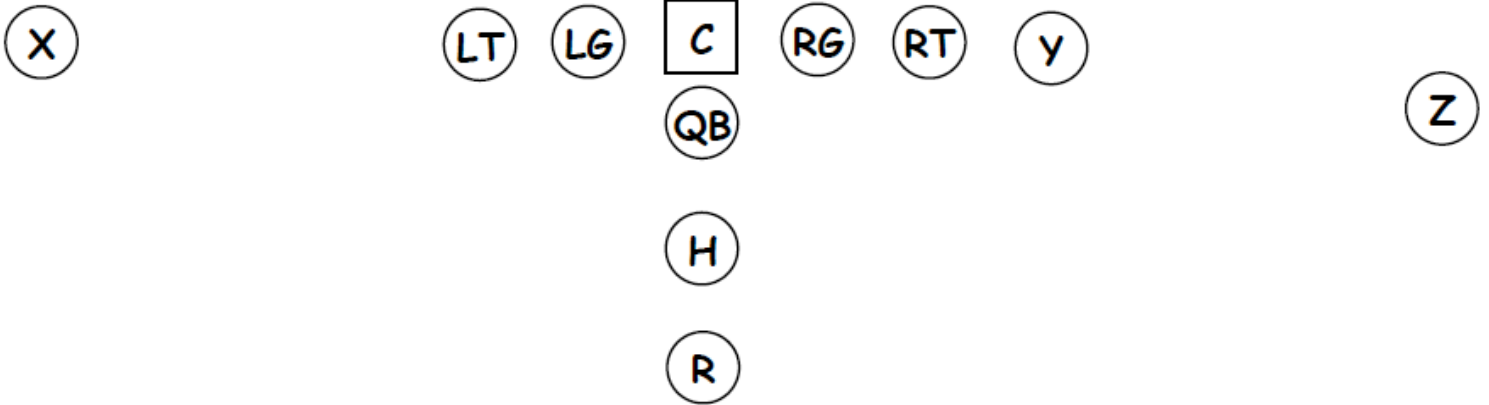


**CHARACTER
VALUES**

***Everest
Youth
Football
League***

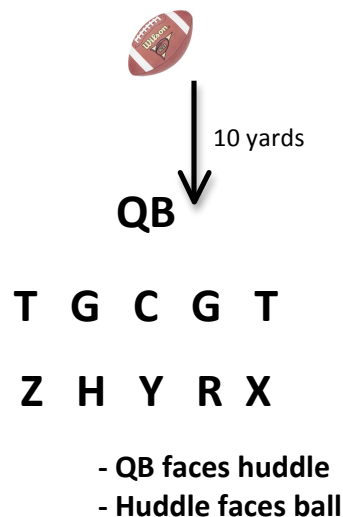
***PLAYBOOK
2018***



Offensive Formation

- Linemen:** Fingertips-to-Elbows with other linemen, 3-point stance
- X Receiver:** On the line of scrimmage, about 7 yards away from Tackle, 2-point stance
- Z Receiver:** One yard off line of scrimmage; 5-7 yards outside of Tight End, 2-point stance
- Y Receiver:** (Tight End) Same alignment as offensive linemen, 3-point stance
- Backs:** H is directly behind QB; 3 yards behind line of scrimmage, 3-point stance. R is 5 yards behind line of scrimmage directly behind H, 2-point stance

Proper Offensive Huddle Arrangement



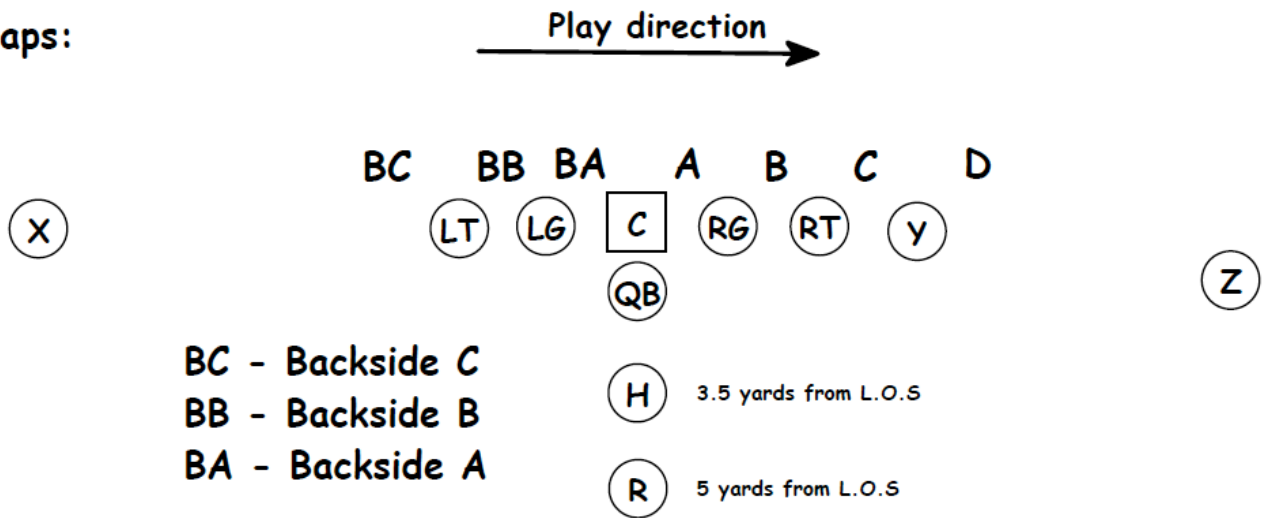
Big on Big Pass Protection Rules

Rule: Linemen block bigger down defensive linemen, the running backs will pick up blitzing LB's. All Linemen are assigned the down defensive lineman to the called side. The play side TE is responsible for the widest down lineman to the call side, the play side tackle is responsible for the second down lineman, and the guard is responsible for the next down lineman, the center the next down lineman and so-on across the backside.

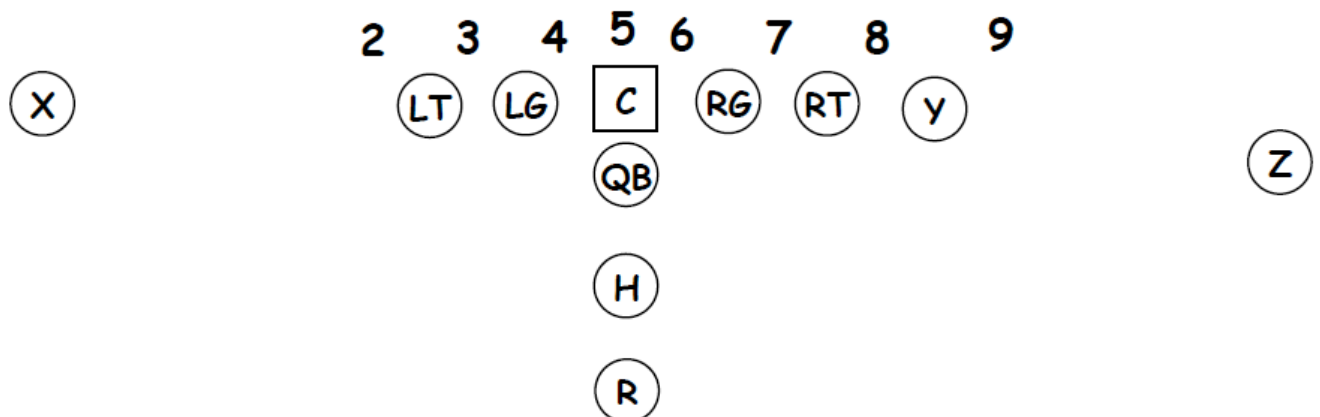
If any lineman does not have an assigned defensive lineman to block, he should step call side and look to help or pick up blitzing linebacker.

If the TE to the call side is leaving to run a pass pattern, then the side will move out one man for each lineman. The tackle must call "out" so the guard on his side knows he must slide out to block man over the tackle.

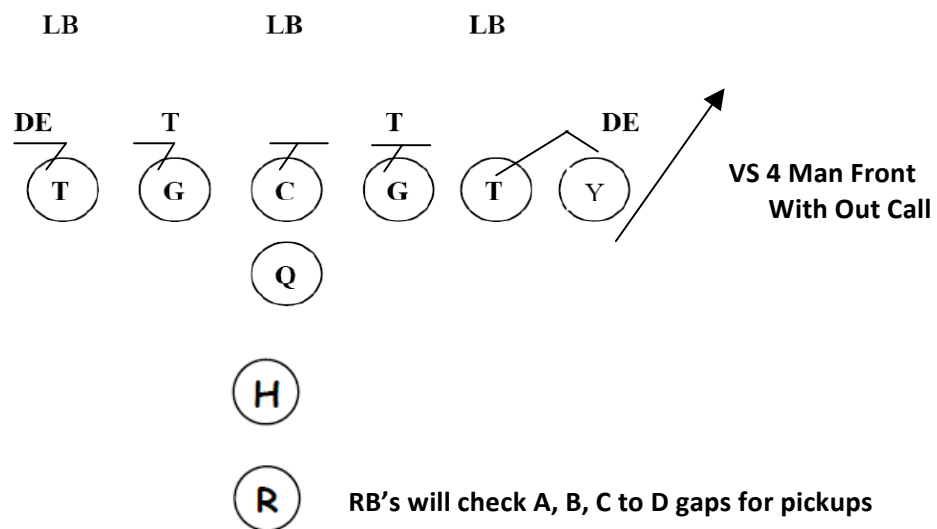
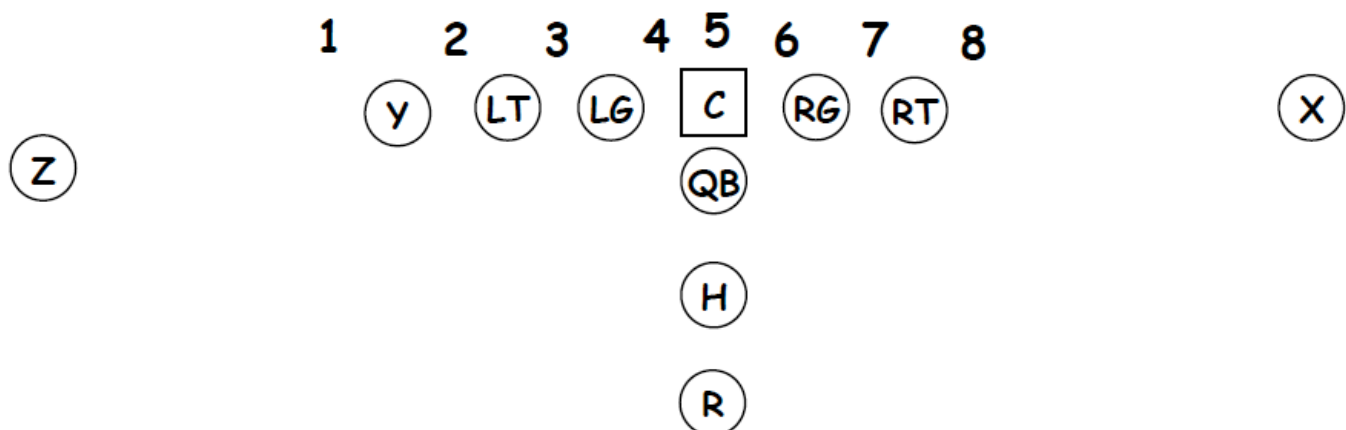
Gaps:



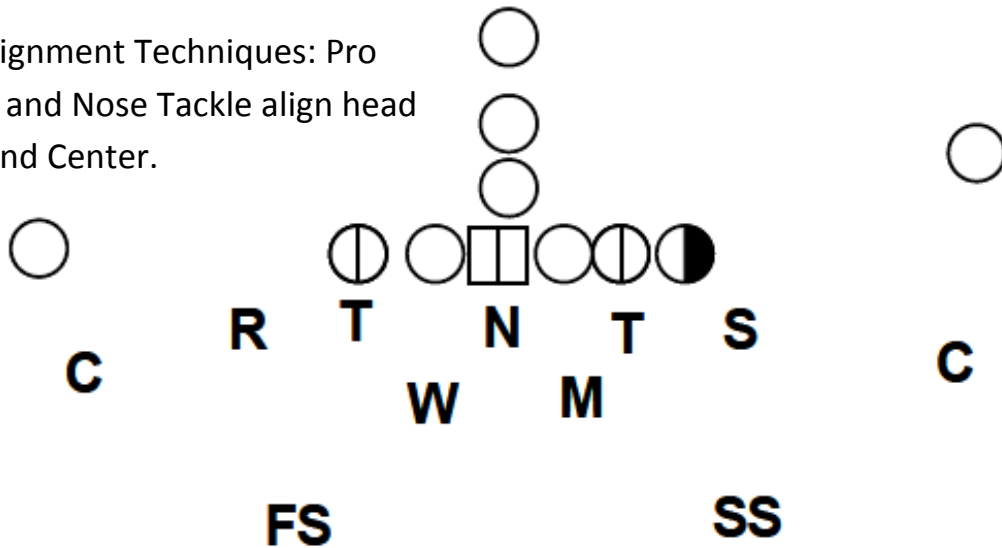
Numbering system (Holes): Pro Rt.



Numbering system (Holes): Pro Lt.



Defensive Alignment Techniques: Pro Left. Tackles and Nose Tackle align head up on OT's and Center.



Offensive Line Steps & Rules:

Offensive Line steps - Settle Step & Stab Step.

Settle Step is a position step to gain leverage on the defensive player. This step will depend on where the defensive player is playing. Settle step is always to the playside (except 2&8 Power) protecting your gap of responsibility.

Stab Step is a powerful step that will get your body into position to move the defensive player. This step is very important if you are base blocking the defensive player.

Offensive Line Rules:

Covered - Head up to outside shade of offensive player.

Uncovered - Inside shade of the offensive player.

The TE will always start communication with covered and uncovered rules. Then the Tackle, Guard, Center, Backside Guard & Backside Tackle. All linemen will know who they are blocking before the play starts.

Rules:

TE: Covered

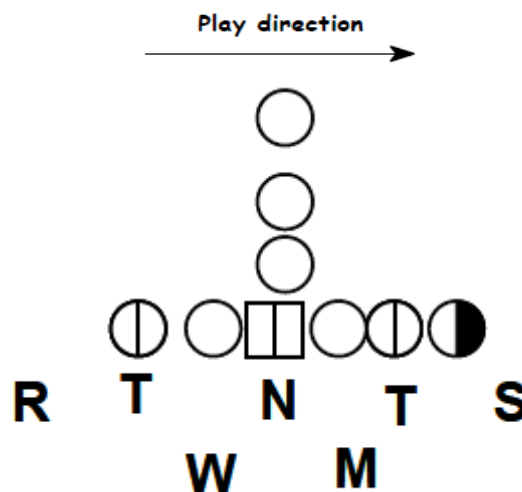
Tackle: Covered

Guard: Uncovered

Center: Covered

Backside Guard: Uncovered

Backside Tackle: Covered



EVEREST YOUTH FOOTBALL LEAGUE
OFFENSIVE LINE FUNDAMENTALS

Blocking Basics:

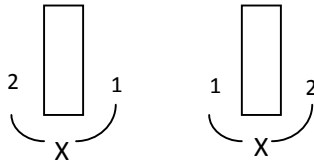
A. Stance – Right and Left Hand Stances

1. Feet Shoulder width apart
2. Instep to toe or heel relationship (45° stagger). The stagger will put the body in a configuration that will generate the most power.
3. Squeeze the knees.
4. Toes are aligned straight ahead with weight on the insteps of the feet (the mid-foot or right below the balls of the feet).
5. Flat back; parallel to the ground.
6. Five finger bridge-down hand.
7. Off arm rests slightly on opposite knee with hand open and ready to strike.
8. Look through the eyebrows; scan the defense 180 degrees.

B. Take Off Board Drills

1. Teach right and left handed stances. Right hand stance for linemen right of center and left hand stance for linemen to the left of the center.

2. Teach the lead (straight ahead) step and take off down the board. Use powerful “duck-walk” type of steps.

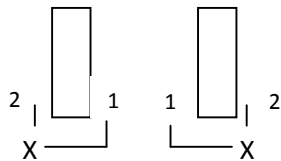


3. Teach the reach 45° step and take –off down the board.

- a. Reach step is used to position base block vs. offset defender.



4. Teach the lateral step and take off down the board.



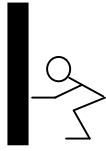
The lateral step is used for positions on double team or combo blocks by uncovered linemen.

C. Wall Drill – (Fit Drill) Position linemen is in executing contact and driving opponent use of hands.

1. Position lineman against a fence or wall in a 2pt. set position.



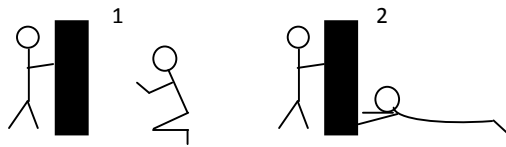
- Slide down to squat position (fit position) feet legs in 2 pt. position, flat back, head up.



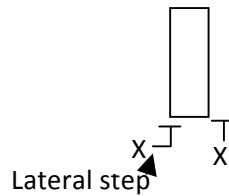
- Foot drive 5 seconds and stop to fit position.

D. Punch Drills

- 6 pt. hand punch into dummy, bowed back, “peter” down, extend through toes. Emphasis is on getting hips through on punch.

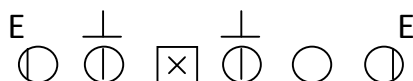


- Form fit and drive down.
- 1 step lead positional, cock elbows and hands in readiness to punch on second step.
- 2 step lead punch.
- Put it all together. Drive down board and check (fit position).
- 1 step reach positional, cock elbows and ready hands to punch.
- 2 step reach punch.
- Put it all together – drive down board and check.
- 1 step lateral positional, cock elbows and ready hands to punch.
- 2 step lateral punch.
- Fit double team/combo block post/lead men.
- Fire to fit post/lead men and drive.



EVEREST YOUTH FOOTBALL LEAGUE
PASS PROTECTION FUNDAMENTALS PROGRESSION

1. Teach the 'set' (position OL is in after snap in readiness to punch DL); 2 pt. stance, post foot up for left side of line. Stagger the anchor foot (back foot) slightly for balance vs. rush. Knees are bent, power Z and torso is straight with chest out and head up; hands held facing each other thumbs up, close to side of torso.
2. Teach the "kick-slide" steps (used to defend an outside rush by DL. Maintain the post/stagger feet position and step laterally quick and keep feet close to the ground; 2 quick steps laterally maintaining the basic set; always lead with stagger leg, keep position basically nose to nose with DL.
3. Teach the post steps (used to defend an inside rush by DL. Maintain the post/stagger feet position and step laterally to quickly defend the inside of your gap; 2 quick steps laterally to inside maintaining the up foot (post foot) for power; used to maintain nose to nose with DL.
4. Teach the punch coordinated with the kickslide and post position steps in #'s 2 and 3. On the second step for each step punch the DL attacking the #'s of the DL. The punch is out and slightly up; thumbs up with cupped hands; lock out arms for separation in conjunction with DL attempting to bull rush. DL should put arms/hands behind back for teaching purposes.
5. Teach all of the above; only fire from stance to set, step and punch. If "big on big," the OL simply quick 1 – 2 steps to set just enough to create separation before punching DL. OL mirrors the DL in a short lateral space for 2 steps each kick-slide and post steps. DL grabs the OL shoulders at snap and tries to offset OL's punch and protection.
6. If OL is uncovered, protect your gap playside to the next covered lineman. Use a quick 2 steps laterally to position as a helper for covered (big on big) OL. Your job is to assist the big on big OL and help backside gap if necessary.
7. Proximity drill. Align all OL on LOS and play rep passes so each OL vs. DL (big on big or uncovered) Take each position and go 1 on 1 or 2 on 1 (OL/DL). DL attempts to pass rush in his assigned lane to QB (dummy set as QB).
8. Team pass rush push 6 on 4. DL attempt to get to QB (dummy).



OFFENSIVE FUNDAMENTALS

SPECIALTY POSITIONS

Quarterbacks –

1. Center/QB exchange – most important part of any play.
2. Stance – shoulder width (toe to instep) – head up/big chest.
3. Snap Counts -
 1. Quick Count = “GO!”
 2. On 1 = “SET, GO!”
 3. On 2 = “SET, GO!”
4. 3rd Hand – football to belly button/two hands on the ball.
5. Hand off – 2 hands on the ball, put ball in RB’s belly and then **carry out fakes.**
6. Specific run plays – teach QB their steps and fakes for each play.
7. Passing – Grip (upper 1/3 of ball)
 - A. Loaded position – keep ball up by your ear.
 - B. 1 knee passing with partner – target
 - C. Stride position to partner – target
 - D. 1 Step
 - E. 2 Step
 - F. 3 Step
8. Individual pass patterns with Wide Receiver’s.

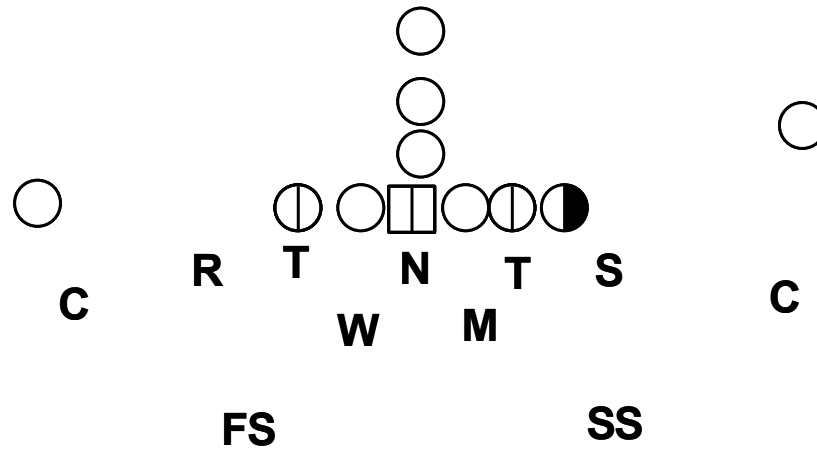
Running Backs – I-Formation (H & R) –

1. Stance and starts – H, 3 point stance R, 2-point stance/feet shoulder width apart/toe to instep/hand out in front of your eyes. All movement is going forward fast.
2. Quarterbacks and running back exchange. Running back hand closest to the QB arm up. Make a big pocket and roll over ball at the exchange.
3. Hand-off drill – Two lines of running backs facing each other. Work on handing off the ball.
4. Ball Security – Two hands on the ball through the line. Keep the ball high and tight. Security drill.
5. Blocking – Good blocking running backs are like gold. Use a good hitting position – but down/**head up** – look at who you are blocking. Very important that you teach blocking with a good hitting position.
6. Fakes – It is very important to fake if you do not have the ball.
7. Mesh Drill – Quarterbacks and running backs come together to work on run game. Teach your plays and work on timing between the two positions. Use cones or a line stripe if available to simulate O-line positions. Tell the kids where you want the ball to be run. Example: inside foot of the guard is your aiming point.

Wide Receivers –

1. Stance and Start – 2-point stance/INSIDE FOOT FORWARD.
2. Frame up the ball – above waist (thumbs together), below waist (pinkie fingers together)
3. CCL – Catch ball, Cap ball, Lock ball away – partner/nose the ball/high and tight.
4. Clock drills with QB’s – CCAL
5. Ball Drills:
 - A. Running Barry’s – RT/LT CCL
 - B. Chop and Drop
 - C. Chicken
 - D. Turn around
6. Individual routes with QB’s – Circle drill/cones for patterns
7. Blocking – Very important again for safety. Big plays happen when WR blocks well down field.

Defensive Position Coaching Focus and Technique



Defensive Line (Tackles and Nose)

Defensive Lineman are two gap players. This means they will either play to the right or left of the Offensive Lineman they are aligned against.

Stance: Slight stagger feet with one or two hands down. (If 3pt stance, make sure the hand that is down is the same hand as the foot that is further back in staggered alignment.)

Punch: Deliver a two hand punch under shoulder pads of OL. Thumbs need to be up on punch. Strike with heels of hand. Extend arms maintaining a low pad level looking for ball carrier under arm pit of OL. Do not look over the shoulder into backfield.

Drive: Drive feet. Short 6 inch steps to heels of OL. Shed OL away from Ball Carrier to make tackle.

Inside Linebackers (Mike and Will)

Inside Linebackers are free to run to Ball Carrier using proper fundamentals. They will align outside shade of a Guard, 5 yards deep.

Stance: Feet outside shoulders, bent knees, lean forward, looking at guards in front of them.

Keys: Read Guards. If Guards fire out, Run / If Guard sets up to block, Pass

Run: KEEP SHOULDERS SQUARE TO LINE OF SCRIMMAGE, run to first Open Window to football. Never run backwards, always downhill to ball.

Pass: Open Hips to Sideline, drop to 10 yards settle look at QB for Ball.

Outside Linebackers (Sam and Rush)

Outside Linebackers will either be ATTACHED (aligned outside shade on a TE) or DETACHED (3 yards outside a Offensive Tackle and 4 yards Deep from the Line of Scrimmage)

Stance: Inside foot is up slightly looking at helmet of TE or Tackle.

Attached: Punch TE with same technique as DL. Maintain D Gap (outside TE)

Detached: Step toward Backfield, Keep shoulders square to Line of Scrimmage

Pass:

Attached-Rush QB

Detached-Open Hips to sideline drop out to inside the X receiver and back to 10 Yards

Free Safety and Strong Safety

Safeties are responsible to attack on Run Plays and Drop into deep pass coverage. Their pass responsibility is primarily the TE but are free to attack any where the ball is thrown. Safety will align 10 yards deep and 2 yards outside the End Man on the Line of Scrimmage

Stance: Feet under shoulders, slightly bent over at waist arms relaxed

Slow Pedal: 2 to 3 Steps reading Run or Pass from QB

React: Pass: Drop toward near threat (TE or X receiver) Stay between receiver and Goal Line

Run: Attack downhill toward ball tracking near hip and staying Square to LOS

Corner

Corners are pass defenders. They will align inside the outer-most receiver playing man coverage. They can be as close to a receiver as they are comfortable. (Be sure if they align to a Z Receiver to a TE Side they are not off-sides)

Stance: Inside shade of receiver as close as comfortable.

Coverage: Follow receiver as close as possible staying between the receiver and QB.

In Phase: When Receiver puts hands up to catch ball, Corner should replace his hands to deflect ball or make Interception. This will take a lot of coaching and practice.

Run: If a corner hears his teammates yell "RUN" He should immediately look inside to help on a run play. He can attack the near hip of the ball carrier while working to keep his hips square to LOS.

Tackling

The most basic element of Defensive Football is tackling. Players should understand the basic elements of tackling throughout the Everest Football Program. The goal of this tackling progression is to teach players to tackle SAFELY and EFFECTIVELY and with CONFIDENCE.

The most important element of Tackling Fundamentals is:

KEEP HEAD UP AND EYES ON YOUR TARGET!!!!

The Target for any tackle is the Near Leg and Hip of the Ball Carrier.

Buzz Tackling Progression

We will incorporate the Buzz Tackling progression throughout all phases of the Everest Football Program. This is a three step process that will provide the basic elements of a successful football tackle.

Step 1: Arms and Head **COACH “VIOLENT ARMS”** This is a key element to drive hips and feet through tackle

Focus only on head placement and arm action. **KEEP HEAD UP AND EYES ON TARGET.** Athletes will align facing each other with one knee on the ground. One player is the ball carrier and the other is the tackler. The tackler will be given a command “Palms Up – Elbows Back” This will lock the head into a good fit position. The next command will be “Attack”. At this point the tackler will drive head across while arms shoot underneath arm pits of ball carrier and reach up to name plate on back of jersey.

Step 2: Proximity Buzz **KEEP HEAD UP AND EYES ON TARGET.**

Focus on “loading” arms and coming under control before exploding into ball carrier. While maintaining a distance of 5 yards, the ball carrier will hold shield straight out in front of belly below shoulder height. The tackler will respond to the command “Palms Up – Elbows Back” as in Step 1. The tackler will, on “Attack”, Buzz feet closing distance between himself and ball carrier. Once the tackler arrives at 3 to 4 yards, the ball carrier will move the shield to the right of left simulating a running back making a cut in the open field.

The tackler will now step and explode into the shield, using the same arm action as in Step 1. Very important to watch for a few things:

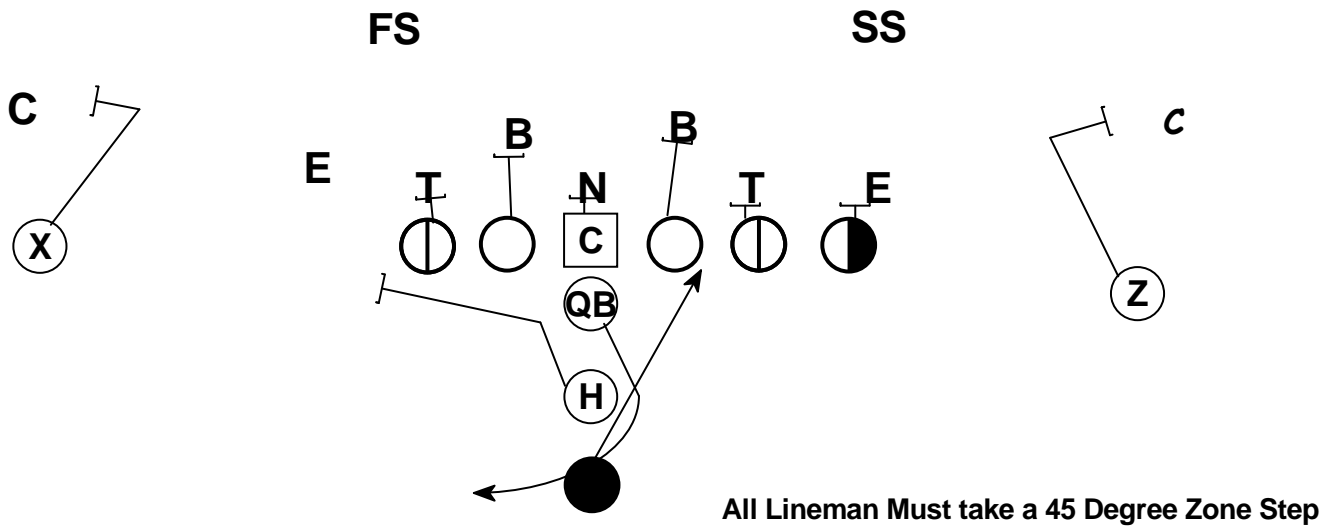
- 1 – Upon contact, swing hips in opposite direction as ball carrier moved shield. This will slow the momentum of the ball carrier.
- 2 – Finish the drill by running as fast as possible driving BC to ground.

Step 3: Buzz **KEEP HEAD UP AND EYES ON TARGET.**

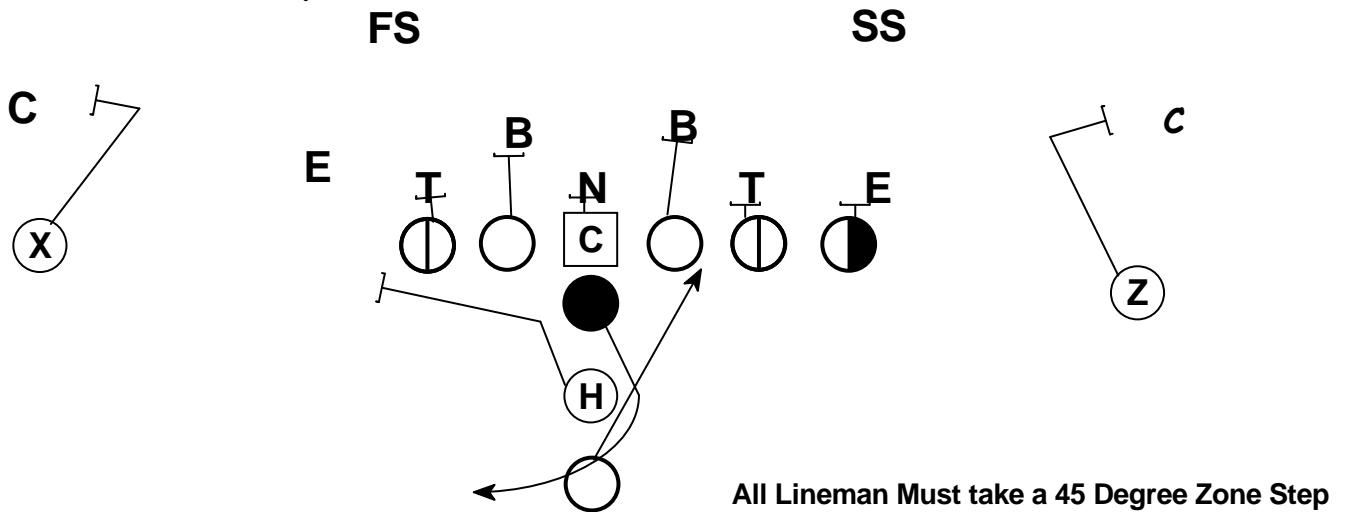
Separate the Ball Carrier and the Tackler by about 8 to 10 yards. Have the ball carrier run at the tackler to simulate a running back moving in your direction. Then have the ball carrier run at an angle to the tackler in both directions. In both cases, the ball carrier will have to move the shield in both directions to simulate a running back making a cut in the open field.

Concept: Inside Zone

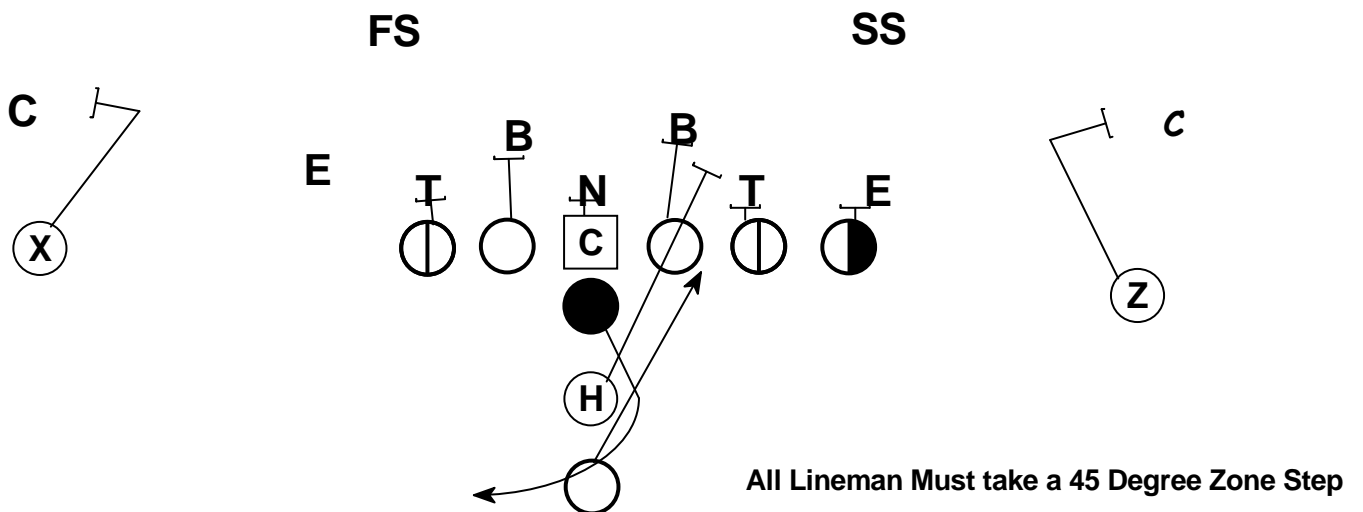
Pro Rt. 7 Zone



Pro Rt. 7 Zone Keep

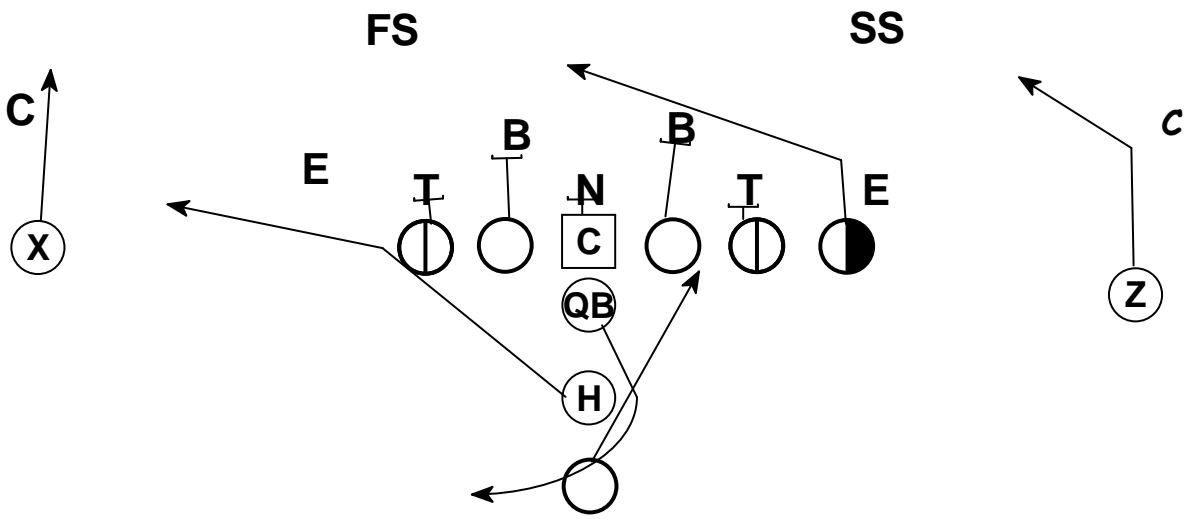


Pro Rt. 7 Zone Lead

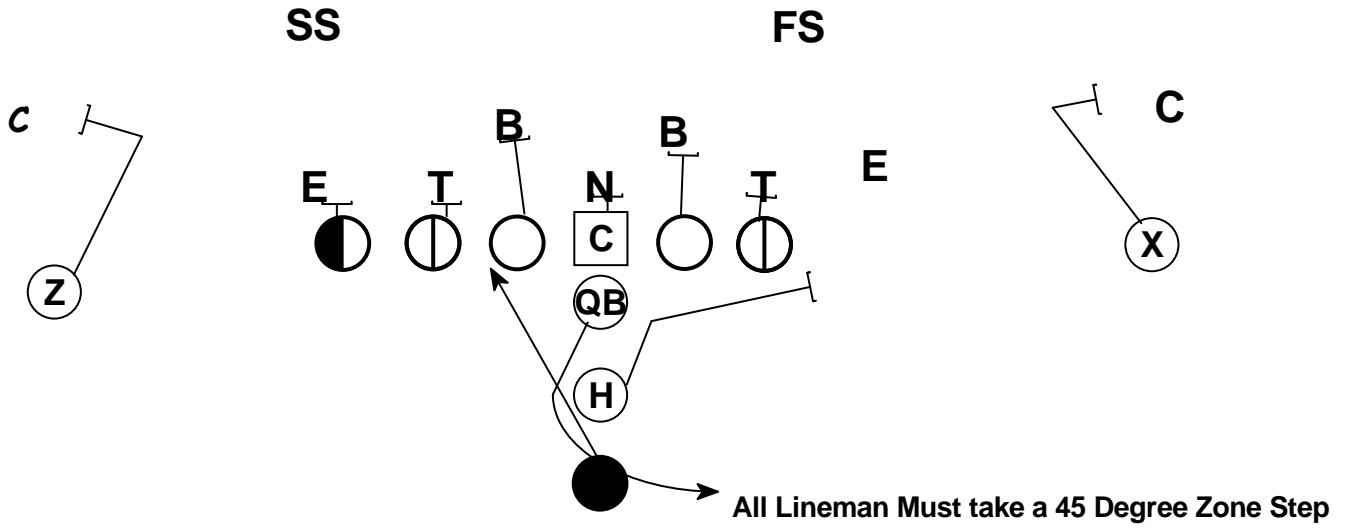


Concept: Inside Zone

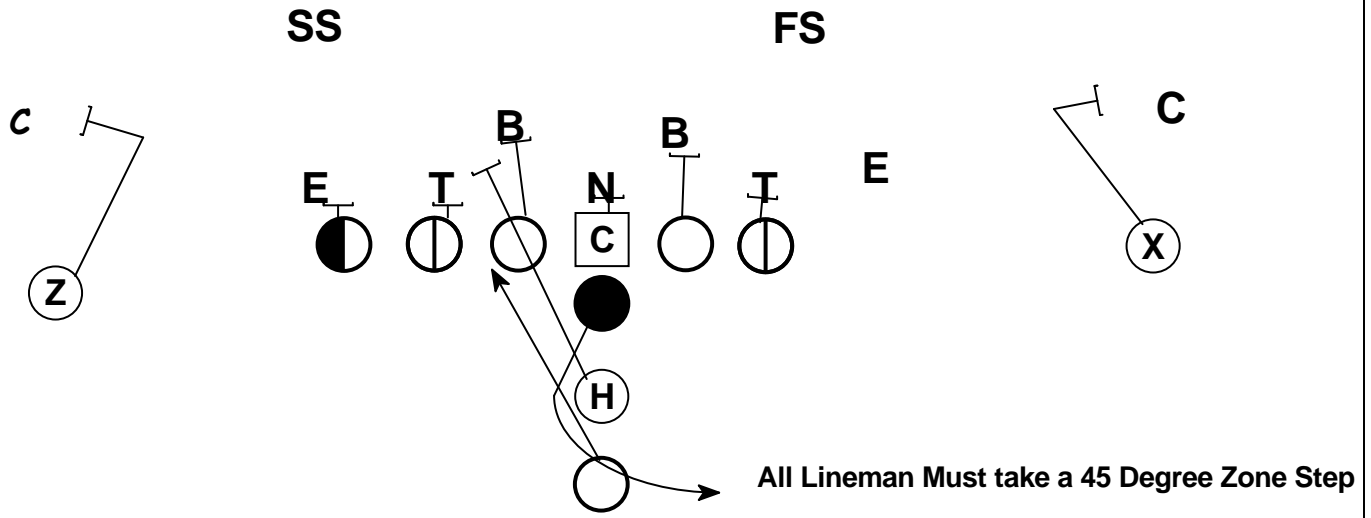
Pro Rt. 7 Zone Boot Pass



Pro Lt. 3 Zone

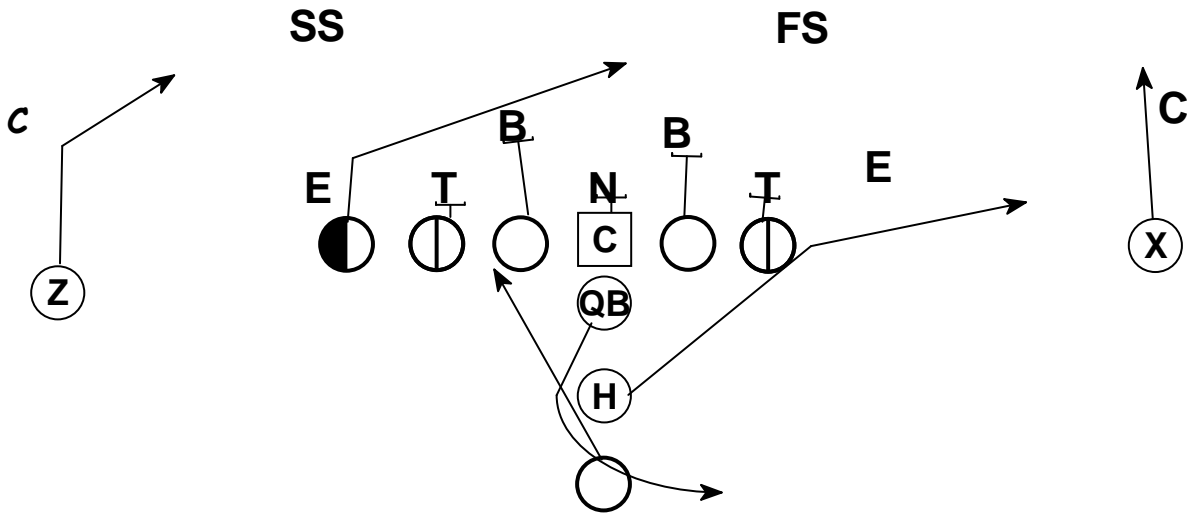


Pro Lt. 3 Zone Lead



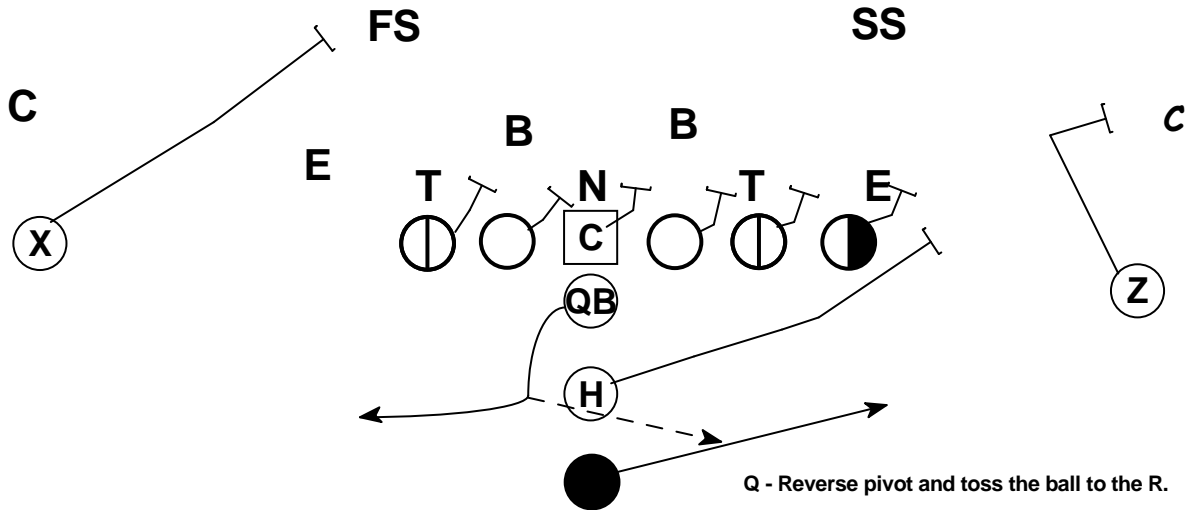
Concept: Inside Zone

Pro Lt. 3 Zone Boot Pass



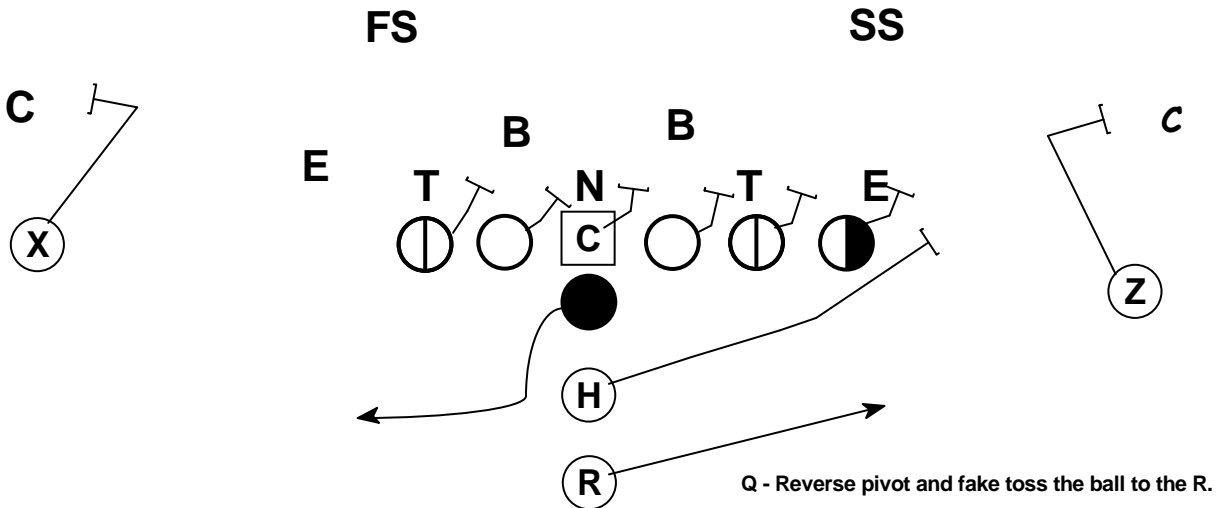
Concept: Outside Zone (Stretch)

Pro Rt. 9 Stretch

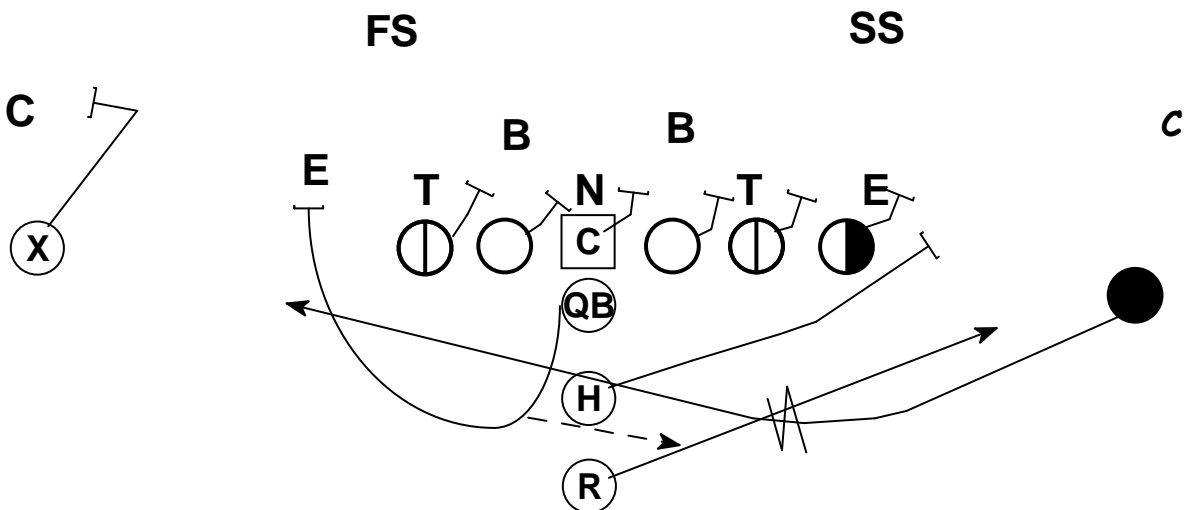


Open with Playside Foot, Rip Through Outside Shoulder of Defender and Run to Execute Reach Block

Pro Rt. 9 Stretch Keep

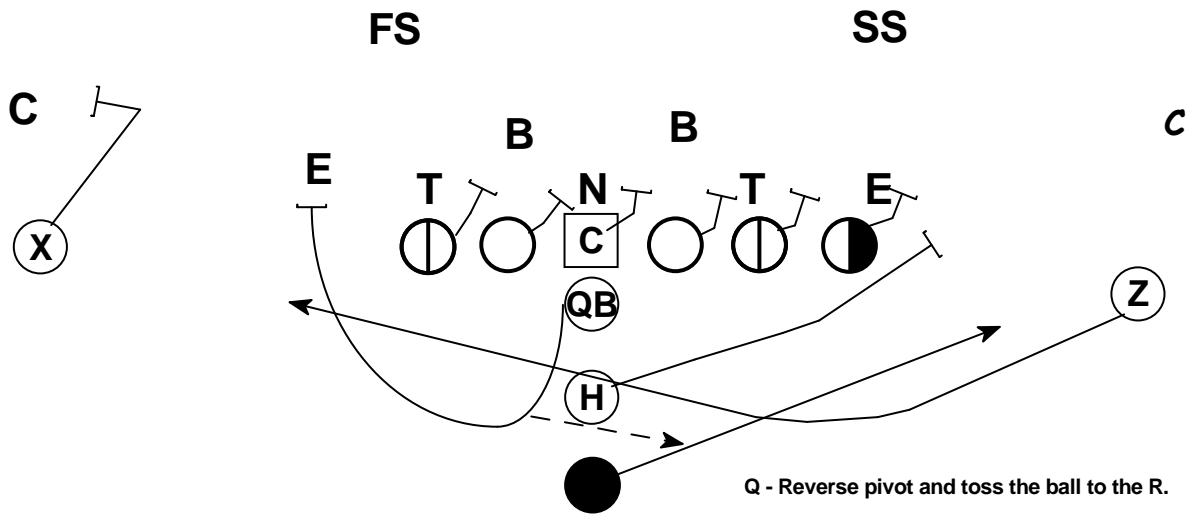


Pro Rt. 9 Stretch Reverse

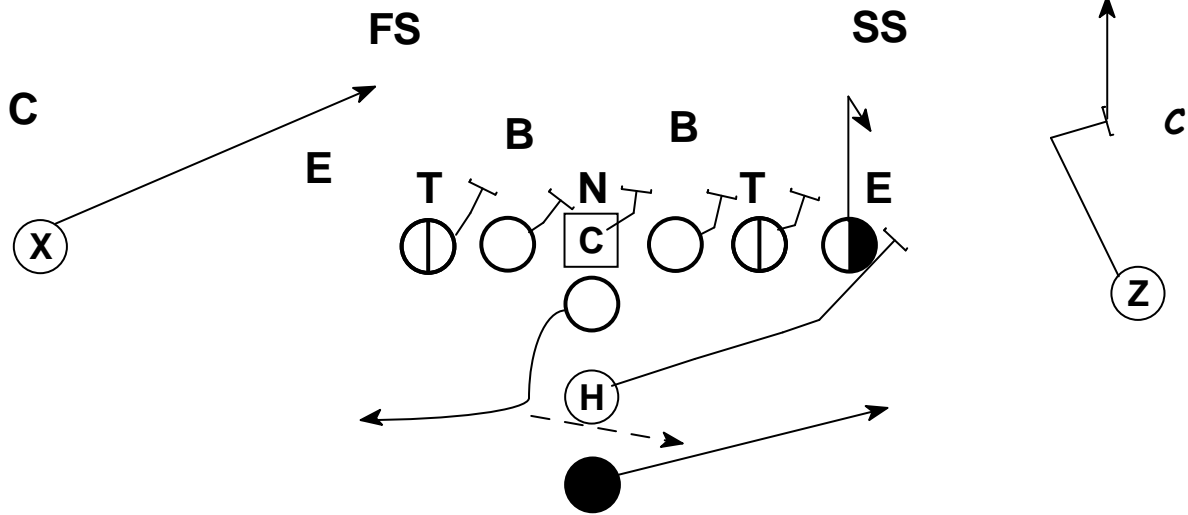


Concept: Outside Zone (Stretch)

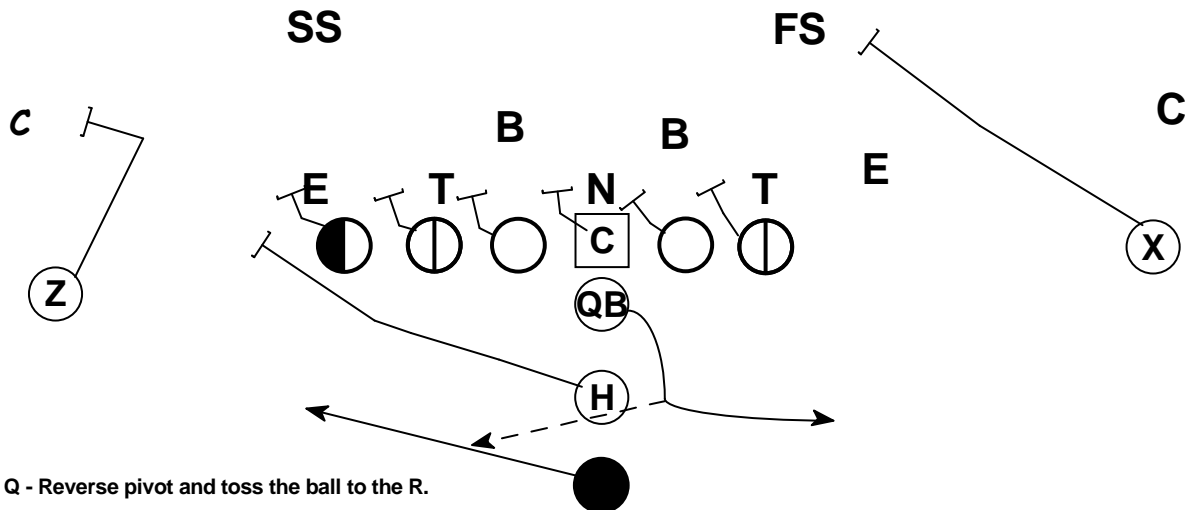
Pro Rt. 9 Stretch Fake Reverse



Pro Rt. 9 Stretch R Pass

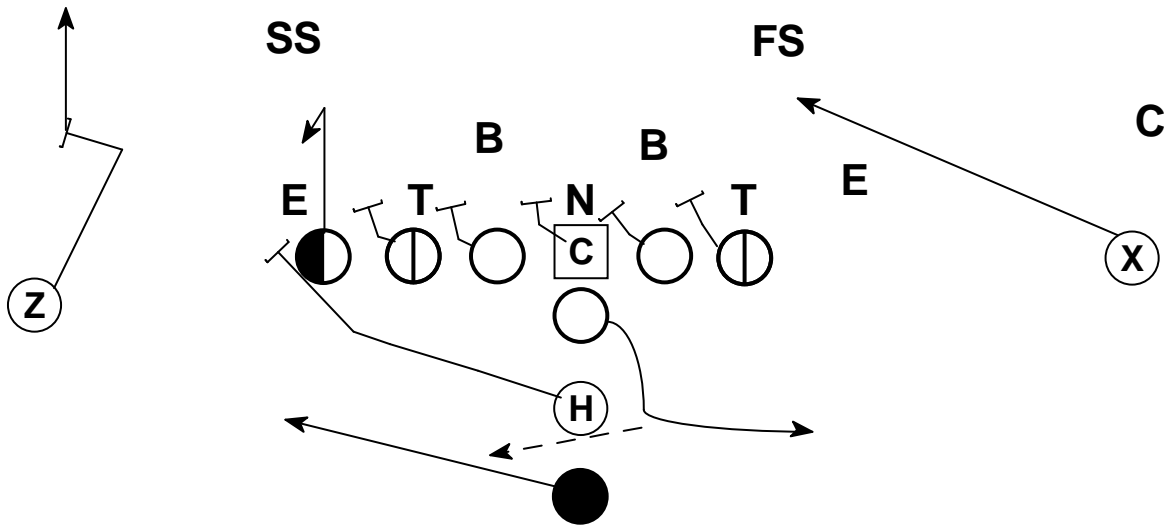


Pro Lt. 1 Stretch

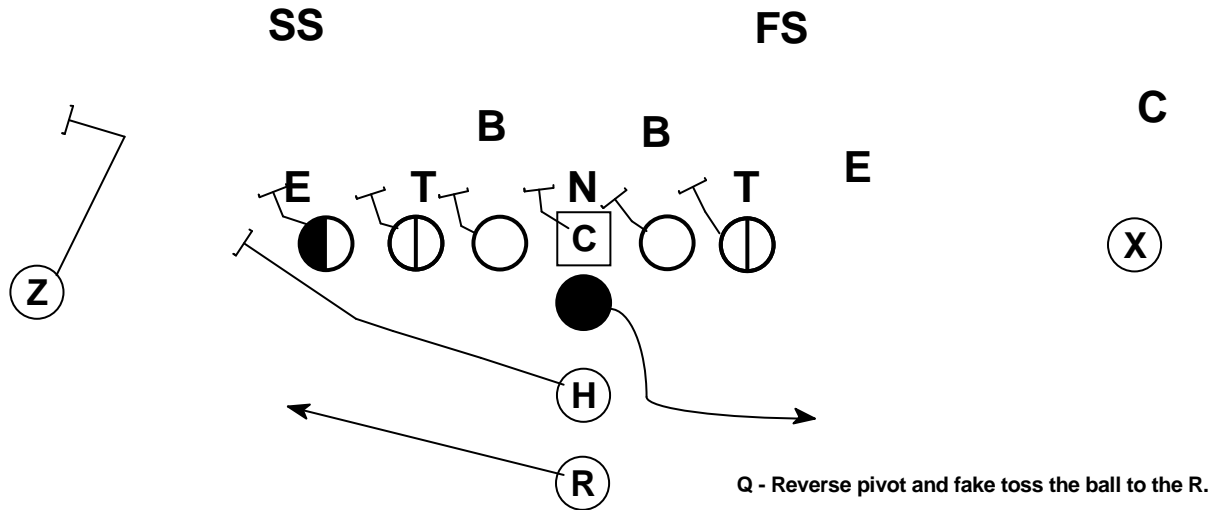


Concept: Outside Zone (Stretch)

Pro Lt. 1 Stretch R Pass

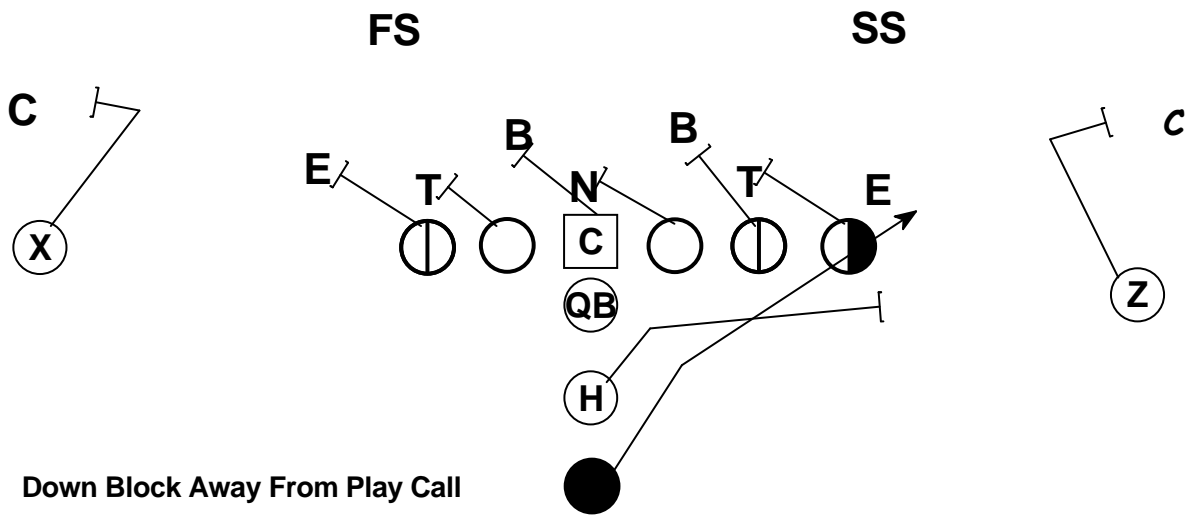


Pro Lt. 1 Stretch Keep

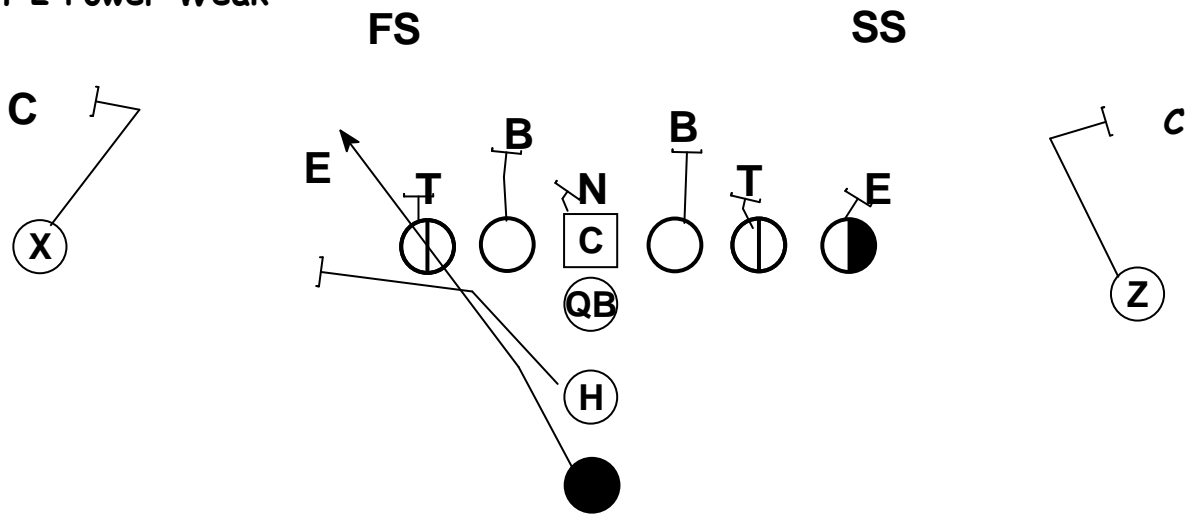


Concept: Power

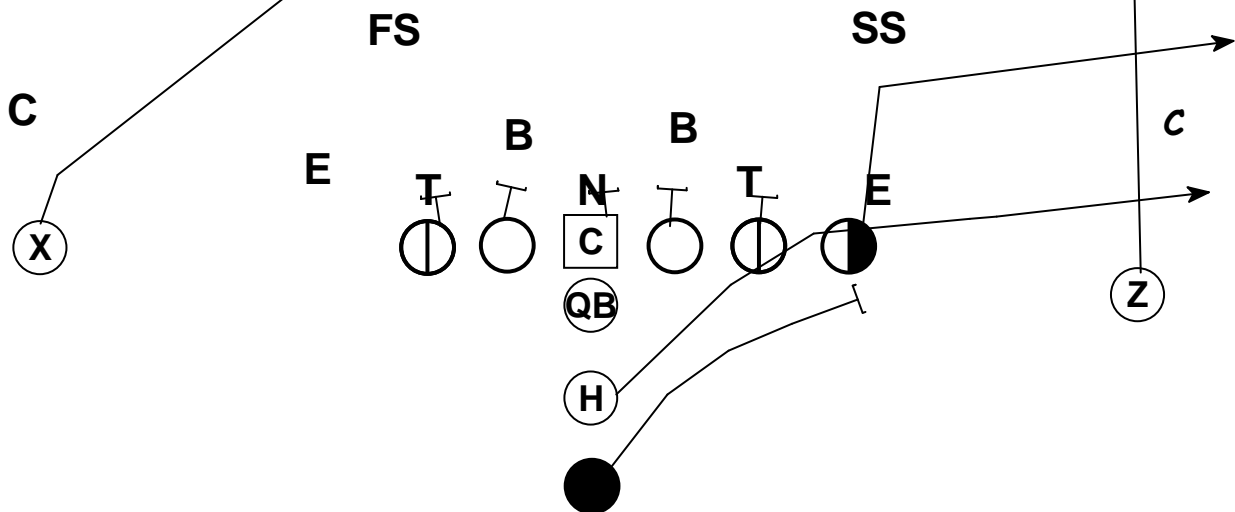
Pro Rt 8 Power



Pro Rt 2 Power Weak

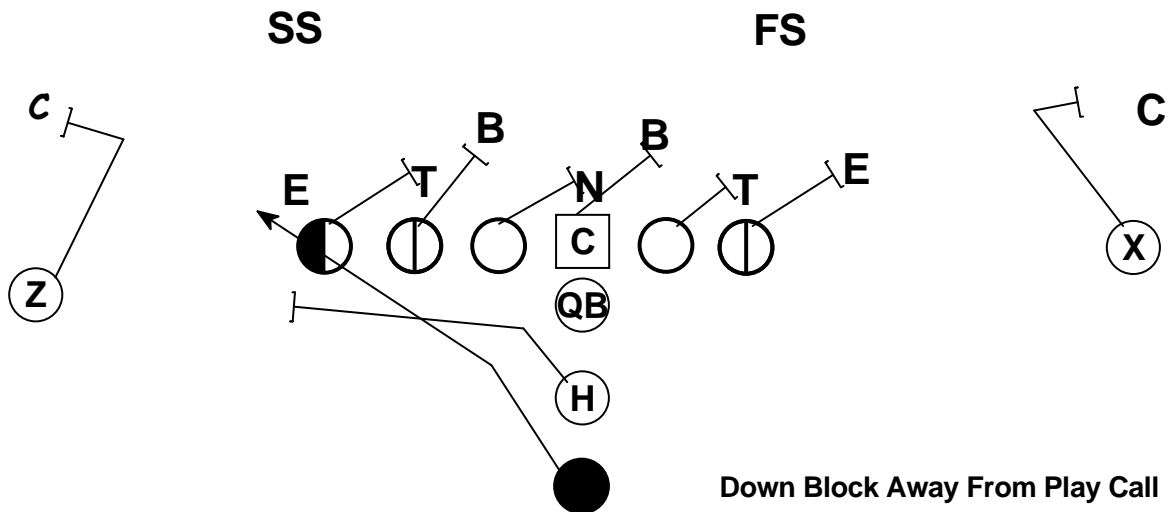


Pro Rt 8 Power Pass

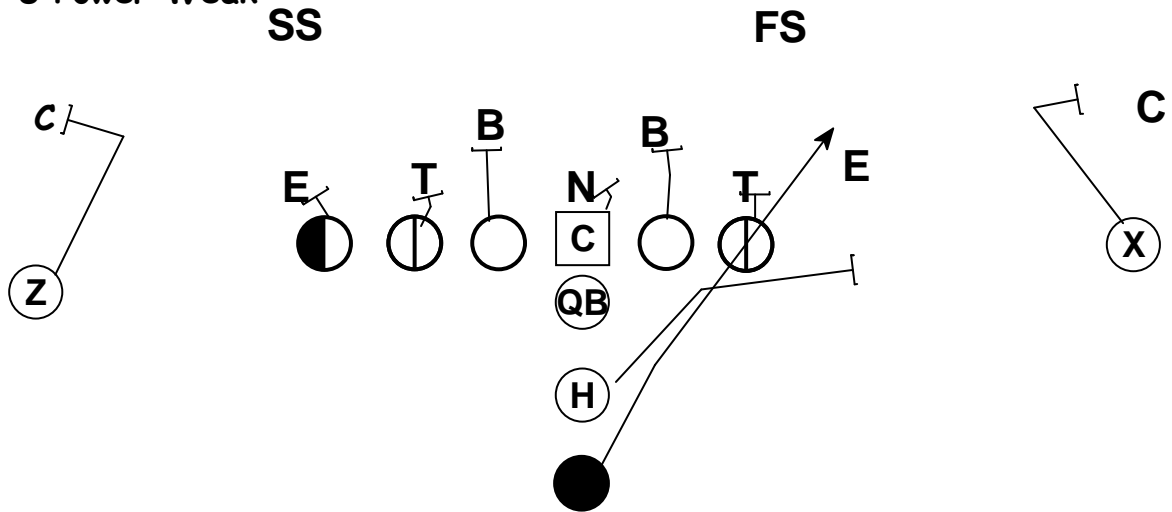


Concept: Power

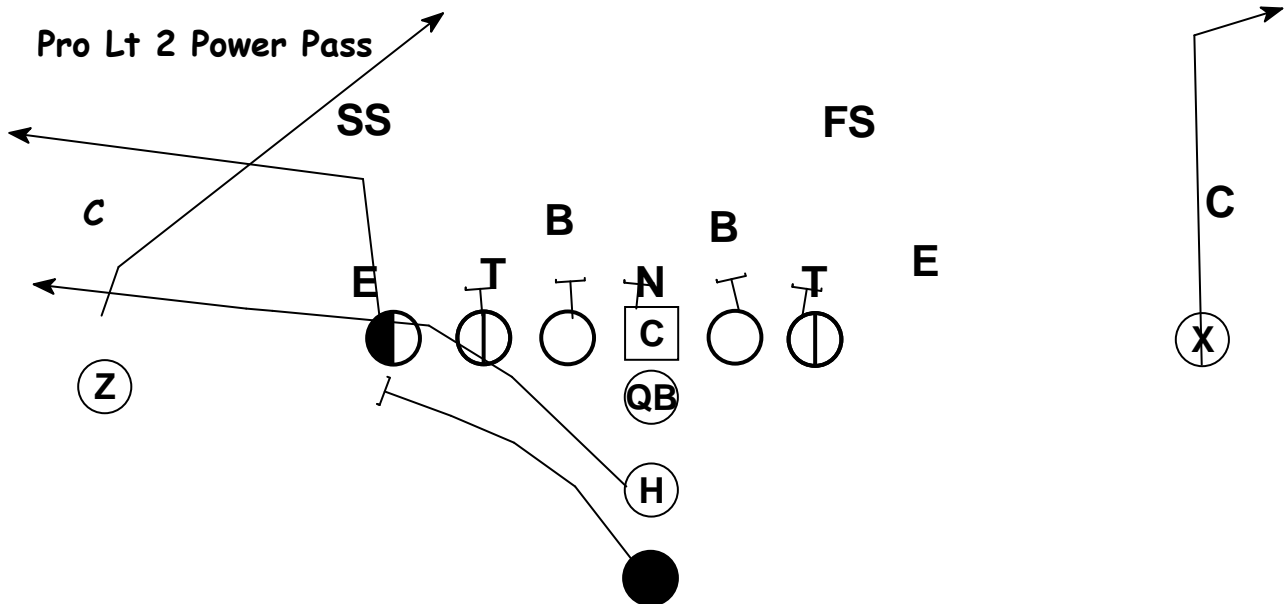
Pro Lt 2 Power



Pro Lt 8 Power Weak

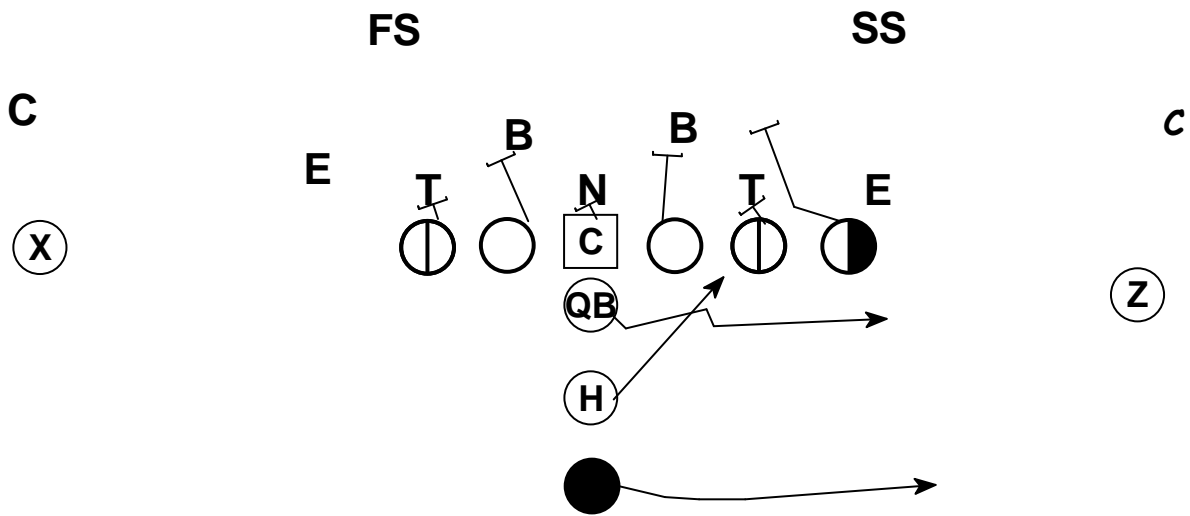


Pro Lt 2 Power Pass

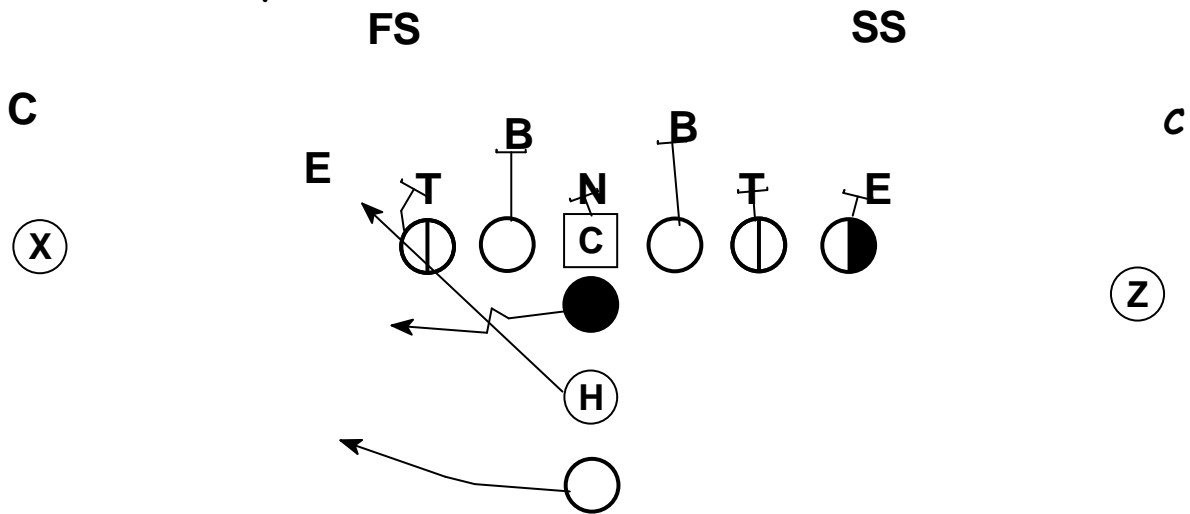


Concept: Dive Option

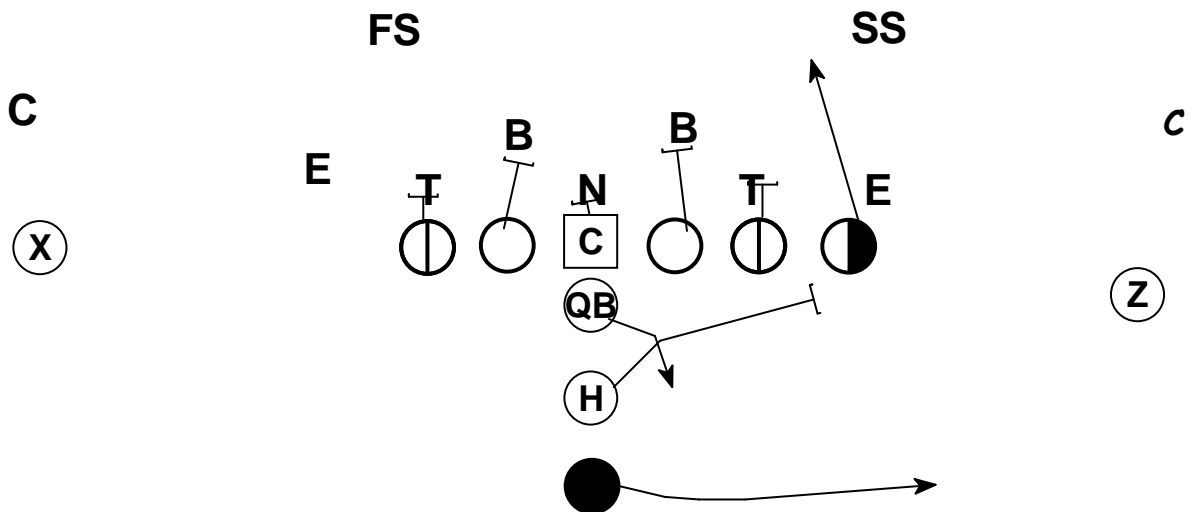
Pro Rt. 7 Dive Option



Pro Rt. 3 Dive Option

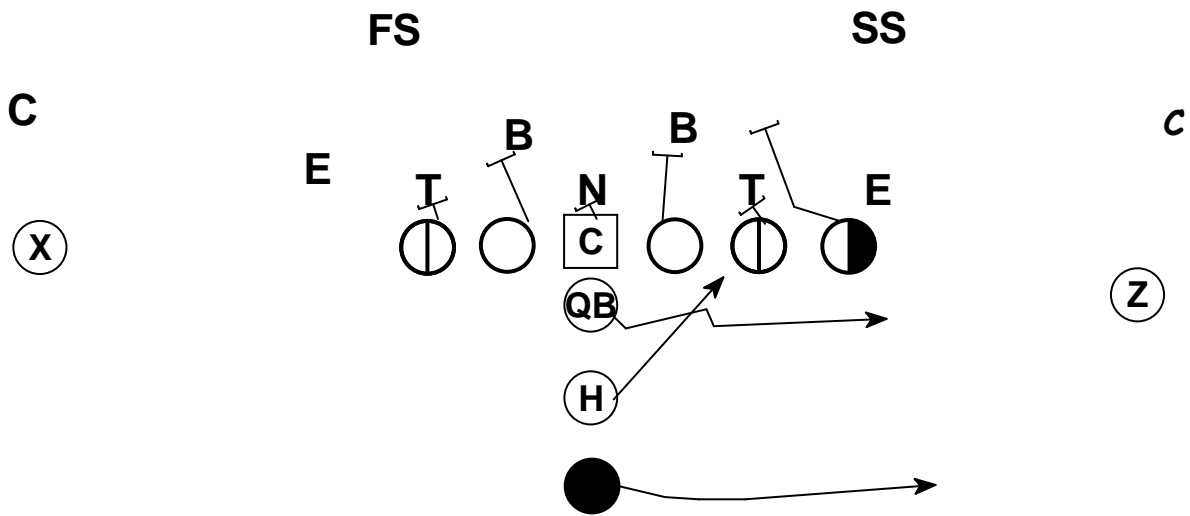


Pro Rt. 7 Dive Y Dump

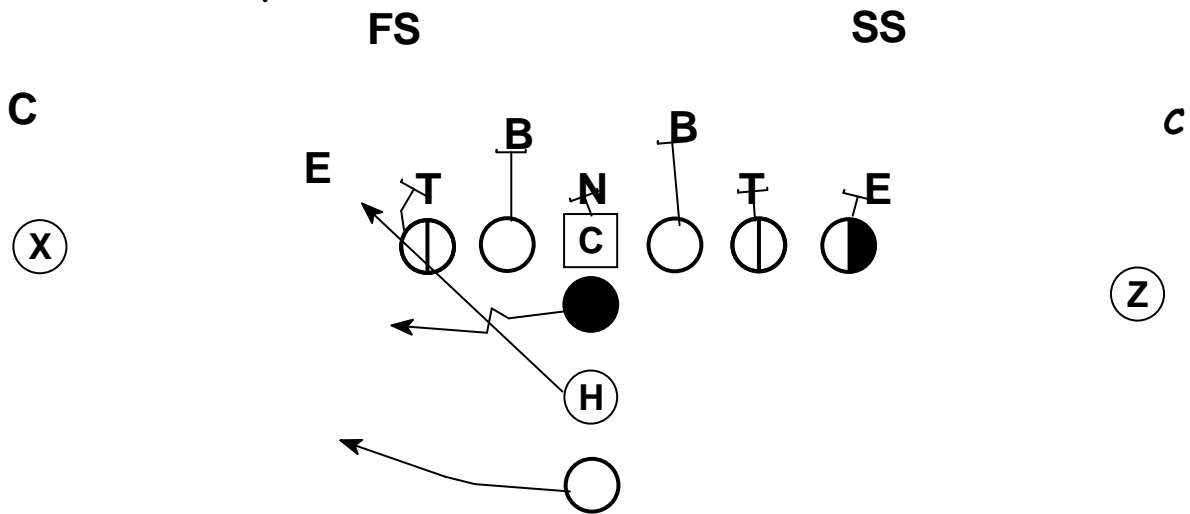


Concept: Dive Option

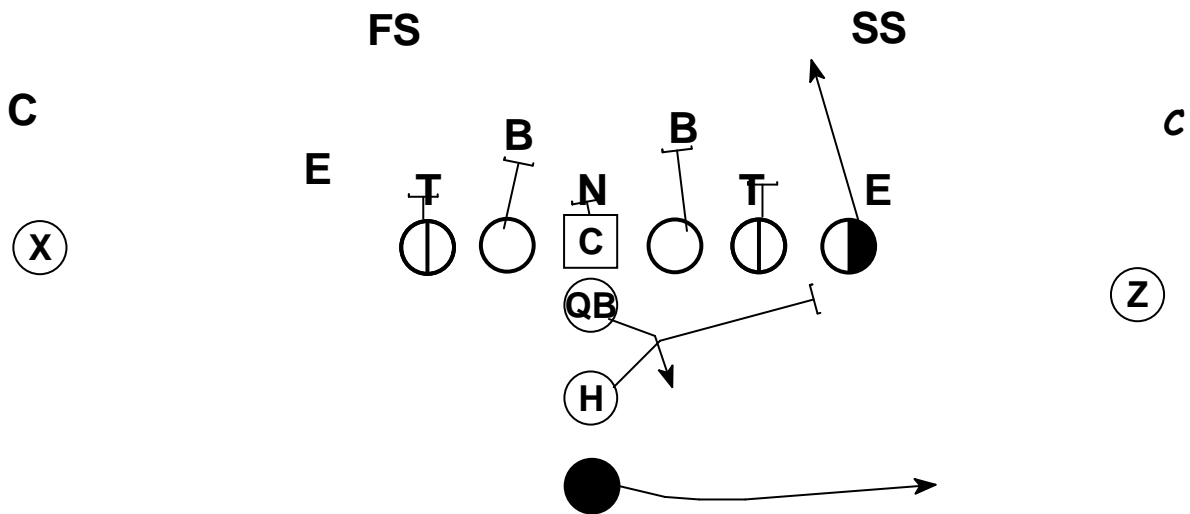
Pro Rt. 7 Dive Option



Pro Rt. 3 Dive Option

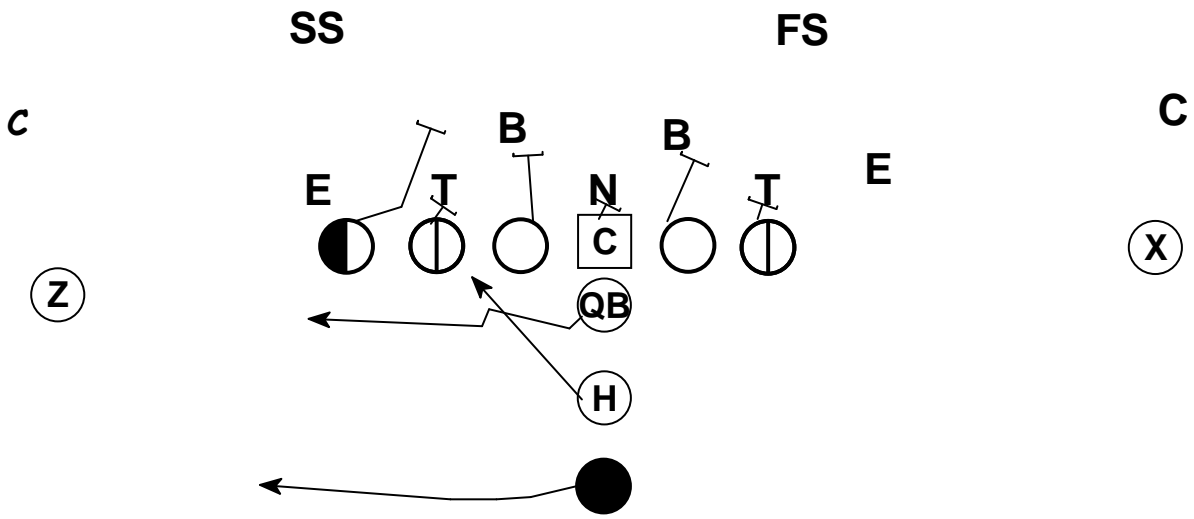


Pro Rt. 7 Dive Y Dump

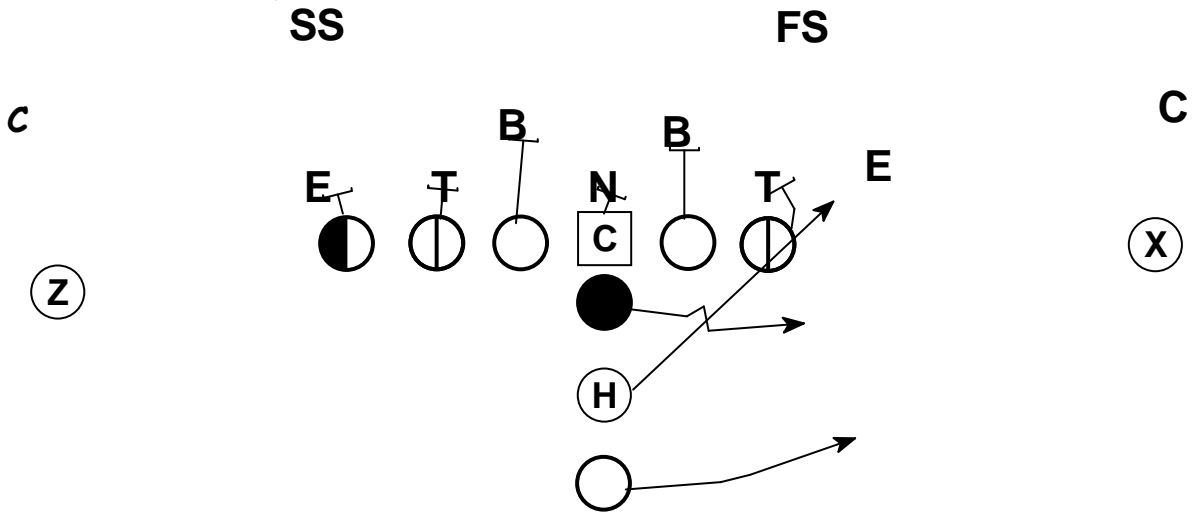


Concept: Dive Option

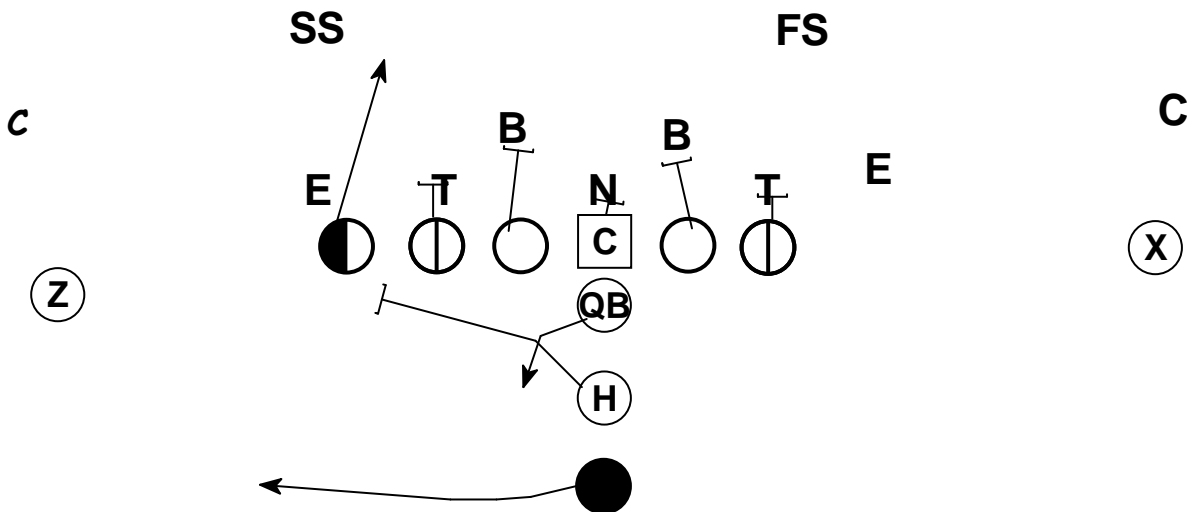
Pro Lt. 3 Dive Option



Pro Lt. 7 Dive Option

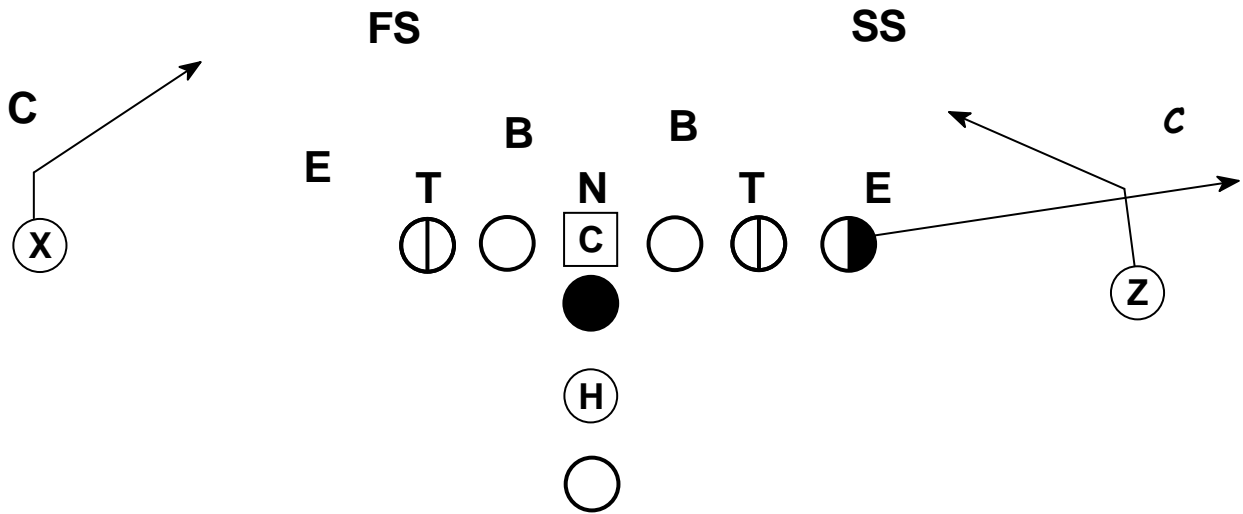


Pro Lt. 3 Dive Y Dump



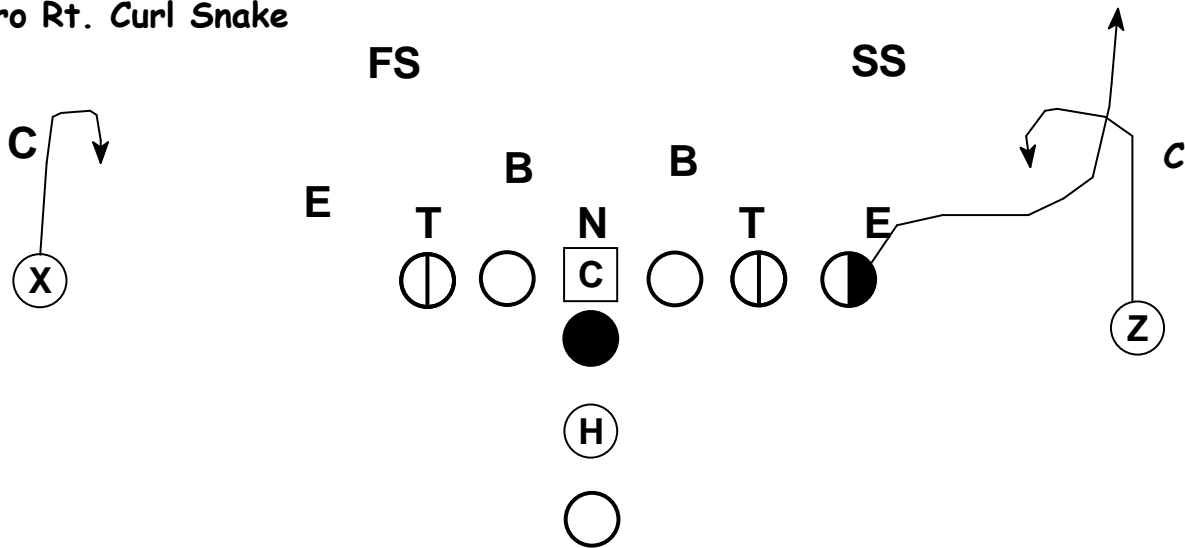
Concept: X Z Pass

Pro Rt. Slant Arrow

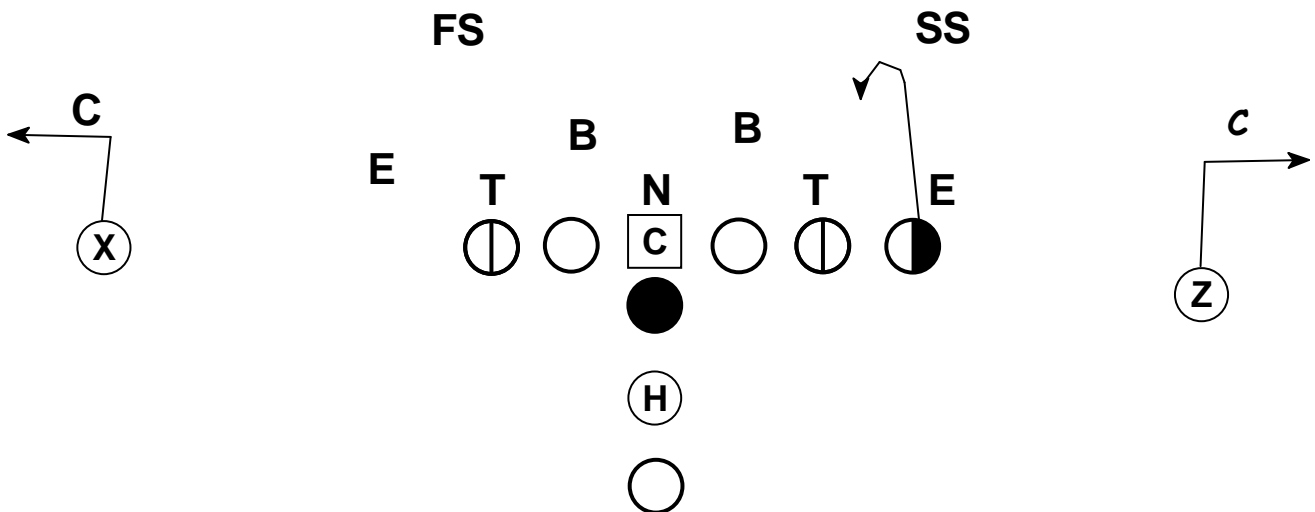


All Lineman Slide Away Form TE. Block Gap Away From TE. H Back Replace TE.

Pro Rt. Curl Snake

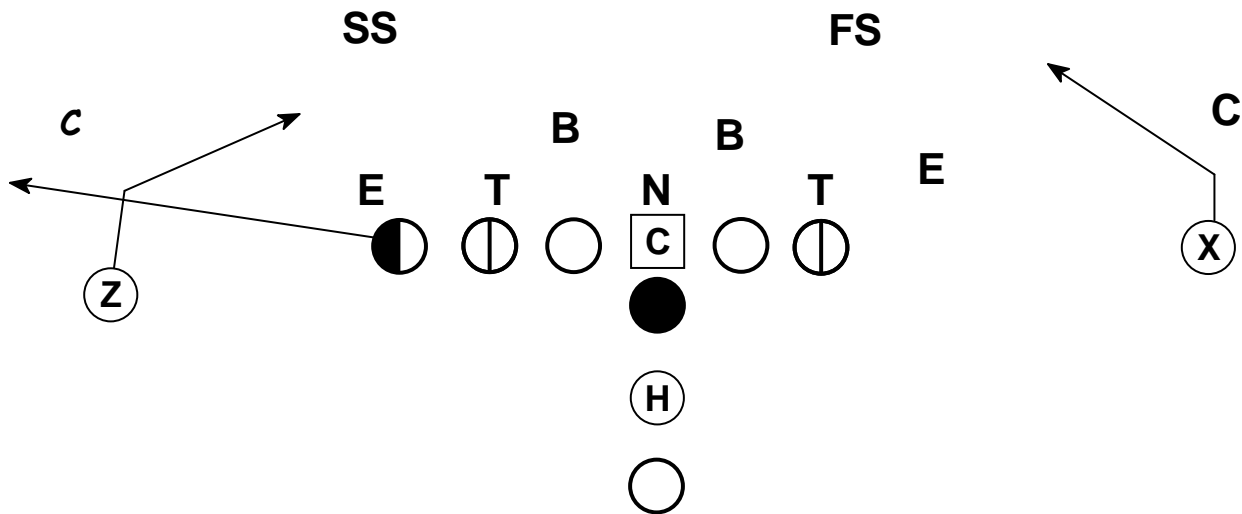


Pro Rt. Out Curl



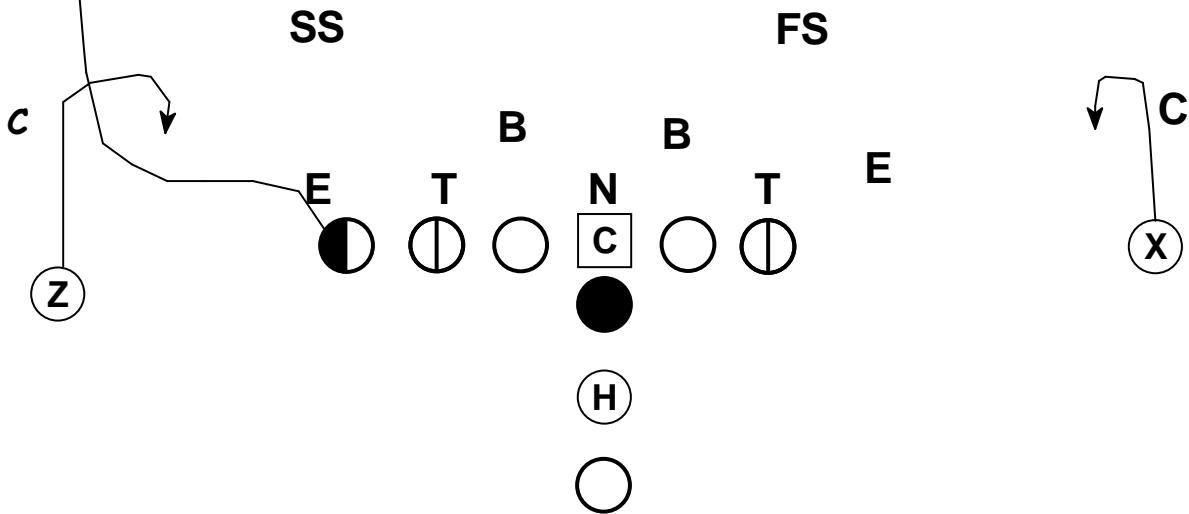
Concept: X Z Pass

Pro Lt. Slant Arrow



All Lineman Slide Away Form TE. Block Gap Away From TE. H Back Replace TE.

Pro Lt. Curl Snake



Pro Lt. Out Curl

