

***2020 IMG ACADEMY
TIGHT END MANUAL***



IMG

ACADEMY

- TIGHT END MANUAL -



GENERAL PHILOSOPHY

ACADEMICS: You are a STUDENT-Athlete. Take care of business in the class room!

BE ON TIME: In the real world you get fired for being late!
This applies to everything: Class – Tutor Sessions – Meetings – Workouts – Etc.

BE COACHABLE: Use what your coaches are telling you to get better. We all want what is best for you!

IMPROVEMENT: You either get better or you get worse – YOU NEVER STAY THE SAME!

CHARACTER: Be a good teammate & a good person.

OFF THE FIELD: Don't do anything to embarrass yourself, your family, or this program – “Everyone is Watching”

Have a “Champions Attitude” in everything you do...

Compete Everyday!!!

TIGHT END PHILOSOPHY

As a group we will always be looking for ways to ADD VALUE to our room! Offense, Special Teams, Anyway to get as many guys on the field as possible...

LISTED BELOW ARE THE CRITICAL ITEMS NEEDED TO SUCCESSFULLY PLAY THE TE POSITION IN THIS OFFENSE

ALIGNMENT: Know Your Alignment - Get there - and GET SET!

AWARENESS: Defensive scheme recognition is imperative. (Ex: Front, Coverage, Blitz)

ASSIGNMENT: Knowing WHO you are supposed to block or WHAT route you're supposed to run is critical!

COMMUNICATION: Speak up! It is critical that we are all on the same page as it relates to both the run & pass offense.

PREPARATION: “Champions Attitude” Compete Everyday - Approach every practice like it is game day!

UNDERSTANDING: Understand what we are doing & why we are doing it. Not just what your assignment is.

2 ADVANTAGES EVERY BLOCKER HAS

You know the snap count & you know where the ball is going! Take advantage of it!



3 POINT STANCE

- Feet roughly shoulder width apart.
- Toe to in-step relationship.
- Seated position prior to placing hand on the ground.
- Create a five finger tripod with the proper hand down. (Depending on which side you are on)
- Rest off arm in a comfortable position ready to strike.
- Eyes & head up – flat back in stance.
- Should be able to pick hand up off of ground without redistributing weight.

2 POINT STANCE

- Front foot screwed in the ground – Loaded in your stance!
- 70/30 weight distribution between the front foot and the back foot.
- Hips & shoulders parallel to the line of scrimmage.
- The upper body is leaning forward – chest bent over your knee – knee over toe.
- Hands up in stance ready to defeat press.
- Read your triangle for coverage or blitz tips.
- Recognize the leverage of the defender over top of you.
- Eyes back inside to see the ball snapped.
- No wasted movements – eliminate all false steps.

RELEASES

The Tight End must vary his release according to the play called and the play of the defender. You must be physical and give little surface area for defender to attack. Treating technique to move any defender!

TIGHT SWIM Technique used when defender is playing low to ground and anchoring gap.

- 1) Counter at defender with near foot to freeze his technique.
- 2) Slap defenders near arm and punch outside arm through the defenders shoulder.
- 3) Elbow cannot go above your shoulder. Keep it tight and aggressive.

RIP Technique used in releasing inside or outside.

- 1) Roll off inside foot – stay low.
- 2) Crossover and rip with backside shoulder and arm – through defender.
- 3) Finish with hips past the defender.

SLAM Technique used on goal line or heavy man defenders.

- 1) Roll off front foot.
- 2) Butt defender in the mouth – (apply drive).
- 3) Release inside or outside. Finish with hips past the defender.

JAB / COUNTER Technique used vs. read defender.

- 1) Jab step and head fake with foot outside opposite the way you want to release.



SIX TYPES OF CATCHES

1. **Thumbs In:** Make certain the ball is spiraling and coming toward you at least chest-high. Get your hands out where your eyes can see them. When running laterally and a knife-upfield action is possible, it is better to catch thumbs out.
2. **Thumbs Out:** When you cannot turn your thumbs in, turn them out – there is nothing in between. Get your eyes positioned so they can see your hands. The critical fundamental is the positioning of the hands relative to the eyes.
3. **Pocket:** The ball is to wedge between the arm and the ribs and get clamped by the hands.
4. **Scoop:** For a low ball, put the thumbs out and scoop the ball in to your arms. Take the ball out of the grass. Just do what you would if you had a million dollars on the catch, and the passer put it in low.
5. **Claw:** You can reach farther with one hand than you can with two. Often times, the only way to go for an overthrown ball is to reach with one hand. Make a claw out of your ring, middle, and point fingers, so the ball will get hooked if you touch the tip of it.
6. **Clamp:** To keep a defender from affecting your arms, start with your arms out, let the ball hit your body (preferably your armpit), and clamp down on it.



All blocks have pictures on following pages

DRIVE/BASE BLOCK

- The key to any successful run block starts with the first step (Jab Step). Shave the top of the grass.
- All remaining steps should be equal distance – pound the ground to gain ground!
- Pad level is also very critical. Flat back on contact – the hip roll should occur naturally.
- Shoot the hands. 1st step should trigger elbows loaded and hands just under chest plate. 2nd step should trigger strike with hands. Thumbs up – elbows tight – grab cloth inside the framework of the defender & maintain grip.
- Facial landmarks are key – get the face in the block – eyes up at all time.

REACH BLOCK

- Directional step to outside foot of defender (L Step).
- Fight to get hat playside.
- Press the defender vertically up the field with playside hand, get the backside hand to his heart.
- If unable to reach – lock it out with inside hand to provide running lane for ball carrier.
- The defender is being taught not to get reached – battle for leverage!

DOWN BLOCK

- Any time you are down blocking a defender, you have to ask yourself whether or not he is a threat to penetrate or a read front player. In other words, is he a guy that is going to collision and attempt to cross my face, or is he a guy that is going to jet up the field?
- Vs. any read front player, it is critical that you anticipate movement back across your face. Your first step must be at the V of the neck. Get your facemask in his near arm pit & use his momentum against him – press the defender up the field.
- Vs. a penetrator, you must flatten out your first step, and shoot your head across to deny penetration.
- Film study will prepare you for these types of blocks.

CUTOFF BLOCK

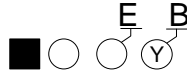
- Backside of play.
- Step with inside foot quickly to gain leverage on defender.
- Try & make the defender take an outside lane.
- Square your feet & shoulders and take him where he wants to go.
- Never separate if defender tries to gap charge.

TIGHT END INDIVIDUAL – EXAMPLE LINE CALLS

Drive/ Base Block: This is our basic playside run blocking technique.
(Vertical Jab Step)



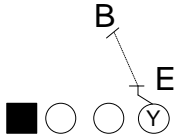
Reach Block: This is a blocking technique used with wide run plays by a playside TE. The concept being to win the “edge” vs the defender.
Possible “Out Out” call.
(Light Drop Step)



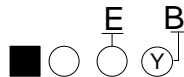
Drive Cutoff: This is our basic backside run blocking technique.
(Inside L Step)



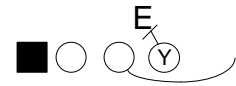
Sift: Backside block in which the TE will protect C Gap and work up to 2nd level defender.
(L Step)



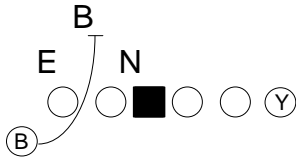
Man: Block Man On
(L Step)



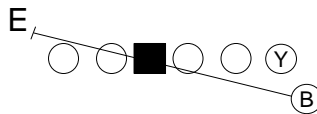
Down Block: Pin defender inside.
Attack V of the neck, alert spin out.
(Inside L Step)



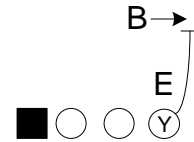
Key: Man blocking backside by OL.
Take entry based off 1st defender past the center.



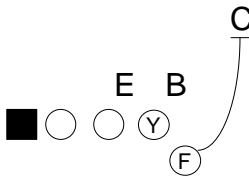
Cross: Work back across LOS tight to the OL as possible. Put hat on the up-field shoulder.



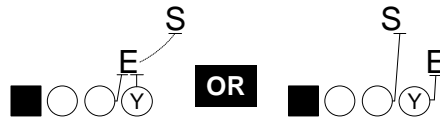
Arc: Work around defender on LOS to 1st LB inside your alignment.



Boss: Off TE or FB from the backfield block support defender.



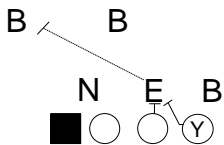
Trey – Zone Combination Block between PST and the TE on a defensive lineman up to a near linebacker.



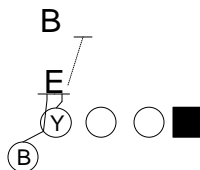
Zorro – Call made by the OL as blitz alert. Turns to full zone.
Step flat and expect DL movement.



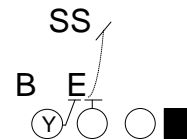
Team – Double team between PST & TE. (Possible Veam)



Slap: Backside combination between both TE's.



Slip – Zone combo block between the BST And TE on a DL and LB.



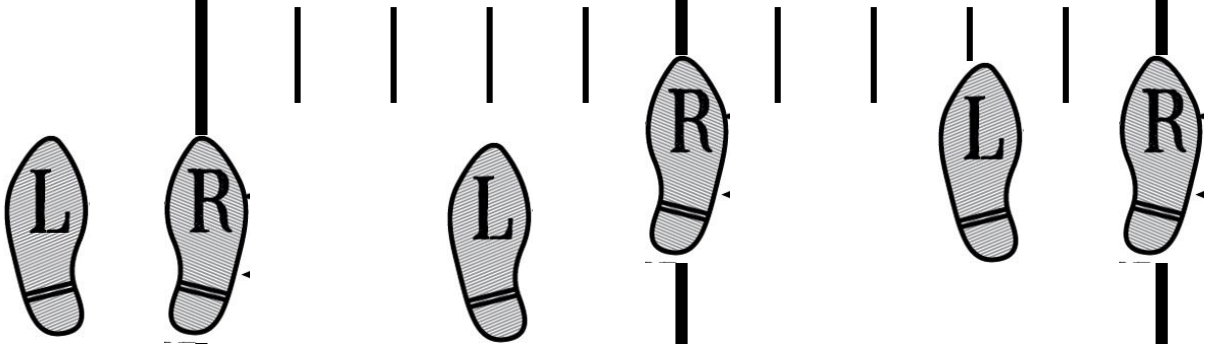
TIGHT END INDIVIDUAL – FOOTWORK PROGRESSION

START

END

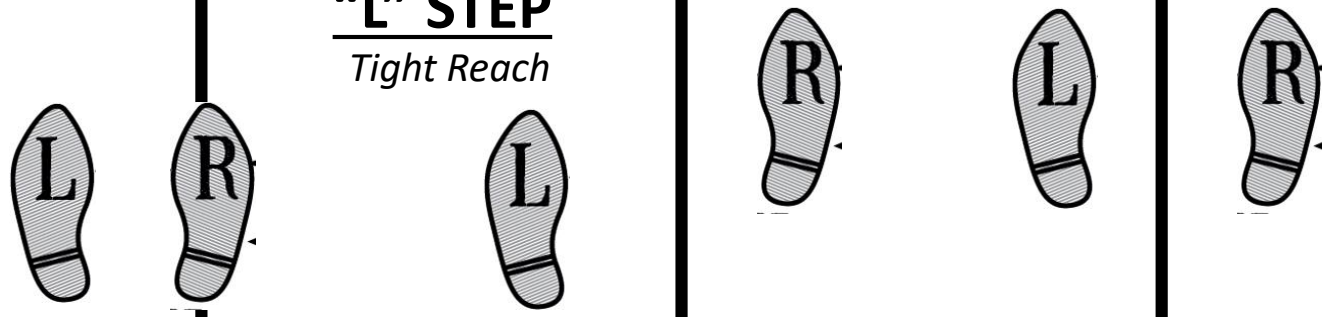
JAB STEP

Vertical Footwork



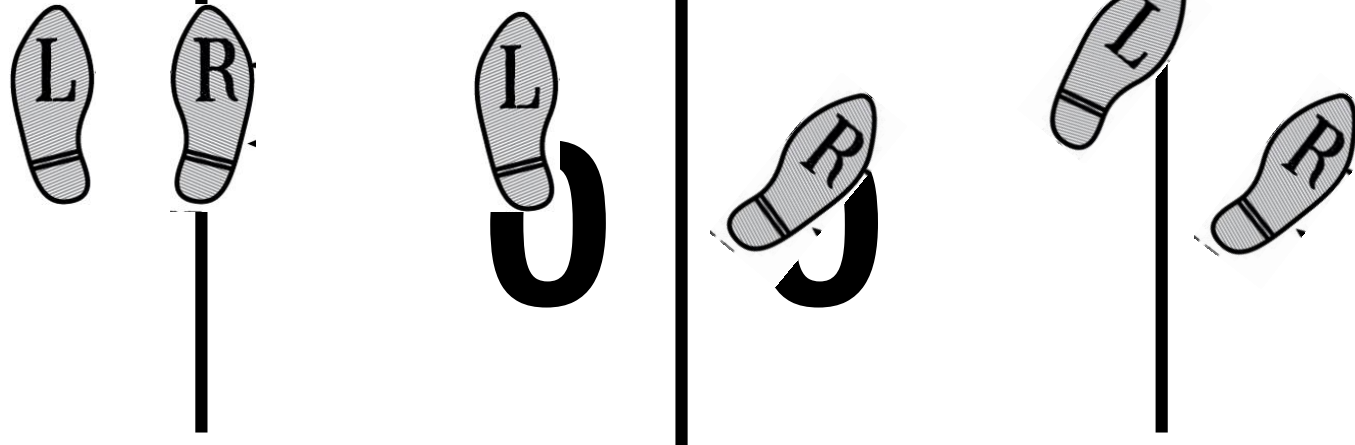
"L" STEP

Tight Reach



DROP STEP

Backside Cutoff / Wide Reach

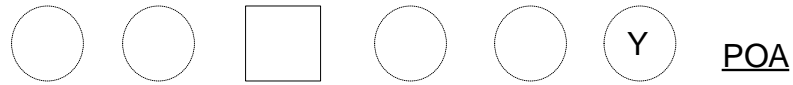




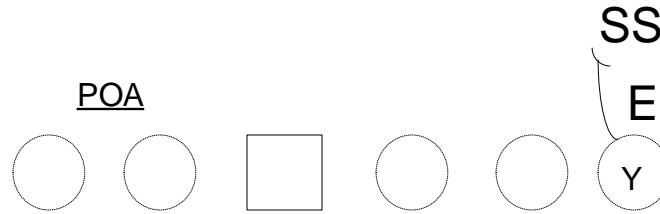
GENERAL BLOCKING TERMS

1) **Line of Scrimmage (LOS)**

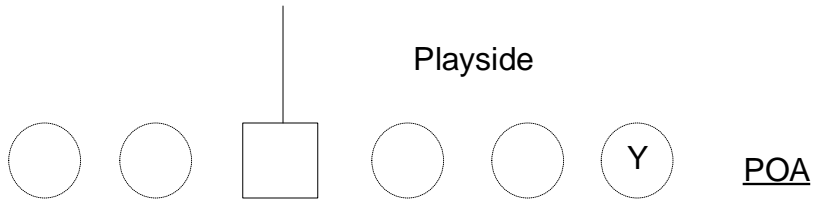
2) **Point-of-Attack (POA)** - The area along the LOS we have designed to be play side.



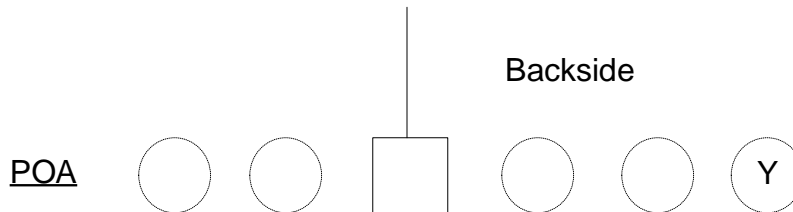
3) **Most Dangerous Man (MDM)** - Refers to the decision a blocker must make in choosing a defender to block



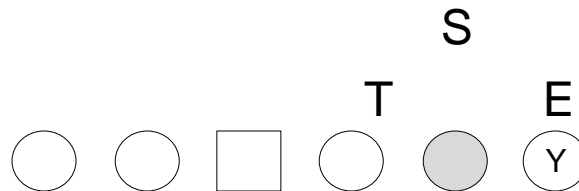
4) **Playside** - The side of the LOS we are running the ball to.



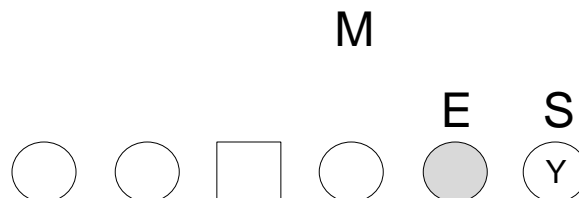
5) **Backside** - The side of the line opposite the direction we are running the ball.



6) **Uncovered** - This term refers to a Blocker who is NOT covered by a DL.

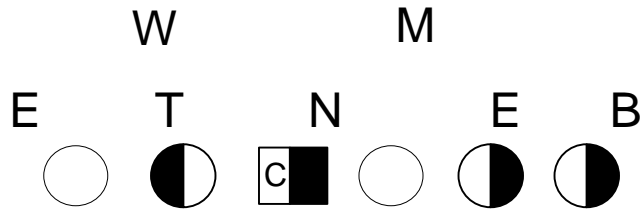


7) **Covered** - This term refers to a Blocker who is covered by a DL.

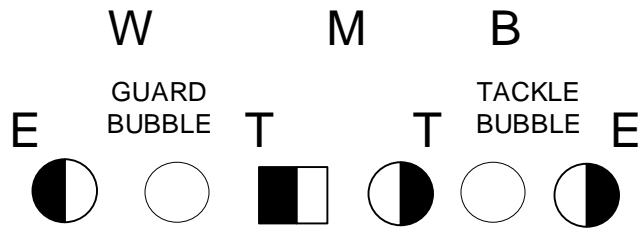




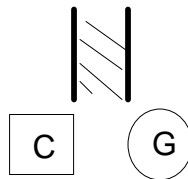
8) **Shades** - The alignment of the DL on the Blockers - They can individually or collectively shade strong or weak.



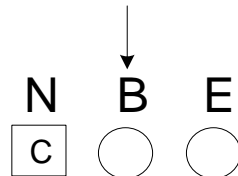
9) **Bubble** - A term describing a Lineman who has a Linebacker on him with Down Lineman on either side.



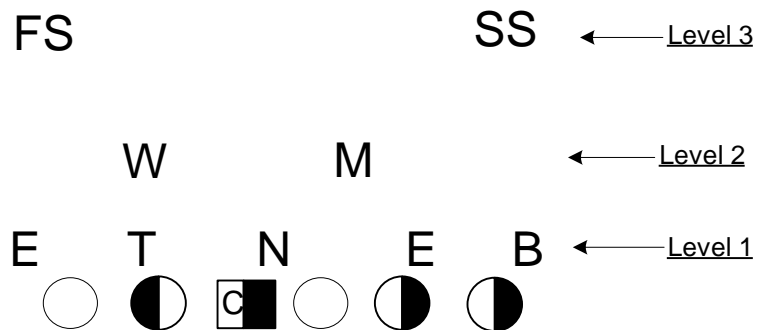
10) **Gap** - The area between two adjacent blockers.



11) **Mug** - Alignment position of a LB who walks-up on the line in a stand-up position.



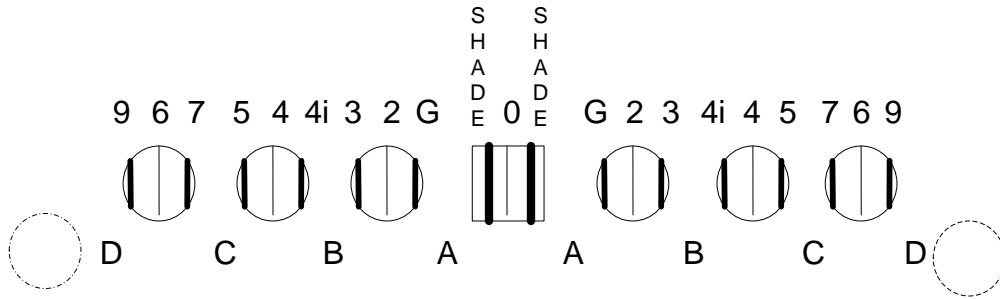
12) **Levels** - Refers to the levels of defense





ALIGNMENT NUMBERING SYSTEM

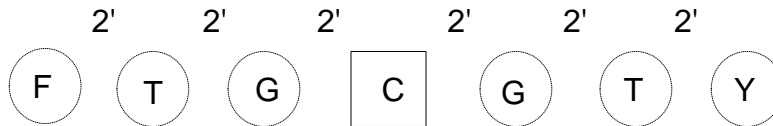
Our **alignment** numbering system allows us to communicate an opponents alignment in absolute terms.



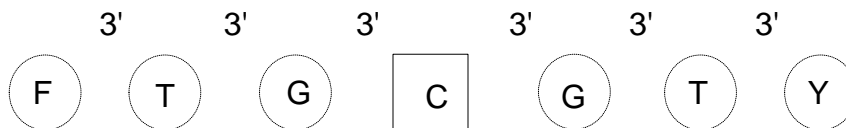
SPLIT VARIATIONS

The spaces between blockers can be an effective factor in creating better blocking angles for an offensive line. We will use one or all of three Split Variations on any play.

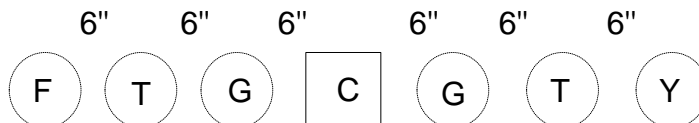
1) **Normal Splits** - We will use these splits as a base rule in open field situations.



2) **Wide Splits** - We will use these splits as a way of stretching a defensive front and opening bigger distances between defenders.



3) **Tight Splits** - We will use these splits on Short Yardage or Goal Line situations as a way of minimizing penetration in critical situations.



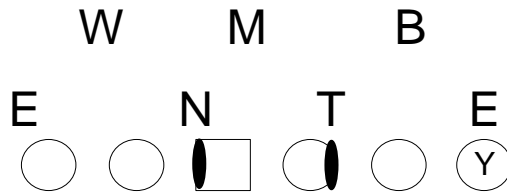
4) **Smart Splits** - Any basic split rule can be expanded or compressed in order to place the blocker in the best position to do his job.



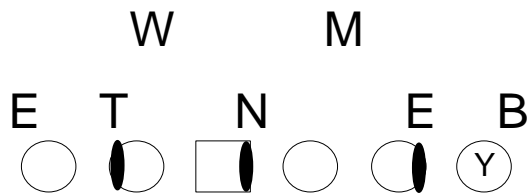
FRONTS



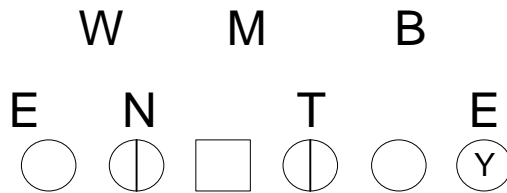
OVER – STRONGSIDE GUARD COVERED, SHADE ON CENTER WEAK



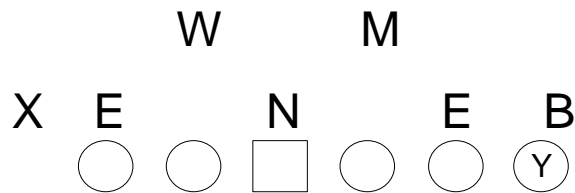
UNDER – SHADE ON CENTER STRONG, WEAKSIDE GUARD COVERED



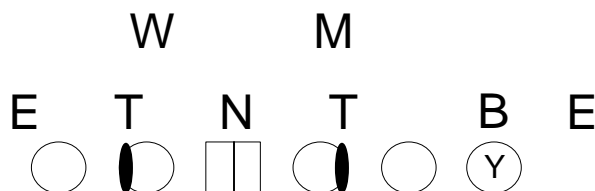
EVEN – BOTH GUARDS COVERED, WITH CENTER COMPLETELY UNCOVERED



ODD – BOTH GUARDS COMPLETELY UNCOVERED



JAM – ALL THREE INTERIOR OFFENSIVE LINEMAN COVERED.



Reading Your Triangle

When aligned at the line of scrimmage, it is critical that you get a good pre-snap look at secondary and linebacker defenders to determine the coverage. The triangle consists of the cornerback, near safety, and near linebacker. The alignments of their three defenders will assist us in determining the coverage before the ball is snapped.

READING YOUR TRIANGLE

