

Seahawks Playbook



Do not share with anyone not on the team

Seattle Seahawks

Tega Cay 2019 Fall 13U

Coaches

Brett van Beynum

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Ryan Firebaugh

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Practices

Before Labor Day

Thursday 6:30pm to 7:30pm

Lookout Park - 1965 Newberry Ln, Tega Cay, SC 29708

After Labor Day

Friday 6:30pm to 7:30pm

Lookout Park - 1965 Newberry Ln, Tega Cay, SC 29708

Saturday 11:30pm to 12:30pm -- Saturday practices will end once games begin

Turner Field - 1114 Watertrace Dr, Fort Mill, SC 29708

Team Roster

Chase Graham

Connor Hedrick

Cooper Firebaugh

Gray Patterson

Jacob LaVergne

Jacob Nally

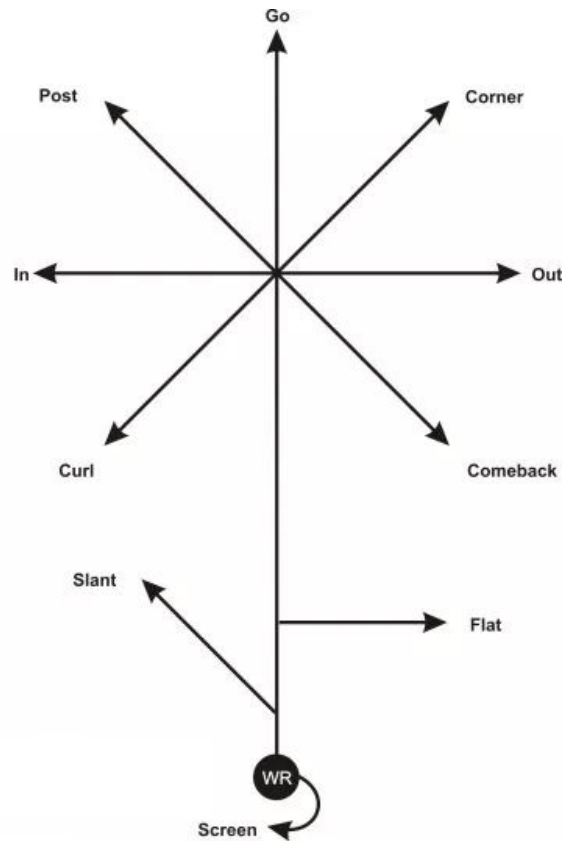
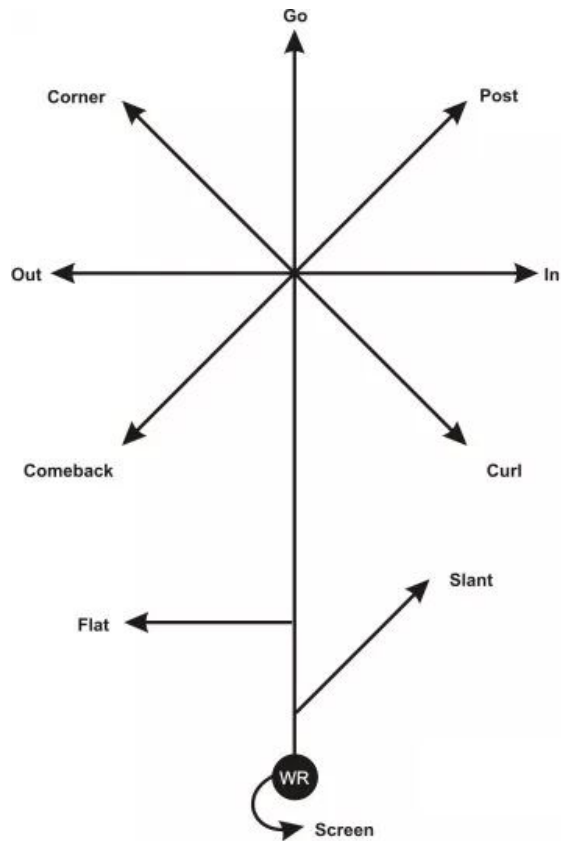
Luke van Beynum

Mikey Gladden

Palmer Paske

Sage Nguyen

Route Tree

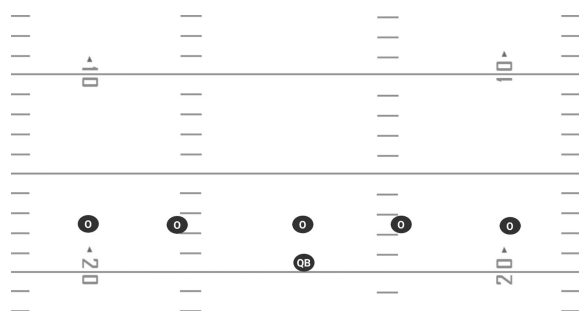


The simplest way to learn routes is through the football route tree. This is a term given to any diagram that shows the various routes a receiver can run. A route tree consists of a single straight line with other lines branching off it, depicting the various possible routes.

This route tree does not display every single route a receiver can run, but it does show the basic routes a young player should know. Learning the routes in this simple route tree will help you get a solid base of football knowledge.

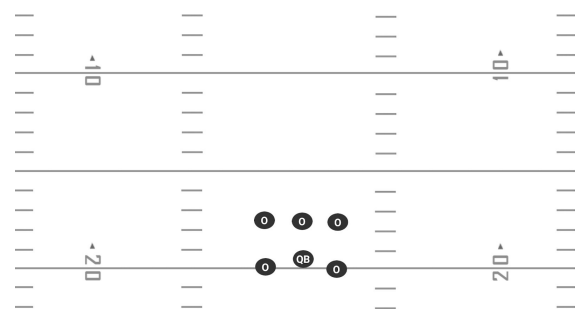
Formations*

Base



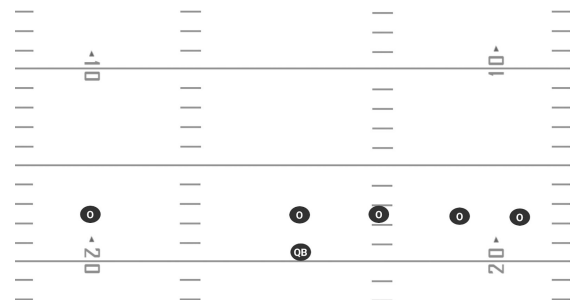
- Most common formation
- Goal to spread out defense
- Outside receivers should be on sidelines
- Everyone equally spaced

Bunch



- Grouped formation to throw off defense
- Routes used to spread across field
- Spread vertically & horizontally

Strong Side

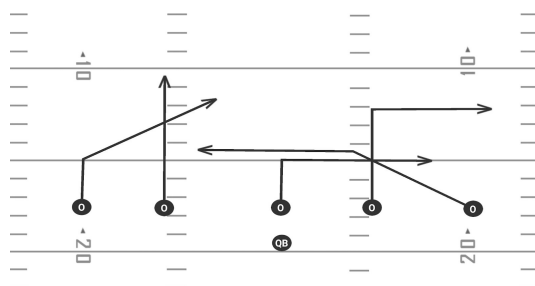


- Strong side takes advantage of weak spots
- Cause confusion in different areas
- Strong side can be flipped

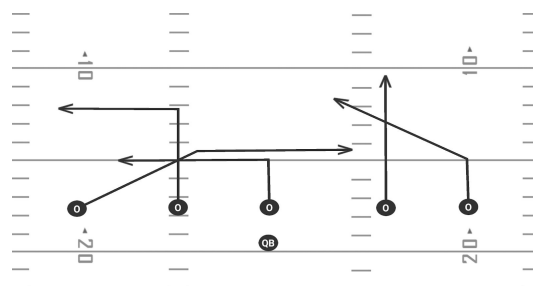
* All plays can be flipped with the same routes run in opposite way

Base Formation

Clemson

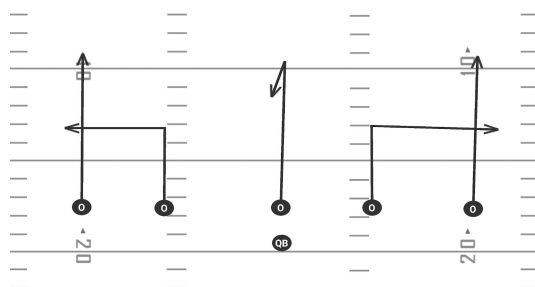


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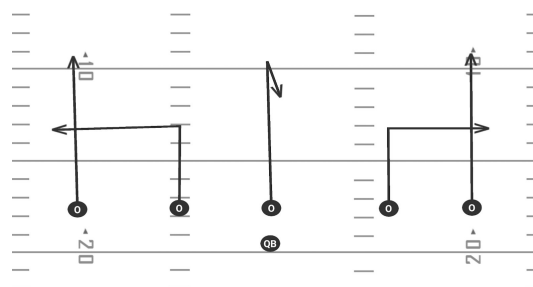


Flipped

Gamecocks

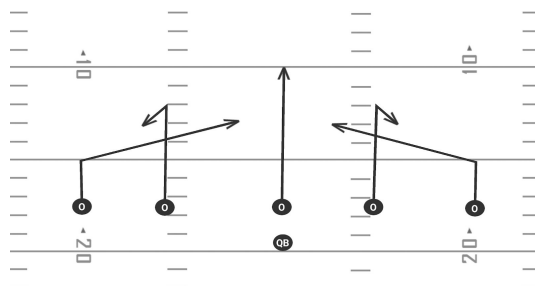


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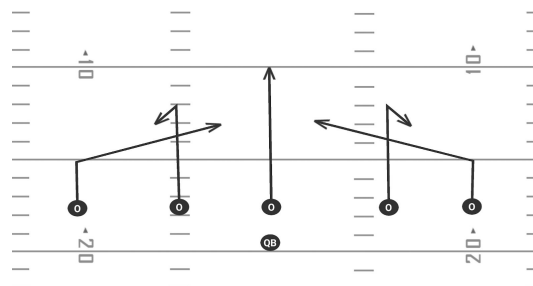


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Buckeyes

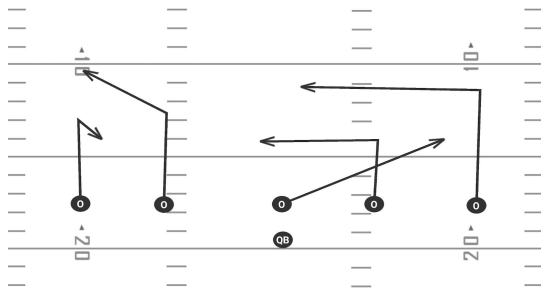


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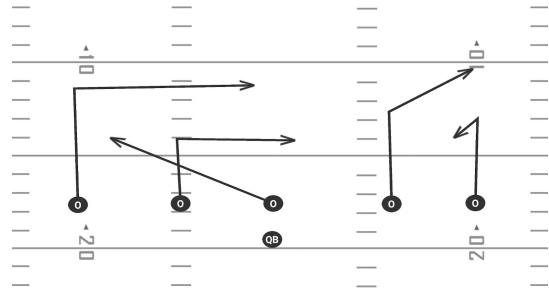


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Cougars

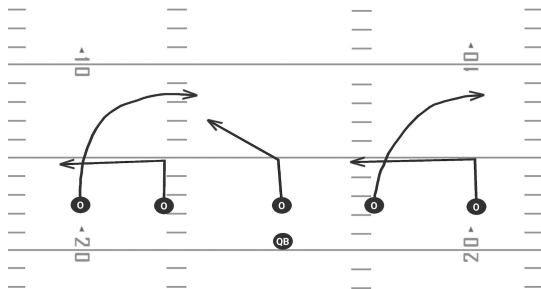


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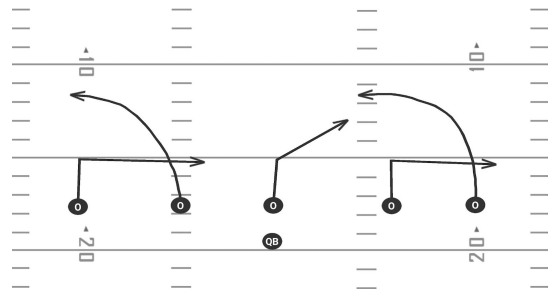


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Huskies

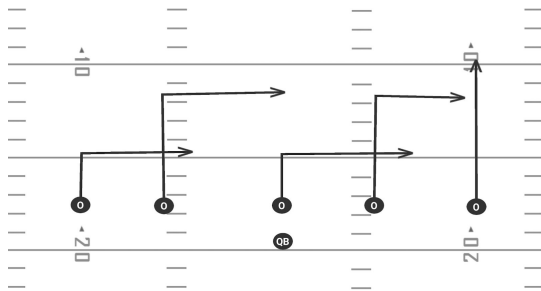


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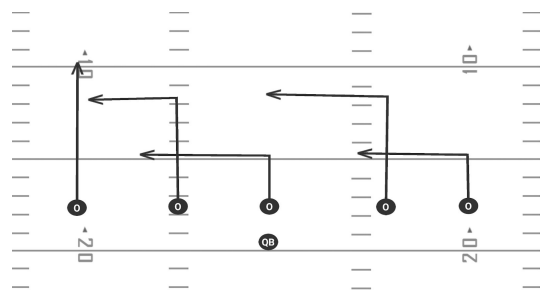


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Tide

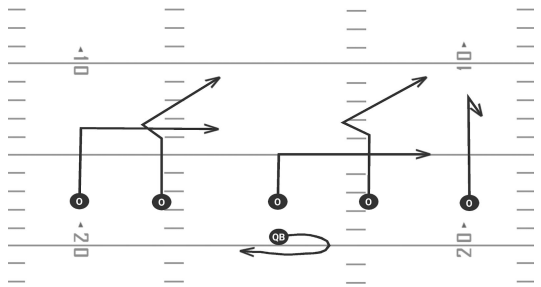


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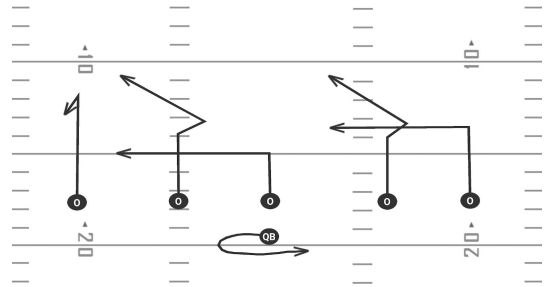


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Irish



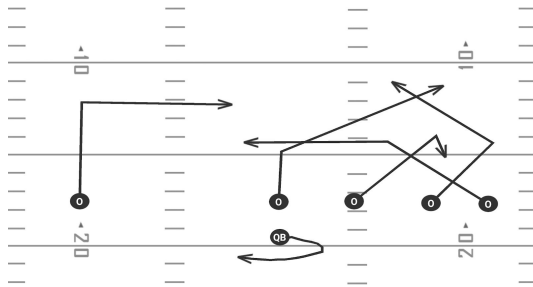
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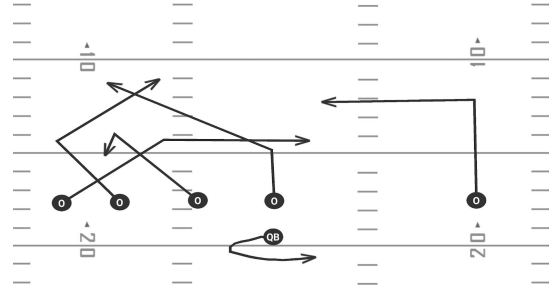
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Strong Side

Boilermakers

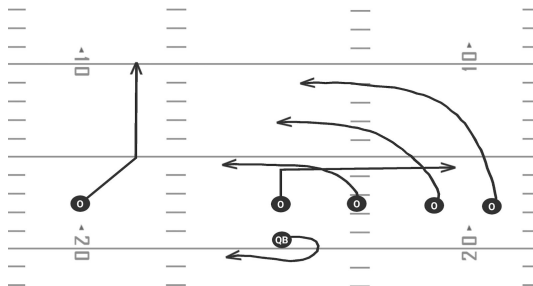


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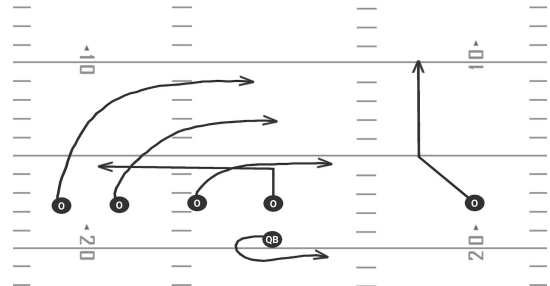


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Falcons

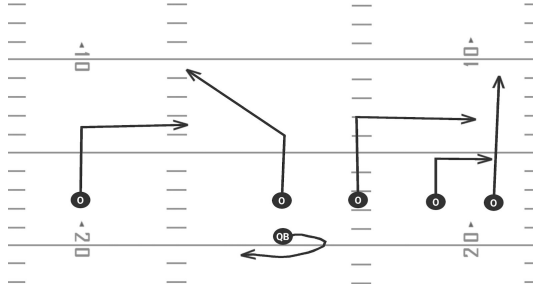


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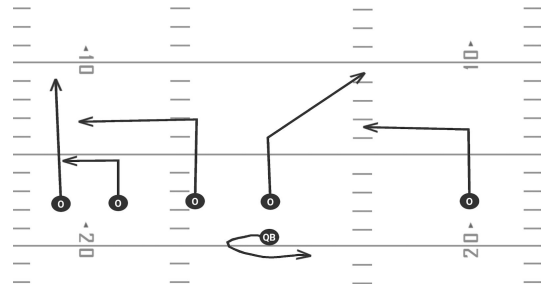


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Bulldogs



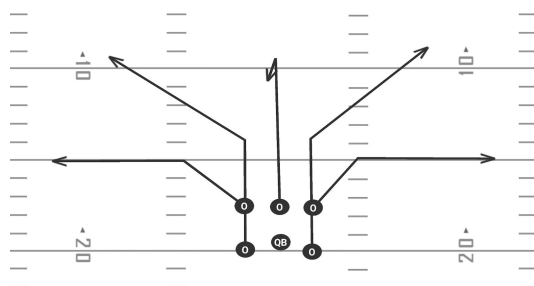
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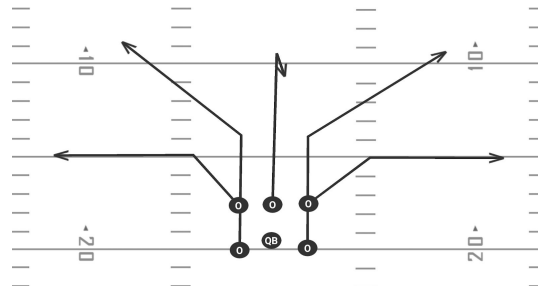
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Bunch

Sooners

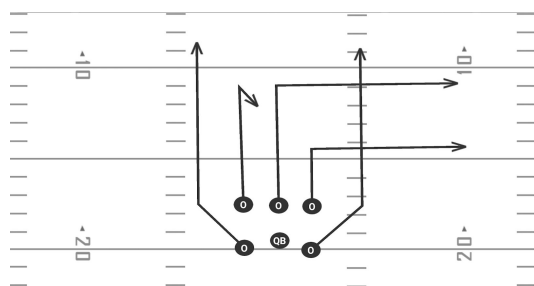


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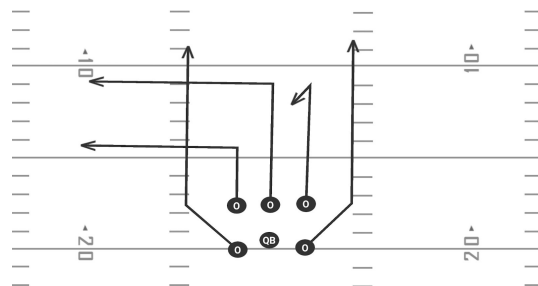


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Banana Slugs

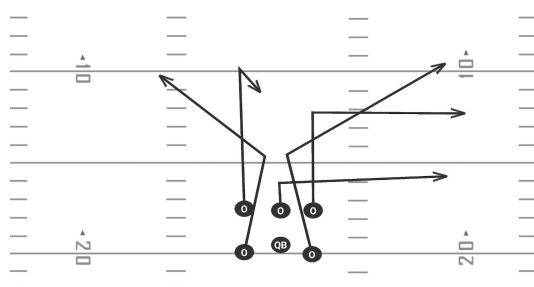


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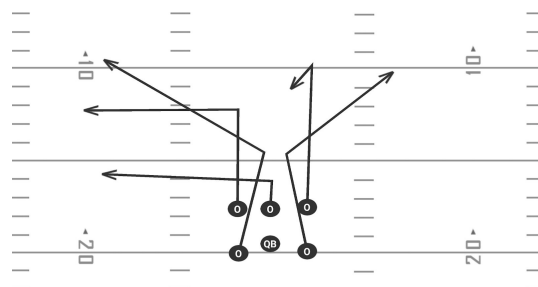


Flipped

Pickles



Regular



Flipped