

# Cougars Playbook



**Do not share with anyone not on the team**

# Washington State Cougars

Tega Cay 2019 Fall 10U

## Coaches

Brett van Beynum

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## Practices

### Before Labor Day

Wednesday 5:30pm to 6:30pm - Lookout Park - 1965 Newberry Ln, Tega Cay, SC 29708

### After Labor Day

Friday 5:30pm to 6:30pm - Lookout Park - 1965 Newberry Ln, Tega Cay, SC 29708

Saturday 10:30pm to 11:30pm - Turner Field - 1114 Watertrace Dr, Fort Mill, SC 29708

Saturday practices will end once games begin

## Team Roster

Brady Fanis

Caison Carrieri

Cameron Norek

Cayden Klapheke

Colin Maloney

Cooper van Beynum

Darin Cicarelli

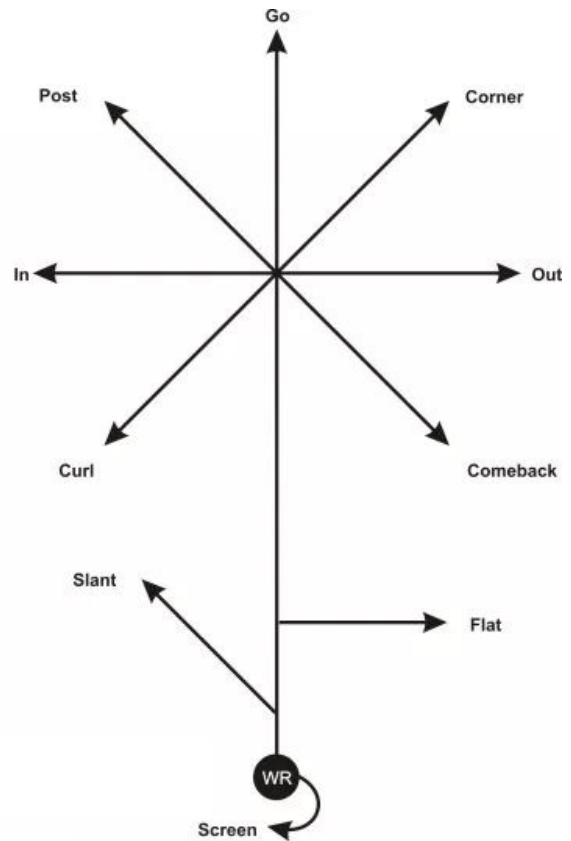
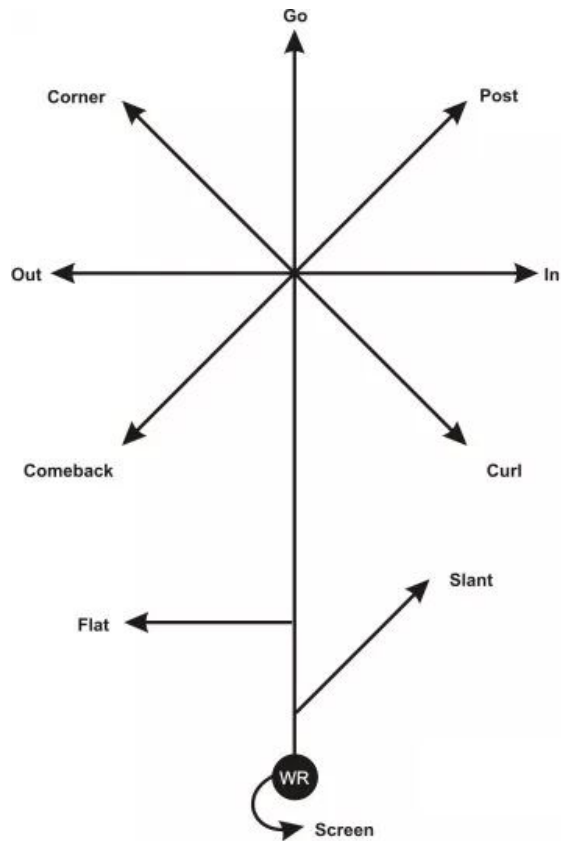
Jack Blackwell

Lochlan Campbell

Max Chinnes

Tristan Panos

# Route Tree

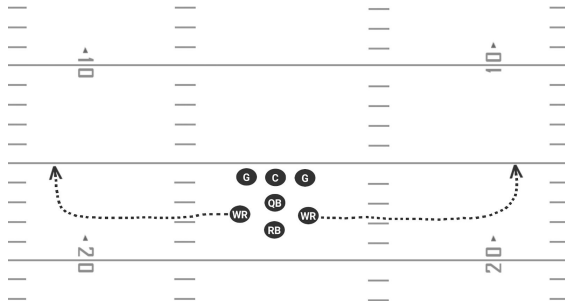


The simplest way to learn routes is through the football route tree. This is a term given to any diagram that shows the various routes a receiver can run. A route tree consists of a single straight line with other lines branching off it, depicting the various possible routes.

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\*

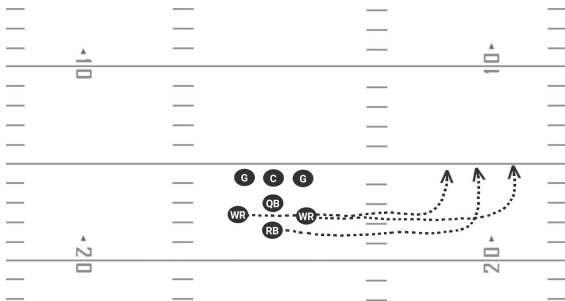
## Base



Motion word: Salsa

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

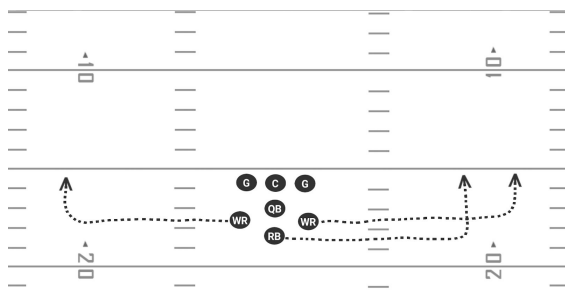
## Triplets



Motion word: Catchup

- Use confusion to cause open player
- Spread defense to strong side
- Bunch players to distract defense

## Twins



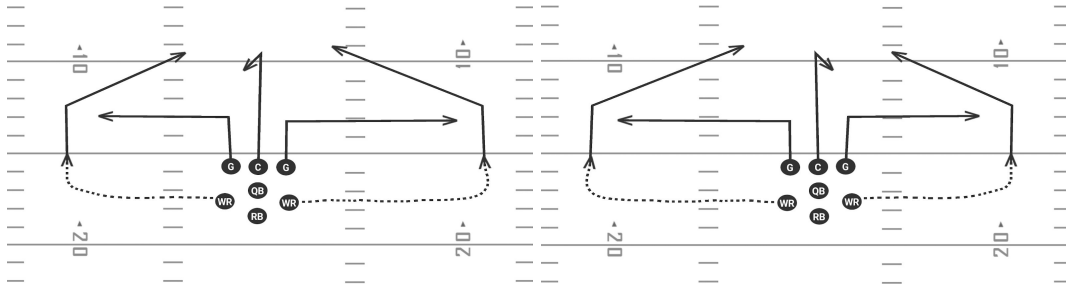
Motion word: Syrup

- Take advantage of weak position
- Place stress on Corner or Safety
- Distract defense to strong side

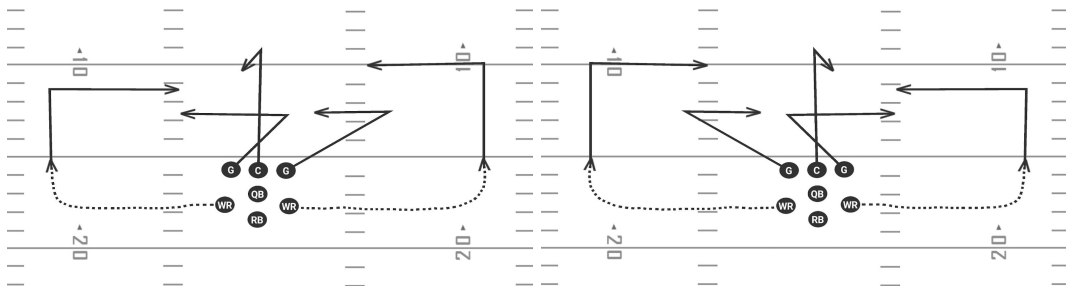
\* All plays can be flipped with the same routes run in opposite way

# Base Formation - Salsa

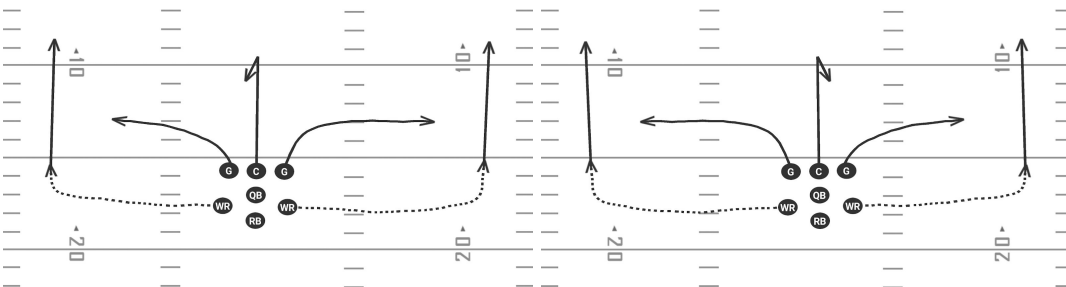
## Fajita



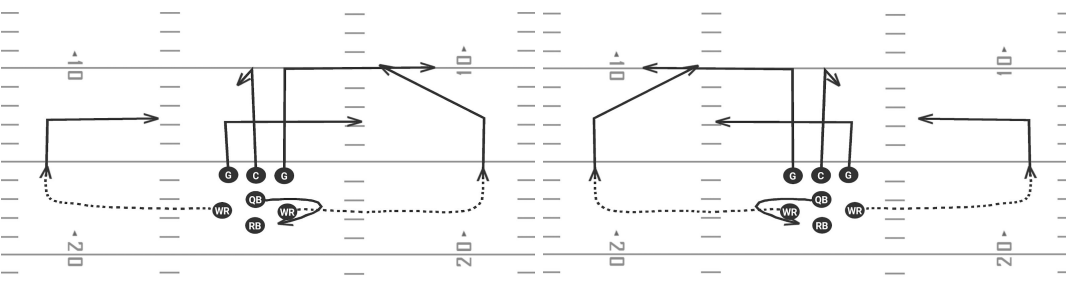
## Enchilada



## Taco



## Burrito

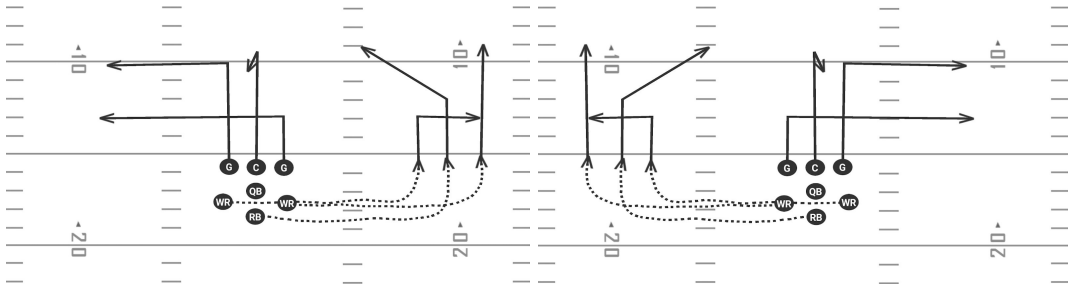


Regular

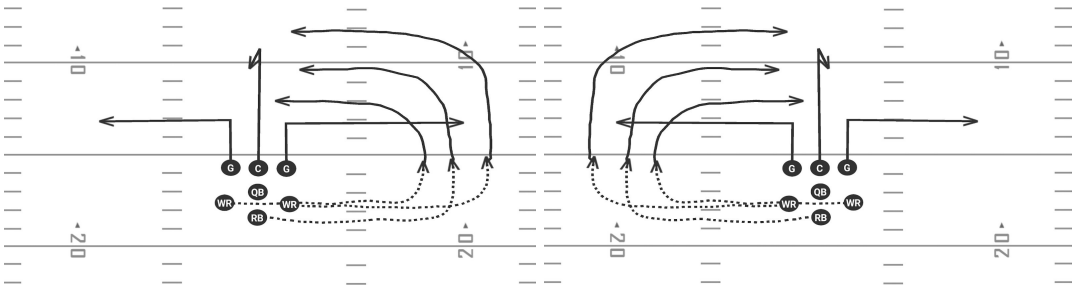
Flipped

Triplets - Catchup

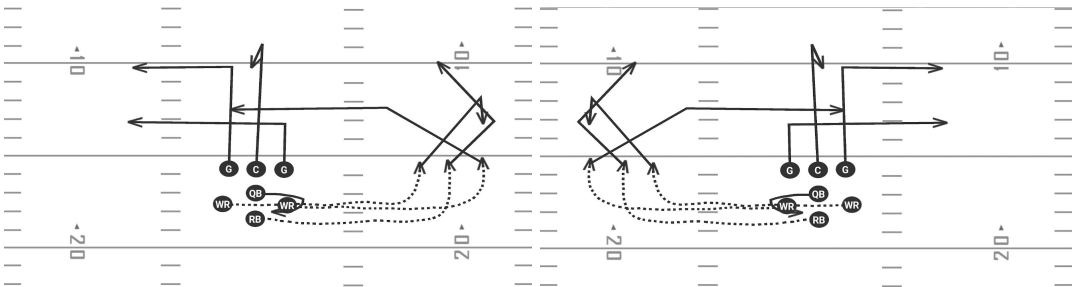
French Fry



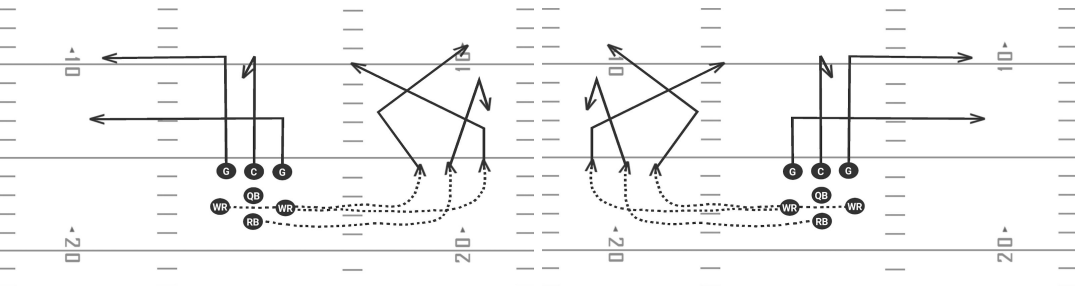
Hot Dog



Burger



Pizza

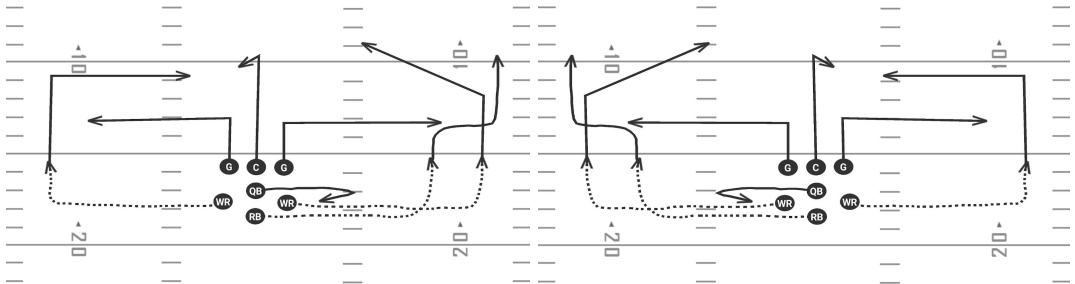


Regular

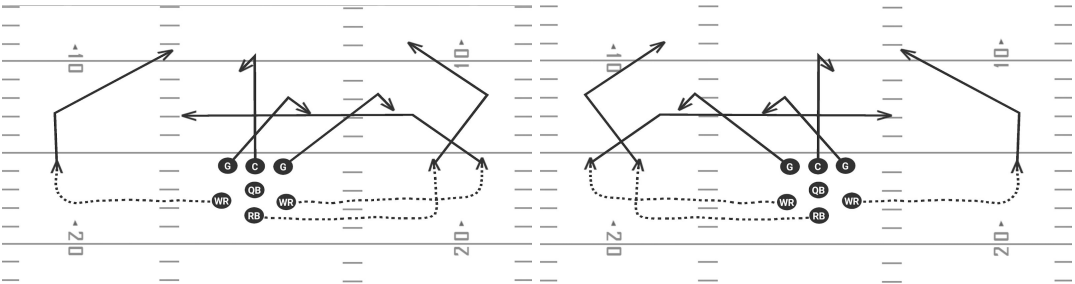
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Twins - Syrup

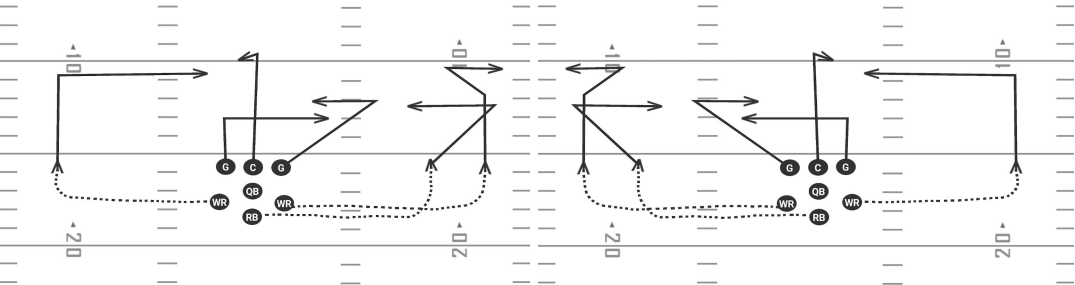
Waffle



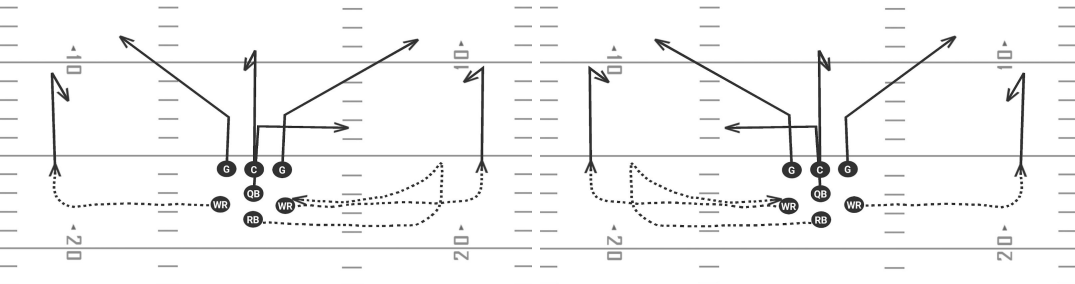
Omlet



Bacon



Pancake



Regular

Flipped