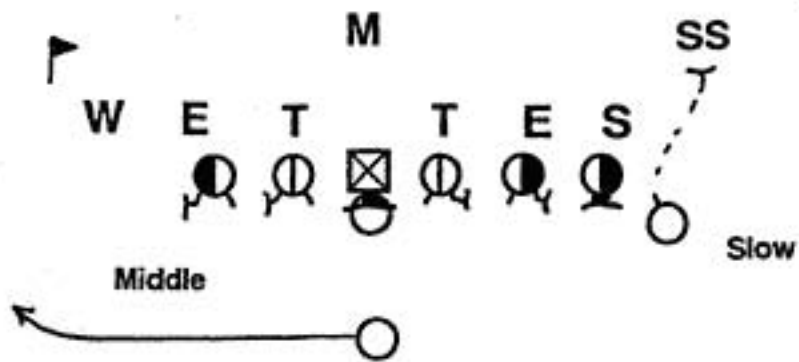
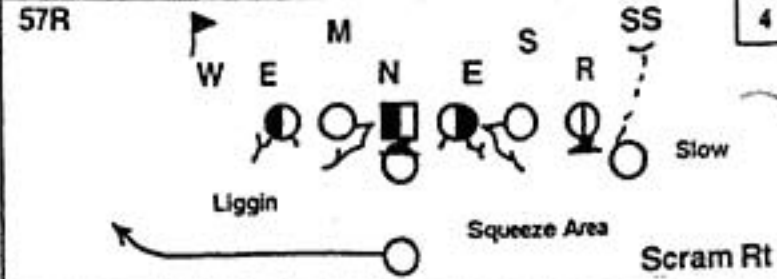
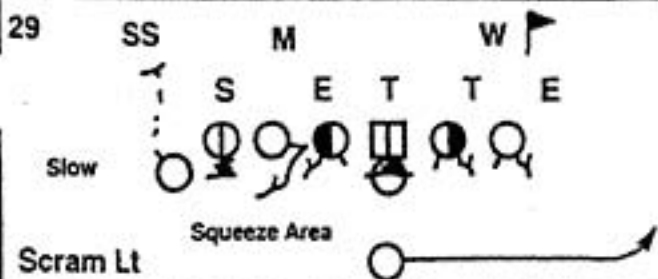
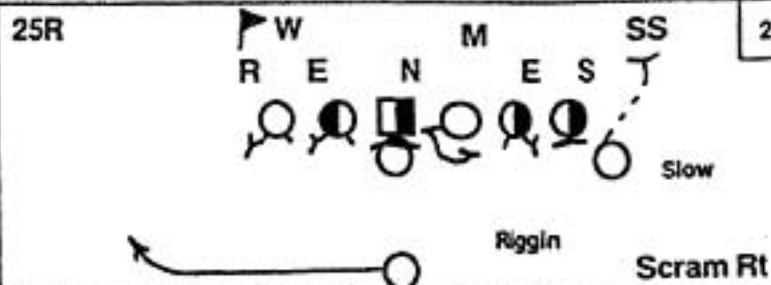
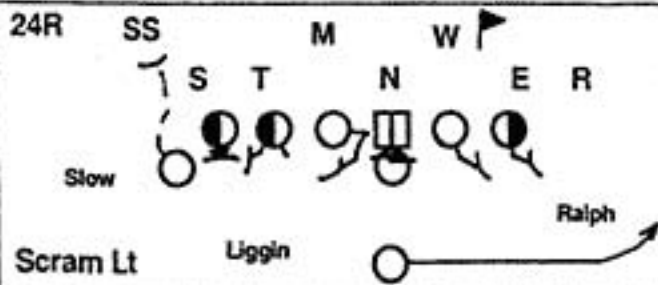


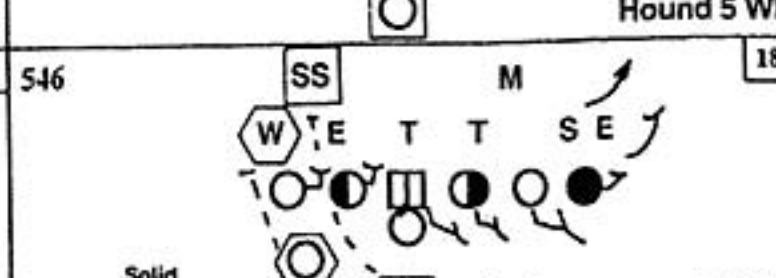
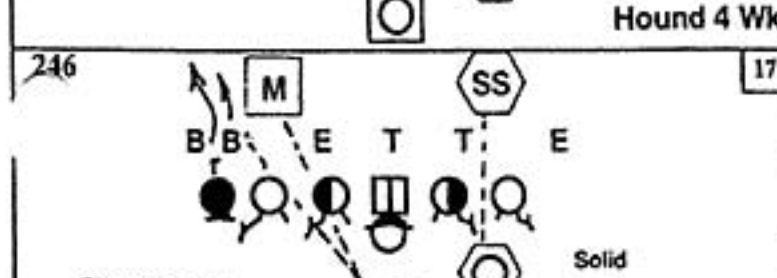
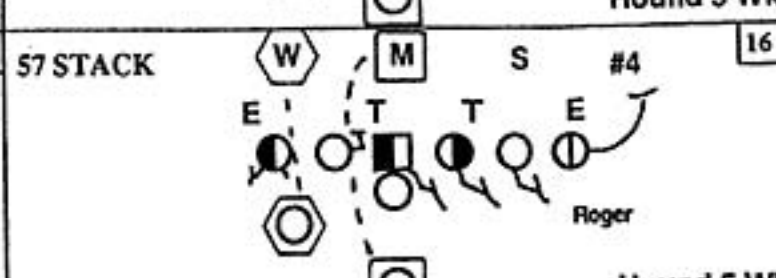
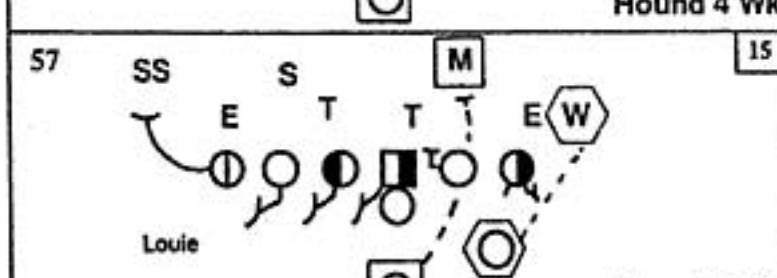
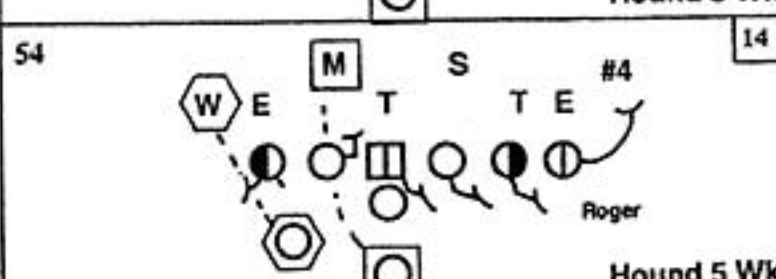
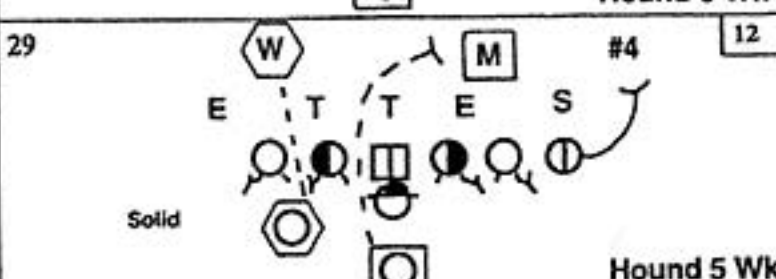
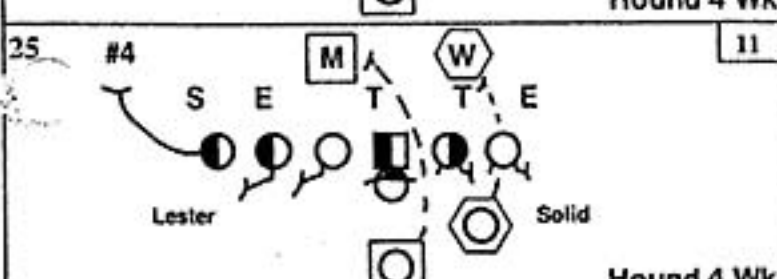
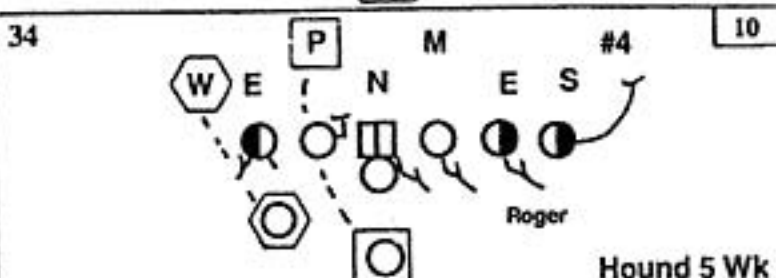
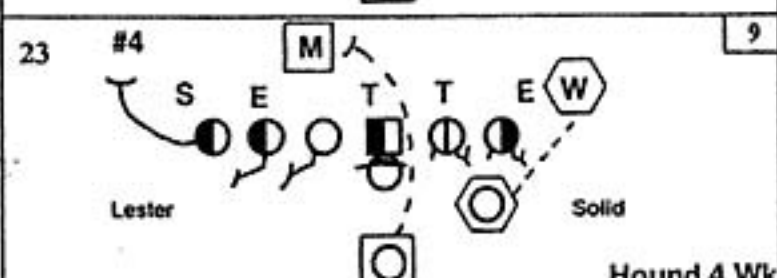
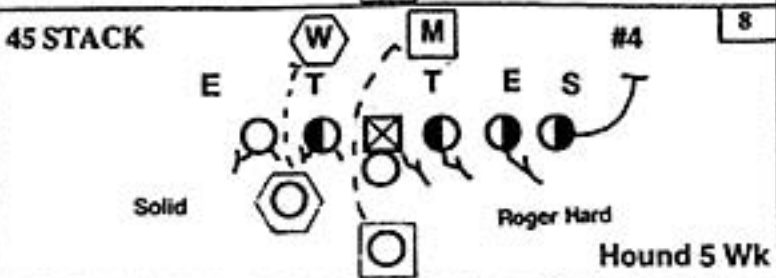
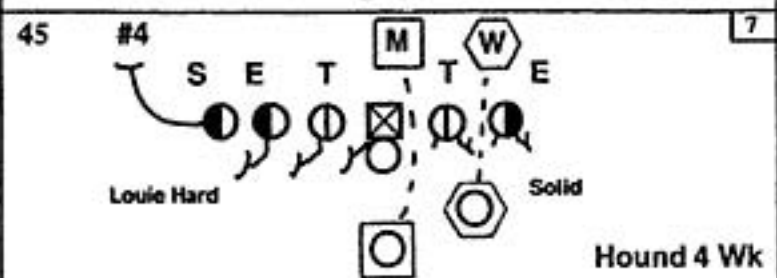
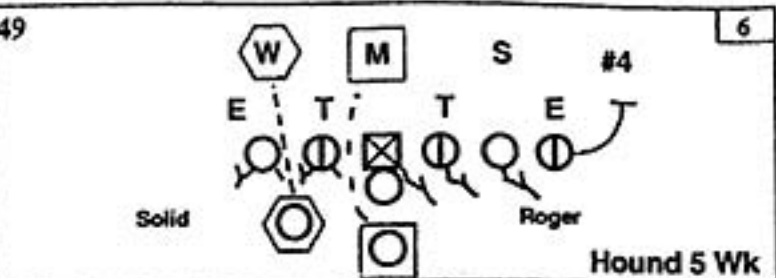
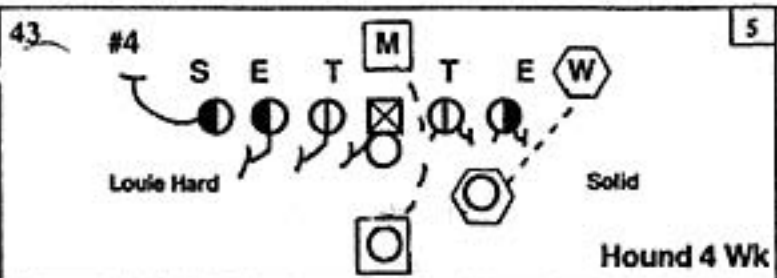
Scram Protection



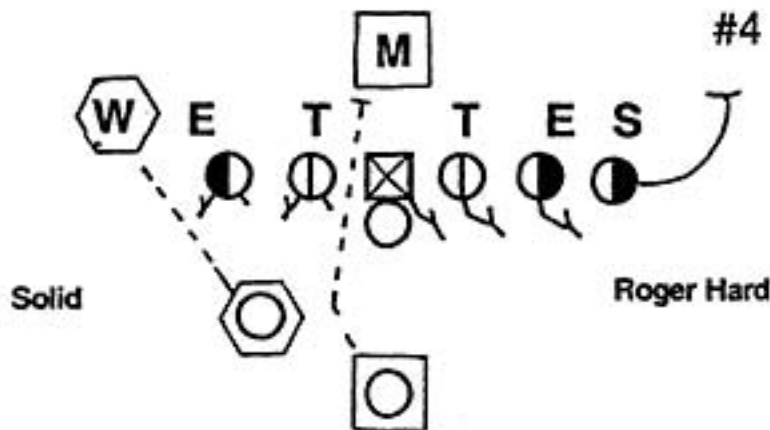
1. Scram is a 6 man solid protection (Ralph and Lester weak only). This is a weak flow protection where the back(s) has a "free release" weak away from the TE or direction call.
2. The O-Line is responsible for the 4 down linemen plus the Mike.
3. The TE will block-EMOL - "Slow" blocking involves the offensive tackle vs Tim looks.
4. H or H's sub blocks number 4 strong.
5. Back "free release" weak - alert hot.



Hound (Fox) 4/5 Weak

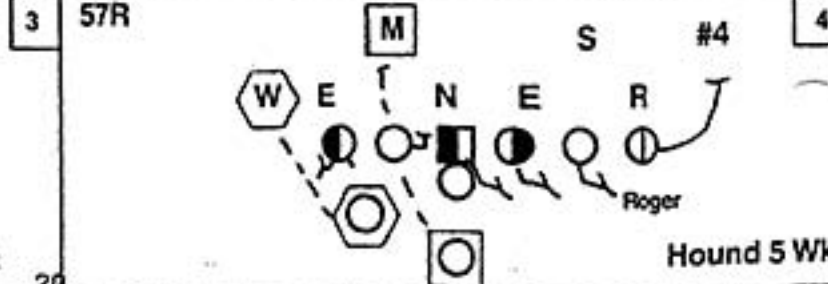
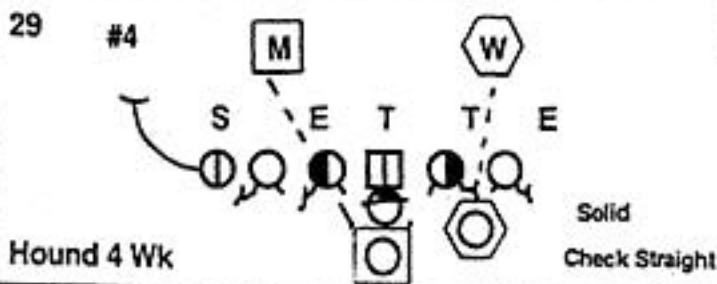
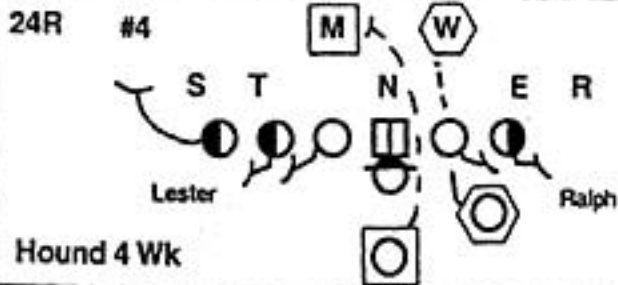


43



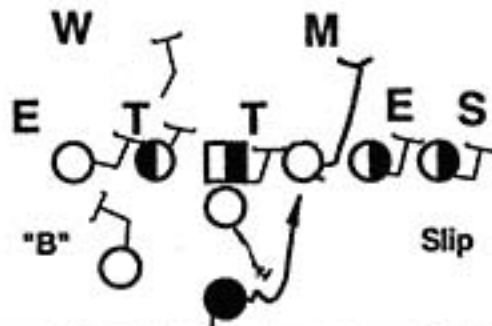
Hound Weak

1. Hound (Fox) Weak is a 7 man slide protection.
2. The O-Line is responsible for the 4 down linemen plus the Sam.
3. The Backs are responsible for the Mike and Will.
4. Hound Weak = FB on Will - TB on Mike
5. Fox Weak = FB on MIKE - TB on Will
6. The companion run is Hound (Fox) Draw Weak.



20 (30) Gut

25



20

CENTER: Block "O" (Playside Gap Technique) - Zone step with near foot - drive on mid-line. If covered by linebacker or uncovered "GAP" with outside guard to middle or outside linebacker. Keep shoulders a little more square.

ON GUARD: Block #1 (Drive Technique) - Block mid-line. If #1 is a linebacker, zone step - read linebacker's outside number. If covered by a down lineman - "GAP" with center to outside linebacker. Keep shoulders a little more square. SLIP vs. Shade and 5 Tech. SLIP vs 4 and 4-1.

ON TACKLE: Block #2 (Drive Technique) - Block point between his sternum and outside number - Create stretch! If #2 is a linebacker - brace step - read the linebacker and feel defender aligned on tight end. Alert for SCOOP. If covered by down lineman possible "POWER SLIP" with outside guard! Keep shoulders a little more square. Possible WEDGE vs. Stack Sam. Alert Tuff tech vs. Guard Bubble.

OFF GUARD: Block #1 (Playside Gap Technique) - When covered by a linebacker, zone step - get "Push" on nose tackle. Make "B" call if covered by a down lineman and tackle is covered by a linebacker. Alert for B-BASE call vs. a triple look. Keep shoulders a little more square.

OFF TACKLE: Block #2 (Playside Gap Technique) - When covered by a linebacker get "Push" on defender aligned on the guard. Alert for B call - cut off defender aligned on guard. Keep shoulders a little more square.

TIGHT END: Block #3

Onside

9 tech. - Zone step outside foot, target midline.

6 tech. - Zone step outside foot, target outside numbers.

7 tech. - Zone step inside foot, target between numbers.

If tackle calls "Man", "Scoop" is off.

Alert: "Scoop" your call with covered 6 or 7 tech and tackle is uncovered.

Offside

6 tech - Drive cutoff

Poss. "C" with tackle.

9 tech - Wall. Poss. sift.

7 tech - Scramble cutoff.

With BST

Covered,

poss. C,

poss. B/C.

TIGHT END AS EXTRA BLOCKER: "BRA" - TE and H-Back zone block the EMOL defender to a DB. "SHOVEL" - 3 man zone involving tackle, TE, and H-Back - exact combinations depend on alignment and reaction of DB.

TB - Align: Heels at 7 yards.
Aiming Point: Crack of FSOG.
Coaching Point: Strong A-gap to Weak A-gap play.

Steps: Drop step opposite foot.
Read: 2 Tech Out

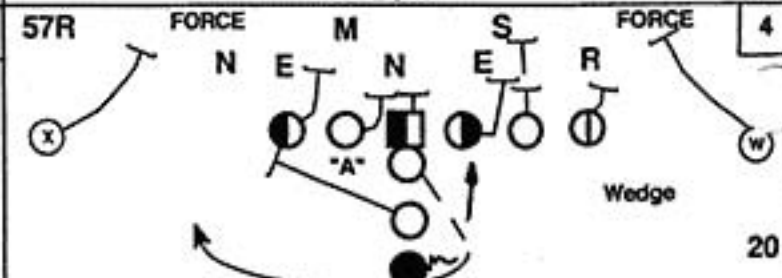
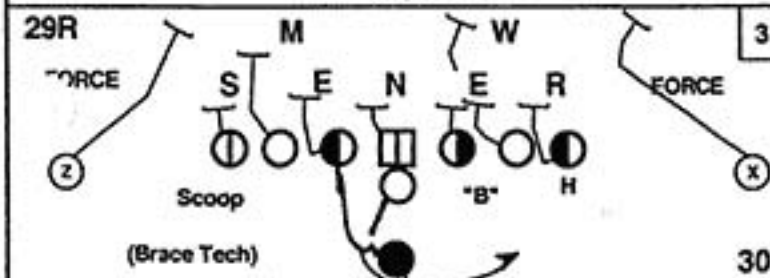
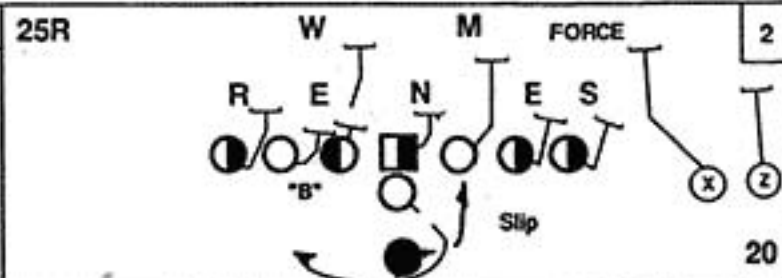
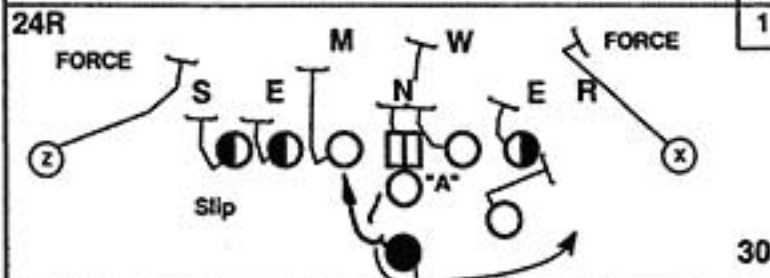
FB - Align: Heels at 5 yards.
Aiming Point: Inside hip of BSOT. Work inside-out on defender.
Coaching Point: Head inside.

Steps: Lead step near foot.
Read: EMOL: Kick him out.

QUARTERBACK: Open playside on 4/5 hole course on the mid-line. Naked Fake. Alert: Possible audible vs Bear.

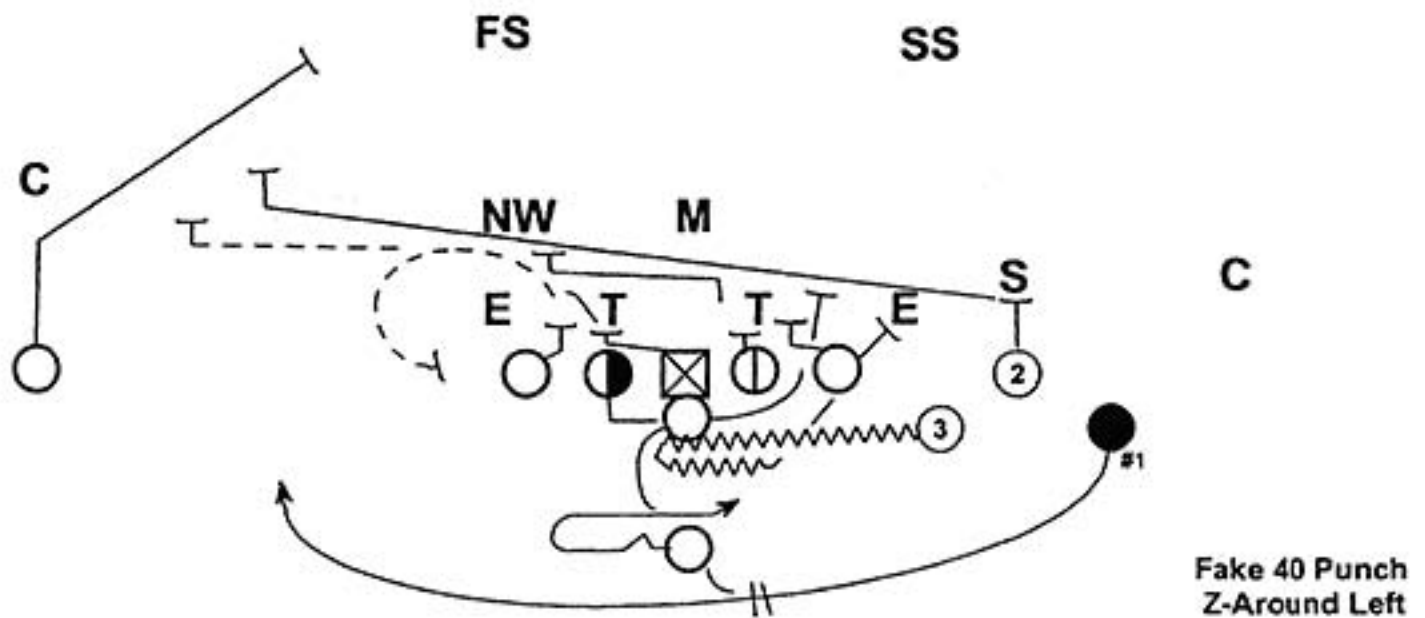
"Z": Frontside block force.

"X": Backside block force.



Fake 50 (40) Punch Z-Around Lt(Rt)

2



Fake 40 Punch
Z-Around Left

CENTER: Block 50 (40) Punch vs Tim Look weak block back let Defender cross your face leak out weak. Vs. Bubble Weak block back. Be alert for DE on the Pinch.

OFF GUARD: Block 50 (40) Punch - Vs. Tim Look "DEUCE" and Defender in the Box. Let him cross your face seal him to the outside. Vs. Bubble block "UNDER" let the defender cross your face seal him to the frontside.

ON TACKLE: Block 50 (40) Punch vs Tim Look "DEUCE" to the 2nd defender in the Box, let him cross your face seal him to the frontside. Vs. Bubble balance inside block 2nd defender in the Box. Let him cross your face seal him to the frontside.

OFF GUARD: Square pull and lead through the tackle and for the 1st defender in the Box seal him to the frontside.

OFF TACKLE: Block 50 (40) Punch. "O" Block.

R-BACK: Fake 50 (40) Punch. Pull on your jersey. Strong fake.

#1: Get Ball from the QB; Stretch outside.

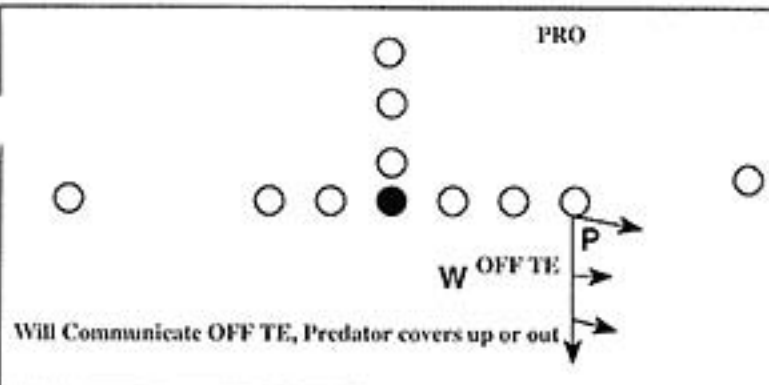
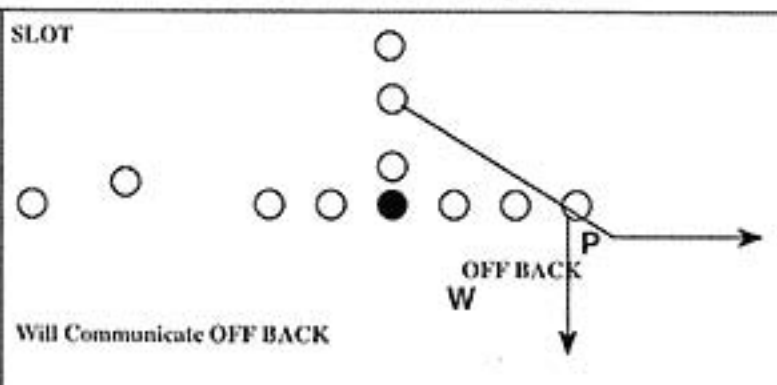
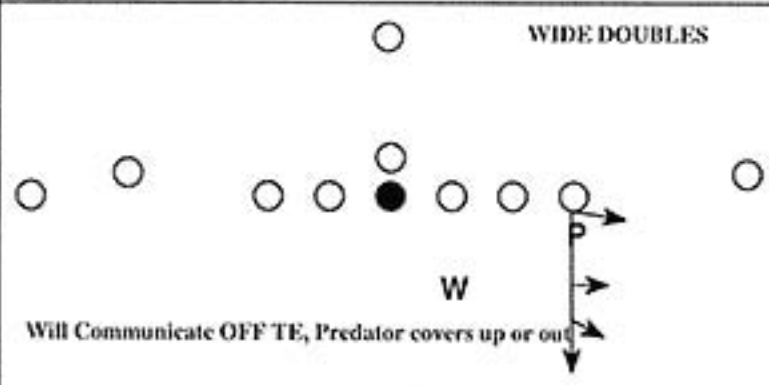
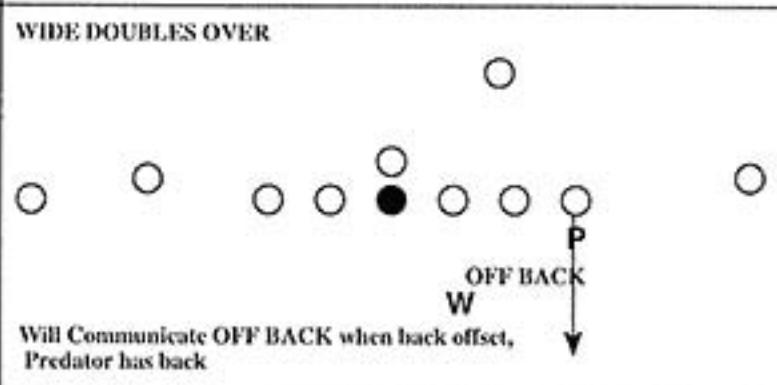
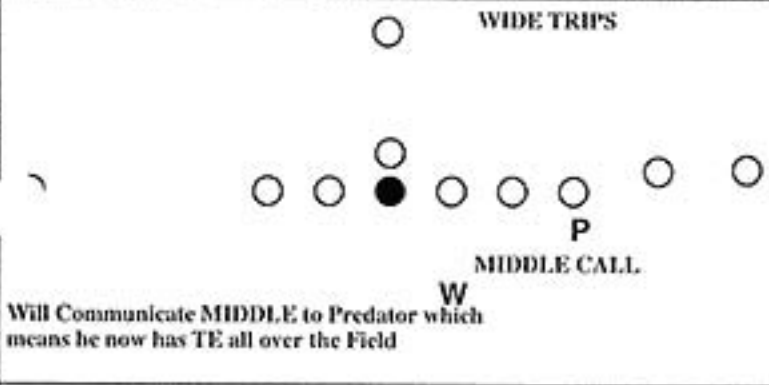
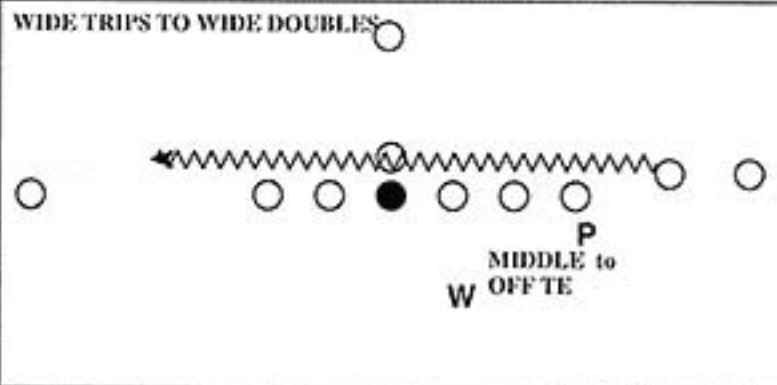
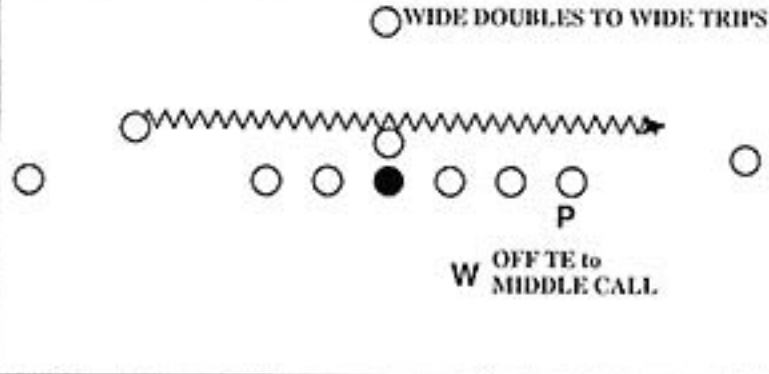
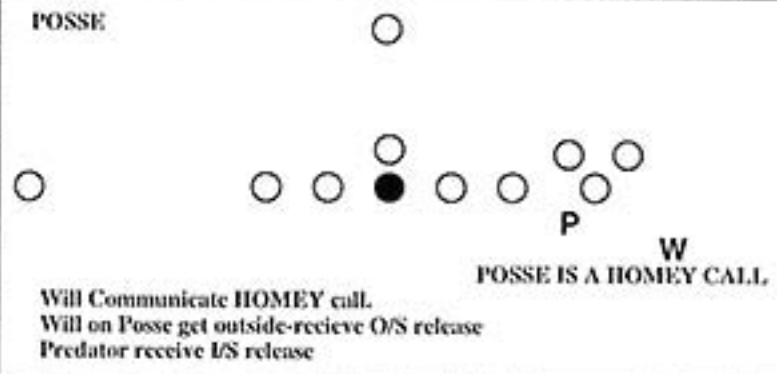
#2: Tackle uncovered release and block first defender to your outside.

#3: Block 50 (40) Punch.

"X": Block Safety to your side

QUARTERBACK: Open playside at 6:O'clock & fake the play called. Hand off to the around runner. Solid pass fake.

ZONE DOG COMMUNICATION FROM WILL TO PREDATOR/END

<p style="text-align: center;">PRO</p>  <p style="text-align: center;">Will Communicate OFF TE, Predator covers up or out</p>	<p style="text-align: center;">SLOT</p>  <p style="text-align: center;">Will Communicate OFF BACK</p>
<p style="text-align: center;">WIDE DOUBLES</p>  <p style="text-align: center;">Will Communicate OFF TE, Predator covers up or out</p>	<p style="text-align: center;">WIDE DOUBLES OVER</p>  <p style="text-align: center;">Will Communicate OFF BACK when back offset, Predator has back</p>
<p style="text-align: center;">WIDE TRIPS</p>  <p style="text-align: center;">Will Communicate MIDDLE to Predator which means he now has TE all over the Field</p>	<p style="text-align: center;">WIDE TRIPS TO WIDE DOUBLES</p>  <p style="text-align: center;">Will Communicate MIDDLE to Predator which means he now has TE all over the Field</p>
<p style="text-align: center;">WIDE DOUBLES TO WIDE TRIPS</p>  <p style="text-align: center;">Will Communicate MIDDLE to Predator which means he now has TE all over the Field</p>	<p style="text-align: center;">POSSE</p>  <p style="text-align: center;">Will Communicate HOMEY call. Will on Posse get outside-recieve O/S release Predator receive I/S release</p>

- RULES:**
- PRO OR 2 X 2 = "OFF TE"
 - SLOT OR 2 X 2 BACK OFFSET = "OFF BACK"
 - 3 X 1 OR WILL COVER DOWN = "MIDDLE" CALL
 - POSSE = "HOMEY" CALL

ESSENTIALS OF GOOD LINEBACKER PLAY

1. **ALIGNMENT:** IF TOO TIGHT OR TOO WIDE YOU CAN BE CUT OFF FROM YOUR GAP RESPONSIBILITY! ALWAYS HAVE PROPER ALIGNMENT AND PUT YOUR SELF IN POSITION TO WIN!
2. **LATERAL MOVEMENT:** LATERAL MOVEMENT AND SHUFFLE ABILITY ARE A MUST – WE WILL RUN AND HIT WITH A VENGEANCE!
3. **BE PHYSICAL:** BEING PHYSICAL IS AN ALL THE TIME THING. DEVELOP A PHYSICAL ATTITUDE!
4. **PAD LEVEL:** STAY LOW AND SQUARE. YOU DON'T HAVE TO STAND UP TO LOCATE THE FOOTBALL!
5. **KEY & DIAGNOSE:** YOU MUST LEARN TO PLAY THE MANY TYPES OF SCHEMES THAT WILL OCCUR IN VARIOUS SITUATIONS. READ YOUR KEYS, DEFEAT THE BLOCK, THEN PURSUE THE BALL.
6. **LEVERAGE:** ALWAYS KNOW YOUR LEVERAGE POINTS TO THE BALL. UNDERSTAND WHETHER PURSUIT IS INSIDE OUT, OR OUTSIDE IN.
7. **PLAY RUN 1st UNLESS DOWN & DISTANCE DICTATE OTHERWISE**
8. **MENTAL CHECK LIST:** YOU MUST GO THROUGH YOUR MENTAL CHECK LIST FOR GAP CONTROL & PASS RESPONSIBILITY.
9. **TACKLE:** IN ORDER TO PLAY LINEBACKER IN THE NATIONAL FOOTBALL LEAGUE YOU MUST BE A SOLID TACKLER. WE HIT PEOPLE AND GET THEM ON THE GROUND.

READY POSITION

THIS IS THE FUNDAMENTAL POSITION FROM WHICH THE GAME OF FOOTBALL IS PLAYED. (BASIC TO ALL SPORTS) YOU HAVE TO BE READY BEFORE YOU CAN RUN, BLOCK, TACKLE, etc...

1. **GOOD BASE** - FEET ARE SPREAD SHOULDER WIDTH APART WITH TOES POINTED STRAIGHT AHEAD. KEEP YOUR FEET UNDER YOU.
2. **WEIGHT ON THE BALLS OF FEET** – NEVER BE FLAT FOOTED, YET YOUR HEELS SHOULD NOT BE OFF THE GROUND.
3. **KNEES BENT** – THIS IS THE THING THAT MUST BE DONE BEFORE A PLAYER CAN MOVE. THIS ALSO LETS YOU UNCOIL AND EXPLODE!
4. **TAIL DOWN** – CARRY YOUR WEIGHT LOW. BACK IS STRAIGHT AND NO MORE THAN A 45 DEGREE ANGLE. YOUR SHOULDERS, KNEES, AND TOES ARE IN ONE STRAIGHT LINE.
5. **ARMS IN FRONT** – HANGING LOOSELY READY TO TAKE ON BLOCKERS. THE PALMS SHOULD BE ABLE TO TOUCH THE KNEES
6. **HEAD UP AND EYES OPEN!** – FOOTBALL IS A GAME OF SEEING THEN REACTING.
7. **BE BALANCED** – KEEP YOUR BODY UNDER CONTROL AT ALL TIMES. BALANCE IS ONE OF THE MOST IMPORTANT WORDS IN FOOTBALL. YOU MUST MAINTAIN YOUR BALANCE AND TRY TO KNOCK YOUR OPPONENT OFF BALANCE.







STAY ON YOUR FEET

1. **YOU ARE IN THE WRONG IF YOU'RE EVER ON THE GROUND. THE INSTANT YOU HIT THE GROUND, POP UP AND GET BACK INTO THE PLAY.**
2. **FOOTBALL IS A GAME OF HITTING! YOU ARE EITHER HITTING OR BEING HIT. BE A HITTER!!!!!!!!!!!!!!**
3. **FOOTBALL IS ALSO A GAME OF MOVEMENT. PLAYERS MUST BE ABLE TO MOVE AND REACT. SPEED IS ONE OF THE MOST IMPORTANT ASSETS IN FOOTBALL. YOU GET FASTER BY RUNNING, RUNNING AND RUNNING SOME MORE!!!!!!!!!!!!!!**

STIMULUS - RESPONSE

UNDER TACKLE KEYS
OUTSIDE SHOULDER OF GUARD

JET TECHNIQUE
(ON GUARD)

LEFT SIDE	BLOCKING PATTERN	RIGHT SIDE
	<p>I. MAN BLOCK (OG)</p> <p>1. <u>DRIVE</u> GET OFF ON BALL OR MOVEMENT. EXPLODE UPFIELD WITH BIG FIRST STEP. GET YOUR HAT IN A CRACK. PENETRATE AND FIND SCREW. (SHOULD BE HELL-OF-A WRECK VS. DRIVE BLOCK.) RIP OR SWIM. LOCK OUT IF HANDS INSIDE. HOLD THE B GAP.</p>	
	<p>2. <u>REACH</u> GET OFF ON BALL OR MOVEMENT. EXPLODE UPFIELD WITH BIG FIRST STEP. GET YOUR HAT IN A CRACK. PENETRATE AND FIND SCREW. RICOCHET OFF. BUMPER CAR INTO FLOW. CAN NEVER BE HOOKED. FLATTEN AND PURSUE.</p>	
	<p>3. <u>CUTOFF</u> (TURN OUT) GET OFF ON BALL OR MOVEMENT. EXPLODE UPFIELD WITH BIG FIRST STEP. GET YOUR HAT IN A CRACK. PENETRATE AND FIND SCREW. PUSH OFF OUTSIDE FOOT. SQUEEZE DOWN. PUSH GUARD INTO "A" GAP. FIGHT TO KEEP PRESSURE ON GUARD. CAN'T LET Q.T. GET INSIDE YOU.</p>	

JET TECHNIQUE

(1 GAP - FASTEST THING ON EARTH)

ALIGNMENT:

OUTSIDE SHOULDER IN 3, WIDE 3, LOOSE 3, OR INSIDE 1. LON, ROB, RIC, LIN OR NOSE. TIGHT ON BALL AS POSSIBLE - ALMOST OFFSIDE (CREDIT CARD). ALERT NOSE!

STANCE:

BUNCHED SPRINTER'S STANCE. HEELS OUT OF GROUND. ALL WEIGHT ON FINGERS AND TOES. THINK BIG FIRST STEP AND FLY!

KEYS:

NOTE STANCE AND SPLITS OF YOUR MAN AND THOSE ON EITHER SIDE. CALL OUT BACKFIELD SET. C.P: "T", "SPLIT", "NEAR", "FAR", "1 BK".

STIMULUS:

BALL OR MOVEMENT - GET OFF! EXPLODE FOR PENETRATION. GET YOUR HAT IN A CRACK. FIND SCREW – REACT. BEND AND FLATTEN OUT. NO FISH-HOOKS.

RESPONSE:

PENETRATE. BIG FIRST STEP. PENETRATE! THINK RUN THRU AND WHEEL (NO FISH-HOOKS). RICOCHET, BUMPER CAR AND BACK DOOR. DELIVER INSIDE BLOW ON CONTACT. SWIM OVER AND RIP UNDER TO ESCAPE. SPIN BACK IF STUCK OR DEEPER THAN BALL. STAY AWAY FROM BLOCKER. NEVER PLAY HEAD UP. SLIP AND SLIDE. RUN, RUN, RUN.

READS:



MAN
DRIVE
REACH
TURNOUT
SCOOP



DOWN-TRAP



PULL-COLLISION



HIGH HAT
PASS!

RULES:

1 GAP PLAYER, EXECUTED BY GET-OFF AND PENETRATION. GET IN A SEAM. TACKLE BALL FOR LOSS. NEVER SURPRISED BY PASS. MUST DROP SHOULDER AND WHEEL. RUN THRU AND BACK DOOR. PLAY PASS, REACT TO RUN. CRASH DOWN ON ALL DOWN BLOCKS. RICOCHET. BEND AND FLATTEN OUT. ACTIVE RUN AROUND PLAYER. PURSUE! EVERY PLAY IS YOUR PLAY! STAY ALIVE! RUN ON 1 ENGINE!

C.P: REACT TO DRAW, SCREEN. YOU'RE ALREADY IN YOUR RUNWAY. TAKE OFF! SOME 2-WAY GO'S.