

BRYAN CUMMINGS

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.

‘WE OWN 4th DOWN!’

KICK-OFF RETURN



KICK OFF RETURN

Return Keys

The primary objective of the Kick Off Return team is to secure the football and gain as much field position as possible for our offense. We believe we can accomplish this if our return team understands and applies the following principles:

- A. Great Effort is must! A missed block is usually a result of lack of effort.
- B. Each player must know his assignment and have the flexibility of adjusting that assignment relative to where the ball is kicked.
- C. Errors in judgment are catastrophic! A penalty or a poor decision by the returner can result in poor field position or even a turnover.
- D. 3 P's of Kick-Off Return:
 - 1) Patience = Keep your leverage, don't chase.
 - 2) Position = Keep good body position.
 - 3) Persistence = The block that frees us will be the furthest from the ball.

Philosophy

The philosophy we have determined for our return team is to stress emphasis and excellence in the following areas:

- A. Soften Coverage
We want our blockers to sprint to their assigned drops and turn and fit on the men they are supposed to block with the proper leverage. Each blocker must maintain block long enough for our returner to gain momentum and yardage.
- B. Disguise All Returns
We want, as much as possible, to make all of our base returns (Middle, Chute, Alley, Sideline) look the same. By doing this we can force the coverage team to stay in their lanes longer and not collapse on the area where the ball is kicked. This concept forces the coverage team to defend the field, thereby expanding the running lanes for our returner.
- C. Force the Ball Upfield
Our returner must have confidence in what our blockers are trying to accomplish. We must force the ball up the field and attack the coverage team. This approach to kick off returns must be felt by all members of the unit.

KICK OFF RETURN

Philosophy (cont'd)

D. Creating and Keeping Great Angles

- 1) Pedal – A great drop to the proper landmark. Speed!
- 2) Flip – Flip the hips quickly and get into a great body position.
- 3) Settle and Close – Keep the feet firing at all times.
- 4) Focus – Keep our eyes on the play-side jersey number.

E. Creating Contact

Must be in a power stance:

1. Attack and Redirect (Used vs a power player.)
 - a. Get to the Power stance and be the aggressor.
 - b. Redirect the man away from the return.
2. Absorb and Redirect (Used vs a speed / avoid player.)
 - a. Get to the power stance and give some ground to protect against the cross-face or over-the-top move.
 - b. Redirect the man away from the return.

Leverage:

1. If you Have It / Keep It.
 - a. If your alignment places you in between your man and the ball, work to keep that relationship.
2. If you Don't Have It / Get It.
 - a. If your alignment places you outside of your man's line to the ball, then you must fight to get to a Ball / You / Man relationship.

Battle for High Shoulder:

1. High Shoulder: Shoulder closest to where the ball is going to be.
 - a. Must defend that shoulder with great Feet and Effort.
 - b. Force the man to run away from the high shoulder and then strain to run him by.
2. Give the Returner a butt to run behind:
 - a. Cross-face moves kill returns.
 - b. The ball will make all the blocks right.

KICK OFF RETURN

Kick Off Return Goals

- A. 100% Ball Security
- B. All drives starts to begin at or beyond the 30 yd line.
- C. Cross the 50 yard line with a return at least one time a game.

Remember

- A. Expect the onsides kick! Watch the ball leave the tee before sprinting to your drop point. Watch the kicker's approach.
- B. Expect all kickoffs will be returned.
- C. Know the situations:
 - 1. How deep does the kicker normally kick the ball?
 - 2. Which way is the wind blowing and how will it effect the kick?
 - 3. Where is the ball being kicked from after a penalty?
 - 4. How much time is left in the half or game?
 - 5. What is the score?
- D. Any kickoff fielded 3 yards or deeper in the endzone should not be returned. Also, if the returner's hips drop while going backwards, stay in. The exception is an extremely flat kick. The returner must be able to walk into the ball.
- E. Who is their safety and who is their contain man?
- F. The returners must know who we are freeing in coverage.
- G. Any member of the receiving team may signal for and execute a fair catch.
- H. Study your blocking assignments on tape. It is your job to know how your man plays!
- I. Do not clip! When in doubt, do not risk this penalty. We cannot allow our offense to start a drive from inside our own 10 yd line.
- J. The front line must be alert for a squib kick.

KICK OFF RETURN

Huddle and Procedure

We will huddle on our sideline, as this is a dead ball play. The Returner will count 11 men in the huddle, and the Special Teams coach will give the unit the return call. Take the field and get into proper alignment quickly.

Information for Deep Backs or Return Specialists

- A. Practice sound fundamentals when handling the ball. Look the ball into your hands and tuck it away tight. Get into the habit of keeping a tight grip on the nose of the ball with your elbow and arm. When you get trapped, bring the ball close and protect it with both hands.

*If you think about these good fundamentals and execute them in practice, it will become second nature in games.

- B. Use discretion when fielding Kickoffs! Never run a dropped ball out of the endzone.
- C. If you bring the ball out of the endzone, do not take it back into the endzone. If the ball is downed or we are tackled, it would be a safety against us.
- D. A cool head is required for your job – always be thinking!
- E. A bouncing kickoff that ricochets off you or one of our players that travels into the endzone can be downed for a touchback, and we get the ball on the 25 yd line.
- F. Be able to identify the kicker's tells. Watch his angle to anticipate a corner or a sky kick. Be thinking of what to do if it is a corner or sky kick.
- G. Try to field the squib kick as quickly as possible and stay with the return if you can. If you cannot, get as much yardage as you can.
- H. A ball that travels into the endzone requires good judgment as whether or not to run it out. Talk to each other!

KICK OFF RETURN

Information for Deep Backs or Return Specialists (cont'd)

- I. Know the kicker – where does he hit the ball, what is the average distance, what is the average hang time, what is the height?
These are also stats that you can find in the Scouting Report.
- J. Be conscious of the wind and the weather conditions. Is the ball being kicked into the wind, how strong is it, etc?
- K. If you are sprinting towards a sideline to catch a ball, be aware that your speed may carry you out of bounds. If this is the case, do not field the ball. The worst thing that can happen is that the ball will go out-of-bounds (a penalty against the kicking team), or it will travel into our endzone where we must 'down' it for a touchback.

If you have arrived at the sideline before the ball and have some doubt, put one foot out of bounds and knock the ball out. It is now ruled a kick out-of-bounds and is a penalty against the kicking team.

- L. Great communication between the return men is a must. We must be talking and on the same page. Some important points:
 - The R makes all the calls.
 - There are three calls: "Me", "You", and "Hot".
 - A "Hot" call tells the FB and Ends to catch the ball.
 - The FB is now in charge.
 - The man without the ball is in charge of determining whether or not the ball should be brought out of the endzone.
- M. Any fair catch made inside the 25 yard line will be spotted at the 25 yard line. Any muffed fair catch will become a free ball that both teams can recover. It will also be spotted where it is recovered without the ability to advance. We must catch all fair catches.

KICK OFF RETURN

Position Assignment Descriptions

Centers - Key players in the success of the return team.

Most demanding and critical positions on the return team. Must possess great change of direction skills, speed, and good size to handle single blocks in close proximity to the Return. Must be great competitors.

Guards - Bigger, tougher players with blocking skills.

Returns to: usually involved in a double team or a base block.
Return away: speed to cutoff and wall block backside.

Tackles - Aggressive blockers with good speed.

Aggressiveness for "Attack" schemes and clean-up man on double teams.
Ability to block in space and speed cut-off coverage on returns away.

E's/FB - Road-Graders – toughest players on the KOR team.

Aggressive players with size and strength. Contact players. Ability to work well with a partner. Ball skills and judgment to handle "Hot" and "Mortar" kicks. Fast and Decisive decision makers.

B - Great blocker who also possesses return ability.

Great speed to lead the returner. A fearless blocker that can read a key at full speed and execute the block that springs the return.

Ret - Big play man: the ability and desire to score.

Great speed, vision, and acceleration. Competitor with flair. Courageous. Ability to catch the football and keep it secure. A loud and confident communicator.

BASE FORMATION ALIGNMENTS

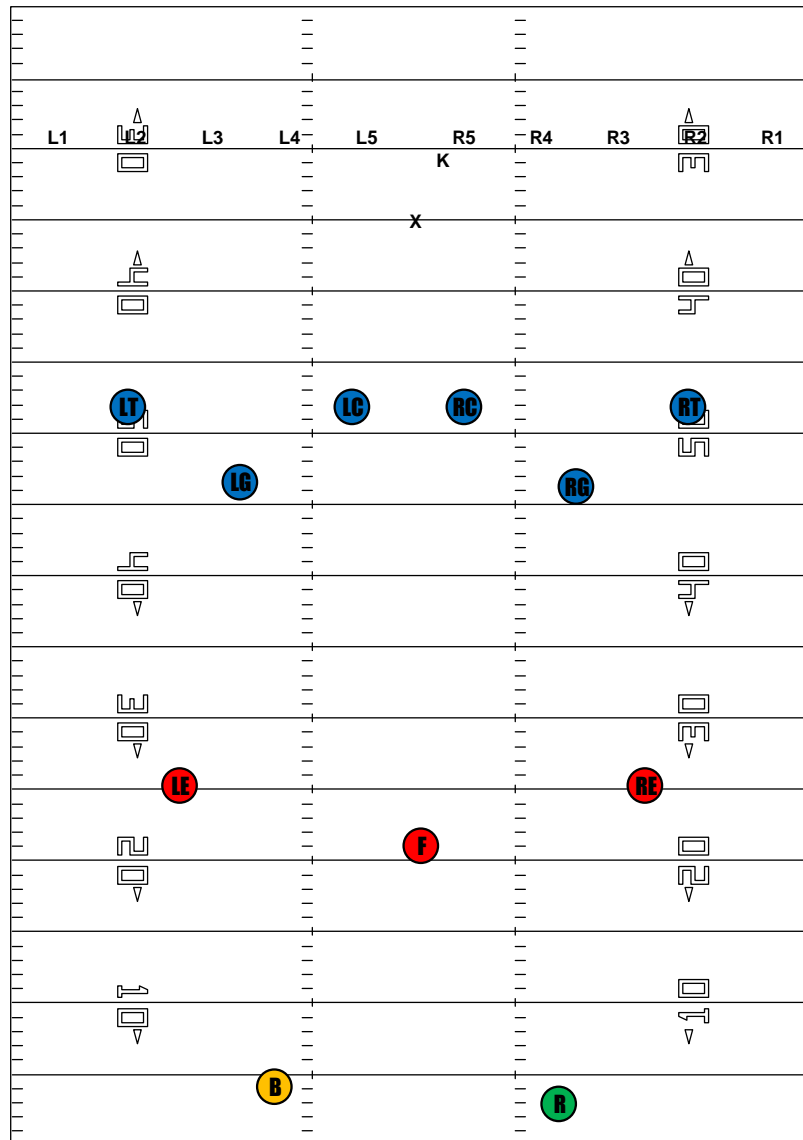
<i>POSITION</i>	<i>POSITIONAL COACHING POINTS</i>
LT	Align in a good football position, with your front foot on the +47 yd line and on the top of the #'s. You cannot be out-leveraged by #2.
LG	Align in a good football position, with your front foot on the -45 yd line and splitting the distance between the C and T.
LC	Align in a good football position, with your front foot on the +47 yd line and lined up with the upright. Adjust vs hash kick.
RC	Align in a good football position, with your front foot on the +47 yd line and lined up with the upright. Adjust vs hash kick.
RG	Align in a good football position, with your front foot on the -45 yd line and splitting the distance between the C and T.
RT	Align in a good football position, with your front foot on the +47 yd line and on the top of the #'s. You cannot be out-leveraged by #2.
LE	Align with your front foot on the -25 yd line and 2 yds from the top of the #.
RE	Align with your front foot on the -25 yd line and 2 yds from the top of the #.
F	Align on the -20 yd line and splitting the uprights.
B	Align on the -5 yd line on the hash or by gameplan. Must be alert for "Mortar" kick formations and align to field the ball.
R	Align on the -5 yd line on the hash or by gameplan.

COACHING POINTS:

- 1) Alignments may vary due to:
 - Ball being kicked from a different yard line.
 - Ball being kicked from a different hash.
 - Ball being kicked into or with the wind.
 - The ability of the kicker or a special situation in the game.

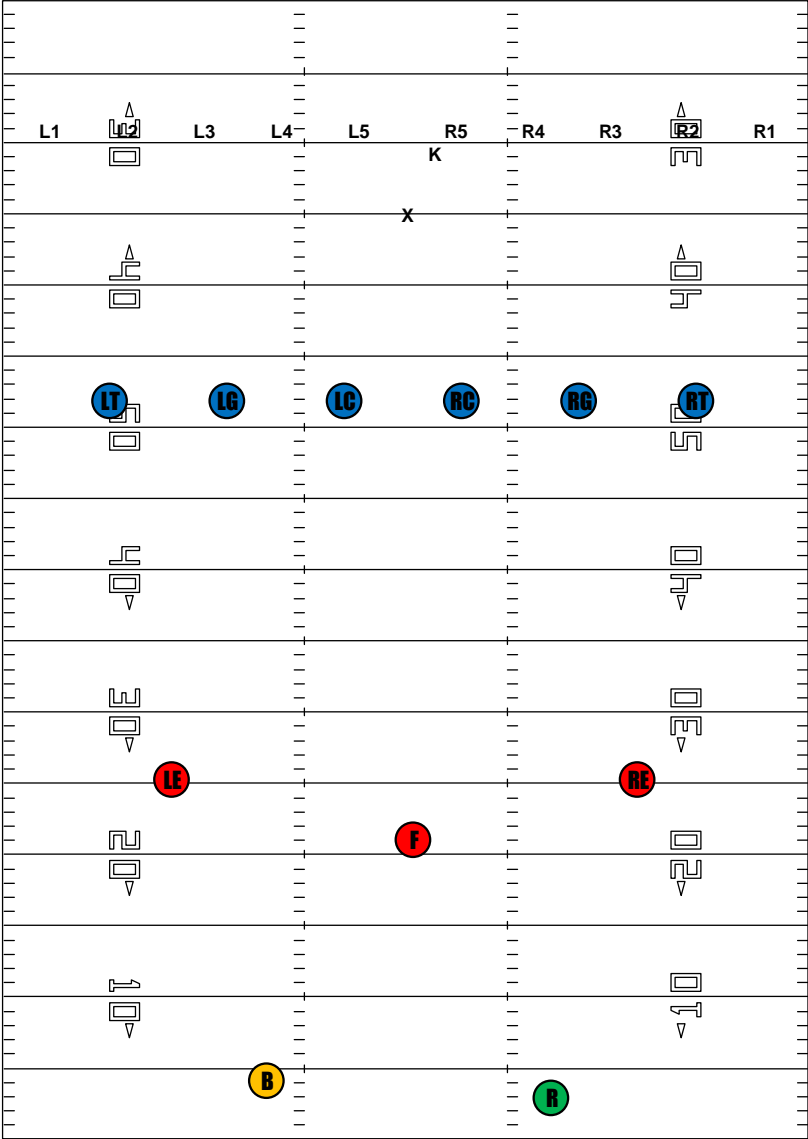
KICK OFF RETURN

BASE FORMATION



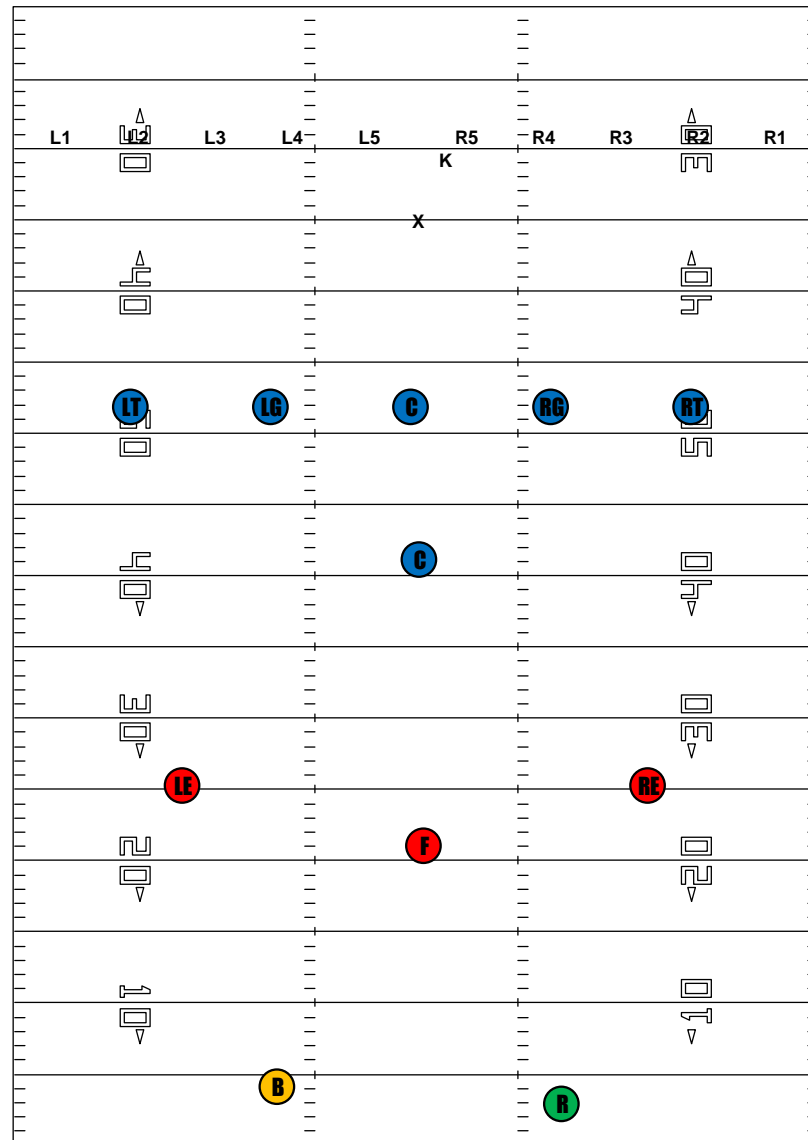
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6 UP FORMATION



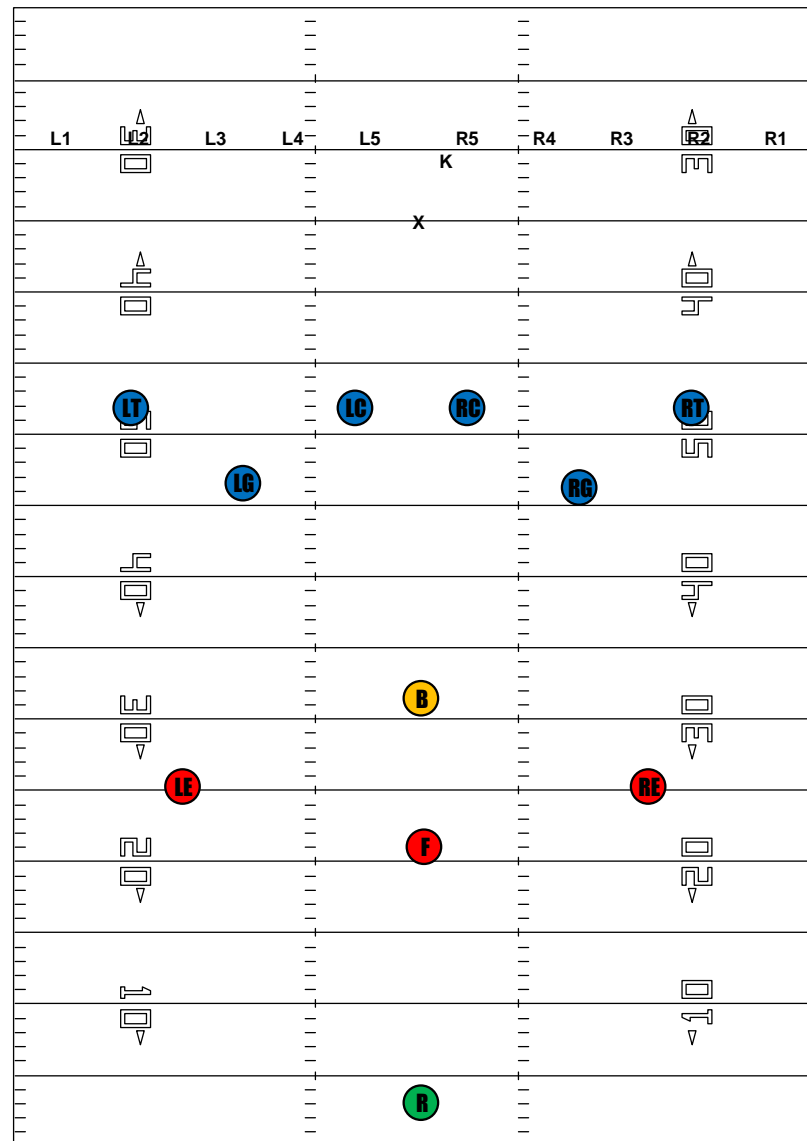
KICK OFF RETURN

5-1 FORMATION



KICK OFF RETURN

B POST FORMATION



POSITIONAL RECEIVING ZONES

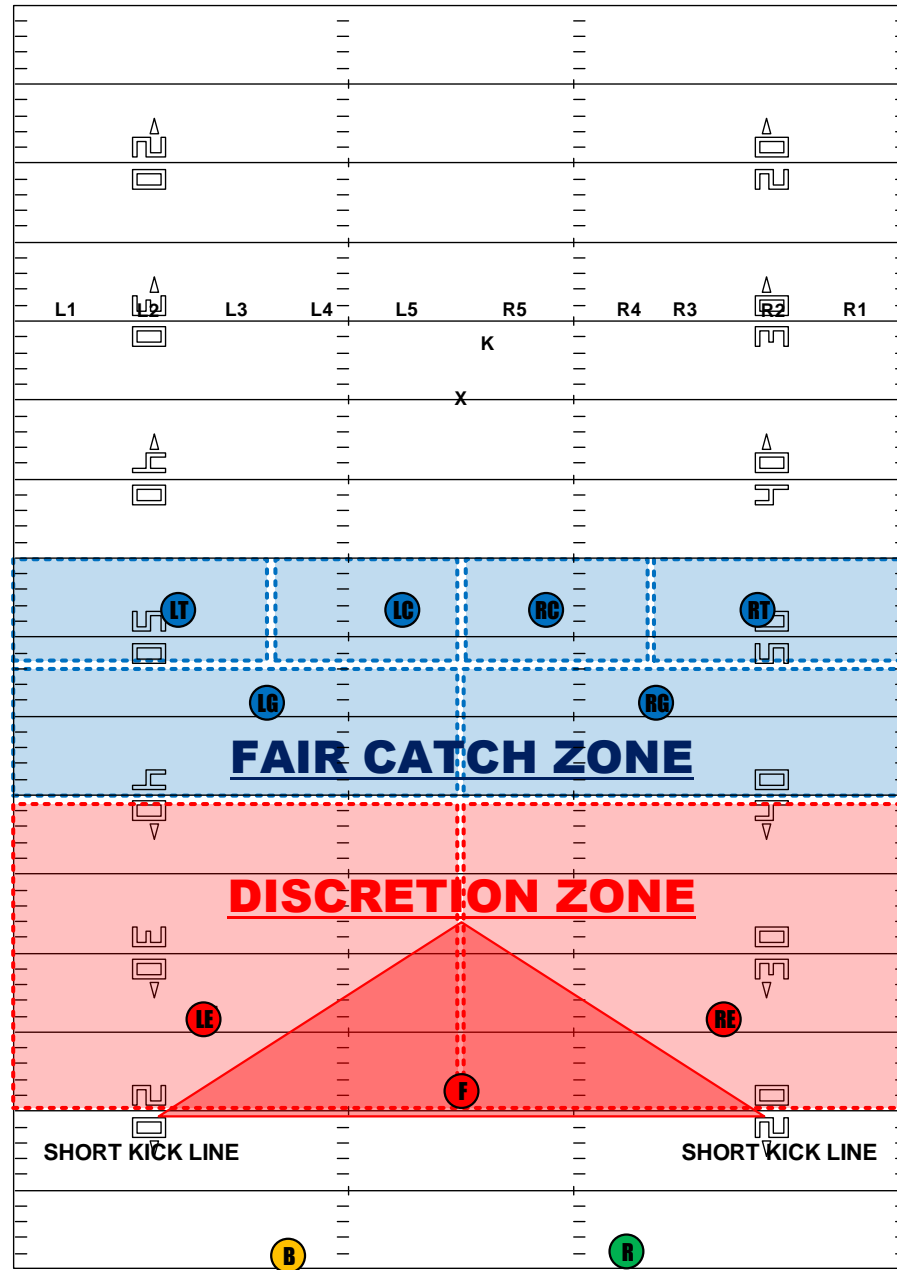
<i>POSITION</i>	<i>POSITIONAL COACHING POINTS</i>
LT	You can back up 5 yds to Fair Catch a ball. Any deep kick will be handled by the Ends.
LG	You can back up 5 yds to Fair Catch a ball. Any deep kick will be handled by the Ends.
LC	You can back up 5 yds to Fair Catch a ball. Any deep kick will be handled by the Ends.
RC	You can back up 5 yds to Fair Catch a ball. Any deep kick will be handled by the Ends.
RG	You can back up 5 yds to Fair Catch a ball. Any deep kick will be handled by the Ends.
RT	You can back up 5 yds to Fair Catch a ball. Any deep kick will be handled by the Ends.
LE	Use discretion as to the return. You can back up slightly to field a ball unless called off by the FB. High / Short balls must be Fair Caught.
RE	Use discretion as to the return. You can back up slightly to field a ball unless called off by the FB. High / Short balls must be Fair Caught.
F	You can catch <u>short kicks to you and in front of you</u> . Let the Returners handle anything behind you. Handle any ball kicked beyond the Ends.
B	On a “You” call from the Returner, you must field the ball. Be prepared to handle any ball kicked outside the left hash to the left sideline.
R	Always apply “You / Me” calls. Take all kicks from the left hash to the right sideline, that you can effectively handle and execute the return.

COACHING POINTS:

- 1) Any member of the receiving team can execute a Fair Catch.
 - Make sure that the signal is clear with one hand above the head, waving from side to side.
- 2) Use Good judgment when fielding a kick, remember possession of the ball is the thing!

KICK OFF RETURN

POSITIONAL RECEIVING ZONES



BASE FORMATION - AFTER A SAFETY ALIGNMENTS

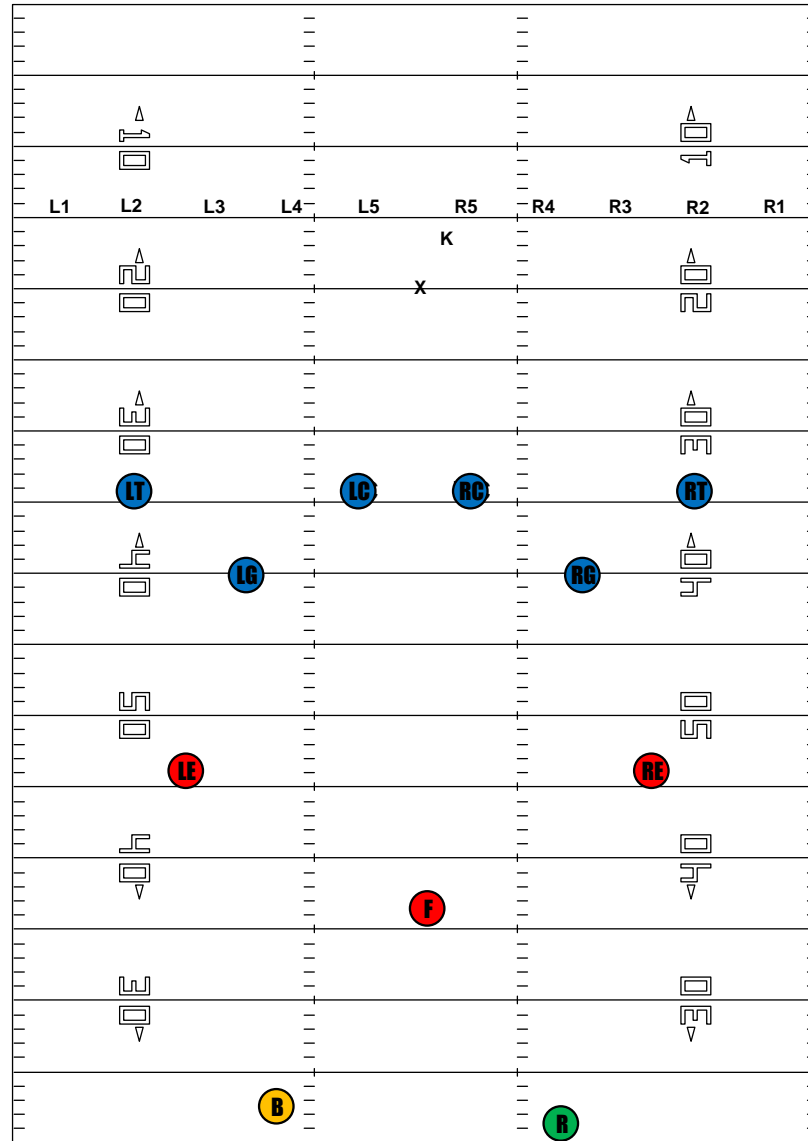
<i>POSITION</i>	<i>POSITIONAL COACHING POINTS</i>
LT	Align on the +35 yd line, on top of the #.
LG	Align on the +40 yd line, splitting the C and T.
LC	Align on the +35 yd line, lined up on the upright.
RC	Align on the +35 yd line, lined up on the upright.
RG	Align on the +40 yd line, splitting the C and T.
RT	Align on the +35 yd line, on top of the #.
LE	Align on the -45 yd line, 2 yds from the top of the #.
RE	Align on the -45 yd line, 2 yds from the top of the #.
F	Align on the -35 yd line, splitting the uprights.
B	Align on the -20 yd line on the left hash. Depth is adjustable.
R	Align on the -20 yd line on the right hash. Depth is adjustable.

COACHING POINTS:

- 1) The frontline players adjust their alignment by 10 yds.
- 2) The backend players adjust their alignment by 15 yds.
- 3) Remember, a free kick after a safety is a 'live' ball after it travels 10 yards and must be fielded.
- 4) Any member of the receiving team may still make a fair catch.

KICK OFF RETURN

BASE FORMATION AFTER A SAFETY



KICK OFF RETURN – FIELD ZONES

General Philosophy

It is important that we understand how the location of the kick can affect what we are trying to accomplish with our return team.

- a. The coverage team will adjust their coverage lanes in relationship to where the ball is kicked.
- b. We must also adjust. Our Angle of Departure and landmark will also move in relationship to our assignment.

Field Zones

- a. Left # - Any ball that is kicked to the top of the left # out to the left sideline.
- b. Left Hash – Any ball that is kicked to the top of the left # into the left hash.
- c. Middle – Any ball that is kicked between the hashes.
- d. Right Hash – Any ball that is kicked to the top of the right # into the right hash.
- e. Right # - Any ball that is kicked to the top of the right # out to the right sideline.

Identification

We have 2 tools in order better identify where the ball is being kicked.

- a. Scouting Report: what have they been doing?
- b. The Kicker: does he have a 'tell' in his alignment / approach?

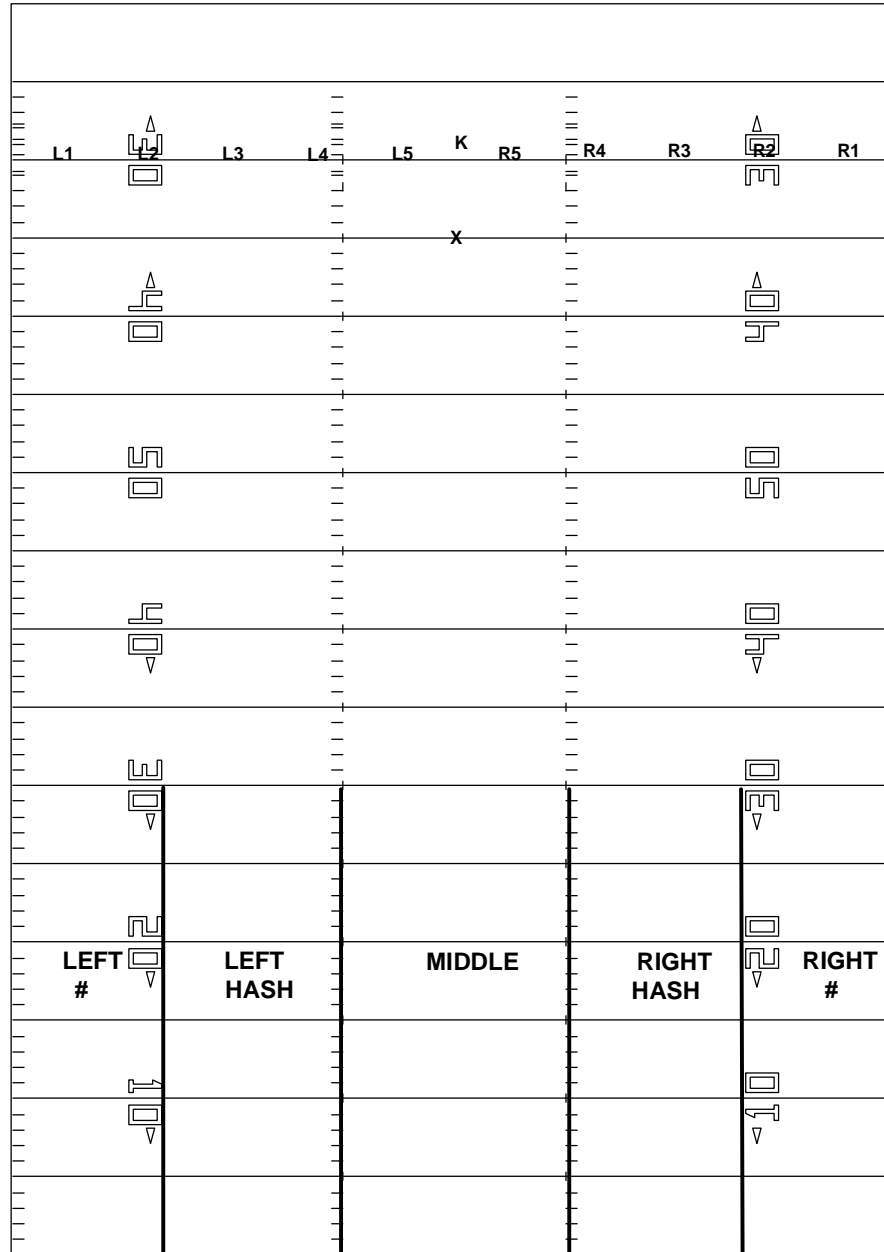
Communication

The F has the responsibility of telling the unit where the ball is being kicked. He will yell 'Middle', 'Hash', or 'Number'. The collective unit should easily identify whether the ball is going right or left.

The communication of the field zone should enable the entire unit to adjust their Angle of Departure and landmark in relationship to the ball and coverage team.

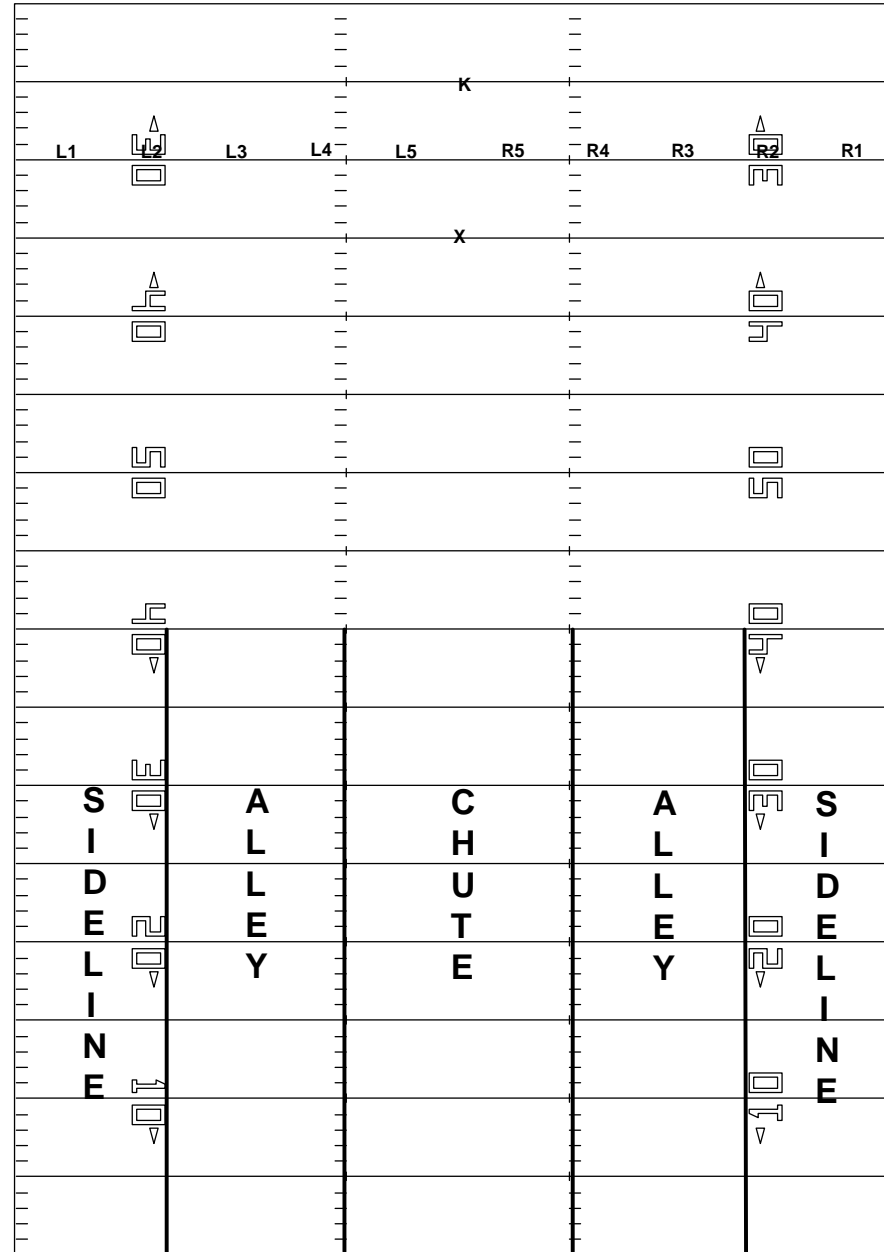
KICK OFF RETURN

FIELD ZONES



KICK OFF RETURN

ATTACK ZONES



KICK OFF RETURN

Count System

We will use a systematic approach to identifying the KOC unit. It will enable us to execute our blocking assignments with great confidence and aggressiveness.

- A. Each man will count the coverage from his side of responsibility. We go 1 thru 5 on each side and count it from outside / in, never counting the kicker.
- B. We will identify the number of players on each side of the kicker by call out their number of designation from left to right.

1. Fifty-Five (55)

K
L1 L2 L3 L4 L5 R5 R4 R3 R2 R1

2. Fourty-Six (46)

K
L1 L2 L3 L4 L5 R5 R4 R3 R2 R1

3. Sixty-Four (64)

K
L1 L2 L3 L4 L5 R5 R4 R3 R2 R1

- C. When one player is aligned behind another we will alert this by calling "Stacks". In our counting system, we will identify the **deeper** player as the **lower** number.

1. Fifty-Five Stack (55 Stack)

L3 K R2
L1 L2 L4 L5 R5 R4 R3 R1

2. Fourty-Six Stack (46 Stack)

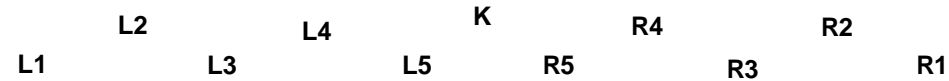
L1 K R4
L2 L3 L4 L5 R5 R3 R2 R1

KICK OFF RETURN

Count System

D. When players on the KOC team are staggered, but not directly behind one-another, we will use a “Loop” call.

1) Fifty-Five Loop (55 Loop)



The coverage team is aligned on different planes (potential loop), but can be easily identified and counted.

- We will count/identify the coverage and execute the return.
- If we get **Loopers**, players that switch lanes before the kick, we will recount at the kick point.
- If we get **Twists**, players that switch lanes down the field, we will have two ways to play it:
 - 1) Stick It
 - a) Your man stays your man, no matter where he goes.
 - 2) Bullet Rules
 - a) If your count gets passed by a Bullet, bump one man in that direction.
 - b) If the Bullet fills the next gap as you move your eyes – you have the Bullet!

KICK OFF RETURN

Technique – Frontline (C/G/T)

General Coaching Points

1. Always see the ball off the tee.
2. Feet shoulder width apart and square.
3. Staggered stance with your inside foot back.
4. Great knee bend and ready to react to any onside kicks.

Clear Your Cleats

With both feet in a vertical direction, to get a quicker deeper drop in the beginning of the return. As the kicker gets 5 yards from the ball, you will begin to take short kick slides back to get your feet moving and ready to react. Keeping eyes on the ball, stay square until the ball is kicked, and ready to plant and drive on any onside kicks.

Pedal

Sprint to leverage 15 yards fast. Peak the returner with your eyes and angle your drop accordingly. Turn and backpedal to the 30 yard line, stay on your threats inside number.

Settle

Get your feet active and shoulder width apart. Shift your weight to the balls of your feet and square up.

Cushion kills speed! Set the formation blocking in front of the ball vs. Right and Left kicks.

Close

Attack the inside number of the man, stay square as long as possible, and finish with a two hand palm strike up and through cover man. Keep your feet hot and always strike your threat moving forward on the catch.

Keep your leverage between the returner and the cover man and finish with a rip if he tries to cross face late!

KICK OFF RETURN

Technique – Double Teams (C/G/T)

A. General Coaching Points

1. Always have an awareness of the distance and direction of the kick, it will effect your angle of departure.
2. Work to get a depth of the 35 yd line on a normal kick.
3. Always maintain vision of your man. Maintain outside leverage.
4. Work to get shoulder to shoulder / join hands.
5. Make sure to stay under control – take a good course, gather, and drive block the defender.

B. Post Blocker (Sets the Double Team)

1. Set the point on the 35 yd line and set on the play-side number of the count.
2. Get your shoulders square and extend your hand to the Pin Blocker.
3. Start forward when the double-team is set.
4. Drive block your man and force him away from the return.
5. Reaction to the defender avoiding the double:
 - a) If he tries to avoid inside you, you become the Pin and your buddy will climb over the top and become the Post.
 - b) If he tries to avoid outside through the Pin player, get back to the Post position as quickly as possible and take him where he wants to go.

C. Pin Blocker (Attacks the Defender from Outside/In)

1. See the ball kicked.
2. Get depth, find the Post Blocker, and work to him.
3. Work to join hands with the Post Blocker – stay as square as possible.
4. Start forward when the double-team is set.
5. Drive block your man and force him away from the return.
6. Reaction to the defender avoiding the double:
 - a) If he tries to avoid inside the Post man, climb over your buddy and switch jobs with him. He becomes Pin and you become Post.
 - b) If he tries to avoid through you, set your hips down and stop his charge. The Post man will get to you ASAP to help. Stay on the block and take him wherever he wants to go.

KICK OFF RETURN

Technique – Wedge

A. General Coaching Points

* No Wedge can consist of more than two players aligned shoulder to shoulder and within two yards of each other.

1. Always have an awareness of the distance and direction of the kick.
2. Set up 13 yards from the Returner.
3. Anticipate the catch and get the proper spacing between the wedge and the returner.
4. Work to get shoulder to shoulder / join hands.
5. Make sure to stay under control – take a good course and maintain proper leverage (inside).

B. Fullback (Wedge Captain)

1. See the ball kicked and get your eye on the returner.
2. Set 13 yards from the returner.
3. Must maintain inside leverage on defenders for the wedge.
4. Extend hand and work to get shoulders square.
5. Anticipate the catch and give the “Go” call to the Ends.
6. Start up-field and then take a course to kick-out your assignment.
7. Cover up your man and as the End climbs to the next level, drive him away from the return.

C. End on the Wedge

1. Get your eyes to the FB to set yourself on the proper course.
2. Once you have identified your angle to the FB, get your eyes to your assignment.
3. Work to join hands with the FB and keep your shoulders square.
4. Start forward and drive block your man. Stay on the inside half of the defender.

D. End off the Wedge

1. Get to the proper depth, landmark, and leverage on your assignment.
2. Make sure to be on a different level than the wedge and at least 2 yards from them.

MATCH MIDDLE RETURN

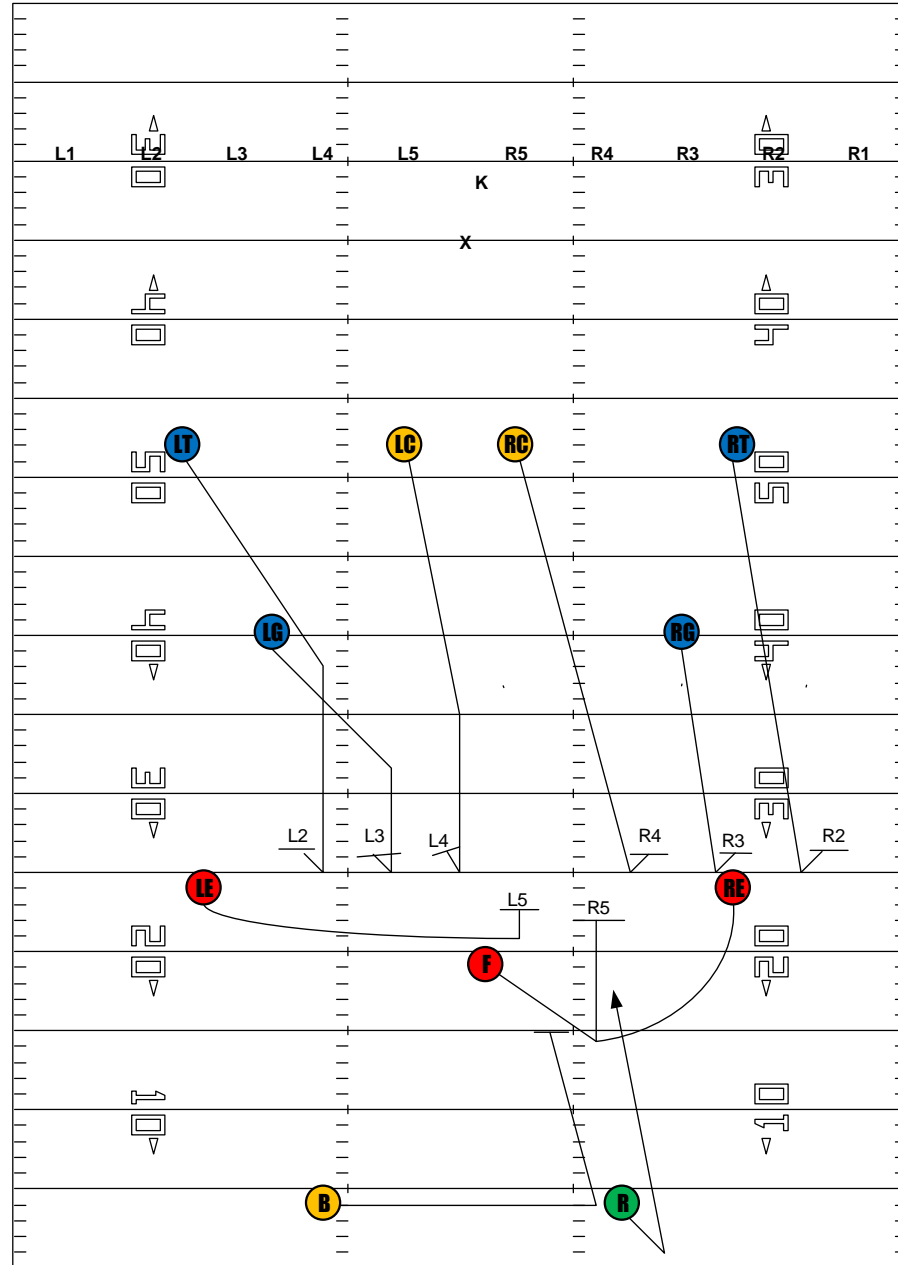
Summary: A man blocked, catch-point return concept. Square up your blocking assignment and give the Returner a choice for a vertical seam. Good versus multiple kicks.

<i>POSITION</i>	<i>RULE</i>	<i>POSITIONAL COACHING POINTS</i>
RT	R2	Drop to the 25 yd line, gather, and block 2 with your hat on the inside V of his neck.
RG	R3	Drop to the 25 yd line, gather, and block 3 with your hat on the inside V of his neck.
RC	R4	Drop to the 25 yd line, gather, and block the 4 with your hat on the inside V of his neck.
LC	L4	Drop to the 25 yd line, gather, and block 4 with your hat on the inside V of his neck.
LG	L3	Drop to the 25 yd line, gather, and block the 3 with your hat on the inside V of his neck.
LT	L2	Drop to the 25 yd line, gather, and block the 2 with your hat on the inside V of his neck.
RE	R5	Sprint to the FB and get shoulder to shoulder. On 'Go' call, push up the field and double the R5.
LE	L5	Drop to the 20 yd line, gather, and block the L5 with your hat on the inside V of his neck. Do not let him cross your face.
F	R5	Set wedge 12 yds from the ball. Do not go past the hash on a #'s or sideline kick. Give the 'Go' and block the R5 with the E.
B	MDM	Get 7 yds from the wedge and insure the catch. Lead the Returner up the field and block MDM.
R	RET	Middle – vertical seam return. Run to daylight and make the blockers right. Ball can hit anywhere between L3 to R2. See the seam and hit it!

MATCH MIDDLE RETURN

KICK OFF RETURN

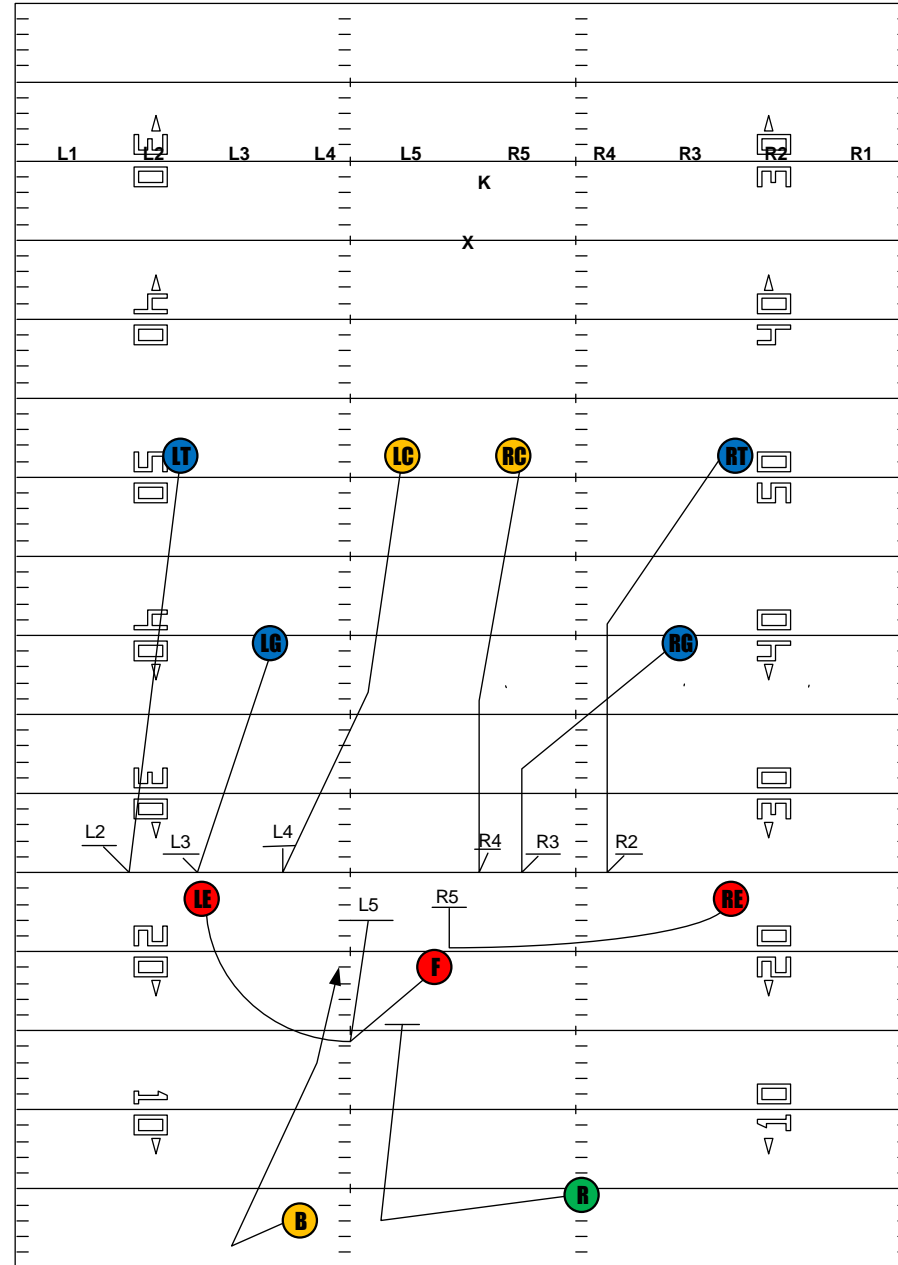
vs Right Hash / Right # Kick



MATCH MIDDLE RETURN

KICK OFF RETURN

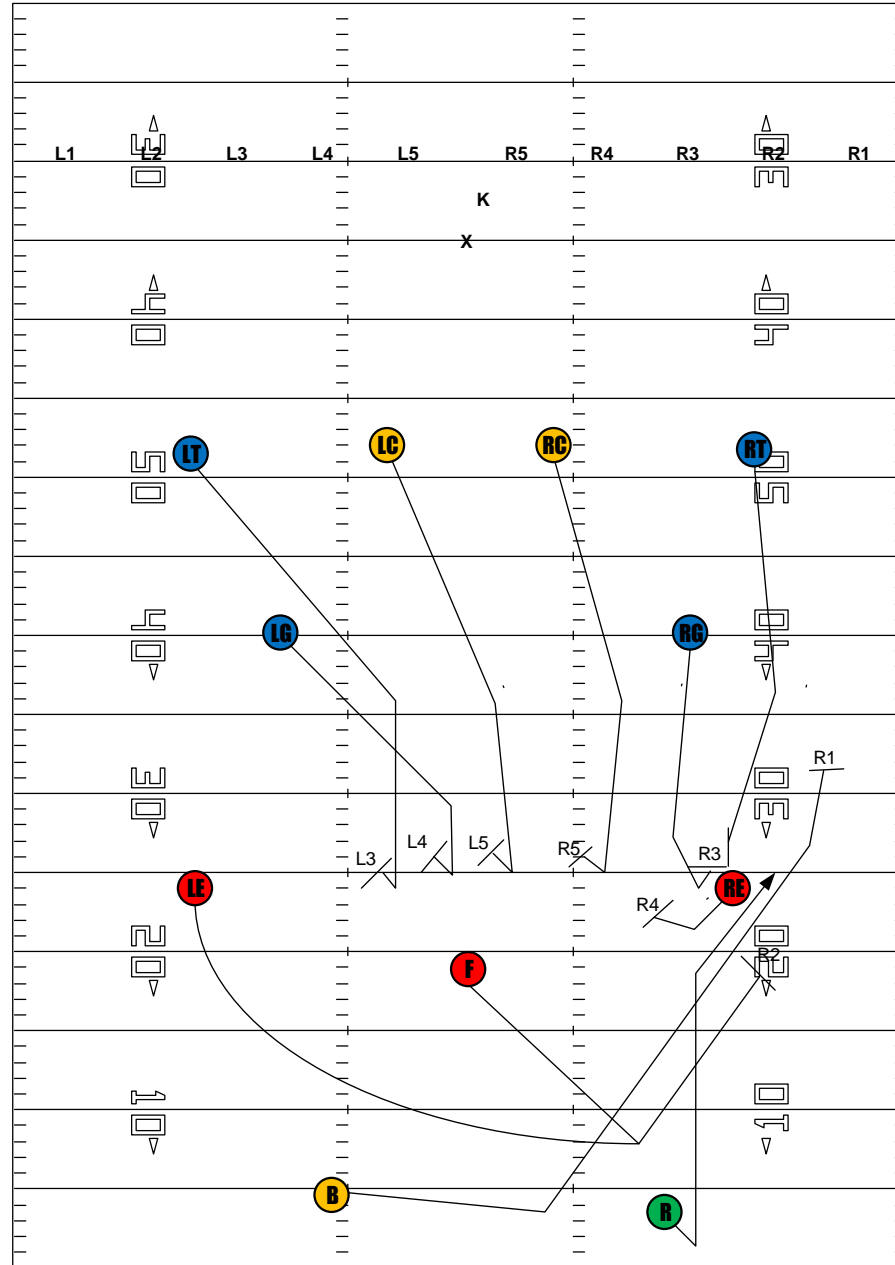
vs Left Hash / Left # Kick



SIDELINE RT

Summary: Sideline return with a kick-in double team in the frontline and a kick-out from the wedge. Intended to hit outside the #3 and towards the sideline.

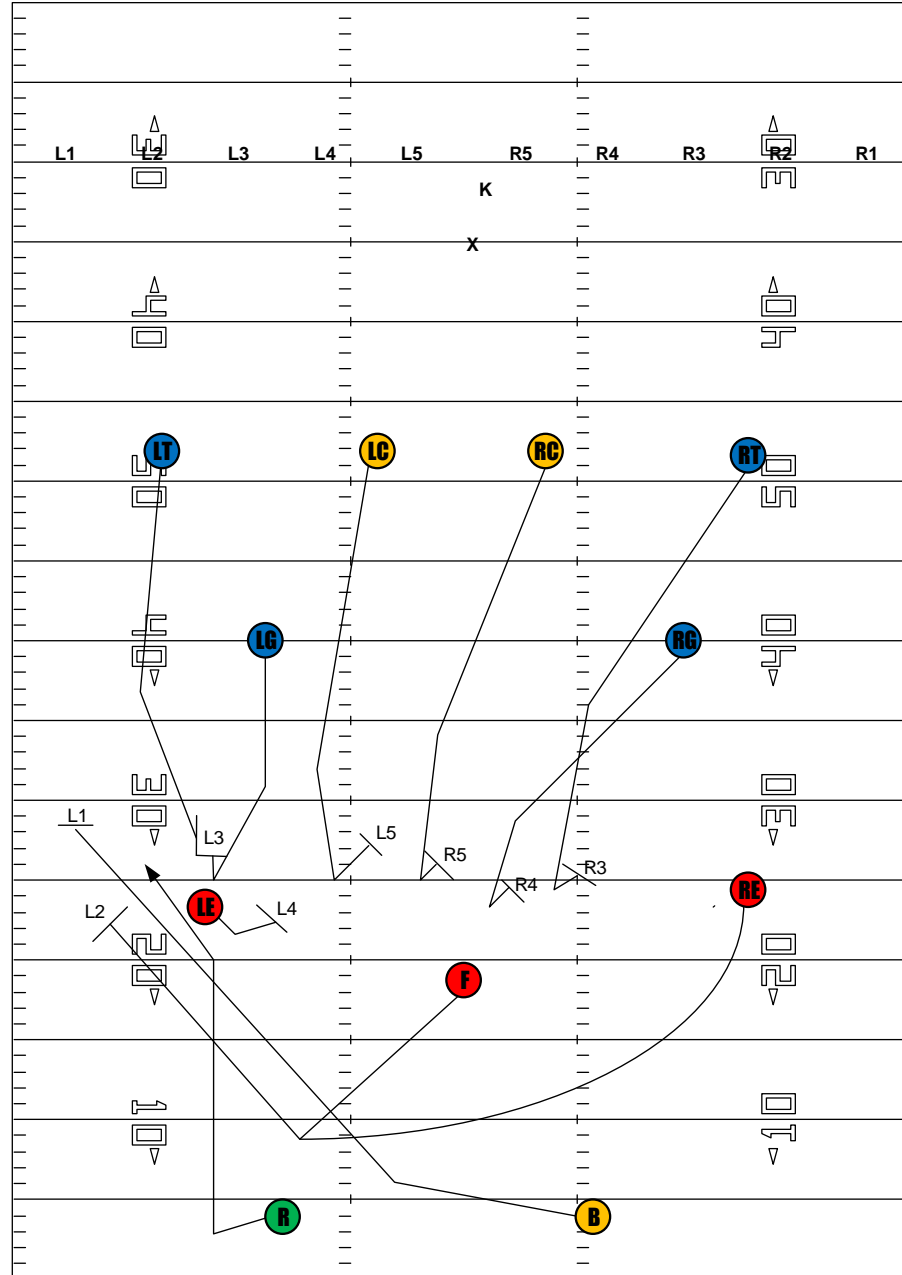
<i>POSITION</i>	<i>RULE</i>	<i>POSITIONAL COACHING POINTS</i>
RT	DBL 3 PIN	Drop to the 25 yd line and find the G – work to him. Double the 3 with the G and seal him inside. Be prepared to use Double Avoid Rules.
RG	DBL 3 POST	Drop to the 25 yd line and get outside # leverage on the 3. Double and drive him inside. Be prepared to use Double Avoid Rules.
RC	R5	Take your drop based on distance and direction of the kick. Gain leverage on your man and block 5 with return side leverage.
LC	L5	Take your drop based on distance and direction of the kick. Gain leverage on your man and block 5 with return side leverage.
LG	L4	Take your drop based on distance and direction of the kick. Gain leverage on your man and block 4 with return side leverage.
LT	L3	Take your drop based on distance and direction of the kick. Gain leverage on your man and block 3 with return side leverage.
LE	WEDGE 2	Sprint to the FB and get shoulder to shoulder. On ‘Go’ call block 2 with the FB and kick him out.
RE	AMBUSH 4	Drop behind the double and gather. Block the frontside 4 and force him away from the return.
F	WEDGE 2	Set wedge 13 yds from the ball with inside leverage – you set it for the whole group. Anticipate the catch, make the ‘Go’ call, and block the 2 with the E and kick him out.
B	FRONTSIDE 1 TO LEAD	Escort. Get 7 yds from the Wedge. 1) Frontside 1 2) Lead – Run the return and block MDM.
R	RET	Sideline Return! Hit return with straight line speed and read the blocks of the Wedge / B. Should be 7 yds from the wedge on wedge contact.



SIDELINE LT

KICK OFF RETURN

vs Left Hash / Left # Kick



ALLEY RT / LT

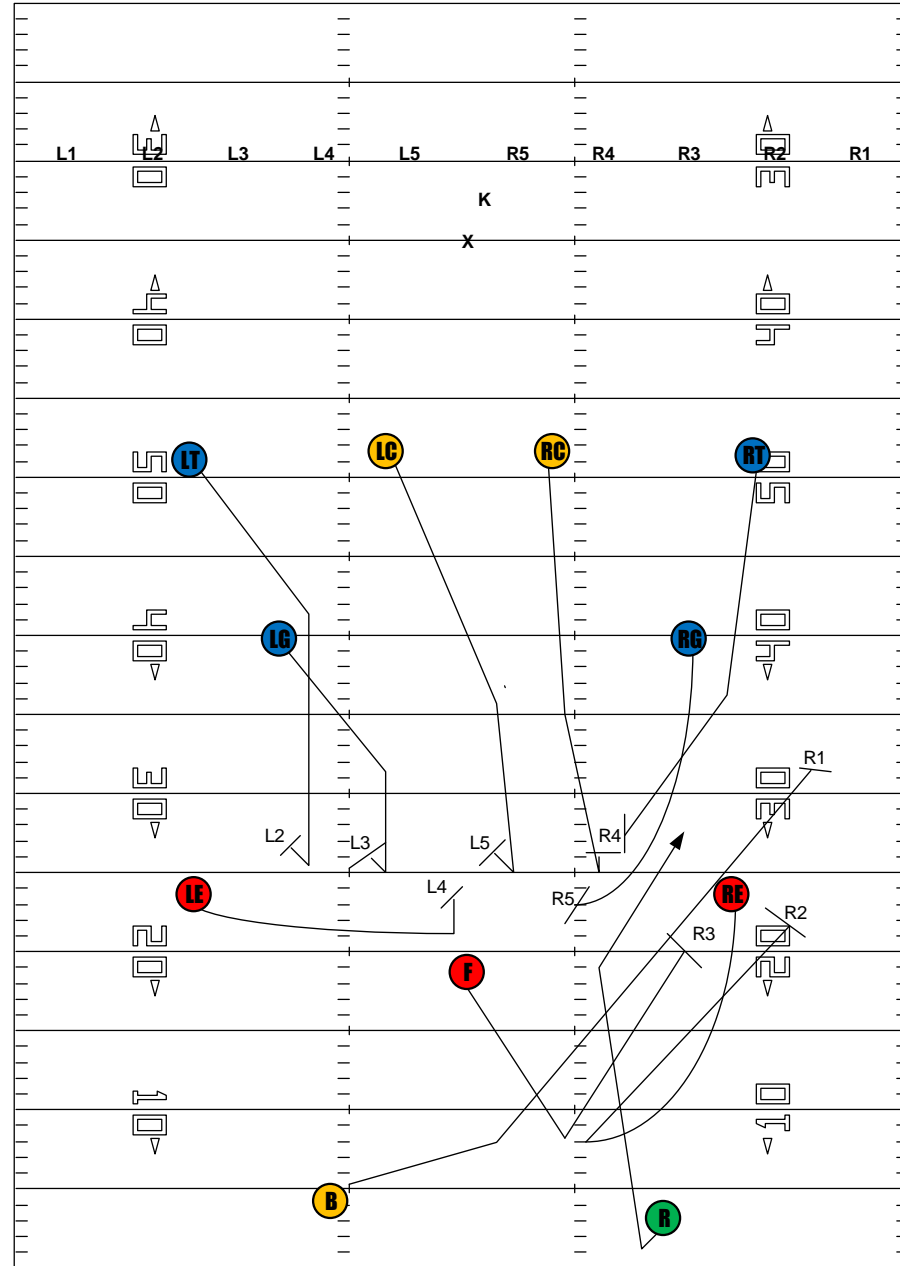
Summary: Alley return with kick-in double team in the front, kick-out from the wedge, and an ambush on #5. Intended to hit outside of #4 in the alley.

<i>POSITION</i>	<i>RULE</i>	<i>POSITIONAL COACHING POINTS</i>
RT	DBL 4 PIN	Drop to the 25 yd line and find the C – work to him. Double the 4 with the C and seal him inside. Be prepared to use Double Avoid Rules.
RG	AMBUSH 5	Drop behind the double team, track 5 and block him with outside/in leverage. Ambush mentality.
RC	DBL 4 POST	Drop to the 25 yd line and get outside # leverage on the 4. Double and drive him inside. Be prepared to use Double Avoid Rules.
LC	BACKSIDE 5	Take your drop based on distance and direction of the kick. Gain leverage on your man and block 5 with return side leverage.
LG	BACKSIDE 3	Take your drop based on distance and direction of the kick. Gain leverage on your man and block 3 with return side leverage.
LT	BACKSIDE 2	Take your drop based on distance and direction of the kick. Gain leverage on your man and block 2 with return side leverage.
RE	WEDGE 2	Sprint to the FB and get shoulder to shoulder. On ‘Go’ call secure 2 from inside / out.
LE	BACKSIDE 4	Drop to the 20 yd line, in the middle of the field, and block the backside 4. Force him away from the return.
F	WEDGE 3	Set wedge 12 yds from the ball with inside leverage – you set it for the whole group. Anticipate the catch, make the ‘Go’ call, and secure 3 from inside / out.
B	FRONTSIDE 1 TO LEAD	Escort. Get 7 yds from the Wedge. 1) Frontside 1 2) Lead – Run the return and block MDM. (Eyes inside / out)
R	RET	Alley Return! Hit return with straight line speed and read the blocks of the Wedge / B. Should be 7 yds from the wedge on wedge contact.

ALLEY RT

KICK OFF RETURN

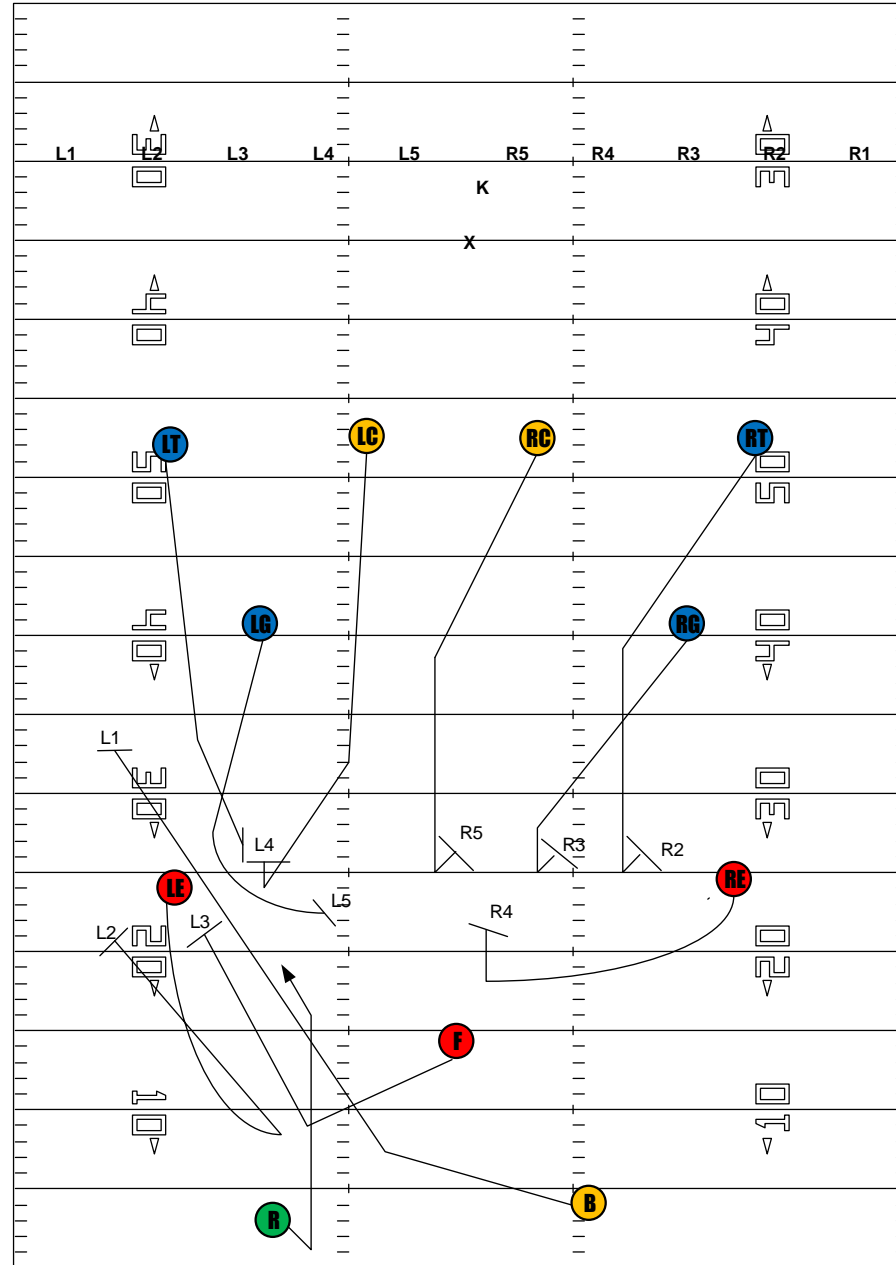
vs Right Hash / Right # Kick



ALLEY LT

KICK OFF RETURN

vs Left Hash / Left # Kick



BOUNCE RT / LT

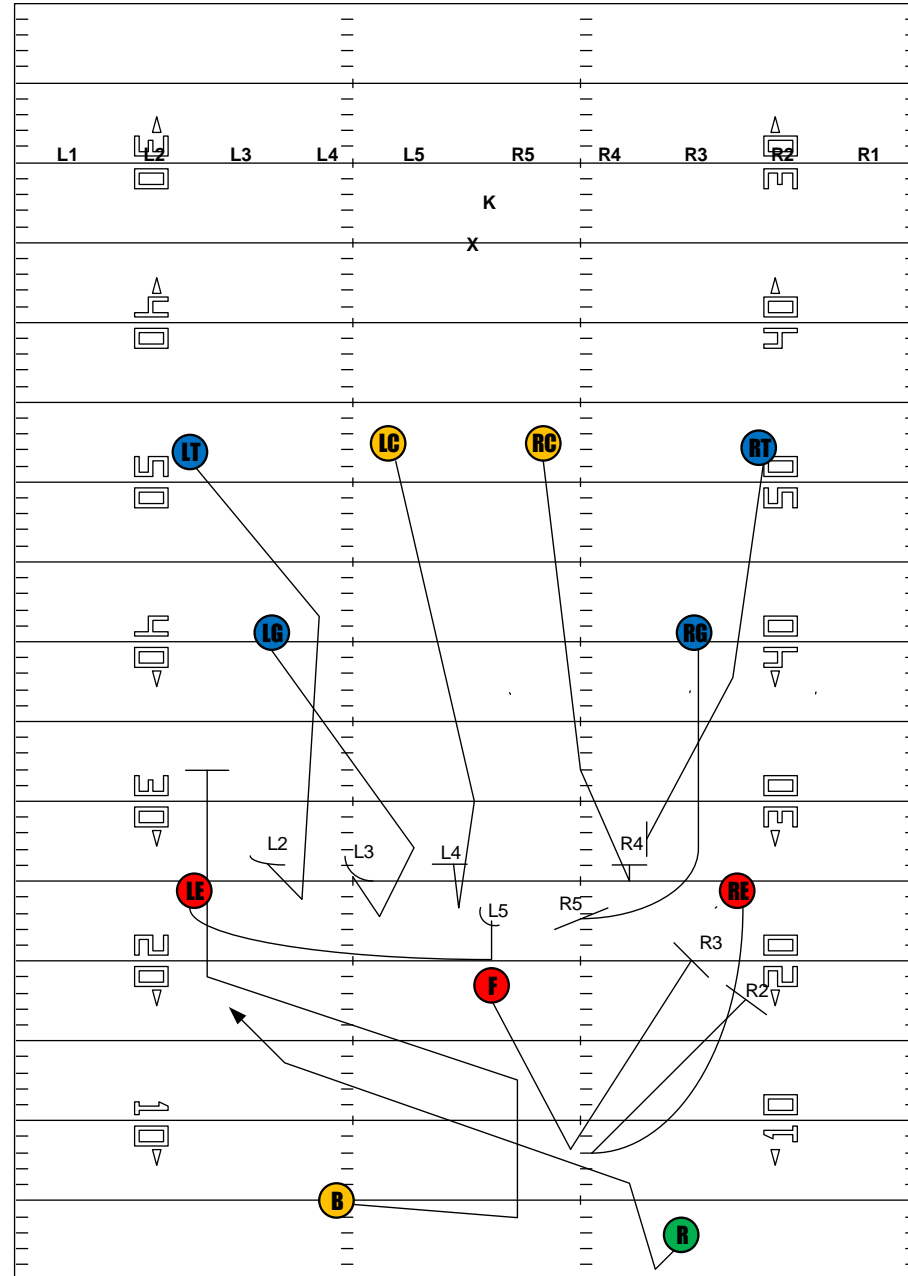
Summary: Bounce is off of the Alley Return look. Backside C and T are selling a double on #4 and the Wedge is kicking out #3 and #2. Bounce tells use to show Alley leverage and then slide the leverage to bring the ball back to the field.

<i>POSITION</i>	<i>RULE</i>	<i>POSITIONAL COACHING POINTS</i>
RT	2	Bounce call – sell sideline return leverage on 2 and then let him slip inside and seal him.
RG	3	Bounce call – sell sideline return leverage on 3 and then let him slip inside and seal him.
RC	5	Bounce call – sell sideline return leverage on 5 and then let him slip inside and seal him.
LC	DBL BS 4 POST	Drop the 25 yd line and get outside # leverage on the 4. Double and drive him inside. Be prepared to use Double Avoid Rules.
LG	AMBUSH BS 5	Drop behind the double team, track 5 and block him with head up leverage. Ambush mentality, but let him cross your face.
LT	DBL BS 4 PIN	Drop to the 25 yd line and find the C – work to him. Double the 4 with the C and seal him inside. Be prepared to use Double Avoid Rules.
RE	WEDGE BS 2	Sprint to the FB and get shoulder to shoulder. On ‘Go’ call secure 2 from inside / out.
LE	FRONTSIDE 4	Bounce call – Drop to the 20 yd line and gather. Sell Alley return leverage on the 4 and then let him slip inside and seal him.
F	WEDGE BS 3	Set the wedge 12 yds from the ball with inside leverage – you set it for the whole group. Anticipate the catch, make the ‘Go’ call, and block 3 and kick him out.
B	MDM	Sell sideline return (work straight up the field first) – reverse out to bounce side and block the first off-color jersey you see.
R	RET	Sell the sideline return. Press up the field and reverse out to the bounce side. Follow the B and take a vertical seam if you see one.

BOUNCE LT
(SHOW ALLEY RT)

KICK OFF RETURN

vs Right Hash / Right # Kick



KICK OFF RETURN

Hands Team Coaching Points

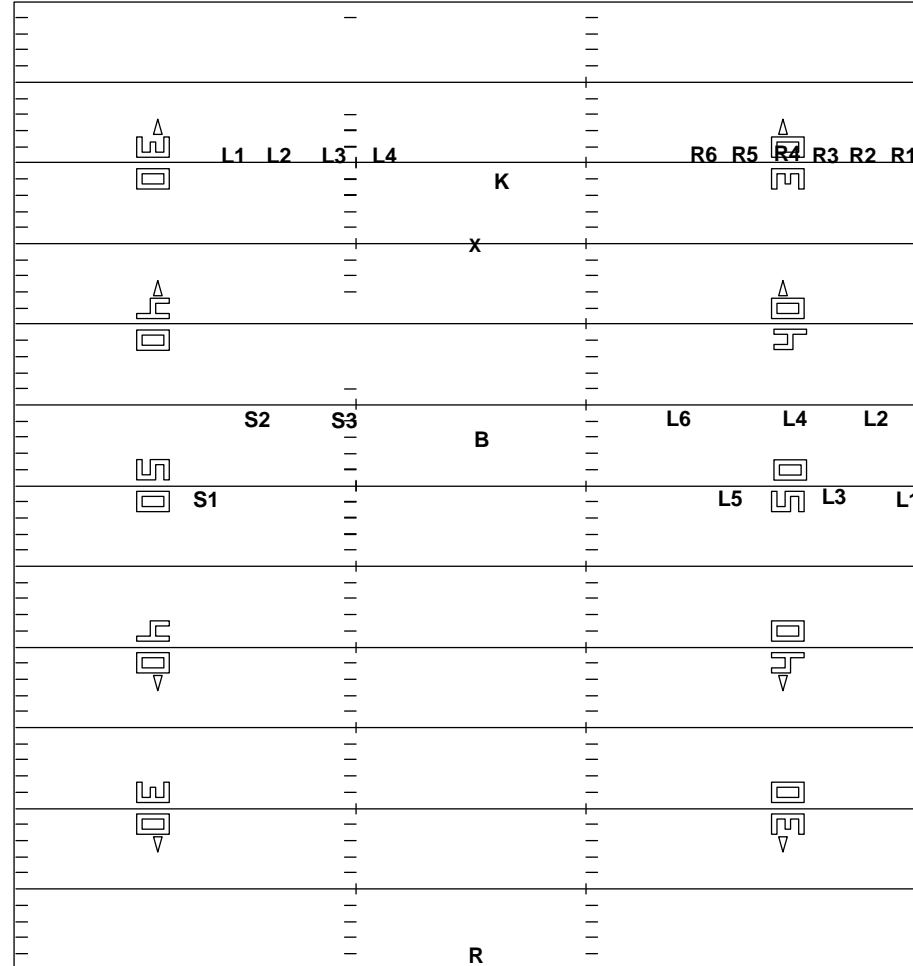
- A. Players with the best hands and who perform under pressure will be assigned to this unit.
- B. Ten men up front – RECOVER THE BALL! Do not try to advance it!
- C. Be square to the ball and be ready to field a kick. Attack the football – do not back up on the kick!
- D. If the ball comes directly at you, recover it.
- E. If the ball is a line drive or kicked too hard to handle, let it go to the second level and attack your blocking assignment.
- F. If the ball is bouncing high in the air on the sideline, we can knock it out of bounds and retain possession. The ball cannot be batted forward!
- G. All kickoffs that travel 10 yds must be fielded, it is a free ball!
- H. We can always fair catch any pooch or high hop kicks.
- I. Go get a slow rolling kick and cover it up.
- J. The kicking team may recover the kick, but may not advance it, unless the receiving team had possessed the ball first.
- K. On a deep kick, sprint back and block the man you are assigned to. Front line drop to the -40 yard line. Back line drop to the -35 yard line. Middle Return.
- L. **Field the ball and we win the game!**

KICK OFF RETURN

HANDS TEAM
-VS Right Kick

- L1 - align on the +50 yd line over R1
- L2 - align on the +45 yd line over R2
- L3 - align on the +50 yd line over R3
- L4 - align on the +45 yd line over R4
- L5 - align on the +50 yd line over R5
- L6 - align on the +45 yd line over R6

- B - align on the +47 yd line over the ball
(be ready to work in either direction)
- S3 - align on the +45 yd line over L3
- S2 - align on the +45 yd line over L2
- S1 - align on the +50 yd line over L1
- R - align on the -20 yd line in the MOF

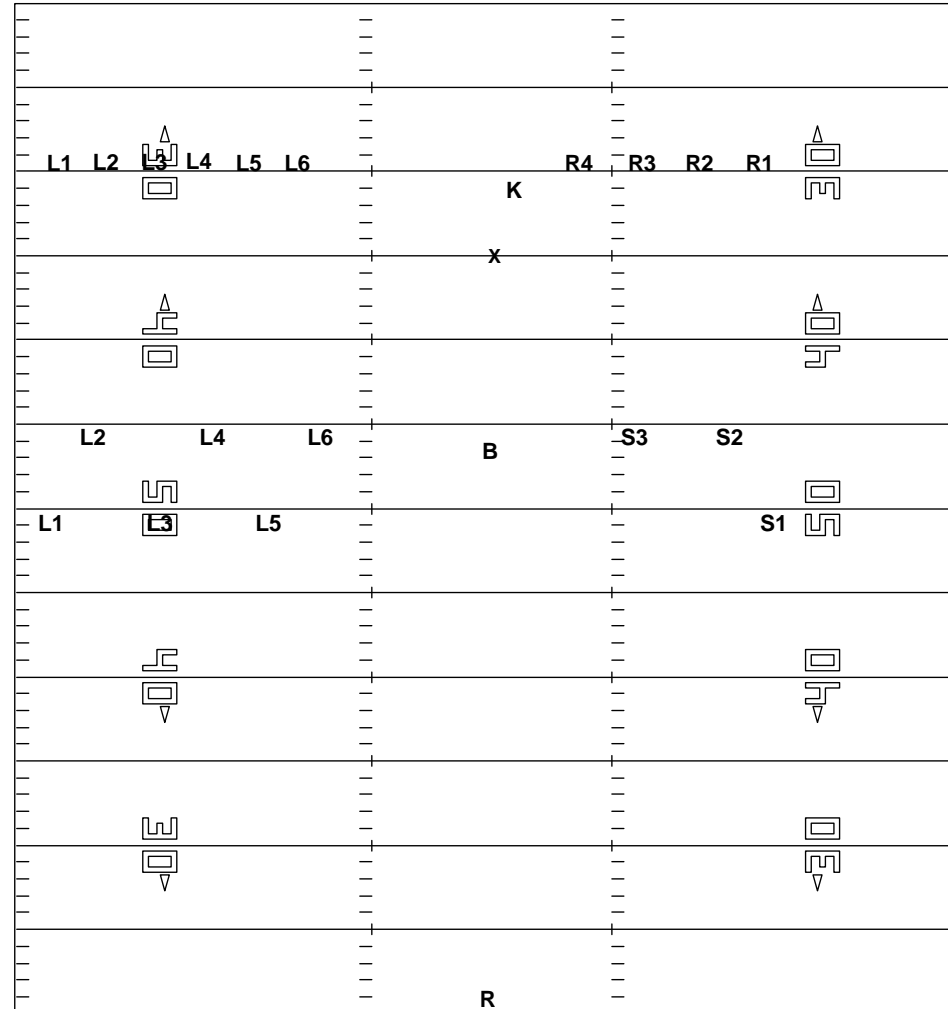


KICK OFF RETURN

HANDS TEAM -VS Left Kick

- L1 - align on the +50 yd line over L1
- L2 - align on the +45 yd line over L2
- L3 - align on the +50 yd line over L3
- L4 - align on the +45 yd line over L4
- L5 - align on the +50 yd line over L5
- L6 - align on the +45 yd line over L6

- B - align on the +47 yd line over the ball
(be ready to work in either direction)
- S3 - align on the +45 yd line over R3
- S2 - align on the +45 yd line over R2
- S1 - align on the +50 yd line over R1
- R - align on the -20 yd line in the MOF



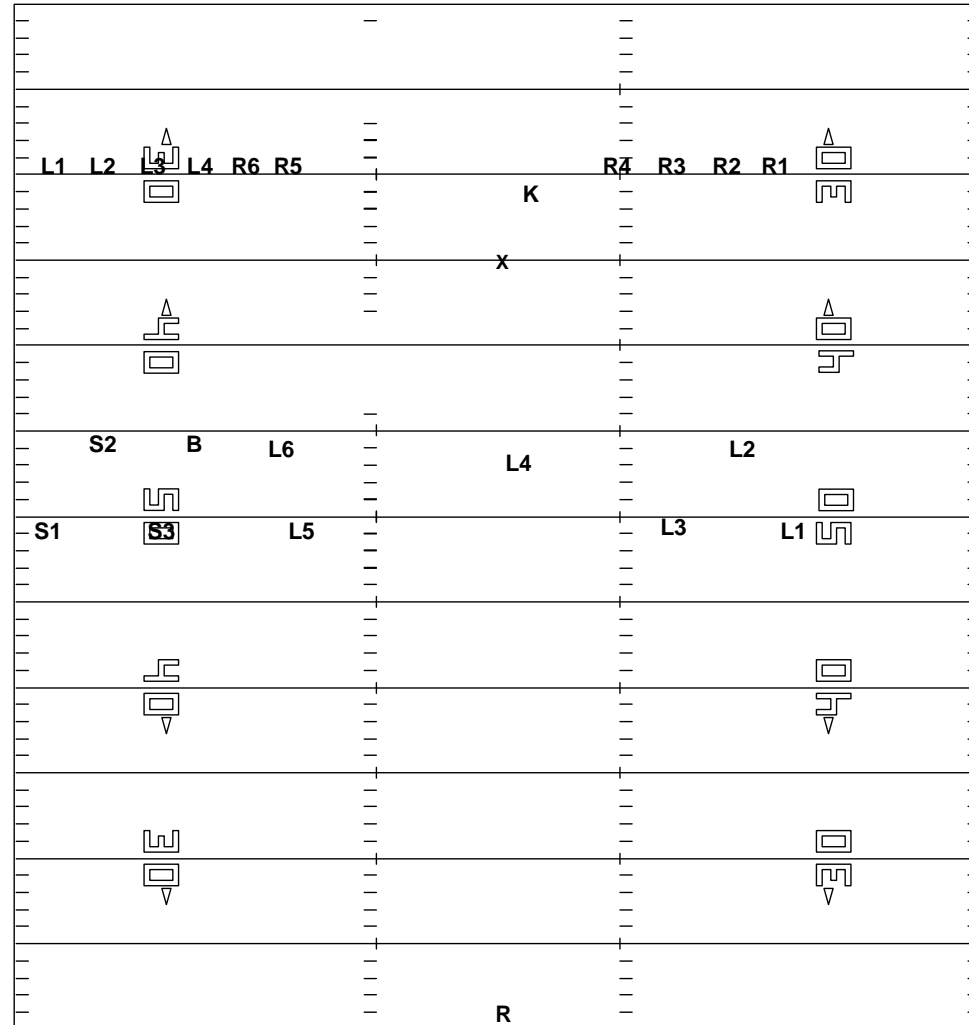
KICK OFF RETURN

HANDS TEAM

-VS SHIFT FROM LOAD RT TO LOAD LT

- L1 – mirror the movement of the R1
- L2 – mirror the movement of the R2
- L3 – mirror the movement of the R3
- L4 – take the place of the B over the ball
- L5 – mirror the movement of the R5
- L6 – mirror the movement of the R6

- B – mirror the movement of the L4
- S3 – mirror the movement of the L3
- S2 – mirror the movement of the L2
- S1 – mirror the movement of the L1
- R - align on the -20 yd line in the MOF



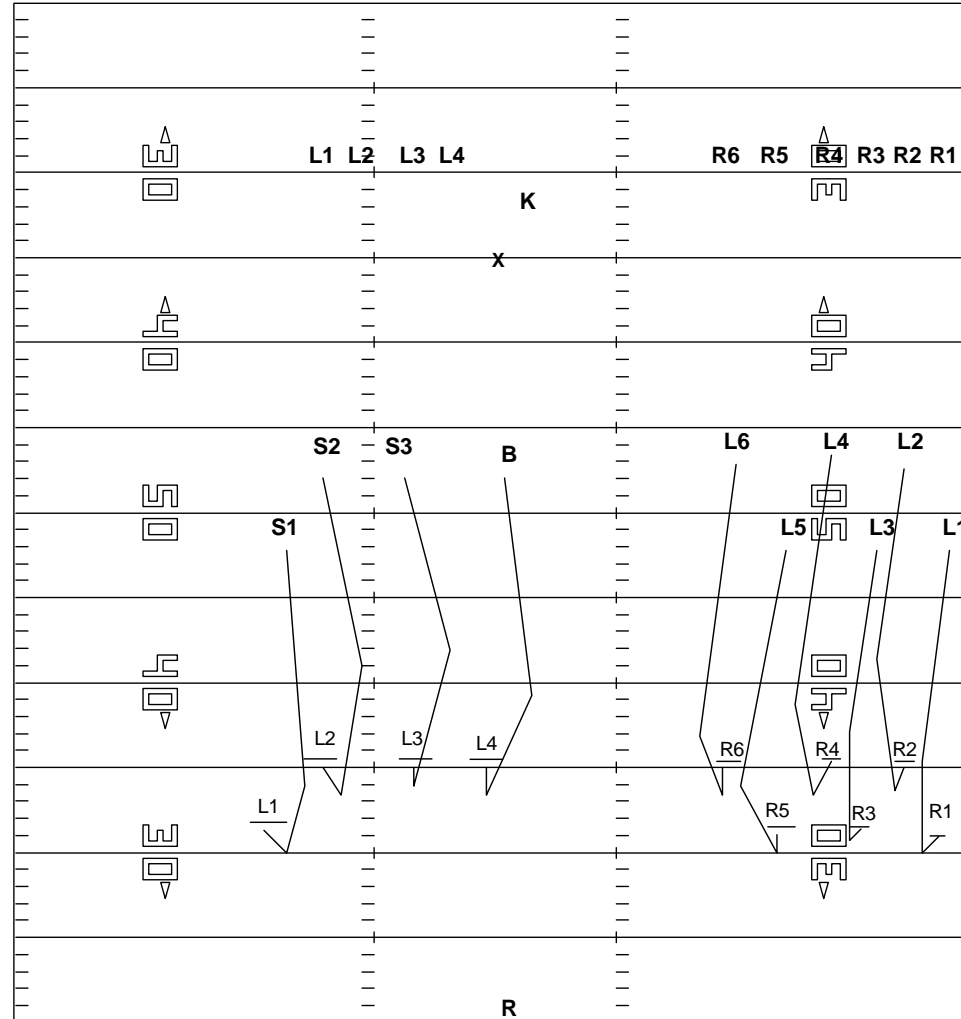
KICK OFF RETURN

HANDS TEAM

-Middle Return vs Deep Kick

- L1 - drop to the -30 yd line and block R1
- L2 - drop to the -35 yd line and block R2
- L3 - drop to the -30 yd line and block R3
- L4 - drop to the -35 yd line and block R4
- L5 - drop to the -30 yd line and block R5
- L6 - drop to the -35 yd line and block R6

- B - drop to the -35 yd line and block L4
- S3 - drop to the -35 yd line and block L3
- S2 - drop to the -35 yd line and block L2
- S1 - drop to the -30 yd line and block L1
- R - field the ball 1st! Be smart

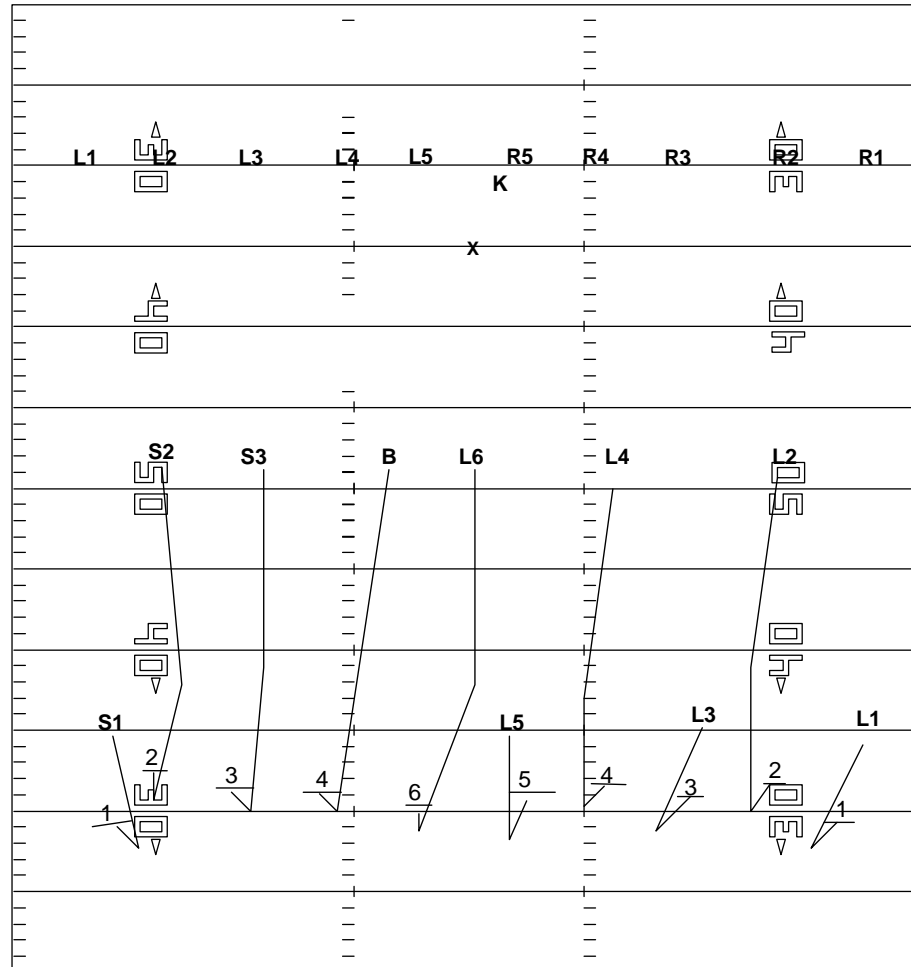


KICK OFF RETURN

HANDS TEAM

-VS Normal Kicking Formation

- If we have put the Hands Team on the field and the opponent aligns in a normal kicking formation, we will call "Adjust" and shift our formation.
 - Front line blockers will align on the +47 yd line and mirror their count.
 - Back line blockers will sprint back to the -35 yd line and mirror their count.
- When the ball is kicked deep, we all drop to the -30 yd line and block your assigned man.
- * Remember, any member of our unit can fair catch a Sky or a Bloop kick!



KICK OFF RETURN

KICK OFF RETURN RULE REMINDERS

1. Once a kickoff has traveled 10 yds, it is a FREE BALL and belongs to the recovering team.
2. A kickoff is illegal unless it travels 10 yards OR it is touched by the receiving team. Once the ball is touched by the receiving team, it is a FREE BALL.
 - A. The receiving team may recover the ball and advance it.
 - B. The kicking team may recover the ball, but CANNOT advance it UNLESS it was possessed and fumbled by the receiving team.
3. When a kickoff goes out-of-bounds between the goal lines without being touched by the receiving team, the receiving team has the option of a re-kick with a 5 yd penalty on the kicking team, possession of the ball where it went out of bounds, or possession of the ball on the -40 yd line.
4. When a kickoff goes out-of-bounds between the goal lines and is touched last by the receiving team, it is the receiving team's ball at the out-of-bounds spot.
5. The clock starts for a kickoff at the time when the ball is legally touched by a member of either team.
6. A kickoff that does not travel 10 yds is treated as follows:
 - A. If the kicking team touches the ball prior to it traveling 10 yds, the receiving team can cover the ball, advance it, or merely let it roll dead. The receiving team then can take possession from where the ball was downed, where they advanced it to, or force a re-kick from the 30 yd line.
 - B. If the receiving team touches it, but does not control it, it is a free ball! It can be recovered and advanced by the receiving team, but only recovered by the kicking team.
7. A kickoff can be fair caught by any member of the receiving team. If there is no receiver in the area of the kick, the ball can be fielded in the air and possessed by either team.



KICK-OFF RETURN

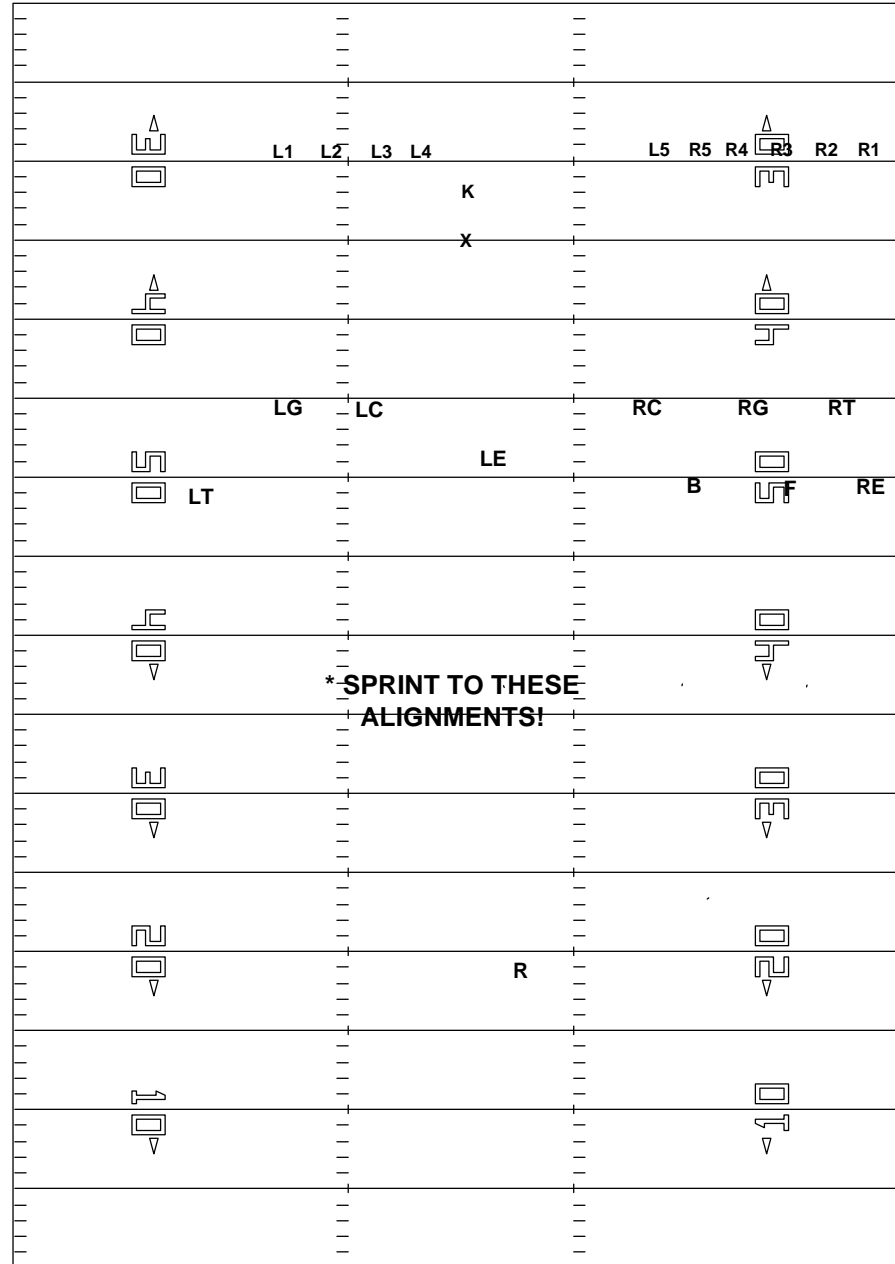
EXOTICS

(BOMB ADJUST / MORTAR / TITAN)

BOMB RIGHT ADJUSTMENT

KICK OFF RETURN

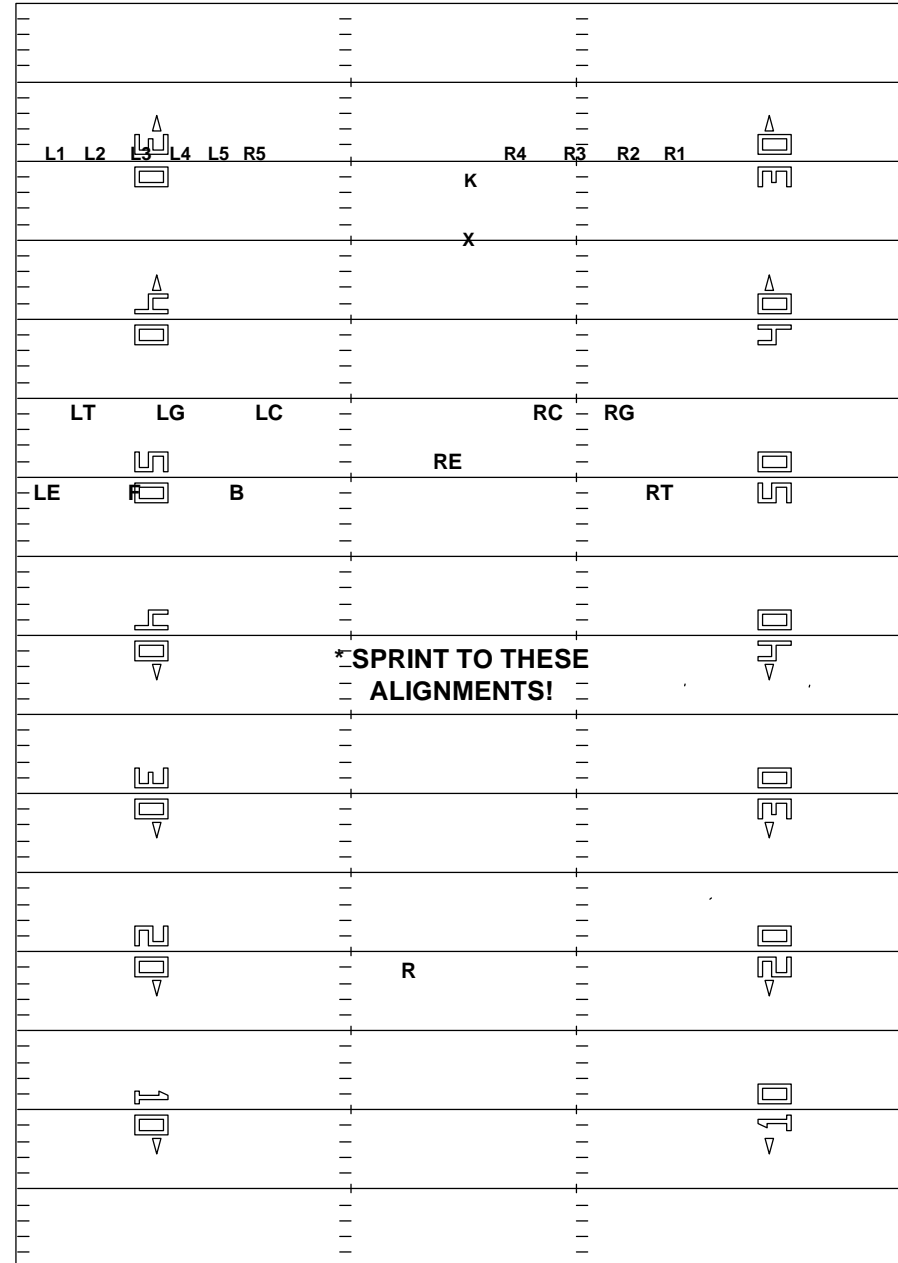
vs Shift to On-Sides Right



BOMB LEFT ADJUSTMENT

KICK OFF RETURN

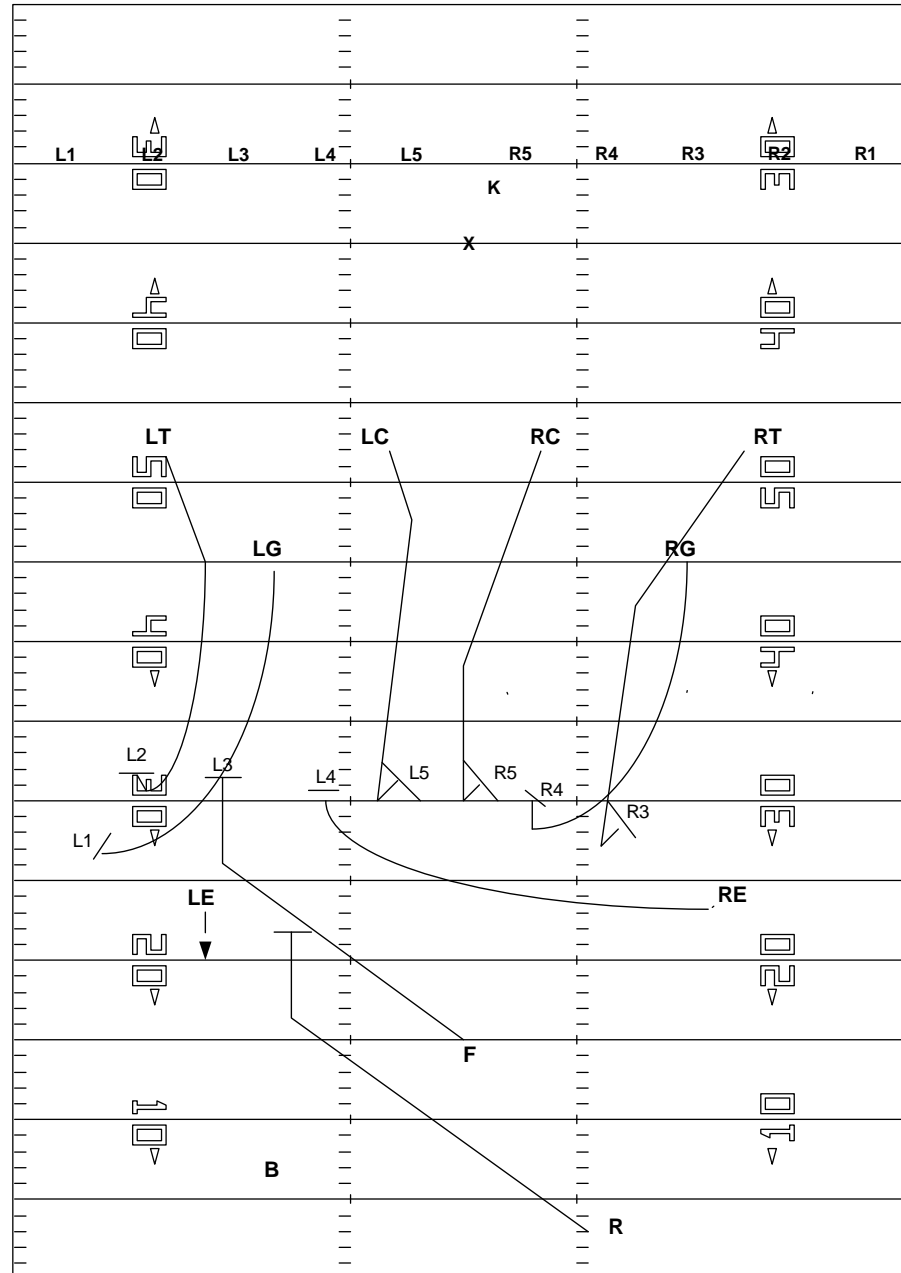
vs Shift to On-Sides Left



MORTAR CONVERSION
vs Sky Kick Lt

KICK OFF RETURN

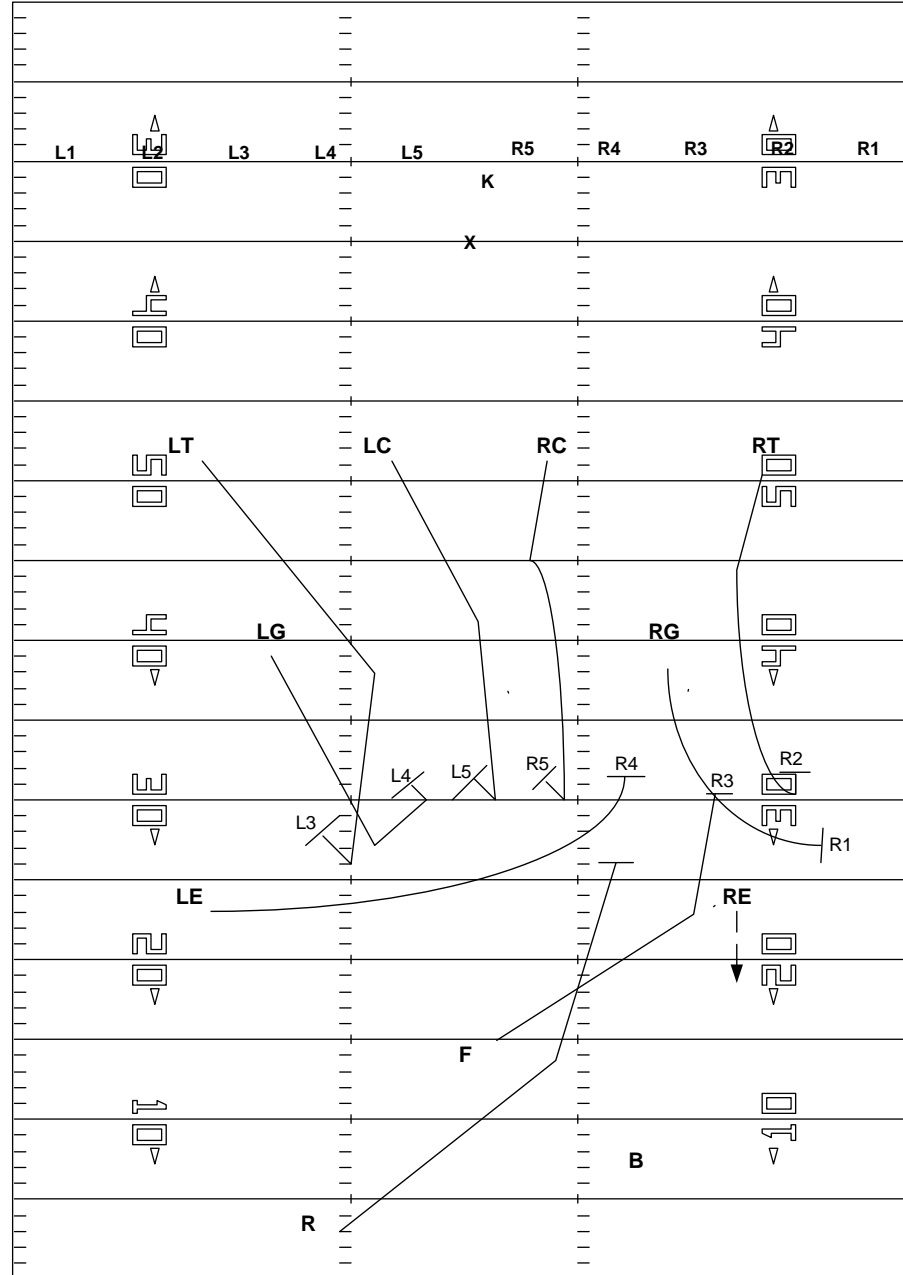
We would expect the LE or the B to field the ball.



KICK OFF RETURN

MORTAR CONVERSION
vs Sky Kick Rt

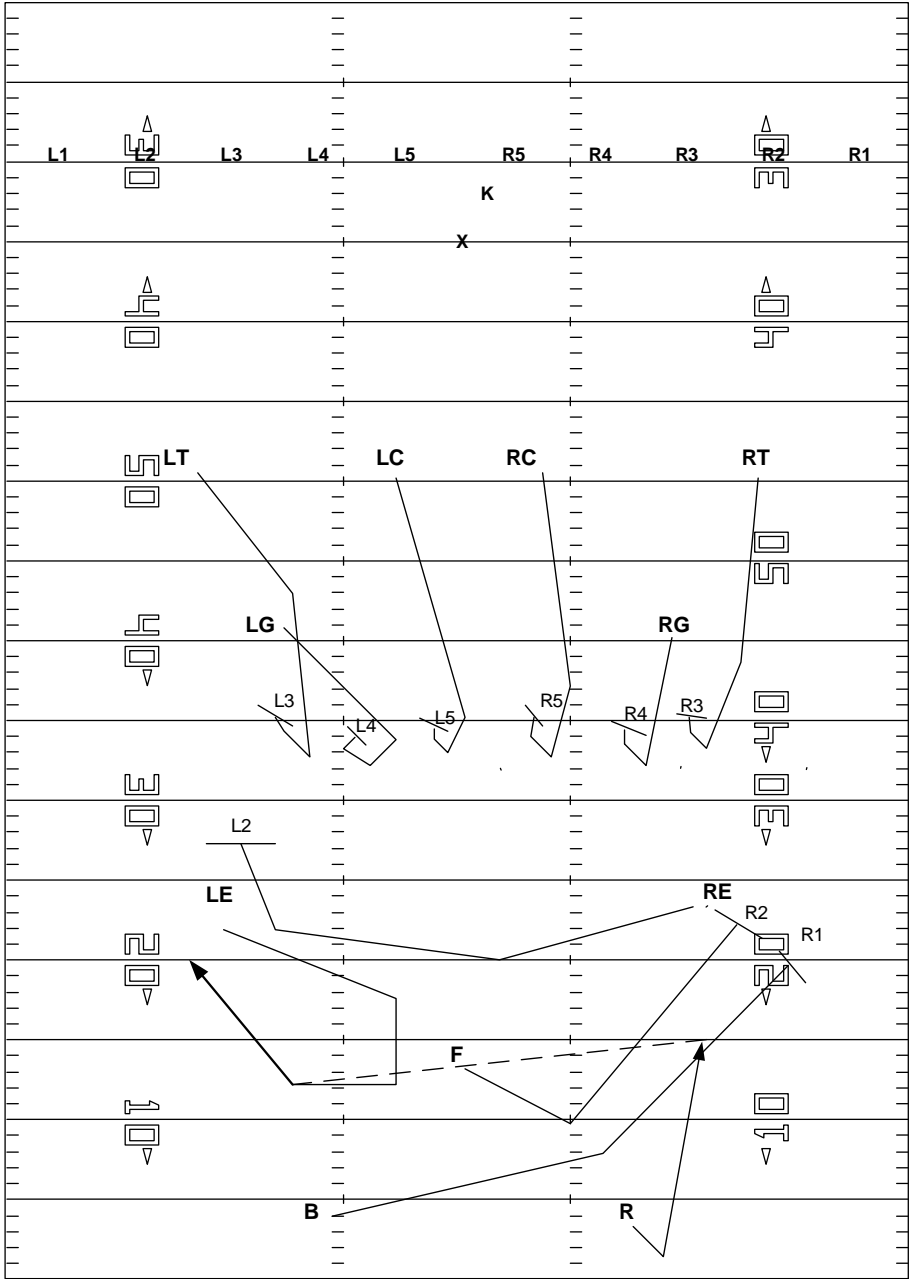
We would expect the RE or the B to field the ball.



TITAN LEFT

KICK OFF RETURN

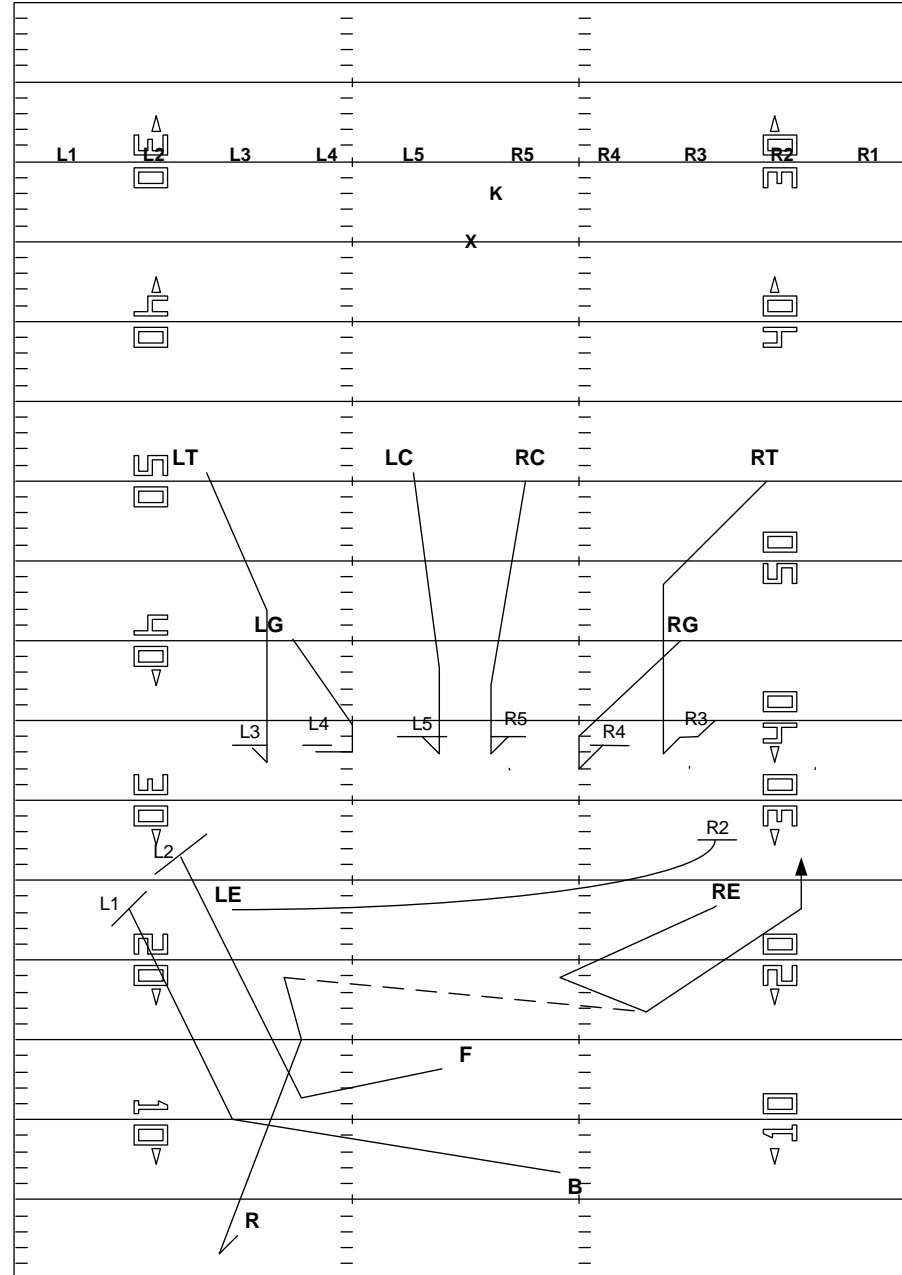
vs Right Hash / Right # Kick



TITAN RIGHT

KICK OFF RETURN

vs Left Hash / Left # Kick



HASH RT / LT

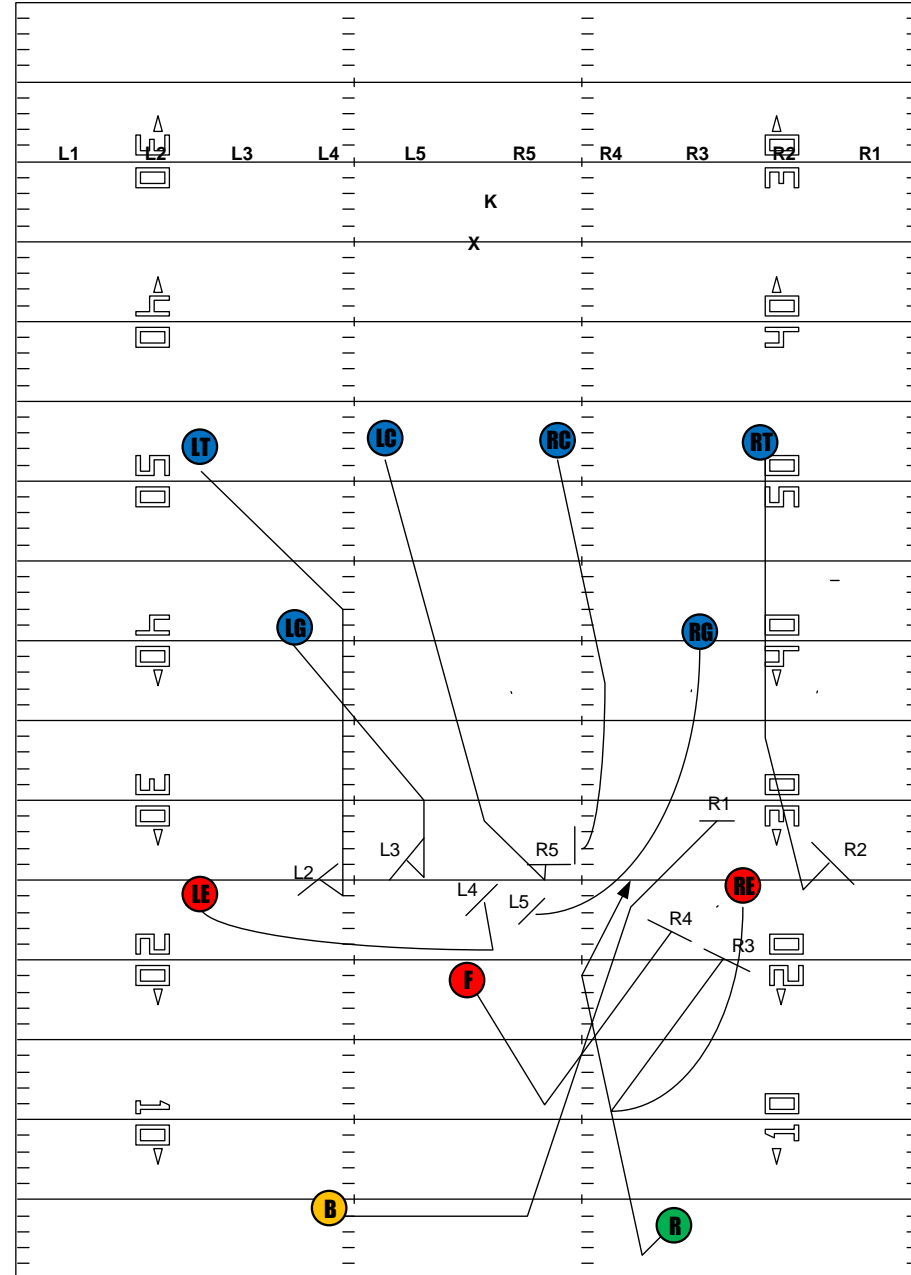
Summary: Hash return with a kick-in double team in the frontline, a kick-out from the wedge, and an ambush on the backside #5. Intended to hit outside #5.

<i>POSITION</i>	<i>RULE</i>	<i>POSITIONAL COACHING POINTS</i>
FRONTSIDE TACKLE	FRONTSIDE 2	Take your drop based on distance and direction of the kick. Gain leverage on your man and block 2 from inside / out.
FRONTSIDE GUARD	AMBUSH BACKSIDE 5	Drop behind the double team, track the backside #5, and block him with outside/in leverage. Ambush mentality.
FRONTSIDE CENTER	DBL FS 5 PIN	Drop to the 25 yd line and find the BSC – work to him. Double the FS 5 with the BSC and seal him inside. Be prepared to use Double Avoid Rules.
BACKSIDE CENTER	DBL FS 5 POST	Drop to the 25 yd line and get outside # leverage on the FS 5. Double and drive him inside. Be prepared to use Double Avoid Rules.
BACKSIDE GUARD	BACKSIDE 3	Take your drop based on distance and direction of the kick. Gain leverage on your man and block 3 with return side leverage.
BACKSIDE TACKLE	BACKSIDE 2	Take your drop based on distance and direction of the kick. Gain leverage on your man and block 2 with return side leverage.
BACKSIDE END	BACKSIDE 4	Drop to the 20 yd line, gather, and block the 4 with your hat on the inside V of his neck. Do not let him cross your face.
FRONTSIDE END	WEDGE 3	Sprint to the FB and get shoulder to shoulder. On 'Go' call secure the 3 with inside/out leverage.
FB	WEDGE 4	Set wedge 12 yds from the ball with inside leverage – you set it for the whole group. Anticipate the catch, make the 'Go' call, and block the 4 with inside / out leverage.
B	FRONTSIDE 1 TO LEAD	Escort. Get 7 yds from the Wedge. 1) Frontside 1 2) Lead – Run the return and block MDM. (Eyes inside / out)
R	RET	Chute Return! Hit return with straight line speed and read the blocks of the Wedge / B. Should be 7 yds from the wedge on wedge contact.

HASH RT

KICK OFF RETURN

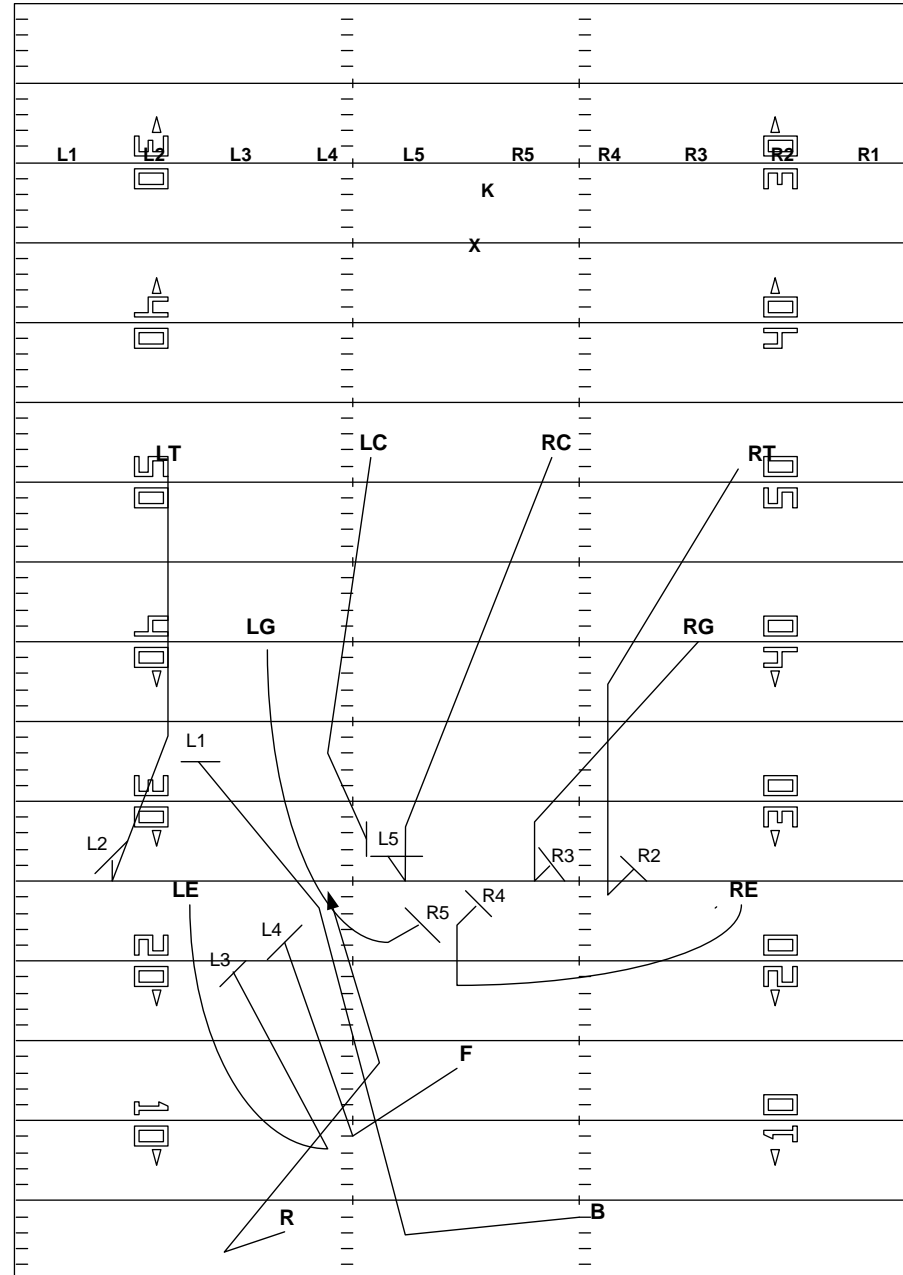
vs Right Hash / Right # Kick



HASH LT

KICK OFF RETURN

vs Left Hash / Left # Kick



BOUNCE RT
(SHOW ALLEY LT)

KICK OFF RETURN

vs Left Hash / Left # Kick

