

Stan Spangler

ATHLETIC Department

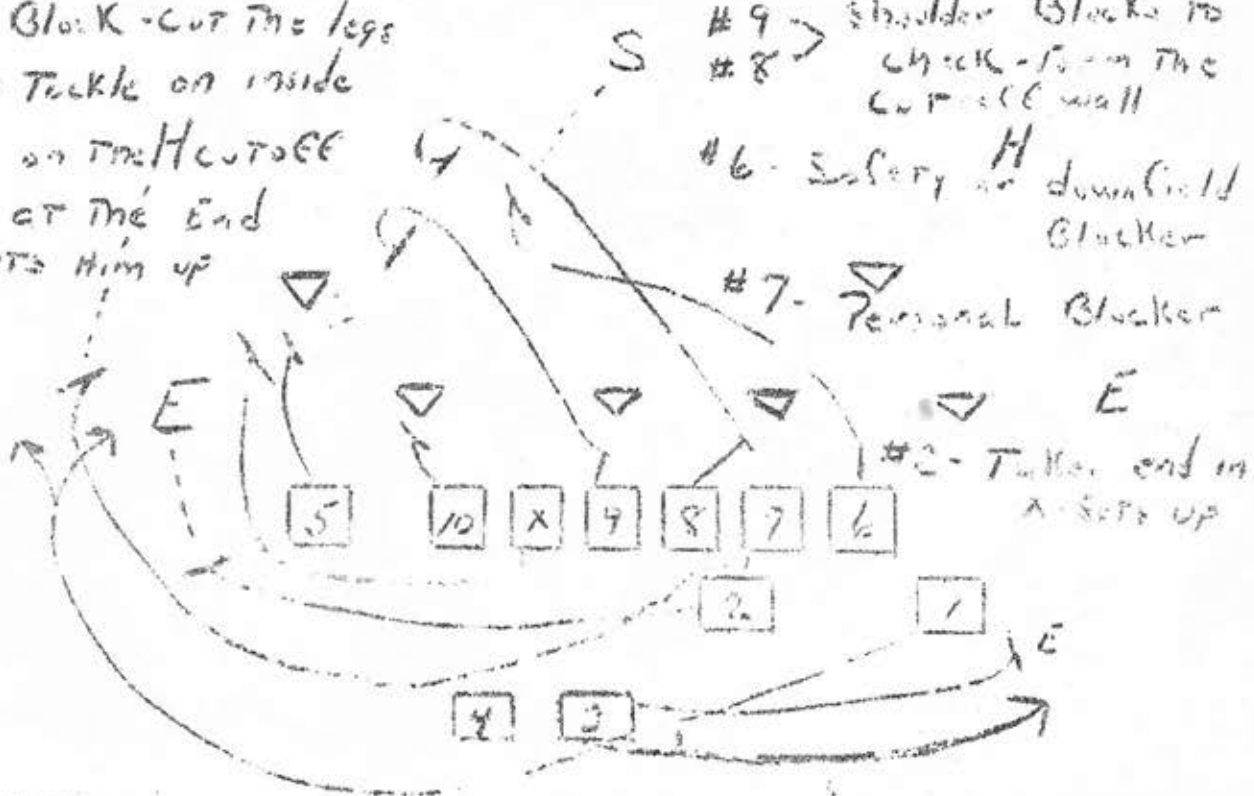
Football

Franks, H.E.

Play 41 - 0-1 Best

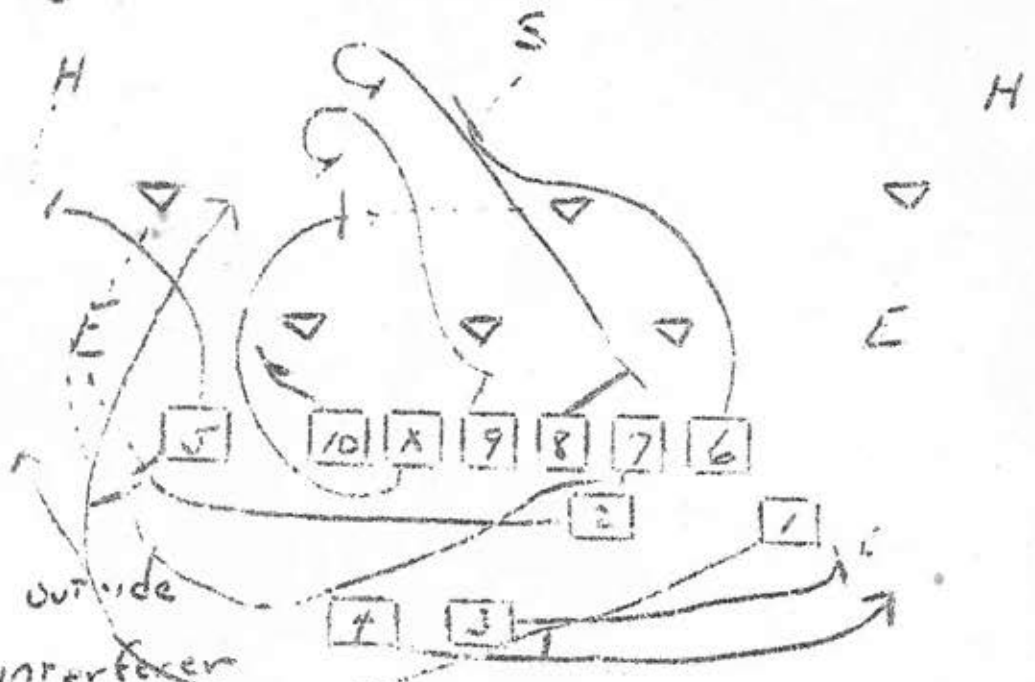
- #5 - Body Block - cut the legs
 - #10 - keep Tackle on inside
 - X - Blocks on the outside
- Goes at the end sets him up

- #9 - Shoulder Blocks to
- #8 - check to on the cut side wall
- #6 - Safety or downfield blocker



Play 41 - 5-3

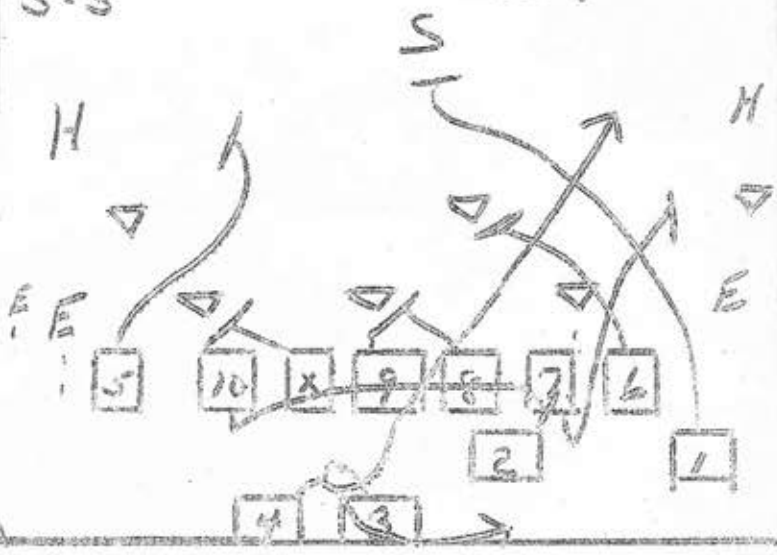
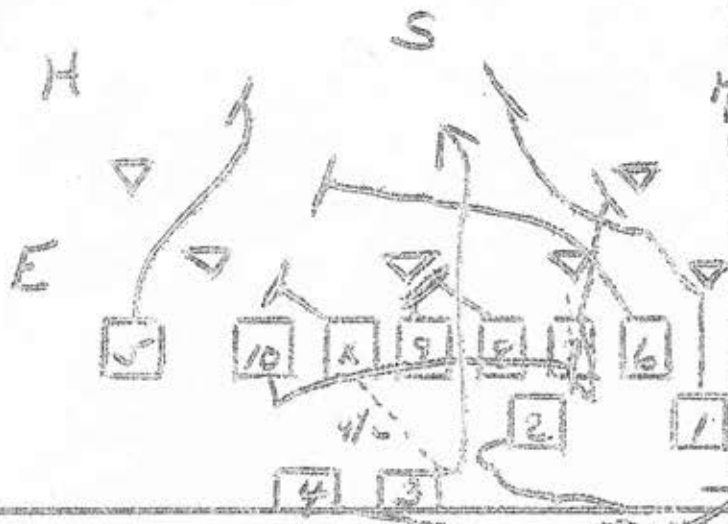
- #5 - Blocks to outside
- #7 - Personal interference take first block



Buck 38 - Spin 38 - (48 cam play Run Ball)

6-overshift

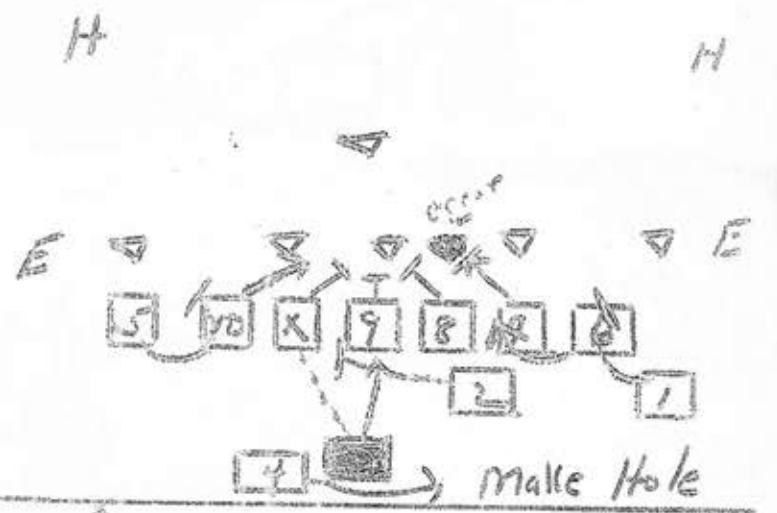
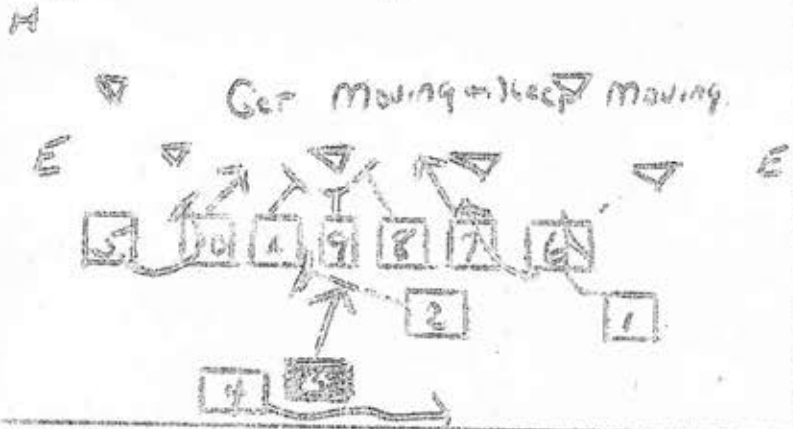
5-3



wedge Play -

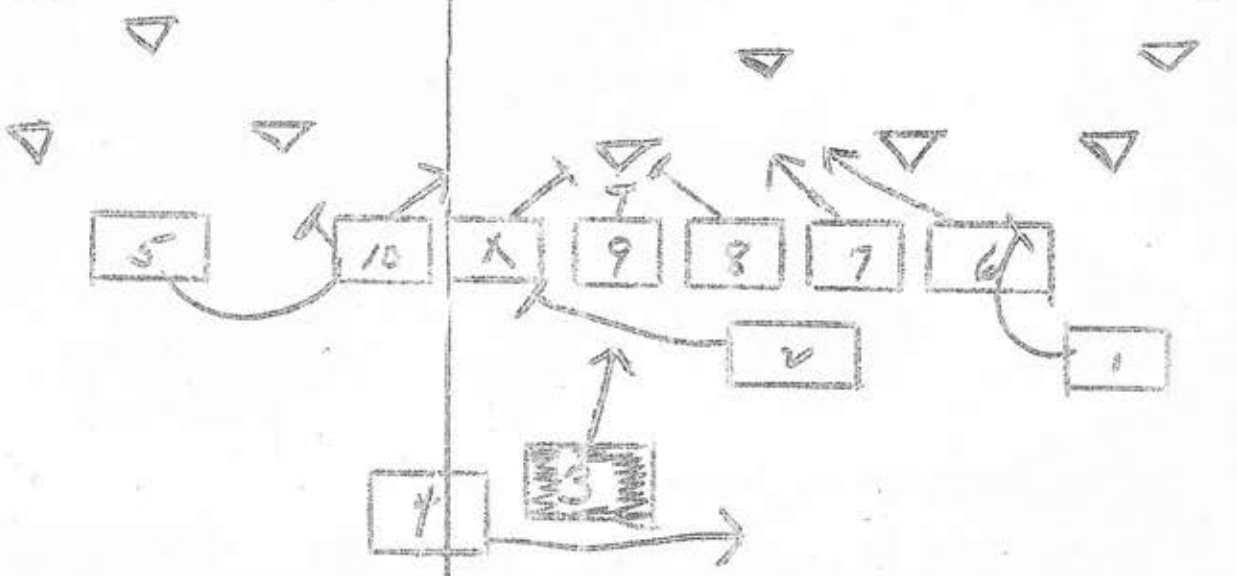
6-overshift

S



Get moving - keep moving

Five - 3



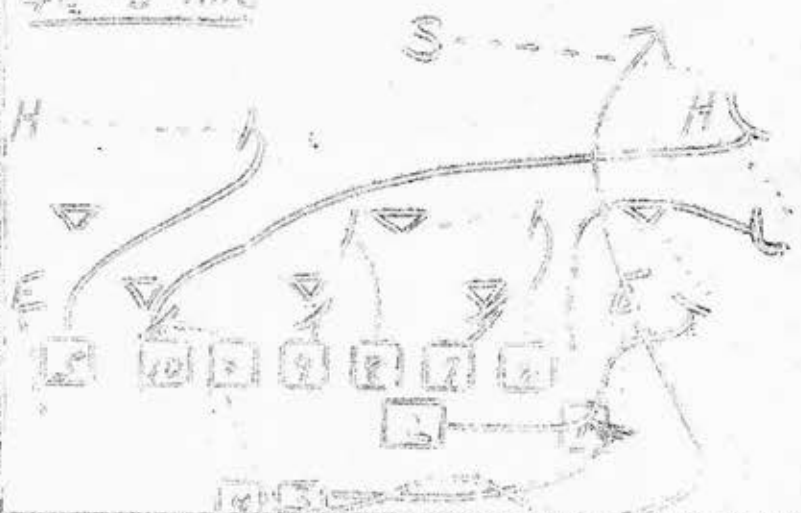
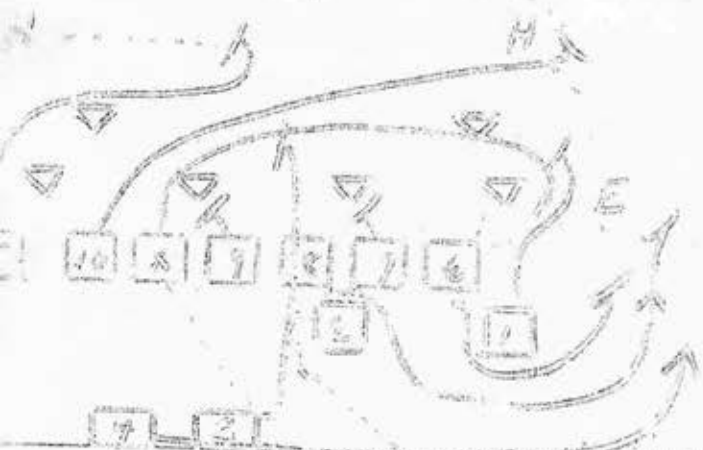
42 - Normal 6

42 Oversh. 6



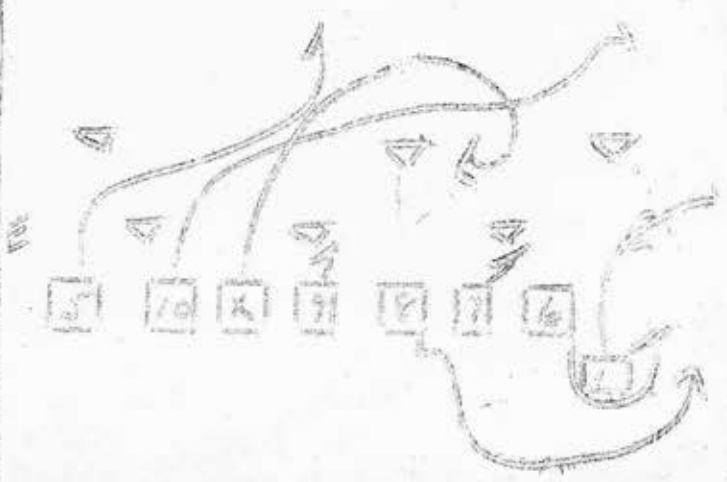
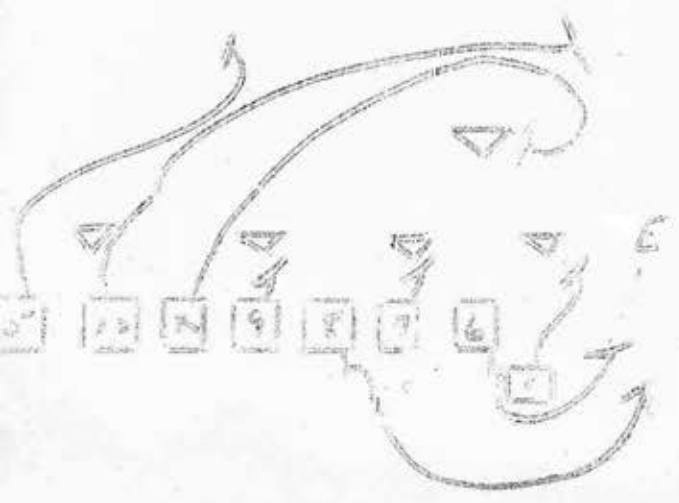
42 - Normal 6

42 - 5 line

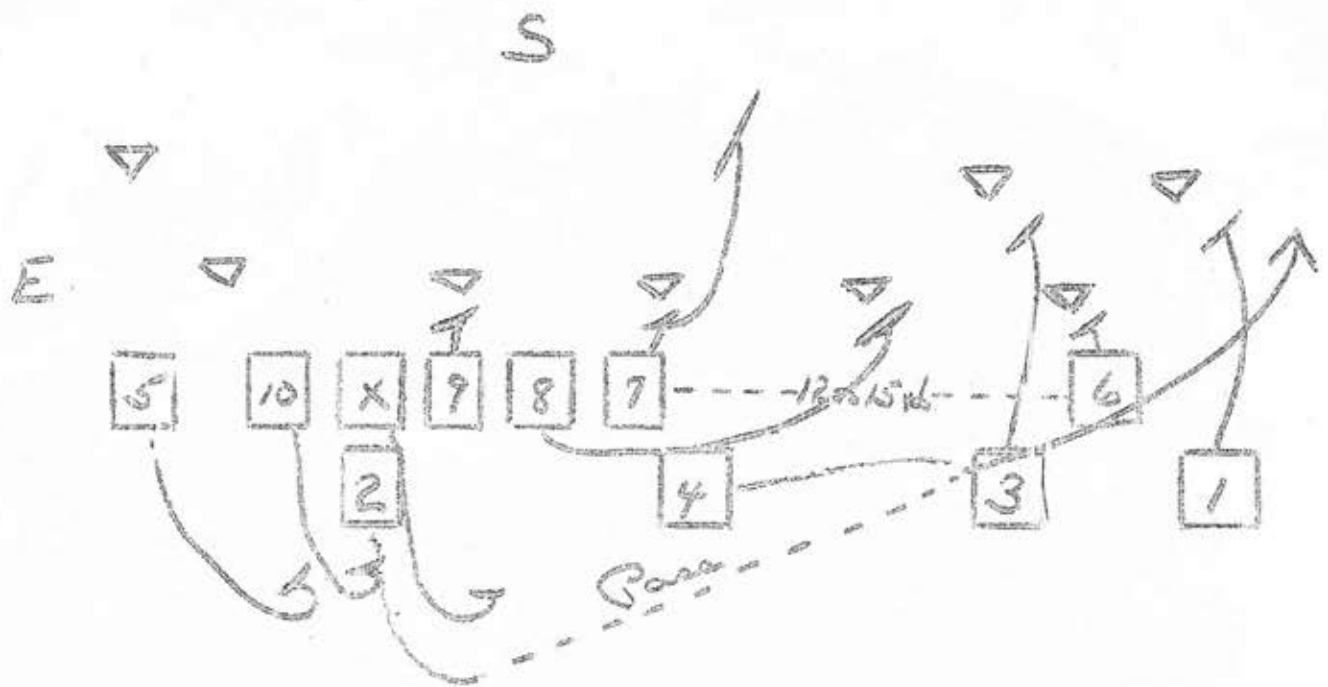


42 - Oversh. 6

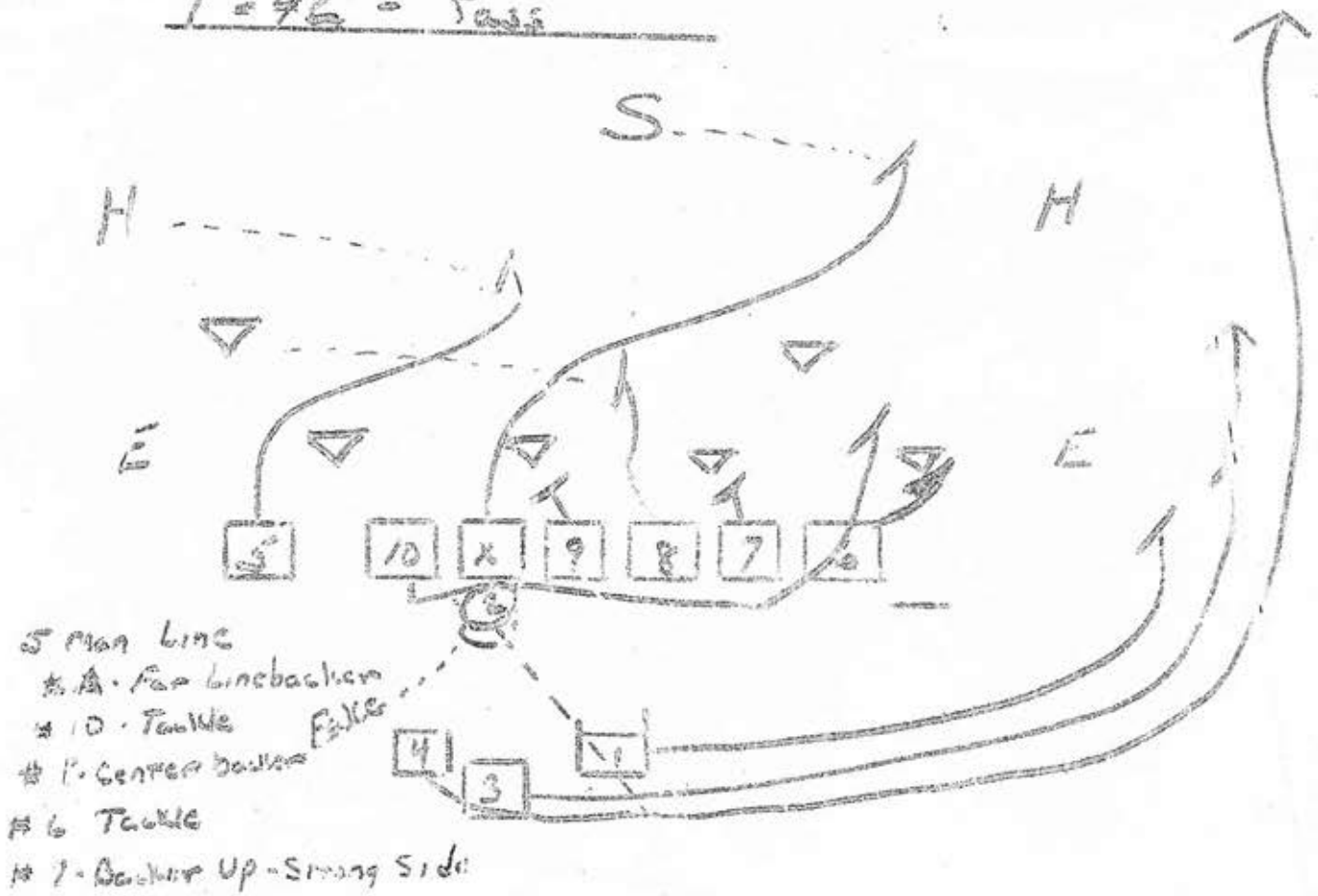
42 - 5 line



Crazy Pass



T = 42 = Pass



- S Man Line
- # 5 - Far Linebacker
- # 10 - Tackle
- # 1 - Center Backer
- # 6 Tackle
- # 7 - Backer Up - Strong Side

RUNNING PASS - PASS PATTERN

- #1 - Is the primary receiver, #1 runs at a forty-five degree angle, full speed and looks over his right shoulder just as soon as he is free. The quick draw of the play causes the defensive halfback to start to protect the flank. As the safety has difficulty in reaching the territory which #1 angles, this deep defender has almost impossible assignment to cover #1.
- #6 - If the halfback drops to cover #1, #6, the secondary receiver, who takes a course inside the undershifted tackle to keep from taking him laterally, now runs a course so that he can escape the defensive linebacker. He normally arrives about 8 yards deep in the flat area.
- #2 - If the linebacker should drop to cover #6, #2, who fakes the end, takes a flat course no deeper than one yard beyond the line of scrimmage. He should now be open for the outlet pass. Some teams cover #2 with the end on that side. If this occurs, #4 runs with the ball, either to gain ground, or to stretch the defensive zones so that eventually a receiver will be free.
- #5 - Angles at the safety away from the defending half on his side if the safety tries to cover #1. The side draw of the play isolates the defensive right half making him a personal defender for the #5 end. This affords #5 an excellent opportunity to use personal fakes and feints against the right halfback on personal passes.
- #4 - Starts at full speed toward the flank faking the outside run, and fixes the ball as he watches the progress of the deep man. His throw is made on the run. The ball is aimed almost directly at the receiver. If the deep man is covered, #4 looks for the intermediate receiver at the eight yard depth. If this man is covered the #2 should be open for the outlet pass.

RUNNING PASS - 42 Pass - 5 PERSONAL PATTERN

Linemen- no change in assignments

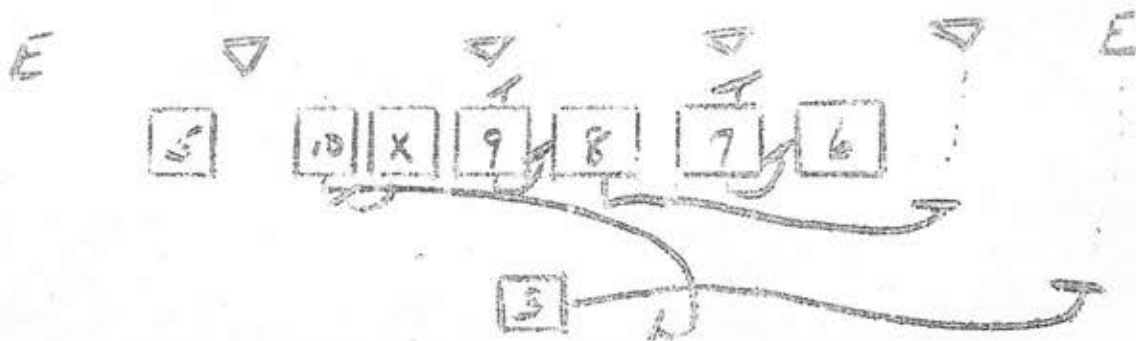
When a personal pass for #5 end is called from the personal pass pattern, the protectors will know that the pass is to be thrown much sooner than stressing the outside pattern, hence the passer will pull up to throw, necessitating a protector cup closer to #4's original starting position.

THE RUNNING PASS, 42 PASS

This pass is one of the most effective used by the Single Wing Attack. Its effectiveness varies with the potency of the outside attack to the longside of the formation. The pressure of the end run threat overextends the defense, making the running pass a good weapon.

PROTECTION-

- #3 - Uses the same block on the end as he does on the outside running play, a slow outside cut-block trying to give the passer more freedom for choice of receiver, or the option of running if the receivers are covered.
 - #7 - Uses block suited to that individual in his territory. A straight shoulder block easing into a cross-body block should be effective.
 - #8 - Pulls on a deep course so that he can get outside position on the tackle, no matter what defensive spacing has been taken by the tackle. #8 can suspect depth of pull by the spacing in front of him. He cuts the tackle down from an outside position.
 - #9 - Same block as #7, but on the guard head-on him or over X.
 - X - Steps back with his left pivot to cut off the shortside tackle, or any rusher who lines up in or shoots the gap to his left and in the area of #10.
 - #10 - Takes his deep pull to arrive at the outer edge of the passing cup, where he cuts off the end if that man chases, or may act as an additional protector.
- Against a seven man line the assignments are the same except #X, and #10. Each will take the man playing on his left, ignoring the defensive end.
- Against a five man line #7 takes the man on his outside shoulder. #8 will pull for his end as normally assigned but will find himself as an auxiliary blocker. He should get in position in front of the passer to lead strength to the protection or to lead the play downfield should the passer elect to run with the ball.



THE PASSING ATTACK

HELPFUL HINTS -

The mistake most common to all inexperienced passers, is to throw too LATE. The timing must be such that the ball and receiver arrive at the open spot simultaneously. A free receiver will draw the attention of the defenders so that he will be immediately covered. A late throw will end in a failure, or even an interception.

The passer should know the order of choice, all passes should have an outlet receiver, usually a blocker, to prevent large yardage losses in instances when the defense covers the regular pattern.

The passer must remember that the ball belongs equally to the receiver and defender once it has left his possession. He must do everything in his power to prevent an interception.

Passes thrown into the center area of the defensive backfield should be thrown fairly hard about number high. This is true on hook passes and other types where the receiver can turn his body to face the passer.

All other passes should be delivered according to the length and direction of that particular pass. The deep, or behind the defender, pass should be thrown well ahead of the receiver, allowing a running catch. IN ALL CASES, THE PASSER SHOULD REMEMBER TO OVERTHROW RATHER THAN UNDERTHROW.

RECEIVERS-

Superior receivers can disrupt most defenses, particularly if they have speed, height and natural catching ability.

The potential downfield receiver must disguise his intention when ready to go out for the pass.

Speed, change of pace, feints, fakes and running on balance are prerequisites for a talented receiver.

Must have ability to judge the ball in flight and extend his arms at the proper time but still have relaxed hands.

IN ALL CASES, THE PASS CATCHER SHOULD REMEMBER TO CATCH THE BALL BEFORE HE RUNS WITH IT. Many games are lost and many passes dropped because of the eagerness of the receiver to make the long run, instead of making sure of the catch before trying to advance it. (Please Note)

DAILY EXERCISES

SIDE-STRADDLE-HOP or JUMPING JACK -

The exercise is as follows:

(1)- Jumping to a spread stance, at the same time slapping hands together over head, arms extended.

(2)- Resuming starting position.

The cadence will be: "Beat Ambler" (repeated 3 times) and then "Neshaminy" (repeated 3 times)

PUSH-UPS & THE STOMACH ROLL-

Starting position is flat on the ground, face down.

(1)- Do ten (10) Push-ups

(2)- Rock on the stomach, back arched and legs straight

GRASS DRILL-

STARTING position is erect.

(1)- Run in place, lifting knees well up.

(2)- At voice signal "Forward", fall to the ground, face down. The commands "Right," "Left," "Backward," "Forward," are alternated and obeyed in rapid-fire order, broken by the occasional command "On your feet."

Note- Each time the men get to their feet, they resume running in place. The command "Backwards" means to flop over on the back and reverse the body so that the head will be pointing in the opposite direction from the forward position.

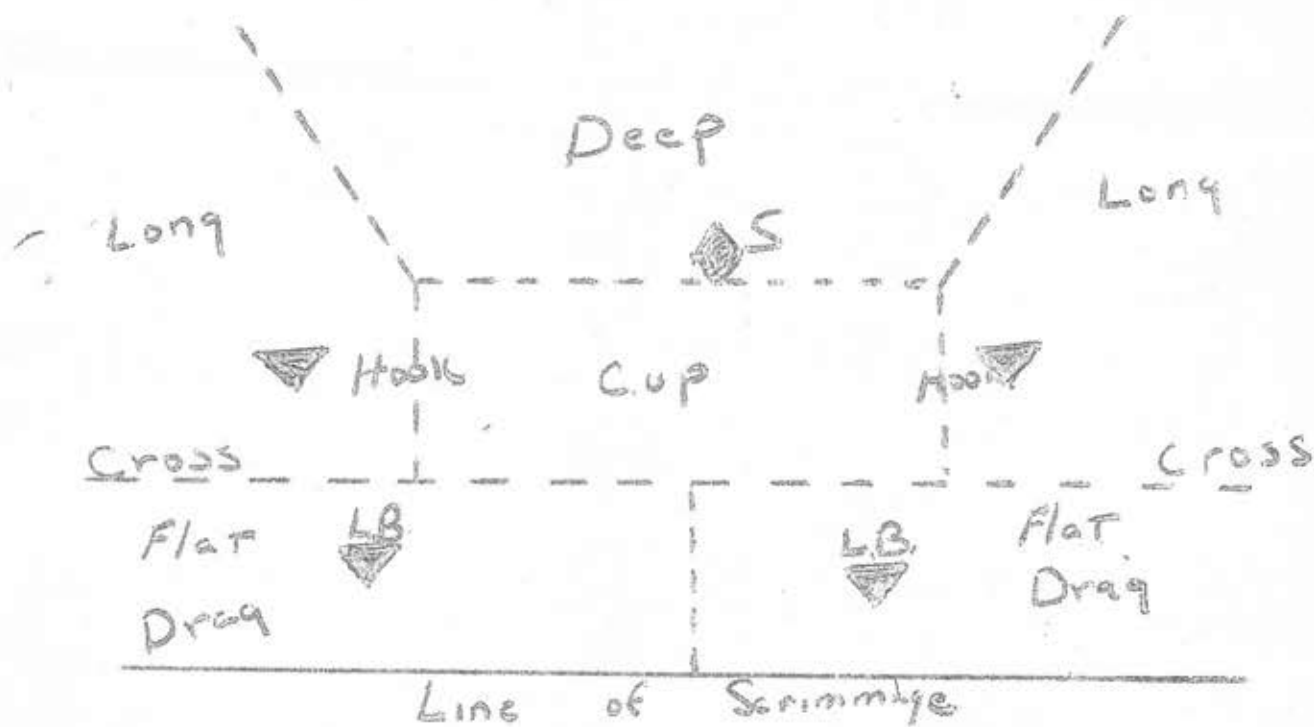
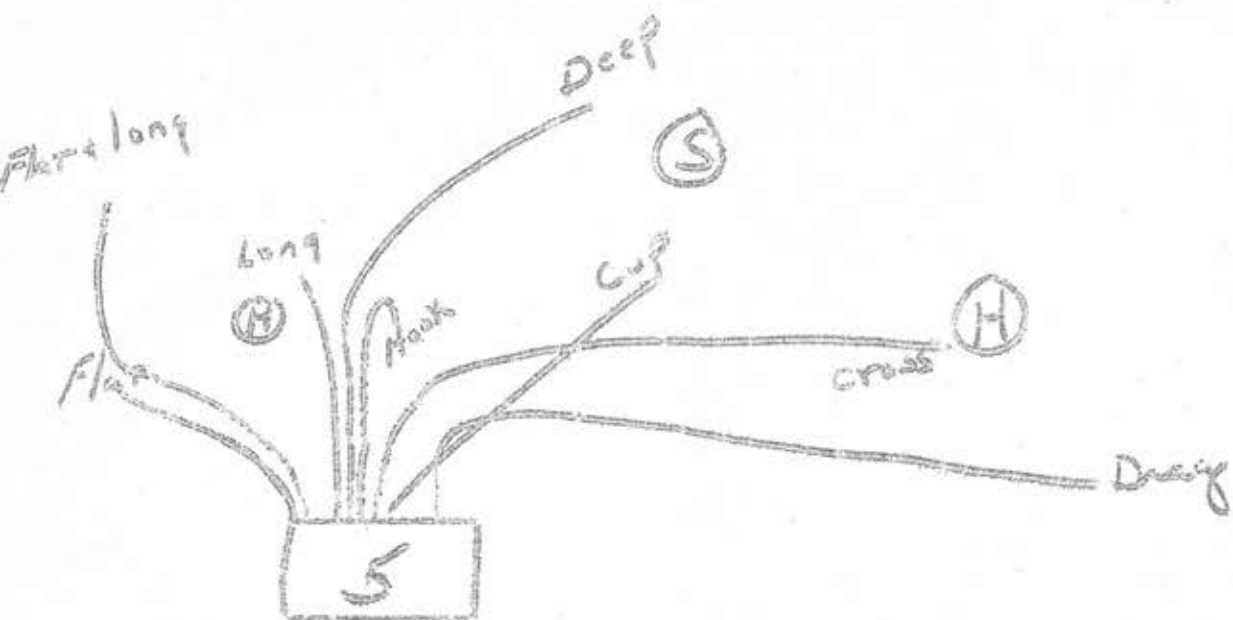
Wind Sprints-

Twenty (20) wind sprints of 10 yds. each will wind up our daily calisthenics.

UNTIL SCHOOL STARTS THE ABOVE CALISTHENICS WILL BE GIVEN TWICE DAILY.

WE WILL BEAT AMBLER

Breakdown for One Receiver



POSITIONS AND THE REQUIREMENTS OF THE POSITIONS

BACKS

- #1 - Wingback -- Should be the fastest man in the backfield, since most of his ball-carrying is done on reverses to the short side of the formation. A good open field blocker; an excellent pass-receiver, as he is in position to get down the field early on pass patterns. Blocking assignments -- many double blocks with #6 end on the tackle, some cross-body blocks on the far linebacker.
Passing ability comes in handy on reverse passes.
- #2 - Quarterback - Blocking is his most important function and he should have enough size to help him in it. Should be the third-fastest man among the backs as he must lead outside plays to both sides and get into the running pass pattern. Must develop leadership, poise, and ability in calling plays and handling the team in rough and tough situations.
Playing this position requires a great deal of football ability.
- #3 - Fullback - Should have drive and some speed to make holes when no holes open up. Has many protection blocks and open-field blocks; also must be a good ball handler;
- #4-Tailback --- A triple-threat back- run, pass, kick, and fake, and is the key ball carrier in the single wing formation. Passing and running ability are of tremendous importance. Must be able to throw the following passes -- quick pop pass, standard protection pass, jump pass, and the "running pass". Must possess poise and relaxation since he has to pass under pressure, both from intruding opponents and when the receivers are covered by the defensive secondary. Ability to pick out receivers and complete passes under these conditions is the key element in success as a tailback. Must be a good ball handler and faker.

AS A BACKFIELD CANDIDATE -----WHERE DO YOU FIT?

POSITIONS AND THE REQUIREMENTS OF THE POSITIONS

LINEMAN -

- #5 - Short-side-end - Should have speed, height, co-ordination and should be a good pass receiver. A good downfield blocker. His position allows an early start downfield away from the concentration of strength. He is our key man in our passing offense.
- #6 - Long-side-end - Must possess speed, have height, co-ordination, and be a good pass receiver. Must be an excellent blocker.
- #7 - Offensive Lineman- Should be the fastest lineman as he leads reverses for the wingback. Must be a good individual blocker. To sum up, speed and individual blocking ability are the key requirements, with weight helpful but not a necessity.
- #8 - Offensive Lineman- This is a key position in the offensive line, Blocking assignments in which weight and drive are important.
- #9 - Big, Slow Tackle - He is a trapper, power blocker, and key pass protection blocker. Must possess drive to move opposing linemen.
- #10 -All-around Lineman - Am looking for another Leitch, can you do it?
"Mr. Lineman"
Intelligence, Speed, Individual Blocking Ability, and all types of pull, power, and pass protection blocks are required. Must possess sound concentration and fundamentals of good football.
- #X - Center - Good passing center, a good blocker. Have many years experience as a center as much responsibility rests on his abilities to get the ball to the ball carrier in such a way that requires ideal ball handling for those that are responsible for advancing it.

As a CANDIDATE FOR THE LINE -----WHERE DO YOU FIT?

Development of Play Numbers

| | | | | | | | | |
|--------------------|---|---|---|---|---|---|---|---|
| Offensive Backs | 1 | 2 | 3 | 4 | | | | |
| Defensive Openings | | | | | | | | |
| (Right Formation) | 1 | 3 | 5 | 7 | 8 | 6 | 4 | 2 |
| (Left Formation) | 2 | 4 | 6 | 8 | 7 | 5 | 3 | 1 |

Series Numbers:

| | |
|-----------|-------------------------------|
| 40's | Ball to Tailback Direct |
| 30's | Ball to Fullback Direct |
| Spin 30's | Ball to Fullback Fullspin |
| Buck 30's | Ball to Fullback Buck Lateral |
| Buck 40's | Ball to Tailback Buck Lateral |

Passing Series:

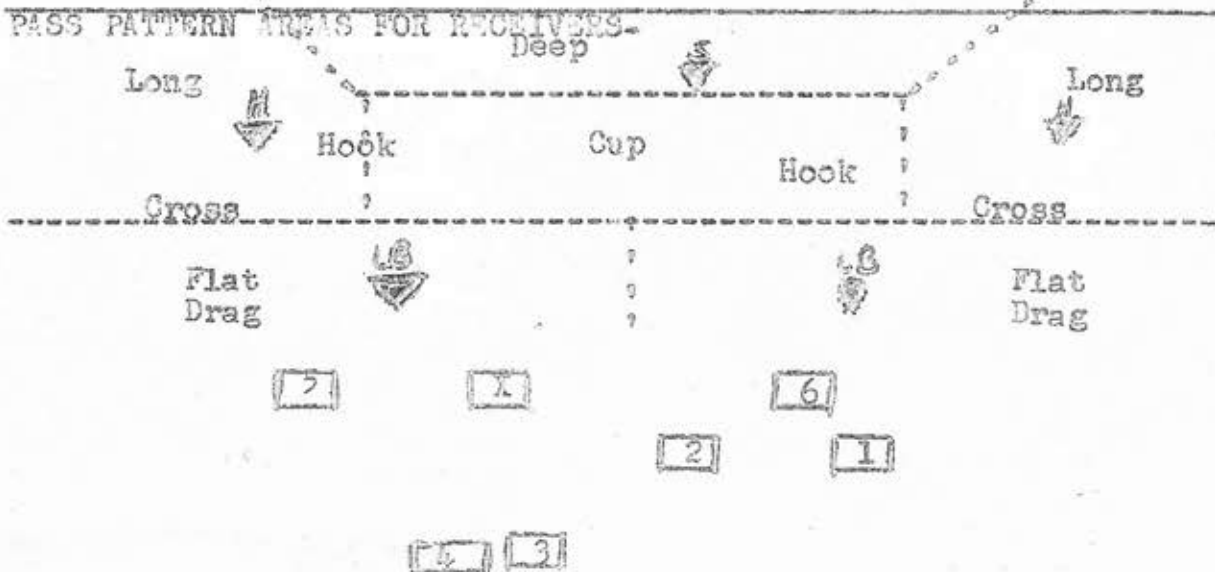
70's Ball to Tailback Direct

Running Plays: Developed from One Series

| Series Opening | Type of Play | Number |
|----------------|-------------------------------------|--------|
| 40 2 | Tailback Direct End Run | 42 |
| 40 4 | Tailback Direct Off Tackle | 44 |
| 40 6 | Tailback Direct Tackle Trap | 46 |
| 40 8 | Tailback Direct Guard Trap | 48 |
| 40 7 | Tailback, Fake Reverse, Guard Trap | 47 |
| 40 5 | Tailback Reverse to #1, Tackle Trap | 45 |
| 40 3 | Tailback Reverse to #1, Off Tackle | 43 |
| 40 1 | Tailback Reverse to #1, End Run | 41 |

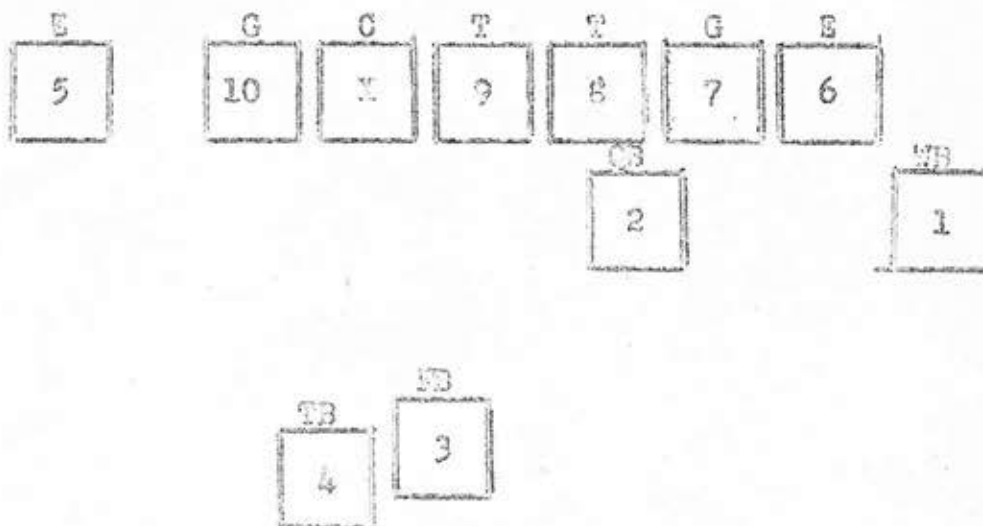
Passing Plays Developed from One Series

| Series | Receiver | Pattern | Pass Number |
|--------|----------|---------|-----------------|
| 70 | 5 | Cross | 70 Pass-5 Cross |
| 70 | 6 | Long | 70 Pass-6 Long |
| 70 | 1 | Hook | 70 Pass-1 Hook |
| 70 | 2 | Cup | 70 Pass-2 Cup |
| 70 | 3 | Flat | 70 Pass-3 Flat |

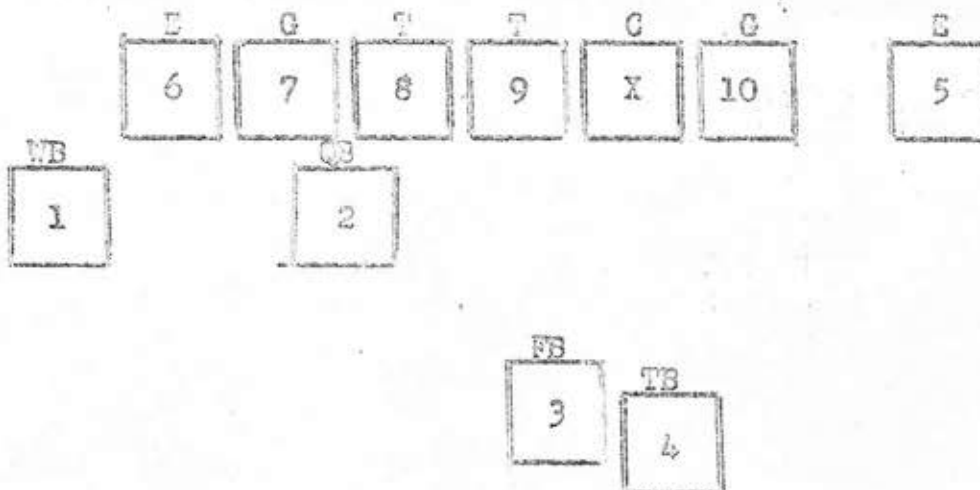


Numbering Offensive Personnel-

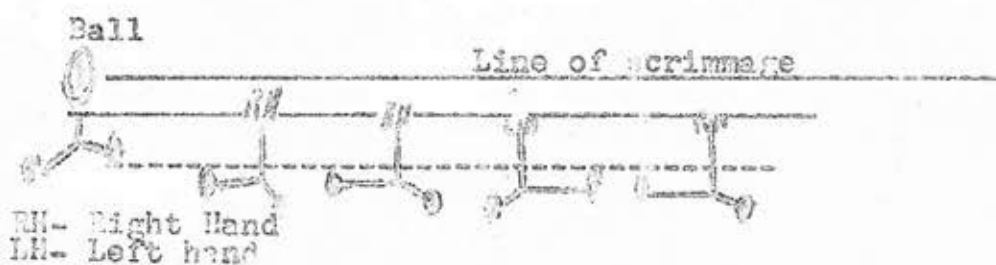
Single Wing Right-



Single Wing Left-



PREVENTING BOWED LINES



Football Notes

Huddle.



QB gives signal; he will repeat it twice.
After the first time the center will go out
over the ball, after the QB gives the signal
the second time he says either one of the following:
UI: "Here We Go!"
UI: "This is it Good!"
and the rest of the team leaves the huddle.
They will always line-up in an unbalanced
T formation and shift from the "T" into
the single wing or any other given formation.

Signals (example) -- 42 on 2
which means that the 4 back is going to carry
the ball through the 2 hole on 2 count.

Our line comes out of the huddle and takes a two point stance on the command "lets Go" they go down on three points or shift to correct position. The Q.B. will then say "Ready, Signals -1-2-3-4-5-6-7-8, the ball is centered on the correct count.