



2020 PUNT PLAYBOOK



PUNT PROTECTION



PROTECTION FUNDAMENTALS (CONTINUED)

The personal protectors' responsibilities include:

1. Manage the clock. Get the ball snapped before the play clock expires (Set Call). There will be times when we will snap the ball early in the play clock and other times where we will delay the snap.
2. Identify the number of potential rushers. This number can be identified by counting the number of returners, vices and then the box.
3. Make the protection call:
 - 8-Man Even / Load / Super, Red / Blue / Silver.
 - 7-Man Load, Red / Blue / Silver.
 - 6-Man Red / Blue / Silver.

SILVER = BALANCED SET, SOMEONE OVER THE LS IN A 2 POINT OR 3 POINT STANCE, OR A 6 MAN BALANCED SET WITH 2 WIDE 3 TECHNIQUES.

LOAD = Any Five Man side. PP takes 1st Looper, LS blocks to load and redirects with 2nd Looper.

SUPER = Any Six Man side. Guard has Final 3 - 1st Looper, PP has Final 4 - 2nd Looper & LS has Final 4 - 3rd Looper.

The PP and the GUARDS will communicate with the LS for direction and alert him to stems by the front. The PP may also check the protection call if front movement dictates such action.

Example: 8 Man Even Blue... Easy, Easy, Load Red.

4. Start the play. When all calls and communications have been made, the PP says "SET". The LS will then snap the ball when ready (Non rhythmic snap – ball key).

C. LONG SNAPPER

The LS has two techniques to use in this protection. If he has a wide rusher to block, he will employ a "full set" technique. This is done by moving his body over one full position while getting as much depth as possible. His departure angle will be 45 degrees for depth and width. The LS goes to the call **BLUE = Left, RED = Right, SILVER = Vertical Set**. In a **SILVER** call, the LS will move his body straight back. Depth is critical in this technique. He will keep the rusher in front of him, stop his momentum, shed and cover. The LS will snap the ball when ready (Non rhythmic snap – no pre snap indicators).



PUNT PROTECTION



PROTECTION FUNDAMENTALS (CONTINUED)

D. GUNNERS

In our base protections, the gunners have no blocking responsibility. They must be aware of the following looks:

- A. SINGLE: Zero aligned on a Gunner.
(In 8-Man protection, you will likely be either singled or doubled by a bracket. We are sacrificing some coverage by the front in order to be sound in our protection. The gunners must make tackles when they are not doubled).
- B. BRACKET: Player dropping from the box to double a gunner.
- C. VICES: Double Teams.
- D. CREEPER: When a One or Zero goes towards the box.
- E. DANGER: When PP brings you down.

SKY RULES: Gunner to Sky Rip/Liz Single call will take best release and work to get toes to the 1 yard line and prevent the ball from going into the End Zone. Gunner away from call is responsible for the Returner. If Returner makes a fair catch signal or you see the ball not being caught, get toes to the 1 yard line and prevent the ball from going into the End Zone. Sky Mary Double or Rip/Liz Double, both Gunners take best release and work to get toes to the 1 yard line and prevent the ball from going into the End Zone.

E. PUNTER

We will be a directional punting team between the sideline and the bottom of the numbers is our aiming point. The punter has the responsibility to punt the ball on rhythm. He must be aware of the front and protection call so that he may know his threats. There will be certain 8-Man fronts into which we will change our directional punt. A “CREEPER” call alerts him to a One or Zero rush, which may increase his tempo or change his direction (game plan). Sky punts are critical to the success of our punt team in creating field position.



TYPES OF PUNTS



TYPES OF PUNTS

RIP = PUNT OUTSIDE THE RIGHT HASH.

LIZ = PUNT OUTSIDE THE LEFT HASH.

SKY = PUNT IN THE +50 AREA.

LIGHTNING = QUICK PUNT USED TO DEFEAT STEMERS AND CREEPERS.
IT WILL BE TAGGED WITH RIP, LIZ, MARY OR SKY.

EXAMPLE: SIDELINE CALL BY COACH: "LIGHTNING LIZ".
FIELD CALL BY PP: "SET".

YELLOW = PUNT FROM OUR – 4 YARD LINE OR LESS. PUNTER AND PP ADJUST DEPTH.
PROTECTION = FIRM IT UP. PUNTER = CATCH, STEP, KICK.

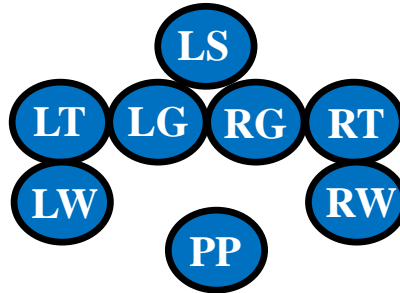
DISCO = PUNT WHEN WE WILL USE A DOUBLE "SET" CALL TO GET THE OPPONENT TO
SHOW THERE LOOK.

EXAMPLE: SIDELINE CALL BY COACH: "DISCO RIP".

FIELD CALL BY PP: "8 MAN BLUE SET" THIS IS THE DUMMY CALL.
PP THEN MAKES PROTECTION CALL: "8 MAN LOAD RED SET".



PUNT HUDDLE



PP: IS THE QB OF THE PUNT TEAM

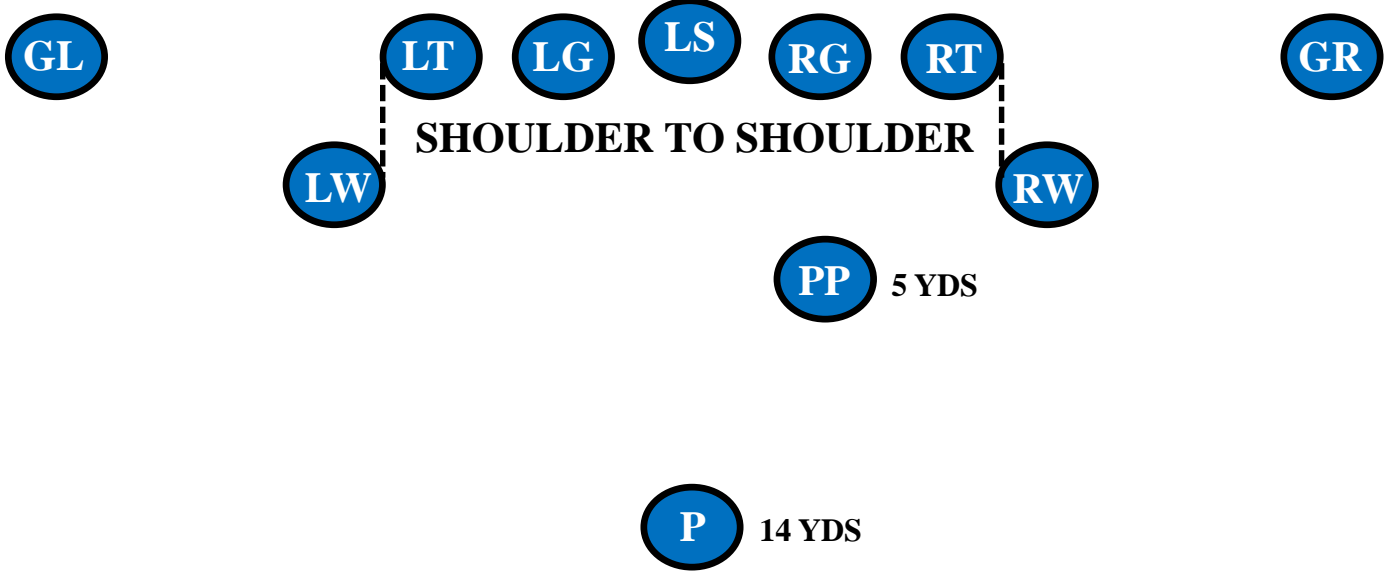
1. PP WILL GIVE THE PUNT DIRECTION OR FAKE CALL TO THE LS.
2. PP WILL REPEAT THE CALL TO THE GUARDS, TACKLES & WINGS.
3. PP WILL GET A READY "BREAK" CALL THEN SPRINT TO THE L.O.S.



PUNT PROTECTION



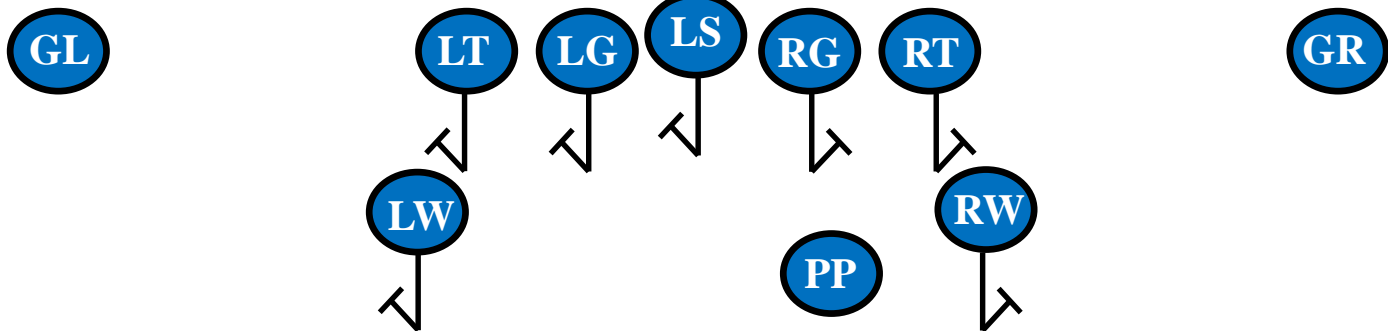
PUNT ALIGNMENT



POSITION	ALIGNMENT
LONG SNAPPER	ALIGN OVER BALL WITH FEET SLIGHTLY WIDER THAN SHOULDER WIDTH. ASSUME YOUR GRIP AND SURVEY THE FRONT. SNAP TIME SHOULD BE .8 OR LESS.
GUARDS	BE AS DEEP OFF THE BALL AS YOU CAN BUT BREAK THE BELT LINE OF THE LS. FEET SHOULDER WIDTH APART, STAGGER YOUR INSIDE FOOT BACK. HANDS ON THIGHS. EYES UP. SHOULDERS SQUARE TO THE LOS.
TACKLES	BE AS DEEP OFF THE BALL AS YOU CAN BUT BREAK THE BELT LINE OF THE LS. FEET SHOULDER WIDTH APART, STAGGER YOUR INSIDE FOOT BACK. HANDS ON THIGHS. EYES UP. SHOULDERS SQUARE TO THE LOS.
WINGS	INSIDE FOOT SHOULD BE ALIGNED OUTSIDE THE TACKLES OUTSIDE FOOT. REACH OUT WITH INSIDE ARM, TOUCH OUTSIDE HIP OF THE TACKLE. FEET SHOULDER WIDTH APART, STAGGER YOUR INSIDE FOOT BACK. HANDS ON THIGHS. EYES UP. SHOULDERS SQUARE TO THE LOS.
GUNNERS	ALIGN ON THE LOS IN A PARALLEL STANCE. GUNNER TO THE PUNT CALL ALIGN ON THE NUMBERS – GUNNER AWAY ALIGN ON THE SPLIT.
PERSONAL PROTECTOR	TOES AT 5 YARDS FROM BALL, ALIGNED BEHIND THE GUARD TO THE PUNTERS LEG SIDE.
PUNTER	14 YARDS DEEP. DEPTH FOR KICK SPOT AT 10 YARDS. TOUCH TO TOE SHOULD BE 1.20 OR LESS. GET OFF TIME SHOULD BE 2.00 OR LESS.

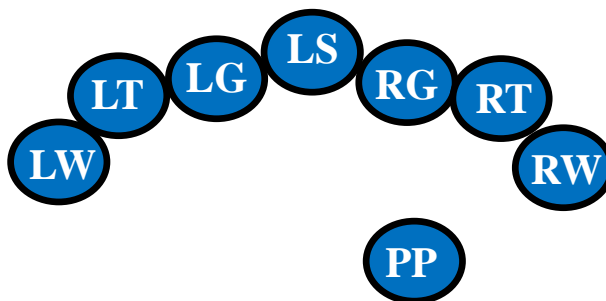


PREACH & WORK THE LINE



P

CREATES A CUP OF PROTECTION



PUNTING @ 10YDS

X

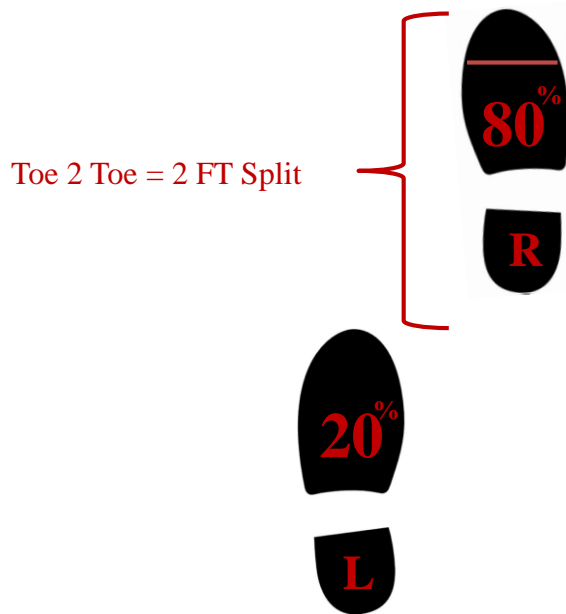
P



PREACH & WORK THE LINE



LEFT SIDE OF THE LONG SNAPPER



STARTING STANCE

FEET SHOULD WIDTH APART / 2 FT STAGGER

80% OF BODY WEIGHT ON INSIDE / FRONT FOOT (BALL OF FOOT).

20% OF BODY WEIGHT ON OUTSIDE / BACK FOOT (HEEL UP).

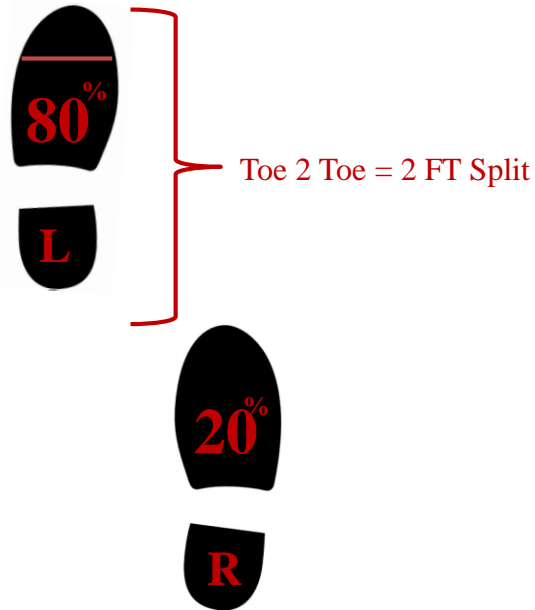
KNEE OVER YOUR TOE / CHEST OVER YOUR KNEE



PREACH & WORK THE LINE



RIGHT SIDE OF THE LONG SNAPPER



STARTING STANCE

FEET SHOULD WIDTH APART / 2 FT STAGGER

80% OF BODY WEIGHT ON INSIDE / FRONT FOOT (BALL OF FOOT).

20% OF BODY WEIGHT ON OUTSIDE / BACK FOOT (HEEL UP).

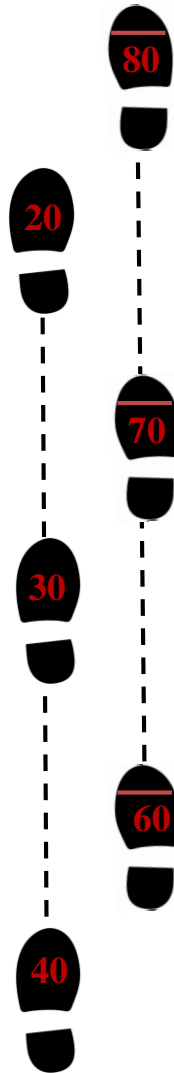
KNEE OVER YOUR TOE / CHEST OVER YOUR KNEE



PREACH & WORK THE LINE



LEFT SIDE OF THE LONG SNAPPER PREACHING & WORKING THE LINE



**PREACH = PUSH OFF YOUR FRONT FOOT / REACH WITH YOUR BACK FOOT.
PREACH FOR 3 STEPS: WEIGHT GOES FROM 80/20 TO 70/30 TO 60/40.**

WORK THE LINE

HAVING YOUR FEET STAY ON THE SAME PATH AS THEY STARTED

BODY CONTROL

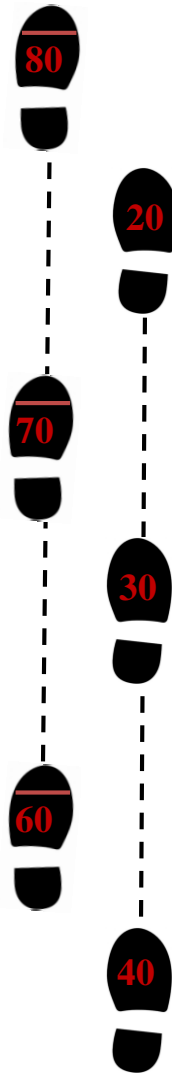
SHOULDERS / HIPS / TOES POINTED FORWARD



PREACH & WORK THE LINE



RIGHT SIDE OF THE LONG SNAPPER PREACHING & WORKING THE LINE



**PREACH = PUSH OFF YOUR FRONT FOOT / REACH WITH YOUR BACK FOOT.
PREACH FOR 3 STEPS: WEIGHT GOES FROM 80/20 TO 70/30 TO 60/40.**

WORK THE LINE

HAVING YOUR FEET STAY ON THE SAME PATH AS THEY STARTED

BODY CONTROL

SHOULDERS / HIPS / TOES POINTED FORWARD



PUNT CORE INSTALL



LOCKED & LOADED



HOTS & 2



The protector will protect the inside gap with his inside hand (Post Hand). Keeping his outside hand up (“**Locked and Loaded**”). This provides presence to help inside, before meeting his man outside. The post hand will be swift and forceful; this technique does not involve reaching or leaning inside. The eyes should always be on the primary man.

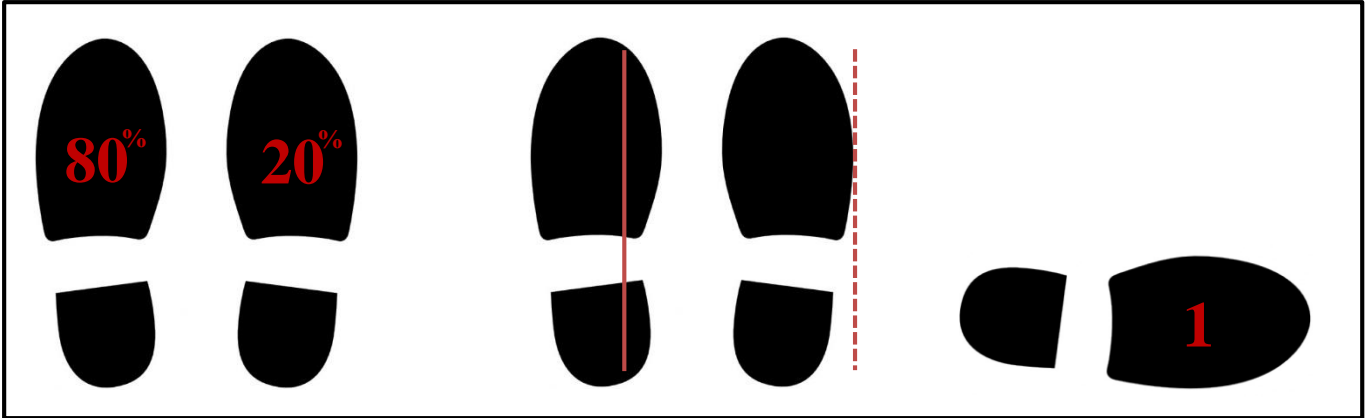
When the rusher meets the protector, the protector will anchor his outside foot and strike a two-hand punch with the heels of his Hands On The Sternum of the rusher and 2 step redirect (“**HOTS & 2**”). At this point the protector becomes a coverage man, shedding any holdup attempt and sprinting into coverage.



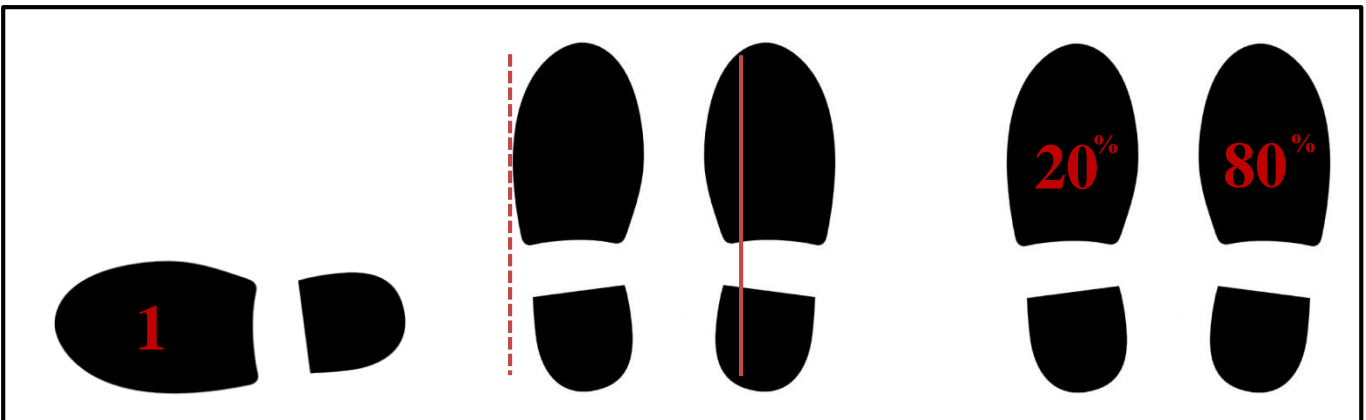
GUNNER STANCE



STANCE WEIGHT DISTRIBUTION GOING RIGHT



STANCE WEIGHT DISTRIBUTION GOING LEFT

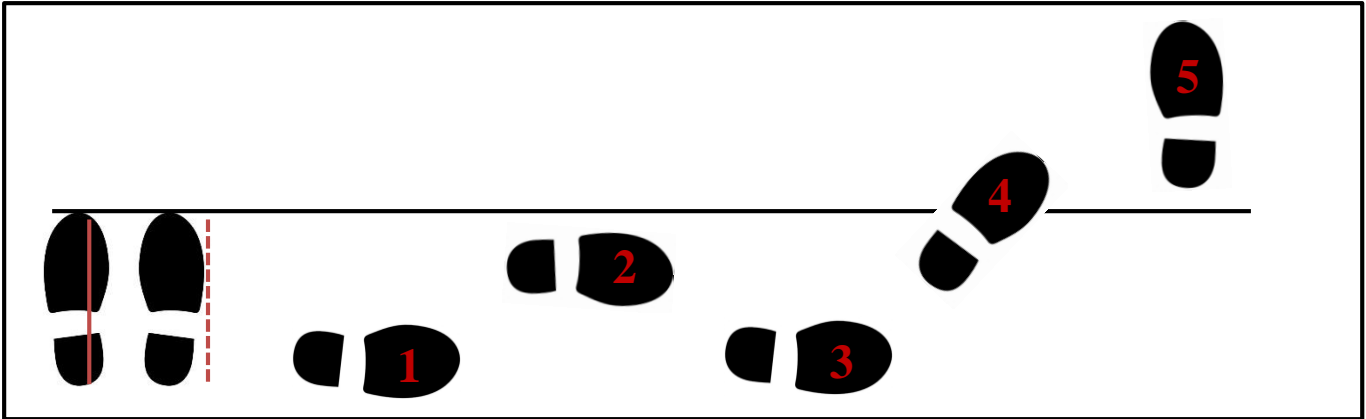




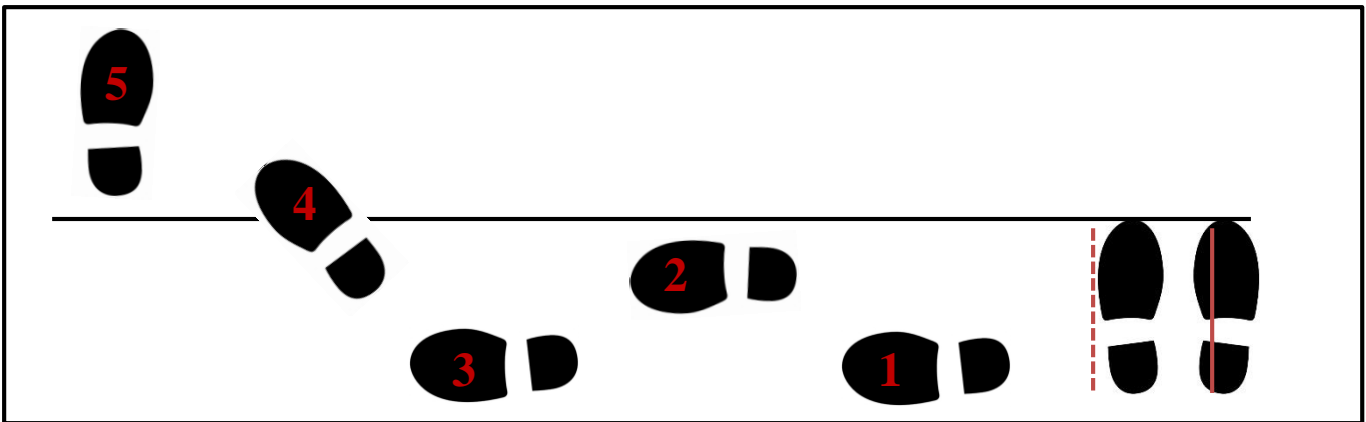
GUNNER RELEASE



5 STEP SPEED RELEASE RIGHT



5 STEP SPEED RELEASE LEFT



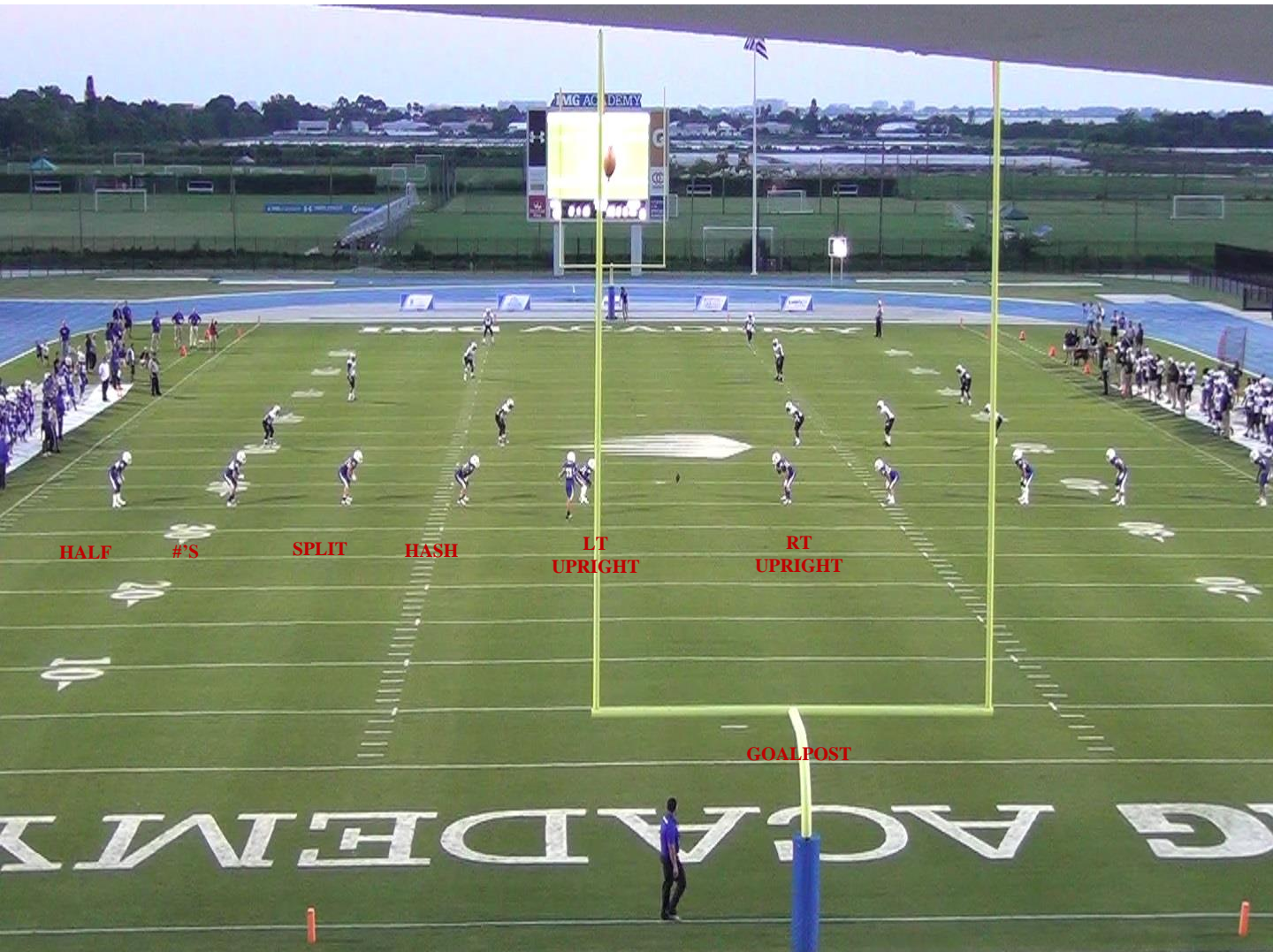


LANDMARKS



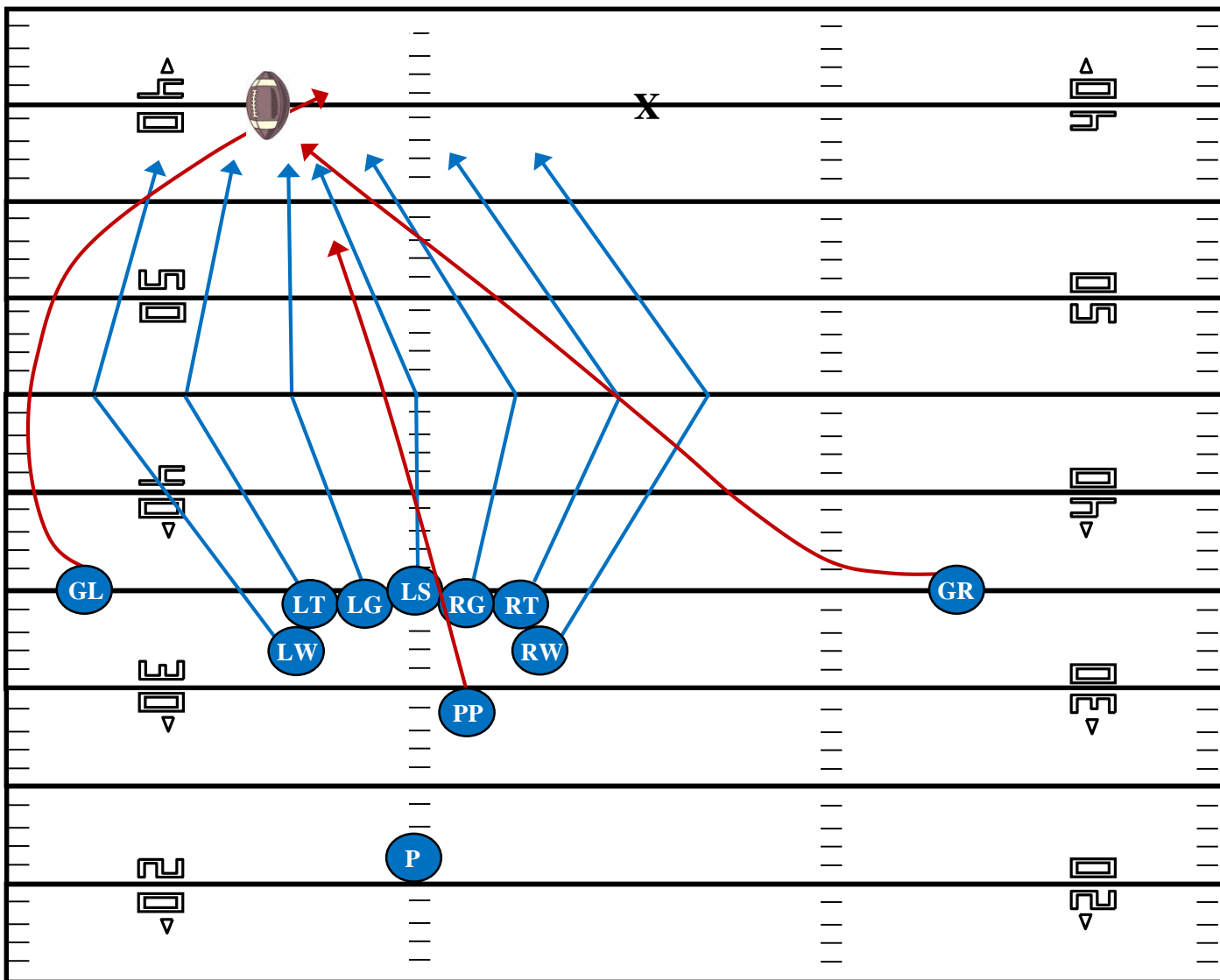
FIELD LANGUAGE

- HALF – BETWEEN THE SIDELINE & NUMBERS
- NUMBERS
- SPLIT – BETWEEN THE NUMBERS & HASH
- HASH
- LT UPRIGHT
- GOALPOST
- RT UPRIGHT





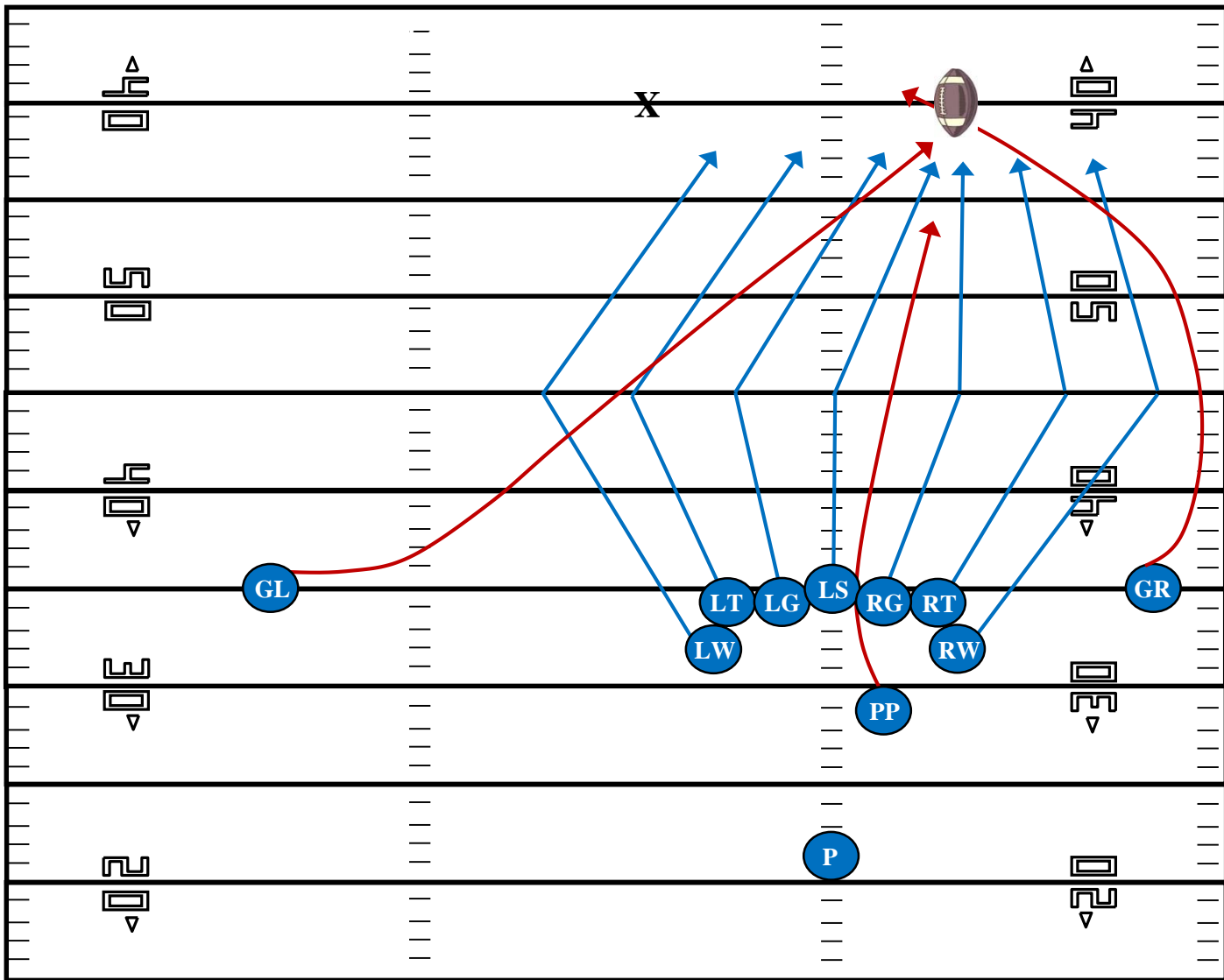
LIZ PUNT LANDMARKS



GL	CROSS FACE
LW	LEFT HALF
LT	LEFT NUMBERS
LG	LEFT SPLIT
LS	LEFT HASH
PP	BALL
RG	LEFT UPRIGHT
RT	GOAL POST
RW	RIGHT UPRIGHT
GR	NEAR HIP



RIP PUNT LANDMARKS



GL	NEAR HIP
LW	LEFT UPRIGHT
LT	GOAL POST
LG	RIGHT UPRIGHT
LS	RIGHT HASH
PP	BALL
RG	RIGHT SPLIT
RT	RIGHT NUMBER
RW	RIGHT HALF
GR	CROSS FACE