

BRYAN CUMMINGS

PHASE

SPECIAL  TEAMS

'WE OWN 4th DOWN!'

PUNT

PUNT PROTECTION



1. PROTECT
2. RELEASE
3. COVER
4. ATTACK

CHANGE THE GAME!

PROTECT

PROTECTION IS OUR 1ST PRIORITY

- **100% PROTECTION**
- **OUR TECHNIQUE AT THE L.O.S WILL DETERMINE THE SUCCESS OF THIS UNIT**
 - PUNCH
 - CUT-OFF
- **IT WILL BE THE 1ST THING WE TEACH & THIS UNIT EMPHASIS**
- **EVERY PLAYER MUST BE LOCKED IN**
 - MENTALLY
 - PHYSICALLY
 - EFFORT

RELEASE

GET OUT & GET FRONT TO BACK

- **WIN AT THE LINE OF SCRIMMAGE**
- **GET OFF BLOCKS & GET INTO COVERAGE**
 - **ARM OVER**
 - **CLUB RIP**
- **WIN EARLY WITH GREAT EFFORT**
- **WIN IN TRANSITION & GET FRONT TO BACK**
- **SACRIFICE FOR THE TEAM**
 - **WORK HARD TO GET OFF BLOCKS**
 - **WIN EARLY**
 - **GET FRONT TO BACK**

COVER

TEAM COVERAGE IS HOW WE SUCCEED

- **DO YOUR JOB**

- **SPILL/TACKLE**

GUNNERS – ATTACK RETURNER'S OPPOSITE SHOULDER & STOP THE MIDDLE RETURN

- **BALL**

PP/SNAP – ATTACK RETURNER FITTING OFF ONE ANOTHER

- **HEAVY**

1ST OUT – ATTACK WITH 5 YARDS OF LEVERAGE

- **FORCE**

2ND OUT – ATTACK WITH 10 YARDS OF LEVERAGE & STOP THE WALL RETURN

- **CONTAIN**

SHIELD – ATTACK WITH 15 YARDS OF LEVERAGE NOT LETTING THE RETURNER OUTSIDE

COVER AS A TEAM!

DO YOUR JOB!

& LEAVE THE RETURNER NO OPTIONS!

ATTACK

THE PAYOFF

THE FINISH IS WHAT'S REMEMBERED

- **FINISH THRU THE RETURNER**
- **SELL OUT, PULL THE TRIGGER, & LEAVE YOUR FEET**
 - **GATOR ROLL**
 - **LAWNMOWER**
- **TEAM TACKLE**
- **ARRIVE IN A BAD MOOD**
- **MAKE THE PLAY**

**FINISH THRU THE RETURNER &
REMINDE HIM A FAIR CATCH IS HIS BEST OPTION**

PUNT PROTECTION AND COVERAGE

Philosophy

This phase of the kicking game is of the highest importance. The complexion of many games has changed due to a blocked punt or a long return. Huge chunks of field position are being traded with each punt. For these reasons, this area of the kicking game demands more practice time and demands maximum concentration from all involved. It must become a source of pride to all those involved. Remember, there is no 2nd down on the Punt Team. **WE MUST OWN 4th DOWN!**

Protecting the punter is our 1st priority, covering the punt is 2nd. Expect the all out rush every time we take the field, and we will not be surprised when we do get it. **Discipline, Concentration**, and **Ownership** are the keys to accomplishing this.

We are a 2 Man Shield protection team: ***alignment, technique, tempo***, and ***execution*** are vital to the success of this unit.

We must pay attention to the details of our assignment, communicate through-out the unit, and execute. Punt will be an ***aggressive*** play!

We will have designated coverage 'lanes' based on release and the returner. We must know them, perfect the techniques to execute them, and run like hell down the field to make a play.

Physical and Mental Requirements

- A. Athletes with a sense of Responsibility – people we can TRUST.
- B. Athletes with Intelligence – people who know what to do, how to do it, and can execute it with a sense of urgency.
- C. Hitters – tough guys who want to play physical.

Punt Team Goals

- A. No Blocked Punts!
- B. Smooth operation of alignments, shifts, and motions.
- B. Keep the opponent off balance with formations, tempos, and shifts.
- D. No big plays by our opponents.
- C. Net punting average of 40 yards or better.
- D. Win the field position battle.
- E. Steal a possession or force a turnover on 3 occasions thru the course of the season.

PUNT PROTECTION AND COVERAGE

Timing

We must adhere to and perform our snap to punt process (Operation Time) withing the following time standards:

Base Punt

-Snap (15 yards)	0.8 seconds
<u>-Punter</u>	<u>1.3 seconds</u>
-OP Time	2.1 seconds or less

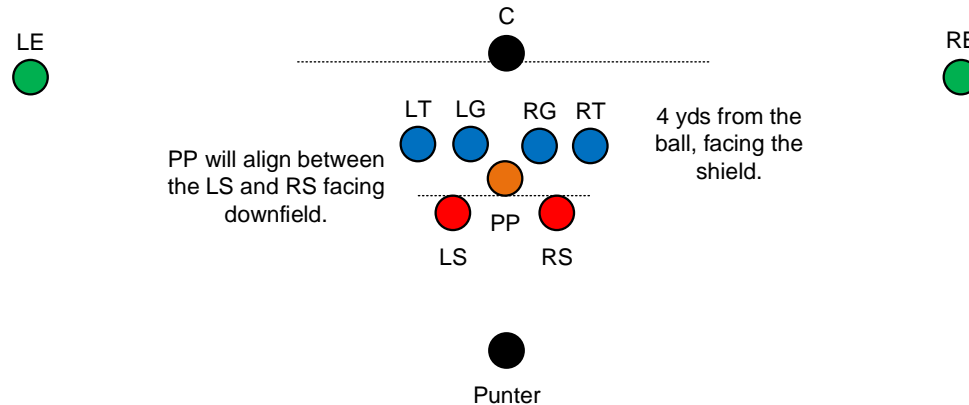
Tite Punt

-Snap	0.7 seconds
<u>-Punter</u>	<u>1.1 seconds</u>
-OP Time	1.8 seonds or less

If our Operation Time takes any longer the 2.1 seconds (1.8 seconds for a Tite Punt), we risk the possibility of a blocked punt.

PUNT PROTECTION AND COVERAGE

Base Huddle



This is our base huddle look. Frontline is 4 yards from the ball. Shield is at 7 yard depth with the PP just in front of them. The Ends and Snapper will already be aligned and get their alignment and direction call from the sideline. The LS will say the tempo, formation, call, and break the huddle. Example: "Jet Tempo, Wing Left. Right, Right, Ready Break!" On the break, players will get aligned and get set as fast as possible. Once set the LS will signal for the snap.

Huddle Cadence will allow us to surprise the return team by:

- Formation
- Protection
- Speed and Cadence

Jet Tempo will allow us to get the ball off quickly and not give the return team time to stem or shift, and must be aligned in the rush or return look when we break the huddle.

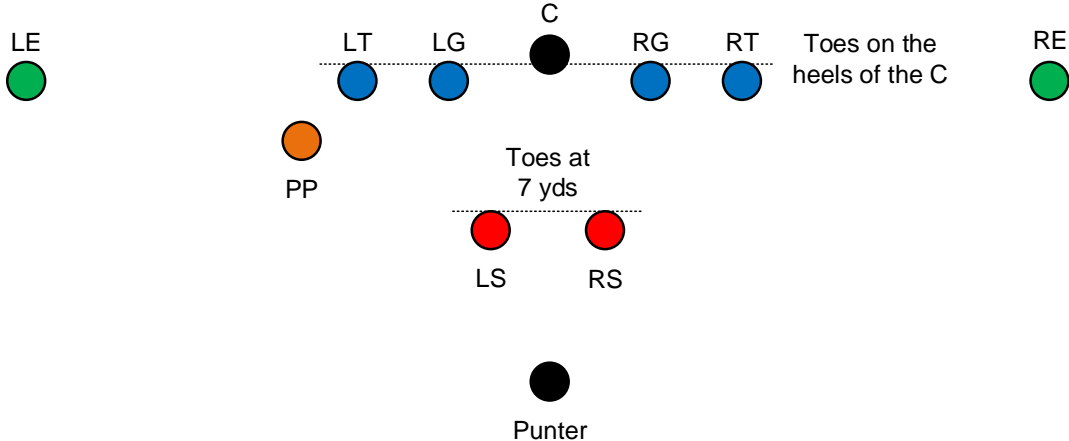
Read Tempo is a double cadence call that will allow us to adjust to the return team in block situations and get us into the best protection call for the look we are given.

Freeze Tempo is our dummy call. It will give us the opportunity to try to steal a possession in certain situations of 4 & 5 or less. With this tempo we will incorporate motions and movements in an attempt to draw the return team offsides.

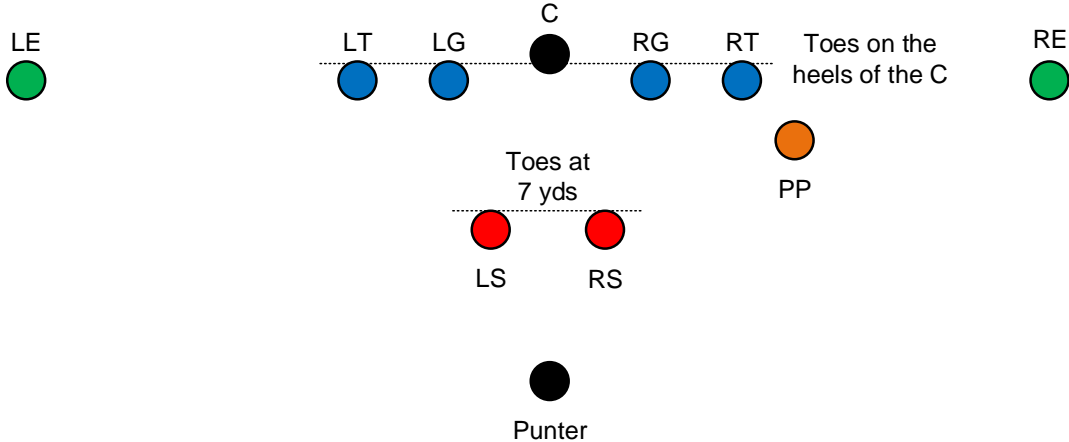
PUNT PROTECTION AND COVERAGE

Base Formations

Spread Wing Left Punt Formation



Spread Wing Right Punt Formation



PUNT PROTECTION AND COVERAGE

Jump Stance

- A. The bottom position of your jump. Where your body is most explosive.
- B. 2-Point stance. Feet shoulder width apart.
- C. Slight inside foot stagger, weight on the balls of your feet.
- D. Toes should be aligned on the heels of the Long-snapper.
- E. Thumbs placed in the 'V', elbows tight, and hands ready to strike.

Protection Philosophy

- A. Our base philosophy is to 'stop the charge' of the rusher, redirect him, and then to release into coverage.
- B. If we are able to physically re-route our assignment, we make it virtually impossible for the opponent to block the punt.

Protection Technique

Kick Side – Punch

Protect My Outside Gap!

- 1. Key the man – When my threat moves, I move.
- 2. 6 inch power step at my threat.
- 3. Strike thru my gap threat – Explode up and thru my threat's near #

Stop Penetration into the Shield!

Back Side – Cut Off

Protect My Inside Gap!

- 1. Key the ball – When the ball moves, I move!
- 2. Quick set to cut off and get stripe to strip with your threat.
 - Give ground to gain position
- 3. With your second step, strike up and thru my threat's far #.
 - Your threat must go behind you, he can not win front side.

Stop Penetration into the Shield, Cut off my threat, and make him restart his feet.

Kick Side Rugby – Down

Protect My Inside Gap!

- 1. Key the ball – When the ball moves, I move!
- 2. 6 inch power step at my threat.
- 3. Strike thru my gap threat – Explode up and thru my threat's near # and drive.

Eliminate all threats rushing thru your interior gap!

FRONT LINE THINKING

PUNT PROTECTION RIGHT/LEFT

1. WHAT IS MY SPLIT?

1 YARD

2. WHAT IS MY TECHNIQUE/PRO.?

PUNCH/FRONT SIDE CUTOFF/BACKSIDE

3. WHAT IS THE LOOK PRESNAP?

RUSH/HOLD-UP

PUNT PROTECTION RUGBY

1. WHAT IS MY SPLIT?

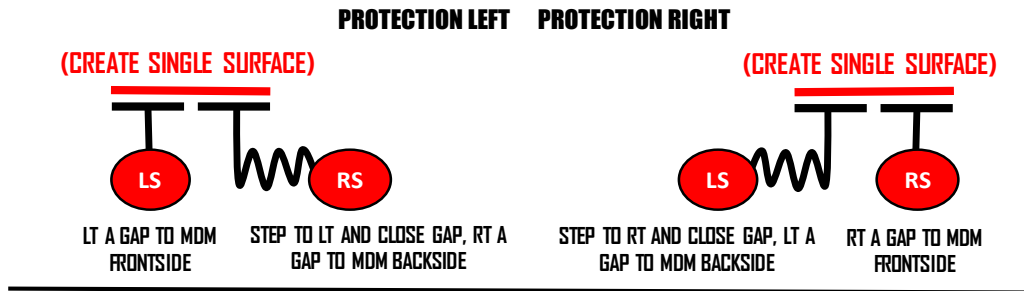
1 YARD

2. WHAT IS MY TECHNIQUE/PRO.?

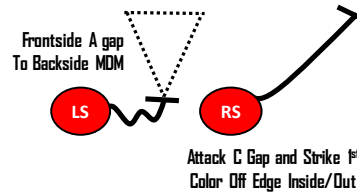
CUTOFF/BACKSIDE DOWN/FRONT SIDE

3. WHAT IS THE LOOK PRESNAP?

RUSH/HOLD-UP



RUGBY



Shield

Right Protection

When the snap passes thru, work to build a wall!

1. LS work to the RS, Close the gap and create a single surface.
2. RS protect right 'A' gap 1st, If nothing shows, Scan to MDM front side.
3. LS protect left 'A' gap 1st, If nothing shows, Scan to MDM backside.

Left Protection

When the snap passes thru, work to build a wall!

1. RS work to the LS, Close the gap and create a single surface.
2. LS protect left 'A' gap 1st, If nothing shows, Scan to MDM front side.
3. RS protect right 'A' gap 1st, If nothing shows, Scan to MDM backside.

Rugby Protection

When the snap passes thru, protect the moving block point!

1. RS attack 'C' gap and strike first color off the edge working inside out.
2. LS shuffle lateral and scan front side to backside for MDM.

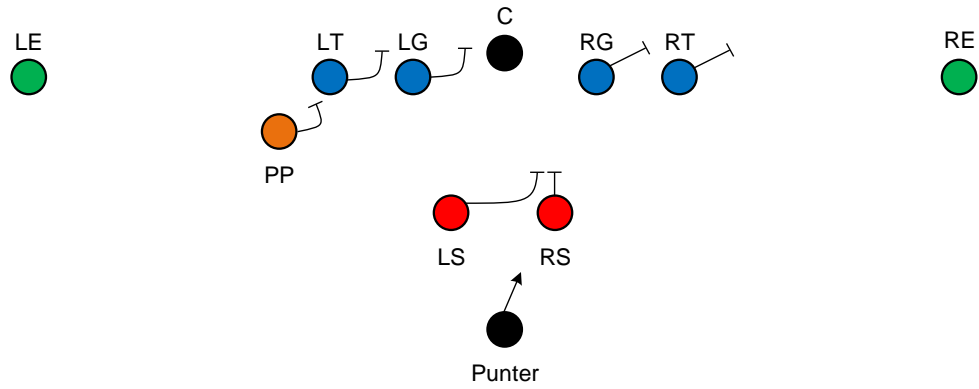
Step into contact and strike square up and thru my threat.

Be patient in protection and only strike when threat is 6 inches from facemask.

Do not jump twists!

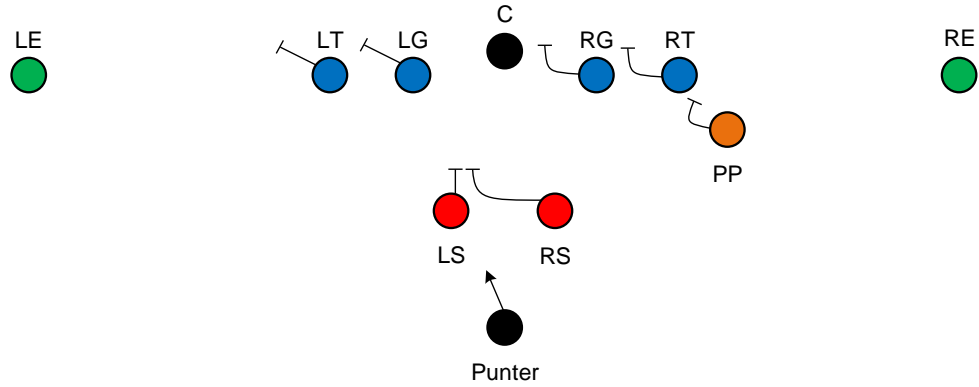
Protection Right

Spread Wing Left Punt Formation



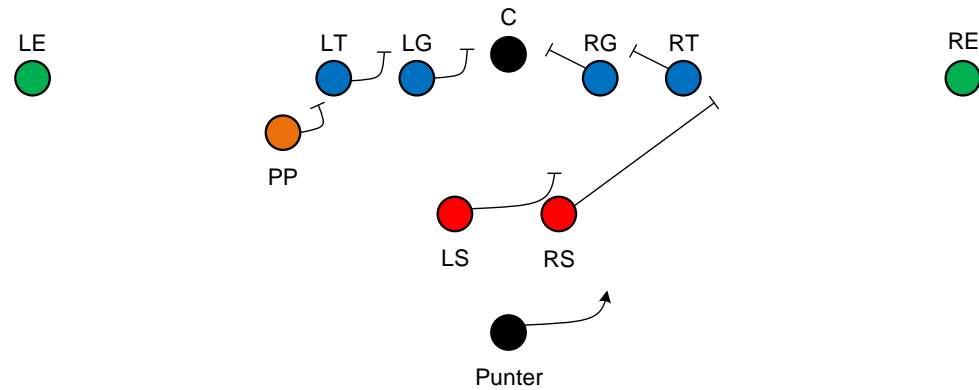
Protection Left

Spread Wing Right Punt Formation



Protection Rugby

Spread Wing Left Punt Formation



PUNT PROTECTION AND COVERAGE

RELEASE

We must be able to transition from protection to coverage efficiently by winning at the L.O.S., working hard to get off blocks, winning early with great effort, and winning with speed in transition.

Winning at the L.O.S.

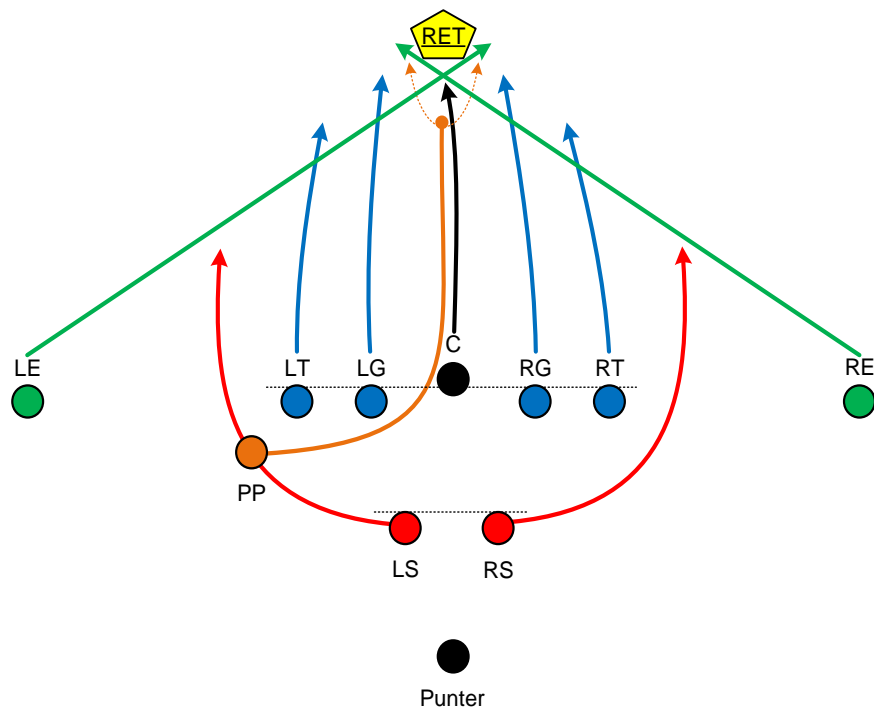
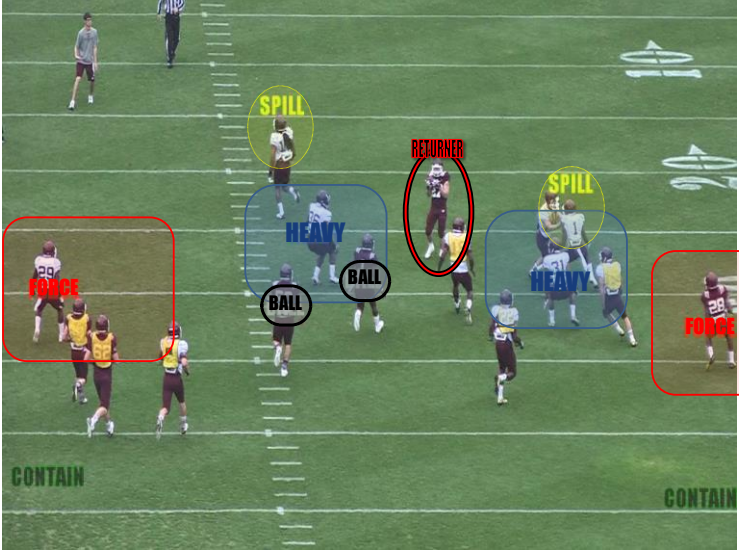
Arm Over – Knock the return man's hands away and with your opposite arm, punch over the top bringing your same arm and same leg to step thru blocking the hands as you pass the return player.

Club Rip – Knock the return player's hands away and with your opposite arm, rip up and thru, giving the return player your back, bringing your same arm and same leg to step thru and pass the return player.

Winning in Transition

Get Front to Back – Once you have transitioned into coverage, you must work hard to get the return player's front numbers onto your back numbers. Stack him. When the return player gets into this position he now has no legal way to block you.





COVERAGE

LE/RE

1st down must work to cut the field and force the returner back into the sideline. On a punt that takes the returner to the middle of the field work to spill the returner and force him to go east or west. 2nd down clean up returner and recover any muffed punts or fumbles by the returner.

C/PP

You are true ball cover players.

1st down field will be hot to the ball and look to take their shot on the returner.

2nd down field will look to fit off the 1st down and clean up the returner.

G/I

1st out – Fit the Heavy lane. 3 yards outside the returner, tracking the near hip of the returner.

2nd out – Fit the Force lane. 8 yards outside the returner. Force the returner back inside. You are responsible for stopping the returner from getting to any wall the return team is setting up.

LS/RS

You will be the contain to your respective side working to get 15 yards outside the returner and cleaning up any return that happens to leak thru.

Punter

You are our last line of defense. It is your responsibility to ensure that the returner is tackled and prevent any explosive returns by tracking the returner and getting in running lanes early.

PUNT COVERAGE

INSIDE AND IN FRONT

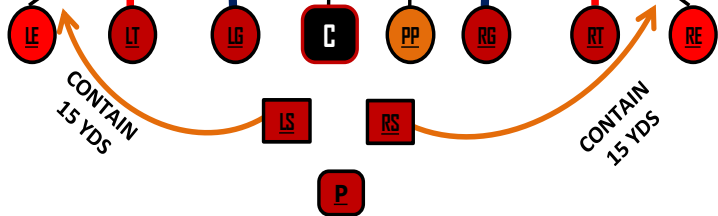
SPILL RET SPILL

1st Out (LG/LT)
HEAVY 5 YDS

1st Out (RG/RT)
HEAVY 5 YDS

2nd Out (LG/LT)
FORCE: 10 YDS
(STOP THE WALL)

2nd Out (RG/RT)
FORCE: 10 YDS
(STOP THE WALL)



PUNT PROTECTION AND COVERAGE

Pooch Punt

Philosophy

We will use '+50' Punt as a means of pinning our opponent deep in their own territory. It will usually be incorporated when we are punting from inside the 50 yard line. '+50' Punt will be a directional kick.

Positional Rules for Pooch Punt

Kick Side End

- a. Responsibility: Down the ball before it goes into the endzone.
- b. Find the ball and sprint to the goal line. Ignore any action by the returner.

Back Side End

- a. Responsibility: Front up/Replace the returner
- b. locate the ball and defend the returner. If the returner vacates the catch, look to catch and down the ball inside the -10 yd line.

Tackles

- a. Responsibility: Interior Coverage
- b. Execute protection responsibility and then release into coverage. Do not cross the -10 yd line.

Guards

- a. Responsibility: Interior Coverage
- b. Execute protection responsibility and then release into coverage. Do not cross the -10 yd line.

Center

- a. Responsibility: Front up the returner
- b. Find and defend the returner.

Shields

- a. Responsibility: Contain
- b. Execute protection responsibility and then release into coverage. Do not cross the -10 yd line.

Personal Protector

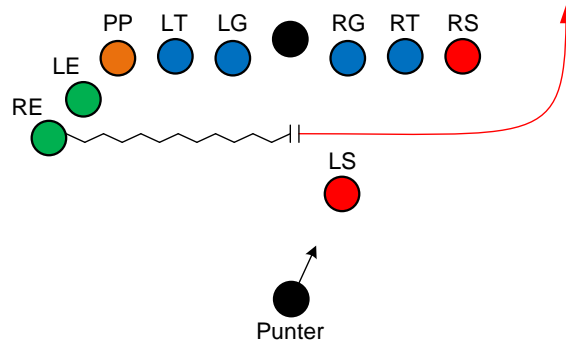
- a. Responsibility: Front the returner
- b. Execute protection responsibility and then release into coverage. Front the returner and mirror him wherever he goes. Allow him the opportunity to catch the ball.

Punter

- a. Responsibility: A high, hanging, directional kick that will come down inside the -10 yd line.

Tite Punt

Tite Punt Formation



We will only run Tite Punt in the event the we are backed up inside of the 3 yard line or the situation of the game dictates a must block situation.

In the event that there is no returner back the RE will remain in protection and assist with the greatest threat.

The Guards, Tackles, and EMLOS (PP/RS) take 2 foot splits.

The Ends will create a double wing on the backside of the protection. RE will motion across the formation and the ball will be snapped as he flashes across the snappers vision.

The LS will align at 7.5 yards deep and splitting the outside leg of the RS.

8 Yard Rule applies when Backed Up – Align 8 yards in front of the Punter.

The Punter will align at 14.5 yards deep over the Snapper, at least 1 full step in front of the back line.

PUNT PROTECTION AND COVERAGE

Taking a Safety

A. Philosophy

There may occur a situation, late in a game, when taking a safety would work to our advantage. We would employ this strategy when punting deep from our own territory. Our objectives in taking a safety are:

1. To kick ourselves out of poor field position with no risk. (Free Kick)
2. Avoid giving up more than two points via a catastrophic play such as a recovered fumble in the endzone or a blocked punt for a touchdown

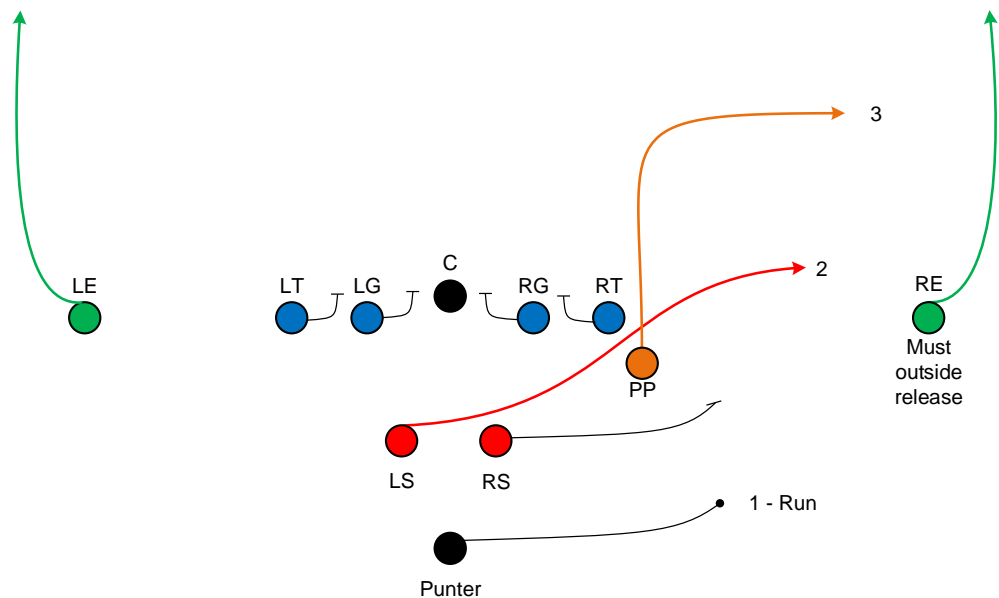
B. Procedure

1. On the sideline, we will call "Tite Punt, Take a Safety".
2. There are two ways to execute "Take A Safety":
 - a. We can snap the ball to the Punter, and he then steps out the back of the endzone, or
 - b. We can snap the ball directly out of the endzone.
3. If the game clock is running and our opponents have no timeouts left, we will instruct the LS to let the play clock run out and take the penalty. We want to use up as much of the game clock as possible.
4. We will use the protection call appropriate to the front we are being shown. DO NOT RELEASE! MAX PROTECTION! If a rusher beats you clean, **tackle him!** If the opponent accepts the penalty we will simply do it again.
5. Coaching Points for the Punter. (When we call for the snap to be fielded)
 - a. Stand with your heels just on the edge of the end line.
 - b. Watch the ball and not your hands.
 - c. Wait until rushers get near, then step over the endline.
 - d. If you drop the snap – **fall on it – do not try and pick it up!**
 - e. If it is a poor snap – **let it go out of the endzone – do not try and field it.**

Fake Punt

Flood Fake

Spread Wing Right Punt Formation



- RE- Mandatory outside release and run a go route. Key the returner and when he begins to flow to the fake, look to block him.
- LE- Mandatory outside release and run a go route. Work to the returner and look to block him.
- PP- Release vertical and break toward the sideline at 12 yards.
- RS- Attack the edge like we are running rugby and secure the outside shoulder of the rusher.
- LS- Release quickly to the flat and look for the football. If the punter signals run, turn up field and block the man covering you.
- P- Cheat to 12 yards to catch snap. Run 1st if you can get the first down and point downfield to signal to those on routes to turn up field and block. If run is not there read 2 to 3 and throw for the first down.

C/G/T-We can not release down field. Block your man square at the LOS and stay on them.

PUNT PROTECTION AND COVERAGE

Special Situations

1) Tite Punt

When 'Backed Up', we can call for our Tite Punt formation and protect with a 'Zebra' call. Normally used inside our own 5 yard line.

2) Freeze

This is our 'dummy' call that we will use in an attempt to draw the return team off sides in certain situations where we are looking at 4th and 5 or less. A return team that has shown a tendency to try to jump the snap or has been bringing blocks are ideal. The LS will give an audible 'hut' and the snapper will change his routine by raising or lowering his head. If a return player jumps into the neutral zone it will be the frontlines responsibility to reach out and touch the threat to stop the play. There will be no snap.

3) Victory Punt

Used to win the game. If we get the punt off, we win the game. The Punter will not take any steps; catch the ball and get it off. Distance and hang time are not an issue.

4) Blood Punt

We are looking to bleed time off the clock. We want to snap the ball with less than 5 seconds left on the play clock. The PP will indicate we are in a 'Blood' situation before he begins his normal cadence. He should begin his cadence with about 12 seconds left on the play clock.

5) Delay Punt

We will take the delay of game penalty. The LS will not even punt his hands on the ball.

6) Home Run Punt

A situation where we don't want the returner to touch the ball and we are on a place in the field that we can punt the ball into the end zone.

7) Foul Ball Punt

A situation where we don't want the returner to touch the ball and we are too far out to punt the ball into the end zone, so we punt it out of bounds.

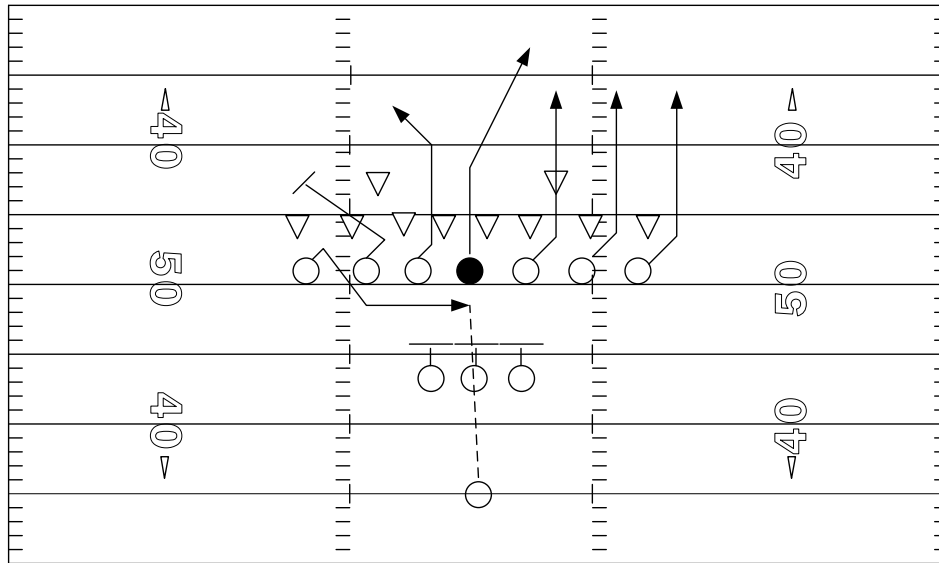
PUNT PROTECTION AND COVERAGE

PUNT TEAM RULE REMINDERS

- 1) A partially blocked punt beyond the LOS is treated like a regular punt. It can be returned and must be properly downed.
- 2) Either team can pick up and advance a blocked punt that **has not** passed the LOS.
- 3) Players making a fair catch may take 1 or 2 steps to balance up. The signal only protects the player making it, not his teammates.
- 4) Players making a fair catch may not be touched and must be given the opportunity to catch the ball.
- 5) Punts need not be caught by the returner, even if a fair catch is signaled for. Once a punt hits the ground, the fair catch is no longer in effect.
- 6) A player signaling for a fair catch can not block.
- 7) When a fair catch is signaled for, always expect the ball to be dropped. Be alert, as a dropped punt (or muff) is a free ball and can be recovered by us. Fall on the ball; we cannot advance a dropped punt.
- 8) After a ball is punted, it is not dead until it is blown dead by the official. This applies even if the punting team has touched the ball. If the ball is not properly downed by the punting team, it can be advanced with no risk by the receiving team.
- 9) If we down the ball, the man downing the ball should hand it to the official.
- 10) If the receiving team makes no attempt to field a punted ball, we can field a punted ball, we can field it and it will be blown dead on the spot.
- 11) The punter should never kick the ball off the ground, whether it be blocked or dropped. This constitutes an illegal kick and carries a 15 yd penalty from the spot of the foul.
- 12) A receiver can use his hands to shade his eyes from the sun. To constitute a legal fair catch signal, he has to wave his hand back and forth.

PUNT – FAKE

Jailbreak

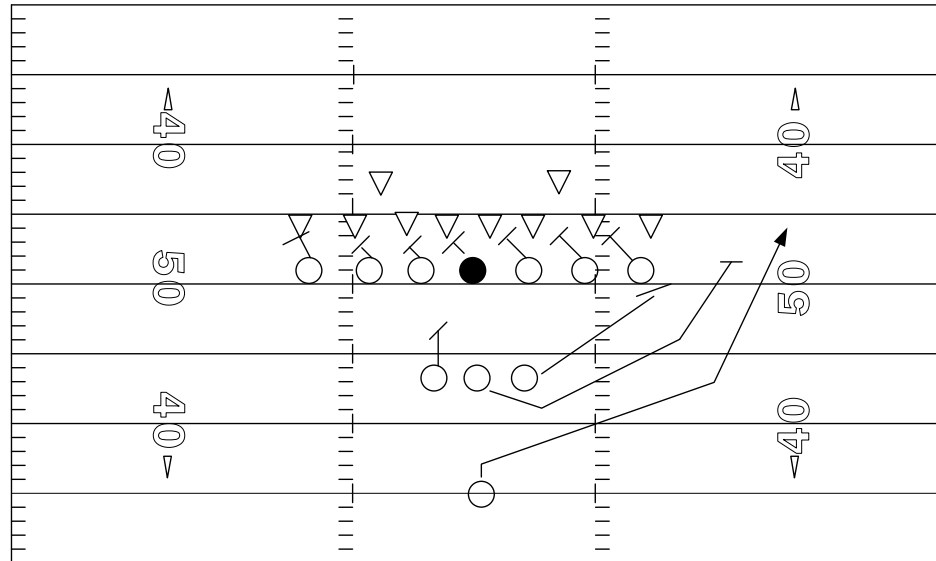


Jailbreak

- This is a Punt fake that will incorporate a pass from the Punter to the LE.
 - It is a screen and the ball must be thrown behind the LOS.
- The call must be communicated throughout the unit as we take the field.
 - The RG, RT, and RE have an immediate free release. You have no protection responsibilities.
 - The LE will jab step up field and then come back behind the LOS to the middle of the field.
 - The Shield will cut block any rushers attacking the punt.
 - The LG and LT will jab step inside, and then look outside for whom ever has the LE. If he comes underneath, the LT blocks him. If he is over the top, the LG blocks him.
 - The Punter will field the snap, take one step, and throw the ball to the LE in the middle of the field.
 - The LE should catch the ball and look for a vertical seam to ensure the first down.
- If we recognize a look that we don't like pre-snap, the PP will command "**Ohio – Ohio**". This means that the fake has been called off.
- The PP will now go thru his normal cadence, putting us in the proper protection. On the 'Set' command, the Center snaps the ball to the Punter and we kick the ball.

PUNT – FAKE

Sweep

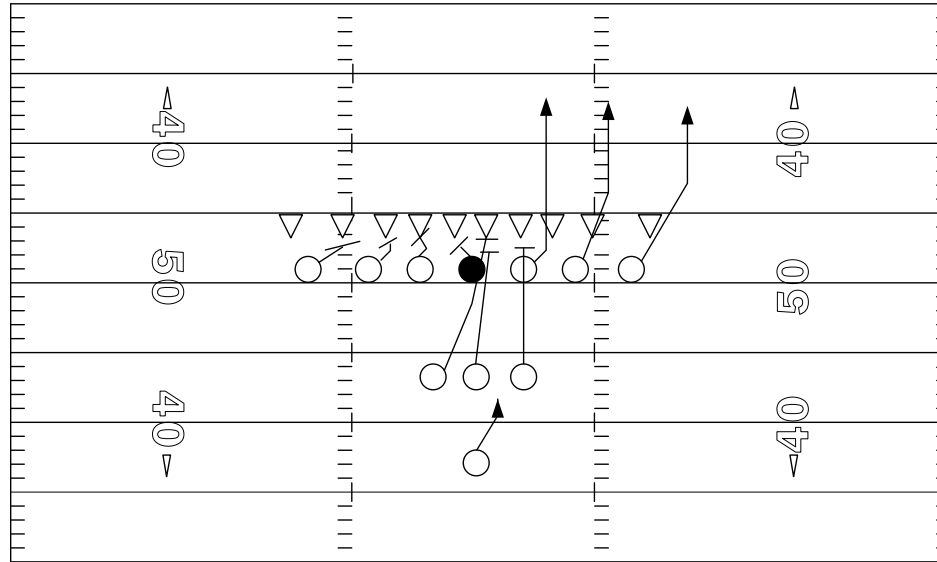


Sweep

- This is a Punt fake in which the Punter keeps the football and runs for a predetermined edge.
 - * By gameplan, this can be run in either direction.
- The call must be communicated throughout the unit as we take the field.
 - The front side E, T, and G will all block down on the first threat on / inside.
 - The backside C, G, T, and E will all block back.
 - The front side Shield will aim for the outside # of the EMOL and cut his outside leg.
 - The PP will pull behind the Shield and look to log the MDM.
 - The Punter should field the snap, take one step, and then break for the edge.
 - Read the blocks of the front side Shield and the PP, as he pulls around.
- If we recognize a look that we don't like pre-snap, the PP will command "**Ohio – Ohio**". This means that the fake has been called off.
- The PP will now go thru his normal cadence, putting us in the proper protection. On the 'Set' command, the Center snaps the ball to the Punter and we kick the ball.

PUNT – FAKE

Wedge
(Red or Blue)



Wedge Red / Blue

-This is a Punt fake in which the Punter keeps the football and runs initially for the A-Gap.

* By gameplan, this can be run in either direction.

-The call must be communicated throughout the unit as we take the field.

-The front side blocks and releases as if the ball is being kicked to their side.

-The backside protects as if the ball is being kicked away from them.

-The LS blocks back on #5.

-The PP and front side Shield should attack the assignment.

-The backside Shield should rive thru the A-gap or block MDM.

-The Punter should align at 12 yds, field the snap, take one step, and then run.

-Read the blocks of the front side Shield and the PP.

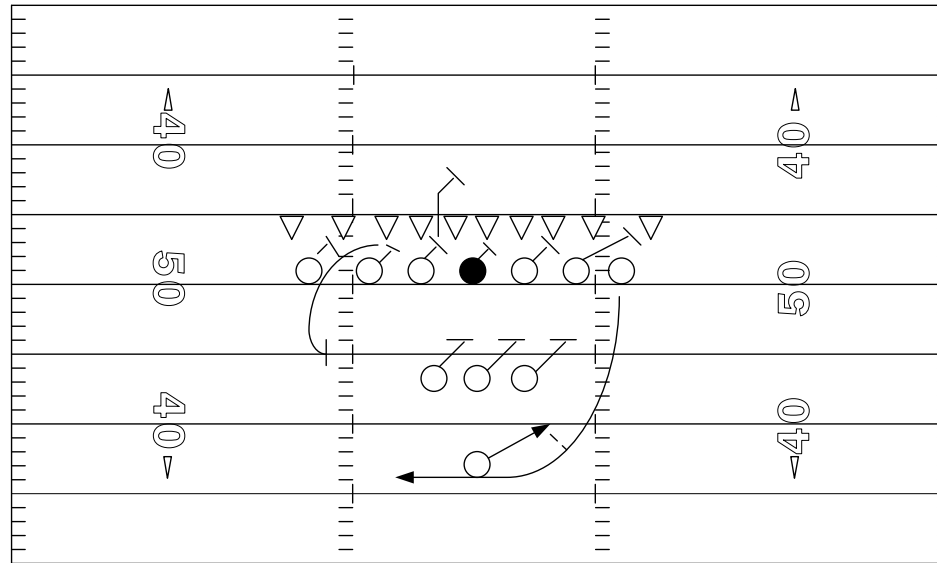
* This can be run from Trio. If there are 2 or less players in the A-Gap, it stays on. If there are 3 or more players in the A-gap, call the Trio in and punt the ball.

-If we recognize a look that we don't like pre-snap, the PP will command "**Ohio – Ohio**". This means that the fake has been called off.

-The PP will now go thru his normal cadence, putting us in the proper protection. On the 'Set' command, the Center snaps the ball to the Punter and we kick the ball.

PUNT – FAKE

Oscar
(Run off of Rugby Punt action)



Oscar

- This is a Punt fake in which the Punter keeps the football and pitches it to the RE on the reverse.
- The call must be communicated throughout the unit as we take the field.
 - The RE should cut his split to 1 yd and run the reverse.
 - The RT blocks the man over the RE.
 - The RG should secure the B-Gap. The LS should secure the A-Gap.
 - The LG should secure the A-Gap to climb.
 - The LT should step and punch the B-Gap and then come back to set the reverse.
 - The LE should secure the C-Gap to the second level.
 - The Shield should show Rugby action and secure the front side A, B, and C-Gaps.
 - The Punter should align at 12 yds, field the snap, run to show Rugby, and pitch the ball to the RE.
- If we recognize a look that we don't like pre-snap, the PP will command "**Ohio – Ohio**". This means that the fake has been called off.
- The PP will now go thru his normal cadence, putting us in the proper protection. On the 'Set' command, the Center snaps the ball to the Punter and we kick the ball.

SPECIAL TEAMS GOALS

- Be the #1 ranked special teams in the conference.
- Top 10 standard for all units.
- Play with relentless effort, passion, and urgency.

Every Play Is Crucial.

- Set an unprecedented standard of play.

Do what has never been done before.

WE OWN 4TH DOWN!

Buy In – Take ownership of the Special Teams units. Commit yourself to mastering the fundamentals and techniques in becoming a Core ST Player.

We are a confident and aggressive unit that will play with great effort to create Game Breaking Plays.