

Offensive Positions

C

Center: Center is the middle of the Offensive Line and is responsible for passing the ball to the Quarter Back through his legs which is the start of an offense play. They are also responsible for blocking and working with the Guards on opening running holes for the running backs.

RG

Guard(s): There are 2 Guards one Left and one Right that stand on either side of the Center. The Guard is responsible for using blocking skills to open up running holes for the running backs. They have responsibility for the 1 Hole and 2 Hole and work with the Center

RT

Tackle(s): There are 2 Tackles one Left and one Right and stand next to the Guards on the offense line. The Tackle is responsible for using blocking skills to open up running holes for the running backs. They have responsibility for the 3 /4 and 5/6 Holes and work with the Guard and Tight End depending on what play is called

TE

Tight End (s): There are 2 Tight Ends one Left and one Right and stand next to the Tackles on the offensive line. The Tight End is responsible for using blocking skills to open up running holes for the running backs. They have responsibility for the 6/8 and 5/7 Holes and work with the Tackles.

1

Quarter Back (1 Back). The Quarter Back is responsible for starting the plays by calling “Hut” which tells the Center to pass the ball back to him. The Quarter Back then is responsible for handing the ball off to one of the running backs depending on what play was called.

3

Full Back (3 Back). The 3 Back is one of 3 Running Backs. They line up closest to the Quarter Back . Depending on the play that is called the 3 Back may be a lead blocker for one of the other running backs or will receive the ball from the Quarter Back in hand off and will run with the ball

4

Tail Back (4 Back). The 4 Back is one of 3 Running Backs. They line up behind the 3 Back (Full Back) . Depending on the play that is called the 4 Back may be a lead blocker for one of the other running backs or will receive the ball from the Quarter Back in hand off and will run with the ball

2

Power Back (2 Back). The 2 Back is one of 3 Running Backs. They will line up in a few different spots. They will line up on the left or right side of the 3 Back parallel to the 3 Back or they will line up on the left or right of the line offset behind the Tight End. Depending on the play that is called the 2 Back may be a lead blocker for one of the other running backs or will receive the ball from the Quarter Back in hand off and will run with the ball








OFFENSIVE HUDDLE

Note:

- Offense will huddle after each play
- The Center signals the huddle and players will fill in around him, tightly.
- The QB stands facing the team and calls the play and will “break” the huddle once the play is called.
- All players then hustle over to the ball to get into position, get their splits and foot placement in order to begin the play.
- It's crucial that ALL players in the huddle are focused and listening to the play that is being called by the QB. Every player must know what is going to happen with the called play when they get back to the O-Line.



Defensive Responsibilities

 Nose Guard	➡	On the snap of the ball the Nose Guard should attempt to bull rush the center and try to disrupt the play. Being fast off the ball and aggressive to get into the backfield looking for the ball
 Defensive Tackle	➡	On the snap of the ball the Defensive Tackle should attempt to shoot through the gap between the Offensive Guard and Tackle. This forces one of the offensive lineman to choose or double team. The player should aim to break through and look for the ball carrier
 Defensive End	➡	The Defensive End must stand on the outside shoulder of the Tight End. On the snap of the ball the Defensive End MUST take their first few steps up field and look to contain the offense and force the ball carrier back inside. Being patient is important.
 Outside Linebacker	➡	On the snap of the ball the Outside Linebacker should have an eye for where the ball is being handed off and move to come up and fill the gap between the Offensive Tackle and Tight End. This gap should be created by the DE working up field and the DT shooting the gap.
 Middle Linebacker	➡	On the snap of the ball the Middle Linebacker should have an eye for where the ball is being handed off and will be a fast follower behind the OLB and help in making the tackle. Being patient and following the play is key for this position
 Corner Back	➡	On the snap of the ball the Corner Back is responsible for making sure that no one gets outside of them. They work with the DE and forcing the play back towards the middle of the field. If the play is away from them they should follow the play from behind the line of scrimmage
 Safety	➡	On the snap of the ball the Safety should be patient and watch how the play develops and see if where the ball is being handed off. They are responsible as a support tackler and is there in case someone breaks through.

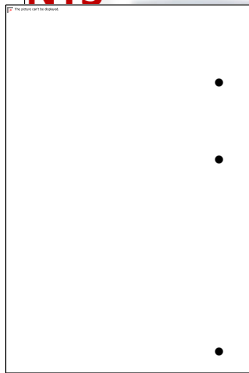
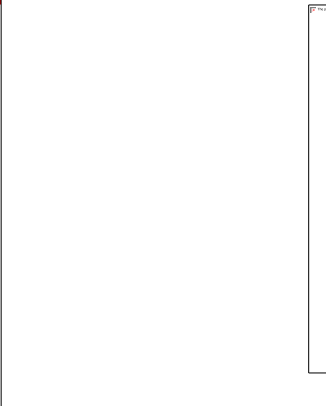
DEFENSIVE GAPS and POSITIONS



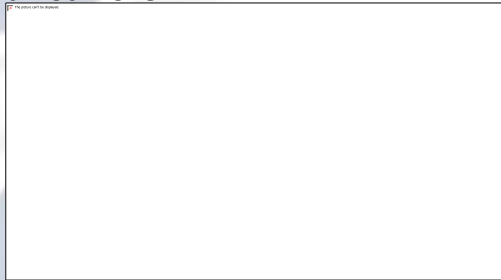
The Defense must line up “heads up” over an opposing player. Once the ball is snapped defensive players can attempt to move through a gap between the offensive line players. We name those gaps A to D. Each Defensive player is given a “Gap” responsibility depending on where they line up

OFFENSE POSITION KEY POINTS

3 POINT STANCE



- The 3 Point Stance is used by Offensive and Defensive Lineman as well as the 3 Back and 2 Back (Running Backs).
- A proper 3 Point Stance has the player balanced over their hips with a slight lean forward. Head is ALWAYS up looking forward and the hand is touching the ground but should not be supporting significant weight. The player should be on the balls of their feet. Back is flat not hunched. Feet are spread apart so that they are in line with their shoulders.
- While in a proper 3 point stance, the player should be able to take their hand off of the ground and not move.



2 POINT STANCE



- The 2 Point Stance is the basic football stance and is used by Linebackers, Cornerbacks and the 4 Back (Running Back)
- A proper 2 Point Stance has the player with feet shoulder width apart, knees bent, back flat with their head up looking forward. The player should have a slight lean forward ready to move when the ball is snapped.

OFFENSE POSITION KEY POINTS

THE SNAP (CENTER/QB EXCHANGE)

The Center is one of the most important positions on the football team because they are responsible for starting every play with the “Snap” and putting the ball into play.

The exchange must be clean to allow the QB to be able to take the ball and turn to hand it off to one of the running backs. Therefore timing is important.

The center must be able to quickly “snap” the ball up between their legs and pass the ball to the QB who has his hands underneath the center waiting to receive the ball, then quickly get themselves up to make a block.

The Center is responsible to remind the O-line of their splits and foot placement.

- It is important that the QB is able to get their hands far enough under the center with their hands spread wide enough to ensure a consistent exchange between them every time.
- It is also important that the QB has a consistent rhythm with saying “Down, Set, Hut_____” as to not throw off the center.

OFFENSE POSITION KEY POINTS

HAND OFF

- The Hand off occurs when the Quarter Back (QB) hands the ball to one of the running backs.
- In order for the exchange to be successful the running back needs to provide an open pocket for the QB to place the ball
- The pocket is formed by:
 - The inside arm up with the forearm across the top of the numbers and the hand facing down
 - The outside forearm runs across the bottom of the numbers with the palm up
- Running Backs do not reach with their hands for the ball, let the QB place the ball in the pocket and when the ball comes into contact with the running backs body.
- The running back will then close their arms down on the ball with both hands securing the ball
- It is important for the QB to place the ball into the pocket and let the running back take the ball from their hands to ensure they do not fumble the ball

