

O-D SPECIAL TEAMS COACHES MANUAL 2015

Stacking System

The Stacking System is a teaching method where core offensive and defensive concepts are used to keep Special Teams SIMPLE (**NOT NEW learning – stacking of the BEST**). ***This is modeled and researched from Auburn University – HC Gus Malzhan + The University of Oregon – HC Mark Helfrich + The University of Michigan – HC Fielding Yost + HC Dick Wuest @ Decorah, Iowa High (4 time State Champion – Class 3A).** It will look complex – but by using proven learning and memorization techniques while combining core offensive and defensive concepts with consistent transition methods – **Special Teams become Super Teams (Efficient – Effective - Electric)**

OFFENSIVE SPECIAL TEAMS – use BEST 3 plays (O Triangle)

We use offensive personnel and plays to attack defenses using Numbers, Angles and Field + keep teams simple-sound (**every player in the program will know and can participate on special teams by using O-D positions**). ***THEME – Super Hero's (Super Good Teams)**

(1-2-3-5-0) SWINGING GATE PAT (Point After Touchdown)

***Auburn University 2013 and University of Oregon 2014 - Swinging Gate**

By using our no huddle – supersonic speed – spread offense along with multiple shifts (Swinging Gate) for all PAT's we can gain 2 advantages without doing extra teaching.

#1 – create mismatches for high percentage 2 point plays (extra point = extra possession)

#2 – create tentative defensive play – eliminating block attempts = increase kick success

(4-9) SHORT PUNT (Align in offensive set THEN shift-sub to Spread Punt)

***University of Michigan Short Punt – HC Fielding Yost 1901-1926 (6x national champ)**

Like the swing gate / short punt gives us 3 options – (1) go for it on 4th down with live play (2) quick kick (3) substitute-shift into Spread Punt formation – punt or fake with a live play.

KICK RETURN (KRET) – WEDGE (middle + scissors)

Use offensive personnel and core run plays to attack defense using #'s, angles and field.

DEFENSIVE SPECIAL TEAMS – use BEST defensive fronts and covers

Use defensive personnel and plays to attack offenses aggressively + keep teams simple and sound (**every player in the program will know and can participate on special teams**)

***THEME – Villain Super Hero's (Super Bad Teams)**

KICK OFF (KOFF)

Use defensive personnel along with a variety of kick off types to attack teams aggressively

PUNT RETURN (PUNT SAFE -SWEEP)

Use defensive personnel and plays to be sound and safe against offenses staying on the field and/or fake punts

OFFENSIVE SPECIAL TEAMS

We use offensive personnel and plays to attack defenses using Numbers, Angles and Field + keep teams simple-sound (*every player in the program will know and can participate on special teams by using offense and defense player positions and concepts already learned*). We use system stacking-layering teaching method of core offensive-defensive concepts.
***THEME – Super Hero’s (Super Good Teams)**

SWINGING GATE PAT (Point After Touchdown)

Wolverine (1): 3x1 Stacked Wing Set = **1 point (fake for 2)**

1 point Signal = directional pointer finger vertical

Batman (2): 2x2 Swinging Gate to 3x1 Bunched Pro Set = **2 point only**

2 point Signal = directional peace sign

Thor (3): 3x1 Swinging Gate Set to 3x1 Stacked Wing = **2 or 1 point**

3 point Signal = directional ok sign

Superman (5): 2x2 Swinging Gate to 3x1 Stacked Wing = **2 or 1 point**

5 point Signal = directional 5 fingers sign (palm facing)

Zoro (0): 3x2 Swinging Gate Set to 3x1 Stacked Wing = **2 or 1 point**

0 point Signal = directional hand in 0 sign

PAT RULES

***ALL players use standing 2 point (standing with hands on hips – snapper included)**

1 - We will use Pre (freeze) and Post (shift) alignments ***3 to 1 / 2 to 1 / 1**

2 - Qb will call “live” or “shift” / “kick” super sonic cue before cadence

3 - If “live” play cue Qb uses 1st Go snap cadence (automatic)

If “shift” play cue Qb uses shift cadence = “Ready” + pause + “Shift”

If “kick” play cue Qb uses 1st Go snap cadence (automatic)

PAT CUES

***ALL players stay in standing 2 point stance (only snapper to ball on “Down”)**

LIVE play: use offensive Super Sonic Play cues + left (Lisa) / right (Ray)

SHIFT cue: use Post O-Set shift cue OR “Wolverine” + left (Lisa) / right (Ray)

KICK cue: use “Canada” (over border) + left (Lisa) / right (Ray) kick direction

***Exception to standing 2 point stance is for “Wolverine” kick cue**

PAT STEPS

1 - Coach signals Pre-PAT alignment and kicker / snapper sub into game

2 - Coach and Qb check numbers – Coach signals live play / shift / kick

3 - Team runs live play / shifts / kicks

If shift cue Team quickly aligns in 1 or 2 point set and repeats steps 2 & 3

(1) WOLVERINE = 3x1 kick set

Sub in Kicker for Xrec

*Qb asks referee to place ball in the middle (nothing means something – no signal needed)

*Signal = directional pointer finger vertical

UNBALANCED STACKED WING (PAT or FG – Field Goal)

Kick Away = **“Canada”** call with **hand touching skin @ end** of any-all signals

<p style="text-align: center;">Stacked Wing Right</p> <p>*Right Guard Over</p> <p><i>*can put wing to wide side of field (hash)</i> <i>*Oline 3pt and A-B-Z in 2 pt stances</i> <i>*no snap call = snap on 1st “go”</i></p>	<p style="text-align: center;">Stacked Wing (PAT or FG) “Canada Ray”</p> <p>Splits – foot to foot with toe on heel Stance – Oline 3 pt and A-B-Z in 2 pt <i>*note</i> – Guards toes behind snapper and step behind and inside his feet on snap Protection – wedge to ball (watch ball) Oline – step with inside foot in and back - Keep leverage inside with hands on #'s Z-B-Y – weight on inside foot/hinge out Punch with outside arm only on rusher Qb – no huddle cadence *Canada - kicking away (over border) protect</p>
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Attack Cue = “look and see”

Signal = pointer finger on eyeball (#’s for fake)

<p style="text-align: center;">#1 Fake Right = “S’cuse Ray”</p>	<p style="text-align: center;">#1 Fake “Syracuse Ray”</p> <p>Oline Protection – sprint (70 pro) YRec – close inside gap - then corner route BRec - push & block defenders upfield before releasing behind Zrec into arrow route ZRec – push & block defender upfield before releasing in front of Brec into shadow route ARec – step & hinge to over route Kicker – sprint fast playside-lead block for Qb Qb – rev pivot and rollout-read flood pass-run Snapper – reach toward</p>
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Attack Cue = “look and see”

Signal = pointer finger on eyeball (#’s for fake)

<p style="text-align: center;">#2 Fake = “Phoenix Lisa”</p>	<p style="text-align: center;">#2 Fake “Phoenix Lisa”</p> <p>Oline Protection – “big” tight YRec – “wide” reach (backside reach & hinge) BRec – lead block through hole (inside-out) ZRec – stay on hip of lead blocker and catch shovel pass –read lead ARec – slide inside, block down on DEnd to S Kicker – fake option away (arms in air) Qb – shovel pass to Hback (from knee)</p>
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(2) BATMAN (pre) = 2x2 Gate to 2 Point set (Auburn U – 2013 HC Gus Malzhan)

Base offensive personnel stay in game (going for 2 points all the way)

*Qb asks referee to place ball in the middle (nothing means something – no signal needed)

*Signal = directional peace sign

Automatic 2 point - base O personnel

***ALL players stay in standing 2 point stance (only snapper to ball on “Down”)**

PLAY #1 - LIVE PLAY CUE: “Gogo Lion – Gogo Lion”

CADENCE: “Ready” (pause) “Down” (center sets on ball) “Ready-Set-Go”

***Run if Offensive #'s @ spread recs (2 defenders for 3 recs)**

<p>Batman Right (left) *2x2 Doubles (pistol – flexed – stacked)</p> <p>*note: use combo block (double team to #2 def)</p>	<p>LIVE Play #1: Gogo Lion</p> <p>LIVE Play #2: Gogo Ram</p> <p>*18 inch line splits (base splits)</p> <p>Tackles align just inside hash marks</p> <p>B-Z stack 1 yd behind F-X</p> <p>A align 1 yd behind Q</p>
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PLAY #2 - LIVE PLAY CUE: “Phoenix Lisa –Phoenix Lisa”

CADENCE: “Ready” (pause) “Down” (center sets on ball) “Ready-Set-Go”

***Run if Offensive #'s and blocking angles Off-guard**

<p>Batman Right (left) *2x2 Doubles (pistol – flexed – stacked)</p> <p>*note: If Backside DEnd #3 can run down Aback – use Qb power (with Aback faking and filling vs DEnd)</p>	<p>LIVE Play #1: Phoenix Lisa *OR Phoenix State</p> <p>LIVE Play #2: Pitt Ray *OR Pitt State</p> <p>Tackles fake bubble – stay behind LOS *ineligible Rec = DECOY</p>
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(2) BATMAN (post) = 2 POINT OFFENSIVE TRIANGLE

**shift (new alignment) signal = directional offensive set + fist shifting afterward*

Use offensive personnel and plays to attack defense using Numbers, Angles and Field.

PRE STEPS 1-swinging gate

2-check #'s

3-live play or shift

POST STEPS 1-shift to O set

2-check #'s

3-run live play

POST SHIFT SET #1 - TRIPS

SHIFT CUE: "Trips Ray – Trips Ray"

CADENCE: "Ready" (pause) "Shift"

(2) BATMAN – OFFENSIVE TRIANGLE

PLAY #1 – Sprint Snag Pass

**Run if Offensive #'s and leverage to 3 Recs - man cover (blitz beater)*

PLAY #2 - Sweep

**Run if Offensive #'s and blocking angle to backdoor Off-tackle*

PLAY #3 - Power

**Run if Offensive #'s and blocking angles to backdoor Off-guard*

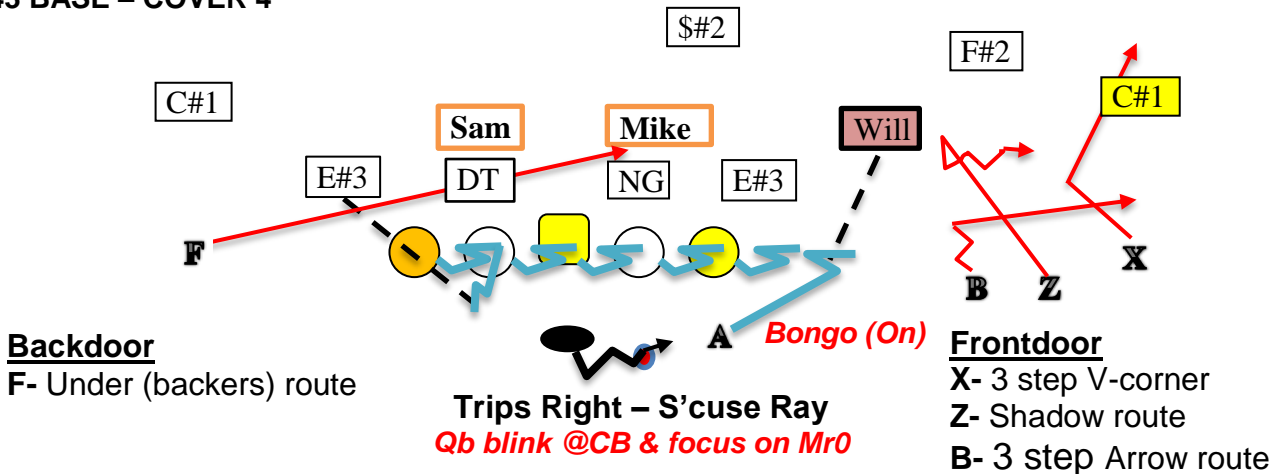
PLAY #1: "Syracuse Ray" *Super Sonic

NOTE: Qb pre snap reads Mr0 alignment – *run if #'s or man cover (blitz beater)*

SIGNAL: "S'cuse" = directional pointer vertical + thumb sideways (#7) then point @ Qb

QB	(1)ABACK	B-REC	Z-REC	X-REC	F-WEAK
Pivot to +1 drop step + 3 baby steps Focus CB- Mr0 Over- Under-In hole	Bongo block *get to LOS outside OT *see Mr0 to help on #3DE	3 step stutter to arrow route in flats	Shadow route *angel in to hip of Mr0 – pivot – shuffle in hole to sideline	3 steps in to corner route (V-corner)	Under route

43 BASE – COVER 4



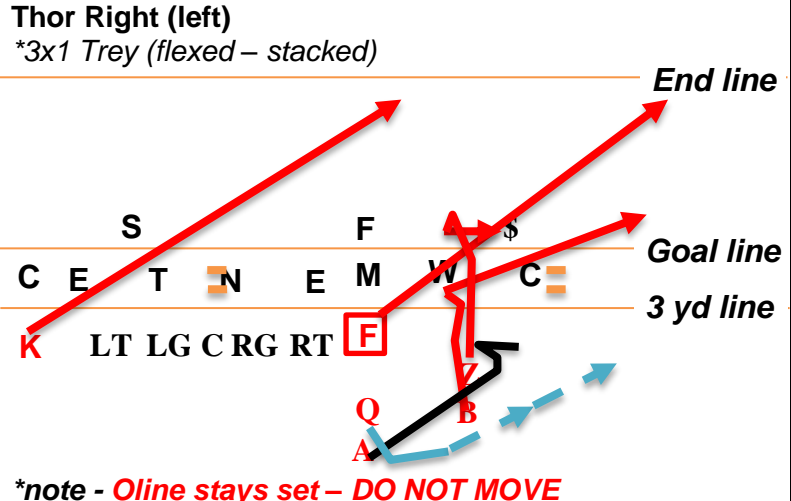
(3) THOR = 3x1 Gate to kick set (U of Oregon – 2014 HC Mark Helfrich)

*Qb asks referee to place ball in the middle (nothing means something – no signal needed)

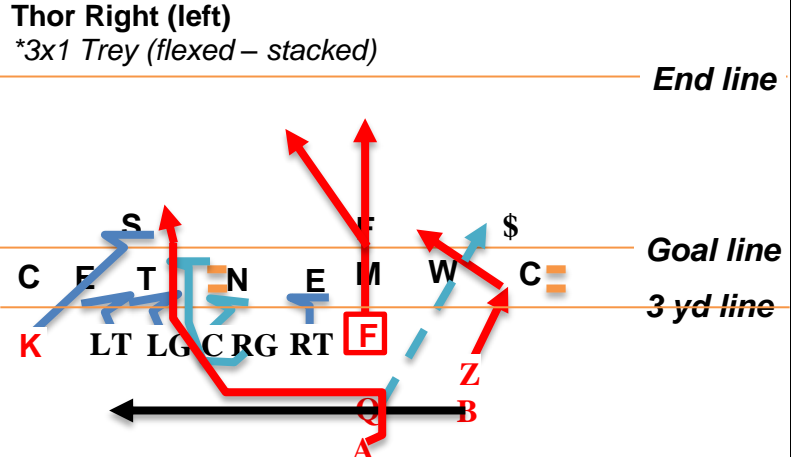
*Sub in Kicker for Xrec *Signal = directional ok sign

Automatic Swinging Gate - **Kicker subs in for Xrec**

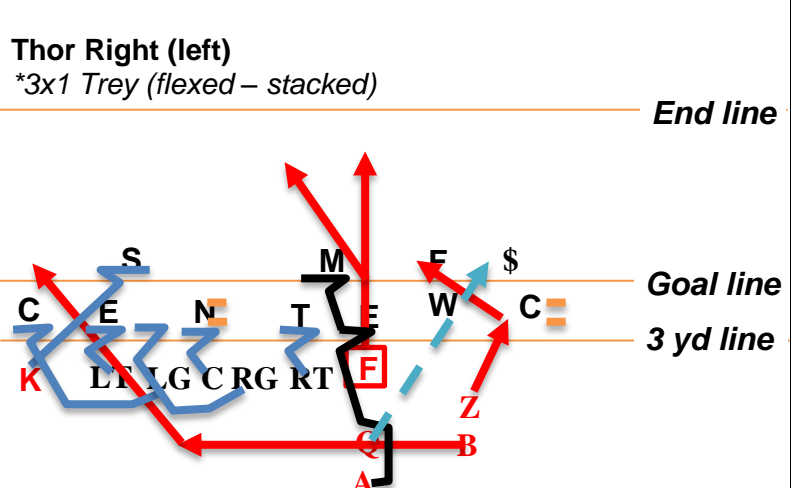
*Run if Offensive #'s or leverage to 3 Recs

<p>Thor Right (left) *3x1 Trey (flexed – stacked)</p>  <p>*note - Oline stays set – DO NOT MOVE</p>	<p>LIVE Play #1: S'cuse Ray *ALL players use standing 2 pt stance with hands on hips *F only touches ball on "Down" cue for live play to be run</p> <p>*6 inch line splits (foot to foot)</p> <p>B-Z stack off LOS B align even with Q and 3 steps away from (same as Pistol)</p> <p>A align 1 yd behind Q K (kicker) align on #'s</p>
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*Run if Offensive #'s or blocking angles Off-guard

<p>Thor Right (left) *3x1 Trey (flexed – stacked)</p> 	<p>LIVE Play #2: Phoenix Lisa</p> <p>*Oline uses power blocking rule</p> <p>Aback follows pulling guard (goes 1st)</p> <p>Bback fakes sweep (goes 2nd)</p> <p>F-Z run Pop combo route</p> <p>Qb reads Will 1-2-3</p>
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*Run if Offensive #'s or blocking edge Off-tackle

<p>Thor Right (left) *3x1 Trey (flexed – stacked)</p> 	<p>LIVE Play #3: Longhorns Lisa</p> <p>*Oline uses covered-uncovered blocking rule</p> <p>Aback fills for Frec (goes 1st)</p> <p>Bback run sweep (goes 2nd)</p> <p>F-Z run Pop combo route</p> <p>Qb reads Will 1-2-3</p>
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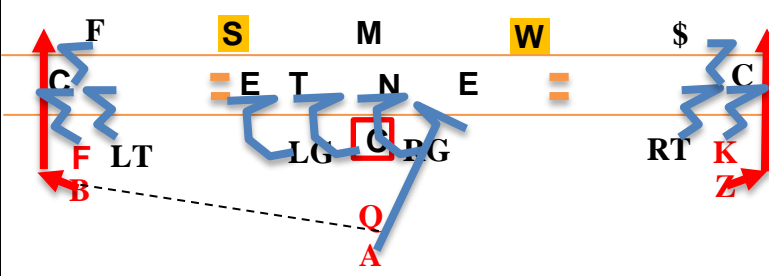
(5) SUPERMAN = 2x2 Gate to kick set (Auburn U – 2013 HC Gus Malzhan)
Sub in Kicker for Xrec

*Qb asks referee to place ball in the middle (nothing means something – no signal needed)

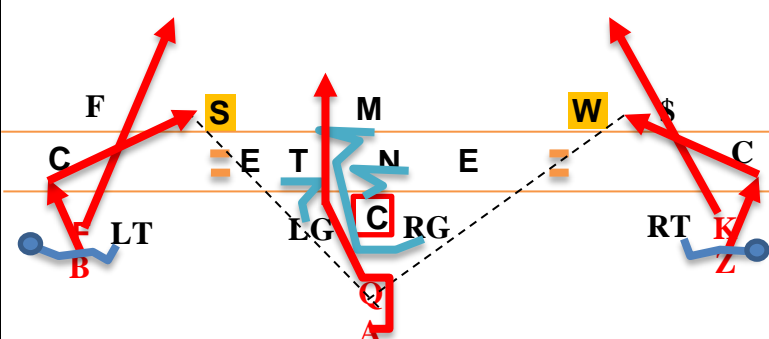
*Signal = directional peace sign

Automatic Swinging Gate - **Kicker subs in for Xrec**

*Run if Offensive #'s @ spread recs (2 defenders for 3 recs)

<p>Superman Right (left) *2x2 Doubles (pistol – flexed – stacked)</p>  <p>*note: use combo block (double team to #2 def)</p>	<p>LIVE Play #1: Gogo Lion LIVE Play #2: Gogo Ram</p> <p>*18 inch line splits (base splits)</p> <p>Tackles align just inside hash marks</p> <p>B-Z stack 1 yd behind F-K</p> <p>A align 1 yd behind Q</p>
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*Run if Offensive #'s and blocking angles Off-guard

<p>Superman Right (left) *2x2 Doubles (pistol – flexed – stacked)</p>  <p>*note: If Backside DEnd #3 can run down Aback – use Qb power (with Aback faking and filling vs DEnd)</p>	<p>LIVE Play #1: Phoenix Lisa *OR Phoenix State</p> <p>LIVE Play #2: Pitt Ray *OR Pitt State</p> <p>Tackles fake bubble – stay behind LOS *ineligible Rec = DECOY</p>
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(0) ZORO = 3x2 Gate to kick set

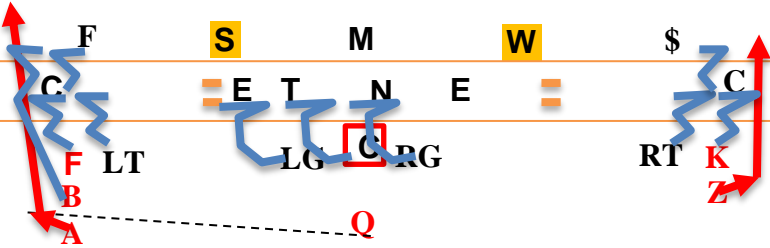
Sub in Kicker for Xrec

*Qb asks referee to place ball in the middle (nothing means something – no signal needed)

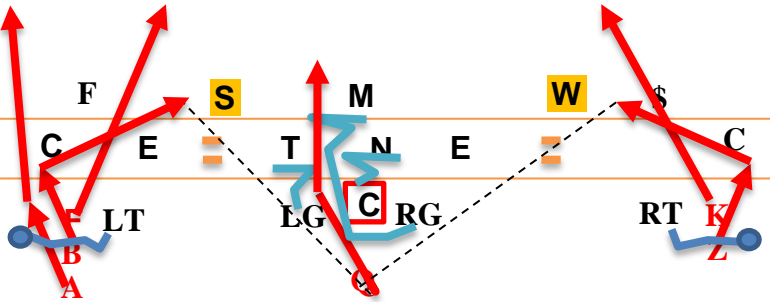
*Signal = directional hand in 0 sign

Automatic Swinging Gate - Kicker subs in for Xrec

*Run if Offensive #'s @ spread recs (3 defenders for 4 recs)

<p>Zoro Right (left) *3x2 Doubles (empty – flexed – stacked)</p>  <p>*note: Brec leads Aback into End Zone!</p>	<p>LIVE Play #1: Gogo Lion</p> <p>LIVE Play #2: Gogo Ram</p> <p>*18 inch line splits (base splits)</p> <p>Tackles align just inside hash marks</p> <p>B-Z stack 1 yd behind F-K A stacked 1 yd behind B</p>
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***Run if Offensive #'s and blocking angles Off-guard**

<p>Zoro Right (left) *3x2 Doubles (empty – flexed – stacked)</p>  <p>*note:</p>	<p>LIVE Play #1: Phoenix State</p> <p>LIVE Play #2: Pitt State</p> <p>Tackles fake bubble – stay behind LOS *ineligible Rec = DECOY</p> <p>Arec run slow Go to back corner</p>
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(4-9) SHORT PUNT (Align in offensive set THEN shift-sub to Spread Punt)

****University of Michigan Short Punt – HC Fielding Yost 1901-1926 (6x national champ)***

We use offensive personnel and plays to attack defenses using Numbers, Angles and Field. Like the swing gate / short punt gives us 3 options – we can go for it on 4th down and run a live play, we can execute a quick kick, or we can substitute and shift into a traditional Spread Punt formation – punting or faking with a live play. *(every player in the program will know and can participate on the short punt team by using offensive player positions and concepts already learned).*

****THEME – Super Hero’s (Super Teams)***

Flash (4): 2x2 Spread Offensive Set (Ace) to Spread Punt

Hulk (9): 3x1 Bunched Pro (Trey) to Spread Punt

“Canada” with Pre Offensive alignment cues quick kick

“Spread” subbing and shifting to Spread Punt

4 point Signal = directional hand with 4 fingers vertical (**backhand**) sign = Ace set 2x2

9 point Signal = directional fist vertical (**backhand**) sign = Bunched Pro 3x1

“Canada” Signal = hand on skin (only Qb and Aback shift to quick kick alignments)

“Spread (shift)” Signal = both fists spread wide

SHORT PUNT RULES

1 - We will use Pre (freeze) and Post (shift) alignments

2 - Qb will call “live” / “quick kick” / “spread (shift)” – using supersonic cue before cadence

3 - If “live” play cue Qb uses 1st Go snap cadence (automatic)

If “spread” play cue Qb uses shift cadence = “Ready” + pause + “Spread”

If “quick kick” play cue Qb uses 1st Go snap cadence (automatic)

SHORT PUNT CUES

LIVE play: use offensive Supersonic cues + left (Lisa) / right (Ray)

KICK cue: use “Canada” (over border) + left (Lisa) / right (Ray) kick direction

****Quick Kick Rules – man pro / center blocks / Zrec ball middle / must kick toward Yrec***

****Quick Kick #'s – must be 7 or less (3+3 for 6 ideal)***

SPREAD cue: use “Spread” (punt) + left (Lisa) / right (Ray)

SHORT PUNT STEPS

1 - Coach signals Pre-Offensive alignment

2 - Coach and Qb check numbers – Coach signals live play / quick kick / shift

3 - Team runs live play / quick kicks / shifts to spread

If spread cue - Team quickly shifts-subs (spread punt) repeats steps 2 & 3

If quick kick cue - Team quickly shifts (quick kick punt) repeats steps 2 & 3

(4) FLASH = Offensive 2x2 set (Fast) set to Spread Punt

4 point Signal = directional hand with 4 fingers vertical (**backhand**) sign = Ace set 2x2

**ALL players use standing 2 point (standing with hands on hips – center included)*

PRE STEPS (Ace Set)

1-check #'s

2-live play or quick kick

**Live Play or Quick Kick Cue – All Players shift into Offensive stances on “Down”*

POST STEPS (Spread Punt)

1-check #'s

3-live play or punt

**Spread Punt Cue ALL players stay in standing 2 point (snapper to ball on “Down”)*

(4) FLASH – OFFENSIVE TRIANGLE

PLAY #1 – Sweep

**Run if Offensive #'s and blocking edge to backdoor Off-tackle*

PLAY #2 - Power

**Run if Offensive #'s and blocking angles to backdoor Off-guard*

PLAY #3 - Counter Power

**Run if Offensive #'s and blocking angles to frontdoor Off-guard*

PLAY #1: 67-68 Sweep Read

**Super Sonic = Longhorn-Razorback (NCAA)*

DESCRIPTION: Wing-T Buck Sweep (Buckeye) pin & pull scheme - Qb reads Will

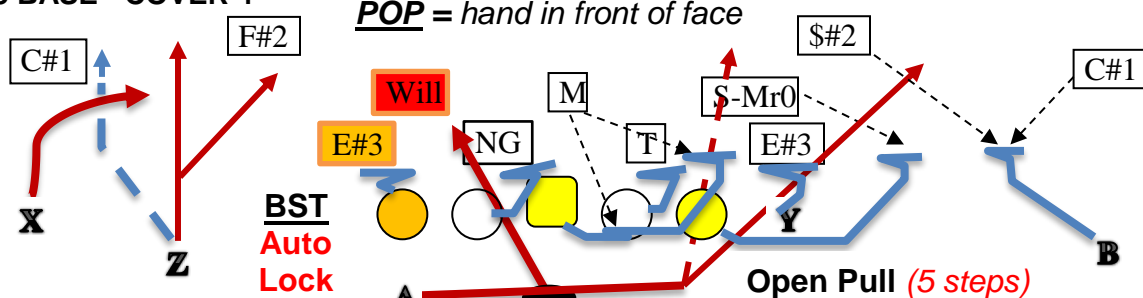
SIGNAL: "Longhorn-Razorback" = directional fist moving in circle (**rev-it-up**)

LIVE CUE: "Razorback Ray – Razorback Ray"

CADENCE: "Ready" (pause) "Down-Ready-Set-Go"

QB	(1)ABACK	X-REC	Z-REC	B-REC	Y-WEAK
Read Will = Sit give, blitz Pop Read <i>Eye= key #2</i>	5 steps & Read EMOL, Cut out-in #3	Backside = Lookie route Frontside = Bingo Block	Backside = Pop + Eye Frontside = Bingo Block	Backside = Lookie route Frontside = Bingo Block	Backside = Pop (bender) Frontside = Lock on #3

43 BASE - COVER 4



Backdoor "Pop+Eye"

- 1- Lookie route
- 2- Hot Pop (Eye tag)

FLASH Left - Razorback

**Qb read Will backer*

Bingo Block (In)

Start IN & stalk block first force

L-TACKLE	L-GUARD	CENTER	R-GUARD	R-TACKLE	Y-STRONG
Lock #3 DE <i>*leave Will</i>	"Big" to "Dos" Cov=Base blk Un=open pull for 5 steps	"Big" to "Uno" Cov=Base blk Un=open pull for 5 steps	"Big" to "Dos" Cov=Base blk Un=open pull for 5 steps	"Big" to "Tres" Cov=Base blk Un=open pull for 5 steps	Base #3 DE <i>*gap=down</i>

OLINE RULE: Covered (**Base Block**) – Uncovered (**Open 5 Step Pull**)

(9) HULK = Offensive 3x1set (Heavy) set to Spread Punt

9 point Signal = directional fist vertical (**backhand**) sign = Bunched Pro 3x1

**ALL players use standing 2 point (standing with hands on hips – center included)*

PRE STEPS (Trey Set) 1-check #'s 2-live play or quick kick

**Live Play or Quick Kick Cue – All Players shift into Offensive stances on “Down”*

POST STEPS (Spread Punt) 1-check #'s 3-live play or punt

**Spread Punt Cue ALL players stay in standing 2 point (snapper to ball on “Down”)*

(9) HULK - OFFENSIVE TRIANGLE

PLAY #1 - Bunch Power

**Run if Offensive #'s and blocking angles to backdoor Off-guard*

PLAY #2 - Sweep

**Run if Offensive #'s and blocking edge to backdoor Off-tackle*

PLAY #3 - Counter Power

**Run if Offensive #'s and blocking angles to frontdoor Off-guard*

PLAY #1: 3x1-Bunch Power *Super Sonic = **Phoenix–Pittsburgh–** (NFL)

**from 3x1 Bunch (double lead = Qb pre snap DEnd alignment for power or sweep)*

DESCRIPTION: bunch-power with winged back leading on outside backer

NOTE: *Qb can Pre read Frontside #3 = If (DEND) aligns inside Yrec = Sweep'em*

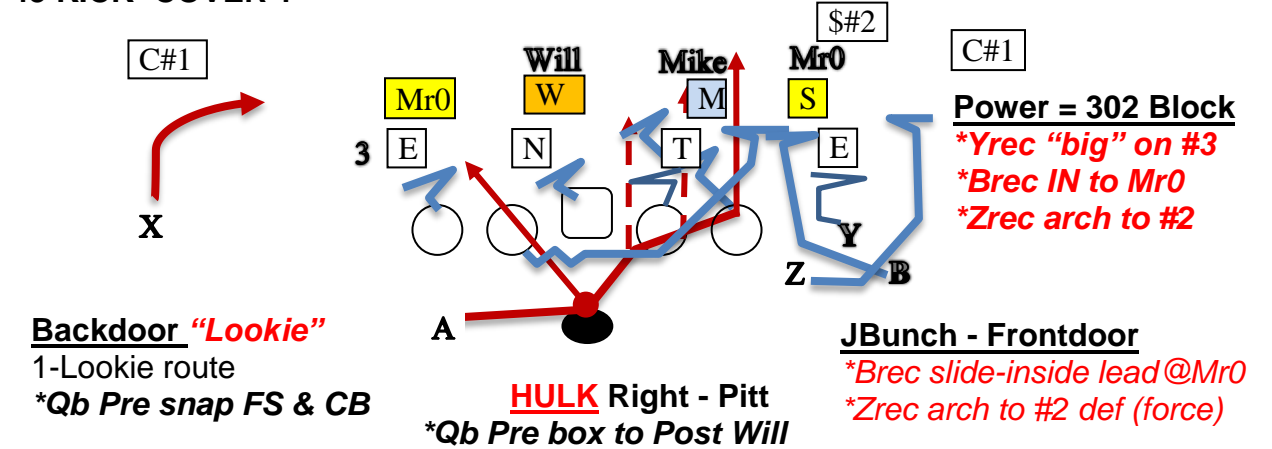
SIGNAL: Qb directional (power run) arm flexed up (*Qb must directional signal recs*)

LIVE CUE: **“Pittsburg Ray –PittsburgRay”**

CADENCE: **“Ready” (pause) “Down-Ready-Set-Go”**

QB	(1)ABACK	X-REC	Z-REC	B-REC	Y-WEAK
Read Will = Sit give, blitz Lookie or keep	3 steps-plant, read A-B-C gap downhill “slide & glide”	Lookie route	302 block *arc outside to #2 Def	302 block *slide inside Yrec and lead on Mr0 (Sam)	Backside = Pop (bender)

43 KICK- COVER 1



L-TACKLE	L-GUARD	CENTER	R-GUARD	R-TACKLE	Y-STRONG
lock up DE#3, let Will free, Qb reads	Get depth, Skip pull to lead on MtoS	Covered-big, uncovered- block back	Covered-big, uncovered- block back	Covered-big, uncovered- block back	Block EMOL *slide inside & out of Cgap

QUICK KICK (pre) – freeze with only Qb and Aback shifting alignment

Once Qb calls and signals “Canada” players freeze and prep for quick kick

(4) FLASH – Ace Freeze “Canada”

“Canada” Signal = hand on skin (only Qb and Aback shift to quick kick alignments)

<p style="text-align: center;">Ace Left - Quick Kick Left</p> <p>* Quick Kick Cue: “Canada Ray” @ Yrec Signal = hand on skin</p> <ol style="list-style-type: none"> 1. Qb calls = “Canada Ray– Canada Ray” 2. Cadence = “Ready”...“Down-Ready-Set-Go” 3. Spread-Shift = “Spread Lisa– Spread Lisa” 4. Spread-Shift Cadence = “Ready”...“Shift” 	<p style="text-align: center;">Quick Kick Protection-Coverage “Canada”</p> <p>Formation –Ace Splits/Stance – 18 inch splits / all 2 pt stances Aback shift to 3yds depth / sidecar (over G) Qb/Punter shift to 8 yds – 1 step to kick @ Yrec Protection – man pro inside-out (point @) Center – great snap (eyes on Punter) man pro Aback – check Agaps – LBs inside-out with safety coverage wide away from Yrec Qb/Punter – “CANADA” = kick ball to Yrec / drop step+1 / angle to outside hash@#’s Zrec – gunner @ ball – middle X-B – gunners @ ball – outside contain</p> <p>MAN punt protection = take man ON or OFF LOS - inside-over-outside of you *Note – can use either Trey or Ace – same rules apply for all positions</p>
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(4) HULK – Trey Freeze “Canada”

“Canada” Signal = hand on skin (only Qb and Aback shift to quick kick alignments)

<p style="text-align: center;">Trey Right - Quick Kick Right</p> <p>* Quick Kick Cue: “Canada Ray” @ Yrec Signal = hand on skin</p> <ol style="list-style-type: none"> 1. Qb calls = “Canada Ray – Canada Ray” 2. Cadence = “Ready”...“Down-Ready-Set-Go” 3. Spread-Shift = “Spread Lisa– Spread Lisa” 4. Spread-Shift Cadence = “Ready”...“Shift” 	<p style="text-align: center;">Quick Kick Protection-Coverage “Canada”</p> <p>Formation – Trey Splits/Stance – 18 inch splits / all 2 pt stances Aback shift to 3yds depth / sidecar (over G) Qb/Punter shift to 8 yds – 1 step to kick @ Yrec Protection – man pro inside-out (point @) Center – great snap (eyes on Punter) man pro Aback – check Agaps – LBs inside-out with safety coverage wide away from Yrec Qb/Punter – “CANADA” = kick ball to Yrec / drop step+1 / angle to outside hash@#’s Zrec – gunner @ ball – middle X-B – gunners @ ball – outside contain</p> <p>MAN punt protection = take man ON or OFF LOS - inside-over-outside of you *Note – can use either Trey or Ace – same rules apply for all positions</p>
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SPREAD PUNT (post) – sub and shift

Once Qb calls and signals “Spread” players sub in-out and shift into spread punt set. Qb will again call out live play or kick cue – then team executes accordingly

Spread Signal = both fists spread wide

Kick Away = “Canada” call with **hand touching skin @ end** of any-all signals

Spread Punt Right	Punt Protection-Coverage
<p>#2 out hash #3 in hash #1 ball Hash safety</p>	<p>“Canada Lisa-Ray”</p>
<p>55 count * Qb cadence – “Canada Lisa-Ray” x2 Canada cues Kick Away (over border)</p>	<p>Splits/Stance – 1 yard splits – standing 2 pt Back wall @ 6yds depth / 1 ft split Punter @ 12 yds – 2 step into center of wall Protection – Back wall zone (in-out) *Center gunner / front 6 man (out-in) Oline – man up 1-2-3 out-over-in / wash away Slide@man / hand on #'s / run thru / rip off los GLeft-Q-GRight Wall – weight on inside foot Punch with outside arm only on rusher Qb – no huddle (canada + 2 digits) = kick Count-call # of def both sides=45 example Coverage lanes - Center snaps & goes *front wall inside-out / back wall safeties</p>

#1 FAKE (attack bubble + numbers)

Spread - Right Power-Popeye	Attack Cue = “look and see”
	<p>“Phoenix Lisa- Pittsburgh Ray”</p>
<p>*Qb reads pass (bender) to power run</p>	<p>*note – front Oline taps top of hat (fake cue) PS Xrec – block down on 1st Def inside PS front line – “big to back” Snapper + BS front line – 3 step bucket to Back wall – PSG Jpath kickout Def over- outside #3 and BSG pull and lead (A-B-Cgap) Qb – (presnap box) read bender pass to run BS Xrec – (presnap box) run bender route Punter – fake snap over head with jump Qb fake call – “Squeeze” + “Phx 65 / Pitt 66”</p>

#2 FAKE (take best edge + numbers)

Spread - Right Stretch-Sprint	Attack Cue = “look and see”
<p>“squeeze” to 1yd</p>	<p>“Lightning Lisa- Rangers Ray”</p>
<p>*Qb reads Dend run to BS Over route pass</p>	<p>*note – front Oline taps top of hat (fake cue) Front line – use wide reach technique-rules Back wall – PSG lead @ POA / BSG fill gap inside POA and clean up def support Qb – sprint-stretch run with over route BS Xrec – run over route (over LBs & across) Punter – fake snap over head with jump Snapper –reach toward Qb fake call – “Squeeze” + Lightning-Rangers</p>

KICK RETURN (KRET) – WEDGE (middle + scissors) – IRON MAN

Use offensive personnel and core run plays to attack defense using #'s, angles and field.

STEP 1 – bunch on sideline with Coach and get formation / onside alert / return call

STEP 2 – align on field / check (see) coach for (align and/or return change)

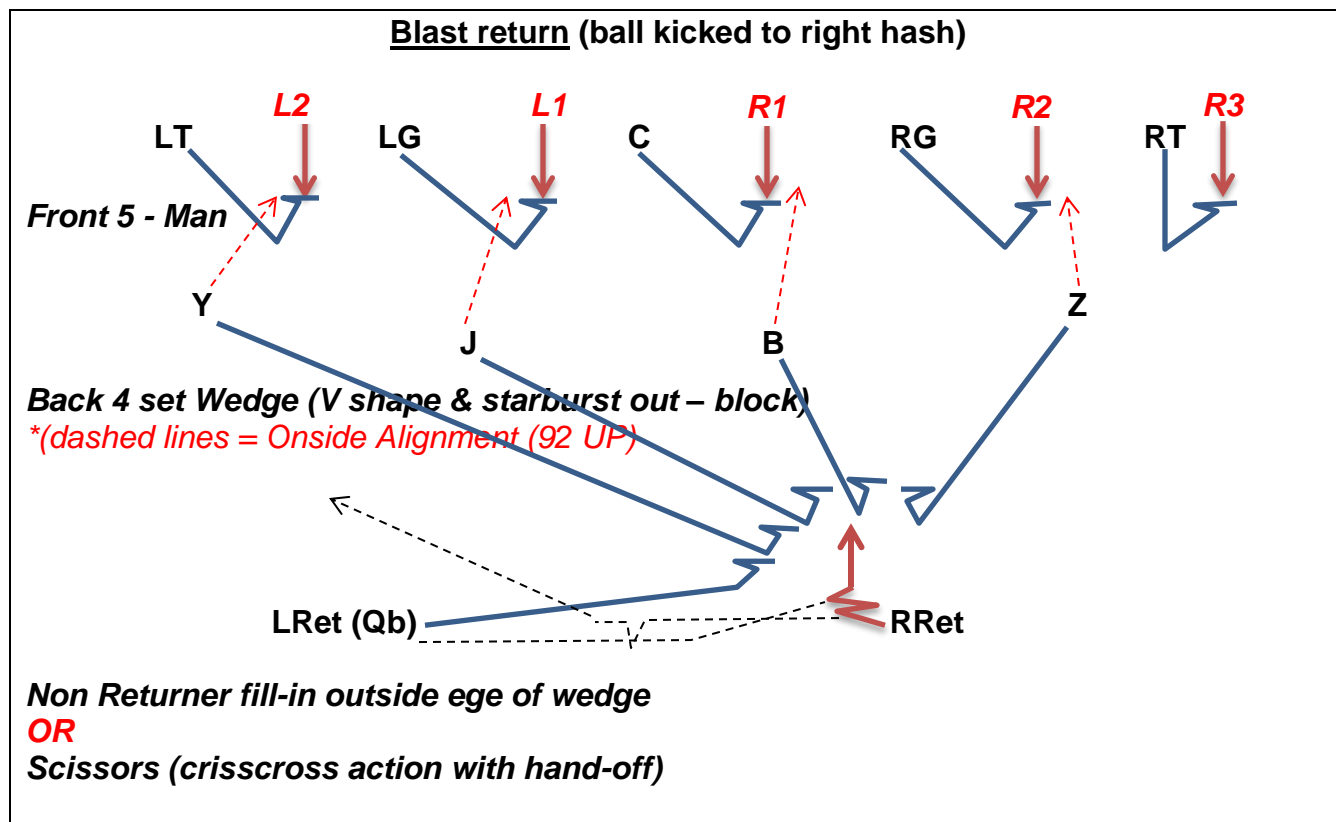
Regular Alignment: (542=signal #5)

Onside Alignment: (92 UP=signal #9 / fist)

Wedge Return: (signal #6=thumbs up)

Scissors Wedge: (signal #2=peace sign)

STEP 3 – see kick past 10 / execute alert and / or return



RETURN 1 – Wedge to ball (base return)

Front 5 will man block (counting from ball – out / left and right as diagrammed above)

Back 4 will set WEDGE 10 yds in front of ball + where kicked

Left Returner (Qb) will make call for ball (you-me) man without ball leading blast thru wall 1-2

RETURN 2 – Scissors to ball (counter return)

Returner who catches ball runs toward other returner (In Front & hands off & fakes away)

Opposite Returner runs toward (Behind and takes hand off – runs to wedge)

KICK RETURN RULES / REMINDERS

1. See ball kicked past you (onside / squib kick alert)
2. After 10yards – ball live (get on it)
3. Anyone on return team can fair catch sky ball kick (we want the ball #1)

DEFENSIVE SPECIAL TEAMS

Use defensive personnel and plays to attack offenses aggressively + keep teams simple and sound (*every player in the program will know and can participate on special teams*)

**THEME – Villain Super Hero's (Super Bad Teams)*

KICK OFF (KOFF) – JOKER

STEP 1 – bunch on sideline with Coach and get formation + kick type + direction

STEP 2 – align on field / check (see) coach for (align and/or return change)

Onside Right: (signal #2=peace sign)

Onside Left: (signal #1 / pointer finger)

Pooch Right: (signal #4=four fingers)

Pooch Left: (signal #3=ok sign)

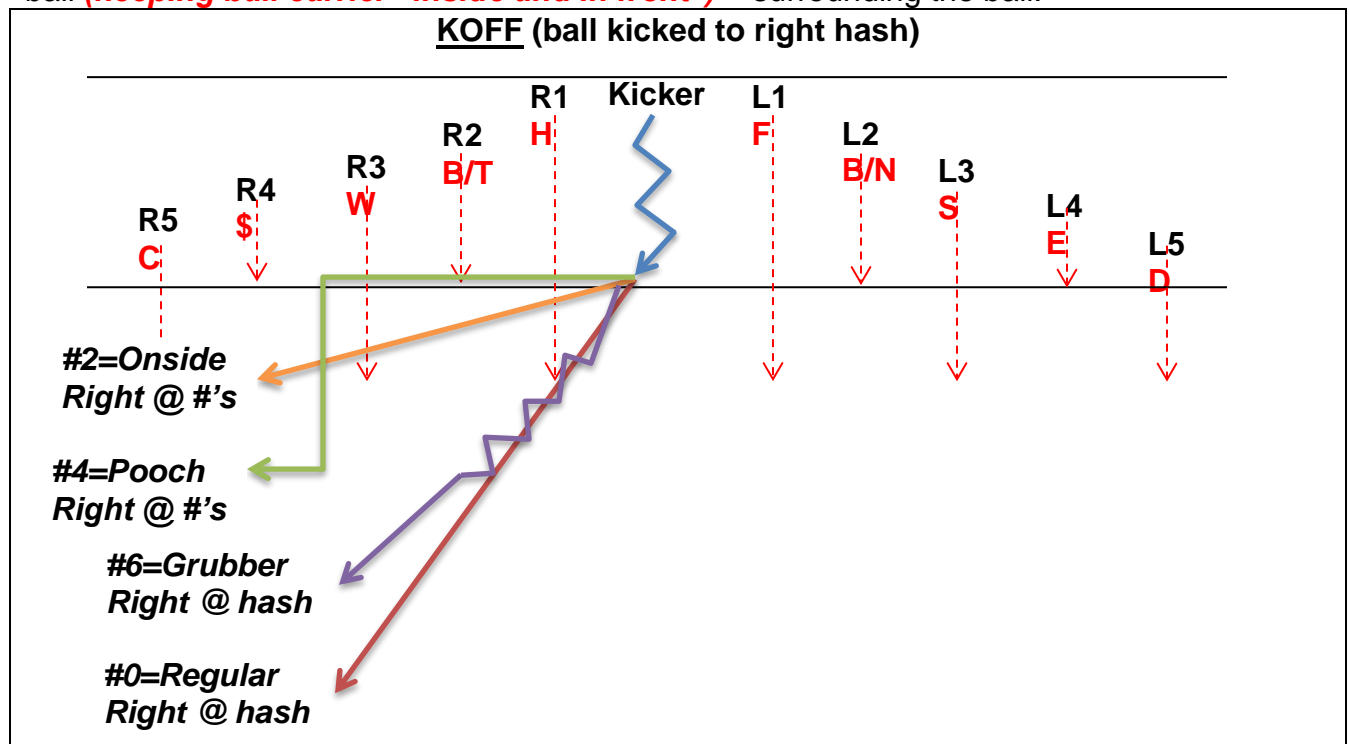
Grubber Right: (signal #6=thumbs up)

Grubber Left: (signal #5=five fingers)

Regular Right: (signal #0=hand in zero)

Regular Left: (signal #9=fist)

STEP 3 – see kick + stay in lane assignment + **break down (buckeye)** 5 yards in front of ball (**keeping ball carrier “inside and in front”**) – surrounding the ball.



FIRST WAVE (all odd numbers)

1. See ball kicked – **SPRINT** down field staying in lane

***R5&L5 CONTAIN BALL**

SECOND WAVE (all even numbers)

1. See ball kicked – **STRIDE OUT** down field staying **5 yds behind 1st Wave** in lanes

KICK OFF RULES / REMINDERS

1. See ball kicked – stay on sides
2. After 10yards – ball live (get on it)
3. Anyone on return team can fair catch sky ball kick (keep 2 yards from + buckeye)
4. Ball goes to sideline away – fold back behind, keeping ball carrier “inside and in front”
5. Kicker stays back as safety – shadowing the ball wherever it goes

PUNT RETURN (PUNT SAFE -SWEEP) – PENGUIN

Use defensive personnel and plays to be sound and safe against offenses staying on the field and/or fake punts

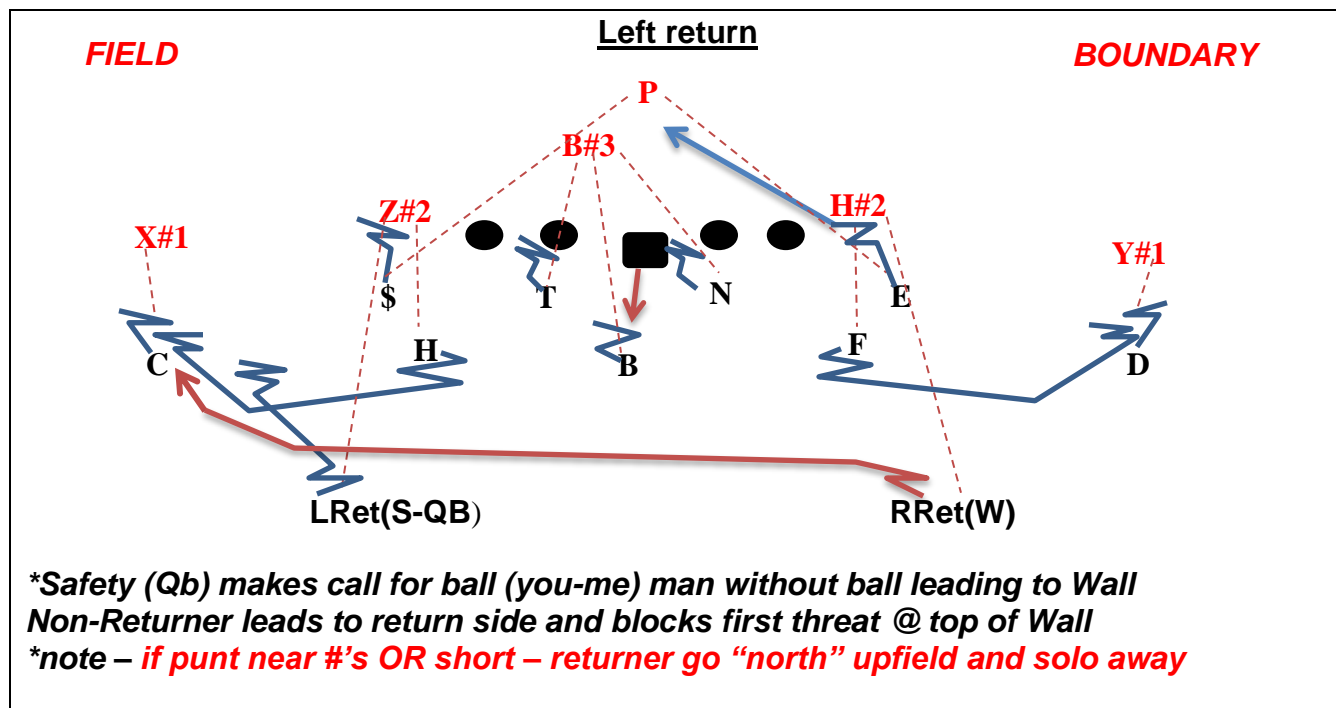
STEP 1 – align on field using base 43 defensive + field and boundary rules and alignments

STEP 2 –check (see) coach for (alignment + cover + pressure + return)

SWEEP Left: (signal #3=ok sign)

SWEEP Right: (signal #0=hands in zeros)

STEP 3 – execute base defense for fake (SAFE) & see ball punted past LOS + return



PUNT SAFE to SWEEP RETURN

Front – keep gap responsibility – 2gap push tech - block man away from return call side

***backside End or Sam after push tries to block punt (aim 5 yds in front of punter)**

Backers – keep gap responsibility – wall tech – help block C&Dbacks #1 receiver

C&Dbacks – keep cover responsibility – DO NOT let rec get inside – block him to sideline

Returners – keep cover responsibility – Safety make call – non returner block 1st threat

PUNT RETURN RULES / REMINDERS

1. Play defense and fake first (know distance needed for 1st down – football smart)
2. See ball kicked past LOS and then and only then execute return
3. We **WANT** to field ball (ONLY Returners are to fair catch punt) – ALL Others “get away”
4. We **DO NOT** have to field-cover punt - **“PETER”** call cues see ball and get away

PUNT BLOCK

Use defensive personnel and plays to be sound and safe against offenses staying on the field and/or fake punts

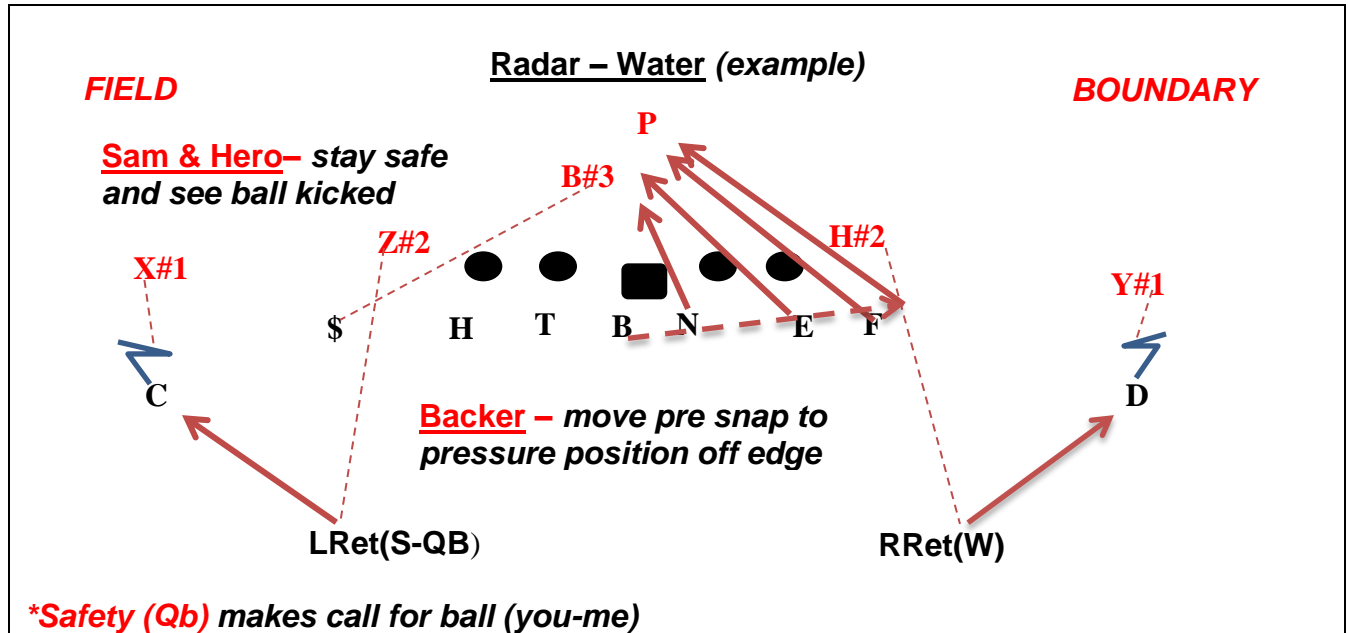
STEP 1 – align on field using base 43 defensive + field and boundary rules and alignments

STEP 2 – check (see) coach for (alignment + cover + pressure + return)

STEP 3 – execute movement and block pressure

#1 BLOCK - WEAK: **Radar-Water**

#2 BLOCK - STRONG: **Radar-Smoke**



KICK BLOCK (PAT or FG) -

Use defensive personnel and plays to be sound and safe against offenses staying on the field and/or fake punts

STEP 1-2-3 – use **Radar Bama Cover 0** defense with **SCHOOLYARD BLITZ (house)**

