DCAYFL process.

II. School records may be required to attest to a player’s year in school. It is the requirement of a coach for each team to be present at the time of registration/weigh-in of all players.

III. It is the requirement of each program director to attest to the grade in school of the player participants.

IV. Registration will take place at a neutral site on a date(s) prior to the first scheduled DCAYFL game. The date(s) and site of the registration will be designated by the Board of Commissioners who will take the responsibility of providing each DCAYFL Program all necessary information. Registration will be overseen by the Board of Commissioners. The DCAYFL President will be the final judge on a player’s eligibility relating to allowable weight restrictions. The weight registered on the date of registration will be final and under no circumstances will be questioned following the start of the season, except for certain cases (See REGISTRATION, VII). If a player is unable to attend registration, they must attend the makeup registration, which will be scheduled prior to DCAYFL competition, and will be held at least seven calendar days before the official main weigh-in. Each player will be assessed a fee of \$30 at the makeup registration that will be paid by the program that the player plays for. Additional registration may be allowed at the discretion of the DCAYFL President.

At registration, each team will bring 2 -8X10 color photos with all members in their regular season jersey’s displaying their assigned number. See the WEIGH-IN section for a detailed breakdown on the process.

- a. One of these photographs is required to be present with the coach at each game.

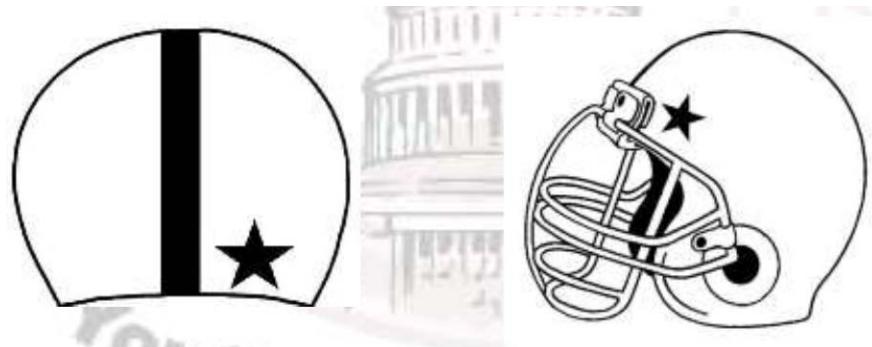
PLAYER REQUIREMENTS (cont.)

- VI. If a player's jersey becomes damaged or lost (permanently), the respective coach must contact the DCAYFL's President, Vice-President or Commissioner - Grievances immediately, before the next DCAYFL contest. Temporarily misplacement, the head coach must notify the opposing coach prior to the beginning of the game, if not notified prior to the game, the head coach will be suspended for the next scheduled contest. The game will be played under grievance procedures.
- VII. Flagrant game violations will include the use of illegal player(s), whether they are over weight limits, over age limits, or ineligible for any other reason. Any Coach has the right to check the eligibility of an opposing player through the use of team photographs, rosters, and/or signatures. The final decision on the player's eligibility in question will be made by the onsite-game head official, President of the league or the Vice-President of the league. If one of those individuals determine that an ineligible player has participated in said contest, the following penalties will occur:
- a. The coach of the team will be asked to leave the field, and be under consideration by the DCAYFL for permanent expulsion from any and all DCAYFL activities.
 - b. The game is a forfeit win for the opposing team, and a loss for the infraction team. This will count towards their respective league standings.
 - c. The assistant coach will be asked to continue coaching the team for the benefit of player participation. At this point, the game may continue upon the agreement of coaches from both teams, with the understanding that the contest remains a forfeit.
 - d. The player in violation will not be allowed to participate in other DCAYFL contests that year.
 - e. Protests and Appeals shall follow the Grievance Process, under GRIEVANCE PROCESS.

“STAR” PLAYERS

All players designated as a “Star”, according to COMPETITIVE STRUCTURE below, must wear a Star

The “Star” decal will be furnished by the DCAYFL on the day of the weigh-in. The “star” MUST be placed in two spots on the helmet: One in the front of the helmet and one in the back of the helmet. See picture below for the placement of the “star” decal on the helmet. The “star” on the helmet tells all where that player is allowed to play. The “star” player must follow the following position/alignment restrictions:



“STAR” PLAYERS (cont.)

I. Offensive “Star” Players (4– 5):

- a. Must play Center, Guard, or Tackle.
- b. Up to five offensive “Star” players may be on the field at one time.
- c. Must be in a 3 or 4 point stance, no 2 point stance allowed.
- d. Normal line spacing shall be used. Normal line spacing is from foot to foot up to two feet or one arms length apart.
- e. Lineman may pull after the snap of the ball.
- f. No offensive “Star” player can advance the ball.
- g. “Star” rules violations will result in 1 warning per half then a 5 yard procedure penalty.

II. Defensive “Star” Players (4– 5):

- a. Must play Guard, Tackle.
- b. Up to four defensive “Star” Players may be on the field at one time.
- c. Must play head to head to the offensive linemen and must be in a three or four point stance. They may slant to the left or the right after initial contact is made with the offensive player in front of them.
- d. No defensive “Star” player can advance the ball.
- e. “Star” rules violations will result in 1 warning per half then a 5 yard procedure penalty.

III. Offensive “Star” Players (6– 8):

- a. Must play Center, Guard, or Tackle.
- b. Up to five offensive “Star” Players may be on the field at one time.
- c. Must be in a 3 or 4 point stance, no 2 point stance allowed.
- d. Lineman may pull after the snap of the ball.
- e. No offensive “Star” player can advance the ball.
- f. “Star” rules violations will result in 1 warning per half then a 5 yard procedure penalty
- g. “Star” player must be covered by eligible player.

IV. Defensive “Star” Players (6– 8):

- a. Must line up no wider than the outside shoulder of the Offensive Tackles.
- b. They must play defensive nose guard, defensive guard or tackle.
- c. Must be in a 3 or 4 point stance, no 2 point stance allowed.
- d. Must line up on the Line of Scrimmage.
- e. Up to five defensive “Star” players may be on the field at one time.
- f. No defensive “Star” player can advance the ball.
- g. “Star” rules violations will result in 1 warning per half then a 5 yard procedure penalty.

REGISTRATION

- I. All persons wishing to play in the DCAYFL must complete the official Registration Form, Medical Emergency Information Form, Concussion Form and have, on file with the coach(s), a photo as stated in the Weigh-in Section. Any new player also needs to provide a copy of an official birth certificate for age verification. If an official birth certificate is not available, contact the Commissioner – Weigh-ins to gain approval of other forms. (Other forms that might be acceptable are school id cards, hospital records, state paperwork and others.)
- II. All paperwork must be completed and turned in at Registration/Weigh-in. See WEIGH-IN section for more information on the weigh-in process.

REGISTRATION (cont.)

- III. A player becomes officially registered with the DCAYFL when he is weighed to determine any weight limit restriction and submits the paperwork defined in sub-paragraph I above.
- IV. Under no circumstances will a person that fails to meet any of the player registration requirements at Registration be admitted for competition in the league.
- V. If a player has registered in the DCAYFL current season, he will not be allowed to transfer to another team during the season without the mutual consent of the DCAYFL President and the Program Representative of the two programs concerned. If mutual consent cannot be reached by the two programs, they will follow the “Grievance Process”.
- VI. Registration: The DCAYFL does not condone, nor will it tolerate the deliberate and willful encouragement of prospective players to lose unreasonable amounts of body weight in order to circumvent the good intentions of the safe tolerance limit imposed by the DCAYFL in each grade division(s). Programs/Players of the DCAYFL determined to be in violation of the DCAYFL weight limits shall be subject to temporary, if not total, removal from the DCAYFL. The DCAYFL has the right to re-weigh any player that does not seem to be within the allowed limits. The weight of any player can be challenged throughout the season, through the use of the “Grievance Process”.
- VII. Program Directors are required to submit rosters completed to the Commissioner – Weigh-ins at the designated time set by the Board of Commissioners. Any teams with no roster completed will be fined \$100 and they will potentially delay their weigh-in.

WEIGH-IN

- I. Weigh-ins will happen at designated sites for all programs. DCAYFL representatives will be on hand to assist in completion of the weigh-ins. DCAYFL Board of Commissioners will set the schedule for the weigh-ins. Each program is responsible for having a location set for their weigh-in, including a sheltered area in case of rain (including electrical outlet, tables and chairs and the location should hold all players and coaches inside the facility) Each program will provide three program assistants, that are not coaches..The program should convey to their teams what time and day that their team is to be weighed-in. Each team should arrive at the location early enough so that they are ready to go at the time that the DCAYFL sets for your team. Once your whole team is there, you have all the required paper work (as specified below) in the correct order and your team is arranged in numerical order, by their jersey numbers, notify the head person that your team is ready to go. The head person will then allow you and your team to go to the scales. The first coach will take the team Packet to the weigh-in staff. The team packet should be set up in the following way:
 - a. The DCAYFL Coaches Code of Conduct form and a copy of each coach's current insurance back certification. This could be a copy of the NYSCA, ASEP, USA card.
 - b. Team photos or individuals (Note please try to minimize the amount of individual photos)
2 sets one for DCAYFL to keep and 1 set goes back to the coach.
 - c. One DCAYFL Team Roster for DCAYFL to keep..
 - i. Note: the team roster is to be set up with the players in numerical jersey order from the smallest number on the team to the biggest number on the team.
 - ii. Note the DCAYFL Team Roster can be found on the league web site.

WEIGH-IN (cont.)

- iii. The roster must be submitted electronically by the DCAYFL set deadline if changes are made after submission, a new version will be given to the weigh-in staff on a thumb drive for use the day of weigh-in.
 - d. For all players you should have the forms in this order:
 - i. Birth Certificate or equivalent (new players)
 - ii. DCAYFL Medical Emergency Information Form
 - iii. DCAYFL Registration Form
 - iv. Concussion Form
 - e. When a player is called up to be weighed they should be ready to be weighed (i.e. a player can remove all clothing, except underwear, to help reduce their weight) before they arrive at the scale.
 - f. One person at the table will state the weight and the other will record it.
- II. There is a make-up weigh-in for those that cannot make it to the official weigh-in (typically prior to the main weigh-in – the Board of Commissioners will set the date/time).
- a. There are a few differences at the make-up weigh-in:
 - b. After getting weighed, the player will move to a line where the sheet that has their weight documented on will get photocopied. The original will be returned to the player.
 - c. All paperwork (defined previously) will be given to the Head Coach or Team Rep so that on the day of the weigh-in all the players' information on each team will be in one place.
 - d. The cost for players using the make-up weigh-in is \$30. The money will NOT be paid on the night of the weigh-in. Each program will pay the money to the DCAYFL. Each program will be responsible for collecting the money from the parent/guardian/player, if they so choose.
- III. All players who are within 2 lbs of the weight limit as designated for each grade level may be re-weighed randomly after the start of the season. If the player is found to be at or above 5.0 pounds over the weight limit as designated for each grade level, the player will be designated as a blue star for the remainder of the season.

COMPETITIVE STRUCTURE

- I. There shall be a division for each grade from 4 through 8.
- a. **Fourth Grade Division**
 - i. Must be in 4th grade (3rd grade players will be allowed, only with approval of the Board of Commissioners) and cannot turn 11 before September 1st of the season to be played.
 - ii. Any player weighing at or above than 95.0 lbs is designated as a "Star" player and must comply with the restrictions listed in rule "STAR" PLAYERS.
 - iii. Allow an offensive and defensive coach on the field.
 - iv. Offense and defense as indicated in "4AND 5GRADE DIVISIONS SPECIAL LIMITATIONS".
 - b. **Fifth Grade Division**
 - i. Must be in 4th or 5th grade and cannot turn 12 before September 1st of the season to be played.

COMPETITIVE STRUCTURE (cont.)

- ii. Any player weighing at or above 105.0 lbs is designated as a “Star” player and must comply with the restrictions listed in “STAR” PLAYERS.
 - iii. Allow an offensive and defensive coach on the field.
 - iv. Offense and defense same as the 4th grade division.
 - c. **Sixth Grade Division**
 - i. Must be in 5th or 6th grade and cannot turn 13 before September 1st of the season to be played.
 - ii. Any player weighing at or above 115.0 lbs is designated as a “Star” player and must comply with the restrictions listed in “STAR” PLAYERS.
 - iii. Allow an offensive and defensive coach on the field.
 - iv. Any offense and defense may be used.
 - d. **Seventh Grade Division**
 - i. Must be in 6th or 7th grade and cannot turn 14 before September 1st of the season to be played.
 - ii. Any player weighing at or above 130.0 lbs is designated as a “Star” player and must comply with the restrictions listed in “STAR” PLAYERS.
 - iii. Offensive coach may be on the field.
 - iv. Any offense or defense may be used.
 - e. **Eighth Grade Division**
 - i. Must be in 7th or 8th grade or under and cannot turn 15 before September 1st of the season to be played.
 - ii. Any player weighing at or above 150.0 lbs is designated as a “Star” player and must comply with the restrictions listed in “STAR” PLAYERS.
 - iii. Any offense or defense may be used.
- II. Any player younger than the maximum limitations for any division in 5th through 8th grade shall not be restricted from competition at an older division, as long as competition is restricted to one DCAYFL team. A player cannot play more than one grade ahead of where that player currently is enrolled. Only the DCAYFL President or Vice-President are allowed to determine a player’s eligibility.

TEAM ROSTERS

- I. A team roster shall contain a reasonable number of participants for an eleven-man competitive football team. A minimum suggested roster should include 15 or more players.
 - a. 4th through 8th Grades
 - i. Teams with over 30 players should attempt to create two separate teams; However, teams with 36 players **will be required** to create two separate teams.
 - b. At the discretion of the Board of Commissioners, programs can be allowed to move players from team to team if numbers become an issue.

TEAM ROSTERS (cont.)

- II. Within each grade level, ALL players will be distributed equally so that the number, talent, and size of the players on each team are even. Each team is required to have approximately an equal number of blue stars. If one team in a specific grade level shows to be not equal or is more dominate then the other team in that grade level, then those teams may be redrafted at some point in the current football season to help in keeping equalized teams. If noticeably unequal teams have been created and the program does not redraft to correct the issue than the DCAYFL Board of Commissioners have the right to impose a mandatory redraft. This redraft of teams will be done under the direct supervision to the DCAYFL Board of Commissioners. If this issue becomes a constant problem with any specific program than the Board of Commissioners will take action as per the bylaws.
- a. In an effort to keep equalized teams when one program has multiple teams in each grade level, the following rules will be used to draft the teams:
 - i. Coaches kids will be drafted first.
 - ii. Blue stars will be drafted to equal out the number and talent of blue stars per team.
 - iii. Quarterbacks and running backs will be ranked and drafted. Quarterback #1 and running back #1 will be on separate teams. If coaches kids are those designations on the same team then the receivers and other backs, with that ranking, will be placed with the opposite team.
 - iv. The draft (1 for 1) will be used until all players are drafted.
 - v. The drafting process will be documented in a spreadsheet with player positions/rankings/name/jersey number. This documentation will be submitted to the league. The league will supply the programs with the spreadsheet. Number of players, allowing for playtime

III. Number of players, allowing for playtime

- a. Any team with more than 22 players (for example no more than 9 blue stars and 13 non blue stars) must have a designated offense and defense that rotates. No player can play both ways the entire game.

LEAGUE SCHEDULE & TOURNEY COMPETITION

- I. Schedules will be made up by an individual or committee with final approval by the Board of Commissioners. Games not scheduled by the league are not sanctioned by DCAYFL or covered by the DCAYFL insurance.
- II. Regular season games will usually be scheduled on Saturdays, unless requested prior to the scheduling meeting, mutually agreed upon for an alternative date and/or site by both program representatives involved and proper notification to the Commissioner – Scheduling, President or Vice-President.
 - a. Each program will be responsible for recording its home games on the league website. Any home score not recorded by noon on the third day after a league scheduled game will result in a \$25.00 fine per score to the program that has failed to do so. (Example: Saturday game – Tuesday by noon). This fine will be assessed every week until the score is recorded.
 - b. Any program having problems recording their home scores must contact the Commissioner – Scheduling, President and Vice-President via email prior to the 3rd day in order to avoid the fine.

LEAGUE SCHEDULE & TOURNEY COMPETITION (cont.)

- c. Game postponements – Any game played through the start of the third quarter will be considered a complete game, if the game is stopped/postponed for any reason. The score at the time of the decision, will be the final score. Any game postponed/stopped prior to the beginning of the third quarter, is not considered final and will be continued at a date and time scheduled by the home team. The decision for stoping or postponing game play is to be made by the Home Team Head Referee and/or the Home Team Program Director.
- IV. As many games as practical and allowable within limitations of schedule will be placed on a single field/complex for maximum utilization of field/site and game officials.
- V. The DCAYFL regular season schedule shall be the scheduled games as programmed yearly. Such play will normally start not earlier than the first Tuesday following Labor Day weekend, and should be complete before November. The LEAGUE will attempt to schedule seven games for each team. Each team will be allowed to participate in a maximum of eight “officiated” games. The additional game must be held on Tuesday or Wednesday during the season and will be considered one of three weekly practices for the week.
- VI. Postseason games are not allowed for the 4through 7grade programs. Games not scheduled by the DCAYFL and played against non-DCAYFL are not allowed. Games played against other DCAYFL teams will use the same rules as the regular season games. The DCAYFL does not sanction these games. The 8th grade is allowed to play in an end of the year tournament (which is not a DCAYFL sanctioned event). However, this cannot be done until after the DCAYFL season is over. Any games played after the DCAYFL season will not be the responsibility of the league. Those games will be played under the participating programs liability.

PRACTICES

- I. The rules set forth by the W.I.A.A. will apply. Prior to the starting of school, there shall be no more than five practices a week. After the start of school, there shall be no more than a total of 4 hours (4th, 5th and 6th grades) and 5 hours (7th and 8th grades) per week (for a total of no more than three total practices). The week runs from Sunday through Saturday. The first allowable practice will occur on or after the first Tuesday of August with a maximum of **15** total practices prior to the first game. A team meeting where football is discussed, video is watched, etc... is counted as a practice. Under no circumstances can a team hold a practice, camp or other event with their specific team prior to the start of the season.
- II. No practice for 4, 5, and 6 grades will last longer than **2** hours and must be completed 15 minutes prior to official sunset. No practice for 7 and 8 grades will last longer than **2.5** hours and must be completed 15 minutes prior to official sunset.
- III. Players participating in the DCAYFL football program will not play in any other organized football program, nor will they be permitted to practice with any other DCAYFL, or non-DCAYFL football team.
- IV. Scrimmage games may be scheduled with other DCAYFL teams. Under no circumstances may a team that is not in the same grade division play against each other. If there is a discrepancy as to the division a specific team is in, the President should be contacted for clarification. Each team will be allowed one scrimmage date in the preseason. The one scrimmage date will be counted as an official practice.

COACHES

- I. Coaches are responsible for insuring a safe environment for all team members.
- II. All coaches must carry a current coaching certification under a DCAYFL approved Certification program. These programs include, but are not limited to USA Football, NYSCA and ASEP.
- III. It is the responsibility of the coach to have in their possession at all team activities the following:
 - a. DCAYFL Official Team Roster form with information about each player on their team.
 - b. Player Paerwork, including:
 - i. DCAYFL Medical Emergency Information forms/folder for each player on their team.
 - ii. DCAYFL Release form from each player on their team.
 - iii. DCAYFL Concussion form from each player on the team.
 - iv. A complete printout for each player from a DCAYFL officially recognized system may be used in lieu of the above forms.
 - c. Team or individual pictures. (This will apply after the official weigh-in)
 - d. Copies of the NYSCA, ASEP, USA cards or coach's certification card
 - e. Copy of the DCAYFL Rules
 - f. Failure to have these forms will result in a \$50 fine to be imposed by the Board of Commissioners for each occurance.
- IV. The DCAYFL requires that each player in good standing participate equally for one half of the plays per half, excluding special teams. Situations were a player can not physically play that much or refuses to play that much must be immediately communicated to the parents involved and the Board of Directors of the league.
- V. Any team with more than 22 players (for example no more than 9 blue stars and 13 non blue stars) must have a designated offense and defense that rotates. No player can play both ways the entire game.
- VI. Scouting is not allowed in the league. The definition of scouting is the attendance of a youth football game or practice (that is not within your own program) for the intent of defining, viewing, filming, or otherwise documenting a future opponent's offense/defense or player/personnel capabilities. A \$500 fine will be assessed for each occurance.
- VII. On field coaches:
 - a. Offense: One coach is allowed on the field with the team on offense to assist in player organization and play calling within the huddle. Once the quarterback starts his cadence the coach may not control his team by shouting directions, blocking angles, etc. or in anyway provide verbal encouragement once the play begins.
 - b. Defense: Same conduct as offense coach and 15 yards or deeper from line of scrimmage and not in the end zone.
 - c. Infractions will result in 1 warning per game, per team then followed by a 5yd procedure penalty.

COACHES (cont.)

- VIII. The failure of any coach to comply with the rules regarding the Weigh-In/Registration, or LEAGUE games, will result in disciplinary action, and/or forfeiture of contest, and possible removal from the league as imposed by the Board of Commissioners.
- IX. It is the responsibility of the coach to attest to the grade of the participant, whereas if facts arise to the ineligibility of the participant, such team shall forfeit ALL previously played contests. Disciplinary action could be possible to the coach of that team with possible removal from the league as imposed by the Board of Commissioners.
- X. It shall be the responsibility of the coach to maintain discipline and other behavioral control, not only within the ranks of his own team, but with parents and spectators as well. This is in regards to their conduct toward game officials, coaches, and players. Permitting undue verbal or other abuse of said personnel will result in the suspension of the coach, and possibly the team, from DCAYFL for the remainder of the season and forfeiture of all games played as well as possible the next year's season as imposed by the Board of Commissioners.
- XI. Any coach that refuses to play a game for any reason shall be subject to forfeiture of that game and dismissal from the DCAYFL if no valid reason can be made for the refusal to play. This will be reviewed by the Board of Commissioners as to the disciplinary action that will be taken. The coach may play under protest and follow the procedure for lodging such protest ("Grievance Procedure"). An exception to this rule shall be made in the case of games, which must be rescheduled in accordance with OFFICIALS, I.
- XII. Spectators are prohibited from standing, loitering, traversing, or observing the game from within a rectangular **10** yard zone around the field. Each team coach shall be responsible for the enforcement of this prohibition.
- XIII. Any coach conducting him/herself in an inappropriate manner or having disrespect for any Director, program representative, coach or game official shall be subject to disciplinary action to be determined by the Board of Commissioners.
- XIV. Coaches ejected from a league game will be suspended for the next league game. Repeated offenses could result in a coach no longer being allowed to coach in any DCAYFL program. This decision will be imposed by the Board of Commissioners.
- XV. Any coach responsible for DCAYFL infractions/violations shall be brought before the Board of Commissioners. Documented evidence should be made available supporting both parties' positions. See GRIEVANCE PROCEDURE if the issue is a grievance.

PLAYING FIELD

- I. All fields shall be standard sized football fields, with no exceptions. The W.I.A.A. rules apply. No game will be scheduled on any field that does not comply with the rules. Field dimensions can be found at WIAAWI.com.

GAME RULES (ALL GRADES)

- I. The game rules are set forth by the W.I.A.A. Rule Manual and NFHS rule book.
 - a. The game is considered a tie if the score is even at the end of the fourth quarter. Each team is assessed a $\frac{1}{2}$ win and a $\frac{1}{2}$ loss.
 - b. All players must wear appropriate mouth protection. The mouth guard must be a color and not clear plastic and will be attached to the helmet. One warning per team per half will be given, and then a five yard equipment penalty will be enforced.
 - c. All offensive and defensive tackles, guards, and centers must be in a 3 or 4 point stance no matter if they are a blue star or not.

II. Modified Field Goals and Extra Point Rules

- a. Field Goals and extra points may be attempted where goal posts are available. There is no rush on the field goals or extra point attempts. The offensive team must be set and long-snap the ball to the quarterback or holder. The holder or QB should be at the kicking point and set the ball. If the field goal is blocked, the ball is put into play at the Line of Scrimmage unless the Line of Scrimmage is between the goal line and the 20yard line, then the ball is put into play on the 20yard line. If there is only one goal post, the ball may be moved to the opposite end (with the post). All extra points, rushes or passes, are counted as one point, when attempted from the 2yard line. A two point conversion may be attempted from the 5yard line, rushed or passed only. Kicking an extra point will be worth 2 points and the line of scrimmage will be the 2 yard line and it will be a dead ball play.
 - i. "Sleeper Play", "Lonesome End", or any other intentional trick/deception play shall be deemed illegal and penalized with Unsportsmanlike Conduct.

III. Point Differential Policy/Guidelines

- a. After one team goes ahead by at least 14 points:
 - i. An official timeout is called to notify each coach of the point spread.
 - ii. A good faith effort should be made and the team in the lead should begin substituting players.
 - iii. The team in the lead is not allowed to blitz.
- b. After one team goes ahead by at least 21 points:
 - i. The team ahead must substitute freely and keep the ball on the ground. If the team in the lead has a low number of players, they must switch player's position to comply with this rule. The starting quarterback and running back of the team with the lead must be replaced, and can't simply switch positions. If there are more than 14 players on the team, they must leave the field of play. They may return to their positions after the score differential is once again below 21 points.

GAME RULES (ALL GRADES) (cont.)

- ii. No blitzing allowed by either team. All defensive backs are not allowed to blitz and must be heads up or outside of the receivers. Safeties must start 10 yards off the line of scrimmage.
 - iii. All further touchdowns are followed by only one point conversions (no two point conversions will be allowed).
- c. A continuous clock will be used any time a team accumulates a 28point lead. (Note: this differs from the W.I.A.A rule, which only used a continuous clock in the second half.)
 - d. If a coach feels these guidelines are not being followed by an opposing team, he must follow the grievance procedure set forth under GRIEVANCE PROCEDURE.
 - i. Results from grievances can range from suspension of a coach for a game, forfeiture or a fine levied against a program.
 - ii. If a second violation occurs:
 - 1. The head coach of the team in violation could be permanently barred from coaching in the DCAYFL.
 - 2. The coach's team will forfeit the game.

4th, 5th, 6th and 7th GRADE MODIFIED PUNTING RULES

- I. In accordance with research and the DCAYFL's interest in player safety, the following Punting Rules have been adopted for DCAYFL play.
 - a. If on the 4th down, or any other down where a team may elect to punt, the referee must be notified before the play may occur. Normal clock operating procedures will be observed with the exception of the referee stopping the clock until the offense has declared its intentions. The punting team has 25 seconds to punt the ball after notification. The defensive team must have a minimum of six players on the Line of Scrimmage (LOS), and may not rush the punting team, or punter. No players on the punting team will be allowed to go down field. The ball will be placed and designated downed, where the ball is controlled. If the ball bounces backwards, it will be placed where its forward progress stopped. If the receiver fumbles the ball forward, the ball will be returned to where the catch was attempted. If the receiver fumbles the ball and it goes behind him, the ball will be placed and considered downed at the point where it is controlled. If the ball goes into the end zone after it was touched by the receiving team, the ball will become downed at the point of deflection. If the receiving team catches the ball on the fly, five yards will be rewarded to the receiving team from point of the catch. There shall be no contact made during the punt for any reason. If contact is made and the referee feels it is aggressive and premeditated, a 15yard penalty shall be assessed. There shall be no quick punts (quick kicks) or punts without declaration. This results in an illegal procedure penalty (5 yards).
 - b. All teams required to long snap the ball to the punter. If the snap is muffed or dropped, the ball may be picked up and punted from the punter's original position. There will be no rush.

8th GRADE MODIFIED PUNTING RULES

- I. All WIAA punting rules apply except for the following change:
 - a. The center is protected, and “Stars” cannot punt or otherwise advance the ball.
 - b. If the receiving team is up by more than 21 points, they cannot rush.
 - c. Punting is live play and no declaration is needed on any down

4th, 5th and 6th GRADE MODIFIED KICKOFF RULES

- I. Modified Kickoff Rules
 - a. Five (5) “Stars” will be allowed for both the kicking and receiving teams.
 - b. Stars cannot advance the ball.
 - c. The kicking team kicks off from its 40yard line, and may use from 1 to 11 players on the kickoff. The receiving team must have 11 players on the field. There is no contact on the kickoff.
 - d. If the kick receiver touches the ball and the ball goes forward, the ball is put into play at that point, unless it is in front of the receiving team 40yard line, or behind its own 20yard line, then the ball goes into play on the 40 or 20yard lines respectively. If the kick goes out of bounds, or is controlled before it reached the receiving teams 40yard line, the ball is put into play at the receiving team’s 40yard line. If the kick is controlled, goes out of bounds or into the end zone beyond the receiving team’s 20yard line, the ball is put into play at the receiving team’s 20yard line. If the receiving team catches the ball on the fly, the receiving team will be awarded 10 yards from the point where the ball was caught, unless it is in front of the receiving team’s 40yard line. The ball will be placed on the 50yard line.

7th and 8th GRADE MODIFIED KICKOFF RULES

- I. Modified Kickoff Rules
 - a. All WIAA kickoff rules apply except for the following change:
 - b. There will be no onside kicks allowed. Any kick that does not go a minimum of 15 yards in the air before touching the ground must be re-kicked.

GAME DAY PROCEDURES

- I. The following procedure will be followed before the start of every DCAYFL sanctioned game.
 - a. A coach from each team with the “star” players will meet in the center of the field. Each coach is required to have the team’s 3-ring binder which must include the following items.
 - i. DCAYFL Medical Emergency Form for every player on the team.
 - ii. DCAYFL Release Form for every player on the team.
 - iii. DCAYFL Concussion Form for every player on the team.
 - iv. DCAYFL Official Team Roster for your team and the team you are playing.
 - v. A photograph(s) of every player on your team in their game jersey.
 - vi. The current DCAYFL rules.
 - vii. A copy of the NYSCA cards (or equivalent as stated in COACHES, II) for each coach on your team. If a coach is a first year coach have his name/signature on a piece a paper and a statement saying they are a first year coach.
- b. Each coach will check the opposing coach’s 3-ring binder for this information.
- c. Each coach will verify that the opposing coach’s “star” players are identified per their team rosters by the following criteria.
 - i. Number of “star” players on the team.
 - ii. Game jersey number is correct for each player.
 - iii. Helmet for each player is marked by 2 stars. One on the front and one on the back. As per DCAYFL rules.
- d. Each coach will declare any other roster changes from the DCAYFL weigh-in roster sheet.
- e. Officials should ask the following questions (coin toss follows questions):
 - i. Are all players properly equipped?
 - ii. Are all players properly numbered?
 - iii. Are all star players properly designated as such?
 - iv. Does each coach have their team’s 3 ring binder?
- f. Game cancellation will occur immediately if...
 - i. A team does not have DCAYFL Medical Emergency Forms for every player.
 - ii. Failure to have the forms will result in a \$50.00 fine to be imposed by the Board of Commissioners to the program for each infraction according to COACHES, III
 - iii. The program not in violation will be in charge of rescheduling the game canceled due to this violation. Game site and time will be determined by that program.
 - iv. The program in violation will be required to pay for all the officials for the canceled game and for the rescheduled game.
 - v. A team found to be violating “star” player identification rules will be penalized according to PLAYER REQUIREMENTS, VII.

OFFICIALS

- I. Four W.I.A.A. or other governing body officials are recommended for each DCAYFL contest. However, should there be only three present; the game can still be played. If there are any less than three W.I.A.A. and DCAYFL registered officials present, the contest will be rescheduled. The visiting team shall have the option of rescheduling the contest at their site. Of the three officials present, only one may be under the age of 18, if four are present, two may be under the age of 18.
- II. Coaches may enter the field to attend to any injured player. Coaches and Medical Personnel need no permission from the officials to enter the field when an apparent injury has occurred.
- III. Officials will be paid for league scheduled games by the home program. The league mandates a minimum fee of \$36 per official per game.

EQUIPMENT

- I. The DCAYFL requires that each player shall be equipped with a NOCSAE approved helmet, including faceguard and chinstrap. Other required equipment includes properly fitted shoulder pads, football pants with the necessary hip tail inserts, thigh pads, and kneepads. Cleated football shoes are optional. However, DCAYFL recommends cleats that are made of molded 16 rubber/plastic cleats (metal cleats are not allowed). Football shoes with removable cleats are allowed under the following conditions: shoes get inspected prior to each game to ensure all cleats are tightened and none are missing. If a cleat is broken off or missing they must be replaced or the player will not be allowed to use them for the game. If a player is found to be using illegal/unsafe cleats that player will not be allowed to play the remainder of the game. A player that is found to be using improper/unsafe cleats must be reported to the DCAYFL Board of Commissioners. The DCAYFL Board of Commissions has the right to ban any type of cleat that is deemed as unsafe. Colored mouth guards are REQUIRED for all players. Athletic supporters are optional, as are elbow pads, wristbands, gloves, etc. Jewelry, i.e., rings, earrings, bracelets, neck chains, and any other potentially dangerous adornments, are banned for safety reasons. No equipment modifications will be allowed unless allowable by NFHS rules. i.e. Tinted visors, chinstrap sleeves, skullcaps are not allowed. Clear visors are allowed.
- II. Each team must equip each player with a number jersey consistent with team uniform color(s). All new teams entering the DCAYFL should attempt to not duplicate other divisional team colors. Color coded socks are optional equipment
- III. The home field will be required to furnish a yard/down marker and official game ball. The home field should also be very clearly marked with straight line striping, yard markers at 10yard intervals, flags and/or cones, indicating end zones. Failure to comply with minimum acceptable field responsibilities may result in game cancellations, forfeiture, DCAYFL reprimand, or all three.
- IV. The home program will be required to provide a playing field void of any dangerous litter, i.e., broken glass, shredded plastic, nails, etc. that may cause a player injury. Removal of this dangerous foreign material is required prior to any DCAYFL contest. The coaches are encouraged to walk around prior to kickoff identifying such.
- V. The home field is not required to have a visible game clock, however, if it is working, make sure the operator(s) are familiar with the official's signals for controlling it! The game official's time is the official time.

EQUIPMENT (cont.)

- VI. At the conclusion of the contest(s), BOTH COACHES in the final game are responsible for the safe and proper return of all playing field equipment to storage.
- VII. The intermediate-sized football will be used by the 7th and 8th grade divisions. The junior sized football will be used by 4th, 5th and 6th grade divisions. This football may be made of rubber or leather, provided it meets the size requirements above. Any team has the option of using their own football, if that ball is consistent with the required shape, size, and construction of DCAYFL designated footballs.
- VIII. The home team is responsible for providing three experienced, adult “chain-gang” workers. Chains are to be operated on home team side.
- IX. The home team will be required to provide and wear scrimmage vests, i.e., pinnies, in situations where the team they are playing has the same colored jerseys.

POSTPONEMENTS

- I. There shall be no postponements of any DCAYFL contest unless an “on-time” start is deemed hazardous to the health and well being of the participants. This decision will be made by the game’s official(s), with the mutual consent of both team’s coaches. Examples could include lightning, torrential rain, and other weather related threats. Rescheduling the game will be the home team’s responsibility. The home team will provide the visiting team dates and times for the games to be played; the final date and time must be mutually agreed upon.

TIME

- I. Each quarter shall consist of nine minutes; Four quarters played per DCAYFL contest.
- II. Officials will provide the game stopwatch and run game time on the field; a scoreboard clock may also be used. However, the official’s time is the official time and they have the ability to change the scoreboard clock.

GRIEVANCE PROCEDURES

- I. All grievances, including complaints, disputes, issues and/or formal protests occurring between DCAYFL members (coaches, directors, representatives), shall be submitted to the Commissioner - Grievances, in written format (DCAYFL coach/official grievance form) or (via regular mail or email), completed with supportive documentation, witnesses, etc.. A copy of any grievance(s) must also be sent to each Program Director that the grievance applies to.
- II. The Commissioner - Grievances must receive protests/grievances concerning a game played no later than two days past the date of the protested incident..
- III. The Grievance Committee will consist of three of the Board of Commissioners, including Commisioner – Grievances, President and Vice-President, if any of those members are involved, the President will select other Commissioners to sit for that particular grievance.
- IV. The Grievance Committee, upon receipt of the grievance shall meet with all concerned parties in attendance within five (5) days of member's appointment at a reasonable time/location. Upon agreement between the Committee and the grieving parties, the grievance may be withdrawn prior this meeting. There may be some leeway for the five days depending on what the grievance is. The Committee shall be responsible for maintaining minutes and custody of all documents.
- V. The Committee shall meet with all concerned parties in attendance with a neutral platform for the airing of grievance(s).
- VI. The Committee shall function to mediate between the parties concerned. This mediation process will be an official rules interpretation and render correct implementation of the DCAYFL's objectives, membership, and bylaws.
- VII. For the Grievance form see www.DCAYFL.us. Note: There is a \$50 charge for each grievance. See forms as to who will pay the \$50 fee.

4th AND 5th GRADE DIVISIONS SPECIAL LIMITATIONS

- I. Fourth and fifth grade divisions are considered instructional divisions. The following limitations have been drafted to help coaches and referees simplify the game for the younger entry level players.
 - a. All 15 yard penalties shall become 10 yard penalties.
 - b. Unsportsmanlike conduct shall remain a 15 yard penalty.
- II. Offensive rules
 - a. Teams must use a balanced seven-man line with no splits other than normal line spacing. Normal line spacing shall be from foot to foot up to two feet or one arms length apart.
 - b. Linemen may pull after the snap of the ball
 - c. Flankerback or backs must line up one yard behind offensive end with inside shoulder in line with offensive end outside shoulder (see drawing).
 - d. No motion before the snap.
 - e. One offensive coach shall be allowed on the field.
 - f. Offensive sets are not to be any wider than shown in the below diagrams. Any backfield formation may be used; however, only one player on each side may be wider than the outside of the end regardless of the formation. The other remaining players must line up no wider than the offensive guards.
 - i. Note: This is to help alleviate multiple running backs from lining up on one side or the other.

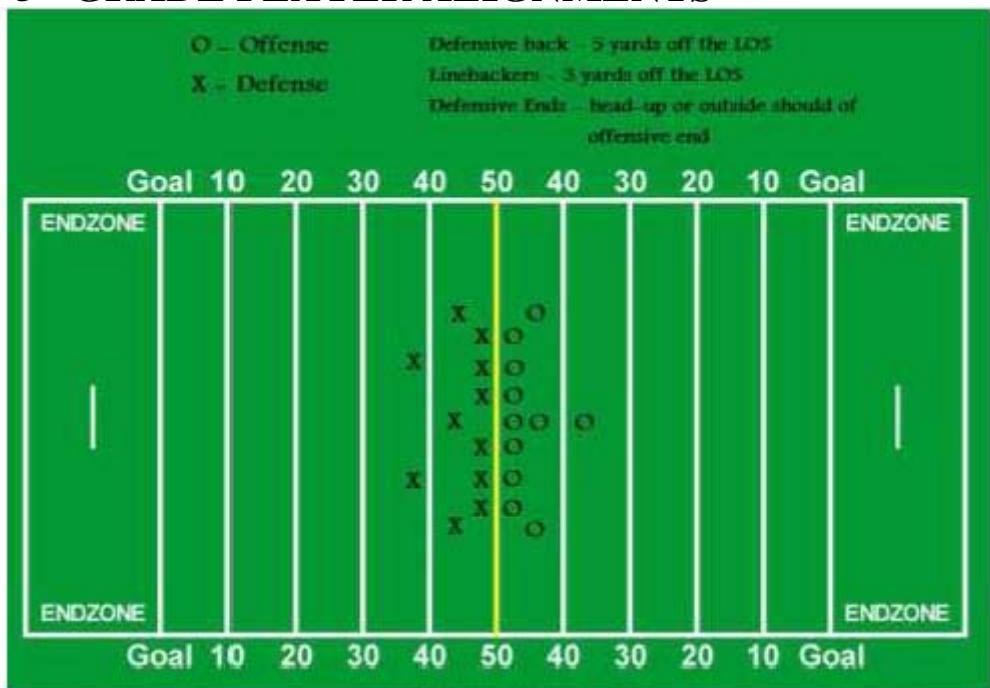
III. Defensive rules

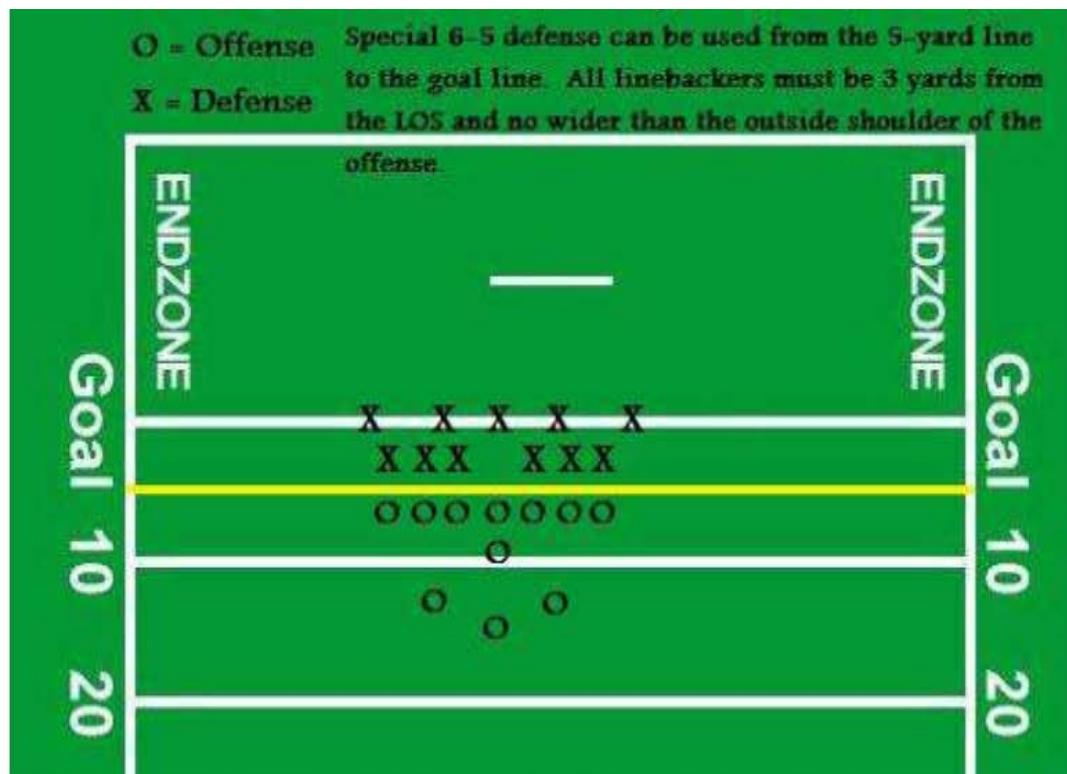
- a. Only defense allowed is 6-3-2. Balanced line (see drawing).
 - i. Only exception is a 6-5 used from the five yard line to the goal line.
- b. All defensive linemen (ends and tackles) must line up head to head to the offensive linemen and must be in a three or four point stance. They may slant to the left or right after initial contact is made with the offensive player.
- c. Linebackers shall be at least three yards from the line of scrimmage at the snap of the ball but do not have to line up deeper than the goal line.
- d. Safeties may play on outside shoulder of the flanker, and the safeties must be a minimum of five yards off the line of scrimmage but there is no limit to their width of alignment.
- e. There is no blitzing or stunting at any given time, however, after a handoff the linebackers may cross the line of scrimmage to make a tackle. A blitz is defined as a linebacker or safety crossing the line of scrimmage before a handoff is made or the quarterback indicates an intention to run the ball by crossing the line of scrimmage. A stunt is defined as the crossing of two or more defensive players' paths with the intent to confuse the offense.

6th GRADE DEFENSIVE LIMITATIONS

- a. There is no blitzing or stunting at any given time, however, after a handoff the linebackers may cross the line of scrimmage to make a tackle. A blitz is defined as a linebacker or safety crossing the line of scrimmage before a handoff is made or the quarterback indicates an intention to run the ball by crossing the line of scrimmage. A stunt is defined as the crossing of two or more defensive players' paths with the intent to confuse the offense.

4th AND 5th GRADE PLAYER ALIGNMENTS





GAME OFFICIAL HAND SIGNALS



OFFICIAL FOOTBALL SIGNALS
HIGH SCHOOL AND COLLEGE



OFFICIAL FOOTBALL SIGNALS
HIGH SCHOOL AND COLLEGE



1	2	3	4	23	24	27	28
Ball ready for play "Untimed down"	Start clock	Time-out Discretionary or injury time-out (follow by tapping hands on chest)	TV/Radio time-out	Failure to wear required equipment	Illegal helmet contact	Unsportsmanlike conduct Noncontact foul	Illegal participation
5	6	7	8	29	30	31	32
Touchdown Field goal Point(s) after touchdow	Safety	Ball dead Touchback (move side to side)	First down	Sideline interference	Running into (NCAA) or Raunting kicker or holder	Illegal off-toss/kicking (Followed by pointing toward toe for kicking) Illegal fair catch signal (NFHS)	Forward pass interference Kick catching interference
9	10	11	12	33	34	36	38
Loss of down	Incomplete forward pass Penalty declined, No play, No score, Toss option delayed	Legal touching of forward pass or scrimmage kick	Inadvertent whistle (Face Press Box)	Roughing passer	Illegal pass forward handing	Ineligible downfield on pass	Personal foul
14	15	16	17	39	40	41	42
End of period	Sideline warning	First touching (NFHS) Illegal touching	Unatchable forward pass (NCAA)	Clipping	Blocking below waist Illegal block	Holding/obstructing Illegal use of hands or arms (NCAA)	Interlocked blocking Illegal use of hands or arms (NCAA)
18	19	20	21	43	44	45	47
Encroachment (NFHS) Offside defense (NCAA)	Illegal procedure (NFHS) False start	Illegal shift - 2 hands Illegal motion - 1 hand	Delay of game	Helping runner	Grasping face mask or helmet opening	Tripping	Player disqualification

NOTE: Signals number 25 and 26 are for future expansion

CHILD ABUSE PROTECTION STATEMENT

As a football coach you may become aware of situations regarding a player on your team. Please be aware that child abuse is the physical, sexual, or emotional maltreatment of a child (ages 0 to 18) by a parent, family member, caregiver or non-caregiver. Physical abuse will involve cuts, broken or fractured bones, burns, internal injuries, or “severe and frequent bruising” inflicted on a child by other than accidental means. Sexual abuse will involve sexual intercourse, other sexual contact, or exploitation. Emotional abuse will involve verbal mistreatment, withholding of love or companionship and the like. If you believe a child (0 to 18) has been abused, neglected or is at risk of abuse or neglect, please report this to your county’s child protection agency. If you are not sure whether or not to make a report, **please report**. Child protection staff will make follow up decisions. Although not every call results in an open case, child protection staff cannot protect children who are not brought to their attention. If you make a report, state law protects reporter confidentiality. The assigned social worker will not disclose your name to the family. When you call to make a report, please call during regular business hours, if possible (normally between 7:45am and 4:30pm). Have as much information about the child and family as you can available, including the child’s date of birth, address, parents’ names, telephone number, siblings’ names and ages, school district, place of employment for parents and a description of the concerning maltreatment. It’s likely that you may not have all of this information, but as much as you can provide will be appreciated. All child welfare reports are confidential and the family will not be informed of who the reporting party is. While, we as a league hope you will never need to utilize this information, we believe that you as a coach are concerned about your players well being. If you have any concerns please notify your local county Human Services Dept.

Columbia County (608) 742-9227

Green County (608) 328-9393

Sauk County (608) 355-4200

Iowa County (608) 935-9311

Dane County (608) 261-5437