

Booster Football Points of Emphasis

- **Safety** – Safety is the number one priority. Specifically “Heads Up” play. Teaching, reminding, and watching for players proper head position in all football situations. Proper head position is important even when its slow motion, or hitting a dummy, players need constant reminders to keep their heads in safe positions.
- **Fun** – We want every player regardless of skill or development level to have fun each and every practice or game. Activities should involve as many kids as possible as much as possible. Waiting in long lines for you turn is never fun.
- **Fundamentals** – The Hudson Raiders head coach Adam Kowles has outlined below the key skills for each of the positions. These are the skills that he says every player should possess for his position. Fundamentals should be taught step by step, building from slow walking speed to full speed. We believe it is of great value at this age level to teach all skills to all players. They are at widely different places in their physical and mental development, and should be exposed to all skills.

Offense

- **QB/C exchange** – every play starts here!
- **Handoffs** – proper presentation of the ball by the QB and proper pocket created by RB
- **Ball Security** – Ball Should be carried across the chest. 1 or 2 hands. This is most secure.
- **One Cadence** – One cadence. (READY..... SET GO)
- **Blocking with head to hole side** – Keeps head safe and helps create space for RB
- **O Line in 3 point stance** –
- **All base blocking** – blocking 1 on 1, responsibility rule “**OIL**” – ON, INSIDE, LINE BACKER
- **Focus on footwork and steps** – Blockers need to fire out, and stay in front of defender
- **4 run plays** – Dive, Power, Toss, Option
- **4 pass plays** – Hitch, Slant, Pop, Corner
- ***** **Do everything with your head up** *****

Defense

- **Tackling Progression**
 - One knee – arms cocked, rip through, grab cloth
 - Both knees – sit back, arms cocked, rip through, grab cloth
 - Angle – slow angle, cock arms, drop knee, rip through, roll hips and lift, grab cloth
- **4-4 defense** - Center must always be uncovered
- **LB call strength** – D line shifts accordingly
- **No blitzing** – LB must remain 3 yards off line until ball is snapped
- **Focus on stances at each position** – DB/LB/DL each has a totally different stance
- ***** **Do everything with your head up** *****

Base Skills At Each Position

QB – Exchange – QB applies upward pressure with bottom hand

Handoffs – QB uses 2 hands on the ball

Option pitch – Snap thumb down

Throwing progression

- Right knee – work on pushing ball back, point tip slightly away
- Left knee – work on hammering opposite elbow and finishing down
- V sits – extend elbow and throw over imaginary bar
- Feet forward – tip toes, throw over bar
- Twists – face opposite way, twist torso, get shoulder at target
- Regular throws – 6 inch punch step at target

RB – Taking handoff – create pocket open to correct side

Ball security – 2 hands or 1 hand - carry ball across chest, keeps it safer than if carried on the side.

Footwork – plants and cuts

Blocking – Contact with Shoulder and forearm. Butt down, back straight, eyes up.

WR – Stance – Inside foot forward, other foot back, shoulder width apart, weight even between front foot and ball of back foot. Hands should be up and in front of you to defend against a jam, eyes looking at center.

Starts – Forward motion immediately, slow step, full speed, stutter step

Types of catches – Over shoulder – Pinkies together, At you – Diamond, Below waist Pinkies together.

Stalk blocks – Get Close to defender fast, mirror actions of defender until Back is close, then block.

OL – Stance - 3 point stance – Balanced, feet slightly wider than shoulders, slight pressure on hands

Steps – 1st step gain ground and cock arms

Punch – Pop the defender in the chest while taking the second step

Drive block – Fire out and hit defender with forearms and drive back with short choppy steps.

DB – Backpedal – Chest over knees over feet, butt low, arms pumping in running motion

Flips – Switching the direction of your hips from facing one direction to the other while backpedaling.

Breaks – Planting the back foot and changing direction to go to the ball from a backpedaling motion.

Tackling- Open field, Angle, Side Line

LB – Strength call – Learn to identify the strong side of the offensive formation

Rip – Sweep inside arm from low to high while moving past the hands and body of the blocker.

Footwork (shuffle) – Athletic stance, butt low, hands up, work feet from side to side ready to step up and make the tackle.

Tackling – Good tackling position, head up, strike with front of shoulder pads, wrap and drive.

DL – Stance (3 or 4 point) – In this stance the feet are staggered front to back and 1 hand is placed on the ground.

Hands – Hands need to be up and out immediately

Shed – Use hands to shed blocker with shuck, swim...

Tackle - Good tackling position, head up, strike with front of shoulder pads, wrap and drive.