

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 ½ 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.

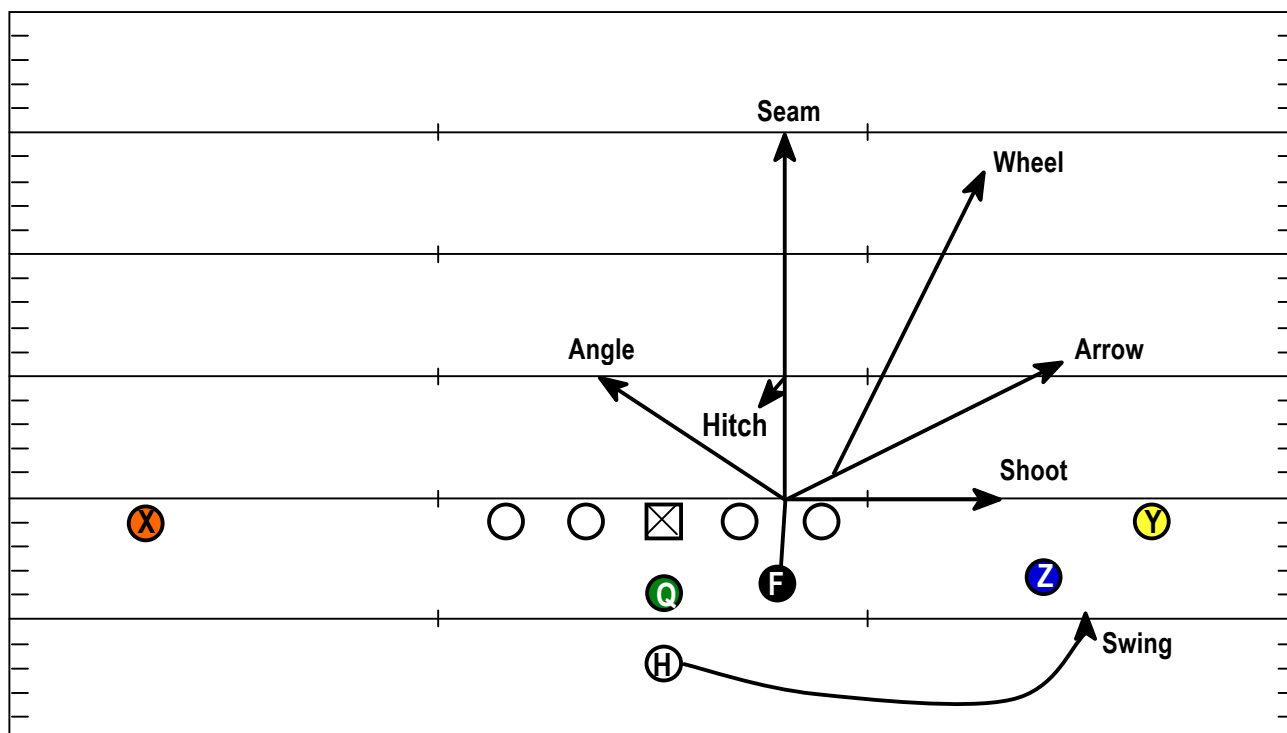
F. High and Tight Position

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 Carrier 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 heap 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 Heap Up at ALL times.
2. Quick forward step and punch with both hands to chest plate
3. Grab Chest Plate.
4. Lock Out Arms.

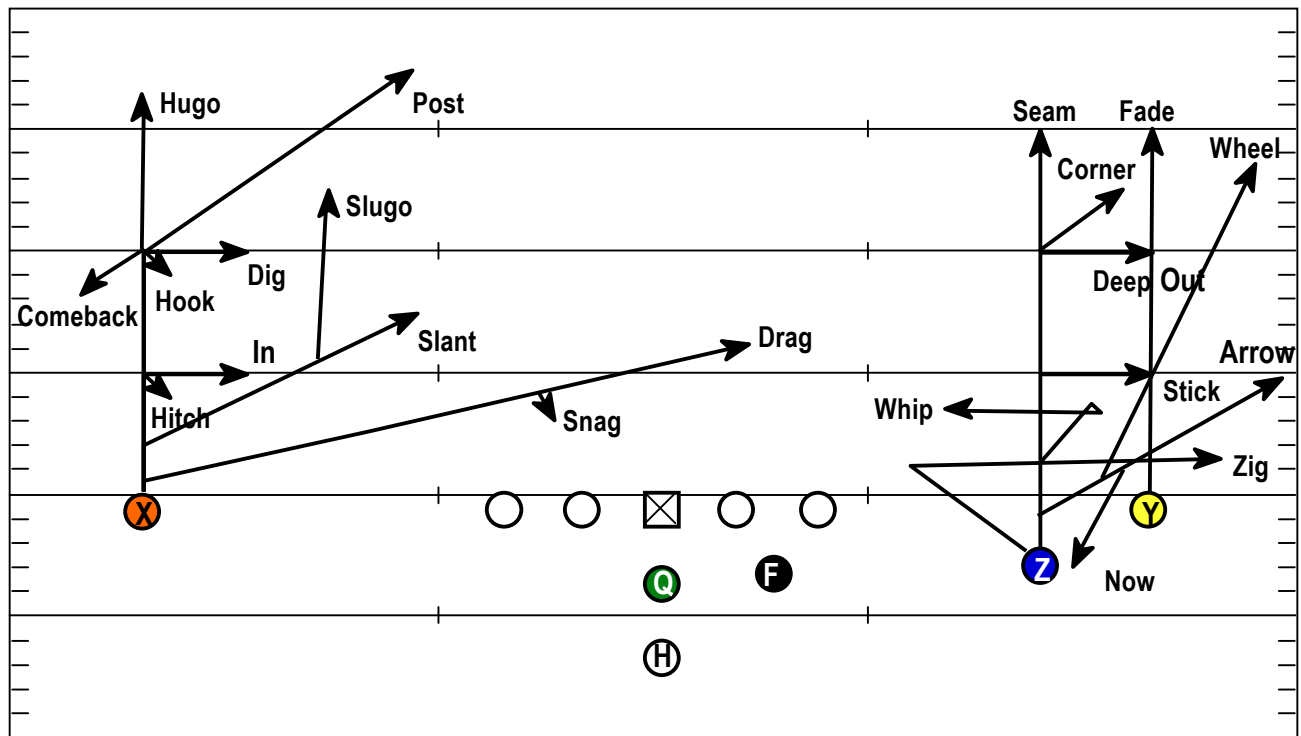
K. Catching:

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.