

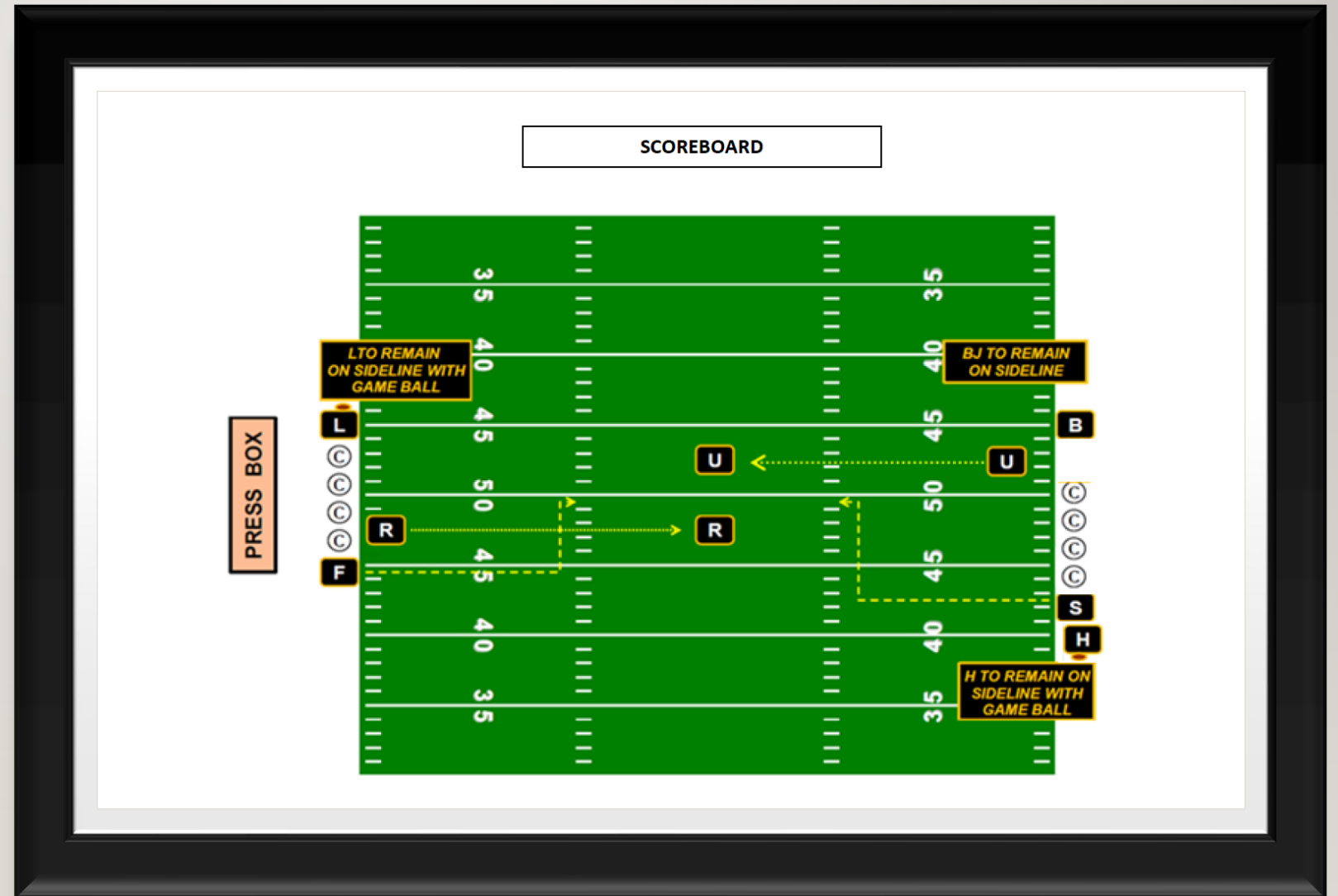
VFOA 2022

7-MAN MECHANICS

BY JUSTIN FORTIER



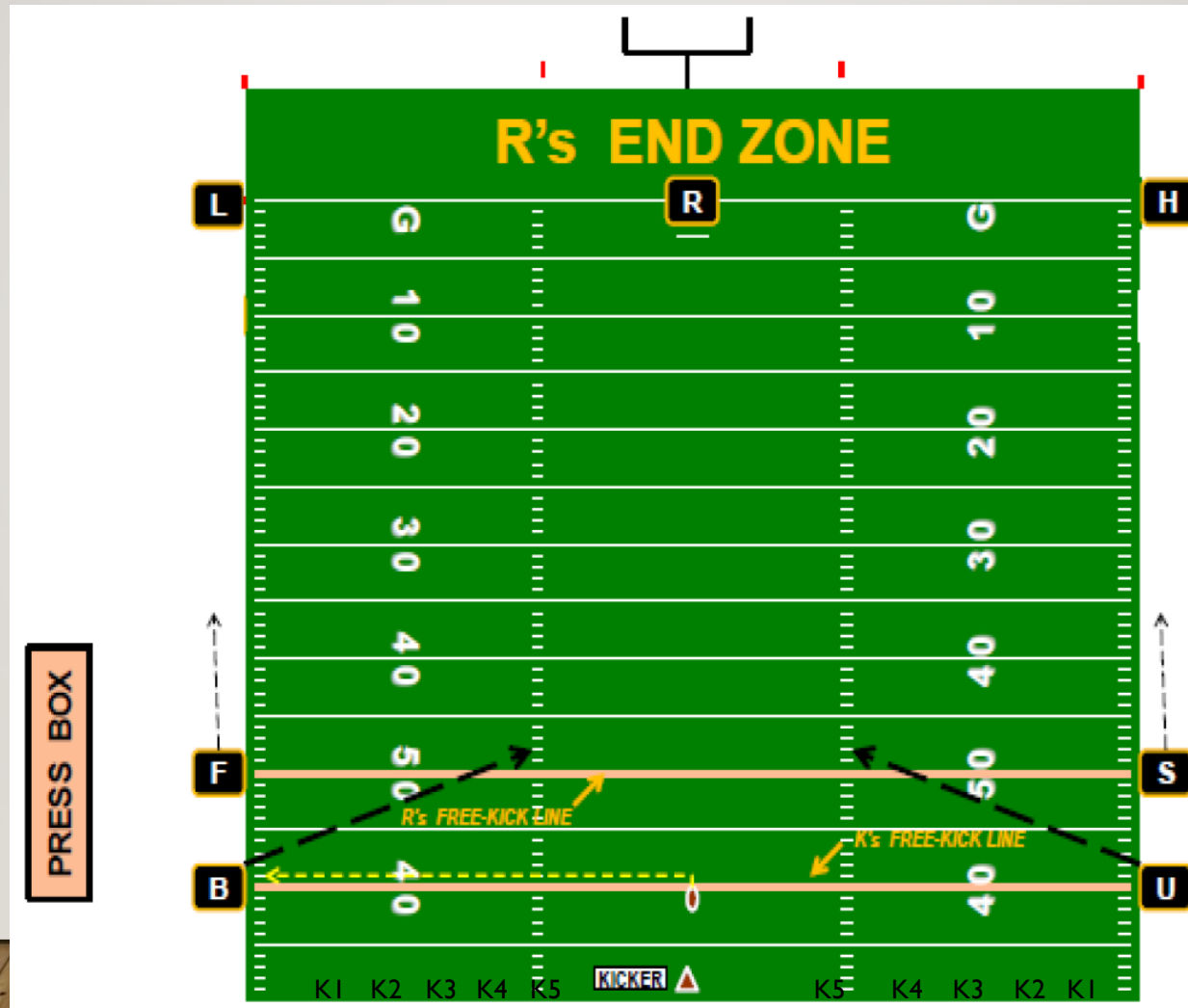
COIN TOSS



FREE KICKS

L, H & R – Own blocking in front of Receiver, and initial wave through the blocks. Progress to the 2 yardline

F&S – Follow K2 & K3 on your side of field, as far as you can. If they separate, stay on key that is most likely to be fouled, ie closest to the ball or first through the line of blockers. You have Goal line responsibility.



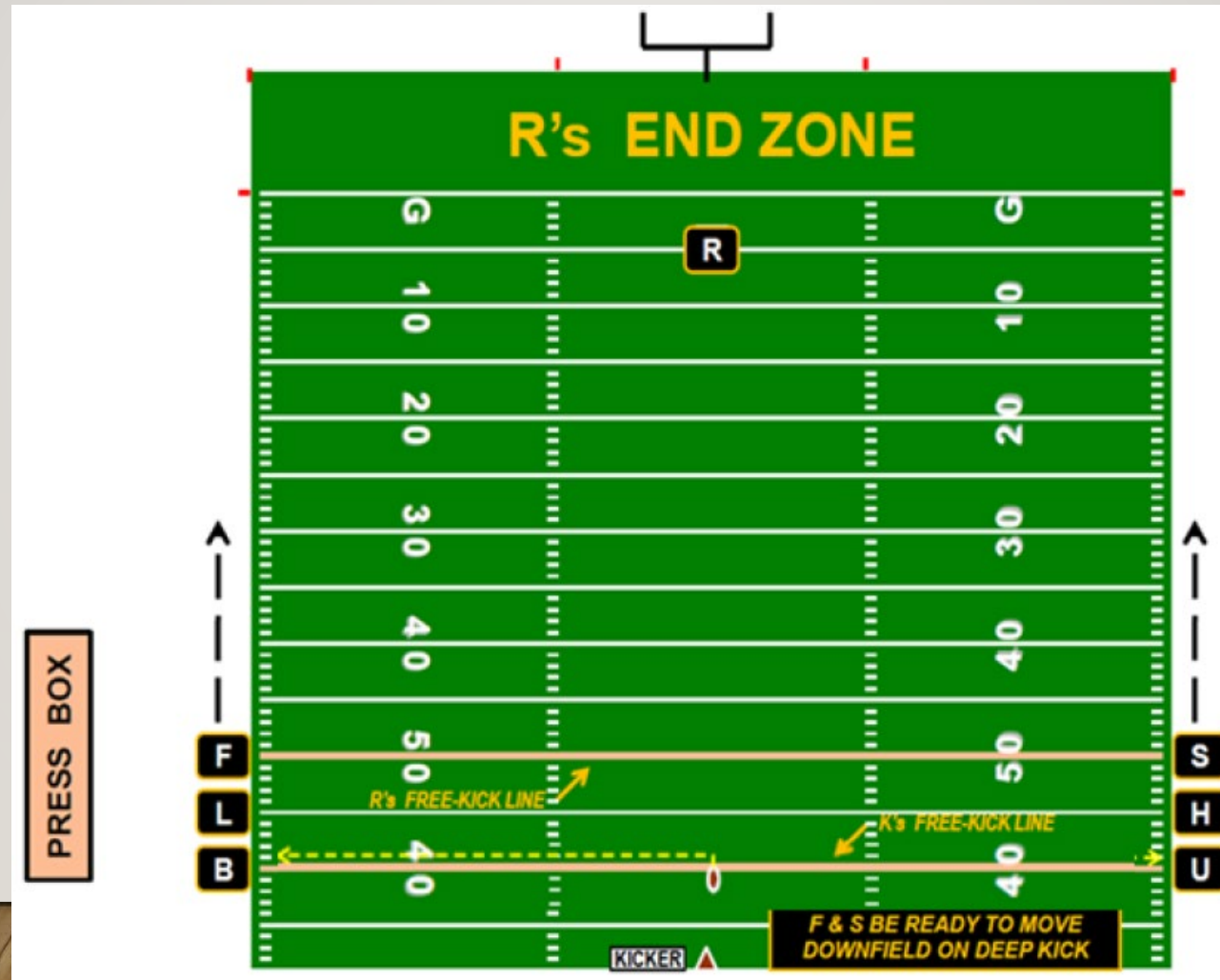
B&U – Follow K4 & K5. If unbalanced and K5 is really the 6th man on other side of kicker, he's yours. Same as F&S stay on man most likely to be fouled if they separate.

ONSIDE KICKS

F&S – You have ball crossing, possession and if kicked deep, progress.

L&H – You have early blocks, and help on any touches.

B&U – Kicking team restraining line, “Pane of glass” philosophy. Help with early touching as well. Rule on pop-up kicks, and Goalline if R returns it.



R – You own blocking and runner on deep kicks. Formation at time of kick as well.

All – be cognizant of clock and status. Wind it on legal touching, not on illegal touching. If returner is not grounded when recovering kick, time should come off the clock.

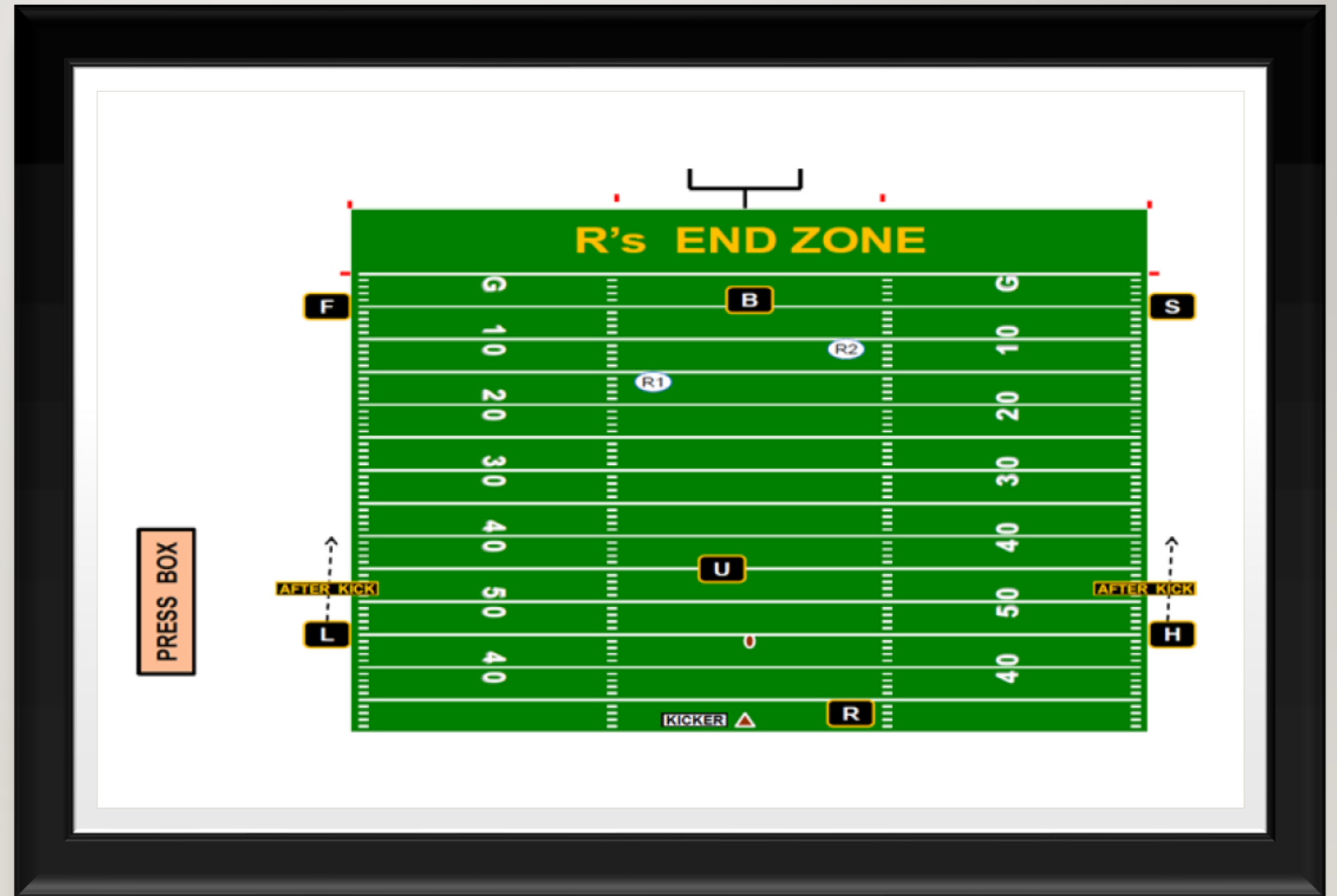
GOAL LINE

- R and U – cover as you would any other play
- B – GL coverage responsibility for any play snapped outside the 25 yard line
- S and F – Responsible for goal line coverage on any play snapped outside the 7 yard line. Take forward progress only on plays that end between the 2 yard-line and goal line. Align off back corner pylons from 7 and in.
- H and L – Have goal line coverage for plays snapped from 7 yard line and in. For plays snapped outside of 7 yard-line, you own forward progress down to the 2 yard line.

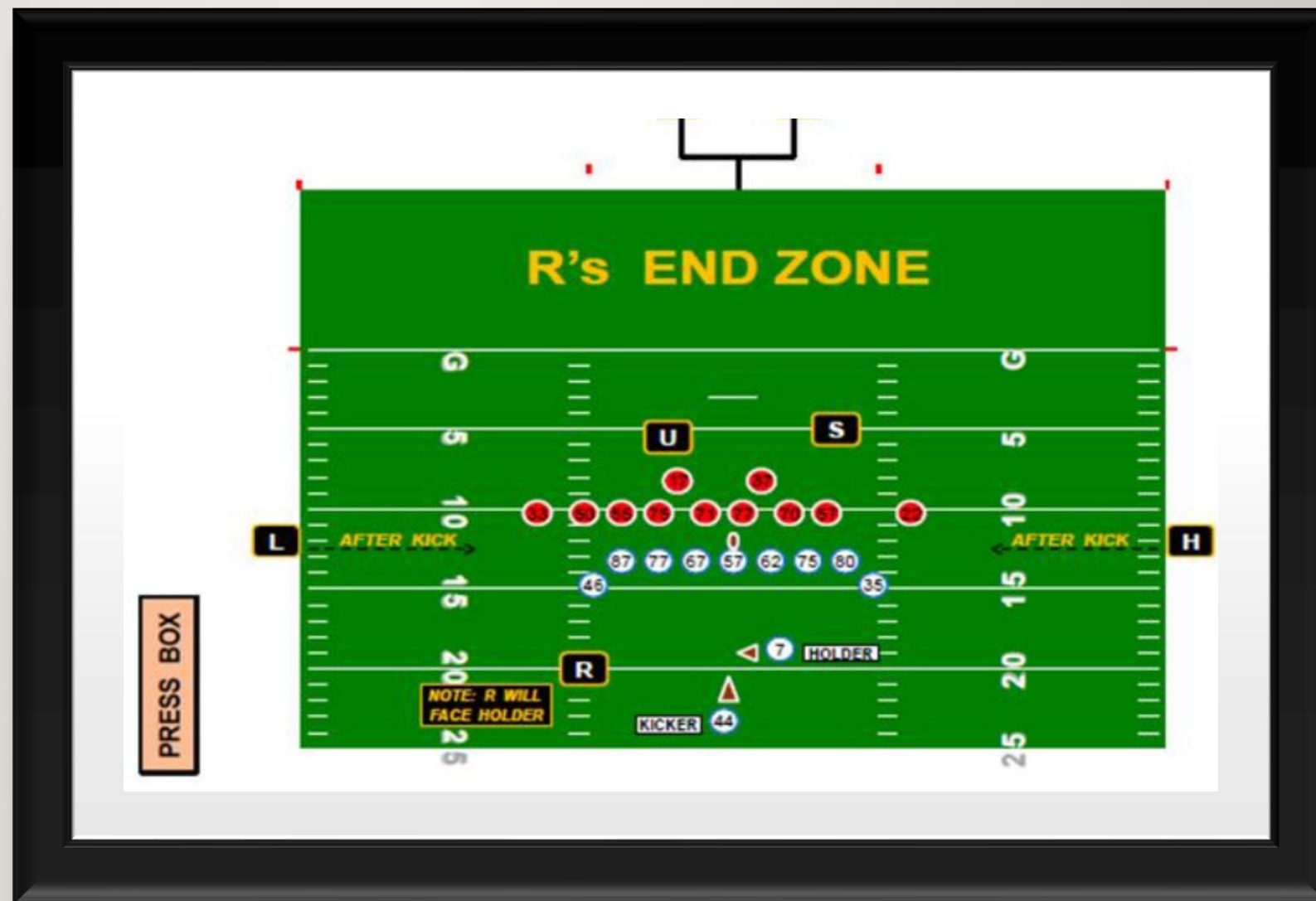
REVERSE GOAL LINE

- R, s, f and b – cover plays as you normally would
- U – los responsibilities for plays inside 10 yardline
- H and L – move immediately to the goalline for plays snapped from 3 and in. If snapped from 3-7, H should hold LoS and LJ should hold move back to goalline with R to help with forward progress.

PUNTS



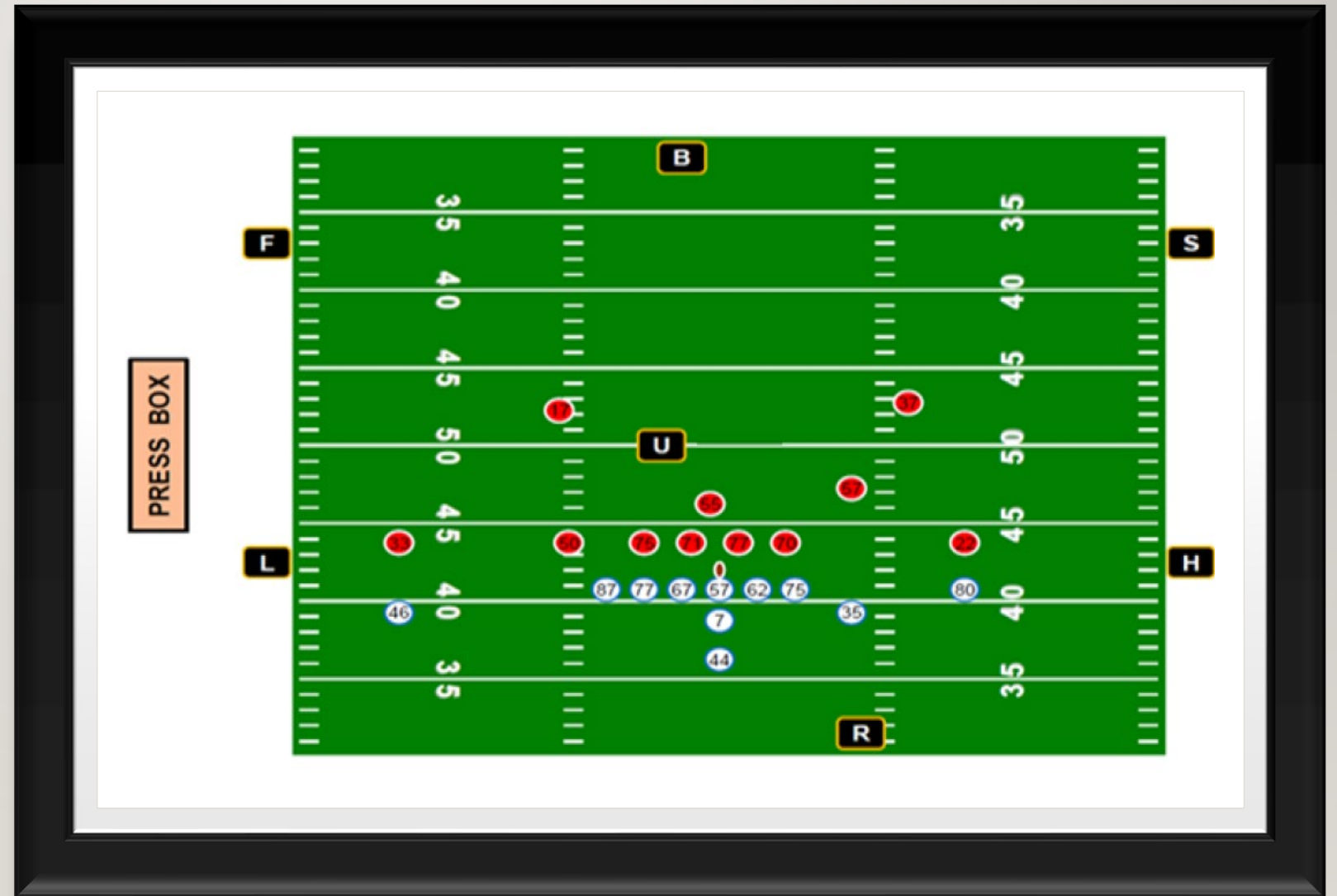
FIELD GOALS AND TRY'S



MEASUREMENTS

- R – remain over ball and rule if line to gain was reached
- LJ – mark line spot for h to spot the clip
- H – grab clip and have chain crew move onto field for measurement. Place clip at lj spot.
- S – move down box to front stake. Obtain gameball from sideline.
- U – take front stake from chain crew, once clip is in position and firmly held by H, stretch the chains.
- B – place beanbag below foremost point of ball. Hold ball in place throughout measurement.
- F – obtain gameball from sideline. Clear players out of the way for chains and crew to work efficiently

SCRIMMAGE PLAYS



PASS KEYS

- F and S – widest eligible receivers to your side
- B – second widest receiver to strong side(LJ side in balanced formations) or the third eligible receiver in trips
- H – second wr in balanced or trips, otherwise key on closest back releasing to your side
- L – second wr in trips, otherwise backs in the backfield

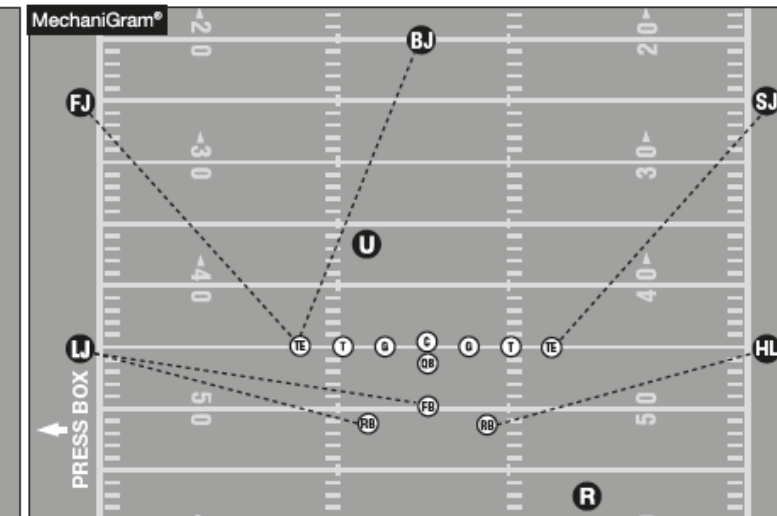
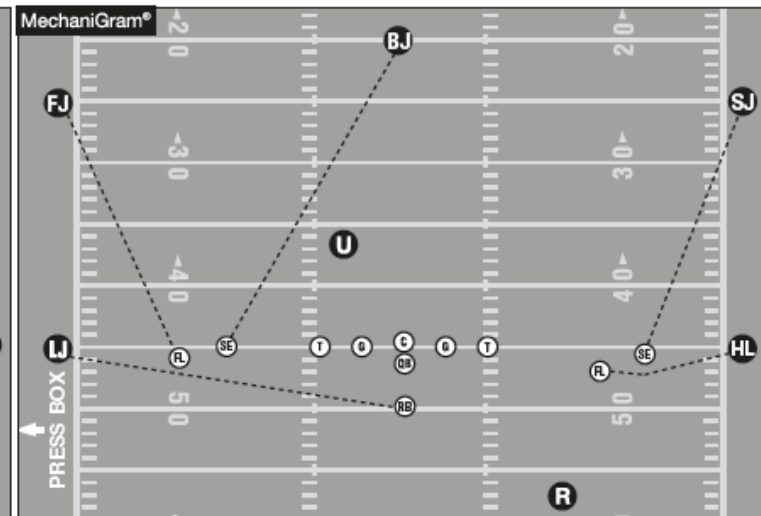
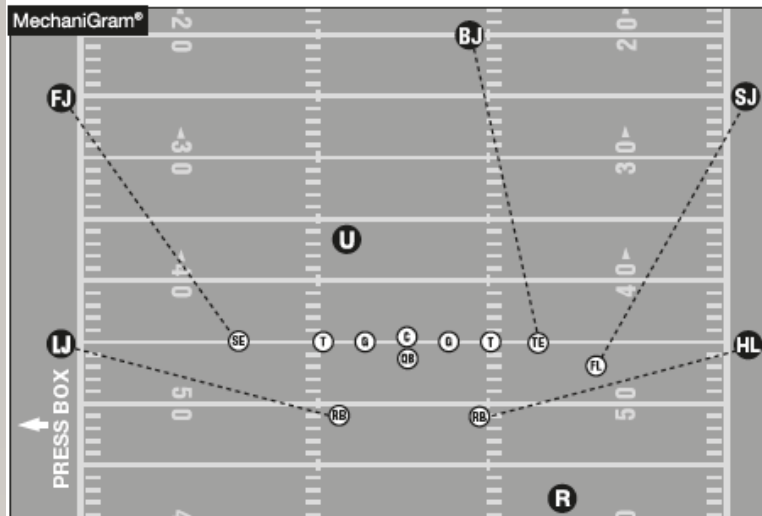
PRO SET, STRENGTH TO HEAD LINE-JUDGE'S SIDE KEYS



DOUBLE WING, BALANCED FORMATION KEYS



DOUBLE TIGHT END, BALANCED FORMATION KEYS



MOTION MAN INSIDE TACKLE AT SNAP KEYS



MOTION INTO TRIPS KEYS



TRIPS, EMPTY BACKFIELD KEYS

